



JJIF Ju-Jitsu Ne-Waza-System

In Jiu-Jitsu (Ne-Waza) two competitors fight against each other in a sportsmanlike competition.

The objective of the fight is the submission of the opponent by lock or choke!

The JJIF's Jiu-Jitsu is composed of:

Throws, take downs, locks and strangulations in standing position

Floor techniques, control, locks and strangulations on the ground.

Section 1 Area of application

- a) These rules apply to the competitions in the area of the international federation, the continental unions, international championships and international tournaments, the competition rules in Jiu-Jitsu Ne-Waza System.
- b) All references in this document to the term "he" should be understood as "he or she".
- c) The nations are free concerning the rules for their national tournaments.

Section 2 Competition Area¹

- a) Each contest area should be 12 m x 12 m and shall be covered by tatamis, generally green in colour or in any other acceptable colour.
- b) The contest area shall be divided into two zones.
- c) The fighting area shall always be 8 m x 8 m.
A fighting area of minimal 6m x 6m is allowed
- d) The area outside the fighting area shall be called the safety area and shall be at least 2 m wide.
- e) Where two or more adjoining competition areas are used, a common safety area is not permitted.
- f) In exceptional cases, there should be the possibility to share part of the safety area, but between two fighting areas there must be at least 3m.
- g) The distance between Secretariat and Contest area must be at least 2m
- h) The distance between the audience and Contest area must be at least 3m.
- i) A chair for the coaches is allowed beside the mat but shall be behind a barrier
- j) The organizer of the competition shall provide red and blue competition-belts, scoreboards, list and administration papers and a place for the referees and the technical committee..

Section 3 Coaches

- a) Only one (1) coach, who stays at the limit of the contest area during the match, may assist contestants.
- b) Being aware of the role a model the coaches will behave according to the ethical rules of martial art
- c) The coach has to be dressed properly (Complete Suit or Dress). During the Eliminations the track suit of the team is acceptable. According to the event a special dress code can be settled.
- d) If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the MR may decide to make him leave the area reserved to the officials (FOP) for the duration of the match.

¹ Adaption to current situation at the field of play must be approved by the head of competition under compliance of safety aspects

- e) If the misbehaviour continues, the Referees of the match may decide to make him leave the official area for the whole tournament.²

Section 4 Competition Dressing and Personal Requirements³

- a) The competitors shall wear a good quality white Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts.
- *First fighter in the bracket = red belt*
- *Second fighter in the bracket = blue belt (this competitor is allowed to wear a blue or black Gi)*
- b) The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- c) The sleeves shall be loose enough to grip and long enough to cover the forearm but not the wrist. The sleeves may not be rolled up.
- d) The trousers shall be loose and long enough to cover most of the shinbone. Trousers legs may not be rolled up.
- e) The material of the Gi must allow a proper grip.
- f) The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15cm of the belt on each side of the knot.
- g) Men are not allowed to wear anything under their Gi-jacket. Female competitors are required to wear a plain white T-shirt (Rush guard) or leotard under their Gi. Undergarments must be brief-type.
- h) The competitors must have short fingernails and toenails.
- i) The competitors are not allowed to wear anything that may injure or endanger the opponent.
- j) Glasses may not be worn. Contact lenses may be worn at own personal risk.
- k) Long hair must be tied up with soft hair-band.
- l) Hejab (Muslim Hair cover) is allowed.
- m) Competitors may not wear a chest protection.
- n) It is not allowed to have hard jockstrap.
- o) The athlete must be sure to follow the JJIF regulations (or the actual for the tournament) for Advertising, Patches and Stitching on the Gi

Section 5 Time

- a) The fighting time per match is 6 minutes.
- b) Between two matches a recovery time of minimum 6 minutes will be given.

Section 6 Weight Categories

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the JJIF for men and women:

Women: -55kg, -62kg, -70kg, +70kg
Men: -62kg, -69kg, -77kg, -85kg, -94kg, +94kg

² The right of the organizer/host to ban unacceptable persons from the venue is not touched by this rule

³ If a competitor will not follow this rule, he is not allowed to start the match. He has the possibility to change the complained items of equipment and to show up again within acceptable time (around 2 minutes).



The weight in shall be in the afternoon or evening before the competition day.

The competitor weight in dressed with at least sports clothes (shirt and shorts).

Section 7 Referees

- a. The Mat-Referee (MR) who stays within the contest area shall conduct the match. He decides about the scores and penalties, but can have the advice of Side-Referee.
- b. One Side-referee (SR) can assist the MR and shall be situated outside the safety area on a chair.
- c. Finals will be conducted with two side referees confirming the decisions of the Mat-Referee.
- d. The Side-Referee (Table referee) is responsible for the secretariat. He dictates the points and penalties to the secretaries and informs the MR about the expiry of the fighting-time and the injury-time.

Section 8 Secretariat

- a. The secretariat is placed opposite the position of the MR at the beginning of the fight.
- b. The secretariat shall be composed of two scorekeepers and one timekeeper.
- c. One of the secretaries keeps a record of the competition on paper; the second one can control an electronic scoreboard.
- d. If there is any difference between the two score registers then the paper one is the correct one.

Section 9 Course of the match

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.
- b. In the beginning, the match starts in standing position, after the MR announced "Fight",.
- c. As soon as there is contact between the competitors by holding the opponent, they are allowed to go to the ground immediately.
- d. A competitor is allowed to jump into the guard directly.
- e. The contestants can control and change between the different positions, but they must be active.
- f. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referee, who is standing in the fighting area opposite the table referee.

Section 10 Application of “Fight” and “Stop”

- a. The MR shall announce “Fight” to start and to restart the match after “Stop”
- b. The MR shall announce “Fight” to inform the competitor about recognized passivity (stalling).
- c. The MR shall announce “Stop” to stop the match temporarily. In this case, the contestants are not allowed to move anymore. This command shall be announced with touching both fighters.
 1. If both contestants left the fighting area completely in an easy recognizable position to bring them back to the middle of the fighting area and restart in the same position.
 2. Any other time the MR finds it necessary. (e.g. to reset the Gi or to deliver judgments, suspected danger or injuries)
 3. If both contestants left the fighting area completely in a not recognizable position. The referee will restart the match in the middle of the fighting area in standing position
 4. If one or both contestants are injured, unconscious or are taken ill.
 5. In case of submission (a contestant taps, shows other signs or if the contestants can't tap by himself during a strangulation or a lock).
 6. The fight has finished.
- d. After “Stop” the referee can order to continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces “Fight”.

Section 11 Score/ Points

Activities causing a progress to a possible submission hold will be awarded by scores. Defending actions cannot be scored!

Points will be marked by the MR, therefore he shows the amount of points with the fingers indicating the colour and announce them.

Advantages will be marked by lifting the arm corresponding with the athlete on shoulder height.

a. Take-downs

A take-down with continuing control of 3 seconds	2 points
When an athlete achieves a takedown but the opponent does not land back-down or sideways on the ground and returns to his/her feet within 3 (three) seconds. When an athlete, in attempting a single-leg takedown, traps one of the opponent's legs and causes the opponent to exit the match area to avoid being taken down and oblige the referee to interrupt the match.	Advantage

b. Control technique (3 seconds)⁴

1. Knee on belly

When the athlete on top position places a knee on belly, Chest or ribs of the opponent, who is lying on the back or the side, and the other leg is extended with the foot on the ground	2 points
If one knee is placed on the belly but the second stays on the ground.	Advantage

2. Frontmount

When the athlete is on top, clear of the half-guard, sitting on the opponent's torso and with two knees or one foot and one knee on the ground, facing the opponent's head and with up to one arm trapped under his/her leg	4 points
with both the opponent's arms trapped under his/her legs	Advantage

3. Backmount

When the athlete takes control of the opponent's back, placing his/her heels inside the legs of the opponent in a position to trap up to one of the opponent's arms without trapping the arm above the shoulder line	4 points
When an athlete mounts his/her opponent's back and places his/her heels between the opponent's thighs but traps both the opponent's arms. When an athlete mounts his/her opponent's back but crosses his/her legs, fastens a figure-four around the waist or only places one heel between the opponent's thighs.	Advantage

If a control technic is announced but can't be hold long enough, to score points, it will be rewarded with an advantage.

c. Passing the guard

To pass the guard of the opponent and continue with a control technic for 3 seconds	3 points
To pass the guard of the opponent with no following control technic or reach the half guard with good control	Advantage

d. Sweeps

Any turn from the guard position followed by a 3 second control will be counted as a sweep and will be rewarded with 2 points.

To change the position from guard into the back of the opponent (on top) with 3 seconds of control will be regarded as sweep as well.

⁴ The level of points has to increase. (If a competitor already got points for a front- or backmount, he has to go to a neutral position – like (half) guard- before he can score points for a knee on stomach again.) To change once from frontmount to backmount or vice versa both techniques score points.



e. Locks and strangulations

1. All strangulations are allowed, except with the belt, bare hands or fingers.
2. All locks on shoulder, elbow and wrist are allowed.
3. Locks on legs or feet are allowed in bending, stretching and compression. All kind of twisted locks affecting the knee are forbidden. If a contestant apply a straight leg lock, the opponent try to escape by twisting his body and has to tap because of the pain, he will lose the match by submission.
4. A lock or strangulation, that almost submitted the opponent, will be rewarded with advantage.

Section 12 Penalties/ Forbidden Acts

Penalties will be given in four steps

1. Penalty: Warning
 2. Penalty: Advantage to opponent
 3. Penalty: 2 Points for opponent
 4. Penalty: disqualification
- a. **“Light forbidden acts”** will be punished by “penalty”. The following actions count as light forbidden acts:
1. Passivity/ Stalling
 - a. *Passivity/ stalling (Lack of combativeness) is defined by one athlete clearly not pursuing positional progression in a match and also when an athlete impedes his/her opponent from carrying out said progression.*
 - b. *Passivity is not declared when an athlete is defending his/ herself from an opponent’s attacks from mount, back-control, side-control or north - south positions.*
 2. To grip and hold the sleeves or trousers of the opponent with the fingers inside.
 3. To put the hand into the face of the opponent.
 4. To make locks on fingers or toes.
 5. To go to the ground without a grip at the opponents gi.
 6. Use of the belt for all techniques when the belt is not tied up.
 7. To escape from the fight on the ground and stand up without any contact.
 8. Delay of the fight by not being ready to fight when show up the mat or taking too much time to set Gi and belt.
 9. Talking or verbal comments
- c. The following actions count as a **“heavy forbidden act”** and will be punished by “Disqualification”:
1. To apply any actions with the intention to injure or hurt the opponent!
 2. To leave the contest area deliberately in danger of submission (not a correct move for escape)
 3. To make any locks attacking the spinal column
(Neck Locks with a danger to the spinal column are all forced moves to the side, backwards and turns – not controlled front moves from the underneath position)
 4. To make any twisted locks or laterally attacks affecting the knee
(Kani basami scissor throw is considered as such an action)



5. To push the fingers into the eyes of the opponent.
 6. To slam the opponent on the mat, while he is in a guard position or on the back.
 7. To discuss referee decisions.
 8. To apply punches or kicks, to bite the opponent or to apply any other action that is against the ethics and fairness.
 9. To perform moves put yourself into danger and lead to the disqualification of the opponent.
- d. The first time a contestant makes a “heavy forbidden” act he will be punished by “Disqualification”. He loses the match with 0 points and the opponent gets 99 points.
 - e. The second time a competitor loses by Disqualification in a tournament, he is expelled from the rest of the tournament.
 - f. If a contestant shows reckless or unsportsmanlike behaviour (any time in the tournament), the referee crew of the tatami or the appeal committee unanimously decide that the competitor should be expelled from the rest of the tournament. They will inform the head-referee of their decision and then ask the responsible of the tournament to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.

Section 13 Settlement of the Match

- a. A competitor may win the match before the end of the fighting time, if one of the contestants applies a lock or strangulation that make the opponent tap or the MR has to stop the match. This is called a submission. In this case the losing competitor gets 0 points and the winner gets 99 points.
- b. After the fighting time has expired the contestant who has the most points at the end of the match will be the winner.
- c. If the competitors have equal points at the end of the match, the contestant who achieved the most number of advantages wins the match.
- d. If the score is equal both in total points and in number of advantages, the penalties decide for the winner.
- e. If the score is equal both in total points, in number of advantages and penalties, match there will be a decision of all referees.

Section 14 Walk-over and Withdrawal

- a. The decision “win by walk-over” shall be given by the MR to any contestant whose opponent doesn’t appear for his match. The winner gets 99 points, after his opponent has been called for 3 times over at least 3 minutes.
- b. The decision “win by withdrawal” shall be given by the MR to the contestant whose opponent withdraws from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 99 points.

Section 15 Injury, Illness or Accident

- a. In every case when a match is stopped because of injury on either or both contestants, the MR may permit maximum time of 2 minutes to the injured contestant(s) for the rest. The total rest per contestant in each match shall be 2 minutes.
- b. The injury-time starts on command of the MR.
- c. If one of the contestants is unable to continue, the MR will make a decision after the following clauses:
 1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 99 points.
 2. When it is impossible to attribute the cause of the injury to either contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 99 points.
 3. When the injury is caused due to illegal action by the uninjured contestant, he shall be disqualified and lose the match with 0 points and the opponent shall get 99 points.
- d. When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest with 0 points and the opponent shall get 99 points.
- e. The official doctor is to decide whether the injured contestant may continue or not.
- f. If a contestant loses consciousness or if they blackout, the fight must be stopped and the contestant will be expelled from the rest of this tournament day.
- g. When one of the athletes alleges to be suffering from cramps, the opponent shall be declared winner of the match.

Section 16

These rules are valid for competitors over 18 years.

Further restrictions, rules and weight guidelines can be made for additional age categories and different levels of combat capability (belt categories) can be appointed.



Common rules in Ju-Jitsu Ne-Waza

OLD	Technical aspects	2015
5 seconds (3 seconds)	Time of control	3 seconds (valid for all kind of positions and points) Easier (always the same) – more points may be scored this will push the fight better
1 point	Side control	NO points Normally reached with pass the guard or take down – already score
No score	Guard to Half guard	Advantage if good control (the opponent accepts the position) more scores - Pushing the fight
Regarded as twister	 Toe hold	allowed (Inside move) Twist only effects the foot not the knee
Divided into Ippon and Wazarii technique	Take down	3 seconds control needed always 2 points general rule 3 seconds control Ne-Waza is a control game



Common rules in Ju-Jitsu Ne-Waza

OLD	Technical aspects	2015
Different positions and changes in the rules	Sweep	Turning from guard positions only
regarded as sweep	Sweep from bench position	does not happens in fights – or could be pass the guard
All back control the fighter elaborate	Back grab (No hooks in)	Regarded as sweep (or a take down) if you come on top position
Given with crossed feet	Back mount Definition: → controlling the opponent from the back side with the feet hooked in to control the leg motion	Cross feet no points
	Mount position Definition → controlling the body from the top	triangle no mount (cause sitting on the head)



Common rules in Ju-Jitsu Ne-Waza

OLD	Technical aspects	2015
1. Warning 2. 2 Pts 	Stalling passivity penalties	1. Warning 2. advantage 3. 2 pts 4. Disqualification 15 seconds follow the penalty – future idea to cancel the warning for high class events
Disqualification → regarded as tapped	In danger of submission leaving the tatami obvious by purpose	Disqualification → regarded as tapped but if it happens during a correct escape → advantage like in similar situations
Guillotine choke limited 	Neck Lock New definition for attacking the spine It is not allowed to attack the neck in a dangerous way -- twist – side moves - back side – pull from top position	Guillotine choke ok Pulling head in triangle ok



Common rules in Ju-Jitsu Ne-Waza

OLD	Technical aspects	2015
Expelled for the rest of the tournament -	Falling unconscious	Expelled for the rest of the tournament - day
	Provoking a foul bringing yourself in danger (similar to Mubobi)	Disqualification if this action would cause a disqualification for your opponent
Japanese	Used Language Everything else is handled in English	English