



RULE BOOK

GENERAL COMPETITION GUIDELINES

COMPETITION FORMAT MANUAL

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RULES OF THE COMPETITION

Two competitors fight against each other in a sportsmanlike competition. The objective of the fight is to win by submission through lock or choke or to win by scores! The competition is composed of:
Throws, take downs, locks and strangulations in standing position, floor techniques, control, improvement of positions (pass the guard, sweeps ...), locks and Strangulations on the ground.

Further restrictions, rules, guidelines, adaptations in organisation, format and protocol for different event formats, special weight or age categories and different levels of combat capability (belt categories) are appended.
All references in this document to the term "he" should be understood as "he or she".

Section 1

COMPETITION AREA (FIELD OF PLAY- FOP)

The Field of play must be set up by following the additional regulations listed in the affiliated document.

- The Competition area must be covered by tatamis, in different colours dividing the areas.
- The area outside the fighting area shall be called the safety area.
- The "fighting area" plus "safety area" are called "match area"
- Additional safety area is not part of the "match area"

Section 2**COACHES**

Only one (1) coach can be allowed due to the competition format.

- The coach stays at the limit of the contest area during the match, may assist contestants.
- Being aware of the role a model the coaches will behave according to the ethical rules of martial art.
- 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.
- 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.
- If the misbehaviour continues, the Referees of the match may decide to make him leave the official area for the whole tournament. There is still the right of the organizer/host to ban unacceptable persons from the venue.

Section 3**COMPETITION DRESSING AND PERSONAL REQUIREMENT**

The athlete must be sure to follow the regulations for Competition dressing and Personal requirements as listed in the affiliated document.

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.

Generalities:

- The competitors shall wear a good quality Gi which must be clean and in good order. They must fit the size of the athlete and the material of the Gi must allow a proper grip.

- Competitors must wear brief-type undergarments. In the female divisions, it is mandatory for the use of a stretchy or elastic shirt that hugs the body beneath the Gi.
- The competitors must have short fingernails and toenails.
- The competitors are not allowed to wear anything that may injure or endanger anybody.
- Long hair must be tied up with soft hair-band. Hejab (Muslim Hair cover) is allowed.

Section 4

CATEGORIES AND TIME

- The categories are according to the Organization code.
- An “open weight” category can be implemented in the competition.
- The “fighting time” is settled according to the category.
- Between two matches a recovery time of the regular “fighting time” must be given. In the finals the athlete Claim to have double the fighting time for recovery.

Section 5

REFEREES

- The referee is the highest authority in a match.
- The referee ruling on the result of each match is incontestable.
- The ruling on the result of a match may only be changed under the following circumstances:

- a. If the score on the board has been misread.
- b. If the athlete declared winner submitted his/her opponent using an illegal hold previously unnoticed by the referee.
- c. If the athlete has been disqualified erroneously for using a legitimate hold. In this case, if the match was interrupted and the athlete disqualified prior to the athlete under attack tapping out, the match shall be restarted at the center of the match area and the attacking athlete shall be awarded two points. In the event that the athlete under attack should tap out prior to the interruption and disqualification, the athlete performing the hold shall be declared the winner.
- d. If the referee commits a ruling error in applying the rules set forth in this rule book. A ruling error does not encompass subjective interpretations the referee makes in awarding points, advantage points or penalties. To overturn the outcome of a match, the following conditions should be observed:
- i. The referee can consult the event's director of refereeing, but the final decision as to whether to overturn or not overturn a result is the referee's to make.
 - ii. The director of refereeing should consult the event's center table regarding how the bracket has progressed and may only authorize the overturning of a result if the bracket has not progressed to the next stage.
- Subjective interpretations of the referee on the awarding of points, advantages or penalties will be final and not subject to change:
 - It is the referee's duty to intervene in a match when he/she deems it necessary.
 - It is the referee's duty to make sure the athletes fulfill their obligation to compete within the match area.
 - It is the duty of referees overseeing under-12-years-old-division matches to protect the athlete's spinal column by positioning themselves behind the child when lifted off the ground by the opponent, as in the case of a triangle or closed guard.

- The Mat-Referee (MR) who stays within the match area shall conduct the match. He decides about the scores and penalties, but can have the advice of Side-Referee.

- One Side-referee (SR) can assist the MR and shall be situated outside the safety area on a chair. Use of camera system and intercom is possible.

- The referee team is allowed to work with two side referee which can overrule the decision of the Mat referee. (sit opposite in the mat corners). Finals will be conducted with two side referees.

a. Should there be a consensus between the corner referees and the central referee, the corner referees shall remain seated in the chairs at the corners of the match area.

b. Should there be a conflict of opinion with the central referee, the corner referees should stand up and signal for points, advantage points or penalty points to be awarded or subtracted, using gestures predefined in this rule book.

c. Should there be a discrepancy between all three referees on points to be awarded for the same move, the intermediary decision shall count (e.g., when one referee awards a guard pass, the second awards an advantage point and the third asks that points be subtracted; the advantage point shall be recorded on the scoreboard).

d. If the referee decides to disqualify an athlete due to the athlete's accumulation of four penalties (serious foul or lack of combativeness), the referee will make the serious penalty gesture before stopping the fight. If at least one of the side referees repeats the gesture, the referee's decision is confirmed and he or she is authorized to stop the fight.

e. If the referee decides disqualify an athlete due to the athlete committing a severe foul, he will make the gesture before stopping the fight. If at least one of the side referees repeats the gesture, the referee's decision is confirmed and he or she is authorized to stop the fight.

f. When a match ends with a draw in points, advantages and penalties, the central referee will place the two athletes in their starting position (one to his left and one to his right). The referee will take two steps back

and make a gesture for the side referees to stand up. After the side referees are standing, the central referee will take a step forward with his right leg. After he or she does so, all three referees raise either their right or left arm in the air. This will signify the athlete each referee believes to be the winner. The central referee will then declare the winner chosen by a majority of the referees.

Section 6

SECRETARIAT

- The secretariat is placed opposite the position of the MR at the beginning of the fight.
- The secretariat shall be composed of one scorekeepers controlling an electronic scoreboard.

Section 7

COURSE OF THE MATCH

Refere calls the competitors inside the mat

- 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.
- In the beginning, the match starts in standing position, after the MR announced "Fight".
- As soon as there is contact between the competitors by holding the opponent they are allowed to go to the ground/ guard immediately.
- The contestants can control and change between the different positions, but they must be active.



- Any movement that goes beyond the fighting area should be stopped. The athletes will be returned to the centre of the fighting area in a standing position.

- When one athlete takes his opponent to the safety area while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the fight. If this happens, the referee will give the points and then restart the fight in the centre of the fighting area in the same position.

- When 2/3 of the athletes' bodies are outside the fighting area on foot or in a non-stabilized position on the ground, the referee should stop the match and restart the two athletes on their feet at the centre of the fighting area.

- 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.



FURTHER REFEREE SIGNS TO CONDUCT THE FIGHT



Direct the athlete to re-adjust the gi by crossing the arms downwards at waist height

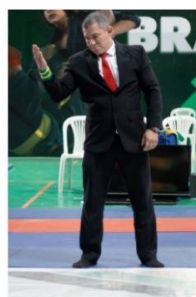
Direct the athlete to readjust the belt by imitating the move of tightening the knot



Caution athletes to remain within the combat area making circle movements with the finger pointed upwards



Instruct the athlete to stand up



Instruct the athlete to return to the ground (into the position appointed by the referee)



Section 8

APPLICATION OF “FIGHT” AND “STOP”

- The MR shall announce “Fight” to start and to restart the match after “Stop”
- The MR shall announce “Fight” to inform the competitor about recognized passivity (stalling)
- The MR shall announce “Stop” to stop the match temporarily or final. In this case, the contestants are not allowed to move anymore.



- 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.
- Any other time the MR finds it necessary. (e.g. to reset the Gi or to deliver judgments, suspected danger or injuries).
- 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.
- If one or both contestants are injured, unconscious or are taken ill.
- In case of submission (a contestant taps, shows other signs, screams or if the contestants can't tap by himself during a strangulation or a lock).
- 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 9

SCORE / POINTS

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



2 POINTS

Takedown
Sweep
Knee on belly



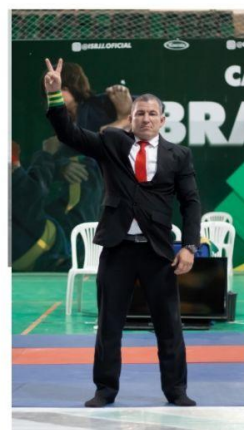
3 POINTS

Passing guard



4 POINTS

Mount
Back Mount
Back control



POINTS

Points shall be awarded by the central referee of a match whenever an athlete stabilizes a position for 3 (three) seconds. Points will be marked by the MR, therefore he shows the amount of points with the fingers indicating the colour.

When an athlete deliberately exits the match area to prevent the opponent from completing a sweep or a takedown the referee should signal two points be awarded to the opponent and one penalty point be added to the score of the athlete who exited the match area.

Athletes shall be awarded cumulative points when they progress through a number of point- scoring positions, as long as the three-second positional control from the final point-scoring position is a continuation of the positional control from the point-scoring positions from earlier in the sequence. In this case, the referee shall count only 3 (three) seconds of control at the end of the sequence before signalling the points be scored.

(e.g., guard pass followed by mount counts for 7 [seven] points).

Athletes who arrive at a point-scoring position while caught in a submission hold shall only be awarded points once they have freed themselves from the attack and stabilized the position for 3 (three) seconds.

When one athlete comes to point-scoring positions but only gets out of the submission in hold without staying in these positions, he/she will not receive any advantage for that positions.

An athlete who reaches one or multiple point-scoring positions, but is under attack from a submission hold by his/ her opponent, shall be awarded with a single advantage point if he/she does not escape the attack by the end of the match.

ADVANTAGE

An advantage (-point) is counted when an athlete achieves a point-scoring pass position requiring 3 (three) seconds of control but is unable to maintain control for the entire duration.

An advantage is counted when the move to a point-scoring pass position is incomplete. The referee should assess whether the opponent was in any real danger and if the athlete clearly came close to reaching the point-scoring pass position.

An advantage point may be awarded by the referee even after a match has run its course but before announcing the result. The referee may only award an advantage point once there is no longer a chance of the athlete reaching a point-scoring position.



Advantage

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



Point Deduction

Arm corresponding with athlete to be deducted points at shoulder height with palm open



Rule Book



An advantage point may be awarded by the referee even after a match has run its course but before announcing the result.

The referee may only award an advantage point once there is no longer a chance of the athlete reaching a point-scoring position.

Examples of Advantage Points*

Advantage from takedown

- When an athlete achieves a takedown and his/her opponent lands back-down, sideways or in sitting position on the ground without stabilizing the position for 3 (three) seconds.
- When an athlete applies a takedown or series of takedowns and the opponent returns to their feet before stabilization is achieved on the ground. The advantage shall only be awarded when there is no longer a possibility of completing the takedown attempt.

Advantage from Guard Pass

- When the athlete passing guard stacks the opponent, or allows the opponent to roll back his/herself, controlling the opponent's back in four-point-kneeling position and maintaining at least one knee on the ground, without needing to place hooks.
- When starting from guard (or from pulling guard) the athlete achieves half-guard control over the opponent, but does not solidify the pass in the ensuing sequence.

Advantage from knee on belly.

- When an athlete places a knee on his/her opponent's belly but only places the knee and not foot of his/her other leg on the ground.

Advantage from the Mount

- When the athlete on top and free of guard or half-guard tries to sit on the opponent's torso and keeps two knees or one foot and one knee on the ground while facing the opponent's head but with both the opponent's arms trapped under his/her legs.

Advantage from Back Control.

- 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 from Sweep.

- When the athlete unbalances the opponent through a sweep attempt and reaches top position, but is unable to stabilize the position for 3 seconds.

* The examples above are merely illustrative and do not represent the full array of situations that may warrant advantage points.

Specific cases whereby advantages are no longer awarded.

- The half-guard position shall not count as an advantage for the athlete on top if he/she completes the guard pass sequence.
- The half-guard position shall not count for an advantage for the athlete on top if it did not originate from a guardpass attempt.
- Athletes who suffer a takedown from the opponent and manage to roll to top position shall no longer be awarded an advantage point by the referee.
- The athlete who initiates a sweep movement, but deliberately gives up the top position in order to preserve a defensive position, shall not be awarded an advantage for the sweep.
- No advantages will be awarded for sweeps that start and end in a 50/50 guard situation.
- No advantage shall be awarded when an athlete attempting a single-leg takedown traps the opponent's leg and drags the opponent to outside the combat area, obliging the referee to interrupt the combat.
- No advantage shall be awarded when an athlete attempting to complete a sweep movement leads the opponent to fall outside the match area without ever landing on top at any moment during the movement



A - TAKE-DOWNS

When an athlete forces his/her opponent back-down, sideways or into a seated position on the ground after standing on two feet at some point during the movement.



- When an athlete forces his/her opponent to the ground on all fours or belly-down, points shall only be awarded once the athlete performing the takedown has established a back clinch on his/her opponent—hooks need not be in place but at least one of the opponent's knees must be maintained on the ground.

- Athletes who begin a takedown movement before the opponent pulls guard shall be awarded two points or an advantage point for the move, respecting the Takedown rules.
- When an athlete has a grip on his/her opponent's pants and the opponent pulls open guard, the athlete with the grip on the pants shall be awarded two points for the takedown if he/ she stabilizes the top position on the ground for 3 (three) seconds.
- If the opponent pulls closed guard and remains suspended in the air, the athlete will have to put the opponent's back on the ground within 3 (three) seconds and stabilize the top position for 3 (three) seconds to be awarded with Takedown points.
- Athletes who initiate a takedown movement after the opponent has pulled guard shall not be awarded the two points or advantage point relating to the move.
- If an athlete forces his or her opponent to the ground in the outlying safety area, the athlete performing the takedown should have both feet within the fighting area when the movement begins. In this case, if the athletes land in a stabilized position, the referee will only stop the match after 3 seconds of stabilization in the position. Then the referee will score the points and restart the match at the centre of the match area. The athletes will be placed in the same position they were in when the match was stopped.
- When the opponent has one or two knees on the ground, the athlete performing the takedown will only be awarded points if he/she is standing at the moment the takedown is carried out.
- When the athlete forces his/her opponent to the ground using a single or double-leg takedown and the opponent lands seated and successfully applies a counter-takedown (another takedown), only the athlete performing the counter-takedown shall be awarded the score.
- No Scoring in takedown:
 - a. Athletes who, in defending a sweep, return their opponent back-down or sideways on the ground shall not be awarded the takedown-related two points or advantage point.
 - b. Athletes defending standing back-control, where the opponent has one or two hooks in place and doesn't have one foot on the mat, shall not be awarded

the takedown-related two points or advantage point, even after he/she stabilizes the position for 3 (three) seconds.

2 points

Every take-down with continuing control in Top position for 3 seconds

Advantage

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.



B - CONTROL TECHNIQUE (3 SECONDS)

- Matches should unfold as a progression of positions of technical control that ultimately result in a submission hold. Therefore athletes who voluntarily relinquish a position, in order to again score points using the same position for which points have already been awarded, shall not be awarded points upon achieving the position anew.
- Points shall be awarded by the central referee of a match whenever an athlete stabilizes a position for 3 (three) seconds.

B.1 - KNEE ON BELLY



2 points

When the athlete on top maintaining side control 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 and facing the opponents head



Advantage

If one knee is placed on the belly but the second stays on the ground.



No points



2 points

B.2 - FRONT AND BACK MOUNT



4 points

When the athlete is on top, clear of the guard and 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 Control of the torso is only considered if the knees are under the shoulder line.



Advantage

With both the opponent's arms trapped under his/her legs



No points

In the case of the mount, when there is a transition straight from back mount to mount or Vice-versa—for being distinct positions—athletes shall be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position



B.2 - BACK CONTROL



4 points

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



When an athlete mounts his/her opponent's back and places his/her heels between the opponents' thighs but traps both the opponent's arms.



When an athlete mounts his/her opponent's back but crosses his/her legs.



When an athlete fastens a figure-four around the waist or only places one heel between the opponent's thighs.

Advantage

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

C - GUARD POSITION AND PASSING GUARD

When the athlete in top position manages to surmount the legs of the opponent in bottom position (pass guard or half-guard) and maintain side-control or north-south position over him/her for 3 (three) seconds.

- Guard is defined by the use of one or more legs to block the opponent from reaching side-control or north-south position over the athlete on bottom.
- To pass the guard of the opponent and continue with a control technic for 3 seconds
- To pass the guard of the opponent with no following control technique or reach the half guard with good control (face to face)
- When the athlete attempts to guard pass and makes his or her opponent turn their back upwards and get on all fours to prevent the guard pass. In this case, the athlete will be awarded with a advantage.



3 points

3 points



3 points

3 points



Advantage



No Advantage

D - SWEEPS

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

No advantages will be awarded for sweeps that start and end in a 50/50 guard situation.

To change the position from guard into the back of the opponent (on top) with 3 seconds of control and hold the opponent in bottom position (at least one knee on the floor) will be regarded as sweep as well.
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E - SUBMISSIONS (LOCKS AND STRANGULATIONS)

- If applicable, these rules will respect the age and belts division:
 - a. All strangulations are allowed, except with bare hands or fingers.
 - b. All locks on shoulder, elbow and wrist are allowed.
 - c. 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.
- During submission hold:
 - a. When an athlete taps twice with his/her hand on the opponent, ground, or his/herself in a clear and apparent manner.
 - b. When the athlete taps the ground twice with his/her foot, when arms are trapped by opponent.
 - c. When the athlete verbally withdraws, requesting the match be stopped.
 - d. When the athlete screams or emits noise expressing pain while trapped in a submission hold.
 - e. The athlete shall be declared to have lost the match upon losing consciousness due to a legal hold applied by the opponent or due to an accident not stemming from an illegal manoeuvre by the opponent.
- The fight will be stopped and the executing athlete will be declared as winner.
- The referee raises the corresponding arm high above the head, with palm facing forward.
- The athlete shall be awarded an advantage-point when he/she attempts a submission hold where the opponent is in real danger of submitting and escapes. Again, it is the referee's duty to assess how close the submission hold came to fruition.
- When an athlete has a submission hold in place in the safety area, the referee should not interrupt the match.

* When the proper defensive counter for a submission hold results in exiting the match area, the referee shall signal 2 (two) points be awarded to the athlete applying the submission hold. (Without a proper defensive move it will be a disqualification)

* When the fight exits the fighting area due to the movement of an athlete attacking a submission in hold, the referee will not mark two points after stopping the fight. Instead, the referee may give an advantage depending on the proximity of the submission, while respecting the rules of advantages.

* The referee should stop the match and restart the match at the centre of the match area with the athletes standing.



AT REAL RISK



NOT AT REAL RISK

Section 10

PENALTIES / FORBIDDEN ACTS

This paragraph only contains the “forbidden acts” and restrictions of the highest level and for adult athletes. It is essential to observe the corresponding guidelines.

Penalties will be given in four steps

- Penalty
- Penalty: Advantage to opponent
- Penalty: 2 Points for opponent
- Penalty: disqualification

The referee announce “foul” and show the gesture: “raising a clenched fist to shoulder height.”



Serious foul (Light forbidden acts) will be punished by “penalty”.

The following actions count as light forbidden acts:



- Passivity/ Stalling

In case of stalling the referee will point to the athlete announce “fight” and show the sign for penalty.



If the athlete cannot see this the referee will touch him.

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.

FOULS

Fouls are disciplinary or technical infractions addressed in the rules that are committed by athletes before, during or after a match.

Disciplinary Penalties

- When an athlete directs profane language or obscene gestures at his/her opponent, the center table, table officials, referee or public, prior to, before or after a match.
- When an athlete exhibits hostile behavior towards an opponent, referee or any other member of the organizing committee or public, prior to, before or after a match.
- When an athlete bites, pulls hair, strikes or applies pressure to the genitals or eyes, or intentionally uses a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc).
- When an athlete exhibits offensive or disrespectful behavior towards an opponent or the public through words or gestures during a match or in celebrating victory.
- When one or both of the athlete's disregard the seriousness of the competition or perform actions simulating a fake combat.
- When the athlete exhibits attitudes considered incompatible with the competition environment, or commits any other misconduct or delict, even if it is carried out prior to or following the match.

Technical Penalties

Technical penalties are divided into:

- » Lack of Combateness
- » Serious Penalties
- » Severe Penalties

Lack of Combateness

Classified similarly to serious penalties, lack of combateness entails:

- Lack of combateness (stalling) 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.
- When neither athlete demonstrates combateness simultaneously during a combat situation.
- When both athletes pull guard at the same time, the referee will start a 10 second countdown. If at end of this 10 second countdown, even if the athletes are moving, one of the athletes does not reach the top position, does not have a submission in hold, or is not imminently completing a point scoring move, the referee will stop the fight and give a penalty to both athletes. In this situation, the referee will restart the combat in standing position.
- Lack of combateness (stalling) 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.
- Will not be considered lack of combateness when an athlete is in mount or back position, as long as the characteristics of the technical position are respected.

Examples of situations constituting lack of combateness (stalling):*

- When an athlete, upon achieving side-control or north-south positions over an opponent, does not seek positional progression.
 - When an athlete in an opponent's closed guard does not seek to pass guard and at the same time prevents the opponent from seeking positional progression from guard.
 - When the bottom athlete playing closed guard wraps his/her arms around the opponent's back or performs any other controlling movement clutching the opponent to him/her without intending to achieve a submission or score.
 - When an athlete on foot grabs and maintains his/her hand on the opponent's belt, preventing the opponent from completing a takedown movement and without attempting an attack of any kind.
- * The aforementioned examples are merely illustrative and do not represent all the situations that may be deemed lack of combateness (stalling).

Serious Fouls

- When the athlete kneels or sits (remaining in the position) or pulls guard, without the establishment of a grip.
- When a standing athlete flees the bounds of the match area, avoiding combat with the opponent.
- When a standing athlete pushes his/her opponent to outside the match area without clear intent of attempting a submission or scoring.
- When an athlete on the ground evades combat by sliding his/herself outside the match area.
- When an athlete on the ground stands to escape combat and does not return to combat on the ground



- When an athlete breaks the grip of the opponent pulling guard and does not return to combat on the ground.
- When an athlete intentionally removes his/her own Gi or belt, causing the match to be stopped.
- When an athlete grabs the opening of the opponent's sleeve or pant leg with the fingers placed inside the garment, even if performing a sweep or any other maneuver.
- When an athlete grabs the inside of the opponent's Gi top or pants, when he steps inside the Gi jacket and when an athlete passes a hand through the inside of the opponent's Gi to grip the external part of the gi.
- When an athlete communicates with someone, orally or through gestures, in a manner that contradicts a decision made by the referee.
- When an athlete disobeys a referee order.
- When an athlete exits the mat area after a match but before the referee has announced the result.
- When the athlete deliberately runs away from the fight area to avoid an inferior position or consolidation of the opponent's score.*

* Exclusively in this case, the referee must mark the athlete who fled the match area with a penalty and award their opponent with 2 points on the scoreboard. The marked penalty must follow the sequence of penalties

- For Jiu-Jitsu No-Gi, when an athlete grabs hold of his/her uniform or that of his/her opponent in any way.
- When an athlete places a hand or foot on his/her opponent's face.
- When an athlete intentionally places his/her foot in his/her opponent's belt.
- When the athlete purposely places his/her foot on the lapel of his/her opponent's Gi without having a hand grip to provide traction for his/her foot.
- When an athlete places a foot in the lapel behind the opponent's neck, with or without gripping it.
- When an athlete uses his/her own belt or the opponent's belt to assist in a choke or any other circumstance in a match while the belt is untied.
- When an athlete takes more than 20 seconds to re-adjust their(his/her) uniform, they shall be penalized in a consecutive manner (20 seconds for Gi top and belt, 20 seconds for identification belt, and 20 seconds for tying the drawstring of the pants, when necessary).



- When an athlete runs around the match area and does not engage in the combat.
- When an athlete unintentionally reacts in a way that places his/her opponent in an illegal position.
- When, in the under-15-year-old-division (for all belts) and in all white belt age groups, an athlete jumps for closed guard on a standing opponent, including any and all attacks initiated by jumping guard, such as but not limited to Flying Triangles and Flying Armbars.
- When such moves occur, the referee will stand both athletes up again.

Note: Should one athlete be defending an attempted takedown or sweep and jump guard, the punishment shall include 2 points being awarded to the opponent.

When an athlete during a match or celebrating victory before being announced as the winner exhibits attitudes not appropriate for the competition environment, but does not qualify as a disciplinary penalty.

Ex: Gestures or exercises meant to suggest physical superiority, dances or attitudes meant to ridicule within a sporting context.

Severe Foul

- When an athlete's Gi is rendered unusable and he/she is unable to exchange it for a new one within a period of time stipulated by the referee.
- When an athlete deliberately flees the match area to avoid submitting to a submission hold applied by his/her opponent.
- When being attacked by a submission hold an athlete commits a penalty that obliges the referee to interrupt the match.
- When an athlete intentionally attempts to get his or her opponent disqualified by reacting in a way that places his or her opponent in an illegal position.

When it comes to a referee's attention that an athlete is not wearing an undergarment under his or her uniform as outlined.

When an athlete applies creams, oils, gels or any slippery substance to any part of the body.

When the athlete utilizes any substance that increase the adherence in any part of his/her body.

When the athlete utilizes any substance that makes the kimono slippery for the grips.

When an athlete strangles his or her opponent ,without using the gi, with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using the thumb.

When an athlete blocks the passage of air to his/her opponent's nose or mouth using his/her hands.

When the athlete who is defending a single leg takedown, while the athlete attacking has his head outside his opponents body, intentionally projects his attacker to the ground, by grabbing his opponents belt, to make him hit the floor with the head.

The suplex movements that will project or force the opponent's head or neck into the ground.

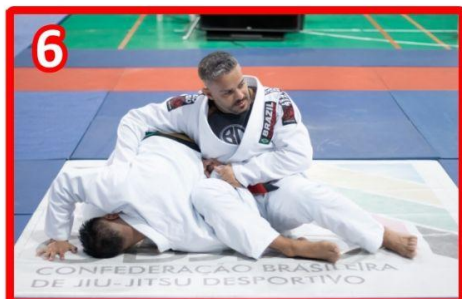
Obs: The suplex takedown is defined by the attacking athlete lifting the opponent at the waist in order to take him/her down, by throwing him backwards or sideways to the ground. The use of this technique is still permitted provided that the movement does not force the opponent's head or neck into the ground.

When an athlete applies a hold prohibited for his/her respective division, as indicated in the following table.*



TABLE: -Technical Fouls – Illegal Move





4 - 12 years-old	13 - 15 years-old	16 and 17 years-old and Adult to Senior 5 white belt	Adult to Master 6 Blue & Purple Belts	Adult to Master 6 Brown & Black Belts	
■					1. Submission stretching the legs apart
■	■				2. Choke with spinal lock
■	■				3. Straight foot lock
■	■				4. Forearm choke using the sleeves (Ezequiel choke)
■	■				5. Frontal Guillotine Choke
■	■				6. Omoplata
■	■				7. Pulling head in triangle
■	■				8. Armtriangle
■	■	■			9. Jump into the guard
■	■	■			10. Pressing kidney or ribs in Close Guard
■	■	■			11. Wrist lock
■	■	■			12. Single leg takedown with the head of the attacker outside the opponents body
■	■	■	■		13. Biceps Slicer
■	■	■	■		14. Calf Slicer
■	■	■	■		15. Kneebar
■	■	■	■		16. Toe Hold
■	■	■	■	■	17. Slam
■	■	■	■	■	18. Spinal lock (without choke)
■	■	■	■	■	19. Heel hook
■	■	■	■	■	20. Locks twisting the knees
■	■	■	■	■	21. Straight foot lock and Turning inside
■	■	■	■	■	22. Lateral pressure to the knee (by crossing out in)
■	■	■	■	■	23. Toehold with outside turn
■	■	■	■	■	24. Kanibasami / scissor throw
■	■	■	■	■	25. Fingerlock
■	■	■	■	■	26. Takedown forcing on the head or neck (Suplex, ..)





LATERAL ATTACKS TO THE KNEE (KNEE RIPPING)

Knee ripping is characterized by when one of the athletes places his thigh behind the leg of his opponent and passes his calf on top of the opponent's body above the knee, placing his foot beyond the vertical midline of the opponent's body and applying pressure on his opponents knee from the outside, true inside, while keeping the foot of the leg at risk stuck between his hip and armpit.

It is not necessary for one of the athletes to hold the foot of his opponent in order for the foot to be considered caught or stuck. For purposes of this rule, when one athlete is standing and bearing their weight on foot of the same leg as the knee in danger, the foot will be considered caught or stuck.

SEVERE FOUL - HEAVY FORBIDDEN ACT (Sanctioned with "Disqualification")

Serious laterally attacks affecting the knee (crossing the leg from outside in locking situation or with strong pressure)

- When the athlete executes the movement in the characteristics mentioned below, with their foot crossing the vertical midline of the opponent's body.



- When either of the athletes have a submission hold, it will be considered a severe foul for the athlete crossing his foot in the characteristics mentioned below.



NO FOUL



Pé livre

Cruzar o pé embaixo do joelho

Section 11

SETTLEMENT OF THE MATCH

a. Submission:

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.

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.

f. In the event of both athletes suffering accidental injury in a semifinal or final match where the score is tied at the moment of the accident and neither athlete is able to continue in the contest, the result shall be determined by random pick.

Section 12

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 after 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.

Section 13

INJURY, ILLNESS AND ACCIDENT

- 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.

- The injury-time starts on command of the MR.

- When an athlete presents bleeding that cannot be contained after being treated by the doctor on 2 (two) occasions, to which each athlete has the right for each injury and should be provided upon the referee's request.

a. 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 loose the match.

2. When it is impossible to attribute the cause of the injury to either contestant, the injured contestant shall lose the match.

3. When the injury is caused due to illegal action by the uninjured contestant, he shall be disqualified and lose the match.

b. When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest.

c. The official doctor is to decide whether the injured contestant may continue or not.

d. 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.

e. When one of the athletes alleges to be suffering from cramps, the opponent shall be declared winner of the match.

f. When an athlete vomits or loses control of basic bodily functions, with involuntary urination or bowel incontinence.

Section 14

HYGIENE

- Nails must be trimmed and short
- Long hair must be tied up
- In case of skin presenting some injury, rash or some disease, doctor must be informed, and he has the final say if the athlete can participate or not in the competition.
- Out of matches area, the athletes must use footwear.
- Gi must be clean and dry, having no odor.

FURTHER REQUIREMENTS

- a. Each athlete shall only mount the official scale of the event to have his/her weight taken once.
- b. Athletes are allowed to weigh in without knee or elbow braces, but they will have to be wearing them at the time of the gi inspection.
- c. Patches may only be affixed in authorized regions of the gi, as depicted in the illustrations below. They should be of cotton fabric and properly seamed. All patches unseamed or in unauthorized regions of the gi will be removed by the gi inspectors.
- d. Permitted: a gi brand tag in the front lower part of the pants (according to illustration). The tag must be made of a thin fabric (not embroidered) and be at most 36 cm².
- e. Use of any foot gear, head gear, hair pins, jewelery, cups (genital protectors), or any other protector fashioned of hard material that may cause harm to an opponent or the athlete him/herself is forbidden.
- f. The use of joint protectors (knee, elbow braces, etc.) that increase body volume to the point of making it harder for an opponent to grip the gi are also forbidden.
- g. In the female division, the use of thong-type undergarments is not permitted; only briefs-type undergarments. The athlete (male and female division) not wearing undergarment will be disqualified of the match.
- h. In the female divisions, it is mandatory for the use of a stretchy or elastic shirt that hugs the body beneath the GI; It can be short or long sleeved. It is also permitted for athlete's to use a one piece swim garment (bathing suit) or gymnastics top. In the male divisions, the stretchy or elastic shirt is optional. No stretchy or cotton t-shirts, are not allowed.
- i. The event's organizers may demand that athletes have two gis of different colors (one royal blue and the other white), in order to distinguish between the two athletes in a match.
- j. In the female divisions, the Hijab is permitted. It must be fixed and made with elastic fabric, without any hard material. Black color is mandatory.

ISBJJA UNIFORM REQUIREMENTS

GI MATERIAL

GIs should be tailored using cotton or cotton-like fabric only. The fabric should not be so thick or hard as to impede an opponent from gripping it. For juvenile, adult, master and senior divisions, a GI fashioned from woven fabric is mandatory.

It is permitted to wear kimono with EVA or similar material inside the collar, if the measures of size and rigidity regulations provided in the IBJJF Rules Book are followed.

GI COLOR AND PATCHES

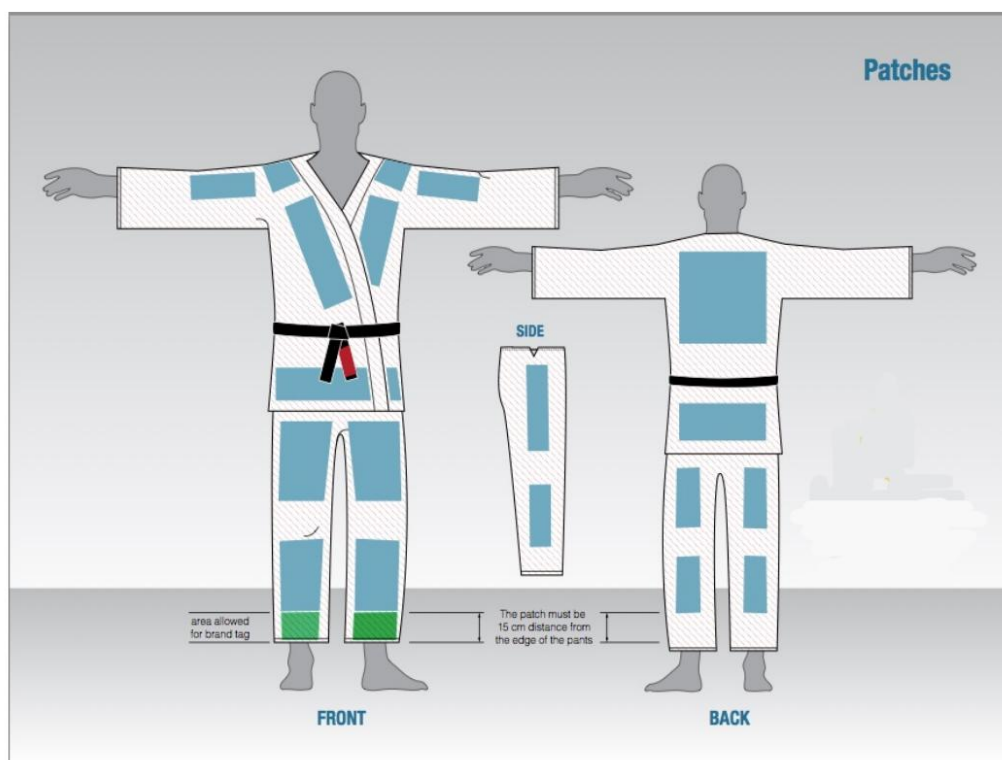
GIs must be of uniform color.

The following colors are permissible: white, royal blue or black. Gis with tops and pants of different colors are not permitted; nor are Gis with a collar that is a different color than the rest of the top.

Painted Gis are forbidden, unless the paint is designed in the form of an academy or sponsor logo – and only on regions of the GI where patches are permitted.

Even in cases where they are permitted, the athlete will be obliged to change Gis should the paint mark the GI of the opponent.

Patches may only be affixed in authorized regions of the GI, as depicted in the IBJJF Rules Book. They should be of cotton



BELT REQUIREMENTS

Athletes should use a durable, 4 to 5 cm wide belt colored according to the athlete's rank, with a black tip – except for black belts, where the tip should be white or red. The belt should be worn over the top, wrap around the waist twice, and be tied using a double knot tight enough to hold the GI top closed. Once tied in a double knot, each end of the belt should hang 20 to 30 cm in length.

GI MEASUREMENTS

The GI top should reach the athlete's thigh and the sleeves should come to no more than 5 cm from the athlete's wrist when the arm is extended straight parallel to the ground.

GI pants should reach no more than 5 cm above the tibial malleolus (ankle bone).

The inspection will verify whether the following official measurements are met: GI lapel thickness (1.3 cm), width of GI collar (5 cm), opening of sleeve at full extension (7 cm).

OTHER REQUIREMENTS

Use of a shirt under the GI top is prohibited, except for women. In the female divisions, it is mandatory for the use of a stretchy or elastic shirt that hugs the body beneath the GI; It can be short or long sleeved, without the necessity to follow the color requirements. It is also permitted for athlete's to use a one piece swim garment (bathing suit) or gymnastics top.

Wearing pants of any kind under GI pants is prohibited, except for women, who are permitted to use pants made of elastic fabric (clings to body) under the GI pants, as long as these pants are shorter than the GI pants.

Athletes must use undergarments. The use of thong-type undergarments is not permitted; only briefs-type undergarments. GIs may not exhibit mending or tears, be wet or dirty or emanate unpleasant odors.

NO-GI JIU-JITSU UNIFORM REQUIREMENTS

SHIRTS AND RASH GUARDS:

Both genders must wear a shirt of elastic material (skin tight) long enough to cover the torso all the way to the waistband of the shorts, colored black, white, or black and white, and with at least 10% of the rank color(belt) to which the athlete belongs. Shirts 100% the color of the athlete's rank (belt) are also permitted.

Note: For black belts a small red area will be tolerated, but must not decharacterize the athlete's rank color.

SHORTS FOR MEN:

Board shorts colored black, white, black and white, and/or the color of the rank (belt) to which the athlete belongs, without pockets or with the pockets stitched completely shut, without buttons, exposed drawstrings, zippers or any form of plastic or metal that could present a risk to the opponent, long enough to cover at least halfway down the thigh, and no longer than the knee.

Also permitted are compression shorts made of elastic material (skin tight) worn beneath the shorts, in the colors black, white, black and white, and/or the color of the rank (belt) to which the athlete belongs.

SHORTS, COMPRESSION SHORTS AND PANTS FOR WOMEN:

Shorts, compression pants (skin-tight spats) and/or compression shorts colored black, white, black and white, and/or the color of the rank (belt) to which the athlete belongs. The shorts must not have pockets or have the pockets stitched completely shut, must not have buttons, zippers or any kind of plastic or metal that could present a risk to the opponent, and must be long enough to cover halfway down the thigh and no longer than the knee.

