



# Rules and Regulations

## JIU JITSU WORLD LEAGUE

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#### **1- Match Conclusions: Gi & NoGi**

- Submission: When an athlete taps, screams with a submission in progress, loses consciousness or verbally asks to stop from a legal submission or hold. In the kids divisions, referees will stop the fight before the tap out or any situation where a child can get hurt.
- In the Youth Divisions, in case a competitor cries with a submission in progress, will be considered a tap. If the competitor cries without a submission in progress, the referee can stop the fight to check the competitor's condition. If possible continue the match in the same position or if necessary start standing.
- Stoppage: When an athlete asks due to any type of injury or simply taps. Examples of required stoppages are; uncontrollable bleeding, doctor stoppage, cramps, vomiting or loss of bodily functions, in all those situations, the opponent shall be declared winner of the match.
- Disqualification: Occurs if an athlete gets penalized 3 times in a match or commits a severe foul. The athlete will be disqualified (DQ) from the fight. Unsportsmanlike conduct might DQ from the tournament according to the referee interpretation. Competitor who lose consciousness because of head trauma will not be allowed to compete again in the same tournament.
- Points: The competitor with the most points at the end of the match is deemed the winner.
- In the event of a draw: The last fighter to score points receives the victory.
- In the case of a draw with no points or when points are tied due to penalties: The match is determined through referee decision based on - Who gets closer to establishing points from position and/or submission attempts.



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#### **2- Jiu Jitsu World League Scoring: Gi & NoGi**

**2.1-** A scoring event is designated by the referee. Scores are recorded by a designated and trained scorekeeper. Scoring criteria is identical in all divisions.

**2.2-** Control must be maintained for 3 seconds after a scoring event in order to qualify for the points. **Points count even if a competitor escapes immediately after the 3rd second.**

**2.3-** When a submission is in progress, and the submitter gets into a possible point position he will receive points after 3 seconds of control. The competitor defending the submission, in order to score points, has to escape and establish control for at least 3 seconds in order to be awarded points.

#### **Score point positions:**

#### **Takedown:(2 points):**

- When a fighter starts in the standing position, forces the opponent to fall back down, sideways or into a seated position on the ground, and establishes the position for 3 seconds.
- When a fighter forces their opponent to the ground on all fours or belly down, points shall be awarded once the fighter establishes top position for 3 seconds, having his entire body behind the line of at least one of the arms. At least one of the opponents knees needs to be on the ground.
- A fighter who initiates the takedown movement, after the opponent has pulled guard, will not receive points.
- When a competitor pulls guard after the opponent has established a grip on the pants, it will be considered a takedown for the competitor with the grip on the pants after 3 seconds of top control.
- When a competitor forces their competitor to the ground and lands inside the guard, and the person on the bottom successfully applies a sweep/counter takedown before 3 seconds of control, only the competitor performing the counter technique shall be awarded points if he establishes control for 3 seconds on top.
- When both competitors stand up, after 3 seconds in the standing positions, both will have the possibility of scoring points through a takedown.

#### **Sweeps (2 points):**



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Action where the scoring competitor is in the bottom position playing guard and is able to move to a top control position, and establish control for at least 3 seconds.

- 1- When a double guard pull occurs, the competitor who gets to the top position first and establishes control for 3 seconds is awarded 2 points. If 20 seconds pass and neither opponent reaches the top position the referee will stop the fight and both competitors will be penalized. The fight will be restarted from the standing position.
- 2- In the case of a double guard pull where the competitors end up in the 50/50 position where both competitors have their butts on the ground, the one who reaches the top position first earns the points regardless of their leg situation. At this time the rules regarding 50/50 position start to apply.
- 3- In the case of 50/50 guard, a 2 point sweep is only registered if the athlete moving to top position is able to free their legs from the opponent's, and control the top position for at least 3 seconds.

#### **Knee on belly (2 points):**

- When a competitor in a top position places the knee or shin closest to the opponents hips on the bottom competitor's belly, chest or ribs while placing the other foot on the ground.

#### **Passing the guard (3 points):**

- When a top competitor clears the legs and establishes side control, knee on belly, north-south position, or full mount.

#### **Full mount (4 points):**

- When the athlete is sitting on the opponent's torso with 2 knees on the ground, or one knee and one foot on the ground. The competitor on top must be facing the opponent with only up to one arm trapped under the leg, if both arms are under the legs points will not be given.

#### **Full back mount (4 points):**

- When the athlete is sitting on the opponent's torso and they are flat and facing the ground. The competitor mounting the back must have both knees on the ground or one knee and one foot on the ground,

#### **Back control (4 points):**

- The competitor takes control of their opponent's back and places the heels (hooks) between their opponent's thighs. Both hooks must be in place to receive points. A body triangle (body lock) or having the feet crossed will not result in points.
- **3- Penalties: Gi & NoGi**



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**3.1- Stalling:** The referee will stop the fight and penalize the competitor guilty of the stalling. They will restart from a standing position.

- A competitor does not try to improve their position, avoiding the fight for 20 seconds or more. When the referees identify a stalling situation, they will count 20 seconds off the clock and penalize the competitor guilty of stalling.
- A competitor who continuously moves the fight out of bounds regardless of the position

3.2- Pulling guard without grips: The competitor must have at least one grip in order to pull guard. In the case of NoGi, the competitor must have a point of contact with his opponent. The referee will stop the fight and stand both competitors up. The offender will be penalized and the fight will be restarted.

3.3- Talking to the referee: Competitors and/or coaches are not allowed to talk to the referee during the match. (Basic communication with the referee is allowed in the case of equipment malfunction and personal emergencies.) See coaches code of conduct for further information. The referee will notify the competitor that they were penalized and the fight will continue from their current position.

3.4- Illegal grips: Grips inside the sleeves and/or the pants are illegal. In the case of NoGi, grips on the shorts and/or rash guard are not allowed. (Minor grip infractions during scrambles will not be penalized as long as the competitor lets go of the grip immediately.) The referee will notify the competitor about their illegal grips, penalize them and the fight will continue from the current position.

### **All these penalties are cumulative**

3.5- Severe Penalties: These are penalties where the competitor will be disqualified immediately.

- Use of inappropriate language towards the referees, opponents, and/or staff members. (This rule applies **at all times** during an event.)
- Illegal techniques. See illegal techniques table.
- Inappropriate coach conduct.
- Any lack of fair play.
- Intentionally leaving the mat area with a submission in progress against the offender
  - This does not apply if the technique to escape the submission lands the competitors out of bounds.

### **4- Penalties Score: Gi & NoGi**

- 1st Penalty: Penalty signal



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- 2nd Penalty: Penalty signal
- 3rd Penalty: Penalty signal + 2 points to the opponent.
- 4th Penalty: Disqualification

#### **5- Illegal Techniques**

##### **Group 1 - Toddlers to Teen Gi & Youth NoGi**

- 1- All leg/foot attacks, including triangle when the opponent crosses their feet in back control.
- 2- Guillotine choke with or without the arm inside, peruvian necktie, neck crank techniques, anaconda choke, d'arce choke and any arm triangle variation.
- 3- Slams: from a closed guard.
- 4- Wrist locks.
- 5- Omoplatas.
- 6- Scissor takedown.
- 7- Calf and biceps slicers.
- 8- Pulling the head in a triangle.
- 9- Ezekiel choke from any position.
- 10- Kidney lock
- 11- Suplex
- 12- Jumping into guard
- 13- -Groin stretch
- 14- Knee Ripping
- 15- Single leg with the head outside
- 16- Neck Cranks
- 17-triangle using the legs from any position without the opponents arm in.

##### **Group 1 Notes**

- If a child applies an illegal technique, the referee will stop the fight and undo the illegal move. No penalty will be given and the match will be restarted by the referee. Unless the referee understands that illegal technique it's been used to get some reasonable advantage in the fight. In this case, penalties can be applied.
  - In the event of a youth tap from an illegal technique, before the referee has a chance to stop the match the offender will be DQ.



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#### **Group 2 - Juvenile White and Blue Belts Gi & NoGi**

- 1- Neck cranks
- 2- Slams
- 3- Wrist locks.
- 4- Scissor takedown.
- 5- Calf and biceps slicers.
- 6- Guillotine choke without the arm in.
- 7 - Kidney Lock
- 8- Suplex
- 9- Spinal Hyperextension
- 10- Knee bars.
- 11- Heel hooks and toe holds.
- 12- Knee Ripping

#### ***Adult & Master:***

#### **Group 3- White Belt Gi and Beginner NoGi**

- 1- Knee bars.
- 2- Heel hooks
- 3- Toe Holds
- 4- Slams
- 5- Wrist locks
- 6- Scissor takedown
- 7- Calf and biceps slicers
- 8- Suplex
- 9- Jumping into guard
- 10- Knee Ripping
- 11- Single leg with the head outside
- 12- Neck cranks



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#### **Group 4 - Purple & Blue Belts Gi and Intermediate NoGi**

- 1- Knee bars.
- 2- Heel hooks
- 3- Toe holds.
- 4- Slams
- 5- Scissor takedown.
- 6- Biceps and calf slicers
- 7- Suplex
- 8- Knee Ripping
- 9- Neck cranks

#### **Group 5- Brown & Black Belts Gi and Advanced NoGi**

- 1- Scissor takedown.
- 2- Neck Cranks
- 3- Slams
- 4- Heel hooks **(Except Advanced NoGi Division)**
- 5- Knee Ripping **(Except Advanced NoGi Division)**

#### ***Notes For All Groups***

- The list above are examples of prohibited techniques and do not represent the full array of prohibited technical situations and variations.
- In NoGi divisions, if a competitor has experience in college wrestling, they should compete in the Intermediate level or higher. This rule only applies for NoGi divisions.





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ILLEGAL MOVES	Group 1 Toddler to Teen	Group 2 Juvenile White and Blue Belts	Group 3 Adults and Masters white Belt	Group 4 Adults and Masters Blue and Purple	Group 5 Adults and Masters Brown and Black	Advanced No GI Adults and Masters Brown and Black
Ezekiel choke from any position.	NO	YES	YES	YES	YES	YES
Triangle (Pulling Head)	NO	YES	YES	YES	YES	YES
Triangle using the legs without the opponent's arm in	NO	YES	YES	YES	YES	YES
Omolatas	NO	YES	YES	YES	YES	YES
Guillotine choke (Arm In)	NO	YES	YES	YES	YES	YES
Arm Triangle and Variations	NO	YES	YES	YES	YES	YES
Straight Ankle Lock	NO	YES	YES	YES	YES	YES
Groin Stretch	NO	YES	YES	YES	YES	YES
Guillotine Choke (Both Arms Out)	NO	NO	YES	YES	YES	YES
Wrist Locks	NO	NO	NO	YES	YES	YES
Kidney Locks	NO	NO	NO	YES	YES	YES
Jumping Guard	NO	NO	NO	YES	YES	YES
Single leg with head outside	NO	NO	NO	YES	YES	YES
Knee Bars	NO	NO	NO	NO	YES	YES
Calf and biceps slicers	NO	NO	NO	NO	YES	YES
Toe Holds	NO	NO	NO	NO	YES	YES
Heel Hook	NO	NO	NO	NO	NO	YES
Knee Ripping	NO	NO	NO	NO	NO	YES
Neck Spinal Cranks	NO	NO	NO	NO	NO	NO
Slams	NO	NO	NO	NO	NO	NO
Scissor takedown	NO	NO	NO	NO	NO	NO
Suplex landing with the opponent's head or neck on the ground.	NO	NO	NO	NO	NO	NO

\*\* The list above are examples of prohibited techniques and do not represent the full array of prohibited technical situations and variations.



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#### **6- Referee Signals and Terms**

- 1- Fight - Straight arm chopping motion.
- 2- Stop - Both arms are flat moving from inside to outside.
- 3- 2 points - Two fingers
- 4- 3 points - Three fingers
- 5- 4 points - Four fingers
- 6- Penalty - Flat hand pointing towards the competitor, following by the arm at 90 degrees with a closed fist
- 7- Coaches penalty - Flat hand pointing towards the coaches chair the arm at 90 degrees with a closed fist
- 8- DQ - Arms crossed above the head in the direction of the offender, followed by a flat hand pointing towards the competitor's waist line.
- 9- Back last signal - Hand above the head waving slightly back and forth.
- 10- Submission - Arm above the head with palm facing out.

#### **7- Match Lengths: Gi & NoGi**

##### **Match Length Table**

##### **1. Match Length is Determined by the contestants division and age**

Age Group	Match Length (Minutes)
Toddler	2
Kindergarten, Youth and Pre Teen	3
Jr. Teen and Teen	4
Juvenile, Adults White - Brown Belts, All Masters	5
Adult Black Belt *	6
Master Black Belt	5

**\*All adult and master NoGi Divisions have a match length of 5 minutes, regardless of the belt level.**

**\*Youth NoGi follows the same mat time duration as Youth Gi**



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#### **8- Age Divisions and Weight Classes**

##### 8.1- Age Division: Gi & NoGi

Age division is based on the year of birth, the divisions are as follows:

###### YOUTH

- Toddler: 2019-2020
- Kindergarten: 2017 - 2018
- Youth: 2015 - 2016
- Pre Teen: 2013 - 2014
- Jr. Teen: 2011 - 2012
- Teen: 2009 - 2010
- Juvenile: 2006 - 2008 (17 and Under)

###### ADULTS

- Adult: 18 - 29 Years of age

###### FEMALE MASTERS:

- Master 1: 30 - 35 Years of age
- Master 2: 36 - 40 Years of age
- Master 3: 41 & Up

###### MALE MASTERS:

- Master 1: 30 - 35 Years of age
- Master 2: 36 - 40 Years of age
- Master 3: 41 - 45 Years of age
- Master 4: 46 - 50 years of age
- Master 5: 51 & Up

All competitors are required to provide official documents proving their age and identity, upon checking in at any event.

##### 8.2 Weigh in:

- Weigh in always happens on the day of the tournament, at least one hour or more before your first scheduled match.
- All competitors must weigh in with their Gi on.
- For NoGi divisions: Upon weighing in, competitors must have their NoGi uniform on.



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#### **Youth Gi Belt Divisions:**

1. White Belt
  2. Gray Group: Includes Gray/White, Solid Gray, and Gray/Black
  3. Yellow Group: Includes Yellow/White, Solid Yellow, and Yellow/Black
  4. Orange Group: Includes Orange/White, Solid Orange, and Orange/Black
  5. Green Group: Includes Green/White, Solid Green, and Green/Black
  6. Blue
- In the case of a competitor with a different belt than in the described list above, the color will be determined by the predominant color of the belt.

#### **Youth NoGi Belt Divisions:**

1. Beginner: Includes White Belt and Gray Group
2. Intermediate: Includes Yellow Group and Orange Group
3. Advanced: Includes Green Group and Blue Belts

#### **Adult Belt Divisions:**

1. White
2. Blue
3. Purple
4. Brown
5. Black

#### **9 - Match Officials: Gi & NoGi**

Event organizers are responsible for guaranteeing that the match officials are present, certified, and properly trained.

Match officials shall include:

- 1 Referee
- 1 Score/Time keeper
- 1 Runner

##### **9.1- Referees**

Referee duties include match progress and neutral enforcement of all tournament and organization rules.

The competition area is clean and free of any potential obstructions or gaps between mats.



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Uniform and hygiene rules are strictly observed and enforced.

Referees utilize colored wristbands to designate the grappler responsible for a scoring event. The designation includes raising the colored wristband and signaling the score.

#### **10- Officiating: Gi & NoGi**

##### 10.1- Inbounds and Out of bounds

1- All match activity must take place within the designated contest area. The referee will keep the fight in the central area as much as possible.

Example: One competitor is using a closed guard near the border line. The referee will stop the fight and bring them back to the middle in the same position.

2- The match is not considered out of bounds as long as one of the competitors has any part of their body within the contest area. Either competitor cannot score points if they are both completely outside the fighting area.

3- Submissions and submission attempts shall be scored as valid as long as some part of either competitor is within the contest area.

4- If a competitor is forced out of bounds while making a legitimate attempt to defend against their opponent's actions then they shall not be penalized. (Legitimacy is up to the referee's discretion)

5- After a scramble where the competitors are forced out of bounds, the fight will restart in the standing position.

#### **11- Policies**

##### **11.1- Hygiene**

The wellbeing and health of both the competitors and spectators is of the utmost importance. Due to this fact **hygiene rules will be strictly enforced.**

1- Finger and toe nails must be trimmed and cut short.

2- Hair:

- Long hair must be tied in a way that avoids any inconvenience to the other competitor and/or interferes with the progress of the match.



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- Dyed hair must not stain or leave a residue. If a competitor's hair stains anything they will be disqualified.

3- Uniforms must be clean, dry, and not show any particular stains. (Gis with unpleasant odors can result in disqualification.)

4- Competitors may not wear any bandages or braces with hard material, like metal or plastic. Neoprene braces are ok and bandages must be secured by elastic straps.

5- Competitors are prohibited from wearing anything that might cause injury to their opponents or themselves. This list includes:

- Cups are **not allowed**
- Jewelry (Rings, necklaces, bracelets etc.)
- Piercings of any kind (Face, body, tongue etc.)
- Prosthetics
- Casts
- Gauged ears and other body modifications that can cause or result in potential injury must be covered or secured with medical tape.

6- The athlete's skin, hair, and uniform shall be free of any slippery or sticky substances. (Any attempts to bypass this rule will result in disqualification.)

#### 11.2- Uniforms

Jiu jitsu competitions should always focus on the athlete's technique and strategy. The uniform regulations are in place to lessen the likelihood that a competitor will find an unfair advantage due to their equipment.

(In the event that a uniform is damaged during a competition, the referee will stop the fight and give the athlete 10 minutes to find a suitable replacement.)

##### 11.2.1- Jiu-Jitsu Gi

1- Gi material must be constructed of a cotton or cotton-blend (70%+ cotton). The competitor's opponent must be able to grip the Gi. Therefore, the Gi material must not be too thick, too rigid or too slippery. Rash Guards are permitted for competitors to wear under the Gi.

2- The jacket must extend to the athletes thighs and meet the following required measurements:

- Gi top width: 1.5cm
- Width of Gi collar 5cm
- Opening of sleeve at extension: 7cm
- Distance from the wrists when arms are extended directly in front at shoulder height: 5 cm



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3- Gi pants must come within 5cm of the competitor's ankles when the competitor is standing.

4- Gi jacket and Gi pants must be in the same color.

5- Gi colors allowed are as follows:

- White
- Gray
- Blue
- Black
- Pink
- Purple
- Green
  - All Gis must be one consistent solid color
- The belt should be flexible enough to bend when pushed from the ends towards the knot.
- The knot must be secure enough to not loosen when the flexibility is tested as described above.

#### **11.2.2- NoGi & Youth NoGi**

1- Grappling or board shorts

- Shorts must extend between halfway down the thigh and no more than 5 cm above the kneecap.
- Shorts should have a solid color, and cannot have pockets, buttons, snaps or be excessively baggy.

2- Rash Guards are permitted to be short or long sleeved.

#### **11.3 Two matches guarantee - special notes**

- JJWL does not guarantee 2 matches if one of the competitors in the bracket refuses to compete or simply does not show for the event.
- 2 Man Bracket - The best 2 out of 3 matches.
- 3 Man Bracket - Round robin- In the case of each competitor having 1 win and 1 loss the tie-breaker for the bracket is first who has the most submissions, and then who has the most



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points total in the bracket. In the rare event of the same number of submissions and points, the tie-breaker is the winner of the direct combat.

- 4 Man Bracket and Up - Double elimination and if you lose you still compete for 3rd place.
- In order to be eligible to receive points and go to the podium competitors must participate in at least one fight.

#### 11.4 Head Referee

- The head referee has the ability to overrule a ref's decision at any time if they judge that the call is wrong.

#### 11.5 Video Review Policy

Videos can be viewed at each Jiu Jitsu World League event if requested by the Head Referee, or submitted after the event to our chat lines available on our website. Monday - Friday from 7 am to 6 pm PST. 10 am to 9 pm EST. 9 am to 8:00 pm CST.

- If we are at fault for a call before the bracket has progressed, we will fix the problem on sight.
- If we are at fault for a call after the bracket has progressed, we are happy to make the situation right by granting the competitor a credit to a future tournament.

This rule applies if a Referee or table operator, miscounts or misawards points during the match.

- Referee interpretation does not count towards this rule.

Any other situation will be evaluated and JJWL will always work to be as fair as possible with all the competitors.

### Coaching code of conduct

- The competitor has the right to have one coach present during the match.
- One chair will be placed on the side of the mat area exclusively for the coaches use during the match.
- The scorekeeper will not wait for a coach to start a match if they are not present.
- The coach **must not** stand or kneel on the mat area during the match.
- The coach shall not talk to the referee during the match, doing so results in a penalty.
- The coach shall not talk to the score keeper's table under risk of being penalized.
- The coach must present an ID card to get into the competition area.
- Only black or brown belts can be registered as coaches.
- Every team has the right to register up to 5 coaches per tournament.
- The coach cannot stay in the competition area if he is not currently coaching.





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### **Personal Conduct Policy**

It is a privilege to be part of the Jiu Jitsu World League ("League"; "JJWL"). Everyone who is part of the League must refrain from "conduct detrimental to the integrity of and public confidence in the League" as well as to protect the peaceful enjoyment of League events and participation in the League. This includes coaches, athletes, team members, referees and officials, and employees of the JJWL, and others associated with JJWL.

Conduct by anyone in the League that is illegal, violent, dangerous, or irresponsible puts innocent victims at risk, damages the reputation of others in the League and Jiu Jitsu, and undercuts public respect and support for the League and Jiu Jitsu, is strictly prohibited and will not be tolerated.

We aspire at all times to be people of high character; we must show respect for others inside and outside our competitions; and we must strive to conduct ourselves in ways that favorably reflect on ourselves, our teams, the communities we represent and the League.

To uphold our high standards, when violations of this Personal Conduct Policy do occur, appropriate disciplinary action will follow. This policy applies to everyone who works, coaches, competes and attends (including parents and relatives) a JJWL event and any JJWL related activity.

#### **Expectations and Standards of Conduct**

It is not enough simply to avoid criminal conduct. We are all held to a higher standard and must conduct ourselves in a way that is responsible, promotes the values of the League, and is lawful.

Anyone believed (in the sole judgment and discretion of the League) to have engaged in any of the following conduct will be subject to discipline. Prohibited conduct includes but is not limited to the following:

- Actual or threatened physical violence against another person, including dating violence, domestic violence, child abuse, and other forms of family violence;
- Assault and/or battery, including sexual assault or other sex offenses;
- Violent or threatening behavior toward any person involved in the League including but not limited to a competitor, coach, attendee, official, team member or a third party related to the League;
- Stalking, harassment, or similar forms of intimidation, whether in person, by mail or electronic communication;
- Illegal possession of a gun or other weapon (such as explosives, toxic substances, and the like), or possession of a gun or other weapon in any League setting;
- Disorderly conduct, including interfering with the operation of any League event. This includes but is not limited to being disrespectful to any official of the League, and not respecting the rules of the League.



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- Crimes against law enforcement, such as obstruction, resisting arrest, or harming a police officer or other law enforcement officer;
- Conduct that poses a genuine danger to the safety and well-being of another person;
- and Conduct that undermines or puts at risk the integrity of the League, its members and/or personnel.

#### Discipline

If credible evidence establishes that anyone has engaged in conduct prohibited by the Personal Conduct Policy, such violation will be subject to discipline. The baseline discipline for the first offense of the Personal Conduct Policy is a suspension for one (1) year. Depending on the nature and extent of such violation, however, the discipline may result in a warning, probation, suspension for more or less than the baseline of one (1) year, or banishment from the League.

The League will notify the alleged violator of any such infraction and discipline. The League also will notify the head professor of the academy and/or organization concerning the discipline rendered for their organization, academy, athletes and their parents, and other related parties. It is the responsibility of the Organization and/or Academy to confirm such discipline with the person(s) with the violator. It also is the responsibility of the Organization and/or Academy to use every *conceivable effort* to enforce such discipline. For example, if a coach, athlete or athlete's parent is suspended from the League, it is the responsibility of the Organization/Academy to prevent the suspended party from violating the terms of the such suspension. Failure by an athlete to abide by the terms of discipline may result in loss of ranking season ranking points. Failure by an athlete's parents to abide by disciplinary terms may result in loss of ranking points and forfeiture of any awards for such athlete as well as probation, suspension or banishment of the athlete. Failure by the Organization/Academy to use every conceivable effort to enforce the disciplinary action may result in disciplinary action against the Organization/Academy including loss of ranking points, forfeiture of team awards for an individual competition and/or season.

The League has sole, complete and final discretion to determine violations, to administer discipline for such violations, and to enforce discipline.

Any and all communication concerning disciplinary matters will be conducted exclusively between the League and the Organization/Academy.

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