



Rules and Regulations

JIU JITSU WORLD LEAGUE

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1- Match Conclusions: Gi & No-Gi

- 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.
- Stoppage: When an athlete asks due to any type of injury or simply taps. Examples of required stoppages are; uncontrollable bleeding, doctor stoppage, vomiting or loss of bodily functions.
- Disqualification: Occurs if an athlete gets penalized 3 times in a match or commits a severe foul. The athlete will be dq from the fight. Unsportsmanlike conduct might dq from the tournament according to the referee interpretation.
- 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: Match is determined through referee decision based on - most submission attempts and most combativeness.
- In the Toddlers Division, The fight will be always decide by points. In the case of a submission, The referee will award 4 points and restart the match in a standing position.
- In the Youth Divisions, in case a competitor cries with a submission locked, will be consider a tap. If the competitor cries without a submission locked, the referee can stop the fight to check the competitor. If possible restart the match in the same position or if necessary start standing.



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2- Jiu Jitsu World League Scoring: Gi & No-Gi

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.** Takedowns do not require 3 seconds of control.

2.3.1- Points:

2 points

- Takedown low amplitude: Competitor is able to force the other competitor to the ground, below the hip line. It is considered a takedown when the opponent lands with his back, butt or sideways on the ground. It is not a takedown when the competitor lands with his knees / hands on the mat.
- Control the "Turtle Position " from the back after a takedown attempt: when the opponent lands in "all fours" and the competitor on top spins to the back keeping the control for at least 3 seconds.
- Sweeps: Action where the scoring competitor is in the bottom position playing guard and is able to move to a top control position.
- Knee on belly: When a competitor in a top position places one knee on the bottom competitor's chest or abdomen while placing the other foot on the ground. The scoring competitor must be facing the bottom competitor to receive the points.



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Notes: Points

1- When a double guard pull occurs, the competitor who gets to the top position first 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.

4- Turtle Position on the bottom: every time the competitor coming from "turtle position on the bottom" and ends up on top will be awarded 2 points. The competitor must maintain the position for at least 3 seconds.

5- If the technique of escaping a submission forces a competitor outside of the mat area the match will be stopped and the competitor attempting the submission will be awarded 2 points. The match will be restarted in a standing position.

3 points

- Passing the guard: A competitor moves from full or half guard to side control, knee on belly, north-south position or full mount.

4 points

- High amplitude takedowns: Competitor is able to force the other competitor to the ground, from above the hip line when they are standing.
- Full mount: 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.



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- Full back mount: 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: The competitor takes control of their opponent's back and places the heels (hooks) between their opponent's thighs. Both hooks must be in to receive points a body triangle (body lock) or having the feet crossed will not result in points. These positions are acceptable after the points are earned.

Scoring Table

Action	Value	
Takedown, Sweep, Knee on Belly	2 points	
Pass the Guard	3 points	
High Takedowns, Full Mount, Back Mount, Back Control	4 points	

3- Penalties: Gi & No-Gi

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

3.1.1- 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.

3.1.2- A competitor keeps walking backwards and/or outside the designated mat avoiding the fight.

3.2- Pulling guard without grips: The competitor must have at least one grip in order to pull guard. In the case of No-Gi, the competitor must have a point of contact with his opponent.



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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 should not 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 No-Gi, 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 and/or staff members. (This rule applies **at all times** during an event.)
- Reaping the knee.
- Illegal techniques. See illegal techniques table.
- Inappropriate coach conduct.
- Any lack of fair play.
- Intentionally leaving the mat area.

4- Penalties Score: Gi & No-Gi

- 1st Penalty: Penalty signal + 2 points to the opponent.
- 2nd Penalty: Penalty signal + 4 points to the opponent.
- 3rd Penalty: Disqualification.



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5- Illegal Techniques

Group 1 - Toddlers, Kindergarten, Youth and Pre Teen

- 1- All leg/foot attacks.
- 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.
- 4- Wrist locks.
- 5- Omoplatas.
- 6- Scissor takedown.
- 7- Calf and biceps slicers.
- 8- Pulling the head while using the triangle.
- 9- Ezekiel choke from any position.
- 10 - Kidney lock
- 11- Suplex

Group 2 - Teen, Jr Teen and Juvenile

- 1- All leg/foot attacks.
- 2- Any neck cranks.
- 3- Slams.
- 4- Wrist locks.
- 5- Scissor takedown.
- 6- Calf and biceps slicers.
- 7- Guillotine choke without the arm in.
- 8 - Kidney Lock
- 9- Suplex



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Notes (applies to group 1 & 2):

- 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 understand that illegal technique it's been used to get some advantage in the fight. In this case, penalties can be apply.

Adult & Master:

Group 3- White Belt:

- 1- Knee bars.
- 2- Heel hooks and toe holds.
- 3- Neck cranks.
- 4- Slams.
- 5- Wrist locks.
- 6- Scissor takedown.
- 7- Calf and biceps slicers.
- 8- Any submission twisting the knee.
- 9- Suplex

Group 4 - Purple and Blue Belts:

- 1- Knee bars.
- 2- Heel hooks and toe holds.
- 3- Neck cranks.
- 4- Slams.
- 5- Scissor takedown.
- 6- Any submission twisting the knee.
- 7- Biceps and calf slicers.
- 8- Suplex



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Group 5- Brown and Black Belt:

- 1- Heel hooks.
- 2- Cervical attacks.
- 3- Slams.
- 4- Scissor takedown.
- 5- Any submission twisting the knee.

Notes (applies for Group 3, Group 4, & Group 5):

- In the case of "De la Riva" guard, if the competitor twists the opponent's knee by pulling the heel outside, and the referee judges that action as knee reaping, the referee may disqualify the competitor.
- In No-Gi tournaments, the competitors will be split into 3 categories:
 1. Beginners (white belts)
 2. Intermediate (blue and purple belts)
 3. Advanced (brown and black belts)Each category will follow the rules relative to the specific belts.
- In No-Gi tournaments, if a competitor has experience in college wrestling, they should compete in the Intermediate level or higher. This rule only applies for No-Gi tournaments.



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6- Referee Signals and Terms

- 1- Fight - Straight arm chopping motion.
- 2- Stop - Both arms flat moving from inside to outside.
- 3- 2 points - Two fingers
- 4- 3 points - Three fingers
- 5- 4 points - Four fingers
- 6- Penalty - Arm up with a closed fist
- 7- Coaches penalty - Flat hand pointing towards the coaches chair then arm raised with a closed fist.
- 8- DQ - Arms crossed above the head in the direction of the offender.
- 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 & No-Gi

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

Notes: Gi and No-Gi competitions follow all the same rules, including points, match length, score system, referee signals.



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8- Age Divisions and Weight Classes

8.1- Age Division: Gi & No-Gi

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

YOUTH

- Toddler: 2014 - 2015
- Kindergarten: 2012 - 2013
- Youth: 2010 - 2011
- Pre Teen: 2008 - 2009
- Jr. Teen: 2006 - 2007
- Teen: 2004 - 2005
- Juvenile: 2002 - 2003

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.

***Weight classes are subject to change depending on event, including Gi and No-Gi.**

8.2 Weigh in:

- Weigh ins always happen on the day of the tournament, one hour or more before your first scheduled match..
- All competitors must weigh in with their gi on.



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9 - Match Officials: Gi & No-Gi

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.

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.



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10- Officiating: Gi & No-Gi

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 closed guard near border line. The referee will stop the fight and bring them back to the middle in the same position.

2- If a takedown starts inside the mat area but ends outside the competitor who completed the takedown will be awarded 2 points since they are not required to establish 3 seconds for a takedown.

3- 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.

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

6- Purposely fleeing out of bounds in reaction to an opponent's actions will result in a penalty. If a competitor flees the mat to avoid a submission attempt they will be disqualified.

7- 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)

8- If a competitor is forced out of bounds while making a legitimate attempt to defend with a proper technique against their opponent's submission, the referee will stop the fight. The match will be re-started in the standing position after two points are awarded the athlete who attempted the submission.

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



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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.
- 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.



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(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. T-shirts and rash guards are permitted for female contestants to wear under the gi. Rash guards are allowed under the gi for men as well.

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

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

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

5- Gi colors allowed are as follows:

- White
- Grey
- Blue
- Black
- Pink (Girls only)
- Purple (Girls only)
- Green

6- Belt color: Must correspond with the rank of the competitor.

Adult Belt Ranks

- White
- Blue
- Purple
- Brown
- Black



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Youth Belt Ranks

- White
 - Grey group (Includes grey/white, solid grey and grey/black)
 - Yellow group (Includes yellow/white, solid yellow and yellow/black)
 - Orange group (Includes orange/white, solid orange and orange/black)
 - Green group (Includes green/white, solid green and green/black)
 - Blue
- Note: **Competitors who arrive with belts that we do not recognize will not be able to compete.**
- Flexibility: The belt should be flexible enough to bend when pushed from the ends towards the knot.
 - The Knot:: The knot must be secure enough to not loosen when the flexibility is tested as described above.

11.2.2- No gi

1- Grappling or board shorts

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

2- Grappling shirts can be short or long sleeved rash guards.

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.
- 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 points total in the bracket.



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- 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 anytime.

11.4 Video Review Policy

Videos can be submitted to Jiu Jitsu World League after the event to info@jjworldleague.com. If we are a fault for a call, we are happy to make the situation right by granting the competitor a credit to a future tournament. This rule doesn't apply for the interpretation of 3 seconds to gain control.

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

We will **ONLY** do a video review if the points were given to the wrong competitor.



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Techniques	Toddler Kindergarten Youth Pre Teen	Jr Teen Teen Juvenile	18+ White	18+ Blue & Purple	18+ Brown & Black
	Group 1	Group 2	Group 3	Group 4	Group 5
	2015- 2008	2007- 2002	18 + Years	18 + Years	18 + Years
Ezekiel choke from any position.	NO	YES	YES	YES	YES
Triangle (Pulling Head)	NO	YES	YES	YES	YES
Omoplatas	NO	YES	YES	YES	YES
Guillotine choke (Arm In)	NO	YES	YES	YES	YES
Groin Stretch	NO	NO	YES	YES	YES
Guillotine Choke (Both Arms Out)	NO	NO	YES	YES	YES
Straight Ankle Lock	NO	NO	YES	YES	YES
Wrist Locks	NO	NO	NO	YES	YES
Kidney Locks	NO	NO	NO	YES	YES
Knee Bars	NO	NO	NO	NO	YES
Calf and biceps slicers	NO	NO	NO	NO	YES
Toe Holds	NO	NO	NO	NO	YES
Heel Hook	NO	NO	NO	NO	NO
Neck Spinal Cranks	NO	NO	NO	NO	NO
Slams From Closed Guard	NO	NO	NO	NO	NO
Scissor takedown.	NO	NO	NO	NO	NO
Suplex (Overhead)	NO	NO	NO	NO	NO
Any Submission Twisting Knee	NO	NO	NO	NO	NO



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Special 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 the illegal technique has been used to get some advantage in the fight. In this case, penalties can be applied.
- In the event that a child crosses their feet from back control, and the opponent attacks the feet, this will be LEGAL. The referee can stop the fight before a tap or verbal tap in order to avoid injuries in this circumstance.
- Rear naked choke and chokes using the gi are allowed for the kids.

In the Case of a Tie: The Person Who Scores Last Wins

In the Case of a 0-0 Tie: Ref Decision

When a double guard pull occurs: The competitor who gets to the top position first is awarded 2 points.



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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 match 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 fight area if he is not currently coaching.