



**Rules and Regulations**  
**JIU JITSU WORLD LEAGUE**

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#### 1- Match Conclusions: Gi & No-Gi

- Submission: When an athlete taps, screams, 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.
- Points: The competitor with the most points at the end of the match is deemed the winner. If at anytime during the match a competitor earns 20 points more than their opponent, it is an automatic win. (The win counts as a submission)
- In the event of a draw: The last fighter to score points receives the victory.
- In the case of a draw with no points: 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 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, restart in standing position.



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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. 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.
- 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.
- 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.

#### **Special Notes:**

1- 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.

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

3- Turtle Position: every time the competitor coming from "turtle position" with grips and/or control on one or two legs end up on top will be awarded 2 points.



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#### 3 points

- Passing the guard: A competitor moves from full or half guard to side control or full mount.

#### 4 points

- High amplitude takedowns: Competitor is able to force the other competitor to the ground, from above the hip line.
- 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.
- Full back mount: When the athlete is sitting on the opponent's torso and they are 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.

2.3.2- Bonus points: 2 extra points will be awarded when an athlete combines 2 or more point positions within 4 seconds or less.

Examples:

1- From half-guard top to full mount within 4 seconds::

- 3 points from pass the guard
- 4 points from full mount
- Extra 2 - bonus points



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2- Sweep to full mount:

- 2 points from the sweep
- 4 points from full mount
- Extra 2 - bonus points

### 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	



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### 3- Penalties: Gi & No-Gi

#### 3.1- Stalling:

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.

3.3- Talking to the referee: Competitors and/or coaches should not talk to the referee during the match. See coaches code of conduct for further information.

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.

#### **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 while attempting a submission.
- Illegal techniques. See illegal techniques table.
- Inappropriate coach conduct.
- Any lack of fair play.

#### **Notes:**



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#### **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.

#### **Special Note:**

1- When a double guard pull occurs, if 20 seconds pass and neither opponent reaches top position the referee will stop the fight. Both competitors will be penalized and the match will be resumed.

2- In the toddlers division, if a child gets a submission he or she will be awarded 4 points and the fight will be restarted.. For every submission, the boy or girl will get 4 points until the time runs out.



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#### 5- Illegal Techniques

##### Toddlers, Kindergarten, Youth and Pre Teen

- 1- All leg/foot attacks.
- 2- Cervical attacks, including the guillotine choke with or without the arm inside.
- 3- Slams.
- 4- Wrist locks.
- 5- Omoplatas.
- 6- Scissor takedown.
- 7- Calf and biceps slicers.
- 8- Pulling the head while using the triangle.
- 9-Ezequiel choke from any position.

##### Teen, Jr Teen and Juvenil

- 1- All leg/foot attacks.
- 2- Cervical attacks - any neck cranks.
- 3- Slams.
- 4- Wrist locks.
- 5- Scissor takedown.
- 6- Calf and biceps slicers.
- 7- Guillotine choke without the arm in.

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

##### Notes:





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

#### **White Belt:**

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

#### **Purple and Blue Belts:**

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

#### **Brown and Black Belt:**

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



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### **Special Note:**

- 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.

### **Notes:**



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

- 1- Fight
- 2- Stop
- 3- 2 points
- 4- 3 points
- 5- 4 points
- 6- Penalty
- 7- DQ
- 8- Back last signal
- 9- Submission

**\*Coming soon an updated version of JJ World League Rules Book 2016 with the images of all referee's gestures.**



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#### 7- Match Lengths: Gi & No-Gi

- Toddlers: 2 min.
- Kindergarten & Youth: 3 min.
- Pre Teen, Teen and Jr Teen: 4 min.
- Juvenile: 5 min.
- Adult White until Brown Belts: 5 min.
- Adult Black Belt: 6 min.
- Masters All Belts: 5 min.

#### Match Length Table

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

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

**Special 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:

- Toddler: 2012 - 2013
- Kindergarten: 2010 - 2011
- Youth: 2008 - 2009
- Pre Teen: 2006 - 2007
- Jr. Teen: 2004 - 2005
- Teen: 2002 - 2003
- Juvenile: 2000 - 2001
- Adult: 18 - 29 Years of age
- Master 1: 30 - 35 Years of age
- Master 2: 36 - 40 Years of age
- Master 3: 41 and 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.

#### Notes:



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#### **9- Competition Area : Gi & No-Gi**

1- The competition area shall be divided into a contest area, safety area, and an official's area.

2- The contest area shall be no less than 6 meter X 6 meter and no more than 10 meter X 10 meter.

3- Each contest area shall be surrounded by a 1 meter safety zone. Safety zones cannot overlap, therefore if there are two contest areas there will exist a minimum of a 2 meter safety zone between the contest areas.

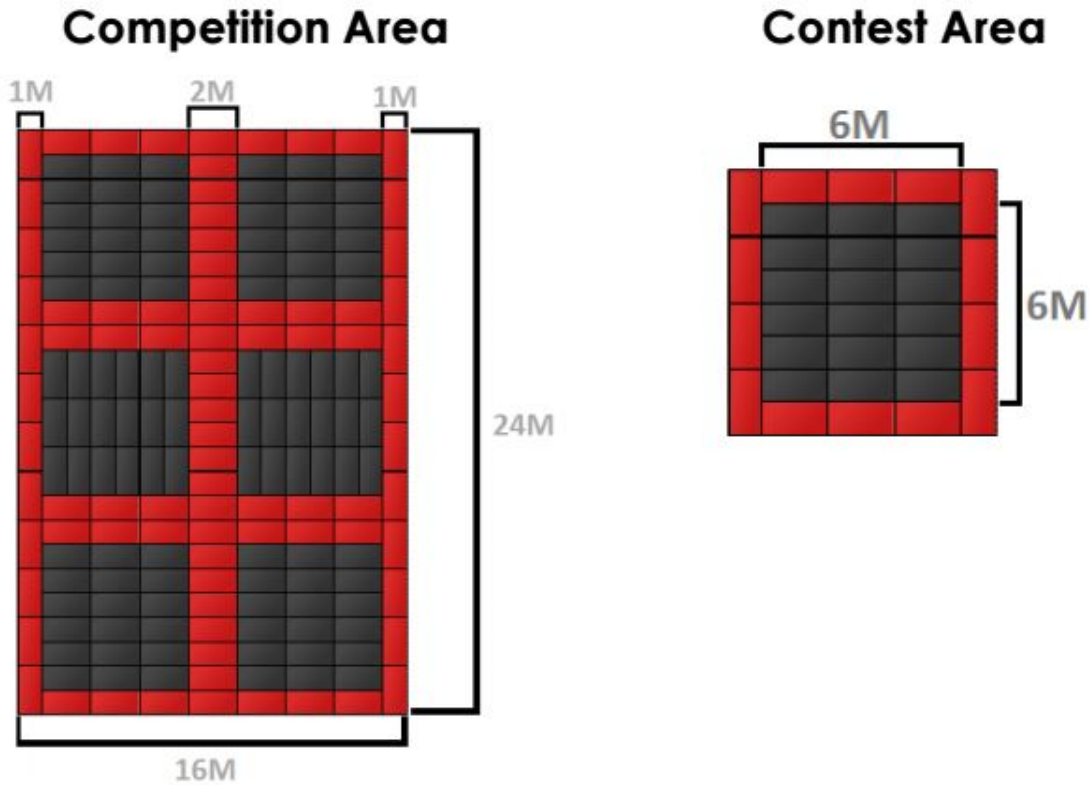
4- Each contest area will have one officials area aligned with the middle of the contest area. The match judge will sit at the table in the officials area. The officials area will consist of:

- A table with no more than two chairs.
- The contest area's number and a scoreboard that is easy to read by both the match officials and nearby spectators.



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#### 10- 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 or 3 referees
- 1 Score/Time keeper
- 1 Runner

##### 10.1- Referees

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



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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.

#### **Special notes:**

- When 3 referees are used for a match, two of them will sit on opposite sides of the mat area.
- In the case of 0 - 0 score, the victor is determined by all 3 referees, based on submission attempts and aggressiveness as outlined elsewhere in the rules. If the decision is not unanimous the final result is decided by majority opinion.

#### **11- Officiating: Gi & No-Gi**

##### 11.1- 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- In many cases a takedown, throw or submission attempt may result in the competitors landing out of bounds. If this occurs the point event will be scored as if the action took place inside the contest area.

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.





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

5- If a competitor's action takes the match outside of the contest area and their opponent counters them, the action will not be scored or considered valid.

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 re-start in the standing position.

## 12- Policies

### 12.1- 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.



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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.)

#### 12.2- 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.)

##### 12.2.1- 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



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- 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)

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

- 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.

12.2.2- 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.



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#### 12.3 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 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 scorekeeper's table under risk of being penalized.
- The coach should wear a team t-shirt or uniform.
- 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.

#### 12.4 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.
- 4 Man Bracket and Up - Double elimination and if you lose you still compete for 3rd place.

#### 12.5 Video Review Police



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The coaches can request a video review to the head referee if they disagree with a referee call.

If the mistake is confirmed, the competitor will receive a credit for the next tournament.

Only in special situations, the fight result will change.

Special situations:

1-The score keeper got the points to the wrong competitor and we can confirm this on the video.

2- Referee gives the victory to the wrong competitor.

3- Score keeper /runner runs the bracket wrong and we can confirm this in the video.

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