



## JJIF - JJAU

## JU-JITSU SPORTS AUSTRALIA

## CONTACT JU-JITSU

Contact Ju-Jitsu Mat Sport Rules.V.1.2020

JJSA Official Members of AJF the National Recognized Ju-Jitsu Governing Body

<p><b>Age Categories:</b></p> <ul style="list-style-type: none"> <li>- 18 to 35 Years</li> <li>- Over 35 Years</li> </ul> <p><b>Weight Categories:</b></p> <p>Male: -56kg -62kg -69kg -77kg -85kg -94kg +94kg          Female: -45kg -48kg -52kg -57kg -63kg -70kg +70kg          Other: -50kg -56kg -62kg -69kg -77kg -85kg -94kg +94kg</p>	<p><b>Matchmaking:</b></p> <ul style="list-style-type: none"> <li>- Competitors are matched by weight class in specific age groups.</li> <li>- Level of ranks are not used or considered in match making for this type of competition.</li> </ul>
<p><b>Contest Durations:</b></p> <ul style="list-style-type: none"> <li>- 1 X 3 minutes for elimination tournament rounds</li> <li>- 1 X 5 minutes for semi and final rounds</li> <li>- 1 minutes for additional rounds</li> </ul>	<ul style="list-style-type: none"> <li>- Overtime when a match ends in a draw an extra 1 minute bouts will be given.</li> </ul>
<p><b>Dress Code and Protective Equipments:</b></p> <ul style="list-style-type: none"> <li>- 7oz fingerless gloves (mma type gloves)</li> <li>- Hear guard</li> <li>- Mouth guard</li> <li>- Groin guard</li> <li>- Shin and insteps (slip on type)</li> <li>- Full Ju-Jitsu Grappling Gi</li> <li>- Female chest proctor (optional)</li> <li>- Female under guard (optional)</li> </ul> <p>* 6oz fingerless gloves can be used:</p> <ol style="list-style-type: none"> <li>1- must be approved by the bout centre referee.</li> <li>2- if both competitors of the bout have 6oz gloves.</li> </ol>	<ul style="list-style-type: none"> <li>- All competitors must participate with club uniforms no sports street wear and must be clean and in a good condition.</li> <li>- Competitors may have to wear corner identifying markers or colours <b>BLUE</b> and <b>RED</b> Belts.</li> <li>- Shoes will not be permitted during the matches.</li> <li>- Competitors shall remove any jewelry and all vulnerable body piercing should be removed.</li> <li>- Finger nails / toe nails must be cut short.</li> </ul>

<p><b>Start of Bout Rules:</b></p> <ul style="list-style-type: none"> <li>- Bout starting for both competitors is from standing position in centre of the ring and fighting commence on the referees command</li> <li>- Bout will be restarted in the centre of the ring due to any of the following reasons:             <ol style="list-style-type: none"> <li>1. Competitors showing no action activities</li> <li>2. Heading off the matted area</li> <li>3. When an intentional or unintentional foul is committed</li> <li>4. Or for a matter to the discretion of the referee or judges</li> </ol> </li> </ul>	<ul style="list-style-type: none"> <li>- Both competitors will only commence or halt any fighting or grappling action on the referees sound/command, " <b>FIGHT</b> " / " <b>STOP</b> "</li> </ul>
<p><b>General Fight Rules:</b></p> <ul style="list-style-type: none"> <li>- Semi contact</li> <li>- All legal strikes punches and kicks elbows and knees to body and legs</li> <li>- All legal grappling techniques</li> <li>- Clinching and grappling</li> <li>- Takedowns, throws and sweeps</li> <li>- All legal submissions</li> </ul>	<ul style="list-style-type: none"> <li>- No elbow or knee strikes of any kind is allowed for all ages.</li> <li>- Competitors must be active at all times during the match.</li> <li>- When there is insufficient grappling activity the referee may demand action OR will stop the bout and bring both competitors to the centre of the ring for restart.</li> </ul>
<p><b>General Legal Submissions:</b></p> <ul style="list-style-type: none"> <li>- Front guillotine chock</li> <li>- Rear naked chock</li> <li>- Side headlock (sleeper)</li> <li>- Triangle lock</li> <li>- Arm bars</li> <li>- Arm locks</li> <li>- Body locks</li> <li>- Leg locks</li> <li>- Straight Ankle Lock (Achilles Lock)</li> <li>- Knee Brace (Calf Crusher)</li> </ul>	<ul style="list-style-type: none"> <li>- Any other uncommon submission application, achieved safely and considered appropriate, <b>SAFE</b> by the centre referee, will be allowed.</li> </ul>
<p><b>General Illegal Acts:</b></p> <ul style="list-style-type: none"> <li>- Full contact head strikes</li> <li>- Head strikes in ground fighting</li> <li>- Head butting</li> <li>- Elbow and knee strikes to the head</li> <li>- Holding or finger locks ( holding of less than 4 fingers / toes)</li> <li>- Small joint manipulation</li> <li>- Crucifix, full nelson neck cranks</li> <li>- Foot / toeholds ( with outside turn )</li> <li>- Heel hook</li> <li>- Knee bar</li> <li>- Twisting knee lock</li> <li>- Techniques that pressure on the spine</li> <li>- Intentional pushing and shoving</li> <li>- Throwing an opponent down on his head or neck</li> <li>- Body slamming</li> <li>- Body slams in defending of a submission</li> <li>- Chock holds using the fingers/hand or the force of forearm</li> <li>- Scissor legs takedown</li> <li>- Eye gouging of any kind</li> </ul>	<ul style="list-style-type: none"> <li>- When an Illegal but minor action is taking place the referee will bring this to the attention of competitors immediately both Verbally and Loudly.</li> <li>- Verbal warning by the referee is not yet an official warning but should be taken seriously.</li> <li>- Official warnings should be declared by the referee to all judges clearly.</li> </ul> <p><b>OFFICIAL WARNING.</b></p> <ul style="list-style-type: none"> <li>- An official warning may be given by the referee if offences are repeated, intentional and/or dangerous.</li> <li>- The 3rd foul will result in an immediate disqualification.</li> <li>- Any other fouls are to the discretion of the referee and judges.</li> </ul>

<ul style="list-style-type: none"> <li>- Suplex reverse wrestling back throw</li> <li>- Fish hooking</li> <li>- Hair pulling</li> <li>- Fleeing the matted area</li> <li>- Avoiding combat</li> <li>- Holding the inside of opponents top sleeves or the pants</li> <li>- Disregarding referees instructions</li> <li>- Corner Interference</li> <li>- Any other interference from club or team members</li> <li>- Any Unsportsmanlike behavior</li> </ul>	<ul style="list-style-type: none"> <li>- Holding your own belt or the inside of your own Gi sleeves or pants is both allowed.</li> <li>- Holding your opponent belt or the inside of your opponent Gi sleeves or pants is not allowed.</li> <li>- Belts not to be used as a tool for submission applications.</li> </ul>
<p><b>Accidental Foul Rules:</b>  When an accidental foul occurs and the fouled athlete can no longer continue the match the following rules apply:</p> <ul style="list-style-type: none"> <li>- When an accidental foul occurs the fouled athlete will be giving maximum 3 minutes rest period to recover and continue.</li> <li>- When an accidental foul occurs again and the fouled athlete clearly is not in a position to continue.</li> </ul> <p>The match will be declared over and the judges will render the decision to declare the winner (based on judges scoring up to the point of the incident).</p>	<ul style="list-style-type: none"> <li>- Any athlete failing to continue the match after his 3 minutes rest will result in a match loss.</li> <li>- Regarding stoppages for accidental injuries, if the injured athlete cannot continue this will be regarded as a TKO. The match will be stopped and the injured athlete will be declared as losing the match.</li> </ul>
<p><b>The Way to Victory:</b></p> <ul style="list-style-type: none"> <li>- By submission.</li> <li>- By KO or TKO.</li> <li>- By overall domination.</li> <li>- No point scoring system is used.</li> <li>- The referee may stop the match while in progress and declare a winner if:</li> </ul> <ol style="list-style-type: none"> <li>1. A competitor becomes put in a full submission lock to the discretion of the referee, the referee is not obligated to wait for any form of a tap out, he can stop the match immediately, due to safety concerns the match will be stopped to prevent harm or unnecessary injury.</li> <li>2. The referee may stop the match when a competitor is been dominated to the point where he/she are unable to be intelligently active or defending oneself in the match.</li> <li>3. The referee may stop the match if a competitor appears to be unconscious from any type of outcome of the match.</li> <li>4. The referee may stop the match if a competitor appears to have developed any significant injury/damage received.</li> <li>5. Any corner or medical stoppages will be directed to the referee to stop the match.</li> </ol> <ul style="list-style-type: none"> <li>- If the match goes the distance, the outcome of the bout to declare the winner will be determined by the appointed center referee and sideline judges or head judge referee.</li> </ul>	<ul style="list-style-type: none"> <li>- The objective of both competitors is to win the match by submission or a TKO.</li> <li>- Judges do not keep score of points their evaluation is based on who was more effective and dominate with their striking and grappling skills</li> <li>- Any corner or medical stoppages can include bleeding, limping, dizziness, fatigue, vision problems or the competitor not protecting themselves effectively or intelligently.</li> </ul>
<p><b>Important Info:</b></p> <ul style="list-style-type: none"> <li>* Subject to Covid and Hygiene competitors must provide own competition gear</li> <li>* Participants enter with a inefficient weight could be disqualified with no entry refunds.</li> <li>* Personal Sports Insurance Cover is Recommended for participating in such competition events.</li> </ul>	<ul style="list-style-type: none"> <li>- Event organizers are not obligated to provide competitors with any substitute competition gear.</li> <li>- If the appointed officials been informed, suspect or indicate any inappropriate participation with age or weight could be disqualified with no entry refunds.</li> </ul>

**COMPETITION GEAR:**

- Subject to Covid-19 and Hygiene it is a requirement for all competitors to bring Own Competition Gear.
- Event Organizers will not be providing any substitute equipment.



**MMA GLOVES**

7oz Gloves Recommended



**Head Protectors in Red and Blue to Match the Belt Colours is Recommended**



**SHIN & INSTEP**

Slip On Type



**MOUTH GUARD**



**GROIN GUARD**