

# Canadian Jiu-Jitsu Association Rules

**AREA OF COMPETITION:** The stage on which the competition will take place will be composed of 2 or more fighting areas, surrounded by all the supporting assistants, referees, time keepers, inspectors, security personal and a disciplinary department summoned by the coordinators, with the power to punish any unethical conduct of coaches, teachers, referees, or other assistants that might interfere in the progress of the event.

**FIGHTING AREAS:** Each area (ring) must be composed of an area at least 400 sq feet (20 x 20 feet)

**DURATION OF MATCHES:** Youth (5-10 yrs) 3 minutes, Youth (11-15 Yrs) 4 minutes, Adult Beginner 5 minutes, Adult Intermediate 6 minutes, Adult Advanced 7 minutes.

**LEVELS OF COMPETITION:** Youth (5-10 yrs), Youth (11-15 Yrs), Adult Beginner (Less than 1 year), Adult Intermediate (1 to 3 years), Adult Advanced (3 Years and up).

**THE DIRECTING TABLE:** The table that coordinates and directs the tasks and positions at the competition at which will remain the announcer controller of the event and the competent authority; it will be placed in front of each ring. Parallel to the directing table are chairs for the referees and a note-taker, (only they may occupy these chairs). Besides the referees' chairs is a chair occupied by the inspector of the refereeing. It is the inspector's duty to make sure that the refereeing runs smoothly, as well as to inspect the credentials of the competing athletes.

**REFEREEING:** The mat referee is the highest authority on the mat. No one can change his decision. In cases where he shows himself incapable to continue refereeing because of obvious mistakes, the inspector of the event has the authority to replace him.

**THE POSITIONS OF THE REFEREES, TIME KEEPERS, NOTE-TAKERS AND INSPECTORS:** Tables are strategically placed along side the competition mats where these will position themselves.

## **FIGHTING CONCLUSIONS:**

There is never a draw. Bouts will be decided by:

1-GIVING UP OR SUBMISSION

2-DISQUALIFICATION

3-UNCONSCIOUSNESS (being choked out)

4-POINTS

5-ADVANTAGES

**DEFINITIONS:**

**1)- SUBMISSION:** Submission occurs when a technique forces an opponent into admitting defeat by:

1-) tapping with the palm against his opponent or the floor in a visible manner

2-) tapping with his feet on the ground (if he is unable to use his hands)

3-) requesting verbally to the referee that the fight be stopped (if he can neither tap with his hands or his feet)

4-) requesting that the fight be ended if the athlete gets injured or feel physically incapable or unprepared

**Also:**

5-) the referee may end the fight giving victory to the one that applied the lock if he sees a lock being properly applied and is certain that the Athlete is exposed to serious physical damage.

6-) a coach of one of the athlete may request that the fight be ended either by directing himself to the referee or by throwing the towel into the ring for any reason

7-) the referee may end the fight when one of the athletes is injured or by doctor's examination proving he is incapable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.

**2)-DISQUALIFICATION SERIOUS FOULS:** SERIOUS FOULS ARE THOSE THAT LEAD TO IMMEDIATE DISQUALIFICATION BY THE REFEREE.

A-) the use of foul language, cursing, or other immoral acts of disrespect towards the referee or any of the assisting public.

B-) biting, hair pulling, putting fingers into the eyes or nose of one's opponent, intentionally seeking to injure genitalia or the use of fists, feet, knees, elbows, or heads with the intention to hurt or gain unfair advantage.

C-) apply any kind of ankle lock or knee lock that might twist the knee or ankle joint.

D-) when the fighter has his kimono ripped during the fight, the referee will give him a set time to change it. If the fighter does not change it in time he will be disqualified.

E-) It is forbidden to begin the bout with a ripped, torn, unsown or a dirty kimono, long fingernails, with a T-shirt under the kimono (women's divisions excepted) or with the kimono out of the standard's demanded. Anyone who may have a communicable disease will not be allowed to compete.

F-) The fighter must wear shorts under the pants, keeping in mind the risk that the suit might get torn or unsown, If this occurs, the athlete will be given a set time determined by the referee to find another pair of pants to wear. If the athlete can not change within the set time, he will be immediately disqualified.

G-) When an athlete has been submitted to a lock and to avoid tapping out he runs out of the ring, he will be immediately disqualified. In such cases the being it a technical foul not a disciplinary foul the offender may return to the competition to fight the absolute division (if offered at the tournament) or in case of a bracket of three.

### **FOULS NOT AS SERIOUS:**

#### **PENALTIES:**

On the first offence the offender will be given a verbal warning.

On the second offence the offender's opponent will be given an advantage.

After the second offence the referee may disqualify the athlete for any further fouls.

a-) When either of the athletes run to one of the extremities of the ring to avoid combat, or while ground fighting flee by crawling or rolling out of the ring or by standing up avoiding engaging or purposely stepping out of the ring to gain time.

B-) When the athlete avoids engaging by taking off his kimono or by allowing it to be taken off with the intention of stopping the fight to allow himself rest or to avoid the attacks of his opponent.

C-) When the athlete inserts his fingers inside the sleeves or pants, or with both his hands on his opponent's belt.

D-) When the athlete stalls the fight, holding his adversary, not seeking to engage or gain submissions when in the guard, on top, or on the bottom. Holding the opponent, standing up, or any position where designed to stall. Noticing this the referee will request that 30 seconds be marked. At the end of the 30 seconds the athlete not having changed his position or shown visible signs of engagement, the same will lose 2 points and both athletes will return to their feet

at neutral positions. The same will happen on the 2<sup>nd</sup> offence, with the possibility of disqualification on the 3<sup>rd</sup> offence

E-) NOTE: A penalty with immediate loss of 2 points occurs when an athlete runs from the ring in order to avoid a sweep that the referee considers would be completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed.

### **3)-UNCONSCIOUSNESS**

One of the 2 opponents is defeated after losing consciousness by any of the valid moves: strangling, pressuring, or take downs, or accidents in which the adversary has not committed any foul worthy of disqualification. NOTE: If you lose consciousness you will not be allowed to continue in other divisions.

### **4-) POINTS:**

#### **(POSITIVE POINTS)**

**Positioning:** (Ordered by the referee) Positions are achieved through proper technique,. If there is no submission at the end of a match, the athlete gains victory by scoring more position points than his opponent.

A-) TAKE DOWNS: Any kind of knocking down the opponent or being taken down on his back, 2points. If the athlete is thrown to the ground and does not land on his back, the thrower must pin him to the ground in the same position for at least 3 seconds to gain the points of the take down. Observation 1: the take down that lands out side of the fighting area and on to the security area will be valid as long as the athlete starts the movement with both feet in the fighting area while making the take down.

Observation 2: If the athlete has one of his knees on the ground and is taken down, who ever applied the take down will be awarded 2 points as long as he has both his feet on the ground. If the athlete has both his knees on the ground and is knocked down the standing athlete will have to pass to his side and maintain this position to receive an advantage.

B-) PASSING THE GUARD: Is when the athlete that is above his adversary or in between his legs, moves to his opponent's side, establishing a perpendicular position over his adversary's trunk, dominating him and leaving him no space to move or to escape the position—if even if it's on his side, back, or facing down. NOTE: if the athlete that is underneath avoids the move by getting to his knees or standing up, the initiative will not be awarded 2points but will be awarded an advantage.

C-) KNEE ON THE BELLY: When the athlete on top puts his knee on his adversary's stomach, holding his collar or sleeve and belt with his other leg towards his adversary's head: 2 POINTS.

OBS: if the athlete that is underneath does not allow his adversary to put his knee down onto his belly and if the one on top does not establish the position completely it will not be awarded with 2 points but an advantage.

D-) THE MOUNT: is when the athlete sits on his opponent's torso; the opponent can be lying on his stomach, side or back. The one mounted can be on top of one of his opponent's arms but never on both. It will also be considered a mount if he has one knee and one foot on the ground. 4 POINTS.

NOTE; no points will be awarded if his feet or knees are on his opponent's leg. Also if an athlete applies a triangle while in the guard and in so doing lands mounted on his opponent, it will be considered a sweep not a mount. (See the Guard)

E-) THE REAR MOUNT: Is when the athlete grabs his adversary's back, taking hold of his neck and rapping his legs around his opponent's waist, with his heels leaning on the inner side of his opponent's thighs, not allowing him to leave the position. 4 POINTS. NOTE; the points will not be awarded if both heels are not properly positioned on the inner part of the adversary's thighs.

F-) THE SWEEP: is when the athlete that is underneath has his opponent in his guard (in between his leg ) or the half guard (having one of his adversary's legs between his) and is able to get on top of his adversary by inverting his position. 2POINTS. NOTE; it will not be consider a sweep if the move does not begin from in side the guard or half guard.

## **2° – NEGATIVE POINTS: (PENALTIES)**

Are penalties given to the athlete after committing a second offence e.g. avoiding engaging, staling or not seeking ways to finalize the fight. As soon as the referee perceive that a competitor is staling, the referee will begin a 30 second countdown and simultaneously warn the athlete. At the end of the thirty seconds the referee will restart the fight standing up, and he will penalize the offending athlete with 2 points.

## **V- ADVANTAGES:**

It is considered an advantage when the athlete attempts but does not complete any of the fundamental moves of the fight; i.e. sweep, take down, submission, etc.;

- If one of the athletes attempts a technique it is up to the referee to decide if he will award an advantage.
- Advantages will be awarded during standing if the athlete attempts a technique with more aggressiveness and initiative, trying takedowns or other finalizing moves during the fight.
- Advantages will be awarded during ground fighting if the athlete attempts a technique and puts his adversary on the defensive.
- During closed guard (when the athlete on the bottom has his legs wrapped around his opponent's waist):

A-) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard). For the referee to consider it an advantage the athlete that is on top must come close to passing the guard, forcing his adversary to exert energy to regain position e.g. half guard, almost immobilizing, etc.

B-) The one underneath will earn the advantage if he almost sweeps his opponent, putting him in a dangerous position, as well as when he attempts a lock that forces his opponent to defend. NOTE: for the sweep attempt to be considered worthy of an advantage the athlete underneath must open his legs.

- Advantages through takedowns:

When there is a visible loss of balance in which the adversary nearly completes the takedown.

### **IMPORTANT**

If the athlete scores points for a position, abandons his position, then voluntarily returns to it soon after, he will not score again for the same position. E.g. knee to the belly, then switching to the other side, there will be no further scoring.

The fight must follow the condition of continuous and constant technical development. The athletes must aim to submit and attempt finalizing moves and locks. Points will not be given to the athlete that is applying a lock or is in scoring position, but the same being in a lock himself. Only by freeing himself from the lock will he be awarded the points.

### Youth Divisions

1) In the categories the main referee can interrupt the fight if he notices that a lock is perfectly applied and is certain that it might harm the athlete. If this occurs he can give the victory to the one that applied the lock.

When the triangle is being applied and the athlete receiving the lock stands and lifts his opponent off the ground, the referee should position himself in a way as to protect the cervical spine of the athlete under attack.

2) The main referee will not allow in the categories (.....)The following locks.

### **FROM THE AGES OF 6 THROUGH 10:**

NO SUBMISSIONS HOLDS

### **FROM 11 THROUGH 15:**

NO LEG LOCKS (STRAIGHT OR TWISTING)

NO WRIST LOCKS

NO PRESSURE POINTS

DIRECTION AND DECISION OF THE FIGHTS:

1-) The central referee has final authority during fights and verifies at the beginning of the each fight the size of the athletes fingernails, condition of their kimonos, presence of any fungal infections, if the belt and pants are well tied up and clean.

2-) The main referee will position himself in front of the directing table, the first athlete to be called will stand on his right side and receive the belt so that the referee may identify the athletes. The other athlete will stand at the left side of the referee. After the referee as positioned them and verified that everything is in order, he will signal the bout to begin by raising his right arm and saying "fight".

3- ) The scoring moves will be marked by the note taker on placards or charts. If there is a tie either of points or advantages determined by the referee, or neither having scored during the combat, the note taker will raise both flags. Then the central referee will determine which fighter demonstrated greater technical ability. There is to be no tying in any situation or condition. It is up to the central referee to determine the winner of the fight, his decision being final.

4- ) The central referee is the unquestionable final authority inside the ring; it is up to him to control the bout and determine the possibility of disqualification of the athletes. No-one will be given the authority to change his decision.

5- ) The note taker is responsible for taking the notes. No one else but the referee can influence or change his notes. After the end result of the bout only the referee can reverse his decision.

6- ) During the fight the note taker is strictly forbidden to talk to or be talked to by any one, who ever it may be, except for the referee (who can only speak to the directing table, the competitors, and with the note taker ) .

7- ) During the bout the central referee will be constantly directing the fighters to the center of the ring. If he notices that the fighters are getting too close to the security area, he will conduct the fight to the center, putting one hand on either fighter and saying "STOP!". The fighters will not be allowed to move until the continuation of the fight. The same will happen when the fighters have up to 2/3 of their bodies out of the fighting area, the referee will pull them to the middle, holding the same position they were in, in case the referee is not able to move them he may request help from the note-taker , and only he may help the referee move them

8-)Every one that occupies an official position at the competition; such as; coaches, teachers, directors, referee, note-takers, time-keepers that try to give instructions to the fighters that sre in the fighting area will be subject to penalties

and in case the offender insists on doing so it will be up to the referee to decide if the competing athlete will be disqualified or not.

9-) When one of the fighters or both fall completely out of the ring, the referee will restart the bout at center of the fighting area, raising his right arm and energetically saying "fight!"

10-) The referee will not permit the interference of assistants during the fight, i.e. doctors, nurses, etc. They may only offer their assistance when requested or authorized by the referee.

11-) Knee locks that twist the knee will not be allowed (immediate disqualification)

12-) Slamming opponent in the Guard (take your adversary into the air and dropping him onto the ground when in the guard or any of the finishing moves e.g. triangle arm lock or strangling )will not be allowed(immediate disqualification.).

13-) When the athlete trying to apply a takedown and his opponent sits on the ground and applies a sweep , his opponent will receive 2 points, not the one who attempted the takedown.

14-) If the athlete passing the guard tries a foot lock but is unable to finish it and his opponent comes up. Both will be given advantages if the lock has been properly applied. Otherwise, the advantage will only be given to the one that avoided the lock.

15-) If the athlete has one of his knees on the ground and the other leg standing and he is taken-down, two points will be awarded to the one that applied the take-down. If the athlete has both his knees on the ground and his opponent knocks him down and passes to his side an advantage will be awarded.

16-) When one of the athlete receives a sweep and to avoid the completion of the sweep turns on all fours and the one that applied the move can keep himself on the adversaries back (without putting in the hooks) he will receive two points for the sweep.

17-) When one of the athletes applies a take-down on his opponent and the one that is taken down is able to roll up onto his adversary, two points will be given to the one that applied the take-down and an advantage to the one that went up onto his adversary—as long as the one that applied the take-down does not fall in the guard of his adversary. Otherwise it will be counted as a sweep worth two points.

18-) **IMPORTANT:** Any situation that might occur that is not specified in this manual will be decided by the referee.

19-) **WRISTLOCKS:** May only be used by the adult category.

20-) The cervical lock. Because of the risk it offers, the cervical lock will not be allowed in any of the categories with the exception of Chokes in the categories of juvenile (11-15) and adult.

21-) If the athlete goes from the guard to a standing position and is taken-down it will be considered a sweep. However, the athlete must establish a position over his adversary to earn the 2 points.

22-) The use of shoes, ear protectors or other protectors that might get in the way of the proper functioning of the fight will not be allowed.

23-) GI-Divisions: The use of a kimono of two different colours (i.e. pants of one colour and coat of another) will not be allowed. It must be one colour and it must be clean and in a presentable state. The athlete will not be allowed to compete if his kimono is torn. No one with the exception on the women may wear an shirt or rash guard under their uniform.

24-) No-GI Divisions: The use of Shorts Regular (no zippers or buttons) or Lycra (fight shorts) will be permitted. All competitors must wear a t-shirt or a rash guard (recommended) while competing.

25-) The athlete may not use hair spray or his body with any oils. If this happens the referee will disqualify the offending athlete.

26-) If both athletes injure themselves during the final fight and their conditions do not allow them to return, the final results will be decided by:

a) points or advantages already confirmed on the chart

b) if no points or advantages have been confirmed, the result will be decided by the flipping of a coin.

27-) When both athletes abandon the ground position or any other position (i.e. both stand up) the judgment will be the same as the standing fight.

WEIGHT CLASSES ADULT MALE (16yrs of age and up)

Super lightweight 139.9 lbs and under

Lightweight 140 lbs to 154.9 lbs

Middleweight 155 lbs to 169.9 lbs

Light Heavyweight 170 lbs to 184.9 lbs

Heavyweight 185 lbs to 204.9 lbs

Super Heavyweight 205 lbs to 224.9 lbs

Unlimited 225 lbs and up

WEIGHT CLASSES ADULT FEMALE (16 yrs of age and up)

Super Lightweight 99.9 lbs and under

Lightweight 100 lbs to 114.9 lbs

Middleweight 115 lbs to 129.9 lbs

Light Heavyweight 130 lbs to 144.9 lbs

Heavyweight 145 lbs to 159.9 lbs

Unlimited 160 lbs and up

Youth Weight Classes:

Will be up to discretion of officials factoring age, weight and experience

We will do our best to match up competitors fairly for all!