

Jiu Jitsu

International Competition rules

Explanation of the match rules



These competition rules supersede all previous rules. They are therefore invalid.

This new version is effective as of September 1, 2025. These rules can be viewed on the IMAF Europe website.

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1. Conditions of Participation

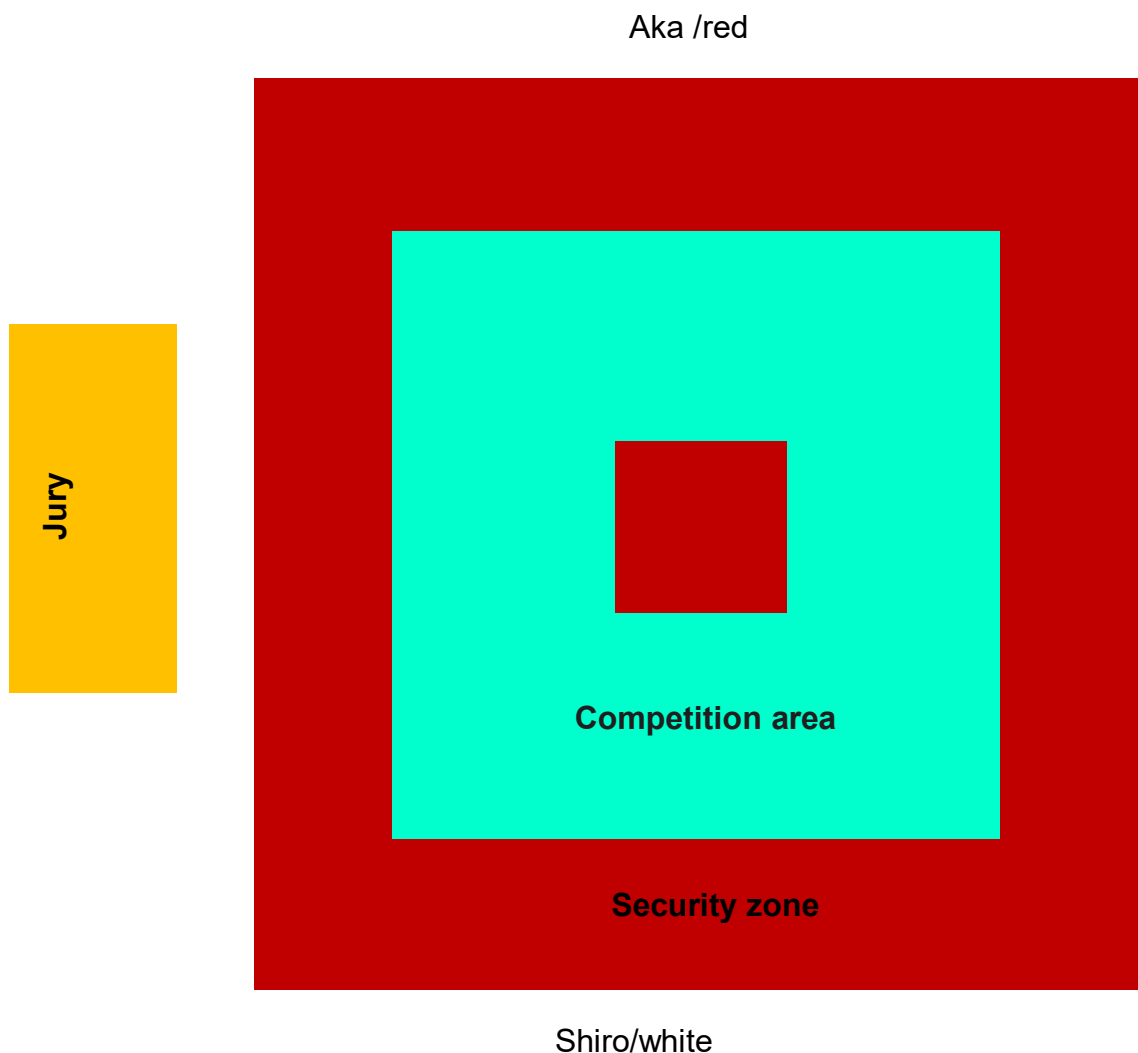
- ⇒ A medical examination, i.e., approval from a sports doctor to participate in the sport, must be completed within the **last 12 months**.
- ⇒ This examination must be recorded in the passport or medical record.
- ⇒ If the information in the sports and health record is illegible, crossed out, or if dates and signatures are crossed out or corrected, the certificate is automatically invalidated.
- ⇒ **Accident insurance must be provided for the participant.**
- ⇒ Signed consent from a parent or guardian is required for minors.
- ⇒ The following IMAF Europe competition rules apply.

2. The competition area

The competition area must be at least 5x5 m and not exceed 10x10 m.

The mat thickness must be at least 4 cm and not exceed 6 cm. A clearly visible safety zone must be located outside this area (1 meter). This can be marked by a colored mat border or a white adhesive strip, and competitors must not cross it. Failure to do so may result in a warning or a reprimand from the referee. A colored marking measuring at least 50x50 cm is located in the center of the mat.

The fighting area must be designed in such a way that there is no danger to the fighters.



3. Clothing

Competitors

- ⇒ Sturdy, clean, white Jiu Jitsu uniform. The jacket must cover the buttocks, the sleeves half of the forearm, and the pants at least the calves. The school or club badge must be sewn on the left side of the jacket.
- ⇒ The appropriate belt for the grade must be worn. Men should wear a groin protector under the uniform.
- ⇒ Any bandages must not be held together with metal clips.
- ⇒ Jewelry of any kind is prohibited.
- ⇒ Long hair must be tied back tightly with a soft material.
- ⇒ Hair clips, barrettes, and glasses (except sports glasses) are not permitted.
- ⇒ Fingers and toenails must be kept short.
- ⇒ T-shirts are permitted for women only. Leggings and socks are prohibited.
- ⇒ Due to the tight fit, the wearing of uniforms is prohibited for Brazilian Jiu Jitsu.

Team captains/coaches must ensure that JJ fighters wear the correct clothing, as otherwise the referees may refuse to allow them to compete.

Referee:

- ⇒ White polo shirt (IMAF Judge/Referee), black long pants, black mat boots, black socks, red armband on the right upper arm.
- ⇒ No jewelry or body jewelry is permitted.
- ⇒ At international tournaments, a blue jacket is worn by the Referee.

Fellow Judge:

- ⇒ White polo shirt (IMAF Martial Arts Court), black long pants, or a black skirt.

4. Competition Forms

The following competition forms are available:

- ⇒ Individual Competitions
- ⇒ Team Matches

5. Fight Type/Scoring System

- ⇒ Fights can be contested by knockout or according to the Brazilian pool system with a consolation round.
- ⇒ The scoring system will be announced before the start of the fight.

6. Team Competition

- ⇒ The team consists of three competitors and one alternate.
- ⇒ The winning team will be determined based on the number of points achieved.
- ⇒ In the event of a tie, the winning team will be determined by an additional bout between two selected fighters (one from each team).
- ⇒ In the event of a further tie, the referee will decide.
- ⇒ The teams will determine their opponents. Each fighter may only fight once.

7. Weight Classes

Double Starts:

A start is possible in one's own weight class and in the next higher weight class.

The weight difference may be:

- ⇒ from 30 kg to 50 kg, a maximum of 5 kg
- ⇒ from 50 kg to 80 kg, a maximum of 6 kg
- ⇒ The frame weight classes can be changed if necessary within the tolerance limits.
- ⇒ The weight classes for the tournament will be compiled on-site, but the maximum weight differences may only be exceeded with the consent of the fighter and the team captain/coach.
- ⇒ If a class is over- or under-staffed, the organizer can combine or separate weight classes.

Jiu Jitsu Fight Classes

Age Categorie	Weight male	Code	Weight female	Code
Children 10-13 years	- 40 kg	JJF001	- 40 kg	JJF035
	- 45 kg	JJF002	- 45 kg	JJF036
	- 50 kg	JJF003	- 50 kg	JJF037
	- 55 kg	JJF004	- 55 kg	JJF038
	- 60 kg	JJF005	- 60 kg	JJF039
	- 65 kg	JJF006	- 65 kg	JJF040
	+ 65 kg	JJF007	+ 65 kg	JJF041
Juniors 14-17 years	- 50 kg	JJF008	- 50 kg	JJF042
	- 55 kg	JJF009	- 55 kg	JJF043
	- 60 kg	JJF010	- 60 kg	JJF044
	- 65 kg	JJF011	- 65 kg	JJF045
	- 70 kg	JJF012	- 70 kg	JJF046
	- 75 kg	JJF013	- 75 kg	JJF047
	+ 75 kg	JJF014	+ 75 kg	JJF048
Seniors 18 -34 years	- 50 kg	JJF015	- 50 kg	JJF049
	- 55 kg	JJF016	- 55 kg	JJF050
	- 60 kg	JJF017	- 60 kg	JJF051
	- 65 kg	JJF018	- 65 kg	JJF052
	- 70 kg	JJF019	- 70 kg	JJF053
	- 75 kg	JJF020	- 75 kg	JJF054
	- 80 kg	JJF021	+ 75 kg	JJF055
	- 85 kg	JJF022		
	- 90 kg	JJF023		
	+95 kg	JJF024		
Veterans +35 Years	- 50 kg	JJF025	- 50 kg	JJF056
	- 55 kg	JJF026	- 55 kg	JJF057
	- 60 kg	JJF027	- 60 kg	JJF058
	- 65 kg	JJF028	- 65 kg	JJF059
	- 70 kg	JJF029	- 70 kg	JJF060
	- 75 kg	JJF030	- 75 kg	JJF061
	- 80 kg	JJF031	+ 75 kg	JJF062
	- 85 kg	JJF032		
	- 90 kg	JJF033		
	+95 kg	JJF034		

8. Conduct of the Competition

Commencement of the Match

After the first call by the list leader, the fighters must appear on the mat within 3 minutes.

Otherwise, the match will be scored in favor of the opponent. The fighters enter the mat with their belts tied. They stand approximately 3 meters in front of the referees and bow to them.

They then step behind the safety line, untie their belts while standing, and place the red belt (to the left of the judges) or white belt (to the right of the judges) lying in front of them. Red for the first called, white for the second called. The fighters then step onto the fighting area, bow with the referee to the judges, then to each other, and wait for the referee's command "Fight". With this command, the match is allowed to begin.

The Post-Match Time

Should a tie occur after the regular competition time, the contest will be restarted for one minute after a one-minute break.

- ⇒ The competitor who demonstrates the most activity during this post-match time (attempts to throw, pins that are not fully counted, attempts at techniques, etc.) will receive a point at the end of the minute and win the match.
- ⇒ Actions before the overtime period are not counted, except for warnings. In the event of a tie, the opponent is automatically the winner.
- ⇒ If there is no winner after this minute, the belt color will be considered, and the competitor with the lower Kyu grade will win. (We assume that the higher Kyu grade should be technically better at fighting.)
- ⇒ If the contest cannot be decided this way, the contest must be restarted for one minute.
- ⇒ The referee should consult with the judge (WTB) in the event of a tie.

End of Fight

The fight is over:

- ⇒ After the fight time has expired.
- ⇒ When a fighter has a 5-point lead.
- ⇒ When the opponent taps.
- ⇒ When a fighter withdraws from the fight.
- ⇒ When a fighter does not compete.
- ⇒ In case of disqualification.
- ⇒ In case of injury.
- ⇒ In case of deliberate injury to a partner, the fighter is automatically disqualified.

At the end of the fight (gong, acoustic signal, or referee's decision), the fighters face each other again 3 meters away and arrange their attire. After bowing together to the judges, then to each other, the referee announces the winner.

The fighters then approach each other and shake hands. The winner reports to the scorekeeper's table.

9. Competition Times

Competition Times:

- ⇒ Men: 2 rounds of 3 minutes each with a 1-minute break
- ⇒ Women: 2 rounds of 3 minutes each with a 1-minute break
- ⇒ Youth: 2 rounds of 2 minutes each with a 1-minute break (up to 17 years old)
- ⇒ Childs: 2 rounds of 2 minutes each with a 1-minute break (up to 13 years old)
- ⇒ In the event of a tie, the fight continues for 1 minute. There is a 1-minute break before the tie.

Hold Times

Hold time:

- ⇒ 10 seconds for women, childs and youth.
- ⇒ Hold time: 20 seconds for men.

10. Scoring in Jiu Jitsu Combat

Fight points: 1 point is awarded for:

- ⇒ The fight is not interrupted on a fight point.
- ⇒ All fair, technically sound throws.
- ⇒ Holds of 10 seconds, men 20 seconds.
- ⇒ For a warning to the opponent.
- ⇒ The referee indicates the fight point with his RED or WHITE arm and calls clearly "Fight point" to the judges.

Victory points: 3 points are awarded for:

- ⇒ The fight is interrupted on a victory point. The fighters are separated and re-position.
- ⇒ **Impeccable techniques: if the partner taps out with their hands or feet or calls "Halt, Stop." The contest is considered a loss for the person tapping out.**
- ⇒ If an attempted technique would lead to injury, the referee must stop the technique before it even begins and award a victory point.
- ⇒ If the opponent is disqualified or submits.
- ⇒ The referee indicates the winning point with his RED or WHITE arm and clearly calls out "Victory point" to the judges.

Other:

- ⇒ If a technique fails to produce any effect within approximately 5 seconds, the referee may release the technique without scoring.
- ⇒ Holds continue to count even after the match time has expired.

Warnings

- ⇒ Warnings are issued after a warning. Unless the "technique" is so serious that immediate disqualification of the fighter is required.
- ⇒ With younger children, leniency should be shown if they start talking on the mat.
- ⇒ Derogatory remarks or gestures directed at the opponent, coaches, staff, the judges, referees, and officials (not only by the fighter themselves, but also by the dojo director, staff, and parents) are to the detriment of the competitor.

For this unsportsmanlike conduct, the coach or trainer may be given a yellow card by the referee. A second violation results in a red card, which will result in the coach or trainer being disqualified from the competition.

Warnings or reprimands are issued for:

- ⇒ Uncontrolled, jerky, unfair techniques and movements.
- ⇒ Choking with the edge of the hand, foot, or fist on the throat.
- ⇒ Wrist locks while standing.
- ⇒ Jump-on scissors in general, head-on scissors.
- ⇒ Tugging at the ears, nose, hair, or face.
- ⇒ Twisting fingers and toes.
- ⇒ Kicks, punches, and forceful thrusts.
- ⇒ Striking and pressing to the soft tissue or face.
- ⇒ Falling on the partner.
- ⇒ Neural pressure pressing, with the exception of the escape from the kidney scissors (the elbows press into the sides of the thighs).
- ⇒ Dragging the partner backward over the spine.
- ⇒ Willfully pushing or throwing the opponent outside the fighting area. All techniques outside the fighting area will result in a warning.
- ⇒ Even avoiding the fight or escaping to the outside.
- ⇒ Covering the partner's face with one's own body.
- ⇒ Speaking on the Mat
- ⇒ **In Kesa Gatame:** If the contestant turns the other way into the neck lock, the grip is released, and 1 point is awarded for the hold. The contestant who turns out of it receives a warning. A second time, a warning.

11. Scoring:

- ⇒ Victory point: 3 points
- ⇒ Fight point: 1 point
- ⇒ Admonition: 0 points
- ⇒ Warning: 1 point for the opponent (3 warnings result in disqualification for the entire tournament)
- ⇒ Disqualification: 3 points: Victory for the opponent (in the case of gross unsportsmanlike conduct, this applies to the entire tournament)
- ⇒ Work victory: 1 point
- ⇒ Conclusion: 3 points: Victory for the opponent

12. Competition Techniques

All techniques must be executed fairly, in a controlled manner, and without causing pain to the opponent. The referee must evaluate good locking techniques from the very beginning. The referee may release the lock if no effect is evident after 5 seconds.

Permitted Techniques:

- ⇒ In JJ matches, all techniques from Jiu Jitsu, Judo, Wrestling, and Sambo are permitted. Throws, arm locks, neck locks, chokeholds, shoulder locks, wrist locks, foot locks, bending and extending locks, and scissors with the arms, legs, and feet, both standing and on the ground.
- ⇒ **The kidney scissors may only be used as a hold. Closing the scissors is no longer permitted.**
- ⇒ **The scissors only counts as a hold if the person using the scissors simultaneously controls their partner with their own arms. 2 on 1 rule.**
- ⇒ Throws count if the throw is recognizable and Uke falls on their stomach, side, or back. (The exception is the backward throw from the kidney scissors, as Uke is not allowed there.) (usually falls on the buttocks)
- ⇒ Throws from the prone position are scored.
- ⇒ **Counter-throws:**
 - ⇒ If Tori throws Uke and Uke falls (side, stomach, back), Tori scores a point. If Uke throws Tori after falling, Uke also scores a combat point.
- ⇒ **Note:**
 - ⇒ If Tori attempts a throw and Uke doesn't fall, and Uke makes the throw, Uke scores the combat point.
- ⇒ **Restrictions:**
 - ⇒ Sickles and sweeps may only be applied up to knee height.
 - ⇒ Neck locks only in conjunction with a throw or hold, without twisting or jerking the neck.
 - ⇒ Neck locks, shoulder and arm locks, scissors, and chokeholds may only be applied without jerking movements.

Prohibited actions:

- ⇒ Uncontrolled, jerky, unfair techniques and movements.
- ⇒ Choking with the edge of the hand, foot, or fist on the throat.
- ⇒ Wrist locks while standing.
- ⇒ Jump scissors in general, head jump scissors.
- ⇒ Tugging at the ears, nose, hair, or face.
- ⇒ Twisting fingers and toes.
- ⇒ Kicks, punches, and forceful thrusts.
- ⇒ Striking and pressing to the soft tissue or face.
- ⇒ Dropping on the partner.
- ⇒ Neural pressure pressure, with the exception of the release from the kidney scissors (the elbows press into the thighs laterally).
- ⇒ Pulling the partner backward over the spine.
- ⇒ Willfully pushing or throwing the opponent outside the fighting area.
- ⇒ All techniques outside the fighting area will result in a warning.
- ⇒ Avoiding the fight or fleeing to the outside.
- ⇒ Covering the partner's face with one's own body.
- ⇒ Derogatory remarks or gestures directed at the opponent, coaches and staff, the judges' panel, the referee, and officials
- ⇒ Speaking on the mat

Prohibited actions:

- ⇒ Prohibited actions must be punished with a admonition or warning on their severity.
- ⇒ Each fighter is obligated to execute the techniques in such a way that their partner has time to tap out.
- ⇒ Each fighter is also obligated to tap out or withdraw from the fight in a timely manner.

Situations that must be interrupted by the referee and lead to a re-positioning of the fighters:

- ⇒ Kidney scissors, in which the executing partner has raised their shoulder from the mat, leaving both partners sitting idly in front of each other.
- ⇒ Kidney scissors, in which the controlled fighter has raised their partner's shoulder 30 cm from the mat. The competitor must stand on both feet to lift their opponent.
- ⇒ The twisted neck lock in the sideways grip must be released immediately.
- ⇒ If the fighters are in an upward movement beyond the bench position.
- ⇒ Techniques or situations that the referee can no longer judge and/or evaluate in a controlled manner.

Unforeseen Situations

If a situation arises during a bout that is not covered by these rules, the referee may consult with the referee and make an independent decision.

13. The Referee Panel and its Duties**The Referee Panel consists of:**

- ⇒ The Scorekeeper
- ⇒ Two Timekeepers (one records the total time, the other the holds and also operates the gong)
- ⇒ One Judge (WTB), who also operates the scoring system
- ⇒ The Referee
- ⇒ The Chief Referee

Competition Management

Jiu-Jitsu matches may only be judged by trained referees. Scorekeepers, timekeepers, and score table operators must be trained. The minimum age for judges is 18 years. The score table operator must have at least a blue belt, as they also serve as a judge.

Chief Referee (HCR)

The HCR appointed before the competition oversees the entire tournament. In cases of doubt or disagreement, the HCR makes the final decision after consulting the referee, the judge, and the team captains. This decision is final. The HCR must hold a valid referee license and be an experienced Jiu-Jitsu referee. The HCR may not directly intervene in or interrupt a match. Consultations take place only during breaks or at the HCR's request. The HCR monitors all competition mats. Protests will only be accepted by the HCR in written form (protest form) and if the usual protest fee has been paid.

The referee, in consultation with the refereeing panel and the team captain, makes the final decision. The decision is binding for both sides.

The Referee

The referee is solely responsible for overseeing the Jiu-Jitsu match on the mat. In cases of doubt or disagreement, the referee may consult with the referee (WTB) or the head referee.

The Judge/Scoring Table Operator

They also serve as a supervisor and are the referee's first point of contact in the event of any disagreements. The Judge must be at least a blue belt in Jiu-Jitsu and must alert the Referee to any incorrect decisions.

The Timekeepers

- ⇒ There can be several timekeepers on a panel. Their duties include:
- ⇒ Timekeeping the round times/total time.
- ⇒ Timekeeping the time for pins.
- ⇒ They simultaneously operate the acoustic signal at the start and end of the competition.
- ⇒ They stop the time in the event of an injury or at the instruction of the mat judge.
- ⇒ Pins are counted throughout the total time and the break times.

The Scorekeepers

- ⇒ They maintain the scoreboard according to the competition system.
- ⇒ They call the competitors.
- ⇒ They are responsible for correctly entering byes.
- ⇒ They assign the participants to the appropriate competition classes.

The Coach/Second

During the break, the fighter sits on the mat at the edge and can receive technical and moral support from a second (of their choice). Wiping sweat and giving very quiet advice are permitted. However, administering food or drink is not permitted. The second can also supervise their fighter in the event of an injury or a mandatory break ordered by the referee.

A second may only enter the fighting area during the break or upon request by the referee. If their second misbehaves, the fighter may be penalized.

The Team Captain/Coach

- ⇒ They must ensure that their competitors are wearing the correct attire.
- ⇒ They will be consulted if a competitor is not allowed to compete in their weight class.
- ⇒ In the event of dubious decisions, the Referee may consult the team captain.
- ⇒ They lodge a protest with the Referee.
- ⇒ They represent the dojo and the team throughout the competition.

14. Protests

- ⇒ Protests will only be accepted by the International Referee if the protest fee has been deposited and the protest form has been submitted (Appendix 1).
- ⇒ The amount of the protest fee will be determined before the tournament. It will be announced by the organizer in consultation with the International Referee.
- ⇒ Protests can only be filed by the team captain/coach.
- ⇒ The protest fee will be refunded to the team captain if the protest is upheld.
- ⇒ If the protest is not upheld, the money will be used for tournament equipment.
- ⇒ Video evidence will not be considered for judging.

15. Injuries

Should an injury occur, the injured competitor is given 5 minutes of recovery time. The paramedic or team captain/coach decides whether the injured competitor may continue fighting.

If the uninjured competitor is causally (negligently) responsible for the opponent's injury, the injured competitor will be awarded the victory. The referee decides, after consultation with the head referee, whether the fighter is disqualified for the entire tournament or only for this fight.

16. Command language in Jiu-Jitsu matches

International matches are conducted in English.

Attention	For fighters and timekeepers (finish for fighting)
Fight	Combat beginning and bow of the fighters
Stop	Loosen, divergence, statement of fighters
Stop	Stop Do not continue fighting, do not change
Holder	Opponent will hold in position
Holder out	Holder is released
Loosen	Lösen aus dem Haltegriff
Break	Stop time, e.g. In case of injury, arrange clothing, Advice to the competitor
Victory point	Opponent knocks off (3 points) or at the discretion of the warden List of fighters
Fight point	Fight continues. Referee gives the fighting point
Admonition	Fight continues without interruption (0 points)
Warning	Combat, line-up (1 point for the opponent)
3 Warnings	Disqualification. Warnings are made by the whole tournament was taken and aggregated. Disqualification leaving the tournament.)

17. Disclaimer

The organizer, host, head judge, and referee are exempt from any claims for recourse by participants, coaches, and relatives.

Competition list

Tournament
Weight class

Mode

- ☐ Main Round
☐ Consolation round
☐ Men
☐ Women
☐ Children
☐ Youth
☐ Adult
☐ Veteran

First name	Place 1	Place 2	Place 3	Place 4
Club				
Born date				



Club Name

1	
2*	
3	
4*	
5	
6*	
7	
8*	
9	
10*	
11	
12*	
13	
14*	
15	
16*	

3rd place

Battle area: _____

List leader: _____

Date: _____



Protest sheet

Jiu Jitsu competition



Tournament and date: _____

Protest leader	
Name of team captain/coach	
Club/Association Country	
Competitor's name	

Protest opponents	
Name of team captain/coach	
Club/Association Country	
Competitor's name	

Official	
Chief referee	
Referee	
Scoring table operator/side judge	

Details of the protest. Use the back cover if necessary.

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Decision: The protest is upheld ☐ Yes ☐ No

Protest fee of _____ € has been paid.

Signature of Chief Referee _____

Signature of all involved	
Chief referee	
Referee	
Scoring table operator/side judge	
Competitor's name Protest leader	
Competitor's name Protest opponents	