

# JU-JITSU INTERNATIONAL FEDERATION (JJIF)



# COMPETITION RULES

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**With Comments**  
(Not part of the Rules)

MEMBER of SportAccord  
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and IWGA  
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## I. Generalities

### Section 1 Area of application

- a. These rules apply to the competitions in the area of the international federation, the continental unions, international championships and international tournaments, the competition rules in Duo System and Fighting System.
- b. All references in this document to the term “he” should be understood as “he or she”.
- c. The nations are free concerning the rules for their national tournaments.

### Section 2 Competition Dressing and Personal Requirements <sup>(1)</sup>

- a. The competitors shall wear a good quality white Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts.
- b. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- c. The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist. The sleeves may not be rolled up.
- d. The trousers shall be loose and long enough to cover half of the shinbone. Trousers legs may not be rolled up.
- e. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15cm of the belt on each side of the knot.
- f. Female competitors are required to wear a plain white T-shirt or leotard under their Gi. Men are not allowed to wear anything under their Gi-jacket.
- g. The competitors must have short fingernails and toenails.
- h. The competitors are not allowed to wear anything that may injure or endanger the opponent.
- i. Glasses may not be worn. Contact lenses may be worn at own personal risk.
- j. Long hair must be tied up with soft hair-band.

### Section 3 Competition Area <sup>(2)</sup>

- a. Each contest area should be 12 m x 12 m and shall be covered by tatamis, generally green in colour or in any other acceptable colour.
- b. The contest area shall be divided into two zones.
- c. The fighting area shall always be 8 m x 8 m.

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<sup>1</sup> If a competitor will not follow this rule, he is not allowed to start the match. He has the possibility to change the complained items of equipment and to show up again within 2 minutes.

<sup>2</sup> The distance between Secretariat and Contest area must be at least 2m  
The distance between the audience and Contest area must be at least 3m.

- d. The area outside the fighting area shall be called the safety area and shall be at least 2 m wide.
- e. Where two or more adjoining competition areas are used, a common safety area is not permitted.
- f. In exceptional cases <sup>(3)</sup>, for international tournaments a fighting area of minimal 6m x 6m is allowed
- g. In exceptional cases <sup>(4)</sup>, there should be the possibility to share part of the safety area, but between two fighting areas there must be at least 3m.

#### **Section 4 Material**

The organizer of the competition shall provide red and blue competition-belts, scoreboards, list and administration papers, a place for the referees and the technical committee

#### **Section 5 Coaches, Competitors**

- a. Only one coach, who stays at the limit of the contest area during the match, may assist contestants. <sup>(5)</sup>
- b. If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the MR may decide to make him leave the area reserved to the officials for the duration of the match.
- c. If the misbehaviour continues, the Referees of the match may decide to make him leave the official area for the whole tournament.
- d. If a contestant shows unsportsmanlike behaviour after a fight <sup>(6)</sup>, the referee crew of the tatami unanimously can decide that the competitor should be expelled from the rest of the tournament. They will inform the head-referee of their decision and then ask the responsible of the tournament to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.

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<sup>3</sup> This minimal size of the fighting area is only allowed, if the size of the sport hall is too small.

<sup>4</sup> To share part of the safety area is only allowed, if the size of the sport hall is too small.

<sup>5</sup> A chair for the coaches is allowed beside the mat.

<sup>6</sup> After a fight means during the whole tournament.

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## II. JJIF Fighting System

### Section 6 Generalities

- a. In Fighting-System two competitors compete against each other in a sportsmanlike competition with adapted means of Ju-Jitsu.
- b. The JJIF's Fighting-System is composed of 3 Parts:
  - Part 1: Punches, strikes and kicks
  - Part 2: Throws, take downs, locks and strangulations
  - Part 3: Floor techniques, locks and strangulations.The contestants must be technically active before going into the next part. An act is technically valid when the competitor shows the technique with good balance and with controlled combinations <sup>(7)</sup>.
- c. Attacks in part 1 are limited to the following areas: Head, face, neck, abdomen, chest, back and side.
- d. All strangulations are permitted except strangulations with the hand / fingers.
- e. The fighting time per match is 3 minutes. The Mat-Referee together with the Side-Referees should decide, after consulting the Table-Referee, if the last action happened before or after the end of the three minutes.
- f. Between two matches a recovery time of maximum 5 minutes will be allowed.

### Section 7 Material

- a. The contestants are required to wear soft, short and light hand protectors and soft foot & shinbone protectors matching their belt-colour (red or blue).
- b. The protectors must be made of soft foam and should be at least 1cm thick and with upper limit of 2cm. <sup>(8)</sup>
- c. Protectors must be in the right size and in good order.
- d. It is allowed to have jockstrap and mouthpiece. Female competitors may wear a chest protection.
- e. Foot & Shinbone protections, jockstrap and chest-protections must be worn under the Gi.

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<sup>7</sup> By combinations means:  
In part 1 they must make combinations with kicks or punches.  
In part 2 they must really be active to try to throw/ take down the opponent.  
In part 3 they must really try to make a good hold or really try to come out of the hold.  
In part 3: As long as there is a real will to fight and when there is a real progress in the engaged technique the action has to continue except that the majority of the fight should not take place on the ground.

<sup>8</sup> If a contestant's gi and protectors do not follow the rules the competitor will not be allowed to start in the fight. In this case he can change his protectors / gi within two minutes. He will be punished by Shido for delaying the start of the match.

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## Section 8 Weight Categories

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the JJIF for men and women:

Women: -49kg, -55kg, -62kg, -70kg, +70kg

Men: -56kg, -62kg, -69kg, -77kg, -85kg, -94kg, +94kg

## Section 9 Referees <sup>(9)</sup>

- a. The Mat-Referee (MR) who stays within the contest area shall conduct the match.
- b. Two Side-referees (SR) shall assist the MR and shall be situated in the safety area. The SR must place themselves where they can follow at any time the course of the match as best possible and award their points.
- c. The Table-Referee (TR) is responsible for the secretariat. He dictates the points and penalties to the secretaries and informs the MR about the expiry of the fighting-time, the Osae-komi-time and the injury-time.
- d. There may be two Table-referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

## Section 10 Secretariat

- a. The secretariat is placed opposite the position of the MR at the beginning of the fight.
- b. The secretariat shall be composed of two scorekeepers and one timekeeper.
- c. One of the secretaries keeps a record of the competition on paper; the second one can control an electronic scoreboard.
- d. If there is any difference between the two score registers then the paper one is the correct one.

## Section 11 Course of the match

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.
- b. After the MR announced "Hajime", the match starts in Part 1.
- c. As soon as there is contact between the competitors by holding the opponent, part 2 has begun. Punches, strikes and kicks are no longer allowed except when they are performed simultaneously with the initial grip.
- d. As soon as both contestants have both knees on the floor or one of the contestants is sitting or laying on the floor the match continues in Part 3. <sup>(10)</sup>

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<sup>9</sup> The referees should be from different countries if possible.

- e. The contestants can change between the different parts, but they must be active in all parts. <sup>(11)</sup>
- f. If a contestant only rushes towards the opponent without making a technical action or if he is dangerous to himself (“Mubobe”), a technical penalty will be given and the match will continue in part 1.
- g. Throws must start in the fighting area. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.
- h. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referees, who are standing on one line in the fighting area opposite the table referees.

## Section 12 Application of “Hajime”, “Matte”, “Sonomama” and “Yoshi”

- a. The MR shall announce “Hajime” to start and to restart the match after “Matte”.
- b. The MR shall announce “Matte” to stop the match temporarily in the following cases:
  1. If one or both contestants left the fighting area completely in Part 1 or Part 2. <sup>(12)</sup>
  2. If both contestants left the fighting area completely in Part 3. <sup>(13)</sup>
  3. To give one or both contestants a penalty in Part 1.
  4. If one or both contestants are injured or are taken ill.
  5. If one of the contestants can’t tap by himself during a strangulation or a lock.
  6. When Osae-komi time is expired
  7. If the contact in part 2 and part 3 is lost and the contestants will not continue in part 1 by themselves.
  8. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
  9. In any other case when one of the SRs finds it necessary and therefore claps his hands. <sup>(14)</sup>
    1. The fight has finished.
- c. “Sonomama” shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move anymore. “Sonomama will be announced:
  2. To give one or both contestants a warning in Part 2 or Part 3.
  3. To give one or both contestants a penalty in Part 2 or Part 3.
  4. Any other time the MR finds it necessary.
- d. After “Sonomama” the contestants continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces “Yoshi”.

<sup>10</sup> If a contestant repeatedly goes down on his knees or sits directly he shall be punished passivity in Part 2. It is not allowed to lift the opponent laying down to apply a throwing technique. In this case the MR stops the fight by Matte.

<sup>11</sup> It is not allowed to hit the opponent when he has both knees on the mat. In this case the MR stops the fight by Matte.

<sup>12</sup> If one of the fighter leaves with both feet the fighting area only for a short while and returns immediately back, the match will not be stopped

<sup>13</sup> If a SR claps his hands, the MR has to stop the fight.

<sup>14</sup> The MR together with the SR should decide, after consulting the TR, if the last action happened before or after the end of the fighting time.



## Section 13 Points

Scores must be marked by the majority of the referees, therefore at least two referees. If the referees give a score different from each other, the intermediate score prevails. If one of the referees doesn't see an action, the lower of the two remaining scores prevails.

- a. The following points can be given in Part 1:  
(Punches, strikes and kicks must be applied with Hikite / Hikiashi, in good balance and control <sup>(15)</sup>)
1. An unblocked punch, strike or kick (Ippon, 2 points)
  2. A partly blocked punch, strike or kick (Wazaari, 1 point)
- b. The following points can be given in Part 2:  
(Throws, take downs, locks and strangulations)
1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 2 points)
  2. Strangulations and locks with tapping (Ippon, 2 points)
  3. A perfect throw <sup>(16)</sup> or take-down (Ippon, 2 points)
  4. A not perfect throw or take-down (Wazaari, 1 point)
- c. The following points can be given in Part 3:  
(Floor techniques, locks and strangulations)
1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 3 points)
  2. Osae-komi <sup>(17)</sup>, Strangulations and locks with tapping (Ippon, 3 points)
  3. An efficient control announced as "Osae-komi" during 15 seconds. (Ippon, 2 points)
  4. An efficient control announced as "Osae-komi" during 10 seconds. (Wazaari, 1 point)
- d. An efficient control started within the fighting time is allowed to continue until termination (even after expiry of the fighting time). If the control is broken before the 15 seconds the MR shall announce "Toketa".

<sup>15</sup> A kick which will be caught by the opponent never can be counted as an Ippon.

<sup>16</sup> A perfect throw after which the opponent lands on his stomach will be counted as an Ippon.

<sup>17</sup> Osae-Komi can only be announced if:

1. The controlled person is lying on the floor.
2. The legs of Tori are free.
3. Uke is well encumbered and can't move freely. Tori has a good control over uke.

Osae-Komi time continues, even when:

1. The controlled person is able to catch a leg of Tori
2. The controlled person can turn on the side or back.

If both bodies are completely outside the fighting area, the Osae-Komi time will be stopped by "Toketa".

Sankaku-Jime must be applied with one arm inside the crossed legs.

Sankaku-jime and Juji-gatame count as an Osae-komi as long as there is a full control of Uke's upper body.

Straight leg locks with control of uke's upper body must be seen as an osae-komi. If uke is able to rotate the body, it will be toketa.

Different points for control-technique can't be accumulated (e.g. an Osae-Komi which is held longer than 10 seconds and an arm lock won't give a Waza-Ari and an Ippon) This is only possible, if the MR stopped before the Osae-Komi by announcing "Toketa".

## Section 14 Penalties

- a. Penalties must be given by the majority of the referees. <sup>(18)</sup>
- b. “Light forbidden acts” will be punished by “Shido” and the opponent gets 1 Wazaari. The following actions count as light forbidden acts:
1. If one or both contestants show passivity or minor technical infringements. <sup>(19)</sup>
  2. “Mubobe”
  3. To deliberately go outside the fighting area with both feet <sup>(20)</sup>.
  4. To purposely push the opponent outside the fighting area.
  5. To purposely deliver kicks or punches after the beginning of Part 2.
  6. To make any further actions after “Matte” or “Sonomama” has been announced.
  7. To deliver punches, strikes and kicks to the legs.
  8. To deliver punches, strikes and kicks at the opponent if he is lying down.
  9. To make locks on fingers or toes.
  10. To make cross-legged locks around the kidneys and stretch the legs.
  11. To make a strangulation with bare hands / fingers.
  12. If a contestant comes unprepared to the mat and delays the contest. <sup>(21)</sup>
  13. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)
- d. A “Forbidden acts” will be punished by “Chui” and the opponent gets 2 Wazaari:
1. To make attacks like kicking, pushing, punching, hitting the body of the opponent in a hard way. <sup>(22)</sup>
  2. To throw the opponent from the fighting area to the area outside the safety area.
  3. To disregard the MR’s instructions.

<sup>18</sup> Mistakes made by the application of score and penalties, should be corrected by the three referees and the table referee in charge.

<sup>19</sup> Passivity Part 1: One or both do not show any activity with the aim to get points.  
One or both contestants go directly to part 2 or 3.  
One or both contestants do not show combinations before going into the next part.

Passivity Part 2: If one or both do not show any activity with the aim to get points.  
If one or both contestants only blocks the attacks or the movement of the opponent or both contestant goes down on the floor on purpose.  
If the contestants refuse to go to part 2 but are active in part 1.  
A fighter makes a false attack by throwing itself on the ground purposely without technique to break the contact

Passivity Part 3: If one or both do not show any activity with the aim to get points.  
If a contestant is repeatedly passiv after penalties, he can be punished by Chui  
(Disregard MR instructions)

<sup>20</sup> If one of the competitors leave the fighting area for a short time and if he comes back into the fighting area, the fight mustn’t be stopped.

<sup>21</sup> The punishment will be given after the standing bow before the fight will be started by “Hajime”

<sup>22</sup> A technique which is stopped by the opponents body / head instead of the attackers control of the technique is an example of c1. A technique which causes the head to move due to contact is an example for c1.

Techniques that cause bleeding (but not due to re-opening of an existing wound) must be evaluated by the MR and SRs to determine if it a penalty per c1 (Forbidden Act) or e1 (Heavy Forbidden Act) based on the situation.

Techniques (excluding straight techniques) to the head that merely touch or are within 10cm are valid scoring techniques. Contact to the body is considered “skin-touch” contact. Otherwise, it may be construed as hard contact per c1.

Other criterion for c1 that needs to be looked at is if hard contact occurred because the opponent moved into the technique. In this case, there was no intent by the attacker to induce hard contact, and may be even a penalty of Mubobi to the opponent, if there is precedence of failure to protect one’s self or reckless behavior.

4. To make unnecessary calls, remarks or gestures to the opponent, referees, the secretariat or to anyone else.
  5. To make an uncontrolled action, such as roundhouse punches and kicks, which are not stopped even if they miss the opponent, and after a throwing-technique the opponent is not able to continue immediately.
  6. To make straight punches or straight kicks towards the head.
- d. In case of two “forbidden acts” the fight will be lost by “Hansoku-make”.
  - d. The following actions count as a “heavy forbidden act”:
    1. To apply any action which may injure the opponent.
    2. To throw or try to throw the opponent with any lock or strangulation. <sup>(23)</sup>
    3. To make any locks on the neck or spinal column.
    4. To make any twisted locks at the knee or foot.
  - d. The first time a contestant makes a “heavy forbidden” act he will be punished by “Hansoku-make”. He loses the match with 0 points and the opponent gets 14 points or the score he already achieved, if higher than 14.
  - d. The second time a competitor loses by Hansoku-make in a tournament, he is expelled from the rest of the tournament.
  - d. If both contestants will be punished by Hansoku-make, the match will be repeated.

### Section 15 Settlement of the Match

- a. A competitor may win the match before the end of the fighting time, if one of the contestants achieved at least one Ippon in each of the three parts. This is called a Full-Ippon. In this case the losing competitor gets 0 points and the winner gets 50 points or the score he already achieved, if higher than 50.
- b. After the fighting time has expired the contestant who has the most points at the end of the match will be the winner.
- c. If the competitors have equal points at the end of the match, the contestant who achieved the most number of parts with one or more Ippon wins the match.
- d. If the score is equal both in total points and in number of different parts in which Ippon were achieved, the contestant who achieved totally more Ippons wins the match.
- e. If the score is equal both in total points, in number of different parts with Ippon score and in number of Ippon, there will be an extra round of 2 minutes until the match is settled. There is a break of 1 minute between the additional rounds. <sup>(24)</sup> The procedure may be repeated. The scores, Ippons and penalties from the initial round are carried forward into the extra round.

### Section 16 Walk-over and Withdrawal

- a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to any contestant whose opponent doesn't appear for his match. The winner gets 14 points, after his opponent has been called for 3 times over at least 3 minutes.

<sup>23</sup> A throwing technique in combination with a lock or strangulation is not allowed. (e.g. Kote-Geashi counts as a take-down technique)

<sup>24</sup> The fighters keep their points and penalties they already achieved.

- b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the contestant whose opponent withdraws from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 14 points or the score he already achieved, if higher than 14.

### **Section 17 Injury, Illness or Accident**

- a. In every case when a match is stopped because of injury on either or both contestants, the MR may permit maximum time of 2 minutes to the injured contestant(s) for the rest. The total rest per contestant in each match shall be 2 minutes.
- b. The injury-time starts on command of the MR.
- c. If one of the contestants is unable to continue, the MR and the SRs will make a decision after the following clauses:
  - 1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved, if higher than 14.
  - 2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved, if higher than 14.
  - 3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match with 14 points or the score they already achieved, if higher than 14, and the injured contestant shall loose with 0 points.
- d. When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest with 0 points and the opponent shall get 14 points or the score already achieved, if higher than 14.
- e. The official doctor is to decide whether the injured contestant may continue or not.
- f. If a contestant loses consciousness or if they blackout, the fight must be stopped and the contestant will be expelled from the rest of the tournament.

### **Section 18 Team Competitions**

Team competitions are possible and the rules are the same as for individual competitions.

### **Section 19 Reserves in Team Competitions**

- a. Reserves may replace contestants who have been injured or taken ill.
- b. The reserve must be in the same weight class or in a lower weight class than the ones who are to be replaced.
- c. Reserves may not replace a disqualified contestant.
- d. Reserves must be announced and weighted at the same time as the ordinary contestants.

### III. JJIF Duo System

#### Section 20 Generalities

- a. The JJIF-Duo System is aimed at presenting the defence of one contestant against a number of predetermined attacks from a contestant of the same team. The attacks are divided into 4 series of 5 attacks each:
  - A. Gripping attacks
  - B. Embracing and neck lock attacks
  - C. Punches, strikes and kicking attacks
  - D. Weapon attacks <sup>(25)</sup>
- b. Every attack must be prepared by one pre-attack such as pushing, atemi, pulling. <sup>(26)</sup>
- c. Every attack can be carried out right-handed or left-handed at the free choice of the team.
- d. The defence is completely at the defender's choice, as well the respective roles or the change of the roles as attacker and defender, as well the respective position of the feet. <sup>(27)</sup>
- e. The Mat Referee (MR) draws 3 attacks from each series. The other couple will use the same attacks but in a different order called by the MR.
- f. Upon the first attack of each series, Tori (defender) shall have the jury on his right side, after the attack may come from either side.
- g. The scores of the presentation will be given after each series by the Jury. Upon the Mat-Referee's command "Hantei" they hold their respective score table over their head. <sup>(28)</sup>
- h. If necessary the MR indicates incorrect attacks by the correspond sign and by saying the number of the wrong. <sup>(29)</sup>
- i. When the same couple is involved in consequent matches, a recovery time of maximum 5 minutes will be allowed between the two matches.

#### Section 21 Material

- a. The secretariat shall be composed of a minimum of 2 people.
- b. The fighters are allowed to use one soft stick and one rubber knife. The stick shall be between 50cm and 70cm.

<sup>25</sup> In Series D the attacker can start with both weapons in his hands.

<sup>26</sup> The pre-attack and the attack must be applied by the attacker.

<sup>27</sup> The change of the role as attacker and defender can also be changed during a series.

<sup>28</sup> The MR reads first all scores. When he sees, that the scores were counted on the screen, he puts down all the score cards.

<sup>29</sup> The sign "incorrect attacks" will be shown by the MR if the attacker shows another attack than the one indicated by the MR.

## Section 22 Categories

- a. A couple may be formed without any restrictions at all, such as weight or grade.
- b. The following categories will be distinguished: Men, women and mixed.

## Section 23 Criteria of Judging <sup>(30)</sup>

- a. The jury shall look for and judge the following:
  1. Powerful attack
  2. Reality
  3. Control
  4. Effectiveness
  5. Attitude
  6. Speed
  7. Variety
- b. The overall score should give more importance to the attack, and to the first part of the defence.
- c. Atemis must be powerful, with good control and given in a natural way considering possible follow up.
- d. Throws and takedowns shall include breaking the opponents balance and be efficient.
- e. Locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by Uke.
- f. Both the attack and the defence shall be executed in a technical and realistic way.

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### Attack

Incorrect attack (showing the attack with the wrong number)  
 Grips which were not closed  
 Pre-attack and attack are not logically connected  
 Bad balance  
 Weak attack  
 Attack misses the target

### deduction

2 points  
 ½ point  
 ½ point  
 ½ point  
 ½ point  
 ½ point

### Defence & take down to the floor

Defence insufficient  
 No balance breaking  
 Actions were too quickly applied  
 Uke is jumping  
 Show technique  
 Actions are not logically connected  
 Unnecessary yelling

½ point  
 ½ point  
 ½ point  
 ½ point  
 ½ point  
 ½ point  
 ½ point

### Control on the floor

Control of the weapon  
 Insufficient control (Lock, Strangulation) of Uke  
 Atemi misses Uke

½ point  
 ½ point  
 ½ point

---

## Section 24 Course of the Match

- a. The couples stay facing one another in the middle of the competition area approximately two meters apart. The first drawn couple (Couple 1) has red belts and stays on the MR's right side. The second couple (Couple 2) wears blue belts. At the sign of the MR the couples will make a standing bow first to the Mat-referee and then to each other. Couple 2 leaves the contest area and goes to the safety area.
- b. The match starts, when the MR announces the first attack by calling the number of the attack and by giving the respective sign with the hand.<sup>(31)</sup>
- c. After the end of the series A the contestants of the first couple kneel down and get their scores. After that they leave the contest area and go to the safety area. Couple 2 also shows series A and gets its scores. Couple 2 starts with series B and gets its scores, after that couple 1 proceeds with series B and gets its scores. Couple 1 starts series C, etc, and couple 2 starts series D, etc.
- d. After the demonstration of the last series of the last couple the match has finished. The two couples take the same position as in the beginning of the match on request of the MR. The MR asks the secretary for the winner and shows it by raising the hand and calling the respective colour of the belt.
- e. If the points of the two couples are equal ("Hikiwake"), the match will continue series by series until there is a winner. The couple with the blue belts starts with series A.
- f. After the MR announces the winner he orders the standing bow first to each other, then to the referees

## Section 25 Score System

- a. The scores are given from 0 to 10 (1/2 number interval)
- b. The highest and the lowest scores are taken away.

## Section 26 Jury

The Jury shall consist of 5 licensed referees, each one from a different country.

## Section 27 Walk-over and Withdrawal

- a. The decision "Fusen-gachi" (win by walk-over) shall be given by the MR to the competing couple whose opponents don't appear for their match after they have been called for 3 times over at least 3 minutes. The winner gets 12 points, the non-appearing couple gets 0 points.
- b. The decision "Kiken-gachi" (win by withdrawal) shall be given by the MR to the competing couple whose opponents withdraw from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 12 points.

---

<sup>31</sup> The MR shows the number first to the contestants, then to the Jury.

### **Section 28 Injury, Illness or Accident**

- a. When an injury, illness or accident occurs, the active couple has a right to a maximum time of 2 minutes rest before continuing (the total rest per couple in each match shall be 2 minutes).
- b. If a couple cannot continue after an injury, “Kiken-Gachi” is given to the other couple.

### **Section 29 Team Competitions**

Team competitions are possible and the rules are the same as for individual competitions.



## IV. JJIF Ne-Waza System

### Section 30 Generalities

- a. In Ne-Waza-System two competitors compete against each other in a sportsmanlike competition at the ground.
- b. The JJIF's Ne-Waza-System is composed of:
  - Throws, take downs, locks and strangulations in standing position
  - Floor techniques, locks and strangulations on the ground.
- c. The fighting time per match is 6 minutes.
- d. Between two matches a recovery time of maximum 6 minutes will be allowed.

### Section 31 Material

- a. Protectors must be in the right size and in good order.
- b. It is not allowed to have jockstrap (with a hard cup). Female competitors may not wear a chest protection.
- c. Protections must be worn under the Gi.

### Section 32 Weight Categories

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the JJIF for men and women:

Women:     -55kg, -62kg, -70kg, +70kg  
Men:         -62kg, -69kg, -77kg, -85kg, -94kg, +94kg

### Section 33 Referees <sup>(32)</sup>

- a. The Mat-Referee (MR) who stays within the contest area shall conduct the match. He decides about the scores and penalties, but can have the advice of the Side-Referee and the Table-Referee.
- b. One Side-referee (SR) shall assist the MR and shall be situated outside the safety area on a chair.
- c. The Table-Referee (TR) is responsible for the secretariat. He dictates the points and penalties to the secretaries and informs the MR about the expiry of the fighting-time and the injury-time.

---

<sup>32</sup> The referees should be from different countries if possible.

**Section 34 Secretariat**

- a. The secretariat is placed opposite the position of the MR at the beginning of the fight.
- b. The secretariat shall be composed of two scorekeepers and one timekeeper.
- c. One of the secretaries keeps a record of the competition on paper; the second one can control an electronic scoreboard.
- d. If there is any difference between the two score registers then the paper one is the correct one.

**Section 35 Course of the match**

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.
- b. After the MR announced "Hajime", the match starts in standing position.
- c. As soon as there is contact between the competitors by holding the opponent, they are allowed to go to the ground immediately.
- d. A competitor is allowed to jump into the guard directly.
- e. As soon as both contestants have both knees on the floor or one of the contestants is sitting or laying on the floor the match continues at the ground.
- f. The contestants can change between the different positions, but they must be active.
- g. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referee, who is standing in the fighting area opposite the table referee.

**Section 36 Application of "Hajime", "Matte", "Sonomama" and "Yoshi"**

- a. The MR shall announce "Hajime" to start and to restart the match after "Matte".
- b. The MR shall announce "Matte" to stop the match temporarily in the following cases:
  1. If both contestants left the fighting area completely in a not recognizable position. The referee will restart the match in the middle of the fighting area in standing position
  2. If one or both contestants are injured or are taken ill.
  3. If a contestant taps.
  4. If one of the contestants can't tap by himself during a strangulation or a lock.
  5. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
  6. The fight has finished.
- c. "Sonomama" shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move anymore. "Sonomama" will be announced:
  1. If both contestants left the fighting area completely in an easy recognizable position to bring them back to the middle of the fighting area.
  2. Any other time the MR finds it necessary.

- d. After “Sonomama” the contestants continue exactly in the same position they were, when the command was announced. To actually start again the match, the MR announces “Yoshi”.

## Section 37 Points

Scores will be marked by the MR, therefore he shows the amount of points with the fingers and announces them indicating the colour.

- a. Take-downs
1. A perfect throw (in that case no continuing control is necessary) <sup>(33)</sup> 2 points
  2. A take-down with continuing control 2 points
  3. To get a grip at the trousers of the opponent and he sits down 2 points
- b. Control technique <sup>(34)</sup>
1. side-control (kesa, yoko and kami group) for 5 seconds <sup>(35)</sup> 1 point
  2. knee on stomach for 3 seconds (Uke-gatame) <sup>(36)</sup> 2 points
  3. front-mount (tate group) for 5 seconds <sup>(37)</sup> 4 points
  4. back-mount (controlling the back with both heels inside the legs of the opponent) for 5 seconds <sup>(38)</sup> 4 points

If a control technique is announced but can't be held long enough, to score points, it will be rewarded with an advantage.

The level of points has to increase. To get points in a lower level a competitor has to go to a neutral position before he can score points for a side-control or a knee on stomach again. <sup>(39)</sup>

- c. Passing guard (half guard)
1. To pass the guard of the opponent and continue with a control technique that scores points 3 points
  2. To pass the guard of the opponent and continue with a control technique that doesn't scores points 1 advantage

<sup>33</sup> The opponent must land mostly on his back

<sup>34</sup> Side-control, front-mount: Osae-komi can only be announced if:

1. The controlled person is laying on his back
2. The legs of Tori are free
3. Uke is well controlled and can't move freely.

As soon as one or more of the above mentioned points were not fulfilled any more, the holding is not counted any longer as osae-komi.

<sup>35</sup> Sankaku-gatame counts as a side-control

<sup>36</sup> Tori has to be faced to Uke. One knee is placed on the belly, chest or ribs of his opponent, the other leg has to be extended diagonally away from the opponent and the foot must be on the ground.

<sup>37</sup> The contestant must be on the top, sitting on the opponent's torso and with two knees or one foot and one knee on the ground, facing the opponent's head and with up to one arm trapped under his leg.

<sup>38</sup> The contestant may cross his feet and may be in a position to trap up to one of the opponent's arms.

<sup>39</sup> After a back-mount a fighter can score with a front-mount once and after a front-mount he can score with a back-mount once.

## e. Sweeps

1. If a contestant is laying underneath his opponent and if he is able to change his position to be on top, he will be rewarded with 2 points. <sup>(40)</sup>
2. If the sweep starts in an osae-position and ends in the guard position (or half-guard position) no points will be rewarded.
3. If the sweeping contestant, stop the movement, to go for a submission, he will not be rewarded with 2 points.
4. If a contestant turns his opponent from "turtle position" (on his hands and knees) on his back, the action will only be rewarded with 2 points, if it is followed by an osae-komi that scores points.

## f. Taking the back

Any actions of Tori followed by a holding the back of Uke during 5 seconds are rewarded with 2 points.

Holding the back in the standing position will only rewarded with 2 points if the opponent was brought to the ground.

## g. Locks and strangulations

1. All strangulations are allowed, except with a belt, bare hands or fingers.
2. All locks on shoulder, elbow and wrist are allowed.
3. Locks on legs or feet are allowed in bending, stretching and compression.
4. A lock or strangulation, that almost submitted the opponent, will be rewarded with advantage.
5. All kind of twisted locks on knee and foot are forbidden. If a contestant apply a straight leg lock, the opponent try to escape by twisting his body and has to tap because of the pain, he will lose the match by submission.

**Section 38 Penalties**

- a. One passivity warning per fight and per contestant is possible.
- b. "Light forbidden acts" will be punished by "Shido" and the opponent gets 2 points. The following actions count as light forbidden acts:
  1. If one or both contestants continue showing passivity after the warning.
  2. To put the fingers inside the sleeves or trousers of the opponent.
  3. To put the hand into the face of the opponent.
  4. To go to the ground without a grip at the opponents gi.
  5. To escape from the fight on the ground and stand up without any contact.
  6. To apply a strangulation over the chin of the opponent. <sup>(41)</sup>
- c. The following actions count as a "heavy forbidden act" and will be punished by "Hansoku-make":
  1. If a competitor gets 4 Shido.
  2. To leave the contest area deliberately.
  3. To avoid to tap by leaving the fighting area.
  4. To apply any action that may injure the opponent.
  5. To make any locks on the neck or spinal column. <sup>(42)</sup>

<sup>40</sup> The points shall only be awarded if the athlete can stabilize the position.

<sup>41</sup> If strangulation has started correctly and the opponent has to tap because he moved his chin under the strangulation so he will lose the match by Ippon.

6. To make any twisted locks at the knee or foot.<sup>(43)</sup>
  7. To make locks on fingers or toes.
  8. To apply any strangulation with a belt.
  9. To apply kani-basami.
  10. To push the fingers into the eyes of the opponent.
  11. To push the opponent on the mat in a dangerous way, while he is in a guard position or on the back of the other competitor.
  12. To discuss the referee's decisions.
  13. To apply punches or kicks, to bite the opponent or to apply any other action that is against the ethics and fairness.
- d. The first time a contestant makes a “heavy forbidden” act he will be punished by “Hansoku-make”. He loses the match with 0 points and the opponent gets 100 points.
  - e. The second time a competitor loses by Hansoku-make in a tournament, he is expelled from the rest of the tournament.
  - g. If both contestants will be punished by Hansoku-make, the match will be repeated.

### **Section 39 Settlement of the Match**

- a. A competitor may win the match before the end of the fighting time, if one of the contestants applies a lock or a strangulation that makes the opponent tap. This is called a submission. In this case the losing competitor gets 0 points and the winner gets 100 points.
- b. After the fighting time has expired the contestant who has the most points at the end of the match will be the winner.
- c. If the competitors have equal points at the end of the match, the contestant who achieved the most advantages wins the match.
- d. If the score is equal both in total points and in number of advantages, there will be an extra round of 6 minutes with golden score (sudden death). The first point, advantage or penalty will end the match. The scores and penalties from the initial round are carried forward into the extra round.
- e. If the score is equal both in total points, in number of advantages after the extra round it is the duty of the referee to declare a winner.<sup>(44)</sup>

### **Section 40 Walk-over and Withdrawal**

- a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to any contestant whose opponent doesn't appear for his match. The winner gets 100 points, after his opponent has been called for 3 times over at least 3 minutes.

<sup>42</sup> The guillotine applied as a strangulation is allowed.

<sup>43</sup> Covering the opponent's knee with the outside leg will be punished by Hansoku-make.

<sup>44</sup> To determine the winner, the referee should take note of which athlete displayed greater offense during the match and came closest to achieving possible points- or submission-scoring position.

- b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the contestant whose opponent withdraws from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 100 points.

### **Section 41 Injury, Illness or Accident**

- a. In every case when a match is stopped because of injury on either or both contestants, the MR may permit maximum time of 2 minutes to the injured contestant(s) for the rest. The total rest per contestant in each match shall be 2 minutes.
- b. The injury-time starts on command of the MR.
- c. If one of the contestants is unable to continue, the MR will make a decision after the following clauses:
  - 1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 100 points.
  - 2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match with 0 points and the opponent shall get 100 points.
  - 3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match with 100 points, and the injured contestant shall lose with 0 points.
- d. When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest with 0 points and the opponent shall get 100 points.
- e. The official doctor is to decide whether the injured contestant may continue or not.
- f. If a contestant loses consciousness or if they blackout, the fight must be stopped and the contestant will be expelled from the rest of the tournament.

### **Section 42 Team Competitions**

Team competitions are possible and the rules are the same as for individual competitions.

### **Section 43 Reserves in Team Competitions**

- a. Reserves may replace contestants who have been injured or taken ill.
- b. The reserve must be in the same weight class or in a lower weight class than the ones who are to be replaced.
- c. Reserves may not replace a disqualified contestant.
- d. Reserves must be announced and weighted at the same time as the ordinary contestants.

## **V. Final Regulations**

### **Section 44 Situations not covered by the rules**

- a. The referees of the match in question, who together must come to a decision, must deal with any situation, which arises, that is not covered by these rules.
- b. The TR has no right of vote, he can only assist.

### **Section 45 Coming into Force**

These rules are authorized by the General Assembly of the JJIF and will come into force on January 1<sup>st</sup> 2014. They will replace all existing rules.

## Appendix I Gestures for Referees



### Hajime (FS, NW)

Start of the match / fight:  
The referee stands between the contestants and with both hands announces "hajime". The voice must be strong and with authority.



### Matte (FS, NW)

Stop of the match / fight:  
The referee raises one of his hands to shoulder height with his arm approximately parallel to the tatami and displays the flattened palm of his hand (fingers up) to the secretariat. The voice must be strong and with authority.



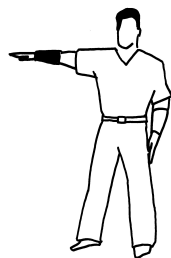
### Ippon (FS, NW)

The referee raises left or right arm (depending if the score is given to the red or the blue contestant), high above the head, with palm facing forward.



### Ippon 3 Points (FS)

The referee raises left or right arm (depending if the score is given to the red or the blue contestant), high above the head, with three fingers clearly shown.



### Wazaari (FS), Advantage (NW)

One point:  
The referee raises left or right arm to shoulder height (depending if the score is given to the red or the blue contestant), with palm of hand facing downwards. The sign must be clear to the secretariat.



### Cancel (FS)

Reset a decision:  
The referee waves a few times with straight hand over the head after showing the decision, which must be reset. The sign must be sharp, strong and clear to the TR.





**Passivity (FS, NW)**

Call or passivity:  
The referee rotates horizontally both arms from elbow to the wrist in front of the body.



**Uncontrolled Technique (FS)**

The referee raises horizontally left or right hand, with arm bent in front of the body and with fist (description of the action must follow this sign before the penalty is assigned)



**Mubobi (FS)**

Confused or self-damaging action:  
The referee straightens arms with fists a few times horizontally in front of the body. After the sign the MR must announce with clear voice "Mubobi".



**Straight punch to the head (FS)**

The referee moves the fist towards the head.



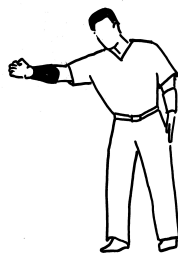
**Hard Contact (FS)**

The referee shows the strike with a fist against the palm.



**Grip and Punch (FS)**

The referee shows with one hand a grip for a Gi and with the other hand a punch.



**Going out of the fighting area (FS)  
(Side Referee sign)**

The Side Referee indicates the situation to the mat referee, so that the MR can act accordingly.



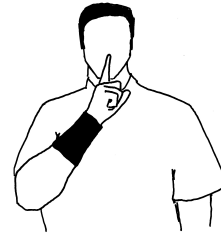
**Pushing out (FS)**

The referee indicates with both hands the pushing from the fighting area to safety area (outside)



**Throwing out of the contestant area  
(FS)**

The referee indicates with the left or right hand (depending if the action was applied by the red or the blue contestant) the movement from the fighting area to the area outside the safety area.



**Unnecessary Calls, Remarks (FS)**

The referee puts his index finger extended from a closed fist in front of his mouth.



**Osae-komi (FS, NW)  
(Control on the ground)**

The referee points with right or left straight hand and palm, to the contestants and announces with clear voice "Osae-komi". The hand must be pointed out for the whole time while Osae-komi is active.



**Toketa (FS)**

(End of the control on the ground)

The referee waves with right or left hand (Which was held in Osae-komi position) above the contestants a few times and announces "Toketa". The palm is positioned vertically. The sign shall be sharp, strong and clear.



**Simultaneous action from both side  
(FS)  
(Aiuchi)**









The referee positions bent arms horizontally in front of the body, with touching fists.



**Penalty (FS, NW)**

(Shido, Chui, Hansoku-make)

The referee points towards the contestant to be penalized, with the index finger extended from a closed fist and announces the respective penalty.

 <p><b>“I did not see” – Sign (FS)</b> The referee covers the eyes with open palms, for short time (Hands in front of the eyes)</p>	 <p><b>Resetting the Gi</b> The referee crosses the hands in front of the body with straight palms, then points out the contestant who must reset the Gi.</p>
 <p><b>Full Ippon (FS)</b> (Table referee sign) The table shows to the MR the sign and the colour of the winner.</p>	 <p><b>Hantei (DS)</b> The referee raises one arm with palm of hand facing sideward, high above his head.</p>
 <p><b>Hikiwake</b> (Same score) The referee crosses arms in front of the chest, palms stretched. The referee shall announce “Hikiwake”.</p>	 <p><b>Announcement of the winner</b> The referee indicates the winner rising at 45-degree angle, straight hand with open palm and announces with clear voice “winner” and the respective colour.</p>
 <p><b>Sonomama (FS, NW)</b> (“Freeze” announcement) The MR shall tap strongly (one tap usually shall be enough) with both hands to both contestants’ backs while they are fighting and announce clearly and with strong voice “Sonomama”.</p>	 <p><b>Yoshi (FS, NW)</b> (“Go on” announcement) After the reason of temporarily stopping (“freezing”) is fulfilled, the MR shall tap once more with both hands on the contestants back and with clear and strong voice announce “Yoshi”.</p>



**Medical Time**

The referee forms a "T" with his both arms.



**Wasting Time**

The referee points towards his "wrist-watch" with the index finger extended from a closed fist.



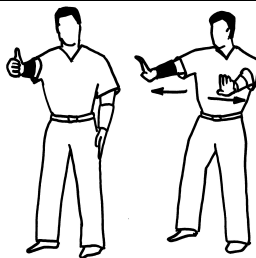
**Forbidden Technique (FS)**

Techniques which will be punished by Shido (locks on fingers or toes, cross-legged locks around the kidneys, punches, strikes and kicks at the opponent laying down, kicks to the legs):  
The referee applies a hit with his open hand to his forearm.



**Disregard the MR Instructions (FS)**

The referee points towards his both ears with his index fingers extended from a closed fist.



**Break (FS)**

(In Case of Hikiwake before a additional round)  
The referee shows an 'OK' sign, with thumb finger straight up, to the score table and then directs the contestants off the fighting area for break.

## Appendix II Attacks in the Duo System

(Every attack can be done left-handed or right-handed)

### Series A Gripping Attacks

(Every attack should be preceded by a pre-attack)



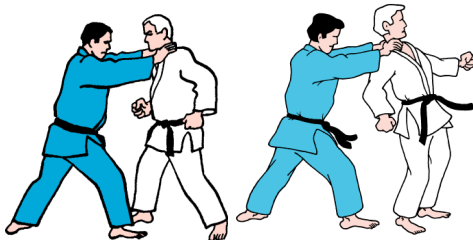
Grip: Uke takes hold of Tori's arm. One Hand takes the wrist, the other the forearm.

Intention: • To push or to pull  
• To control Tori's front hand  
• To immobilize the defender



Grip: Uke takes the reverse of Tori's Gi with his hand.

Intention: • To come close to the opponent to make another action.  
• To pull – push or pin the opponent – perhaps to hit him / her afterwards



Grip: Uke attacks Tori's neck from the front-side or from the back-side to make a strangulation.

Intention: • Push Tori backwards  
• Pin Tori



Grip: Uke attacks Tori's neck from the side to make a strangulation.

Intention: • Push or pin Tori



Grip: Uke attacks Tori's side by taking the Gi on a level with the shoulder with the hand. The kind of the grip is free.

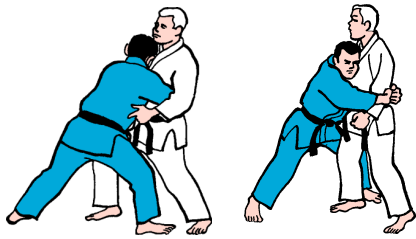
Intention: • Push, pull or pin Tori.

#### General comment:

Hands and Grips must be closed.

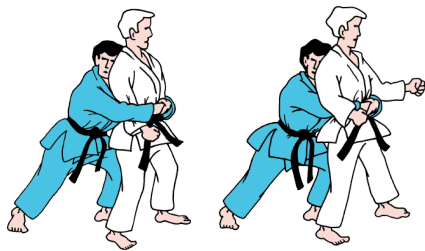
**Series B Embracing and Neck Lock Attacks**

(Every attack should be preceded by a pre-attack)



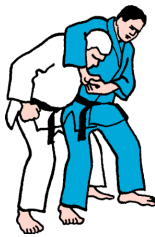
Uke embraces Tori from the front-side under or over the arms. Uke's head lays on Tori's shoulder.

Before the attack, Tori keeps his arms in a natural position.



Uke embraces Tori from the back-side under or over the arms. Uke's head lays on Tori's shoulder.

Before the attack, Tori keeps his arms in a natural position.



Uke embraces Tori's neck with his arm from the side.

Intention: To strangle or to apply a throwing technique



Uke embraces Tori's neck with his arm from the front-side.

Intention: To strangle or to apply a throwing technique



Uke applies a Hadaka Jime with his arm.

Intention: To strangle or to break balance

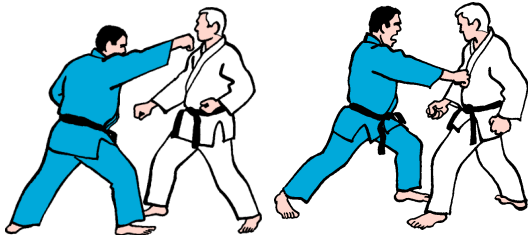
**General comment:**

Hands and Grips must be closed.

---

**Series C PUNCHES / Blows and Kicking Attacks**  
(Every attack should be preceded by a pre-attack)

---



Jodan or chudan Tsuki - punch from the fronts-side with the hand to the head or to the body.

Target: Solar plexus, stomach or face

---



Ago Tsuki (Upper cut) – punch with the fist.

Target: Chin

---



Mawashi Tsuki (Hook) – Semi-circular punch with the fist.

Target: Tori's side of the head

---



Mae Geri – front kick with the leg

Target: Solar Plexus, stomach

---



Mawashi Geri – Semi-circular kick with the leg

Target: Solar Plexus, stomach

Tori is allowed to make a step back and lightly turn the body

---

**General comment**

The attack must be able to reach Tori, if he is not moving away.

It is not allowed to move before the attack is started. Tori must react on the attack.

---

---

**Series D Weapon Attacks**

(Every attack should be preceded by a pre-attack)

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Knife attack straight from the top.

Target: Base of the neck on Tori's left or right side, just behind the clavicle.

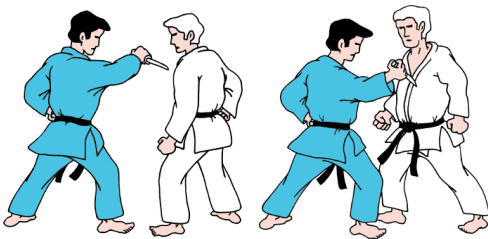
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Knife attack from the front-side.

Target: Stomach

---



Semi-circular knife attack, which is applied from the side or diagonal downwards.

Target: side of the body

---



Attack with a stick straight from the top.

Target: Top of the head

---



Attack with a stick from outside, which is applied from the side or diagonal downwards

Target: Tori's side temple / head

---

**General comment**

The attack must be able to reach Tori, if he not moving away.

Tori shall have full control of the weapon during and after the defence.

---



## Appendix III Weightclasses Fightingsystem

### Men / Boys

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Cadets 12/13/14	Cadets 10/11	Cadets 8/9
1 x 3 min	1 x 3 min	1 x 3 min	1 x 2 min	1 x 2 min	1 x 2 min
- 56kg	- 56kg	- 46kg	- 34kg	- 24kg	- 21kg
- 62kg	- 62kg	- 50kg	- 37kg	- 27kg	- 24kg
- 69kg	- 69kg	- 55kg	- 41kg	- 30kg	- 27kg
- 77kg	- 77kg	- 60kg	- 45kg	- 34kg	- 30kg
- 85kg	- 85kg	- 66kg	- 50kg	- 38kg	- 34kg
- 94kg	- 94kg	- 73kg	- 55kg	- 42kg	- 38kg
+ 94kg	+ 94kg	- 81kg	- 60kg	- 46kg	- 42kg
		+ 81kg	- 66kg	- 50kg	+ 42kg
			+ 66kg	+ 50kg	

The right of participation: Competitors, members of JJIF, that will reach the age in the present year (from 1.1 to 31.12).

### Women / Girls

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Cadets 12/13/14	Cadets 10/11	Cadets 8/9
1 x 3 min	1 x 3 min	1 x 3 min	1 x 2 min	1 x 2 min	1 x 2 min
- 49kg	- 49kg	- 40kg	- 32kg	- 22kg	- 20kg
- 55kg	- 55kg	- 44kg	- 36kg	- 25kg	- 22kg
- 62kg	- 62kg	- 48kg	- 40kg	- 28kg	- 25kg
- 70kg	- 70kg	- 52kg	- 44kg	- 32kg	- 28kg
+ 70kg	+ 70kg	- 57kg	- 48kg	- 36kg	- 32kg
		- 63kg	- 52kg	- 40kg	- 36kg
		- 70kg	- 57kg	- 44kg	- 40kg
		+ 70kg	- 63kg	- 48kg	+ 40kg
			+ 63kg	+ 48kg	

The right of participation: Competitors, members of JJIF, that will reach the age in the present year (from 1.1 to 31.12).

## Appendix IV Weightclasses Ne-Waza-System

### Men

Category	Aspirants Men (U18)	Juniors Men (U21)	Seniors Men	Seniors Men (+ 36 years)
Duration	4 min	6 min	6 min	5 min
Weight Categories	- 46kg - 50kg - 55kg - 60kg - 66kg - 73kg - 81kg + 81kg	- 62kg - 69kg - 77kg - 85kg - 94kg + 94kg	- 62kg - 69kg - 77kg - 85kg - 94kg + 94kg	- 62kg - 69kg - 77kg - 85kg - 94kg + 94kg
Leg locks	Not allowed	Not allowed		Not allowed
Start position	Standing pos.	Standing pos.	Standing pos.	On the knees

The right of participation: Competitors, members of JJIF, that will reach the age in the present year (from 1.1 to 31.12).

### Women

Category	Aspirants Women (U18)	Juniors Women (U21)	Seniors Women	Seniors Women (+ 36 years)
Duration	4 min	6 min	6 min	5 min
Weight Categories	- 40kg - 44kg - 48kg - 52kg - 57kg - 63kg - 70kg + 70kg	- 55kg - 62kg - 70kg + 70kg	- 55kg - 62kg - 70kg + 70kg	- 55kg - 62kg - 70kg + 70kg
Leg locks	Not allowed	Not allowed		Not allowed
Start position	Standing pos.	Standing pos.	Standing pos.	On the knees

The right of participation: Competitors, members of JJIF, that will reach the age in the present year (from 1.1 to 31.12).

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