



BJJSF Rules and Regulations

Rules and Regulations as needed to understand the principals of
Brazilian Jiu-Jitsu

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RULES AND REGULATIONS OF BRAZILIAN JIU-JITSU SPORT FEDERATION, BJJSF

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ARTICLE 1 – GRADUATION OF BELTS:

Youth Belts

There are 3 stripes per belt, per color. Stripes represent the student’s proximity to the next belt.

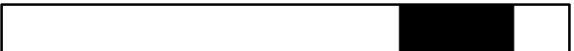





	Age of Recipient	Time Used
	Beginners all ages	1-5 Years
	4-6 Years Old	1-3 Years
	7-15 Years Old	1-5 Years
	10-15 Years Old	1-5 Years
	13-15 Years Old	1-3 Years



Adult Belts

There are 4 Stripes per belt, per color. Stripes represent the student’s proximity to the next belt



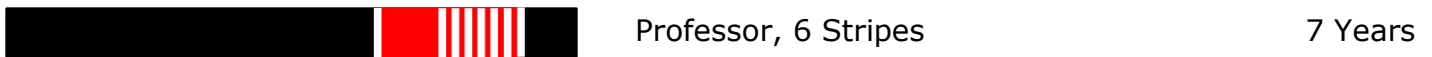
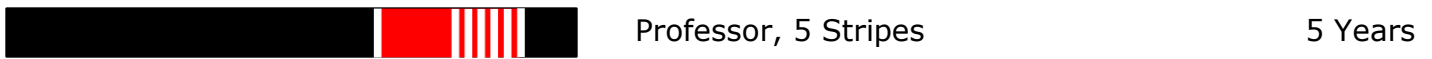
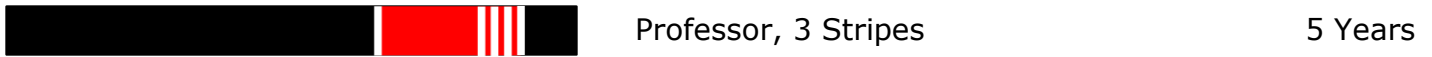
	Minimum Age of Recipient	Time Used
	Beginner all ages	1-5 Years
	16 Years Old	2-5 Years
	17 Years Old	1-5 Years
	18 Years Old	1-5 Years

Minimum age of a Black Belt is 19 years old. White tips are not stripes; they represent the Black Belt’s registration with a Federation

	Title	Time Used
	Instructor	3 Years
	Instructor, 1 Stripe	3 Years



Only a Professor, can promote to Black Belt



Coral Belt is given after a minimum of 30 years



Red Belt is given after a minimum of 50 years



Belt Sheaths

The students of a Black Belt or Professor use a Black Sheath



The students of a Master or Grand Master use a Red Sheath



ARTICLE 2 – HIERARCHY OF BRAZILIAN JIU-JITSU:

- Jiu-Jitsu, being a martial art, is a hierarchy. All practitioners should respect the hierarchical standing on and off the mat.
- Titles are recognized, downgraded, collapsed or lifted by BJJSF as an entity; the Board and Directors, created for this purpose, is responsible for such decisions.
- Actions of graduated representatives are reviewed with care and rigor since they are an example to the Jiu-Jitsu community.
- In the event of death, the practitioner is automatically honored, and given a higher degree or title postmortem.

ARTICLE 3 – HISTORY OF JIU-JITSU:

Jiu-Jitsu is the eldest of all martial arts; and therefore the origins are controversial. There are many opinions as to the birthplace of Jiu-Jitsu, but despite that, all agree that by some means

Jiu-Jitsu established a home in Japan, and later Brazil.

A widely accepted theory is that Jiu-Jitsu was created in India, developed by the Buddhist Monks as early as 300 BC. Jiu-Jitsu was later introduced to China, along with Buddhism, where it soon after traveled to Japan, although the exact time its entrance is unknown.

In Feudal Japan, the Samurais utilized Jiu-Jitsu on the battlefield; but after the end of Feudalism and the loss of the Samurai class, Jiu-Jitsu was no longer need as a means of combat. This is where Judo branched off from Jiu-Jitsu, and became a separate and independent martial art. With the rise of Judo, Jiu-Jitsu fell out of favor, although no longer taught in the mainstream martial arts academies, some would stay faithful and the art was not lost.

Jiu-Jitsu introduced to Brazil in the 1920's, by Esai Maeda, also known as Conde Koma, a friend of Gastao Gracie. Conde Koma taught Jiu-Jitsu to Gastao's son, Carlos Gracie, who later taught his brothers. In 1925 the Gracie brothers opened their first school, exposed Jiu-Jitsu to the public. As the years passed, Jiu-Jitsu was modified into the superior style of that is known now as Brazilian Jiu-Jitsu. From the introduction and into the present, Brazil has become the world's keeper of this precious art.

Now that Jiu-Jitsu has made its way to America, it is duty of the Federation to keep the art pure, and now allow Jiu-Jitsu to become watered down, like so many martial arts as they grow in popularity. One way to fortify the future of Brazilian Jiu-Jitsu in America is to grow and standardize the sport.

ARTICLE 4 – GOALS OF THE FEDERATION:

- Stimulate the growth of Jiu-Jitsu as a sport
- Provide Jiu-Jitsu with a secure future here in South Florida and throughout the United States
- Provide continued education to Professors, Instructors and Referees
- Support the proven belt ranking, as used in Brazil
- Enlighten competitors to the traditional rules
- Expose and prepare athletes for international events

Since Jiu-Jitsu is not only a sport, but also self-defense, there are non-valid moves that are illegal in competition. Although competitions are the lifeline of the sport, a victory gained at any cost will not be granted; fair play must be the main objective. Moves that are considered to be illegal are: hair pulling, sticking fingers in the eyes, nose or mouth of one's opponent, striking the opponents genitalia, finger twisting, and any move that gains unfair advantage by the use of one's fists, feet, elbows or head.

The sport of Jiu-Jitsu brings out a competitive side where athletes can demonstrate their physical and psychological conditioning, technique, and abilities, all with the ultimate objective of rendering his opponent into submission. As all fights begin standing up, the first goal of Jiu-Jitsu is to knock down one's opponent by use of a takedown. The fundamental ground moves are those that neutralize, immobilize, choke or apply pressure or twisting any of kind to the body's joints.

Ethical behavior gives Brazilian Jiu-Jitsu security and standing in the international world of sports. The standing of Brazilian Jiu-Jitsu has changed from only being seen as a combat sport into being recognized as a spectator sport. The way Jiu-Jitsu gained credibility as a sport in

Brazil was through the use a regulating government; in having the method previously tried and tested, all we must do now is simply implement the same structure here in America.

A future goal of the Federation is to have Jiu-Jitsu acknowledged by the Olympics. The only way to achieve this goal is to focus on maintaining Jiu-Jitsu as a viable modern sport, with standardized rules and regulations utilized and acknowledged worldwide.

Regulations reinforce the sport's charter by governing all those involved: athletes, coaches, teachers, directors, and even the assisting public; we have the responsibility to implement and employ the following regulations, and only by doing so we will be to secure Jiu-Jitsu a place on the Olympic stage.

ARTICLE 5 – RULES OF EVENTS:

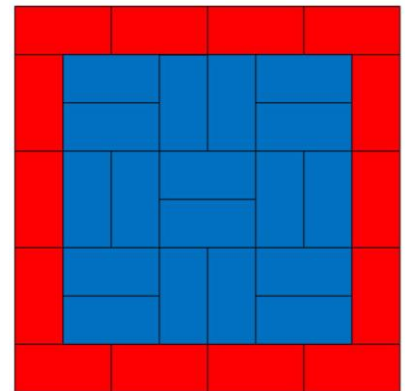
All events should be organized and run using the BJJSF Rules and Regulations as a strict guideline, so that all events are unvarying. If a situation arises that is not listed in the Rules and Regulations of BJJSF, is up to the discretion of the highest-ranking referee to make a decision.

ARTICLE 6 – AREA OF COMPETITION:

The area of competition will be composed of 2 or more fighting areas, surrounded by all the supporting assistants, referees, time keepers, inspectors, security personnel and a Disciplinary Department, chosen by the coordinators. The function of the Disciplinary Department is to discipline unethical conduct of coaches, teachers, competitors, referees or other assistants that may interfere in the progress of the event.

SECTION 1 – FIGHTING AREAS:

Each area (ring) must be composed of a minimum of 300 square feet, or 64 square meters, and maximum of 400 square feet, or 100 square meters. This area is divided into two areas: the inner area composed of at least 18 tatames (mats) of a one color, and the outer area, the Security Area, of another color. Look to the right for example.



ARTICLE 7 – EQUIPMENTS:

Chairs and tables: Are to be placed strategically to the side of the competition area for the best assessment of each match. Score board: For each ring there are will be a scoreboard, indicating each competitor's score horizontally, situated on the outside of the table, easily viewed by the referee, commission and the spectators. Stopwatches: Are mandatory for keeping track of the duration of the matches and the reserve time.

SECTION 1 – THE DIRECTING TABLE:

The table that coordinates and directs the competition; it will be placed in front of the area of competition. Parallel to the directing table are chairs for the referees and a note-taker, (only they may occupy these chairs). Next to the official referees' chairs is a chair that is occupied by the Inspector Referee. It is the Inspector's duty to make sure that the refereeing runs smoothly, as well as to examine the credentials of the competing athletes.

ARTICLE 8 – REFEREEING:

The mat referee is the highest authority on the mat and has the authority to disqualify competitors during the match. No one can overturn his/her decision. In special cases, only the BJJSF can review and if necessary, overturn a referee's decision if the decision is found unjust. The referee is assisted by the timekeeper. In cases where a referee shows they are unable to continue to referee because of obvious mistakes, the Inspector of the event has the authority to replace him.

During the match, the central referee is to direct the competitors to the center of the ring. In the event that the competitors move out of bounds during the match, the referee will call "STOP" and gesture according to the command, the competitions must hold their position without movement. The same occurrence will happen when 2/3 of the competitor's body is outside the boundary. The referee may be assisted by the timekeeper in dragging the athletes back to the center of the ring. In case the referee and the timekeeper are unable to move the athletes back to the center of the ring, the athletes will be asked to walk back to the center and continue from the same position.

The referee will not allow any interference from outsiders during the match. At the referee's discretion, only a medical team or nurse will be allowed on the mat.

During the match, the referee or persons at the scoring table are prohibited from conversing with the competitors, other than what is necessary to referee the fight; this should be strictly enforced. For example, officials are not allowed to offer any coaching to either of the athletes.

Expiration of time will be determined by the timekeeper. The signaling of an end of a match will be made immediately by the timekeeper with an auditory and visual signal.

Even after the timekeeper has blown the whistle signaling the end of the match, the referee may award an advantage point to a combatant for attempting to establish a dominate position or submission, even though there is not time to finish, except for take-downs because athletes don't need to establish a dominant position to be awarded points.

The judges table will actualize point gestures made by the referee on a scoreboard. The table will have two official scoreboards to keep track of the points, advantages and negative points, for each athlete.

Notes taken are the responsibility of the scorekeepers. Notes cannot be altered and must read exactly as the central referee dictates.

NOTE: According to BJJSF regulations there will be 3 referees per ring. When a match is in action, the criterion is as follows:

- The side referees have equal authority as the center referee. This means all 3 referees can call points and advantages as well as punishments.
- Awarding points and/or punishments will be based on two referees against one- "majority rule."
- In the instance that the three referees are divided on a call, the decision will fall in the center of the three calls. For example: The center referee awards 3 points for guard pass, one of the side referees awards an advantage while the other side referee awards no points. The call will be advantage, because that is the decision between the two extremes.

NOTE: Any and every situation that cannot be determined by the manual will be left up to the referees' discretion.

SECTION 1 –FUNCTION OF THE REFEREE CENTRAL:

The central referee is to remain in the ring during the fight, they are to direct and supervise the athletes, determine the results of the match, and certify that the correct decisions have been made.

In case the athletes' Gis are the same colors, the central referee must give one athlete a green and yellow belt for identification, that athlete must be kept on the right side. The other athlete must remain on the left side, and after the respects are given, the referee will start the fight by saying "FIGHT"!

The points, awarded by the central referee, will be noted on the scoreboard by the scorekeeper. In the case of a tie, in both points and advantages, the scorekeeper will raise both athletes' flags together, simultaneously. In such cases, it is up to the central referee to analyze which athlete's performance was superior- the rules award the victory to the one more aggressive in pursuing victory. There are to be no draws in any case. The central referee will decide the winner; his decision is absolute and final.

The central referee is to oversee that everything is within the guidelines. For Example: the ring, equipment, Gis, athletes' hygiene, officials, et cetera, all must be correct before starting the fight.

The referee must confirm that neither spectators, photographers nor anyone else is in a position that may obstruct risk or harm the athletes.

ARTICLE 9 – GESTURES

The central referee will make the following gestures, according to the following actions:

- To start one fight: The referee will position the athletes facing each other, on the side corresponding with the athlete's color and the referee's wristband.
- Take downs, sweeps, knee on the belly and reversals: The referee will raise 2 fingers, on the hand with the corresponding wristband, awarding two points.
- Passing the guard: The referee will raise 3 fingers, on the hand with the corresponding wristband, awarding three points.
- Front mount, taking the back and mounting the back: The referee will raise 4 fingers, on the hand with the corresponding wristband, awarding four points.
- Penalties: After signaling which competitor penalized and which competitor is to be given the Advantage, the referee will rotate both fists over the other in a rolling motion.
- Advantages: The referee will extend the arm sweeping outwards parallel with the floor.
- Interruption of the fight: The referee opens both arms parallel with the floor.
- Interruption of time during the fight: The referee forms a "T" with their hands, signaling the timekeeper to stop the time.
- For disqualification: The referee forms an "X" with their arms, and then points to the disqualified athlete.
- Reverse an awarded point: Immediately after awarding an athlete points, the referee lifts the hand with the corresponding wristband and waves his hand.

- Stalling: The referee must give the athlete warning, if the athlete still does not move, the referee will punish the athlete by awarding their opponent Advantage Points.

ARTICLE 10 – FIGHT CONCLUSION:

Competition by nature encourages athletes to use their technical abilities by attempting to finish or neutralize their opponent. Points are given for displaying superior technique during the match by putting the positions and negative points on the adversary.

A fight must never end in a tie; fights will be decided by the following:

- SUBMISSION
- DISQUALIFICATION
- UNCONSCIOUSNESS
- POINTS or ADVANTAGES

SECTION 1 – SUBMISSION:

Submission occurs when an opponent is forced into admitting defeat by:

- Tapping with the palm of his hand against his opponent or the floor, which is visible to the referee.
- Tapping with his feet on the ground (if he is unable to use his hands).
- Verbally notifying the referee that the fight be stopped (if he can neither tap with his hands or his feet).
- The fight may also be stopped if the athlete is injured, physically incapable or unprepared to continue.
- The referee has the right to end a fight if they see a joint lock being properly used and is certain that the athlete will be seriously physically injured. If that is the case, the referee awards the victory to the athlete whom applied the lock.
- An athlete’s coach may demand the fight be stopped for any reason, by either verbally directing himself to the referee or by throwing the towel into the ring.
- If an athlete is being submitted by a joint lock and they scream, the referee will stop the fight, and it will be the same as if the athlete had tapped.
- The referee may end the fight if one of the athletes is injured, or if the doctor’s examination proves they are incapable of continuing. If this occurs the athlete must forfeit, awarding victory to their opponent, provided the injury was not caused intentionally by actions worthy of disqualification.
- If the athlete informs the referee that they have a cramp, it will be the same as if the athlete had tapped.

SECTION 2 – DISQUALIFICATION:

A Disqualification is received when an athlete has committed a Serious Fouls.

Actions resulting in an Immediate Disqualification are as listed below:

- The use of foul language, or other immoral acts of disrespect towards the referee or any other person.

- Biting, pulling hair, putting fingers into the eyes, nose or mouth of one's opponent, intentionally seeking to injure the genitalia of one's opponent, or the use of fists, feet, knees, elbows, or head with the intention to hurt or gain an unfair advantage.
- If the athlete's Gi is ripped during the fight, the referee will give them time to change. If the athlete does not change the Gi in the allotted time, he will be disqualified.
- Keeping in mind the risk that pants may be torn or become untied; athletes must wear shorts under the pants. In such a case, the referee will give the athlete time to find another pair of pants to wear and change. If the athlete does not change the Gi in the allotted time, he will be disqualified.
- If an athlete has been submitted in a lock, and to avoid tapping, he runs out of the ring, he will be immediately disqualified, but not ejected. In such cases, it is considered a technical foul, not a disciplinary foul; the offender may still compete in the absolute division or in case of a bracket of three.

SECTION 3 – PENALTIES:

A Penalty is received when an athlete has committed a Fouls.

- First offence, the athlete is given a verbal warning.
- Second offence, the offender's opponent will be given an advantage.
- Third offence, the offender's opponent will be given two points.
- After the third offence, any further fouls may lead to disqualification.

Actions resulting in a Penalty are as listed below:

- Athletes are only allowed to kneel, or sit on the mat, after having taken a hold of his opponent's Gi.
- When an athlete avoids engagement by the following: positioning themselves at the edge of the ring while grappling, crawls or rolls out of the ring, while standing up purposely steps out of the ring, taking off their Gi or allowing it to be taken off with the intention of avoiding the attacks of his opponent or stopping the time to allow themselves rest.
- When an athlete grasps his opponents' sleeves or pants by holding on the inside, or with both his hands on his opponent's belt.
- When an athlete stalls the fight without seeking to engage or gain submission, holding their opponent in the guard, mount, side control, standing up, or in any position designed to stall. In this case, the referee will request that 20 seconds be marked by the timekeeper and say "FIGHT," making the gesture. At the end of the 20 seconds if the athlete has not changed his position or shown visible signs of engagement, the referee will again say "FIGHT" and make the same gesture, penalizing the athlete and giving an advantage to their opponent. If the athlete continues to stall, the referee will stop the fight, saying "STOP," and give 2 points for the opponent. At this time, both athletes will return to their feet in a neutral position. On the next offence, the offending athlete may be disqualified.

NOTE: When an athlete runs from the ring in order to avoid a sweep or takedown that the referee considers would have been completed, or when the athlete flees the ring in order to avoid a lock that has not yet been completed or the opponent is not engaging as in article "E", a penalty with the immediate loss of 2 points occurs.

NOTE: Athletes are only allowed to kneel, or sit on the mat, after having taken a hold of his opponent's Gi.

SECTION 4 – UNCONSCIOUSNESS:

If an athlete is forced into unconsciousness, with the use of valid moves: strangling, pressuring, takedowns, or accidents in which the adversary has not committed a foul worthy of disqualification, their opponent is declared the winner.

SECTION 5 – POINTS:

The order for interpreting the scoreboard: the first row of cards are for the points (white/red card), the second row is the advantages (Green Card) and third row the penalties (Yellow Card). If after calculating the scores the fight is still a tie, the referee will determine the winner, as stated above.

Time	4 Points	3 Points	2 Points	1 Point	-1/2 Points
Fight Duration	Mount Taking the Back Mounting the Back	Passing the Guard	Take Down Sweeps Knee on the Belly Reversal	Advantages	Penalties

No points will be awarded for an athlete who has acquired a dominate position while in a submission. Points will only be awarded after they have defended the submission. For example: An athlete has mounted his opponent, but his opponent has them in a guillotine, the points for mount will only be awarded when they defend the submission.

NOTE: An athlete cannot score new points for a position they previously received points for, by changing position intentionally and returning to the same position. For example: Mounting, and then dismounting with the purpose of mounting again. Points will not be awarded for the second mount.

Positioning: Positions Points are gained through proper technique. If the fight does not end in submission, the athlete whom scores more position points wins.

5A – TAKE DOWNS: 2 points

When an athlete falls backside from being taken down or knocked down. If an athlete is thrown to the ground but does not land on his back, the thrower must pin him to the ground, in the same position, for 3 seconds before the points will be awarded.

NOTE: A take down which lands outside of the ring, on the security area, will be valid as long as the athlete throwing stood with both feet in the ring while making the take down.

NOTE: If an athlete is on one knee and is taken down, their opponent will be awarded 2 points as long as they had both feet on the ground. If an athlete is down on both knees and is knocked down, the standing athlete must pass to his side and maintain this position to receive an advantage.

NOTE: If an athlete attempts a double leg takedown, and the opponent sits to execute a sweep, the athlete attempting the takedown will not be awarded points, but the athlete who executed the sweep will. However, if the athlete does not complete a sweep, his opponent is awarded the takedown.

NOTE: If an athlete throws his opponent and at completion, is in the bottom position, the competitor throwing will receive 2 points and their opponent will receive an advantage. If competitor executes a throw lands in his opponents guard, and is then swept, both will receive points.

5B – PASSING THE GUARD: 3 Points

When an athlete is trapped by their opponent's legs, and then fully escapes moving to either the opponent's side, cross body (a perpendicular position), or North/South (a parallel position). The athlete must dominate and immobilize his opponent's trunk, pinning their back flat on the ground, leaving him no space to move or to escape the position, for 3 seconds.

NOTE: If the athlete on bottom avoids the stabilization by getting to their knees or standing, the initiator will not be awarded 3 points, but instead an advantage.

NOTE: If an athlete attempting to pass guard tries a foot lock, and their opponent defends and ends up on top, the athlete on top will receive 2 points for the reverse, after he defends the attack and keeps the position for at least three seconds.

HALF GUARD: When an athlete attempts to pass the guard, but one leg is still caught in side their opponent's legs. If the top athlete passes completely, by removing their leg from their opponents hold, 3 points are given. However, if the bottom opponent replaces full guard, an advantage will be given to the opponent on top.

5C – KNEE ON THE BELLY: 2 Points

When the athlete on top puts his knee across their adversary's stomach, holding his collar, sleeve or belt, with his other leg bent and foot planted on the ground towards his adversary's head, pinning their opponent's hips for 3 seconds.

NOTE: If the athlete on bottom does not allow his opponent to put his secure the position for 3 seconds, points will not be awarded, an advantage is given.

5D – MOUNT: 4 Points

When an athlete, with one leg on each side, straddles his opponent's torso, the opponent can be lying on his back, side or stomach, the athlete may have one knee and one foot on the ground.

NOTE: The athlete in mount can be straddled over top one of their opponent's arms, but not both.

NOTE: No points will be awarded if the athlete's feet or knees are not touching the ground, but instead are on his opponent's body. In addition, if an athlete applies a triangle from the guard and then lands mounted, it is considered a sweep, not mount.

5E – TAKING THE BACK: 4 Points

When the athlete takes his opponent's back, holding their opponents' neck or collar, wrapping his legs around his opponent's waist, hooking their heels on the inside of his opponent's thighs, holding the position for 3 seconds.

NOTE: Points will not be awarded if both feet are not properly positioned on the inner thighs. The athlete may have one leg over their opponent's arm, but not both.

5F – SWEEP: 2 Points

When an athlete has his opponent in full or half guard, and is able to invert his adversary and end up on top of them.

NOTE: When an athlete sweeps his opponent, and in doing so proceeds to the back during the attempted, he is awarded 6 points, 2 points for the sweep and 4 points for the back.

NOTE: An athlete's opponent must be between the legs for a sweep to be awarded, if not it is considered a reversal. See below.

5G – Reversal: 2 Points

When an athlete is able to invert his opponent, switching positions with them, when executed from outside the guard. For example: If an athlete is being controlled in cross body, and he is able to push his opponent over and finish in cross body, he will be awarded 2 Points for the Reversal.

NOTE: A Reversal does not have to finish with the opponent on his back, it is anytime two athletes exchange dominant positions. For example: If an athlete is passing an open guard and he sits down, allowing his opponent to sit up now in the guard position, the opponent will be awarded 2 Points for the Reversal.

SECTION 6 – CUMULATIVE POINTS:

At the completion of the fight, the referee will add up the cumulative points for each athlete. The athlete with the higher score will be declared the winner.

NOTE: There are no draws in any case. The central referee decides the winner; his decision is the absolute and final. In the case of a tie, in both points and advantages, the scorekeeper will raise both athletes' flags together, simultaneously. The central referee will decide the winner, giving the athlete an advantage point, by analyzing which athlete's performance was superior, using the following judgments: the athlete who is more offensive, attempts more submissions, applies better techniques, and who is more aggressive in seeking the win.

SECTION 7 – NEGATIVE POINTS (PENALTIES):

Penalties are negative points. At the end of a fight, any penalty points will be subtracted from the athletes' total points. For a full list of penalties, see DISQUALIFICATIONS and PENALTIES.

SECTION 8 – ADVANTAGES:

An advantage is when the athlete attempts, but does not complete, any of the fundamental moves. Such as sweep, take down, submission etc.

Takedown: When an athlete attempts a takedown, and their opponent visibly loses balance, nearly completing the takedown.

Guard: The referee will consider a pass attempt an advantage, if the athlete on top comes close to passing the guard, forcing his opponent to defend the position. Such as passing to half guard, almost immobilizing, etc.

Sweep: The athlete on bottom will earn an advantage if they almost sweep their opponent, forcing them to defend a dangerous position, such as attempting a submission.

NOTE: For a sweep attempt to be considered for an advantage, the athlete on bottom must open his legs.

ARTICLE 11 – RESTRICTIONS

The central referee has the authority to stop a match if the athlete is in danger of serious bodily harm as a result of a submission, award the victory is awarded to competitor applying the submission.

In children's divisions, ages 4-15, when an athlete is executing a triangle and their opponent stands, it is the referees' obligation to protect both athletes, specifically to reduce the risk of cervical damage.

Athletes under 18 (Juveniles) are only allowed to compete in the open class if they are middleweight or heavier.

SECTION 1 – RESTRICTIONS FOR ALL AGES

- Slam in the Guard
- Bicep Lock/Bicep Crunch
- Heel Hook/Ankle Lock
- Non-Choking Cervical Locks
- Scissor Takedown

SECTION 2 – AGES 4 THROUGH 12:

- Wrist Lock
- Triangle Pulling the Head
- Leg Locks including Knee, Calf, Foot or Ankle
- Cervical Locks of any kind
- Frontal Guillotine
- Ezekiel Choke
- Omoplata (Shoulder Lock)

SECTION 3 – AGES 13 THROUGH 15:

- Wrist Lock
- Triangle Pulling the Head
- Leg Locks including Knee, Calf, Foot, Ankle or Heel
- Cervical Locks of any kind
- Frontal Guillotine

- Ezekiel Choke

SECTION 4 –JUNIOR THROUGH SUPER SENIOR (WHITE BELT):

- Wrist Lock
- Leg Locks including Knee, Calf, Foot, Ankle or Heel

SECTION 5 –ADULT THROUGH SUPER SENIOR (BLUE BELT):

- Wrist Lock
- Non-Straight Foot Lock
- Knee Bar
- Calf Locks/Calf Crunch

SECTION 6 –ADULT THROUGH SUPER SENIOR (PURPLE BELT):

- Wrist Lock
- Calf Locks/Calf Crunch

SECTION 7 –ADULT THROUGH SENIOR (BROWN AND BLACK BELT):

No restrictions besides those that do not apply to all.

ARTICLE 12 – HYGIENE

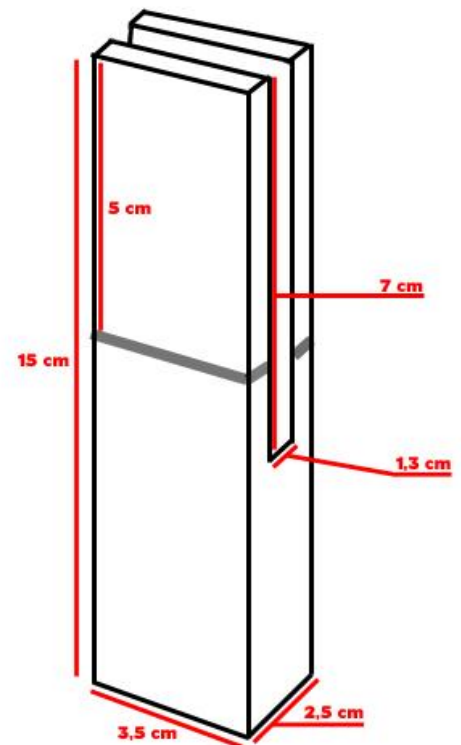
Competitors must meet the following hygienic requirements, if the athlete fails to comply, they can be disqualified.

- The Gi must be clean and dry, strong odors will not be overlooked.
- Fingernails and toenails must be trimmed and clean.
- Long hair must tied back; it must not interfere in the match.
- Athletes are not permitted to use colored spray in their hair; they may be disqualified for doing so.

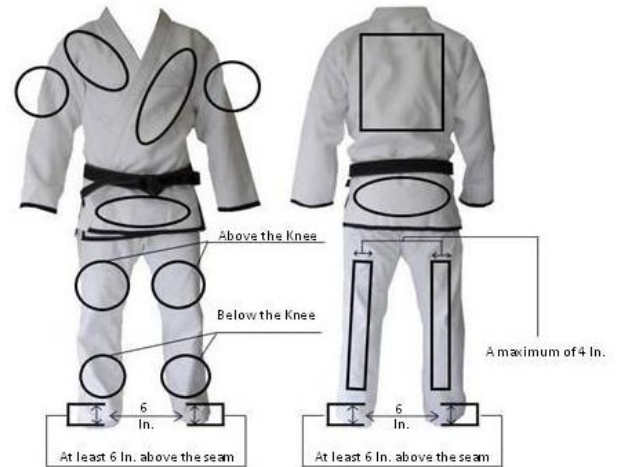
ARTICLE 13 – UNIFORM

Competitors must meet the following requirements, if the athlete fails to comply, they can be disqualified. Before the fight the Apparel Regulations must be inspected by Referee, all requirements must be met. The athletes' must have their nails trimmed, a suitable belt, and a Gi of the correct fit and color. Any type of shoes, shirts, besides rash guards under the Gi, or any kind of protectors that can alter the outcome of a match in any way, are prohibited.

- The length of the top must meet the thighs; with arms outstretched in front of the body, sleeves must reach the wrist. The sleeve should meet the official measurement according to BJJSF, and CJJSE, from the shoulder to the wrist. See Measuring Tool to the right.
- The Gi must be made of cotton or a similar material, and in good condition, with no rips or tears. The material may not be excessively thick or hard to a point where it will obstruct the opponent's grip.
- A Colors Gi may be worn, black, white or blue, no



- combined colors (white Gi with blue pants, etc.).
- Belt width 1-2 inches, with the rank's corresponding color, around the waist in a double knot, tied tight enough to secure the Gi closed.
- In case that an athlete weighs in with one Gi, but changes Gis for the fight, they will be disqualified, except in the case that the referee tells them to change into the original Gi, but it must be re-measured if the referee deems necessary.
- There are official patch locations, the correct positions should be observed, and will be noted as the athlete weighs in. See official locations above.



ARTICLE 14 – AGE CATEGORIES:

- CHILDREN 1 – Ages 4 through 6
- CHILDREN 2 – Ages 7 through 9
- CHILDREN 3 – Ages 10 through 12
- TEENS – Ages 13 through 15
- JUNIOR'S – Ages 16 and 17
- ADULT – Ages 18 through 29
- MASTER – Ages 30 to 35
- SENIOR – Ages 36 to 45
- SUPER SENIOR – AGES 46 and Over

ARTICLE 15 – FIGHT DURATIONS:

YOUTH:

- CHILDREN 1 – 2 Minuets
- CHILDREN 2 – 2 Minuets
- CHILDREN 3 – 3 Minuets
- TEENS – 4 Minuets
- JUNIORS – 5 Minuets

ADULT:

- WHITE – 5 Minuets
- BLUE – 6 Minuets
- PURPLE – 7 Minuets
- BROWN – 8 Minuets
- BLACK – 10 Minuets

ADULT FEMALE:

- WHITE – 4 Minuets
- BLUE – 5 Minuets
- PURPLE – 6 Minuet
- BROWN – 7 Minuets
- BLACK – 9 Minuets

MASTER:

- WHITE – 4 Minuets
- BLUE – 5 Minuets
- PURPLE – 6 Minuets
- BROWN – 6 Minuets
- BLACK – 6 Minuets

MASTER FEMALE:

- WHITE – 3 Minuets
- BLUE – 5 Minuets
- PURPLE – 5 Minuets
- BROWN – 5 Minuets
- BLACK – 5 Minuets

SENIOR:

- WHITE – 4 Minuets
- BLUE – 5 Minuets
- PURPLE – 5 Minuets
- BROWN – 5 Minuets
- BLACK – 5 Minuets

SENIOR FEMALE:

- WHITE – 3 Minuets
- BLUE – 4 Minuets
- PURPLE – 4 Minuets
- BROWN – 4 Minuets
- BLACK – 4 Minuets

ARTICLE 16 – PLACING POINTS

- First place: 10 points
- Second place: 5 points
- Third place: 2 point

Note: there is only one athlete to receive the Championship Medal; if two athletes from the same gym are in the same category, they will fight among themselves, getting the medals corresponding to the result of match, and in both cases the athletes totaling half of corresponding points

NOTE: If an athlete alone in key, and has no one to fight against, he will be awarded 5 points so that the points can be applied to his team total.

ARTICLE 17 – TEAMS TIES FOR PLACING POINTS

If the opposing teams placing points are equal, the tournament must then consider the following in deciding placement:

- Greater amounts of gold medals
- Greater amount of silver medals
- Greater amount of high-ranking champions
- Greater amount of heavier champions

ARTICLE 18 – DIRECTION AND DECISION

Opinions of those who will be taken into consideration when coming to decisions are: all those with an official function, such as technicians, professors, directors, timekeepers, or other officials. Any unofficial people giving instructions from inside the dedicated area of competition will warrant disqualification of their athlete.

If the two athletes are both accidentally injured, and both are unable to continue the match winner will be determined by the following:

- Points or advantages are considered and will determine the winner. If no points or advantages exist, the result will be decided by the flip of a coin.
- Athletes fighting in a final match are allotted a maximum of twice the rest period.
- Athletes fighting in a final match are allowed two opportunities to make weight.
- In the case of a no-show for the final match: the athlete present will be awarded the win, the absence is considered a forfeit, and they will not receive a medal or classification.

ARTICLE 19 – AMENDMENTS TO THE RULES

The BJJSF has used the same rules created by the original patrons of Brazilian Jiu-Jitsu as a guideline. The small improvements are to maintain the international standard.

Rules can only be amended or modified, with the consent of the BJJSF Council of Arbitration, at the beginning of the season January/February. If one would like to challenge or amend a rule, a formal letter is to be sent to the BJJSF Council of Arbitration stating your case.