

Jiu Jitsu self-defense

Match order

Explanation of the match rules
Referee guidelines



This script contains the match rules, the Jiu Jitsu department, in the IMAF Europe.
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Jiu Jitsu match rules

In competitions, we want to be in a fair comparison with other athletes Friendship and measure. Improper ambition leads to injuries and stands in the Contrary to the Bushido thought. First and foremost are health and health Physical integrity of each participant. There is no discrimination Of origin, skin color, religious or political orientation

Line of a match

The Jiu Jitsu of fights may be rated only by trained referees. List leaders, time taking and valuation table leaders must be trained. Minimum age for the combat court 16 years. The valuation table operator must at least the blue belt possess, there he at the same time the function one Side judge takes over.

The main referee HKR

The HKR used before the match supervises the entire tournament. In Cases of doubt or discrepancies falls the HKR after hearing of the referee, of the Side judge and the captain the last decision. This decision is inviolable. The HKR must possess the valid referee license and an experienced Jiu Jitsu referee its. The HKR may not intervene in a fight directly or these interrupt. Consultation takes place only in the combat break or when desired of the Referee. The HKR supervises all match mats. Only the HKR takes protests against, if the usual protest fee were deposited. The HKR falls in arrangement with the combat court and the captain in the long run those Decision. The decision is obligatory on both sides.

The protest fee

- Only the HKR receives protests, if the protest fee is deposited.
- The height of the protest fee is specified before the tournament. It becomes of Sponsor in arrangement with the HKR announced.
- Protest can announce only the captain.
- The protest fee becomes on allowing the protest to the captain returned.
- Should not be allowed to the protest, becomes the money for the equipment of Tournaments uses.

The referee KR

The referee leads the Jiu Jitsu fight on the combat mat alone and carries those Responsibility. In cases of doubt or discrepancies itself the referee with that may Side judges and/or main referees advise.

Jiu Jitsu of fights may lead only trained referees

The Jiu Jitsu referee clothes

White poloshirt (IMAF Referee), grey/black long pants, black mat boots, black socks, red armband at the right lower arm.

The wearin of jewelery is not allowed

The combat court

The combat court consists of a list leader, two timekeepers (one stops the total time, the other one those And also the gong), a side judge, that serves hand grips at the same time those Valuation table serves, the main referee and the referee. The side judge at the same time the function of a supervision has and is with discrepancies first Partner for the referee. The side judge must have at least reached the blue belt in the Jiu Jitsu and must the mat judge on wrong decisions make attentive. The minimum age for timekeepers and side judges amounts to 16 years. Exception are School championships. The participants in the referee table wear black pants and a white shirt/blouse.

The mat

The combat surface must at least 5x5 m be large, and may not 10x10m not exceed. The mat strength must amount to 4cm at least and not exceed 6cm. Outside this surface must a clearly recognizable safety area be. This can through a colored edge of mat or by white adhesive surface to be marked and may do by the fighters not to be exceeded. This knows an admonishment and/or. Caution of the mat judge to the consequence have. In the center of the mat is one colored marking of min. 50x50 cm.

Unexpected situations

If with a fight a situation should develop, those in these rules not treated is, then the referee with the HKR can do a its own Decision make.

Match participation

Each participant confirms with the registration and with the start with the tournament that he Sport is healthy, effectively was trained and it the match rules well-known are. A sport-medical investigation must be registered in the passport and may not older as 2 years its.

The JJ fight clothes

Firm, clean, Jiu Jitsu suit. The jacket must be the buttocks, the sleeve half Forearm and pants at least the calves cover. On the left side of the jacket the school or club badge must be sewn on.

At International Championships, instead of the club badge, the IMAF badge carried.

The corresponding belt of the graduation is worn. Under the suit should be wear a low protection. Do not use bandages with metal clamps. Jewelry of any kind is forbidden. Long hair must be firm with soft material. Hairpins, braces and eyeglasses (Except sports glasses) are not permitted. Fingers and toenails are short.

T-shirts are only allowed for ladies. Legins and socks are forbidden.

Because of the narrow cut, the wearing of suits for the Brazilian Jiu Jitsu is forbidden.

The captains have fighters on this correct clothes of the JJ to respect, since otherwise the referees can reject a combat permission.

Combat beginning

After the first call by the list leader the fighters have within 5 To appear minutes at the mat surface. Otherwise the fight becomes in favor of the Opponent rated. The fighters come with bound combat belt on the mat. It stop in approx. 3m before the combat court, and bow themselves before that Combat court. Then they go behind the safety line, commit themselves while stationary their Belts off and put the red ones (lies left seen by the combat court) or white ones Belt (is appropriate right seen by for the combat court), which of you lies, on. Red for that only Called one, knows for secondly the calling. Then the fighters step on those Combat surface, bow themselves with the mat judge to the combat court, then to each other and wait for the command Fight/fights the referee. With this command the fight is approved.

The combat end

The fight is terminated:

- at expiration of the combat time
- if a fighter has 4 points lead
- if a fighter gives the fight up
- if a fighter not start
- with disqualification
- with injury
- with deliberate injury of the partner the fighter is disqualified automatically

In the end the fight (gong, acoustic indication or referee decision), step the fighters again 3 meters opposite and arrange themselves their clothes. After that that gives common bow to the combat court, afterwards to each other, Mat judge the winner admits.

Subsequently, the fighters happen one on the other and are enough themselves the hand. That Winner announces itself at the list leader table. Kind of combat

Post-war time

If there is a tie after the regular competition time, one minute will be fought.

⑩ The competitor, who shows the most activity during this post-war period (throwing approaches, not all-round fixtures, approaches of techniques, ...) gets a battle point after the end of the minute and wins the fight.

⑩ If, after this minute,

⑩ Is looked at the belt color and the one with the lower Kyu Grad wins. (We assume that the higher Kyu grade should be able to fight technically better)

⑩ If the competition can not be decided, another one minute has to be fought.

⑩ If one of the two has received a warning, the opponent will be the winner automatically.

The Mattenrichter should discuss with the side judge (WTB)

Kind/valuation:

To be fought principle can or after the Brazilian pool system after the KO with a comfort round. The kind of valuation is communicated before combat beginning.

The prospective weight classes:

Pupil until inclusively 13 years:

-22kg, -25kg, -28kg, -31kg, -35kg, -40kg, -45kg, -50kg, -55kg, +55kg

Youth until inclusively 17 years:

-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg

Ladies

-50kg, -55kg, -60kg, -65kg, -70kg, -75kg, +75kg

Gentlemen

-60kg, -65kg, -70kg, -75kg, -80kg, -85kg, -90kg, -95kg, +95kg

Special classes

Mini and golden oldie combat classes are possible and become if necessary locally arranged. Only in the mini female can fight to class against male starters.

Double kind

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

The difference in weight may amount to:

to 30kg maximally 3kg

from 30kg to 50kg maximally 5kg

from 50kg to 80kg maximally 6kg

The framework weight classes can if necessary within the tolerance limits changed become. The weight classes for the tournament are locally arranged, whereby those max. differences in weight only with agreement of the fighter and of the Captain to be exceeded may.

The Jiu Jitsu combat equipment

All techniques must fair, controlled and for the opponent „pain-free“ „accomplished become. The referee can evaluate good lever techniques in the approach. That Referee can loosen the levers, if after 5 seconds no effect is recognizable. In the JJ fight are all techniques from the Jiu Jitsu, Judo, rings and Sambo permitted. Throws, arm lever, wrist grasps, neck lever, strangleholds, shoulder levers, Foot, bending and stretching lever, shears with the arms, legs and feet while stationary and at the ground.

Restrictions:

- Throws, sickles and Feger are to be set only up to the knee height.
- Neck lever only in connection with a throw or a hand grip without trick and Jerk movements of the neck.
- Neck levers, shoulder and arm levers, shears as well as strangleholds may only without Jerk movements to be set.

Forbidden actions in the JJ fight

- Uncontrolled, jerky, unfair techniques and movements.
- Choke with the hand edge, foot, fist on the throat.
- Wrist lever while stationary.
- Ansprungsscheren from the front with children and young people.
- Kopfansprungsscheren.
- Hair tears nose or in the face at ears.
- Fingers and toes rotate.
- Footsteps, impacts, with force exercised impacts.
- Striking and pressing into the soft parts or into the face.
- Traps leave on the partner.
- Nerve pressure squeezes, exception is the liberation from the kidney scissors (the elbows Press sideways into the thighs).
- The partner to the rear over the spinal column pull.
- The opponent deliberately outside of the combat surface press or throw. Everything Techniques outside of the combat surface are occupied with a caution.
- Even evade to the fight or outward flee.
- The face of the partner by the own body cover.

Are just as forbidden:

- Adverse remarks or gestures against the opponent, coach and responsible person, that Combat court, the mat judge and official ones.
- Speaking on the mat

• Forbidden actions must depending upon weight with an admonishment or Caution to be punished.

• Each fighter is obligated to implement the techniques in such a way that Partner the time has to knock off.

• Each fighter is obligated also to knock off in time and/or. to give up in time the fight .

⑩ Situations, which are to be interrupted from the referee to and to a renewed List of the fighters lead

- Kidney shears, with the implementing partner the shoulder of the mat raised and both partners idle to thus sit before each other.
- Kidney shears, with that the controlled one its partner with the Po 10cm and with that Shoulder 30cm of the mat raised. The athlete must on both Stand for feet, in order to dig the match opponent.

- The turned neck lever in the fixed owner sideways must be loosened immediately.
- If itself the fighters over the bank position outside in an upward motion find.
- Techniques or situations, those the referee no longer controlled direct and or to evaluate can.

Jiu Jitsu combat equipment basic

The basic match is for half yellow and yellow belts (with max. 2 tournaments) to including 13 years. Objective of the Jiu Jitsu basic of combat system is it, combat beginners at the Jiu Jitsu To advance match. The possibility is given to the fighters, at one Championship to participate, the atmosphere, prevails there to experience and experience, like it feels to be on the mat in the combat happening. Thus are fears are reduced, so that as much as possible humans for the Jiu Jitsu competitive sports to be inspired can. The Jiu Jitsu basic match exclusively takes place in the ground situation. After itself approx. a meter from each other seat removes the fighters with a bow in the Zen welcomed, begins the fight with the command "fights" the referee. That Basic system takes place in the ground fight. It is permitted, a foot in the knee conditions in addition too take.

Permitted techniques in the basic

- Holding grasps
- Shears
- Arm lever
- Unions
- Lower arm-choke from the rear.
- With fixed holding control of the partner must be present.

Forbidden techniques in the basic

- All forbidden techniques from the Jiu Jitsu match
- Wrist lever
- In the fixed owner sideways, the fighter may seize the head of its partner only in such a way, that no neck lever can develop.
- Strangleholds (exception: Lower arm-choke from the rear)

The valuation in the Jiu Jitsu fight

, 1 point there are combat points for:

- All fair, technically good throws.
- Fixed owner of 10 seconds, gentlemen 20 seconds.
- Hand grips are continued to count also at expiration of the combat time.
- At one combat point the fight is not interrupted.
- For a caution of the opponent.
- The mat judge indicates to RED or WEIS with the arm the combat point and calls clearly „combat point “to the combat court.

Points of victory, 3 points are there for:

- Perfect techniques, if the partner knocks off with the hands or feet or stop, stop calls.
- If a set technology would lead to the injury, the referee can the technology already in the approach solve and one point of victory give.
- With a disqualification of the opponent
- With task of the opponent.
- At one point of victory the fight is interrupted. The fighters are separated and take again list
- The mat judge indicates to RED or WHITE with the arm the point of victory and calls

clearly „point of victory “to the combat court.

If a technology does not show effect in the approach within approx. 5 seconds, that can Referees the technology without an evaluation to solve leave.

Warnings

Warnings are thrown out after an admonition. Unless the "technique" is so serious that an immediate disqualification of the fighter is required.

For smaller children, you should be indulgent when they start talking on the mat.

- ⑩ Dismantled remarks or gestures against the opponent, coach and supervisor, the judges, the judges and the officials. Not only from the fighter himself but also from the Dojoleiter, supervisor, parents, are at the expense of the competitor.
- ⑩ Uncontrolled, jerky, unfair techniques and movements.
- ⑩ Choking with the hand edge, foot, fist on the throat.
- ⑩ Wrist lever in stand.
- ⑩ Leaves from the front in children and adolescents.
- ⑩ Head shearing.
- ⑩ Tearing on ears, nose, hair or face.
- ⑩ Fingers and toes.
- ⑩ Kicks, blows, impacts with force.
- ⑩ Hitting and pressing into the soft part or the face.
- ⑩ Drop on the partner.
- ⑩ Nerve pressure press, exception is the liberation from the kidney scissors (the elbows press laterally in the thighs).
- ⑩ Move the partner backwards over the spine.
- ⑩ Press or throw your opponent out of the field. All Techniques outside the campsite are given a warning.
- ⑩ Even avoid the fight or escape to the outside.
- ⑩ Hide the face of your partner through your own body.
- ⑩ Talking on the mat
- ⑩ At Kesa Gatama: If the competitor turns in the neck lever, the handle is released and 1 fight point for the holder. The one who turns out, receives an admonition. The second

The point valuation in the JJ fight

- ⑩ Point of victory 3 points
- ⑩ Combat point 1 point
- ⑩ Admonishment 0 points
- ⑩ Caution 1 point for the opponent (3 cautions show a disqualification for the entire tournament)
- ⑩ Disqualification 3 points victory for the opponent (with rough unathleticness validly for the whole tournament)
- ⑩ Work victory 1 point
- ⑩ Mission 3 points victory for the opponent

Combat times on land and federal level

Gentlemen: 2 rounds ever 3 minutes with 1 minute of break

Ladies: 2 rounds ever 3 minutes with 1 minute of break

Youth: 2 rounds ever 2 minutes with 1 minute of break (until 17 years)

Children: 2 rounds ever 2 minutes with 1 minute of break (until 13 years)

If a draw is fought for 1 minute, There is a 1 minute break before.

The holding times

Fixed owner 10 seconds at the ladies, children and youth.

Fixed owner 20 seconds with the gentlemen.

Injuries

If it should come to an injury, the injured one has 5 minutes regeneration time. That Medic or captain decides whether the injured one may fight further. Has the uninjured fighter causally (negligently) the injury of the opponent is to blame for, the victory is awarded to the injured one. The mat judge decides, after Arrangement with the main referee whether the fighter for the whole tournament, or only for this fight one disqualifies.

The responsible person/second

In the combat break the fighter sits on the mat at the edge of mat and can of one Second (own choice) technically and morally to be cared for. Sweat wipe off, as well as very quiet pieces of advice of the responsible person is permitted. However not that give from beverages or food. The second knows his fighter also an injury or with a compulsory break arranged by the referee care for. A second may do the combat surface only in the combat break or after request through the referee enter. With failure the fighter knows his second are punished.

The captain

Tasks:

- It has to pay attention to the correct clothes of its athletes.
- He is asked, if an athlete may not start in its weight class.
- With doubtful decisions, the HKR knows the captain also too Rate draw.
- It inserts protest with the main referee.
- It represents the Dojo and the crew on the entire match.

Unexpected situations

If with a fight a situation should develop, those in these rules not treated is, then one can with this consultation of the referees with the HKR solely responsible decision make.

The goal

A match is a challenge. It serves for it, its abilities to try out and plumb. With each fight each fighter at experience wins, Knowledge and being able. It is the goal of the crew of strengthening their fighter and to construct. Just as is the captain its own fighters clearly support, however it is to remain always a clear model for his fighters/pupils: Joy and fairness in the match and tolerance also with difficult decisions the KR. Finally all clubs the match should also to a common Meetings use, where contacts are developed, renewed and deepened in a friendly manner can. The fighters is the long tradition of the honest and fair match positively to be before-lived, shown and mediated. All club leaders carry this responsibility, Captain, responsible person and particularly sponsor in the sense our sporty Models.

Non-liability:

Organizers, sponsor, main referee, mat judge, are from any Rights of recourse on the part of the participants, responsible persons, as well as members releases.

Command language with Jiu Jitsu fights

With national fights in each case in the national language, with international fights in

English language.

Attention	For fighters and timekeepers (finish for fighting)
Fight	Combat beginning and bow of the fighters
Stop	Loosen, divergence, statement of fighters
Stop	Nicht weiterkämpfen, Position nicht verändern
Holder	Opponent will hold in position
Holder out	Holder is released
Loosen	Lösen aus dem Haltegriff
break	Stop time, e.g. In case of injury, arrange clothing, Advice to the competitor with the main competitor
Victory point	Opponent knocks off (3 points) or at the discretion of the warden List of fighters
Fight point	Fight continues. Referee gives the fighting point
Admonition	Fight continues without interruption (0 points)
Warning	Combat, line-up (1 point for the opponent)
3 Warnings	Disqualification. Warnings are made by the whole tournament was taken and aggregated. Disqualification leaving the tournament.)

The organizer

- ⑩ Before starting the competition, he should point out the prescribed damage.
- ⑩ Point to new developments in the competition
- ⑩ German Championships 2 days
- ⑩ The weighing for from 18 years from 14:00 to 14:30 (it can also be weighed before)
- ⑩ Fights from 18 years start from 15:00
- ⑩ Point to the stop zone

The referee score points

⑩ Litters count when the litter is recognizable and Uke falls on the belly, the side or the back.

⑩ Also litters from the soil situation are assessed.

Reproaches:

⑩ Should Tori throw Uke and Uke falls (side, stomach, back), there is a point for Tori. If Uke drops after falling Tori, Uke also gets a battle point.

⑩ Caution: sets Tori a litter, and Uke does not fall, and Uke makes the litter, Uke gets the battle point.

⑩ Again: All movements that go from the bottom to the top are released from the bank height.

⑩ Arm levers 100% sit, should be released in the approach and there is a victory point (injury)

⑩ The lifting of the kidney scissors in the stance: On both feet go around the other 30cm shoulders from the mat. (But there are exceptions)

⑩ A foot must be placed on the knee edge.