

Combat Ju-Jitsu Competition Rules

Modified for North America, 2019 edition

By

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Purpose

The purpose of the Combat Jujitsu platform is to provide a graduated, intermediate step between traditional combat sports (i.e. Judo, point Karate, BJJ, etc), sport jujitsu (as facilitated by the WCJJO & JJIF), and full contact mixed martial arts & combat sambo. The rules used by the North American Combat Ju-Jitsu Federation have been modified to satisfy the requirements of most state athletic commissions but to also serve as a segway to international events.

Officials

Judge Secretary: Serves as time keeper, manages brackets, and ensures tournaments at his/her mat move efficiently.

Center Judge: primarily responsible for safety of contestants, assess penalties for rules infractions, determines & announces winners of contests.

Side Judges: assist center judge from warning boundary areas of the mat, ensuring safety of contestants, provides clarification of actions at Center Judges request, designates a winner of contest in the event of match reaching time limit.

Matches

- Shall take place in no less than a 16'x16' competition area surrounded by a 3' warning area on serviceable mats suitable for wrestling or judo.
- Brackets shall be divided first by weight, age, & gender. Second by skill level at tournament director's discretion. Weight classes shall be determined by Madison bracketing.
- Shall last 4 minutes in length for teens & adults, 2 minutes for juniors with a 2 minute golden period for adults/teens, 1min for juniors, if necessary.
- Contestants will shake hands and/or bow to each other and Center Judge, at tournament director's discretion, at the beginning and end of each match.
- Contestants will stand to have winner of match announced, regardless of outcome.

Matches, cont.

- When given the command by the center judge to begin the contest (i.e. “Fight!” or “hajime!”) the contestants will engage from standing position with striking techniques, progressing through throw/takedown/grappling techniques at their discretion, in an effort to achieve a Win Condition.
- Contestants will obey all commands from center judge at all times. When given the command “stop”, “ma-te”, or “break”, contestants will stop all action and wait for further instruction.
- matches that progress out of bounds, whether in standing or on the ground, shall be re-started in the center of the mat with competitors in standing.
- Center judge shall announce winner of each competition at matches end.

Win Conditions

A contestant will be awarded a victory from the standing position under the following conditions:

1. **Two knockdowns.** If a contestant knocks their opponent to the ground two times via strikes throughout the course of the contest, a victory will be declared.
2. **Overwhelming force.** If a contestant delivers 5 unanswered strikes against an opponent, whilst the opponent makes no effort to counterattack, parry, and/or is retreating out of bounds, a victory will be declared. Must be validated by $\frac{2}{3}$ of judges.
3. **Technical Submission.** If a contestant delivers a LEGAL strike that results in opponent turning away, taking a knee on the ground, crying out in pain, reaching out in protective extension, a victory will be declared.

Win Conditions, cont.

A win condition can be achieved on the ground as follows:

1. **Submission.** If a contestant applies a legal joint lock, and/or strangulation technique forcing the opponent to submit either verbally or by tapping out, the contestant will be awarded the victory. If an opponent fails to submit in a choke/strangulation technique and is rendered unconscious and therefore unable to continue, the contestant will be declared the winner.
2. **Overwhelming force.** If a contestant is able to deliver 5 consecutive full amplitude strikes TO THE MAT beside the opponents head, and the opponent through positioning is unable to defend or cover up, the contestant will be declared the winner. Must be validated by $\frac{2}{3}$ of judges.

*traditional point systems as used in sport jujitsu are not used in combat jujitsu. A win condition MUST be achieved.

Golden Score

If a win condition is not achieved in the first round of the contest, contestants will enter a golden score round. In this round, the first contestant to achieve a “positive action” will be declared the winner. Positive actions are defined as follows:

1. Definitive Strike. A punch or kick that visibly jars or off balances the opponent. Would be considered an “ippon” in point karate competition.
2. Definitive Throw. Any throw or takedown that decisively delivers opponent to the mat, and would score as a “wazari” or “ippon” in judo competition.
3. If a positive action has not been achieved during golden score, the victory will be declared by majority vote of the Center Judge and two Side Judges based on effective striking, control in clinch and on ground, and aggressiveness.

Regulations for Striking

-Punches must be delivered with a closed fist, using the padded surface of the hand with protective fingerless gloves that allow for grappling. Gloves must be of sparring grade and weight, and may not have “dimerolls” or weights as used with bag gloves. ELBOW STRIKES, palm heel, eye gouging/open finger strikes ARE PROHIBITED in North America.

-Kicks must be delivered with the instep, sole of the foot, heel, or lower part of the shin. Contestants must use shin guards that cover the entire shin and forefoot, and positioned UNDER gi pants during competition. KNEE STRIKES ARE PROHIBITED in North America. Outside leg kicks are authorized.

-Authorized striking areas include the outside of the thighs above the knee, the chest & torso, and the head excluding the T-Zone.

Regulations for Striking, cont.

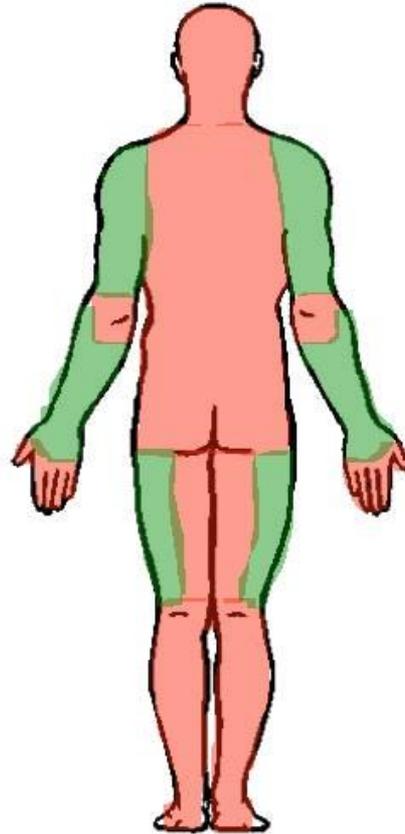
Illegal strikes include:

- headbutts of any kind.
- Striking with knees or elbows.
- Groin strikes
- Striking at the throat, spine, back of the head, or kidneys.
- Striking to the opponents knees, ankles, joints i.e. “breaking techniques”.
- Straight kicks to the legs.
- Strikes to the head while in the clinch or on the ground
- Kicking a downed opponent
- Attempting to strike with anything other than a closed fist to the body while in the clinch.
- The “T-Zone” is defined as the eyes and nose.

Legal Striking Areas

Legal striking Surfaces have been highlighted in **GREEN**.

Illegal striking surfaces have been highlighted in **RED**.

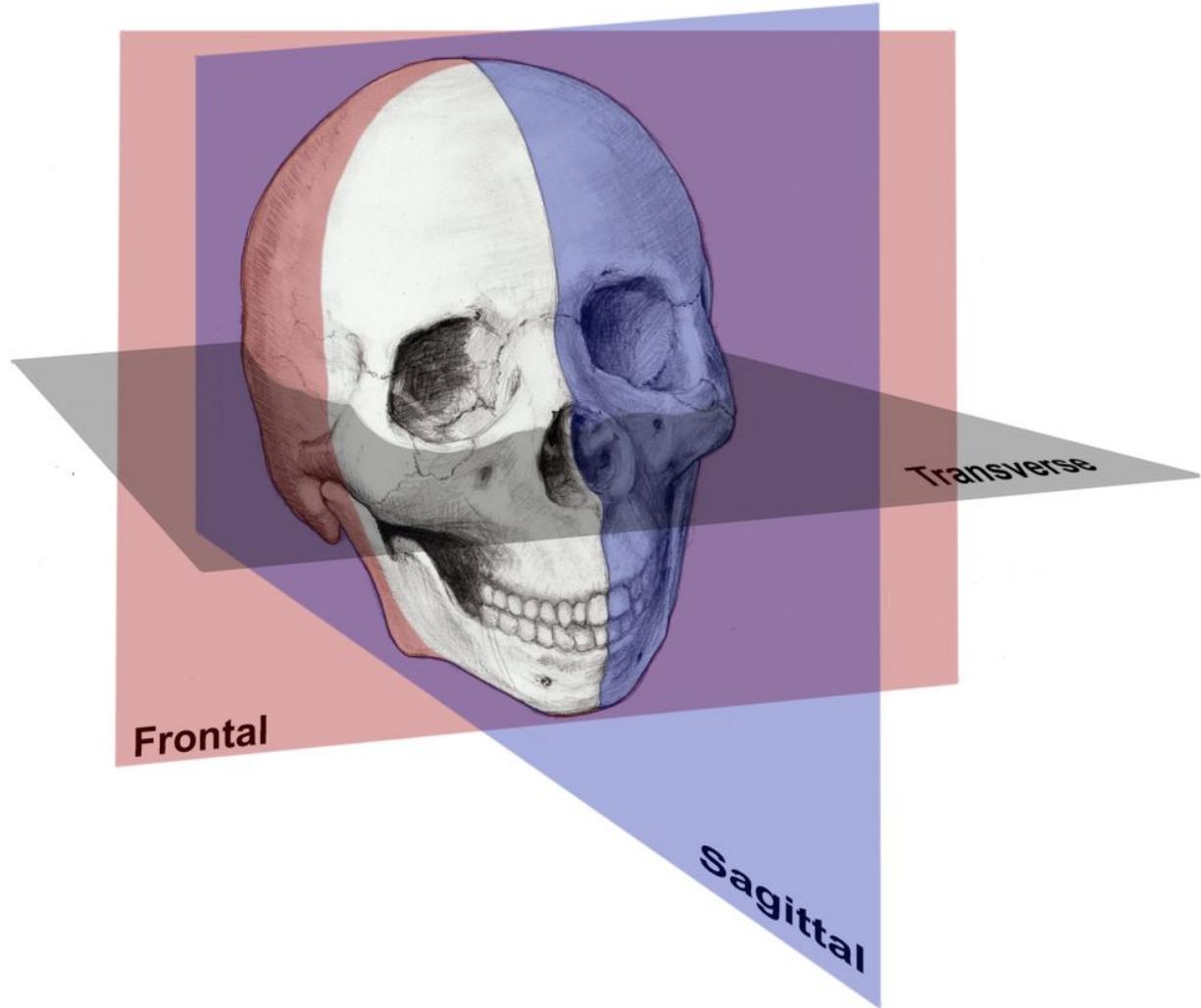


Rules for Contact

Combat Ju-Jitsu competitions in North America are CONTROLLED contact events and NOT FULL CONTACT. Strikes are NOT delivered with the attempt to achieve a knockout or technical knockout, but rather to off-balance and/or to manipulate the range/angle/level of the contest.

Strikes to the head are to be delivered with crisp recoil as to NOT break the sagittal or frontal planes. Center & Side Judges will aggressively enforce contact restrictions and monitor competitors for loss of control and/or malicious intent.

Strikes delivered to the head via punch or kick must recoil before breaking the frontal, sagittal, or transverse planes (i.e. an uppercut).



Regulations for Takedowns & Throws

- Upon achieving a clinch, as defined as one or both contestants having achieved a positive grip on the other, only strikes to the body are permitted at that point. In the case that both grips are broke, normal striking may resume.
- Contestants shall deliver their opponent to their side, back, or buttocks via the use of any combination of wrestling, judo, or sambo techniques. Throws shall not be executed to deliver an opponent onto their head or neck.
- Contestants shall not intentionally throw opponents out of bounds.
- grips shall not go inside the sleeves of the gi top or pants, or protective equipment. Contestants shall not grab hair, pinch skin, ears of opponents.

Regulations for Takedowns & Throws, cont.

-Contestant shall not use joint locking techniques, choking/strangulation techniques, or any manner of submission to “takedown an opponent”. Example of forbidden technique include but are not limited to swinging neck breakers, “waki gatame” , “te nage” , “kimura trap” (arm bar or wrist lock or shoulder/hammer lock) takedowns.

*flying armbars and triangle chokes are permitted, as the contestant falls to his/her own back when performing this action.

-Spiking techniques are prohibited. Examples include but are not limited to German & snap supplexes, power bombs, piledrivers, DDTs, atomic drops. All takedowns & throws shall be executed with a “natural arch & amplitude”.

-guard-slams are prohibited.

Regulations for Mat Work & Submission

- Only strikes to the body with a closed fist are authorized on the ground in North America. Please refer to “overwhelming force” rule in previous sections for further guidance.
- Submissions must be applied gradually, giving an opponent ample time to verbally or nonverbally submit (tap out).
- mat work that progresses out of bounds will result in contestants being restarted in center of mat from standing position
- if one contestant is able to achieve standing base, completely breaking the grips of opponent, then the competition will be resumed from standing position.

Regulations for Mat Work & Submission, cont.

- Contestants are permitted to use all manner of joint locks of shoulders, elbows, wrists, knees and ankles.
 - Contestants may use the gi sleeves, lapels to apply chokes. Use of the obi to choke is not permitted. Use of arms and legs (rear naked choke, triangle choke) is also permitted.
 - Slicer/crusher techniques of the biceps and calves are permitted.
 - Illegal techniques include direct chokes using the fingers or hands to the larynx, muffling techniques to the mouth and nose, fishhooking, biting, finger & toe locks, twisting knee locks such as a heel hook, twisting neck cranks or full nelsons, spine cranks such as a “twister” or boston crab
- *age/skill level restrictions for submissions are tournament director discretion and shall be published in advance of events.

Penalties

-Minor infractions shall be penalized at Center & Side judges discretion. Examples include violations of contact restrictions without malicious intent (accidental), gripping restrictions, passivity. Three penalties for minor infractions shall result in disqualification.

-Grievous infractions will result in immediate disqualification from an entire bracket. These include illegal strikes, slams, submissions with intent to injure, or malicious intent at Center & Side judges discretion.

*Center Judge has final ruling for all penalties and disqualifications, but shall take Side Judge observations into consideration for major decisions.

Equipment Requirements

Full gi is required for all competitors. Sleeves must be unrolled and extend to wrist bones when arms are outstretched. Pants must extend to mid shin and cannot be cut off. Gi may be of any color or brand, and a blue or red belt shall be worn for scoring purposes during competition. Sambists may wear kurtka tops with gi pants. Tight fitting rash guards are permitted to be worn under gi to prevent accidental nudity, and are compulsory for female athletes.



Equipment Requirements

Gloves of adequate padding and weight are required of all competitors. Fingers shall extend at least to the first finger joint, cover the thumb, and wrap at the wrist. “Dime rolls” and weighted bag gloves are not permitted. Gloves may be any color or brand so long as they meet minimum requirements. Questions about gloves shall be settled by tournament director.



Equipment Requirements

Shin guards are compulsory for North American competitions. Shin guards may not have metal brackets or plastic plating, and shall be soft and flexible in design. Shin guards shall cover the whole shin and down to the toes on the forefoot. Shin guards must be worn UNDER gi pants.



Equipment Requirements

Head guards are encouraged but not required for adult competitors. All competitors <17 y/o are required to wear head guards. Head guards shall be of soft design and shall not include metal or plastic “face savers”. Use of karate style or olympic boxing style head guards is encouraged.



Equipment Requirements, cont.

- All male competitors shall wear a groin protector. Female competitors are permitted the use of pelvic & chest protectors.
- Mouthpieces are required for all competitors.
- Center Judges may require equipment checks before the initiation of each contest.