GRAPPLING COMPETITION RULES

PLEASE NOTE:** ***A competitor must be training in the WJJF Ju-Jitsu system a minimum of three months before they can compete.

Waiver

- A competitor (or parent/guardian if competitor is under 18) must complete and sign a waiver and registration form before they are allowed to compete and in doing so agree to the terms and conditions of the event.

Entry Fee

- Adult - £15
- Teen - £10
- Children - £10

Time Limit

- Adults and Teens – 1 * 5 minute round
- Children – 1 * 3 minute round

Age Limit

- Adults - 18 or over on the day of the competition (no exceptions)
- Teens – age 14 to 17 on the day of the competition (no exceptions)
- Children – age 7 to 13 on the day of the competition (no exceptions)

Competition wear

- WJJF Gi
- Supports for ankles / wrists / knees are optional (must not contain any metal)
- Taping fingers (optional)
- Groin guard (optional)
- Gum shields (optional)
- Ear defender (optional)
- For females chest guard (optional)

GRAPPLING COMPETITION RULES

Starting Position

- Fight starts from standing

Competitors leave the area

- If during the fight the competitors roll out of the area then the fight restarts from centre of competition area in the position in which they left the mats. Stopping the fight at the edge of the area is at the referees discretion (competitors positions should be clear). If fight is stopped at edge of area due to danger to competitors and their position is unclear then the assistant referees will be consulted. If a competitor feels they are being put back in the wrong position it is up to them to object.

- If a competitor is thrown or pushed out of the area the fight will restart in a standing position without contact from centre of the competition area

How you can win

- Submission
    - If one competitor gives up or submits by tapping the leg, arm etc. or verbally (Tap, I give up or Mate).
    - No submissions allowed in the children's age 7 to 10 groups.

- Other fighter withdraws from section
    - A competitor may get injured, may feel unwell, is exhausted etc. and decides to withdraw.

- Referee decision
    - If Referee feels one competitor is unable to defend himself or feels his life is in danger, the Referee will declare the winner.

    - If a competitor breaks the rules three times he will be disqualified by the Referee.
      E.g. A competitor has been given verbal warnings and then has been given official warnings, if they receive a third official warning they are disqualified.

Fight goes the distance

- If a fight lasts the full length of allocated time then the referee for the area will decide the winner.

GRAPPLING COMPETITION RULES

Sections

Adult

Beginner (White, Yellow, Orange, Green)

- Under 60, 70, 80, 90, 100, 120kg

Intermediate (Blue and White, Blue, Purple, Brown and White)

- Under 60, 70, 80, 90, 100, 120kg

Advanced (Brown and above)

- Under 60, 70, 80, 90, 100, 120kg

Teens (age 14/15)

Beginner (White, Yellow, Orange, Green)

- Under 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120kg

Intermediate (Blue and White, Blue, Purple, Brown and White)

- Under 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120kg

Advanced (Brown and above)

- Under 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120kg

Teens (16/17)

Beginner (White, Yellow, Orange, Green)

- Under 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120kg

Intermediate (Blue and White, Blue, Purple, Brown and White)

- Under 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120kg

Advanced (Brown and above)

- Under 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, 90, 95, 100, 105, 110, 115, 120kg

GRAPPLING COMPETITION RULES

Children (age 7/8)

Beginner (White, Yellow, Orange, Green)

- Under 20, 25, 30kg

Intermediate (Blue and White, Blue, Purple, Brown and White)

- Under 20, 25, 30kg

Advanced (Brown and above)

- Under 20, 25, 30kg

Children (age 9/10)

Beginner (White, Yellow, Orange, Green)

- Under 20, 25, 30, 35, 40kg

Intermediate (Blue and White, Blue, Purple, Brown and White)

- Under 20, 25, 30, 35, 40kg

Advanced (Brown and above)

- Under 20, 25, 30, 35, 40kg

Children (age 11/12/13)

Beginner (White, Yellow, Orange, Green)

- Under 30, 35, 40, 45, 50kg

Intermediate (Blue and White, Blue, Purple, Brown and White)

- Under 30, 35, 40, 45, 50kg

Advanced (Brown and above)

- Under 30, 35, 40, 45, 50kg

Note: - depending on the number of competitors the number of sections and weights available may change on the day. If a competitor is the only person in their category they may be given the option of moving to another age/weight/grade category to compete. If they choose not to compete their entrance fee will be refunded.

Female competitors

If there are enough competitors there will be female only categories. If not, the competitor will be given a choice to compete against males in the same age/weight/grade category. If they choose not to compete their entrance fee will be refunded.

GRAPPLING COMPETITION RULES

Weigh in

- Competitors weigh in on the morning of the competition.
- Adult competitors can strip down to underwear in order to try to make the weight. Teens and children can only weigh-in wearing their WJJF gi
- Competitors must make the weight for the section they wish to compete in e.g. if they are to compete in minus 70kg class they must be 70kg exactly or lower. (There is no 0.5kg limit.)
- Adult competitors will be allowed to try to make weight providing they are not more than 1kg over the class they are trying to enter e.g. If they are wishing to fight in minus 70kg class and weigh in at 71kg they have until the first section is due to start in order to try to lose the weight.

Fight Officials

- Referee
- Two assistant referees – one at top table (also records/displays warnings using red/blue folders) and one sitting at opposite side of area (also keeping time)
- The assistant referee who is keeping time must call out one minute from end of match, 15 seconds from end of match and throw in a white belt/call time at end of match
- Only the main referee can stop time during a match with a clear time out hand signal to the time keeper

Who can Referee a fight

- A referee cannot referee a fight in which he has one or more of his own club students competing, unless another Referee is unavailable and the competitors don't object.

Warnings

- When a competitor goes from a standing position to a non-standing position and remains down for 3 seconds or more, he will be punished by a warning (No butt scooting).
- When a competitor disengages from contact and starts backing up and consistently avoids engaging again he will be punished by a warning.
- A passive competitor will be warned twice and then will be punished by an official warning. The referee will warn the passive player verbally by the words "WARNING PASSIVITY" – after giving the second verbal warning the next warning will be an official warning that is recorded at the table.
- If two competitors (team-mates) make a fixed fight, they will both be disqualified from the tournament.

GRAPPLING COMPETITION RULES

Illegal Techniques:

- No “Full Nelson”, “Crucifix”, “Can opener” or neck cranks
- No spiking
- No heel hooks
- No striking of any kind
- No eye gouging or fish hooking
- No open hand attacks to the throat
- No grabbing the ears
- No hair pulling
- No finger holds
- No thumbing
- No scratching and pinching
- No biting
- No touching groin area
- No slippery substances allowed on the body
- No slams from guard or from standing
- No suplex
- No submission for children age 7 to 10 (positions only)
- No holding around the neck for children age 7 to 10 Eg. No side head lock, no chokes (seat belt grip only for rear mount)

Permitted Techniques

(None of the following submissions are allowed in the children’s age 7 to 10 categories):

- WJJF syllabus techniques are permitted unless they clash with Illegal techniques
- Flying submissions (Permitted only in Intermediate and Advanced sections)
- Toe holds (Adults and teens only)
- Straight ankle lock (Achilles lock) (Adults and teens only)
- Armbars
- Triangles
- Knee bars (Permitted only in Intermediate and Advanced sections) (Adults and teens only)
- Dropping throws (Permitted only in Intermediate and Advanced sections) (Adults and teens only)
- Falcon locks (Americana / Figure 4 / Paint brush)
- Back hammer lock (Kimura)
- Rear naked choke
- Crab claw scissors
- Wrist locks(Adults and teens only)
- Pressure points – pressure points to the side of the neck must not include an open hand to the throat (Adults and teens only)
- Use of gi while standing or on the ground to choke(no chokes in children age 7 to 10), throw and control opponent

- Smothering e.g. use of the belly / shoulder area / hand to smother and make opponent move or to tap out. (Adults and teens only)
- Cross face (Adults and teens only)
- Twister (Permitted only in Adult Intermediate and Adult Advanced sections) (Adults and teens only)
- Jump from standing position to pull guard (Opponent must not slam to counter this) (Adults and teens only)

Register

Coaches should give registration forms/waivers to all competitors in advance. Competitors details (name, age, grade, weight, club) should be emailed **1 week** before the competition to allow the organisers to begin sorting categories. The competitor should then bring the original completed registration form/waiver to the competition with their entry fee. Competitors must also bring their budo pass with a valid insurance sticker to show they are currently training in the WJJF system

competitions@jujitsuireland.com

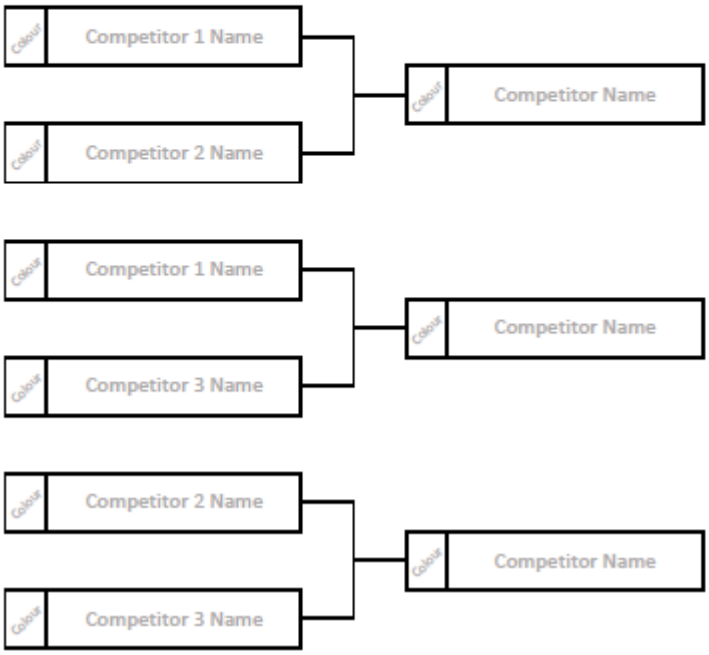
Resources required

- Competition area at least 6m x 6m
- Mats suitable for an adult to be thrown on
- Referee responsible for the two competitors and competition table (one per area).
- Person to control the timing (one per area)
- Person to record warnings (one per area)
- 2 chairs
- Stopwatch
- Red and Blue files for the warnings
- Pens
- Notepad
- First aiders
- 2 Red belts and 2 Blue belts
- White belt to throw in to indicate end of fight
- Referee uniform – Red polo shirt with logo, black trousers, black socks

GRAPPLING COMPETITION RULES

Section _____ Weight _____

3 Competitors (Round Robin)



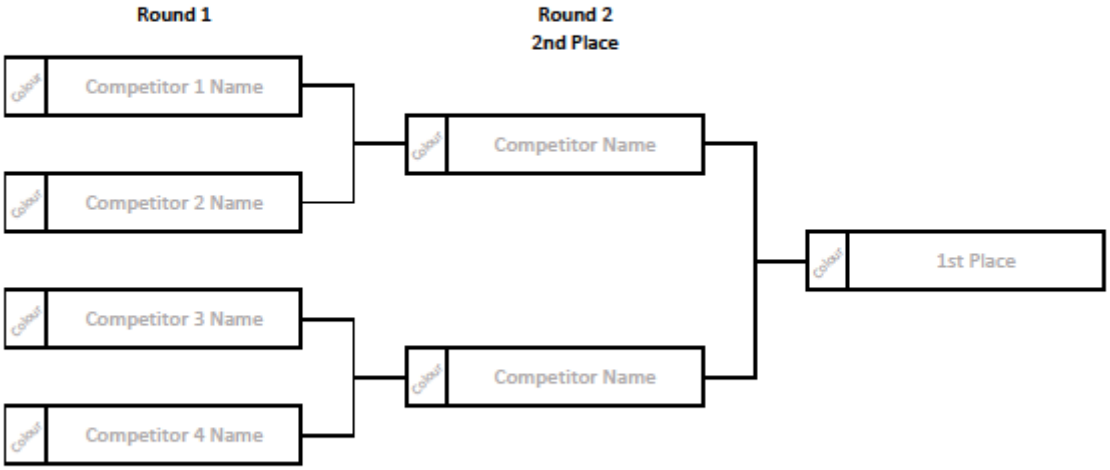
If a Competitor beats the other two competitors then he/she is 1st
For example, If Competitor 1 beats Competitor 2 and 3, then Competitor 1 gets 1st Place
Then Competitor 2 and 3 fight for 2nd Place

1st	Competitor Name
2nd	Competitor Name
3rd	Competitor Name

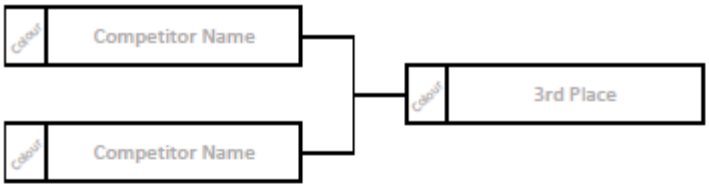
GRAPPLING COMPETITION RULES

Section _____ Weight _____

4 Competitors



Who ever looses Round 1 fights off for 3rd Place

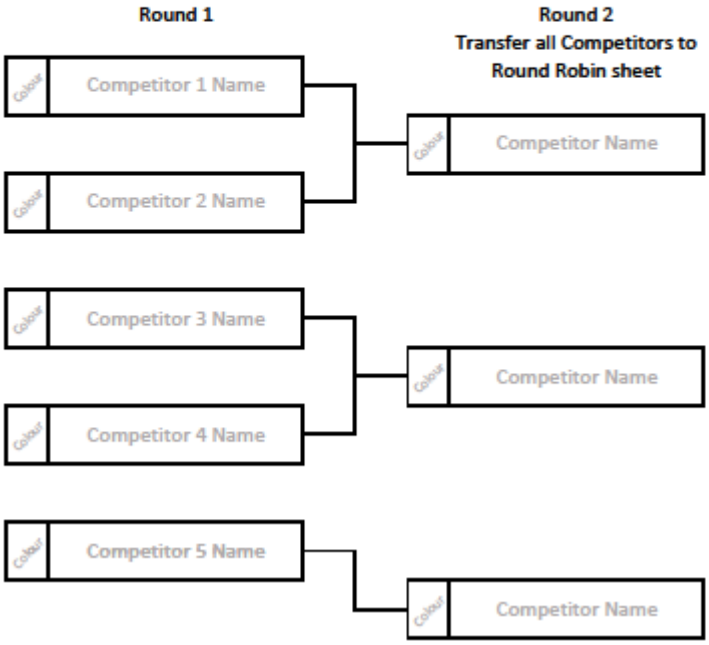


1st	Competitor Name
2nd	Competitor Name
3rd	Competitor Name

GRAPPLING COMPETITION RULES

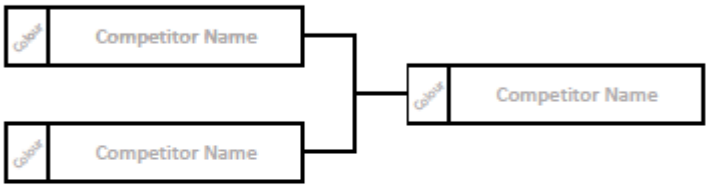
Section _____ Weight _____

5 Competitors



Competitor 5 will get a BY into Round 2 which will be a Round Robin as it contains 3 Competitors

The two losers of Round 1 will get another fight for the experience but cannot win a medal.

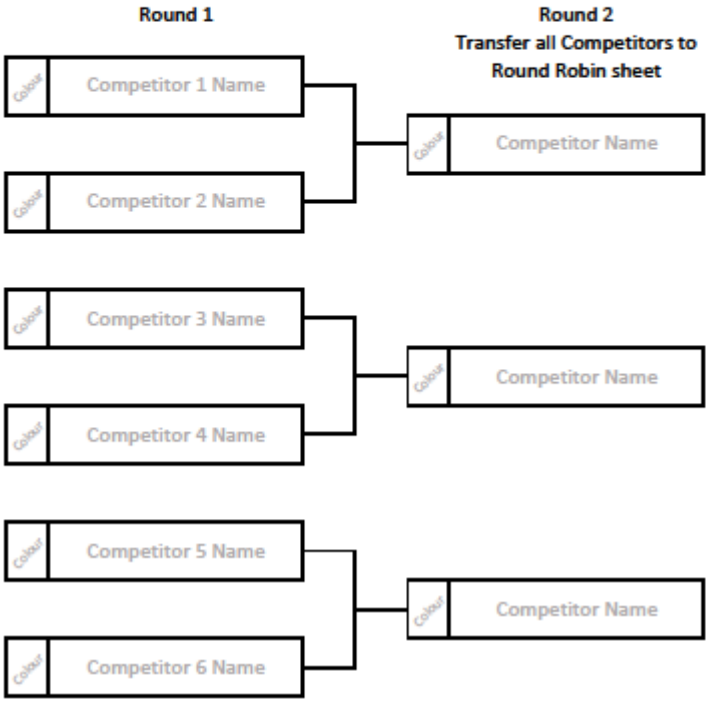


1st	Competitor Name
2nd	Competitor Name
3rd	Competitor Name

GRAPPLING COMPETITION RULES

Section _____ Weight _____

6 Competitors



The three loosers of Round 1 will get another fight for the experience but cannot win a medal.
This group will fight in a Round Robin, transfer the three losers to a Round Robin sheet

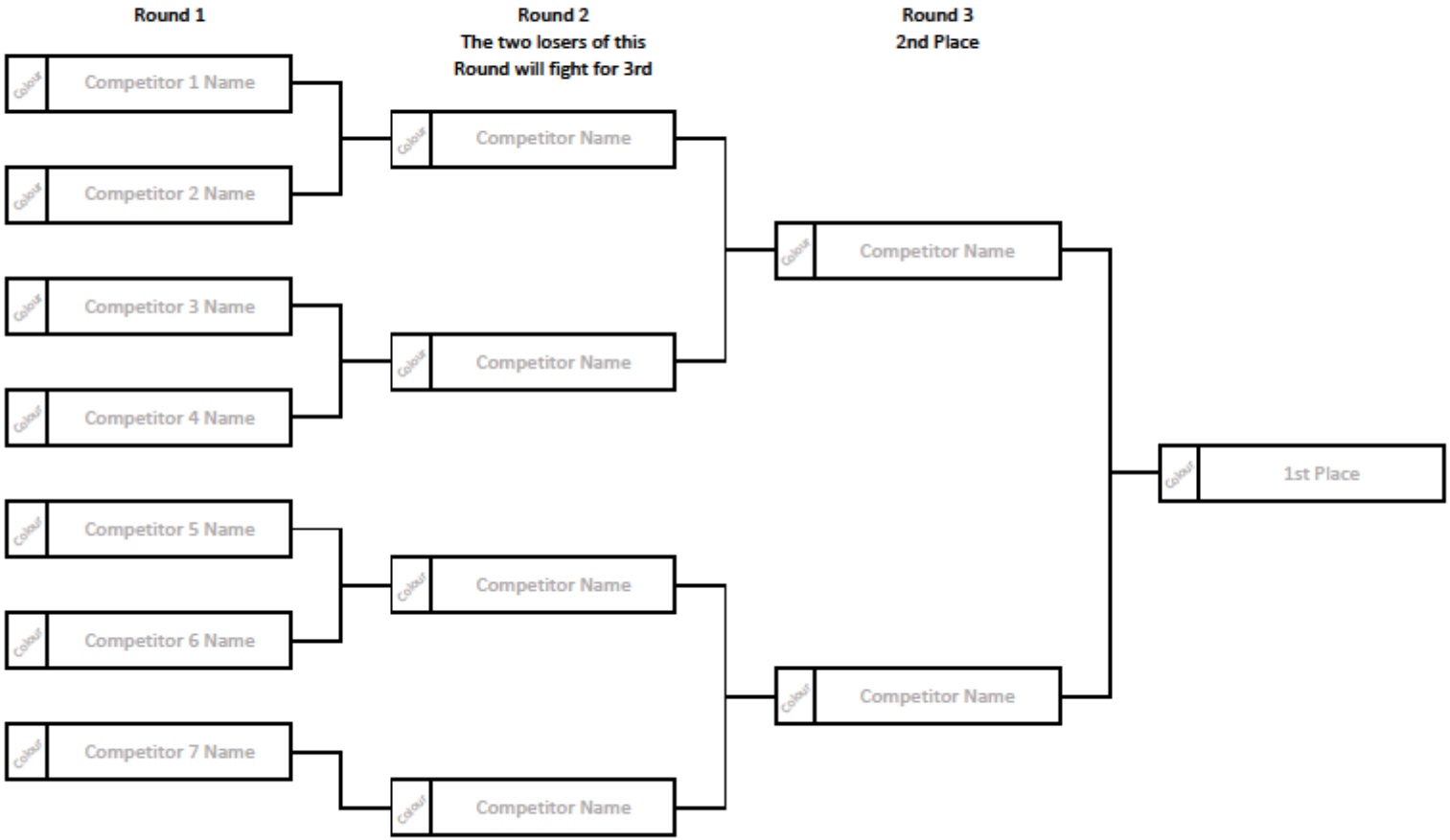
1st	Competitor Name
2nd	Competitor Name
3rd	Competitor Name

World JuJitsu Federation Ireland

GRAPPLING COMPETITION RULES

Section _____ Weight _____

7 Competitors

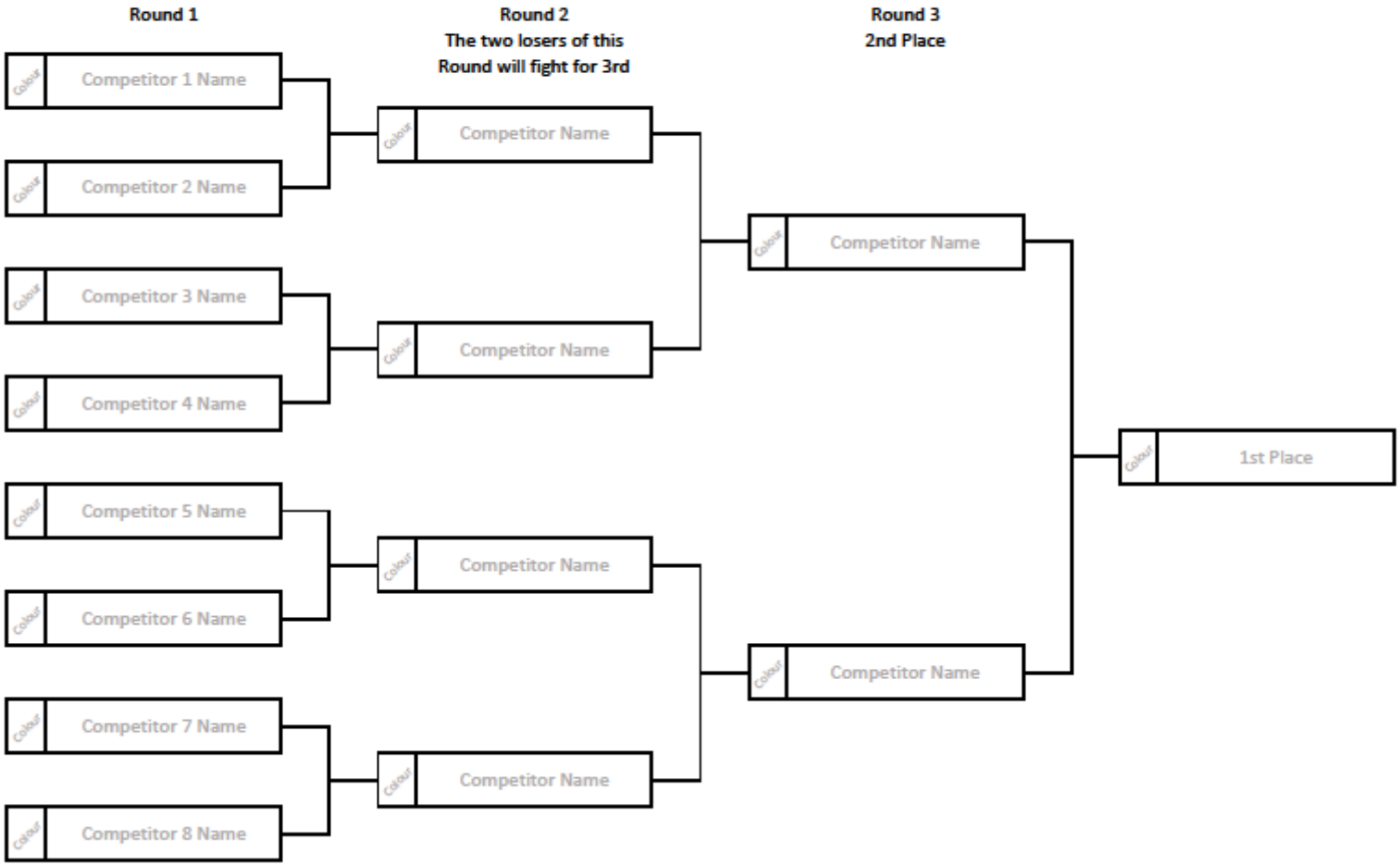


World JuJitsu Federation Ireland

GRAPPLING COMPETITION RULES

Section _____ Weight _____

8 Competitors



GRAPPLING COMPETITION RULES