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SJJIF



SPORT JIU-JITSU INTERNATIONAL FEDERATION

SUBMISSION ONLY

RULES & REGULATIONS

Preamble

The primary goal of the Sport Jiu-Jitsu International Federation is to unify and organize existing Sport Jiu-Jitsu, Brazilian Jiu-Jitsu, and Jiu-Jitsu national and/or territorial federations that share the vision of reaching Olympic greatness while preserving the unique history, culture, philosophy, and lineage of the sport.

SJJIF believes that together, the SJJIF with its National Federations and members will continue to develop a growing network of like-minded individuals who envision greater opportunities for athletes and Brazilian Jiu-Jitsu.

Therefore, the Sport Jiu-Jitsu International Federation aims to organize the sport of Brazilian Jiu-Jitsu and its federations, establishing rules that will enable the sport to grow into a recognized Olympic sport with ample opportunity for its athletes. The SJJIF also strives towards hosting tournaments that are enjoyable, fair to all competitors regardless of affiliation, race, gender or nationality, and rewarding for all participants.

Each federation under the SJJIF is responsible for hosting competitions that will rank athletes in their respective territories. SJJIF will organize the annual SJJIF World Jiu-Jitsu Championship in both GI and No GI, in collaboration with representative federations.

SJJIF will provide organizational and promotional support to all member federations and SJJIF sanctioned events, as appropriate. SJJIF also aims to adopt, implement, and promulgate an Anti-Doping Agency Code.

The goal of this document is to delineate rules and to create equitable guidelines for coaches, athletes, patrons, and spectators to support the evolution and cohesion of Brazilian Jiu-Jitsu.

Article 1 Definition of Submission Only Events

- 1.1 Submission Only events are defined as special events in which rules and regulations have been developed to provide events in which victory can only be attained by acquiring a submission, no referee decisions, and no draws.
- 1.2 Submission Only events will adhere to the overall Sport Jiu-Jitsu International Federation Rules and Regulations, with exception to the articles pertaining to the following:
 - A. Definition of submission & ways a match can be won
 - B. Match times & overtime rounds
 - C. Legal and illegal techniques & submissions.
- 1.3 Submission Only event Additional Rules & Regulations, as defined in Article 2, Article 3, and Article 4 of this document will be applied to SJJIF Submission Only events for both Gi and NoGi competition.

Article 2 Definition of Submission & Ways a Match Can Be Won

- 2.1 Submission is determined upon the physical tap, verbal tap, or yelling during a submission attempt. If an opponent must have the match stopped for any injury, related incident, or any other reason beyond control that does not warrant any disqualifications, the opponent will have 2 minutes to return to the match or they will have to forfeit the match.
- 2.2 Ways a match can be won:
 - A. Win via submission victory within the regulation time
 - B. Win in overtime: victory by submission, fastest submission time, or fastest escape time
 - C. Win by opponent disqualification
 - D. Win via opponent forfeiture.

Article 3 Match Times & Overtime Rounds

- 3.1 Submission Only event match times will adhere to the overall Sport Jiu-Jitsu International Federation Rules and Regulations.
- 3.2 Overtime rounds will have 2-minute time limits with a 30 second and 10 second warning given.
- 3.3 Any match whose regulation match time ends without a victor immediately moves into overtime without break or time out, unless deemed necessary by the referee. Any competitor who cannot answer the call to immediately participate in the overtime round will be disqualified.
- 3.4 A coin flip will determine which competitor chooses whether to start the first round of overtime in the offense or defense position.
- 3.5 Overtime round consists of athletes starting in the back position with hooks and both arms around the opponent's torso, under the opponent's arms, and with hands connected with a palm or wrist grip. Each competitor will have a chance to start an overtime round from the back position.



- 3.6 From this position competitors will attack and defend submissions, trying to submit or escape as fast as possible. The competitor who obtains a submission or the fastest submission in the overtime round wins the match.
- 3.7 In the regulation matches of a bracket competitors will have only one (1) overtime round to achieve a submission. In the finals (for 1st and 2nd place) competitors will have up to three (3) overtime rounds to achieve a submission.
- 3.8 In the event that only escapes occur for both competitors, the combined fastest escape time will be the victor.

Article 4 Legal & Illegal Techniques & Submissions

4.1 The following are allowed submissions according to belt ranks and/or age divisions:

(Techniques marked X are illegal)	KID 1 through KID 4	KID 5 through KID 6	Juvenile and above White Belts and Beginners	Juvenile and above Blue, Purple Belts and Intermediate	Adult and above Brown, Black Belts and Advanced
Spinal Lock, Cervical Lock, or Neck Crank	X	X	X	X	X
Pile-driving / Spiking / Suplex takedown technique, throwing the opponent's head or neck to the ground.	X	X	X	X	X
Biting, Grabbing hair, body hair, nose, and ears	X	X	X	X	X
Attacking or pushing the groin area and eyes	X	X	X	X	X
Kind of intentional striking (punch, elbow, knee, head butt, kick, etc.)	X	X	X	X	X
Slamming from the Guard	X	X	X	X	X
Slamming to Escape a Submission	X	X	X	X	X
Bending fingers or toes backwards	X	X	X	X	X
Bent Knee Lock	X	X	X	X	
Lateral Leg Lock	X	X	X	X	
Reaping the Knee	X	X	X	X	
Straight foot lock, turning inward forcing the knee	X	X	X	X	
Outward toe hold, applying outward pressure to the knee	X	X	X	X	
Heel Hook	X	X	X	X	
Bicep Lock or slicer	X	X	X	X	
Calf Lock or slicer	X	X	X	X	
Knee bar	X	X	X	X	
Toehold	X	X	X	X	
Sock Lock	X	X	X	X	
Scissor Takedown	X	X	X	X	
Straight Ankle Lock	X	X			
Front Guillotine	X	X			
Wrist Lock	X	X			
Frontal Ezekiel Choke	X	X			
Do-Jime (squeezing the body or head with the legs)	X	X			
Pulling on the Head in the Triangle	X				
Omoplata	X				

Article 5 Penalty Procedures for Minor Fouls and/or Stalling

5.1 Submission Only event match times will adhere to the overall Sport Jiu-Jitsu International Federation Rules and Regulations.



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RULEBOOK

RULES & REGULATIONS