

SJJIF Adapted Jiu-Jitsu

Additional Rules & Regulations



Article 1 Adapted Jiu-Jitsu

- 1.1 Adapted Jiu-Jitsu was developed for a better experience and inclusion of all Brazilian Jiu-Jitsu practitioners with a form of disability and/or impairment. Adapted Jiu-Jitsu is not a form of discrimination; rather its intent is to provide all competitors with an equal opportunity to fair play. Athletes, regardless of disability and/or impairment, have the right to compete in the traditional Sport Jiu-Jitsu competition with provided physician approval.
- 1.2 Adapted Jiu-Jitsu is divided in 3 categories: Deaf Jiu-Jitsu, ParaJiu-Jitsu and Special Jiu-Jitsu. Adapted Jiu-Jitsu competition features children, juvenile, adult, masters and senior divisions. The divisions will be divided by the level and classifications of disability/impairment to guarantee athletes with fair competition. With some levels of disability and/or the inability to find a comparable fair match the option of a friendly match for demonstration will be introduced as a way to provide Adapted Jiu-Jitsu athletes with a tournament experience while promoting the division and Adapted Jiu-Jitsu to all.
- 1.3 The range of events (generally) is intended to provide competition opportunities for athletes of all abilities. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

Article 2 Adapted Jiu-Jitsu Eligibility

- 2.1 The first step in Adapted Jiu-Jitsu classification is to determine if the athlete has an official medical diagnosis and/or disability/impairment that makes him/her eligible to compete in one of the Adapted Jiu-Jitsu categories.

Article 3 General Competition Rules

- 3.1 The competitions will be conducted in accordance with the Sport Jiu-Jitsu International Federation (SJJIF) Rules & Regulations book and the appropriate SJJIF Adapted Jiu-Jitsu Additional Rules & Regulations. In case of questions and/or disagreement in the interpretation of the Rules and Regulations, the English text shall prevail.

Article 4 Competition Time for Special Jiu-Jitsu

- 4.1 Competition time guidelines for Special Jiu-Jitsu athletes are as follows:
 - a. **Skill level 1&2:** Match time will be of three (3) minutes for children with a two (2) minute overtime if needed and five (5) minutes for juveniles, adults, masters, and seniors with a one (1) minute overtime if needed.
 - b. **Skill level 3, 4 and 5:** Match time will be of three (3) minutes for all ages and belts.

Article 5 Uniform Guidelines for Gi & No Gi Competition

- 5.1 All athletes shall abide by the uniform guidelines set forth by the SJJIF Competition Rules & Regulations book.

Article 6 General Division Guidelines for Adapted Jiu-Jitsu:

6.1 Guidelines for divisions are as follows:

- a. Gender: Male/female
- b. Age: The Organizers, depending on the situation, are entitled to subdivide the range of age so as, in combination with the rest of the parameters of ability (levels, weight), to make appropriate brackets and/or matches that are fair and safe for the athletes.
- c. Belt Divisions: White fight with white, blue with purple, and brown with black. According to the number of athletes, belts may be combined, however, rules will be based on the rules of the lower belt in the division to preserve the athlete and to promote fair play. The technical and medical officials of the event will have to approve changes and/or match-ups.
- d. Weight: Divisions are below. However, matchmakers can combine and/or match competitors due to the level of disability, ability, and belt of the athletes to guarantee a fair, safe, and competitive and/or friendly match.

	MALE ADULT		FEMALE ADULT	
	MASCULINO ADULTO,		FEMININO ADULTO,	
	GI	NO-GI	GI	NO-GI
Rooster	127.5 lbs	123.5 lbs	107 lbs	103 lbs
	58 kg	56 kg	48.5 kg	46.7 kg
Feather+	154 lbs	150 lbs	135 lbs	131 lbs
	70 kg	68 kg	61 kg	59.4 kg
Light Middle	181 lbs	177 lbs	165 lbs	161 lbs
	82 kg	80.2 kg	74.8 kg	73 kg
Light Heavy	207.5 lbs	203.5 lbs	Over 180 lbs	Over 161 lbs
	94 kg	92.3 kg	Acima de 81.6 kg	Acima de 73 kg
Heavy+	Over 207.5 lbs	Over 203.5 lbs		
	Acima de 94 kg	Acima de 92.3 kg		

Article 7 Additional Division Guidelines for Special Jiu-Jitsu

- 7.1 All athletes entering a Special Jiu-Jitsu event will initially be divided by the General Adapted Jiu-Jitsu Division Guidelines identified in Article 6.
- 7.2 Each athlete shall then be placed in the appropriate division, together with other athletes of similar disability, abilities and characteristics, following both the criteria of the SJJIF and the one of safety.
- 7.3 A further divisioning process will take place at the event venue, on individual skills, which will further enhance the process. Each athlete in his/her respective pools will have to undergo an individual skill test both Standing Jiu-Jitsu Techniques and Ground Jiu-Jitsu Techniques or only in Ground Jiu-Jitsu Techniques, as he/she has been instructed by his/her coach (in the latter case the athlete shall have to compete only in Ground Jiu-Jitsu during the competition). This test shall be carried on during a training session, where a 'Divisioning official' together with Match-supervisor checks that the pre-divisioning is acceptable.
- 7.4 The training session should include the following techniques:
 - a. Ground Jiu-Jitsu Techniques
 - Escape from mount, side control and closed guard pass.
 - Submission, both applying and being submitted to show response capability.

- b. Standing Jiu-Jitsu Techniques
 - Break falls front, side and back.
 - Takedown throwing and being thrown by an opponent.
- 7.5 The Jiu-Jitsu training session evaluation of skills will be based on the following criteria:
- a. Concept of match
 - b. Prediction of the opponent's movement
 - c. Prediction of danger
 - d. Sense of cause and effect
 - e. Technique
 - f. Performance of the athlete
 - g. Speed of the technique
 - h. Reaction of the athlete
 - i. Concept of strategy
- 7.6 The skill levels mentioned are formed upon the basis of comprehension of each athlete:
- a. **Skill level 1:** A Level 1 athlete can compete almost as an equal to a traditional competition athlete, has a perfect Jiu-Jitsu feeling, is fast and powerful in movements, and quickly reacting and able to develop a strategy during the game. The athlete would need mild assistance and guidance by his/her coach or the referee in order to compete.
 - b. **Skill level 2:** A level 2 athlete can compete almost as an equal to a traditional competition athlete, has a good Jiu-Jitsu feeling, is somewhat slow and not so powerful in movements and reaction and fairly understands the concept of strategy. The athlete would need moderate assistance and guidance by his/her coach or the referee in order to compete.
 - c. **Skill level 3:** A level 3 athlete can only participate in a friendly "recreational" match, has a fairly good feeling of Jiu-Jitsu, is somewhat fast and powerful in movements, reacting reasonably quick, but with no sense of strategy. The athlete would need significant assistance and guidance by his/her coach or the referee in order to participate in the recreational match.
 - d. **Skill level 4:** A level 4 athlete can only participate in a friendly "recreational" match with the assistance of a traditional competition athlete. A level 4 athlete has little feeling of Jiu-Jitsu, is not fast in movements and reactions and has no sense of strategy. The athlete would need high levels of assistance and guidance by his/her coach or the referee to participate in the recreational match.
 - e. **Skill level 5:** A level 5 can only participate in a friendly "recreational" match with significant assistance from a traditional competition athlete. A level 5 athlete has no Jiu-Jitsu feeling, is very passive and would need the assistance of his/her coach and the referee to a maximum extent to participate in the recreational match.
- 7.7 The organizer has the responsibility and therefore the liberty to build up the weight-categories in each event in such a way, that in combination with the other parameters of ability (levels, age) creates "good" pools that are fair and safe for the competitors.
- 7.8 If an athlete cannot be included in a pool on the first or second divisioning process, a further divisioning process will be determined at the discretion of the respective coaches and competition organizers. Criteria for such divisioning shall be as follows:
- a. The safety of all athletes in the pool must be considered before age, weight and ability.

Article 8 Special Jiu-Jitsu Classifications

- 8.1 Intellectual disability (ID) is a term used to describe a person with certain limitations in cognitive functioning and other skills, including communication and self-care. These

limitations can cause a child to develop and learn more slowly or differently. Intellectual disability is the most common developmental disability.

- 8.2 The Special Jiu-Jitsu offers sport opportunities for athletes that have an intellectual disability that belongs to one of the following types identified below:
- a. [Fragile X Syndrome](#): Fragile X is a genetic condition that affects a person's development, especially behavior and the ability to learn. In addition, Fragile X can affect communication skills, physical appearance and sensitivity to noise, light, or similar stimulus. Fragile X is the most common form of inherited intellectual and developmental disability.
 - b. [Down Syndrome](#): Down syndrome describes a set of cognitive and physical symptoms that result from having an extra copy or part of a copy of chromosome 21. Down syndrome is the most frequent chromosomal cause of mild to moderate intellectual disability, and occurs in all ethnic and economic groups.
 - c. [Autism Spectrum Disorders](#): Autism Spectrum Disorder (known as ASD or, more generally, autism) is a complex neurological and developmental condition that affects how a person learns, communicates and interacts with others. Different people with autism can have different symptoms, which is why it's known as a "spectrum" disorder. Autism affects the structure and function of the brain and nervous system.
 - d. [Other Intellectual Disabilities](#): There are many other types of intellectual disabilities - some have known causes, while others remain unknown. Some happen before birth, such as Fetal Alcohol Syndrome or Apert Syndrome; others happen as a baby is being born or soon after birth. Other causes of intellectual disability occur when a child is older; these might include serious head injury, stroke, or certain infections.
 - e. Source:http://www.specialolympics.org/Sections/Who_We_Are/About_Intellectual_Disabilities.aspx

Article 9 Adapted Rules of Competition

- 9.1 The escort/coach will guide the competitor to the mat and wait for the referee by the scoring table on the athlete's respective side.
- a. On applying to enter a competition, it must be made known on the registration form whether the athlete will start the match in standing, kneeling or sitting position. See Article 9.4.b for details.
 - b. The referee shall ensure that the technical staff is ready for the match to start.
- 9.2 The referee shall first secure the arm of Competitor 1 (green/yellow belt) and then the arm of Competitor 2 (blue/white belt). All three shall bow at the same time when they are in position.
- a. Whenever the referee has appropriately secured the escort position, it is rather easy for the athletes to bow simultaneously with him/her. The referee's arms are tucked firmly into their own side, and securely grasping the two athlete's hands, this position acts mechanically as power steering, to guide the athlete's actions.
 - b. If an athlete needs assistance entering onto the mat area of the competition, the coach is allowed to give assistance with the help of an assistant/referee. (Note: No person shall be allowed onto the mat area without the referee's permission.)

- 9.3 Once bowing onto the tatami the referee will then escort the two athletes forward, simultaneously from the mat-side, to their respective bowing location within the center of the match area.



- a. The referee shall position the athletes in the center of the competition area, approximately 1.5 meters apart, with the referee one pace back from the competitors, facing the scoring table.
- b. The Competitor 1 (green and yellow) shall be positioned to the Referee's right, and the Competitor 2 (blue and white) shall be positioned to the Referee's left.
- c. This respective orientation on the mat must be maintained for the athletes tactical and reference purposes.



- 9.4 If an athlete, because of his/her disability or if the referee, for safety reasons, does not agree to start the match in a standing position, he/she can at any time may decide to start the match from the ground, or switch from "standing" to "ground" if not much action is accruing during the match. The guidelines are as follows:
- a. The athletes and their coaches must comply with the decision of the referee. The other athlete has to adjust from his/her normal standing position and start the match on the ground accordantly.
 - b. There are three positions in the "ground Jiu-Jitsu starting position" from which the athlete can start a match.

- 1) **From a kneeling position:** traditional kneeling (with grips or no grips as determined by the referee).



- 2) **Sitting facing each other:** sitting like butterfly guard (hands on lap or with traditional grips as determined by the referee).



- 3) **Sitting next to each other:** sitting side by side with legs stretched forward (both with their hands in basic grip-position).



- c. The referee will then instruct the competitors to shake hands by grabbing athletes wrist and guiding their hands to meet. The referee will tell and assist the athletes to get grips and then instruct “combati” to begin the match.
- d. A match that has been started on the ground must be continued on the ground.
- e. If athletes have started the match on the ground it is possible to make points with a throwing technique from the ground provided the competitor has taken the other competitor down.
- f. If athletes have started the match on the ground they are not allowed to push the opponent straight back. If so, the referee will warn and/or reset the match.

- 9.5 If both “standing” and “ground” the referee ensures that the athlete’s neck is not locked in such a way that poses a risk of injury.
- 9.6 After the referee has declared the winner, athletes are encouraged to congratulate each other, and may need gentle assistance to reach an offered hand for a shake.
- 9.7 The referee must immediately approach and re-secure both athletes, on the correct arm, and guide them to their respective escort/coach waiting off the mat.
- 9.8 Respect must be given and care must be taken to ensure that athletes are not treated in a disrespectful manner such as grabbing, pulling, shoving, or holding the athlete’s arm or hand in an improper form. The correct position for escorting is to respectfully place your arm from the outside, over the athlete’s arm, gently but firmly closing your hand around the athlete’s fingertips, and using your bent elbow to create enough body contact for the athlete to be able to follow your bowing and movement cues.



- 9.9 Referees shall exert more caution when guiding the athlete, at the close of the match, as it is more difficult to maneuver, maintain balance and escort the visually impaired athlete when they are fatigued.

Article 10 Guidelines for Competition Area

- 10.1 Guidelines regarding the competition area are as follows:
 - a. The safety area and the completion area should be strong contrasting colors.
 - b. A 1m distance should be set between the competition area and any object likely to be hit by the competitors.
 - c. The referee must make sure that the surface of the tatami is in conformity and safe for the athletes without opening or any liquid substance that could potentially injure the competitors.

Article 11 General Remarks

- 11.1 The SJJIF Competition Rules & Regulations are applied generally.
- 11.2 In all situations in which the SJJIF Competition Rules & Regulation Book does not specifically determine, but where the referee is of the opinion that the safety of one or both of the athletes is at stake, the referee will stop/suspend the match immediately and take those measures he/she deems necessary.
- 11.3 The Referee Director will and may intervene the match if there is a mistake that needs to be rectified or when they consider it necessary.

This version of the SJJIF Adapted Jiu-Jitsu Additional Rules & Regulations was last updated in 2017 by the SJJIF. Adapted Jiu-Jitsu is constantly evolving as a sport and this book of rules and regulations will be updated and changed to reflect that. The more current edition of this document is available at www.sjjif.org