

# 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.
- 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 Adapted Jiu-Jitsu**

- 4.1 Competition time guidelines for Deaf and/or Hard of Hearing athletes are as follows:
  - a. Match time will be three (3) minutes for all children division with a one (1) minute overtime if needed and six (6) minutes for all other age divisions 16 years and above with a one (1) minute overtime if needed.

**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.
- 5.2 All athletes being classified deaf or hard of hearing will have a small yellow circle having a diameter of 2-3 inches on the upper part of both sleeves. The center of the circle should be positioned at about 5 inches from the shoulder. The officials will apply the rules specific to deaf/hard of hearing athletes.



**Deaf Athlete**

**Article 6 General Division Guidelines for Adapted Deaf 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 Deaf Jiu-Jitsu**

- 7.1 Participation in the competition is restricted to athletes who are deaf and/or hard of hearing. Refer to the [ICSD Audiogram Regulations](#) for additional details on measurement of hearing loss.
- 7.2 All athletes will be divided by the General Division Guidelines for Adapted Deaf Jiu-Jitsu identified in Article 4.
- 7.3 Guidelines for Deaf Competition are as follows:
  - a. When a participant is deaf, a small yellow circle having a diameter of 7 cm will have the upper part of both sleeves. This is in order to alert officials to the special circumstances of the match and apply the appropriate rules.
  - b. The referee will be placed in the area of visibility for communicating with the contestants as much as possible.
  - c. The scorekeeper will throw the green and yellow beanbag on the middle of the mat area (without hitting anyone) at the end of the match time to alert competitors of the end of match time.



- d. If the mat referee is stopping the match, he/she is obliged to say “Parou” (stop/wait) and tap three times with both hands on the backs of both contestants.



- 7.4 Contrary to the coaching rules of the SJJIF, the Adapted Jiu-Jitsu Coach can be next to the competition area during the entire contest, and may give verbal instructions to their competitor only.
- 7.5 Match time will be three (3) minutes for all children division with a one (1) minute overtime if needed and six (6) minutes for all other age divisions 16 years and above with a one (1) minute overtime if needed.

#### **Article 8 Guidelines for Competition Area**

- 8.1 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 9 General Remarks**

- 9.1 The SJJIF Competition Rules & Regulations are applied generally.
- 9.2 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.
- 9.3 The Referee Director may intervene a match if there is a mistake that needs to be rectified or when considered 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](http://www.sjjif.org).**