



PARAJIU-JITSU



SJJIF Adapted Jiu-Jitsu

Additional Rules & Regulations



ADAPTED JIU-JITSU





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 a 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 ParaJiu-Jitsu

- 4.1 Competition time guidelines for ParaJiu-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.
- 5.2 All athletes being classified as blind (B1) will have a red circle of 2-3 inches in diameter on the upper part of both sleeves. The center of the circle should be positioned at about 5-6 inches from the shoulder. The officials will apply the rules specific to B1 athletes.
- 5.3 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.

- 5.4 If athletes are blind and deaf, then they will have a yellow and red circle on both arms in order for the officials to apply the rules according to these special circumstances.



B1 (Blind Athlete)



Deaf Athlete



B1 & Deaf Athlete

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 ParaJiu-Jitsu

- 7.1 All athletes entering a ParaJiu-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 ParaJiu-Jitsu Sport Disability Classifications

- 8.1 The Para Jiu-Jitsu competition will include impaired muscle power, limb deficiency, leg length difference, vision impairment, and more.
https://en.wikipedia.org/wiki/Disability_sport_classification
- 8.2 The ParaJiu-Jitsu offers sport opportunities for athletes that have an impairment that belongs to one of the following nine (9) eligible impairment types identified below:
- a. **Impaired muscle power:** Impairments in this category have in common that there is reduced force generated by the contraction of a muscle or muscle groups, such as muscles of one limb, one side of the body or the lower half of the body. Examples of conditions included in this category are paraplegia and quadriplegia, muscular dystrophy, post poliomyelitis and spinal bifida.
 - b. **Impaired passive range of movement:** The range of movement in one or more joint is reduced in a systematical way. For example, due to arthrogryposis. However, hypermobility of joints, joint instability, and acute conditions causing reduced range of movement, such as arthritis, are not considered eligible impairments.
 - c. **Limb deficiency:** There is a total or partial absence of bones or joints as a consequence of trauma (e.g. traumatic amputation), illness (e.g. bone cancer) or congenital limb deficiency (e.g. dysmelia).
 - d. **Leg length difference:** Due to congenital deficiency or trauma, bone shortening occurs in one leg.
 - e. **Short stature:** The standing height is reduced due to aberrant dimensions of bones of upper and lower limbs or trunk, for example due to Achondroplasia or growth hormone dysfunction.
 - f. **Hypertonia:** Hypertonia is a condition marked by an abnormal increase in muscle tension and a reduced ability of a muscle to stretch. Hypertonia may result from injury, illness, or conditions that involve damage to the central nervous system. When the condition occurs in children under the age of two (2), the term cerebral palsy is often used, but it also can be due to brain injury (e.g. stroke, trauma) or multiple sclerosis.
 - g. **Ataxia:** Ataxia is a neurological sign and symptom that consists of a lack of co-ordination of muscle movements. When the condition occurs in children under the age of two (2), the term cerebral palsy is often used, but it also can be due to brain injury (e.g. stroke, trauma) or multiple sclerosis.

- h. **Athetosis:** Athetosis can vary from mild to severe motor dysfunction. It is generally characterized by unbalanced, involuntary movements, and a difficulty in maintaining a symmetrical posture. When the condition occurs in children under the age of two (2), the term cerebral palsy is often used, but it also can be due to brain injury (e.g. stroke, trauma).
- i. **Vision impairment:** Vision is impacted by either an impairment of the eye structure, optical nerves or optical pathways, or the visual cortex of the central brain.
- j. **Intellectual impairment:** *See SJJIF Adapted Jiu-Jitsu Additional Rules & Regulations, Section III Special Jiu-Jitsu.*

Impairment Type	Examples of health conditions likely to cause such impairments	Impairment as described in the ICF*
Impaired muscle power	Spinal cord injury, muscular dystrophy, brachial plexus injury, Erb's palsy, polio, spina bifida, Guillain-Barré syndrome	Muscle power
Impaired passive range of movement (PROM)	Arthrogryposis, ankylosis, post burns joint contractures	Impaired joint mobility <i>Exclusions:</i> Hypermobility of joints.
Limb deficiency	Amputation resulting from trauma or congenital limb deficiency (dysmelia).	Total or absence of bones or joints of the shoulder, upper pelvic, lower extremities. partial of the region, extremities, region or absence of the structure respectively.
Leg length difference	Congenital or traumatic causes of bone shortening in one leg	Aberrant dimensions of bones of right lower limb OR left lower limb but not both. <i>Inclusions:</i> shortening of bones of one lower limb <i>Exclusions:</i> shortening of bones of both lower limbs; any increase in dimensions
Short stature	Achondroplasia, growth dysfunction	Aberrant dimensions of bones of upper and lower limbs or trunk which will reduce standing height
Hypertonia	Cerebral palsy, stroke, acquired brain Injury, multiple sclerosis	High muscle tone <i>Inclusions:</i> Hypertonia / High muscle tone <i>Exclusions:</i> Low muscle tone
Ataxia	Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar	Control of voluntary movement <i>Inclusions:</i> Ataxia only <i>Exclusions:</i> Problems of control of voluntary movement that do not fit description of Ataxia
Athetosis	Cerebral palsy, stroke, traumatic brain injury	Involuntary contractions of muscles <i>Inclusions:</i> Athetosis, chorea <i>Exclusions:</i> Sleep related movement disorders
Vision impairment	Myopia, tunnel vision, scotoma, retinitis pigmentosa, glaucoma, congenital cataract, macular degeneration	Seeing functions, structure of eyeball
Intellectual impairment	Intellectual retardation, learning deficiency	Intellectual functions <i>Exclusions:</i> dementia, non-development-related impairments occurring after the age of 18 years old

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.
- It is helpful for the escort/coach to alert the referee to the athlete's status: red circle (indicating B-1 status) and/or a yellow circle (indicating deaf status).
 - 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.
 - 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.
- 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.
 - 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.



- 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.
- Competitor 1 (green and yellow) shall be positioned to the Referee's right, and Competitor 2 (blue and white) shall be positioned to the Referee's left.
- 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 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 accordingly.

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 ensue 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 Adapted Rules of Competition for Blind (Single Handicap) Competitors

- 10.1 The referee will position him/her self in the best position on the mat area to communicate with the competitors as much as possible.
- a. Referees shall secure and assist the blind competitors, if necessary, during the match.
 - b. If the referee announces time, he/she should be careful to not lose sight of the competitors, and stay close, without obstructing them.
 - c. The referee should then accompany or guide competitors to their starting positions, if necessary, as some can return to their start positions by themselves.
- 10.2 The blind and/or visually challenged competitor will have the right to choose to start the match with a grip or at a touch.
- a. With Grip: The two competitors face each other and with one hand hold their opponent's Gi sleeve (between the elbow and the tip of the shoulder) and with the other hand they hold the opposite lapel (between the clavicle and the tip of the sternum). The elbows must be relaxed, and the posture erect.



Correct Starting Position (Grip)



Correct Starting Position (Feet)

- b. At a touch: The two competitors face each other with one hand on top of the other. Left hand on top and right hand on the bottom. The elbows must be relaxed, and the posture erect.



- 10.3 The referee shall make sure that at the beginning of the match or after any pauses that the initial grip is resumed.
- 10.4 Once the grip is established, If any competitor releases or changes this grip before the referee initial authorization, the referee can penalize the competitor. When the grips and feet position are set correctly, the referee shall immediately announce “combati” (start),

at which point the two competitors are allowed to move, but only after the “combati” (start) is announced.

- a. If there is a problem with grip, the referee shall instruct first the competitor 1 (green/yellow) to obtain their grip, then instruct the competitor 2 (blue/white) to obtain their grip.
 - b. The referee is obliged to say "Combati" (begin) in the loudest possible so the competitors can hear to indicate that the match has started.
- 10.5 If the referee pauses/stops the match, he/she is obliged to say “Parou” (stop/wait) in the loudest possible so the competitors can hear to indicate that the match is stopped.
- a. As the competitors approach the safety area, the referee will move toward the center of the match area, and will announce “meio” repeatedly (mat center), repetitively, so that the competitors modify the direction of their movement towards the referee’s voice.
 - b. If, despite the announcements of “meio” by the referee and ample time to change direction, a competitor intentionally exits the competition area, a negative point can be given to the competitor who deliberately exited the match area.

Article 11 Adapted Rules of Competition for Blind-Deaf Competitors

- 11.1 If one athlete is blind-deaf, the referee will stay close to him/her and announce “Combati” while giving one tap on the shoulder blade of the blind-deaf athlete.



- 11.2 If both athletes are blind-deaf, the referee is obliged to say "Combati (begin) and tap once with his/her hand on the back of both competitors to indicate that the match has started.



- 11.3 If a blind-deaf athlete is stalling, the referee will approach the sanctioned athlete and direct him/her to make the stalling sign (hold his own forearms).



- 11.4 To indicate to a blind-deaf competitor that he/she is going outside of the mat area, the referee will give the standard sign for time and the back of the hand with one finger draw a vertical line upwards.



- 11.5 One (1) minute before the end of a match there should be a short time signal to alert blind athletes over the remaining match time of one (1) minute.
- At a suitable moment the referee will call “time” to alert the blind-deaf competitor by drawing a watch on the left arm where you normally wear a watch.



- The referee may not interfere in the course of the match to indicate the one (1) minute mark as this is only an additional way to alert and motivate athletes.

- 11.6 If the referee is stopping the match, he/she is obliged to say “time” and tap 2 times with both hands on the backs of both competitors to indicate that the match has been stopped/paused.



- 11.7 If the referee is ending the match, he/she is obliged to say “Parou” (stop) and tap three (3) times with both hands on the backs of both competitors to indicate that the match has ended.



- 11.8 Overtime, in the case of a tie at the end of the match time, the competitors will go to sudden death, as per the SJJIF Competition Rules and Regulations regarding overtime. The referee will indicate sudden death to the blind-deaf athlete by drawing a watch on the left arm, inside of the wrist.



- 11.9 The referee will assist the athlete, after awarding the match winner, by assisting athletes in shaking hands. Afterwards, the referee will guide both athletes to the edge of the competition area.



Article 12 Gins & Commands for Blind and Deaf (Double Handicap) Athletes

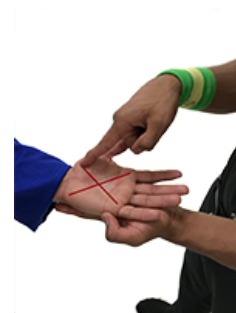
- 12.1 To indicate a non-combative or stalling penalty, the referee shall make the conventional sign and announced the fault with the belt color (green/yellow) or (blue/white) accordingly.



One finger (in the case of first penalty negative point).



Two fingers (in the case of second penalty negative point).



In the case of a third penalty the athlete will be disqualified.

- 12.2 If the referee invalidates a score or penalty, the referee should also announce the belt color (green/yellow) or (blue/white) according to the athlete who has lost the advantage.
- 12.3 For better efficiency and to have a good grip, it's necessary for the Gi jacket to be well fixed under the belt, with the belt tightly secured. In order to indicate to the athletes that they must adjust their Gi, the referee shall approach and face the competitor, take his/her forearms and cross them in the conventional way.
- 12.4 One (1) minute before the end of the match, the time keeper must sound a short time signal to alert competitors to the remaining match time.
- 12.5 When declaring the winner of a match, in addition to the usual signal, the referee will also announce the belt color (green/yellow) or (blue/white) according to the winner's color.

Article 13 Guidelines for Competition Area

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

Article 14 General Remarks

- 14.1 The SJJIF Competition Rules & Regulations are applied generally.
- 14.2 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.
- 14.3 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.