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**SJJIF**



SPORT JIU-JITSU INTERNATIONAL FEDERATION

**JIU-JITSU**

**PRO OR INVITATIONAL**

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 Jiu-Jitsu Pro Events

- 1.1 Jiu-Jitsu Pro events are defined as special events in which rules and regulations have been developed to provide competitors with competitive events, professional in nature, and defined by super fights matches and/or prized competitions.
- 1.2 Events using the Jiu-Jitsu Pro format for brown and black belts will be called Jiu-Jitsu Pro.
- 1.3 Events using the Jiu-Jitsu Pro format for purple belts and below or kid divisions will be called Jiu-Jitsu Invitational.
- 1.4 Jiu-Jitsu Invitational events for kids cannot have more than 2 weight or belt rank division differences in combined divisions, challenges, or super fights to ensure safety and fair play of event.
- 1.4 Jiu-Jitsu Pro or Invitational events may be a prized competition that awards cash or prizes such as GIs, belts, etc.
- 1.5 Jiu-Jitsu Pro events will adhere to the overall Sport Jiu-Jitsu International Federation Rules and Regulations, with exception to the articles pertaining to the following:
  - A. Legal and illegal techniques & submissions
  - B. Weight Divisions
  - C. Match Times
- 1.6 Jiu-Jitsu Pro event Additional Rules & Regulations, as defined in Article 2, Article 3, and Article 4 of this document will be applied to SJJIF Jiu-Jitsu Pro and Invitational events for both Gi and No Gi competition.

## Article 2 Legal and Illegal Techniques & Submissions

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

(Techniques marked <b>X</b> 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	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Pile-driving / Spiking / Suplex takedown technique, throwing the opponent's head or neck to the ground.	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Biting, Grabbing hair, body hair, nose, and ears	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Attacking or pushing the groin area and eyes	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Kind of intentional striking (punch, elbow, knee, head butt, kick, etc.)	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Slamming from the Guard	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Slamming to Escape a Submission	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Bending fingers or toes backwards	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>
Bent Knee Lock	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Lateral Leg Lock	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Reaping the Knee	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Straight foot lock, turning inward forcing the knee	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Outward toe hold, applying outward pressure to the knee	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Heel Hook	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Bicep Lock or slicer	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	
Calf Lock or slicer	<b>X</b>	<b>X</b>	<b>X</b>	<b>X</b>	

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 3 Weight Divisions

- 3.1 Weight divisions can vary based on event style, such as a super fight event format, traditional SJJIF weight division format, or the below weight division format.
- 3.2 Adult, and Masters weights divisions for Men and Women in GI and No GI competitions are as follows:

#### Format A

	Male GI	Male No GI	Female GI	Female No GI
Feather (Pena)	-141 lbs (-64kg)	-137 lbs (-62.1kg)	-120 lbs (-54.4kg)	-116 lbs (-52.6kg)
Light (Leve)	-167.5 lbs (-76kg)	-163.5 lbs (-74.2kg)	-150 lbs (-68kg)	-146 lbs (-66.2kg)
Middle (Medio)	-194.5 (-88.2kg)	-190.5 (-86.2kg)	-165 lbs (-74.8kg)	-161 lbs (-73kg)
Heavy (Pesado)	194.6+ lbs (88.2+ kg)	190.6+ lbs (86.2+ kg)	165.1+ lbs (74.8+kg)	161.1+ lbs (73+kg)

#### Format B

	Male GI	Male No GI	Female GI	Female No GI
Light (leve)	-170 lbs (-77.1kg)	-166.5 lbs (-75.5kg)	-145 lbs (-65.7kg)	-140lbs (-63.5kg)
Heavy (Pesado)	170.1+lbs (77.1+kg)	166.6+ lbs (75.5+kg)	145.1+ lbs (65.8+kg)	140.1+ lbs (63.5+kg)

### Article 4 Match Times

#### 4.1 Match Times

Match time	3 min	4 min	4 min	5 min	6 min
Age Group	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



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**RULEBOOK**

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