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AJPP

RULE BOOK

ABU DHABI JIU JITSU PRO

A&P

RULE BOOK

ARTICLE 1: REFEREEING

1.1 AUTHORITY OF THE REFEREE

1.1.1 The referee is the highest authority in a match.

1.1.2 The referee's ruling on the result of each match is incontestable.

1.1.3 The ruling on the result of a match may only be changed under the following circumstances:

- If the score on the board has been misread;
- If the athlete declared the winner submitted their opponent using an illegal hold previously unnoticed by the referee.
- If the athlete has been disqualified erroneously for using a legitimate hold. In this case, if the match was interrupted and the athlete disqualified prior to the athlete under attack tapping out, the match shall be restarted at the center of the match area and the attacking athlete shall be awarded 2 points. In the event that the athlete under attack should tap out prior to the interruption and disqualification, the athlete performing the hold shall be declared the winner.

Note: Subjective referee coordinator interpretations of points, advantages or penalties are final and not subject to change.

1.1.4 To overturn the outcome of a match, the following conditions should be observed:

- The referee can consult the event's referee coordinator, but the final decision as to whether to overturn or not overturn a result is the referee's to make.
- The referee coordinator should consult the event's center table regarding how the bracket has progressed and may only authorize the overturning of a result if the bracket has not progressed to the next stage.

1.2 REFEREEING FORMAT

1.2.1 The organizers of the tournament may opt to appoint three referees for a single match whenever they deem it necessary.

- In this case, two corner referees shall be seated in chairs placed at opposing corners of the match area.
- The corner referees bear the same powers as the central referee, and all points, advantages or penalties awarded must be confirmed by at least two of the three referees.
- Should there be a consensus between the corner referees and the central referee, the corner referees shall remain seated in the chairs at the corners of the match area.
- Should there be a difference of opinion with the central referee, the corner referees should stand up and signal for points, advantages or penalties to be awarded or subtracted, using the gestures defined in this rule book.
- Should there be a discrepancy between all three referees on points to be awarded for the same move, the intermediary decision shall count.
E.g. When one referee awards a guard pass, the second awards an advantage and the third asks that points be subtracted, the advantage shall be recorded on the scoreboard.
- If the referee decides to disqualify an athlete due to the athlete's accumulation of four penalties (serious fouls or lack of combativeness), the referee will make the serious penalty gesture before stopping the match. If at least one of the side referees repeats the gesture, the referee's decision is confirmed and they are authorized to stop the match.

- If the referee decides to disqualify an athlete due to the athlete committing a severe foul, they will make the gesture before stopping the match. If at least one of the side referees repeats the gesture, the referee's decision is confirmed and they are authorized to stop the match.

- When a match ends with a draw in points, advantages and penalties, the central referee will place the two athletes in their starting position (one to their left and one to their right). The referee will take two steps back and make a gesture for the side referees to stand up. After the side referees are standing, the central referee will take a step forward with their right leg. After they do so, all three referees raise either their right or left arm in the air. This will signify the athlete each referee believes to be the winner. The central referee will then declare the winner chosen by a majority of the referees.

1.2.2 Whenever possible, the AJP will use an additional referee with access to video replay for the correction of awarded points, advantages or penalties on the scoreboard.

- After the referee with access to the video replay has reached a decision on how to correctly adjust the current score, they will communicate the decision via the radio system.

- The central referee cannot contest the decision reached by the referee with access to the video replay.

1.3 REFEREE DUTIES

1.3.1 It is a referee's duty to summon the athletes into the match area to initiate the match.

1.3.2 It is a referee's duty to do a final check to be sure requirements – such as attire, hygiene, etc. – are being met. Should an athlete not meet any of the requirements, it is the referee's duty to determine whether the requirement can be met within a determined amount of time.

1.3.3 It is a referee's duty to position the athletes in the match area prior to the match.

- Points awarded to the athlete on the referee's right shall be signaled using the referee's right arm, which is distinguished from the left arm by a red armband, indicating the points should be marked on the red section of the scoreboard.

- Points awarded the athlete on the referee's left shall be signaled using the referee's left arm, which does not bear an armband, and the points will be marked on the blue section of the scoreboard.

1.3.4 It is a referee's duty to call a start to the match.

1.3.5 It is a referee's duty to intervene in a match when they deem it necessary.

Note: When the referee stops the match for any reason, the athletes must maintain their current position to the best of their ability.

1.3.6 It is a referee's duty to make sure the athletes fulfill their obligation to compete within the combat area.

- When 2/3 of at least one of the athletes' bodies is outside the combat area in a stabilized position on the ground, the referee should stop the match and, noting the position of each athlete, restart the match at the center of the match area with the athletes in positions identical to those they were in at the moment of stoppage.

- While standing, when one of the athletes steps into the safety area (unless a takedown attempt has already been initiated), or when 2/3 of the athletes' bodies are outside the combat area during not-yet-stabilized ground fighting, the referee shall interrupt the match and stand both athletes up in the center of the combat area.

- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match.

- When an athlete has a submission hold in place and the opponent defends by moving to outside the outlying safety area, the referee should stop the match and restart the match at the center of the match area with the athletes standing. In this case, when the referee deems it clearly apparent the athlete under attack initiated the movement that led to exiting the match area, they shall signal for 2 points to be added to the score of the athlete performing the submission hold, as described in item 3.1.1.

- When one athlete takes their opponent to the outlying safety area while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the match. If this happens, the referee will give the points and then restart the match in the center of the combat area.

- Points or advantages will be assessed for counting up until the safety area and any movements performed outside the safety area will not be eligible for counting.

- When the match exits the combat area due to the movement of an athlete attacking a submission hold, the referee will not mark 2 points after stopping the match. Instead, the referee may give an advantage depending on the proximity of the submission, while respecting the rules of advantages (Article 5th).

1.3.7 It is a duty of referees overseeing under-12-years-old-division matches to protect the athlete's spinal column by positioning themselves behind the child when lifted off the ground by the opponent, as in the case of a triangle or closed guard.

1.3.8 It is a referee's duty to signal every penalty, advantage or point scored by each athlete.

1.3.9 It is a referee's duty to punish and disqualify athletes.

- When the situation envisaged in item 6.2.2 (V – When an athlete performs an unintentional movement that puts their opponent in a penalizable position) arises and neither athlete has a submission in hold, the referee should stop the match and replace the athletes in regular position. The referee will then restart the match, punishing the athlete responsible.

- When there is a situation with a single-leg with the head on the outside, arising either by a takedown attempt or any other movement coming from the ground with the athletes on their knees, the referee shall act in the following way:

- For youth and younger divisions and white belts, the referee will stop the match and restart the match with both athletes standing. No penalties will be given to either athlete.

- For the other divisions the referee shall not interfere with the match.

1.3.10 It is a referee's duty to summon medical staff to the match area.

1.3.11 It is a referee's duty to call an end to the match upon reaching regulation time.

1.3.12 It is a referee's duty to announce the result of the match.

1.3.13 It is a referee's duty to raise the arm of the winner of the match and only that of the winner.

1.4 REFEREE GESTURES AND VERBAL COMMANDS

1.4.1 Referees shall use an array of gestures and verbal commands to communicate with the athletes and table officials during the match. Hereunder the gestures and verbal commands are listed according to match circumstances:

MATCH CIRCUMSTANCES:

Summon athletes to the match area.

GESTURE:

Arms raised to shoulder height and bent at ~90 degree angle with palms of hands facing inwards, motioning by extending arms and returning to initial position.

VERBAL COMMAND:

—



MATCH CIRCUMSTANCES:

Start of match.

GESTURE:

Arm extended forward and then lowered to point vertically toward the ground.

VERBAL COMMAND:

Fight! (fahyt)



MATCH CIRCUMSTANCES:

Interruption of the match and conclusion of the match

GESTURE:

Arms open and raised at shoulder height.

VERBAL COMMAND:

Stop! (stop)



MATCH CIRCUMSTANCES:

Penalty for lack of combativeness (stalling) or serious foul.

GESTURE:

Arm corresponding to the penalized athlete points to the center of the chest followed by raising a clenched fist to shoulder height.

VERBAL COMMAND:

Action! (Ak-shun) – for a lack of combativeness situation or Fault! (Fawlt) - for a serious foul situation.



MATCH CIRCUMSTANCES:

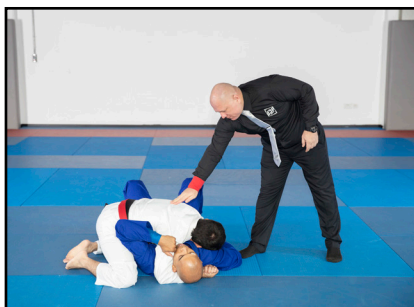
Penalty for lack of combativeness or serious foul when it is not possible for the referee to clearly point at the athlete to be punished.

GESTURE:

The referee should lightly touch the back of the athlete to be punished followed by raising a clenched fist to shoulder height.

VERBAL COMMAND:

Action! (Ak-shun) - for a lack of combativeness situation or Fault! (Fawlt) - for a serious foul situation.



MATCH CIRCUMSTANCES:

Disqualification.

GESTURE:

Arms over head with forearms crossed and fists clenched, followed by arm corresponding with disqualified athlete pointing to athlete's belt.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Advantage.

GESTURE:

Arm corresponding with athlete to be awarded advantage extending parallel to mat with hand open and palm facing downwards.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

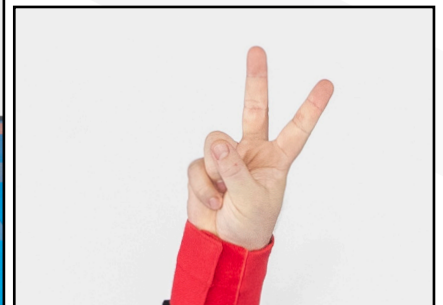
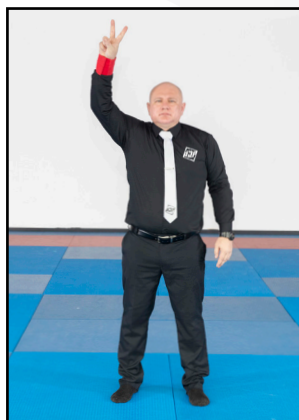
2 points: takedown, sweep and knee on belly.

GESTURE:

Hand of arm corresponding with athlete to be awarded points raised and index and middle fingers extended.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

3 points: guard pass.

GESTURE:

Hand of arm corresponding with athlete to be awarded points raised and index, middle and ring fingers extended.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

4 points: mount, back mount and back control.

GESTURE:

Hand of arm corresponding with athlete to be awarded points raised and index, middle, ring and little fingers extended.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Point deduction.

GESTURE:

Arm corresponding with athlete to have points deducted raised at shoulder height with palm and open and moved in a side to side motion.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Announcement of match result.

GESTURE:

Arm of winning athlete raised while facing judges table and the arm of losing athlete held downwards.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Direct athlete to re-adjust gi.

GESTURE:

Arms crossed downwards at waist height, extending arm to indicate athlete's belt.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

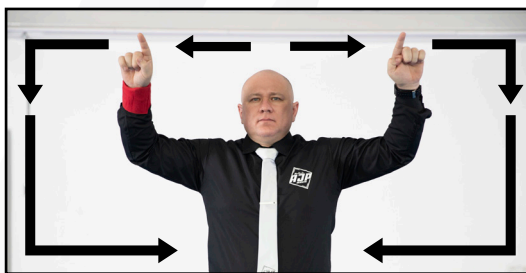
Request central table to review VAR (Video Assistant Referee).

GESTURE:

Arms drawing a rectangle in the air, index fingers extended.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Instruct athlete to remain within match area.

GESTURE:

After pointing to the athlete with arm extended towards their waist, hand at shoulder height with fist closed and index finger extended making a circular motion.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Instruct athlete to stand up.

GESTURE:

Indicate with extended arm the athlete who must stand up, followed by raising arm to shoulder height.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Instruct athlete to return to ground in position appointed by referee.

GESTURE:

Arm corresponding with athlete extended to shoulder height, followed by arm pointing diagonally across body toward ground.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

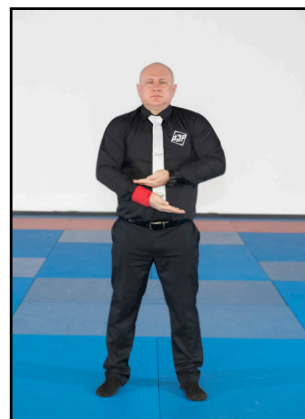
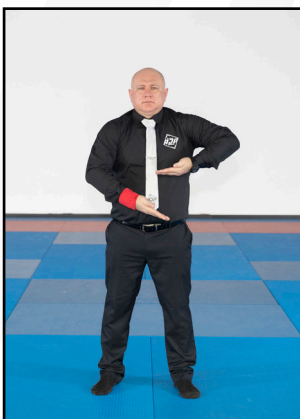
When an athlete grips the opponent's sleeves or pants with one or more fingers inside the opening.

GESTURE:

One hand placed on top of the opposite side, holding the wrist band.

VERBAL COMMAND:

-

**MATCH CIRCUMSTANCES:**

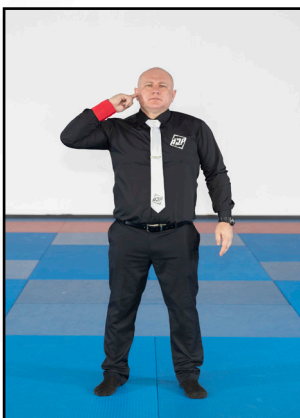
When a change in point, advantage or penalty-count has been communicated to the central referee by the referee(s) with access to video replay.

GESTURE:

Touch the ear with the fingertips twice, pausing between touches.

VERBAL COMMAND:

-

**MATCH CIRCUMSTANCES:**

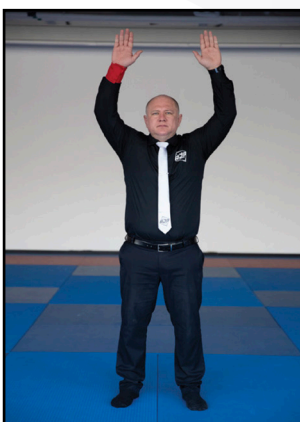
Medical call

GESTURE:

Both arms raised above the head

VERBAL COMMAND:

-

**MATCH CIRCUMSTANCES:**

Double guard pull

GESTURE:

Raising the arm wearing the watch to chest height and looking at the watch face.

VERBAL COMMAND:

-



MATCH CIRCUMSTANCES:

Submission

GESTURE:

Arm corresponding to the athlete who performed the submission raised vertically with palm open.

VERBAL COMMAND:

-



ARTICLE 2: RENDERING DECISIONS

Match decisions shall be issued in the following forms:

- » Submission
- » Stoppage
- » Disqualification
- » Loss of consciousness
- » Score
- » Referee decision
- » Random pick

2.1 SUBMISSION

- 2.1.1 When the athlete taps at least twice with their hand on the opponent, ground, or themselves in a clear and apparent manner.
- 2.1.2 When the athlete taps the ground at least twice with their foot in a clear and apparent manner.
- 2.1.3 When the athlete verbally withdraws, requesting the match be stopped.
- 2.1.4 When the athlete screams or emits a noise expressing pain while trapped in a submission hold.

2.2 STOPPAGE

- 2.2.1 When one of the athletes alleges to be suffering from muscle cramps, the opponent shall be declared winner of the match.
- 2.2.2 When the referee perceives that a hold in place may expose the athlete to serious physical injury.
- 2.2.3 When the doctor deems one of the athletes to be unable to continue a match due to injury rendered by the opponent using a legal hold.
- 2.2.4 When an athlete presents bleeding that cannot be contained after being treated by the doctor on two occasions. The athlete has the right to treatment for each injury and this should be provided upon the referee's request.
- 2.2.5 When an athlete vomits or loses control of basic bodily functions, with involuntary urination or bowel incontinence.

2.3 DISQUALIFICATION

- 2.3.1 When one or both athletes commit a foul addressed in Article 6, the referee shall apply the penalties addressed in Article 7.

2.4 LOSS OF CONSCIOUSNESS

- 2.4.1 The athlete shall be declared to have lost the match upon losing consciousness due to a legal hold applied by the opponent or due to an accident not stemming from an illegal maneuver by the opponent.

Note: Athletes who lose consciousness because of head trauma should not be allowed to compete again in the same tournament and should be directed to undergo treatment from medical staff.

2.5 SCORING

- 2.5.1 The athlete with the most points shall be declared the winner when the match has reached regulation time or in the event of the match being stopped due to both athletes suffering injuries.

2.5.1 The referee shall award athletes points according to positions achieved, as shown in the table below.

4 POINTS	3 POINTS	2 POINTS	1 POINT
Mount Back mount Back control	Guard pass	Takedown Sweep Knee on Belly	Advantage Penalty

2.6 REFEREE DECISION

- 2.6.1 In case of a tie during the normal time (as per each age division), the athlete who scored last will be declared the winner.
- 2.6.2 In matches that end in a 0-0 tie or matches in which athletes only scored points simultaneously, there will be an extra minute of time with the golden score rule in effect (whichever athlete scores first wins the match). For this extra period, the match will be restarted with both athletes in the standing position.
- 2.6.3 If there is still a tie after the extra minute with golden score, the winner will be decided by referee decision.
- 2.6.4 To determine the winner, the referee should take note of which athlete displayed greater offense during the match and came closest to achieving possible point- or submission-scoring positions.

2.7 RANDOM PICK

- 2.7.1 In the event of both athletes suffering accidental injury in a final match where the score is tied at the moment of the accident and neither athlete is able to continue in the contest, the result shall be determined by random pick.

ARTICLE 3: POINT SCORING

3.1 Points shall be awarded by the central referee of a match whenever an athlete stabilizes a position for 3 seconds.

3.1.1 When the proper defensive counter for a submission hold results in exiting the match area, the referee shall signal 2 points be awarded to the athlete applying the submission hold (as addressed in item 1.3.7).

3.2 Matches should unfold as a progression of positions of technical control that ultimately result in a submission hold. Therefore athletes who voluntarily relinquish a position, in order to again score points using the same position for which points have already been awarded, shall not be awarded points upon achieving the position again.

3.3 Athletes who arrive at a point-scoring position while caught in a submission hold shall only be awarded points once they have freed themselves from the attack and stabilized the position for 3 seconds.

3.3.1 Should an athlete achieve point-scoring positions while caught in a submission hold but only escape the hold once no longer in the point-scoring positions, they will not be awarded points or advantages for those positions.

3.3.2 The 3 second stabilization count for one or several point-scoring positions will be interrupted when the opponent locks in a submission hold during the count.

3.3.3 An athlete who reaches one or more point-scoring positions but is being attacked with a submission hold by their opponent shall be awarded 1 advantage if they do not escape the attack prior to the end of the match.

3.4 Athletes shall be awarded cumulative points when they progress through a number of point-scoring positions, as long as the 3 second positional control from the final point-scoring position is a continuation of the positional control from the point-scoring positions from earlier in the sequence. In this case the referee shall count only 3 seconds of control at the end of the sequence before signaling the points be awarded.

E.g. Guard pass followed by mount shall add up to 7 points (3+4).

3.5 When both athletes pull guard at the same time, the athlete who achieves top position first is awarded 1 advantage.

Note: In cases where the athlete achieves top position by moving directly to side mount, they will not receive points nor an advantage for the guard pass.

ARTICLE 4: POINTS SCORING SITUATIONS

4.1 TAKEDOWN (2 POINTS)



- 4.1.1 When one of the athletes, starting the movement with two feet on the ground, causes the opponent to land on their back, sideways or seated, establishing top position for 3 seconds.



- 4.1.2 When an athlete forces their opponent to the ground on all fours or belly-down, points shall only be awarded once the athlete performing the takedown controls the opponent's back without the requirement of placing hooks and keeping at least one of the opponent's knees on the ground for 3 seconds.
- 4.1.3 If an athlete forces their opponent to the ground in the outlying safety area, the athlete performing the takedown should have both feet within the match area when the movement begins. In this case, if the athletes land in a stabilized position, the referee will only stop the match after 3 seconds of stabilization in the position. Then the referee will award the points and restart the match in the center of the match area. The athletes will be placed in the same position they were in when the match was stopped.
- 4.1.4 In a sweep movement, when both athletes remain standing for less than 3 seconds and the defending athlete throws the opponent to the ground on their back, sideways or on their knees and controlling the back, they shall not be awarded the 2 points or advantage for the takedown.
- 4.1.5 While in any position starting from guard, where the athletes remain on their feet for 3 seconds, the combat shall then be considered standing combat.

Note: In order to start the 3 second countdown, one of the athletes must have two feet on the ground and the opponent at least one foot on the ground without the knee of the other leg touching the mat.

- 4.1.6 When the opponent has one or two knees on the ground, the athlete performing the takedown will only be awarded points if they are standing at the moment the takedown is carried out, unless it is a sweep defense situation as described in this article and meets the 3 seconds stabilization count criterion.

Note: No points shall be awarded in situations where the opponent is taken down from their knees, whether initiated in the guard or any other ground-fighting situation.

- 4.1.7 When an athlete forces their opponent to the ground using a single or double-leg takedown and the opponent lands seated and successfully applies a counter-takedown, only the athlete performing the counter-takedown shall be awarded the 2 points when they can stabilize the position for 3 seconds.
- 4.1.8 For any takedown technique where the athlete delivers their opponent back-down or sideways on the ground, lands in guard or half-guard and immediately suffers a successful sweep by the opponent, they shall be awarded an advantage for the takedown and their opponent shall be awarded 2 points for the sweep.
- 4.1.9 An athlete who takes the opponent down while defending a standing back-take where the opponent has both hooks in place or one hook in place and neither foot on the ground, will not be awarded the 2 points or advantage for the takedown.
- 4.1.10 An athlete who initiates a takedown before the opponent initiates a guard pull shall be awarded the 2 points or advantage for the takedown, as described in item 4.1.1
- 4.1.11 An athlete who initiates a takedown after the opponent initiates a guard-pull attempt shall not be awarded the 2 points or advantage for the takedown.
- 4.1.12 When an athlete has a grip on the opponent's pants and the opponent pulls guard, the athlete with the grip on the pants shall be awarded 2 points for the takedown if they stabilize the top position on the ground for 3 seconds.

4.2 GUARD PASS (3 POINTS)

When the athlete in top position manages to pass through or around the legs of the opponent in bottom guard position and maintains side control or north-south position over them for 3 seconds.



SIDE CONTROL



NORTH-SOUTH CONTROL



OPPONENT LYING ON HIS SIDE

Note 1: Guard is defined by the use of one or more legs to block the opponent from reaching side control or north-south position over the athlete on bottom.

Note 2: Half-guard is the guard where the athlete on bottom is lying on their back or side and has one of the top-positioned athlete's legs trapped, blocking them from achieving side or north-south control over the bottom-positioned athlete for 3 seconds.

Note 3: The position of the top athlete's legs determines whether it is half-guard or reverse half-guard, according to the following examples:



Example 1: In half-guard with his right leg trapped, his left leg is positioned alongside the right leg of the opponent playing guard.

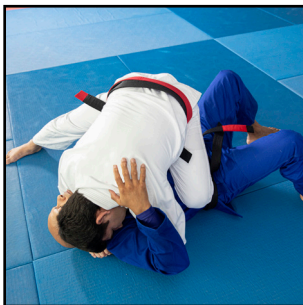


Example 2: In reverse half-guard with his right leg trapped, his left leg is positioned alongside the left leg of the athlete playing guard.

If while attacking from top position, such as with an armbar, the athlete ends up on bottom and does not use their legs to prevent the opponent from reaching side-control, no points or advantages shall be awarded for the guard pass.



4.3 KNEE ON BELLY (2 POINTS)



POINTS AWARDED



ADVANTAGE



NO POINTS AWARDED

•When the athlete on top and free of the opponent's guard places the knee or shin closest to the opponent's hip on the opponent's belly, chest or ribs without the other knee touching the ground. The opponent must be lying on their back or side and the athlete on top must maintain the position, demonstrating control and stability for 3 seconds.



4.4 MOUNT AND BACK MOUNT (4 POINTS)

4.4.1 When the athlete is on top and clear of the guard, sitting on the opponent's torso with both knees or one foot and one knee on the ground. They should be facing the opponent's head with up to one arm trapped under their leg and must maintain the position, demonstrating control and stability for 3 seconds.

- Should the athlete have one of the opponent's arms trapped under their leg, they shall only be awarded points for the mount if the leg over the arm is below the opponent's shoulder line.
- When the athlete lands on top with a triangle fastened around the opponent on bottom, no points shall be awarded for the mount.
- In the case of the mount, when there is a transition from mount to back mount or vice-versa athletes shall be awarded 4 points for the first mount and another 4 points for the subsequent mount, as long as the 3 second stabilization period was achieved in each position.

POINTS AWARDED:



CLASSICAL MOUNT



MOUNT WITHOUT THE FEET TOUCHING THE GROUND



SIDWAYS MOUNT POSITION



MOUNT OVER ONE ARM



BACK MOUNT



TECHNICAL MOUNT



ADVANTAGE MOUNT OVER BOTH ARMS



NO POINTS AWARDED REVERSE MOUNT

4.5 BACK CONTROL (4 POINTS)

•When the athlete controls the opponent's back, placing their heels between the opponent's thighs without crossing their feet. The athlete can have up to one of their opponent's arms trapped underneath their legs, as long as their legs are below the opponent's shoulder line. They must maintain the position, demonstrating control and stability for 3 seconds.

POINTS AWARDED:



TYPICAL BACK CONTROL



BACK CONTROL WITH ONE ARM TRAPPED

ADVANTAGE:



BACK CONTROL WITH LEGS IN FIGURE-FOUR TRIANGLE



BACK CONTROL WITH BOTH ARMS TRAPPED



BACK CONTROL WITH FEET CROSSED

4.6 SWEEP (2 POINTS)

- 4.6.1 When the athlete on the bottom with the opponent in their guard inverts the position, forcing the opponent who was on the top to be on the bottom. They must maintain the position, demonstrating control and stability for 3 seconds.



- 4.6.2 When the athlete on the bottom with the opponent in their guard inverts the position and the athlete who initiated the sweep controls the opponent's back from that top position with or without hooks and keeping at least one of the opponent's knees on the ground for 3 seconds.



- 4.6.3 When the athlete on the bottom with the opponent in their guard gets to their feet, puts the opponent down and maintains top position, demonstrating control and stability for 3 seconds.

* The examples above are merely illustrative and do not represent the full array of situations that may warrant points

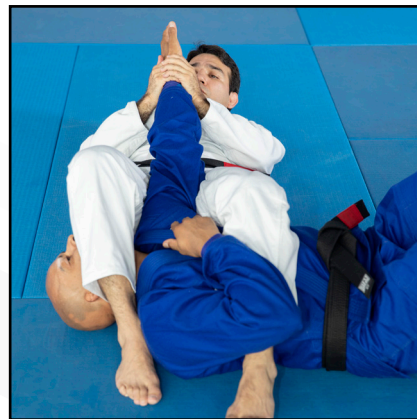
ARTICLE 5: ADVANTAGES

- 5.1 An advantage is scored when an athlete achieves a point-scoring position requiring 3 seconds of control but is unable to maintain control for the entire duration.
- 5.2 An advantage is characterized by near-completion of a point-scoring position. The referee should assess whether the athlete clearly came close to reaching the point-scoring position.
- 5.3 The athlete shall be awarded an advantage when they attempt a submission hold where the opponent is in real danger of submitting. It is the referee's duty to assess how close the submission hold was to completion.

NOT IN REAL DANGER



IN REAL DANGER



- 5.4 An advantage may be awarded by the referee after the match time is over, but before announcing the result of the match.
- 5.5 The referee may only award an advantage when there is no longer a chance of the athlete reaching a point-scoring position.

5.6 Examples of Advantage Situations

5.6.1 Advantage from Takedown

- When an athlete attempts a takedown or series of takedowns and their opponent lands back-down, sideways or in sitting position but the athlete attacking is unable to stabilize the position for 3 seconds. The advantage shall only be awarded when there is no longer a possibility of completing the takedown attempt, in accordance with items 3.4 and 5.5.

5.6.2 Advantage from Guard Pass

- When the athlete passing guard stacks the opponent or allows them to roll back on themselves and controls their back in four-point kneeling position with at least one of the opponent's knees on the ground.
- When starting from a guard position (or from pulling guard from standing), the athlete on top achieves half-guard control over the opponent, but does not solidify the pass in the ensuing sequence.

5.6.3 Advantage from Knee on Belly

- When an athlete places a knee on their opponent's belly but only places the knee and not the foot of their other leg on the ground.

5.6.4 Advantage from Mount

- When the athlete on top, free of their opponent's guard, sits on the opponent's torso and keeps two knees or one foot and one knee on the ground while facing the opponent's head but with both the opponent's arms trapped under their legs.

5.6.5 Advantage from Back Control

- When the athlete controls their opponent's back and places their heels between the opponent's thighs, but the opponent has both arms under their legs.
- When the athlete controls their opponent's back but crosses their legs, fastens a figure-four triangle around the waist or only places one heel between the opponent's thighs.

5.6.6 Advantage from Sweep

- When the athlete reaches top position during a sweep attempt, but is unable to stabilize the position for 3 seconds.

* The examples above are merely illustrative and do not represent the full array of situations that may warrant advantages.

5.7 SPECIFIC CASES WHERE ADVANTAGES ARE NO LONGER AWARDED.

5.7.1 The half-guard position shall not count for an advantage for the athlete on top if they complete the guard pass sequence, according to article 5.5.

5.7.2 The half-guard position shall not count for an advantage for the athlete on top if it did not originate from a guard pass attempt.

5.7.3 Athletes who suffer a takedown from their opponent and manage to roll to top position without utilizing a guard position shall no longer be awarded an advantage by the referee.

5.7.4 An athlete who initiates a sweep movement, but deliberately gives up top position in order to preserve a defensive position, shall not be awarded an advantage for the sweep.

5.7.5 No advantages shall be awarded for sweeps that start and finish in a 50/50 guard situation.

5.7.6 No advantage shall be awarded when an athlete attempting a single-leg takedown traps the opponent's leg and forces them outside the combat area, forcing the referee to interrupt the match.

5.7.7 No advantage shall be awarded when an athlete attempting to complete a takedown or sweep leads the opponent to fall outside the match area without attaining top position on the ground at any point moment during the movement.

ARTICLE 6: FOULS

Fouls are disciplinary or technical infractions addressed in the rules that are committed by athletes before, during or after a match.

6.1 DISCIPLINARY PENALTIES

- 6.1.1 When an athlete directs profane language or obscene gestures at their opponent, the center table, table officials, referee or public, prior to, during or after a match.
- 6.1.2 When an athlete exhibits hostile behavior towards an opponent, referee or any other member of the organizing committee or public, prior to, during or after a match.
- 6.1.3 When an athlete bites, pulls hair, strikes or applies pressure to the genitals or eyes, or intentionally uses a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc).
- 6.1.4 When an athlete exhibits offensive or disrespectful behavior towards an opponent or the public through words or gestures during a match or in celebrating victory.
- 6.1.5 When one or both of the athletes disregard the seriousness of the competition or perform actions simulating a fake combat.
- 6.1.6 When an athlete exhibits attitudes considered incompatible with the competition environment or commits any other misconduct, even if it is carried out prior to or following the match.

6.2 TECHNICAL PENALTIES

Technical penalties are divided into:

- » **Lack of Combativeness**
- » **Serious Penalties**
- » **Severe Penalties**

6.2.1 Lack of Combativeness

Classified similarly to serious penalties, lack of combativeness entails:

- A- Lack of combativeness (stalling) is defined by one athlete clearly not pursuing positional progression in a match and also when an athlete impedes their opponent from carrying out said progression.
- B- When neither athlete demonstrates combativeness simultaneously during a combat situation.
- C- When both athletes pull guard at the same time, the referee will start a 20 second countdown. At the end of this 20 second countdown, as long as neither of the athletes have a submission hold in place or are close to completing a point scoring movement, the referee will stop the match and give a penalty to both athletes. This applies even if both athletes are moving. After giving both penalties, the referee will restart the match in standing position.
- D- Lack of combativeness is not declared when an athlete is defending themselves from an opponent's attacks from side control, mount, back mount or back control positions.
- E- An athlete will not be penalized for lack of combativeness when in mount, back mount or back control positions, as long as the characteristics of the technical position are respected.

Examples of situations constituting lack of combativeness:

- When an athlete, upon achieving side control position on an opponent, does not seek further positional progression.
- When an athlete in an opponent's guard does not seek to pass guard and at the same time prevents the opponent from seeking positional progression from guard.
- When an athlete playing guard wraps their arms around the opponent's back or performs any other controlling movement preventing the opponent from moving while also not intending to achieve a submission or positional progression themselves.

When a standing athlete grabs and maintains their hand on the opponent's belt, preventing the opponent from completing a takedown movement and not attempting an attack of any kind themselves.

***The examples above are merely illustrative and do not represent the full array of situations that may be deemed lack of combativeness.**

6.2.2 Serious Fouls

- A- When a standing athlete kneels, sits (remaining in the position) or pulls guard without a grip.
- B- When a standing athlete flees the bounds of the match area, avoiding combat with the opponent.
- C- When a standing athlete pushes their opponent outside the match area without clear intent of attempting a submission or scoring.
- D- When an athlete on the ground avoids combat by sliding themselves outside the match area.
- E- When an athlete on the ground stands to escape combat and does not return to combat on the ground.
- F- When an athlete breaks the grip of the opponent pulling guard and does not return to combat on the ground.
- G- When an athlete intentionally removes their own Gi or belt, causing the match to be stopped.
- H- When an athlete grabs the opening of the opponent's sleeve or any part of the pants with the fingers placed inside the garment, even if performing a sweep or any other maneuver.
- I- When an athlete grabs the inside of the opponent's Gi top or pants, when they step inside the Gi jacket and when an athlete passes a hand through the inside of the opponent's Gi to grip the external part of the gi.
- J- When an athlete communicates with someone, orally or through gestures, in a manner that contradicts a decision made by the referee. This also applies if the athlete makes the gesture to request a video replay. The request for a video replay must be made by the athlete's coach, not the athlete themselves.
- K- When an athlete disobeys a command from the referee.
- L- When an athlete exits the mat area after a match but before the referee has announced the result.
- M- When an athlete deliberately runs away from the match area to avoid an inferior position or consolidation of the opponent's score.
*** In this case and only this case, the referee must mark the athlete who fled the match area with a penalty and award their opponent with 2 points on the scoreboard. The marked penalty must follow the sequence of penalties.**
- N- For No-Gi Jiu-Jitsu, when an athlete grabs hold of their uniform or that of their opponent in any way.
- O- When an athlete places a hand or foot on their opponent's face.
- P- When an athlete intentionally places their foot in their opponent's belt.

- Q- When an athlete intentionally places their foot on the lapel of their opponent's Gi without also gripping that same lapel with their hand.
- R- When an athlete places a foot in the lapel behind the opponent's neck, with or without gripping it.
- S- When an athlete uses their own belt or the opponent's belt to assist in a choke or any other circumstance in a match while the belt is untied.
- T- When an athlete takes more than 20 seconds to adjust their uniform. The athlete is allowed 20 seconds per element of their uniform (20 seconds for their Gi top and belt, 20 seconds for the identification belt, 20 seconds for their Gi pants and 20 seconds for retying their hair when necessary.)
- U- When an athlete runs around the match area and does not engage in the combat.
- V- When an athlete unintentionally reacts in a way that places their opponent in an illegal position.
- W- In the under 16-year-old divisions and in all white belt divisions, when an athlete jumps to guard on a standing opponent. This includes any and all attacks initiated by jumping guard, such as but not limited to flying triangles and flying armbars. The referee will then stand both athletes up.

Note: Should an athlete be defending a takedown or sweep when they jump guard, the opponent shall also be awarded 2 points for the technique in progress before the penalty.

- X- When an athlete exhibits attitudes not appropriate for the competition environment, but not to the extent that they qualify as a disciplinary penalty as described in item 6.1.

E.g. Gestures or exercises meant to suggest physical superiority, dances or attitudes meant to ridicule within a sporting context.

- Y- When an athlete delays the start of a match for any reason.

6.2.3 Severe Foul

- A- When an athlete's Gi is rendered unusable during the match and they are unable to exchange it for a new one within 5 minutes.
- B- When an athlete deliberately flees the match area to avoid submitting to a submission hold applied by their opponent.
- C- When an athlete commits a penalty that forces the referee to interrupt the match while they are being attacked by a submission hold.
- D- When an athlete intentionally attempts to get their opponent disqualified by reacting in a way that places their opponent in an illegal position.
- E- When it comes to a referee's attention that an athlete is not wearing underwear under their uniform as outlined in item 8.3.9 of this rulebook.
- F- When an athlete applies creams, oils, gels or any slippery substance to any part of their body.
- G- When an athlete applies any substance to increase adherence or assist in gripping to any part of their body.
- H- When an athlete applies any substance to their uniform intended to make it more difficult to grip.
- I- When an athlete strangles their opponent, without using the Gi, with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using their thumb.
- J- When an athlete blocks the passage of air to their opponents nose or mouth using their hands.
- K- When an athlete who is defending a single leg takedown, with the attacking athlete's head outside their opponent's body, intentionally throws the attacker to the ground by grabbing their belt to make them hit their head on the ground (picture 23).



L- When an athlete performs a suplex movement that forces the opponent's head or neck into the ground.

Note: The suplex takedown is defined by the attacking athlete lifting the opponent at the waist in order to take them down by throwing them backwards or sideways to the ground. The use of this technique is still permitted provided the movement does not force the opponent's head or neck into the ground.

M- When the athlete deliberately runs away from the match area to avoid an inferior position or consolidation of the opponent's score.

N- When an athlete applies a hold prohibited for their respective division, as indicated in the following table:

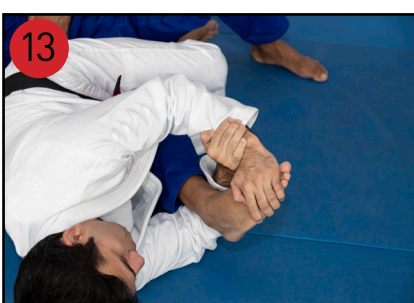
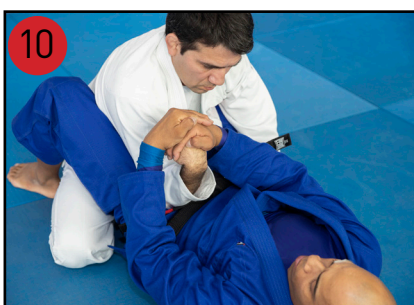
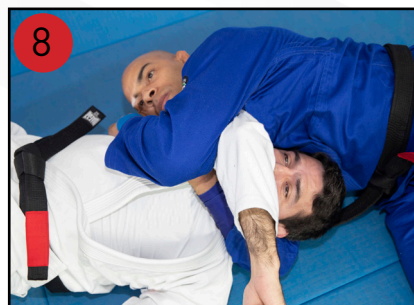
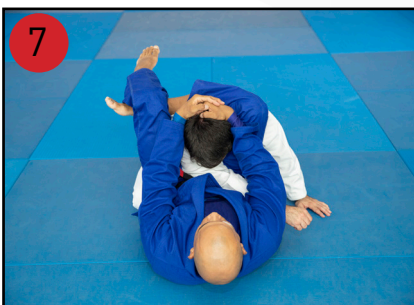
TABLE: TECHNICAL FOULS – ILLEGAL MOVES

	4 to 12 years old	13 to 15 years old	16 & 17 years old (all ranks) and white belts (Adult to Master 7)	Adult to Master 7 (blue & purple belts)	Adult to Master 7 (brown & black belts) Except Adult No Gi	Adult (brown & black belts) No Gi	
1	⊗	⊙	⊙	⊙	⊙	⊙	Submission techniques stretching legs apart
2	⊗	⊗	⊙	⊙	⊙	⊙	Choke with spinal lock
3	⊗	⊗	⊙	⊙	⊙	⊙	Straight foot lock
4	⊗	⊗	⊙	⊙	⊙	⊙	Forearm choke using the sleeve (Ezequiel choke)
5	⊗	⊗	⊙	⊙	⊙	⊙	Frontal guillotine choke
6	⊗	⊗	⊙	⊙	⊙	⊙	Omoplata
7	⊗	⊗	⊙	⊙	⊙	⊙	Triangle (pulling head)
8	⊗	⊗	⊙	⊙	⊙	⊙	Arm triangle
9	⊗	⊗	⊗	⊙	⊙	⊙	Lock inside the closed guard with legs compressing kidneys or ribs
10	⊗	⊗	⊗	⊙	⊙	⊙	Wrist lock
11	⊗	⊗	⊗	⊙	⊙	⊙	Single takedown while the attacking athlete has his head outside the opponents body (**)
12	⊗	⊗	⊗	⊗	⊙	⊙	Bicep slicer
13	⊗	⊗	⊗	⊗	⊙	⊙	Calf slicer
14	⊗	⊗	⊗	⊗	⊙	⊙	Kneebar
15	⊗	⊗	⊗	⊗	⊙	⊙	Toe hold
16	⊗	⊗	⊗	⊗	⊗	⊙	Heel hook
17	⊗	⊗	⊗	⊗	⊗	⊙	Locks twisting the knees.
18	⊗	⊗	⊗	⊗	⊗	⊙	Knee reaping (See definition on page 31)
19	⊗	⊗	⊗	⊗	⊗	⊙	In straight foot lock, turning in the direction of foot not under attack
20	⊗	⊗	⊗	⊗	⊗	⊙	In toe hold, applying outward pressure on the foot
21	⊗	⊗	⊗	⊗	⊗	⊗	Slam
22	⊗	⊗	⊗	⊗	⊗	⊗	Spinal lock without choke
23	⊗	⊗	⊗	⊗	⊗	⊗	Scissor takedown
24	⊗	⊗	⊗	⊗	⊗	⊗	Bending fingers backwards
25	⊗	⊗	⊗	⊗	⊗	⊗	Grabbing the opponent's belt and throwing them to the floor on their head while defending a single leg takedown with the opponent's head on the outside of the body
26	⊗	⊗	⊗	⊗	⊗	⊗	Suplex takedown technique forcing the opponent's head or neck into the ground

*The images shown below are merely illustrative and do not represent the full array of situations that may be deemed illegal moves.



TECHNICAL FOULS - ILLEGAL MOVES



AJPP



AJAP

TECHNICAL FOULS – ILLEGAL MOVES

KNEE REAPING

Knee reaping is characterized by one of the athletes placing their thigh behind the leg of their opponent and passing their calf on top of the opponent's body above the knee, placing their foot beyond the vertical midline of the body and applying pressure on their opponent's knee from the outside to the inside, while keeping the foot of the leg at risk trapped between their hip and armpit.

It is not necessary for the athlete to hold the foot of their opponent for the foot to be considered trapped.

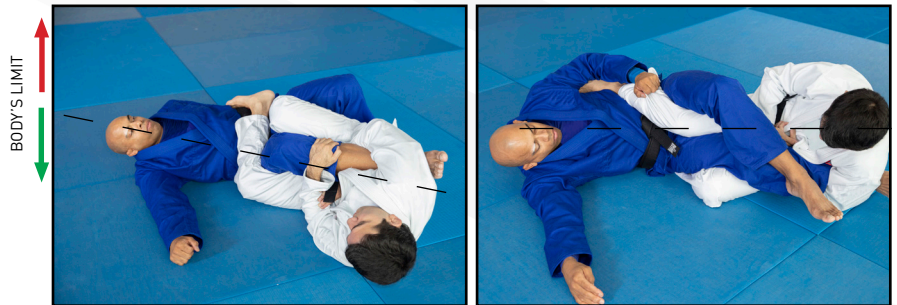
For the purposes of this rule, when one athlete is standing and bearing their weight on the foot of the same leg as the knee in danger, the foot will be considered trapped.

SEVERE FOUL

- When the athlete executes the movement described above, with their foot crossing beyond the limit of their opponent's body.

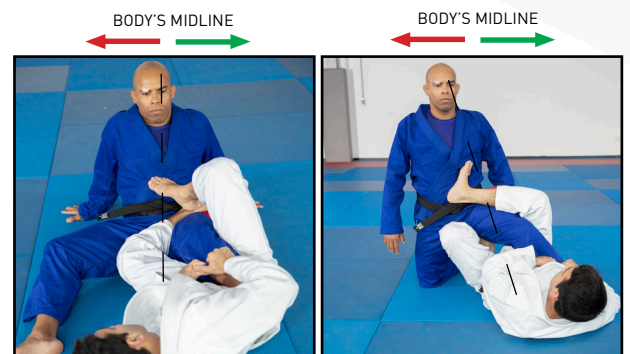


- When either of the athletes have a submission hold, it will be considered a severe foul for the athlete crossing their foot as described above.



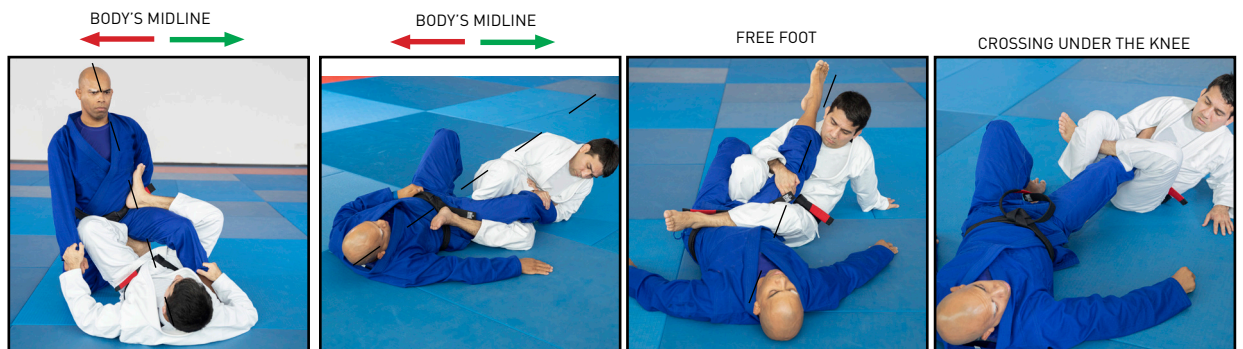
SERIOUS FOUL

- When the athlete executes the movement described above, moving their foot across the vertical midline of the opponent's body. In this case, the referee shall stop the match, return the athletes to a legal position if possible and issue a penalty to the offending athlete before restarting the match.



NORMAL SITUATIONS

Not considered fouls:



For Purple Belt Athletes and below

When the two athletes are seated with their legs crossed but in a legal position as illustrated by image 1, and one of the athletes stands up, causing the athlete on bottom to be in an illegal position as illustrated by image 2. This is because when standing, the foot that was loose and now stepping on the ground is considered a trapped foot

In this situation, the referee must stop the match, then place athlete B in a sitting position and athlete A standing at a sufficient distance to allow new grips and then continue the match

If the situation shown in image 2 occurs after a sweep, the referee must wait 3 seconds to define the stabilization and in sequence : stop the match, award 2 points for athlete A who is on top, place athlete B in a sitting position and athlete A standing at a sufficient distance to allow new grips and continue the match

For Brown and Black Belt Athletes

The referee will not interrupt the match. No penalty will be applied exclusively in this case

-

When the athlete turns inside from a 50/50 guard, and at the beginning of the turn their opponent is stepping on the ground with the foot that is in the guard, it is considered a trapped foot, as shown in the image on the right

ARTICLE 7: PENALTIES

Penalties are awarded by referees with the aim of assuring the match flows properly and that the rules of the sport and the competition are being respected.

- » **Severe Penalties**
- » **Serious Penalties**
- » **Penalties for Lack of Combativeness**

7.1 SEVERE PENALTIES

- » Technical Penalties: Disqualification from the match at the moment of the infraction.
- » Disciplinary Penalties: Disqualification from the match and the competition at the moment of the infraction.

7.2 SERIOUS PENALTIES

7.2.1 Referees shall abide by the following series of penalties.

- 1st Penalty - The referee will mark the first penalty for the athlete, awarding one point to their opponent.
- 2nd Penalty - The referee will mark the second penalty for the athlete, awarding one point to their opponent. They will also signal an additional advantage for the opponent.
- 3rd Penalty - The referee will mark the third penalty for the athlete, awarding one point to their opponent. They will also signal an additional 2 points for the opponent.

Note: In situations where both athletes are penalized for lack of combativeness resulting in a third penalty for both, the match shall be restarted standing.

- 4th Penalty - Disqualification of perpetrating athlete.

7.2.2 Serious penalties are cumulative between them and different fouls will bring into effect the escalating penalty sequence addressed in clause 7.2.1.

7.2.3 If the athlete has already received penalties for lack of combativeness on the scoreboard, these penalties will be added to the penalties for serious fouls.

7.2.4 In the under-15-year-old divisions, on an athlete's fourth and fifth fouls the referee shall award 2 points to the opponent and one penalty to the perpetrating athlete for each penalty. Only on the sixth penalty shall the referee disqualify the perpetrating athlete.

7.3 PENALTIES FOR LACK OF COMBATIVENESS

7.3.1 The penalties for lack of combativeness will follow the sequence below after the referee considers one or both athletes to be in the situations described in item 6.2.1.

When the referee determines that one or both athletes are not trying to progress in the match they will make the gesture for lack of combativeness to one or both athletes, followed by the verbal command 'Action!' This will begin a 10 second countdown, marked on the scoreboard. At the end of that 10 second period, if the referee feels that the athlete has not tried to progress their position, they will signal a penalty for that athlete, followed by the verbal command 'Fault!'

If the referee feels the athlete has responded appropriately to the call for action, they will make the gesture to dismiss the previous command and the match will resume as normal.

7.3.2 If the athlete has already received penalties for serious fouls on the scoreboard, these penalties will be added to the penalties for lack of combativeness.

ARTICLE 8: OBLIGATIONS, BANS, AND DEMANDS

8.1 GIS AND UNIFORMS

- 8.1.1 Gis should be tailored using cotton or cotton-like fabric. The fabric should not be so thick or hard as to impede an opponent from gripping it. For youth, amateur, professional and master divisions, a Gi fashioned from woven fabric is mandatory.
- 8.1.2 It is permitted to wear Gis with EVA foam or similar material inside the collar, as long as the measures of size and rigidity provided above are followed.
- 8.1.3 The Gi should be completely white, royal blue or black. The jacket and pants must be the same color, and the collar must be the same color as the rest of the jacket. It is not allowed for athletes to wear a shirt beneath their Gi, although it is allowed to wear a rashguard.
- 8.1.4 In women's divisions, the use of an elastic shirt that hugs the body under the Gi is mandatory. It can be short or long sleeved, and does not need to follow specific color requirements. It is also permitted for athletes to use a one piece swimsuit or leotard.
- 8.1.5 Athletes competing in the professional men's black belt and professional women's brown/black belt divisions must have two Gis (one white and one royal blue) to wear in the finals.
- 8.1.6 Gis may not have visible tears, be wet or dirty or emit unpleasant odors.
- 8.1.7 The Gi top should reach the athlete's thigh below the gluteal fold and the sleeves should come to no more than 5 cm from the athlete's wrist when the arm is extended straight parallel to the ground.
- 8.1.8 Gi pants should reach no more than 5 cm above the tibial malleolus (ankle bone). For men's divisions, wearing pants of any kind under the Gi pants is prohibited. For women's divisions, it is permitted for the use of elastic fabric pants (that cling to the body) under the Gi pants, as long as they are shorter than the Gi pants.
- 8.1.9 Athletes should use a durable 4 to 5 cm-wide belt colored according to the athlete's rank, with a black tip - except for black belts, where the tip should be white or red. The belt should be worn over the Gi top, wrap around the waist twice, and be tied using a double knot tight enough to hold the Gi top closed. Once tied in a double knot, each end of the belt should hang 20 to 30 cm in length.
- 8.1.10 Painted Gis are forbidden, unless the paint is designed in the form of an academy or sponsor logo - and only on regions of the Gi where patches are permitted. Even in cases where they are permitted, the athlete will be required to change Gis should the paint mark the Gi of the opponent.
- 8.1.11 Prior to weighing in the Uniform Inspector will verify that the specifications of the uniform meet regulations.
- At final inspection the following measurements will be checked to make sure they are in accordance with the required standard: length of sleeves and pant legs, maximum thickness of Gi collar (1.3 cm); maximum width of Gi collar (5 cm); maximum slack in Gi sleeves throughout entire extension (7 cm);
 - Every athlete is entitled to three uniform inspections for approval.
 - The Uniform Inspector will also verify the overall state of the athlete's belt.
- 8.1.12 After Gi check, athletes may not change their Gis unless called upon to do so, under penalty of disqualification.
- 8.1.13 Following their first match, athletes may request the Ring Coordinator's permission to change their Gi. The new Gi will undergo a new measurement inspection.

8.1.14 Athletes will be subject to disqualification should they not undergo a measurement inspection of their new Gi prior to the first match wearing the new Gi.

8.1.15 For No-Gi divisions, athletes should abide by the following uniform requirements:

- Upper Body Uniform:

Both genders must wear an elastic shirt that hugs the body long enough to cover the torso all the way to the waistband of the shorts. It can be short or long sleeved. It should be colored black, white, or black and white with at least 10% of the material in the color of the belt division to which the athlete belongs. Shirts that are 100% of the color of the athlete's belt division are also permitted.

- Lower Body Uniform for Men:

Board shorts colored black, white, black and white, and/or the color of the belt division to which the athlete belongs. They should be without pockets or with pockets sewn completely shut and without buttons, exposed drawstrings, zippers or any form of plastic or metal that could pose a risk to an opponent. They should be long enough to cover at least halfway down the thigh (no more than 15 cm from the knee) and no longer than the knee.

Also permitted are compression shorts made of elastic material (skin tight, worn beneath the shorts, in the colors black, white, black and white and/or the color of the belt division to which the athlete belongs).

Note: Athletes are permitted to wear elastic leggings that hug the body beneath the shorts in the colors black, white, black and white and/or the colors of the belt division to which the athlete belongs.

- Lower Body Uniform for Women:

Board shorts, elastic shorts and/or elastic leggings colored black, white, black and white, and/or the color of the belt division to which the athlete belongs. Shorts should be without pockets or with pockets sewn completely shut and without buttons, exposed drawstrings, zippers or any form of plastic or metal that could pose a risk to an opponent. They should be long enough to cover at least halfway down the thigh (no more than 15 cm from the knee) and no longer than the knee.

8.2 HYGIENE

8.2.1 Athletes' fingernails and toenails should be trimmed and short.

8.2.2 Long hair should be tied up so as not to cause opponents any discomfort.

8.2.3 Athletes will be disqualified if they are wearing hair dye that stains their opponent's Gi during a match.

8.2.4 Athletes should use footwear up to the match area and wherever their use is permitted.

8.2.5 Following weigh in, **the Uniform Inspector should check athletes for any skin conditions.**

- Athletes presenting skin lesions noticed by the Uniform Inspector shall be directed to the event's medical area.

- Athletes should present a statement from a doctor declaring the lesion not contagious and not harmful to other competitors.

- For the organizers of the event, the tournament medic has the final say on whether to allow an athlete to compete or not.

8.3 FURTHER REQUIREMENTS

- 8.3.1 Each athlete shall only step on the official scale of the event to have their weight checked once.
- 8.3.2 Athletes are allowed to compete wearing knee or elbow braces but they will have to be wearing them at the time of Gi inspection.
- 8.3.3 Patches and embroideries can only be affixed in authorized regions of the Gi, as depicted in the illustrations below. They should be of cotton fabric and properly seamed. All patches unseamed or in unauthorized regions of the Gi will be removed by the Uniform Inspectors.
- 8.3.4 Prohibitions regarding patches and text present on uniform:
- No patches or text (embroidered or handwritten) will be allowed related to political ideologies and phrases, symbols or slogans found offensive to gender, sexual orientation, ethnicity, culture, religion.
 - No patches or text (embroidered or handwritten) will be allowed that contain phrases, symbols or slogans that promote violence, vandalism, sexual acts, drugs, alcohol and/or tobacco.
- 8.3.5 Permitted: a Gi brand tag in the front lower part of the pants (according to illustration). The tag must be made of a thin fabric (not embroidered) and be at most 36 cm².



- 8.3.6 Use of any foot gear, headgear, hair pins, jewelry, cups (genital protectors) or any other protector fashioned of hard material that may cause harm to an opponent or the athlete themselves is forbidden.
- 8.3.7 In women's divisions, the athlete will be permitted to cover their heads. The Head Cover must follow these requirements.
- Also permitted as part of the women's uniform is a single-piece head cover, which should be made of elastic and cover the neck, ears and completely cover the hair, similar to the head cover of a wet suit, and be entirely black, white, black and white, and/or the color of the belt division to which the athlete belongs.
- 8.3.8 The use of joint protectors (knee, elbow braces, etc.) that increase body volume to the point of making it harder for an opponent to grip the Gi are also forbidden.
- 8.3.9 It is mandatory for athletes to wear undergarments for all competitions, regardless of whether it is a Gi or No-Gi event. The undergarment should cover the entire buttocks and pelvis. Failure to adhere to this rule will be considered a foul according to item 6.2.3 (E) and the athlete will be penalized as laid out in section 7.1.