



Jiu Jitsu



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

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Jiu-Jitsu International Federation

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[CLICK HERE FOR GOVERNING BODY FULL RULES](#)

International rules will be followed unless specified in WPFG Guidelines

EVENT DIVISIONS

Male and Female Experience Level Divisions:

- Beginner – White belts or up to 2 years' experience.
- Intermediate –Blue and Purple Belts or 2 to 5 years' experience.
- Advanced – Brown and Black Belts or over 5 years' experience.

Note: the registration numbers, the WPFG Federation can decide to split the brackets by belts and not levels.

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

MATCH LENGTHS

Male & Female match times are five (5) minutes for all divisions.

AGE DIVISIONS

- Male age divisions: 18+, 40+, & 50+
- Female age divisions: 18+, & 40+



WEIGHT DIVISIONS

MALE		FEMALE	
ADULTS (+18) / MASTERS (+40)		ADULTS (+18) / MASTERS (+40)	
		-45Kg	-97.0lbs
-56Kg	-123.5lbs	-48Kg	-105.8lbs
-62Kg	-136.7lbs	-52Kg	-114.6lbs
-69Kg	-152.2lbs	-57Kg	-125.7lbs
-77Kg	-169.8lbs	-63Kg	-138.9lbs
-85Kg	-187.4lbs	-70Kg	-154.4lbs
-94Kg	-207.2lbs	+70Kg	+154.4lbs
+94Kg	+207.2lbs		

A **MANDATORY** weigh-in will be conducted the day prior to the start of the competition. Each athlete **SHALL** attend this weigh-in. It is the responsibility of the athlete to make sure that they are in attendance for this weigh-in to provide fair competition for all athletes in this event. If you do not attend the scheduled weigh-in, you will be **DISQUALIFIED FROM THE EVENT**.

NO EXCEPTIONS TO THIS RULE!

COMPETITORS' MEDICAL REQUIREMENTS: Prior to or during Host Registration all competitors must submit a Medical Release, signed by a licensed physician, and based on a physical exam conducted within six months of competition. This release may take the form of a doctor's note stating the entrant's fitness to compete in a contact sport.



Communications shall be available at each venue and preparations made in case it is necessary to summon emergency services

WPFJG JIU JITSU GENERAL RULES

- 1) World Police & Fire Games and matchmaker reserve the right to expand or combine divisions to accommodate competitors. (Rules for combining divisions at JJIF Sporting Code <https://jjif.sport/downloads/>)
- 2) Eligibility: Women will not be permitted to compete in Men's divisions. Men will not be permitted to compete in Women's divisions.
- 3) All competitors SHALL attend the mandatory meeting the night prior to competition for weigh-ins and explanation of rules.

EQUIPMENT & UNIFORM

Uniform regulations for GI competition are as follows:

- 1) GIs are to be constructed of cotton or similar material and in good condition. The material may not be excessively thick or stiff to the point where it hinders the opponent from executing a submission. The GI top must be made of single weave, gold weave, double weave, or a similar weight material.
- 2) GI MUST be white color only. Athletes will be differentiated from each other wearing a blue or a red identification belt, depending the match.
- 3) The jacket is to be of sufficient length, down to the pelvis.
- 4) The sleeves must reach a point no more than 5cm back from the wrist when the arms are extended in front of the body.
- 5) When the arms are held out to the sides, level to the shoulders, the material of the sleeves must have at least 7cm of slack along the length of the arm.
- 6) The lapel of the jacket must be 4-5cm wide and less than 1.3cm thick.
- 7) A belt with width of 4-5cm and color corresponding to rank tied around the waist with a double knot, tight enough to secure the GI closed. The belt must have the degree bar.
- 8) The pants are to be tied securely at the waist above the buttocks. If they are grabbed and pulled down, they should remain affixed where they are secured at the waist. They must be of appropriate length, reaching a point no more than 5cm up from the ankle.
- 9) When the athlete is standing, the material of the pants must have at least 5cm of slack along the length of the leg.

Uniform regulations for all No GI competition are as follows:

- 1) Rash guard must be fitted and hug the body with a round collar (V-necks are not allowed).



- 2) Rash guard may have short sleeves or long sleeves, but it cannot be without sleeves.
- 3) The shorts must be mostly black; they must be free of zippers and pockets.
- 4) The shorts must be properly secured to avoid exposure.
- 5) Shorts may be a loose board-like, as long as they are at least mid-thigh length.
- 6) Lycra pants can be used if under the shorts. It may pass the knee, but not the ankle, and cannot be a loose fit.
- 7) The shorts are to be tied securely at the waist, above the buttocks. If they are grabbed and pulled down, they should remain affixed where they are secured at the waist.
- 8) Athletes are not permitted to compete with torn shorts or torn rash guards.
- 9) Patches and embroidery are not allowed on the shorts or rash guard. Any logo or design must be printed directed in the material.

General uniform regulations for both GI and No GI competition:

- 1) If a competitor does not meet any of the standards for equipment or uniform, he/she will be given 5 minutes to change. If the competitor cannot meet the equipment and uniform standards within those 5 minutes, they will be disqualified.
- 2) The competitor must wear under garments under shorts or pants, due to the risk that the suit might become torn or undone. In the case that pants are torn, the competitor will be given 5 minutes to find another pair of pants to wear. The competitor must be cleared by the uniform inspector prior to returning to the mat area. If the competitor cannot change within 5 minutes, he/she will be immediately disqualified.
- 3) Weight in is made with the athlete wearing any sports short covering at least half of the thigh and t-shirt (no transparent and no sleeveless).
- 4) Wrestling shoes, or any shoes, socks, cups, and headgear will not be permitted. Any brace or piece of protective equipment that may alter the outcome of the match may not be worn. This includes, but is not limited to, braces with metal parts and supports that provide extra grip against the mat.
- 5) Use of mouthpiece is optional.
- 6) Uniforms, both in GI and No GI, may not have patches and/or text in any form that contain phrases, symbols, or slogans that are offensive to gender, culture, race, sexual orientation, religion, and/or political ideologies or that promote violence, sexual acts, drugs, alcohol and/or tobacco.
- 7) It is required that all competitors wear shoes, sandals, or slippers when off the competition area to avoid feet injury and/or germs on the mat area.
- 8) In order to standardize uniforms in competition, general guidelines are as follows:
 - a. All male competitors are allowed to wear rash guards only underneath the GI.



- b. All female competitors are not allowed to wear t-shirts, tank tops or any cotton material undergarment and are required to wear rash guards, or an equivalent lycra garment underneath their GI. Female under garments should not be sexually explicit or provocative.
- 9) Female athletes are permitted to cover their heads. The Head Cover requirements are as follows:
- a. Must be fixed and made with elastic fabric (or have elastics at the borders).
 - b. Be made without any kind of plastic or hard materials.
 - c. Be made with no strings of any kind.
 - d. Be clear of any inscription or logo.
 - e. Must be completely black in color.
 - f. The head covering can be made of elastic material, must be fully black in color and can cover the neck, ears, and hair, like a wetsuit headpiece. The face must remain fully visible.

HYGIENE REQUIREMENTS

Competitors must meet the following regulations, or they may be disqualified.

- 1) Their uniform must be washed, dry, and free of unpleasant odor.
- 2) Competitors' toenails and fingernails must be kept short, clean, and free from sharp edges or jaggedness.
- 3) Individuals with long hair must secure it so that it will not interfere with their performance or that of their opponent during a match.
- 4) Competitors may not use makeup, hair spray/dye, or any other substance that will come off onto their own GI, the mats or onto their opponent.
- 5) Any individual with a transmittable disease, viral, bacterial, or fungal, will not be allowed to compete. An individual with an uncovered cut, sore, rash, wound or lesion will not be allowed to compete. Individuals with cuts, sores, rashes, wounds, or lesions that are bandaged may be allowed to compete at the discretion of the medic and tournament officials.

CONCLUSION OF MATCHES

1. No match may end in a draw; all matches will be decided by:
 - a. Points
 - b. One Man Bracket Result
 - c. Submission
 - d. Disqualification
 - e. "Golden Score" Overtime
 - f. Inability to Continue
 - g. Unconsciousness



2. **Victory by Points:** The referee will stop the match at the end of regulation time. If there is no submission or other match conclusion by the time limit of a match, the athlete with the greater number of points will be declared the winner.
3. **Victory by One Man Bracket Result:** In this case, the competitor in that bracket will receive the gold medal, however no points will be awarded for the individual or team.
4. **Victory by Submission:** If the referee observes a competitor submitting with physical or verbal signals, the referee will end the competition and award the victory to the other competitor regardless of the point tally.
 - a. An athlete may signal submission with the following:
 - i. Tapping with the palm against any surface in a visible manner.
 - ii. Tapping with the feet against any surface if the competitor is unable to use the hands to tap.
 - iii. Requesting verbally to the referee that the competition be stopped (if athlete can neither tap with hands or feet).
 - iv. Requesting that the competition be stopped if the athlete gets injured or feels physically incapable or unprepared.
 - v. A coach of one of the competitors may request that the competition be terminated by directing themselves to the referee for any reason.
 - vi. When the competitor is under a submission position, and he/she screams or emits noise expressing pain or verbalizes the interjection "Aa!" it will be considered the equivalent of the athlete having tapped.
 - vii. The referee may also choose to stop the competition and declare a submission if he/she notices a competitor in immediate physical danger from a properly applied technique
5. **Victory by Opponent's Inability to Continue:** The referee may end the competition when one of the competitors is injured or if the medical attendant examines the competitor and declares the athlete unable to continue. If this occurs, the victory will be given to the opponent as long as the injury was not caused intentionally by conduct worthy of disqualification.
 - a. When a competitor verbalizes that he/she is experiencing muscle cramps or spasms, it could be considered the equivalent of the athlete submitting.
6. **Victory by Opponent's Loss of Consciousness:** An 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.
 - a. Athletes who lose consciousness because of head trauma (concussion) shall not be allowed to compete again in the same tournament and should be directed to undergo treatment from medical staff.
7. **Referee Decision/Double Injury:** If both competitors are injured and cannot continue the match, both will be out of the bracket (lose).



SCORING

To score points for position, the competitor must show clear control of a position for 3 seconds.

1. Takedown or Throw = 2 points
2. Sweep = 2 points
3. Knee on Stomach = 2 points
4. Pass opponent's guard = 3 points
5. Mounted position = 4 points
6. Back mount (opponent flat on the mat) = 4 points
7. Back with a form of hooks in = 4 points

TIEBREAK: "GOLDEN SCORE" OVERTIME

1. When there is a tie situation on the scoreboard at the end of the match-time, the referee will call for a "golden score" time. Guidelines for "golden score" overtime are as follows:
 - a. The referee will place both opponents in a starting position and will restart the competition for a non-regulated time period.
 - b. Application of rules and negative points for stalling will be more rigid during a "golden score" time.
 - c. Athletes must actively pursue points and/or submission during a match.
 - d. When a competitor scores points or forces the opponent to submit during golden score overtime, the referee will end the match immediately. The first competitor to have scored points or forced the opponent to submit will be declared the winner.
 - e. If a competitor receives a negative point during "golden score" overtime, the referee will end the match immediately and declare his/her opponent the victor.

OUT OF BOUNDS

1. **Out of Bounds:** During the match it is the referee's responsibility to direct the competitors towards the center of the mat area. In the event that the competitors move out of bounds during the match, the referee will gesture and call out "stop" and competitors shall hold their position without movement. Guidelines for Out of Bounds are as follows:
 - a. Both competitors will be considered out of bounds if 2/3 of either competitor's body is outside the boundary.
 - b. The athletes may be asked to walk back to the center.



- c. The referee will restart athletes in the center of the mat area in the same position or in the standing position.
 - d. The event time is placed on hold from the moment the referee declares, “stop” until the match resumes.
 - e. No points will be awarded for movements or positions after a referee has called “stop”.
2. **Intentional out of bounce:** If a competitor flees the ring when a submission is locked in and the competitor is obviously fleeing to avoid submission, he or she will be automatically disqualified.
 3. **Unintentional Out-of-Bounds during Submission (2 Points)** Occurs when a competitor unintentionally goes out of bounds while trying to escape from a submission. The referee will stop the competition, bring the competitors back to the center of the mat and restart the competitors from the standing position. The competitor who had been applying the submission when the unintentional out of bounds occurred will be awarded 2 points.

ILLEGAL SUBMISSIONS AND MOVES

The following are the illegal submissions and moves according to belt ranks and or level division:

(Techniques marked X are illegal)	White Belts and Beginners	Blue, Purple Belts and Intermediate	Brown, Black Belts and Advanced
Spinal Lock, Cervical Lock, or Neck Crank	X	X	X
Suplex takedown technique, throwing the opponent’s head or neck to the ground.	X	X	X
Slamming from the Guard	X	X	X
Slamming to Escape a Submission	X	X	X
Bending fingers backwards	X	X	X
Bent Knee Lock	X	X	X
Lateral Leg Lock	X	X	X
Reaping the Knee	X	X	X
Straight foot lock, turning inward forcing the knee	X	X	
Outward toe hold, applying pressure to the knee	X	X	X



Heel Hook	X	X	X
Bicep Lock or slicer	X	X	
Calf Lock or slicer	X	X	
Knee bar	X	X	
Toehold	X	X	
Sock Lock	X	X	
Scissor Takedown	X	X	X

MINOR FOULS

Minor Fouls: Any of the following actions will be considered minor fouls:

1. When a competitor kneels, sits, or lies down before making contact with the opponent.
2. When a competitor runs towards any of the outer boundaries of the competition area, flees while ground competing by crawling or rolling out of the competition area, or stands up to avoid engaging an opponent purposely by stepping out of said area.
3. When a competitor on the ground stands to escape combat and does not return to combat on the ground.
4. When a competitor breaks the grip of the opponent pulling guard and does not return to combat on the ground.
5. When a competitor avoids engaging the opponent by taking off his/her GI or by allowing it to be taken off with the intention of stopping the competition to allow himself/herself to rest or to avoid the attacks of the opponent.
6. When a competitor intentionally removes his/her own GI or belt, causing the match to be stopped.
7. When a competitor inserts his/her fingers inside the cuffs of the sleeves or pants.
8. When a competitor disobeys a referee order.
9. When a competitor exits the match area following a match prior to the referee announcing the result.
10. When a competitor grabs hold of his/her uniform or that of his/her opponent in any way during a No GI match.
11. When a competitor places a hand or foot on his/her opponent's face.
12. When a competitor takes more than 20 seconds to tie his/her belts during a match stoppage (when a competitor is also using the identification belt).
13. When a competitor runs around the match area and does not engage in combat.
14. When a competitor unintentionally reacts in a way that places his/her opponent in an illegal position.



Consequence for minor fouls will be as follows:

1. On the first offense the offender will be given a penalty.
2. On the second offence the offender will be penalized with a second penalty, and his opponent will receive an advantage.
3. On the third offense the offender will be penalized with a third penalty and his opponent with 2 points.
4. After the fourth offense the referee will disqualify the competitor.

Lack of Combativeness (Stalling): Lack of combativeness (stalling) is defined by one competitor clearly not pursuing positional progression in a match and also when a competitor impedes his/her opponent from carrying out said progression. If a competitor is stalling, the referee will make the gesture to indicate this and verbally warn the stalling athlete. He may verbally warn the athlete with “fight” command. Any of the following actions will be considered stalling:

1. Lack of combativeness (stalling) is considered holding the opponent in a position without trying to improve or submit for more than 10 seconds, standing up to disengage the opponent, or any position designed to stall.
2. When both competitors simultaneously demonstrate a lack of combativeness (stalling) in any position in a match.
3. When both competitors pull guard at the same time, the referee will start a 20 second countdown. If at end of this 20 second countdown, even if the competitors are moving, if one of the competitors does not reach the top position, does not have a submission in hold, or is not imminently completing a point scoring move, the referee will stop the fight and give a penalty to both competitors. In this situation, the referee will restart the combat in standing position.
4. Lack of combativeness (stalling) is not declared when a competitor is defending his/herself from an opponent’s attacks from mount, back-control, side-control, or north-south positions.
5. Lack of combativeness (stalling) is not declared when a competitor is in mount or back position, as long as the characteristics of the technical position are respected.

Examples of situations constituting lack of combativeness (stalling) are as follows:

1. When a competitor, upon achieving side-control or north-south positions over an opponent, does not seek positional progression.
2. When a competitor in an opponent’s closed guard does not seek to pass guard and at the same time prevents the opponent from seeking positional progression from guard.



3. When the bottom competitor playing closed guard wraps his/her arms around the opponent's back or performs any other controlling movement clutching the opponent to him/her without intending to achieve a submission or score.
4. When a competitor on foot grabs and maintains their hand on the opponent's belt, preventing the opponent from completing a takedown movement without attempting an attack of any kind.
5. The aforementioned examples are merely illustrative and do not represent all the situations that may be deemed lack of combativeness (stalling).

Penalty Procedures for Minor Fouls and/or Stalling on Score Board:

Penalty points accrued for both minor fouls and stalling are combined, and upon the fourth penalty point a competitor will be disqualified.

SERIOUS FOULS & DISQUALIFICATION

Serious Fouls: Serious Fouls will lead to an immediate disqualification by a referee. The action that are considered serious fouls are as following:

1. Putting fingers into the eyes or nose of the opponent.
2. The use of fists, feet, knees, elbows, or head butting with the intention to hurt or gain an unfair advantage (e.g., punching, kicking).
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.).
4. When an athlete directs profane language, obscene gestures, or disrespectful behavior at his/her opponent, the center table, table officials, referee or public during a match or in celebrating victory.
5. When one or both athletes disregard the seriousness of the competition by performing actions simulating or faking combat.
6. When an athlete holds to a submission after an opponent has tapped and referee has told the athlete to stop and let go of the submission try to intentionally hurt his opponent.
7. When an athlete strangles his or her opponent, without using the GI, with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using the thumb.
8. When an athlete blocks the passage of air to his/her opponent's nose or mouth using his/her hands.
9. When an athlete intentionally attempts to get his or her opponent disqualified by reacting in a way that places his or her opponent in an illegal position.
10. When an athlete deliberately flees the match area to avoid submitting to a submission hold applied by his/her opponent.



11. When an athlete's GI is rendered unusable, and he/she is unable to exchange it for a new one within the period of time stipulated by the referee.
12. When it comes to a referee's attention that an athlete is not wearing an undergarment under his or her uniform as outlined in the SJJIF Rulebook Article 35.
13. When an athlete applies creams, oils, gels, or any slippery substance to any part of the body.
14. When the athlete utilizes any substance that makes the kimono slippery for the grips.
15. The suplex movements that will project or force the opponent's head or neck into the ground.
Note: The suplex takedown is defined as the attacking of an athlete by lifting the opponent at the waist in order to take him/her down, by throwing him backwards or sideways to the ground. The use of this technique is still permitted provided that the movement does not force the opponent's head or neck into the ground.
16. When an athlete applies a hold prohibited for their respective division, as indicated in the Illegal Submissions and Moves chart.

Disqualification: An athlete may be disqualified at any time for committing a serious foul or utilizing an illegal technique as determined by their age and skill division. Guidelines for disqualification are as follows:

1. An athlete will be disqualified by the fourth time he/she commits a minor foul.
2. Competitors that do not show to the warm-up/bull pen area and have been summoned to the match area will be called up to 3 times to the designated area; they will have 5 minutes to arrive to the designated area. After the third and final call, if the competitor does not show they will be subject to disqualification.
3. If one of the competitors does not show up for a given match, the competitor present will be awarded the win. The competitor who is not present will not receive a medal or classification.
4. Competitors who are not waiting for a match or unauthorized spectators who are inside the specified competition area will warrant disqualification of the corresponding competitor at the discretion of the referee.
5. Competitors who are disqualified by a disciplinary foul will not be allowed to compete anymore and will not receive a medal, if it's the case.

MEDICAL TIMEOUTS

1. **Bleeding:** If a competitor begins bleeding during a match the referee will immediately stop the time, separate the competitors, placing the non-injured competitor on his knees to wait, and signal to a medic present at the tournament



to assist the bleeding competitor. Once the medic reaches the injured athlete, the referee will sign to the scorekeeper start a 2 minutes countdown, showed in the TV screen. Once bleeding is under control, the match may continue. Guidelines for bleeding are as follows:

- a. The Medic may treat the same bleeding injury or any other injury in 2 minutes. If at the end of the 2 minutes and the injured athletes still need the medical attention, he shall lose the match.
 - b. Blood must be cleaned immediately from uniforms and mat surfaces. The medical personnel must then clean the surface with chloride type germicidal.
2. **Injuries:** If a competitor complains of an injury during a match, the referee will stop the match and call the medic to attend to the injured competitor. It is important to note that this may be considered the same as verbally tapping out to a submission. Guidelines for injuries are as follows:
- a. The Medic may declare that the injured competitor can continue without danger to their health, and if agreed by the Referee the match continues.
 - b. The Medic may declare that the injured competitor cannot continue because their health is in danger. The Referee may declare the injured competitor the loser if the injury was the result of an act that would not have resulted in a penalty for the attacking competitor (must be able to continue within 1 minute) or the Referee may declare the injured competitor the winner if the injury was of a prohibited act outlined in this rulebook.
 - c. The Medic may declare that the injured competitor cannot continue as a result of an attack and of a pre-existing condition (i.e., asthma, physical ailment). The Referee may declare the injured competitor the loser if the injury was the result of an act that would not have resulted in a penalty for the attacking competitor (must be able to continue within 1 minute).
 - d. If both competitors are injured and cannot continue the match, both athletes will leave the bracket (lost).
 - e. If it is impossible to determine which of the competitors was the cause of the injury, the athlete unable to continue shall lose the match.
3. **Sickness:** Generally, if a competitor is taken sick during a contest and is unable to continue, he/she shall lose the match, and the opponent will be declared the winner.
4. **Accident:** If an accident occurs due to an outside influence (force majeure), after consulting with the Referee Director, the match shall be considered cancelled or postponed. In those cases of 'force majeure', the Referee Director will make the final decision

DISCIPLINARY ACTION / INTERVENTION



The WPFGF may impose Disciplinary Action on any person or persons under the auspices of the WPFGF and may take immediate action known as Intervention, for violations of WPFGF Rules, for reasons of safety or security or for inappropriate or unprofessional conduct not in the best interest of the WPFGF.

Allegations of Misconduct/Incidents that do not require immediate Intervention will follow the “APPEALS AND PROTESTS” section of the GENERAL RULE Book or may be independently brought by the WPFGF.

AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete’s Credential. If the athlete does not present their Athlete’s Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report with all of the new weight classes after all competitors have weighed in. This will determine and verify which event the athlete was entered into.