

Mixed Ju Jutsu

International Competition rules

Explanation of the match rules



These competition rules supersede all previous rules. They are therefore invalid.

This new version is effective as of September 1, 2025. These rules can be viewed on the IMAF Europe website.

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1. Conditions of Participation

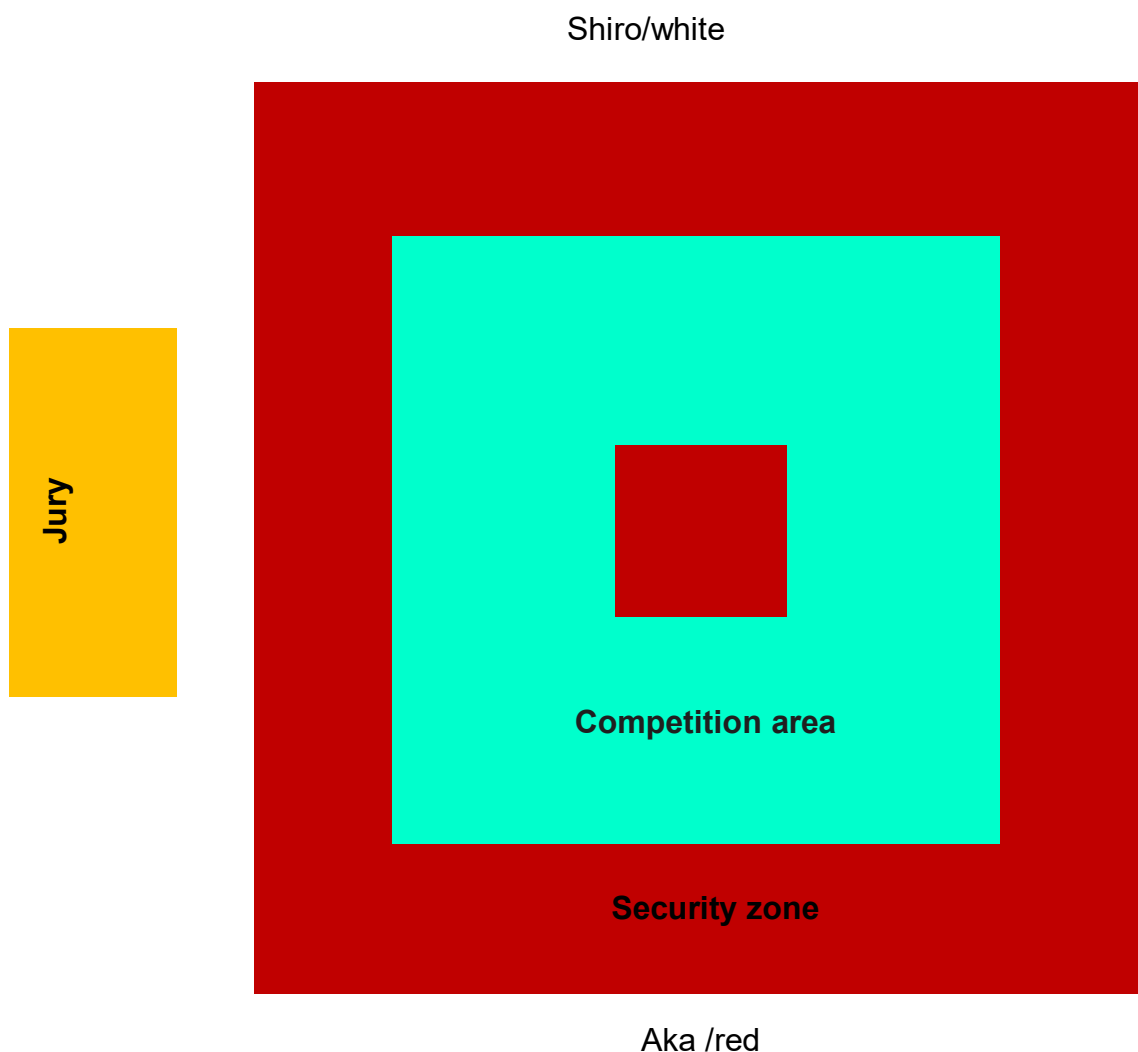
- ⇒ A medical examination, i.e., approval from a sports doctor to participate in the sport, must be completed within the **last 12 months**.
- ⇒ This examination must be recorded in the passport or medical record.
- ⇒ If the information in the sports and health record is illegible, crossed out, or if dates and signatures are crossed out or corrected, the certificate is automatically invalidated.
- ⇒ **Accident insurance must be provided for the participant.**
- ⇒ Signed consent from a parent or guardian is required for minors.
- ⇒ The following IMAF Europe competition rules apply.

2. The competition area

The competition area must be at least 5x5 m and not exceed 10x10 m.

The mat thickness must be at least 4 cm and not exceed 6 cm. A clearly visible safety zone must be located outside this area (1 meter). This can be marked by a colored mat border or a white adhesive strip, and competitors must not cross it. Failure to do so may result in a warning or a reprimand from the referee. A colored marking measuring at least 50x50 cm is located in the center of the mat.

The fighting area must be designed in such a way that there is no danger to the fighters.



3. Clothing

Competitors

- ⇒ Sturdy, clean, white Jiu Jitsu uniform. The jacket must cover the buttocks, the sleeves must cover half of the forearm, and the pants must cover at least the calves. The school or club badge must be sewn on the left side of the jacket.
- ⇒ **1st Round:**
 - ⇒ Taekwondo Body Armor
 - ⇒ Karate or Taekwondo Fist Guards
 - ⇒ Head Guards
 - ⇒ Mouth and groin guards are permitted (omitting them is at your own risk).
 - ⇒ Braces may only be worn with a helmet and visor during the first round.
- ⇒ The appropriate belt for your grade must be worn.
- ⇒ Wraps must not be held together with metal clips.
- ⇒ Jewelry of any kind is prohibited.
- ⇒ Long hair must be securely tied back with soft material.
- ⇒ Hair clips, barrettes, and glasses (except sports glasses) are not permitted.
- ⇒ Fingernails and toenails must be kept short.
- ⇒ T-shirts are permitted for women only. Leggings and socks are prohibited.
- ⇒ Due to the tight fit, the wearing of uniforms is prohibited for Brazilian Jiu-Jitsu.

Rounds 2 and 3:

- ⇒ White Judo or Jiu Jitsu Gi

Team captains/coaches must ensure that MJJ fighters wear the correct attire, otherwise the referees may refuse to allow them to compete.

Referee:

- ⇒ White polo shirt (IMAF Judge/Referee), black long pants, black mat boots, black socks, red armband on the right upper arm.
- ⇒ No jewelry or body jewelry is permitted.
- ⇒ Blue jacket and tie for the Referee.

Jury Panel:

- ⇒ White polo shirt (IMAF Martial Arts Court), black long pants, or black skirt.

4. Competition Forms

- ⇒ Individual Competitions

5. Match Type/Scoring System

- ⇒ The contest can be contested by knockout or the Brazilian Pool System with a consolation round.
- ⇒ The scoring system will be announced before the start of the contest.

6. Weight Classes

Double Starts:

- ⇒ You can start in your own weight class and the next higher weight class.

The weight difference may be:

- ⇒ from 30 kg to 50 kg, a maximum of 5 kg
- ⇒ from 50 kg to 80 kg, a maximum of 6 kg
- ⇒ The frame weight classes can be changed if necessary within the tolerance limits.
- ⇒ The weight classes for the tournament will be compiled on-site, but the maximum weight difference may only be exceeded with the consent of the fighter and the team captain/coach.
- ⇒ If a class is over- or under-staffed, the organizer can combine or separate weight classes.

Mixed Ju Jutsu Fighting Classes				
Age Categorie	Weight male	Code	Weight female	Code
Children 10 – 13 years	- 35kg	MJJ001	- 35kg	MJJ021
	- 45kg	MJJ002	- 45kg	MJJ022
	- 55kg	MJJ003	- 55kg	MJJ023
	- 65kg	MJJ004	- 65kg	MJJ024
	+ 65kg	MJJ005	+ 65kg	MJJ025
Juniors 14-17 years	- 50kg	MJJ006	- 50kg	MJJ026
	- 60kg	MJJ007	- 60kg	MJJ027
	-70kg	MJJ008	-70kg	MJJ028
	-75kg	MJJ009	-75kg	MJJ029
	+75kg	MJJ010	+75kg	MJJ030
Seniors 18 -34 years	- 65kg	MJJ011	- 65kg	MJJ031
	- 75kg	MJJ012	- 75kg	MJJ032
	- 85kg	MJJ013	- 85kg	MJJ033
	- 95kg	MJJ014	- 95kg	MJJ034
	+ 95kg	MJJ015	+ 95kg	MJJ035
Veterans +35 Years	- 65kg	MJJ016	- 65kg	MJJ036
	- 75kg	MJJ017	- 75kg	MJJ037
	- 85kg	MJJ018	- 85kg	MJJ038
	- 95kg	MJJ019	- 95kg	MJJ039
	+ 95kg	MJJ020	+ 95kg	MJJ040

7. Competition Procedure

- ⇒ A match consists of 3 rounds, each lasting 1 minute, with a 30-second break between rounds.
- ⇒ **1st round:** Kicking and striking, up to 3 points.
- ⇒ **2nd round:** Throwing techniques, up to 1 point.
- ⇒ **3rd round:** Pinning techniques, up to 1 point. The match begins in a kneeling position.
- ⇒ For each round won, the winner receives 1 point; these points are used to determine the match winner at the end of all rounds.
- ⇒ If a round ends in a draw, no points are awarded.
- ⇒ If a fighter wins the first two rounds, the third round does not take place.
- ⇒ In the event of a draw at the end of all 3 rounds, the round from which no winner emerged continues.
- ⇒ If several rounds end in a draw, the round to be fought will be decided randomly.

8. Scoring

In the first round, kicks and punches are worth up to 3 points.

- ⇒ After each hit, the fight is interrupted. Both judges simultaneously signal the hit they saw with a flag. The referee then announces the score.
- ⇒ Kicks and punches with clear, not too hard contact with the protective equipment are worth 1 point each.
- ⇒ Only light backfist strikes to the head are permitted (head side).
- ⇒ Exceptionally good techniques can be awarded 2 points.
- ⇒ If both strikes are simultaneous, no points are awarded.

In the second round, the contest will be awarded to a maximum of one point.

- ⇒ Only throws are permitted.
- ⇒ Throws count if the throw is recognizable and Uke falls on his stomach, side, or back.
- ⇒ Throws from the prone position are scored.
- ⇒ **Counter-throws:**
 - ⇒ If Tori throws Uke and Uke falls (side, stomach, back), Tori scores one point. If Uke throws Tori after falling, Uke also receives a point.
- ⇒ **Note:** If Tori attempts a throw and Uke doesn't fall, and Uke makes the throw, Uke gets the point.
- ⇒ **Restrictions:**
- ⇒ Sick and sweep throws can only be applied up to knee height.

In the third round

- ⇒ The contest will be fought to a maximum of one point in the third round.
- ⇒ 1 point is awarded if the opponent is held on the ground for 10 seconds.
- ⇒ Locking locks and chokeholds are not permitted. (A loud count is required.) (Alignment according to the judo rules)

9. Penalties

Prohibited actions must be punished with a warning or a reprimand, depending on their severity.

- ⇒ For minor violations, a warning is issued first.
- ⇒ Warnings are issued **after a warning**, unless the "technique" is so serious that immediate disqualification of the fighter is required.
- ⇒ For more serious or repeated violations, the opponent is declared the winner of the current round.
- ⇒ For the most serious or persistent violations, disqualification is ultimately issued.
- ⇒ Derogatory remarks or gestures directed at the opponent, coaches, staff, the referee, and officials, not only by the fighter themselves, but also by the dojo director, staff, and parents, are to the detriment of the competitor.
- ⇒ **For this unsportsmanlike conduct, the coach or trainer may be given a yellow card by the referee. A second violation results in a red card, which results in the coach or trainer being disqualified from the competition.**

The following behavior may result in a warning:

- ⇒ Excessively hard contact.
- ⇒ Attacks to prohibited body areas (face, neck, spine, joints, below the belt, unprotected body parts).
- ⇒ Prohibited/dangerous techniques (locks, wrist, finger, and ankle locks, choking, scratching, biting, spitting, hair pulling).
- ⇒ Leaving the mat.
- ⇒ Neglecting one's own safety.
- ⇒ Failure to follow referee instructions.
- ⇒ Provocation by a fighter or coach.
- ⇒ Noisy coaching.
- ⇒ Unsportsmanlike conduct.

10. The Refereeing Panel

The Refereeing Panel consists of:

- ⇒ The Chief Referee
- ⇒ The Referee
- ⇒ The Side Referee
- ⇒ The Scorekeeper
- ⇒ A timekeeper (one keeps the total time, the other the holds and also operates the gong).
- ⇒ A (WTB) person who operates the scoring table.

The Chief Referee (HCR)

The HCR appointed before the competition oversees the entire tournament. In cases of doubt or disagreement, the HCR makes the final decision after consulting the Referee, the Side Judge, and the team captains. This decision is final. The HCR must have a valid referee license. The HCR may not directly intervene in or interrupt a match. Consultations take place only during breaks in the fight or at the request of the HCR. The HCR monitors all competition mats. Protests must be accepted only by the HCR in written form (protest form) and if the usual protest fee has been paid.

The Referee (KR)

The referee oversees the contest on the mat with the referee and bears responsibility. In cases of doubt or disagreement, the referee may consult with the referee.

The Referee

The referee has additional functions. They announce their observed scores immediately after the referee has stopped the contest. They can be consulted if questions arise.

The Timekeepers

There can be several timekeepers on a panel. Their responsibilities include:

- ⇒ Timekeeping the round times and interval times.
- ⇒ Timekeeping the time for pins.
- ⇒ They also operate the acoustic signal at the start and end of the contest.
- ⇒ Timekeeping the time for injuries or at the instructions of the referee.
- ⇒ Timers are counted throughout the total time and interval times.

The List Keepers

- ⇒ They maintain the list according to the competition system
- ⇒ They call the competitors
- ⇒ They are responsible for the correct entry of byes
- ⇒ They assign the participants to the appropriate competition classes

The Coach/Secondary

During the break, the fighter may receive technical and moral support from a second (of their choice) at the side of the mat. Wiping sweat and giving very quiet advice from the coach are permitted. However, administering food or drink is not permitted. The second may also supervise their fighter in the event of an injury or during a mandatory break ordered by the referee.

A second may only enter the fighting area during the break or upon request by the referee. If their second misconducts themselves, the fighter may be penalized.

The Team Captain/Coach

- ⇒ They are responsible for ensuring their competitors are properly attire.
- ⇒ They will be consulted if a competitor is not allowed to compete in their weight class.
- ⇒ In the case of questionable decisions, the Referee may consult the team captain.
- ⇒ They file protests with the Head Referee.
- ⇒ They represent the dojo and the team throughout the competition.

14. Protests

- ⇒ Protests will only be accepted by the International Referee if the protest fee has been deposited and the protest form has been submitted (Appendix 1).
- ⇒ The amount of the protest fee will be determined before the tournament. It will be announced by the organizer in consultation with the International Referee.
- ⇒ Protests can only be filed by the team captain/coach.
- ⇒ The protest fee will be refunded to the team captain if the protest is upheld.
- ⇒ If the protest is not upheld, the money will be used for tournament equipment.
- ⇒ Video evidence will not be considered for judging.

15. Injuries

Should an injury occur, the injured competitor is given 5 minutes of recovery time. The paramedic or team captain/coach decides whether the injured competitor may continue fighting. If the uninjured competitor is causally (negligently) responsible for the opponent's injury, the injured competitor will be awarded the victory. The referee decides, after consultation with the head referee, whether the fighter is disqualified for the entire tournament or only for this fight.

Competition list

Tournament _____
Weight class _____

Mode _____

- ☐ Main Round
☐ Consolation round
☐ Men
☐ Women
☐ Children
☐ Youth
☐ Adult
☐ Veteran

	Place 1	Place 2	Place 3	Place 4
First name				
Last name				
Club				
Born date				



Club Name

1	
2*	
3	
4*	
5	
6*	
7	
8*	
9	
10*	
11	
12*	
13	
14*	
15	
16*	

3rd place

Battle area: _____
 List leader: _____
 Date: _____



Protest sheet

Mixed Ju Jutsu competition



Tournament and date: _____

Protest leader	
Name of team captain/coach	
Club/Association Country	
Competitor's name	

Protest opponents	
Name of team captain/coach	
Club/Association Country	
Competitor's name	

Official	
Chief referee	
Referee	
Scoring table operator/side judge	

Details of the protest. Use the back cover if necessary.

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Decision: The protest is upheld ☐ Yes ☐ No

Protest fee of _____ € has been paid.

Signature of Chief Referee _____

Signature of all involved	
Chief referee	
Referee	
Scoring table operator/side judge	
Competitor's name Protest leader	
Competitor's name Protest opponents	