



WORLD MARTIAL ARTS COMMITTEE

AMATEUR RULES FOR TOURNAMENTS

Version 4.7 - 2025

Chapter 5: Grappling / Sport Ju Jutsu / MMA Light



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World Martial Arts Committee

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Introduction:

This rulebook replaces all previously issued rules and contains the official WMAC amateur competition rules. These rules are valid for all members. However, local requirements and circumstances may be taken into consideration if necessary. The official language of the IRC is English. These rules may be translated into other languages by the IRC. However, in case of discrepancies, only the official English version shall prevail. This rulebook may not be copied, published or distributed without specific written authorisation from the WMAC or the IRC. This includes electronic, digital, physical and all other forms of reproduction. This rulebook can be downloaded free of charge as a PDF from the official WMAC website

WORLD MARTIAL ARTS COMMITTEE

International rules & guidelines



January 2025

Dear reader,

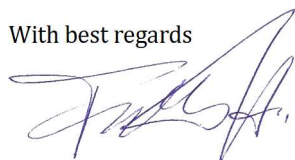
We are very pleased to release version 4.7 of our World Martial Arts Committee Rules and Guidelines. This is definitely the most comprehensive set of tournament rules available today and we are proud to publish it for your use. This has been made possible solely through the hard work and dedication of individuals from around the world. We would like to thank everyone for their contribution to this comprehensive rulebook.

All of these rules and guidelines contained in this document are to be applied at WMAC sanctioned events. In this case, they may not be deviated from except in exceptional circumstances and then only with the written permission of the IRC in conjunction with the Chief Referee (Supervisor) of the respective event. The instructions and decisions of the IRC regarding these rules are decisive and binding. In the event of complaints/protests, his decision is decisive and final.

This rulebook can also be used for non-sanctioned events. In this case, the organiser of the event must include the following statement in writing in the announcement: "This event is organised in accordance with the official WMAC rules and regulations".

The World Martial Arts Committee is constantly endeavouring to develop further. We are constantly working on the expansion of our rules and regulations and their dissemination at events and tournaments. This set of rules should be checked before the events in order to discuss and incorporate any changes with us.

With best regards



Harald Folladori
WMAC World President

CHAPTER 5 - GRAPPLING

ARTICLE 35 - GENERAL RULES FOR GRAPPLING

35. RESPONSIBLE - Grappling can only become a safe competitive sport if a well-trained official/judge is available. He/she must know the rules of the discipline very well and be able to interpret and implement them correctly. This can only be achieved through careful study of the rules and through training under competition conditions. The referee has a responsible task. Therefore, only those who have diligently familiarised themselves with the theory and practice of the grappling rules can be accepted as experts in the field of rules etiquette.

35. Categories:

35.2.1 Gender - Each category is divided into male and female

35.2.2 Age groups - U15, U18, +18, +40 and +50 years

35.2.3 Belt classes - will be named in the designated event.

35.2.3 Weight classes - can be found in the General Rules of the WMAC:

Depending on the number of participants, weight classes can be combined in consultation with the tournament director.

Juniors under 15 - If there are not enough competitors to form a competition, competitors may be divided into under 10kg groupings, for example under 30kg, 40kg, etc.

NOTE - The supervisor of the tournament has the possibility to adapt and change all classes depending on the number of starters in each category. He needs the prior approval of the IRC - WMAC

35.3 Weighing: see General Rules

ARTICLE 36. GRAPPLING/SUBMISSION COMPETITION (GP)

36.1 Description - The grappling/submission category was created with the most open rules possible. This allows many different grappling styles to compete under a common set of rules. This sport is a form of competition in which the athlete demonstrates his physical, mental and technical skills in an attempt to immobilise and pin his opponent.

36.2 Categories:

36.2.1 Age groups - They are subdivided as follows

| Description of the | Age groups |
|--------------------|------------|
| Juniors | U15 |
| Cadets | U18 |
| Adults | +18 |
| Veterans | +40 |
| Master craftsman | +50 |

36.2.2 Belt Classes - Due to the diversity in a Mixed Martial Arts event, the belt colour according to Japanese Kyu grading or other classifications may not suit everyone. The following guidelines will serve as a basis for determining the appropriate category for a competitor. Participants' experience in their sport will be included as a common factor in categorisation.

| Description | Martial arts experience (years) | WMAC belt |
|-------------|---------------------------------|---------------|
| Beginners | 1 to 3 years | Yellow - Blue |
| Advanced | more than 3 years | Red, Brown |
| Black strap | Various | Black |

36.2.3 Weight classes - are described in Article 35.2.3

36.3 Uniform - Each athlete must present himself appropriately dressed either in fight shorts and T-shirt / rashguard (for no-gi grappling) or in a clean, traditional martial arts suit (gi/kimono) made of cotton or similar material (for traditional grappling), depending on the organiser's announcement. The material must not be excessively thick or so heavy that the opponent is hindered. The colours in no-gi grappling are freely selectable, in gi grappling the suits can be black, white or blue. Other colours or combined colours in accordance with the colours of the national team are permitted. A Ju-Jitsu or Judo top is recommended. The jacket must reach the thigh and the sleeves must reach the wrist when the arms are extended forwards. The belt, 4 to 5 cm wide and in the appropriate rank colour, is tied around the waist with a double knot so tightly that the uniform remains closed. Uniforms must be washed and dried without unpleasant odours. Athletes may not compete with torn uniforms, sleeves or trousers that are not the correct length or with T-shirts under the uniform (except in the female classes). If an athlete's uniform becomes bloody or torn in a way that could affect the outcome of the bout, he/she will be asked to replace it immediately or the bout will be deemed a forfeit. Athletes with long hair must tie it up with a simple hair tie. Toenails and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. The wearing of glasses in competition is prohibited. Competitors should wear a coloured belt during the actual fight for identification purposes. Any kind of shoes, headgear and protectors that could influence or hinder the outcome of the fight are not permitted.

36.4 Competition area - Is described in General Rules

36.5 Entering & Exiting the Competition Area - Athletes will be shown where they should enter the competition area and may only do so at this point.

Before the fighter starts his match, the main referee will check that all judges and table crew are ready. He will also check the area for any dirt or obstructions. If everything is to his satisfaction, he will hold up his hand to indicate that the fighters can start as soon as they are ready. They should now move to the starting position.

Before the start of each round, the participants will bow to each other.

When the match is over and the winner has been announced, the fighters bow first to each other and then to the judges, who reciprocate. The athletes then go to the opposing coach and bow in thanks. They return the salute. Finally, the athletes leave the area at the point where they entered it.

36.6 Judges, Referees & Officials - Each class will have a Judge at the table, a Referee in charge of the bout and a timekeeper to time each round. The bout will be overseen by the Referee who will monitor and enforce the rules of the bout. Medical personnel must be available and easily recognisable at all times. During the bout, neither the Referee nor anyone at the scoring table may converse with the athletes.

36.6.1 Duties of the Referee:

The Referee is the highest authority on the mat and has the right to disqualify participants during the bout. No one can overturn his decision. In special cases, the Supervisor of the event may review and control a decision of the Referee if it was unjust. In cases where a Referee is found to be incompetent or continues to make obvious errors, the Supervisor has the authority to replace him.

The Referee does not keep score. The main referee is responsible for supervising the bout. He/she manages and controls the pace of the competition, enforces the rules and ensures a fair competition. To this end, he/she will start and end the bout, count the 10 second holds, award points by hand signals to the scorekeepers and enforce penalties.

The Referee must communicate clearly with the scorer and timekeeper and announce the winner of each bout. The Referee must announce all official decisions in a loud and clear voice and indicate to the athlete concerned by voice and gesture.

The Referee should always give verbal cues/instructions throughout the competition, especially if a penalty does not apply. This could be, for example: "Stay in the competition area!" etc.

Only the Referee will call a time-out for the following reasons:

- a) Correcting detached or slipped equipment.
- b) Awarding points and penalties, issuing warnings.
- c) Injury to an athlete (injury to medical personnel)
- d) Violation of the rules (objection by coach or supervisor)

During the bout, the Referee will constantly guide the competitors to the centre of the ring. In the event that the competitors move outside the boundaries during the bout, the Referee will simultaneously call "outside" with a gesture. The competitors must hold their position without moving. The same applies if 2/3 of an athlete's body is outside the mat area (boundary). The Referee may be assisted by another official in moving the athletes back to the centre of the ring.

If it is impossible for the Referee to bring the athletes back to the centre of the ring, the athletes will be asked directly to return to the centre of the ring to continue from this point

The Referee will not allow outside interference during the bout. The first aid team is permitted on the mat at the discretion of the Referee. When the timekeeper gives the signal that the bout is over, the Referee may award an advantage point to one of the athletes if it is clearly visible that a supposedly successful hold was applied at that moment or the upper hand would have been gained through a tactical manoeuvre. Exceptions are take-downs. In the event of a draw, the main referee can decide who the winner is or order extra time.

Any situation that cannot be determined by the rules and regulations is assigned to the

The decision is left to the referee or the supervisor as the decision-maker.

36.6.2 Duties of the referee:

The referee checks before the start that the athletes' nails are cut, that the uniform fits correctly and ensures that the athletes are in the correct category.

During the bout, the referee will ensure that all procedures are in accordance with the official rules of the category. If the referee believes that there is a violation of the rules, he has the right to request a time-out during which he can consult with the head referee.

During the bout, the Referee may seek the advice of the Referee to clarify any unclear interpretation of the rules.

36.6.3 Tasks of the timekeeper:

Timekeepers sit next to the competition area and start / stop the time after the referee's whistle / signal. If for any reason the Referee does not call time out, the timekeeper should automatically stop the time and start again at the Referee's signal or when the bout continues.

By verbal and visual signals, such as throwing a bag or other suitable object into the centre of the competition area, the Referee informs the Referee when the time has expired or when he/she has received a formal protest. The time officially runs out only when the Referee ends it.

36.6.4 Tasks of the point taker:

A scoreboard is positioned on the table so that it is clearly visible to the main referee and spectators. The scorekeeper will record the number of points and penalties awarded to the competitors by the Referee. The person shall record points and notes in the lists and call out the athletes, including those already standing on the competition area. All necessary score sheets, hand counters, stopwatches etc. must be available on the table before the start of the competition.

36.6.5 Gestures:

The Referee will make gestures corresponding to the actions as described below. For all gestures, the Referee will raise his hand with his red/blue armband in accordance with the colour of the athlete's corner to indicate which athlete is scoring.

Take Downs and Sweeps: The Referee will raise his hand to show the colour of the scoring athlete and the score of 2 or 3, depending on how many were scored. 2 points are scored when a takedown lands in the opponent's guard. 3 points are scored when takedowns or a throw are executed and do not land in the opponent's guard.

Breaking the guard: The referee will raise his hand and the respective number of fingers to score a 3-point technique.

Turning from the guard position to the mount position: The referee raises his arm and indicates three points with his fingers.

Countering from the opponent's guard into the mount position: The referee raises his arm and indicates two points with his fingers.

Back mount hoks/grapevine (hold from behind with legs hooked): The referee raises his arm and indicates three points.

Pins/holds (holds): If 75 per cent of a fighter's back is on the floor during a control technique, the referee announces a hold (Osae Komi) and counts down ten seconds, then awards two points for sidemount and one point for fullmount.

Submission: Decides the fight.

Penalties: The referee interrupts the match and informs the person to be penalised and the table staff of the rule violation. The opponent receives two points.

Advantages: The referee signals an advantage point by moving the arm horizontally at shoulder height.

Interruption of the bout: The referee raises both arms to shoulder height.

Interruption of the match with time out: The referee holds the hands in the shape of the letter "T" for "time out".

Disqualification: The referee holds the arms up crossed and then pronounces the disqualification.

Withdrawal of an awarded score: The referee raises the arm with which the score was awarded and waves his hand.

36.7 Safety of the contestants - The referee ensures the safety of the contestants during the entire duration of the bout. He has the right to interrupt the fight at any time if there is a risk that one of the fighters will be seriously injured by a submission technique (lift or choke). The fight is then over and the fighter who applied the technique wins the fight. If necessary, the referee will call in the medical service to check whether the injured fighter can continue to take part in the tournament.

36.8 Fighting time:

36.8.1 U15/ U18 years: All preliminaries - fight time 1x 3 minutes & final 1x 3min.

36.8.2 +18 years: All preliminaries 1x 3 minutes & final 1x 4 min

36. Number of rounds - There is only one round in the preliminaries and the final!

36. Time interruptions - Only the referee has the right to interrupt a bout in progress, for example in the event of a violation of the rules. The clock is then stopped until the referee gives the command to continue. He can also interrupt the fight time at the request of an official, the coach or one of the fighters. If the outcome of the bout is affected by the request to interrupt the bout, the referee does not have to grant this request.

In the event that an athlete does not arrive at the competition area on time with complete competition clothing and equipment, they will be given exactly 1 minute to complete themselves. If they fail to do so within this time, they will be penalised or disqualified.

36.11 Unauthorised techniques - Any type of punching or kicking is prohibited. The following are also prohibited: nerve pressure techniques using hands, knees or elbows in the area of the face, lever techniques on fingers or toes, twisting of the neck or similar techniques and clamp holds on the windpipe (table). The terms in the left-hand column mean, from top to bottom: punches/kicks, face contact, finger/toe levers), attacks on the spine, neck levers, neck levers from the front, heel levers, lifting from guard and ramming into the mat, triangle chokes (sangaku) with head pull, twisted knee levers, attacks on the cervical spine, scissor throw, chokes, submission techniques, wrist levers).

| Forbidden Techniques | Forbidden techniques in the classes are marked with an "X". | | |
|-------------------------------------|---|-----|-----------|
| | U15 | U18 | +18 & +35 |
| Beating | X | X | X |
| Face contact | X | X | X |
| Finger & toe lever | X | X | X |
| Back lock | X | X | X |
| Neck twisting | X | X | X |
| Turning the neck from the front | X | X | X |
| Heel hook | X | X | X |
| Striking from the guard | X | X | X |
| Triangular handle with pull on the | X | X | X |
| Lock your knees with gleichzt. Turn | X | X | X |
| Cervical lock | X | X | X |
| Scissor throws | X | X | |
| Strangling | | | |
| Submission techniques | | | |
| Wrist lever | X | X | |

36.11. With the exception of the guillotine, neck lock techniques are not permitted as pure choke techniques. Anyone who intentionally applies a neck lock will be disqualified without prior warning.

36.11.2 Lever techniques such as "figure 4" (Ude Garami or similar) are permitted.

36.11.3 Stretched leg levers without nerve pressure point technique are permitted.

36.11.4 All leverage or choking techniques that are unsportsmanlike, uncontrolled or performed with such force that they may cause injury are prohibited.

36.11. In case of doubt, the referee cancels a well-placed submission technique even before the knockdown in order to prevent injuries and awards points as if the knockdown had taken place.

36. Match decisions - There is no draw. Fights are decided by:

- 1) Submission (task)
- 2) Disqualification
- 3) Unconsciousness (must be seen and prevented beforehand by the referee) or due to injury.
- 4) Points
- 5) Advantages

36.13 Submission/task:

Victory by submission occurs when a technique forces one of the fighters to do so.

A task exists if:

1. recognisably tapping the opponent's body or the ground with the palm of the hand,
2. is tapped with the feet because this is not possible with the hands,
3. the task is signalled verbally,
4. an athlete is injured or is physically unable to continue for any other reason.
5. the referee interrupts the fight during a scheduled submission technique in order to avoid a foreseeable injury,
6. the coach or the fighter himself "throws in the towel",
7. the attacked fighter emits cries of pain when a submission technique is applied (considered equivalent to tapping).

The referee stops a fight if one of the fighters is injured or if a medical examination shows that the fighter is unfit to fight. If the injury was not intentionally caused by the opponent or was caused by a breach of the rules, the injured fighter loses.

36.14 Disqualification - The Referee may disqualify an athlete for serious misconduct. This can happen in the following cases:

1. the fighter or the coach makes indecent verbal comments or behaves in an insulting and disrespectful manner
2. by biting, pulling the hair, stabbing the eyes or hooking the fingers into the nostrils, deliberately injuring the genitals or deliberately using fists, feet, knees, elbows or the head to injure the opponent or to gain an unfair advantage.
3. the combat clothing tears during the fight and the fighter is unable to provide a replacement within the allotted time.
4. a contestant must still wear shorts underneath due to the risk of damage or the shorts slipping down. If he is unable to obtain replacement clothing within the allotted time, he will be disqualified.
5. a fighter who attempts to evade the submission by escaping from the mat during a scheduled submission technique will be disqualified immediately. If the escape from the mat turns out to be a technical and not a disciplinary error, the fighter will only be disqualified in the respective category, but may continue to participate in the tournament in the open class or other categories, for example.
6. the contestant violates one of the rules in paragraph 36.11.

36.14.1 Escalation: A disqualification excludes the contestant from further participation in the tournament / category. However, a distinction is made between an entire tournament disqualification. Or one that affects the immediate competition in the respective category. e.g. disqualification due to late arrival = DISQ category - disqualification due to unsportsmanlike behaviour = DISQ tournament

36.14.1.1 CATEGORY Disqualification: Means only the exclusion from the current fight category.

36.14.1.2 TOURNAMENT Disqualification: Means exclusion from the entire tournament or even a temporary ban from competition. This is done in consultation with the supervisor.

36. Unconsciousness - If one of the fighters falls unconscious as a result of a technique that complies with the rules (e.g. choke or throwing technique) or as a result of an accident without the opponent acting contrary to the rules, the opponent who has fallen unconscious has lost the bout. However, this rule only applies if the losing fighter has not "tapped out" beforehand. Under all circumstances, the referee must ensure the safety of the athletes and, if possible, prevent unconsciousness from occurring.

36. Awarding of points - The referee has the right to award points or penalties or to issue warnings, deduct points or disqualify.

36.16.1 Positive points - The aim of the competition is for the athletes to use their technical skills to force their opponent to give up or to gain a point advantage through clean control techniques. If nobody gives up before the end of the bout, the winner is the one who has accumulated the most points.

| Points | Technology | Description of the |
|--------|--|--|
| 1 to 3 | Third warning of the opponent | <ul style="list-style-type: none"> - On the third warning the opponent of the warned contestant will be awarded two points. see Article 37.16.2 |
| | Sweeps / Sweeps | <ul style="list-style-type: none"> - If someone in the base holds their opponent in guard (leg lock) or half guard (only one leg clamped) and manages to get into the mount position (Tate Shio Gatame) by turning round, they receive two points for this. |
| | Take Downs / Throws | <ul style="list-style-type: none"> - Any way of actively bringing the opponent to the ground so that he lands on his back or on his side is a throw. Depending on the quality of the throw, one, two or three points are awarded. A normal throw with medium momentum and speed scores two points. Very dynamic throws with high momentum and speed (such as an Ippon throw in Judo) are rewarded with three points. - If the thrower lands outside the competition area but still on the safety area, the throw counts if it was made inside the competition area (both feet of the thrower inside the competition area at the start of the throw!) - If a throw is countered by a self-falling throw (e.g. Tani Otoshi, Yoko Wakare, Tomo Naga etc.), only the successful self-falling throw is scored. |
| | Pins/Holds Holding/control techniques | <ul style="list-style-type: none"> - If a fighter from the side position manages to hold his opponent on the ground for ten seconds so that 75 per cent of his back touches the ground, two points are awarded (side mount / yoko-shiho gatame/ kami-shio gatame). - The ten-second count is stopped when the losing team is able to free itself or turn in such a way that 75 per cent of its back no longer touches the ground for more than one second. |
| | Mount | <ul style="list-style-type: none"> - The mount position means that a fighter controls his opponent lying on the ground by sitting or lying on him so that his own legs touch the ground on both sides. This is awarded three points. - It is irrelevant whether the defeated fighter is in a prone or supine position. The fighter on top may lie on one of the opponent's arms, but never on both. - The technique also counts as a mount position if he only has one knee or one foot on the ground or controls the opponent by pressing his knee to his stomach or chest. - No points are awarded if the legs or feet of the person on top are resting on the legs of the person below. - If a fighter uses a triangle technique (sangaku) from the guard, turns the opponent and lands himself in the mount position, this is a sweep (i.e. not three, but only two points). - |
| 3 | Passing the Guard Release from the leg brace | <ul style="list-style-type: none"> - Anyone who manages to free themselves from a leg chamber and then immediately apply a hold is awarded three points. - If the control position is then held for at least ten seconds, a further two or three points are awarded - depending on whether it is a side or full mount. |
| | Back Grab /Hooks Handles from behind | <ul style="list-style-type: none"> - A "back grab" means that you lie on your back or on your side and hold your opponent from behind in such a way that one or both arms are pinning their neck and your own legs are wrapped around the opponent's body. To score points, however, your own feet must be "hooked" between the legs (touching the inside of the thigh with the heel or calf). - Only then are the three points awarded. If one of the opponent's arms is also fixed with the leg clamp, this is not detrimental to the score. However, if both arms are included in the leg clamp, no points are awarded. |

36.16.1.1 If a contestant deliberately gives up a position for which he has been awarded points, only to immediately return to the same position, no additional points will be awarded.

36.16.1.2 No points are awarded if an athlete assumes one of the above positions while his opponent has applied a submission technique. Points are only awarded when the submission technique has been completely fended off.
Example: Mount position while the opponent has applied a guillotine. However, if the submission technique is applied in such a way that it is recognisably unsuccessful, the side or full mount is scored.

36.16.2 Penalties - The first time an illegal technique is used, the user receives a warning. On the second warning, the opponent is awarded one point and on the third time the opponent is awarded another point. After the third warning, the referee can pronounce a direct disqualification for any further offence.

| Penalties | Infringement | Description of the |
|------------------|---------------------------------------|---|
| Warnings | Avoiding the Battle | - This is against the rules if a fighter intentionally leaves the mat area in a standing fight or intentionally leaves the mat area on the ground by crawling or rolling to avoid a fight or to gain time. |
| | Avoid any Activity | - This is against the rules if one of the fighters prevents the activity by taking off parts of the fighting clothes or allowing the opponent to do so in order to interrupt the fight and gain time to rest. |
| | On your knees Go | - Kneeling is only permitted if the opponent has been grabbed beforehand in order to apply a technique. |
| | Blockade - Strategy | - It is not permitted for a fighter to merely block the fight by holding his opponent and not make any attempt to score himself. |
| 2 point penalty | 3. warning | - On the third attempt to commit an offence, the opponent is awarded two points. |
| Disqualification | After 3. Warning | - After the third warning, the opponent has the right to disqualify the player in the event of a further offence. |
| | Exaggerated Hardness | - Massive use of force is not permitted if it goes far beyond what is necessary to achieve a score or is intended to cause injury to the opponent. Disqualification will be pronounced immediately without warning. |
| | Disrespect/ unsportsmanlike behaviour | - In the event of such offences, the referee has the authority to pronounce an immediate disqualification. |

36. Advantages - An advantage= is achieved when a fighter applies a technique, but does not execute it cleanly and completely (e.g. when throwing) or puts his opponent under massive pressure with a submission technique, but ultimately does not achieve the opponent's submission.

36.17.1 Advantages from take-downs (throws) - A fighter succeeds in visibly throwing his opponent off balance and almost throwing him.

36.17.2 Advantages during the Guard (leg brace)

1. An advantage can be given to the person on top if he puts massive pressure on the person on the bottom by attempting to free himself and is almost able to free himself or forces the person on the bottom to change from guard (full leg lock) to half guard (only one leg locked).
2. the opponent on the bottom can be awarded an advantage if he almost succeeds in turning the opponent onto his back or if he puts the opponent under massive pressure by applying a lever or choke technique.

36.17.3 Advantages by using a submission technique: If a submission technique is applied cleanly and a serious and promising attempt is made to force the opponent to submit, an advantage is gained.

36.17. In the event of a tie on points: If there is a tie on points at the end of the regular bout time, it is the referee's task to decide the bout on the basis of the following advantage scores:

1. advantage through activity: The advantage is granted for the more offensive fighting style (for example, frequent attempts to use throwing, control or submission techniques) or for one of the fighters constantly putting the other on the defensive.

2. advantage due to throwing approach: An advantage is granted if one player has clearly unbalanced the other player with a throwing approach (but without completing the throw).

3. advantage through activity on the ground: The fighter who predominantly takes the initiative in the ground fight and thus puts the opponent under pressure gains an advantage.

36.18 Description of illegal

In all classes:

- 1) no punches and kicks,
- 2) no contact of hands, feet, knees, forehead or elbows in the opponent's face,
- 3) no lever techniques on small joints such as fingers or toes.
- 4) No spinal or neck levers, no heel levers,
- 5) no lifting of the opponent out of the guard and subsequent ramming into the mat,
- 6) no pushing down of the head during a triangle choking technique,
- 7) no knee twists (straight leg levers are allowed!),
- 8) no levering or choking techniques in an unsportsmanlike manner or with such force that there is an acute risk of injury

Addition: Under 15 years: no submission technique

ARTICLE 37. SPORT JIU JITSU (SJ)

37.1 Competition description - The term "Jujutsu" was originally used to describe the complete system of the (unarmed) martial art of the samurai class in feudal Japan. Earlier, at the same time or later, similar systems were developed for the warrior class in other nations. Since the early 20th century, the need for knightly hand-to-hand combat has diminished more and more. However, unarmed self-defence continued to be cultivated and developed as a sport. Today, the term "sport jujutsu" refers to a competitive sport in which athletes can demonstrate their physical and psychological capabilities as well as their technical skills by forcing their opponents to surrender.

37.2 Categories:

37.2.1 Age groups - They are subdivided as follows:

| Description of the | Age groups |
|--------------------|------------|
| Juniors | U15 |
| Cadets | U18 |
| Adults | +18 |
| Veterans | +40 |
| Master craftsman | + 50 |

37.2. Belt Classes - Due to the diversity in a Mixed Martial Arts event, the belt colour according to the Japanese kyu according to Japanese kyu grading or other classifications may not be appropriate for everyone. The following guidelines serve as a basis for determining the appropriate category of a competitor. participant's appropriate category. Participants' experience in their sport will be included as a common factor for categorisation.

| Description | of | Martial arts experience in years | WMAC belt |
|-------------|----|----------------------------------|-----------|
|-------------|----|----------------------------------|-----------|

| | | |
|-------------|-------------------|---------------|
| Beginners | 1 to 3 years | Yellow - Blue |
| Advanced | More than 3 years | Red, Brown |
| Black strap | Various | Black |

37.2.3 Weight classes - are described in Article 35.2.3

37. Uniform - Each athlete must present himself appropriately dressed in a clean, traditional martial arts suit (or gi kimono) made of cotton or similar material. The material must not be excessively thick or so heavy as to hinder the opponent. Colours can be black, white or blue. Other colours or combinations of colours are permitted in accordance with the colours of the national team. A jujutsu or judo top is recommended.

The jacket reaches up to the thigh and the sleeves must reach the wrist when the arms are extended forwards. The belt, 4 to 5 cm wide and in the appropriate rank colour, is tied tightly around the waist with a double knot so that the uniform remains closed. Uniforms must be washed and dried without unpleasant odours. Athletes may not compete with torn uniforms, sleeves or trousers that are not the correct length, or with T-shirts under the uniform (except in the female classes). If an athlete's uniform becomes bloody or torn in a way that could affect the outcome of the bout, he/she will be asked to replace it immediately or the bout will be deemed a forfeit. Athletes with long hair must tie it up with a simple hair tie. Toenails and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. The wearing of glasses in competition is prohibited. Competitors should wear a coloured belt during the actual fight for identification purposes. Any kind of shoes, headgear and protectors that could influence or hinder the outcome of the fight are not permitted.

37.4 Competition area - is described in article 3.3.

37.5 Entering & Exiting the Competition Area - Athletes will be shown where they should enter the competition area and may only do so at this point.

- Before the fighter starts his match, the main referee will check that all judges and table crew are ready. He will also check the area for any dirt or obstacles.
- If everything is to his satisfaction, he holds up his hand to show that the fighters can start as soon as they are ready. They should now move to the starting position.
- Before the start of each round, the participants will bow to each other.
- When the match is over and the winner has been announced, the fighters bow first to each other and then to the judges, who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the greeting. Finally, the athletes leave the area at the point where they entered it.

37.6 Judges, Referees & Officials - see 36.6

37.6.1 Duties of the Referee - see 36.6.1

37.6.2 Duties of the Referee - see 36.6.2

37.6.3 Tasks of the timekeeper - see 36.6.3

37.6.4 Tasks of the point user - see 36.6.4

37.7 Safety equipment (protective equipment):

General: The use of protective equipment such as approved hand and foot protection, shin guards, mouth guards and groin guards is mandatory. Protective equipment with a rough surface or damaged protective equipment is not permitted, nor is protective equipment containing metal or hard plastic parts.

37.7.1 Head protection. Head protection is mandatory in all categories.

37.7.2 Hand protectors - All areas that come into contact with the opponent when punching must be covered with at least a 4 OZ (approx. 1.7cm) thick, medium-hard foam layer. The hand protectors must be suitable for both boxing and grappling techniques (MMA gloves)

37.7.3 Foot protectors - The instep and lower shin area must be padded with a layer of medium-hard foam at least

1.7 to 2.5 cm thick. Velcro fasteners must hold reliably.

If a fighter does not appear on the competition area with correct and complete protective equipment, he will be given one minute to change or complete his equipment. If they fail to do so, they will be penalised with minus points or disqualified.

37.8 Competitor safety: It is the referee's responsibility to ensure the safety of the competitors at all times. He will seek the advice of the paramedics/medical staff as necessary to decide whether a contestant is fit to compete or continue a bout.

37.9 Fight time:

37.9.1 Black belts fight one round (3 minutes) without interruption.

37.9.2 Athletes up to and including brown belt fight one round (2 minutes) without interruption. There is no interruption of the fight to indicate scores.

37.10 Interruption of time: Only the Referee has the right to interrupt a bout in progress. He will do so if there is an infringement of the rules. The time is then stopped until the referee gives the command to continue. He may also interrupt the bout at the request of one of the fighters, the coach or an official. However, he does not have to do this if it affects the result of the bout.

37.11 Permitted targets: Sport Jujutsu is a controlled contact sport (light contact). Light contact means that a hit only hits the surface of the clothing or protective equipment without causing pain to the opponent. Permitted hit zones are the forehead and the sides of the head, the chest area, the solar plexus, the ribs and the abdomen

37.12 Targets not permitted: The face, the top and back of the skull, the neck, the spine, the kidneys, the genital area and all joints may not be attacked with punches or kicks. Punches below the belt are prohibited. Low kicks are not permitted, but foot sweeps at ankle height are allowed. During "grappling" (= when the opponents have grabbed each other), no punches or kicks are permitted while standing or on the ground.

37.13 Permitted techniques: Foot sweeps (starting at the ankle) are permitted. All controlled punches, kicks, throws, holds, chokes or leverage techniques are permitted, provided they are used to attack the above-mentioned permitted targets. Light contact to the head is permitted, the judges must pay attention to the difference between light contact and full contact.

37.14 Prohibited techniques: Headbutts, hair pulling, scratching, biting, elbow or knee strikes, finger jabs, punches or kicks without visual control, kicks against a fighter lying on the ground, punches to the head in the ground position, kicks to the legs, finger and neck levers and heel hooks are not permitted due to the risk of injury, nor are leverage techniques on small joints such as fingers or toes.

Juniors - Only control techniques (holds) count for juniors. Chokes and levers are prohibited.

37.15 Ratings:

| Points | Techniques | Description of the |
|--------|-------------------|---|
| 1 | Blows | - Cleanly executed punches or kicks to permitted targets. To score a point from a body hit, the maximum permissible contact must be made. Points are only awarded for hits to the head with light contact. However, in the case of techniques to the head, it must be recognisable that the attacker - if he wanted to - could also score a hard hit. |
| | Kicks to the Body | - Two points are awarded for a kick to the head. Punches or kicks to the face are not permitted. One point is also awarded for kicks to the body (above the belt). |
| | Inconclusive hits | - Only one point is awarded for a series of inconclusive meetings. |
| 2 | Kicks to Head | - Controlled kicks to the head with light contact or to the head guard. |
| | Throws | - Any throw where the thrower lands in the guard of the thrown ball. |
| | Takedowns | - Any takedown where the offender lands in the guard of the opponent. |
| | Reversals | - For every reversal that lands in the half-guard of the thrown ball. |

| | | |
|------------|--------------------|---|
| | 10 Second Pin | - Holds with which the opponent lying on his back is controlled for at least ten seconds. |
| | Hold Downs | - The referee announces the hold by raising the arm and calling "Hold Down" or "Osae Komi" (the ten-second time limit begins at this point). - If the gong sounds during a scheduled hold (signalling the end of the regular fighting time), the holder must be given the chance to complete the ten-second time limit and be awarded a score. |
| 3 | Throws | - Throws where the thrower does not land directly in the guard of the thrown ball |
| | Takedowns | - Bringing to the ground, where the actor does not land directly in the guard of the thrown person |
| | Rear Hooks | - Hold from behind (back grab = the opponent is held on the floor from behind by fixing the neck area with one or both arms and clutching the opponent's body with the legs. To be scored, the heels must be "hooked" between the opponent's legs, i.e. touching the inside of the thighs. |
| | Reversals | - "U-turn" from a hold (the person initially lying on the bottom is then on top and controls his opponent) |
| Multiple | Combination Flurry | - Blow series / blow combinations |
| Deductions | Penalties | - When a "penalty" is imposed, two points are deducted from the person being penalised. If this is not possible on the scoreboard for technical reasons, two points are credited to the opponent instead |
| Victory | Submission/ task | - To prevent an imminent injury or unconsciousness (when choking), the referee will stop the fight. The fight is then decided (technical knockout) |

37.15.1 Advantages - Advantage scoring shall be applied if the bout is a draw at the end of regulation time to determine a winner

37.15.1.1 Advantage scoring in ground fighting - while the leg lock is applied.

- 1.) The person on top gains an advantage by going on the offensive and trying to break through the opponent's guard and, for example, manages to make the person on the bottom give up the full leg lock (guard) and only hold one leg (half guard). An advantage is also awarded if the attempt to break free is so violent that the person on the bottom can only hold his leg clamp with a great deal of energy.
- 2.) The person on the bottom gains an advantage if he can switch from the bottom to the top position (sweep) or apply a lever or choke in such a way that the opponent has to put up a massive resistance. In order for a sweep to be counted as an advantage, the person on the bottom must open his leg clamp.

37.15.1.2 Attempting a submission technique A submission technique approach combined with an attempt to force the submission is considered an advantage.

37.15.2 Energy required to achieve a score:

37.15.2.1 Light contact means that no pain and/or injury is caused by the attack on the permitted targets. This type of contact is permitted for attacks to the head (only to the side and forehead, no contact to the face).

37.15.2.2 Excessive contact: Contact that is recognisably harder than necessary to achieve a score or a submission technique with the intention of causing injury will result in immediate disqualification. Although this is subject to the judgement of the referee, excessive contact is recognisable by the following reactions:

- 1.) Intent to injure through uncontrolled use of a technique
- 2.) Visible concussion of the head as a result of a hit
- 3.) Visible swelling or other signs of external injury - In the case of a bloody nose, it is not the bleeding nose that is the reason for a penalty, but the recognisable hitting of a non-permissible target (face).

37.15.3 Automatic victory:

37.15.3.1 Any submission technique that forces the opponent to give up automatically means victory.

37.15.3.2 The higher score at the end of the regular fighting time is the winner.

37.15.4 What is a submission technique? If a fighter gives up (taps out) due to a lever or choke, this is a submission. Even if a fighter is unintentionally injured after a throw and cannot continue fighting after ten seconds, this is considered a submission. Submission automatically means victory.

27.15.5 Definition of "grappling": The grappling conditions allow the contestant to hold his opponent in any permitted way while standing for a maximum of ten seconds in order to attempt a throw. If no throw is successful during these ten seconds, the grip must be released again (at the referee's command). The outside judge starts counting the 30-second time limit for the ground fight when both fighters are in the ground position after using a permitted technique. The fighters may switch from standing to ground fighting several times during the fight.

The fighters can score points not only with throws, but also with counter techniques, holds or submission techniques. Once the 30 seconds for the ground fight have expired, the fighters are separated and must continue fighting in a standing position. If a control or submission technique is applied before this time limit expires and looks promising, it is up to the judge to decide when to stop the ground fight.

There is an absolute ban on attacks against the neck. In the U15 categories, no chokes or levers are permitted; for children, the aim is to control the opponent with holds. If a fighter is knocked down due to an unauthorised technique, the other fighter will not be awarded any points.

If a penalty is imposed while the opponents are in a ground fight, it depends on the position and the course of the fight whether the referee interrupts the fight or allows it to continue in order to display the penalty points later when the fighters return to the standing position. If the situation in the ground fight has become "deadlocked" and both opponents are no longer actively fighting, the referee can also stop the ground fight before 30 seconds have elapsed and return the fighters to the standing position.

37.16 Reasons for penalty points: Warnings or penalties are issued if:

- 1.) techniques are performed with inappropriate rigour
- 2.) illegal targets are attacked (kicks to the knee are penalised as too hard contact)
- 3.) illegal techniques are used
- 4.) "mat escape" is committed to avoid the fight
- 5.) is dropped to the ground to avoid an attack
- 6.) fight continues after the request "Stop",
- 7.) the attack is careless or reckless (regardless of whether contact is made)
- 8.) behaves disrespectfully towards officials or fighters
- 9.) behaves in an unsportsmanlike manner

37.16.1 Types of penalties - The referee has the right to penalise a contestant at any time by warning, point deduction or disqualification. The following guidelines apply:

| Infringement | Description of the | Penalty |
|-------------------|---|------------------|
| 1. | minor offences | Warning |
| | Excessive harshness (unintentional) | 1 point minus |
| | Excessive force or kick with knee (intentional) | Disqualification |
| | Disrespect or unsportsmanlike behaviour | Disqualification |
| 2 (Same offence) | minor offences | 1 point minus |
| | Excessive hardness or kicking with knee | Disqualification |
| 2 (Other offence) | minor offences | Warning |
| | Excessive hardness, kick with knee | 1 point minus |
| | Excessive force or kick with knee (intentional) | Disqualification |
| | Disrespect or unsportsmanlike behaviour | Disqualification |
| 3. | The fourth offence = disqualification. | Disqualification |

37.16.2 Warning for too hard contact - If a warning is given for too hard contact, the referee should do so clearly and in a way that the contestants and the judges can hear. For example, he should say: "If you hit or kick that hard again, you will be disqualified. Do you understand that?" He should wait until the offender has taken note of this statement before allowing the fight to continue.

37.16.3 How are points deducted? If the technical system does not allow a deduction of points, points are credited to the opponent. Or after the 2nd warning 1 minus point, 3rd warning the 2nd minus point maximum 3 warnings possible = 4th warning automatically DISQUALIFICATION

37.17 Disqualification - If a disqualification is given, a contestant may be disqualified from further participation in the entire tournament. Therefore, disqualifications should be differentiated between minor and major disqualifications as follows:

37.17.1 CATEGORY Disqualification: only applies to the current category

37.17.2 TOURNAMENT Disqualification: means exclusion for the entire tournament or a temporary ban from competition, which is agreed with the tournament director and the association responsible for the respective area or country.

Any penalty should be given very clearly and in the presence of fighters and officials as it can lead to disqualification!

ARTICLE 38. MMA - LIGHT - MIXED MARTIAL ARTS - LIGHT (MMA-L)

38.1 Description of the competition - The WMAC competition discipline "MMA Light" allows a wide range of fighting techniques from traditional and non-traditional fighting styles. The rules allow the use of grappling techniques (throws, holds, levers, chokes, etc.) as well as the use of punches and kicks. In this way, this competition allows athletes with very different martial arts backgrounds to test their skills in a safe and controlled manner. The top priority in MMA Light is the safety of the athletes.

The basis for this is fighting in Kick Light (see Article 38.16). This martial art, which allows grappling as well as punches and kicks, should not prioritise any of these different fighting techniques. Therefore, a submission of the opponent by a submission technique (lever/choke) leads to an early victory, because it is not possible to decide the fight prematurely with punches or kicks by a "knock-out" (KO) due to the light contact.

Examples of the course of amateur MMA Light fights:

- 1.) A competitor specialises in punches and/or kicks and will therefore mainly score points with these techniques and at the same time try not to give his opponent the chance to use grappling techniques. Nevertheless, it is possible that a grappler will manage to force a fighter who specialises in punches and kicks to give up with a single submission technique (lever/choke) shortly before the end of the fight. In general, the fighter who scores the most points or by submission (knockdown) wins the fight.
- 2.) The fighter, who specialises in punches and kicks, is repeatedly thrown and is unable to score points with clear strikes. The grappler is clearly superior in both standing and ground fighting and therefore wins the fight.
- 3.) In a balanced fight, the fighter who has collected more points wins.

38.2 Categories:

38.2.1 Age groups - They are subdivided as follows:

| Description of the | Age groups |
|--------------------|------------|
| Juniors | U15 |
| Cadets | U18 |
| Adults | +18 |
| Veterans | + 40 |
| Master craftsman | + 50 |

38.2.2 Belt Classes - Due to the diversity in a Mixed Martial Arts event, the belt colour according to Japanese kyu grading or other classifications may not suit everyone. The following guidelines will serve as a basis for determining the appropriate category for a competitor. Participants' experience in their sport will be included as a common factor in categorisation.

| Description | of Martial arts experience in years | WMAC belt |
|------------------|-------------------------------------|---------------|
| Beginners | 1 to 3 years | Yellow - Blue |
| Advanced | More than 3 years | Red, Brown |
| Master craftsman | Various | Black |

38.2.3 Weight classes - See General Rules

38.3 Uniform - Each athlete must present himself appropriately dressed in clean fightshorts and T-shirt / rashguard. In exceptional cases, the Referee may also allow a gi if this does not negatively affect the course of the fight. Athletes with long hair must tie it up with a simple hair tie

38.4 Competition area - ring/octagon or mat area of at least 6 x 6 metres.

38. Entering & leaving the competition area - Athletes are shown where they should enter the competition area and may only do so at this point.

- Before the fighter starts his match, the main referee will check that all judges and table crew are ready. He will also check the area for any dirt or obstacles.
- If everything is to his satisfaction, he holds up his hand to show that the fighters can start as soon as they are ready. They should now move to the starting position.
- Before the start of each round, the participants will bow to each other.
- When the match is over and the winner has been announced, the fighters bow first to each other and then to the judges, who return the bow. The athletes then go to the opposing coach and bow in thanks. They return the greeting. Finally, the athletes leave the area at the point where they entered it.

38. Judges, Referees & Officials - The bout will be officiated by a Referee and at least 2 Judges. One of these should be a referee. A timekeeper, who measures the time of each round, must also sit at the main referee's table. The bout is supervised by the Referee who monitors and enforces the rules of the bout. Medical personnel must be available and easily recognisable at all times.

38.6.1 Duties of the referee:

The referee is the highest authority on the fighting area and has the right to disqualify participants during the fight. Alongside the Referee, he is the highest authority. In special cases, the coach can lodge a protest with the event supervisor and question a referee's decision if the decision was not in accordance with the rules. In cases where a referee proves to be incompetent or continues to make obvious mistakes, the MRef, in consultation with the supervisor, has the authority to replace him.

The referee is responsible for supervising the match. He/she has two outside judges as assistants. He/she will manage and control the pace of the contest, enforce the rules and all penalties and ensure a fair contest. To this end, he/she will start and end the fight, count the 10-second holds and award the points for all grappling scores (throws, holds, submissions, etc.) directly. The referee indicates the points to be awarded with his fingers. These points are also recorded by the two outside judges, who count all punches and kicks independently with clickers, as in kickboxing.

The referee must communicate clearly with the scorer and timekeeper and announce the winner of each bout. The referee must announce all official decisions in a loud, clear voice and indicate them to the athletes concerned by voice and gestures. He must wear coloured armbands or wristbands to ensure that the points awarded by him are allocated to the respective corner of the fighters. (Risk of confusion)

The referee should always give verbal cues/instructions throughout the contest, especially if a penalty does not apply. This could be, for example: "No too hard contact!" or "Stay in the fighting area!" etc.

Only the referee calls a time-out for the following reasons:

- a) Correcting detached or slipped equipment.
- b) Awarding points and penalties, issuing warnings.
- c) Injury to an athlete (injury to medical personnel)
- d) Violation of the rules (objection by coach or supervisor)

During the fight, the referee will constantly guide the competitors to the centre of the ring. In the event that the competitors move outside the boundaries during the fight, the referee will simultaneously call "outside" with a gesture. The competitors must maintain their position without moving. The same applies if 2/3 of an athlete's body is outside the mat area (or ring ropes). The referee can be assisted by another official when it comes to moving the athletes back to the centre of the ring.

If it is impossible to bring the athletes back to the centre of the ring, the athletes will be asked to return directly to the

centre of the ring to continue from this point.

The referee will not allow outside interference during the match. The first aid team is allowed on the mat. When the timekeeper gives the signal that the bout is over, the referee may give an advantage point to one of the athletes if it is clearly visible that a supposedly successful hold was applied at that moment or that the upper hand would have been gained through a tactical manoeuvre. Exceptions are take-downs.

In the event of a draw, the Referee will decide who the winner is or order extra time.

Any situation that cannot be determined by the rules will be left to the Referee, in consultation with the Supervisor, to decide.

38.6.2 Duties of the Referee:

The competition head judge checks before the start that the equipment is correct, nails are cut short, the uniform fits correctly and the colour and grade of the belt is appropriate for the match in question.

During the bout, the Referee will ensure that all actions comply with the official rules of the category. If the Referee believes that there is a breach of the rules, he has the right to request a time-out in which he can consult with the Referee.

During the bout, the referee may seek the advice of the head referee to clarify any unclear interpretation of the rules.

38.6.3 Tasks of the timekeeper:

Timekeepers sit next to the competition area and start / stop the time after the referee's whistle / signal. If for any reason the Referee does not call time out, the timekeeper should automatically stop the time and start again at the Referee's signal or when the bout continues.

The timekeeper is responsible for timekeeping. By verbal and visual signals, such as throwing a bag or other suitable object into the centre of the competition area, the timekeeper informs the Referee when the time has expired or when he/she has received a formal protest. The time only officially runs out when the referee or Referee calls for it.

38.6.4 Tasks of the point user:

A scoreboard is positioned horizontally on the table, clearly visible to the referee and spectators. The scorekeeper records the number of points and penalties awarded to the competitors by the referee.

He/she will enter points and comments on lists and call out the athletes, including those who are already on the competition area.

All required score sheets, hand counters, stopwatches and necessary aids must be available on the table before the start of the competition.

38. Protective equipment:

38.7.1 General - The use of protective equipment such as approved hand and foot protectors, shin guards or shin / instep protectors, mouth guards and groin guards is mandatory. Protective equipment with a rough surface or damaged protective equipment is not permitted, nor is protective equipment containing metal or hard plastic parts (see Kick Light).

38.7.2 Head protection - Head protection is not mandatory, but may be worn as long as it is wrestling head protection that CANNOT slip and does not negatively influence the course of the fight (e.g. by constantly slipping, etc.) or the type of fastening poses a risk of strangulation.

38.7.3 Handguards - All areas that come into contact with the opponent when striking must be covered with at least a 1.7cm thick, medium-hard foam layer MMA gloves with at least 6 - 8 OZ. The handguards must be suitable for both boxing and grappling techniques

38.7.4 Foot protectors - The instep and lower shin area must be padded with a layer of medium-hard foam at least 1.7 cm thick (commercially available shin and instep protectors). Velcro fasteners must hold reliably. Kickboxing foot protection is also permitted.

38.7.5 Knee pads - Knee pads may be worn voluntarily throughout the bout for safety reasons, as long as they cannot cause damage to the opponent.

If a fighter appears on the fighting area without sufficient or authorised protective equipment, he will be given one minute to equip himself accordingly. If he fails to do so, he will be penalised with minus points or even disqualified for the fight. This also applies to NOT appearing - if he is called out a total of 3 times and does not come to the fight, 1 minute is set, then he receives the 1st minus point, after 2 minutes another minus point and the athlete is DISQUALIFIED.

38.8 Safety of the fighters. It is the responsibility of the referees, explicitly the referee, to ensure the safety of the fighters during the entire fight. In the event of injury, the referee will seek medical advice as to whether a fighter can continue the bout. Referees should not overrule the decision of the medical staff. Medical time is a maximum of one round.

38.9 Competition time

38.9. All +18 fighters Preliminaries 1 x 3 min. final 1 x 4 min.

38.9. Fighters U15 / U18 fight in the preliminary round 1x 2 min & in the final also 1x 3 min.

38.10 Interruption of time: Only the referee or MRef and the doctor have the right to interrupt a bout in progress. He will do so if there is a violation of the rules. The time is then stopped until the referee gives the command to continue the fight. He may also interrupt the bout at the request of one of the fighters, the coach or an official. However, he does not have to do this if it affects the result of the bout.

38.11 Permitted targets: MMA Light is a controlled contact sport in Kick Light mode. Light contact means that a hit only hits the surface of the clothing or protective equipment without causing injury to the opponent. This means that the front side of the body as well as the sides, the front and side of the head, the thighs and the ankle = foot sweep are permitted strike areas.

38.11.1 Permitted punches and kicks: identical to Kick Light plus KNIETECHNIKEN !

| Blows | Description of the |
|-----------------|--|
| Hand techniques | to the head and the front of the body from the shoulders to the waistline |
| | To the side of the upper body |
| | to the legs |
| | A standing fighter may strike a fighter lying on the ground on the hands, legs and non-life-threatening targets on the body. (does not apply to fighters in the U15 class) |
| | A fighter lying on the ground may strike the standing fighter at all permitted targets. (does not apply to fighters under 15 years of age) |
| Kicks | to the front of the body from the shoulders to the waistline |
| | to the side of the upper body |
| | both to the inside and outside of the thighs in standing combat |
| | A standing fighter may only kick his opponent lying on the ground against the outside of the legs. (does not apply to fighters under 15 years of age) |
| | The fighter lying on the ground may hit the standing fighter at all permitted targets, but only with hand techniques. (does not apply to fighters under 15 years of age) |
| Knee knocks | A fighter lying on the ground may hit the opponent's legs and body side with heel kicks/knee kicks from the guard. |
| | Knee kicks to the inside and outside of the thighs are also permitted. |
| | to the upper body (front) permitted |

38.12 Non-permissible punches/kicks:

- 1.) no intentional impact hits.
- 2.) No knee strikes to the head
- 3.) no elbow techniques, no pulling of hair, no scratching or biting, no finger stabs in the eyes, no headbutts, no pulling of ears, no "fishhook techniques" (e.g. hooking in the nostrils, in the eye socket or similar)
- 4.) No grabbing of the opponent's gloves (own gloves may be grabbed)
- 5.) No blows or kicks to the larynx (also no "claw" to the trachea or the arteries in the neck)
- 6.) No "pinching"
- 7.) No blows or kicks to the kidney
- 8.) no attacks on the genital area or direct blows or kicks to the joints or spine
- 9.) no "stomp kicks" (heel) from a standing position against a fighter lying on the ground
- 10.) no kicks when both fighters are on the ground
- 11.) No blows with the flat of the hand
- 12.) no twisted backhand strikes and no forearm strikes

ATTENTION: in the U15 class no strikes on the ground or from the ground are allowed, only grappling techniques. (ground fighting) In case of violation a minus point is to be awarded IMMEDIATELY, in case of repeated violation the fighter will be DISQUALIFIED.

38.13 Grappling & submission techniques:

38.13.1 Permitted Grappling & Submission Techniques:

- 1.) All Ju-Jutsu, Judo and Wrestling takedowns & throws (except see 38.13.2)
- 2.) All submissions (except see 38.13.2)

38.13.2 Grappling & submission techniques not permitted:

- 1.) no throws that land on the opponent's head or neck (e.g. Supplex)
- 2.) No levers on small joints (e.g. finger, toe or wrist levers)
- 3.) No neck levers (e.g. guillotine may only be performed as a pure choke technique!)
- 4.) No heel hooks or twisted knee or leg levers
- 5.) It is forbidden to throw the opponent outside the competition area.

38.14 Warning/penalty for deliberately leaving the competition area:

- 1.) Warnings will be given for deliberately leaving the fighting area. There is no penalty if a fighter accidentally leaves the mat during a technique or is actively pushed out by the opponent.
- 2.) 1st warning = no deduction, 2nd warning = minus 1 point, 3rd warning = minus 1 point and; 4th warning = DISQUALIFICATION
- 3.) Deliberately leaving the fighting area in order to avoid a submission will result in disqualification.
- 4.) Deliberate ejection from the ring will also result in disqualification.

38. Ratings:

| Points | Techniques | Description of the |
|--------------|-----------------|--|
| 1 | Hand techniques | <ul style="list-style-type: none">- clear hits with punches to permitted targets (to score for a body hit, the maximum of the permitted hardness is required).- For scored strikes, it must be recognisable that the performer would also achieve an effect if he were allowed to strike in full contact. Strikes in the ground position are only scored if they could have an effect in full contact. Example: Strikes without a real lunging movement to the side or back do not score any points! |
| | Knee techniques | <ul style="list-style-type: none">- clear hits with knee strikes to permitted targets (with the exception of knee strikes to the open body, which are scored higher, see below)- In the case of knee strikes, it must be recognisable that the performer would also achieve an effect if he were allowed to perform them in full contact. Knee strikes to the head are not permitted! |
| | Kicks | <ul style="list-style-type: none">- all kicks to permitted targets with the exception of jumped kicks, which are scored higher- In the case of scored kicks, it must be recognisable that the performer would also achieve an effect if he were allowed to perform them in full contact. |
| 2 | Kicks | <ul style="list-style-type: none">- all jumped kicks to the body (with the exception of jumped kicks to the head, which are scored higher, see below) |
| | Knee | <ul style="list-style-type: none">- Knee kicks jumped to the open body. |
| | Throws | <ul style="list-style-type: none">- Any way of actively bringing the opponent to the ground so that he lands on his back or on his side is a throw. Depending on the quality of the throw, one, two or three points are awarded (a simple push over without momentum is worth one point. A normal throw with medium momentum and speed scores two points. Very dynamic throws with high momentum and speed (such as an Ippon throw in Judo) are rewarded with three points.- If the thrower lands outside the competition area but still on the safety area, the throw counts if it was made inside the competition area (both feet of the thrower inside the competition area at the start of the throw!)- If a throw is countered by a self-falling throw (e.g. Tani Otoshi, Yoko Wakare, Tomo Naga etc.), only the successful self-falling throw is scored. |
| | Takedowns | <ul style="list-style-type: none">- See Throws |
| | 10 Second Pin | <ul style="list-style-type: none">- Holds with which the opponent lying on his back is controlled for at least ten seconds |
| | Hold Downs | <ul style="list-style-type: none">- The hold is announced by the referee by raising the arm and calling "Hold Down" or "Osae Komi" (the ten-second time limit begins at this point). If the gong sounds during a scheduled hold (signalling the end of the regular fighting time), the holder must be given the chance to complete the ten-second period and be awarded a score. |
| | Rear Hooks | <ul style="list-style-type: none">- (Back grab = the opponent is held on the ground from behind by fixing the neck area with one or both arms and clutching the opponent's body with the legs. To be scored, the heels must be "hooked" between the opponent's legs, i.e. touching the inside of the thighs. |
| | Reversals | <ul style="list-style-type: none">- "U-turn" from a hold (the person initially lying on the bottom then lies on top and controls his opponent) |
| 3 | Kicks | <ul style="list-style-type: none">- Jumped kicks to the head |
| Task | Submission | <ul style="list-style-type: none">- if a fighter gives up or the referee stops an action to prevent an imminent injury or unconsciousness |
| Point deduct | Penalties | <ul style="list-style-type: none">- When a "penalty" = warning is issued, points are deducted from the person being penalised depending on the number of warnings. If this is not possible on the scoreboard for technical reasons, points are credited to the opponent instead.- 1st warning - no deduction, 2nd warning - one point minus, 3rd warning - 2nd point minus, further warning - disqualification |

38.15.1 Advantage scoring - Advantage scoring is applied if there is a draw at the end of the regular match time.

38.15.2 Advantage scoring in ground fighting (while the leg lock is applied)

- 1.) The person on top gains an advantage by going on the offensive and trying to break through the opponent's guard and, for example, manages to make the person on the bottom give up the full leg hold (guard) and only hold one leg (half guard). An advantage is awarded if the attempt to break free is so violent that the person on the bottom can only hold his leg clamp with a great deal of energy.
- 2.) The person on the bottom gains an advantage if he can switch from the bottom to the top position (sweep) or apply a lever or choke in such a way that the opponent has to put up a massive resistance. In order for a sweep to be counted as an advantage, the person on the bottom must open his leg clamp.

38.15.3 Attempting a submission technique - The use of a submission technique combined with an attempt to force the submission is considered an advantage.

38. Energy required to achieve a score:

38.16.1 Light contact: Light contact means that no injury is caused by the attack on the authorised targets.

38.16.2 Excessive contact:

Contact that is recognisably harder than necessary to achieve a score or a submission technique with the intention of causing injury will result in immediate disqualification. Although this is subject to the judgement of the referee, excessive contact is recognisable by the following reactions:

- 1.) Intent to injure through uncontrolled use of a technique
- 2.) Visible concussion of the head as a result of a hit
- 3.) visible swelling or other signs of external injury. In the case of a bloody nose, the reason for a penalty is not the bleeding nose, but why it occurred (intentional or collision).

38.17 Automatic victory:

38.17.1 The higher score at the end of the regular fighting time is the winner. The regular submission also decides the fight.

38. Reasons for penalty points: Warnings or penalties are issued if:

- 1.) Techniques are performed with inappropriate rigour
- 2.) illegal targets are attacked (kicks to the knee are penalised as too hard contact)
- 3.) illegal techniques are used
- 4.) "mat escape" is committed to avoid the fight
- 5.) is dropped to the ground to avoid an attack
- 6.) Fighting continues after the request "Stop"
- 7.) the attack is careless or reckless (regardless of whether contact is made),
- 8.) behaves disrespectfully towards officials or fighters
- 9.) behaves in an unsportsmanlike manner

38.19 Types of punishment - The referee has the right to punish a contestant at any time by warning, deduction of points or disqualification if he/she violates the rules or acts with unsportsmanlike behaviour.

38.19.1 Warning for excessive contact (or hitting illegal targets):

1st warning = NO PENALTY (ATTENTION)

2nd warning = 1 minus point - with clicker scoring 5 additional points for the opponent

3rd warning = 2 minus points - with clicker scoring 5 additional points for the opponent

4th warning = DISQUALIFICATION

If a warning is given for too hard contact or hitting illegal targets, the referee should do so clearly and in a way that the fighters and judges can hear. For example, he should say: "If you hit or kick that hard again, you will be disqualified. Do you understand that?" He should wait until he has taken note of this statement before allowing the fight to continue.

38.20 Disqualification - If a disqualification is pronounced, a contestant may be excluded from further participation in the entire tournament. Therefore, disqualifications should be differentiated between minor offences (e.g. not showing up for the match) and major offences (e.g. insulting the referee) as follows:

38.20.1 CATEGORY Disqualification: applies only to the current bout.

38.20.2 TOURNAMENT Disqualification: means exclusion for the entire tournament or a temporary ban from competition, to be agreed with the supervisor of the responsible federation.

Any penalty should be given very clearly and in the presence of fighters, coaches and officials if it may lead to disqualification! WARNING SYSTEM!