



The BJJAGB Continuous Fighting-System

In The Continuous Fighting-System two competitors compete against each other in a sportsmanlike competition with adapted means of Ju-Jitsu. There is one centre ref and two mat judges.

Each judge has two clickers and scores both competitors

The BJJAGB'S Fighting-System is composed of 3 Parts:

Part 1: Punches, strikes and kicks = 1 point

Part 2: Throws, take downs, = 3 point for a take down and 5 point for a clean throw.

Part 3: Floor techniques, locks and strangulations.

3 point for a 5 second control (maximum 2 controls) and 5 points for a tap out or submission.

The contestants must be technically active before going into the next part of 1,2 or 3.

An act is technically valid when the competitor shows the technique with good balance and with controlled combinations.

- One point to be awarded for each clear kick or punch.
- **After 45 seconds OF Part 1 the Centre Ref shouts "Grip" the timekeeper will throw in a bag to signal this. The fighters then grip.**

The Attacks in part 1 are limited to the following areas: Head, face, neck, abdomen, chest, and side.

- **The fighting time per match is 3 minutes (Subject to change). The Mat-Referee together with the Side-Referees should decide, after consulting the Table-Referee, if the last action happened before or after the end of the three minutes.**

- When the same contestant is involved in consequent matches, a recovery time of 5 minutes will be allowed between the two matches.
- The organizer of the competition shall provide red and white competition-belts, jury score tables, scorecards, list and

administration papers, a place for the referees and the technical committee.

- The contestants are required to wear soft, short and light hand protectors and soft shin and instep protectors.
- The protectors must be made of soft foam and should be at least 2cm thick and with upper limit of 3 cm.
- Protectors must be in the right size and in good order.
- It is compulsory to have groin guard and mouthpiece. Female competitors may wear a chest protection and must wear a plain crew neck t shirt of good length to go into the Gi Trousers
- Foot / Shinbone protections, jockstrap and chest-protections must be worn beneath the Gi.
- Long hair must be tied up with soft hair-band.

THE Course of the match

- The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow referees and then to each other.
- After the MR announced "Hajime", the match starts in Part 1.
- As soon as the contest moves to the second part Punches, strikes and kicks are not longer allowed except if they are performed simultaneous with the initial grip.
- As soon as one of the contestants has been thrown (***15 seconds is allowed for this but the referee may use his or her discretion if he feels a throw is imminent***) or taken down and is sitting or laying on the floor the match continues in Part 3.
- The contestant must be active in all parts.
- In Part 1, if a contestant only rushes towards the opponent without making a technical action or if he is in a dangerous position for himself a yellow card will be issued and the match will continue in part 1.
- Throws must start in the competition area. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.
- At the end of the match, the MR announces the winner after consulting the scores of the side referees and orders the standing bow first to each other, then to the referees, which are standing on one line in the fighting area opposite to the table referees.

Section 11: Application of "Hajime", "Matte",

- The MR shall announce "Hajime" to start and to restart the match after "Matte".
 - The MR shall announce "Matte" to stop the match temporarily in the following cases:
 1. If one or both contestants left the competition area.
 2. If one or both contestants performed a forbidden act in Part 1
 3. If one or both contestants are injured or are taken ill.
 4. If one of the contestants can't tap by himself during a strangulation or lock.
 5. When time is expired
 7. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
 8. In any other case when one of the SRs finds it necessary and therefore claps his hands.
 9. The fight has finished.
 - **Matte** shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move anymore. **Matte** will be announced:
 1. To give one or both competitors a warning for passivity in Part 2 or Part 3.
 2. To give one or both contestants a yellow card or red card in Part 2 or Part 3.
 3. Any other time the MR finds it necessary.
- d. After **Matte** the contestants continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces "Hajime".
- The following actions may receive a warning, a yellow card or a red card**
1. If one or both contestants show passivity or minor technical infringements.
 2. To deliver multiple uncontrolled, poor form punches
 3. To deliberately go outside the warning area with both feet.
 4. To purposely push the opponent outside the warning area.
 5. To purposely deliver kicks or punches after the beginning of Part
 6. To make any further actions after "Matte" has been announced.
 7. To deliver punches, strikes and kicks to the legs.
 8. To deliver punches, strikes and kicks at the opponent if he is lying down.
 9. To make locks on fingers or toes.
 10. To make cross-legged locks around the kidneys.
 11. To make a strangulation with bare hands / fingers.

12. If a contestant comes unprepared to the mat and delays the contest.
13. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)
14. To make attacks like kicking, pushing, punching, and hitting the body of the opponent in a hard way.
15. To purposely throw the opponent from the competing area to the safety area. (Or outside of the safety area)
16. To disregard the MR's instructions.
17. To make unnecessary calls, remarks or gestures to the opponent, Referees, the secretariat or the audience.
18. To throw the opponent from the fighting area to the area outside of the safety area
- 19. To make an uncontrolled action, such as roundhouse punches and kicks, which are not stopped even if they miss the opponent, and after a throwing technique the opponent is not able to continue immediately.**

Red Card will be given after a second yellow and

20 To make straight punches or straight kicks towards the head.

1. To apply any action which may injure the opponent?
2. To throw or try to throw the opponent with any lock or strangulation.
3. To make any locks or cranks on the neck or spinal column.
4. To make any twisted locks at the knee or foot.
5. If a contestant shows unsportsmanlike behaviour before or after a fight, to the referees or injures another contestant by dangerous actions and the other contestant is unable to continue with any other part of the championship i.e. Kata. The officials of the tatami will unanimously decide that the competitor should be expelled from the rest of the tournament. They will inform the Head-Referee of their decision and then ask the organiser of the tournament to make the official announcement. The expelled contestant loses all matches in all types of contests he has already won, including the medals.

All rules are subject to change by the Technical Committee

Section 14: Referee Dressing

1. Referees and Judges shall wear grey trousers and black socks, white shirt, BJJAGB tie and blue jacket with a BJJAGB badge attached to the left side. Alternatively, depending on the temperature, Referees shall wear the same as above but without jacket.

Section 15: Referee Behaviour

1. Referees must behave correctly towards all functionaries, athletes and the public.
2. During Competitions referees cannot give negative opinions (criticisms) regarding other Referee's conduct.
3. Referees shall not release to the public, press or the television any interview or opinion concerning the Competition in which they officially participate