

LEAGUE RULES

ACBJJ

2026

ACBJJ LEAGUE RULES

1. REFEREE AUTHORITY

- 1.1 The referee's decision after the conclusion of a match is indisputable;
- 1.2 If an athlete independently disputes the scores or decisions of the referee, the athlete shall be penalized with a warning (Penalty) up to and including disciplinary disqualification, resulting in the athlete's elimination from the tournament bracket;
- 1.3 In the case of disrespectful behavior or offensive statements by representatives directed at the referee, the entire team shall be disqualified from the tournament;
- 1.4 The referee is the final authority in deciding the outcome of a match.

2. APPEAL

- 2.1 To file an appeal, the athlete's representative must obtain accreditation, which the organization conducts at the referee seminar before each tournament on weigh-in day, for which registration in advance is required.
- 2.2 Appeal procedure:
To dispute a referee's decision, the coach or athlete's representative must raise their badge, demonstrating disagreement with the referee's assessment. The referee may resolve the issue independently or by consulting the head referee, but the final decision remains with the referee on the mat;
- 2.3 Time for filing an appeal:
The appeal must be filed upon completion of the technical action in which the athlete's representative disagrees with the judge's assessment. After the match result is announced, no appeal shall be accepted;
- 2.4 In the case of an unfounded appeal, the athlete shall be penalized with 2 points awarded to the opponent and the representative's right to file further appeals shall be restricted for the remainder of the tournament.
- 2.5 The accredited team representative admitted to the coaching zone shall communicate exclusively with the athlete and comment on their fight; contact with the referee is permitted only in the case of an appeal; if the team representative comments on the referee's actions, they will be removed from the coaching zone; in the case of a repeated removal, their accreditation will be revoked (up to and including a disciplinary warning for the team).

3. START OF THE MATCH

- 3.1 The referee beckons the athletes onto the tatami with a gesture, after which the athletes must immediately proceed to the center of the tatami to the referee. If an athlete does not come out to the tatami immediately after the referee's call, they shall be penalized with a warning (Penalty);
- 3.2 The athlete's appearance must comply with the competition regulations. In case of non-compliance, the referee has the right to send the athlete to correct the issue, for which 3 minutes are allotted; upon return, the

athlete receives a warning (Penalty); if the athlete fails to correct the uniform non-compliance within 3 minutes, they shall be disqualified from the match (DQ);

3.3 If after the referee's command «Fight» the opponents do not move toward each other and begin moving in a circle or retreating backward, they shall be penalized with a warning (Penalty).

4. SCORING SYSTEM

4.1 Advantage — any incomplete positional technical action or takedown without stabilization;

4.2 Penalty — punishment for violation of the rules or competition regulations;

4.3 1 point: when 2 Advantage scores are accumulated, they are combined into 1 point;

4.4 When a Penalty is assessed to an athlete, their opponent is awarded 1 point;

4.5 In the case of a real submission threat, the athlete is awarded 1 point;

4.6 2 points are awarded for a Takedown with subsequent stabilization of no less than 3 seconds;

4.7 2 points are awarded for a Sweep from any type of guard with subsequent stabilization of no less than 3 seconds;

4.8 2 points are awarded if the athlete stabilizes the «knee on belly» position for no less than 3 seconds;

4.9 2 points are awarded if athletes roll out of the working zone of the tatami during active defense/attack with a submission — in this case, 2 points are awarded to the attacker, and the athletes return to the center of the mat in standing position;

4.10 3 points are awarded for passing any type of guard with subsequent stabilization of no less than 3 seconds;

4.11 4 points are awarded for the Mount position with stabilization of no less than 3 seconds;

4.12 4 points are awarded for the Back Mount position with stabilization of no less than 3 seconds;

4.13 4 points are awarded for the Back Control position with stabilization of no less than 3 seconds.

5. DISQUALIFICATION

5.1 Disciplinary disqualification for unsportsmanlike conduct and use of profanity directed at an athlete or referee (punishable by exclusion from the tournament bracket);

5.2 For prohibited actions (see the table of prohibited actions);

5.3 Upon accumulation of 3 penalties;

5.4 If during the execution of a submission the athlete being attacked intentionally exits beyond the working zone boundary, they shall be disqualified;

5.5 If during the execution of a submission the athlete being attacked escapes using a prohibited grip, they shall be disqualified;

5.6 If an athlete enters the mat in a uniform that does not comply with the regulations, they are given 3 minutes to correct the non-compliance; if they do not meet this time limit, they shall be disqualified from the match.

5.7 For the knee reaping position (see illustration in item 13 of the rules appendix), with the exception of cases where athletes end up in this position unintentionally during grappling — the referee removes the leg and a Penalty is given to the athlete whose leg entered this position.

5.8 In the case of evidence of a fixed match, both athletes shall be disqualified.

6. PENALTY (WARNING)

6.1 A Penalty is also issued for passive grappling for 10 seconds after the referee's command «be more active»;

6.2 If after the command «Fight» the athletes do not move toward each other and begin moving in a circle without engaging, both athletes shall be penalized with a Penalty;

6.3 If the referee gestures for the top athlete (guard passer) to move toward the bottom athlete (guard player), and they retreat backward, the top athlete shall be penalized with a Penalty;

6.4 If standing grappling is taking place and the athletes hold grips without active actions for 30 seconds, both athletes shall be penalized with a Penalty;

6.5 If an athlete takes a prohibited grip, namely gripping inside the sleeve, inside the pant leg, or inside the pants at the hip area, they shall be penalized with a Penalty;

6.6 If the attacking athlete begins executing a Sweep or Takedown and the athlete being attacked intentionally exits beyond the working zone boundary, the defending athlete shall be penalized with a Penalty and the attacker receives 2 points;

6.7 If after the referee's gesture calling athletes to the center of the tatami the athletes are engaged in unrelated activities, they shall be penalized with a Penalty;

6.8 Gripping fewer than 4 fingers, as well as manipulation of the face, shall be penalized with a Penalty;

6.9 Pulling guard without a grip — Penalty;

6.10 In the case of a simultaneous double guard pull, if neither athlete stands up or assumes the dominant top position within 15 seconds, both athletes are stood up and penalized with a Penalty;

6.11 If an athlete executes a submission using a prohibited grip, the athletes are stood up and the attacker receives a Penalty;

6.12 If after the referee's command to tie the belt the athlete intentionally stalls for time, they shall be penalized with a Penalty;

6.13 In no-gi competition, any grips on clothing are prohibited and shall be penalized with a Penalty;

6.14 Children of all ages, juniors, and adults up to blue belt are prohibited from jumping into guard, executing submissions and chokes in mid-air (triangle, armbar); in such cases, the athlete shall be penalized with a

Penalty;

6.15 If an athlete arrives at a match in a uniform that does not comply with the regulations, they are given 3 minutes to correct it; upon returning to the tatami after correction, they receive a Penalty.

7. TAKEDOWN

7.1 A Takedown is a technical action performed by the attacking athlete, as a result of which the attacking athlete ends up in the top position and the athlete being attacked ends up in the bottom position;

7.2 If after executing a Takedown the attacker stabilizes in the top position for more than 3 seconds, they receive a score of 2 points;

7.3 If after executing a Takedown the attacker stabilizes in the top position for less than 3 seconds, the action is scored as an Advantage;

7.4 If a Takedown begins in the working zone and finishes on the boundary of the working zone with stabilization, the attacking athlete receives 2 points;

7.5 If a Takedown begins in the working zone and finishes on the boundary of the working zone without stabilization, the attacker receives an Advantage;

7.6 If a Takedown begins in the working zone and finishes beyond the boundary of the working zone, the action is not scored;

7.7 If a Takedown begins beyond the working zone boundary, the action is not scored and the athletes return to standing in the center of the mat.

8. SWEEP

8.1 Any reversal from bottom to top position with stabilization of no less than 3 seconds, given the initial condition of a guard position, is called a Sweep and is scored 2 points;

8.2 In the case of a reversal from bottom to top from side control or mount positions, no points are awarded;

8.3 If the bottom athlete executes a Sweep of the top athlete and lands in a position with stabilization of no less than 3 seconds that is scored with points, the attacker receives points for the position plus 2 points for the Sweep;

8.4 If the bottom athlete begins a Sweep action and the top athlete intentionally exits beyond the working zone boundary to avoid completion of the action, the athletes return to standing in the center of the mat, the attacker receives 2 points, and the athlete being attacked is penalized with a Penalty;

8.5 If the bottom athlete executes a Sweep using a prohibited grip, the action is not scored, the athletes return to the original position, and the athlete who used the prohibited grip receives a Penalty.

9. KNEE ON BELLY POSITION

9.1 If the top athlete stabilizes the bottom athlete for no less than 3 seconds with the knee on the belly or rib area, provided that the foot of the supporting leg is on the mat, the knee is off the mat, and the top athlete is facing the opponent, this position is scored 2 points;

9.2 If the top athlete stabilizes the bottom athlete for less than 3 seconds with the knee on the belly or rib area, and the knee of the supporting leg is not off the mat while the top athlete is also facing the opponent, this position is scored as an Advantage;

9.3 If the top athlete stabilizes knee on belly of the bottom athlete while facing away from them, no points or Advantage are awarded for this action.

10. GUARD PASS

10.1 When the top athlete (guard passer) overcomes the guard of the bottom athlete (guard player) by moving from the legs to the torso, crossing the hip fold line, and pressing chest-to-chest with stabilization of no less than 3 seconds, this action is scored 3 points;

10.2 When the top athlete (guard passer) overcomes the guard of the bottom athlete (guard player) by moving from the legs to the torso, crossing the hip fold line, and the bottom athlete (guard player) manages to escape to the turtle position with the top athlete (guard passer) stabilizing beyond the shoulder line, this action is scored as an Advantage;

10.3 If from the initial condition of a guard, the top athlete (guard passer) lands directly in mount position with stabilization of no less than 3 seconds, they receive points for the mount position plus 3 points for the guard pass;

10.4 If from the initial condition of a guard, the top athlete (guard passer) lands directly in knee on belly position with stabilization of no less than 3 seconds, they receive points for knee on belly plus 3 points for the guard pass;

10.5 If the top athlete passes the bottom athlete's guard using a prohibited grip, the athletes return to the original position and the top athlete receives a Penalty.

11. MOUNT POSITION

11.1 When the bottom athlete is lying on their back and the top athlete is sitting on them no higher than the shoulder line and no lower than the hip fold line, this position is called Mount and is scored 4 points with stabilization of no less than 3 seconds;

11.2 When the bottom athlete is lying on their back and the top athlete is sitting on them no higher than the shoulder line and no lower than the hip fold line, with one arm of the bottom athlete under the thigh of the top athlete but not above the shoulder line, this position is also called Mount and is scored 4 points;

11.3 When the bottom athlete is lying on their back and the top athlete is sitting on them no higher than the shoulder line and no lower than the hip fold line, with both arms of the bottom athlete under the thighs of the top athlete, the position is scored as an Advantage;

11.4 When the bottom athlete is lying on their side and the top athlete is sitting on them no higher than the shoulder line and no lower than the hip fold line, with one leg's knee on the mat and the other foot on the mat, this position is called Technical Mount and is scored 4 points;

11.5 When the bottom athlete is lying face down and the top athlete is sitting on them no higher than the shoulder line and no lower than the hip fold line, this position is called Back Mount and is scored 4 points with stabilization of no less than 3 seconds.

12. BACK CONTROL

12.1 When one athlete is behind the other, wrapping them with legs and arms, with the legs in a foot-to-foot (hooks) position, this position is called Back Control and is scored 4 points with stabilization of no less than 3 seconds;

12.2 When one athlete is behind the other, wrapping them with legs and arms, with the legs in a foot-to-foot position, and one arm of the athlete being attacked is under the leg of the attacker but not above the shoulder line, this position is also called Back Control and is scored 4 points with stabilization of no less than 3 seconds;

12.3 When one athlete is behind the other, wrapping them with legs and arms, with the legs crossed or in a body triangle lock, this position is scored as an Advantage;

12.4 When one athlete is behind the other, wrapping them with legs and arms, and both arms of the athlete being attacked are under the legs of the attacker but not above the shoulder line, this position is scored as an Advantage.

13. SIMULTANEOUS DOUBLE GUARD PULL

13.1 In the case of a simultaneous double guard pull, if neither opponent assumes a scored position or begins a submission attack, the referee counts 15 seconds, after which both athletes are stood up and receive a Penalty;

13.2 In the case of a simultaneous double guard pull, if after 15 seconds one of the athletes stands up, they become the guard passer, and the bottom player is the guard player, and the action is not scored;

13.3 In the case of a simultaneous double guard pull, if both athletes stand up then sit down again and repeat this action more than twice, both athletes are stood up and penalized with a Penalty.

14. END OF THE MATCH

14.1 The match may be concluded by the referee's gesture and command «STOP,» upon expiration of time, by submission of one of the athletes upon successful completion of a submission hold, or by an action resulting in disqualification;

14.2 During the execution of a submission or choke, any vocal sound, twitching of limbs including tapping with a hand or foot on the tatami or the opponent is interpreted as a tap (submission) and the match is stopped;

14.3 In children's divisions from KIDS 2 through TEENS inclusive, the referee on the mat, seeing a threat during the match, has the right to stop the bout to prevent injury to the athlete;

14.4 If the scoreboard shows an equal number of points, advantages, and penalties, an additional overtime period of 1 minute is designated for golden score (first to score). If an opponent performs an action for which they receive a point, the match concludes in their favor; also, if they had an Advantage in regular time and receive another in overtime, they are combined into a point and the match also concludes in their favor.

14.5 In the event the match ends in overtime with an equal number of points, the referee on the mat renders a decision considering primarily the activity in regular time; if the match was equal, activity in overtime is used as the basis.

15. TABLE OF PROHIBITED ACTIONS

Nº	Technique	Kids II Kids III INFANT JUNIOR	TEEN JU VENILE YOUTH ADULT WHITE BELT	JUVENILE YOUTH ADULT MASTER BLUE BELT PURPLE BELT	ADULT MASTER YOUTH BROWN BELT BLACK BELT GI	ADULT YOUTH BROWN BELT BLACK BELT NOGI
1	Leg splitting submissions (banana split)	X				
2	Chokes with spinal blocking	X				
3	Straight foot lock	X				
4	Ezekiel choke using the sleeve	X				
5	Front choke (guillotine)	X				
6	Omoplata	X				
7	Triangle (pulling the head)	X				
8	Hand triangle (arm triangle)	X				
9	Rib compression from closed guard (clamp)	X	X			
10	Wrist lock	X	X			
11	Single leg takedown with head outside	X	X			
12	Bicep slicer	X	X	X		
13	Calf slicer	X	X	X		
14	Knee bar	X	X	X		
15	Leg locks with toe hold (grip on toes)	X	X	X		
16	Slam	X	X	X	X	X
17	Spinal manipulation without a choke	X	X	X	X	X
18	Heel hook (twisting heels)	X	X	X	X	
19	Knee twisting submissions	X	X	X	X	

20	Knee reaping (blocking the knee with foot behind the centerline of the thigh)	X	X	X	X	
21	Scissors takedown	X	X	X	X	
22	Rotation toward the non-attacked leg during a straight foot lock	X	X	X	X	
23	Outward rotation of the foot during a toe hold submission	X	X	X	X	
24	Gripping and bending fewer than 4 fingers	X	X	X	X	X
25	Grabbing the opponent's belt and driving them head- first during a counter to a single leg with head outside	X	X	X	X	X
26	Suplex throw (arch back) with the opponent landing on their head	X	X	X	X	X

KIDS I CATEGORY: ALL TYPES OF JOINT LOCKS AND CHOKES ARE PROHIBITED!





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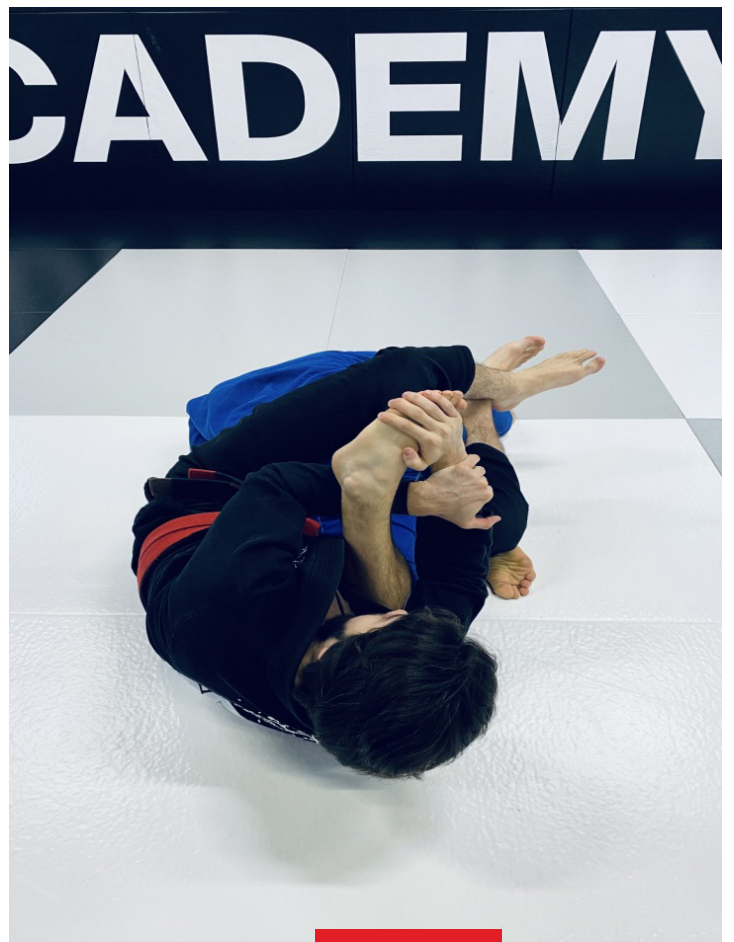
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15. Иллюстрация позиций



1. Пункт 9.1



3. Пункт 9.3



2. Пункт 9.2



4. Пункт 10.1



5. Пункт 10.2



6. Пункт 11.1



9. Пункт 11.4



7. Пункт 11.2



10. Пункт 11.5



8. Пункт 11.3



11. Пункт 12.1



12. Пункт 12.2



13. Пункт 12.3



14. Пункт 12.4





16.

TOP AND BOTTOM POSITIONS

(In all positions, the athlete in the black gi is top, and the athlete in the blue gi is bottom)
See illustrations in the appendix.



17. REFEREE COMMANDS AND GESTURES

1. Calling athletes to the center of the mat



2. Command to start the match (Fight)



3. Command to end the match (Stop)



4. Command calling for activity (Action), after which a 10-second timer starts



5. Penalty



6. Advantage



7. 1 point



8. 2 points



9. 3 points



10. 4 points



11. Disqualification



12. Rotating index finger gesture indicating the athlete is avoiding the fight



13. Gesture indicating a prohibited grip



17.

GI (KIMONO) UNIFORM REGULATIONS

18.1 ONLY THREE COLORS OF GI ARE PERMITTED: BLUE, WHITE, BLACK.

LOGOS AND NAMES OF OTHER LEAGUES AND FEDERATIONS ARE STRICTLY PROHIBITED!

18.2 The sleeve and pant leg must not be more than 5 centimeters from the wrist and ankle line.

18.3 The gi must not be torn or patched.

Blue gi (18.1)



White gi (18.1)



Black gi (18.1)



Sleeve and leg length (18.2)



19. NO-GI UNIFORM REGULATIONS

19.1 The athlete competes in shorts without zippers or pockets, a tight-fitting synthetic shirt (rashguard), and spats at least knee-length.

LOGOS AND NAMES OF OTHER LEAGUES AND FEDERATIONS ARE STRICTLY PROHIBITED!

19.2 The rashguard color scheme must correspond to the athlete's belt/division rank and must be at least 50% the color of the belt/division. Shorts and spats must be neutral colors: blue, black, gray (in the case of the white belt division, they may be white).



Purple belts



Brown belts



Black belts



Appendix — Clarifications and Special Cases

1. If the referee mistakenly stops a submission thinking the athlete tapped, athletes restart standing in the center; the attacking athlete receives 2 points.
2. If the referee realizes an error during the match, he may review video footage together with the head referee at any time during that match.
3. In the Youth Purple/Brown division, athletes compete by the rules of the higher belt.
4. In all divisions up to TEEN, the referee may stop a match on a submission attempt if there is clear risk of injury — such decisions cannot be appealed. In Teen/Juvenile/Youth Adult/Master divisions, matches continue until verbal or physical tap.
5. In extended stand-up exchanges, if one athlete attacks repeatedly while the other only defends, the defender receives a Penalty after three failed counterattacks.
Likewise, if the referee instructs the top athlete to pass guard and he backs away instead, he receives a Penalty.
6. If an athlete vomits or has a cramp during a match, he is disqualified from that match (but not from the tournament) for medical reasons.
7. Illustration of flattened half-guard position (rolled-out half guard).
8. When pulling guard, contact with the opponent (three-point touch) is sufficient — grip is not mandatory.
9. Definitions of top and bottom positions:
In the turtle position, top is defined as being beyond the opponent's shoulder line. It is sufficient for the bottom athlete to keep one knee on the mat for 3 seconds.



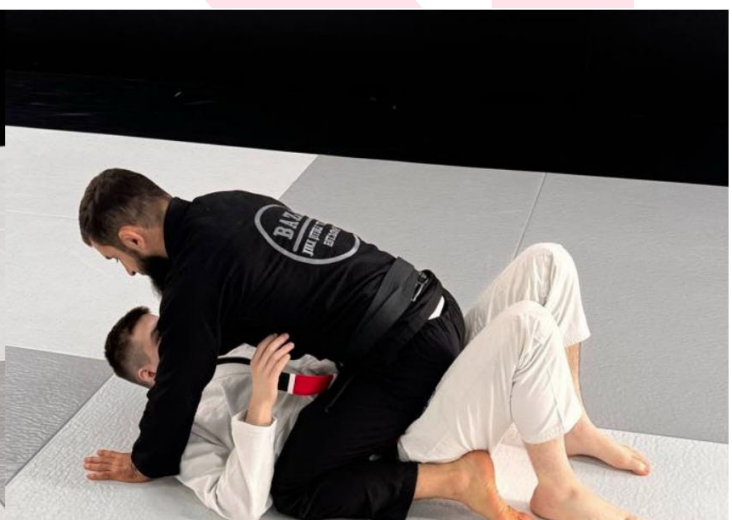


The top athlete is not required to face the opponent if the bottom sits down or lies on his back.

10. Talking to the referee (questioning scoring or decisions) results in a Penalty, except when the athlete alerts the referee to something he did not see.

11. Medical time-out: maximum 3 minutes.

12. After the winner is announced, no new penalties are applied (except for





disciplinary disqualification).

13. Illustration and explanation of knee-reaping and inside leg-lock situations
(**applicable to divisions below Youth Adult Brown / Black Belt**).



13.1 Knee-reaping applies when the leg is attacked with a submission or when the attacked leg is bearing weight.

13.2 It is allowed to enter knee-reap positions (4/11) if the leg is not under attack and the opponent's leg is off the mat; if the opponent stands, the referee stops and resets.



13.3 If in single-X guard the guard-player's leg unintentionally slips into a knee-reap position without attack, the referee resets and gives the guard-player a Penalty.

13.4 If during a leg-lock attack the defender himself brings the attacker's leg into a knee-reap position, the defender is disqualified.

13.5 During a straight foot lock, inward rotation is prohibited and punished by disqualification — except when the defender rotates inward on his own; in that case, the attacker may follow and finish the submission



MEN'S Weigh-ins Uniform

Shorts.

Compression pants under the shorts should be no higher than level **A1** and no lower than level **B1**.

Rashguard.

The sleeves of the rashguard must be no shorter than level **A2**.

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