THE RULES OF ACBJJ LEAGUE

The rules of ACBJJ league

1. The Referee's authority

1.1 The decision of the referee after the end of the bout is undeniable;

1.2 For the dispute of marks or decisions of the referee by an athlete on his own, the athlete is punished with PENALTY up to disciplinary disqualification, as a result of which the athlete leaves the tournament bracket;

1.3 In case of disrespectful attitude or insulting statements of representatives to the referee, the entire team is to be disqualified from the tournament;

1.4 The referee is the final authority to decide on the outcome of the bout.

2. Appeal

2.1 Appeal algorithm: - in order to appeal against the referee's decision, the coach or athlete's representative must raise the badge, demonstrating their disagreement with assessment of the referee's action. The referee can resolve the issue on his own, or by contacting the senior referee, but the final decision remains with the referee on the mat;

2.2 Terms for Appeal: - An appeal must be applied after the completion of a technical action in which the athlete's representative disagrees with the referee's assessment. After the result of the bout is declared, the appeal is not accepted;

2.3 In case of a frivolous appeal, the athlete is penalized with 2 points in favor of the opponent and the restriction of the right of the representative to make an appeal again throughout the tournament.

3. Start of the bout

3.1 The referee calls the athletes to the tatami with a gesture, after which the athletes must immediately go to the center of the tatami to the referee. If an athlete does not enter the tatami immediately after the referee's call, then he is penalized with a PENALTY;

3.2 The appearance of the athlete must comply with the rules of the competition. In case of non-compliance, the referee has the right to send the athlete to exclude the causes of non-compliance, for which he is given

3 minutes of time, upon returning the athlete is penalized with a PENALTY;

3.3 NO GI equipment requirements:

- equipment includes the presence of a rashguard (tight T-shirt made of elastic material), shorts and compression pants (below the knees for athletes over 8 years old);
- shorts should not have pockets or zippers;
- equipment must not contain names and logos of the outsider leagues;
- 70% of the color of the equipment must match the belt rank of the athlete or 70% of the neutral color of the equipment (black or white) and the remaining 30% must match the belt rank of the athlete;

3.4 If, after the referee's command Fight, the opponents do not move towards each other and start moving in a circle or backing away, then they are penalized with a Penalty.

4. Scoring and evaluation system

4.1 Advantage – any unfinished positional technical action or takedown without fixation;

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

4.3 1 point, if 2 Advantage scores are awarded, they are summed up to 1 point;

4.4 In the case of a PENALTY assessment for an athlete, his opponent is awarded 1 point;

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

4.6 2 points are awarded to an athlete for a takedown (transfer from a standing to the ground fighting) with further fixation for at least 3 seconds;

4.7 2 points are awarded for a sweep (flip from any type of guard) with a further fixation for at least 3 seconds;

4.8 2 points are awarded if the athlete has fixed the "knee on the stomach" position for at least 3 seconds;

4.9 2 points are awarded if the athletes at the moment of active defense/attack roll out outside the working area of the tatami by submission, in this case the attacker is awarded 2 points, the athletes return to the center of the mat to the on-guard position;

4.10 3 points are awarded in case of passing any kind of guard with further fixation for at least 3 seconds;

4.11 4 points are awarded for the "mount" position with a fixation for

at least 3 seconds;

4.12 4 points are awarded for the “backmount” position with a fixation for at least 3 seconds;

4.13 4 points are awarded for the “back control” position with fixation for at least 3 seconds.

5. Disqualification

5.1 Disciplinary, for unsportsmanlike behavior and the use of non-normative vocabulary against an athlete or a referee (to be punished by exclusion from the tournament grid);

5.2 For the foul acts (see the table of foul acts);

5.3 When 3 penalties are awarded;

5.4 In the case of a submission, the attacked is to be disqualified if he deliberately goes beyond the line of the working area.

5.5 In the case of a submission, the attacked person is to be disqualified if gets out using a forbidden hold.

6. Penalty

6.1 Penalties are also assigned for passive wrestling within 10 seconds after the referee’s command “action”;

6.2 Both athletes are penalized with a Penalty if, after the “Fight” command, the athletes do not move towards each other, but start moving in a circle without entering the hold;

6.3 If the referee gestures to the “guard passer” (Athlete from above) to move towards the “guard player” athlete from below, and he backs away, then the athlete from above is penalized with a Penalty;

6.4 Both athletes are awarded a Penalty if there is a fight in the standing position, and the athletes walk in the grip without active actions for 30 seconds;

6.5 An athlete is penalized with a Penalty in case if he uses a prohibited grip, namely, the grip of the sleeve inward, the trouser leg inward, the pants in the pelvic area inward;

6.6 If the attacking athlete begins to carry out a “sweep” (flip) or “takedown” (transfer to the ground), and the attacked athlete intentionally leaves the line of the working area, then the defending athlete is penalized with a Penalty, and the attacker receives 2 points;

6.7 If, after the referee’s gesture that calls the athletes to the middle of the tatami, the athletes are engaged in unrelated activities, in this case

they are penalized with a Penalty;

6.8 Hold with less than 4 fingers, as well as impact on the facial oval are to be punished with a Penalty;

6.9 Pulling into the guard without capturing, Penalty;

6.10 In the event of a mutual pull to the guard (double pull) at the same time, and neither of the athletes gets up and takes a dominant position for 20 seconds, then both athletes are penalized with a Penalty;

6.11 In the event when an athlete, performing a submission hold, comes to perform it using a prohibited hold, in this case, the athletes rise to the standing position, and the attacker is penalized with a Penalty;

6.12 If after the referee's command to tie the belt, the athlete deliberately takes time, then he is penalized with a Penalty;

6.13 In case of nogi fighting (without a kimono), any grabs by the clothes are forbidden and are penalized with a Penalty;

6.14 Children of all ages, juniors and adults up to blue belts are prohibited from jumping into the guard and performing submission and choking holds in a jump (triangle, armlock), in which case the athlete is penalized with a Penalty.

7. Takedown

7.1. A Takedown is a technical action executed by the attacking athlete, resulting in the attacker obtaining a top position (Top) while the opponent ends up on the bottom (Bottom).

7.2. If the attacking athlete maintains top control for at least three (3) seconds after completing the takedown, they are awarded two (2) points.

7.3. If the attacking athlete controls the position for less than three (3) seconds, the action is evaluated as an Advantage.

7.4. If the takedown begins inside the active area and ends on the boundary line with control, the attacker receives two (2) points.

7.5. If the takedown begins inside the active area and ends on the boundary line without control, the attacker receives an Advantage.

7.6. If the takedown begins inside the active area and ends outside the competition area, the action is not scored.

7.7. If one athlete begins a takedown and the defending athlete intentionally leaves the competition area to avoid completion, the attacker receives two (2) points, the defender is given a Penalty, and both athletes are returned to standing in the center.

8. Sweep

8.1. Any change from bottom to top position (reversal), with control for at least three (3) seconds and the initial condition of being in guard, is called a Sweep and scores two (2) points.

8.2. A reversal from Side Control or Mount is not scored.

8.3. If the bottom athlete performs a Sweep that results in a scoring position (maintained for at least 3 seconds), they receive points for the position and two (2) additional points for the Sweep.

8.4. If the bottom athlete initiates a Sweep, and the top athlete intentionally exits the mat to avoid completion, both athletes are reset to standing, the attacker receives two (2) points, and the defender is given a Penalty.

8.5. If the bottom athlete performs a Sweep using a prohibited grip, the action is not scored, both athletes are returned to the previous position, and the offending athlete receives a Penalty.

9. Knee on stomach position

(See clause 15 of the position illustrations)

9.1 If the top athlete holds the bottom athlete for at least 3 seconds with one knee placed on the opponent's abdomen or rib area, provided that the supporting foot is on the mat, the knee is lifted off the mat, and the top athlete faces the opponent – this position is worth 2 points.

9.2 If the top athlete maintains control for less than 3 seconds with the knee on the abdomen or ribs, while the supporting knee remains on the mat, still facing the opponent – this position earns an advantage.

9.3 If the top athlete places a knee on the belly while facing away from the opponent, no points or advantages are awarded.

10. Guard pass

(See section 15 – Position Illustrations)

10.1 When the top athlete (guard passer) passes the guard of the bottom athlete (guard player), moving from the legs to the torso, crossing the hip line, and pinning the chest to the opponent for at least 3 seconds – this action is worth 3 points.

10.2 When the top athlete passes the guard, crossing the hip line, but the bottom athlete escapes into the turtle position while the top athlete

controls beyond the shoulder line – this action is awarded an advantage.

10.3 If the top athlete passes directly from the guard into the mount position with fixation for 3 seconds – he receives 3 points for the guard pass plus 4 points for the mount.

10.4 If the top athlete passes directly from the guard into the knee-on-belly position with fixation for 3 seconds – he receives 3 points for the guard pass plus 2 points for the knee-on-belly.

10.5 If the top athlete uses a forbidden grip while passing the guard, both athletes return to the original position, and the top athlete receives a Penalty.

11 Mount position

(See clause 15 of the position illustrations)

11.1 When the bottom athlete lies on his back and the top athlete sits on him between the shoulder line and hip fold, maintaining control for 3 seconds – this position is worth 4 points.

11.2 If the bottom athlete lies on his back and one of his arms is under the top athlete's thigh but not above the shoulder line – the position still counts as mount and gives 4 points.

11.3 If both of the bottom athlete's arms are under the top athlete's thighs – it counts as an advantage.

11.4 If the bottom athlete is on his side while the top sits between shoulder and hip lines, one knee on the mat, the other foot planted – this is a technical mount worth 4 points.

11.5 If the bottom athlete lies on his stomach and the top sits between his shoulders and hips – this is a back mount worth 4 points, provided the hold lasts 3 seconds.

12 Back control

(See clause 15 of the position illustrations)

12.1 When an athlete controls the opponent from behind, wrapping with arms and legs, with the feet in "foot-to-foot" position, and holding for 3 seconds – this is back control, worth 4 points.

12.2 If one of the opponent's arms is under the attacker's leg (but not above shoulder level) – still back control, worth 4 points with 3-second fixation.

12.3 If the legs are crossed or locked in a body triangle, the position counts only as an advantage.

12.4 If both of the opponent's arms are under the attacker's legs (below the shoulders) – this position also earns an advantage.

13. Double Guard Pull

13.1 In the case of a double guard pull, if both athletes pull guard and neither achieves a scoring position or initiates a legitimate submission attempt, the referee counts 15 seconds. At the end of that time, both athletes must stand up and each receives a Penalty.

13.2 If during a double guard pull, one of the athletes stands up before the 15 seconds expire, he becomes the guard passer, and the other remains the guard player. In this case, no points or advantages are awarded.

13.3 If both athletes repeatedly pull guard more than twice (both sit down again after standing up), the referee will make them stand and issue Penalties to both.

14. Match Termination

14.1 The match may end upon the referee's verbal command "STOP" or hand signal:

- when the time expires,
- when one athlete submits (tapping out),
- or when a disqualification occurs.

14.2 Any vocal sound, limb twitching, or tapping by hand or foot on the mat or opponent during a submission attempt is considered a tap, and the match is stopped.

14.3 In children's divisions (KIDS2 to TEENS), the referee has the right to stop a match if he sees risk of injury to the athlete, even if there is no submission yet.

14.4 If the scoreboard shows equal points, advantages, and penalties at the end of the match, an overtime round (Golden Score) of one minute is held.

Whoever first scores any point or gains an additional advantage (that sums up to a full point) wins the match.

15. Foul actions table

№	Reception	KIDS II KIDS III INFANT JUNIOR	TEEN	JUVENILE ADULT MASTER WHITEBELT	ADULT MASTER BLUE BELT PURPLE BELT	ADULT MASTER BROWN BELT BLACK BELT
1	Submission techniques stretching legs apart	X				
2	Choke with spinal lock	X				
3	Straight foot lock	X				
4	Forearm choke using the sleeve (Ezequiel choke)	X				
5	Frontal guillotine choke	X				
6	Omoplata	X				
7	Triangle (pulling head)	X				
8	Arm triangle	X				
9	Lock inside the closed guard with legs compressing kidneys or ribs	X	X			
10	Wrist lock	X	X			
11	Single leg takedown while the attacking athlete has his head outside his opponents body	X	X			
12	Bicep slicer	X	X	X		
13	Calf slicer	X	X	X		
14	Knee bar	X	X	X		
15	Toe hold	X	X	X		
16	Slam	X	X	X	X	X
17	Spinal lock without choke	X	X	X	X	X
18	Heel hook	X	X	X	X	
19	Locks twisting the knees	X	X	X	X	
20	Knee Reaping	X	X	X	X	
21	Scissor Takedown	X	X	X	X	
22	In straight foot lock, turning in the direction of foot not under attack	X	X	X	X	
23	In toe hold, applying outward pressure on the foot	X	X	X	X	
24	Bending fingers backwards	X	X	X	X	X
25	Grab the opponents belt and throws him to the floor on his head when defending a single leg situation while his opponents head is on the outside of his body.	X	X	X	X	X
26	Suplex takedown technique, landing with the opponent's head or neck on the ground	X	X	X	X	X

KIDS I - ALL KIND OF SUBMISSIONS AND SUFFOCATIONS ARE FORBIDDEN!!!

Category KIDS I - all types of submission and chokeholds are prohibited!

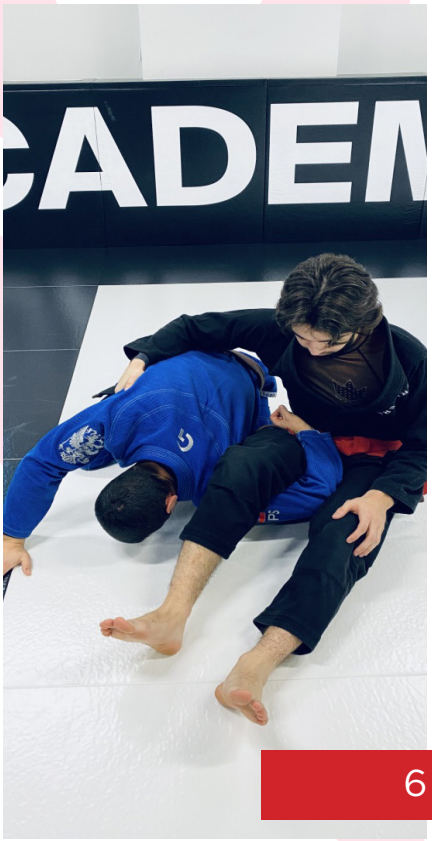

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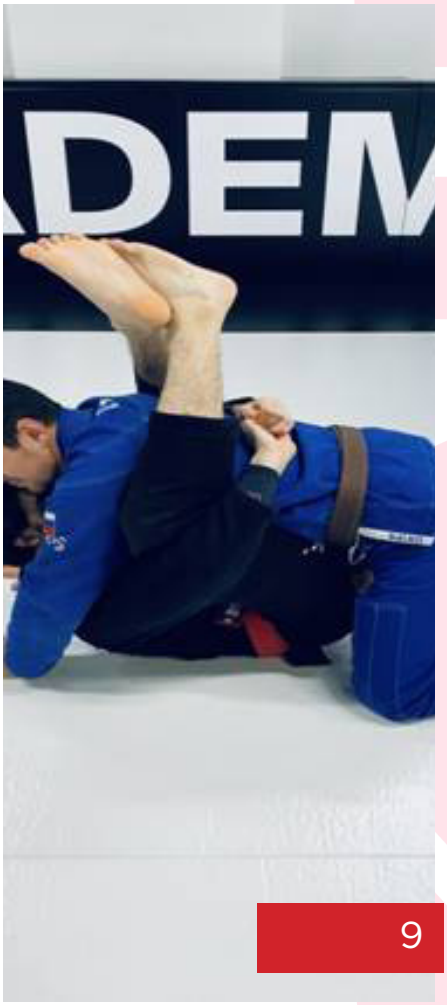

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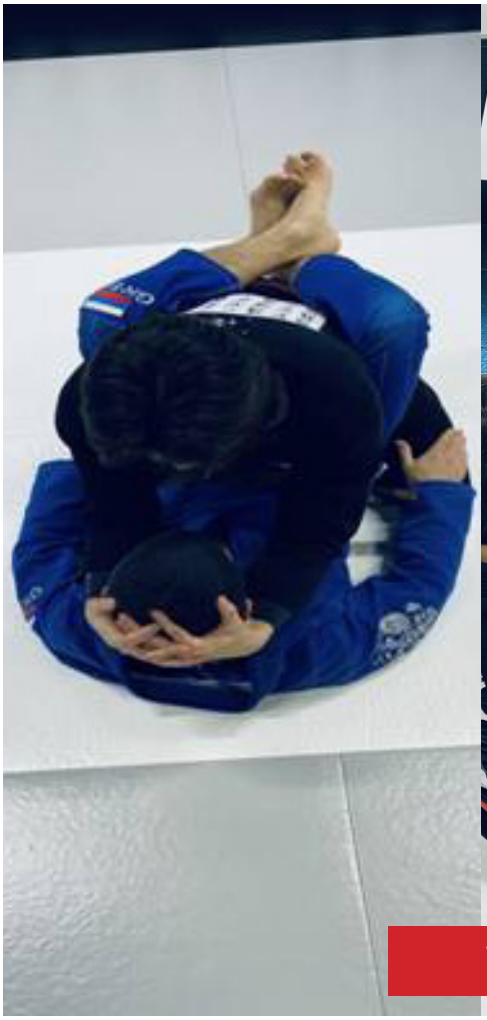
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15. Position illustrations

1.Section 9.1 – Knee-on-belly position (standard)

2.Section 9.2 – Short fixation or knee on mat (advantage)

3.Section 9.3 – Knee-on-belly facing away (no score)

4.Section 10.1 – Guard pass with full chest-to-chest control

5.Section 10.2 – Guard pass into turtle (advantage)

6.Section 11.1 – Standard mount

7.Section 11.2 – Mount with one arm trapped

8.Section 11.3 – Mount with both arms trapped (advantage)

9.Section 11.4 – Technical mount

10.Section 11.5 – Back mount

11.Section 12.1 – Back control (foot-to-foot)

12.Section 12.2 – Back control with one arm under leg

13.Section 12.3 – Back control with crossed legs (advantage)

14.Section 12.4 – Back control with both arms under legs (advantage)



1. Section 9.1



3. Section 9.3



3. Section 9.2



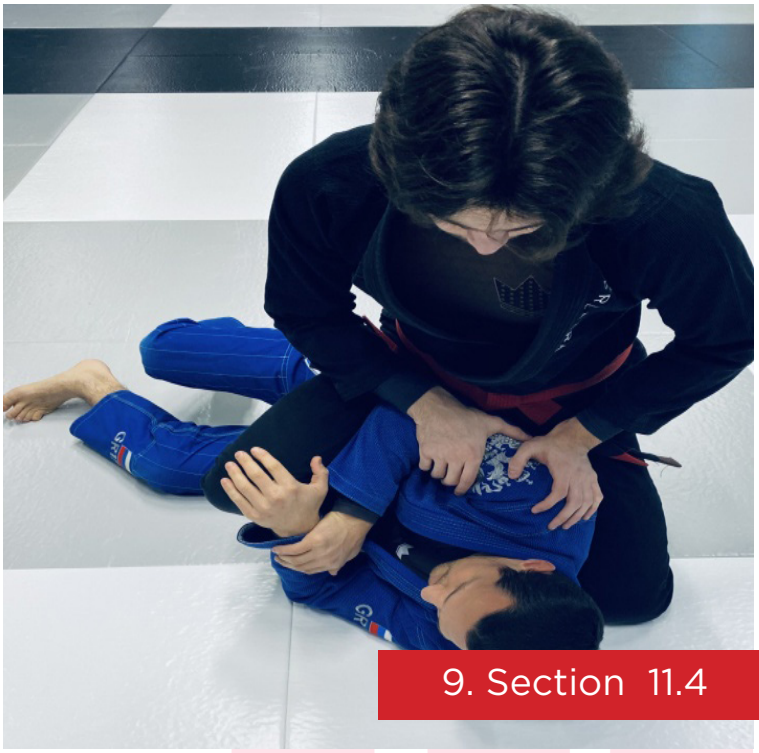
4. Section 10.1



5. Section 10.2



6. Section 11.1



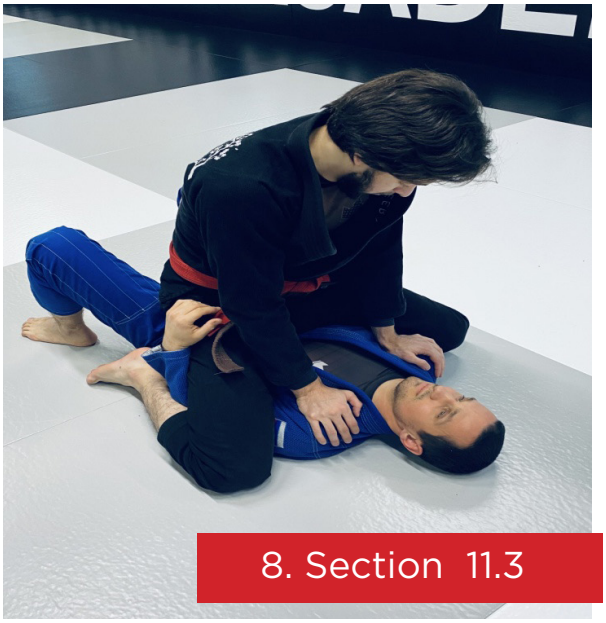
9. Section 11.4



7. Section 11.2



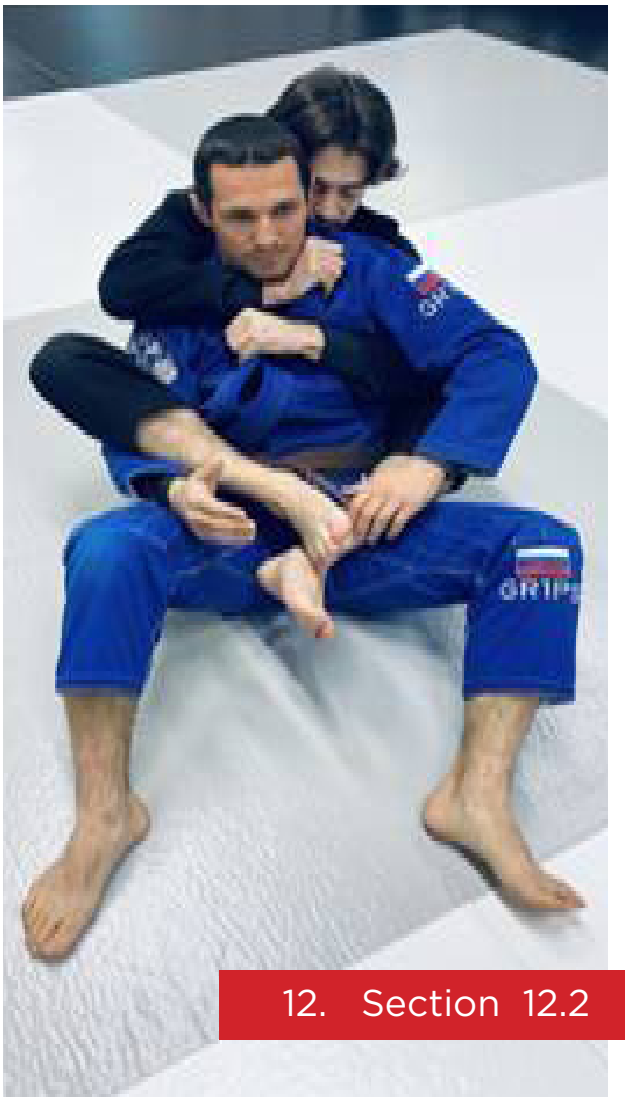
10. Section 11.5



8. Section 11.3



11. Section 12.1



12. Section 12.2



13. Section 12.3



14. Section 12.4



16. Top and Bottom Positions













In all position diagrams,
•the athlete wearing black gi represents the top position,
•the athlete wearing blue gi represents the bottom position.

16. Commands and gestures of the referee

1. Calling athletes to the middle of the mat



2. The “Fight” command – is a start of the bout



3. The “Stop” command – is the end of the bout



4. The “”Action” command is a call to activity, after which a timer of 10 seconds is started



5. Penalty



6. Advantage (activity)



7. 1 point



8. 2 points



9. 3 points



10. 4 points



11. Disqualification



12. The gesture of rotation of the index finger indicates the escape of the athlete from the fight.



13. Gesture that indicates a forbidden lock



1.Call athletes to the center of the mat.

2.Start the match — command “FIGHT”.

3.End the match — command “STOP”.

4.“ACTION” — a call for activity; after it, the 10-second activity timer starts.

5.Gesture for a Penalty.

6.Gesture for Advantage.

7.Gesture for 1 point.

8.Gesture for 2 points.

9.Gesture for 3 points.

10.Gesture for 4 points.

11.Gesture for Disqualification.

12.Circular motion of the index finger — indicates avoidance or stalling.

13.Gesture showing a forbidden grip.

18. Equipment Regulations — Gi Division

18.1 Gi color must be blue, white, or black only (see photos below). Strictly prohibited: any logos or names of other leagues or federations.

18.2 Sleeve and pant length may not extend more than 5 cm above the wrist or ankle joint.

18.3 Gi must not be torn or stitched in any way.

- Blue Gi (example 18.1)
- White Gi (example 18.1)
- Black Gi (example 18.1)
- Sleeve and pant length reference (18.2)

Blue kimono (17.1)



White kimono (17.1)



Black kimono (17.1)



Sleeve and pant length (17.2)



19. Equipment Regulations — No-Gi Division

19.1 The athlete must wear shorts without zippers or pockets, a tight-fitting rashguard, and spats or leggings at least to the knee.
Strictly prohibited: logos or names of other leagues or federations.

19.2 Rashguard color scheme must correspond to the athlete's belt/division rank, with at least 50 % of the rashguard in that rank's color.
Shorts and spats must be in neutral colors — blue, black, or gray.
(White shorts allowed for white-belt divisions.)

White belts



Blue belts



Purple belts



Brown belts



Black belts



(No-gi examples)

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






ACBJJ