

## Regulations BJJ

### GNSK 2025

#### Eligibility

1. Several individuals can be registered per Overarching Student Sports Organisation (hereinafter: OSSO)/city per weight- and experience categorie.
2. The registered participants of an OSSO/city may only consist of students who meet the conditions set out in Chapter 1 of SSN's event regulations. If this rule is violated, all results of this participant will be deleted. If an unauthorised participant competes in the GNSK, a fine of €200 will be charged to the OSSO/representing organisation in the city for which that participant competes.

#### Match provisions

##### 3. GENERAL

- All matches have a regulation time of 5 minutes, regardless of gender, age or experience level
- Participants are separated within 2 (two) categories of experience:
- BEGINNER: Less than 2 years of experience
- ADVANCED: More than 2 years of experience
- The organizers retain the right to add a third category EXPERT (more than 4 years experience).
- Participants are further separated in the following weight classes:  
Men:
  - -66kg
  - -77kg
  - -88kg
  - +88kgWomen:
  - -66kg
  - +66kg
- The GNSK follows the rules laid out within this document. Should a case not be covered, we refer to the standard BJJ ruleset of the IBJJF for the appropriate ruling.

##### 4. REFEREEING

- 4.1 The referee is the highest authority in a match
- 4.2 The referee ruling on the result of each match is incontestable



4.3 The ruling on the result of a match may only be changed under the following circumstances:

- If the score on the board has been misread;
- If the athlete declared winner submitted his/her opponent using an illegal hold previously unnoticed by the referee.
- If the athlete has been disqualified erroneously for using a legitimate hold. In this case, if the match was interrupted and the athlete disqualified prior to the athlete under attack tapping out, the match shall be restarted at the center of the match area and the attacking athlete shall be awarded two points. In the event that the athlete under attack should tap out prior to the interruption and disqualification, the athlete performing the hold shall be declared the winner.

NOTE: Subjective interpretations of the referee on the awarding of points or penalties are final and not subject to change.

4.4 It is a referee's duty to summon the athletes into the match area to initiate the match.

4.5 It is a referee's duty to do a final check to be sure requirements – such as attire, hygiene, etc. – are being met. Should an athlete not meet any of the requirements, it is the referee's duty to determine whether the requirement can be met within a determined amount of time.

4.6 It is a referee's duty to position the athletes in the match area prior to the match.

- Points awarded to the athlete on the referee's right shall be signaled using the referee's right arm
- Points awarded the athlete on the referee's left shall be signaled using the referee's left arm

4.7 It is a referee's duty to call a start to the match.

4.8 It is a referee's duty to intervene in a match when he/she deems it necessary.

NOTE: When the referee stops the fight for any reason, the athletes must maintain their current position to the best of their ability.



4.9 It is a referee's duty to make sure the athletes fulfil their obligation to compete within the combat area

- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match.
- While standing, one of the athletes steps into the safety area (unless a takedown attempt has already been initiated), or when 2/3 of the athletes' bodies are outside the combat area during not-yet-stabilized ground fighting, the referee shall interrupt the match and stand both athletes up in the center of the combat area.
- When an athlete has a submission hold in place and the opponent defends by moving to outside the outlying safety area, the referee should stop the match and restart the match at the center of the match area with the athletes standing. In this case, when the referee deems it clearly apparent the athlete under attack initiated the movement that led to exiting the match area, he/she shall signal for 2 (two) points to be added to the score of the athlete performing the submission hold
- When one athlete takes his opponent to the outlying safety area while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the fight. If this happens, the referee will give the points and then restart the fight in the center of the combat area.
- Points will be assessed for counting up until the safety area and any movements performed outside the safety area will not be eligible for counting.
- When the fight exits the combat area due to the movement of an athlete attacking a submission in hold, the referee will not mark two points after stopping the fight.

4.10 It is a referee's duty to signal every or any penalty or point scored by each athlete.

4.11 It is up to the referee to punish and disqualify athletes.

- When an athlete performs an unintentional movement that puts their opponent in a penalizable position and neither athlete has a submission in hold, the referee should stop the fight and replace the athletes in regular position. The referee will then restart the fight, punishing the infractor

4.12 It is a referee's duty to call an end to the match upon reaching regulation time. It is a referee's duty to announce the result of the match.



4.13 It is a referee's duty to summon medical staff to the match area.

## 5. RENDERING DECISIONS

Match decisions shall be issued in the following forms:

### 5.1 Submission:

- When an athlete taps twice with his/her hand on the opponent, ground, or his/herself in a clear and apparent manner.
- When the athlete taps the ground twice with his/her foot, when arms are trapped by opponent.
- When the athlete verbally withdraws, requesting the match be stopped.
- When the athlete screams or emits noise expressing pain while trapped in a submission hold.

### 5.2 Stoppage:

- When one of the athletes alleges to be suffering from cramps, the opponent shall be declared winner of the match.
- When the referee perceives that a hold in place may expose the athlete to serious physical injury.
- When the doctor deems one of the athletes to be unable to continue a match due to injury rendered by the opponent using a legal hold.
- When an athlete presents bleeding that cannot be contained after being treated by the doctor on 2 (two) occasions, to which each athlete has the right for each injury and should be provided upon the referee's request.
- When an athlete vomits or loses control of basic bodily functions, with involuntary urination or bowel incontinence

### 5.3 Disqualification:

- When one or both athletes commit a foul addressed in section "Fouls & Illegal Techniques" penalties and subsequent disqualification shall be applied

### 5.4 Loss of Consciousness:

- The athlete shall be declared to have lost the match upon losing consciousness due to a legal hold applied by the opponent or due to an accident not stemming from an illegal maneuver by the opponent.



#### 5.5 Scoring:

- The athlete with the most points shall be declared winner when the match has reached regulation time or in the event of the match being stopped due to both athletes suffering injuries. Points are awarded as addressed in Article "Scoring System"

#### 5.6 Referee Decisions:

- If at the end of a match both athletes have the same number of points and penalties, it is the duty of the referee to declare a winner. To determine the winner, the referee should take note of which athlete displayed greater offense during the match and came closest to achieving possible point- or submission-scoring positions.

### 6. Scoring System

6.1 Points shall be awarded by the central referee of a match whenever an athlete stabilizes a position for 3 (three) seconds.

- When the proper defensive counter for a submission hold results in exiting the match area, the referee shall signal 2 (two) points be awarded to the athlete applying the submission hold

6.2 Matches should unfold as a progression of positions of technical control that ultimately result in a submission hold. Therefore athletes who voluntarily relinquish a position, in order to again score points using the same position for which points have already been awarded, shall not be awarded points upon achieving the position again.

6.3 Athletes who arrive at a point-scoring position while caught in a submission hold shall only be awarded points once they have freed themselves from the attack and stabilized the position for 3 (three) seconds.

- The 3-second stabilisation count for one or several point-scoring positions will be interrupted, when the opponent lock in a submission hold during the count.
- An athlete who reaches one or more positions (cumulative points) but is being attacked with a submission hold by his/her opponent will not be awarded points if he/she does not escape the attack prior to the end of the match



6.4 Athletes shall be awarded cumulative points when they progress through a number of point-scoring positions, as long as the three-second positional control from the final point-scoring position is a continuation of the positional control from the point-scoring positions from earlier in the sequence. In this case, the referee shall count only 3 (three) seconds of control at the end of the sequence before signalling the points to be scored.

Ex: Guard pass followed by mount shall add up 7 points (3+4).

## 7. Scoring Positions

### 7.1 Takedown (2 Points)

- When one of the athletes, starting the movement with 2 feet on the ground, causes the opponent to land on his/ her back, sideways or seated, establishing top position for 3 (three) seconds.
- When an athlete forces his/her opponent to the ground on all fours or belly-down, points shall only be awarded once the athlete performing the takedown controls the opponent's back without the requirement of placing hooks and keeping at least one of the opponent's knees on the ground for 3 (three) seconds.
- If an athlete forces his or her opponent to the ground in the outlying safety area, the athlete performing the takedown should have both feet within the match area when the movement begins. In this case, if the athletes land in a stabilized position, the referee will only stop the match after 3 seconds of stabilization in the position. Then the referee will score the points and restart the match at the center of the match area. The athletes will be placed in the same position they were in when the match was stopped.
- In a sweep movement, when both athletes remain standing for less than 3 seconds and the athlete on defense throws the opponent to the ground on their back or sideways, or on his knees and controlling the back, shall not be awarded the two points or advantage for the takedown.
- While in any position starting from guard, where the athletes remain on their feet for 3 seconds, the combat shall then be considered standing combat.
- When the opponent has one or two knees on the ground, the athlete performing the takedown will only be awarded points if he/she is standing at the moment the takedown is carried out, unless it is a sweep-defense situation, as described in this article, and meets the 3-second stabilization-count criterion.



- When the athlete forces his/her opponent to the ground using a single or double-leg takedown and the opponent lands seated and successfully applies a counter-takedown (another takedown), only the athlete performing the counter-takedown shall be awarded the two points when he/she can stabilize this position for 3 (three) seconds.
- For any takedown technique where the athlete, delivering his/her opponent back-down or sideways on the ground, lands in guard or half-guard and immediately suffers a successful sweep by the opponent, his/her opponent shall be awarded the two points from the sweep.
- An athlete who takes the opponent down in order to defend a standing back-take, where the opponent has both hooks in place, or one hook in place and neither foot on the ground, will not be awarded the two points or advantage for the takedown. Even after the position has been stabilized for three seconds.
- An athlete who initiates a takedown before the opponent initiates the guard pull shall be awarded the two points for the takedown, as described in item 7.1 (Takedown).
- An athlete who initiates a takedown after the opponent initiates a guard-pull attempt shall not be awarded the two points for the takedown.
- When an athlete has a grip on the opponent's pants and the opponent pulls guard, the athlete with the grip on the pants shall be awarded two points for the takedown if he/she stabilizes the top position on the ground for 3 (three) seconds.

#### 7.2 Guard Pass (3 Points)

- When the athlete in top position manages to surmount the legs of the opponent in bottom position (pass guard or half-guard) and maintain side-control or north-south position over him/her for 3 (three) seconds.
- Note 1: Guard is defined by the use of one or more legs to block the opponent from reaching side-control or northsouth position over the athlete on bottom.
- Note 2: Half-guard is the guard where the athlete on bottom is lying on his/her back or side and has one of the top-positioned athlete's legs trapped, blocking him/her from achieving side- or north-south control over the bottom-positioned athlete for 3 (three) seconds.
- If while attacking from top position, such as an armbar, for example, the athlete ends up on bottom and does not use his/her legs to prevent the opponent from reaching side-control, no points or advantages shall be awarded for the guard pass, according to the definition of guard.



### 7.3 Knee on Belly (2 Points)

- When the athlete on top and free of the opponent's guard, places the knee or shin (closest to the opponent's hip) on the opponent's belly, chest or ribs, without the opposite knee touching the ground, maintaining the position stable for 3 seconds, while the opponent is lying on his/her back or side.

### 7.4 Mount and Back Mount (4 points)

- When the athlete is on top, clear of the half-guard, sitting on the opponent's torso and with two knees or one foot and one knee on the ground, facing the opponent's head and with up to one arm trapped under his/her leg – and thus remains for 3 (three) seconds.
- Should the athlete have one of the opponent's arms trapped under his/her leg, he/she shall only be awarded points for the mount if the leg trapping the arm does not extend beyond the opponent's shoulder.
- When the athlete lands on top with a triangle fastened around the opponent on bottom, no points shall be awarded for the mount.
- In the case of the mount, when there is a transition straight from back mount to mount or vice-versa –for being distinct positions– athletes shall be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position.

### 7.5 Back Control (4 points)

- When the athlete takes control of the opponent's back, placing his/her heels between the opponent's thighs without crossing his/her legs and in a position to trap up to one of the opponent's arms without trapping the arm above the shoulder line – and thus remains for 3 (three) seconds.

### 7.6 Sweep (2 points)

- When the athlete on bottom with the opponent in his/her guard or half-guard inverts the position, forcing the opponent who was on top to be on bottom – and maintains him/her in this position for 3 (three) seconds.
- When the athlete on bottom with the opponent in his/her guard or half-guard inverts the position and the opponent turns his/her back on all fours and the athlete who initiated the reversal controls the opponent's back without the requirement of placing hooks and keeping at least one of the opponent's knees on the ground for 3 (three) seconds.





- When the athlete on bottom with the opponent in his/her guard or half-guard gets to his/her feet, puts the opponent down and maintains the grips necessary to hold the opponent in bottom position for 3 (three) seconds.

## 8. FOULS

Fouls are disciplinary or technical infractions addressed in the rules that are committed by athletes before, during or after a match.

### 8.1 Disciplinary Fouls

Summary disqualification from the match and competition at the moment of the infraction.

- When an athlete directs profane language or obscene gestures at his/her opponent, the center table, table officials, referee or public, prior to, before or after a match
- When an athlete exhibits hostile behavior towards an opponent, referee or any other member of the organizing committee or public, prior to, before or after a match.
- When an athlete bites, pulls hair, strikes or applies pressure to the genitals or eyes, or intentionally uses a traumatic blow of any kind (such as punches, elbows, knees, head butts, kicks, etc).
- When an athlete exhibits offensive or disrespectful behavior towards an opponent or the public through words or gestures during a match or in celebrating victory.
- When one or both of the athlete's disregard the seriousness of the competition or perform actions simulating a fake combat.
- When the athlete exhibits attitudes considered incompatible with the competition environment, or commits any other misconduct or delict, even if it is carried out prior to or following the match.

### 8.2 Lack of Combativeness

The referee shall count 20 (twenty) consecutive seconds and signal lack of combativeness with the verbal command "Fight," referring to the penalty to be applied to the athlete, in accordance with the sequence described in 6.5

- one athlete clearly not pursuing positional progression in a match.
- When neither athlete demonstrates combativeness simultaneously during a combat situation.
- When both athletes pull guard at the same time, the referee will start a 20 second countdown. If at end of this 20 second countdown, even if the athletes are moving, one of the athletes does not reach the top position, does not have a submission in hold, or is not imminently completing a point scoring move.



- Lack of combativeness (stalling) is not declared when an athlete is defending his/herself from an opponent's attacks from mount, back-control, side-control or north-south positions.
- Will not be considered lack of combativeness when an athlete is in mount or back position, as long as the characteristics of the technical position are respected.

### 8.3 Serious Fouls

- When the athlete kneels or sits (remaining in the position) or pulls guard, without the establishment of a grip.
- When a standing athlete flees the bounds of the match area, avoiding combat with the opponent.
- When a standing athlete pushes his/her opponent to outside the match area without clear intent of attempting a submission or scoring.
- When an athlete on the ground evades combat by sliding his/herself outside the match area.
- When an athlete on the ground stands to escape combat and does not return to combat on the ground. When an athlete breaks the grip of the opponent pulling guard and does not return to combat on the ground.
- When an athlete communicates with someone, orally or through gestures, in a manner that contradicts a decision made by the referee.
- When an athlete disobeys a referee order. When an athlete exits the mat area after a match but before the referee has announced the result.
- When the athlete deliberately runs away from the fight area to avoid an inferior position or consolidation of the opponent's score.
- when an athlete grabs hold of his/her uniform or that of his/her opponent in any way.
- When an athlete places a hand or foot on his/her opponent's face.
- When an athlete runs around the match area and does not engage in the combat.
- When an athlete unintentionally reacts in a way that places his/her opponent in an illegal position
- When an athlete during a match or celebrating victory before being announced as the winner exhibits attitudes not appropriate for the competition environment, but does not qualify as disciplinary foul

### 8.4 Severe Foul

Summary disqualification from the match at the moment of the infraction.

- When an athlete deliberately flees the match area to avoid submitting to a submission hold applied by his/her opponent.



- When being attacked by a submission hold an athlete commits a penalty that obliges the referee to interrupt the match.
- When an athlete intentionally attempts to get his or her opponent disqualified by reacting in a way that places his or her opponent in an illegal position.
- When it comes to a referee's attention that an athlete is not wearing an undergarment under his or her uniform.
- When an athlete applies creams, oils, gels or any slippery substance to any part of the body
- When the athlete utilizes any substance that increase the adherence in any part of his/her body.
- When an athlete strangles his or her opponent with one or both hands around the opponent's neck or applies pressure to the opponent's windpipe using the thumb.
- When an athlete blocks the passage of air to his/her opponent's nose or mouth using his/her hands.
- When the athlete who is defending a single leg takedown, while the athlete attacking has his head outside his opponents body, intentionally projects his attacker to the ground to make him hit the floor with the head
- The suplex movements that will project or force the opponent's head or neck into the ground.
- When an athlete applies a hold prohibited for his/her respective division as outlined in "Illegal techniques"

8.5 For Lack of combativeness and serious fouls, the referee shall adhere to following scheme:

- 1st PENALTY – The referee will mark the first penalty for the athlete.
- 2nd PENALTY – Second penalty marked on scoreboard for perpetrating athlete, special consideration in case of referee decisions.
- 3rd PENALTY –Two points concession to opponent of penalized athlete and third penalty marked on scoreboard for perpetrating athlete.
- • 4th PENALTY – Disqualification of perpetrating athlete.

#### Technical Fouls

Summary disqualification from the match at the moment of the infraction

#### 9. HYGIENE

- Athletes' finger and toenails should be trimmed and short.
- Long hair should be tied up so as not to cause opponents any discomfort.



- An athlete will be disqualified if they are wearing hair dye or makeup that stains their opponents' uniform during a match.
- Athletes should use footwear up to the match area and wherever their use is permitted.
- Following weigh in, the referee should check athletes for any skin conditions.
- Athletes presenting skin lesions noticed by the inspector shall be directed to the event's medical area.
- Athletes should present a statement from a doctor declaring the lesion not contagious and not harmful to other competitors.
- For the organizers of the event, the tournament medic has the final say on whether to allow an athlete to compete or not.

#### 10. Further Requirements

- Each athlete shall only mount the official scale of the event to have his/her weight taken once.
- In the female divisions, it is mandatory for the use of a stretchy or elastic shirt that hugs the body beneath the Gi; It can be short or long sleeved, without the necessity to follow the color requirements. It is also permitted for athlete's to use a one piece swim garment (bathing suit) or gymnastics top
- Both genders must wear a shirt of elastic material (skin tight) long enough to cover the torso all the way to the waistband of the shorts,
- Shorts for men: Board shorts without pockets or with the pockets stitched completely shut, without buttons, exposed drawstrings, zippers or any form of plastic or metal that could present a risk to the opponent, long enough to cover at least halfway down the thigh (no more than 15 cm from the knee), and no longer than the knee. Also permitted are compression shorts made of elastic material (skin tight) worn beneath the shorts
- Shorts, compression shorts and pants for women: Shorts, compression pants (skin-tight spats) and/or compression shorts. The shorts must not have pockets or have the pockets stitched completely shut, must not have buttons, zippers or any kind of plastic or metal that could present a risk to the opponent, and must be long enough to cover halfway down the thigh (no more than 15 cm from the knee) and no longer than the knee.
- Use of any foot gear, headgear, hair pins, jewelry, cups (genital protectors), or any other protector fashioned of hard material that may cause harm to an opponent or the athlete him/herself is forbidden. Also forbidden is the use of eyes protectors, even if they are made for sports practices.



- In the female divisions, the athlete will be permitted to cover their heads. The Head Cover must follow these requirements.
- Must be fixed and made with elastic fabric (or have elastics at the borders).
- Be made without any kind of plastic or hard materials.
- Be made with no strings of any kind.
- Be clear of any inscription or logo.
- Must be totally black, white, black and white, and/or the color of the rank (belt) to which the athlete belongs.
- Also permitted as part of the female uniform is a single-piece head cover, which should be made of elastic and cover the neck, ears and completely cover the hair, similar to the head cover of a wet suit

## 11. ILLEGAL TECHNIQUES

### 11.1 Illegal Techniques - Expert:

- Slam
- Spinal lock without choke
- Scissor Takedown ( Kani Basami )
- Bending fingers backwards
- Suplex takedown technique, landing with the opponent's head or neck on the ground.

### 11.2 Illegal Techniques - Advanced:

Included here are all techniques listed under 9.1 - Additionally:

- Toe hold, applying outward pressure to the foot
- Knee Reaping
- Locks twisting the knees.
- Heel hook
- Toe Hold
- Knee Bar
- Calf Slicer
- Bicep Slicer
- In straight foot lock, turning in the direction of foot not under attack.
- Single leg takedown while the attacking athlete has his head outside his opponents body (NOTE: Although prohibited, no penalty shall be applied. The match will be restarted from a neutral position.)

### 11.3 Illegal Techniques - BEGINNER:

Included here are all techniques listed under 9.1 and 9.2 - Additionally:

- Wrist Lock
- Lock inside the closed guard with legs compressing kidneys or ribs





### **Closing provisions**

12. In all cases, the committee reserves the right to make a binding decision.
13. The organisation bears no responsibility for theft before, during or after the competition

