



## 2018 RULE BOOK

# TABLE OF CONTENTS

1. Preface, ii
2. Athlete Inspection: Uniform, Weigh-in, and Hygiene, 1
3. Referees, 3
4. Match Situations and Decisions, 5
5. Scoring, 6
6. Fouls and Penalties, 10
7. Appendix 1: Age/weight Divisions, 13
8. Appendix 2: Illegal Procedures Table, 16
9. Appendix 3: Referee Commands and Gestures, 18

# PREFACE

The Arte Suave Brazilian Jiu Jitsu Federation will review and amend these rules annually in attempt to stay current with competition and safety trends in Brazilian Jiu Jitsu Competition. Additional amendments may be made and posted separately on the ASFBJJ website.

Our mission is to organize and promote Brazilian Jiu Jitsu Tournaments in the Midwest region, with the purpose to prepare athletes to participate at larger events.

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# I. ATHLETE UNIFORM AND HYGEINE

## a. Gi and Uniform Requirements

- i. Gis should be made from woven cotton or cotton-like fabric.
- ii. Gis should be uniform in color; pants and jackets of differing color will not be permitted. Gis should be White, Blue, or Black.
- iii. Gis should not have tears, stains, or unpleasant odors. They should be clean and dry.
- iv. Men may not wear shirts under their jackets.
- v. Women and girls must wear one of the following under their jackets: Rash Guard or body-hugging shirt, one-piece bathing suit, leotard.
- vi. Gis should fit according to the ASFBJJ guidelines. See the ASFBJJ Fit Guide for more information.
- vii. Belts should have a black tip and be the color of each athlete's rank. When properly tied in a double knot the ends of the belt should hang 7-11 inches.
- viii. Athletes will have a Gi and belt inspection before their official weigh in. In the case the inspection fails, the athlete may have up to two more attempts at passing the inspection.
- ix. Athletes may not change their Gis between their weigh in and the first fight. They may request permission from the Ring Coordinator to change Gis. This Gi must also pass a Gi inspection.
- x. Athletes are required to wear undergarments. Thongs are not permitted.
- xi. Patches and Embroideries are only allowed in specified areas on the Gi. These should not contain any offensive phrases or symbols, nor should they contain images encouraging illegal or immoral activity.
- xii. Athletes may not wear hard (metal or plastic) hair pins, gear, or jewelry.
- xiii. Athletic cups are prohibited.
- xiv. Eyewear and protectors are prohibited.
- xv. Women may choose to wear shorts or leggings under their Gi, provided the material is body-hugging and does not extend beyond the length of the Gi pant.
- xvi. Braces that add volume or have hard plastic or metal edges are not permitted

b. Weigh in Procedures

- i. Athletes must weigh in on an official scale prior to the start of their first match as part of the Gi and belt inspection. Athletes may only weigh in once.
- ii. Athletes are required to wear their Gi for weigh in.
- iii. Athletes do not have to wear approved braces and support wraps for weigh in.
- iv. Failure to make weight in the registered category will result in immediate disqualification without refund.
- v. Athletes may change their weight class up to one week of the first day of the tournament. They can do so by contacting ASFBJJ coordinators through the “Contact Us” page on ASFBJJ.org.

c. Hygiene

- i. Athletes should have trimmed, short nails.
- ii. Athletes should not wear any make up or hair dye that can stain an opponent’s Gi.
- iii. Long hair should be tied up with an elastic band.
- iv. Athletes may be checked for skin conditions and abrasions as part of the Gi inspection.
- v. Athletes are required to wear shoes or footwear up to the Mat area.

## II. REFEREES

### a. Rulings

- i. The Referee is the ultimate authority in a match.
- ii. The rulings of the referee are final and incontestable except in the following scenarios:
  1. An athlete has been mistakenly disqualified for using a legal hold, and the match was ended before the opponent tapped out. In this case, the match shall be restarted from the center of the match area and the attacking athlete will be awarded two points.
  2. The declared winner was using an illegal hold unnoticed by the referee.
  3. The score was misread.
- iii. In the case a match outcome is contested, the referee may consult with the ASFBJJ's director of refereeing before making a final decision.
- iv. The result may only be overturned if the tournament's official bracket has not already progressed to the next stage.

### b. Referee Responsibilities

- i. The referee will call the athletes into the match area to begin the match, and to do a final check of the Gi and hygiene.
- ii. The referee will be responsible to officially begin and end each match.
- iii. Before the match begins the athletes will be placed by the referee based on the following criteria:
  1. White Gis will be to the left of the referee
  2. In the case of one athlete wearing a Blue Gi and the opponent wearing a Black Gi, the Blue Gi will be placed on the right.
  3. In the case of two athletes wearing the same color Gi, a green and yellow belt will be given to the athlete to the right of the referee to be worn for identification.
  4. The referee will award points, advantages, and penalties to the athletes based on this opening position. The left arm will be raised to award points to the athlete beginning on the left, and the right arm will be raised to award points to the athlete beginning on the right.
  5. The referee will wear a colored arm band on the right arm, which will correspond to the colored section of the score board. When the referee raises their right arm, the points awarded will be shown in the colored section of the scoreboard and will go to the athlete originally to the right of the referee.

- iv. The referee should intervene in a match when they deem necessary.
  - 1. If the match is stopped for any reason, the athletes should maintain their current position and await instruction.
  - 2. The referee will be sure the athletes stay within their match area.
    - a. If 2/3 of the athlete's bodies leave the match area, they may be moved back to the center.
      - i. If the athletes are on the ground and stabilized when leaving the match area, they will be placed in the center in their current position to continue the match.
      - ii. If the athletes are standing or are not stabilized, they will return to the center of the area and restart on foot.
      - iii. If an athlete is attempting to stabilize a scoring position while the match area is exited.
      - iv. If one athlete has a submission hold in place outside of the match area, there will be no match interruption.
      - v. If an athlete moves the match outside of the match area in order to defend a submission hold, the athletes will be moved back to the center in standing position to restart the match. If the referee deems the defending athlete initiated the move outside of the match area, the attacking athlete will receive two points.
      - vi. If an athlete moves the match outside of the match area in an attempt at scoring position, the referee will wait for the three seconds of stabilization before restarting the fight in the center of the match area. The attacking athlete will receive points accordingly.
  - 3. It is the responsibility of a referee overseeing a match for any child 12 and under to monitor the safety of the spinal column, particularly when the child is lifted off the ground by their opponent.
  - 4. The referee shall summon medical staff to the area as needed.
- v. The referee will be responsible to award all points, advantages, and penalties. The referee will be responsible for disqualifying athletes.
- vi. The referee will signal an end to the match when the allotted time is reached.
- vii. The referee will announce the result of the match by raising the arm of the winner.

### III. MATCH SITUATIONS AND DECISIONS

a. A submission will be acknowledged when:

- i. An athlete clearly taps two times with their hand on either the ground, the opponent, or themselves.
- ii. An athlete, whose arms are trapped, clearly taps their foot on the ground twice
- iii. An athlete verbally submits, calling for the match to be stopped
- iv. An athlete in a submission hold expresses pain (screams)

b. A stoppage will occur when:

- i. One of the athletes is suffering from cramps; the opponent will be declared the winner.
- ii. An athlete is injured, through either a legal or illegal hold, or the referee recognizes a hold that may cause serious injury.
- iii. An athlete has an open wound with bleeding that is not stopped after being treated by the medical team two times.
- iv. When an athlete loses control of basic bodily functions (vomiting, bladder or bowel release)

c. A Disqualification will occur if one or both athletes commits a foul addressed later in this manual.

d. In the case of loss of consciousness, the athlete will be declared the loser of the match. If the loss of consciousness is from head trauma, the athlete should be treated by the medical staff and should not be allowed to continue in the tournament.

## IV. SCORING

- a. The athlete who receives the most points shall be declared the winner when the allotted match time has occurred, or if the match is stopped due to injuries suffered by both athletes.
- b. Points will be awarded based on the following positions:
  - i. 4 points: Mount, Back Mount, Back Control
  - ii. 3 points: Guard Pass
  - iii. 2 Points: Takedown, Sweep, Knee on belly
- c. Special circumstances, including ties:
  - i. In the case of a scoring tie, the win will be determined by the number of advantages.
  - ii. In the case of a scoring and advantage tie, the athlete with the fewest penalties will be declared the winner.
  - iii. In the case that both athletes have the same number of points, advantages, and penalties, the referee or referees will be called on to declare the winner. The decision should be based on offensive play—the athlete who came the closest to scoring or submitting will be declared the winner.
  - iv. If both athletes are unable to continue due to accidental injury in a semifinal or final when the score is tied, the result will be a random choice.

### d. Point Scoring Positions

- i. Takedown:
  1. An athlete forces their opponent back-down, sideways, or into a seated position on the ground. The opponent must have been standing at some point during the movement, and the attacking athlete must be in the top position and keep the fight on the ground for three seconds.



2. If the athlete forces their opponent to the ground on all fours or belly down, the attacking athlete must have a back clinch, but not necessarily hooks placed, and one of the opponent's knees on the ground for three seconds.

3. The attacking athlete must have both feet within the match area when initiating the takedown. In the event that the takedown finalizes outside of the match area, the referee will stop the match after the 3 second stabilization period. In this scenario the athletes will be placed in the center of the match area in the positions they reached when the match was stopped.
4. In the case the opponent has one or two knees on the ground, the athlete performing the takedown must be standing during the moment of the takedown to receive points.
5. Should an athlete attempt a single or double-leg takedown, forcing the opponent into a seated position, if the opponent applies a counter-takedown and is able to stabilize for three seconds, only the counter-takedown will receive points.
6. If an athlete is swept after performing a takedown that lands their opponent back-down or sideways on the ground and lands themselves in guard or half-guard, the takedown will receive an advantage, and the sweep will receive two points.
7. No points or advantages will be given to takedown movements that occur after guard has been pulled.

ii. Guard Pass

1. A Guard Pass will be awarded when the top athlete passes the legs of their opponent and is able to maintain side-control or north-south for three seconds.



- a. Guard is defined by the use of one or more legs to block the opponent from reaching side-control or north-south position over the athlete on bottom.

- b. Half-guard is the guard where the athlete on bottom is on their back or side with one of their opponent's (in top position) legs trapped, blocking them from achieving side or north-south control over the bottom athlete for three seconds.
- c. The position of the top athlete's legs determines half-guard or reverse half-guard.



iii. Knee on Belly

- 1. Knee on Belly points will be awarded when the top position athlete maintains side-control and places a knee on the belly, chest, or ribs on their opponent who is on their back or side on the ground. The top position athlete must have their other leg extended diagonally away from the opponent, with their foot on the ground facing their opponent's leg and must stabilize for three seconds. No points will be given if the top athlete's supporting leg knee is on the ground.



iv. Mount and Back Mount

1. Mount and Back Mount points will be awarded when an athlete clears guard and half-guard, sitting on their opponent's torso with both knees or one foot and one knee on the ground. They must be facing their opponent's head with up to one arm trapped under their leg. They must stabilize for three seconds.
  - a. When mounting while trapping one arm under a leg, the trapped arm must not extend beyond the opponent's shoulder.
  - b. No points will be awarded if the athlete lands on top while trapping a triangle around the bottom opponent.
  - c. An advantage will be awarded if mounting over both arms.



v. Back Control

1. Back control points will be awarded when an athlete takes control of their opponent's back, trapping one of their opponent's arms without trapping above the shoulder, and places their heels between their opponent's thighs without crossing their legs. This position must be stabilized for three seconds.



2. Advantage points will be given if using a figure-four triangle, crossing the feet, or trapping both arms.



vi. Sweep

1. Sweep points will be awarded when the bottom athlete, holding their opponent in guard or half-guard, flips the position, forcing their opponent onto the bottom position. They must maintain the new position for three seconds.



vii. Advantages

1. An Advantage will be awarded when an athlete reaches a point scoring position that requires stabilization but is unable to maintain it for three full seconds.
2. An Advantage will be counted when the move to a point scoring position is incomplete, and if, according to the referee, the opponent was in danger and the athlete came close to reaching the position.

3. An Advantage will be awarded when an athlete attempts a submission hold, if, according to the referee, the opponent is in real danger of being submitted.



4. Advantages can be awarded up to the announcement of the result, even if the match has ended.
  5. Advantages may only be awarded after there is no possibility of the athlete reaching the attempted point-scoring position.
  6. An athlete will be awarded an advantage if they are under attack from submission but reaches one or more point-scoring positions without escaping the submission attack.
  7. Athletes will NOT be awarded advantage points in the following scenarios:
    - a. Achieving half guard after being mounted or in side control.
    - b. Falling to a takedown but managing to roll to the top position.
    - c. Choosing to retain a defensive position rather than to complete a sweep.
    - d. Sweeps that start and end in half guard.
- viii. Points scoring scenarios
1. Points will be awarded if an athlete is able to stabilize a scoring position for three seconds.
  2. Athletes may not give up a position simply to regain it and be awarded additional points; the match should develop in evolving positions moving towards a submission.
  3. Athletes who are caught in a submission hold will not receive points for achieving a point scoring position until they have freed themselves and stabilized the position for three seconds.
  4. If an athlete returns their opponent to the ground back-down or sideways when defending a sweep, they will not be awarded points or an advantage.
  5. Athletes will not be awarded takedown or advantage points if they are defending standing back-control where their opponent does not have a foot on the mat.
  6. If an athlete begins a takedown movement before an opponent pulls guard, they will receive either two points or an advantage point.

7. If an athlete is gripping their opponent's pants as the opponent pulls open guard, the athlete with the grip on the pants will be awarded two points for the takedown if they stabilize the top position for three seconds. Should the opponent pull closed guard and remain in the air, the athlete must place the opponent back on the ground within three seconds before stabilizing and gaining the Takedown points.
8. Should an athlete perform a number of point-scoring positions and stabilize the final position for three seconds, each of the point scoring positions achieved will receive points.
9. If an athlete transitions from one type of mount to another, and stabilizes each for three seconds, they will receive points for both mount positions.

## V. FOULS AND PENALTIES

- a. Athletes who violate the rules of ASFBJJ competition will receive a foul. Fouls may be technical or disciplinary in nature.
- b. Penalties are given by the referee to assure the rules of the ASFBJJ event are followed, and to ensure each match flows properly.
- c. Severe Foul
  - i. Technical Fouls are considered in the following situations:
    1. If an athlete's Gi does not meet the standard of competition and they are unable to replace it within the timeframe allotted by the referee.
    2. If an athlete attempts to avoid submitting to a hold by their opponent by fleeing the match area.
    3. If an athlete places their opponent into an illegal position with the intent to disqualify them.
    4. If an athlete neglects to wear appropriate undergarments.
    5. If an athlete applies oil, cream, gels, or other slippery substance to any part of their body or makes the kimono slippery for grips.
    6. If an athlete applies any adherence increasing substance to any part of their body.
    7. If an athlete uses their hands to block the airways of their opponents nose or mouth.
    8. If an athlete strangles their opponent, using one or both hands around the opponent's neck, or applies thumb pressure to their opponent's windpipe.
    9. If an athlete applies an illegal hold for their division. See appendix 2.
    10. If an athlete uses a suplex movement on their opponent, forcing their head or neck into the ground. In a single leg takedown, the defending athlete may not grab the attackers belt to make them hit the floor with their head.
      - a. A suplex is defined as "the attacking athlete lifting the opponent at the waist in order to take him/her down, by throwing him backwards or sideways to the round. The use of this technique is still permitted provided that the movement does not force the opponent's head or neck into the ground."
    11. **Technical Penalties result in an immediate disqualification.**

- ii. Disciplinary Fouls are considered in the following situations:
  1. If an athlete uses profane language or obscene gestures directed to their opponent, the referee, the officials, or any member of the organizing committee.
  2. If an athlete becomes hostile towards their opponent, the referee, or any member of the organizing committee.
  3. If an athlete uses any traumatic blows such as punches, elbows, knees, head butts, or kicks, or bites, pulls hair, strikes, or applies pressure attacks the eyes or genitals of their opponent.
  4. If an athlete displays disrespectful or offensive behavior towards their opponent or the public. This includes words and gestures during a match, and also victory celebrations.
  5. If an athlete fakes combat, disrespecting the seriousness of the competition.
  6. **Disciplinary penalties result in an immediate disqualification.**

#### d. Serious Fouls

- i. If an athlete, without a grip of any kind on their opponent, sits or kneels.
- ii. If an athlete flees the bounds of the match area to avoid partaking in combat. This rule effects both standing athletes and also sitting athletes that slide themselves out of the match area.
- iii. If a standing athlete does not have a clear intent of scoring or submitting and pushes their opponent outside of the match area.
- iv. If an athlete stands from ground position to escape combat and does not return to ground combat. This also includes breaking the grips of the guard pulling opponent and not returning to ground combat.
- v. If an athlete removes their own Gi or belt to cause a match stoppage.
- vi. If an athlete places their fingers inside of their opponent's sleeve or pant leg to make a grip. This includes if in attempt at a sweep.
- vii. If an athlete grabs the inside of their opponent's Gi. This includes the jacket and pants. Opponents may not pass through the inside of their opponent's Gi to make an external grip.
- viii. If an athlete speaks or gestures to the referee for any reason other than medical issue or uniform problem.
- ix. If an athlete disobeys the referee's order.
- x. If an athlete leaves the match area before the referee announces the result.
- xi. If the athlete leaves the match area deliberately to prevent a sweep or takedown. In this case, the fleeing athlete will receive a penalty, and the attacking athlete will receive two points.
- xii. If an athlete places their hand or foot on their opponent's face, inside their belt, or places their foot behind their opponent's neck inside the lapel, or without gripping it.
- xiii. If an athlete uses their own belt to assist in a choke or other maneuver while the belt is untied.
- xiv. If an athlete takes longer than 20 seconds to tie their belt during a match stoppage (when the athlete is also using the identification belt).

- xv. If an athlete does not engage in combat.
- xvi. If an athlete unintentionally places their opponent in an illegal position.
- xvii. If an athlete in the white belt division jumps to closed guard while their opponent is standing. In this case, the referee will stop the match. The match will restart in the center of the mat.
- xviii. **Serious Fouls result in the following penalties:**
  1. **The referee will mark the first penalty**
  2. **A second penalty and advantage point to the penalized athlete's opponent.**
  3. **A third penalty and two points given to the perpetrating athlete's opponent.**
  4. **Disqualification**
  5. **In 15 and under divisions, the 4<sup>th</sup> and 5<sup>th</sup> fouls each result in two points awarded to the opponent. The 6<sup>th</sup> penalty will result in disqualification.**

e. Stalling, or Lack of Combativeness

- i. Lack of Combativeness, or stalling, is when one athlete is clearly not pursuing positional progression in a match, and also when an athlete impedes his/her opponent from carrying out said progression.
- ii. One or both athletes may be complicit in Stalling in any position.
- iii. If both athletes pull guard at the same time the referee will start a 20 second countdown. If neither athlete reaches a top position, submission, or point scoring position after 20 seconds, the referee will stop the fight. Both athletes will receive a penalty. The combat will restart with athletes in standing position.
- iv. If an athlete is defending an opponent's attack from mount, back-control, side-control, or north-south, no stalling will be called.
- v. If an athlete is in mount or back position and respecting the properties of the position, no stalling will be called.
- vi. **If an athlete does not make an attempt to progress the fight in 20 seconds, they will be penalized.**

f. **All penalty points are cumulative within each match, regardless of the type of infraction.**

# APPENDIX 1: AGE AND WEIGHT DIVISIONS

# AGE DIVISIONS

The following categories are for the year 2018:

<u>Division</u>	<u>Year of Birth</u>
Juvenile	2001-2002
Adult	2000 and Before
Masters 1	1988 and Before

## Kids

Kids brackets will be based on enrollment. ASFBJJ will make every attempt to provide each registered child with a safe, fair match. Brackets will be based on weight, age, and belt; no specific categories will be pre-announced. Athletes should expect an opponent of the same gender and belt, close in age and weight. In the event that ASFBJJ is unable to place a child in a bracket, registration will be refunded.

**ARTE SUAVE BRAZILIAN JIU JITSU FEDERATION  
JUVENILE AND ADULTS WEIGHT TABLE**

WEIGHT DIVISION	JUVENILE MALE	JUVENILE FEMALE	ADULT/MASTERS MALE	ADULT/MASTERS FEMALE
ROOSTER	118	98	127	107
LIGHT FEATHER	129	106.5	141.5	118
FEATHER	141.5	116	154.5	129
LIGHT	152.5	125	168	141.5
MIDDLE	163.5	133.5	181.5	152.5
MEDIUM HEAVY	175	143.5	195	163.5
HEAVY	186	152	208	175
SUPER HEAVY	197	No Max	222	No Max
ULTRA HEAVY	No Max	N/A	No Max	N/A
OPEN	N/A	N/A	Free	Free

*Weights listed are in pounds.*

APPENIX 2:  
ILLEGAL PROCEDURES TABLE

ASFBJJ • Illegal Moves Table

Move	Under 12	13-15	16-17, White	Blue and Purple
1 Stretching the Legs Apart for Submission	*			
2 Choke with Spinal Lock	*	*		
3 Straight Foot Lock	*	*		
4 Enquist Choke	*	*		
5 Front Guillotine Choke	*	*		
6 Omoplata	*	*		
7 Triangle Pulling Head	*	*		
8 Arm Triangle	*	*		
9 Closed Guard Lock Using Legs to Compress Kidneys or Ribs	*	*	*	
10 Wrist Lock	*	*	*	
11 Single Leg Takedown While Attacking Athlete has Head Outside the Opponent's Body	*	*	*	
12 Bicep Slicer	*	*	*	*
13 Calf Slicer	*	*	*	*
14 Knee Bar	*	*	*	*
15 Toe Hold	*	*	*	*
16 Slam	*	*	*	*
17 Spinal Lock Without Choke	*	*	*	*
18 Heel Hook	*	*	*	*
19 Locks Twisting the Knees	*	*	*	*
20 Knee Reaping	*	*	*	*
21 Scissor Takedown	*	*	*	*
22 Straight Foot Lock: Turning in the Direction of the Foot Not Under Attack	*	*	*	*
23 In Toe Hold, Applying Outward Pressure on the Foot	*	*	*	*
24 Bending the Fingers Backwards	*	*	*	*
25 Grabbing the Opponents Belt to Throw Them on Their Head When Defending a Single Leg Takedown, While Opponent's Head is Outside of the Body	*	*	*	*
26 Suplex Takedown Technique, Landing with the Opponent's Head or Neck on the Ground	*	*	*	*





## Knee Reaping:

Knee reaping occurs when one athlete places their thigh behind their opponent's leg, passes their calf above the opponent's knee, and places their foot beyond the vertical midline of the opponent's body while applying pressure on their opponent's knee from the outside, keeping the foot of the captured leg stuck between their hip and armpit. The attacking athlete does not have to hold their opponent's foot for it to be considered stuck. If one athlete is standing and bearing their weight on the foot of the leg with the endangered knee, the foot will be considered stuck or caught.

### Severe Foul:

When an athlete attacks with the movement described above, crossing their entire foot over the vertical midline of their opponent's body. This can occur with or without a submission hold. Knee Reaping will result in immediate disqualification.



### Serious Foul:

If an athlete attacks as described above moving his foot across the vertical midline of their opponent's body. In this instance, the referee will stop the match, assign a penalty to the attacking athlete, and return the athletes to position as permitted before restarting the match.



## APPENDIX 3: REFEREE COMMANDS AND GESTURES

CIRCUMSTANCE	GESTURE	VERBAL COMMAND
Call Athletes to Match Area	Arms at shoulder height, bent 90 degrees. Palms facing inward. Motion includes extending arms and returning to initial position	NA
Start of Match	Arm extends forward and is lowered to point toward the ground.	<i>Combate</i>
Time Out, Match Interruption	Arms opened and raised to shoulder height.	<i>Parou</i>
Penalty, Lack of Combativeness (Stalling), Serious Foul	1. The arm indicating the penalized athlete is pointed at the athlete's chest. 2. Fist is clenched and raised to shoulder height.	<i>Lute</i> (Lack of Combativeness); <i>Falta</i> (Serious Foul)
Disqualification	Forearms crossed overhead with fists clenched; arm indicating disqualified athlete pointed to that athlete's belt.	NA
Advantage	Arm corresponding to the awarded athlete extended parallel to the mat with hand open, palm facing downward.	NA
2 Points (Takedown, Sweep, and Knee on Belly)	Arm indicating awarded athlete is raised with second and third fingers extended.	NA
3 Points (Guard Pass)	Arm indicating awarded athlete is raised with second, third, and fourth fingers extended.	NA
4 Points (Mount and Back Control)	Arm indicating awarded athlete is raised with second, third, fourth, and fifth fingers extended.	NA
Point Deduction	Arm indicating the appropriate athlete raised at shoulder height, palm open	NA
Announcement of Match Result	Winning Athlete's arm raised, facing judges table; losing athlete's arm held downward.	NA
Re-Adjust Gi	Arms crossed at waist height, hands down, extending arm to indicate belt.	NA
Re-Tie Belt	1. Hands at waist level, tightening imaginary belt. 2. Arm extended and pointed to the athlete's waist.	NA
Remain within Match Area	1. Pointing to athlete, arms extended towards their waist. 2. Hand at shoulder height, open palms, moving in a circle.	NA
Stand Up	1. Arm extended, indicating who must stand up. 2. Raising arm to shoulder height.	NA
Return to Ground or Specific Position	Extending arm to shoulder height, pointing diagonally across the body towards the ground.	NA