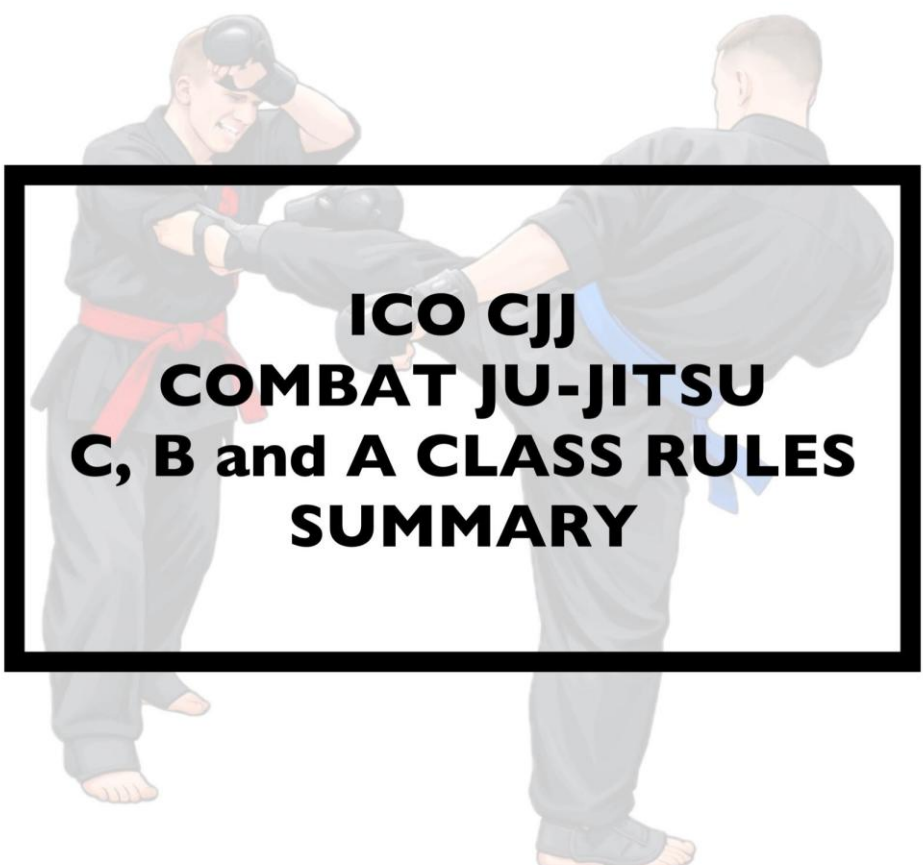


A faded background image of two martial artists in sparring gear. One is wearing a red belt and the other a blue belt. They are in a sparring stance, with one artist's leg raised in a kicking motion.

ICO CJJ COMBAT JU-JITSU C, B and A CLASS RULES SUMMARY



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ICO World Director – MMA & CJJ

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ICO CJJ COMBAT JU-JITSU C,B AND A CLASS RULES SUMMERY

(Amateur – DoGi – Tatami)

General Framework (Applies to ALL Classes)

- Rule set is based on Unified Amateur MMA rules, adapted for Combat Ju-Jitsu
- All matches take place on matted tatami areas
- No cage or ring is used at any level
- DoGi is mandatory and must be strong, competition-grade
- Weigh-ins are conducted WITH the DoGi
- Red or Blue belts must be worn for competitor identification
- Referees may restart standing if action stalls or exits the tatami

Mandatory Protective Equipment (All Classes)

- Strong DoGi
- Amateur MMA sparring gloves
- Mouthguard (mandatory)
- Groin guard (mandatory for men, mandatory for women)
- MMA-style shin guards with instep protection
- Rash guards:

- Optional for men
- Compulsory for women

Bout Duration & Victory Conditions (ALL Classes)

- 1 × 3-minute round
- 1 × 1-minute extra round if the match is declared a draw with a 1 minute rest period.
- If still a draw after the extra round:
 - The lighter competitor wins
- Victory by:
 - Submission
 - Referee stoppage
 - Disqualification
 - Decision (if applicable)

Weight Divisions (Men & Women – kg)

(Same across all classes)

- Strawweight: ≤ 52.2 kg
- Flyweight: 52.3 – 56.7 kg
- Bantamweight: 56.8 – 61.2 kg
- Featherweight: 61.3 – 65.8 kg
- Lightweight: 65.9 – 70.3 kg
- Welterweight: 70.4 – 77.1 kg
- Middleweight: 77.2 – 83.9 kg
- Light Heavyweight: 84.0 – 93.0 kg



- Heavyweight: 93.1 – 120.2 kg
- Super Heavyweight: 120.3 kg+

PART 1 – C-CLASS NOVICE

(NO HEAD STRIKES – STANDING OR GROUND)

Division Overview

- Entry-level Combat Ju-Jitsu
- Emphasis on safety, control, and experience
- NO head strikes in any position
- Body strikes, leg attacks, throws, and submissions permitted

Permitted Techniques

- Punches and strikes to the body only
- Kicks to the legs and body
- Clinch fighting (no head strikes)
- Takedowns and throws (no spiking)
- Ground control and positional grappling
- Submissions excluding:
 - Heel hooks
 - Neck cranks, twisters, can openers
 - Any spinal pressure submissions

Prohibited Techniques

- Any strike to the head

- Elbows or forearms of any kind
- Striking to joints
- Knees to the head
- Kicks to the head
- 12–6 elbows
- Stomps
- Small joint manipulation
- Spiking or pile-driving
- All standard amateur MMA fouls

PART 2 – B-CLASS INTERMEDIATE

(HEAD STRIKES – STANDING ONLY)

Division Overview

- Intermediate Combat Ju-Jitsu competitors
- Increased striking realism
- Head strikes permitted **ONLY** while standing
- Ground phase remains controlled and submission-focused

Permitted Techniques

- Punches and kicks to the head while standing
- Punches to the body (standing and ground)
- Kicks to body and legs
- Clinch striking (standing only)
- Takedowns and throws (no spiking)

- Ground control, transitions, and submissions

Ground Rules

- NO head strikes on the ground
- Ground strikes limited to the body only
- Active submission grappling encouraged

Prohibited Techniques

- Elbows or forearms
- Knees to the head (standing or ground)
- Kicks to the head of a grounded opponent
- Striking to joints
- Stomps
- Heel hooks
- Neck cranks or spinal locks
- Small joint manipulation
- All standard amateur MMA fouls

PART 3 – A-CLASS ADVANCED

(HEAD STRIKES – STANDING & GROUND)

Division Overview

- Advanced amateur Combat Ju-Jitsu
- Closest amateur equivalent to professional MMA
- Head strikes permitted both standing and, on the ground
- High-level striking integrated with gi-based grappling

Permitted Techniques

- Punches and kicks to the head while standing
- Punches to the head on the ground
- Punches to the body and legs
- Clinch striking
- Takedowns, throws, and scrambles
- Controlled ground-and-pound (no elbows)
- Full positional grappling
- Legal submissions excluding spine and neck attacks

Prohibited Techniques

- Elbows and forearms
- Knees to the head
- Kicks to the head of a grounded opponent
- Heel hooks
- Striking to joints
- Twisters, neck cranks, spinal locks
- Stomps
- Small joint manipulation
- All techniques defined as fouls under amateur MMA rules