

JU-JITSU ZVEZA SLOVENIJE

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SWIFT LJBASI2X

**ADDITIONAL RULES FOR NO GI COMPETITION**

Shorts or pants made of elastic fabric (should hug the body). Shorts should contain no pockets (or have them completely sewn shut), no buttons, no snaps nor any plastic or metal piece that presents risk of injury to the opponent. The length should be longer than mid-thigh but no lower than the ankle.

Shirts must be elastic (should hug the body) and long enough to cover the waistline of the shorts.

Serious foul (Penalty): For Ju-Jitsu No-Gi, when an athlete grabs hold of his/her uniform or that of his/her opponent in any way.