



**SPORT JUJITSU**

IMAGE © CHRIS HARDY & JUJITSU AMERICA 2007

## **Sport Jujitsu Competition Rules**

Approved by JA and USJA 11/16/09

## INTRODUCTION

Good sportsmanship and competitor safety are of prime concern in the development of the JA & USJA Sport Jujitsu Competition Rules and format. Our aim is to promote a balanced and vigorous approach to competition jujitsu that provides equal opportunity for competitors from any martial arts background to succeed in this format, whether the competitors' training focus may be in jujitsu, judo, any other martial arts combining or including percussion (striking and kicking), projections (throwing and takedowns), or grappling (matwork). All interested competitors have an opportunity to succeed and are welcomed to participate in the spirit of healthy, vigorous, and ethical competition above all. Strong competition provides a healthy opportunity for participants to test their skills and further their development physically, mentally, and culturally. We aim to deliver a dynamic, balanced, safe, and fair competition format.

Points are awarded for striking or kicking to legal target areas, for effective throws and takedowns, and for matwork (pins and submissions). Matches consist of two two-minute rounds with a one-minute break. Points are totaled at the end of each round and the winner is determined based on accrual of points or if a competitor accrues two submissions during the course of the match.

We have divisions for men, women, boys, and girls. We provide an environment where athletes can apply their skills and participate in a strong, healthy, sport competition that is at the same time safe and well-structured.

### Section #1: MATCH TIME, MANDATORY EQUIPMENT, UNIFORMS

#### A. MATCH TIME

Adult competitors will have two rounds, two minutes in duration. A one-minute break period will be allowed in between rounds. A one-minute third round will be given in event of a tie. At the end of the one-minute third round referee and judges will decide a winner if still tied. This will be the elimination round. When an athlete is involved in two consecutive matches a recovery time of ten minutes will be allowed. This recover will not be granted to a competitor who has chosen to fight another division.

#### B. MANDATORY EQUIPMENT

1. Grappling Gloves (foam dipped hand gear will not be allowed)
2. Mouth Guard
3. Head Gear (mandatory for children under 13 - optional for adults)
4. Male Groin Protection
5. Must wear shin and instep guards
6. Note: Chest protectors and forearm guards will be allowed but are optional.

#### C. UNIFORMS

All competitors must wear a cotton or double stitched cotton judo, jujitsu, or grappling gi, different colored jacket and pant combinations will be permitted. No rolled sleeves, cuffed pants, v-neck collars or other alterations intentionally designed to make gripping or grappling more difficult will be allowed. Male athletes may wear rash guards or t-shirts. Female athletes must wear a t-shirt and sports support bra under their gi.

Section #2: THREE STAGE ENGAGEMENT

PART 1: Strikes and kicks. Contact point for kicks and strikes to thighs must be inside the shin or instep. Otherwise the contact point for kicking is open to any portion of foot and shin but not allowing for kneeling.

PART 2: Throws, takedowns (standing chokes, strangulation techniques) No strikes or kicks after part 2 has begun.

PART 3: Mat techniques, pins (joint locks, chokes, strangulation techniques)

NOTE: Chokes, joint locks and strangulation techniques are reserved for adult competitors and children age 10 to 13 who enter the submission division. Those children must be advanced. Mat Referee may make decision to call match to prevent injury especially in children's divisions.

Section #3: RESPECT FROM START TO FINISH OF MATCH

- A. The competitors shall stand facing each other within the contest area, approximately six feet apart.
- B. At the beginning of the match the competitors will make a standing bow, first to the mat referee and then to each other.
- C. At the end of the match the competitors will make a standing bow first to each other and then to the referee.

Section #4: COURSE OF MATCH

- A. The match begins with competitors facing each other approximately six feet apart.
- B. Part 1: Begin striking, kicking. Competitors are encouraged to use the strikes and kicks as transitional techniques to gain the opportunity to throw their opponent and move into Part 2.
- C. Part 2 included throws, takedowns (standing chokes, strangulation techniques)
- D. As soon as one of the competitors is thrown, or taken down to the mat Part 3 has been initiated.
- E. In Part 3 the competitors will be given at least 20 seconds to make progress. If after a 20 second count, if no progress has been made, the mat referee will call "Matte", "Stop" and restart the competitors to the point where Part 1 must be initiated again.
- F. In the case of second submission, the main referee will call "Ippon" and the match will be over, be it in the first or second round.
- G. If a competitor acquires a 30-point lead over his or her opponent; 15 or more points from each side referee for a total of 30 or more points between the competitors at the end of the first round, then the match is over.

Section #5: MINIMUM MAT PARAMETERS AND OUT OF BOUNDS

The inner competition area will be an 18' X 18' with a red 3' out of bounds area followed by a 3' buffer area for safety. There will not be a "warning" area, only in or out of bounds. A throw or technique that has progressed into the out of bounds area will remain legal so long as the throw was started inbounds. The referee will immediately stop and restart a contest that has progressed into the

out of bounds area.

Section #6: POSITION AND FUNCTION OF MAT REFEREE (MR)

- A. The MR shall generally stay within the competition area. The MR has the responsibility for the conduct and control of the match and will administer the decisions required to manage the contest.
- B. The MR will check the gi and safety equipment of the competitors at the beginning of each match especially looking for potentially dangerous items such as necklaces, piercing and metal braces.
- C. The MR shall audibly call out any scoring accomplished by the white or blue competitor other than in part 1. The side judges will score strikes and kicks on hand held click counters without referee's call.
- D. The mat referee will audibly call all of the scoring other than in part one.

Section #7: POSITIONING AND FUNCTION OF SIDE REFEREES (SR)

- A. The SR shall assist the MR and be inside the buffer zone at the edge of the competition area where they can easily observe and follow the course of the match.
- B. If at any time the SR needs to get the attention of the MR, in order to make a call or stop the action, the SR will throw a yellow flag on the mat to indicate such to the MR.
- C. The SR judges will count the points of the entire match for both competitors.
- D. Side referees may roam edge of mat to better see.

Section #8: POSITION AND FUNCTION OF SCOREKEEPER

The scorekeepers shall sit at the officials' table within sight of the competitors and the referees. The scorekeepers have the responsibility of collecting the scores from the SR's at the end of each round, posting the scores on the scoreboard and tabulating the final score for each match.

Section #9: APPLICATION OF BEGIN AND STOP

- A. The MR will announce "Hajime" or "Begin" in order to begin the match.
- B. The MR will announce "Matte" or "Stop" in order to stop the match temporarily in the following cases:
  - 1. One or both of the competitors go out of bounds.
  - 2. When one or both of the competitors perform a forbidden action.
  - 3. To give both competitors a technical penalty as in the case of passivity.
  - 4. If one or both of the competitors are ill or an injury has occurred.
  - 5. If a SR stands or throws flag for objection or question.
  - 6. If progress is not being made after a twenty-second count, in part 1, 2 or 3.
  - 7. During a submission if the competitor is unable to tap for himself or herself.
  - 8. In any other case where the MR finds it necessary.
- C. Every time the MR announces "Stop, freeze or don't move" time stops on the scoreboard.

- D. After a “stop” call the MR will either continue the match from where the competitors were stopped or from the center of the mat for a restart as in part 1. “Go” to restart will be called to continue the match and allow the clock to resume.

Section #10: POINTS

- A. The following points can be awarded in Part 1:
1. A strike or kick delivered to a legal target area with balance, control, recoil and technique. Strikes will be strong but not full contact and worth one point. A well placed kick to the head can be awarded 2 points.
- B. The following points can be awarded in Part 2 (throws, takedowns, standing chokes, strangulations).
1. A perfect throw, takedown. **5 points**
  2. 1<sup>st</sup> submission by a competitor **5 points**
  3. A throw or takedown that is strong but not perfect (waza ari). **3 points**
  4. A throw or takedown to side, buttocks, or top of shoulder **1 point**
  5. A drag down or unskillful knockdown will not score.
- C. Effective control or pin is announced as “pin is on.” 10 seconds of unbroken control will be rewarded with 1 point. After twenty seconds an extra point is given. Fighters must move onto something else to continue scoring.
- D. The following points can be awarded in Part 3 (pins, joint locks and chokes, strangulations.) First submission by a competitor is 5 points. The second submission by the same competitor wins the match.

Legal pins:

1. Collar hold (eri gatame)
2. Scarf hold/ modified scarf hold/ rear scarf hold (kesa gatame / ushiro kesa gatame)
3. Shoulder hold/ modified shoulder hold (kata gatame / kuzure kata gatame)
4. Chest hold (mune gatame)
5. Floating hold/ knee-on-stomach (uki gatame)
6. Side 4-quarters hold/ modified upper 4-quarters hold (kami shiho gatame / kuzure kami shiho gatame)
7. Upper 4-quarters hold/ modified upper 4-quarters hold (kami shiho gatame/ kuzure kami shiho gatame)
8. Basic 4-quarter hold/ mount (tate shiho gatame)
9. Rear 4-quarters hold/ rear mount with opponent on stomach and legs extended (ushiro shiho gatame)

If there is no progress within 20 seconds the MR will call “stop” and restart the competitors as in Part 1.

Examples of holds that are not pins:

1. Body hold/ guard position (do jime)
2. Single leg entwinement/ half-guard (ashi garami)

- E. The first submission by a competitor will be awarded 5 points. In case of a second submission by

the same competitor, the MR will stop the action and declare a winner, ending the match.

- F. The target area for striking and kicking are the sides of the head, the front and sides of the body including the chest and stomach, and kicks to the thighs including the front, back, inside and outside of the thigh. No strikes or kicks will be permitted to the front of the face, the top of the head, the rear of the body, neck, throat, groin, hips, buttocks, knees or anything below the knees. Striking with the knee or elbow is also prohibited and subject to penalty. Kicks to the thighs must be delivered with the instep or shin only, and kicks to the thighs with the bottom of the foot, knife-edge of foot, or the heel are not permitted.
- G. All chokes and strangulation techniques are permitted for adults, with exceptions to any one-handed chokes or direct attacks to the windpipe. Children are prohibited from applying any chokes or strangulations during the course of the competition unless they are advanced children age 10-13 who are in the submission division.
- H. No standing joint locks are allowed.
- I. Wrist locks are permitted while engaged in Part 3 on the ground only.
- J. Straight-line knee bars are permitted for adults and children entered in the submission divisions that are engaged in Part 3. Any knee bars which require a twisting motion or rotation to execute properly are prohibited.
- K. Straight-line ankle locks or Achilles locks are permitted for adults and children under the age of 13 entered in the submission division engaged in Part 3. Any ankle locks which require a twisting motion or rotation to execute properly are prohibited.

#### Section #11: SETTLEMENT OF MATCH

- A. If there is a 30-point difference between competitors, 15 for each side judge, the MR will stop the match and the competitor with the superior score will be declared winner.
- B. The competitor, at the end of two rounds, who has the most points will be declared winner by the MR.
- C. The competitor who causes his opponent to submit for the second time wins automatically.

#### Section #12: SUMMARY OF PENALTIES

##### LOSS OF POINTS:

1 point	-Light forbidden acts
2 points	-Moderate forbidden acts
Disqualification	-Heavy forbidden acts

##### LIGHT FORBIDDEN ACTS "INFRACTIONS"

- A. If one or both competitors show passivity or commit minor technical infringements.
- B. To deliberately go out of bounds with the whole body or both feet
- C. To make any further action after the MR has called "Stop".
- D. To deliver kicks or strikes to the leg below the knee.
- E. To make joint locks on fingers and toes.
- F. Wrapping your hand inside a pant cuff or sleeve.
- G. Wearing a piercing, necklace, metal brace or other metal object into the contest area.

**MODERATE FORBIDDEN ACTS (VIOLATION)**

- A. To make attacks like kicking, striking, pushing the opponents body in an overly excessive way or showing excessive force.
- B. To attack an opponent's face, top or back of the head with straight punches, uppercuts or straight kicks.
- C. To attack with elbow or knee strikes.
- D. To disregard the MR's instruction.

**HEAVY FORBIDDEN ACTS (DISQUALIFICATION)**

- A. To make unnecessary calls, remarks or gestures to the opponent, coaches or any officials (unsportsmanlike conduct).
- B. To deliberately apply an action with the intent to injure an opponent or to apply a technique that is prohibited in any reasonable tournament or contest.
- C. To throw or attempt to throw an opponent while applying waki gatame or any standing joint lock.
- D. To throw or attempt to throw an opponent on his head or neck. (piledriver, suplex)
- E. To make a lock on the neck or spinal column.
- F. To kick or strike the opponent's groin.
- G. To head-butt an opponent.
- H. To deliberately attack an opponent's windpipe by striking, kicking, or choking/strangling with the fingers on the throat.
- I. To gouge the opponent's eyes, to fishhook the opponent's mouth, to put a finger into any orifice, bite, pull hair, or to pinch the skin.
- J. Interference with the MR, SR, or any other tournament official.
- K. To intentionally draw blood on an opponent.

**Section #13: PENALTIES**

- |                                      |                  |
|--------------------------------------|------------------|
| A. Light Forbidden Act               | -1 point         |
| B. Moderate Forbidden Act/ violation | -2 points        |
| C. Heavy Forbidden Act               | Disqualification |

The first time a competitor makes a heavy forbidden act (Disqualification) in a tournament, he or she will not be permitted to participate in the rest of the tournament.

**Section #14: WALK-OVER AND WITHDRAWAL**

- A. The decision of win by "walk-over" shall be given to any competitor whose opponent does not appear from his or her match after he or she has been called three times or at least three minutes.
- B. The decision of win by "withdrawal" shall be given to any competitor whose opponent withdraws from the competition during the match.
- C. If a doctor, EMT, or medical professional declares that a competitor is out of a match, he or she will be prohibited from competing in the rest of the tournament.

Section #15: INJURY, ILLNESS, OR BLEEDING

In the case of blood, a competitor will be allowed to break to get bleeding under control without penalty. If the contest is stopped for blood from the same injury a second time, the competitor is out of the match and loses for injury.

Section #16: POSITION AND BEHAVIOR OF COACHES

- A. Coaches must be designated and identified at registration prior to the beginning of the competition. Coaches must be provided a wristband for identification.
- B. Coaches will be provided a designated area (chair or taped-off area at the edge of the mat), where they must stay during the course of the match.
- C. A competitor may be assisted by his/her coach (only one person) who stays at the limit of the constant area during the match.
- D. A coach may advocate for his/her competitor, but only during the break between rounds or after the rounds.
- E. If the coach exhibits misbehavior (toward the competitor, the opponent, the referees, the officials, or anyone else), then the MR or Tournament Director may decide to have the coach removed to the area reserved for officials for the duration of the match.
- F. If the misbehavior continues, then the MR or Tournament Director may decide to have the coach removed to the spectator area for the remainder of the tournament or to expel the coach for the tournament.

Section #17: ROTATION OF REFEREES

- A. A direct elimination scheme in the structure of games calls for the establishment of different pools of competitors.
- B. Referees called to operate on matches of a pool cannot belong to the schools competing in the same pool. For example, referees on matches in pool A should come from schools participating in pools B and C, or from schools not participating at all in that tournament.
- C. Referees involved in semi-finals and finals will not belong to any of the finalist schools.

Section #18: SITUATIONS NOT COVERED BY THE RULES

Any situation which is not covered by these rules should be dealt with by the referees of the contest in question by working together to come to a decision.