



Jujitsu America



## Sport Jujitsu Competition Rules

Revised 3/15/08 by the Jujitsu America Sport Jujitsu Committee.

## INTRODUCTION

Good sportsmanship and competitor safety are of prime concern in the development of the Jujitsu America 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 various martial arts backgrounds to succeed in this format, whether the competitors' training focus may be in comprehensive and diverse martial arts such as jujitsu or those martial arts specifically focused on one particular area, such as 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.

## SECTION 1 JIJITSU AMERICA SPORT JIJITSU SYSTEM

- A. The Jujitsu America Sport Jujitsu System is composed of 3 Parts:
  - i. Part 1: Strikes and kicks.
  - ii. Part 2: Throws, takedowns (plus standing chokes/strangulation for adults).
  - iii. Part 3: Mat techniques, pins (plus joint-locks & chokes/strangulation for adults).
- B. The fighting time per match is divided into two rounds of two minutes each, with a one-minute break.
- C. When the same athlete is involved in consecutive matches, a recovery time of 10 minutes will be allowed between the matches.

## SECTION 2 DIVISIONS

See Divisions listed on the following page. The table is identical for both the Male Divisions and for the Female Divisions, which are conducted separately.

Divisions may be collapsed as required by the event organizers in order to have sufficient pools of competitors. Conversely, if the number of competitors allows, then the event organizers may add additional divisions based on gender, age, weight, and rank/experience.

The overarching goal is to create divisions that as closely as possible match competitors based on gender, age, weight, and rank/experience.

## Sport Jujitsu: Male Divisions and Female Divisions

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age	5-6	7-8	9-10	11-12	13-14	15-17	15-17	18-39	18-39	40-49	40-49	50-59	50-59	60+	60+
rank (belt)	White-Blue	White-Blue	White-Blue	White-Brown	White-Brown	White-Brown	Black	White-Brown	Black	White-Brown	Black	White-Brown	Black	White-Brown	Black
Weight															
0-49															
50-59.9															
60-69.9															
70-79.9															
80-89.9															
90-99.9															
100-109.9															
110-119.9															
120-129.9															
130-139.9															
140-149.9															
150-159.9															
160-169.9															
170-179.9															
180-189.9															
190-199.9															
200-209.9															
210-219.9															
220-229.9															
230-239.9															
240-249.9															
250-259.9															
260-269.9															
270-279.9															
280-289.9															
290-299.9															
300+															

SECTION 3                      COMPETITION AREA AND ORGANIZATION

- A. The competition area for each contest shall be 18' x 18', plus a 3' warning area, plus a 3' safety area. The total contest area shall then be 30' x 30'.
- B. The whole contest area shall be covered with mats of sufficient quality and weight for safety. The color of the warning area shall be different than the competition area.
- C. The organizer of the competition shall provide two stopwatches per competition area, four click-counters per competition area, two SR yellow flags per competition area, six referee arm-bands per competition area (three white and three blue), competition belts (one blue and one white per competition area), competition list, first aid, scoreboards, scale, and table for tournament director, timekeepers, and scorekeeper.

SECTION 4                      COMPETITION APPAREL

- A. The competitors shall wear a good quality solid white or solid blue (or solid black) judogi which must be clean and in good condition. The competitors shall wear white or blue belts if both wear the same color judogi. Competitors are encouraged to bring a spare gi to competition events.
- B. The gi shall be as follows:
  - i. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
  - ii. The sleeves shall be loose enough to grip (can insert four fingers in the sleeve opening) and to cover at least half of the forearm.
  - iii. The pants shall be loose and long enough to cover at least half of the shin.
  - iv. The belt shall be tied with a flat reef or double square knot, tied tightly enough to prevent the jacket from being too loose. If a competitor's belt comes untied for a second time during the course of a match, then that competitor may incur a penalty.
  - v. Competitors are not allowed to compete with torn gis or with sleeves or pants that are not of the proper length. Female competitors must wear t-shirts under their gi; male competitors are allowed to wear a t-shirt under their gi, but it must not interfere with the grip.
  - vi. The competitors are required to wear **approved** open-finger padded-vinyl gloves and foot-pads, a mouthpiece, and a groin protector. Children are required to wear padded vinyl or foam headgear, which is optional for adults. All competitors may optionally wear soft shin-pads and chest protectors, worn inside the uniform.
    - a. Example – legal gear:



- b. Example – illegal gear:



- C. If the judogi of a competitor does not comply with this article, then the MR shall order the competitor to change in the shortest possible time (no more than into a judogi which does comply with this article. The competitor's spare gi should be brought by the competitor's coach to the edge of the competition area.

## SECTION 5 PERSONAL REQUIREMENTS

- A. The competitors must have short fingernails and toenails and are not allowed to wear anything that may injure or endanger the opponent.
- B. A contestant who needs to wear glasses may wear contact lenses at own personal risk or wear prescription goggles if approved for safety by event organizers.
- C. The personal hygiene of the competitors shall be of a high standard.
- D. Long hair shall be tied so as to avoid causing inconvenience to the other competitor.

## SECTION 6 POSITION AT START AND END OF MATCH

- A. The competitors shall stand facing each other at the center of the contest area and approximately 6 feet apart.
- B. At the beginning of the match, the competitors shall make a standing bow first to the mat referee and then to each other.
- C. At the end of the match, the competitors shall make a standing bow first to each other and then to the mat referee.

## SECTION 7 COURSE OF THE MATCH

- A. The match begins with Part 1 and the competitors stand facing each other approximately 6 feet apart.
- B. As soon as there is a grip by one or both competitors on the other with at least one hand, then Part 2 has begun. At the exact moment of initial gripping only, simultaneous strikes/kicks and gripping (by the same competitor or by both) are allowed. After the beginning of Part 2, this is no longer allowed and subject to penalty.
- C. The competitors continue fighting in Part 2.
- D. As soon as one of the competitors is thrown or taken down, the match continues in Part 3.
- E. If the contact is lost in Part 2 or Part 3, then the competitors continue the fight as in Part 1, but deliberate loss of contact is not allowed and the competitor avoiding Part 2 or Part 3 is subject to penalty for passivity. The competitors should progress from Part 1 to Part 2 to Part 3.
- F. In Part 1, if a competitor only rushes toward the opponent without making a technical action or if he/she causes danger for him/herself, a technical penalty will be given and the match will continue in Part 1.
- G. The competitors are allowed to remain in the warning area for only a very short period of time (5 seconds).
- H. Throws which are initiated in the competition area are allowed even if the opponent is thrown into the warning and/or safety area, provided the throw presents no injury risk for the opponent.
- I. In Part 3, the competitors will be given at least 20 seconds to make progress. If there is no progress, then the MR will call "Stop" and restart the competitors as in Part 1.
- J. In the case of a submission, the MR will stop the action, award 5 points to the competitor causing the submission, and restart the competitors as in Part 1.

## SECTION 8 REFEREES AND OFFICIALS

- A. The contest shall be conducted by one Mat Referee (MR) and two Side Referees (SR) under the supervision of the Jujitsu America Sport Jujitsu Committee. Wherever possible, MR and SRs shall be from different schools than those of the competitors, and all three referees shall each be from different schools.
- B. The Referees' uniforms shall conform with the dress code of the organization.
- C. The Referees shall be assisted by two Timekeepers and one Scorekeeper.
- D. The event will be conducted under the direction of the Tournament Director.
- E. The Jujitsu America Sport Jujitsu Committee will ensure that the Referees and Officials are thoroughly trained and certified as technical officials. The minimum rank and age requirements follow:
  - a. Adults' Competition
    - i. Mat Referee: Nidan (2<sup>nd</sup> Degree Black Belt), 21 years old
    - ii. Side Referee: Shodan (1<sup>st</sup> Degree Black Belt), 18 years old

- iii. Timekeeper: Yonkyu (Blue Belt), 18 years old
- iv. Scorekeeper: Yonkyu (Blue Belt), 18 years old
- b. Children's Competition
  - i. Mat Referee: Shodan (1<sup>st</sup> Degree Black Belt), 18 years old
  - ii. Side Referee: Nikyu (2<sup>st</sup> Degree Brown Belt), 18 years old
  - iii. Timekeeper: Yonkyu (Blue Belt), 18 years old
  - iv. Scorekeeper: Yonkyu (Blue Belt), 18 years old

#### SECTION 9 POSITION AND FUNCTION OF THE 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.
- B. The MR will check the gi and safety equipment of the competitors at the beginning of each match.

#### SECTION 10 POSITION AND FUNCTION OF THE SIDE REFEREES (SR)

- A. The SRs shall assist the MR and be situated outside the competition area. The SRs must place themselves along one side of the competition area where they can follow at any time the course of the match as best possible.
- B. If at any time the SRs need to get the attention of the MR in order to make a call or stop the action, then the SR will throw a yellow flag on the mat to indicate such to the MR.

#### SECTION 11 POSITION AND FUNCTION OF THE TIMEKEEPERS

- A. The Timekeepers shall sit at the officials' table within sight of the competition area and the referees.
- B. The Match Timekeeper has the responsibility for the timing of the match. The Match Timekeeper will start the clock when the MR starts the match and stop and restart the clock when the action is stopped and restarted by the MR.
- C. The Mat Timekeeper has the responsibility for the timing of Part 3 (matwork) within each match. The Mat Timekeeper will start timing when the competitors enter into Part 3 and will make an audible call at 20 seconds if there is no pin or submission, although the MR has the latitude to continue the action if progress is being made. If the MR calls a pin, then the MR will time the pin accordingly and make audible calls at 10 seconds and at 20 seconds.

#### SECTION 12 POSITION AND FUNCTION OF THE SCOREKEEPER

- A. The Scorekeeper shall sit at the officials' table within sight of the competition area and the referees. The Scorekeeper has the responsibility for collecting the scores from the SRs at the end of each round, posting the scores on the scoreboard, and tabulating the final score for each match.

#### SECTION 13 ROLE AND RESPONSIBILITY OF THE TOURNAMENT DIRECTOR

- A. The Tournament Director has the responsibility for overall management of the tournament activities. The Tournament Director is responsible for resolving any issues, concerns, or disputes. The Tournament Director may stop the action and make rulings as necessary in order to ensure proper conduct of the tournament.



- g. Upper 4-quarters hold/modified upper 4-quarters hold (kami shiho gatame/kuzure kami shiho gatame)
- h. Basic 4-quarters hold/mount (tate shiho gatame)
- i. Rear 4-quarters hold/rear mount with opponent on stomach and legs extended (ushiro shiho gatame)

Examples of holds that are NOT pins:

- j. Body hold/guard position (do jime)
- k. Single leg entwinement/half-guard (ashi garami)
  - ii. Escape from a Pin, announced as “Escape” 1 Point
  - iii. A Pin with tapping 5 Points
  - iv. A joint-lock with tapping 5 Points
  - v. A choke/strangulation with tapping 5 Points
- D. An effective control (Pin) held for 10 seconds shall be awarded 1 point and held for 20 seconds shall be awarded a total of 2 Points to the competitor holding, and fighting in Part 3 will continue as long as progress is being made. If there is no progress, then the MR will call “Stop” and restart the competitors as in Part 1.
- E. If the Pin is broken after 10 seconds, the MR shall announce “Escape” and award one point to the escaping competitor, and fighting will continue in Part 3 as long as progress is being made.
- F. If there is no progress after 20 seconds in Part 3, then the MR will call “Stop” and restart the competitors as in Part 1.
- G. In the case of a submission, the MR will stop the action, award 5 points to the competitor causing the submission, and restart the competitors as in Part 1.
- H. The target area for striking and kicking is the front and sides of the body from the head to the waist, except for the front of the face, the top and back of the head, the rear of the body, and the neck. Striking or kicking with elbows and knees is prohibited for all competitors. Children are further prohibited from striking or kicking to the head.
- I. All chokes and strangulations are permitted for adults, with the exception of any attacks with the fingers to the windpipe. Children are prohibited from applying any chokes or strangulations during the course of the competition.
- J. Standing arm-bars and other standing joint-locks are prohibited. Children are further prohibited from applying any joint-locks during the course of the competition.
- K. Wrist-locks are permitted for adults in Part 3.
- L. Straight-line knee-bars are permitted for adults in Part 3. Rotational knee-bars are prohibited.
- M. Straight-line ankle-locks (or Achilles locks) are permitted for adults in Part 3. Rotational ankle-locks (such as heel-hooks) are prohibited.
- N. An act is technically valid when the competitor performs the technique with good balance, focus, and control.

## SECTION 17 SETTLEMENT OF THE MATCH

- A. If there are 30 or more points difference (15 or more points from each SR, for a total of 30 or more points) between the competitors at the end of the first round, then the match is over.
- B. The competitor who has the most points at the end of the match wins the match.
- C. If the competitors have equal points at the end of the match, then the competitors may play another 2-minute round to settle the match. This procedure may be repeated.
- D. The winner will report to the Officials’ Table immediately after the match so that the Scorekeeper can verify the match outcome in the records.

## SECTION 18 LIGHT FORBIDDEN ACTS (“INFRACTION”)

- A. If one or both competitors show passivity or commit minor technical infringements.



- B. The decision of win by “Withdrawal” shall be given to any competitor whose opponent withdraws from the competition during the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.
- C. If the doctor or EMT declares that a competitor is out of the match, he/she is also out of the rest of the tournament.

## SECTION 23 INJURY, ILLNESS, OR BLEEDING

- A. In every case when a competition is stopped because of injury on either or both competitors, then the MR, after consultation with the SRs, may permit a maximum time of 5 minutes to the injured competitor for rest. The total injury rest per competitor in each match shall be 5 minutes.
- B. The decision of winner or loser when one competitor is unable to continue because of injury, illness, or accident during the match shall be given by the MR after consultation with the SRs according to the following rules:
  - i. Injury:
    - a. When the cause of the injury is attributed to the injured competitor, then the injured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.
    - b. When the cause of the injury is attributed to the uninjured competitor, then the uninjured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.
    - c. When it is impossible to attribute the cause of the injury, then the injured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.
    - d. The doctor or EMT is to decide whether the injured competitor may continue or not.
  - ii. Illness:
    - a. When one competitor is taken ill during the match and is unable to continue, then he/she shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.
- C. Bleeding.
  - i. For safety measures, whenever there is bleeding, it must always be completely isolated with the assistance of the doctor or EMT by means of adhesive tape, bandages, nasal tampons, or other means.
  - ii. All blood must immediately be cleaned from the contest area using appropriate cleaning agents.
  - iii. When a bleeding injury occurs, the MR shall call the doctor or EMT to assist the competitor in stopping and isolating the bleeding. For health reasons, the competitor is not allowed to compete while bleeding.
  - iv. The same bleeding injury may be treated by the doctor or EMT on two (2) occasions. The third time that the same bleeding injury occurs, the MR, after consulting with the SRs, shall end the contest for the safety of the competitor and shall declare the opponent to be the winner by Withdrawal.
  - v. In any case where the bleeding cannot be contained and isolated, the MR, after consulting with the SRs, shall end the contest for the safety of the competitor and shall declare the opponent to be the winner by Withdrawal.

## SECTION 24 TEAM COMPETITIONS

- A. Team competitions are possible and the rules are the same as for individual competitions.

## SECTION 25 RESERVES IN TEAM COMPETITIONS

- A. Reserves may replace competitors who have been injured or taken ill.
- B. The reserves must be in the same or lower weight category than the competitor to be replaced.
- C. Reserves may not replace a disqualified competitor.

- D. Reserves must be registered and weighed in at the same time as the regular competitors.

SECTION 26                      POSITION AND BEHAVIOR OF COACHES

- A. Coaches must be designated and identified at registration prior to the beginning of the competition. Coaches may 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 contest 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 from the tournament.

SECTION 27                      ROTATION OF REFEREES

- A. The 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 can not 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 28                      SITUATIONS NOT COVERED BY THE RULES

- A. 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.