

United Nations of Ju-Jitsu

Competition Rules & Regulation

GENERAL

Sport within Ju-Jitsu is a test of Ju-Jitsu, Self-Defence, Free Fighting and groundwork skills. While in its pure form it can never be a sport. Sportive contests allow for our members to test themselves in Ju-Jitsu related skills and techniques within safe perimeters.

There are eight potential sections, these are;

Random Attacks
Sparring
Groundfighting
Empty Hand Kata
Weapons Kata
Pairs Demonstrations
Two Person Kata
Team Demonstration

COMPETITION AREA

The mat should be a minimum of 5m x 5m (10x10-12x12 Team), plus a safety mat surround of approx. 1m. wide.

Any Judges Chairs, Officials Tables should be placed a safe distance from the mat area, to ensure the safety of the competitors & officials alike.

COMPETITORS UNIFORM

All players should wear a standard Ju-Jitsu Gi of their association . Uniforms should have a United Nations of Ju-Jitsu badge and their Club/Association badge sewn on. The uniforms should comply with the following;

The jacket should be long enough to cover the hips and be tied at the waist by a belt.

The sleeves should be loose and long enough to cover more than half the forearm.

The trousers should be loose and long enough to cover more than half the lower leg.

The belt should be tied with a knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body leaving 20-30cms protruding from each side of the tied knot.

Heavyweight Ju-Jitsu Gi Jackets may be worn for a contest.

Women players should wear a long high necked, white/black T-shirt under their jackets & tucked into the trousers.

PERSONAL REQUIREMENTS

The players shall keep their nails cut short and shall not wear any metallic articles. Long hair should be securely tied back.

Notes;

Any player, whose hair, in the opinion of the Referee is so long as to risk causing problems in the contest, will not be allowed to fight. Metallic articles are any hard objects that may cause injury.

OFFICIALS

Dresser

Timer

Caller

Scribe

Judge

Referee

DUTIES OF A DRESSER

The dresser forms a very important part in the smooth running of a competition.

There are only two coloured belts used during competitions (Red & White). It is the responsibility of the dresser to ensure that each person has been given the correctly coloured belt and that the belts are properly tied before the competition begins.

It is also imperative that the dresser use's a minimum of two sets of belts, so that whilst one pair are competing the second pair are already belted and ready to go straight on to the mat.

DUTIES OF THE TIMEKEEPER

The timkeeper is responsible for the start and finish of each competition bout. In the case of the Pairs Demonstration the competition is limited to two minutes per pair's demo. Should the pair still be demonstrating, the Timekeeper will shout time! Or use a whistle/bell/buzzer or similar audible signal to indicate that their time is up. In the case of Team Demonstrations the time limit is five minutes.

In the case of sparring and groundfighting events the Timekeeper as well as calling time at the end of each round, is also responsible for timing the break in between the bouts. The timekeeper must also keep note of any injury times and adjust the bouts accordingly.

It is important that the timekeeper confirms fight times at each competition as these may vary according to whether the bouts are for juniors/seniors/pre-fights or finals. No timekeeper is required for Random Attacks.

RANDOM ATTACKS CALLER

The responsibility of the caller for Random Attacks is to give each attacker an Attack. The caller will be issued with a book of Attacks and they must ensure that only the

attacks appertaining to the belt section to be used.

The caller must be careful to not use any actions or words whilst giving these attacks, that may be seen or overheard by the competing defenders. The caller gives out one attack per time.

The normal amount of attacks per bout is three or five. Although it is possible that the referee may on some occasions require an extra attack.

DUTIES OF THE SCRIBE

At the outset of the competition the Scribe will be issued with the competition sheets. It is the duty of the Scribe to inform the dresser of the competition running order, to ensure that the dresser has the correct persons ready to compete.

The Scribe must make sure that the dresser has the names in good time to be able to prepare the players. The Scribe should always give the first name for Red Belt and the second name for White Belt in each and every bout. Thus ensuring ease in placing the correct winner forward to the next round.

The Scribes may use their discretion to change the order of the bouts when it becomes necessary.

DUTIES OF THE JUDGES

The duties of the Judges is to observe the contest and score each contestant as required by the Senior Official and make a decision as to the winner when asked to do so by the Referee. Before the referee asks for a decision he/she will ask the Judges to look to the ground, they should then cast their eyes to the ground so as not to see the scores of any other Judges. Should a Judge wish to bring a point to the Referee's attention then the Judge should raise their hand in the air until the Referee stops the contest to enquire the reason.. If the Referee consider the point worth of bringing to the attention of the other Judges, he/she will call a conference. If after the conference has been called, three out of the four (or two out of three) officials agree then a penalty should be awarded.

ALL OFFICIALS MUST BE COMPLETELY UN-BIASED AND SCORE ACCORDINGLY. Any Official found to be biased will be re-moved from the list of recognised Officials.

DUTIES OF A REFEREE

The referee will stay generally within the contest area, and has sole responsibility for the safety and welfare of the contestants. When a Referee has two inexperienced Judges with them, they may elect to allow them to referee alternatively, so that they can gain experience and enable him/her to keep a check on their performance.

It is the Referee's responsibility to take control of the competition and they will have the final decision.

MEDICAL & INSURANCE SUPPORT

Before any competition takes place adequate medical support must be sought, this should be from a national recognised first aid body or Doctor. Those organising any competition should seek advice from insurers as to the level of insurance cover necessary for the competition.

RANDOM ATTACKS

This category is determined by belt grade, and weights are not required. The categories are at the discretion of the Senior Official.

GROUP CATEGORIES

JUNIORS

Peewee's Any grade 6-9 years old.
Children 10-13 years old
Junior 14-17 years old
white – Orange Grades
Green - Blue
Brown – Black

SENIORS

Adult's 18-39 years old
white-orange grade
Green-Blue
Brown
Black

SENIORS OVER 40 years old

White - Blue
Brown-Black

RANDOM ATTACKS- OFFICIALS REQUIRED

1 Referee, / 3 Judges / 1 Caller/ 1 Scribe/ 1 Dresser

All competitors Junior & Senior will be divided into groups, dependent on their grade. In the case of juniors an extra group may be created for the very young.

RANDOM ATTACKS

During Random Attacks the Judges are seated next to each other on one side of the mat, as directed by the Referee or Senior Official, normally opposite the Scribes Table.

The contestants are called to the mat and they stand either side of the Referee, they bow to the Judges, the Referee turns them to face each other and they bow to each other. The

Referee tells them to take their places and they stand on the lines marked on the mat, facing in opposite directions, away from each other. The Referee now sends the attackers to the edge of the mat and out of hearing of the contestants to be given the first attack, by the caller from the books provided.

The attackers then return to their positions on the mat, with their right arm held behind their back. Failure to comply with this will result in the respective competitor losing that particular point. The Referee will then instruct one of the attackers to attack, e.g. red and then white. When the two attacks are completed the attackers will be given a further attack and so on until the required number of attacks are completed. The attackers are then told to stand at the side of the mat and the contestants are called to the Referee. Whilst the attacks are being allocated, contestants must look away.

The Referee will then ask the Judges to signify the winner. The Judges must look to the floor and when they are asked for the decision raise the relevant flag. In the event of a draw they should cross their arms. However the Judges should avoid giving a draw at all costs, using fair reasoning to reach a winner. The Judges should score this round on “Street Effective Techniques” with extra points for all round awareness being important.

NOTES

Whilst preparing for the attacks, each contestant should stand with their feet forward and backwards and both right hands to their hand-sides, until the Referee instructs them to come “Hajime”. If the attacker then holds both hands high in the air, the contestant should remain standing with their hands by their side until the attacker has taken hold of them. Hands held high in the air, indicates that the attack is one where the contestant is to be taken hold of. In the event of all attacks the attacker must leave the instructional area, where the attacks are given, with their right hand behind their back and the right hand /arm must remain there until the command attack is given. Again in the event of a weapon attack, the weapon must be concealed from the contestant at all times prior to the attack.

In the event of the attack being a ground strangle, on the command of “Hajime” the attacker raises their right hand, and on the command “Attack” steps forward and hip throws the contestant. No resistance is to be given to this throw. The attacker then applies the ground strangle and competitor begins their defense. Pre-empting of attacks should mean loss of that point.

Each competitor should attend a competition with an attacker of their own choice, though the attacker must be no more than one grade above the defender. The judges must stay alert to watching for any signs of signalling techniques and any collusion must be treated severely.

SPARRING

There are no grade requirements in this category. Categories are determined by weight only and are at the discretion of the Senior Official. For juniors the minimum age is 12years old.

JUNIOR SPARRING

12 - 13years old

14-17years old

SENIOR SPARRING

18-39 years old

Male: Under 68kg - 68-75kg - 75-82kg - 82-90k - open

Females; Under 60kg - 60-70kg - open

Over 40years old. - will be split in to two categories Lightweight & Heavyweight.

SPARRING – OFFICIALS REQUIRED

1 Referee, / 2 Judges / 1 Timer / 1 Dresser / 1 Scribe

SAFETY EQUIPMENT

During the sparring all competitors must wear Gumshields, Headguards, Legguards, Kick Boots, Groin Protectors (males) and Gloves. The kick boots and gloves must be of the standard set by the Senior Official, and boots should cover the toe nails. All safety equipment will be checked by the competition Officials and passed as suitable. Females are recommended to wear Chest Protectors. In all cases the suitability of the safety equipment the Senior Officials decision is final.

No glasses should be worn during sparring. All jewellery must be removed. Toe and fingernails must be kept short to avoid risk of injury to others. In the event of rings that cannot be removed, these must be covered with tape.

In the case of a contestant having an open cut or skin sore, this area of the skin must be covered in such a way that the covering does not become loose or come off during the contest. The decision of the Senior Official in these cases will be final.

In all cases of blood being spilt on the mat or within the area of the mat, the person loosing the blood will clean the spillage. The area should then be cleaned with a sterile swab and neutralizing agent. Other than the cut person any other person involved in this action must wear surgical gloves.

SPARRING CONTEST

The contestants are called to the centre by the Referee and stand facing each other approx.1metre apart. They bow to the judges, then to the Referee. At this point the judges separate, so that each is on their own side of the mat. The competition will normally be of two rounds, the length of which is at the discretion of the Senior Official, but should be no more that 2minutes each round, with a 30second break.

SCORING

The scoring in this round is as follows;

1 point for a kick or punch.

3points for a take down.

5points for a clean throw.

5points for a standing lock.

The target areas for strikes are the head and body above the waist, this being the Abdomen, solar Plexus and Ribs. Reasonable force is permitted to the body and light force only to the head. Any contestant who is striking hard or forcibly or using excessive force to the head or body will be penalised.

A clean throw is one which, in the Judges view, has been executed cleanly and is a recognised technique. A take down is a throw which has not been executed cleanly but has resulted in the opponent being taken to the ground. Once a hold has been taken with a view to a throw being made NO further strikes may be thrown. The attacker or contestant attempting the throw then has 10seconds to complete the move before the referee calls break. If a contestant is in a standing lock or strangle then that contestant may not be thrown, so locks and strangles may not be used to effect a throw. However if a contestant falls to the ground while grappling and the Referee feels that one contestant may execute a clean locking technique they may be allowed a further 10 seconds to elapse. Please note that this should not encourage a mini ground fighting round.

In the event of a clean throw being made and a counter throw being used to follow up by the contestant who has been thrown, then the first throw must count. In the event of the first throw being a take down and counter being executed, the judges may award the points as they see fit.

If a contestant deliberately steps out of the area to avoid an attack then that person will be penalised and the Referee will indicate the penalty by pushing his/her arms away from their chest, the Judges should then award 3points to the other person. Each official must be sure that this was a deliberate act of stepping out before signaling or awarding points. If a contestant simply pushes their opponent out of the area this should not be penalised.

Passivity is another reason for a contestant to be penalised, this when they fail to deliver an all round mix of techniques and concentrate on only one or two attacks. After a period of 20seconds the Referee must warn the contestant “change techniques please – beware of passivity”. If no change is attempted then after a further 20seconds the round is stopped and the other contestant awarded 5 points for the offence, the round then continues.

INJURIES DURING SPARRING

There is no automatic disqualification for drawing another contestant’s blood during this round. The Officials should call various situations as they see them. In the case of excessive force then that should lead to penalties or disqualification. If the incident was an accident, then account must be made for that circumstance. In the case of bleeding then two minutes should be allowed to staunch the flow, if after this time the Officials must make a decision upon the contestant’s ability to continue, after taking medical advice.

In the case of a contestant being unable to continue the Officials may give the decision to the contestant who had the leading score at the time of the stoppage, If more than one of the contest had elapsed.

If a lock or strangle has been applied and the contestant on whom it has been applied is in distress, but is not submitting the Referee may stop the round in favour of the Aggressor to avoid serious injury. Referees must not advantage either contestant on occasions such as this and a sound knowledge of such techniques will be required.

ILLEGAL TECHNIQUES

Here is a list of techniques, which must be considered illegal.

HEAD BUTTS – HAIR PULLS – BITING – SCRATCHING – ELBOW & KNEE STRIKES- STRANGLES FOLLOWED BY A THROW – LOW KICKS – DROPPING ON TO A DOWNED OPPONENT – ANY UNCONTROLLED TECHNIQUE.

All techniques are at the discretion of the Officials whose primary aim MUST be the welfare & safety of the competitors.

DECISIONS

At the end of each bout the judges will return to their seats and the Referee calls the contestants to him/her. To signify the winner each judge (as in Random Attacks) holds up a flag/card of the appropriate colour to signify the winner. (Each judge looking to the floor).

GROUND FIGHTING

There are no grade requirements in this group. Categories are by weight, age and sex only.

CATEGORIES

JUNIORS

As per sparring all juniors are required to be at least 12 years old and will be split in to age and sex categories.

12-13 years

14-17 years

SENIORS

Male: Under 68kg – 68-75kg - 75-82kg - 82-90kg - open

Female: Under 60kg - 60-70kg - open

40 years old & older will be split in to two groups lightweight & heavyweight

OFFICIALS REQUIRED

1 Referee / 2 Judges / 1 Timekeeper / 1 Dresser / 1 Scribe

POSITIONS AT START OF CONTEST

The judges will be seated on the safety area, they must be particularly alert to the need to remove both their chairs and themselves when it appears that the players fighting are approaching the area where they are seated. The Referee will remain in the contest area.

The players will stand in the centre of the contest area approx. 1metre apart, facing the Referee. They then make a standing bow to the Referee, turn and bow to each other, before going into a kneeling position, ready to begin the contest. From this point on no competitor may rise up without having one knee on the ground.

START & END OF CONTEST

The Referee will check with the table officials before announcing “Hajime” or similar to start the contest. At the end of the contest, on hearing the timekeeper’s signal, the Referee will announce “Yame” or “stop”. The players will return to the place in which they began the contest (facing each other & standing); they will then make a standing bow, after the Referee has indicated the result of the contest.

The competition will normally be of two rounds, the length of which is at the discretion of the Senior Official, but should be no more than 2minutes each round, with a 30second break.

RESULT

The winner of the contest will be the player who secures a submission from their opponent by means of a strangle, choke, arm or leg locking technique. This immediately ends the contest. Although pressure point techniques are allowed, they must not be applied with the fingertips and can only be applied to the neck area (i.e. strangle holds).

In the event of a drawn contest, the Referee will call on the two Judges for a decision in accordance with the majority of three rule. He may also elect to give the players a further minute of fighting time to enable him/her to make a decision. The Referee will indicate the winner by raising his/her hand above shoulder height towards the winner.

NOTES

Where the Referee has a differing opinion from that of the two judges, they may delay giving their decision in order to discuss with them their reasons.

Should the Referee award victory to the wrong contestant in error, the two judges must ensure that he gives the correct decision before leaving the contest area.

INJURIES

Should the player receive an injury they should be given a maximum of 2minutes to recover. If after that time they have not recovered, or the Referee decides that they cannot continue, the contest should be awarded to the player who had the leading score at the time of the injury.

When a player cannot continue due to an injury caused by him/her they will lose the contest. When the cause of the injury is attributed to the uninjured player, they shall lose the contest. Generally, when a player is taken ill during a contest and is unable to continue, they shall lose the contest.

All blood spillage will be treated as in the case of Sparring.

Extreme care should be taken where any medical problems or injuries occur. The medical Advisor should be consulted, and the decision made by a Senior Official.

PENALTIES & PROHIBITED ACTS

These are divided in to four categories;

One point penalty; is for a minor infringement

Two point penalty; is for a moderate infringement

Three-point penalty is for serious infringement

Four point penalty instant disqualification

The division of the four groups is intended as a guide to give a clearer understanding by all, of the relative penalties normally awarded for committing the applicable prohibited act. The Referee awarding these points should take in the situation and intent of any action in the best interest of the players and spirit of the United Nations of Ju-Jitsu.

MINOR INFRINGEMENTS

To intentionally avoid taking hold of the opponent to prevent action in the contest.

To intentionally disarrange his/her own jacket, or to untie or re-tie the belt or the trousers without the Referees permission.

To intentionally raise both knees from the ground in order to attack or defend a technique

To pinch, gouge, and use the fingertips when pressure points are used.

Coming up on both feet in a low posture is permissible, when a rolling action is made into a recognisable technique.

MODERATE INFRINGEMENTS

To bend back the opponents finger or fingers in order to break his grip.

To kick with knee, foot, hand or arm to the opponent, in order to make him release his grip.

To push with the hand, arm or foot to the opponents face, in order to make him release his grip (e.g. face bar).

To apply the action of leg scissors to the opponent's trunk, neck or head unless used as a recognisable technique.

To make unnecessary calls, remarks or gestures, derogatory to the opponent or Referee during the contest.

MAJOR INFRINGEMENTS

To apply any wristlock.

To apply any action which may injure the neck or spinal vertebrae of the opponent.

To attempt to apply any technique outside of the contest area.

To intentionally force the opponent outside the contest area or to go outside the contest

area for any reason, other than while applying a technique started in the contest area or except as a result of a technique or action of the opponent.

To disregard the Referees instructions.

To lift up off the mat an opponent who is lying on his back or side in order to drive him back into the mat.

Any action from any player who in the opinion of the Referee has acted against the spirit of Ju-Jitsu.

DISQUALIFICATIONS

Verbal abuse to a Referee, Official or Opponent.

Excessive violent behaviour.

Not to release a strangle or joint lock when their opponent has submitted.

When a player has had a three-point penalty awarded against them and then receives a further penalty.

NOTES

The penalty point system is cumulative. Any player who offends and reaches four points is automatically disqualified.

When awarding penalty points the Referee should clearly indicate by raising his arm above his shoulder height towards the offending player, and verbally announce the number of points given, whilst making sure that both Judges and table officials are aware of this decision.

In the event of a drawn contest, where penalty points have been awarded, the rule is;

Penalty Points.

Percentage of Superiority needed to nullify penalty points.

One	25%
Two	50%
Three	75%

When a situation arises which is not covered by the rules, it shall be dealt with and a decision made by the Referee, after consultation with the Judges.

In very serious situations the Referee must consult with the Senior Official present.

JUNIOR GROUND FIGHTING

Age 12-17years as per sparring these will be separated by age in to the following.

12-13years

14-17years

The Competition is a knock out event and could one round lasting 1minute.

The Result of a contest could be decided on hold-downs only. (i.e. one hold down lasting 30seconds or two hold-downs lasting 15seconds).

The groups as per the seniors are decided by weight and sex only and require no grade requirements. The grouping will be at the Senior Official Discretion.

THERE ARE NO STRANGLES OR ARMLOCKS ALOUD BEFORE 13 YEARS .

NOTES

In the event of a drawn contest, attempted or partial hold-downs will be taken into consideration by the referee.

Penalty points will be awarded for illegal techniques. The senior groundfighting rules apply here and to other general points.

PAIRS DEMONSTRATIONS

OFFICIALS REQUIRED

3 Judges -
1 Referee
1 Timekeeper
1 Scribe

In both the senior & junior categories there is no weight/grade requirements.

GROUP CATEGORIES

JUNIORS

Peewee's Any grade 6-9years old.
Children 10-13 years old
Junior 14-17 years old
white – Orange Grades
Green - Blue
Brown – Black

SENIORS

Adult's 18-39 years old
white-orange grade
Green-Blue
Brown
Black

SENIORS OVER 40years old

White - Blue
Brown-Black

During Pairs Demonstrations all 3 judges remain seated. All demonstrations must last no longer than 2minutes. Should any demonstration go over this time the timekeeper must indicate that the 2minutes is up. The referee is responsible for ensuring that the competition mat is smooth running, by ensuring that whilst one pair is demonstrating the next pair are at the corner of the mat in readiness.

DECISIONS

The winners in this category are determined by a marking system. At the beginning of the competition the judges will be issued with the competitors names and running order for the contest. The marking sheet will consist of five categories and the judges mark each category with a maximum of 10points only. The judges than can place the Pairs.

The competitors will only be asked to demonstrate one time, but in the event of a draw the judges may call upon them to demonstrate a further time.

KATA

OFFICIAL REQUIRED

3 judges
1 Caller
1 Scribe

This category is open to both seniors & juniors separately. It has no grade or weight requirement.

GROUP CATEGORIES

JUNIORS

Peewee's Any grade 6-9years old.
Children 10-13 years old
Junior 14-17 years old

SENIORS

Adult's 18-39 years old

SENIORS OVER 40years old

In this category the judges remain seated and score on the marking sheets provided, judging each section with a maximum of 10points. The judges than can place the Pairs. The caller is responsible for the smooth running of the competition mat. There are no time limits in this category and all Kata's demonstrated should be recognised Association Kata's.

EMPTY HAND KATA

One Person
Two Person

WEAPONS KATA

This category is open to Purple Belts and above, no student below the grade of purple should be instructed in Ko-Budo.

One Person
Two Person

NOTES

As in the pairs demo section, all competitors will only demonstrate the Kata once. However should there be a draw in this category, then the judges may ask for the competitors concerned to demonstrate one more time.

TEAM Demonstration

OFFICIAL REQUIRED

Judges all nations
1 Caller
1 Timekeeper
1 Scribe

This category is open to both seniors & juniors separately. It has no grade (except weapons kata) or weight requirement.
Use from weapons above purple grade only.

GROUP CATEGORIES

JUNIORS

Peewee's Any grade 6-9years old.
Children 10-13 years old
Junior 14-17 years old

SENIORS

Adult's 18-39 years old

SENIORS OVER 40years old

In this category the judges remain seated and score on the marking sheets provided, judging each section with a maximum of 10points. The judges than can place the Teams.

The caller as per the Kata Demo Category is responsible for the smooth running of the competition mat.

GENERAL COMPETITION NOTES

General shouting of encouragement from spectators is to be expected, but coaching from Senior Sensei's or Team Managers should be strictly avoided.

All officials should also be aware of poor sportsmanship from spectators and where this becomes un-sporting the Referee should stop the contest and ask those spectators responsible to control their enthusiasm to a point with the realms of reasonable behaviour.

The technique the Flying Head Scissors is an illegal technique and anyone demonstrating this during competition must be disqualified.

Referee's must endeavour to demonstrate clear signals. Using a yellow card to show that a warning has been given and a red card to show disqualification. Should any player receive two warnings then the third will mean instant disqualification

CONCLUSION

As a Competition Official remember that you will not always be the most popular person of the day. You may have to make decisions that are difficult and that are not popular to either the contestant or the spectators. You must therefore ensure that all decisions you make during any competition are fair & totally unbiased. Do not get into any discussions with either the contestants or their supporters. Once you have made your decision, be confident that you have reached the correct decision.

N.B. Any person with an attitude problem causing the event to be soured, must be asked to curb the attitude or leave the event. This applies to both competitors and non competitors alike.

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