

## **National Jujutsu Kumite Council.**

**JU JUTSU KUMITE** (Sport Jujutsu) : original rules format (1992) revised (1995) (1999)

New revised rules (Feb 2008) Current:

### **Format.**

**Adults:** 1 X 3 min rounds . **Juniors:** 1 X 2 min rounds.

**Contact:** Light /Semi contact Continuous.

### **1. Representation**

#### **Individual / Weight Categories events.**

Boys - Girls under 16yrs - Intermediate (16 -17 yrs) 18yrs and above. Adults (Men's - Ladies).

**1.1 Team Event:** Teams maybe made from Club or Regional areas. Maximum of 5 competitors made up of one person from each of the weight categories.

#### **2. Team - Participant No's.**

Men (5)

Ladies (3 / 4)

Intermediate Boys 16 / 17 years (5). Girls (3 / 4 )

Boys under 16 years (5)

Girls - under 16yrs (5)

### **3. DEFINITION OF A BYE**

In order to establish competition between an odd number of competitors, some may be given an automatic win, this is classified as a "BYE". The remaining competitors will then compete against each other in the normal manner, this may be double, or single elimination. A bye is established by means of a draw that is done during the first round of fights.

### **4. UNIFORM/EQUIPMENT** Must be inspected prior to contest.

**4.1** Only Judo or Grappling style uniforms shall be used.

**4.2** The contestants shall wear *judogi* complying with the following conditions:

**4.3** Strongly made in cotton or similar material, in good condition (without rent or tear). The material must not be so thick or so hard as to prevent the opponent from taking a grip.

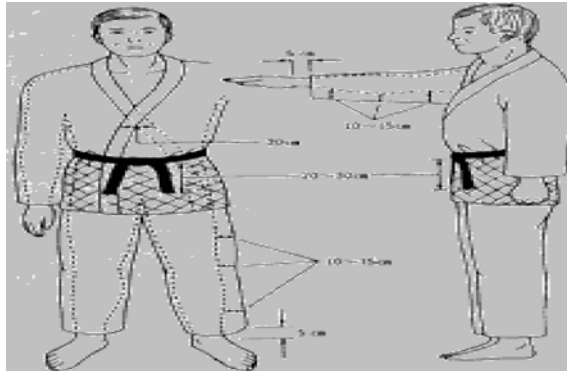
#### **4.4 Acceptable markings:**

- i) National Association / Club Name / abbreviation (on back of jacket).
- ii) National Emblem (on left breast of jacket).

**4.5** The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 centimetres at the level of the bottom of the rib-cage. The sleeves of the jacket must reach to the wrist joint as a maximum and 5 centimetres above the wrist joint as a minimum. A space of 10-15 centimetres shall exist between the sleeve and the arm (inclusive of bandages), on the entire length of the sleeve.

(a) The trousers, shall be long enough to cover the legs and shall at a maximum reach to the ankle joint and at a minimum 5 centimetres above the ankle joint. A space of 10-15 centimetres shall exist between the trouser leg and the leg (inclusive of bandages) on the whole length of the trouser leg.

(b) A strong belt, 4 to 5cm wide, whose colour corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot tight enough to prevent the jacket from being too loose and long enough to go twice around the waist and leave 20 to 30cm protruding from each side of the knot when tied.



## **5. Compulsory Equipment:**

**5.1 All competitors:** Grappling style hand mitts or gloves and shin/insteps.

**5.2 Juniors** must wear an approved Grappling style head guard, boys groin guards .

**5.3 Adults** head guards are optional but the NJJKC encourages all competitors to wear safety equipment as to minimise the risk of accidental injuries.

**5.4** Female contestants shall wear under the jacket either:

- i) a plain white or off white tee-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers, or:-
- ii) a plain white or off-white leotard with short sleeves.

## **6. WEIGHT CATEGORIES INDIVIDUAL REPRESENTATION:**

### **ADULTS AND INTERMEDIATE.**

Super lightweight. Under 65kg

Lightweight. Under 70kg

Welterweight Under 75kg

Middleweight. Under 80kg

Super Middle weight Under 85kg

Light Heavy Weight Under 90kg

Heavy Weight Under 100kg

Super Heavy Weight Over 100kg

### **6.1 JUNIOR WEIGHT CATEGORIES.**

**-22kg -26kg -30kg -35kg -40k -45kg - 50kg -55kg -60kg 60 kg plus.**

Competitors must be weighed in on scales approved by NJJKC officials, in the presence of an appointed person. All title fights must be within the recommended weight categories. When weighing in you must ensure that your weight comes within the correct weight category e.g. If you are fighting lightweight 65 - 69kg and you weigh in at 70kg you will be entered in the next category above

**6.2 TEAM EVENT:** Teams maybe made from Club or Regional areas. Maximum of 5 competitors made up of one person from each of the weight categories.

Men (5) Ladies (3 / 4)

Intermediate Boys 16 / 17 years (5). Intermediate Girls (3 / 4 ).Boys / Girls under 16 years (5)

### **6.3 Team Weight Categories**

**Juniors** -30kg -40kg -50kg -60kg 60 kg +

**Intermediate** (16 - 17 yrs) **Male** - 60 kg - 65kg -70kg - 75kg Open Weight. **Female** -58kg - 63 kg -68kg Open / Weight.

**Men** 66kg, 73kg, 81kg, 90kg, 100+.

**Women:** 57kg, 63kg, 70kg, 78kg +

### **6.4 Weigh In**

**6.5.1** Weigh in will take place .on the day **6.6.** Weigh in.08.30am - 09.30am.

**6.7** For the information of weight categories, a tolerance of 0.5kg shall be granted at the weigh in.

**6.8.** An athlete in the team competition can have the right to participate in the

immediately heavier category, provided that his/her coach agrees with this.

**6.9.** Any change of weight category must be notified by the Sport Team Manager to the Pre Technical Meeting before the draw takes place.

## **7. Technical Meetings**

**7.1** Pre Competition Meeting will be held before the competition.

**7.2** The Pre Competition Technical Meeting will include in its agenda both the Referees Meeting and the Draw for all categories.

## **8. WAYS OF WINNING:**

**8.1 Points win** Competitor who has been awarded the most points at end of bout.

**8.2 Submission (Adults only):** Physical tap out or verbal tap out, if a fighter taps their opponent or the floor as a result of a technique applied or if a fighter shouts out, the referee will stop the bout.

**8.3 Competitors under 18 years** are not allowed submission techniques of any kind therefore dominant ground positions including hooks, reversals and holds will score in their favour.

**8.4 Juniors are allowed, and encouraged to tap out if they are in an uncomfortable or stressful position.** In the event of a tap out **NO points** will be awarded to their opponents however the judges may score the position. The bout will be stopped and continued from kneeling positions.

**8.5 Stoppage:** If a fighter is making No attempt to attack or defend either from striking or a position of submission and shows a willingness not to continue deemed by the referee to be extremely dangerous **or** they merely show a refusal to submit in the face of grave injury, or any other reason the referee considers necessary to preserve the safety of the fighter in question, the referee will stop the bout and award the opponent the winner.

**POINTS STOPPAGE WIN TO BE DISCUSSED AT THE NEXT NJJC RULE MEETING.**

## **9. DECISIONS:**

**9.1 Corner Judges / Officials:** At the end of the bout the main ref will call for an immediate decision by the 2 corner judges which may be evident if electronic scoreboards are used. Each Judge will raise either a White or Red flag.

### **Examples:**

Both judges raise White flag (**Majority decision**)

**Difference of opinion** 1 White 1 Red (Referee will make decision and award to whom he deems the victor.)

**Draw:** In the event of a draw where the two judges have scored the same points and where the main Ref regards the contest to close to call a clear winner, then the sudden death rule will be implemented.

### **Penalty points:**

In the case that one of the competitors was given a penalty point / chui the contest will be awarded to his opponent.

**Sudden Death:** Where the main Referee will score the first clear technique scored, I.e. Strikes on target, Throws / Take downs, or ground work (hold / position).

**Disqualification:** When a fighter is disqualified by referees decision.

## **10. FOULS & ILLEGAL TECHNIQUES:**

Any competitor found guilty of foul tactics in a bout shall be given a warning and points may be deducted from the competitors total score. Serious infringements will result in disqualification.

**In the interest of safety and good sportsmanship the following techniques are forbidden.**

1. No striking whilst in grappling mode.
2. Excessive and uncontrolled force when striking.
3. No frontal head strikes of any kind or pressure points to be applied to the face area.
4. Eye Gouging, fish hooking.
5. Biting, Hair pulling.
6. Groin attacks of any kind.
7. Clawing , choking, the windpipe with fingers.
8. No elbows, or forearm strikes.
9. No strikes below the waist or to the back or spine .
10. No straight or stamping type kicks.
11. Any action which might injure the neck or vertebrae of the opponent.

12. No minor joint locks .i.e. wrist, fingers ,toe's.
13. Using offensive , or abusive language.
14. Throwing / intentionally dropping or forcing your opponent to the floor on their head or neck.
15. Throwing by the neck or head only, full suplex's, or any throw which may injure the neck or vertebrae of your opponent.
16. No Neck cranking or direct pressure to the spine.

Running out of the arena to avoid fighting more than twice.

**\*NOTE\*** If there has been a penalty assessed to a competitor that deems he/she loses 1 point, One point is to be added to the opponents score, since the counters cannot deduct points.

### **10.1 JUNIORS- Any chokes and locks are illegal.**

**ANY OF THE ABOVE INFRINGEMENTS MAY RESULT IN INSTANT DISQUALIFICATION.**

### **11. ACCIDENTAL FOULS:**

If the bout is stopped because of an accidental foul, the referee shall determine whether or not the competitor's can continue. In the case of a minor injury there will be a 5 min pause to allow the injured competitor time to get treatment. The referee may consult the First Aiders. In the case that a competitor cannot continue due to accidental injury sustained the referee will award the fight to his opponent.

### **12. LEGAL TARGETS.**

#### **12.1 All fights start from standing.**

**Standing body strikes:** All controlled Punches and Kicks deemed to be of a light / semi contact force to the front or side of body below neck. (**No Ground Body strikes**).

**Standing Head Strikes:** Controlled, light /semi contact, Round house kicks- Hook kicks Side of head only. = **2 points**.

**Back fist:** To side of head = **1 point**.

**Single body strikes** on target without the use of grappling = **1 point**

**Combination strikes / Flurries** on target without the use of grappling = **2 points**. A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded. (At judges discretion).

**Throws and Take downs:** **3 points** awarded if you take your opponent down but do not end up in his guard. **2 points** will be given if your takedown has ended in your opponents guard. No points for pulling or dragging your opponent in your guard, or jumping into guard.

### **LEGAL STRIKING TARGET AREAS TO THE HEAD**

**Top and side of the head, (light contact only) chest, solar plexus, ribs and abdomen are legal striking areas**



**Shaded areas are legal head targets (No facial contact)**

### **13. GRAPPLING**

The criteria for grappling allows a competitor to hold his/her opponent in any legal manner for approximately ten (**10**) seconds while in a standing position, after which time if there has been no takedown or throw, the competitors must release the hold, (on a command by the centre referee). The timekeeper will start the ground time (**40** seconds for Adults, and **30** seconds for juniors when one or both competitors have been taken to the ground by use of a legal technique).

Competitors may also score with counter throws, hold downs or submissions.

At the end of the time limit they will be separated, brought to their feet and will resume stand up fighting.

Standing grappling time limits: **The table official will count the ground times.**

#### **14. Ground fighting scores: To be scored by Centre Referee.**

##### **Sweeps or reversals:**

**3** points when you reverse to the mount or side position.

**2** points when you reverse but end up in your opponents guard .

**Taking the back with both legs hooked ( grapevine)** scores **3** points. Once this has been done, you can withdraw both feet, re enter, and score again, a five second time limit must pass before scoring again from this position.

**Passing the guard 3** points each time you pass your opponents guard to dominant position.

**Mounting 2 points.** Each time the mount is achieved you will score 2 points.

**Holds or pins** (Osaekomi) in three basic positions from side, mount or from behind head .A hold down will begin when at least 75% of the opponent is being held on his back. 10 second hold scores **2** points.

A hold or pin will be broken (toketa) when the opponent has 75% of his body free from the hold or has gained the half guard position.

**Submission = Win. (Adults Only) What constitutes a submission?** A competitor tapping out, from a joint lock or choke, or a competitor who receives a strike to the body, (without malicious intent), or a throw, (without malicious intent) and cannot continue after a 5 min treatment pause, will constitute a submission.

#### **15. DUTIES OF CENTRE REFEREE**

**15.1** The referee does not keep score. The referee is charged with supervision of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the fight, calls and enforces all penalties

**15.2** The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announces the winner of each match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

**15.3** Centre referee is the only person who can call for and administer a penalty

**15.4** The centre referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "*watch the contact, or, stay in bounds, etc.*" Official Warnings Shido Chui

**15.4** The referee is responsible for counting the ten (10) seconds allowed for stand up grappling.

When the competitors are on the ground and a hold down has started, the referee will extend his/her arm out over the competitors, The Ref will count the ground holds

#### **15.5 STANDARDIZATION OF CALLS BY OFFICIALS**

To standardize the procedure of bowing in and out, the centre referee will have the competitors face the referee and bow, then face each other and bow. When the match is over the competitors will bow to each other and then to the referee.

**REFEREE CALLS:** (can be made in English or Japanese)

Bow - or - Rei.....To begin and end a match

Begin - or - Hajime.....To start the competition and timers clock

Break -or - Mate.....To stop action, time out or end of match.

Hold down - or - Osaekomi.....A hold down has commenced

Toketa - .....Hold down broken.

Outside – or Mate..... To indicate the competitors are out of bounds

Time out -.....To stop the timers clock.

Time in – .....To restart the timers clock

Shido - .....Warning.

Chui-..... Penalty point.

\*NOTE\*

The referees voice and commands govern the fight at all times.

#### **16. TIME OUT.**

**16.1** Only the centre referee may call time out. He/she must do so for the following reasons:

To allow equipment adjustments.

To award points, assess penalties, administer warnings.

To attend to an injured competitor.

The centre referee will occasionally confer with the judges when in his/her opinion the scores are not consistent, this will help to ascertain the competence of the judges.

**16.2** If there is a penalty call while competitors are on the ground, depending on the position of the competitor, the referee may stop the fight and assess the penalty, or he/she may let it continue, (if the penalty was against the competitor that was being held down), and assess the penalty after they stand up

**16.3** During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the fighters to stand up without waiting for the ground time to run out.

### **17. DUTIES OF THE JUDGES**

Two corner Judges keep score with available score boards either electronic or lap counter type devices, one Judge has a counter with a red flag attached and one Judge with a white flag attached, in order to identify the competitors. The Judges will count all striking and throwing points of each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.

The centre referee will instruct the Judges when osaekomi is scored or when dominant positions are scored such as hooks, mounts, guard passing, and reversals. Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors.

**17.1 Awarding a Win:** At the end of the match, the centre referee will check the Judges scores and indicate which competitor has won.

**17.2 A Tie:** When the centre referee checks the scores and determines that it is a tie, he/she will indicate and call this a tie, and a sudden death round will be held to break the tie. In the event of a further tie the Referee will make a decision based on pacifism or attacking / advantages.

**18.1 Out of Bounds:** A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the fighting area. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee, (Re: verbal commands). The second time this occurs a penalty will be called. Further offences of this infraction may be cause for disqualification.

### **19. DUTIES OF THE TIMEKEEPER**

**19.1** Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the fighting has stopped for more than three seconds and if for some reason the centre referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when fighting resumes. In the case where electronic scoreboards are not available the Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the fighting area. The Timekeeper will inform the referee when total time has run out.

**19.2 Ground Times :** Timekeeper will begin timing when he/she sees the competitors go to the ground, and shall indicate the end of ground time by verbal or other means of communicating .

### **20. DUTIES OF THE SCOREKEEPER**

Scorekeeper shall keep count of all penalties awarded to competitors, as instructed by the centre referee. He/she will maintain scores sheets, prepare and call up each competitor,. All the required score sheets, stopwatches must be at the scorekeepers table.

#### **SCORE KEEPING EQUIPMENT - HAND COUNTERS WITH FLAGS, & STOPWATCHES**

**Two hand counters shall be available for the judges.**

**One with a red flag and one with a white flag at each mat area.**

