

JU-JITSU INTERNATIONAL FEDERATION (JJIF)

The Federation of National Ju-Jitsu Associations



COMPETITION RULES

2000 Edition
Approved by General Assembly 2000



Member

General Association of International Sports Federations



Member

International World Games Association

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JJIF FIGHTING SYSTEM

SECTION 1 THE FIGHTING SYSTEM

JJIF's Fighting System is composed of 3 Parts:

Part 1: Blows/strikes and kicks.

Part 2: Throws, take downs, locks and strangulation.

Part 3: Floor techniques, locks and strangulation.

The fighting time per match is divided into 2 rounds of 2 minutes each with a break of 1 minute in between.

SECTION 2 WEIGHTS

Women	0-55 kg
	55-62 kg
	62-70 kg
	70± kg

Men	0-62 kg
	62-69 kg
	69-77 kg
	77-85 kg
	85-94 kg
	94+ kg

SECTION 3 COMPETITION AREA AND ORGANIZATION

- a. The competition area for each contest shall be 8 x 8 meters plus a 1 meter wide warning area plus a 1 meter wide safety area.
The total contest area shall thus be 12 x 12 meters.
- b. The whole area shall be covered with a Ju-jitsu/Judo tatami.
The color of the warning area shall be different to the one of the competition area.
- c. The organizer of the competition shall provide: stopwatches, competition belts (1 red and 1 white per competition area), referee armbands, list and administration papers, first aid (ambulance), doctor, scoreboards (placement tables) and a place for the referees and the technical committee.

- d. The table secretariat shall be composed of a minimum of 4 people, including at least one qualified referee.

There may be 2 table referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

FIGHTING SYSTEM

SECTION 4 COMPETITION DRESSING

The competitors shall wear a good quality white Ju-jitsu gi which must be clean and in good order. The competitors shall wear white or red belts.

The gi shall be as follows:

- a. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- b. The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist.
- c. The trousers shall be loose and long enough to cover half of the shin-bone.
- d. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15 cm of the belt on each side of the knot.
- e. Female competitors are required to wear a white T-shirt under their gi. Men are not allowed to wear a T-shirt under their gi.
- f. The competitors are required to wear soft, short, light hand protectors and shin/instep protectors, as well as jockstrap and mouthpiece. Female competitors may wear chest protection.

SECTION 5 PERSONAL REQUIREMENTS

The contestants must have short finger- and toenails and are not allowed to wear any thing that may injure or endanger the opponent.

A contestant who needs to wear glasses may only wear contact lenses at own personal risk.

SECTION 6 POSITION AT START AND END OF THE MATCH

- a. The contestants shall stand facing each other at the center of the contest area and approximately 2 meters 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 mat referee.

SECTION 7 COURSE OF THE MATCH

- a. The match begins with Part 1 and the competitors stand facing each other 2 meters apart.
- b. As soon as there is contact between the competitors (by holding the opponent), Part 2 has begun; in this instant only, simultaneous blows/strikes/kicks and gripping (by the same athlete or by both) are allowed. After the beginning of Part 2 this is no longer allowed.
- c. Now the competitors continue fighting in Part 2.
- d. As soon as one of the fighters is taken down or thrown the match continues in Part 3.
- e. If the contact is lost in either Part 2 or Part 3, the competitors continue the fight as in Part I.
- f. In Part 1, if a competitor only rushes towards the opponent without making a technical action or if he/she is dangerous for him/herself ("Mobobe"), a technical penalty will be given and the match will continue in Part I.
- g. The competitors are allowed to remain in the warning area for only a very short moment (about 5 seconds).
- h. Throws that start in the competition area are allowed even if the opponent is thrown into the warning area and/or safety area, provided the throw presents no injury risk for the opponent.

SECTION 8 REFEREES

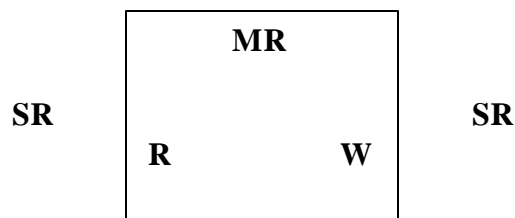
The contest shall be conducted by one Mat-Referee (MR) and two Side-Referees (SR). MR and SRs shall be from different countries than that of the contestants. The two SRs shall also be from different nations.

MR = Mat-referee

SR = Side-Referee

R = Red belt (competitor)

W = White belt (competitor)



SECTION 9 POSITION AND FUNCTION OF THE MAT-REFEREE (MR)

The MR shall stay within the contest area and has the responsibility for the conduct of the match.

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

The SRs shall assist the MR and shall 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.

SECTION 11 APPLICATION OF SCORE AND PENALTIES

- a. Scores and penalties must be confirmed by the majority of the referees, therefore at least two referees..
- b. If the three referees give a score different from each other, the intermediate score prevails.
- c. If one of the referees does not see an action, the lower of the two remaining scores prevails.

SECTION 12 APPLICATION OF "HAJIME" AND "MATTE"

- a. The MR shall announce "Hajime" in order to start the match.
- b. The MR shall announce "Matte" in order to stop the match temporarily in the following cases:

1. When one or both contestants go or find themselves outside the contest area,
 2. When one or both contestants perform a forbidden act,
 3. When one or both contestants are injured or are taken ill,
 4. In any other case when the MR finds it necessary (for example, to reset the gi or to deliver judgement),
 5. In any other case when one of the SRs finds it necessary and therefore claps his/her hands,
 6. Every time contact is lost in either Part 2 or Part 3,
 7. To stop the match during a strangulation or lock if the competitor cannot tap by himself, in such case 2 or 3 points are given to the other contestant (see Section 13),
 8. When Osae-komi time is over.
- c. Every time the MR announces “Matte” the time stops

SECTION 13 POINTS

The contest points are to be recorded by the table secretariat for each contest area.

- a. The following points can be given in Part 1:
(Blows/strikes and kicks)
 1. An unblocked blow/strike or kick in good balance and control 2 points
 2. A partly blocked blow/strike or kick 1 point
- b. The following points can be given in Part 2:
(Throws, take downs, locks and strangulations)
 1. A perfect throw 2 points
 2. A perfect take down 2 points
 3. A strangulation with tapping 2 points
 4. A lock with tapping 2 points
 5. A not-perfect throw 1 point
 6. A not-perfect take down 1 point
- c. The following points can be given in Part 3:
(Floor techniques, locks and strangulations)

- | | | |
|----|---|---------------------------------------|
| 1. | An efficient control, announced as Osae-Komi, up to 20 seconds (the competitor cannot get free) | 10 sec = 1 Point
20 sec = 2 Points |
| 2. | A strangulation with tapping | 3 Points |
| 3. | A lock with tapping | 3 Points |
- d. An efficient control started within the fighting time of a round is allowed to continue until termination (even after expiration of the fighting time, i.e. 2 minutes).
- e. The target area of the body is from the end of the throat to the groin.
- f. All strangulations are permitted except strangulations with the hand.
- g. An act is technically valid when the competitor shows the techniques with good balance and with controlled combination before going into the next Part.

SECTION 14 SETTLEMENT OF THE MATCH

- a. A competitor may win the match before the end of the fighting time by correctly executing 2 or 3 point techniques in each of the three Parts.
- b. If there are more than 14 points of difference between the competitors at the end of the first round, the match is over.
- c. The competitor who has the most points at the end of the match wins the match.
- d. If the competitors have equal points at the end of the match, the competitor who has executed more 2 or 3 point techniques wins the match.
- e. If the score is equal both in total points and in 2 or 3 point techniques, the competitors do another round of 2 minutes until the match is settled. This procedure may be repeated.

SECTION 15 APPLICATION OF "SONOMAMA" AND "JOSHI"

"Sonomama" shall be used if the MR must temporarily stop the competitors:

- a. To give one or both competitors a warning for passivity,
- b. To give one competitor a technical penalty,
- c. Any other time the referee finds it necessary.

After “Sonomama” the competitors continue exactly in the same position they were when the referee announced “Sonomama”.

To actually start again the MR shall announce “Joshi”.

SECTION 16 LIGHT FORBIDDEN ACTS

- a. If one or both competitors show passivity or commit minor technical infringements.
- b. To deliberately go outside the warning area with the whole body (both feet) outside the line.
- c. To purposely deliver kicks or punches after the beginning of Part 2, when one or the other competitor has already established a grip.
- d. To make any further action after “Matte” has been announced.
- e. To deliver blows/strikes or kicks to the leg.
- f. To deliver blows/strikes or kicks at the opponent if he/she is lying down
- g. To make locks on fingers or toes.
- h. To make cross-legged locks around the kidneys.

SECTION 17 FORBIDDEN ACTS

- a. The second time a competitor makes a light forbidden act.
- b. To make attacks like kicking, pushing, punching, and hitting the body of the opponent in a hard way.
- c. To purposely throw and/or push the opponent outside the warning area.
- d. To disregard the MR’s instructions.
- e. To make unnecessary calls, remarks or gestures to the opponent, MR or SRs.
- f. To purposely make an uncontrolled action.
- g. To make straight kicks toward the head.

SECTION 18 HEAVY FORBIDDEN ACTS

- a. To apply any action which may injure the opponent.
- b. To throw or try to throw the opponent with any lock or strangulation or to make any lock on the neck or spinal column while in movement.
- c. To make any locks on the neck.

SECTION 19 PENALTIES

- a. Light forbidden act = Shido (1 point to the opponent)
- b. Forbidden act = Chui (2 points to the opponent)
- c. Forbidden act + light forbidden act = Keikoku (3 points to the opponent)
Chui (2 pts) + Shido (1 pt) = Keikoku (3 pts)
- d. 2 Forbidden acts = Hansoku-make (loss of the match)
The winner gets 14 points; the loser gets 0 points.
- e. If a competitor gets 3 points because of the opponent's fault, this is automatically counted as an Ippon and will be noted in the Part in which the last punishment occurred.
- f. The first time a competitor makes a heavy forbidden act he/she loses the match with 0 points and the opponent gets 14 points.
- f. The second time a competitor makes a heavy forbidden act (in a tournament) he/she is expelled from the rest of the tournament.

SECTION 20 WALK-OVER AND WITHDRAWAL

- a. The decision of "Fusen-Gachi" (win by walk-over) shall be given to any contestant whose opponent does not appear for his/her match (the winner gets 14 points).
- b. The decision of "Kiken-Gachi" (win by withdrawal) shall be given to the contestant whose opponent withdraws from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 14 points or the score he/she already achieved, if higher than 14.
- c. If the doctor declares that a competitor is out of the match, he/she is also out of the rest of the competition.

SECTION 21 INJURY. ILLNESS OR ACCIDENT

- a. In every case when a competition is stopped because of injury on either or both contestants, the MR and SRs may permit a maximum time of 5 minutes to the injured contestant(s) for rest (the total rest per contestant in each match shall be 5 minutes).
- b. The decision of winner or loser when one contestant is unable to continue because of injury, illness or accident during the match shall be given by the MR and SRs according to the following clauses:
- c. Injury:
 1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 14 points.
 2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he/she already achieved, if higher than 14.
 3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match with the points he/she already achieved and the injured contestant shall lose with 0 points.
 4. The doctor (medical practitioner) is to decide whether the injured contestant may continue or not.
- d. Illness:

Generally when one contestant is taken ill during the contest and is unable to continue, he/she shall lose the contest with 0 points and the opponent shall get 14 points or the score already achieved, if higher than 14.

SECTION 22 TEAM COMPETITIONS

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

SECTION 23 RESERVES IN TEAM COMPETITIONS

- a. Reserves may replace contestants who have been injured or taken ill.
- b. The reserves must be in the same weight class or in a lower weight class than the ones who are to be replaced.
- c. Reserves may not replace a disqualified contestant.
- d. Reserves must be announced and weighed at the same time as the ordinary contestants.

SECTION 24 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, who together come to a decision.

JJIF DUO SYSTEM

SECTION 1 THE DUO SYSTEM

The JJIF Duo System is aimed at presenting the defense of one contestant against a number of predetermined attacks from a contestant of the same team. The attacks are divided into 4 groups of 5 attacks each. The defense is completely at the defender's choice.

SECTION 2 COMPOSITION

A couple may be formed without any restriction at all, such as weight, age or grade. It is also possible to change Tori and Uke at any time during the competition. The couple is of course responsible for each other. A couple may consist of 2 men, 2 women or mixed.

SECTION 3 COMPETITION AREA AND ORGANISATION

- a. The competition area for each contest shall be 8 x 8 meters plus a 1 meter wide warning area plus a 1 meter wide safety area. The total contest area shall thus be 12 x 12 meters.
- b. The whole area shall be covered with a Ju-jitsu/Judo tatami. The competition area shall be clearly identified.
- c. The organizer of the competition shall provide: stopwatches, competition belts (2 red and 2 white per competition area), rubber knife, soft stick (ca 50 cm long), jury score tables, records, first aid kit, doctor, scoreboards (placement tables) and a place for the jury and the technical committee.
- e. The table secretariat shall be composed of a minimum of 2 people.

SECTION 4 COMPETITION DRESSING

The competitors shall wear a good quality white Ju-jitsu gi which must be clean and in good order. The competitors shall wear white or red belts.

The gi shall be as follows:

- a. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- b. The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist.
- c. The trousers shall be loose and long enough to cover half of the shin-bone.
- d. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15 cm of the belt on each side of the knot.
- e. Female competitors are required to wear a white T-shirt under their gi. Men are not allowed to wear a T-shirt under their gi.

SECTION 5 PERSONAL REQUIREMENTS

The contestants must have short finger- and toenails and are not allowed to wear any thing that may injure or endanger the partner.

A contestant who needs to wear glasses may only wear contact lenses at own personal risk.

SECTION 6 POSITION AT START AND END OF THE CONTEST

- a. The competing couples shall stand facing each other at the center of the contest area and approximately 2 meters apart.
- b. At the beginning of the contest the competitors will make a standing bow first to the mat referee and then to each other.
- c. At the end of the contest the competitors will make a standing bow first to each other and then to the mat referee.
- d. Upon the first attack of each series, Tori shall have the jury on his/her right side; after that the attack may come from either side.

SECTION 7 ATTACK GROUPS

- a. The attacks are divided into 4 groups:

1. Gripping attacks,
2. Embracing and neck lock attacks,
3. Punches/blows and kicking attacks,
4. Weapon attacks.

Each group consists of 5 attacks

- b. The Mat Referee (MR) draws 3 attacks for each series and then shows these shortly to the active couple before the attack. The other couple will use the same attacks but in another order called by the MR.
- c. The feet position is completely up to the competitors.
- d. It is allowed to make a shock to break the opponents balance before the attack.

SECTION 8 COMPETITION PROCEDURE

The competition is between two couples. Couple 1 has red belts and couple 2 has white belts.

Couple 1 starts series 1 and gets its scores, after that couple 2 proceeds with series 1 and gets its scores.

Couple 2 starts series 2 and gets its scores, after that couple 1 proceeds with series 2 and gets its scores.

Couple 1 starts series 3, etc. and couple 2 starts series 4, etc.

This shifting system gives the fairest score distribution and by that the best result for the competitors and the spectators.

SECTION 9 DRAWING OF LOTS

At drawing of lots the first drawn couple is always red.

SECTION 10 MAT REFEREE (MR)

The MR shall remain within the contest area and shall have the responsibility for the conduct of the match.

The MR will use cards to draw the attacks and to help him/herself visualize the attack.

He/she should indicate to the jury if the attack is the correct one

SECTION 11 JURY

The jury shall consist of 5 licensed referees, each one from a different country. The jury members give their points upon instruction of the MR by holding their respective score tables over their heads. The tables are taken down on request of the MR.

SECTION 12 APPLICATION OF "HAJIME" AND "MATTE"

- a. The MR shall announce the number of the attack in order to make the competitors start.
- b. The MR shall announce "Matte" in order to stop the competitors.

SECTION 13 CRITERIA OF JUDGING

- a. The jury shall look for and judge the following:
 1. Attitude,
 2. Effectiveness,
 3. Speed,
 4. Control,
 5. Powerful attack.
- b. The overall score should give more importance to the attack and to the first part of the defense.

SECTION 14 NORMS OF JUDGING

The attacks and defense must follow certain norms:

- a. Atemi's must be powerful, with good control and given in a natural way considering possible follow up.
- b. Throws and take downs shall contain opponent balance breaking and be made at good speed and with good balance.
- c. Locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by Uke.
- d. Both the attack and the defense shall be executed in a technical and realistic way.

SECTION 15 SCORE SYSTEM

The scores are given from 0 to 10 by each jury member. The highest and the lowest scores are taken away, according to the judging methods of similar competition forms.

SECTION 16 GIVING OF SCORES

The jury gives scores after each series of 3 techniques and on request of the MR.

SECTION 17 WALK-OVER AND WITHDRAWAL

- a. The decision of "Fusen-Gachi" (win by walk-over) shall be given to the competing couple whose opponents do not appear for their match.
- b. The decision of "Kiken-Gachi" (win by withdrawal) shall be given to the competing couple whose opponents withdraw from the contest during the match.

SECTION 18 SETTLEMENT OF THE MATCH

If the competing couples have equal points at the end of the match they repeat the match until there is a difference in the overall score achieved at the end of a series. In this second round of competition the MR draws new attacks from his/her cards and the couple with white belts starts series 1, etc.

SECTION 19 INJURY. ILLNESS OR ACCIDENT

- a. When an injury, illness or accident occurs, the active couple has a right to a maximum time of 5 minutes rest before continuing (the total rest per couple in each match shall be 5 minutes).
- b. If a couple cannot continue after an injury, "Kiken-Gachi" is given to the other couple.

SECTION 20 TEAM COMPETITIONS

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

SECTION 21 SITUATIONS NOT COVERED BY THE RULES

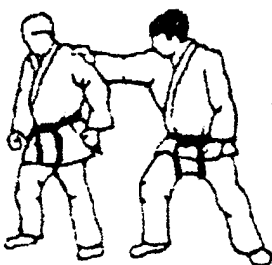
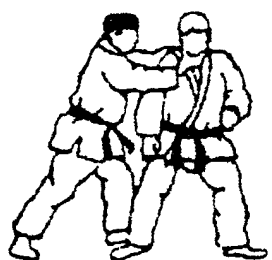
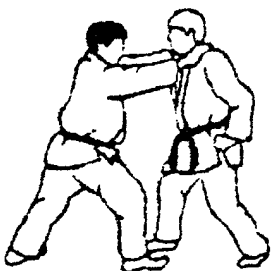
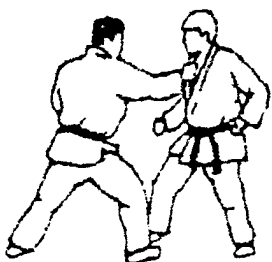
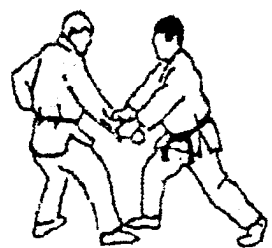
When any situation arises which is not covered by these rules, this should be dealt with by the MR and the jury of the contest in question, who together come to a decision.

ATTACKS IN THE DUO SYSTEM

The feet position is totally free in all attacks.

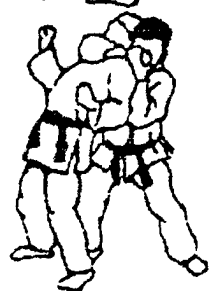
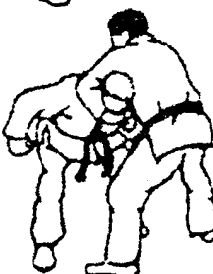
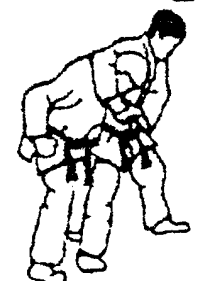
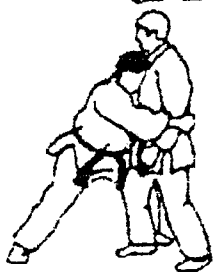
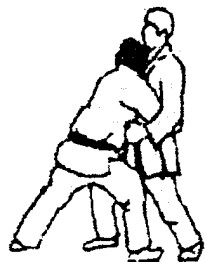
SERIES 1

Gripping attacks



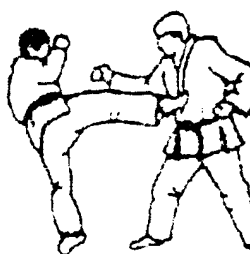
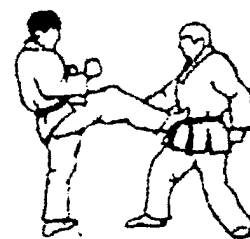
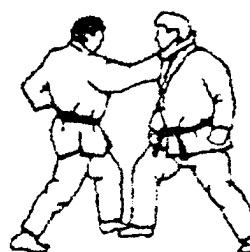
SERIES 2

Embracing and neck lock attacks



SERIES 3

Punches/strikes and kicking attacks



SERIES 4

Weapon attacks

