



WORLD MARTIAL ARTS GAMES &
POLICE, FIRE & MILITARY WORLD MARTIAL ARTS GAMES

SPORT JUJUTSU (SJJ)

Competition Description

The word Jujutsu was originally used to describe a complete system of martial arts used by the Samurai Class of Japan. Since the early 1900's, the need for feudal hand to hand combat systems has decreased whereas the sport side has continued to evolve and grow.

Today, the term Sport Jujutsu describes an activity that brings out the competitive side of the art where competitors are encouraged to use a diverse range of skills from striking, throws, takedowns and ground fighting. In order to encourage all round skills "Standing and on the Ground" head shots have been omitted from this format allowing for a safer, exciting and well rounded sport

Age Divisions:

Age Divisions – Events will be divided by age as follows (divisions will be split, merged or subdivided by age groups, weights and heights to offer the fairest competition possible)

Children and teenagers : Under 18 years old

Adults – 18 to 34 years

Veterans – 35 years & older

Grade Divisions

Due to the diversification of a mixed martial arts event, the colour of a belt, ranking or any other grouping may not apply to all. The following guide will serve as the basis for determining the appropriate grade division of an individual. Years of experience will be the common factor for determining a competitor's eligibility in an event:

Description Grappling Years of Experience or Belt

Beginner under 1 year experience or Yellow belt.

Intermediate 1 to 3 years of experience/practice or Blue belt

Advanced Over 3 years of experience/practice or Brown belt

Black Belt.

Weight Divisions

Juniors: – 25kg – 30kg – 35kg – 40kg – 45kg – 50kg – 55kg -60kg – 66kg -73 kg - 81kg Open.
Female: Under - 52 kg - 57 kg - 63 kg -70 kg -78 kg -78kg Open
Male: Under – 60kg - 65kg – 71kg – 78kg – 86kg – 96kg – Open Weight.

Registration's procedure

- 1) Register online on www.MartialArts.ch
- 2) Pay the registration's fees (CHF 50.- basic registration including 1 division. Any additional division: CHF 20.-)
- 3) Send the form you will receive by email (or downloaded on our website). This form must be completed and signed. Parents or legal representative must sign this form for participants younger than 18 years old.
- 4) Weigh-in : the morning of the competition or the evening before (see schedule)
- 5) All participants must show a national identity card or a passport at the weigh-in and registration's desk at the venue. All participants must have an insurance that covers martial arts and combat sports' competition.

EQUIPMENT

Uniform - Each player must present him/herself suitably attired in a clean, traditional martial arts uniform (Gi or Kimono), constructed of cotton or similar material and in good condition. The material must be suitable for grappling. Colours may be black, white or blue. Other colours or combined colours will be allowed in keeping with the National Team Colours. A jujutsu or judo top is recommended. The jacket is to be of sufficient length down to the thighs, sleeves must reach the wrist with arms extended in front of the body. If a uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match. Competitors with long hair must to use a plain hair tie. Toe and fingernails must be cut short and clean. All jewellery (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited. Competitors may be required to wear a coloured flag or belt during the actual match for identification purposes. Wrestling shoes or any type of shoes, head gear, and any type of protectors that can alter the outcome of the match in any way are not allowed in competition.

Not Allowed:

Shin & insteps, with any metal fixings or hard areas are not allowed. No shoes or wrestling boots of any kind are allowed. No protective equipment shall be allowed to contain any metal or hard plastic.

No abrasive, rough, tattered, torn or loose equipment will be permitted.

In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

Duration of Matches:

Black Belts – 1 x 4 Minutes round of continuous action.

Advanced, intermediate and beginners – 1 x 4 Minutes round of continuous action.

1 additional minute in case of draw!

Under 18 years old = 1 x 2 minutes continuous action round. 1 extra minute in case of draw

Gestures: The central referee will make gestures indicated below, according with the actions. For all gestures made, the central referee will raise his hand indicating the athlete receiving the score with his armband in accordance with the colour of the athlete's coloured uniform or indicating belt.

Scoring Techniques:

Scoring – The Judges score all striking and throwing points. The centre referee will instruct the Judges when a dominant position is scored including sweeps reversals back grabs mounts, and when successful holds / pins have been effected for the required time. The Centre Referee is the only person who can call for and administer a penalty.

Communication - The referee shall communicate clearly with the players, judges, scorekeeper and timekeepers. 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. 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."

Stand up grappling - The Centre Referee is responsible for counting the ten (10) seconds allowed for stand up grappling.

Ground time – Each time both competitors engage in ground work, they will be allowed a 30 second time limit. When the competitors are on the ground and a hold down has started, the Centre Referee will extend his/her arm out over the competitors and shout "Hold", this is the signal to inform the competitors and table officials that a hold is in progress. The Centre Referee will count a 10 second pin when 75% of the opponent's back is pinned to the ground.

Time-outs - Only the centre referee may call time out. He/she must do so for the following reasons:

- a) To allow equipment adjustments.
- b) To award points, assess penalties, administer warnings.
- c) To attend to an injured competitor.
- d) To hear a legal protest.

Call for Winner – At end of the second round the Centre Referee will "Call for Winner". At this point the judges will raise the flag of the winner to determine which competitor has won the match. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will announce an additional round.

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 further rounds will be held to break the tie.

Duties of the Judges: Main Responsibility – Two Corner Judges will keep the score of the match. Each Judge will have 2 lap counter type devices, one with a White flag/ribbon attached to it, held in the right hand and the other with a Red flag/ribbon attached to it, held in the left hand. The colour of the counter will match the colour awarded to each player by the Centre Referee.

Scoring - The Judges will count all striking points for each competitor that are to a legal target area, using a legal technique, while standing and while on the ground.

Communication - 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.

Out of Bounds: A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the competition area. However, a competitor may not be considered officially out of bounds until the centre referee stops the match. 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. The second time this occurs a penalty will be called. Further offenses of this infraction may be cause for disqualification.

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Duties of the Timekeeper: 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 match 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 the match resumes.

Timekeeper #1 - Shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area, inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop.

Duties of the Scorekeeper:

The scorekeeper must have at the table, all required score sheets, hand counters, Stop watches and necessary flags/ribbons. The scorekeeper will call up each player before a match, including those already on deck. The scorekeeper will record the Judge’s winner by flag colour at the end of the match, and the scores on each Judge’s counters at the end of the match.

Safety Equipment:

General - The use of safety equipment such as approved sparring gloves, sparring shoes, shin pads, mouth guards, and a groin protector is mandatory. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic.

Head Gear - Although head gear is not mandatory in this division due to No head contact, it is recommended for personal safety, especially with junior competitors.

Sparring Gloves - All gloves must have ALL striking areas covered with a minimum one half 1/2 inch of medium to soft foam. Must be suitable for both sparring and grappling.

Footwear - All foot protection must cover the instep and lower shin area of the foot. ½ to 1” of medium soft density foam is acceptable. Any Velcro or fasteners must be secured properly. In the event a competitor fails to present to the competition area with all required safety equipment, they will be given one minute to prepare themselves after which they will be disqualified from the division.

Safety of competitors - It will be the Centre Referee's responsibility to ensure safety at all times of competitors. He She will take the advice of First Aid/Medical Personal present regarding the ability of any competitor to engage in/continue to compete. Referees must not overturn any decision from a trained medical staff.

Time of Matches:

Junior's: One 2 Minute, continuous action round.

Adult's: One 3 Minute, continuous action round.

Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points.

Time Outs - Only the Centre Referee has the right to suspend a match once it has begun. He She is required to call time whenever there has been an infringement of the rules. At this point, time will be held until the centre referee gives the command to continue. He She may also call time out at the request of one of the competitors, the coach, or another official. However, He She must not allow the calling of time outs from any individual to adversely affect the outcome of the match.

Legal Targets – Sport Jujutsu is a controlled contact sport – Semi Contact. Semi-contact means that the blow should be controlled and without excessive penetration. Legal targets, chest below the neck, solar plexus, ribs and abdomen are legal striking areas.

Illegal striking targets - No Head Shots - Facial area, top and back of head, neck, spine, kidneys, groin, and all joints are illegal striking areas. Punching or kicking below the belt is illegal. Low kicks are illegal unless they are a legal sweep. Any strike to a competitor while “stranding grappling” or “ground grappling” is illegal.

Illegal Techniques - *Head butts, Hair pulling, Scratching, Biting, Elbow or knee strikes, kicking a competitor on the ground, striking to the head while on the ground, No face contact with hand or fingers, No Kicks to the legs, Heel hooks are not allowed due to the potential severity of the injury. No minor joint locks (fingers & toes. No neck Cranks or similar techniques which may injure the vertebrae.*

Juniors under 15 years – Positional dominance only. Chokes and locks are illegal.

Legal Striking. *Scoring: Points Technique Description*

1 Point will be scored for the following:

Crisp, clean striking techniques delivered with either hand or foot to legal target areas, without the use of grappling. (The head contact must indicate that the potential was there for a harder blow). (Once stand up grappling commences, striking is not allowed).

Kicks to Body: All kicks above the waist, with the exception of the head.

2 Points will be scored for Takedowns / Throws that ends up with the opponent's being in the guard position. Throws /takedowns – 3 points - to be awarded for any legal throw that does not end up with the opponent being in the guard position.

Reversals - 2 Points to be awarded for any reversal that ends up with the opponent's being in the guard or half-guard position. Reversals to a dominant position will score 3 points.

10 Second Pin – 2 points will be awarded if one competitor is able to pin their opponent to the ground for a 10 Second count. Hold Downs will be awarded for achieving any legitimate hold down position (like osae komi in judo) during the allotted ground time. The time will be monitored and determined by the referee. The hold down time will start officially by a signal from the Centre Referee (his/her arm extended out over the competitors and calls "hold down").

NOTE A competitor cannot be saved by the Ground time limit once a hold down has started, it will be allowed to continue to completion for 2 points. Further Points for holds or pins can only be scored from a different position, i.e: left side control to mount then to right side control.

Rear Hooks - The Rear Hook is when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area, thus exposing him/her to the possibility of being submitted by means of chokes or strangles (other definitions are the Back Grab or Grape vine)

Mounted position: Scores 2 points.

Win Submission - Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).

Advantages - Advantages should only be used in the event of a tie to determine a winner.

Ground Advantages – During closed guard, when one competitor has his legs around the opposing athlete's waist.

1) The one on top will earn the advantage by being on the offensive, trying to dominate his adversary's guard (pass the guard).

For the referee to consider it an advantage, the athlete that is on top must come to passing the guard, forcing his adversary to exert energy to regain position i.e. half guard, almost immobilizing etc.

2) The one underneath will earn the advantage if he/she almost sweeps his opponent, putting him

in a dangerous position, as well as when he/she attempts a lock that forces his/her opponent to defend.

Submission Attempts – The one who has managed to get his/her opponent in either a submission or choke position, and has attempted to submit his/her opponent will be considered as having the advantage.

Deductions Penalties - If there has been a penalty assessed to a competitor that deems he/she loses 2 points, which will be added to the opponent's score, since the counters cannot deduct points.

Excessive Contact: A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

- 1) Negligent and reckless malicious intent by using techniques without control.
- 2) Visible severe movement of the head from the force of a blow.
- 3) The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact. (A bleeding nose would be judged on the force of the blow, not by the blood alone, but would be an automatic penalty for illegal target).

Automatic Wins: Any LEGAL submission that causes a competitor to tap out is an automatic win. Highest total points at the end of the bout.

Definition of 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 who cannot continue after a 30 second count is given, will constitute a submission. Submission results in an automatic win.

Definition of 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 Shadow Referee who is seated next to the score keeper will start the 30 second ground time when one or both competitors have taken to the ground by use of a legal technique. Competitors may be on the ground several times during the match.

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 in stand up position. If a hold down has started, or it looks like a submission is close, the referee can use his/her discretion as to calling out of bounds.

No chokes or locks for juniors less than 15 years will be allowed, the primary objective for juniors on the ground is to achieve a hold down or dominant position. A competitor who ends up on the ground because of an illegal technique may not be scored upon. If there is a penalty call while

competitors are on the ground, depending on the position of the competitor, the referee may stop the match 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. 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 competitors to stand up without waiting for the ground time to run out.

Cause for Penalization - Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact, (a major penalty).
- 2) Attacks illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement (engagement out of bounds does not apply).
- 5) Falls on the ground to avoid an attack (A competitor attempting a throw or takedown is Exempt from this penalty).
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks (regardless if contact is made).
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

Method of Penalization - The Centre Referee is empowered to penalize a competitor at any time with warning - loss of points – disqualification.

Guidelines are as follows:

1st Offence Description

Avoiding contest or running out of bounds after verbal . 1 Point

Excessive contact, Knee Kicks (unintentional) Loss of 1 Points

Excessive contact, Knee Kicks (intentional) = Disqualification

Disrespect or Unsportsmanlike Conduct. Loss of 2 points or can lead to disqualification.

Excessive Contact Warning - When a penalty is issued for excessive contact the Centre Referee must be specific in his/her instructions, and within hearing of the referees and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the match to continue.

Definition of Loss of two points - Because points cannot be deducted, the Centre Referee will instruct the Scorekeeper to add these penalty points to the opposing competitor's score.

Disqualification - An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major. Details are as follows:

Minor Disqualification: Will be for the existing contest only .

Major Disqualification: Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.