



# Sport Ju-Jitsu Rules

**2016 - 2017 National Circuit & National Championship**

- GENERAL RULES
- WEIGHT CATEGORIES
- GRAPPLING
- FREE-FIGHTING
- SELF DEFENCE

# 2017

## General Rules

Sport Ju-Jitsu Tournaments are open to all members of martial arts organisations, regardless of style. Categories offered include **Light-contact Freestyle**, **Grappling** and **Self Defence** to represent the various disciplines within the art of ju-jitsu. Before involvement, all competitors and ring-side coaches must become NZJJF members.

SJJ(NZ) has the belief that sport ju-jitsu athletes have the right to enjoy their sport without being hurt and to this end provides trained **Referees** to enforce the rules of competition, accepting that sport ju-jitsu is a contact sport and accidents may happen.

## Officials

**Tournament Director:** The Tournament Director (outfitted in a purple shirt) is the point of contact for competitors, coaches, officials and public, and is also in charge of draws and results. He has the ultimate say in a dispute of rules and his decision, based on the Head Referee's recommendation **is final**.

**Head Referee:** The Head Referee is an NZJJF qualified R3 level Referee, appointed for the tournament by the Tournament Director.

**Centre Referees:** Centre Referees are NZJJF qualified R2 or R3 Referees and their job is to control matches and look to the safety of the competitors. Where a trainee Centre Referee has control of a match, that Referee will be "shadowed" by a nominated qualified Referee who may advise the trainee on decisions.

**Judging Referees:** Judging Referees are NZJJF qualified R1 Referees or higher and their job is to score matches and assist the Centre Referee with enforcing the rules to ensure the competitors' safety. Where trainee Referees are gaining the required match experience to qualify as R1 Referees no more than one will be on the mat during any match.

For each club attending the tournament, if 5 students are competing then the club must provide 1 official who has undertaken NZJJF referee's training or is currently in training.

## Enforcing of Rules

**Freestyle:** Where at least two of the four Referees note a possible infraction the Centre Referee must "Break" the match and "Call" for a vote on the possible infraction. Each Judging Referee gets one vote, indicated by flags, and the Centre Referee gets one vote and one deciding vote where necessary. By definition, a majority decision is one in favour of the Centre Referee and at least one Judging Referee over the other Judging Referee(s) or in favour of all three Judging Referees over the Centre Referee. Any majority decision will cause the infraction to be penalised in accordance with the rules of that category.

**Grappling:** Where either Referee notes a possible infraction the Centre Referee may "Break" the match if a competitor's safety is in danger, or simply make a warning. For a major or repeat infraction, the Centre Referee will "Break" the match and make penalties in accordance with the rules of the category.

## Excessive Contact

**Excessive contact:** Any technique of force greater than that proscribed causing;

- |                      |   |   |
|----------------------|---|---|
| <b><u>Head:</u></b>  | - | Movement off its natural axis.                  |
| <b><u>Face:</u></b>  | - | <b><u>Any</u></b> contact to the facemask area. |
| <b><u>Body:</u></b>  | - | Distortion of the body.                         |
| <b><u>Leg:</u></b>   | - | Lateral movement of the knee.                   |
| <b><u>Throw:</u></b> | - | Injury through lack of control or intent.       |

**Overly uncontrolled contact:** A technique delivered with undue care or control to a balanced opponent that causes excessive contact.

In addition to the above definitions, a majority decision of the Referees as to the contact level of a technique may cause it to be penalised as excessive.

## No Contest

A match where both competitors fail to heed the official warning of the Centre Referee on a matter not otherwise penalisable within the rules (for example, both competitors fighting at a level of contact ruled too high but where no one technique is deemed excessive) may be ruled a No Contest. The match will be recorded as a loss to each competitor.

## Unacceptable Behaviour

Unacceptable behaviour at a tournament will result in a warning from the Tournament Director or a Centre Referee. Further offence will cause the competitor associated with the offender to be disqualified and / or the offender removed from the tournament.

## Disciplinary Procedures

**Disqualification:** Any disqualification, for whatever reason, must be classified as either a **Minor** (ie: for the match in question) or **Major** (for the remainder of the tournament) Disqualification.

Two Minor Disqualifications at any one tournament constitutes a Major Disqualification.

Any loss of temper (ie: unsportsman-like behaviour) against a Referee or opponent constitutes a Major Disqualification.

Any single disqualification will incur a fine of \$50 to the competitor and \$50 to that competitor's club. Entries to subsequent tournaments where a competitor or club has unpaid fines will not be accepted.

All disqualifications will be entered into the Disqualification Book.

- 1st Suspension:** A competitor earning a Major Disqualification is suspended from competition for the next two tournaments and will be publically indentified prior to each of those two tournaments as being suspended.
- 1st Probation:** On their return to competition, the disciplined competitor is placed on probation for the next two tournaments.
- 2nd Suspension:** A competitor earning any disqualification at any one tournament during probation is suspended from competition for the next four tournaments.
- Any competitor on 2nd Suspension is unavailable for international representation for 18 months following the disqualification and will be publically indentified prior to each of those four tournaments as being suspended.
- 2nd Probation:** On their return to competition, the disciplined competitor is placed on probation for the next four tournaments.
- Expulsion:** A competitor earning any disqualification at any one tournament during 2nd Probation is expelled from all further SJJ(NZ) events and will be publically indentified as being expelled.

SJJ(NZ) reserves the right to Suspend a competitor or supporter if another competitor, or the reputation of SJJ(NZ) is judged to be endangered by that person; discipline may be set or altered by SJJ(NZ) as deemed necessary.

## Procedures for Protest

A competitor's nominated Coach may protest a Centre Referee's ruling in the following manner:

- DO NOT interrupt any Referee on the mat but check the rules.
- If still certain of an incorrect ruling, proceed to the Tournament Director, immediately or no later than two minutes after the match.
- Explain the alleged incorrect ruling to the Tournament Director who will judge the case. If necessary he may have the Centre Referee stop the match to meet with the four Referees and the Head Referee.
- Abide with the Tournament Director's decision which is final.

## Weight Categories

All non-junior Grappling and Free-fighting bouts are segregated by sex and categorized by weight.

Weigh-ins for competition are to be done on the morning of the competition, in uniform (no protective equipment), with a lee-way of 1.5Kg over weight allowed on the day due to scales variation.

### **Mens Grappling and Free-fighting**

Under 70Kg, U80, U90, U100, U110, +110Kg

### **Womens Grappling and Free-fighting**

Under 60Kg, U70, +70Kg

### **Childrens Grappling and Free-fighting**

U15 yrs, U18 yrs

Note: U15's competitions are sorted by approximate height of the children competing, on the day of competition, with parents & coaches present ensure fairness for age / weight, see Junior Rules section.

## Junior Rules

**Description:** All divisions below U18 events. Grappling and Free-fighting competitions run with a similar format to seniors but with some modified rules for safety. Win is by most points (or Referee stoppage).

**Officials:** The match is controlled by a **Centre Referee** whose job is to maintain safety and control during the match. A **Timekeeper** times each match, allowing for stoppages. One **Judge** keeps a tally of points awarded by the Referee for Grappling, and either one or three **Judges** score for Free-fighting (at the discretion of the Head Referee).

**Divisions:** Juniors are divided into divisions based on size; age / sex may or may not influence placement (at the discretion of the Head Referee). Coaches and parents are asked for approval before divisions are finalised.

**Safety Equipment:** As for senior divisions.

**Commands:** Other than warnings from the Centre Referee, competitors need only listen for the commands "Bow", "Begin" and "Break" during a match.

**Points:** As for senior divisions.

**Submissions:** Juniors may NOT use submission techniques. However, they may 'tap' if hurt, at no loss of points. A competitor's legal technique will still be scored if interrupted by a 'tap'.

### Junior Rule Modifications

**Grappling:** Submission techniques (joint-locks, chokes, pressure points) are **NOT** allowed.  
Pressure points for other than submission are allowed.  
Hold downs, reversals and guard passes will be scored.  
Where one junior is being dominated, the Referee may 'Break' ground-fighting after three consecutive holds.

**Time Limit:** One two-minute (120 sec) round, not including Referee stoppages.

**Free-Fighting:** Knee and elbow strikes are NOT allowed  
Excessive contact will be strictly enforced  
Only one (1) strike allowed during the grapple  
Striking on the ground is NOT allowed  
Submission techniques (joint-locks, chokes, pressure points) are NOT allowed  
Hold downs ONLY will be scored

**Time Limit:** Two one-minute (60 sec) rounds, not including Referee stoppages.

## Grappling Rules

**Description:** Grappling competitions consist of one three minute continuous point scoring / submission match. Win is by submission (tapping out or Referee stoppage) or most points.

**Officials:** The match is controlled by a **Centre Referee** whose job is to maintain safety and control during the match. The Referee also allocates points. A **Timekeeper** times each match, allowing for stoppages, and a **Judge** keeps a tally of points awarded by the Referee by way of mechanical counters.

**Safety Equipment:** Grappling is competed on padded mats within a 6 x 6 metre competition area. An additional 1m danger zone surrounds the competition area for competitors' safety.

Competitors must compete in a full Japanese-style **uniform** with belt. Red and white belts are provided for identification. Safety equipment such as a groin-guard, mouth-guard, knee pads, etc. is optional.

**Commands:** Other than warnings from the Centre Referee, competitors need only listen for the commands "Bow", "Begin" and "Break" during a match.

<b>Points:</b>	<u>Takedown:</u>	<b>2 pts</b>	Any clean, controlled throw or takedown.
		<b>4 pts</b>	Any throw removing both feet from the ground.
		<b>Illegal</b>	Scissor takedowns, throwing with a lock.
	<u>Shoulder pin:</u>	<b>2 pts</b>	Controlled shoulder pin, including knee on stomach, for five seconds within time allowed.
		-	Shoulder pin while in an opponent's guard not scored.
		-	Alternating between two pins not scored.
	<u>Mount:</u>	<b>4 pts</b>	Controlled mount for five seconds.
	<u>Rear mount</u>	<b>4 pts</b>	Controlled rear mount (over or under) with both hooks in for five seconds
	<u>Passing the Guard:</u>	<b>2 pts</b>	Any method of completely passing the full or half guard to a dominant position
		<b>2 pts</b>	Standing in guard and lifting opponents head above shoulders (followed by "Break").
<u>Reversal:</u>	<b>2 pts</b>	Sweep or roll taking competitor from underneath to a dominant position.	

<b>Submissions:</b>	<u>Jointlock:</u>	<b>Legal:</b> wrist, elbow, shoulder, knee, straight ankle.	<b>WIN</b>
		<b>Illegal:</b> neck, spine, jaw, fingers, toes, twisting ankle/knee, any wrenching technique.	<b>PENALTY</b>
	<u>Choke-lock / Strangle:</u>	<b>Legal:</b> use of uniform or limb to choke-lock/strangle.	<b>WIN</b>
		<b>Illegal:</b> digital / forearm / shin pressure to windpipe, any wrenching technique.	<b>PENALTY</b>
	<u>Pressure point:</u>	<b>Legal:</b> limb pressure to pressure points.	<b>WIN</b>
		<b>Illegal:</b> digital pressure to pressure points, pressure to face.	<b>PENALTY</b>

**Illegal Techniques:** Striking, biting, gouging, scratching, hair-pulling, digital pressure to pressure points, digital / forearm pressure to windpipe, pressure to face, any wrenching choke or joint-lock, locking of any disallowed joint (neck, spine, jaw, fingers, toes), twisting ankle or knee locks, excessive throwing,

throwing with joint / choke-locks, scissor takedowns, bouncing person in the guard.

**Standing:** Where one competitor is standing while the other is on the ground, the Referee will call "Break" and return competitors to a standing start in the centre, unless contact is maintained by either of the two competitors.

**Bounds:** Competitors are considered in bounds if at least one foot is inside the competition area. The Referee may stop any technique on the edge of the competition area if a competitor is in danger of being thrown off the matted area.

Ground-fighting will not be stopped with a competitor moving out-of-bounds, unless the competitor has moved off the matted area. If competitors have moved off the matted area, both will be stopped, replaced in the centre of the mat and started in the positions they were stopped in.

Deliberately moving out of bounds will incur penalties.

**Penalties:**

<b><u>Illegal technique / target:</u></b>	First offence - warning. Unless deliberate or overly uncontrolled - disqualification . Second offence - loss of two (2) points. Third offence - disqualification
<b><u>Moving out-of-bounds:</u></b>	At Referee's discretion - warning. Second offence - loss of two (2) points. Third offence - disqualification
<b><u>Poor sportsmanship:</u></b>	Instant disqualification
<b><u>Disqualification:</u></b>	Disqualifications will be classified as either: <b>Minor</b> - for the match in question. <b>Major</b> - for the entire tournament.

**Time Limits:**

<b><u>Presentation:</u></b>	Competitors have one (1) minute from the announcement of their match to present themselves at the mat, ready to compete. - A non / late show will constitute default and automatic win to the opponent.
<b><u>Match:</u></b>	Three (3) minutes, not including Referee stoppages.
<b><u>First Overtime:</u></b>	One (1) minute, not including Referee stoppages. <u>WIN:</u> First points scored.
<b><u>Second Overtime:</u></b>	An extra one (1) minute, not including stoppages. <u>WIN:</u> First points scored, or most advantages. - Advantage (1pt): any strong technique attempt - Advantage over (1pt): any negative positions: eg: jumping to guard, turtling, or non-combating.
<b><u>Rest Period:</u></b>	Thirty (30) seconds rest is allowed between overtimes.
<b><u>Injury:</u></b>	Competitors have three (3) minutes to recover from the effects of an illegal technique before presenting themselves to continue the round.

**Divisions:** All matches are instant elimination. Competitors may additionally fight one division above their weight division.

## Free-fighting

**Description:** Free-fighting competitions consist of continuous fighting, non / touch contact point scoring matches. Each match is made up of two 90 second bouts, with striking, grappling and ground-fighting allowed.

**Officials:** The match is controlled by a **Centre Referee** whose job is to maintain safety and control during the match. Three corner **Judges** score each bout by way of mechanical counters, and with a show of flags, determine the winner(s). A **Timekeeper** times each bout, allowing for stoppages.

**Safety Equipment:** Free-fighting is competed on padded mats within a 6 x 6 metre competition area. An additional 1m danger zone surrounds the competition area for competitors' safety.

Competitors must wear a **mouth-guard**, **groin-guard**, **gloves** of 2cm pliable padding that cover to at least the second knuckle of the fingers and thumb (but not boxing gloves), and **foot protectors** of 2cm pliable padding that cover the top of the foot and toes.

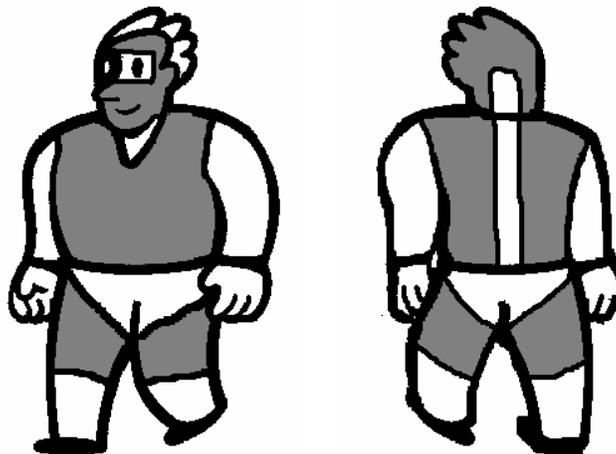
Additional equipment by way of head protectors, chest guards, kidney pads and shin pads, all of pliable material, may be worn.

Glasses may not be worn in competition, although contact lenses may be worn at the owner's risk. For reasons of consistency, all fighters must compete in a Japanese-style full-lapel **uniform**. Red and white belts are provided for identification.

**Commands:** Other than warnings from the Centre Referee, competitors need only listen for the commands "Bow", "Begin" and "Break" during a match.

**Targets:**

- Arm / leg strikes:** All parts of the body above the knees, except the throat, spine, groin and knees. No contact to the face although non-contact strikes score – **see diagram below.**
- Throws/sweeps:** All sweeps must be below mid-calf level.  
Scissors and throws using locks are disallowed
- Grappling + Ground-fighting** Any joint may be locked, except any disallowed joint.



**Illegal Techniques:** Striking with excessive contact/uncontrolled technique, biting, gouging, scratching, hair-pulling, digital pressure to pressure points, digital / forearm pressure to windpipe, pressure to face, any wrenching choke or joint-lock, locking of any disallowed joint (neck, spine, jaw, fingers, toes), twisting ankle or knee locks, excessive throwing, throwing with joint / choke-locks, scissor takedowns, bouncing person in the guard.

<b>Points:</b>	<u>Arm strikes:</u>	<b>1 pt</b>	All strong, focused and <u>controlled</u> hand, forearm and elbow strikes
		-	A flurry of questionable strikes will count as one point.
	<u>Leg strikes:</u>	<b>1 pt</b>	All strong, focused and <u>controlled</u> foot, shin and knee strikes.
		-	An opponent may not be pulled into a leg technique.
	<u>Sweeps and throws:</u>	<b>3 pts</b>	Clean, <u>controlled</u> , sweep, takedown or throw taking opponent to ground
		<b>5 pts</b>	Clean, <u>controlled</u> , sweep, takedown or throw removing both legs from the ground.
			Sweeps must use the sole of the foot (ie: no low round kicks), excepting reverse spinning sweeps.
	<u>Grappling:</u>		Submission by way of tapping out (double tap) or word "Stop" from opponent.
		<b>5 pts</b>	Strangulations not endangering the neck may be used.
			A competitor may apply a standing lock or strangulation on an opponent, but <u>must not</u> take the opponent down while in the lock or strangulation
		<b>1 pt</b>	Unlimited, controlled striking between fighters allowed during grappling before a throw
	<u>Ground-fighting:</u>	<b>2 pts</b>	Controlled shoulder pin for five seconds within time allowed.
		-	Alternating between two pins not scored.
		-	Shoulder pin while in an opponent's guard is not scored
		<b>5 pts</b>	Submission by way of tapping out (double tap) or word "Stop" from opponent.
		<b>1 pt</b>	Unlimited controlled striking allowed in groundfighting.

**Submissions:** Three submissions in a match - **WIN**

Following any ground-fighting submission the match will be restarted with the submitter in the shin ride position and continue for the remainder of the ground-fighting time limit (no points for the initial mount).

**Standing:** Where one competitor is standing while the other is on the ground, the Referee will call "Break" and return competitors to a standing start in the centre, unless contact is maintained by the standing competitor

**Bounds:** Competitors are considered in bounds if at least one foot is inside the competition area. The Referee may stop any technique on the edge of the competition area if a competitor is in danger of being thrown off the matted area.

Groundfighting will not be stopped with a competitor moving out-of-bounds, unless the competitor has moved off the matted area. If competitors have moved off the matted area, both will be stopped, replaced in the centre of the mat and started in the positions they were stopped in.

Deliberately moving out of bounds will incur penalties.

- Penalties:**
- Excessive contact:** First offence - loss of three (3) points.  
Unless deliberate or overly uncontrolled - disqualification .  
Second offence - disqualification
  - Illegal technique / target:** First offence - warning.  
Unless deliberate or overly uncontrolled - disqualification .  
Second offence - loss of two (2) points.  
Third offence - disqualification
  - Moving out-of-bounds:** At Referee's discretion - warning.  
Second offence - loss of two (2) points.  
Third offence - disqualification
  - Poor sportsmanship:** Instant disqualification
  - Disqualification:** Disqualifications will be classified as either:  
**Minor** - for the match in question.  
**Major** - for the entire tournament.
- Time Limits:**
- Presentation:** Competitors have one (1) minute from the announcement of their match to present themselves at the mat, ready to compete.  
- A non / late show will constitute default and automatic win to the opponent.
  - Each bout:** Ninety (90) seconds, not including Referee stoppages
  - Rest Period:** Thirty (30) seconds rest is allowed between bouts.
  - Grappling:** Fifteen (15) seconds.
  - Groundfighting:** Forty-five (45) seconds (at Referee's discretion).
  - Hold downs:** Five (5) seconds
  - Overtime:** One extra ninety (90) second bout.  
Centre Referee has a deciding vote in the case of a tied overtime bout.
  - Injury:** Competitors have three (3) minutes to recover from the effects of an illegal technique before presenting themselves to continue the round.

**Divisions:** All matches are instant elimination. Competitors may additionally fight one division above their weight division.

## Self Defense Rules

**Description:** Self Defense competitions consist of one two-minute demonstration of self defence techniques by a competitor with a partner.

**Officials:** The demonstration is scored by a panel of three experienced **Judges** who allocate points for performance. A **Timekeeper** times each demonstration.

**Safety Equipment:** Sport Ju-Jitsu Self Defense is competed on padded mats within a 6 x 6 metre competition area. Competitors compete in the usual **uniform** of their martial arts style.

**Illegal Equipment:** Competitors may not use any sharp or pointed objects that could cause injury or damage to the safety mats in their performance. The use of any “live” blade on the mats will cause the competitor to be disqualified. Footwear other than soft-soled martial arts shoes may not be worn on the mats.

**Commands:** Competitors need only listen for the command “Begin” (and “Break” in the case of injury).

### Time Limits:

Kyu Grades Two (2) minutes.

Dan Grades: Two (2) minutes, plus Five (5) weapon attacks of their choice after the initial two (2) minute period.

**Scoring:** A competitor may demonstrate as many techniques of self defence on their partner as he/she chooses. Judges will score the performance on Knowledge, Execution, Effectiveness and Practicality, presenting their score at the conclusion of the performance. This is **NOT** a showmanship event and spectacular but impractical techniques may not necessarily contribute to a higher score.

### Penalties:

**Excessive contact:**

Excessive or uncontrolled strikes or throws on the partner will cause points to be deducted or the competitor to be disqualified.

**Time Limit**

A performance that finishes well before the time limit or continues after the time limit will have points deducted.

**Moving out-of-bounds:**

Either Competitor or partner moving out of the competition area will cause points to be deducted.