



Rules 2009

1.0 CONTENTS

1.0 CONTENTS	2
2.0 GENERAL RULES	4
2.1 DESCRIPTION	4
2.2 OFFICIALS	4
2.3 ENFORCING OF RULES	5
2.3.1 EXCESSIVE CONTACT:	5
2.3.2 NO CONTEST:	5
2.3.3 UNACCEPTABLE BEHAVIOUR:	5
2.3.4 DISCIPLINARY PROCEDURES:	6
2.3.5 PROCEDURES FOR PROTEST:	6
3.0 TOURNAMENT RULES	8
3.1 JUNIOR RULES (All divisions U18 and younger children)	8
3.1.1 DESCRIPTION	8
3.1.2 OFFICIALS	8
3.1.3 CHILDRENS DIVISIONS	8
3.1.4 SAFETY EQUIPMENT	8
3.1.5 COMMANDS	8
3.1.6 POINTS	8
3.1.7 SUBMISSION	8
3.1.8 JUNIOR RULE MODIFICATIONS	9
3.2 GRAPPLING RULES	10
3.2.1 DESCRIPTION	10
3.2.2 OFFICIALS	10
3.2.3 SAFETY EQUIPMENT	10
3.2.4 COMMANDS	10
3.2.5 POINTS	10
3.2.6 SUBMISSION	11
3.2.7 STANDING	11
3.2.8 BOUNDS	11
3.2.9 PENALTIES	11
3.2.10 TIME LIMITS	12
3.2.11 DIVISIONS	12
3.2.12 SPECIAL JUNIOR RULES	13
3.3 FREEFIGHTING RULES	14
3.3.1 DESCRIPTION	14
3.3.2 OFFICIALS	14
3.3.3 SAFETY EQUIPMENT	14
3.3.4 COMMANDS	14
3.3.5 TARGET AREAS	14
3.3.6 POINTS	15
3.3.7 BOUNDS	16
3.3.8 PENALTIES	16

3.3.9	TIME LIMITS	17
3.3.10	DIVISIONS	17
3.3.11	SPECIAL JUNIOR FREE FIGHTING RULES	18
3.4	SELF DEFENCE RULES	19
3.4.1	DESCRIPTION	19
3.4.2	OFFICIALS	19
3.4.3	EQUIPMENT	19
3.4.4	ILLEGAL EQUIPMENT	19
3.4.5	COMMANDS	19
3.4.6	TIME LIMITS	19
3.4.7	SCORING	19
3.4.8	PENALTIES	20

2.0 GENERAL RULES

2.1 DESCRIPTION

Sport Ju-Jitsu Tournaments are open to all members of martial arts organisations, regardless of style. Categories offered include Light-contact Freefighting, 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.

2.2 OFFICIALS

Tournament Director:

The Tournament Director 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 a Class I Referee, appointed for a tournament by the Tournament Director.

Centre Referees:

Centre Referees are qualified Class I or II 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 Class III 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 Class III Referees no more than one will be on the mat during any match.

2.3 ENFORCING OF RULES

Freefighting:

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.

2.3.1 EXCESSIVE CONTACT:

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

Head: -Movement off its natural axis.

Face: -Any contact to the facemask area.

Body: -Distortion of the body.

Leg: -Lateral movement of the knee.

Throw: -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.

2.3.2 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.

2.3.3 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.

2.3.4 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.

1. 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.
2. 1st Probation: On their return to competition, the disciplined competitor is placed on probation for the next two tournaments.
3. 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.
4. 2nd Probation: On their return to competition, the disciplined competitor is placed on probation for the next four tournaments.
5. 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.

2.3.5 PROCEDURES FOR PROTEST:

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

1. DO NOT interrupt any Referee on the mat but check the rules.
2. If still certain of an incorrect ruling, proceed to the Tournament Director, immediately or no later than two minutes after the match.

3. 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.
4. Abide with the Tournament Director's decision which is final.

3.0 TOURNAMENT RULES

3.1 JUNIOR RULES (All divisions U18 and younger children)

3.1.1 DESCRIPTION

These additional rules apply to all age group divisions below and including U18 events (unless by prior arrangement for U18 only). 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).

3.1.2 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).

3.1.3 CHILDRENS 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.

3.1.4 SAFETY EQUIPMENT

As for senior divisions.

3.1.5 COMMANDS

Other than warnings from the Centre Referee, competitors need only listen for the commands “Bow”, “Begin” and “Break” during a match.

3.1.6 POINTS

As for senior divisions.

3.1.7 SUBMISSION

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’.

3.1.8 JUNIOR RULE MODIFICATIONS

These special amendments are listed under the Senior Rules.

3.2 GRAPPLING RULES

3.2.1 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.

3.2.2 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.

3.2.3 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, mouthguard, knee pads, etc. is optional.

3.2.4 COMMANDS

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

3.2.5 POINTS

Takedown:

- 2 pts Any clean, controlled throw or takedown
- 4 pts Any throw removing both feet from the ground. Illegal: scissor takedowns, throwing with a lock

Shoulder pin:

- 2 pts Controlled shoulder pin, including knee on stomach, for five seconds within time allowed.
- Shoulder pin while in an opponents guard not scored.
- Alternating between two pins not scored.

Mount:

- 4 pts Controlled mount for five seconds.

Rear mount:

- 4 pts Controlled rear mount (over or under) with both hooks in for five seconds.

Passing the Guard:

2 pts Any method of completely passing the full or half guard to a dominant position.

2 pts Standing in guard and lifting opponents head above shoulders (followed by “Break”).

Reversal:

2 pts Sweep or roll taking competitor from underneath to a dominant position.

3.2.6 SUBMISSION

Jointlock:

Legal: wrist, elbow, shoulder, knee, straight ankle

Illegal: neck, spine, jaw, fingers, toes, twisting ankle / knee. Any wrenching technique.

Chokelock / Strangle:

Illegal: Digital / forearm pressure to windpipe. Any wrenching technique.

Pressure point:

Illegal: Digital pressure to pressure points.

3.2.7 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.

3.2.8 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, re placed in the centre of the mat and started in the positions they were stopped in.

3.2.9 PENALTIES

Illegal technique / target:

eg: 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, twisting ankle or knee locks, excessive throwing, throwing with joint / choke-locks, scissor takedowns, bouncing, etc.

First offence - warning. Unless deliberate or overly uncontrolled –disqualification

Second offence - loss of two (2) points.

Third offence - disqualification.

Moving out-of-bounds:

First offence -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.

3.2.10 TIME LIMITS

Match:

Three (3) minutes, not including Referee stoppages.

Juniors Match:

Two minutes (120 sec), not including Referee stoppages.

First Overtime: One (1) minute, not including Referee stoppages.

WIN: First points scored.

Second Overtime: An extra one (1) minute, not including stoppages.

WIN: 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

Rest Period: Thirty (30) seconds rest is allowed between bouts.

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.

Injury: Competitors have three (3) minutes to recover from the effects of an illegal technique before presenting themselves to continue the round.

3.2.11 DIVISIONS

For 2008 we will trial a new draw system... the first round will be round-robin with pools of three or four, with successive rounds being straight elimination. Competitors may only fight in one division, being their weight division. Open / absolute divisions will also be run where time allows and will be instant elimination rounds.

3.2.12 SPECIAL JUNIOR RULES

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

3.3 FREEFIGHTING RULES

3.3.1 DESCRIPTION

Freefighting 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.

3.3.2 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.

3.3.3 SAFETY EQUIPMENT

Freefighting 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 mouthguard, 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.

3.3.4 COMMANDS

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

3.3.5 TARGET AREAS

Arms & leg strikes:

All parts of the body above the news, excepting the throat, spine, groin and knees.
No contact to the face although non-contact strikes score.

Sweeps:

All sweeps must be below mid-calf level. Scissors and trows using locks are disallowed.

Grappling & Groundfighting:

Any joint may be locked, excepting the jaw, neck, spine, fingers and toes. Twisting leg locks are disallowed. Biting, gouging, digital pressure points, hair pulling and applying pressure to the face is not allowed.



Front scoring target



Rear scoring target

3.3.6 POINTS

Arm strikes:

- 1 pt All strong, focussed and controlled hand, forearm and elbow strikes.
A flurry of questionable strikes will count as one point.

Leg strikes:

- 1 pt All strong, focussed and controlled foot, shin and knee strikes.
An opponent may not be pulled into a leg technique.

Sweeps and throws:

- 2 pts Clean, controlled, sweep, takedown or throw taking opponent to ground.
3 pts Clean, controlled, 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.

Illegal:

Scissor takedowns, throwing with a lock

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.

Grappling (Stand up):

The wrist, elbow, shoulder, knee and ankle may be locked.
The jaw, neck, spine, fingers and toes must not be locked.
Strangulations not endangering the neck may be used.
No digital pressure allowed in strangulations.
A competitor may apply a standing lock or strangulation on an opponent, but must not take the opponent down while in the lock or strangulation.
The opponent may, to release the hold, and at their own risk, throw the competitor.

- 5 pts Submission by way of tapping out (double tap) or word "Stop" from opponent.

- 1 pt Unlimited, controlled striking between fighters allowed during grappling before a throw.

Ground fighting:

The wrist, elbow, shoulder, knee and ankle may be locked.
The jaw, neck, spine, fingers and toes must not be locked.
Twisting leg locks must not be used
Strangulations not endangering the neck may be used.
No digital pressure allowed in strangulations.
No bouncing of opponent on ground.
Ground fighting may be stopped by the Referee, or by a competitor getting to their feet with both arms clear of the ground.

- 5 pts Submission by way of tapping out (double tap) or word “Stop” from opponent.
2 pts Controlled shoulder pin for five seconds within time allowed.
Shoulder pin while in an opponent’s guard is not scored
Alternating between two pins not scored.
1 pt Unlimited controlled striking allowed in ground fighting.

Submissions:

Three submissions in a match constitute a WIN.

Following any ground fighting submission the match will be restarted with the submitter in a standing shin-ride restart (submittee on back, submitter on feet with one shin against submittee) and continue for the remainder of the ground fighting time limit.

3.3.7 BOUNDS

Fighters are considered in bounds if at least one foot is inside the competition area.
Continual moving out-of-bounds to avoid attack will result in penalisation.
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.

3.3.8 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.

Second offence - loss of two (2) points.

Third offence - disqualification.

Moving out-of-bounds:

First offence - 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.

3.3.9 TIME LIMITS

Senior bouts: Two ninety (90) second rounds, not including Referee stoppages.

Junior bouts: Two one-minute (60 sec) rounds, not including Referee stoppages.

Rest Period: Thirty (30) seconds rest is allowed between bouts.

Grappling: Fifteen (15) seconds

Ground fighting: 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.

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.

Injury

Competitors have three (3) minutes to recover from the effects of an illegal technique before presenting them selves to continue the round.

3.3.10 DIVISIONS

For 2008 we will trial a new draw system... the first round will be round-robin with pools of three or four, with successive rounds being straight elimination. Competitors may only fight in one division, being their weight division. Open / absolute divisions will also be run where time allows and will be straight elimination.

3.3.11 SPECIAL JUNIOR FREE FIGHTING RULES

Striking:

- Knee and elbow strikes are NOT allowed
- Excessive contact will be strictly enforced

Grappling:

- Only one (1) strike allowed during the grapple

Ground fighting:

- Striking on the ground is NOT allowed
- Submission techniques (joint locks, chokes, pressure points) are NOT allowed
- Hold downs only will be scored

3.4 SELF DEFENCE RULES

3.4.1 DESCRIPTION

Self Defence competitions consist of one two-minute demonstration of self defence techniques by a competitor with a partner.

3.4.2 OFFICIALS

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

3.4.3 EQUIPMENT

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

3.4.4 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.

3.4.5 COMMANDS

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

3.4.6 TIME LIMITS

Kyu Grades: Two minutes.

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

3.4.7 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.

3.4.8 PENALTIES

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

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

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