



United Nations of Ju-Jitsu Competition Rules & Regulation

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GENERAL

Sport within Ju-Jitsu is a test of Ju-Jitsu, Self-Defence, Free Fighting, and groundwork skills. While in its pure form it can never be a sport. Sportive contests allow for our members to test themselves in Ju-Jitsu related skills and techniques within safe perimeters. The target of all UNJJ competitions are to control the opponent without malice and without causing injury to the opponent. Any doping and drugs are forbidden and lead to immediate disqualification of the contestant.

There are ten potential categories, these must offered by the organiser:

- Random Attacks
- Sparring
- Ground fighting
- Continuous Fighting
- Empty Hand Kata
- Weapons Kata
- Pairs Demonstrations
- Two Person Kata (With and without weapons)
- Team Demonstration

In the event of any category being oversubscribed the Competition Category can be further split, but all of these categories must remain open for entry in to if at least 3 participants each category.

In the event of only 1 person entering a particular category then the person may be awarded “A spirit of Contest Award” and the competitor will be given the option to compete in the level above their own group of different age, grade, weight or sex. If a category has a minimum of 3 participants, the competition must take place and the appropriate medals be awarded.

Pairs Demonstration, two Person Kata and Team Demonstration may be an exception where a single pair or a team will just receive a medal for participation in their group.

COMPETITION AREA

The mat should be a minimum of 5m x 5m (10x10-12x12 Team), plus a safety mat surround of approx. 1m. Wide. The limit must be highlighted in different colour or manner.

Any Judges Chairs, Officials, Tables should be placed a safe distance from the mat area, to ensure the safety of the competitors & officials alike.

Only Competitors and Comp Officials are permitted around the comp. mats. No coach/supporters are to be allowed in this area. Any person failing to comply with this rule could result in the disqualification of the competitor.

COMPETITORS UNIFORM

All competitors should wear a uniform in form of a standard Ju-Jitsu Gi of their association. Uniforms must have a United Nations of Ju-Jitsu badge and their Club/Association badge sewn on. The uniforms should comply with the following:

- The jacket should be long enough to cover the hips and be tied at the waist by a belt.
- The sleeves should be loose and long enough to cover more than half the forearm.
- The trousers should be loose and long enough to cover more than half the lower leg.
- The belt should be tied with a knot, tight enough to prevent the jacket from being too loose and be long enough to go twice around the body leaving 20-30cms protruding from each side of the tied knot.
- Heavyweight Ju-Jitsu Gi Jackets may be worn for a contest.
- Women competitors should wear a white/black T-shirt or top under their jackets & tucked into the trousers.

PERSONAL REQUIREMENTS

The competitors shall keep their nails cut short and shall not wear any metallic articles. Long hair should be securely tied back.

Notes:

- Any competitor, whose hair, in the opinion of the Referee is so long as to risk causing problems in the contest, will not be allowed to fight.
- Metallic articles are any hard objects that may cause injury.

OFFICIALS

Dresser

Timer

Random attack caller

Scribe

Judge

Referee

DUTIES OF THE DRESSER

The dresser forms a very important part in the smooth running of a competition.

There are only two coloured belts used during competitions (Red & White). It is the responsibility of the

dresser to ensure that each person has been given the correctly coloured belt and that the belts are properly tied before the competition begins.

It is also imperative that the dresser uses a minimum of two sets of belts, so that whilst one competitor is competing the next competitor is already belted and ready to go straight on to the mat.

DUTIES OF THE TIMEKEEPER

The Timekeeper is responsible for the start and finish of each competition bout. In the case of Pairs Demonstration, the competition is limited to two minutes per pair's demo. Should the pair still be demonstrating when the two minutes are gone, the Timekeeper will shout **time!** Or use a whistle/bell/buzzer or similar audible signal to indicate that their time is up. In the case of Team Demonstrations, the time limit is five minutes.

In the case of sparring and ground fighting events, the Timekeeper as well as calling time at the end of each round, is also responsible for timing the break in between the bouts. The Timekeeper must also keep note of any injury times and adjust the bouts accordingly.

It is important that the timekeeper confirms fight times at each competition as these may vary according to whether the bouts are for juniors/seniors/pre-fights or finals.

No timekeeper is required for Random Attacks.

DUTIES OF RANDOM ATTACKS CALLER

The responsibility of the Caller for Random Attacks is to give each attacker an Attack. The Caller will be issued with a book of Attacks and the Caller must ensure that only the attacks appertaining to the belt section is used.

The Caller must be careful not to use any actions or words whilst giving these attacks, that may be seen or overheard by the competing defenders. The Caller gives out one attack per time.

The normal amount of attacks per bout is three or five. Although it is possible that the referee may on some occasions require an extra attack.

DUTIES OF THE SCRIBE

At the outset of the competition the Scribe will be issued with the competition sheets. It is the duty of the Scribe to inform the dresser of the competition running order, and to ensure that the dresser has the correct persons ready to compete.

The Scribe must make sure that the dresser has the names in good time to be able to prepare the competitors. The Scribe should always give the first name for Red Belt and the second name for White Belt in each and every bout. Thus, ensuring ease in placing the correct winner forward to the next round.

The Scribes may use their discretion to change the order of the bouts when it becomes necessary.

DUTIES OF THE JUDGES

The duties of the Judges is to observe the contest and score each competitor as required by the rules and make a decision as to the winner when asked to do so by the Referee. Before the referee asks for a decision, he/she will ask the Judges to look to the ground, they should then cast their eyes to the ground so as not to see the scores of any other Judges. Should a Judge wish to bring a point to the Referee's attention then the Judge should raise their hand in the air until the Referee stops the contest to enquire the reason. If the Referee consider the point worth of bringing to the attention of the other Judges, he/she will call a conference. If after the conference has been called, three out of the four (or two out of three) officials agree then a penalty should be awarded.

ALL OFFICIALS MUST BE COMPLETELY UN-BIASED AND SCORE ACCORDINGLY. Any Official found to be biased will be re-moved from the list of recognized Officials.

DUTIES OF A REFEREE

The referee will stay generally within the contest area and has sole responsibility for the safety and welfare of the competitors. When a Referee has two inexperienced Judges with them, they may elect to allow them to referee alternatively, so that they can gain experience and enable him/her to keep a check on their performance.

It is the Referee's responsibility to take control of the competition and they will have the final decision.

MEDICAL & INSURANCE SUPPORT

Before any competition takes place, adequate medical support must be sought, this should be from a national recognized first aid body or Doctor. The organiser of the competition should seek advice from insurers as to the level of insurance cover necessary for the competition.

RANDOM ATTACKS

This category is determined by belt grade and age, weights are not required.

A competitor carrying a belts in half colour may participate in the category of lower full colour.

The purpose of the Random Attacks Competition is to allow the trained Ju-Jitsuka to demonstrate their skills within a controlled environment. The defender is the competitor that is marked by the judges and the attacker is pre-selected by the defender. The attacker must be no more than two grades above the defender. Kyu grades are allowed to use other Kyu grades as attacker, no Kyu grades are allowed to use Dan grades as attacker, similarly, Dan grades are only allowed to use Dan grades as attackers.

The attacks are selected at random from a book of forty attacks. The attacks selected vary according to grades, with the high grades using a selection of the entire forty. The attacks take the form of all unarmed, striking, kicking or holding attacks, they can also be whilst standing or attacked whilst on the ground. There are also a number of attacks where they can be attacked by a baton or a knife. In the interest of safety, the knives used are either rubber or wooden.

The aim of the defendant is to make all defenses as realistic as possible, whilst demonstrating self-control. When judging these competitions, the judges look for short, sharp, effective techniques that would work in a self-defense situation. There are normally between three and five attacks per competition bout, depending upon grades/ages/preliminary bouts or finals.

RANDOM ATTACK CATEGORIES FOR JUNIORS 6-17 years

6-9 year

10-13 years

14-17 years

6-9 years

Group 1 - Peewee's Any grade 6-9 years old.

10-13 years

Group 2 – Novice – Orange Grades (Could become a separate category for orange belts if there are enough competitors, if not stay in same category but only do attacks 1-5.)

Group 3 - Green

Group 4 - Blue-Purple

Group 5 – Brown – Black (Junior Black Belts)

14-17 years

Same belt categories as the 10-13 years age group

In the event of any group being oversubscribed then the Competition Organiser can introduce a further category to split the group into an extra belt category.

RANDOM ATTACK CATEGORIES FOR SENIORS 18-35 years old

Group 1. – Novice-Orange

Group 2. – Green-Blue

Group 3. – Purple-Brown

Group 4. – Black (All Dan Grades)

RANDOM ATTACK CATEGORIE FOR SENIORS 36-49 years VETERANS over 50 years old

Group 1. White – Blue

Group 2. Purple & above

Listed below are the forty attacks contained in the UNJJ Random Attack Book. No other techniques can be used and **NO ATTACKS USING KNIVES OR BATONS ARE TO BE GIVEN TO JUNIORS UNDER THE AGE OF 14 YEARS.**

Knife attacks. The object is for the defender to control the knife. The taking of the knife and then using the knife in a cutting or slashing motion is totally unacceptable and Judges must ensure that anybody demonstrating this type of defense loses points.

Any Random Attack Caller must adhere strictly to these sets stated below. Attacks 1-5 will only be issued to the White to Yellow Category. Attacks 1-12 to the Orange Category. Attacks 1-20 to Green Category. Attacks 1-28 to Blue Category. Attacks 1-32 to Purple and Brown Category. Attacks 1-40 to Black Category.

(Deutsch – Englisch Stand 1/2023)

RANDOM ATTACKS – ANGRIFFE – 1-40:

Weiß/Gelbgurt– White-Yellow- Belt 1-5:

- | | |
|--|---|
| 1.- rechter Schwinger zum Kopf | 1.- right hand roundhouse punch to the head |
| 2.- rechter gerader Fauststoß zum Zwerchfell | 2.- right downward punch to the midriff |
| 3.- doppelt gewürgt, von hinten | 3.- double handed strangle from behind |
| 4.- rechter gerader Fauststoß zum Kopf | 4.- right straight punch to the head |
| 5.- doppelt gewürgt, von vorne | 5.- double handed strangle from the front |

Orangegurt /Orange-Belt 1-12:

- | | |
|---|--|
| 6.- Haarzug von vorne | 6.- front hair grab |
| 7.- rechter Aufwärtshaken zum Solar Plexus | 7.- right hand upper cut to the solar plexus |
| 8.- Umklammern von vorne, unter den Armen | 8.- grab from the front arms free |
| 9.- rechtes Handgelenk, diagonal fassen | 9.- right hand to right wrist grab |
| 10.- rechter Hammerschlag zum Kopf | 10.- right hand hammer blow to the head |
| 11.- Umklammern von hinten, unter den Armen | 11.- grab from behind arms free |
| 12.- links ans Revers fassen | 12.- left hand lapel grap |

Grüngurt/Green-Belt 1-20:

- | | |
|--|---|
| 13.- Doppelnelson | 13.- full nelson |
| 14.- Würgen von der rechten Seite | 14.-Two handed strangle from right side |
| 15.- Schwitzkasten von links | 15.- head chancery from the left side |
| 16.- linkes Handgelenk parallel gefasst | 16.- Right grab on left wrist |
| 17.- Würgen am Boden in Zwischenbeinlage | 17.-Strangle between the legs (on floor) |
| 18.- Schwitzkasten von rechts | 18.- head chancery from the right side |
| 19.- Umklammern von vorne, über den Armen | 19.- grab from the front with both arms trapped |
| 20.- Umklammern von hinten, über den Armen | 20 grab from behind with both arms trapped |

Blau/Blue-Belt 1-28

- | | |
|--|--|
| 21.- Würgen am Boden in Reitsitz | 21.- Strangle over legs / body |
| 22.- beide Handgelenke von hinten fassen | 22.- double wrist grab from the rear |
| 23.- beidhändig Revers von vorne gefaßt,
gefolgt von einem Kopfstoß | 23.- double lapel grab from the front
followed by a head butt |
| 24.- rechter Florettstich mit Messer, zum Zwerchfell | 24.- right knife thrust to the midriff |
| 25.- Messerschnitt von aussen zum Hals | 25.-Right knife slash to neck |
| 26.- rechter Messerangriff von oben | 26.- right hand overhead knife attack |
| 27.- Messerschnitt mit rechts von innen zum Hals | 27.- right handed back slash to the neck with knife |
| 28.- rechter Kurzstockangriff von oben zum Kopf | 28.- right hand downward blow to the head with a baton |

Braungurt/Purple-Brown – Belt 1-32:

- | | |
|--|---|
| 29.- Tritt Yoko Geri rechts zum Bauch | 29.- Right side thrust kick |
| 30.-Tritt Mae Geri rechts zum Unterleib | 30.- right front kick to groin/midriff |
| 31.- rechts Kurzstock von innen zum Kopf | 31.- right backslash with baton to side of head |
| 32.- würgen am Boden rechte Seite kniend | 32.-Ground strangle from right side |

Schwarzgurt / Black-Belt 1-40:

33.- Arm auf dem Rücken halten (Polizeigriff)	33.- back arm and collar hold
34.- linker Schwinger zum Kopf	34.- left roundhouse punch to the head
35.- rechter Mawashi Geri zum Solar Plexus	35.- right roundhouse kick to the solar plexus
36.- rechts Revers fassen links Schwinger zum Kopf	36.- right lappel grab and left punch
37.- beide Handgelenke von vorne gefaßt	37.- double wrist grab from the front
38.- linker Mae Geri zum Unterleib	38.- left footed front snapping kick to groin
39.- linker Aufwärtshaken zum Solar Plexus	39.- left hand upper cut to the solar plexus
40.- Schwitzkasten von vorne	40.-Reverse Headlock

RANDOM ATTACKS- OFFICIALS REQUIRED

1 Referee / 3 Judges / 1 Caller/ 1 Scribe/ 1 Dresser

All competitors Junior & Senior will be divided into groups, depending on their grade. In the case of juniors an extra group may be created for the very young.

COMPETITION FORMAT

During Random Attacks the Judges are seated next to each other at one side of the mat, as directed by the Referee or Director of competition, normally opposite the Scribes Table.

The competitors are called to the mat where they stand at either side of the Referee, they bow to the Judges, the Referee turns them to face each other, and they bow (rei) to each other. The Referee tells them to take their places and they stand on the lines marked on the mat, facing in opposite directions, away from each other. The Referee now sends the attackers to the edge of the mat and out of hearing of the competitors to be given the first attack, by the caller from the books provided.

The attackers then return to their positions on the mat, with their right arm held behind their back. Failure to comply with this will result in the respective competitor losing that particular point. The Referee will then instruct one of the attackers to attack, e.g. red and then white. When the attacks are completed, the attackers will be given a further attack and so on until the required number of attacks are completed. The attackers are then told to stand at the side of the mat and the competitors are called to the Referee. Whilst the attacks are being allocated, competitors must look away.

The Referee will then ask the Judges to make a decision. The Judges must look to the floor and when they are asked for the decision raise the relevant flag. In the event of a draw, they should cross their arms. However, the Judges should avoid giving a draw at all costs, using fair reasoning to reach a winner. The Judges should score this round on "Street Effective Techniques" with extra points for all round awareness being important.

Whilst preparing for the attacks, each competitor should stand with their feet together and both hands to their sides, until the Referee instructs them to come "On Guard". If the attacker then holds both hands high in the air, the competitor should remain standing with their hands by their side until the attacker has taken hold of them. Hands held high in the air, indicates that the attack is one where the competitor is to be taken hold of. For each attack, the attacker must leave the instructional area, where the attacks are given, with their right hand behind their back and the right hand /arm must remain there until the command attack is given. Again, in the event of a weapon attack, the weapon must be concealed from the competitor at all times prior to the attack.

In the event of the attack being a ground strangle, on the command of “On Guard” the attacker raises their right hand, and on the command “Attack” steps forward and hip throws (O Goshi) the competitor. No resistance is to be given to this throw. The attacker then applies the ground strangle and competitor begins their defense. Pre-empting of attacks should mean loss of that point. The judges must stay alert to watching for any signs of signaling techniques and any collusion must be treated severely.

SPARRING

There are no grade requirements in this category. Categories are determined by weight, age and sex only and are at the discretion of the Director of competition. All sparring (ground-, continuous-fight) competitors nails and Gi lengths etc. must be checked by the officials prior to them stepping on to the mat to compete. All female competitors must wear a t/shirt or a top that is long enough to be tucked in to their Gi bottoms.

Failure to comply will mean non entry into the competition.

For juniors the minimum age is 12 years old.

JUNIOR SPARRING

12-13 years old two rounds 1 minutes, 30 sec. break. Straight punch into the face is not allowed.

14-17 years old two rounds 2 minutes, 30 sec. break. Straight punch into the face is not allowed.

SENIOR SPARRING

18-35 years old two rounds 2 minutes, 30 sec. break. Straight punch into the face is not allowed.

Male: Under 68kg , -75kg, -82kg, -90kg, above 90kg, open

Females; Under 50kg , -56kg, -63kg, -70kg, above 70kg, open

36 - 40years old and over 50 years old. - will be split in to two categories Lightweight & Heavyweight.

SPARRING – OFFICIALS REQUIRED

1 Referee / 2 Judges / 1 Timer / 1 Dresser / 1 Scribe. Referee and judges exchange information with each other before decision.

SAFETY EQUIPMENT

During the sparring all competitors must wear Gumshields, Headguards, Leg guards, Kick Boots, Groin Protectors (males) and Gloves. The kick boots and gloves must be of the standard set by the UNJJ rules, and boots should cover the toenails. All safety equipment will be checked by the competition Officials and passed as suitable. Females are recommended to wear Chest Protectors. In all cases the suitability of the safety equipment the Director of competition decision is final.

No glasses should be worn during sparring. All jewelry must be removed. Toe and fingernails must be kept short to avoid risk of injury to others. In the event of rings that cannot be removed, these must be covered with tape.

In the case of a competitor having an open cut or skin sore, this area of the skin must be covered in such a way that the covering does not become loose or come off during the contest. The decision of the referee in

these cases will be final.

In all cases of blood being spilt on the mat or within the area of the mat, the person who lost the blood will clean the spillage. The area should then be cleaned with a sterile swab and neutralizing agent. Other than the cut person any other person involved in this action must wear surgical gloves.

SPARRING CONTEST

The competitors are called to the centre by the Referee and stand facing each other approx. 1 metre apart. They bow to the judges, then to the Referee. At this point the judges separate, so that each is on their own side of the mat. The judges may not be seated and are allowed to move actively around the mat during the competition.

The competition will normally be of two rounds, the length of which is at the discretion of the referee but should be no more than 2 minutes each round, with a 30 second break.

SCORING

The scoring in this round is as follows;

1 point for a kick or punch.

3 points for a take down.

5 points for a clean throw.

5 points for a standing lock. (Look hand, arm, one arm on throat)

The target areas for strikes are the head and body above the waist, this being the Abdomen, solar Plexus and Ribs. Reasonable force is permitted to the body and light force only to the head. Any competitor who is striking hard or forcibly or using excessive force to the head or body will be penalised.

A clean throw is one which, in the Judges view, has been executed cleanly and is a recognised technique. A take down is a throw which has not been executed cleanly but has resulted in the opponent being taken to the ground. Once a hold has been taken with a view to a throw being made NO further strikes may be thrown. The attacker or competitor attempting the throw then has 10 seconds to complete the move before the referee calls break. If a competitor is in a standing lock or strangle then that competitor may not be thrown, so locks and strangles may not be used to effect a throw. However, if a competitor falls to the ground while grappling and the Referee feels that one competitor may execute a clean locking technique they may be allowed a further 10 seconds to elapse. Please note that this should not encourage a mini ground fighting round.

In the event of a clean throw being made and a counter throw being used to follow up by the competitor who has been thrown, then the first throw must count. In the event of the first throw being a take down and counter being executed, the judges may award the points as they see fit.

If a competitor deliberately steps out of the area to avoid an attack, then that person will be penalised and the Referee will indicate the penalty by pushing his/her arms away from their chest, the Judges should then award 3 points to the other person. Each official must be sure that this was a deliberate act of stepping out before signaling or awarding points. If a competitor simply pushes their opponent out of the area this should not be penalised.

Passivity is another reason for a competitor to be penalised, this when they fail to deliver an all-round mix of techniques and concentrate on only one or two attacks. After a period of 20 seconds the Referee must

warn the competitor “change techniques please – beware of passivity”. If no change is attempted then after a further 20seconds the round is stopped and the other competitor awarded 5 points for the offence, the round then continues.

INJURIES DURING SPARRING

There is no automatic disqualification for drawing another competitor’s blood during this round. The Officials should call various situations as they see them. In the case of excessive force then that should lead to penalties or disqualification. If the incident was an accident, then account must be made for that circumstance. In the case of bleeding then two minutes should be allowed to staunch the flow, if after this time the Officials must make a decision upon the competitor’s ability to continue, after taking medical advice.

In the case of a competitor being unable to continue the Officials may give the decision to the competitor who had the leading score at the time of the stoppage. If more than one of the contest had elapsed.

If a lock or strangle has been applied and the competitor on whom it has been applied is in distress but is not submitting, then the Referee may stop the round in favor of the Aggressor to avoid serious injury. Referees must not give any advantage to either competitor on occasions as this or a sound knowledge of such techniques will be required.

ILLEGAL TECHNIQUES

Here is a list of techniques, which must be considered illegal:

HEAD BUTTS – HAIR PULLS – BITING – SCRATCHING –ELBOW & KNEE STRIKES-
STRANGLES FOLLOWED BY A THROW – LOW KICKS – DROPPING ON TO A DOWNED
OPPONENT –ANY UNCONTROLLED TECHNIQUE.

All techniques are at the discretion of the Officials whose primary aim MUST be the welfare & safety of the competitors. Unacceptable sportsperson-ship would move this to instant disqualification

DECISIONS

At the end of each bout the judges will return to their seats and the Referee calls the competitors to him/her. To signify the winner each judge (as in Random Attacks) holds up a flag/card of the appropriate colour to signify the winner. (Each judge looking to the floor).

GROUND FIGHTING

There are no grade requirements in this group. Categories are by weight, age and sex only. All ground fighting competitors nails and Gi lengths etc. must be checked by the officials prior to them stepping on to the mat to compete. All female competitors must wear a t/shirt or top that is long enough to be tucked in to their Gi bottoms. Failure to comply will mean non entry into the competition.

CATEGORIES

JUNIORS

As per sparring all juniors are required to be at least 12 years old and will be split into categories defined

by age and sex. If there are enough competitors, the categories may be further split into categories defined by weight as well, the categories may depend on the actual weight of the competitors.

12-13years old one round 2 minutes, no break. Strangles, Chokes, Locks are not allowed.

14-17years old one round 4 minutes, no break. If in the hosting country strangles, chokes or locks for this age group are not allowed, it must be decided by the Director of competition whether these techniques are allowed.

SENIORS 18-35 years

Male: Under 68kg , -75kg, -82kg, -90kg, above 90kg, open

Females; Under 50kg , -56kg, -63kg, -70kg, above 70kg, open

36 – 40 years old and over 50 years old will be split in to two groups lightweight & heavyweight if at least 3 participants.

OFFICIALS REQUIRED

1 Referee / 2 Judges / 1 Timekeeper / 1 Dresser / 1 Scribe

Referee and judges exchange information with each other before making a decision.

POSITIONS AT START OF CONTEST

The judges will be seated on the safety area, they must be particularly alert to the need to remove both their chairs and themselves when it appears that the competitors fighting are approaching the area where they are seated. The Referee will remain in the contest area. The competitors will stand in the centre of the contest area approx. 1 meter apart, facing the Referee. They then make a standing bow to the Referee, turn and bow to each other, before going into a kneeling position, ready to begin the contest. From this point on no competitor may rise up without having one knee on the ground. The judges may not seated and are more active by moving around the mat.

START & END OF CONTEST

The Referee will check with the table officials before announcing “Hajime” or similar to start the contest. At the end of the contest, on hearing the timekeeper’s signal, the Referee will announce “Yame” or “stop”. The competitors will return to the place in which they began the contest (facing each other & standing); they will then make a standing bow, after the Referee has indicated the result of the contest.

The winner of the contest will be the competitor who secures a submission from their opponent by means of a strangle, choke, arm or leg locking technique. This immediately ends the contest. Although pressure point techniques are allowed, they must not be applied with the fingertips and can only be applied to the neck area (i.e. strangle holds).

In the event of a drawn contest, the Referee will call on the two Judges for a decision in accordance with the majority of three rule. He may also elect to give the competitors a further minute of fighting time to enable him/her to make a decision. The Referee will indicate the winner by raising his/her hand above shoulder height towards the winner.

NOTES

Where the Referee has a differing opinion from that of the two judges, they may delay giving their decision in order to discuss with them their reasons.

Should the Referee award victory to the wrong competitor in error, the two judges must ensure that the Referee gives the correct decision before leaving the contest area.

INJURIES

Should the competitor receive an injury they should be given a maximum of 2minutes to recover. If after that time they have not recovered, or the Referee decides that they cannot continue, the contest should be awarded to the competitor who had the leading score at the time of the injury.

When a competitor cannot continue due to an injury caused by him/her they will lose the contest. When the cause of the injury is attributed to the uninjured competitor, they shall lose the contest. Generally, when a competitor is taken ill during a contest and is unable to continue, they shall lose the contest.

All blood spillages will be treated as in the case of Sparring.

Extreme care should be taken where any medical problems or injuries occur. The medical Advisor should be consulted, and the decision made by the Director of competition.

PENALTIES & PROHIBITED ACTS

These are divided in to four categories:

One point penalty; is for a minor infringement

Two-point penalty; is for a moderate infringement

Three-point penalty is for serious infringement

Four-point penalty instant disqualification

The division of the four groups is intended as a guide to give a clearer understanding by all, of the relative penalties normally awarded for committing the applicable prohibited act. The Referee awarding these points should take in the situation and intent of any action in the best interest of the competitors and spirit of the United Nations of Ju-Jitsu.

MINOR INFRINGEMENTS

To intentionally avoid taking hold of the opponent to prevent action in the contest.

To intentionally raise both knees from the ground in order to attack or defend a technique

To pinch, gouge, and use the fingertips when pressure points are used.

Coming up on both feet in a low posture is permissible, when a rolling action is made into a recognizable technique.

MODERATE INFRINGEMENTS

To bend back the opponent's finger or fingers in order to break his grip.

To kick with knee, foot, hand or arm to the opponent, in order to make him release his grip.

To push with the hand, arm or foot to the opponent's face, in order to make him release his grip (e.g. face bar).

To apply the action of leg scissors to the opponent's trunk, neck or head unless used as a recognizable technique.

To make unnecessary calls, remarks or gestures, derogatory to the opponent or Referee during the contest. Unacceptable sportsperson-ship would move this to instant disqualification

MAJOR INFRINGEMENTS

To apply any action which may injure the neck or spinal vertebrae of the opponent.

To attempt to apply any technique outside of the contest area.

To intentionally force the opponent outside the contest area or to go outside the contest area for any reason, other than while applying a technique started in the contest area or except as a result of a technique or action of the opponent.

To disregard the Referees instructions.

To lift up off the mat an opponent who is lying on his back or side in order to drive him back into the mat.

Any action from any competitor who in the opinion of the Referee has acted against the spirit of Ju-Jitsu.

DISQUALIFICATIONS

Verbal abuse to a Referee, Official or Opponent.

Excessive violent behavior.

Not to release a strangle or joint lock when their opponent has submitted.

When a competitor has had a three-point penalty awarded against them and then receives a further penalty.

NOTES

The penalty point system is cumulative. Any competitor who offends and reaches four points is automatically disqualified.

When awarding penalty points the Referee should clearly indicate by raising his arm above his shoulder height towards the offending competitor, and verbally announce the number of points given, whilst making sure that both Judges and table officials are aware of this decision.

In the event of a drawn contest, where penalty points have been awarded, the rule is;

Penalty Points.

Percentage of Superiority needed to nullify penalty points.

One	25%
Two	50%
Three	75%

When a situation arises which is not covered by the rules, it shall be dealt with and a decision made by the Referee, after consultation with the Judges.

In very serious situations the Referee must consult with the Director of competition.

CONTINUOUS FIGHTING

CATEGORIES

JUNIORS

As per sparring and ground fighting all juniors are required to be at least 12 years old and will be split into age and sex categories.

12-13 years

14-17 years

SENIORS 18-35 years

Male: Under 68kg , -75kg, -82kg, -90kg, above 90kg, open

Females; Under 50kg , -56kg, -63kg, -70kg, above 70kg, open

36 – 40 years old and over 50 years old will be split in to two groups lightweight & heavyweight if at least 3 participants.

In The Continuous Fighting two competitors compete against each other in a sportsmanlike competition with adapted means of Ju-Jitsu.

There is one centre referee and two mat judges. Referee and judges exchange information with each other before decision.

Each judge has two clickers and scores both competitors. The Fighting-System is composed of 3 Parts:

Part 1: Punches, strikes and kicks = 1 point

Part 2: Throws, take downs, = 3 point for a take down and 5 point for a clean throw.

Part 3: Floor techniques, locks and strangulations.

3 point for a 5 second control (maximum 2 controls) and 3 points for a tap out or submission (do not finish the fight). The competitors must be technically active before going into the next part of 1,2 or 3.

An act is technically valid when the competitor shows the technique with good balance and with controlled combinations.

- One point to be awarded for each clear kick or punch.

- After 1minute OF Part 1 the Centre Referee shouts “Grip” the timekeeper will throw in a bag to signal this. The fighters then grip. The Attacks in part 1 are limited to the following areas:
Head, face, neck, abdomen, chest, and side.

- The fighting time per match is 3 minutes (Subject to change). The Mat-Referee together with the Side-

Referees should decide, after consulting the Table-Referee, if the last action happened before or after the end of the three minutes.

- When the same competitor is involved in consequent matches, a recovery time of 5 minutes will be allowed between the two matches.
- The organiser of the competition shall provide red and white competition-belts, jury score tables, scorecards, list and administration papers, a place for the referees and the technical committee

CONTINUOUS FIGHTING– OFFICIALS REQUIRED

1 Referee, 2 Judges / 1 Timer / 1 Dresser / 1 Scribe.

The referee and the judges exchange information with each other before making a decision.

EQUIPMENT:

All competitors are required to wear the Regulation UNJJ mitts / gloves, soft shin and instep protectors. Mouth guard and groin protection.

Junior competitors must wear white cotton safety mitts, though they are able to wear the UNJJ regulation mitts providing they fit correctly. Mouth guard and groin protection.

- The protectors must be made of soft foam and should be at least 2cm thick and with upper limit of 3 cm.
- Protectors must be in the right size and in good order.
- It is compulsory to have groin guard and mouthpiece.

Female competitors may wear a chest protection and must wear a plain crew neck t shirt of good length to go into the Gi Trousers

- Foot / Shinbone protections, jockstrap and chest-protections must be worn beneath the Gi.
- Long hair must be tied up with soft hair-band.

EQUIPMENT:



THE Course of the match

- The competitors start facing one another in the middle of the competition area approximately two meters apart. The competitor with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow referees and then to each other.
- After the MR announced "Hajime", the match starts in Part 1.
- Fully clenched fists only must be adopted during the sparring section.

- As soon as the contest moves to the second part Punches, strikes and kicks are no longer allowed except if they are performed simultaneous with the initial grip.

As soon as one of the competitors has been thrown (10 seconds is allowed for this but the referee may use his or her discretion if he feels a throw is imminent) or taken down and is sitting or lying on the floor the match continues in Part 3.

- The competitor must be active in all parts.
- In Part 1, if a competitor only rushes towards the opponent without making a technical action or if he is in a dangerous position for himself a yellow card will be issued, and the match will continue in part 1.
- Throws must start in the competition area. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.
- At the end of the match, the MR announces the winner after consulting the scores of the side referees and orders the standing bow first to each other, then to the referees, which are standing on one line in the fighting area opposite to the table referees.

Application of "Hajime", "Matte",

- The MR shall announce "Hajime" to start and to restart the match after "Matte".
- The MR shall announce "Matte" to stop the match temporarily in the following cases:
 1. If one or both competitors left the competition area.
 2. If one or both competitors performed a forbidden act in Part 1
 3. If one or both competitors are injured or are taken ill.
 4. If one of the competitors can't tap by himself during a strangulation or lock.
 5. When time is expired
 7. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
 8. In any other case when one of the SRs finds it necessary and therefore claps his hands.
 9. The fight has finished.
- Matte shall be used if the MR must temporarily stop the fighters. In this case, the competitors are not allowed to move anymore. Matte will be announced:
 1. To give one or both competitors a warning for passivity in Part 2 or Part 3.
 2. To give one or both competitors a yellow card or red card in Part 2 or Part 3.
 3. Any other time the MR finds it necessary.

After Matte the competitors continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces "Hajime".

The following actions may receive a warning, a yellow card or a red card

1. If one or both competitors show passivity or minor technical infringements.
2. To deliver multiple uncontrolled, poor form punches
3. To deliberately go outside the warning area with both feet.
4. To purposely push the opponent outside the warning area.
5. To purposely deliver kicks or punches after the beginning of Part
6. To make any further actions after "Matte" has been announced.
7. To deliver punches, strikes and kicks to the legs.
8. To deliver punches, strikes and kicks at the opponent if he is lying down.
9. To make locks on fingers or toes.
10. To make cross-legged locks around the kidneys.
11. To make a strangulation with bare hands / fingers.
12. If a competitor comes unprepared to the mat and delays the contest.
13. If a competitor is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)

14. To make attacks like kicking, pushing, punching, and hitting the body of the opponent in a hard way.
 15. To purposely throw the opponent from the competing area to the safety area. (Or outside of the safety area)
 16. To disregard the MR's instructions.
 17. To make unnecessary calls, remarks or gestures to the opponent, Referees, the secretariat or the audience.
 18. To throw the opponent from the fighting area to the area outside of the safety area
 19. To make an uncontrolled action, such as roundhouse punches and kicks, which are not stopped even if they miss the opponent, and after a throwing technique the opponent is not able to continue immediately.
 - Red Card will be given after a second yellow and 20 To make straight punches or straight kicks towards the head.
1. To apply any action which may injure the opponent
 2. To throw or try to throw the opponent with any lock or strangulation.
 3. To make any locks or cranks on the neck or spinal column.
 4. To make any twisted locks at the knee or foot.
 5. If a competitor shows unsportsmanlike behavior before or after a fight, to the referees or injures another competitor by dangerous actions and the other competitor is unable to continue with any other part of the championship i.e. Kata. The officials of the tatami will unanimously decide that the competitor should be expelled from the rest of the tournament. They will inform the Head-Referee of their decision and then ask the organiser of the tournament to make the official announcement. The expelled competitor loses all matches in all types of contests he has already won, including the medals. All rules are subject to change by the Technical Committee Section 15: Referee Behavior
1. Referees must behave correctly towards all functionaries, athletes and the public.
 2. During Competitions referees cannot give negative opinions (criticisms) regarding other Referee's conduct.
 3. Referees shall not release to the public, press or the television any interview or opinion concerning the Competition in which they officially participate Additional Notes Illegal Technique's The technique commonly known as The Flying Head Scissors is not allowed in any BJJ(GB) competition.

Disqualifications

Should the need arise for a disqualification, this decision will be taken by the Mat Referee. However, if the competitor feels they have been unfairly disqualified they then have the right to appeal. The appeal however must be lodged on the day. Coaching from the sidelines – This will not be tolerated and any Coach/Instructor observed doing this will be putting their student at risk of disqualification by the Mat Referee.

Strangles and Chokes. – when a competitor is being strangled or choked the Referee must do a verbal check in addition to a visual check.

PAIRS DEMONSTRATIONS

OFFICIALS REQUIRED

3 Judges
1 Referee
1 Timekeeper
1 Scribe

In both the senior & junior categories there is no weight/grade requirements.

GROUP CATEGORIES

JUNIORS Time frame 1:00-1:30 minutes

Peewee's Any grade 6-9 years old.
Children 10-13 years old
Junior 14-17 years old
white – Orange Grades
Green – Blue
Purple – Brown – Black

SENIORS Time frame 1:30-2:00 minutes

Adult's 18-39 years old
White-orange grade
Green-Blue grade
Purple – Brown grade
Black grade

SENIORS OVER 40 years old

White – Blue
Purple – Brown – Black

During Pairs Demonstrations all 3 judges remain seated. All demonstrations must last no longer than the mentioned time frame. Should any demonstration go over or under this time the timekeeper must indicate that. Too short/long a demonstration will be penalised by the judges who will then award fewer points. The time starts by the first attack / technique or by the referee command. The referee is responsible for ensuring that the competition mat is smooth running, by ensuring that whilst one pair is demonstrating the next pair are at the corner of the mat in readiness.

DECISIONS

The winners in this category are determined by a marking system. At the beginning of the competition the judges will be issued with the competitors names and running order for the contest. The marking sheet will consist of five categories and the judges mark each category with a maximum of 10points only. The judges than can place the Pairs.

The competitors will only be asked to demonstrate one time, but in the event of a draw the judges may call upon them to demonstrate a further time.

KATA

If there are a many competitors for kata/weapons kata that they are called up in blocks of 10 to reduce the number of competitors milling around the competition area.

OFFICIAL REQUIRED

3 Judges
1 Caller
1 Scribe

This category is open to both seniors & juniors separately. It has no grade or weight requirement.

GROUP CATEGORIES

JUNIORS

Peewee's Any grade 6-9years old.
Children 10-13 years old
Junior 14-17 years old

SENIORS

Adult's 18-39 years old

SENIORS OVER 40 years old

In this category the judges remain seated and score on the marking sheets provided, judging each section with a maximum of 10 points. The judges than can place the Pairs.

The caller is responsible for the smooth running of the competition mat.

There are no time limits in this category and all Katas demonstrated should be recognised Association Katas.

EMPTY HAND KATA

One Person

Two Person

WEAPONS KATA

This category is open to Purple Belts and above, no student below the grade of purple should be instructed in Ko-Budo.

One Person

Two Person

NOTES

As in the pairs demo section, competitors will only demonstrate the Kata once. However, should there be a draw in this category, then the judges may ask for the competitors concerned to demonstrate one more time.

TEAM DEMONSTRATION

OFFICIAL REQUIRED

Judges all nations
1 Caller
1 Timekeeper
1 Scribe

This category is open to both seniors & juniors separately. A team consists of at least 3 people but no maximum. It has no grade (except weapons) or weight requirement. The oldest person determined the category for juniors. The youngest member for seniors Group Category.

Use from weapons above purple grade only.

GROUP CATEGORIES

JUNIORS

Peewees Any grade 6-9 years old.
Children 10-13 years old
Junior 14-17 years old

SENIORS

Adults 18-39 years old

SENIORS OVER 40 years old

In this category the judges remain seated and score on the marking sheets provided, judging each section with a maximum of 10 points. The judges than can place the Teams.

The caller as per the Kata Demo Category is responsible for the smooth running of the competition mat.

GENERAL COMPETITION NOTES

General shouting of encouragement from spectators is to be expected, but coaching from Senior Sensei's or Team Managers should be strictly avoided.

All officials should also be aware of poor sportsmanship from spectators and where this becomes un-sporting the Referee should stop the contest and ask those spectators responsible to control their enthusiasm to a point with the realms of reasonable behavior.

The technique the Flying Head Scissors is an illegal technique and anyone demonstrating this during competition must be disqualified.

Referee's must endeavor to demonstrate clear signals. Using a yellow card to show that a warning has been given and a red card to show disqualification. Should any competitor receive two warnings then the third will mean instant disqualification.

CONCLUSION

As a Competition Official remember that you will not always be the most popular person of the day. You may have to make decisions that are difficult and that are not popular to either the competitor or the spectators. You must therefore ensure that all decisions you make during any competition are fair & totally unbiased. Do not get into any discussions with either the competitors or their supporters. Once you have made your decision, be confident that you have reached the correct decision.

N.B. Any person with an attitude problem causing the event to be soured, must be asked to curb the attitude or leave the event. This applies to both competitors and non-competitors alike.

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