

**Jujitsu America  
Sport Jujitsu Competition Rules Summary**



**Version 9.29.19**

## REVISION HISTORY

- Update of previous official rule set, 1/15/2018
- Revision of striking point system in stage 1
- Revision of striking point system in stage 3

## INTRODUCTION

The goal of the JA Sport Jujitsu program is to promote a balanced and vigorous approach to competition Jujitsu that provides equal opportunity for competitors from any martial arts background to succeed. The training focus may be in any style of Jujitsu or any other arts combining or including striking and kicking, throwing and takedowns, or grappling. JA Sport Jujitsu tournaments have included practitioners of many different styles of Jujitsu, as well as Judo, Hapkido, Kajukenbo, Karate, Kung Fu, Muay Thai, Tae Kwon Do, and others. Providing a safe format for aggressive competition in this open-style format offers a fun competition experience for all.

Strong competition provides a healthy opportunity for participants to test their skills while allowing the athlete to develop physically, mentally, and culturally. Beyond dynamic competition, good sportsmanship and competitor safety are of prime concern within the JA Sport Jujitsu program. Competitors range in age from 6 to 60+, with most competitors planning to compete with 100% focus on tournament day, then going back to school or work the next day. In order to ensure this, the JA Sport Jujitsu program has employed a range of safety rules designed to protect the athletes, while allowing them to fully test their skills and techniques in competition.

The JA Sport Jujitsu program delivers an exciting, balanced, and fair competition format. Points are awarded for striking or kicking to legal target areas, for effective throws and takedowns, and for matwork (pins and submissions). Matches consist of two two-minute rounds with a one-minute break. Points are totaled at the end of each round and the winner is determined based on accumulation of points or by immediate win if a competitor accrues two submissions during the course of the match.

## JUJITSU AMERICA SPORT JUJITSU SYSTEM

A. The Jujitsu America Sport Jujitsu System is composed of 3 parts:

- i. Part 1: Strikes and kicks.
- ii. Part 2: Throws, takedowns (plus standing chokes and strangles for adults).
- iii. Part 3: Mat techniques, pins (plus joint-locks, chokes and strangles for adults), punches with one knee on the mat.

B. Competition time per match is divided into two rounds of two minutes each, with a one-minute break.

C. When the same athlete is involved in consecutive matches, a recovery time of 10 minutes will be allowed between the matches.

NOTE: Joint-locks and chokes/strangulation techniques are reserved for adult competitors and children aged 10 to 13 who enter the submission division. Those children must be advanced (green belt and above). The Mat Referee may make the decision to call submissions/match on behalf of competitors in order to prevent injury especially in children's divisions.

## COMPETITION AREA AND ORGANIZATION

- A. Competition area 18' x 18' plus a 3' warning area, plus a 3' safety area. Total contest area 30' x 30'.
- B. Color of the warning area shall be different than the competition area.
- C. Each mat requires:
- Two stopwatches
  - Four click-counters
  - Two side referee yellow flags
  - Six referee wrist bands per competition area (three white and three blue)
  - Competition belts (Blue / White)
  - competition list (pools)
  - Scoreboards
  - Stop watches
- D. Competition organizer is also responsible for providing first aid support, tables for tournament director, timekeepers, and scorekeeper.

## COMPETITION APPAREL

- A. Good quality solid white / blue / black judogi, clean and undamaged (no rips or holes)
- i. Female contestants required to wear t-shirt / rash guard under jacket, male competitors are allowed to wear t-shirt / rash guard as long as does not interfere with grip
  - ii. Competitors will have 5 minutes to find an acceptable gi in the event theirs is ruled illegal
- B. Gi requirements:
- i. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
  - ii. The sleeves shall be loose enough to grip (can insert four fingers in the sleeve opening) and to cover at least half of the forearm.
  - iii. The pants shall be loose and long enough to cover at least half of the shin.
  - iv. The belt shall be tied with a flat reef or double square knot, tied tightly enough to prevent the jacket from being too loose. If a competitor's belt comes untied for a second time during the course of a match, then that competitor may incur a penalty.
- C. Competitors are required to wear approved open-finger padded gloves and foot-pads, shinguards, a mouthpiece, and a groin protector. Children are required to wear padded headgear, which is optional for adults. All competitors may optionally wear chest protectors and forearm guards, worn inside the uniform.
- a. Examples – legal gear:



## PERSONAL REQUIREMENTS

- A. The competitors must have short fingernails and toenails and are not allowed to wear anything that may injure or endanger the opponent.
- B. A contestant who needs to wear glasses may wear contact lenses at own personal risk or wear prescription goggles if approved for safety by event organizers.
- C. The personal hygiene of the competitors shall be of a high standard.
- D. Long hair shall be tied so as to avoid causing inconvenience to the other competitor.

## COURSE OF THE MATCH

- A. Match begins with Part 1 and the competitors stand facing each other approximately 6 feet apart.
- B. As soon as there is a grip by one or both competitors on the other with at least one hand, a total of 2 punches per competitor is allowed. During this time, Part 2 has commenced. No kicking or striking to the head is allowed.
  - After the initial grip /strike, additional strikes are not allowed and subject to penalties and ultimately disqualification
- C. Once one of the competitors is thrown or taken down Part 3. has commenced
- D. If contact is lost in Part 2, then competitors may continue to strike.
  - Deliberate breaking of grip to end Part 2 is not allowed and will be penalized.
  - If a competitor continues to avoid Part 3. penalties for passivity can be awarded
  - If a competitor continually rushes towards opponent to start Phase 2 without engaging in striking or being a danger to themselves or their opponent, a penalty will be given
- E. Throws initiated in the competition area are allowed even if the opponent is thrown into the safety area, provided the throw presents no injury risk for the opponent.
- F. In Part 3, the competitors will be given at least 20 seconds to make progress. If there is no progress, then the MR will call "Mate" and restart the competitors as in Part 1.
- I. In Part 3 a competitor with one knee on the ground is allowed to punch the torso of his opponent a total of 2 times.
- J. First submission, the MR will stop the action, award 5 points to the competitor causing the submission, and restart the competitors as in Part 1. Second Submission by same competitor wins match

## REFEREES AND OFFICIALS

- A. Each contest shall be conducted by one Mat Referee (MR) and two Side Referees (SR). Wherever possible, MR and SRs shall be from different schools than those of the competitors, and all three referees shall each be from different schools.
- B. The Referee and Side Referees will wear blue (right) and white (left) wrist bands to clearly indicate which competitor has scored during the course of the match.
- C. The Referees' uniforms shall conform with the dress code of the organization.

- D. Referees shall be assisted by two Timekeepers and one Scorekeeper.
- E. The event will be conducted under the direction of the Tournament Director.
- F. The JA Sport Jujitsu Committee will ensure that the Referees and Officials are thoroughly trained and certified as technical officials. The minimum rank and age requirements follow:
- a. Adults' Competition
    - i. Mat Referee: Nidan (2nd Degree Black Belt), 21 years old
    - ii. Side Referee: Shodan (1st Degree Black Belt), 18 years old
    - iii. Timekeeper: Yonkyu (Blue Belt), 18 years old
    - iv. Scorekeeper: Yonkyu (Blue Belt), 18 years old
  - b. Children's Competition
    - i. Mat Referee: Shodan (1st Degree Black Belt), 18 years old
    - ii. Side Referee: Nikyu (2st Degree Brown Belt), 18 years old Jujitsu America Sport Jujitsu Competition Rules Page 7
    - iii. Timekeeper: Yonkyu (Blue Belt), 18 years old
    - iv. Scorekeeper: Yonkyu (Blue Belt), 18 years old

#### POSITION AND FUNCTION OF THE MAT REFEREE (MR)

- A. Mat Referee (MR) shall generally stay within the competition area. The MR has the responsibility for the conduct and control of the match, and will administer the decisions.
- B. MR will check the gi and safety equipment of the competitors at the beginning of each match.

#### POSITION AND FUNCTION OF THE SIDE REFEREES (SR)

- A. The SRs shall assist the MR and be situated outside the competition area. The SRs must place themselves along one side (opposite sides) of the competition area where they can follow at any time the course of the match as best possible.
- B. If at any time the SRs need to get the attention of the MR in order to make a call or stop the action, then the SR will throw a yellow flag on the mat to indicate such to the MR.

#### POSITION AND FUNCTION OF THE TIMEKEEPERS

- A. The Timekeepers shall sit at the officials' table within sight of the competition area and the referees.
- B. Match Timekeeper has the responsibility for the timing of the match.
- Start the clock when the MR starts the match and stops and restarts the clock when the action is stopped and restarted by the MR.
- C. Mat Timekeeper has the responsibility for the timing of Part 3 (matwork) within each match.
- Will start timing when the competitors enter into Part 3 and will make an audible call at 20 seconds if there is no pin or submission. Note, MR has the discretion to continue the action if progress is being made.
  - If MR calls a pin, then the MR will time the pin accordingly and make audible calls at 10 seconds and at 20 seconds.

## POSITION AND FUNCTION OF THE SCOREKEEPER

- A. Scorekeeper sits at the officials' table within sight of the competition area and the referees.
- Has the responsibility for collecting the scores from the SRs at the end of each round, posting the scores on the scoreboard, and tabulating the final score for each match.

## ROLE AND RESPONSIBILITY OF THE TOURNAMENT DIRECTOR

A. The Tournament Director has the responsibility for overall management of the tournament activities. Is responsible for resolving any issues, concerns, or disputes. The Tournament Director may stop the action and make rulings as necessary in order to ensure proper conduct of the tournament.

## APPLICATION OF SCORE AND PENALTIES

A. The SRs shall judge and count the points of the entire match for each of the two competitors, with a click-counter in each hand corresponding to each competitor.

- Shall hold the blue click counter in the right hand, the white in the left.
- On applying any score they shall raise their arm, corresponding to the competitor who is being awarded the points, right for blue, left for white, to shoulder level to indicate that a score is being applied.

B. MR shall audibly call the points in Part 2 and Part 3, and all penalties throughout the match, for the SRs. In addition, shall raise the arm straight up corresponding to the competitor that is being awarded point and show the points being awarded with by raising the corresponding fingers. The SRs shall count the points on the click-counters as called by the MR.

## APPLICATION OF MAT COMMANDS

A. The MR shall announce "**Hajime**" in order to start the match and "**Sore Made**" at the completion of the match.

B. The MR shall announce "**Mate**" in order to stop the match temporarily in the following cases:

- i. When one or both competitors go outside the warning area.
- ii. When one or both competitors perform a forbidden act.
- iii. To give one or both competitors a technical penalty.
- iv. To give one or both competitors a warning for passivity.
- v. When one or both competitors are injured or ill.
- vi. In any other case where the MR finds it necessary; e.g., to reset the gi or deliver judgment.
- vii. In any other case where one of the SRs finds it necessary and therefore throws a yellow flag.
- viii. Every time the contact is lost in either Part 2 or Part 3.
- ix. To stop the match during a joint-lock or choke/strangulation if the competitor cannot tap by him/herself. In such cases, the award for the submission is given to the other competitor .

C. Every time the MR announces "**Mate**," the time stops.

D. After "**Mate**," the MR will bring the competitors to the center of the competition area and will restart the competitors as in Part 1 or from the same position at the stoppage, at which point the time restarts. To restart the match, the MR shall call "**Yoshi**."

## POINTS

The contest points are to be taken by the Scorekeeper for each contest area. Points will be posted for each round after the conclusion of the round. Records for each round and match will be maintained by the Scorekeeper.

The following terminology will be used by the MR when awarding points:

- i. Ippon** - 5 Points
- ii. Wazari** - 3 Points
- iii. Yuko** - 1-2 Point

A. The following points can be awarded in Part 1 (Strikes and kicks):

- i.** A strike or kick delivered to a legal target area in good balance and control, 1 Point with good recoil and technique
- ii.** A well-placed kick delivered to the head in good balance and control, 2 Points with good recoil and technique
- iii.** A well-placed punch to the torso in a clinch is **1 point** per punch (limit of two punches) that demonstrates good technique and control for a total of **2 points**.

B. The following points can be awarded in Part 2 (Throws, takedowns, standing chokes/strangulation):

- i.** Ippon 3 Points
- ii.** Wazari 2 Points
- iii.** Yuko 1 Point
- iv.** A counter-throw 1-2 Points
- v.** A standing choke/strangulation with tapping (1st submission by competitor) 5 Points
- vi.** 2nd submission by the same competitor Automatic win

C. The following points can be awarded in Part 3 (Mat techniques, joint-locks, chokes/strangulation/punches):

- i.** An effective control, announced as "**Osaekomi**"
  - 10 seconds: 1 Point
  - 20 seconds: 2 Additional Points
  - (Total of 3 Points for 20-sec. Pin)

- ii.** In Part 3 a competitor with one knee on the ground is allowed to punch the torso of his opponent a total of 2 times (1 point each for a total of 2 points)

Legal pins:

- a.** Collar hold (eri gatame)
- b.** Scarf hold/modified scarf hold/rear scarf hold (kesa gatame/kuzure kesa gatame/ushiro kesa gatame)
- c.** Shoulder hold/modified shoulder hold (kata gatame/kuzure kata gatame)
- d.** Chest hold (mune gatame)
- e.** Floating hold/knee-on-stomach (uki gatame)
- f.** Side 4-quarters hold/modified side 4-quarters hold (yoko shiho gatame/kuzure yoko shiho gatame)
- g.** Upper 4-quarters hold/modified upper 4-quarters hold (kami shiho gatame/kuzure kami shiho gatame)
- h.** Basic 4-quarters hold/mount (tate shiho gatame)
- i.** Rear 4-quarters hold/rear mount with opponent on stomach and legs extended (ushiro shiho gatame)

Examples of holds that are NOT pins:

- a. Body hold/guard position (do jime)
- b. Single leg entwinement/half-guard (ashi garami)

- ii. Escape from a Pin that has scored, announced as **"Toketa"** 1 Point
- iii. A Pin with tapping (1st submission by competitor) 5 Points
- iv. A joint-lock or choke/strangulation with tapping (1st submission by competitor) 5 Points
- v. 2nd submission by the same competitor Automatic win

D. An effective control (Pin) held for 10 seconds shall be awarded 1 point and held for 20 seconds shall be awarded a total of 3 Points to the competitor holding, and fighting in Part 3 will continue as long as progress is being made. If there is no progress, then the MR will call "Mate" and restart the competitors as in Part 1.

E. If the Pin is broken after 10 seconds, the MR shall announce "Toketa" and award one point to the escaping competitor, and fighting will continue in Part 3 as long as progress is being made.

F. If there is no progress after 20 seconds in Part 3, then the MR will call "Mate" and restart the competitors as in Part 1.

G. In the case of a competitor's first submission, the MR will stop the action, award 5 points to the competitor causing the submission, and restart the competitors as in Part 1.

H. In the case of a competitor's second submission, the MR will automatically conclude the match, and award the match to the competitor who had caused two submissions.

I. The target area for striking and kicking are the sides of the head, the front and sides of the body including the chest and stomach. No strikes or kicks will be permitted to the front of the face, the top of the head, the rear of the body, neck, throat, groin, hips, buttocks, knees or anything below the knees. Striking with the knee or elbow is also prohibited and subject to penalty. Kicks to the thighs must be delivered with the instep or shin only, and kicks to the thighs with the bottom of the foot, knife-edge of foot, or the heel are not permitted.

J. All chokes and strangulations are permitted for adults, with the exception of any attacks with the fingers to the windpipe. Children are prohibited from applying any chokes or strangulations during the course of the competition unless they are advanced children age 10-13 who are in the submission division.

K. Standing arm-bars and other standing joint-locks are prohibited.

L. Wrist-locks are permitted while engaged in Part 3 only for those in submissions divisions.

M. Straight-line knee bars are permitted for adults and children entered in the submission division that are engaged in Part 3. Rotational knee-bars are prohibited.

N. Straight-line ankle-locks (or Achilles locks) are permitted for adults and children under the age of 13 entered in the submission division engaged in Part 3. Rotational ankle-locks (such as heel hooks) are prohibited.

O. An act is technically valid when the competitor performs the technique with good balance, focus, and control.

### SETTLEMENT OF THE MATCH

- A. If there are 30 or more points difference (15 or more points from each SR, for a total of 30 or more points) between the competitors at the end of the first round, then the match is over.
- B. The competitor who has the most points at the end of the match wins the match.
- C. The competitor who causes his opponent to submit for the second time wins automatically.
- D. If the competitors have equal points at the end of the 2-round match, then the competitors may play another 1-minute round to settle the match. This procedure may be repeated or the Referees may decide the winner after 3 rounds.
- E. The winner will report to the Officials' Table immediately after the match so that the Scorekeeper can verify the match outcome in the records.

### LIGHT FORBIDDEN ACTS ("INFRACTION")

- A. If one or both competitors show passivity or commit minor technical infringements.
- B. To deliberately go outside the warning area with the whole body (or both feet).
- C. To deliberately deliver punches or kicks after the beginning of Part 2, when one or the other competitor has already established a grip.
- D. To make any further action after the MR has called "Mate."
- E. To deliver kicks or strikes to the leg at the knee or below.
- F. To make joint-locks on fingers or toes.
- G. If a competitor grips with their hand inside a pant cuff or sleeve.
- H. Wearing a piercing, necklace, metal brace, or other metal object into the contest area.

### FORBIDDEN ACTS ("VIOLATION")

- A. To make attacks like kicking, striking, pushing the opponent's body in an overly hard way (excessive force).
- B. To attack the opponent's face, top or back of the head with straight punches, uppercuts, or straight kicks.
- C. To attack with elbow strikes or knee kicks.
- D. To throw or try to throw the opponent while applying any choke or strangulation.
- E. To deliberately make an uncontrolled action.
- F. To deliberately throw and/or push the opponent outside the warning area.
- G. To slam the opponent while engaged in Part 3.

H. To disregard the MR's instructions.

#### HEAVY FORBIDDEN ACTS ("DISQUALIFICATION")

A. To make unnecessary calls, remarks, or gestures to the opponent, coaches, or any officials, or any other unsportsmanlike conduct.

B. To deliberately apply an action with the intent to injure an opponent or to apply a technique that is prohibited in any reasonable tournament or contest.

C. To throw or try to throw the opponent while applying waki gatame or any joint-lock.

D. To throw the opponent on the opponent's head or neck (piledriver, suplex).

E. To make any lock on the neck or spinal column.

F. To kick or strike the opponent's groin.

G. To head-butt the opponent.

H. To strike or kick the opponent when the opponent is down on the mat (as in Part 3).

I. To deliberately attack the opponent's windpipe by striking, kicking, or choking/strangling with the fingers on the throat.

J. To gouge the opponent's eyes, to fish-hook the opponent's mouth, to put a finger into any orifice, to bite, to pull hair, or to pinch skin.

K. To intentionally draw blood on an opponent.

L. Interference by a corner with any official or competitor.

#### PENALTIES

A. Light forbidden act = Infraction 1 Point to the opponent

B. Forbidden act = Violation 2 Points to the opponent

C. 2 Light forbidden acts ("Infractions") = 1 Forbidden act ("Violation")

D. 2 Forbidden acts ("Violations") = Disqualification and loss of the match.

E. The first time a competitor makes a Heavy Forbidden Act ("Disqualification") in a tournament, then he/she is expelled from the rest of the tournament.

#### WALK-OVER AND WITHDRAWAL

A. The decision of win by "Walk-over" shall be given to any competitor whose opponent does not appear for his/her match after he/she has been called 3 times over at least 3 minutes.

B. The decision of win by "Withdrawal" shall be given to any competitor whose opponent withdraws from the competition during the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

C. If the doctor or EMT declares that a competitor is out of the match, he/she is also out of the rest of the tournament.

#### INJURY, ILLNESS, OR BLEEDING

A. In every case when a competition is stopped because of injury on either or both competitors, then the MR, after consultation with the SRs, may permit a maximum time of 5 minutes to the injured competitor for rest. The total injury rest per competitor in each match shall be 5 minutes.

B. The decision of winner or loser when one competitor is unable to continue because of injury, illness, or accident during the match shall be given by the MR after consultation with the SRs according to the following rules:

**i. Injury:**

a. When the cause of the injury is attributed to the injured competitor, then the injured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

b. When the cause of the injury is attributed to the uninjured competitor, then the uninjured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

c. When it is impossible to attribute the cause of the injury, then the injured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

d. The doctor or EMT is to decide whether the injured competitor may continue or not.

**ii. Illness:**

a. When one competitor is taken ill during the match and is unable to continue, then he/she shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

**C. Bleeding.**

**i.** For safety measures, whenever there is bleeding, it must always be completely isolated with the assistance of the doctor or EMT by means of adhesive tape, bandages, nasal tampons, or other means.

**ii.** All blood must immediately be cleaned from the contest area using appropriate cleaning agents.

**iii.** When a bleeding injury occurs, the MR shall call the doctor or EMT to assist the competitor in stopping and isolating the bleeding. For health reasons, the competitor is not allowed to compete while bleeding. Jujitsu America Sport Jujitsu Competition Rules Page 12

**iv.** The same bleeding injury may be treated by the doctor or EMT on two (2) occasions. The third time that the same bleeding injury occurs, the MR, after consulting with the SRs, shall end the contest for the safety of the competitor and shall declare the opponent to be the winner by Withdrawal.

**v.** In any case where the bleeding cannot be contained and isolated, the MR, after consulting with the SRs, shall end the contest for the safety of the competitor and shall declare the opponent to be the winner by Withdrawal.

#### POSITION AND BEHAVIOR OF COACHES

A. Coaches must be designated and identified at registration prior to the beginning of the competition. Coaches may be provided a wristband for identification.

- B. Coaches will be provided a designated area (chair or taped-off area at the edge of the mat), where they must stay during the course of the match.
- C. A competitor may be assisted by his/her coach (only one person) who stays at the limit of the contest area during the match.
- D. A coach may advocate for his/her competitor, but only during the break between rounds or after the rounds.
- E. If the coach exhibits misbehavior (toward the competitor, the opponent, the referees, the officials, or anyone else), then the MR or Tournament Director may decide to have the coach removed to the area reserved for officials for the duration of the match.
- F. If the misbehavior continues, then the MR or Tournament Director may decide to have the coach removed to the spectator area for the remainder of the tournament or to expel the coach from the tournament.

#### ROTATION OF REFEREES

- A. The direct elimination scheme in the structure of games calls for the establishment of different pools of competitors.
- B. Referees called to operate on matches of a pool can not belong to the schools competing in the same pool. For example, referees on matches in pool A should come from schools participating in pools B and C, or from schools not participating at all in that tournament.
- C. Referees involved in semi-finals and finals will not belong to any of the finalist schools.

#### SECTION 28 - SITUATIONS NOT COVERED BY THE RULES

- A. Any situation which is not covered by these rules should be dealt with by the referees of the contest in question by working together to come to a decision.