UNITED STATES JU-JITSU FEDERATION
(USJJF)

COMPETITION RULES

FOR

JU-JITSU KUMITE, JU-JITSU SELF-DEFENSE,
JU-JITSU KATA & KOBUDO

MEMBER OF

WORLD JU-JITSU FEDERATION (WJJF), WORLD JU-JITSU KOBUDO ORGANIZATION (WJJKO)
&
THE ASSOCIATION FOR INTERNATIONAL SPORT FOR ALL (TAFISA)

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I. General

Section 1 Application of Rules

a. These rules apply to the competitions sanctioned by the United States Ju-Jitsu Federation, state, regional, national and international tournaments, the competition rules for the Ju-Jitsu Kumite, the Ju-Jitsu Self-Defense, Ju-Jitsu Kata & Kobudo Systems of Competition.

b. All references in this document to the term “he” should be understood as “he or she”.

Section 2 Competition Uniform

a. In USJJF sanctioned championships, all competitors must wear an **All-White** Ju-Jitsu Gi (at a minimum) 12 oz. weight. The uniform cannot be so tight or so loose as to give an “unfair advantage” to the wearer of the gi.

b. The sleeves of the competitor’s uniform must extend past the elbow to approximately center between the elbow and the wrist, but shall not cover the wrist.

c. The pants of the competitor’s uniform must extend below the knee covering most of the shin, but must be at least one inch above the mat.

d. Sleeves or pants shall not be rolled-up or cuffed-up on the competitor’s uniform during a match.

e. Competitors should bring at least two uniforms to all competitive events (for safety - in case any bleeding on the gi occurs). If bleeding does occur, the match will be stopped and gi(s) with blood will be exchanged with the competitor’s extra (clean) gi.

f. Competitors are required to provide their “own” **red** and **blue** belts to all USJJF competitions. The competitor will be instructed as to which color belt to wear prior to each match by the referee.

g. In USJJF Championships there can be no more than two (2) patches, logos, or adornments of any type (except for brand insignia & shoulder stripes on the jacket) on the Gi that a competitor wears in a USJJF sanctioned championships.

h. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave at least 6.0 Inches (15 cm) of the belt on each side of the knot.

i. Female competitors are required to wear a plain white T-shirt or leotard under their Gi. Men are not allowed to wear anything under their Gi-jacket.

j. The competitors must have short fingernails and toenails.

k. The competitors are not allowed to wear anything that may injure or endanger the opponent.

m. Glasses may not be worn. Contact lenses may be worn at own personal risk.

n. Long hair must be tied up with soft hair-band.

Section 3 Competition Area

a. Each competition area (including Safety Zone) should be 36 ft X 36 ft (12 m x 12 m) and shall be covered by mats (at least 1.5 inches thick), generally green in color or in any other acceptable colour.

b. The competition area shall be divided into two zones.

c. The contest zone shall always be 24 ft X 24 ft (8 m x 8 m).

d. The area outside the contest zone shall be called the safety zone and shall be at least 6 ft (2 m) wide.

e. Where two or more adjoining competition areas are used, a common safety area is not permitted.

Section 4 Coaching

a. Only one coach, who stays at the limit of the contest area during the match, may assist contestants.

b. If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the MR may decide to make him leave the area reserved to the officials for the duration of the match.

c. If the misbehaviour continues, the Referees of the match will decide if the coach must leave the official area for the whole tournament.

II. USJJF Ju-Jitsu Kumite System

Section 5 General

a. In the Ju-Jitsu Kumite System two competitors compete against each other in sports-manlike using ju-jitsu skills.

b. The USJJF's Ju-Jitsu Kumite System is composed of 3 Phases:

Phase *1*: Punches, Strikes & Kicks
Phase 2: Throws, Takedowns, Locks & Chokes.
Phase *3*: Mat Techniques, Locks, Holds & Chokes.

The competitors must be technically active before going into the next part. An act is technically valid when the competitor shows the technique with good balance and with controlled combinations.

c. Attacks in phase 1 are limited to the following areas: Head, Face, Neck, Abdomen, Chest, Back and Side of the body.

d. All chokes are permitted except strangulations with the bare hand / fingers.

e. The Ju-Jitsu Kumite contest time per match is 3 minutes (except for Cadets - 2 minutes). The Mat-Referee together with the Side-Referees will decide, after consulting the Table-Referee, if the last action happened before or after the end of the match.

f. Between two matches a recovery time of maximum 5 minutes will be provided.

Section 6 Personal Safety Gear

a. The organizer of the competition may provide red and blue competition-belts (competitors should have their own), scoreboards, list and administration papers, a place for the referees and the technical committee.

b. The contestants are required to wear soft, short and light hand pads and soft foot & shinbone pads matching their belt-color (**red** or **blue**).

c. The pads must be made of soft foam, padded vinyl, or cloth and should be at least .5 inches (1cm) thick and with upper limit of 1.0 inches (2cm) and approved by the USJJF.

d. Pads must be in the right size and in good order.

e. It is allowed to have jockstrap and mouthpiece. Female competitors may wear a chest protection.

f. Foot & Shinbone protections, jockstrap and chest-protections must be worn under the Gi.

Section 7 Weight Categories

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the WJJC and MAIF for men and women:

Male
Beginner / Novice / Intermediate / Advanced

Senior 21+	Junior 18/19/20	Aspirant 16/17	Boys 14/15	Boys 12/13	Boys 10/11	Boys 8/9
3 min	3 min	3 min	3 min	2 min	1.5 min	1.5 min
-62kg/136lbs	-56kg/123lbs	-46kg/101lbs	-46kg/101lbs	-34kg/75lbs	-24kg/53lbs	-21kg/46lbs
-69kg/152lbs	-62kg/136lbs	-50kg/110lbs	-50kg/110lbs	-37kg/82lbs	-27kg/60lbs	-24kg/53lbs
-77kg/170lbs	-69kg/152lbs	-55kg/121lbs	-55kg/121lbs	-41kg/90lbs	-30kg/66lbs	-27kg/60lbs
-85kg/187lbs	-77kg/170lbs	-60kg/132lbs	-60kg/132lbs	-45kg/99lbs	-34kg/75lbs	-30kg/66lbs
-94kg/206lbs	-85kg/187lbs	-66kg/145lbs	-66kg/145lbs	-50kg/110lbs	-38kg/84lbs	-34kg/75lbs
94+kg/206lbs	-94kg/206lbs	-73kg/161lbs	-73kg/161lbs	-55kg/121lbs	-42kg/93lbs	-38kg/84lbs
	94+kg/206lbs	-81kg/178lbs	-81kg/178lbs	-60kg/132lbs	-46kg/101lbs	-42kg/93lbs
		81+kg/178lbs	81+kg/178lbs	-66kg/145lbs	-50kg/110lbs	42+kg/93lbs
				66+kg/145lbs	50+kg/110lbs	

Female
Beginner / Novice / Intermediate / Advanced

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Girls 12/13/14	Girls 10/11	Girls 8/9
3 min	2 min	2 min	1.5 min	1.5 min	1.5 min
-55kg/121lbs	-49kg/108lbs	-40kg/-88lbs	-32kg/-70lbs	-22kg/-48lbs	-20kg/44lbs
-62kg/137lbs	-55kg/121lbs	-44kg/-97lbs	-36kg/-79lbs	-25kg/-55lbs	-22kg/-48lbs
-70kg/154lbs	-62kg/137lbs	-48kg/-105lbs	-40kg/-88lbs	-28kg/-62lbs	-25kg/-55lbs
70+kg/154lbs+	-70kg/154lbs	-52kg/115lbs	-44kg/-97lbs	-32kg/-70lbs	-28kg/-62lbs
	70+kg/154lbs	-63kg/139lbs	-48kg/105lbs	-36kg/-79lbs	-36kg/-79lbs
		63+kg/139lbs	48+kg/105lbs	-40kg/88lbs	36+kg/79lbs
				40+kg/88lbs	

Section 8 Referees

a. The Mat-Referee (MR) who stays within the contest area shall conduct the match.

b. Two Side-Referees (SR) shall assist the MR and shall be situated in the safety area. The SR must place themselves where they can follow at any time the course of the match as best possible and award their points.

c. The Table-Referee (TR) is responsible for the secretariat. He dictates the points and penalties to the secretaries and informs the MR about the expiry of the fighting-time, the Osae-komi-time and the injury-time.

d. There may be two Table-Referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

Section 9 Scoring Table & Personnel

a. The Scoring Table is placed opposite the position of the MR at the beginning of the fight.

b. The Scoring Personnel shall be composed of two scorekeepers and one timekeeper.

c. One of the officials keeps a record of the competition on paper; the second one can control & maintain the electronic scoreboard.

d. If there is any difference between the two score registers then the paper one is the correct one.

Section 10 Match Description

a. 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 signal of the MR the competitors will make a standing bow first to the referees and then to each other.

b. After the MR announces "Hajime", the match starts in Phase 1.

c. As soon as there is contact between the competitors by holding the opponent – Phase 2 has begun and punches, strikes and kicks are no longer allowed except when they are performed simultaneously with the initial grip.

d. As soon as both competitors have both knees on the floor or one of the contestants is sitting or laying on the floor the match continues in Phase 3.

e. The competitors can change between the different phases, but they must be active in all phases of the match.

f. If a competitor only rushes towards the opponent without making a technical action or if he is dangerous to himself ("Mubobi"), a technical penalty will be given and the match will continue in phase 1.

g. Throws must start in the contest zone. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.

h. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referees, who are standing on one line in the contest zone opposite the table referees.

Section 11 Application of “Hajime”, “Matte”, “Sonomama” and “Yoshi”

a. The MR shall announce “Hajime” to start and to restart the match after “Matte”.

b. The MR shall announce “Matte” to stop the match temporarily in the following cases:
   1. If one or both competitors left the contest zone completely in Phase 1 or Phase 2.
   2. If both competitors leave the contest zone completely in Phase 3. (1)
   3. To give one or both competitors a penalty in Phase 1.
   4. If one or both competitors are injured or are taken ill.
   5. If one of the competitors can’t tap by himself during a choke or a lock.
   6. When Osae-komi time is expired
   7. If the contact in Phase 2 or Phase 3 is lost and the competitors will not continue in Phase 1 by themselves.
   8. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
   9. In any other case when one of the SRs finds it necessary and therefore claps his hands.
   10. When the match has finished.

c. “Sonomama” shall be used if the MR must temporarily stop the competitors. In this case, the competitors are not allowed to move anymore. “Sonomama will be announced:
   1. To give one or both contestants a warning in Phase 2 or Phase 3.
   2. To give one or both contestants a penalty in Phase 2 or Phase 3.
   3. Any other time the MR finds it necessary.

d. After “Sonomama” the competitors continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces “Yoshi”.

Section 12 Match Points

Scores must be marked by the majority of the referees, therefore at least two referees. If the referees give a score different from each other, the intermediate score prevails. If one of the referees doesn’t see an action, the lower of the two remaining scores prevails.

a. The following points can be given in **Phase 1**:
   (Punches, strikes and kicks must be applied Good Form, Sporting Attitude, Vigorous Application, Zanshin, Good Timing, and Correct Distance)

   1. A punch or strike to the head or body (Wazari, 1 point)
   2. A kick to the head or body (Ippon, 2 points)

*A technique with —**Good Form** is said to have characteristics conferring probable effectiveness within the framework of traditional Jujitsu/Karate concepts.*

***Sporting Attitude** is a component of good form and refers to a non-malicious attitude of great concentration obvious during delivery of the scoring technique.*

***Vigorous Application** defines the power and speed of the technique and the palpable will for it to succeed.*

Zanshin is *that criterion most often missed when a score is assessed. It is the state of continued commitment in which the contestant maintains total concentration, observation, and awareness of the opponent's potentiality to counter-attack. He does not turn his face away during delivery of the technique, and remains facing the opponent afterwards.*

Good Timing *means delivering a technique when it will have the greatest potential effect.*

Correct Distance *similarly means delivering a technique at the precise distance where it will have the greatest potential effect. Thus if the technique is delivered on an opponent who is rapidly moving away, the potential effect of that blow is reduced.*

b. The following points can be given in **Phase 2:**
(Throws, take downs, locks and chokes)
1. A throw or takedown with speed, power, and control in which one or both of Uke's feet do not leave the ground. (Wazari, 1 point)
2. Chokes and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 2 points)
3. Chokes and locks with tapping. (Ippon, 2 points)
4. A throw with speed, power, and control in which both of the Uke's feet leave the ground and they land mostly on their back. (Ippon, 2 points)

Speed *in a throw or takedown refers to the proper timing of the actions of the Tori so that the throw has the most effectiveness.*

Power *in a throw or takedown refers to the vigorous application of the throw in a manner that prevents a counter action and exhibits real impact.*

Control *in a throw or takedown refers to executing the technique in a safe manner that does not cause injury to your opponent nor preclude them from landing in a safe manner.*

*****When a fall (throw) is rolled without REAL IMPACT, it is <u>not</u> possible to consider it Nihon! When two opponents simply fall to the ground and with no real distinction of who was in control of the throw, <u>no</u> point shall be awarded*

c. The following points can be given in **Phase 3:**
(Floor techniques, locks and strangulations)
1. An efficient control announced as "Osae-komi" lasting <u>10</u> seconds. (Wazari 1 point)
2. An efficient control announced as "Osae-komi" lasting <u>15</u> seconds. (Ippon, 2 points)
   a. The controlled person is lying on the floor.
   b. The legs of Tori are free.
   c. Uke is well encumbered and can't move freely.
   d. Tori has a good control over uke.

   * Osae-Komi time continues, even when:
   a. The controlled person is able to catch a leg of Tori.
   b. The controlled person can turn on the side or back.

c. If both bodies are completely outside the contest area, the Osae-Komi time will be stopped by “Toketa”.
d. Sankaku-Jime must be applied with one arm inside the crossed legs.
e. Sankaku-jime and Juji-gatame count as an Osae-komi as long as there is a full control of Uke’s upper body.

* An efficient control started within the match time is allowed to continue until termination (even after expiration of the match time). If the control is broken before the 15 seconds the MR shall announce “Toketa”.

3. Chokes and locks in case the competitor can’t clap by himself and the MR must stop the match by announcing “Matte”. (Ippon, 3 points)

4. During osae-komi chokes and locks with tapping. (Ippon, 3 points)

Section 13 Penalties

a. Penalties must be given by the majority of the referees.

b. “Light forbidden acts” will be punished by “Shido” and the opponent gets 1 Point. The following actions count as light forbidden acts:
   1. If one or both competitors show passivity or minor technical infringements. [2]
   2. “Mubobi”
   3. To deliberately go outside the contest area with both feet.
   4. To purposely push the opponent outside the contest area.
   5. To purposely deliver kicks or punches after contact between competitors is made.
   6. To make any further actions after “Matte” or “Sonomama” 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 and stretch the legs.
   11. To make a choke with bare hands / fingers.
   12. If a competitor comes unprepared to the mat and delays the contest. [3]
   13. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)

c. A “**Forbidden Acts**” will be punished by **“Chui”** and the opponent gets **2 Points:**

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2 Passivity Phase 1: One or both do not show any activity with the aim to get points.
One or both contestants go directly to Phase 2 or 3
One or both contestants do not show combinations before going into the next part.
If one or both do not show any activity with the aim to get points.
If one or both competitors only blocks the attacks or the movement of the opponent or both contestant goes down on the floor on purpose.
If the competitors refuse to make contact with grips but are active in Phase 1.
A competitor makes a false attack by throwing itself on the ground purposely without technique to break the contact
Passivity Phase 2: If one or both do not show any activity with the aim to get points.
If a competitor is repeatedly passivity after penalties, he can be punished by Chui (Disregard MR instructions)

3 The punishment will be given after the standing bow before the match will be started by “Hajime”

1. To make attacks like kicking, pushing, punching, or hitting the body of the opponent in a hard, uncontrolled action. ([4])
2. To throw the opponent from the fighting area to the area outside the safety area.
3. To disregard the MR's instructions.
4. To make unnecessary calls, remarks or gestures to the opponent, referees, the secretariat or to anyone else.
5. 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.
6. To make uncontrolled punches or kicks towards the head.

d. In case of two "Forbidden Acts" the match will be lost by "Hansoku-make".

e. The following actions count as a "**Heavy Forbidden Act**":
   1. To apply any action which may injure the opponent.
   2. To throw or try to throw the opponent with any lock or choke. [(5)]
   3. To make any locks on the neck or spinal column.
   4. To make any twisted locks at the knee or foot.

f. The first time a competitor makes a "Heavy Forbidden" act he will be punished by "Hansoku-make". He loses the match with 0 points and the opponent gets 14 points or the score he already achieved, if higher than 14.

g. The second time a competitor looses by Hansoku-make in a tournament, he is expelled from the rest of the tournament.

h. If a competitor shows unsportsmanlike behavior after a match [(6)], the referee crew on the mat 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 responsible of the tournament to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.

i. If both contestants will be punished by Hansoku-make, the match will be repeated.

Section 14 Winning of the Match

a. A competitor may win the match before the end of the match time, if one of the contestants achieved at least one Ippon - 2 points in each of the two phases. In this case

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4 A technique which is stopped by the opponents body / head instead of the attackers control of the technique is an example of c1. A technique which causes the head to move due to contact is an example for c1.
Techniques that cause bleeding (but not due to re-opening of an existing wound) must be evaluated by the MR and SRs to determine if it a penalty per c1 (Forbidden Act) or e1 (Heavy Forbidden Act) based on the situation.
Techniques to the head that merely touch or are within .5 inch (5cm) or 1.0 inch (10cm) for children are valid scoring techniques. Contact to the body must be controlled, non-ijurious contact. Otherwise, it may be construed as hard, uncontrolled contact per c1.
Other criterion for hard or uncontrolled contact that needs to be looked at is if hard contact occurred because the opponent moved into the technique. In this case, there was no intent by the attacker to induce hard contact, and may be even a penalty of Mubobi to the opponent, if there is precedence of failure to protect one's self or reckless behavior.

5 A throwing technique in combination with a lock or choke is not allowed. (e.g. Kote-Geashi counts as a take-down technique)

6 After a contest means for the whole tournament.

the loosing competitor gets 0 points and the winner gets the score he already achieved in the match.

b. After the match time has expired the competitor who has the most points at the end of the match will be the winner.

c. If the competitors have equal points at the end of the match, the competitor who achieved the most number of parts with one or more ippons wins the match.

d. If the score is equal both in total points and in number of different phases in which Ippons were achieved, the competitor who achieved totally more Ippons wins the match.

e. If the score is equal both in total points, in number of different parts with Ippon score and in number of Ippons, there will be an extra round of 2 minutes until the match is settled. There is a break of 1 minute between the additional rounds.[7] The procedure may be repeated. The scores, Nihons and penalties from the initial round are carried forward into the extra round.

Section 15 Walk-over and Withdrawal

a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to any contestant whose opponent doesn’t appear for his match. The winner gets 14 points, after his opponent has been called for 3 times over at least 3 minutes.

b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the contestant whose opponent withdraws from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 14 points or the score he already achieved, if higher than 14.

Section 16 Injury, Illness or Accident

a. In every case when a match is stopped because of injury on either or both competitors, the MR may permit maximum time of 2 minutes to the injured competitor(s) for the rest. The total rest per contestant in each match shall be 2 minutes.

b. The injury-time starts on command of the MR.

c. If one of the competitors is unable to continue, the MR and the SRs will make a decision after the following clauses:
   1. When the cause of the injury is attributed to the injured competitor, the injured contestant shall loose the match with 0 points and the opponent shall get 14 points or the score he already achieved.
   2. When the cause of the injury is attributed to the uninjured competitor, the uninjured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved.
   3. When it is impossible to attribute the cause of the injury to either competitor, the uninjured competitor shall win the match with 14 points or the score they already achieved, and the injured competitor shall loose with 0 points.

d. When one competitor is taken ill during the contest and he is unable to continue, he shall lose the contest with 0 points and the opponent shall get 14 points or the score already achieved.

The competitors keep their points and penalties they already achieved.

e. The official doctor is to decide whether the injured competitor may continue or not.

f. If a competitor looses consciousness or if they blackout, the match must be stopped and the competitor will be expelled from the rest of the tournament.

Section 17 Team Competitions

Team competitions are possible and the rules are the same as for individual competitions.

Section 18 Reserves in Team Competitions

a. Reserves may replace competitors who have been injured or taken ill.

b. The reserve must be in the same weight class or in a lower weight class than the ones who are to be replaced.

c. Reserves may not replace a disqualified competitor.

d. Reserves must be announced and weighted at the same time as the ordinary contestants.

III. USJJF Ju-Jitsu Self-Defense System

Section 19 General

a. The USJJF Ju-Jitsu Self-Defense System is aimed at presenting the defense of one competitor against self-determined ("free-form") attacks from a competitor of the same pair (or team).

b. *"Free Form"* Single Attacker - Ju-Jitsu Self-Defense competition consisting of one defender and one attacker. Defender will be empty-handed and have **60 seconds** to demonstrate defenses against several attacks. *(Separate Youth & Adult Divisions)*

c. "Free Form" Team Attackers - Ju-Jitsu Self-Defense competition consisting of one defender and multiple (limit 4) attackers. Defender will be empty-handed and have **90 seconds** to demonstrate defenses against several attacks. *(Separate Youth & Adult Divisions)*

d. The attacks are to include the following types:
   A. Gripping attacks
   B. Embracing and neck lock attacks
   C. Punches, strikes and kicking attacks
   D. Weapon attacks

e. All attacks should begin with an action such as pushing, grabbing, or pulling.

f. Every attack can be carried out right-handed or left-handed at the free choice of the team.

g. The defense is completely at the defender's choice, as well the respective roles or the change of the roles as attacker and defender, as well the respective position of the feet.

h. The scores of the presentation will be given after each pair or team has demonstrated. Upon the Mat-Referee's command "Hantei" they hold their respective score table over their head.

i. When the same pair is involved in consequent matches, a recovery time of maximum 5 minutes will be allowed between the two matches.

Section 20 Equipment & Administration

a. The organizer of the competition shall provide mats (at least 1.5 inches thick), red and blue competition-belts, scoring tables, scoreboards, bracket sheets, a place for the referees and the technical committee to meet.

b. The scoring table shall be composed of a minimum of 2 people.

c. The competitors are allowed to use one soft club and one rubber knife. The club shall be between approximately 20 inches (50cm) and 27.5 inches (70cm).

Section 21 Categories

a. A pair may be formed without any restrictions at all, such as weight or grade.

b. The following categories will be distinguished: Men, women and mixed.

Section 22 Criteria of Judging

a. The jury shall look for and judge the following:
    1. Powerful attack
    2. Reality
    3. Control
    4. Effectiveness
    5. Attitude
    6. Speed
    7. Etiquette

b. The overall score should give more importance to the attack, and to the first part of the defense.

c. Atemis must be powerful, with good control and given in a natural way considering possible follow up.

d. Throws and take-downs shall include breaking the opponents balance and be efficient.

e. Locks and chokes must be shown to the judges in a very obvious and correct way, with tapping by Uke.

f. Both the attack and the defence shall be executed in a technical and realistic way.

Section 23 Description of the Match

a. The couples stay facing one another in the middle of the competition area approximately two meters apart. The first drawn couple (Pair 1) has red belts and stays on the MR's right side. The second couple (Pair 2) wears blue belts. At the sign of the MR the couples will make a standing bow first to the Mat-referee and then to each other. Pair 2 leaves the contest area and goes to the safety area.

b. The match starts, when the MR announces Hajime as the 45 Seconds (or 60 Seconds) period begins and ends when the MR announces Matte.

c. After the self-defense demonstration by the last couple the match has finished. The two couples take the same position as in the beginning of the match on request of the

MR. The MR asks the secretary for the winner and shows it by raising the hand and calling the respective colour of the belt.

d. If the points of the two couples are equal (“Hikiwake“), the match will continue series by series until there is a winner. The couple with the blue belts starts with series A.

e. After the MR announces the winner he orders the standing bow first to each other, then to the referees.

Section 24 Scoring System

a. The scores are given from 0 to 10 (1/2 number interval).

b. The highest and the lowest scores are taken away.

Section 25 Judging

The Judging Crew shall consist of 3-5 licensed referees.

Section 26 Walk-Over and Withdrawal

a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to the competing couple whose opponents don’t appear for their match after they have been called for 3 times over at least 3 minutes. The winner gets 12 points, the non-appearing couple gets 0 points.

b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the competing couple whose opponents withdraw from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 12 points.

Section 27 Injury, Illness or Accident

a. When an injury, illness or accident occurs, the active pair has a right to a maximum time of 2 minutes rest before continuing (the total rest per pair in each match shall be 2 minutes).

b. If a pair cannot continue after an injury, “Kiken-Gachi” is given to the other pair.

Section 28 Team Competitions

Team competitions are possible and the rules are the same as for individual competitions.

IV. USJJF Ju-Jitsu Kata & Kobudo Systems

Section 29 General

a. The USJJF Ju-Jitsu Kata & Kobudo Systems are aimed at presenting the traditional self-defense related Kata & Kobudo skills in the most proper and realistic manner. The Katas to be presented are as follows:

1. Goshin Jutsu No Kata
2. Kime No Kata

3. E Bo No Kata
4. Ne Waza No Kata

(Note: Other Ju-Jitsu related kata may be added as determined by the Tournament Director.

b. Depending on the skill level & age of the competitors, these Kata or Kobudo may be segmented into specific parts for presentation, or may be presented in the complete kata as determined by the Tournament Director.

c. Competition is conducted for each individual kata or kobudo. Thus, there are four (4) possible kata for competition and various possible divisions based on age and skill levels as designated by the tournament director. Kobudo are reserved to traditional samurai weapons as designated by the Tournament Director.

d. The score of the presentation will be given after each kata segment or after the complete kata presentation by the Judges. Upon the Mat-Referee's command "Hantei" they hold their respective score table over their head. Scores for Kobudo will be given after the demonstration of each Kobudo competitor.

e. When the same kata pair is involved in consequent matches, a recovery time of maximum 5 minutes will be allowed between the two matches.

Section 30 Equipment & Administration

a. The organizer of the competition shall provide mats (at least 1.5 inches thick), red and blue competition-belts, scoring tables, scoreboards, bracket sheets, an area or room for the referees and the technical committee.

b. The scoring table shall be composed of a minimum of 2 people.

c. The kata competitors are allowed to use one soft club, rubber knife and wooden or rubber pistol as required per specific kata being presented. The club shall be between approximately 20 inches (50cm) and 27.5 inches (70cm). Kobudo competitors are allowed to use traditional samurai weapons as designated by the Tournament Director.

d. Note: NO sharpened blades are allowed in USJJF competition.

Section 31 Categories

a. A pair of competitors may be formed without any restrictions at all, such as age, weight or grade.

b. The following categories will be distinguished: Men, Women and Mixed as determined by the Tournament Director.

Section 32 Criteria of Judging

a. The jury shall look for and judge the following:

1. Powerful attack
2. Reality
3. Control
4. Effectiveness
5. Attitude
6. Speed
7. Etiquette

b. The overall score should give more importance to the attack, and to the first part of the defense.

c. Atemis must be powerful, with good control and given in a natural way considering possible follow up.

d. Throws and take-downs shall include breaking the opponents balance and be efficient.

e. Locks and chokes must be shown to the judges in a very obvious and correct way, with tapping by Uke.

f. Both the attack and the defence shall be executed in a technical and realistic way.

Section 33 Description of the Match

a. The couples stay facing one another in the middle of the competition area approximately two meters apart. The first drawn couple (Pair 1) has red belts and stays on the MR's right side. The second couple (Pair 2) wears blue belts. At the sign of the MR the couples will make a standing bow first to the Mat-referee and then to each other. Pair 2 leaves the contest area and goes to the safety area.

b. After the kata demonstration by the last pair the match has finished. The two pairs take the same position as in the beginning of the match on request of the MR. The MR asks the judge at the scoring table for the winner and shows it by raising the hand and calling the respective color of the belt.

c. If the points of the two pairs are equal ("Hikiwake"), the match will be repeated until there is a winner. The pair with the blue belts starts.

d. After the MR announces the winner he orders the standing bow first to each other, then to the referees.

Section 34 Scoring System

a. The scores are given from 0 to 10 (1/2 number interval)

b. The highest and the lowest scores are taken away.

Section 35 Judging

The Judging crew shall consist of 5 licensed referees.

Section 36 Walk-over and Withdrawal

a. The decision "Fusen-gachi" (win by walk-over) shall be given by the MR to the competing couple whose opponents don't appear for their match after they have been called for 3 times over at least 3 minutes. The winner is the "appearing" pair, and the "non-appearing" is the loser.

b. The decision "Kiken-gachi" (win by withdrawal) shall be given by the MR to the competing pair whose opponents withdraw from the competition during the match. In this case the withdrawer loses the match and the other pair wins the match.

Section 37 Injury, Illness or Accident

a. When an injury, illness or accident occurs, the active pair has a right to a maximum time

of 2 minutes rest before continuing (the total rest per pair in each match shall be 2 minutes).

b. If a pair cannot continue after an injury, “Kiken-Gachi” is given to the other pair.

Section 38 Team Competitions

Team competitions are possible and the rules are the same as for individual competitions.

V. USJJF Guidance Overview

Section 39 Situations Not in the Rules

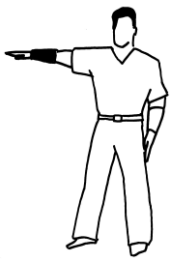
a. The referees of the match in question, who together must come to a decision, must deal with any situation, which arises, that is not covered by these rules.

b. **The TR has no right of vote, he can only assist.**

Section 40 Authorization

These rules are authorized by the Board of Directors of USJJF.

Appendix I Referee Signals

<table>
<tr>
<td>
Hajime
Start of the match / match:
The referee stands between the contestants and with both hands announces “hajime”. The voice must be strong and with authority.</td>
<td>
Matte
Stop of the match / fight:
The referee raises one of his hands to shoulder height with his arm approximately parallel to the mats and displays the flattened palm of his hand (fingers up) to the Table Referee (TR). The voice must be strong and with authority.</td>
</tr>
<tr>
<td>
Ippon
The referee raises left or right arm (depending if the score is given to the red or the blue competitor), high above the head, with palm facing forward.</td>
<td>
Ippon 3 Points
The referee raises left or right arm (depending if the score is given to the red or the blue competitor), high above the head, with three fingers clearly shown.</td>
</tr>
<tr>
<td> 
Wazari
One point:
The referee raises left or right arm to shoulder height (depending if the score is given to the red or the blue competitor), with palm of hand facing downwards. The sign must be clear to the TR.</td>
<td>
Cancel
Change a decision:
The referee waves a few times with straight hand over the head after showing the decision, which must be changed. The sign must be sharp, strong and clear to the TR.</td>
</tr>
</table>

 Passivity Call or passivity: The referee rotates horizontally both arms from elbow to the wrist in front of the body.	 **Uncontrolled Technique** The referee raises horizontally left or right hand, with arm bent in front of the body and with fist (description of the action must follow this sign before the penalty is assigned)
 Mubobi Confused or self-damaging action: The referee straightens arms with fists a few times horizontally in front of the body. After the sign the MR must announce with clear voice “Mubobi”.	 **Straight punch to the head** The referee moves the fist towards the head.
 Hard Contact The referee shows the strike with a fist against the palm.	 **Grip and Punch** The referee shows with one hand a grip for a Gi and with the other hand a punch.
 Going out of the fighting area (Side Referee sign) The Side Referee indicates the situation to the mat referee, so that the MR can act	 **Pushing out** The referee indicates with both hands the pushing from the fighting area to safety area (outside)

accordingly.	
 Throwing out of the contest area The referee indicates with the left or right hand (depending if the action was applied by the red or the blue competitor) the movement from the fighting area to the area outside the safety area.	 **Unnecessary Calls, Remarks** The referee puts his index finger extended from a closed fist in front of his mouth.
 Osae-komi (Control on the ground) The referee points with right or left straight hand and palm, to the competitors and announces with clear voice “Osae-komi”. The hand must be pointed out for the whole time while Osae-komi is active.	 **Toketa** (End of the control on the ground) The referee waves with right or left hand (Which was held in Osae-komi position) above the competitors a few times and announces “Toketa”. The palm is positioned vertically. The sign shall be sharp, strong and clear.
 Simultaneous action from both side (Aiuchi) The referee positions bent arms horizontally in front of the body, with touching fists.	 **Penalty** (Shido, Chui, Hansoku-make) The referee points towards the competitor to be penalized, with the index finger extended from a closed fist and announces the respective penalty.

"I did not see" – Sign

The referee covers the eyes with open palms, for short time (Hands in front of the eyes)

Resetting the Gi

The referee crosses the hands in front of the body with straight palms, then points out the competitor who must reset the Gi.

Full Ippon

(Table referee sign)

The table shows to the MR the sign and the colour of the winner.

Hantei

(Duo System sign)

The referee raises one arm with palm of hand facing sideward, high above his head.

Hikiwake

(Same score)

The referee crosses arms in front of the chest, palms stretched. The referee shall announce "Hikiwake".

Announcement of the winner

The referee indicates the winner rising at 45-degree angle, straight hand with open palm and announces with clear voice "winner" and the respective colour.

Sonomama

("Freeze" announcement)

The MR shall tap strongly (one tap usually shall be enough) with both hands to both competitors' backs while they are fighting and announce clearly and with strong voice "Sonomama".

Yoshi

("Go on" announcement)

After the reason of temporarily stopping ("freezing") is fulfilled, the MR shall tap once more with both hands on the competitors back and with clear and strong voice announce "Yoshi".

Medical Time

The referee forms a “T” with his both arms.

Wasting Time

The referee points towards his “wrist-watch” with the index finger extended from a closed fist.

Forbidden Technique

Techniques which will be punished by Shido (locks on fingers or toes, cross-legged locks around the kidneys, punches, strikes and kicks at the opponent laying down, kicks to the legs):
The referee applies a hit with his open hand to his forearm.

Disregard the MR Instructions

The referee points towards his both ears with his index fingers extended from a closed fist.

Break

(In Case of Hikiwake before a additional round)
The referee shows an ‘OK’ sign, with thumb finger straight up, to the score table and then directs the competitors off the fighting area for break.

Appendix II Weight Classes Fighting System

Men / Boys

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Cadets 12/13/14	Cadets 10/11	Cadets 8/9
1 x 3 min	1 x 3 min	1 x 3 min	1 x 2 min	1 x 2 min	1 x 2 min
- 55kg	- 56kg	- 46kg	- 34kg	- 24kg	- 21kg
- 62kg	- 62kg	- 50kg	- 37kg	- 27kg	- 24kg
- 69 kg	- 69kg	- 55kg	- 41kg	- 30kg	- 27kg
- 77kg	- 77kg	- 60kg	- 45kg	- 34kg	- 30kg
- 85kg	- 85kg	- 66kg	- 50kg	- 38kg	- 34kg
- 94kg	- 94kg	- 73kg	- 55kg	- 42kg	- 38kg
+ 94kg	+ 94kg	- 81kg	- 60kg	- 46kg	- 42kg
		+ 81kg	- 66kg	- 50kg	+ 42kg
			+ 66kg	+ 50kg	

Women / Girls

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Cadets 12/13/14	Cadets 10/11	Cadets 8/9
1 x 3 min	1 x 3 min	1 x 3 min	1 x 2 min	1 x 2 min	1 x 2 min
- 48kg	- 49kg	- 40kg	- 32kg	- 22kg	- 20kg
- 55kg	- 55kg	- 44kg	- 36kg	- 25kg	- 22kg
- 62 kg	- 62kg	- 48kg	- 40kg	- 28kg	- 25kg
- 70kg	- 70kg	- 52kg	- 44kg	- 32kg	- 28kg
+ 70kg	+ 70kg	- 57kg	- 48kg	- 36kg	- 32kg
		- 63kg	- 52kg	- 40kg	- 36kg
		- 70kg	- 57kg	- 44kg	- 40kg
		+ 70kg	- 63kg	- 48kg	+ 40kg
			+ 63kg	+ 48kg	