

# **UNITED STATES JU-JITSU FEDERATION (USJJF)**



## **USJJF National Coach Program**

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# USJJF National Coach Program

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**UNITED STATES JU-JITSU FEDERATION  
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***“Committed To Excellence”***

## **FORWARD**

### **Authorization -**

USJJF State, Regional and National Coach Certification is authorized by the USJJF Board of Directors. The training and examination are conducted in accordance with the standards established by the USJJF Coach Committee. State level Coach training and examination may be conducted at sanctioned clinics, while regional and national level examinations are to be conducted at sanctioned tournaments or championships and conducted by a National Coaches directed by the USJJF Coach Committee.

### **Eligibility -**

1. Must be a current Annual or Life Member when submitting the Application for Coach Certification.
2. Must meet the age and rank qualifications for each level as required by the USJJF Coach Program.
3. Must have the State Class "D" level Coach Certification for at least one year to be eligible for State Class "C" level examination / certification.
4. Must have the State "C" level certification for at least one year to be eligible for Regional Class "B" level examination / certification.
5. Must have Regional Class "B" level certification for at least two years to be eligible for National Class "A" examination / certification.

### **Coach Certification Requirements -**

1. Coach candidates must present their USJJF current Annual or Life membership card and a copy of their previous coach certificate.
2. Candidates must participate as a coach throughout the entire tournament or championship. They cannot also compete in the tournament on the day of examination.
3. Candidates (at National Class A Level) must wear the required official coach uniform as specified in the USJJF Coach Program.
4. Candidates must have the current required SafeSport on-line training.

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5. Candidates must have the current Concussion Awareness (Heads-Up) on-line training.
6. Candidates must have the current CPR on-line training.
7. Candidates must have a current Background Check

### **Coach Examination -**

1. Candidates must successfully complete the written exam which takes approximately one hour to complete.
2. On the Mat - Practical Evaluation which includes the observation of coach's behavior or conduct during matches in the tournament or championship.

### **Key Factors of an Effective Coach in Ju-Jitsu / Jiu-Jitsu / Jujutsu -**

It is generally accepted that the role of a coach has a major influence on success in sports. An athlete may contain all the skills and motivation necessary for success such as natural talent, work ethic, mental strength, hunger but if they don't have the right coach to bring it all together, it is most likely that they will fall short of their goals. Similarly, a team may be made up of the most talented individuals, but if they aren't molded into an effective group that can perform as a team, then they will often find themselves failing to reach their goals. The importance of a good coach is the reason athletes and teams spend a lot of time and effort searching for the best coaches.

1. Coaching Approach – An effective coach is someone who encourages athletes to stay in the sport and live a healthy lifestyle and ensures that the participants have a positive experience in the sport.
2. Knowledge of the JJ Sport – Allows the coach to improve the athlete's skills and tactics to get the desired results in competition. Being able to identify the areas where the athlete needs to improve along with plan of training is paramount for the successful coach.
3. Coach's Skill in Communication – The effective transmission of knowledge, skill and motivation is critical to enabling the athlete to improve and be properly prepared to achieve success on the mat. Taking the time to listen well is also a form of communication.
4. Motivation – The ability to motivate or inspire an athlete to use their skills and energy to reach their goals is an important tool of the successful coach.
5. Best Use of Time & Training – Coaches must create a training program that is designed maximize the athlete's preparation and development in JJ.

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6. Athlete Safety – Effective Coaches must always work to ensure a safe environment for the athlete in safe training methods, proper equipment, safety measures while proving for a positive experience.

### **Evaluation Factors include the following –**

- a. Voice - clear, concise, loud, and well pronounced communication.
- b. Presence - demonstrate leadership, confidence, control, and calmness when under stress.
- c. Coach Signals - demonstrate concise, clear directions to the athlete.
- d. Mobility on the mat including proper positioning.
- e. Observant - Identifies gi problems or hazards or injuries.
- f. Focus on Safety - displaying solid guidance to the athlete to eliminate injuries.
- g. Team Cooperation - demonstrates good communication and cooperative efforts with the athletes, other coaches, judges, and mat table team.
- h. Demonstrate proper Mat Protocol and Behavior representing USJJF as an appointed Coach or Official.

### **Section 1 Area of Application**

- a. These rules apply to all coaches officiating in the state or regional organizations and in national championships, in the education and further education of USJJF coach and for use at competitions as well as for organizational purposes.
- b. The State and Regional Ju-Jitsu / Jiu-Jitsu / Jujutsu (JJ) Organizations should follow these USJJF standards for the regulation and evaluation of their coach.

### **Section 2 USJJF National Technical Committee (NTC)**

- a. The education and work of the State, Regional & National Coach is coordinated and supervised by the USJJF National Technical Commission. The NTC supervises all levels of coach and the different JJ competition venue (Ju-Jitsu Fighting, Ju-Jitsu DUO, Ju-Jitsu Self-Defense & Jiu-Jitsu Grappling) committees.
- b. The USJJF Committees of each JJ venue are responsible for the education for specific content and the evaluation of the coach in the specific JJ venue. Each JJ venue committee must include at least one highly qualified Coach for that discipline. The USJJF Board shall appoint a “National Coach” for each JJ competition venue.
- c. The National Coach Committee consists of the National Coaches for all JJ venues. Further technical representatives of State or Regional JJ Organizations can be appointed for inclusion by the USJJF Executive Board. They are responsible to coordinate the work of all coach during competitions.
- d. The National Technical Committee shall be authorized administrative support from USJJF Executive Board.

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### **Section 3 Regional Coach Committees & Regional Coach Organizations**

- a. The Executive Board of a Regional JJ Organization with the agreement of the USJJF Board, can establish a Regional Technical Committee including a Regional Committee of JJ venues.
- b. The JJ Regional Organizations (JJRO) can create Regional Coach Committee to work directly with the Regional TC and the USJJF NTC.

### **Section 4 Committee Tasks**

- a. The USJJF National Technical Committee is responsible for the education of coach. This includes the preparation of all teaching, tutorial and promotional material needed for a proper dissemination, evolution and development of Coach duties and activities to all new and existing JJROs.
- b. All coaches with valid USJJF National Coach Licenses are qualified to officiate in all National and Regional Championships. The National Coach of each of the respective USJJF JJ venues shall have the authority to grade and appoint regional coaches for the competitions.
- c. The National Technical Committee shall designate (with the approval of USJJF Executive Board), several Judges for each USJJF Championship, whose responsibility would be to fill out an "Evaluation Form" in real time during the matches. This data be evaluated by the NTC, after the Championship to feed the USJJF database.
- d. The National Technical Committee and the Coach Committees at their respective levels (USJJF National or Regional Organization), are responsible for the performance and conduct of all coaches, for the correct rotation of coach during all USJJF championships and shall govern and control the application and interpretation of USJJF Coach Rules and Competition Rules during all competitions. The National Technical Committee, in due consultation with the Coach Committee shall report to the Executive Board the results of Coach management and plans. The National Coach of each JJ competition venue shall represent the Coach Committee in the resolution of any controversial matter.

### **Section 5 Coach Categories and Levels**

- a. A coach's certification level determines the type and level of competition that a Coach may officiate.
- b. Within each JJRO, each state organizations shall determine their Coach levels and respective criteria for evaluation and shall regulate certification through evaluations and examinations. The highest level of Coach license in a JJRO is the "Regional Coach".

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- c. At the National level there are four levels of coach certification for each USJJF JJ competition venue. (in decreasing order)
1. **State Class D License:** By examination. The candidate must be of minimum 18 years of age and experienced in the respective discipline. He or she must have been a coach, in his or her own state, for at least 1 year and must have coached at least three (3) competitions in the respective JJ competition venue.
  2. **State Class C License:** By examination. The candidate must be of minimum 21 years of age and have good knowledge (Competition experience as athlete or coach, 1<sup>st</sup> Dan for Ju-Jitsu Fighting, Ju-Jitsu DUO, Ju-Jitsu Kata and Ju-Jitsu Self-Defense or Brown Belt for BJJ / Grappling Jiu-Jitsu). He or she must have been a Coach on state or regional level for at least 1 year and must have Coach experience in at least three (3) competitions in the respective discipline.
  3. **Regional Class B License** The candidate must be of minimum 23 years of age and have good knowledge (Competition experience as athlete or coach, 2<sup>nd</sup> Dan for Ju-Jitsu Fighting, Ju-Jitsu DUO, Ju-Jitsu Kata and Ju-Jitsu Self-Defense or Black Belt for BJJ / Grappling Jiu-Jitsu). This Regional License may be issued to an eligible Coach already holding a State Class C License for a minimum period of two years and after officiating as a Coach in at least three state or regional championships and have attained positive evaluation reports within a maximum of two years' time.
  4. **National Class A License:** By examination. The candidate Coach must have extensive knowledge (International Competition experience as athlete or coach, 3<sup>rd</sup> Dan for Ju-Jitsu Fighting, Ju-Jitsu DUO, Ju-Jitsu Kata and Ju-Jitsu Self-Defense or Black Belt for BJJ / Grappling Jiu-Jitsu). He or she must have been a Regional Class B Coach for at least 1 year and must have coached as such in at least 3 Regional or National Competitions and 5 other events. Positive evaluation reports are required and a recommendation of his Regional Technical Commission or Coach Committee shall also be required.
  5. **USJJF Coach Expert:** Any National Coach with good experience and expertise can be promoted to the Coach Expert category, by the National Technical Committee. Coach Experts shall be involved in the education, evaluation and mentoring of Coach of lower levels.
  6. The control of the coach licenses is under the jurisdiction of the USJJF National Technical Committee.

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### **Section 6 Education of Coach**

- a. Coach courses will be held at clinics, camps, tournaments, and special courses sanctioned by USJJF.
- b. A JJRO may request for a Coach course in their nation, organized under the coordination of a USJJF certified instructor, designated by the NTC, subject the JJRO undertaking to cover the costs.
- c. Participants for a Coach course may register for the same through their JJRO or the USJJF National Office. They are expected to be well prepared, with adequate prior knowledge of the rules and regulations and must be physically fit enough to fully participate.
- d. The Coach courses will consist of at least 3 hours on USJJF competition rules and 3 hours of practical lessons, for each discipline.
- e. The theory of the coaching course will be conducted (when possible) thru E-Learning or Self-Study.
- f. Practical lessons may consist of coaching, sports, and various Ju-Jitsu classes.

### **Section 7 Examinations**

- a. The Coach examinations will be conducted by the experts appointed by National Technical Commission.
- b. Successful candidates must secure a minimum of 85% marks in each of the following tests:
  - Competition Rules Test
  - Practical Test
- c. The practical test may be a “mock competition” during the course, or a tournament or championship sanctioned by USJJF or the Regional JJ Organization.
- d. The examiners are required to make a formal report to the NTC on the Coach course and the examinations.
- e. JJRO might ask for report respective their candidates.

### **Section 8 Validity of License and Compatibility**

- a. The state licenses are valid for 3 years and can be renewed only if the Coach has participated in a new Coach course and/or a refreshment course and has coached in at least 2 state or regional competitions in this period, with positive evaluation reports.
- b. The regional licenses are valid for 3 years and can be renewed only if the Coach has participated in a new Coach course and/or a refreshment course and has coached in at least 2 regional or national competitions in this period, with positive evaluation reports.



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- c. The national license is valid for 3 years and can be renewed only if the Coach has participated in a new Coach course and/or a refreshment course and has coached in at least 2 national or continental competitions during this period, with positive evaluation reports.
- d. If the coach has complied with the requirements, their licenses will be renewed upon request an additional 3 more years.
- e. If the test results and/or evaluation for attaining the level of a license for any candidate is below the norms, then his present license may be suspended or cancelled according to the results.
- f. A Coach whose test results are below the norms, cannot renew their license will be reduced to a lower level by the Decision of the National Technical Committee / Coach Committee.
- g. A licensed Coach cannot hold the position of team coach, national delegate, or competitor on the same tournament.

### **Section 9 Recalling of Coach Licenses**

- a. The NTC may recall any Coach license at any time. The recall can be total recall or only a reduction to a lower license level. The recall can also be for a given period.
- b. A Coach license may be recalled in the following cases:
  - 1) The Coach has repeatedly made major mistakes (see Sec. 8f.)
  - 2) The Coach behaves in an unacceptable and/or unsportsmanlike manner.
  - 3) The JJRO has no longer confidence in its coach.

### **Section 10 Coach Refresher Courses**

- a. Coach Refresher courses should be organized regularly in conjunction with USJJF / JJRO events.
- b. A JJRO can also organize a coach refresher course in conjunction with a national tournament or other events if approved by the NTC.
- c. A licensed coach may participate a new coach's course for attaining refresher. But he/she does not need to take any examination at this course, but they would still need a positive evaluation report to fulfil the refresher criteria.

### **Section 11 Coming into Effect**

The USJJF Coach Program were authorized by the USJJF Board of Directors on January 5, 2024 and goes into effect on January 5, 2024.

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### Section 12 Coach Attire

- a. Coach shall wear the Official "Team Warm-Up Suit" with a USJJF or USCJO Patch or Badge attached to the left side.
- b. Depending on the temperature, Coaches shall wear the same as above but without jacket.



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### **Section 13 Code of Conduct for Coaches**

- a. Coaches must behave correctly towards all functionaries, athletes, and the public.
- b. During Competitions, coaches must not express negative opinions (criticisms) regarding other Coach's conduct in public.
- c. Coaches must not release to the press or the television any interview or opinion concerning the Competition in which they officially participate. Except of the head of coach or authorized by him/her.
- d. The Coach must be an example of sportsmanship and the positive effect of sports.

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