



SPORT JIUJITSU

FIGHTING RULES

Article 1
CONTEST AREA

1. Sport Jujutsu fights take place on a proper floor matting, which total area shall be no less than 64m² but no more than 144m² or in the ring.
2. Fighting area that is 6m x 6m is surrounded with a separating area which is 1m wide and made of different color.
3. The competitor is considered to be out of the bounds when on standing position his/her both feet or the major part of his/her body are on the separating area or out of it.
4. There is a safety area around the separating area, which is 2m wide, where cannot be any subjects.
5. Only the Judges, the Contest Physician, competitors and their coach are allowed in the safety area.

Article 2
THE JUDGES

6. The contest is led by The Arbiter who uses appropriate commands and moves within the fighting area.
7. Techniques presented by participants are judged by 2-3 Judges who move outside the fighting area and they are responsible for keeping scores by using appropriate lap counters.
8. On the Arbiter's command "Judges-verdict!". The Judges raise a hand in order to declare the winner. A draw is declared by simultaneous raising of two crossed hands over the head.
9. A verdict and all the decisions made by the majority of the Judges votes and they are allowed to change only by Chief Judge.

Article 3
THE REQUIREMENTS TO THE PARTICIPANT

10. A participant is obliged to know the contest requirements and rules enlisted in Sport JiuJutsu Rules.
11. Each competitor has to look neatly and have her nails shortly trimmed (in the hands and feet).
12. A participant with longer hair is obliged to put it up with a rubber hair pin.

Article 4
A UNIFORM

13. A participant is obliged to be worn in a clean, complete and not torn JiuJutsu uniform.
14. Uniform should be fitted in such way the player's forearms, hips and thighs to be covered with material. Sleeves and trouser legs should be loose- fitting enough to make the grip possible. It is forbidden to roll up the sleeves or trouser legs.
15. Participant whose name is read as the first one, known as "red", should tie his waist round with a red belt. He takes a position on the Arbiter's right side.

16. It is forbidden to have any jewelry, hair-pins, glasses and other things which may bring potential danger to the competitor's health.

Article 5
A SAFETY EQUIPMENT

17. Each participant must be equipped with sparring gloves enabling handgrips, feet and crotch protectors. Moreover, it is mandatory for women to wear chest protectors.
18. Mouth guards and soft thighs and knees protectors may be also used.
19. Safety equipment which is in use must not bring any potential danger to the opponent's body. Therefore, it shall be checked thoroughly by the Judges at the beginning of each match. In particular cases The Arbiter is allowed to permit all the extra protectors.
20. A competitor entering the match must have all safety equipment fastened properly.

Article 6
A DURATION OF THE FIGHT

21. Each match consists of two two-minutes rounds with thirty seconds break between them.
22. In the case of the draw The Arbiter makes the thirty-seconds break and then 1 minute additional round is fought.
23. In the case of draw in additional round after another thirty-seconds break players fight till the first delivered pointed technique, which is judged by the Arbiter.
24. The match is finished before the regulation time has passed in the case of:
 - submission of the participant,
 - disqualification of the participant or participants,
 - withdrawal of the participant by his/her coach,
 - withdrawal of the participant by The Contest Physician.
25. Time used for The Contest Physician to provide medical aid, by The Judges to make a decision, either for adjusting the uniform or the safety equipment is not included in the time of the fight.

Article 7
LEGAL TECHNIQUES

26. Eyes-controlled strikes to the head and the trunk - above the transverse axis going through both hip joints directed to the opponent in the standing position at the time, delivered with following limbs surfaces:
 - front of the fist,
 - dorsum of the fist,
 - foot sole ,
 - dorsum of the foot,
 - heel.
27. Joint locking techniques on:
 - shoulder joint,
 - elbow joint,
 - wrist joint,
 - hip joint,
 - knee joint,

- ankle joint,
 - spine to front.
28. Strangulation techniques are delivered by pressing:
- trachea,
 - jugular arteries,
 - ribs.
29. Muscle pressure:
- gastrocnemius muscle of calf
 - arm biceps.
30. Throws.

**Article 8
CONTACT**

31. On delivering strikes the medium controlled contact is obliged.

**Article 9
POINTING THE ACTIONS**

32. The final result of the fight is marked by taking account of efficiency in actions.
33. The fight is finished either with locking or strangulation technique that makes the opponent to submit by tapping out or when the Arbiter decides that continuing the action might bring any danger to the opponent's health.
34. When the fight is not finished by submission the final result is agreed by taking account of awarded points to the competitors in both rounds.
35. Scoring point system:
- strike - 1 point
 - kick to the trunk - 1 point
 - less spectacular throw - 1 point
 - kick to the head - 2 points
 - effective, more spectacular throw - 2 points
36. Effectively executed action is rewarded points only if it has been executed within the fighting or the separating area.
37. Points are awarded for throw only if as a result of which the opponent:
- has fallen on his/her back,
 - has fallen on his/her buttocks, hips,
 - he did the forward roll
 - he did the back roll
 - he did back support
38. In the case of unintended player's fall on his/her buttocks or if he/she leans backwards and did back support the opponent is awarded one point.

**Article 10
ILLEGAL TECHNIQUES**

39. Strikes delivered with the surface not mentioned in article no. 7 of this Rules.

40. Strikes delivered below the transverse axis going through both hip joints.
41. Strikes to the opponent who is grappling with both his/her hands, except for the situation when the opponent has grappled the kicking lower limb.
42. Strikes delivered to the back of the head or to the back of the backing out opponent
43. Strikes delivered to the neck.
44. Strikes delivered to the opponent on the ground or kneeing one.
45. Eyes-uncontrolled strikes.
46. Full-forced strikes.
47. Locking techniques on the joints not mentioned in article 7 point 2 of this Regulation.
48. Rapid and uncontrolled falls on the opponent on the ground.
49. Finger chokes, hair-, ear- and genitals-pulling.
50. Biting .
51. Eye-, ear-, nose-, mouth-, neck-, groin-gouging
52. Fight avoidance by running out of bounds, notorious falling on the ground, turning back to the opponent, intentional uniform or safety equipment disordering or other activities suggesting passiveness.
53. Unsportsmanlike conduct. Making remarks and gestures that are detrimental either to the opponent or to The Judge.
54. Running out of bounds between rounds or before the verdict is declared.

Article 11
A PENALIZATION

55. Execution of illegal techniques leads straight to penalization with:
 - reprimand,
 - warning,
 - disqualification
56. When foul is perceived by the Judge the fight is stopped on the spot in order to signalize illegal conduct.
57. Reprimand is received from The Arbiter when the player for the first time:
 - has executed an illegal technique with doing no harm to the opponent,
 - has not submitted the Arbiter's instructions
58. Warning is given when the player:
 - has committed another offence,
 - has caused infractions that do not result in the opponent's inability to continue the fight
59. When a warning given to the opponent has its foundation two points are awarded to the player by The Judge.

60. The player is disqualified when:
 - executing an illegal technique has caused infraction which results in the opponent's inability to continue the fight.
 - with his/her unsportsmanlike conduct does not stand on Etiquette of Jiujutsu and disturbs the pace of the contest.
 - he/she is out of bound within one minute after "call". The moment of count down is stated by The Judge. When the time has passed the Judge is informed with the sound of gong.
61. Decision to disqualify the player or players is reached by Judges on suggestion of the Arbiter.
62. On excessive rules breaking the player may be excluded from participation in the tournament. In this case The Chef Judge is empowered to make an ultimate decision.

Article 12
START, BREAK AND THE END OF THE FIGHT

63. Before the fight the competitors take their positions outside the separating area.
64. On the Arbiter's command (rei!) the competitors take their entrance positions within the fighting area and then they take bows.
65. The fight is started with the Arbiter's command "hajime"(fight!) and is finished with the command "yame"(stop!)
66. The Arbiter calls time out in order to:
 - to signalize foul
 - when the competitor is out of bounds
 - when within four seconds since grappling the opponent in standing position started none of the participants has executed an effective throw, joint locking or strangulation technique.
 - when within 20 seconds since the ground work started none of the participants has executed a painful grip.
 - when continuation of the painful grip may be health risk for the player.
 - when the player surrenders.
 - when he/she comes to conclusion that the present situation unable to execute joint locking or strangulation techniques effectively.
 - if it is necessary to adjust or to change either the uniform or safety equipment
 - in order to declare a superiority or a draw after the first round
 - to enable the Judges to make a decision,
 - provide a medical service
 - in all other cases when he/she finds it necessary.
67. Effectively executed action is awarded with points only if it was executed before or during the sound of final gong. It is the Judges decision whether to accept it or not.
68. After the verdict has been declared the participants are required to shake hands.

Article 13
A MEDICAL AID. A FIGHT BREAK IN THE CASE OF THE PARTICIPANT'S INABILITY TO CONTINUE

69. If the participant gets injured The Arbiter shall call time out but not for longer than three minutes in order to provide medical aid to the sufferer.

70. If as a result of contusion the participant is not able to continue the fight the final result is declared as follows:
 - if the contusion is a result of the opponent's fault his/her disqualification is automatic.
 - if either the contusion is not a result of the opponent's fault or it is impossible to point the guilty the winner is the player who is able to continue the fight.
71. Decision whether the competitor is able to continue the fight is made by The Contest Physician on the Arbiter motion.
72. The participant who was withdrawn from fights as a result of contusion might be permitted to take part in further fights only with The Contest Physician's approval.

Article 14
FINAL REMARKS

73. Each competitor shall be guaranteed a rest between fights which is not shorter than 15 minutes.
74. In the case of any damage to the uniform or safety equipment the participant is allowed to ask the Judge to make a break in order to adjust or change them. This break shall not last longer than three minutes.
75. Each fight consists of two one-minute rounds with fifteen-seconds break between them in children-, youngsters-, juniors- and veterans divisions.
76. It is mandatory for children, youngsters and juniors to fight wearing head protector.
77. In children divisions at the age of 6-9 head strikes and kicks are forbidden.
78. Scoring point system in children's divisions at the age of 6-9:
 - strike - 1 point
 - kick - 1 point
 - mount position - 1 point
 - less spectacular throw - 1 point
 - effective, more spectacular throw - 2 points
79. If any situation should happen during tournament which is not taken into consideration in these Regulations The Chief Judge takes the decision about it.