

# SPORT JUJUTSU RULES

## **1. Goals of Match**

Each match consists of 1 round of 3 minutes continuous action (time stops only in case of injury, with total of 1 minute injury time for each competitor per match). Players win by decision or by tap out submission (submission by referee intervention will also result in immediate victory). Points can also be achieved for kicks, punches, throws, takedowns and ground work (holds). Arms, wrists, ankles and legs locks are allowed. Points are awarded for following techniques:

<b>STRIKING:</b>	
1 Point	For crisp, clean striking techniques delivered to the body with either hand or foot, plus strike to the head (moderate contact is required, deliberate full contact is forbidden)
2 Points	For a controlled kick to the head (headgear surface only!) that makes no more than light contact
<b>GRAPPLING:</b>	
1 Point	For takedown where at least one foot stays on the mat (opponent must fall to his/her back).
2 Points	For a throw that causes both feet to leave the mat (opponent must fall to his/her back).
<b>GROUNDWORK:</b>	
2 Points	For achieving a hold down (osae komi) during ground work. This position must be held for 10 seconds as determined by the Center referee. Only one hold down may be scored by a contestant per one ground time (no consecutive hold downs and consecutive points for that).

Once fighters are in a grappling situation with both hands on, there is no striking. There will be only 10 seconds allowed for standup grappling. If a throw or takedown has not occurred, the players are separated and signaled to continue with punches and kicks.

Each time both players end up on the mat, they are given 30 seconds of ground work. At the end of grappling time the players are separated, brought back to their feet and resume fighting. If the hold-down technique and 10 seconds counting had begun before the expiration of 30 seconds ground time, or before the end of the round, counting will be continued regardless of expiration of time, until full 10 seconds or until the hold down is broken. Trapped (entangled) leg after the beginning of legal hold down is considered broken hold-down (Toketa), same as in judo. Rear Hook (when a competitor has taken full control of their opponent's back by hooking both feet inside his hip or thigh area) is considered valid hold-down, alongside standard judo osae komi techniques.

In the case of a draw at the end of fight, match will be decide by referee's vote of hands.

## **3. CATEGORIES:**

Recommended categories for senior competitions will be:

**Male: - 50, - 56, - 63, - 71, - 80, - 90, + 90kg**

**Female: - 45, - 50, - 56, - 63, -70, +70kg**

Categories for junior contestants will be decided by the organizer of these special events. In junior fights chokes and locks will be prohibited. Length of the match in junior competitions may be reduced to 2 minutes effective time.

## **4. Competition Area**

Will be standard judo/jujutsu tatami, covering minimum of 8x8 meters, with additional 1m of safety zone around.

## **5. Safety Equipment:**

Mandatory equipment: Head gear, 1/2 inch thick grappling or karate gloves, shin and instep protectors. No protective gear shall be allowed to contain any metal or hard plastic. A traditional martial arts gi in full must be worn with sleeves no more than one fist distance up the arm from the wrist. No T-shirts for male contestants will be permitted. Female contestants are advised to wear breast protector under the jacket. Groin protectors and mouth pieces are allowed.

Competitors with long hair must to use a plain hair tie. All jewelry (rings, watches, necklaces, etc.) must be removed. Wearing of eye glasses during competition is prohibited.

## **6. Illegal Techniques:**

No striking to the face mask area (nose and eyes). No striking below the belt. No open-hand strikes, no back-spinning kicks or strikes. Strikes can be delivered with only the hand or foot (no knees, elbows, or head-butts). No hammer-strike. No "axe" kick. Any strike to a competitor whilst grappling or ground working is illegal. Other illegal techniques: hair pulling, scratching, biting, any blind techniques, any finger and spine locks.

## **7. Referees, Judges, & Officials**

Each contest will have 2 Corner Judges, Centre referee and a Timekeeper.

The Centre referee shall communicate clearly with the players, judges and timekeepers. The Centre Referee is responsible for counting the ten (10) seconds allowed for stand up grappling. When the competitors are on the ground and a hold down has started, the referee will extend his/her arm out over the competitors, this is the signal for the timekeeper to start the ground time. The Centre referee will instruct the Judges when a successful hold down has been effected for the required time. The Centre Referee is the only person who can call for and administer a penalty.

Two Corner Judges will keep the score of the match. The Judges will count all striking points for each competitor that are to a legal target area, all take-downs and throws and all hold-downs indicated by Centre Referee.

At the end of the match the Centre Referee will "Call for Winner" (HANTEI!). At this point the judges will raise the flag of the winner (or signalize by hand) to determine which competitor has won the match. In the event of identical scores on a Judge's counters, the Judge will cross their arms to indicate a tie. In the event of an overall tie score at the end of a match, the Centre Referee will call referees to vote by hands with him and decide a winner.

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so (only in case of injury). Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the competition area inform the referee when time has run out.

## **8. Penalization**

Warnings & Penalties will be issued to any competitor who:

- 1) Uses excessive contact
- 2) Attacks illegal target areas
- 3) Uses illegal techniques.
- 4) Runs out of bounds to avoid engagement
- 5) Falls on the ground to avoid an attack
- 6) Continues to engage after being ordered to stop.
- 7) Uses negligent or reckless attacks
- 8) Is disrespectful to officials or other competitors.
- 9) Displays unsportsmanlike conduct.

Contestant who commits minor infraction will be only warned. Repeated minor infractions will result in 1 point award to the opponent (Shido). Major infractions and repeated minor infractions will result in 2 points award to the opponent (Chui). Any severe infraction or any infraction afer Chui wil result in disqualification of the contestant.

## **Comments:**

Sport Jujutsu rules of European Budo Council (EBC) are result of many years of practice and research by the EBC's most senior jujutsu teachers, coaches and competitors. These rules are intersection of similar rules found within following larger national or international organizations: **International Sport Ju-Jitsu Association, World Kobudo Federation, World Martial Arts Games Committee, International Ju-Jitsu Alliance, World Council of Ju-Jitsu Organizations, Jujitsu America...** It must be also mentioned that the creators of Sport Jujutsu rules of EBC also have a significant involvement in competitions under the Ju-Jitsu International Federation.

Main principles of EBC sparring system are:

1. Continuous fight, without stops for announcing points
2. Inclusion of all three major groups of fighting techniques: strikes, throws/takedowns and ground techniques (pins, chokes and locks)
3. Scoring system where side referees count points, same as in professional boxing, while the Mat referee only cares for safety of fighters and application of rules (prohibitions, etc.). This system is similar to juridical system of Judge and Jury - where Judge conducts the trial, but the Jury makes the final decision - unless there is a clear end of "trial"

before the Jury us asked to decide - in case of Sport Jujutsu, that would be a tap-out. (*Tap-out in Sport Jujutsu is in its nature an "ultimate achievement" equal to knock-out in boxing, kickboxing, etc.*)

4. Limitation of grappling time (standup grappling and groundwork)

5. Prohibition of strikes during standup grappling or groundfight

6. Prohibition of straight strikes to the face, elbow and knee strikes, as well as dangerous groundfight techniques.

All of the organizations mentioned above have certain special rules and focuses. Some are giving two or three points for a throw and only one point for a strike. Some are giving five points for a tap out. Also, some have two rounds, some have one round, some allow certain strikes, some allow other strikes, etc... However, the main similarity remains, and that is the core set of rules used by EBC.

In EBC rules there are only two types of techniques: those that have value of two points and those that have value of one point. This simplification is made to satisfy the needs of audience, as well as the needs of referees. In Sport jujutsu of EBC there is only one 2-points strike: a kick to the head. All other strikes are valued as Ippon (1 point). This stimulates fighters to perform attractive kicking techniques, and at the same time, it actually de-stimulates them to turn into taekwondo "kicking only" fighters, because kicking is a hard thing to do, especially if your opponent can grab you and throw you down.

There are only two types of throws in EBC: throws with both feet in the air - scored as two points, and other throws (takedowns), scored as one point. It is very important to notice that in EBC there is equal validation of a solid strike/kick and a solid throw. In that way, EBC is not patronizing any martial art in particular, and people from standup&striking arts (karate, kung fu, taekwondo, boxing and kickboxing) have the same opportunities like the ones from grapple&groundfight arts (judo, wrestling, Brazilian Jujutsu etc.)

Karate people may "survive" the grappling phase because this phase is limited to 10 seconds only. Judo people can receive the strike, approach and grab, because the strike is not "a finishing technique". If a judo guy cannot perform a throw within 10 seconds, he must do the striking fight again... So it goes from judo to karate and vice versa, without advance for anyone.

Also, groundfight is limited to 30 seconds only. People with experience from, i.e. Brazilian jujitsu, will not be allowed to endlessly work for a proper "position". In that way, they will not be superior to all the others. All fighters - regardless from their background (be it karate, judo, Brazilian jujitsu, or something else) will be in same position. Actually, the only ones that will have the initial advance will be JUJUTSU PLAYERS, those who have actually trained for this sport event and for this set of rules. That is the most important value of Sport Jujutsu rules of EBC: they are made for JUJUTSU people.

Another significant characteristic of EBC Sport Jujutsu is mandatory protective gear and allowance of almost full-contact strikes to the body and headgear (not to the face!). This makes Sport Jujutsu fight attractive for audience, and different from non-contact sports like WKF Karate or JJIF Jujutsu. For most of contestants Sport Jujutsu will offer simple tactics: cover yourself, strike hard, approach, throw and "finish" - with a pin or, even better, a choke or a locking technique. Our contestants must have proper headgears, gloves and shin/instep pads.

One of the most important things about the EBC Sport Jujutsu rules is that these rules are simple. Even the most inexperienced spectator sees (and hears) when there is a clean strike or grappling technique. Any non-contact striking sport provokes discussions from audience, coaches, competitors and all the rest. Rules which do not have to be interpreted to laymen are always the best rules.

Special quality of EBC Sport Jujutsu rules is that they make it relatively easy to prepare even the youngest ones for competitions. Simple rules and limited number of effective techniques make it possible even for beginners to start competing.

EBC Sport Jujutsu fight lasts 3 minutes TOTAL TIME. Clock is stopped only on case of injury or lengthy breaks, when the Mat referee demands so. This fighting time is not too long, but is demanding enough for amateur sportsmen. Because of this length of fight, and the option of finishing the fight even before expiration of 3 minutes, Sport jujutsu is placing technique ahead of physical endurance and strength. Thus, elder black belts or amateurs faced with professional sportsmen do not have to worry about physical exhaustion. As a side effect, injuries are reduced, because most of injuries happen due to physical exhaustion and its consequences.

It has been proved in hundreds of fights in UK, Serbia, Germany, USA and other places where these or similar rules were tested that there are no major injuries and even smallest children can participate. Of course, for youth categories we disallow chokes and locks, and strikes to the headgear are mostly limited only to uraken (as the best padded fist area).

