



Milton Jiu-Jitsu

Instructors (Sensei)

Highlights

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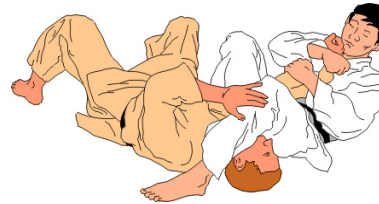
Schedule & Prices

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World Kobudo
Federation
and
I.A.O.M.A.S

International Alliance of
Martial Artists

Sport JJ & Grappling Rules



FOR SPORT JIU-JITSU TOURNAMENTS COMING UP, GO TO THE [FUTURE EVENTS LINK](#)
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GRAPPLING RULES
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SPORT JIU-JITSU RULES

THE WORDS **SPORT JIU-JITSU** WILL BE REFERRED TO AS **SJJ**.

Jiu-Jitsu, one of the oldest Japanese Martial Arts, can trace its origin back more than 2,000 years, Samurai warriors used Jiu-Jitsu's empty hand techniques for combat. Traditionally, Jiu-Jitsu was practised as a self defence art believed too lethal to ever become a viable sport because of the high risk of injury, yet today with creative and skillful modifications over the past 30 years, Jiu-Jitsu has entered a new arena. SJJ although relatively new to some, is quickly becoming a popular martial sport throughout the world.

SJJ transcends other forms of martial art's competition because it encompasses all fighting ranges. For example, although a fighter may become a world champion in Tae Kwon Do, Karate, Judo, or Grappling arts like Wrestling, unless he/she is versatile and can blend principles from all systems, he/she will not be a successful SJJ competitor. SJJ challenges fighters not only to develop hand and foot speed, but also to have the versatility and skill to go into grappling using take-downs and submissions.

The art of Jiu-Jitsu consists of: Ukemi waza (break falling techniques) Nage waza (throwing techniques), Katame waza (grappling techniques), Atemi waza (striking techniques), Kansetsu waza (joint locking techniques) and Shime waza (strangulation techniques) Many styles of Karate that are primarily striking arts have their roots in Jiu-Jitsu. Judo and Aikido which are primarily grappling arts also have their roots in Jiu-Jitsu. Therefore, a competition that consists of only striking without grappling is not true SJJ because it is missing a very important element of Jiu-Jitsu and so is more like a point Karate tournament. Also a tournament which consists of only grappling and no striking cannot legitimately be called SJJ because it too is missing a very important element of Jiu-Jitsu. Without strikes it is only a grappling tournament, often called submission wrestling. A true SJJ tournament represents the art's totality and consists of all the physical elements.

SJJ competition is not exclusively for Jiu-Jitsu practitioners, the rules have been designed for the spectator as well as the competitor and intend to be fair for all players regardless of style. There are three levels of competition in SJJ and they are: Kyu belts (under Black Belt) Juniors (under 16) and Black Belts. Players in the Kyu rank, Jr. & Sr. and Black Belt semi contact competition are awarded points as follows: 1 point for a crisp clean technique to the body, 2 points for a controlled kick to the head (light contact only), 2 points for a half throw, 3 points for a full throw, and a submission is an automatic win.

An Adult SJJ match consists of two 1 ½ minute (90 second) rounds with 30 seconds grappling time once competitors go to the ground. Many argue that a time limit on the ground makes the competition unrealistic because studies show that up to 90% (depending on the survey) of all street altercation's end on the ground. However studies also show that less than 10% last longer than 30 seconds once they do go to the ground. Therefore SJJ encourages a competitor to learn how to finish more quickly which in turn is more realistic than having an unlimited amount of time to finish your opponent.

There are different governing bodies for SJJ in various countries. The objective of the WORLD KOBUDO FEDERATION is to bring these governing bodies together to unify rules and to pave the way to the Olympics.

For information on tournaments, seminars, etc. regarding SPORT JIU-JITSU contact THERIEN JIU-JITSU (World Kobudo Headquarters) at (613) 746 5402, or contact the SPORT JIU-JITSU COORDINATOR, ROBERT KRANSTZ (905) 632 3100, 4281 LONGMOOR DRIVE, BURLINGTON, ONTARIO, L7L 5A4, or Email rkranstz@cogeco.ca

FREQUENTLY ASKED QUESTIONS

Is SJJ competition for Jiu-Jitsu practitioners only? Absolutely not, the rules and regulations are designed to be equally fair for all players regardless of style, as long as they practice the elements involved in Jiu-Jitsu.

How does SJJ differ from Brazilian Jiu-Jitsu tournaments? SJJ consists of all the physical elements of Jiu-Jitsu, Brazilian Jiu-Jitsu tournaments do not allow the element of striking and are primarily submission wrestling events.

How do I find out who is in charge of SJJ for my country or area? Contact the WKF headquarters listed above, or the SJJ coordinator.

How does an athlete qualify to represent his/her country in International competition? First they must be a member in good standing with the WORLD KOBUDO FEDERATION and be an active participant on the SJJ tournament circuit. Team members are selected based on their performance in competitions.

WKF SPORT JIU-JITSU

RULES AND REGULATIONS

Selecting of Referees and Judges:

The combat art of Jiu-Jitsu can only be altered or modified to become a safe competitive sport if one important element becomes part and parcel of the sport itself. This foremost element in SJJ is well trained officials. He/she must be thoroughly knowledgeable in understanding, interpreting and administering all aspects of the rules. This can only be accomplished through diligent study of the rule book and actual physical training under competition conditions. Officiating shall be considered a prestigious position and only those who have diligently studied and trained are to be considered and accepted as experts in the field of rule etiquette.

FREE STYLE FIGHTING COMPETITION

ARTICLE 1: PLAYERS

A: Each player must present him/herself suitably attired in a clean, traditional martial arts Gi (uniform) with sleeves no more than one fist distance up the arm from the wrist (a jiu-jitsu or judo top is recommended). If a player's uniform becomes bloodied or torn in a manner that may affect the outcome of the match, he/she will be asked to replace it immediately or forfeit the match.

B: All jewelry (rings, watches, necklaces, etc.) must be removed.

C: Wearing of eye glasses during competition is prohibited

D: Competitors may be required to wear a coloured flag or belt during the actual match for

E: All competitors must be suitably attired with proper safety equipment, (see article 2)

ARTICLE 2: SAFETY EQUIPMENT

The use of safety equipment such as approved sparring gloves, sparring shoes, shin pads, mouth guards, and a groin protector is mandatory. Head gear is mandatory in all divisions below the age of sixteen (16). Although head gear is not mandatory in adult divisions, it is recommended for personal safety. Approved sparring gloves and shoes shall consist of a minimum ½ inch thick pliable material covering all of the hand and foot striking areas with the exception of the sole of the foot and palm of the hand. No abrasive, rough, tattered, torn or loose equipment will be permitted. No protective equipment shall be allowed to contain any metal or hard plastic.

ARTICLE 3: CONTEST AREA

The competition surface must have proper floor matting with suitable thickness to accommodate throws. Matting must be laid flat and held secure. Any seams or tears must be covered with suitable tape. The contest area itself shall be no less than 16 X 16 foot square, and no more than 20 X 20 foot square, and there should be a safety border around the fighting area. (Area may vary depending on the tournament, above area size is recommended)

ARTICLE 4: OFFICIALS

Medical personnel shall be available at all times and easily recognizable.

A chief referee and arbitrator will be appointed prior to the beginning of the tournament.

Equal training emphasis must be placed on officials as well as competitors. Only highly trained official who have a working knowledge of the rules can be accepted for international competition. The chief referee in his/her wisdom, may select or reject officials who do not meet these criteria at any time during the tournament, with no recourse for protest or debate.

Each contest must have: One referee, two judges, one scorekeeper, and one timekeepers. (Timekeeper is to monitor the duration of each round, and one to keep time for the 30 second ground fighting).

All officials should be identifiable by wearing appropriate clothing, (The dress of Officials will be determined by the Governing body).

ARTICLE 5: DUTIES OF CENTRE REFEREE

The referee does not keep score. The referee is charged with supervision of the match. He/she administers and controls the tempo of the contest, enforces the rules, and ensures fair play. To this end, he/she starts and stops the fight, calls and enforces all penalties

The referee shall communicate clearly with the scorekeeper and timekeeper, as well as announce the winner of each round and the match. The referee shall announce in a loud clear voice all official decisions, and shall indicate with voice and gestures the player affected by his/her decisions.

Centre referee is the only person who can call for and administer a penalty

The centre referee is encouraged to give verbal commands throughout the competition where a penalty has not been called, such as "watch the contact, or, stay in bounds, etc."

The referee is responsible for counting the five (5) seconds allowed for stand up grappling, and the ground time for hold downs. 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 that the referee has started counting the hold down time. (See ARTICLE 10 POINT SCORING). The referee will allow the hold down time to continue after the timekeeper has called end of round time, until at least one point has been earned, this will only happen if the hold down had started during the regular round time.

The referee will check with the Judges at the end of each round, to declare the winner of the round, and at the end of round two declare the winner of the match, or declare a tie and then proceed with round 3. If there is a call by a Judge that has one competitor (Red) winning the round, and the other Judge has the competitor (White) winning the round the referee then has the option of declaring a winner or declaring a tie for that round, the centre referee cannot overrule decisions when both Judges vote for either the Red or White competitor.

Only the centre referee may call time out. He/she must do so for the following reasons:

A: To allow equipment adjustments.

B: To award points, (in the case of a penalty), assess penalties, administer warnings.

C: To attend to an injured competitor.

D: To hear a legal protest.

The centre referee will occasionally confer with the judges when in his/her opinion the judge's decisions are not consistent, this will help to ascertain the competence of the judges.

ARTICLE 6: DUTIES OF THE JUDGES

Two corner Judges keep score with lap counter type devices, each Judge has a counter with a red flag attached and one with a white flag attached, in order to identify the competitors. The Judges will count all striking and throwing points of each competitor that are to a legal target area, using a legal technique, while standing and while on the ground. The centre referee will instruct the Judges as to how many points should be counted in the event of a hold down. The centre referee will check with the Judges at the end of each round in order to call the winner. Judges are required to limit their motions to their respective areas of the ring, and they must never interfere with the motions of the referee or competitors. The Judge that is closest to the score-keeping table will be responsible for relaying signals and commands between the referee and the timekeeper, and scorekeeper.

Call after each round: During the thirty second break between rounds the referee will check with the Judges to determine a winner.

A Tie: When the centre referee checks with the Judges and determines that it is a tie, he/she will indicate and call this a tie, and a third round will be held to break the tie. (See Article 12 - Duration of rounds)

Out of Bounds: A competitor, whether throwing or striking, is considered in bounds and eligible to score if one foot is still in the fighting area. However, a competitor may not be considered officially out of bounds until the centre referee stops the fight. It should be noted that it is the centre referee's voice which signals an end to scoring opportunities for the competitors. A Judge should not base his/her scoring on the in bounds or out of bounds of a competitor, but only on the techniques that are happening, unless otherwise advised by the centre referee. If competitors go out of bounds, the centre referee will stop the match momentarily and immediately resume the match once the competitors are both in bounds. If a competitor runs out of bounds simply to avoid engaging his/her opponent he/she will be warned only once by the centre referee, (see article 5, Re: verbal commands).

ARTICLE 7: DUTIES OF THE TIMEKEEPER

Timekeepers shall be seated adjacent to the competition area and shall stop and start time according to the referee's signal to do so. When the fighting has stopped for more than three seconds and if for some reason the centre referee fails to call time out the timekeeper should automatically stop time, and then restart time with the referee's signal, or when fighting resumes. Timekeeper shall, by verbal and visual signals, such as throwing a bean bag or suitable substitute into the centre of the fighting area to inform the referee when time has run out, or when he/she has received a formal protest. Time officially runs out only when the centre referee calls the signal to stop. Timekeeper will begin timing the ground time when he/she sees the competitors go to the ground, and shall indicate the end of ground time by sounding a whistle or other means of communicating (See: Duties of Judges).

ARTICLE 8: DUTIES OF THE SCOREKEEPER

Scorekeeper shall keep count of all penalties awarded to competitors, as instructed by the centre referee. He/she will maintain scores sheets and call up each competitor, including those on deck. All the required score sheets, hand counters, stopwatches and necessary flags must be at the scorekeeper's table.

ARTICLE 9: LEGAL PROTEST

A legal or formal protest can only be lodged for a noncompliance of the rules and can only be introduced by a head Sensei, or designated coach, the tournament director, or his designate. A legal protest to be acted upon during a match must be lodged with the timekeeper, who will immediately notify the centre referee. The centre referee will then call a time out to deal with the protest.

ARTICLE 10: POINT SCORING SYSTEM

A. One Point

1: For crisp, clean striking techniques delivered with either hand or foot to legal target areas, (To score a point to the body in Black Belt division medium to hard contact is mandatory) Hand strikes to the head (to the head gear area for Juniors) with light or touch contact only, will be awarded one point. (The head contact must indicate that the potential was there for a harder blow)

2: Kicks to the inner and outer thigh with light to medium contact using roundhouse kicks only (mawashi geri) will be awarded one point. (Kicks at or near the knee will be a major penalty loss of 2 points)

3: A flurry may be considered a repetitive number of doubtful strikes and only one point will be awarded. (At judges discretion).

4: Each strike must be seen to be a potentially damaging or injurious blow and will be awarded one point.(except for head kick)

5: Any combination strikes will be considered on their own merit, they will be considered as multiple points or a flurry, at judges discretion.

6: Once stand up grappling commences, multiple strikes will be allowed and counted for both competitors within the 5 seconds allowed, then they must break the grappling hold.

B. One Point – To be awarded for any takedown, other than a half or full throw. (Where it is shown that one competitor initiated and was in control of the takedown)

C. Two Points – Will be awarded for a controlled kick to the head that makes no more than light or touch contact to head gear area.

D. Multiple Points – Will be awarded for achieving any legitimate hold down position during the allotted ground time.

Points for hold downs are: Adults, (2) two points for every 10 seconds up to the 30 second time limit.

Juniors, (1) one point for every 5 seconds up to the 15 second time limit. The time will be monitored and determined by the referee. The hold down time will start with a signal from the centre referee (his/her arm extended out over the competitors).

NOTE A competitor cannot be saved by the bell (time limit of rounds) once a hold down has started, it will be allowed to continue to completion for 2 points Adult, or 1 point Junior.

This will apply only if ground time has not run out.

E. Two Points – Will be awarded for a legitimate and controlled half-throw or sweep scored on an opponent that causes one foot to leave the mat, (Such as O'Soto Gari, or Ko Soto Gari).

F. Three Points – Will be awarded for a full throw or sweep scored on an opponent that causes both feet to leave the mat. (Such as various hip throws, or shoulder throws).

G. Four Points – Will be awarded for a submission by referee intervention, (this is when, in the opinion of the centre referee there would be severe injury caused if the lock or choke continued).

NOTE Any submission that causes a competitor to tap out is an automatic win.

What constitutes a submission? A competitor tapping out, from a joint lock or choke, or a competitor who receives a strike to the body, (without malicious intent), or a throw, (without malicious intent) and cannot continue after a 10 second count is given, will constitute a submission (Black belt only). Also, (See previous 4 point submission).

NOTE If there has been a penalty assessed to a competitor that deems he/she loses 2 points, two points are to be added to the opponents score, since the counters cannot deduct points.

ARTICLE 11: GRAPPLING

The criteria for grappling allows a competitor to hold his/her opponent in any legal manner for approximately five (5) seconds while in a standing position, after which

time if there has been no takedown or throw, the competitors must release the hold, (on a command by the centre referee). Multiple strikes from either competitor will be allowed during this encounter. The timekeeper will start the ground time (30 seconds for Adults, and 15 seconds for Juniors) when one or both competitors have been taken to the ground by use of a legal technique. The competitors on the ground can score with legal striking techniques to legal target area. (No strikes to the head by either competitor).

Competitors may also score with counter throws, hold downs or submissions.

At the end of the ground time limit they will be separated, brought to their feet and will resume stand up fighting.

If a hold down has started, or it looks like a submission is close, the referee can use his/her discretion as to calling out of bounds.

Absolutely NO neck restraint techniques (chokes) for juniors will be allowed, the primary objective for juniors on the ground is to achieve a hold down, although arm locks will be allowed for junior blue belts and above.

A competitor who ends up on the ground because of an illegal technique may not be scored upon.

If there is a penalty call while competitors are on the ground, depending on the position of the competitor, the referee may stop the fight and assess the penalty, or he/she may let it continue, (if the penalty was against the competitor that was being held down), and assess the penalty after they stand up

During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the fighters to stand up without waiting for the ground time to run out.

ARTICLE 12: DURATION OF ROUNDS

Each match consists of two -1 & 1/2 minute (90 seconds) continuous action rounds for Adults and 1 minute rounds (60 seconds) for Juniors, with approximately 30 second break between rounds. Continuous action refers to the fact that the competitors are scoring or have the opportunity to score without a break in the action for calling points. During the thirty second break between rounds the referee will check with the Judges to determine the winner of the round, the centre referee will then indicate who won the round, or the fight.

The scoring counters will be cleared at the end of each round. At the end of round two the centre referee will assemble the competitors in the centre of the ring, he/she will then declare the winner, or declare a tie and proceed with round 3.

In the event of a tie, additional rounds will be fought. (duration of overtime rounds to be determined by the tournament coordinator)

ARTICLE 13: DEFINITION OF A BYE

In order to establish competition between an odd number of competitors, some may be given an automatic win, this is classified as a "BYE". The remaining competitors will then compete against each other in the normal manner, this may be double, or single elimination. A bye is established by means of a draw that is done during the first round of fights.

ARTICLE 14: WEIGHT DIVISIONS

MEN'S...Adult Black Belt

- Light.....149 lbs. and under (67.5 kilos)
- Middle.....150 lbs. to 164.9 lbs.(67.5 kilos to 75 kilos)
- Light-Heavy.....165 lbs. to 179.9 lbs.(75 kilos to 81.5 kilos)
- Heavy.....180 lbs. to 194.9 lbs.(81.5 kilos to 88.5)
- Super Heavy.....195 lbs. to 210 lbs. (88.5 kilos to 95.2 kilos)
- Open weightover 210 lbs. (over 95.2 kilos)

EXECUTIVE (for team) not over 210 lbs. (92.5 kilos)

Adult Kyu Belts

- Light.....Under 170 lbs. (Under 77 kilos)
- Heavy.....Over 170 lbs. (Over 77 kilos)

LADIES Adult (All ranks)

- Light.....Under 130 lbs. (59 kilos)
- Middle.....130 lbs. to 159.9 lbs (59 kilos to 72.5 kilos)
- Heavy.....160 lbs. and over (over 72.5 kilos)

EXECUTIVE Ages over 40

- Light.....Under 180 lbs. (81.5 kilos)
- Heavy...180 lbs. and over (81.5 kilos)

WEIGHT CATEGORIES MAY BE ALTERED FOR TOURNAMENTS DUE TO NUMBER OF COMPETITORS OR OTHER CIRCUMSTANCES, THIS WILL BE UP TO THE TOURNAMENT DIRECTOR

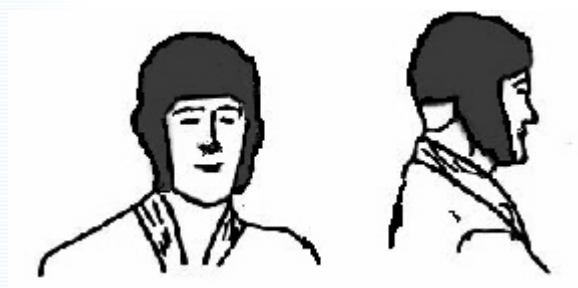
JUNIORS UNDER 16 - To be determined by age, size and rank, at the option of Tournament Directors. Male and Female may be in the same divisions, at the Tournament Directors discretion.

NOTE Tournament directors have the option to change and alter all divisions depending on the number of competitors in each division.

ARTICLE 15: LEGAL STRIKING TARGET AREAS

Top, side, and back of the head, (light contact only) chest, solar plexus, ribs and abdomen are legal striking areas.(light to medium for juniors and kyu belts, medium to hard contact for Black Belts)

Inner and outer thighs are legal target areas. (must be away from the knee with light to medium contact)



Shaded areas are legal head targets (No facial contact for Juniors)

ARTICLE 16: ILLEGAL STRIKING TARGET AREAS

Facial area (Junior only), neck, throat, spine, kidneys, groin, and all joints are illegal striking areas. Punching below the belt is illegal. Low kicks other than outer and inner thigh (roundhouse kicks only) are illegal unless they are a legal sweep. Any kicks to a competitor on the ground is illegal.

Any striking techniques on the ground to the head is an illegal target area

ARTICLE 17: LEGAL TECHNIQUES

A boot to boot foot sweep, boot to calf (unless called as a low kick) and calf to calf sweeps are considered legal techniques. All controlled hand strikes, kicks, throws, and submission holds to legal target areas as well as vascular chokes are acceptable legal techniques, except those listed as illegal. Light contact to the head is allowed, but it is imperative that judges and referees distinguish the difference between, light contact, and excessive contact. (See article 19 excessive force)

ARTICLE 18: ILLEGAL TECHNIQUES

A: Head butts **B:** Hair pulling **C:** Scratching

D: Biting **E:** Elbow or knee strikes **F:** Any finger strikes

G: Any blind techniques

H: Kicking a competitor on the ground

I: Striking to the head while on the ground

J: Kick to the knee (this will be assessed as a major penalty)

K: Intentional attack to nerve points of the head, face, or neck areas.

L: Any finger, toe or heel locks. (twisting of the heel, not ankle lock)

M: Respiratory chokes (across the throat)

JUNIORS- Any technique that puts severe pressure on the neck, such as neck take downs or twisting the neck during hold downs, all strangulation techniques.

ARTICLE 19: FORCE REQUIRED TO SCORE

Light Contact: Indicates no target penetration as a result of a striking technique. This type of contact is legal to the head. Touch, or Light contact to the head is permitted in all division, as specified in legal techniques, and legal striking areas.

Medium Contact: Slight penetration or slight target movement defines medium contact. Only clean crisp techniques delivered to the body's legal target areas with medium contact will be awarded points. (This will vary depending on the ages and experience of the competitors)

Hard Contact: Controlled semi full contact and hard contact strikes to the legal body areas are permitted only in Black Belt divisions and they must be delivered in a controlled manner. (If delivered with malicious intent it will be cause for a penalty).

Excessive Contact: A call for excessive contact indicates that a referee saw a competitor using strength or force in excess of the force necessary to score a point. Any strike, throw, takedown, or submission hold delivered with malicious intent will be considered excessive force and may result in immediate disqualification. Though it is largely a judgment call, indications that contact has been excessive are to be seen in the following reactions:

A: Negligent and reckless malicious intent by using techniques without control

B: Visible severe movement of the head from the force of a blow.

C: The appearance of severe swelling or other obvious internal or external injury during the match, is of itself grounds to be called excessive contact. (A bleeding nose would be judged on the force of the blow, not by the blood alone, but would be an automatic penalty for illegal target).

ARTICLE 20: CAUSES FOR PENALIZATION

A: Use of excessive contact, (a major penalty).

B: Attacking illegal target areas (kicks to knee area will be a major penalty and will be treated the same as excessive contact)

C: Using illegal techniques.

D: Running out of bounds to avoid fighting. (fighting out of bounds does not apply).

E: Falling on the ground to avoid attack, (A competitor attempting a throw or takedown is exempt this penalty).

F: Continuing to fight after being ordered to stop.

G: Negligent or reckless attacks (regardless if contact is made).

H: Disrespect to officials or other competitors..

I: Unsportsmanlike conduct.

ARTICLE 21: METHOD OF PENALIZATION

The centre referee is empowered to penalize a competitor at any time with - warning - loss of points - disqualification

ARTICLE 22: PENALIZATION 1st OFFENCE

First Offence (Depending on the severity of infraction)

A: Warning, (unless it is excessive contact, or a knee kick, then it must be loss of 2 points)

B: Disqualification, if warranted by disrespect, or unsportsmanlike conduct.

ARTICLE 23: PENALIZATION 2nd OFFENCE

Second Offence — Same Infraction

A: Loss of two points

B: Disqualification, if warranted by disrespect, or unsportsmanlike conduct.

Second Offence — Different Infraction:

A: Warning.

B: Loss of two points (if excessive contact, or a knee kick).

C: Disqualification, if warranted by disrespect, or unsportsmanlike conduct.

ARTICLE 24: PENALIZATION 3rd OFFENCE

Third Offence: A third offense for any combination of the rule infractions requires that the competitor be disqualified. (Major, or minor disqualification)

ARTICLE 25: EXCESSIVE CONTACT 1st OFFENCE

A: Loss of two points (mandatory)

B: Disqualification, if in the opinion of the referee it was intentional.

When a penalty is issued for excessive contact the centre referee must be specific in his/her instructions, and within hearing of the judges and competitors. For example "The next time you use excessive force you will be disqualified, do you understand?" He/she should wait for the competitor to acknowledge his/her official warning and penalty, and the recording of same before allowing the fight to continue.

ARTICLE 26: EXCESSIVE CONTACT 2nd OFFENCE

A second offense of excessive force would automatically constitute a disqualification, (minor or major)

NOTE Definition of Loss of two points:

Because you cannot deduct points, the centre referee will instruct the judges to add these penalty points to the opposing competitor's score.

NOTE

EXCESSIVE FORCE AND INJURIES SHOULD NOT BE TOLERATED. SPORT JIU-JITSU IS DESIGNED FOR PARTICIPANTS TO HAVE FUN AND TO TEST THEIR MARTIAL ARTS EXPERTISE, NOT TO PROVE HOW TOUGH THEY ARE. ALL REFEREES WILL BE GRADED FOR INTERNATIONAL COMPETITION BASED ON HOW THEY CAN CONTROL THE CONTACT IN A MATCH.

ARTICLE 27: INTOLERABLE BEHAVIOUR

Angry and uncontrolled violent displays of behavior will not be tolerated. If a centre referee believes a competitor is guilty of such an infraction, he/she may cause the offending competitor to be warned or disqualified. Referees should not tolerate undisciplined displays of temper by competitors, or coaches

ARTICLE 28: DISQUALIFICATION

An act of disqualification against a competitor may eliminate the competitor from further participation in that tournament. All disqualifications should be classified as Minor or Major.

Minor Disqualification: Will be for the existing contest only (providing there is double elimination, or round robin)

Major Disqualification: Will be for the balance of the tournament or a designated period of time, to be suggested by the involved ring referee and submitted to the tournament director and the governing body for that country or area.

NOTE

Every penalty call should be taken as a very serious offence by competitors and officials, because it could be one of the calls that leads up to disqualification.

ARTICLE 29: RULES INTERPRETATION

Any situation not covered in these rules shall be dealt with by the chief referee, and/or tournament director. Some rules such as divisions and allowable techniques for juniors etc. may be altered for specific tournaments.

ARTICLE 30: STANDARDIZATION OF CALLS BY OFFICIALS

To standardize the procedure of bowing in and out, the centre referee will have the competitors face the referee and bow, then face each other and bow. When the match is over the competitors will bow to each other and then to the referee.

REFEREE CALLS: (can be made in English or Japanese)

Bow - or - Rei.....To begin and end a match

Begin - or - Hajime.....To start the competition and timers clock

Break -or - Mate.....To stop action, time out or end of match.

Hold down - or - Osae Komi.....A hold down has commenced

Outside..... To indicate the competitors are out of bounds

Time out.....To stop the timers clock.

Time in.....To restart the timers clock

NOTE

The referees voice and commands govern the fight at all times.

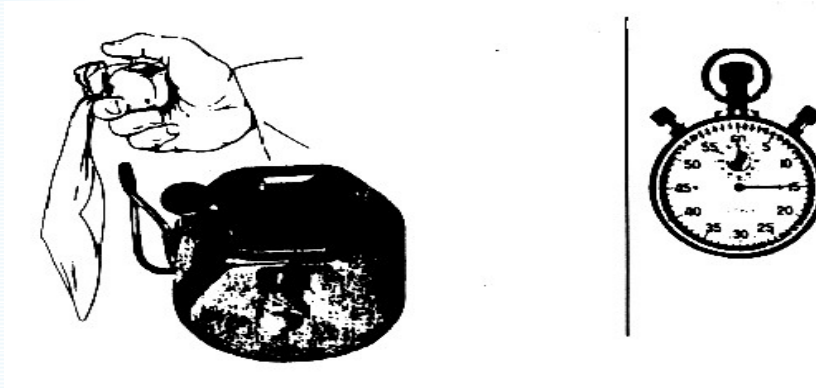
SCORE KEEPING EQUIPMENT

HAND COUNTERS WITH FLAGS, & STOPWATCHES

Two hand counters shall be available for the judges.

One with a red flag and one with a white flag at each mat area.

Stopwatches shall be available for the timekeeper (two per table)



APPROVED SPARRING GLOVES

All gloves must have ALL striking areas covered with a minimum one half (1/2) inch of medium to soft foam.



WKF GRAPPLING RULES

Each match will be one round, **3 minutes** (Juniors) & **5 minutes** (Adults). Competitors will start facing each other in a standing position, if after approximately 20 seconds they are still standing the referee will start them from their knees

POINTS - Take downs or throws will be awarded 1 or 2 or 3 points, (same as Sport Jiu-Jitsu) **1** point would be for a muscle type of take down that **clearly** shows one person in control. **2** points would be given when a throw has been executed where it shows one foot being taken off the mat (example) O'Soto Gari., **3** points are awarded for a throw that shows both feet off the ground, (example) Hip Throw, or Double leg takedown.

All hold-downs for 5 seconds will be given **1** points, and **2** points for 10 seconds, the count will continue if you transition to a different hold down while maintaining control.

On the opponents back, if the opponent is flat on their stomach will be considered a hold down. (**Juniors only**)

An escape from a hold down will be given **1** point, but it must be an escape not just wrapping the legs around the opponent, (this would break the hold down, but it is not an escape) the referee may call the hold down broken due to various aspects such as illegal techniques being applied by the person applying the hold down, or by a leg wrapped around an opponent, this would be similar to the guard, it would be considered a neutral position, but if a clear escape was made the fighter would be awarded **1** point, (regardless of how long the hold down was on for).

After a competitor gets **2** points for a hold down the competitors will be brought to their feet to start again. (**This applies to Juniors only**)

While in the guard, the person on the bottom makes a sweep turnover into the top mount, or side top mount, this will be awarded **1** point. If the person in the guard makes an escape from the guard (**passing the guard**) while attacking forward for a hold down, or submission, (not just pushing away), they will be given **1** point.

If the guard is held for approximately 30 seconds (with the appearance of a stalemate), the referee will re-start them in the standing position

FOR ADULTS the objective is to get a submission by choke or joint lock, the points will be scored to determine the winner in the event of no submission. The match will continue on the ground for the full time unless there is a stalemate, they will then be brought to their feet to re-start again. Adults will get **1** point for a hold down that lasts for 10 seconds, the competitor may continue with the hold down while trying for a submission but no further points will be given for a hold down unless it is from a completely different situation, (after an escape and then a new hold down starts)

JUDGING - Because there is not a lot of action (punching and kicking) there will only be one Judge required who will watch and count points for the RED and the WHITE fighter.

OVERTIME - If at the end of the contest there is a tie, there will be a 30 second overtime round, if additional overtime is required the first point scored will be the winner, (**overtime rounds will start from the knees**).

TIMEKEEPING - The timekeeper will keep time for the match, the referee will count off the seconds that a hold down is on and they will verbally let the competitor know that the 10 seconds has elapsed so the competitor will know it is time to start again from standing, (**Juniors only**). The centre referee will verbally announce if a hold down has just been broken or if there was an escape, this is for the benefit of the judge who is counting and scoring.

SUBMISSIONS - Junior Blue Belt and above will be allowed submission holds, (joint locks) they will get an automatic win, for a tap

out, but only 4 points for a referee intervention where it appears that the opponent may be close to an injury and they are not tapping. If there is a division that has mixed belt levels (Juniors, Green with Blue) then all competitors must agree to the joint locking techniques otherwise they will not be allowed. There will be no leg locks allowed that would put pressure on the knees. (heel locks)
Submissions for adults will be from joint locks, arms or legs or vascular strangulation (note rule regarding pressure on the trachea)

ILLEGAL TECHNIQUES:

No striking of any kind is allowed, (ie: punching, kicking, elbow or knee strikes)

No head butts, biting, eye-gouging, hair-pulls, or groin strikes.

No finger chokes, finger locks or toe locks.

No direct pressure to the trachea, eyes, nose and mouth)

No intentional force to pressure points in the head and facial area.

No wearing shoes or boots, (bare feet only) ankle may be wrapped due to injury.

No excessive force allowed on any technique.

No suplexes, slamming or other throws done with excessive force.

No intentional stopping or stalling the match

No unsportsmanlike conduct

A warning will be given for an illegal technique, two warnings will be loss of 2 points, 3 warnings will result in disqualification

NOTE: Any of the above tactics executed intentionally may result in immediate disqualification.

Any situation not covered by these rules will be dealt with by the chief referee and/or the tournament director.