

# Nikko Jujitsu

## No Gi Sport Jujitsu Competition Rules



**Version 1.20.19\_1.02**

## REVISION HISTORY

- Initial rule set created 20th January 2019
- Updated terminology. 10th February 2019

## SECTION 1 - NIKKO JUJITSU NO GI SPORT JUJITSU SYSTEM

A. System is composed of 3 parts:

- i. Part 1: Strikes and kicks.
- ii. Part 2: Throws, takedowns (plus standing chokes and strangles for adults).
- iii. Part 3: Mat techniques, pins (plus joint-locks, chokes and strangles for adults).

B. Competition time per match is divided into two rounds of two minutes each, with a one-minute break.

C. When the same athlete is involved in consecutive matches, a recovery time of 10 minutes will be allowed between the matches.

## SECTION 2 - DIVISIONS

Divisions will be determined based off of registration. Where possible competitors will be matched as close as possible, in rank, levels of experience, weight and age.

## SECTION 3 - COMPETITION AREA AND ORGANIZATION

A. The competition area for each contest shall be 18' x 18' plus a 3' warning area that is part of the competition area, plus a 3' safety area. The total contest area shall then be 30' x 30'.

B. The whole contest area shall be covered with mats of sufficient quality and weight for safety. The color of the warning area shall be different than the competition area.

C. The organizer of the competition shall provide two stopwatches per competition area, four click-counters per competition area, two SR yellow flags per competition area, six referee wrist bands per competition area (three white and three blue), competition belts (one blue and one white per competition area), competition list, first aid, scoreboards, scale, and table for tournament director, timekeepers, and scorekeeper.

## SECTION 4 - COMPETITION APPAREL

A. The competitors shall wear clean, intact (no rips or tears) rashguard and shorts. Competitors are encouraged to bring additional rashguard and shorts in the event of damaged or blood on the original pair.

B. In addition, competitors are required to wear the following protective equipment:

- i. The competitors are required to wear approved open-finger padded gloves and foot-pads, shinguards, a mouthpiece, and a groin protector. Headgear is optional.

a. Examples – legal gear:



C. If the rashguard / shorts of a competitor are torn or deemed dirty, then the MR shall order the competitor to change in the shortest possible time (no more than five minutes) into items which are acceptable to the MR. The competitor's replacement items should be brought by the competitor's coach to the edge of the competition area.

#### SECTION 5 - PERSONAL REQUIREMENTS

A. The competitors must have short fingernails and toenails and are not allowed to wear anything that may injure or endanger the opponent.

B. A contestant who needs to wear glasses may wear contact lenses at own personal risk or wear prescription goggles if approved for safety by event organizers.

C. The personal hygiene of the competitors shall be of a high standard.

D. Long hair shall be tied so as to avoid causing inconvenience to the other competitor.

#### SECTION 6 - POSITION AT START AND END OF MATCH

A. The competitors shall stand facing each other at the center of the contest area and approximately 6 feet apart.

B. At the beginning of the match, the competitors shall make a standing bow first to the Mat Referee and then to each other.

C. At the end of the match, the competitors shall make a standing bow first to each other and then to the Mat Referee.

#### SECTION 7 - COURSE OF THE MATCH

A. The match begins with Part 1 and the competitors stand facing each other approximately 6 feet apart.

B. As soon as there is a grip by one or both competitors on the other with at least one hand, a total of 2 punches per competitor is allowed. During this time, Part 2 has commenced. No kicking or striking to the head is allowed.

C. The competitors continue fighting in Part 2.D. As soon as one of the competitors is thrown, taken down or has one or both knees on the mat, the match continues in Part 3.

- E. If the contact is lost in Part 2 or Part 3, then the competitors continue the fight as in Part 1, but deliberate loss of contact is not allowed and the competitor avoiding Part 2 or Part 3 is subject to penalty for passivity. The competitors should progress from Part 1 to Part 2 to Part 3.
- F. In Part 1, if a competitor only rushes toward the opponent without making a technical action or if he/she causes danger for him/herself, a technical penalty will be given and the match will continue in Part 1.
- G. Throws/takedowns which are initiated in the competition area are allowed even if the opponent is thrown into the safety area, provided the throw presents no injury risk for the opponent.
- H. In Part 3, the competitors will be given at least 20 seconds to make progress. If there is no progress, then the MR will call "Mate" and restart the competitors as in Part 1.
- I. In Part 3 a competitor with one knee not on the ground is allowed to punch the torso of his opponent a total of 2 times.
- J. In the case of a competitor's first submission, the MR will stop the action, award 5 points to the competitor causing the submission, and restart the competitors as in Part 1.

#### SECTION 8 - REFEREES AND OFFICIALS

- A. The contest shall be conducted by one Mat Referee (MR) and two Side Referees (SR) under the supervision of the JA Sport Jujitsu Committee. Wherever possible, MR and SRs shall be from different schools than those of the competitors, and all three referees shall each be from different schools.
- B. The Referee and Side Referees will wear blue (right) and white (left) wrist bands to clearly indicate which competitor has scored during the course of the match.
- C. The Referees' uniforms shall conform with the dress code of the organization.
- D. The Referees shall be assisted by two Timekeepers and one Scorekeeper.
- E. The event will be conducted under the direction of the Tournament Director.
- F. The JA Sport Jujitsu Committee will ensure that the Referees and Officials are thoroughly trained and certified as technical officials. The minimum rank and age requirements follow:
- a. Adults' Competition
    - i. Mat Referee: Nidan (2nd Degree Black Belt), 21 years old
    - ii. Side Referee: Shodan (1st Degree Black Belt), 18 years old
    - iii. Timekeeper: Yonkyu (Blue Belt), 18 years old
    - iv. Scorekeeper: Yonkyu (Blue Belt), 18 years old
  - b. Children's Competition
    - i. Mat Referee: Shodan (1st Degree Black Belt), 18 years old
    - ii. Side Referee: Nikyu (2nd Degree Brown Belt), 18 years old Jujitsu America Sport
    - iii. Timekeeper: Yonkyu (Blue Belt), 18 years old
    - iv. Scorekeeper: Yonkyu (Blue Belt), 18 years old

## SECTION 9 - POSITION AND FUNCTION OF THE MAT REFEREE (MR)

A. The MR shall generally stay within the competition area. The MR has the responsibility for the conduct and control of the match, and will administer the decisions.

B. The MR will check the gi and safety equipment of the competitors at the beginning of each match.

## SECTION 10 - POSITION AND FUNCTION OF THE SIDE REFEREES (SR)

A. The SRs shall assist the MR and be situated outside the competition area. The SRs must place themselves along one side (opposite sides) of the competition area where they can follow at any time the course of the match as best possible.

B. If at any time the SRs need to get the attention of the MR in order to make a call or stop the action, then the SR will throw a yellow flag on the mat to indicate such to the MR.

## SECTION 11 - POSITION AND FUNCTION OF THE TIMEKEEPERS

A. The Timekeepers shall sit at the officials' table within sight of the competition area and the referees.

B. The Match Timekeeper has the responsibility for the timing of the match. The Match Timekeeper will start the clock when the MR starts the match and stop and restart the clock when the action is stopped and restarted by the MR.

C. The Mat Timekeeper has the responsibility for the timing of Part 3 (mat work) within each match. The Mat Timekeeper will start timing when the competitors enter into Part 3 and will make an audible call at 20 seconds if there is no pin or submission, although the MR has the discretion to continue the action if progress is being made. If the MR calls a pin, then the MR will time the pin accordingly and make audible calls at 10 seconds and at 20 seconds.

## SECTION 12 - POSITION AND FUNCTION OF THE SCOREKEEPER

A. The Scorekeeper shall sit at the officials' table within sight of the competition area and the referees. The Scorekeeper has the responsibility for collecting the scores from the SRs at the end of each round, posting the scores on the scoreboard, and tabulating the final score for each match.

## SECTION 13 - ROLE AND RESPONSIBILITY OF THE TOURNAMENT DIRECTOR

A. The Tournament Director has the responsibility for overall management of the tournament activities. The Tournament Director is responsible for resolving any issues, concerns, or disputes. The Tournament Director may stop the action and make rulings as necessary in order to ensure proper conduct of the tournament.

## SECTION 14 - APPLICATION OF SCORE AND PENALTIES

A. The SRs shall judge and count the points of the entire match for each of the two competitors, with a click-counter in each hand corresponding to each competitor. The SR shall hold the blue click counter in the right hand, the white in the left. On applying any score they shall raise their arm, corresponding to the competitor who is being awarded the points, right for blue, left for white, to shoulder level to indicate that a score is being applied.

B. The MR shall audibly call the points in Part 2 and Part 3, and all penalties throughout the match, for the SRs. In addition and at the same time they shall raise the arm straight up corresponding to the competitor that is being awarded point and show the points being awarded with by raising the corresponding fingers. The SRs shall count the points on the click-counters as called by the MR.

#### SECTION 15 - APPLICATION OF MAT COMMANDS

A. The MR shall announce “**Begin**” in order to start the match and “**Stop**” at the completion of the match.

B. The MR shall announce “**Stop**” in order to stop the match temporarily in the following cases:

i. When one or both competitors go outside the warning area.

ii. When one or both competitors perform a forbidden act.

iii. To give one or both competitors a technical penalty.

iv. To give one or both competitors a warning for passivity.

v. When one or both competitors are injured or ill.

vi. In any other case where the MR finds it necessary; e.g., to reset the gi or deliver judgment. vii.

In any other case where one of the SRs finds it necessary and therefore throws a yellow flag.

viii. Every time the contact is lost in either Part 2 or Part 3.

ix. To stop the match during a joint-lock or choke/strangulation if the competitor cannot tap by him/herself. In such cases, the award for the submission is given to the other competitor .

C. Every time the MR announces “**Stop**,” the time stops.

D. After “**Stop**,” the MR will bring the competitors to the center of the competition area and will restart the competitors as in Part 1 or from the same position at the stoppage, at which point the time restarts. To restart the match, the MR shall call “**Go**.”

#### SECTION 16 - POINTS

The contest points are to be taken by the Scorekeeper for each contest area. Points will be posted for each round after the conclusion of the round. Records for each round and match will be maintained by the Scorekeeper.

A. The following points can be awarded in Part 1 (Strikes and kicks):

i. A strike or kick delivered to a legal target area in good balance and control, **1 point** with good recoil and technique

ii. A well-placed kick delivered to the head in good balance and control, **2 points** with good recoil and technique

iii. A well-placed punch to the torso in a clinch is **1 point** per punch that demonstrates good technique and control.

B. The following points can be awarded in Part 2 (Throws, takedowns, standing chokes/strangulation):

i. A perfect throw or takedown

**3 Points**

ii. A throw or takedown that is strong but not perfect

**2 Points**

iii. A throw or takedown that is sufficient to throw the competitor to the mat

iv. A counter-throw

**1 Point**

**1 Point**

v. A standing choke/strangulation with tapping (1st submission by competitor)

vi. 2nd submission by the same competitor

**5 Points**

- C. The following points can be awarded in Part 3 (pins, joint-locks, chokes/strangulation, strikes):
- i. 1 point per punch that demonstrates good technique and control. Competitor must have one knee on the ground in order to be awarded the point. A maximum of 2 points can be scored
  - ii. An effective control (pin), announced as “**Pin On**”
    - 10 seconds: 1 Point
    - 20 seconds: 2 Additional Points
    - (Total of 3 Points for 20-sec. Pin)

Legal pins:

- a. Collar hold (eri gatame)
- b. Scarf hold/modified scarf hold/rear scarf hold (kesa gatame/kuzure kesa gatame/ushiro kesa gatame)
- c. Shoulder hold/modified shoulder hold (kata gatame/kuzure kata gatame)
- d. Chest hold (mune gatame)
- e. Floating hold/knee-on-stomach (uki gatame)
- f. Side 4-quarters hold/modified side 4-quarters hold (yoko shiho gatame/kuzure yoko shiho gatame)
- g. Upper 4-quarters hold/modified upper 4-quarters hold (kami shiho gatame/kuzure kami shiho gatame)
- h. Basic 4-quarters hold/mount (tate shiho gatame)
- i. Rear 4-quarters hold/rear mount with opponent on stomach and legs extended (ushiro shiho gatame)

Examples of holds that are NOT pins:

- a. Body hold/guard position (do jime)
- b. Single leg entwinement/half-guard (ashi garami)
- ii. Escape from a Pin that has scored, announced as “**Pin Off**” **1 Point**
- iii. A Pin with tapping (1st submission by competitor) **5 Points**
- iv. A joint-lock or choke/strangulation with tapping (1st submission by competitor) **5 Points (Win)**
- v. 2nd submission by the same competitor

D. An effective control (Pin) held for 10 seconds shall be awarded 1 point and held for 20 seconds shall be awarded a total of 3 Points to the competitor holding, and fighting in Part 3 will continue as long as progress is being made. If there is no progress, then the MR will call “Stop” and restart the competitors as in Part 1.

E. If the Pin is broken after 10 seconds, the MR shall announce “Pin off” and award one point to the escaping competitor, and fighting will continue in Part 3 as long as progress is being made.

F. If there is no progress after 20 seconds in Part 3, then the MR will call “Stop” and restart the competitors as in Part 1.

G. In the case of a competitor’s first submission, the MR will stop the action, award 5 points to the competitor causing the submission, and restart the competitors as in Part 1.

H. In the case of a competitor’s second submission, the MR will automatically conclude the match, and award the match to the competitor who had caused two submissions.

I. The target area for striking and kicking are the sides of the head, the front and sides of the body including the chest and stomach, and to the thighs including the front, back, inside and outside of the thigh. No strikes or kicks will be permitted to the front of the face, the top of the head, the rear of the body, neck, throat, groin, hips, buttocks, knees or anything below the knees. Striking with the knee or elbow is also prohibited and subject to penalty. Kicks to the thighs must be delivered with the instep or shin only, and kicks to the thighs with the bottom of the foot, knife-edge of foot, or the heel are not permitted.

J. All chokes and strangulations are permitted for adults, with the exception of any attacks with the fingers to the windpipe. Children are prohibited from applying any chokes or strangulations during the course of the competition unless they are advanced children age 10-13 who are in the submission division.

K. Standing arm-bars and other standing joint-locks are prohibited.

L. Wrist-locks are permitted while engaged in Part 3 only for those in submissions divisions.

M. Straight-line knee bars are permitted for adults and children entered in the submission division that are engaged in Part 3. Rotational knee-bars are prohibited.

N. Straight-line ankle-locks (or Achilles locks) are permitted for adults and children under the age of 13 entered in the submission division engaged in Part 3. Rotational ankle-locks (such as heel hooks) are prohibited.

O. An act is technically valid when the competitor performs the technique with good balance, focus, and control.

#### SECTION 17 - SETTLEMENT OF THE MATCH

A. If there are 30 or more points difference (15 or more points from each SR, for a total of 30 or more points) between the competitors at the end of the first round, then the match is over.

B. The competitor who has the most points at the end of the match wins the match.

C. The competitor who causes his opponent to submit for the second time wins automatically.

D. If the competitors have equal points at the end of the 2-round match, then the competitors may play another 1-minute round to settle the match. This procedure may be repeated or the Referees may decide the winner after 3 rounds.

E. The winner will report to the Officials' Table immediately after the match so that the Scorekeeper can verify the match outcome in the records.

#### SECTION 18 - LIGHT FORBIDDEN ACTS ("INFRACTION")

A. If one or both competitors show passivity or commit minor technical infringements.

B. To deliberately go outside the warning area with the whole body (or both feet).

C. To deliberately deliver kicks after the beginning of Part 2, when one or the other competitor has already established a grip.

D. To deliver more than 2 punches to the torso or to deliver any punches to the face and side of the head after the beginning of Part 2, when one or the other competitor has already established a grip.

E. To make any further action after the MR has called "Stop."

F. To deliver kicks or strikes to the leg at the knee or below.

F. To make joint-locks on fingers or toes.

H. To deliver more than 2 **punches** to the torso while on the ground or deliver any punches without one knee on the ground.

I. Wearing a piercing, necklace, metal brace, or other metal object into the contest area.

#### SECTION 19 - FORBIDDEN ACTS ("VIOLATION")

A. To make attacks like kicking, striking, pushing the opponent's body in an overly hard way (excessive force).

B. To attack the opponent's face, top or back of the head with straight punches, uppercuts, or straight kicks.

C. To deliver any strikes to the head in part 3.

D. To attack with elbow strikes or knee kicks.

E. To throw or try to throw the opponent while applying any choke or strangulation.

F. To deliberately make an uncontrolled action.

G. To deliberately throw and/or push the opponent outside the warning area.

H. To slam the opponent while engaged in Part 3.

I. To disregard the MR's instructions.

#### SECTION 20 - HEAVY FORBIDDEN ACTS ("DISQUALIFICATION")

A. To make unnecessary calls, remarks, or gestures to the opponent, coaches, or any officials, or any other unsportsmanlike conduct.

B. To deliberately apply an action with the intent to injure an opponent or to apply a technique that is prohibited in any reasonable tournament or contest.

C. To throw or try to throw the opponent while applying waki gatame or any joint-lock.

D. To throw the opponent on the opponent's head or neck (piledriver, suplex).

E. To make any lock on the neck or spinal column.

F. To kick or strike the opponent's groin.

G. To head-butt the opponent.

H. To strike or kick the opponent when the opponent is down on the mat (as in Part 3).

I. To deliberately attack the opponent's windpipe by striking, kicking, or choking/strangling with the fingers on the throat.

J. To gouge the opponent's eyes, to fish-hook the opponent's mouth, to put a finger into any orifice, to bite, to pull hair, or to pinch skin.

K. To intentionally draw blood on an opponent.

L. Interference by a corner with any official or competitor.

#### SECTION 21 - PENALTIES

A. Light forbidden act = Infraction                      1 Point to the opponent

B. Forbidden act = Violation                              2 Points to the opponent

C. 2 Light forbidden acts ("Infractions") = 1 Forbidden act ("Violation")

D. 2 Forbidden acts ("Violations") = Disqualification and loss of the match.

E. The first time a competitor makes a Heavy Forbidden Act ("Disqualification") in a tournament, then he/she is expelled from the rest of the tournament.

#### SECTION 22 - WALK-OVER AND WITHDRAWAL

A. The decision of win by "Walk-over" shall be given to any competitor whose opponent does not appear for his/her match after he/she has been called 3 times over at least 3 minutes.

B. The decision of win by "Withdrawal" shall be given to any competitor whose opponent withdraws from the competition during the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

C. If the doctor or EMT declares that a competitor is out of the match, he/she is also out of the rest of the tournament.

#### SECTION 23 INJURY, ILLNESS, OR BLEEDING

A. In every case when a competition is stopped because of injury on either or both competitors, then the MR, after consultation with the SRs, may permit a maximum time of 5 minutes to the injured competitor for rest. The total injury rest per competitor in each match shall be 5 minutes.

B. The decision of winner or loser when one competitor is unable to continue because of injury, illness, or accident during the match shall be given by the MR after consultation with the SRs according to the following rules:

**i. Injury:**

a. When the cause of the injury is attributed to the injured competitor, then the injured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

b. When the cause of the injury is attributed to the uninjured competitor, then the uninjured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

c. When it is impossible to attribute the cause of the injury, then the injured competitor shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

d. The doctor or EMT is to decide whether the injured competitor may continue or not.

**ii. Illness:**

a. When one competitor is taken ill during the match and is unable to continue, then he/she shall lose the match. 20 points (or more if already earned) shall be awarded to the winner and 0 points to the loser.

**C. Bleeding.**

**i.** For safety measures, whenever there is bleeding, it must always be completely isolated with the assistance of the doctor or EMT by means of adhesive tape, bandages, nasal tampons, or other means.

**ii.** All blood must immediately be cleaned from the contest area using appropriate cleaning agents.

**iii.** When a bleeding injury occurs, the MR shall call the doctor or EMT to assist the competitor in stopping and isolating the bleeding. For health reasons, the competitor is not allowed to compete while bleeding. Jujitsu America Sport Jujitsu Competition Rules Page 12

**iv.** The same bleeding injury may be treated by the doctor or EMT on two (2) occasions. The third time that the same bleeding injury occurs, the MR, after consulting with the SRs, shall end the contest for the safety of the competitor and shall declare the opponent to be the winner by Withdrawal.

**v.** In any case where the bleeding cannot be contained and isolated, the MR, after consulting with the SRs, shall end the contest for the safety of the competitor and shall declare the opponent to be the winner by Withdrawal.

**SECTION 24 - POSITION AND BEHAVIOR OF COACHES**

A. Coaches must be designated and identified at registration prior to the beginning of the competition.

Coaches may be provided a wristband for identification.

B. Coaches will be provided a designated area (chair or taped-off area at the edge of the mat), where they must stay during the course of the match.

C. A competitor may be assisted by his/her coach (only one person) who stays at the limit of the contest area during the match.

D. A coach may advocate for his/her competitor, but only during the break between rounds or after the rounds.

E. If the coach exhibits misbehavior (toward the competitor, the opponent, the referees, the officials, or anyone else), then the MR or Tournament Director may decide to have the coach removed to the area reserved for officials for the duration of the match.

F. If the misbehavior continues, then the MR or Tournament Director may decide to have the coach removed to the spectator area for the remainder of the tournament or to expel the coach from the tournament.

#### SECTION 25 - ROTATION OF REFEREES

A. The direct elimination scheme in the structure of games calls for the establishment of different pools of competitors.

B. Referees called to operate on matches of a pool can not belong to the schools competing in the same pool. For example, referees on matches in pool A should come from schools participating in pools B and C, or from schools not participating at all in that tournament.

C. Referees involved in semi-finals and finals will not belong to any of the finalist schools.

#### SECTION 26 - SITUATIONS NOT COVERED BY THE RULES

A. Any situation which is not covered by these rules should be dealt with by the referees of the contest in question by working together to come to a decision.