



- 2016 -

UNITED STATES JU-JITSU® NATIONAL CHAMPIONSHIPS

Dates: Friday & Saturday, April 8th - 9th 2016

Hosted by: *United States Ju-Jitsu Federation (USJJF)*
Sanctioned by: *USJJF, WJJF, & WJJC*



Championships Location: St. Albans High School, 2100 Kanawha Terrace, St Albans, WV 25177 USA

"United States Ju-Jitsu", United States Ju-Jitsu Federation", "USJJF", "US Ju-Jitsu", "USJJ", "USA Ju-Jitsu Federation" and "USAJJF" are registered trademarks

Recommended Hotels: (304) **Sleep Inn** Exit 47 776-7711, **Comfort Inn** Exit 47 776-8070, **Holiday Inn** Exit 56 744-4641, **Wingate Inn** Exit 56 744-4444

*(Closest Airport: **Yeager Airport** - Airport in Charleston, West Virginia)*

UNITED STATES JU-JITSU NATIONAL CHAMPIONSHIPS
Competition Events:

<i>Ju-Jitsu</i>	<i>Traditional Kodokan Judo</i>	<i>Jiu-Jitsu Grappling</i>
Cadet, Junior & Senior Age Groups	Cadet, Junior & Senior Age Groups	Cadet, Junior & Senior Age Groups
Ju-Jitsu Self Defense (JJSD) both "Duo" & "Free Form" Ju-Jitsu Kobudo (JJKB)	Traditional Kodokan Judo (TKJ) Competition Divisions	Jiu-Jitsu Grappling (BJJ) Competition Divisions with
Ju-Jitsu Kumite (JJF) & Ju-Jitsu Kata (JJK) "E-Bo-No-Kata" Ne Waza Jutsu Kata	Judo Kata: "Nage-No-Kata", "Gatame-No-Kata", "Goshin-Jutsu- Kata" & "Kime-No-Kata"	Gi & No-Gi

- Officials -

- Mr. Bruce R. Bethers, President & Championships Director - United States Ju-Jitsu Federation (USJJF)
- Mr. Patrick M. Hickey, USA-TKJ Vice President & Chairman - USJJF Central Technical Committee
- Mr. Roger A. Jarrett, Chairman – USJJF Vice President & Chairman - USJJF Referee Committee
- Mr. Brian D. Walsh – USJJF Chairman, USJJF-Brazilian Jiu-Jitsu Committee

Complete Entries On-Line:

United States Ju-Jitsu National Championships -

See: https://events.membersolutions.com/event_register.asp?content_id=60979&s

USJJF Annual Membership –

See: https://events.membersolutions.com/event_register.asp?content_id=13986&s

-OR-

**"SEND Entry Forms for the United States JU-JITSU
National Championships to:**

**USJJF National Office: Attn: Bruce R. Bethers,
3816 Bellingham Drive, Reno, Nevada 89511 USA**

UNITED STATES JU-JITSU NATIONAL CHAMPIONSHIPS

Schedule of Events:

FRIDAY, April 8, 2016 (Check-In Day)

• 2:00 p.m. - 8:00 p.m. **"Mandatory"** **"Uniform Inspection"**, **"Weigh-in"**, **"Documentation"** and **"Late Registration"** at the USA Martial arts Center - 81 Olde Main Plaza, St. Albans, WV 25177 Phone: (304) 722-4512

Note: This is a "Mandatory Check-In" for All Competitors & Officials.

• 2:00 p.m. to 5:00 p.m. **Ju-Jitsu Referee Review Session** at the USA Martial arts Center - 81 Olde Main Plaza, St. Albans, WV 25177

. **Note:** This Review Session is for all persons who are current USJJF Referees and want to Referee at the 2016 United States Ju-Jitsu National Championships. Mr. Roger A. Jarrett, Chairman – Vice President & Chairman USJJF Referee Committees will conduct the Ju-Jitsu Referee training.

• 3:00 p.m. to 5:00 p.m. **Ju-Jitsu Coaching Review** at the USA Martial arts Center - 81 Olde Main Plaza, St. Albans, WV 25177 Phone: (304) 722-4512

Note: These Review Sessions are for all persons who want to "Coach" at the 2016 "United States Ju-Jitsu National Championships. Mr. Patrick Hickey, Chairman – USJJF Coaching Committee will conduct this training.

SATURDAY, April 9, 2016 (Competition Day)

Location of the United States Ju-Jitsu National Championships - USA Martial arts Center - 81 Olde Main Plaza, St. Albans, WV 25177 Phone: (304) 722-4512

Competition Times –

- *Begins at approx. 9:00 am - **Cadet** Ju-Jitsu Self-Defense-Duo/Free Form, Ju-Jitsu Kumite and Jiu-Jitsu Grappling (BJJ), Competition.*
- *Begins at approx. 10:30 am - **Junior** Ju-Jitsu Self-Defense-Duo/Free Form, Ju-Jitsu Kumite and Ju-Jitsu Grappling (BJJ) Competition.*
- *Begins at approx. 11:00 Noon – **Senior** Ju-Jitsu Self-Defense-Duo/Free Form, Ju-Jitsu Kumite and Ju-Jitsu Grappling (BJJ) Competition.*

- Competitor & Official USJJF Membership -

Note: All Competitors and Officials *must* be “current members” of the United States Ju-Jitsu Federation or an Affiliate National Organization (USA-TKJ, USMAF, USAKF, and USAAA). **USJJF Membership** will be available at the “check-In” table on Friday at the USA Martial Arts Center - 81 Olde Main Plaza, St. Albans, WV 25177 Phone: (304) 722-4512

Note: *USJJF Membership issued at this event will not expire until 30 April 2016.*

“Uniform Requirements” for the UNITED STATES JU-JITSU NATIONAL CHAMPIONSHIPS

Section 1 - At USJJF sanctioned events, all competitors must wear an All-White Ju-Jitsu/Judo Gi (at a minimum) 12 oz. weight Gi for Ju-Jitsu competition, or a Single Weave “Judo” Gi competition. The uniform cannot be so tight or so loose as to give an “unfair advantage” to the wearer of the gi. The sleeves of the competitor’s uniform must extend past the elbow to approximately center between the elbow and the wrist, but shall not cover the wrist. The pants of the competitor’s uniform must extend below the knee covering most of the shin, but must be at least one inch above the mat. Sleeves or pants shall not be rolled-up or cuffed-up on the competitor’s uniform during a match. Competitors should bring at least two uniforms to all USJJF Competitive Events (for safety - in case any bleeding on the gi occurs). If bleeding does occur, the match will be stopped and gi(s) with blood will be exchanged with the competitor’s extra (clean) gi. Competitors are required to provide their “own” red and blue belts to all USJJF competitions. The competitor will be instructed as to which color belt to wear prior to each match by the referee.

Section 2 - *At the United States Ju-Jitsu National Championships*, there can be no more than two (2) patches, logos, or adornments of any type (except for brand insignia & shoulder stripes on the jacket) on the Gi that a competitor wears in the **UNITED STATES JU-JITSU NATIONAL CHAMPIONSHIPS**.

- PAYMENT FOR COMPETITION -

Return your application with your “certified check” or “money order” Payable to USJJF for \$45.00 for one event, \$65.00 for two events or \$85.00 for three events before March 31, 2016.

Mail Registration Form & Payment to **USJJF National Championships, Attn: Bruce R. Bethers, UNITED STATES JU-JITSU National Championships Director, 3816 Bellingham Drive – Reno, Nevada 89511 USA.**

NOTE: Only Money Orders or Certified Checks... (Club checks or personal checks will Not be accepted.) Phone: 775.851.8875.

For Late Registration: Only Cash will also be accepted at the Check-in Desk on Friday, April 8, 2016

Note: Complete and submit the “Entry Form” by mail before March 31, 2016, or Register “On-Line” by April 8, 2016 to avoid the **Late Fee** of \$25.00.

Complete Entries On-Line:

United States Ju-Jitsu National Championships -

See: https://events.membersolutions.com/event_register.asp?content_id=60979&s

USJJF Annual Membership –

See: https://events.membersolutions.com/event_register.asp?content_id=13986&s

- COMPETITION DIVISIONS –

Age Groups for Competition:

- A. **Cadet Age Group** - ages 14 years & under
- B. **Junior Age Group** - ages 15 - 20 years
- C. **Senior Age Group** - ages 21 years & up

Experience Levels for Competition:

- A. **Novice** -Less than two years of jiu jitsu experience or green belt or 4, 5, or 6 kyu or equivalent.
- C. **Intermediate** - More than two years, but less than three years of jiu jitsu experience or brown belt or 1, 2, 3 kyu or equivalent.
- D. **Advanced** -Three or more years of jiu jitsu experience or black belt.

I. Ju-Jitsu Self-Defense (JJSD) Divisions – www.usjif.org

“Cadet” and “Junior” Duo System competition consisting of the following:

- a. **Novice** Level) – *One round with Competitor’s “free choice” of One (1) Technique from each group of the JJIF designated Duo Attacks.*
- b. **Intermediate** Level) – *Four rounds with Competitor’s “free choice” of Two (2) Techniques from each group of the JJIF designated Duo Attacks.*
- c. **Advanced** Level) – *Four rounds with Referee’s selection of Three (3) Techniques from each of the JJIF designated Duo Attacks.*

“Senior” Ju-Jitsu Self-Defense “Duo” System competition consisting of the following:

- a. **Novice** Level) – *One round with Competitor’s “free choice” of One (1) Technique from each group of the JJIF designated Duo Attacks.*
- b. **Intermediate** Level) – *Four rounds with Competitor’s “free choice” of Two (2) Techniques from each group of the JJIF designated Duo Attacks.*
- c. **Advanced** Level) – *Four rounds with Referee’s selection of Three (3) Techniques from each of the JJIF designated Duo Attacks.*

- **“Free Form” Single Attacker – Ju-Jitsu Self-Defense** competition consisting of one defender and one attacker. Defender will be empty-handed and demonstrate up to **60 seconds** of defenses against attacks. Judging Methods and Standards for USJJF’s “Duo” Self Defense Competition will be used. (*Separate Youth & Adult Divisions*)
- **“Free Form” Team Ju-Jitsu Self-Defense** competition consisting of one defender and multiple (limit 4) attackers. Defender will be empty-handed and demonstrate up to **90 seconds** of defenses against attacks. Judging Method and Standards for USJJF’s “Duo” Self Defense Competition will be used. (*Separate Youth & Adult Divisions*)
- **Ju-Jitsu Kata** competition consisting of the following:
(Separate Divisions for Each Kata.)
 - a. Ne-Waza-Jitsu-Kata
 - b. E-Bo-No-Kata
 - c. Goshin-Jutsu-Kata
 - d. Kime-No-Kata
- **Ju-Jitsu Kobudo** competition will use Standard World Kobudo Kata Competition Rules. Kobudo weapons are limited to Sai, Bo, Tonfa, Nunchaku, Eku and Kama. (Separate Youth & Adult Divisions) No sharpened blades.
- **Open Weapons** competition will include any other martial arts weapon (not in the Kobudo list). No firearms or replicas permitted. No sharpened blades.
(Separate Youth & Adult Divisions)

II. **Ju-Jitsu Kumite (JJK) Divisions** – www.usjif.org

Note: No Choking or Joint Locks allowed for ages 13 years & under.

The Ju-Jitsu Kumite System includes “all three parts” (striking, throwing & grappling) in the match.

“Cadet” Ju-Jitsu Kumite (Ages 6 - 14 Years) - USJJF Kumite System using modified JJIF rules for Youth Divisions. Exact ages, skill levels and weight classes will be determined based on entries. Required Safety Equipment include; “Soft Hand Pads (with Fingers & Thumbs exposed) and Shin & Instep Pads. **Safety Pads** may **only** be **Red or Blue** in color. Each competitor is required to have both colors of safety pads.

“Junior” Ju-Jitsu Kumite (Ages 15 - 20 Years) Divisions. Exact ages, skill levels and weight classes will be determined based on entries. Required Safety Equipment include; “Soft Hand Pads (with Fingers & Thumbs exposed for gripping) and Shin & Instep Pads. Note: **Safety Pads** must be **Red** or **Blue** in color.

“Senior” Ju-Jitsu Kumite (Ages 21 Years & Up) Divisions. Exact ages, skill levels and weight classes will be determined based on entries. Required Safety Equipment include; “Soft Hand Pads (with Fingers & Thumbs exposed for gripping) and Shin & Instep Pads. Note: **Safety Pads** must be **Red** or **Blue** in color.

Note: Each Competitor in All Ju-Jitsu Kumite Divisions is required to bring both colors of safety pads. Competitors are required to provide their own "Safety Pads" and "Belts" of "both" Red & Blue color to USJJF Competitive Events.

III. Jiu-Jitsu Grappling (BJJ) "Gi and No-Gi" Divisions –

Uniform for "Gi" Divisions: An All-White Ju-Jitsu/Judo Uniform is required for "Gi" Ju-Jitsu Grappling Competition.

Uniform for "No-Gi" Divisions:

1. Each contestant shall wear grappling shorts, biking type shorts, or kick-boxing type shorts.
2. Gi, kimono or shirt is prohibited during competition.
3. Rash Guard (long or short sleeve) must be worn, no skin only.
4. Wrestling/Martial Arts shoes are allowed in the "No-Gi" divisions, but NOT in the "Gi" divisions.

Note: Contestants may not attack using their own or the opponent's clothing.

"Cadet" Jiu-Jitsu Grappling (Ages 6 - 14 Years) – using USJJF's JIG Competition Rules. Exact ages, skill levels and weight classes will be determined based on entries.

"Junior" Jiu-Jitsu Grappling (Ages 15 - 20 Years) using USJJF's JIG Competition Rules. Exact ages, skill levels and weight classes will be determined based on entries.

"Senior" Jiu-Jitsu Grappling (Ages 21 Years & Up) using USJJF's JIG Competition Rules. Exact ages, skill levels and weight classes will be determined based on entries.

NOTICE OF POSSIBLE TESTING FOR BANNED SUBSTANCES

For competitors, testing, in accordance with procedures of the WJJC and The Association For International Sport For All (TAFISA), may be conducted by the United States Anti-Doping Agency (USADA) - the independent testing agency for sports in the United States. In the event there is a question concerning whether or not a substance is on the list, you may call the Drug Reference Hotline at 1-800-223-0393. If you prefer, you can send your correspondence and inquiries to: United States Anti-Doping Agency, 1265 Lake Plaza Dr., Colorado Springs, CO 80906. Other useful information can be found by visiting USADA's website: <http://www.usantidoping.org/>

UNITED STATES JU-JITSU Awards will be “Custom Designed Medals” for 1st, 2nd & two 3rd places.



Competitors: Complete and submit the “Entry Form” **by mail before March 31, 2016, or Register “On-Line” by April 8, 2016** to avoid the **Late Fee** of \$25.00.

For further details or questions - Contact:

Mr. Bruce R. Bethers, Championships Director –

UNITED STATES JU-JITSU NATIONAL CHAMPIONSHIPS, Phone: 775.851.8875.

For More Details See -

Competition Regulations and Rules:

USJJF: www.usjif.org

Facebook: <http://www.facebook.com/United.States.Ju.Jitsu.Federation>

NOTICE: The US JU-JITSU NATIONAL CHAMPIONSHIPS

*Is “One of the Qualifying Championships” for the
Next USA National Team Selections of the*

WORLD JU-JITSU CHAMPIONSHIPS