

Understanding International Ju-Jitsu Competition Rules For Free Fighting And Duo Competition



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Credits and notes:

The Pan American Referee Council is the referee section of the Pan American Jujitsu Federation which itself is an operating arm of the [Ju-Jitsu International Federation](#)- JJIF (Member the [International World Games Association](#)).

In the United States of American, the JJIF is represented by the [United States JuJitsu Federation](#).

This lengthy explanation was written by Shihan [Patrick M. Hickey](#) as an aid to the understanding of the competition of jujitsu as practiced by the [Ju-Jitsu International Federation](#) throughout the world. ShihanHickey is a member of the [Kwanmukan International Society](#) and this explanation represents that organizations

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Competition is now starting in the Americas and it is vital that our martial arts gain a complete grasp of this manner of competition. We are expecting Jujitsu competition to be introduced to Olympic type competition by means of the World Games.

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Parts of this book are drawn from the rules of the JuJitsu International Federation.

This explanation is based on the international rules for competition. At local or other events some organizations may use a modifications for their own purposes.

This document is not a substitute for the rule book, but a narrative explanation to help in a better understanding of Ju-Jitsu Competition. The rule book is the definitive interpretation of the rules.

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INTRODUCTION

THE INTERNATIONAL JU-JITSU FEDERATION

The [Ju-Jitsu International Federation](#) (JJIF) was established in 1987 to expand the scope of Ju-jitsu internationally as a major sport network for Ju-Jitsu practitioners. JJIF is the international forum where National Official Sports Authorities can discuss issues related to the practice of Ju-jitsu. Through this forum, the JJIF can establish and expand the international program of sport. At the annual congress of the JJIF, strategies, objectives, management issues and activities for Ju-jitsu worldwide are determined. Currently, the JJIF holds a World Championships every other year and a World Cup in the off years to the World Championships.

JJIF System of Ju-Jitsu Competition

The International Ju-jitsu Federation has been accepted by the [International World Games Association](#) as the International Body for ju-jitsu competition. JJIF has developed a system of competition for the ju-jitsu practitioner. This system consists of two parts. The first part is the Fighting System and the second part is the system of Duo Competition. The [United States Ju-Jitsu Federation](#) (USJJF) is the United States representative to the JJIF and thus operates as a National Governing Body (NGB). USJJF is a non-profit sports organization and Ju-jitsu registry in the United States.

JJIF Ju-Jitsu Fighting System.

The International Ju-Jitsu Federation (JJIF) fighting system for competition is neither karate nor judo. International Ju-Jitsu competition is designed to show the techniques and tactics of the Ju-Jitsu player. Ju-Jitsu is a martial art involving grappling, striking, locking, throwing and choking techniques. In the JJIF Fighting System, opponents compete using blocks, punches, kicks, locks, strangulations, throws and takedowns. JJIF Ju-Jitsu kumite matches consists of three distinct parts:

- Blows, strikes and kicking make up the first part,
- Throws, takedowns, locks and strangulations the second part; and,
- Floor techniques, locks and strangulations the third part.

Fighters must be technically active in all three parts of the match and earn points in each part of the match. Attempting to avoid certain parts of the match is a technical penalty called passivity. The match fighting time is divided into two rounds of two minutes each with a break of one minute in between. Fighting is continuous and points are earned as the fight progresses. The match is only stopped for injury, penalty or when points are scored for an osae-komi (hold down) or a tapping -- giving in to a lock, bar or strangle. The winner of the match advances on to further rounds of competition. Single elimination, double elimination, and other competition systems can be used.

Competitors and Divisions

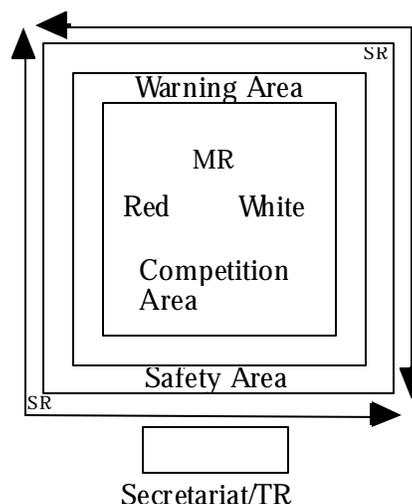
There are two different divisions in international Ju-Jitsu fighting competition -- male and female. Smaller in country championships may use weight, age, and/or grade categories to expand the opportunity to compete. Female competitors have three weight categories -- -55 kg, 55-62 kg, 62-70 kg and 70+ kg. Male competitors have five weight categories -- -62 kg, 62-69 kg, 69-77 kg, 77-85 kg, 85-94 and +94 kg. International Ju-Jitsu competition can permit the use of reserves to replace contestants who have been injured or taken ill. These reserves must be in the same weight class or in lower weight classes than the ones who are to be replaced and may not replace a disqualified contestant. Reserves must be announced in advance and be weighed at the same time as the ordinary contestants. They compete for the purpose of the overall team placement but cannot be used in an individual event.

Competition Uniform

Competitors wear a clean white, and good quality Ju-Jitsu gi without rolling up the sleeves or trousers. The competition gi jacket must cover the hips and half of the forearm but not the wrists. Pants must be loose and cover half the shinbone. One competitor wears a white belt and the other competitor a red belt properly tied with a square knot. Female competitors must wear a white t-shirt (men cannot) and neither competitor may wear anything that can injure their opponent. Contact lenses are worn at the competitor's personal risk; glasses are not permitted. Good personal hygiene is required. All competitors are required to wear light, soft, short hand protectors as well as soft feet and shin-bone protectors, jockstrap (male) and mouthpiece. Female competitors are allowed to wear chest protection. Competitors showing up at a match with the incorrect equipment have one minute to correct the situation or are disqualified by kiken-gachi.

Competition Area

Competition is held on a 12 by 12 meter ju-jitsu/judo tatami. The competition area is the center 8x8 meters surrounded by a one meter warning area which must be a



different color. The outside meter of the tatami is considered a safety area.

Equipment

Equipment necessary for competition includes tatami, red and white belts, red and white referee armbands, medical equipment and supplies, administration papers, score sheets, scoreboards, stop watches, and a place for the table referee and secretariat to sit as well as proper first aid equipment if there is an injury. An ambulance should be on standby and a doctor present.

Conduct of the competition

Referees and Judges • The judges for a fighting match consist of four referees. There is one Mat Referee (MR), two side referees (SR) and one table referee (TR). The MR conducts the contest. In international competition, the referees of a match should not come from any countries participating in the elimination pool assigned the referee. In finals and semi-finals, referees should not be from any country involved. SR should be from different countries.

The MR is located within the competition area. He calls for the standing bow and signals the start by announcing hajime and the stop by announcing matte when required. The SRs assist the MR and are situated outside the competition area. The SRs must move along two opposing sides of the competition area where they can follow the course of the match. They need to make sure that they stay out of way of the TR. The MR and SRs wear red and white armbands. During the match they signal points for the respective competitors. The TR interprets these arm signals and the scorekeepers record the scores as the TR interprets them. At the end of the match, the MR announces the winner and signals for the standing bow.

Secretariat • The secretariat is composed of at least of four people. It includes at least one qualified referee called the table referee (TR). There is a timekeeper and two scorekeepers. The table referee continuously monitors the signals of the MR and the SRs and announces points as they are earned and signaled by the MR and SRs. The scorekeepers record the points as they are announced. The event is also staffed with medical personnel and a doctor. The doctor can recommend if a competitor can continue or not.

Protocol • The referees enter the mat area by stepping onto the safety area from the table secretariats side. The MR is in the center and the SRs at either end. The SRs turn toward the MR and bow, then the MR and SRs step to the edge of the warning area and bow towards the contest area. They then walk over to the other side of the safety area and turn towards the secretariat.

The contestants wait on opposite sides of the warning area until the MR and SRs have bowed into the mat area, then they enter the mat area upon the motion of the MR. Both the red and white competitors enter the tatami -- red on the right and white on the left side of the MR. Should either contestant not show up within one minute of the second call, he is declared the loser by fusen-gachi. At the beginning of the match the contestants stand facing each other at the center of the contest area and approximately two meters apart. The competitors make a standing bow to the MR first and then to each other. At the end of the contest they make a standing bow to each other first and then to the MR. Coaches are permitted at the ringside in international competition.

Matches consist of two rounds of two minutes with a one-minute rest period between rounds. The match begins with Part one with the fighters attempting to score points with strikes, blows, and kicks. As soon as there is contact between the competitors (by holding the opponent), Part two has begun - and blows/strokes and kicks are no longer allowed unless simultaneous with the grab. When one of the fighters is taken down or thrown the match enters Part three. If the contact is lost either in Part two or Part three, the competitors return to Part one to continue the fight.

Starting and Stopping the Match • The MR announces "Hajime" in order to start the match and "Matte" in order to stop the contest. Every time the MR announces "Matte" the time stops. The call "hajime"

restarts the match and the clock in all instances except for a call of “sonomama.” The the command of “yoshi” is used to start the match. The match is continuous and is only stopped in the following cases:

- When one or both contestants go outside the contest area.
- When one or both contestants perform a forbidden act.
- When one or both contestants are injured or taken ill.
- When the contact is lost in Part two or Part three.
- When a the competitor cannot himself make a tapping because of a strangulation or lock.
- When the MR or SRs find it necessary.
- When the referee announces “sonomama” for a technical penalty.
- When Osae-komi time is over

Matches are also stopped when a competitor stays more then 5 seconds in the warning area and for calls of “sonomama” .

When one of the SRs believes it necessary to stop the match he claps his hands or uses his whistle to get the MR’s attention. The MR will consider the request of the SR and may stop the match. An example would be to fix the gi or to deliver judgment or to discuss a matter with which the referees are not sure about. All matches are started in part one except when there is a technical penalty. A technical penalty is started in the part it occurs upon the referee's command of “yoshi”.

Should a competitor inadvertently lose contact of his opponent in Part 2 and is about to fight as in Part 1 of the match, the MR will call “matte.” If the competitor has intentionally lost contact in either part 2 or part 3, a technical penalty of “passivity” can be assessed.

At the end of a match or when a winner is determined, the MR announces the winner based on the highest total score. The fighters then bow in reverse of the order used at the beginning of the match and depart the match area.

Sonomama • "Sonomama" is a special situation In a Ju-Jitsu match. The call Is made by the MR to temporarily stop the competition and give a warning for passivity, or other technical penalty, or any time the MR fees It necessary to stop the match. After the call of "sonomama", the competitors freeze their positions. When the match is restarted by the call of "yoshi", the competitors restart in the same positions they were before the call of "sonomama". Time stops with the call of "sonomama" and begins with the call of "yoshi."

Determining the Winner

The competitor who has the most points at the end of the match wins the match. If before the end of the fighting time a contestant has scored two or three points techniques in all three parts of the match in the same round he will win by full ippon. If the contestant has amassed 14 points more than his opponent at the end of the first round, he will be declared the winner. In the event of a tie in points, the competitor with most two or three point techniques wins the match. If the match is equal both in points and in two or three points techniques “hikiwake” (draw or tie) is called, the competitors fight additional two minute rounds until a winner can be determined. A contestant can also win by “Fusen-Gachi” (win by walkover) if his opponent does not appear for his match and by “Kiken-Gachi” (win by withdrawal) if his opponent withdraws from the competition during the contest. In both situations the winner gets 14 points.

Scoring Techniques

Actions of the competitors are considered technically valid when a competitor shows good balance and control. In Part one of the match, two points are given for unblocked blows, strikes or kicks with good balance and control. A partly blocked blow, strike or kick is given one point. A referee must see the entire technique and target area to award a point. For Part two, a perfect throw or a perfect takedown receives two points while a strangulation or a lock with tapping also receives two points. Less than perfect throws or takedowns get one point. Points in Part three are given for efficient ground control, announced as osae-komi. Osae-komi will not be called if the contestant being held has his leg entangled in the holders leg. If the osae-komi is in effect and then the leg becomes entangled, osae-komi will continue. If a competitor can control the opponent for 20 seconds two points are given, for 10 seconds one point is given. A strangulation or lock with tapping gets three points.

Points in the Fighting Match		
Part	Points	Action
1	2	Unblocked blows, strikes or kicks
	1	Partially blocked blows, strikes or kicks
2	2	Strangulation or lock with tapping
	2	Perfect throws or take downs
	1	Less then perfect throws or takedowns
3	3	Strangulation or lock with tapping
	2	Osae-kome (ground control) for 20 seconds
	1	Osae-kome (ground control) for 10 seconds

The target area of the body is from the end of the throat to the groin. Competitors can not get any points for blows, strikes or kicks to the legs and may not strike or kick once one opponent has grabbed another, or when one opponent is lying down. This means that a competitor cannot grab and then punch, but the rules do permit a simultaneous grabbing and striking. Only controlled, circular kicks and circular blows or strikes are allowed at the head. Unblocked kick attacks to the back are scored ippon. Part one kicking and punching requires good balance and control. Hard, uncontrolled technique is not permitted. If a hit is too hard, the match will be stopped and a penalty can be given without any warnings. All techniques must be technically correct as points are based on technical correctness. The competitor must convince the referee of the technical correctness of his techniques. Part two begins as soon as one contestant is able to get a grip on the other. From this point, punches and kicks are not allowed, but throws, takedowns, locks and strangulations are allowed. Once a competitor falls or is thrown or otherwise taken down, part three of the match begins as contestants attempt to get a lock or a hold down (osae-komi) on each other. The MR can stop the match during a strangulation or lock, if the competitor cannot make a tapping himself. Then three points are given. Strangulations are not allowed with the hand or fingers. Locks on finger and toes are not permitted nor is it permissible to make cross-legged locks around the kidneys. "Osae-komi" established within the fighting time" of a round is allowed to continue until termination even after expiration of the fighting time.

In order to receive a score, a majority of the referees, i.e. at least two of the MR or SRs must agree. If the three referees each give a score different from each other, the intermediate score is used. If one of the referees does not see an action, and the other two referees each give a different signal, the lowest of the two scores is awarded.

Penalties

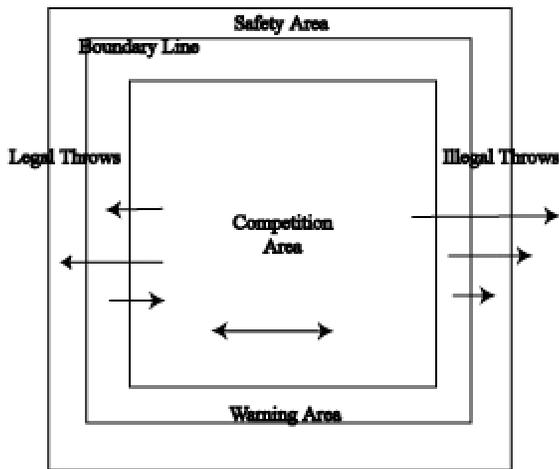
Penalties are awarded for forbidden acts. In order for a penalty to be given, a majority of the MR and the two SRs must agree. The severity of a penalty escalates. Penalties used in ju-jitsu competition are outlined below.

Shido • Light forbidden acts are committed if competitors show passivity, commit minor technical infringements, delivers blows, strikes, or kicks to the legs or at the opponent if the opponent is lying down, deliberately going outside the warning area with the whole body (both feet), purposely make kicking or punching techniques when one or both of them are holding each other (part 2 of the match has begun), to make cross-legged locks around the kidneys, to purposely push the opponent outside the warning area, to make locks on the fingers or toes, or make further action after “Matte” has been announced.

Chui • A forbidden act is committed the second time a competitor makes a light forbidden act, by purposely making uncontrolled actions, or for attacks like kicking, punching and hitting the body of the opponent in a hard way. Straightforward kicks, blows and strikes to the head (not just face area) are forbidden as well as purposely throwing the opponent outside the warning area. In this sense, throwing from the competition area to the safety area is legal as long as the throw has control. Throwing from the competition area outside of the safety area is illegal. It is also illegal to throw from the warning area to the safety area. Finally, disregard of the MR’s instructions or the making of unnecessary calls, remarks or gestures to the opponent, MR, or SRs are also forbidden acts.

Keikoku • This refers to a situation where an opponent has both a forbidden act and a light forbidden act. When this occurs, the total of a “shido” and “chui” equals 3 points. This raises the penalty to the level of a “keikoku”. With the “keikoku” , an “ippon” is recorded to the opponent in the part of the match where the “keikoku” is given. An ippon in each of the three parts of the match will give the victory to the opponent.

Hansoku-make • Heavy forbidden acts apply to any action which may injure the opponent. This includes the throwing or trying to throw the opponent with any lock or strangle, to making any lock to the spinal column while in movement, or any lock to the neck whatsoever and to any make any lock by the twisting of the foot or knee.



The chart on the left shows legal and illegal throws between the competition, warning and safety areas.

	JJIF Penalty System	
Light forbidden act	Shido	1 point to the opponent
Forbidden act	Chui	2 Point to the opponent
Forbidden act + light forbidden act	Keikoku	3 Points to the opponent
Two forbidden acts	Hansoku-Make	14 points to the opponent and loss of the match (loser gets 0 points).
Heavy forbidden acts		^a Loss of match or disqualification
^a The first heavy forbidden act causes the loss of a match by 14 points. A second heavy forbidden act causes the opponent to not only lose the match but to be expelled from the rest of the tournament. If a competitor gets 3 points because of the opponent's fault, an Ippon is credited to the part of the match where the penalty occurs. This is important in that an Ippon in all 3 parts of the match gets victory.		

Technical Penalties A technical penalty is a shido penalty and repeated offenses can cause a loss of the match as additional penalties escalate in severity. Technical penalties are given for mobobe or passivity.

Mobobe • In part 1 of the match a competitor can be penalized by rushing towards an opponent with no technical action or behaves in such a way that he is dangerous to himself. In this instance he can receive a technical penalty called “mobobe”.

Passivity • This is a technical foul and a special penalty found in Ju-Jitsu competition. Passivity refers to a situation where a competitor avoids, does not participate or does not take action in one of the three parts of the match. For example, a competitor with a judo background may try to avoid the punching and kicking to do what he does best -- throw and grapple. Passivity is a technical penalty, shido penalty, and repeated offenses can cause a loss of the match as additional penalties can accumulate to ippon in the different parts of the match.

In part 1, passivity occurs when a contestant is not attacking with kicks or strikes regardless of whether the contestant is defending against such actions from his opponent. A contestant cannot consistently attempt to grab and throw without first demonstrating ability in the first part of the match. In part 2, passivity occurs when a contestant purposely breaks a grip to avoid being thrown, or no meaningful attempt to throw or attack occurs. Strangulation and locking are legal in part 2 of the match so an attack such as this will avoid the call of passivity. Passivity also can occur when a competitor consistently goes to the ground without attempting a throw, choke or takedown. Finally, in part 3 passivity occurs when there is no defense against the groundwork of the opponent. In all cases, the referee must use judgment as to whether the actions are attempts to not participate in a part of the match and thus rise to the level of passivity.

Out of Bounds • The match takes place in the competition area. If a competitor intentionally steps outside the boundary line a shido is given. Competitors are allowed in the warning area, but if they exceed more than 5 seconds in the warning area the MR calls “matte” and restarts the match in part 1.. An osae-komi is allowed to continue in the warning area, but if over 1/2 of the competitor's body gets outside the warning area, the osae-komi is broken. This is different from other martial sports where any part of the foot may not go over the boundary area. Purposely throwing or pushing a competitor such that over half his body is outside the warning area will penalize the perpetrating party. Throws which start in the competition area but end in the warning or safety area are allowed if the throw presents no risk of injury, but throws which start in the warning area are not permitted unless into the direction of the competition area.

Penalties in Ju-Jitsu Kumite

Light forbidden acts

Minor technical infringements
Passivity
To deliberately go outside the warning area
Kicking and punching after a part 2 has started
Kick, strike or make blows to the leg or to an opponent lying down
Purposely pushing the opponent outside the warning area
Locks on the fingers or toes or cross-legged locks around the kidneys
Action after "Matte"

Forbidden acts

The second light forbidden act
Kicking, pushing, punching too hard
Unnecessary calls, remarks or gestures
To disregard of the MR's instruction
Straight forward kicks and blows/strokes to the head
Purposely making uncontrolled actions
Purposely throwing the opponent outside the warning area

Heavy forbidden acts

To throw or try to throw the opponent with locks or strangle
Actions which may injure the opponent
Any lock at the neck or spinal column in movement

Locking the knee or foot of the opponent by twisting
Any lock of the neck

Injury, Illness or Accident

Each competitor gets a total of five minutes in each match for injury time. When competition is stopped because of injury of either or both contestants, a maximum time limit of five minutes is allowed to recuperate.

In the event one contestant is unable to continue because of injury, illness, or accident during the contest, the match shall be decided as follows. For injury, when the cause of the injury is attributed to the injured contestant, he shall lose the contest with 0 points and the opponent gets a minimum of 14 points (higher if he has a higher total already.) If the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the contest. If it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the contest with the point total already achieved and the injured contestant gets 0 points. If one contestant is taken ill during the contest and is unable to continue, he shall lose the contest with 0 points and his opponent will win with 14 points. Only the doctor (medical practitioner) can decide whether the injured is able to continue or not. If the doctor says that a competitor is out for a match, that competitor is also out for the rest of the competition.

The MR and the SRs handle situations not covered by the rules in conjunction with the control commission.

Referee Terms	
Hajime	Begin
Matte	Stop
Shido	Light forbidden act
Chui	Forbidden act
Keikoku	Light forbidden act + forbidden act
Hansoku make	Two forbidden acts
Sonomama	Technical Foul
Yoshi (joshi)	Continue (in the same part)
Toketa	Signals a hold has been broken in less then 20 seconds
Fusen gachi	Loss by quitting the match
Kiken gachi	Loss by not showing for the match
Osae-komi	Hold-down
Waza-ari	One point
Ippon	Two points (3 points with tapping in part 3)

Team Competition

The fighting rules for team competition are the same as for individual competition. In team competition, reserves may be used to replace injured or ill contestants. The reserves must be in the same or lower weight class, and they may not replace a disqualified contestant. Reserves must be announced and weighted in at the same time as ordinary contestants.

Coaches and Coaching

One coach who stays near the competition area during the match can assist the competitors. Any misbehavior of the coach permits the match referee to make the coach leave the official area for either the whole match or the entire tournament.

Duo Competition

Ju-jitsu is a martial art involving grappling, striking, locking, throwing and choking techniques. In the JJIF Duo Competition, pairs of partners called couples demonstrate vigorous and realistic attacks followed by intense controlled defends in response to those attacks. Couples are matched up against each other two at a time and points, based on certain judging criteria, are given based on the relative comparison of the performance. The winner advances to further rounds until a final winner is determined. Couples perform a series of three techniques from each of four different attack groups. For each group, there are a series of five pre-determined attacks. The MR draws three of the five attacks and the couple demonstrates their own defenses in the order determined by the MR. Points are given at the end of each of the four series. The total of the points from all four series represents the final score. The couple with the most points wins the match and moves on to the next round. Single elimination, double elimination, and other competition systems can be used.

Divisions

There are three different duo divisions in international ju-jitsu competition -- male, female, and mixed. Athletes making up a duo couple can be any age, weight, or grade (rank). Either partner can be the attacker (uke) or the defender (tori) and they can change roles at any time during the competition. Smaller in country championships may use age, weight, and/or grade categories to expand the opportunity to compete. Competitions is normally between couples, however, team competition is also possible.

Competition Uniform

Competitors wear a clean and good quality ju-jitsu gi. One couple wears a white belt and the other couple a red belt properly tied with a square knot. Female competitors must wear a white t-shirt (males are not allowed) and neither competitor may wear anything that can injure their partner. Contact lenses are worn at the competitor's personal risk; glasses are not permitted. Good personal hygiene is required. The competition gi jacket must cover the hips and half of the forearm. Pants must be loose and cover half the shinbone.

Competition Area

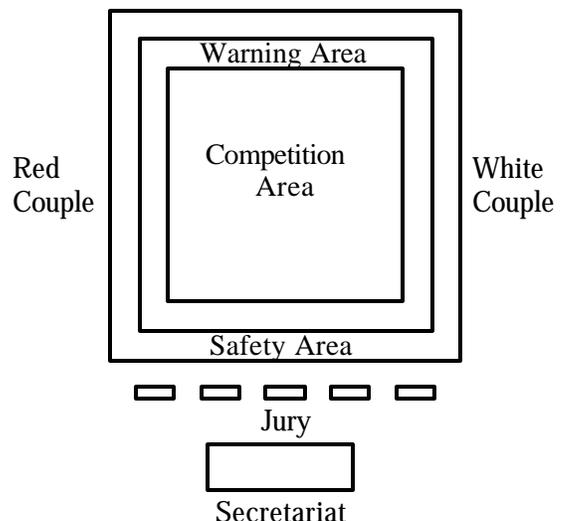
The competition area is a 12 by 12 meter ju-jitsu/judo tatami. The competition area is the center 8x8 meters surrounded by a one-meter warning area. The outside meter of the tatami is considered a safety area.

Equipment

Equipment necessary for competition includes tatami, two red and white belts, a rubber knife, a soft 50 cm stick, scorecards, score sheets, and a place for the judges and secretariat to sit as well as proper first aid equipment if there is an injury.

Conduct of the competition

Referees and Judges • The judging jury consists of 5 referees. There is also a mat referee (MR) who is located within the competition area and conducts the match. He calls for the standing bow and signals the start by announcing hajime and the stop by announcing matte



before and after each couple's series. The MR draws 3 cards from amongst the 5 cards representing the attack series that will be used for both couples and reviews them shortly before the start of the series. The order of the 3 attacks in a series to be performed is determined by the MR and is different for each couple. Using his fingers, the MR will signal to each couple the specific attack to be performed. The MR also calls for hantei at the end of each couples performance after indicating to the jury if the correct attacks were made. At the signal of hantei, the judging panel indicates their individual scores by holding up scorecards. Scores are whole numbers between 0 and 10 although a system of 5 to 10 with ½ points may be utilized. The MR signals the lowest and highest scorecards be lowered and reads off the remaining three scores which are then totaled for the score for that series. After he reads off the scores, he signals for the remaining scorecards to be lowered. At the end of the match, the MR announces the winner and signals for the standing bow. A secretariat records the scores and a doctor is available.

Protocol • At the beginning of a duo match, both the red and white couples enter the tatami -- red on the right and white on the left side of the MR. They bow in order to the MR and each other at the signal of the MR. The white couple goes to their waiting place at the left side of the tatami. The red couple competes first performing the first series. When

Order of the Duo Match		
Series	1st Couple	2nd Couple
1. Gripping	Red	White
2. Embracing	White	Red
3. Punch/Blow and Kicking	Red	White
4. Weapons	White	Red

starting a series, the partner who is the tori (defender) must have the jury on his right side (that is the MR is on his left side) but the tori can be on either side for the remaining two attacks. The attacking partner is called the "uke". Partners may change roles at any time. Couples perform three attacks from each series. Each couple is scored at the completion of every series. The order of performance in each of series of the duo competition is red -- white, white -- red, red -- white, white -- red. Upon completion of each series, the couple sits facing each other in seiza and awaits the score. Once the total score for that series is announced, the couple rises, performs a standing bow and goes to their waiting place at the right side of the tatami. After both couples perform all four series, the MR then calls the competing couples to the tatami and announces the winner based on the highest total score. The couples then bow in reverse of the order used at the beginning of the match and depart the match area.

Determining the Winner

The winner of the match is the couple with the most cumulative points from all four series. A duo couple can also win by fusen-gachi -- if the other couple does not show up, and by kiken-gachi should the other couple withdraw. If there is a tie, the couples repeat series one, and/or series two, et cetera until the tie is broken.

Injury

During the competition, the duo couple has a total of five minutes of injury time. If the couple cannot compete because of injury of a member, or if they cannot compete before the total injury time allotted the couple is used up, the couple loses the match due to kiken gachi -- win by withdrawal.

Situations not covered by the rules are handled by the MR and judging jury.

Attack Groups

The four different attack series are gripping attacks, embracing and neck lock attacks, punch/blow and kicking attacks, and weapon attacks. Within each series there is a series of five different stipulated attacks. The MR draws three of the five attacks and determines the order of performance. Their performance is then judged and points awarded. The four different attack series and the make up of each are shown in the diagram below.

ATTACK SERIES FOR DUO COMPETITION

SERIES 1 *Gripping attacks*



SERIES 2 *Embracing and neck lock attacks*



SERIES 3 *Punches/Blows and kicking attacks*



SERIES 4 *Weapon attacks*



Note that the position of the feet is totally at the option of the couple.

Judging Criteria

The judging jury scores the Duo performance on the basis of the below six criteria:

- Attitude
- Effectivity
- Speed
- Control
- Powerful Attack
- Realism

Norms of Performance

Both attacks and defenses must be made in a technical and realistic manner. Atemi must be powerful with good control and must lead to the follow-up naturally. Throws and takedowns should be at proper speed and include kuzushi. Locks and strangulations must be performed and shown to the jury. Tapping must be in response to a properly performed lock or strangulation.

Duo Judging

The score given by the judge, between 0 and 10 does not represent the value of the techniques, but is a comparison between the two couples. The judge starts with his average score and then adds or subtracts points based on the performance. Judges normally use a 6 or 7 for an average presentation in international competition deducting if something is missing and adding points for an excellent performance. The resulting score for the first couple is compared against the performance of the second couple with the better performance getting the higher score. Duo judges do not take into consideration the ju-jitsu style of the technique, but judge the performance based on the judging criteria. In addition to the five criteria listed above, points will be deducted if the uke attacks from the wrong side of the tatami, or with an incorrect attack, or otherwise violates the rules of the competition. In the event of any such violation, the performance does not stop but such violations will affect the score.

Analyzing the Duo Performance

In Duo Competition, there are three parts to the performance. The three parts are the attack and initial breaking of the opponent's attack, the off balancing, and the end control and exit. The judge evaluates each part of the performance giving more weight to the attack and first part of the defense and then considers the total performance before assigning his score. In reaching the total score, the attack and initial defense represents approximately 40% of the score, the middle part approximately 40% of the score and the ending and exit represent the remaining 20%.

Part one • The first thing a judge does is check the attack. Attacks must be done exactly with no modifications; however, the position of the feet is up to the competitors. In deciding if the attack was correct, the judge will consider if the body was in the proper place, if the designated target was exactly hit by the correct attack from the series, and if the attack was from the designated side of the tatami. When considering the proper side of the tatami, the uke can attack anywhere from his half of the tatami. Finally, the attack must be powerful in a realistic way so a strike to shock or break the opponents mental or physical balance is permitted.

All attacks in part one must be real and compel the partner to defend. Grips must be completed, embraces must be strong with the hands touching, and kicks, blows and weapons strikes should be such that they

Three Parts of the Duo Performance		
Part	Approximate Weight	
1	40%	Attack: attitude, rapidity, strength Block: atemi, ability to get free, tai sabaki
2	40%	Balance disturbance, movement, atemi Logical connection to throw, lock, strangle
3	20%	End control, atemi, lock, strangle, body control

would hit the target if not properly defended. An attack that falls short of the partner does not compel a need to defend. For gripping attacks and embraces, the defense should not be started too soon. For kicks, blows and weapons attacks, the defense does not begin until the attack has begun. The defender must show proper tai sabaki (body shifting), and break the momentum of the opponents attack. He must move the uke and make him react to your the defensive countermeasure. If this first part is not properly done, the next parts would be impossible in a real situation.

In series one and two, the defender does not assume a fighting stance. He merely stands so that the attacker can make the proper attack from the correct side of the tatami. In series three and four the defender takes correct kamae with zanshin -- alert and aware. Judges do not consider the showmanship value of a series. The partners must demonstrate real fighting movement with neither partner jumping out ahead of the action.

Part two • The second 40% begins after the attack and initial breaking of the attacker's zanshin. Judges look for proper balance-breaking technique and the following atemi, throws, and locks should be very good and lead realistically from one technique to an other. A little movement by the uke is okay, but too much movement or jumping into a throw can hurt the performance.

Part three • The last 20% consists of the end control of the attacker and correct application of atemi, locks, strangles, or other body control techniques.

Sen no sen, Tai no sen, and Go no sen

Each of the above concepts is particular to a given attack series. Sen no sen is action before an attack in response to meeting an attack. This is appropriate to series three and four as is tai no sen which is action involving blocking and moving. Go no sen involves taking over from the attack and is the situation found in series one and two. Because grips and embraces must be completely executed, sen no sen and tai no sen are inappropriate in series one and two.

Referee and Judge Requirements

Referees and judges are separately certified for fighting and duo competition and must meet stipulated rank requirements. Experience requirements are needed for higher licensing. Courses and exams, both written and practical, are taken and must take upgrading when necessary. At competitions, referees and judges must be fair and impartial, and independently make their own judgments. Gray trousers and socks, white shirt (long or short sleeve depending on the season), blue tie and jacket and JJIF badge are required of all referees and judges. This gives a very professional appearance. Failure of referees and judges to follow the rules of officiating can cause the loss of their of license to officiate.

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