

# SPORT JUJITSU COMPETITION RULES

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## Equipment:

The following equipment is required for competition in Sport Jujitsu Divisions. *If you are not sure if your equipment is acceptable for competition, please have it inspected by your center judge prior to beginning competition.* Any equipment does not meet the following guidelines will need to be changed prior to competition. *(DMA of Sioux Falls will have a few sets of loaner gear available for any participant that does not have the correct equipment.)*

### *Mandatory Equipment:*

1. **Complete Karate/Judo style uniform. (Jacket, pants, belt)**
2. **Mouth Guard**
3. **Male groin protection**
1. **Hand gear** – must cover the first knuckle (MMA style gloves recommended). Gloves with a “grip bar” will not be allowed.
2. **Footgear** – must cover the shin and the instep
3. **Head gear** – must cover the forehead and back of head. No face shields will be allowed.

### *Optional Equipment*

1. Chest protectors
2. Forearm guards that do not support the wrist
3. Shin guards
4. Female groin protection

## Match Time:

- Teen Divisions – Two (2) minutes with a one (1) minute overtime in the event of a tie
- Adult Divisions – Three (3) minutes with a one (1) minute overtime in the event of a tie

## Declaring a winner:

Winner will be determined by one of the following:

1. Competitor successfully submits his or her opponent twice within the match.
2. Competitor with the most points at the end of match

## Ties:

If at the end of the match the score is tied, competitors will compete in a one minute over-time. If at the end of the one minute overtime the score is still tied, the match will be determined by a “Golden Score” round. Competitors will begin on their feet, and the first competitor to score a legal point will be determined to be the winner.

## Scoring:

Winner will be determined combined scoring of techniques in both the sparring and grappling phases. Sparring scores from three judges will be averaged together and then added to the grappling score determined by the center judge. Competitor with the highest score at the end of the two rounds will be declared winner.

<i>Example:</i>	Center Judge Sparring Score	=	12
	Right Corner Judge Sparring Score	=	14
	Left Corner Judge Sparring Score	=	13
		=	<hr/>
			39 / 3 = Sparring score of 13
	Center Judge Grappling Score	=	15
	<b>Total Score</b>	=	<b>28 Points</b>

### *Sparring Phase Scoring:*

Points may only be scored in the sparring phase if neither opponent has a grip on the other opponent. Once a grip is obtained by either opponent, the Center Judge will call out “Grip” and the striking phase will stop. Any striking after a grip is obtained will receive an illegal technique warning. If the grip is broken, opponents may return to the sparring phase when the Center Judge calls out “Spar.”

### *Target Areas:*

- Front of body
- Side of body
- Kidneys
- Head: **2-inches from the head for all division under Black Belt.** Light head contact will be allowed in the **Black Belt Divisions only.**

### *Illegal Target Areas:*

- Anything below the belt (waist)
- Spine & Shoulder blades
- Contact to the head below Black Belt Levels

### *Legal Strikes:*

- Straight and reverse punches
- Back hands
- Ridge hands (thumb side of hand)
- All kicks using the foot as a striking tool
- Sweeps to the front leg from the outside in, immediately followed by a legal strike to a target area

### *Illegal Techniques:*

- Spinning back hands
- Knife hand strikes (pinky side of hand)
- Open hand strikes
- Upper cuts
- Spear Hand strikes
- Claw strikes
- Shin and forearm strikes
- Knee and elbow strikes
- Sweeps other than stated above
- Striking while grabbing

### *Scoring:*

*All strikes must land with light contact. Excessive contact will result in a warning.*

- **1 point** for any legal hand technique executed with control to a legal target area.
- **1 point** for any kick that uses the foot as a striking tool, executed with control to the body
- **2 points** for any kick that uses the foot as a striking tool, executed with control to the head. Under Black belt, strikes must stop two inches from opponent's head. Black belts must hit the head with light contact and control.

### *Grappling Phase Scoring:*

The grappling phase begins once a grip has been obtained by either opponent. When this occurs, the Center Judge will call out "Grip." All striking must end at this time. The grappling phase ends when both opponents disengage from grabs of any kind and the Center Judge calls out "Spar."

### *Awarding Points:*

Points will be awarded whenever a competitor stabilizes a position for three seconds or a takedown is completed with control. An audible three count will be given by the judge before the points are awarded. Points may only be awarded for advancing position. This means that you may not give up a 4 point position such as mount to get points for a 3 point position such as side control. However, competitors will be awarded cumulative points as they progress through scoring, as long as the three second control is established at each position. In the case of the mount, when there is a transition straight from back mount to mount or vice-versa with distinct positions, the competitor will be awarded four points for the first mount and another four points for the subsequent mount, so long as the three-second stabilization period was achieved in each position, but not for transitioning back.

### *Points*

<b>1 Point</b>	<b>2 Points</b>	<b>3 Points</b>	<b>4 Points</b>	<b>5 Points</b>
Escape Submission Position	Reversal Minor Takedown	Major Takedown Side Control Knee on Belly	Mount Rear Mount Rear Guard	1 <sup>st</sup> Submission

- **2 Points** – Minor Takedown: From the standing position, the competitor trips or tackles opponent to the ground ending in control.
- **3 Points** – Major Takedown: From a standing position, competitor executes a solid martial arts takedown with control, style and obvious skill.
- **3 Points** – side control: competitor hold opponent flat on his or her back using side mount or knee on belly for 3 seconds
- **4 Points** – Mount: The competitor establishes the mount with both knees and feet on the ground for 3 seconds
- **4 Points** – Back Mount/Rear Guard: The competitor establishes the back mount/rear guard with both feet hooked in position.
- **2 Points** – Reversal: Competitor moves from a losing position to a dominant position in one smooth series of moves
- **1 Point** – Escape: Competitor moves from losing position to neutral standing position in one smooth move.
- **1 Point** – Submission Position (Youth Divisions Only): The competitor places his or her opponent in a submission that attacks the wrist, elbow, shoulder, ankle, knee or hip, without applying the technique.
- **5 Points** – 1<sup>st</sup> Submission
- **2<sup>nd</sup> Submission** – Automatic win

### *Submission:*

- The first time a competitor submits his or her opponent, he or she will receive **5 points**, the match will be stopped, and both competitors will be returned to their feet to continue the competition.
- In the case of a second submission by the same competitor, the match will be stopped and that competitor will be declared winner.

### *Illegal Techniques/Positions (All Divisions):*

- Neck cranks
- Toe & finger locks
- Biting & gouging
- Slamming an opponent from guard position
- Kicking & punching during the grappling phase
- Any other techniques which the judges feel are unsafe or inappropriate

### Stoppages:

The clock may be stopped any time the judge finds it necessary. Common reasons may include: out of ring, blood, injury, need to confer with scorekeepers. If this occurs, time will be recorded and the match will continue from that time frame for the full length of the match.

### Blood Time:

Any contestant who is bleeding will be charged with bleeding time. The number of time-outs for bleeding is left to the discretion of the referee. If bleeding is not controlled within a cumulative time of five (5) minutes, the match shall be terminated and the opponent shall be awarded the match by default. If bleeding occurs as a result of unsportsmanlike conduct, illegal holds/maneuvers or unnecessary roughness and the bleeding contestant uses 5 minutes of bleeding time, the injured contestant will be the winner of the contest by default. Any cleanup necessary after bleeding has been curtailed is not counted against the maximum time limit of 5 minutes.

The match shall be stopped for any competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to be treated until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition.

## **Out of Ring:**

When fighting on your feet, “Out of Ring” Warnings will be issued to any competitor who steps out of the ring with one foot. Competitors who are out of the ring cannot score, but can be scored upon as long as one foot is still in the ring.

When fighting on the ground, if 2/3 of both competitors bodies are out of the ring, or at the judge’s discretion, the match will stopped, and competition will be moved back to the center of the mat.

- 2/3 of the athletes’ bodies are outside the combat area in a stabilized position on the ground, the referee should stop the match and, noting the position of each athlete, restart the match at the center of the match area with the athletes in positions identical to those they were in at the moment of stoppage.
- When 2/3 of the athletes’ bodies are outside the combat area on foot or in a non-stabilized position on the ground, the referee should stop the match and restart the two athletes on their feet at the center of the match area.
- When an athlete has a submission hold in place in the outlying safety area, the referee should not interrupt the match unless necessary to prevent injury
- When one athlete takes his opponent off the mat while trying to stabilize a scoring position, the referee shall wait, whenever possible, for an athlete to stabilize the position for 3 seconds before stopping the fight. If this happens, the referee will give the points and then restart the fight in the center of the combat area.
- Any attempts to deliberately move the match out of the ring will result in an “out of ring” penalty.

## **Warnings:**

Warnings are divided into four categories.

### ***Illegal Technique Warnings:***

A warning will be awarded for any intentional strikes to the illegal areas, strikes with excessive contact, striking during the grappling phase, or use of an illegal technique.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to opponent
- **Third warning** – Competitor will be disqualified

### ***Out of Ring Warnings:***

Out of ring warnings will be issued to any competitor who steps off the mat with one foot during the sparring phase or deliberately attempts to move off the mats during the grappling phase.

- **First warning** – Verbal warning from judges
- **Second warning** – Verbal warning from judges
- **Third warning or more** - After 2 out of ring warnings opponent will be awarded 1 point for each additional infraction.

### ***Stalling Warnings:***

Stalling warnings will be issued to any competitor who deliberately attempts to prevent the progress of the match without improving his or her position.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning or more** – Two (2) points awarded to opponent

### ***Poor sportsman Conduct Warnings:***

Because the purpose of competition is to engage in healthy competition with others to improve and test one’s self, it is in the interest of all that both competitors and spectators conduct themselves within the proper spirit of the arts. With that in mind, a competitor may be penalized for poor conduct from themselves, their coaches/instructors, or their fans.

- **First warning** – Verbal warning from judges
- **Second warning** – One (1) point awarded to other competitor
- **Third warning** – Competitor will be disqualified

**At the Judges’ discretion a competitor may be disqualified from competition at any time.**