

JU-JITSU INTERNATIONAL FEDERATION (JJIF)



COMPETITION RULES

(Version 2.0 / January 1st 2010)

MEMBER of

GAISF
General Associations of International Sports Federations

and

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International World Games Association



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I. Generalities

Section 1 Area of application

- a. These rules apply to the competitions in the area of the international federation, the continental unions, international championships and international tournaments, the competition rules in Duo System and Fighting System.
- b. All references in this document to the term “he” should be understood as “he or she”.
- c. The nations are free concerning the rules for their national tournaments.

Section 2 Competition Dressing and Personal Requirements

- a. The competitors shall wear a good quality white Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts.
- b. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- c. The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist. The sleeves may not be rolled up.
- d. The trousers shall be loose and long enough to cover half of the shinbone. Trousers legs may not be rolled up.
- e. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15cm of the belt on each side of the knot.
- f. Female competitors are required to wear a plain white T-shirt or leotard under their Gi. Men are not allowed to wear anything under their Gi-jacket.
- g. The competitors must have short fingernails and toenails.
- h. The competitors are not allowed to wear anything that may injure or endanger the opponent.
- i. Glasses may not be worn. Contact lenses may be worn at own personal risk.
- j. Long hair must be tied up with soft hair-band.

Section 3 Competition Area

- a. Each contest area should be 12 m x 12 m and shall be covered by tatamis, generally green in colour or in any other acceptable colour.
- b. The contest area shall be divided into two zones. ~~The demarcation between these two zones shall be called the warning area and shall be indicated by a coloured area, generally red, 1 m wide, forming the outside part of the competition area.~~
- c. The **fighting** area ~~within and including the warning area shall be called the competition area and~~ shall always be **8 m x 8 m**.

- d. The area outside the **warning fighting** area shall be called the safety area and shall be at least **2** m wide.
- e. Where two or more adjoining competition areas are used, a common safety area is not permitted.
- f. **For international tournaments a fighting area of minimal 6m x 6m is allowed. There should be the possibility to share part of the safety area, but between two fighting areas the must be at least 3m.**

Section 4 Coaches

- a. Only one coach, who stays at the limit of the contest area during the match, may assist contestants.
- b. If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the MR may decide to make him leave the area reserved to the officials for the duration of the match.
- c. If the misbehaviour continues, the Referees of the match may decide to make him leave the official area for the whole tournament.

II. JJIF Fighting System

Section 5 Generalities

- a. In Fighting-System two competitors compete against each other in a sportsman-like competition with adapted means of Ju-Jitsu.
- b. The JJIF's Fighting-System is composed of 3 Parts:
 - Part 1: Punches, strikes and kicks
 - Part 2: Throws, take downs, locks and strangulations
 - Part 3: Floor techniques, locks and strangulations.The contestants must be technically active before going into the next part. An act is technically valid when the competitor shows the technique with good balance and with controlled combinations.
- c. Attacks in part 1 are limited to the following areas: Head, face, neck, abdomen, chest, back and side.
- d. All strangulations are permitted except strangulations with the hand / fingers.
- e. The fighting time per match is 3 minutes. The Mat-Referee together with the Side-Referees should decide, after consulting the Table-Referee, if the last action happened before or after the end of the three minutes.
- f. Between two matches a recovery time of maximum 5 minutes will be allowed.

Section 6 Material

- a. The organizer of the competition shall provide red and blue competition-belts, scoreboards, list and administration papers, a place for the referees and the technical committee.
- b. The contestants are required to wear soft, short and light hand protectors and soft foot & shinbone protectors matching their belt-colour (red or blue).
- c. The protectors must be made of soft foam and should be at least 1cm thick and with upper limit of 2cm.
- d. Protectors must be in the right size and in good order.
- e. It is allowed to have jockstrap and mouthpiece. Female competitors may wear a chest protection.
- f. Foot & Shinbone protections, jockstrap and chest-protections must be worn under the Gi.

Section 7 Weight Categories

The following weight categories will be utilized in the World Championships and continental competitions held under the auspices of the JJIF for men and women:

- Women: -55kg, -62kg, -70kg, +70kg
Men: -62kg, -69kg, -77kg, -85kg, -94kg, +94kg

Section 8 Referees

- a. The Mat-Referee (MR) who stays within the contest area shall conduct the match.
- b. Two Side-referees (SR) shall assist the MR and shall be situated in the **warning safety**-area. The SR must place themselves where they can follow at any time the course of the match as best possible and award their points.
- c. The Table-Referee (TR) is responsible for the secretariat. He dictates the points and penalties to the secretaries and informs the MR about the expiry of the fighting-time, the Osae-komi-time and the injury-time.
- d. There may be two Table-referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

Section 9 Secretariat

- a. The secretariat is placed opposite the position of the MR at the beginning of the fight.
- b. The secretariat shall be composed of two scorekeepers and one timekeeper.
- c. One of the secretaries keeps a record of the competition on paper; the second one can control an electronic scoreboard.
- d. If there is any difference between the two score registers then the paper one is the correct one.

Section 10 Course of the match

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first to the referees and then to each other.
- b. After the MR announced "Hajime", the match starts in Part 1.
- c. As soon as there is contact between the competitors by holding the opponent, part 2 has begun. Punches, strikes and kicks are no longer allowed except when they are performed simultaneously with the initial grip.
- d. As soon as both contestants have both knees on the floor or one of the contestants is sitting or laying on the floor the match continues in Part 3.

- e. The contestants can change between the different parts, but they must be active in all parts.
- f. If a contestant only rushes towards the opponent without making a technical action or if he is dangerous to himself (“Mubobi”), a technical penalty will be given and the match will continue in part 1.
- ~~g. The contestants are allowed to remain in the warning area only for 5 seconds.~~
- g. Throws must start in the fighting area. ~~The opponent may be thrown to the warning or safety area, provided the throw presents no injury risk for the opponent. (See Section 13c 2. and 3.).~~ The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.
- h. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referees, who are standing on one line in the fighting area opposite the table referees.

Section 11 Application of “Hajime”, “Matte”, “Sonomama” and “Yoshi”

- a. The MR shall announce “Hajime” to start and to restart the match after “Matte”.
- b. The MR shall announce “Matte” to stop the match temporarily in the following cases:
 - 1. If ~~one or~~ both contestants left the ~~competition~~ fighting area completely.
 - 2. To give one or both contestants a penalty in Part 1.
 - 3. If one or both contestants are injured or are taken ill.
 - 4. If one of the contestants can’t tap by himself during a strangulation or lock.
 - 5. When Osae-komi time is expired
 - 6. If the contact in part 2 and part 3 is lost and the contestants will not continue in part 1 by themselves.
 - 7. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
 - 8. In any other case when one of the SRs finds it necessary and therefore claps his hands.
 - 9. The fight has finished.
- c. “Sonomama” shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move anymore. “Sonomama will be announced:
 - 1. To give one or both contestants a warning in Part 2 or Part 3.
 - 2. To give one or both contestants a penalty in Part 2 or Part 3.
 - 3. Any other time the MR finds it necessary.
- d. After “Sonomama” the contestants continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces “Yoshi”.

Section 12 Points

Scores must be marked by the majority of the referees, therefore at least two referees. If the referees give a score different from each other, the intermediate score prevails. If one of the referees doesn't see an action, the lower of the two remaining scores prevails.

- a. The following points can be given in Part 1:
(Punches, strikes and kicks must be applied with Hikite / Hikiashi, in good balance and control)
 1. An unblocked punch, strike or kick (Ippon, 2 points)
 2. A partly blocked punch, strike or kick (Wazaari, 1 point)

- b. The following points can be given in Part 2:
(Throws, take downs, locks and strangulations)
 1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 2 points)
 2. Strangulations and locks with tapping (Ippon, 2 points)
 3. A perfect throw or take-down (Ippon, 2 points)
 4. A not perfect throw or take-down (Wazaari, 1 point)

- c. The following points can be given in Part 3:
(Floor techniques, locks and strangulations)
 1. Strangulations and locks in case the contestant can't clap by himself and the MR must stop the fight by announcing "Matte". (Ippon, 3 points)
 2. Osae-komi, Strangulations and locks with tapping (Ippon, 3 points)
 3. An efficient control announced as "Osae-komi" during 15 seconds. (Ippon, 2 points)
 4. An efficient control announced as "Osae-komi" during 10 seconds. (Wazaari, 1 point)

- d. An efficient control started within the fighting time is allowed to continue until termination (even after expiry of the fighting time). If the control is broken before the 15 seconds the MR shall announce "Toketa".

Section 13 Penalties

- a. Penalties must be given by the majority of the referees.
- b. "Light forbidden acts" will be punished by "Shido" and the opponent gets 1 Wazaari. The following actions count as light forbidden acts:
 1. If one or both contestants show passivity or minor technical infringements.
 2. "Mubobi"
 3. To deliberately go outside the **warning fighting** area with both feet.
 4. To purposely push the opponent outside the **warning fighting** area.
 5. To purposely deliver kicks or punches after the beginning of Part 2.
 6. To make any further actions after "Matte" or "Sonomama" has been announced.
 7. To deliver punches, strikes and kicks to the legs.
 8. To deliver punches, strikes and kicks at the opponent if he is lying down.
 9. To make locks on fingers or toes.
 10. To make cross-legged locks around the kidneys and stretch the legs.
 11. To make a strangulation with bare hands / fingers.
 12. If a contestant comes unprepared to the mat and delays the contest.
 13. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, taking off the gloves etc.)
- c. A "Forbidden acts" will be punished by "Chui" and the opponent gets 2 Wazaari:
 1. To make attacks like kicking, pushing, punching, hitting the body of the opponent in a hard way.
 - ~~2. To purposely throw the opponent from the warning to the safety area. (Or outside of the safety area)~~
 2. To throw the opponent from the fighting area to the area outside the safety area.
 3. To disregard the MR's instructions.
 4. To make unnecessary calls, remarks or gestures to the opponent, referees, the secretariat or to anyone else.
 5. To make an uncontrolled action, such as roundhouse punches and kicks, which are not stopped even if they miss the opponent, and after a throwing-technique the opponent is not able to continue immediately.
 6. To make straight punches or straight kicks towards the head.
- d. In case of two "forbidden acts" the fight will be lost by "Hansoku-make".
- e. The following actions count as a "heavy forbidden act":
 1. To apply any action which may injure the opponent.
 2. To throw or try to throw the opponent with any lock or strangulation.
 3. To make any locks on the neck or spinal column.
 4. To make any twisted locks at the knee or foot.
- f. The first time a contestant makes a "heavy forbidden" act he will be punished by "Hansoku-make". He loses the match with 0 points and the opponent gets 14 points or the score he already achieved, if higher than 14.
- g. The second time a competitor loses by Hansoku-make in a tournament, he is expelled from the rest of the tournament.
- h. If a contestant shows unsportsmanlike behaviour after a fight, the referee crew of the tatami unanimously decide that the competitor should be expelled from the

rest of the tournament. They will inform the head-referee of their decision and then ask the responsible of the tournament to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.

- i. If both contestants will be punished by Hansoku-make, the match will be repeated.

Section 14 Settlement of the Match

- a. A contestant may win the match before the end of the fighting time, if one of the contestants achieved at least one Ippon in each of the three parts. This is called a Full-Ippon. In this case the losing contestant gets 0 points and the winner gets 14 points or the score he already achieved, if higher than 14.
- b. After the fighting time has expired the contestant who has the most points at the end of the match will be the winner.
- c. If the contestants have equal points at the end of the match, the contestant who achieved **more the most number of parts with one or more ippons wins the match.**
- d. **If the score is equal both in total points and in number of different parts in which Ippons were achieved competitors have equal points at the end of the match,** the contestant who achieved **totally** more Ippons wins the match.
- e. If the score is equal both in total points, **in number of different parts with Ippon score** and in number of Ippon, there will be an extra round of **2** minutes until the match is settled. There is a break of 1 minute between the additional rounds. The procedure may be repeated. The scores, Ippons and penalties from the initial round are carried forward into the extra round.

Section 15 Walk-over and Withdrawal

- a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to any contestant whose opponent doesn’t appear for his match. The winner gets 14 points, after his opponent has been called for 3 times over at least 3 minutes.
- b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the contestant whose opponent withdraws from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 14 points or the score he already achieved, if higher than 14.

Section 16 Injury, Illness or Accident

- a. In every case when a match is stopped because of injury on either or both contestants, the MR may permit maximum time of 2 minutes to the injured contestant(s) for the rest. The total rest per contestant in each match shall be 2 minutes.
- b. The injury-time starts on command of the MR.
- c. If one of the contestants is unable to continue, the MR and the SRs will make a decision after the following clauses:

1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved, if higher than 14.
 2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match with 0 points and the opponent shall get 14 points or the score he already achieved, if higher than 14.
 3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match with 14 points or the score they already achieved, if higher than 14, and the injured contestant shall lose with 0 points.
- d. When one contestant is taken ill during the contest and he is unable to continue, he shall lose the contest with 0 points and the opponent shall get 14 points or the score already achieved, if higher than 14.
 - e. The official doctor is to decide whether the injured contestant may continue or not.
 - f. If a contestant loses consciousness or if they blackout, the fight must be stopped and the contestant will be expelled from the rest of the tournament.

Section 17 Team Competitions

Team competitions are possible and the rules are the same as for individual competitions.

Section 18 Reserves in Team Competitions

- a. Reserves may replace contestants who have been injured or taken ill.
- b. The reserve must be in the same weight class or in a lower weight class than the ones who are to be replaced.
- c. Reserves may not replace a disqualified contestant.
- d. Reserves must be announced and weighted at the same time as the ordinary contestants.

III. JJIF Duo System

Section 19 Generalities

- a. The JJIF-Duo System is aimed at presenting the defence of one contestant against a number of predetermined attacks from a contestant of the same team. The attacks are divided into 4 series of 5 attacks each:
 - A. Gripping attacks
 - B. Embracing and neck lock attacks
 - C. Punches, strikes and kicking attacks
 - D. Weapon attacks
- b. Every attack must be prepared by one pre-attack such as pushing, atemi, pulling.
- c. Every attack can be carried out right-handed or left-handed at the free choice of the team.
- d. The defence is completely at the defender's choice, as well the respective roles or the change of the roles as attacker and defender, as well the respective position of the feet.
- e. The Mat Referee (MR) draws 3 attacks from each series. The other couple will use the same attacks but in a different order called by the MR.
- f. Upon the first attack of each series, Tori (defender) shall have the jury on his right side, after the attack may come from either side.
- g. The scores of the presentation will be given after each series by the Jury. Upon the Mat-Referee's command "Hantei" they hold their respective score table over their head.
- h. If necessary the MR indicates incorrect attacks and weak attacks by the corresponding sign and by saying the number of the wrong / weak attack.
- i. When the same couple is involved in consequent matches, a recovery time of maximum 5 minutes will be allowed between the two matches.

Section 20 Material

- a. The organizer of the competition shall provide red and blue competition-belts, jury score tables, scoreboards, list and administration papers, a place for the referees and the technical committee.
- b. The secretariat shall be composed of a minimum of 2 people.
- c. The fighters are allowed to use one soft stick and one rubber knife. The stick shall be between 50cm and 70cm.

Section 21 Categories

- a. A couple may be formed without any restrictions at all, such as weight or grade.
- b. The following categories will be distinguished: Men, women and mixed.

Section 22 Criteria of Judging

- a. The jury shall look for and judge the following:
 1. Powerful attack
 2. Reality
 3. Control
 4. Effectiveness
 5. Attitude
 6. Speed
 7. Variety
- b. The overall score should give more importance to the attack, and to the first part of the defence.
- c. Atemis must be powerful, with good control and given in a natural way considering possible follow up.
- d. Throws and take-downs shall include breaking the opponents balance and be efficient.
- e. Locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by Uke.
- f. Both the attack and the defence shall be executed in a technical and realistic way.

Section 23 Course of the Match

- a. The couples stay facing one another in the middle of the competition area approximately two meters apart. The first drawn couple (Couple 1) has red belts and stays on the MR's right side. The second couple (Couple 2) wears blue belts. At the sign of the MR the couples will make a standing bow first to the Mat-referee and then to each other. Couple 2 leaves the contest area and goes to the safety area.
- b. The match starts, when the MR announces the first attack by calling the number of the attack and by giving the respective sign with the hand.
- c. After the end of the series A the contestants of the first couple kneel down and get their scores. After that they leave the contest area and go to the safety area. Couple 2 also shows series A and gets its scores. Couple 2 starts with series B and gets its scores, after that couple 1 proceeds with series B and gets its scores. Couple 1 starts series C, etc, and couple 2 starts series D, etc.
- d. After the demonstration of the last series of the last couple the match has finished. The two couples take the same position as in the beginning of the match on request of the MR. The MR asks the secretary for the winner and shows it by raising the hand and calling the respective colour of the belt.
- e. If the points of the two couples are equal ("Hikiwake"), the match will continue series by series until there is a winner. The couple with the blue belts starts with series A.
- f. After the MR announces the winner he orders the standing bow first to each other, then to the referees

Section 24 Score System

- a. The scores are given from 0 to 10 (1/2 number interval)
- b. The highest and the lowest scores are taken away.

Section 25 Jury

The Jury shall consist of 5 licensed referees, each one from a different country.

Section 26 Walk-over and Withdrawal

- a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to the competing couple whose opponents don't appear for their match after they have been called for 3 times over at least 3 minutes. **The winner gets 12 points, the non-appearing couple gets 0 points.**
- b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the competing couple whose opponents withdraw from the competition during the match. **In this case the withdrawer gets 0 points and the winner gets 12 points.**

Section 27 Injury, Illness or Accident

- a. When an injury, illness or accident occurs, the active couple has a right to a maximum time of **2** minutes rest before continuing (the total rest per couple in each match shall be **2** minutes).
- b. If a couple cannot continue after an injury, “Kiken-Gachi” is given to the other couple.

Section 28 Team Competitions

Team competitions are possible and the rules are the same as for individual competitions.

IV. Final Regulations

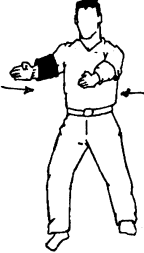



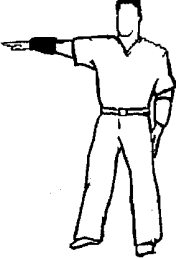

Section 29 Situations not covered by the rules









- a. The referees of the match in question, who together must come to a decision, must deal with any situation, which arises, that is not covered by these rules.
- b. The TR has no right of vote, he can only assist.


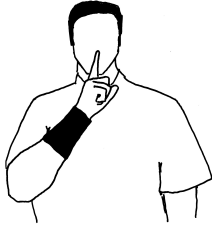




Section 30 Coming into Force




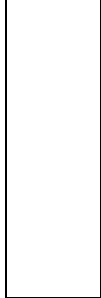




These rules are authorized by the General Assembly of the JJIF on **November 26nd 2009** and will come into force on **August 28th 2010**. They will replace all existing rules.





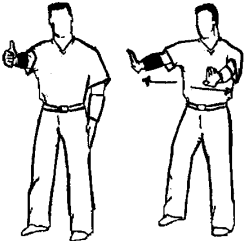
Appendix I Gestures for Referees

 <p style="text-align: center;">Hajime</p> <p>Start of the match / fight: The referee stands between the contestants and with both hands announces “hajime”. The voice must be strong and with authority.</p>	 <p style="text-align: center;">Matte</p> <p>Stop of the match / fight: The referee raises one of his hands to shoulder height with his arm approximately parallel to the tatami and displays the flattened palm of his hand (fingers up) to the secretariat. The voice must be strong and with authority.</p>
 <p style="text-align: center;">Ippon</p> <p>The referee raises left or right arm (depending if the score is given to the red or the blue contestant), high above the head, with palm facing forward.</p>	 <p style="text-align: center;">Ippon 3 Points</p> <p>The referee raises left or right arm (depending if the score is given to the red or the blue contestant), high above the head, with three fingers clearly shown.</p>
 <p style="text-align: center;">Wazaari</p> <p>One point: The referee raises left or right arm to shoulder height (depending if the score is given to the red or the blue contestant), with palm of hand facing downwards. The sign must be clear to the secretariat.</p>	 <p style="text-align: center;">Cancel</p> <p>Reset a decision: The referee waves a few times with straight hand over the head after showing the decision, which must be reset. The sign must be sharp, strong and clear to the TR.</p>

 <p style="text-align: center;">Passivity</p> <p>Call or passivity: The referee rotates horizontally both arms from elbow to the wrist in front of the body.</p>	 <p style="text-align: center;">Uncontrolled Technique</p> <p>The referee raises horizontally left or right hand, with arm bent in front of the body and with fist (description of the action must follow this sign before the penalty is assigned)</p>
 <p style="text-align: center;">Mubobi</p> <p>Confused or self-damaging action: The referee straightens arms with fists a few times horizontally in front of the body. After the sign the MR must announce with clear voice "Mubobi".</p>	 <p style="text-align: center;">Straight punch to the head</p> <p>The referee moves the fist towards the head.</p>
 <p style="text-align: center;">Hard Contact</p> <p>The referee shows the strike with a fist against the palm.</p>	 <p style="text-align: center;">Grip and Punch</p> <p>The referee shows with one hand a grip for a Gi and with the other hand a punch.</p>
 <p>Going out of the warning fighting area (Side Referee sign) The Side Referee indicates the situation to the mat referee, so that the MR can act accordingly.</p>	 <p style="text-align: center;">Pushing out</p> <p>The referee indicates with both hands the pushing from the warning fighting area to safety area (outside)</p>

 <p>Throwing out of the warning fighting or contestant area</p> <p>The referee indicates with the left or right hand (depending if the action was applied by the red or the blue contestant) the movement from the warning fighting area to the area outside the safety area (outside).</p>	 <p>Unnecessary Calls, Remarks</p> <p>The referee puts his index finger extended from a closed fist in front of his mouth.</p>
 <p>Osae-komi</p> <p>Control on the ground: The referee points with right or left straight hand and palm, to the contestants and announces with clear voice "Osae-komi". The hand must be pointed out for the whole time while Osae-komi is active.</p>	 <p>Toketa</p> <p>End of the control on the ground: The referee waves with right or left hand (Which was held in Osae-komi position) above the contestants a few times and announces "Toketa". The palm is positioned vertically. The sign shall be sharp, strong and clear.</p>
 <p>Simultaneous action from both side (Aiuchi)</p> <p>The referee positions bent arms horizontally in front of the body, with touching fists.</p>	 <p>Penalty (Shido, Chui, Hansoku-make)</p> <p>The referee points towards the contestant to be penalized, with the index finger extended from a closed fist and announces the respective penalty.</p>

 <p style="text-align: center;">“I did not see” – Sign</p> <p>The referee covers the eyes with open palms, for short time (Hands in front of the eyes)</p>	 <p style="text-align: center;">Resetting the Gi</p> <p>The referee crosses the hands in front of the body with straight palms, then points out the contestant who must reset the Gi.</p>
 <p style="text-align: center;">Full Ippon (Table referee sign)</p> <p>The table shows to the MR the sign and the colour of the winner.</p>	 <p style="text-align: center;">Hantei (Duo System sign)</p> <p>The referee raises one arm with palm of hand facing sideward, high above his head.</p>
 <p style="text-align: center;">Hikiwake</p> <p>Same score: The referee crosses arms in front of the chest, palms stretched. The referee shall announce “Hikiwake”.</p>	 <p style="text-align: center;">Announcement of the winner</p> <p>The referee indicates the winner rising at 45-degree angle, straight hand with open palm and announces with clear voice “winner” and the respective colour.</p>
 <p style="text-align: center;">Sonomama (“Freeze” announcement)</p> <p>The MR shall tap strongly (one tap usually shall be enough) with both hands to both contestants’ backs while they are fighting and announce clearly and with strong voice “Sonomama”.</p>	 <p style="text-align: center;">Yoshi (“Go on” announcement)</p> <p>After the reason of temporarily stopping (“freezing”) is fulfilled, the MR shall tap once more with both hands on the contestants back and with clear and strong voice announce “Yoshi”.</p>

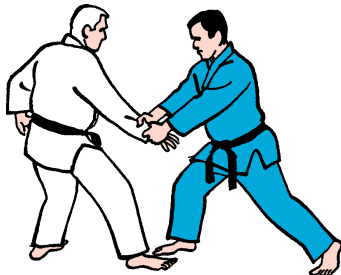
 <p style="text-align: center;">Medical Time</p> <p>The referee forms a “T” with his both arms.</p>	 <p style="text-align: center;">Wasting Time</p> <p>The referee points towards his “wrist-watch” with the index finger extended from a closed fist.</p>
 <p style="text-align: center;">Forbidden Technique</p> <p>Techniques which will be punished by Shido (locks on fingers or toes, cross-legged locks around the kidneys, punches, strikes and kicks at the opponent laying down, kicks to the legs): The referee applies a hit with his open hand to his forearm.</p>	 <p style="text-align: center;">Disregard the MR Instructions</p> <p>The referee points towards his both ears with his index fingers extended from a closed fist.</p>
 <p style="text-align: center;">Break</p> <p>(In Case of Hikiwake before a special round) The referee shows an ‘OK’ sign, with thumb finger straight up, to the score table and then directs the contestants off the fighting area for break.</p>	

Appendix II Attacks in the Duo System

(Every attack can be carried out left-handed or right-handed)

Series A Gripping Attacks

(Every attack should be preceded by a pre-attack)



Grip: Uke takes hold of Tori's **right** arm. One Hand takes the wrist, the other the forearm.

Intention: • To push or to pull
• To control Tori's front hand
• To immobilize the defender



Grip: Uke takes the **right** reverse of Tori's Gi with his **right** hand.

Intention: • To come close to the opponent to make another action.
• To pull – push or pin the opponent – perhaps to hit him / her afterwards



Grip: Uke attacks Tori's neck from the front-side to make a strangulation.

Intention: • Push Tori backwards
• Pin Tori



Grip: Uke attacks Tori's neck from the **right** side to make a strangulation. Uke can move Tori in the right position or Tori can move himself / herself in the right position.

Intention: • Push or pin Tori



Grip: Uke attacks Tori's **left** side by taking the Gi on a level with the shoulder with the **right** hand. The kind of the grip is free. Uke can move Tori in the right position or Tori can move himself / herself in the right position.

Intention: • Push, pull or pin Tori.

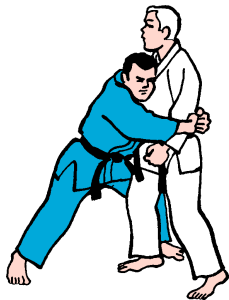
General comment:

Hands and Grips must be closed.

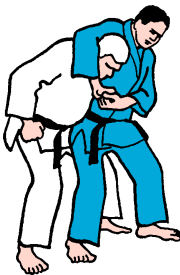
Series B Embracing and Neck Lock Attacks
(Every attack should be preceded by a pre-attack)



Uke embraces Tori from the front-side under the arms. The grip must be closed. Uke's head lays on Tori's **right** shoulder **and his look goes to the left side**. Before the attack, Tori keeps his arms in a natural position.



Uke embraces Tori from the front-side over the arms. The grip must be closed. Uke's head lays on Tori **right** shoulder **and his look goes to the right side**. Before the attack, Tori keeps his arms in a natural position.



Uke embraces Tori's neck with his **right** arm from the side. The grip must be closed.
Intention: To strangle or to apply a throwing technique



Uke embraces Tori's neck with his **left** arm from the front-side. The grip must be closed.
Intention: To strangle or to apply a throwing technique



Uke applies a Hadaka Jime with his **right** arm. The grip must be closed. Uke can move Tori in the right position or Tori can turn by himself.
Intention: To strangle or to break balance

General comment: Hands and Grips must be closed.

Series C PUNCHES / Blows and Kicking Attacks
(Every attack should be preceded by a pre-attack)



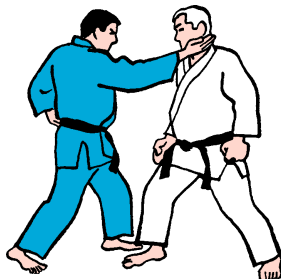
Jodan Tsuki - punch with the **right** hand to the head.

Target: face



Chudan Tsuki – punch with the **right** hand.

Target: Solar Plexus, stomach



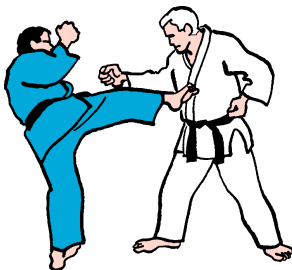
Shuto Uchi – Circular strike with the edge of the **right** hand

Target: Tori's **left** side of the neck



Mae Geri – front kick with the **right** leg

Target: Solar Plexus, stomach



Mawashi Geri – Roundhouse kick with the **right** leg

Target: Solar Plexus, stomach

Tori is allowed to make a **left** step back and lightly turn the body

General comment

The attack must be able to reach Tori, if he is not moving away.

It is not allowed to move before the attack is started. Tori must react on the attack.

Series D Weapon Attacks
(Every attack should be preceded by a pre-attack)



Right hand Knife attack straight from the top.
Target: Base of the neck on Tori's left **or right** side, just behind the clavicle.



Right hand Knife attack from the front-side.
Target: Stomach



Right Backhand knife attack, which is applied from the side or diagonal downwards.
Target: Base of the neck on the **right** side of the neck



Right hand Attack with a stick straight from the top.
Target: Top of the head



Right hand Attack with a stick from outside, which is applied from the side or diagonal downwards
Target: Tori's **left**-side temple / head

General comment

The attack must be able to reach Tori, if he not moving away.

Tori shall have full control of the weapon during and after

the defence.

Appendix III Weightclasses Fightingsystem

Men / Boys

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Boys 12/13/14	Boys 10/11	Boys 8/9
1 x 3 min	1 x 3 min	1 x 3 min	1 x 2 min	1 x 2 min	1 x 2 min
- 62kg	- 56kg	- 46kg	- 34kg	- 24kg	- 21kg
- 69 kg	- 62kg	- 50kg	- 37kg	- 27kg	- 24kg
- 77kg	- 69kg	- 55kg	- 41kg	- 30kg	- 27kg
- 85kg	- 77kg	- 60kg	- 45kg	- 34kg	- 30kg
- 94kg	- 85kg	- 66kg	- 50kg	- 38kg	- 34kg
+ 94kg	- 94kg	- 73kg	- 55kg	- 42kg	- 38kg
	+ 94kg	- 81kg	- 60kg	- 46kg	- 42kg
		+ 81kg	- 66kg	- 50kg	+ 42kg
			+ 66kg	+ 50kg	

The right of participation: Competitors, members of JJIF in EJJU, that will reach the age in the present year (from 1.1 to 31.12).

Women / Girls

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Girls 12/13/14	Girls 10/11	Girls 8/9
1 x 3 min	1 x 3 min	1 x 3 min	1 x 2 min	1 x 2 min	1 x 2 min
- 55kg	- 49kg	- 40kg	- 32kg	- 22kg	- 20kg
- 62 kg	- 55kg	- 44kg	- 36kg	- 25kg	- 22kg
- 70kg	- 62kg	- 48kg	- 40kg	- 28kg	- 25kg
+ 70kg	- 70kg	- 52kg	- 44kg	- 32kg	- 28kg
	+ 70kg	- 57kg	- 48kg	- 36kg	- 32kg
		- 63kg	- 52kg	- 40kg	- 36kg
		- 70kg	- 57kg	- 44kg	- 40kg
		+ 70kg	- 63kg	- 48kg	+ 40kg
			+ 63kg	+ 48kg	

The right of participation: Competitors, members of JJIF in EJJU, that will reach the age in the present year (from 1.1 to 31.12).

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