

The Jitsu Foundation

Jitsu Randori Competition Rules

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0. Purpose

This manual in its current form covers those contests up to and including first kyu which are sectioned into weight and grade categories. It does not therefore serve as a reference for the running of open competitions where nage and newaza are combined.

1. Background

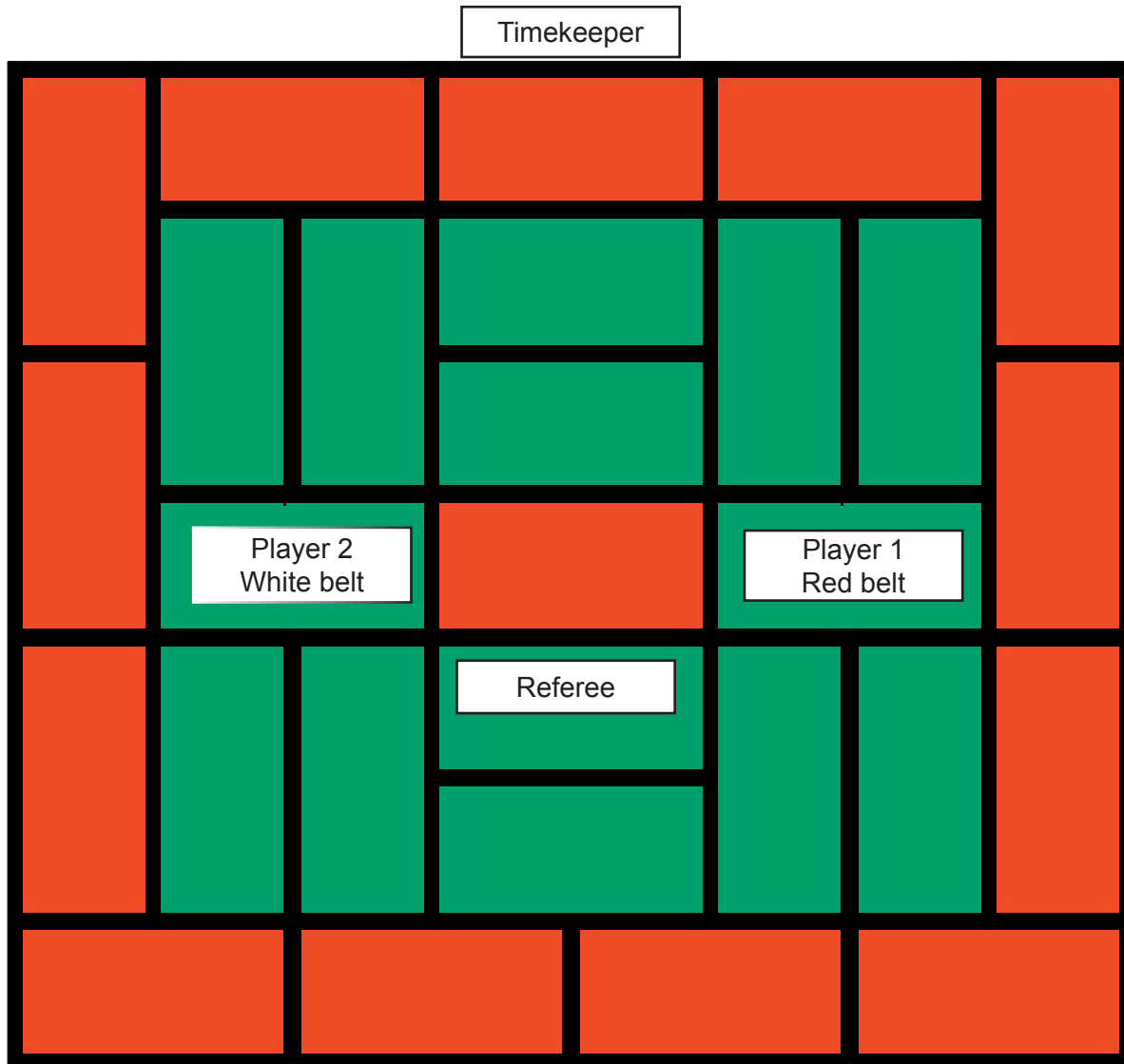
Any sporting contest where the skill strength and guile of one competitor are pitted against those of another competitor requires one or more referees to ensure fair play between the parties. Moreover, randori type competitions are very physical and offer significant potential for serious injury, particularly when skill levels differ significantly or illegal moves are employed. It is the role of the referee is to ensure that no rules are broken during competition and that bouts are conducted in a safe and sporting way.

This handbook assumes a reasonable level of competence in throwing (nage waza) and ground (ne waza) technique and is not therefore intended as a training manual. At the back of the manual is a checklist of those things a referee would be expected to cover prior to, during and after a bout.

2. The Competition Area

The competition area for both nage and ne waza is to be 6m by 6m, having a central 2m square of a different colour and surrounded by a 1m border also of a different colour. This border is known as the “Safety Zone” and plays an important role in helping to confine the contest and maintain competitors safety when part of a larger overall competition, such as the Jitsu Randori National Competition. In major National competitions there should ideally be at least 1m separation of all squares. All areas should be comprised of appropriate impact matting or *Tatami* and must be in good condition.

Note: It is the responsibility of the referee to ensure the condition of the tatami is acceptable



Note: under no circumstances must any spectators enter the safety zone

3. Equipment

Each competition area must comprise at least one red belt, one white belt, one stopwatch and one pen. Where judges are to be used, one red and one white flag per judge will be necessary.

Reminder: it will be necessary to ensure that you have appropriate belts for the weight category to be refereed.

Dress

- All competitors must wear a clean white or blue judo or Jitsu Foundation gi. The gi must be made of strong material and be in good condition without any tears or holes.
- No Jewellery is to be worn during competition.
- Finger and toe-nails must be clean and cut short.
- Surgical supports and strapping will only be permitted following consultation with the appropriate medical officer or senior referee
- Hair should either be cut short or tied back so as not to affect the other competitor.

Reminder: as a referee you are responsible for maintaining these standards and have the right to request changes or to exclude contestants

4. Etiquette

The referee will stand facing the timekeeper as shown in the competition area above. When two judges are present they must be in diagonally opposite corners just outside the safety zone and with four judges each corner will be occupied.

Upon entering the competition area the first called competitor should move to the edge of the center square on the referee's right hand side and put on the red belt. The second called competitor should move to the referee's left hand side and take up the white belt. As always, belts should be tied on one knee. When both competitors are appropriately dressed they stand and face each other from opposite sides of the center square. The referee will then ask the competitors to rei (bow) to them and then to each other.

Nage waza

After completing both rei's the referee will confirm the readiness of the timekeeper and judges before commencing the bout by moving the right hand vertically from high to low between the two competitors and using the command, *Hajime*.

Ne waza

After completing both rei's the referee will ask the two competitors to sit back to back at the center of the square with their legs outstretched and their hands on their knees. He/she will then confirm the readiness of the timekeeper before commencing the bout by placing his/her right hand between the opponent's shoulders with the command, *Hajime*.

If in either competition format the referee wishes to stop the contest he/she should use the command "matte" which requires the competitors to wait for the next command from the referee. Once matte has been called no movement should take place. During a hold down where the competitors are in danger of leaving competition or safety area, the referee may call matte and then drag the competitors back into the competition area. In order to re-commence the bout the command of yoshi should be used. Thus, hajime is used to start a bout, yame to end it, matte to pause it and yoshi to re-commence it once paused.

After completion of either bout, signaled by the command of *Yame*, the referee will ask the competitors to tidy up their gi's, which must again be done on one knee. When ready the two competitors will stand to

face each other from opposite sides of the central 2m square. The referee will ask the competitors to rei to each other and then to his/her self before announcing the winner.

5. Running And Scoring The Bout

Before commencing any category of competition it is important to ensure that those items outlined in the dress section above have been checked for each of the competitors. Remember also to check that the people you have are in the correct category with respect to both weight and skill level. This is not only important to the outcome of the bout and fairness of the competition, but is of vital importance if the safety of all competitors is maintained.

Once these basic checks are complete you need to outline the rules of the competition to the group and any particular points you wish to raise such as

a. Length of the bout

Each bout will be scheduled for three minutes duration with a further minute available if necessary at the discretion of the referee.

b. What constitutes an Ippon?

Because of the nature and complexity of Jitsu randori type competition it is impossible to give a clear unambiguous definition of an Ippon score in a manual such as this. There are, however, a number of guiding principles one may use to help identify what constitutes an Ippon and what doesn't.

1. To score Ippon the thrower must have **initiated** a technique which resulted in his/her opponent landing substantially on their back or side.

Note. We do not want to encourage people to land on their face in order to avoid being thrown as defined above, thus some judgment is required on the part of the referee. This point is exemplified in the accompanying training course.

c. What constitutes a hold down?

Osaekomi can be called when:

- The contestant being held is controlled by his/her opponent and has at least one shoulder or their back in contact with the mat.
- The control can be exerted from the side, the rear or from on top.
- The contestant applying the hold must not have their legs or body controlled in any way by their opponent.
- At least one contestant has any part of their body in contact with the competition area and both competitors must be wholly inside the safety zone.

A hold down of greater than or equal to 20 seconds but less than 30 seconds will score a wazarai, whilst a hold down of 30 seconds scores ippon. Any submission due to the application of an arm-lock or strangle results in ippon to the opponent. If in the view of the referee a competitor is in danger of being strangled unconscious without submitting they may end the bout and award the contest appropriately. Please note that strangles are very effective techniques and when correctly applied work very quickly. For this reason referees are encouraged to avoid long spells where one competitor is simply causing discomfort to the other. Under these circumstances stop the bout and re-set.

d. Fouls and or Illegal Moves

It is often easier to define what is expected in such a contest by describing that which is unacceptable. Illegal or poor technique must not be allowed to go un-punished; failure to penalize fouls will result in ever-greater breaches of the rules. After all, could you imagine a football or rugby match without fouls and penalties? Fouls in Jitsu randori competition include, but are not limited to, the following:

•If any of the above fouls occur during a bout the referee must immediately call Yame and award a Chui (penalty point) against the competitor committing the offence. Where the competitor who has been fouled seizes the advantage, the referee is entitled to play on to the next logical conclusion. Warnings may be given during a bout where the intent is unclear, but the referee is advised to go over these fouls with the competitors prior to commencement of the competition. This should then serve as the warning.

It is imperative that Chui's are awarded for the fouls and illegal moves. Awarding a Chui for passive behaviour requires the referee to their discretion as to the lack of competitive effort being shown, but it is recommended that a period of inactivity equal to or greater than 10 seconds duration result in a foul.

Any competitor receiving three fouls will be immediately disqualified using the phrase hansoku maki (disqualification) when awarding the bout.

Illegal moves include, but are not limited to, the following:

- Any failure to respond to a command from the referee
- Grabs where the fingers are inside the sleeve or trousers of the opponent
- Naked strangles (those using bare hands/arms)
- Wristlocks cannot be used to execute a throw or submission, but can be used to remove a strangle in Ne waza
- Body crushes with the legs in Ne waza
- Arm locks cannot be used in Nage waza
- Strangles cannot be used in Nage waza
- Strangles cannot be applied from a standing position during Ne waza
- Holding a leg for more than 3 seconds in Nage waza
- Holding the same side of the gi with both hands in Nage waza for more than 3 seconds
- Morote gari cannot be used in Nage waza
- We need to discourage bridging using the neck and any attempt to bend the spine back on itself.

In Ne waza any hold/strangle/armlock is deemed to be broken if the opponent has both feet on the floor and can adopt a standing position. Note: An arm lock can only be deemed to have been attempted if the arm is pinned by tori and not as a result of uki maintaining his grip as tori moves his body. Any holding technique is broken if the opponent captures control of the attackers legs or body.

e. Potential outcomes

Nage waza

Competitor 1	Competitor 2	Outcome
2 x Ippon	Any score*	Competitor 1 wins
3 chui's	Any score	Competitor 1 disqualified
Ippon	Ippon + 1 or 2 chui's	Competitor 1 wins
No score	Ippon + 1 chui	Competitor 2 wins
No score	Ippon + 2 chui's	Competitor 1 wins

Ne waza

Competitor 1	Competitor 2	Outcome
Submission	Any score*	Competitor 2 wins
Any score*	3 chui's	Competitor 2 disqualified
Hold down 30 seconds	Any score*	Competitor 1 wins
Hold down 20 seconds	No score	Competitor 1 wins
Hold down 20 seconds+ chui	No score	Competitor 1 wins
Hold down 20 seconds + 2 chui's	No score	Competitor 2 wins
No score	1 or 2 chui's	Competitor 1 wins

Any score* = any score which in itself does not win the bout

6. Safety

The most important thing to remember is as a referee you are responsible for the safe running of your competition area and the safety of the competitors involved. As a bare minimum you must be in a suitable position to see exactly what is happening and to this end you have the ability to move lose clothing or stop a bout completely if you are not sure of what is happening or are unhappy with anything.

If any part of either competitor leaves the safety zone the fight must be stopped by calling **matte**. Any technique which starts inside the 6m square is valid, but no technique should score if it starts outside this area

7. Competition categories, techniques and eligibility

Categories are distinguished by sex, weight and grade. The boundaries of each weight category are calculated using the weights of the competitors for each grade and gender (e.g. female green-purple belts). This ensures that competitors are distributed equally through the weight categories.

The table overleaf shows which techniques are valid for each of the grade categories. In order to compete in the Open competitors must be either 5th Kyu or above in Jitsu.

Jitsu Grade	Ne Waza		Nage Waza	Full Rhandori
	Armlocks	Strangles		
8th Kyu				
7th Kyu				
6th Kyu				
5th Kyu-4th Kyu	Y		Y	
3rd Kyu-2nd Kyu	Y	Y	Y	
1st Kyu	Y	Y	Y	
Open	Y	Y		Y
Open	Y	Y		Y

8. Terminology

GLOSSARY OF JAPANESE TERMS

Chui – foul

Hajime – begin

Hansoku make - Disqualification

Ippon – Full point

Kumi kata - Grips

Maitta – I give up

Ne Waza - Groundwork

Rei – bow

Sono mama – Do not move

Tachi waza – standing technique

Toketa – Hold down broken

Uke - Receiver

Yoshi - Continue

Gi – suit/uniform

Hantei – Decision

Hiki-waki - Draw

Kansetsu waza – Joint locking techniques

Matte – Wait

Nage waza – throwing techniques

Osae-komi – hold down

Shime waza - Strangling techniques

Sutemi waza - Sacrifice techniques

Tatami - Mat

Tori – Attacker

Waza-ari-awazete-Ippon – Two waza-ari score