

randori guidelines

In order to promote a more positive environment for our randori competition, this year referees will be looking for more positive actions from competitors, and will be penalising negative or overly defensive actions. Our national randori competitions have always been about fun, and a chance for all Jitsuka to compete against people of similar standard. Randori in The Jitsu Foundation is a test of throwing skills within a controlled competitive environment, against an opponent that is also trying to throw.

The rules of randori prevent strikes and other inappropriate actions, however, the rules do not mention the positive actions that are to be encouraged. Referees will now be looking reward positive actions by competitors and these include standing up straight in a relaxed natural posture (migi shezentai), with a good grip of the gi, and bent rather than straight arms. This allows both competitors the opportunity to demonstrate their skill in Nage waza - if your opponent can throw this gives you the chance to counter throw.

A competitor who is too defensive with straight arms and bent posture will not be able to enter into a throw from that position and referees will judge this as negative behaviour and will actively award penalties (chui's) for such actions.

Continual genuine attempts to throw will be rewarded by referees, just defending and making no attempt to throw will not.

Gi - as always, only plain white Jitsu Foundation approved gis with the correct badge will be permitted in competition and training at national events, extra strong, re-enforced heavy weight judo gi's are NOT permitted, (if in doubt wear the gi you graded in).

Red/white belts - this year more red and white belts will be available on each mat, competitors must enter the competition mat with correct coloured belt, BEFORE the bout starts, this will save time and might mean that we are on the way home before 7pm on Sunday night !

Referees decisions are final, and apart from the Open competition, bouts will only last 3 minutes, with no extra time and if no score the referee will make a decision based on the number of positive attempts to throw and general good posture and spirit.

Sacrifice throws - all Ma Sutemi waza (look it up) will be permitted, but must be realistic attempts to throw resulting from the creation of a genuine opening.

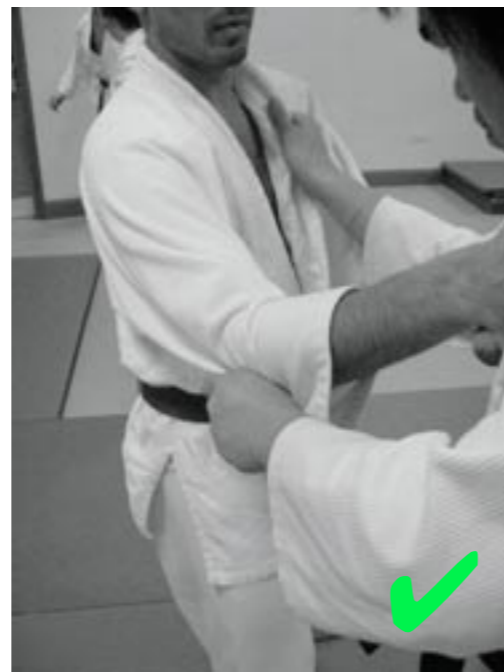
Leg grabs - will NOT be permitted, apart from the in the Open competitions.

For further information please read The Jitsu Foundation randori rules or raise with **ANDY CLIFTON - NATIONAL RANDORI REFEREE**

Migi shezentai - natural posture, is the starting position for randori, this posture and good grip of the gi allows the full range of throwing techniques, grip should be relaxed and arms bent.



one hand gripping under opponents elbow



opposite hand grips lapel, arms bent and relaxed



higher collar grips are permitted but should not be held for long, and should lead directly to a throw, arm should still be bent.

Negative, passive or overly defensive actions, all actions illustrated show actions that prevent free randori, and if these positions are held for more than 2 seconds and do not precede a throw, will be penalised



poor gripping will not allow throws



straight arms is negative as it stops an opponent entering for a throw, and also prevents the user from throwing



straight arms and defensive posture



jigotai - defensive posture, is also negative and will be penalised



pushing your opponent into defensive posture without attempting to throw will also be penalised



both opponents holding defensive posture is pasivity