



ONTARIO JIU-JITSU ASSOCIATION

SPORT JIU JITSU

Summary of Tournament Rules



2010

For a complete list of rules please go to:

http://www.ontariojiujitsu.com/index.php?option=com_weblinks&view=category&id=34&Itemid=56

SPORT JIU-JITSU CONTEST AND SCORING

DURATION OF A CONTEST MATCH

Match Duration:

All contests consist of 2 rounds with a maximum of 2 minutes of continuous fighting per round. In the event of a 2-round tie, a third round of 2 minutes will be played to decide the winner. Should a tie still prevail, additional rounds of 30 seconds will be played until a winner is decided.

A win in two rounds, or 1 round plus 1 round drawn, will decide the winning player

SAFETY EQUIPMENT

The use of safety equipment i.e. approved **sparring gloves, sparring shoes, shin guards, mouth guard, headgear** and a **groin protector** (females optional) are mandatory.

Sparring gloves: Shall consist of a minimum 25mm (1 inch) thick pliable material covering all of the striking area of the hand including both sets of knuckles when the fist is closed and without raised seams or stitching.

Sparring shoes and shin pads: Shall consist of a minimum 12mm (½ inch) thick pliable material covering all of the foot striking area including the toes, with the exception of the sole of the foot and without any raised seams or edges on the stitching area.

Any headgear with tassels at the back or abrasive labels at the front will not be allowed. Headgear should be of a 1-piece mould or similar, with no labels at all, unless moulded into the fabric.

Elbow, kidney, and chest protectors are optional and if worn must satisfy the Referee. In the event of a dispute this will be referred to the Mat Arbitrators, Chief Referee or Directors for resolution.

METHOD OF SCORING – STRIKES AND KICKS

Strikes and Kicks - One (1) point may be awarded to a player for a legal martial art technique where a Judge is satisfied that the following criteria have been met:

- a) The strike or kick was delivered to a legal target area and satisfied the rules of contact.
- b) The strike or kick was controlled and had the 'potential force' to have knocked-down, knocked-out or incapacitated the opponent.
- c) The technique was controlled and focused; combination strikes or kicks will be considered on their merit.
- d) A flurry is to be considered a repetitive number of doubtful strikes and will not score.

Legal target areas:

Subject to the rules of contact, it is legal to target the inner and outer mid thigh of the leg (**roun-house kick only**) and any area of the body above the waist except: the throat; neck and spine; back of head and kidneys.

Note: striking to the mask (facial) area is restricted to players over 16years of age and the rank of blue belt or equivalent.

Rules of Contact:

Light Force or touch contact – Where contact is permitted this is the only level of acceptable force and applies to all forms of competition – refer to 'rules of contact' for each type of technique.

Excessive Force – A call for excessive force indicates that in the opinion of the Referee or a Judge a player used force in excess of that necessary to score.

METHOD OF CONTEST – TAKEDOWNS AND THROWS

A player being pulled or dragged to the mat does not constitute a takedown or a throw and will not score

A legal takedown technique, where a Judge is satisfied that the following criteria have been met:

Takedown – Two (2) points:

The player was thrown to the ground with control using a foot or leg sweep, or by a sacrifice throw where the throwing player commits his or her own body to the ground in performing the technique. Includes scooping of one leg with the hands or where the opponent was taken to the ground with control and the player retained the upper position on the ground as part of the takedown

Foot sweeps must be executed below mid-calf, using either the instep (top padded area of foot) or sole of the foot.

Takedown includes scooping of one or both legs with the hands or where the opponent was taken to the ground with control and the player retained the upper position on the ground as part of the takedown.

Throwing – Three (3) points

The player was thrown to the ground with control using a hand or hip technique where the throwing player performs the throw in a standing position and both feet of the opponent are projected upward. Includes scooping of both legs with the hands or where the opponent was taken to the ground with control and the player retained the upper position on the ground as part of the takedown

Rules of Contact – Takedowns and Throwing

Techniques are to be executed with due regard and care for the safety of the opponent. The use of excessive force in the application of a technique will be penalized.

METHOD OF CONTEST – LOCKS AND STRANGLES

Win by Player Submission – a player will win the **current round** where their opponent signals their submission to a legal technique (*tap or verbal*). The observation of a Referee that a player has submitted will have the support of all Judges and cannot be challenged.

Win by decision – may be awarded for the **current round** to a player for a legal technique, where the Referee with the support of one judge and without a player submitting is satisfied that the following criteria have been met:

- a) To allow the continuation of a lock or strangle may result in injury.
- b) The Referee will call “Break” and request the judges “call on the submission” the support of one judge plus the referee will result in a win of the current round.
- c) Where the Referee stands alone on his or her call then the Referee will instruct the judges to add five (5) points to the successful player.

Legal technique means – a wristlock, arm lock or leg lock (but no spiral twisting of the knee), strangles but not throttles or chokes (defined as any technique that might impair the airway).

Standing - Locks and strangles may be applied in a standing position to gain a submission and the opponent may be manoeuvred to a ground position provided there is no attempt to throw the opponent with the lock or strangle applied. Transition to the ground must be with due regard and care for the safety of the opponent.

On the Ground - Locks and strangles may be applied in a grappling position on the ground to gain a submission provided the technique is applied within view of the referee. If through the movement of the players, the referee is not able to monitor the technique then he or she will call “BREAK” and may either call for a submission or declare no points.

Note: locks and strangles are restricted to youth 14 years of age and over.

Rules of Contact.

Players must be aware that the use of excessive force in the application of a technique or throwing or attempting to throw an opponent with a technique applied will be penalized.

METHOD OF CONTEST - GRAPPLING (INCLUDING TAKING HOLD)

Standing (Clinch) [10 seconds]

Once a player takes hold of his or her opponent in any legal manner both players will have approximately 10 seconds to commence a legal takedown, after which time the Referee shall call "BREAK".

In the standing position both players may continue to score with legal strikes but not kicks.

On the Ground [30 seconds]

Once a player has gone to the ground following a 'legal technique' the Referee will call "HOLDING" and the Timekeeper shall allow 30 seconds in which time either player may attempt to obtain a legal submission on the other.

- a) Players are not permitted to kick or strike to the head.
- b) Coming to the feet – Once "HOLDING" has commenced should one or both players come to a standing position the holding will continue for the full time period unless the holding is released by both players, or the Referee calls "BREAK".
- c) The Referee may stop the grappling if he or she thinks the players are stalemated or after a signal from a judge who may have seen an infraction.
- d) If a contestant submits or the Referee call "BREAK", the fighters must release all holds immediately.

Rules of Contact.

Techniques are to be executed with due regard and care for the safety of the opponent. The use of excessive force in the application of a technique will be penalised, this may include where a player lands on top of his or her opponent in the execution of a takedown or throwing technique.

ILLEGAL TECHNIQUES

A contestant must not set out to deliberately injure his or her opponent during the match, as this may result in point's loss or disqualification. Contestants must not use techniques that would almost certainly end up with an injury.

Striking and kicking

Any strike or kick other than with the padded section of the approved sparring gloves and or approved sparring shoes
Strikes or kicks using any other part of the body including head butts, elbows, knees
Any strike or kick below the waist except for round-house kicks to the inner or outer thigh
Any blind technique including blind techniques within the grapple.
Any strike to the mask (facial) area by youth under 16 years or players below the level of blue belt or equivalent.

Throwing and Takedowns

Any foot sweep at mid-calf or above or using other than the instep or sole of the foot
Any improperly applied throw or takedown considered dangerous to a player
Any throw or takedown applied with excessive force considered dangerous to a player.

Grappling

All choking techniques or blocking of the airway
Kicking once grappling has commenced either standing or on the ground
Striking to the head once on the ground
Attacking nerve or vital points
Locking techniques to any joint other than as defined.
Any technique, standing or on the ground where a player has his or her arm around the neck, or the opponents head under his or her armpit and therefore the potential to lock or crank the neck.
Lifting an opponent off the mat after coming to a standing position from a grapple. No slamming.

General

- a) Any technique considered to be unsporting including: pulling hair, biting, scratching, and jumping on a downed player.
- b) Any technique applied or attempted by a player who is not within the match/contest area

SPORT JIU JITSU

WEIGHT DIVISIONS

ADULT & JUNIOR

Divisions	Adult Men 18 +		Junior Male 16 & 17	Adult 18 + Junior Women 16 & 17	
	GI	NO-GI	NO-GI	GI	NO-GI
Rooster	57.4 kg (126.5 lbs)	53.5 kg (118 lbs)	56 kg (123.5 lbs)	N/A	N/A
Super Feather	64 kg (141 lbs)	58.5 kg (129 lbs)	62.6 kg (138 lbs)	53.5 kg (118 lbs)	52.1 kg (115 lbs)
Feather	70 kg (154 lbs)	64 kg (141 lbs)	68.5 kg (151 lbs)	58.5 kg (129 lbs)	57.1 kg (126 lbs)
Light	76 kg (167.5 lbs)	68.9 kg (152 lbs)	74.6 kg (164.5 lbs)	64 kg (141 lbs)	62.6 kg (138 lbs)
Middle	82.1 kg (181 lbs)	73.9 kg (163 lbs)	80.7 kg (178 lbs)	68.9 kg (152 lbs)	67.6 kg (149 lbs)
Med. Heavy	88.2 kg (194.5 lbs)	79.1 kg (174.5 lbs)	86.6 kg (191 lbs)	73.9 kg (163 lbs)	72.6 kg (160 lbs)
Heavy	94.1 kg (207.5 lbs)	84.1 kg (185.5 lbs)	92.7 kg (204.5 lbs)	+73.9 kg (+163 lbs)	+72.6 kg (+160 lbs)
Super Heavy	100.2 kg (221 lbs)	89.1 kg (196.5 lbs)	98.8 kg (218 lbs)		
S.S. Heavy	+100.2 kg (+221 lbs)	+89.1 kg (+196.5 lbs)	+98.8 kg (+218 lbs)		

YOUTH (Ages 5 – 15)

Divisions	5-6 yrs	7-8 yrs	9-10 yrs	11-12 yrs	Male 13-15 yrs	Female 13-15 yrs
Rooster	18.82kg (41.5 lbs)	23.81kg (52.5 lbs)	29.71kg (65.5 lbs)	35.83kg (79.0 lbs)	47.85kg (105.5 lbs)	35.83kg (79.0 lbs)
Feather	24.95kg (55.0 lbs)	29.71kg (65.5 lbs)	35.83kg (79.0 lbs)	43.77kg (96.5 lbs)	55.79kg (123.0 lbs)	43.77kg (96.5 lbs)
Light	30.84kg (68.0 lbs)	35.83kg (79.0 lbs)	41.73kg (92.0 lbs)	51.70kg (114.0 lbs)	63.73kg (140.5 lbs)	51.70kg (114.0 lbs)
Middle	36.74kg (81.0 lbs)	41.73kg (92.0 lbs)	47.85kg (105.5 lbs)	59.65kg (131.5 lbs)	71.67kg (158.0 lbs)	59.65 (131.5 lbs)
Heavy	+36.74kg (+81.0 lbs)	+41.73kg (+92.0 lbs)	+47.85kg (+105.5 lbs)	+59.65kg (+131.5 lbs)	+71.67kg (+158.0 lbs)	+59.65 (+131.5 lbs)