

A.K.J.U. GRAPPLING RULES JU-JITSU

THERE ARE ALWAYS THE POSSIBILITY IN ANY SPORT OF AN INJURY, SERIOUS INJURY AND EVEN POSSIBILITY OF DEATH. KNOW AND UNDERSTAND THE RISK BEFORE ENTERING INTO AN EVENT!

"SAFETY FIRST"

DURATION OF MATCH:

EACH MATCH WILL BE TWO ROUNDS, 90 SECONDS DURATION WITH A 30 SECOND BREAK AFTER FIRST 90 SECONDS

MATCH WIN:

ALL POINTS AWARDED ARE ONE POINT, WINNER WITH MOST POINT OR EXCEPT SUBMISSION WHICH IS THREE POINT AND AUTOMATIC WIN.

RULES OF CONDUCT:

SPORTSMANSHIP AND CLEAN TECHNIQUE ARE MANDATORY. A REGULATION GI (JU-JITSU/JUDO, TO INCLUDE JACKET, PANTS AND BELT MUST BE WORN. A PROPER GI WILL BE DEFINED WITHIN THE RULES FOR THE SPORT YOU ARE COMPETING IN

PROHIBITED TECHNIQUES:

PROHIBITED STRIKES: THIS IS PURE GRAPPLING, STRIKES WILL RESULT IN DISQUALIFICATION.

PROHIBITED TECHNIQUES TO FACE: NO EYE GOUGING, NO FISH HOOKS, NO PRESSURE ON FACE OR CROSS FACE WITH HAND: NO LYING ON PERSON FACE TO DENY THEM AN AIRWAY TO FORCE A SUBMISSION.

PROHIBITED SMALL JOINT LOCKS: LOCKS TO FINGERS, TOE LOCKS, OR MANIPULATION OF ANY SMALL JOINTS.

PROHIBITED THROWING WITH A LOCK OR CHOKE IN PLACE: STANDING LOCKS ARE PERMITTED HOWEVER, THEY ARE PROHIBITED DURING THROW.

PROHIBITED HOLDING THE INSIDE THE GI CUFFS:

COMPETITORS MAY NOT HOLD THE INSIDE OF GI CUFF TO PREVENT A CHOKE OR PROPER EXECUTION OF A TECHNIQUE. THIS BEHAVIOR WILL RESULT IN A WARNING OR CONTINUED BEHAVIOR WILL RESULT IN DISQUALIFICATION OF THE OFFENDING COMPETITOR

PROHIBITED LEG TECHNIQUES:

NO SCISSORS CHOKE WITH LEGS AROUND NECK, NO VICE GRIPPING WITH THE LEGS WHILE HOLDING AN OPPONENT IN THE GUARD.

PROHIBITED LACK OF CONTROL:

NO PICKING UP AN OPPONENT AND DROPPING THEM ON THE MAT WITHOUT PROPER CONTROL.

PROHIBITED CONTROL TECHNIQUES: COMPETITORS MAY NOT EXECUTE NECK CRANKS OR DIGGING SHOULDER AND GI INTO A PERSON NECK OR FACE AS THIS MAY RESULT IN VERY SERIOUS INJURY.

APPLYING ANY TECHNIQUE WHICH IS INHERENTLY DANGEROUS OR EXECUTED WITHOUT SUFFICIENT CONTROL, WHICH MAY RESULT IN INJURE THEIR OPPONENT IS STRICTLY PROHIBITED!!!

POINT SYSTEM; CLEAN TAKES DOWN, THROWS OR SWEEPS = 1 POINT

DRAG DOWNS, PULLS INTO GUARD, OR SLOOPY TECHNIQUE, WILL RESULT IN NO POINTS AWARDED, RESULT OF A SHOOT, THE SHOOTER MUST NOT LAND IN THE OPPONENTS GUARD.

CONTROL = 1 POINT

IF ONE PLAYER HAS CONTROL FOR 20 SECONDS, WITH NO EFFORT TO OBTAIN A SUBMISSION, THEN ONE WILL BE AWARDED 1 POINT FOR CONTROL AND BOTH COMPETITORS WILL BE RETURNED TO STANDING POSITION WITH RESUMPTION OF ACTION. IF THE COMPETITOR WITH CONTROL IS WORKING ON A SUBMISSION OR FINISHING TECHNIQUE. THE COUNT WILL BE HELD FOR GROUND WORK TO CONTINUE.

SUBMISSION = WIN

SUBMISSION BY WAY OF LOCK, CHOKE, BAR, OR ANY CLEAN SUBMISSION TECHNIQUE WILL RESULT IN AN AUTOMATIC WIN (MATCH OVER)

SITUATIONS NOT COVERED BY THE RULES

THOSE SITUATIONS WHICH ARISE AND NOT COVERED BY THE RULES NOTED ABOVE SHOULD BE DEALT WITH BY THE REFEREES OF THE CONTEST IN QUESTION. EACH SITUATION IS UNIQUE AND WILL BE DEALT WITH IN A TIMELY MANNER, IN THE FAIREST MEANS POSSIBLE. NOTE OF THE SITUATIONS SHOULD BE MADE SO THAT COMPETITION RULES MAY BE MODIFIED ACCORDINGLY.

POINTS AND PENALTIES ARE NOT CONTESTABLE - JUDGES DECISION ARE FINAL !

**THESE RULES WILL BE UPDATED FROM TIME TO TIME TO ENSURE THE BEST AND FAIREST
COMPETITION POSSIBLE FOR ALL COMPETITORS**

**THE MARTIAL ARTS BECOMES A SPORT ONCE THERE ARE JUDGES, REFEREES AND RULES
IT IS THE TIME TO TEST YOUR SKILLS AND TO SEE HOW YOU DO AGAINST OTHERS
USE CONTROL AND HAVE FUN IT IS A LEARNING EXPERIENCE, ALWAYS LEARN!**

A.K.J.U RANDORI RULES JU-JITSU

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FIGHTING SYSTEM: IS COMPOSED OF THREE PARTS:

- 1] PUNCHES, STRIKES, SWEEPS & KICKS.
- 2] THROWS, TAKE DOWNS, LOCKS, CHOKES.
- 3] FLOOR TECHNIQUES, CHOKES, LOCKS AND HOLD DOWNS

THE MATCH MUST CONSIST OF A COMBINATION OF ALL THREE PARTS. BOTH COMPETITORS MUST USE SOME PART #1 TO FIGHT THEIR WAY TO PART #2 . ALL TECHNIQUES MUST BE EXECUTED PROPERLY. POOR TECHNIQUE WILL RESULT IN NO POINT.(GOOD TECHNIQUES) (GOOD CONTROL) (NO SLOP)

PART ONE:

SCORING POINTS CAN BE SCORED TO THE HEAD USING LIGHT CONTACT. FACE CONTACT IS NOT ALLOWED IN ANY DIVISIONS. NO POINTS WILL NOT BE SCORED FOR LANDING TO THE GROIN, THROAT AREA, ARMS, LEGS, FACE OR JOINTS. POINTS CAN BE SCORED RIGHT UP TO A COMPETITOR GRABBING THE GI.

A MINIMUM OF TWO EXCHANGES OF MULTIPLE TECHNIQUES FROM PART #1 IS REQUIRED BEFORE ENTERING INTO PART 2 & 3. IF A THROW OR TAKE DOWN IS NOT EXECUTED IN 20 SECONDS, A BREAK IS CALLED AND BOTH COMPETITORS ARE RESET AND MUST COMPLETE PART #1.

MATCH DURATION:

THE MATCH WILL CONSIST OF TWO 90 SECOND ROUNDS WITH A 30 SECOND BREAK BETWEEN ROUNDS. THE REFEREE MAY CALL TIME FOR THE FOLLOWING SITUATIONS. TO ADJUST COMPETITORS GI. INJURY, ILLNESS, OUT OF BOUNDS, CALL PENALTIES OR FOR THE GENERAL SAFETY OF THE COMPETITORS.

PENALTIES: THE FOLLOWING ACTIONS MAY RESULT IN A WARNIG, PENALTY POINT OR DISQUALIFICATION

PUNCHES/STRIKES OR KICKS TO FORBIDDEN AREAS. (AS STATED ABOVE)

OUT OF BOUNDS TO AVOID A POINT, FIRST TIME WARNING, AND SECOND TIME POINT FOR THE OPPONENT, THIRD TIME OUT RESULTS IN DISQUALIFICATION.

EXCESSIVE CONTAC: VIA ANY TECHNIQUE, (i.e. PUNCHES STRIKES OR KICKS)

PURPOSELY THROWING AND OR PUSHING COMPETITOR OUT OF BOUNDS

DISREGARDING THE CHIEF REFEREE'S INSTRUCTIONS.

DISPLAYING UNSPORTSMAN LIKE CONDUCT

EXECUTING ANY TECHNIQUE WHICH IS DONE WITHOUT SUFFICIENT CONTROL TO PROTECT OPPONENT.

THROWING OR ATTEMPTING TO THROW AN OPPONENT WITH ANY LOCK OR CHOKE AND OR ENGAGED IN ANY LOCK OR CHOKE TO THE NECK AND SPINAL COLUMN IN MOVEMENT.

DELIBERATELY CREATING A PENALTY SITUATION TO AVOID 3 POINTS AGAINST THEM, SUCH AS CHOKES, LOCKS, OR SUBMISSION HOLDS.

PART TWO & THREE: SEE GRAPPLINGS RULES

PROPER UNIFORM AND HYGIENE: MUST BE CLEAN AND BE OF PROPER JU-JITSU OR JUDO GI

HYGIENE: ALL COMPETITORS MUST MAINTAIN PERSONAL HYGIENE TO ENSURE THE SAFETY TO THEMSELVES AND ALL COMPETITORS. THIS INCLUDES, BUT IS NOT LIMITED TO CLEAN BODY AND BREATH, CLEAN FINGERS AND TOE NAILS, AND NAILS CUT TO SAFE AND ACCEPTABLE LENGTH, USE OF SAFETY GOGGLES OR OTHER EQUIPMENT WHICH MAY INJURE OR ENDANGER THEMSELVES OR THEIR OPPONENT.

SITUATIONS NOT COVERED BY THE RULES:

THOSE SITUATIONS WHICH ARISE AND ARE NOT COVERED BY THE RULES ABOVE SHOULD BE DEALT BY THE REFEREES AT THE CONTEST IN QUESTION. EACH SITUATION IS UNIQUE AND WILL BE DEALT WITH IN A TIMELY MANNER, IN THE FAIRNESS MEANS POSSIBLE. NOTE OF THE SITUATIONS SHOULD BE MADE SO THAT THE COMPETITION RULES MAY BE MODIFIED ACCORDINGLY.

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A.K.J.U. KARATE RULES

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FIGHTING/KUMITE: LIGHT FACE CONTACT FOR ADULT BLACK AND BROWN BELTS ONLY 18 AND ABOVE.

THERE IS NO FACE CONTACT IN THE LOWER BELTS AND AGE DIVISIONS

PENALTIES: FACE CONTACT. THIS WILL RESULT IN WARNING, 2ND WARNING POINT FOR OPPONENT, 3RD WARNING, AND DISQUALIFICATION.

ANY FACE CONTACT THAT CAUSES THE OPPONENT TO BLEED WILL CAUSE IMMEDIATE DISQUALIFICATION IN ANY DIVISION.

DEFINITION OF FACE MASK: IS THE FOREHEAD, CHEEKS, NOSE, MOUTH, EYES, JAW AREA AND INCLUDING NECK AND THROAT NECK FOR SAFETY REASONS. LIGHT CONTACT TO HEAD (NOT FACE) IS ALLOWED IN ALL FIGHTING DIVISIONS. NO BACK FIST OR HAMMER BLOWS TO TOP OF HEAD.

SWEEPS: THE PERSON MUST CONTROL THEIR OPPONENT ON THE WAY DOWN. NO BASE LEG SWEEPS, SWEEPS DOES NOT COUNT AS A POINT, ONLY THE FOLLOW UP.

LEGAL SCORING ZONES: LIGHT FACE CONTACT FOR ADULT BLACK AND BROWN BELTS 18 AND OVER, WITH CONTROL. ALL TECHNIQUES WILL BE DELIVERED IN A CONTROLLED MANNER.

CHEST AREA: THE FOLLOWING AREAS ARE INCLUDED - CHEST, STOMACH, SIDES, BACK (NOT DIRECTLY TO SPINE) ALL TECHNIQUES WILL BE DELIVERED IN A CONTROLLED MANNER.

SCORING TECHNIQUES: ARE AWARDED IN ONE POINT INCREMENTS.

JUDGES ACTIONS:

SIDE JUDGES: CAN CALL ATTENTION TO POTENTIAL POINTS OR PENALTIES BY "SHOUTING POINT OR CONTACT" ONLY THE HEAD REFEREE CAN STOP THE MATCH OR AWARD POINT.

SIGNS FOR POINT CALL: TWO OF THE THREE OR THREE OF FIVE REFEREES MUST AGREE TO AWARD A POINT OR PENALTY.

HOLD UP FLAG: JUDGES WILL DISPLAY A RED OR WHITE FLAG FOR THE COMPETITOR WHO MADE THE POINT, OR WILL MAKE A CIRCLE WITH THE FLAG FOR THE OFFENDING COMPETITOR TO INDICATE A PENALTY. THE JUDGES WILL CROSS THE FLAGS IN FRONT OF THEM IF THEY DID NOT SEE THE POINT OR DID NOT SEE A TECHNIQUE THAT WARRANTED.

PENALTIES: NO TECHNIQUES TO THE GROIN, BLIND TECHNIQUES, STRIKES TO THE THROAT, TOP OF HEAD, LEGS OR KNEES. NO KNEEING, ELBOWING, OR STRIKES TO THE BACK OF HEAD, NO DUMPING, PUSHING, STRIKES TO SPINE OR OPEN HAND TECHNIQUES (EXCEPT RIDGE HAND STRIKE), OR HOLDING AND HITTING, EXCEPT A GRAB

WITH AN IMMEDIATE FOLLOW UP STRIKE. NO UNCONTROLLED TECHNIQUE WHICH COULD INJURY THE OPPONENT.

EXCESSIVE CONTACT: FIRST VIOLATION MAY BE A WARNING OR IMMEDIATE DISQUALIFICATION IF THE VIOLATION IS FLAGRANT. SECOND VIOLATION WILL RESULT IN DISQUALIFICATION.

THE HEAD REFEREE: RESERVES THE RIGHT TO DISQUALIFY COMPETITORS FOR ANY FLAGRANT OR UNSPORTSMANSHIP CONDUCT ON THE FIRST OCCURRENCE.

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A.K.J.U. KARATE KATA RULES

JUDGING KATA, WEAPONS, PRECISION KATA:

SCORING: THE FIRST THREE COMPETITORS WILL PERFORM THEIR KATA AND AFTER THE THIRD HAS COMPLETED EACH WILL BE CALLED BACK FOR THEIR SCORES. THE FORTH ON WILL RECEIVE THEIR SCORES UPON THE COMPLETION OF THEIR KATA. (THE FIRST 2 ARE USED TO FIND THE MEDIUM OF HIGH AND LOWS; IT IS UNFAIR FOR THEIR SCORE TO BE COUNTED, DUE TO THEM SETTING THE STAGE OF SCORING FOR THE REFEREES).

SCORING WILL BE GIVEN IN FULL POINTS, AND THEN GIVEN IN THE DECIMAL POINTS, IF THE DIVISION HAS 5 OR MORE IN THE DIVISION. THE FIRST 2 WILL HAVE THE OPTION TO REDO THE SAME KATA. IF THE KATA IS REDONE, THEY MUST TAKE THEIR SECOND SCORE.

WEAPONS:

WEAPONS WILL BE JUDGED IN THE SAME MANNER AS OPEN HAND KATA/FORMS
WEAPONS WILL BE INSPECTED BY HEAD JUDGE FOR THE SAFETY OF THE WEAPON.

NO GROUNDING WEAPONS:

NO GROUNDING OF WEAPONS ON THE GYM FLOOR. (THIS CAUSE DAMAGE TO THE FLOOR, WE COULD LOSE THE USE OF THE GYM IN THE FUTURE).

TIES:

TIES WILL BE BROKEN BY:

1st ADDING IN THE LOW SCORE AGAIN.

2nd ADDING IN THE HIGH SCORE AGAIN.

3rd REDO THE KATA.

VARIATION OF KATA, WEAPONS OR PRECISION:

YOU WILL SEE MANY TIMES A VARIATION OF A KATA YOU KNOW. IT IS NOT WHAT YOU WERE TAUGHT, BUT IT IS WHAT THE COMPETITOR WAS TAUGHT AND IT IS RIGHT IN THEIR EYES AND MIND.

JUDGE THE KATA, FOR BALANCE, TECHNIQUE OF KATA, THE EFFECT OF THE KATA, POWER OR SMOOTHNESS OF KATA AND OVER ALL PERFORMANCE OF KATA.

THERE ARE MANY DIFFERENT STYLES OF THE MARTIAL ARTS FOR THE JUDGES TO KNOW ALL OF THE DIFFERENT KATAS AND WEAPONS. WE MUST BE FAIR TO ALL CONTESTANTS, AND JUDGE ACCORDINGLY AS ABOVE.

THERE ARE SOME WHO MAKE UP THEIR OWN KATA OR WEAPON; ALL KATA'S WERE MADE UP ONE TIME OR ANOTHER. THIS DOES SHOW IMAGINATION AND THE LOVE FOR THEIR ART. THEY SHOULD BE JUDGED THE SAME.

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