

The proposed rules for the -9, -12, -15 category of the Hellenic Ju-Jitsu Federation

Appendix I. Special Rules for the Pre-childhood -9 years old category

1. Fighting System

Section 1 Generalities

The Pre-childhood seminar aims to induct the young athletes aged up to 9 years old to the meaning of the fair play, to understand the competition as a celebration rather than the quest for a position. Particular times tables league governed by the following rules:

In this category are not applied the rules of the seniors' category. It is a special category where the children are learning the fair play.....

In this category is required only 1 referee. He is talking and guiding the children all the time throughout the fight. He gives points by his hands and also announces the points by loud voice.

Section 2 Age and Weight categories

In this age category are allowed to participate boys and girls up to 9 years old. The age is counted by the years of the child until the year of the competition and not by the date of birth.

Section 3 Time

- | | | |
|----|--|---|
| a. | Duration of the fight: | approximately 1 minute |
| b. | Osae-komi time: | 7-9 seconds Wazari
10 seconds Ippon |
| c. | Medical time: | 2 minutes |
| d. | Recovering time between
2 adjoining fights: | 3 minutes |
| e. | Each additional round in
case of a tie: | 1 minute of pure fighting time ¹ |

Appendix I. Special Rules for the category Boys – Girls -12 years old

1. Fighting System

Section 1 Generalities

In the category Boys & Girls -12 years old are applied all the rules of the seniors' category plus the following:

Section 2 Age

In this age category are allowed to participate boys and girls who will fulfill their 9th, 10th and 11th year of age during the year of the competition, regardless of their date of birth.

Section 3 Weight categories

- All weight categories can be found in Appendix III.
- In case of insufficient athletes in one weight category the organizing committee has the right to merge 2 adjoining categories.
- It is not allowed to merge 3 weight categories or 2 none-adjoining.

¹ Pure fighting time means that each time the Mat Referee announces Matte or Sonomama the time is stopped. The time begins again after the Mat Referee will announce Hajime or Yoshi.

Section 4 Time

- a. Duration of the fight: 2 minutes of mixed fighting time²
- b. Osae-komi time: 10-14 seconds Wazari
15 seconds Ippon
- c. Medical time: 2 minutes
- d. Recovering time between 2 adjoining fights: 5 minutes
- e. Each additional round in case of a tie: 1 minute of pure fighting time³

Section 5 1st Part

- a. All the seniors' techniques are allowed in Part 1.
Exceptions: All techniques with jump (Tobi). **Ushiro kick**
- b. Penalties: All jumping techniques are Light Forbidden Acts and will be punished with a Shido.

Section 6 2nd Part

- a. All throws by foot (Ashi-waza) are allowed.
Exceptions: Uchi Mata and all its derivatives.
- b. All throws by hip (Koshi-waza) are allowed.
Exceptions: Harai Goshi and all its derivatives.
- c. All throws above the shoulder are forbidden.
- d. All sacrifice techniques (Sutemi-waza) are forbidden, as well as all techniques in which Tori falls over Uke (Maki komi) as a natural development of the technique but not as a result of losing balance.
Exceptions: Tani Otoshi is the only sacrifice technique that is allowed.
- e. It is forbidden to grab one or both feet in order to execute a throw.
- f. All locks and/or headlocks and/or strangulations are forbidden.
- g. All take-downs with any technique, in any position or lock, are forbidden.
Exceptions: Take-downs are allowed only if Tori holds Uke by the jacket.
- h. Penalties:
 - 1. If the Mat Referee prevails any forbidden action in Part 2, he will make a verbal notice to the athlete that committed the forbidden action. In case the athlete tries to repeat it, the Mat Referee will again make a verbal notice to him and will inform him that the next time he will get a Chui for "Disregarding Mat Referee's Instruction".
 - 2. In case an athlete executes one of the previous listed forbidden acts he will be punished with a Chui.

Section 7 3rd Part

- a. All gatame are allowed as Osae-komi techniques since Uke has 1 hand inside the holding or Tori holds Uke by the clothes.
- b. All locks and/or head-locks and/or strangulations are forbidden.
Exceptions: Juji-gatame is allowed under the condition that Tori will not force Uke to tap. In case of tapping please refer to **Section 8 Tapping**.
- c. Penalties: In case an athlete executes one of the previous listed forbidden acts, will be punished with Hansoku Make.

² Mixed fighting time means that time is not stopped when the Mat Referee announces Matte or Sonomama. In case of a long stop (i.e. doctor must come on the fighting area or the referees must talk to the Table Referee) the time will be stopped after the Mat Referee makes the "break" sign with his hands.

³ Pure fighting time means that each time the Mat Referee announces Matte or Sonomama the time is stopped. The time begins again after the Mat Referee will announce Hajime or Yoshi.

Section 8 Tapping (2nd and 3rd Part)

- a. It is forbidden Tori to execute any technique that will force Uke to tap.
- b. The referees will decide by majority if the tapping was caused by Tori or not.
- c. Penalties:
 - 1. If the referees decide that Tori's action caused Uke's tapping, Tori will be punished with Hansoku Make.
 - 2. If the referees decide that Uke tapped for his own reasons, Tori will receive a 2-points Ippon and Uke will be punished with a Shido for passivity.

2. Duo System

Section 9 Competition Series

- a. In this age category the athletes will compete in 3 pre-chosen attacks from the first 3 Series a follows:
 - 1st Series (Gripping Attacks): 1, 2, 5
 - 2nd Series (Embracing and Neck Lock Attacks): 1, 2, 3
 - 3rd Series (Punches-Blows and Kicking Attacks): 1, 4, 5
- b. They are not allowed to compete in the 4th Series (Weapons Attacks).
- c. Course of the match:
 - 1. After the bowing, the red couple remains in the fighting area. The Mat Referee announces the 3 attacks of the 1st Series in random order. The red couple receives its grade and leaves the fighting area.
 - 2. The blue couple proceeds in the fighting area and the Mat Referee announces the same 3 attacks in different order. The blue couple receives its grade and then proceeds by executing the 3 attacks from the 2nd Series. After receiving its grade the blue couple leaves the fighting area.
 - 3. The red couple comes in the fighting area and executes the 3 attacks from the 2nd Series. After receiving its grade the red couple continues by executing the 3 attacks from the 3rd Series. The red couple receives its grade and leaves the fighting area after.
 - 4. The blue couple proceeds in the fighting area, executes the 3 attacks from the 3rd Series and receives its grade.
- d. All criteria of the senior category are applied.

Appendix II. Special Rules for the category Cadets -15 years old

1. Fighting System

Section 10 Generalities

In the category Cadets -15 years old are apply all the rules of the seniors' category plus the following:

Section 11 Age

In this age category are allowed to participate cadets that will fulfilled their 12th, 13th and 14th year during the year of the competition, regardless their date of birth.

Section 12 Weight categories

- a. All weight categories can be found in the Appendix III.
- b. I case of insufficient athletes in one weight category, the organizing committee has the right to merge 2 adjoining categories.
- c. It is not allowed to merge 3 weight categories or 2 none adjoining.

Section 13 Time

- a. Duration of the fight: 2 minutes of pure fighting time.
- b. Osae-komi time: 15 seconds
10-14 seconds Wazari
15 seconds Ippon
- c. Medical time: 2 minutes
- d. Recovering time between 2 adjoining fights: 5 minutes
- e. Each additional round in case of a tie: 2 minute of pure fighting time.

Section 14 1st Part

- a. All the seniors' techniques are allowed in Part 1.
Exceptions: None

Section 15 2nd Part

- a. All throws by foot (Ashi-waza) are allowed.
Exceptions: None
- b. All throws by the hip (Koshi-waza) are allowed.
Exceptions: None
- c. All throws from the shoulder are allowed.
Exceptions: 1. Kata Guruma and all its products (i.e. Tori stand with 1 or 2 knees on the ground) are forbidden
2. All throws when Tori stands with both of his knees on the ground.
- d. All sacrifice techniques (Sutemi-waza) are allowed.
Exceptions: None
- e. Tori is not allowed to grab both feet of Uke in order to execute a throw.
- f. All locks and strangulations are forbidden.
- g. All takes-downs with any technique, in any position or lock are forbidden.
Exceptions: Take-down is allowed only if Tori holds Uke by the Gi.
- h. Penalties: 1. If Mat Referee prevails any forbidden action in Part 2 then he will make a verbal notice to the athlete that committed the forbidden action. In case the athletes will try to repeat it then the Mat Referee will again make him a verbal notice and will inform him that the next time he will take a Chui for "Disregarding Mat Referee's Instruction".
2. In case of an athlete will execute one of the previous forbidden acts he will be punished with a Chui.

Section 16 3rd Part

- a. Osae-komi: All gatame are allowed as Osae-komi since Uke has 1 hand inside the holding or Tori holds Uke by the cloth.
- b. Locks: All locks are allowed for the purpose of the Osae-komi, under the condition that Tori will not force Uke to tap. In case of tapping please refer to **Section 8 Tapping**
- c. Strangulations-Headlocks: All strangulations and/or headlocks are forbidden.
- d. Penalties: In case an athlete will execute one of the previous forbidden acts he will be punished with Hansoku Make.

Section 17 Tapping (2nd and 3rd Part)

- a. It is forbidden Tori to execute any kind of technique and cause a tapping to Uke.
- b. The referees will decide by majority if the tapping was caused or not by Tori.
- c. Penalties:
 - 1. If the referees will decide that Tori's action caused Uke's tapping then Tori will be punished with Hansoku Make.
 - 2. If the referees will decide that Uke tapped for his own reasons then Tori will receive a 2points Ippon and Uke will be punished with a Shido for passivity.

2. Duo System

Section 18 Competition Series

- a. In this age category the athletes will compete in the 3 first Series as follows:
 - 1st Series (Gripping Attacks): all attacks
 - 2nd Series (Embracing and Neck Lock Attacks): 1, 2, 3
 - 3rd Series (Punches-Blows and Kicking Attacks): all attacks
- b. They are not allowed to compete in the 4th Series (Weapons Attacks).
- c. Course of the match:
 - 1. After the bowing, the red couple remains in the fighting area. The Mat Referee announces 3 random attacks from the 1st Series. The red couple receives its grade and leaves the fighting area.
 - 2. The blue couple proceeds in the fighting area and the Mat Referee announces the same 3 attacks in different order. The blue couple receives its grade and then proceeds by executing the 3 attacks from the 2nd Series. After receiving its grade the blue couple leaves the fighting area.
 - 3. The red couple comes in the fighting area and executes the 3 attacks from the 2nd Series in different order. After receiving its grade the red couple continues by executing 3 random attacks from the 3rd Series. The red couple receives its grade and leaves the fighting area after.
 - 4. The blue couple proceeds in the fighting area and executes the same 3 attacks from the 3rd Series in different order and receives its grade.
- d. All criteria of the senior category are applied.

ADDITIONAL PROPOSALS

1. Duo System

a. Weapon management in the Fighting Area

1. During the entrance of the athletes in order to execute the attacks of the 4th Series (Weapon Attacks), they must leave the weapons behind them on the safety area.
2. It is not allowed to hold the weapons in their hands before the Mat Referee announces the number of the attack. Uke must lift up the weapon only after the Mat Referee will announce the number of the attack
3. After the end of each attack Tori must leave the weapon in front of the Mat Referee. When the Mat Referee announces the next attack only then Uke will lift up the weapon and continues or change it with another.

After the end of the 3rd attack Tori must leave the weapon to its original place, thus behind the couple on the safety area.

b. Standing by position of the athletes

1. All athletes during standing by for their grade must be seated on the kneeling position, both knees on the ground, facing each other.

2. Secretariats, Main Secretariat

a. The following persons are allowed to be seated on the secretariats of each fighting area:

1. The referees of the fighting area.
2. The referee director and the referee committee of the competition.
3. The crew of the secretariat of the fighting area.
4. The electronic specialists.
5. Volunteers that assigned to the secretariats and the fighting areas.

b. The following persons are allowed to be seated on the Main Secretariat:

1. The General Manager of the JJIF
2. The Technical Director of the JJIF or the Union (depends on the competition)
3. The Referee Director and the Referee Committee of the competition
3. The President of the national federation that organizes the competition.

c. All the rest must be outside the competition areas. The officials and the VIP's must have a special place to be seated.

d. The official photographers of the competition are allowed to be present. It is allowed to move on the side of the competition areas, on the side against the secretariat as well as on the side of the secretariats up to 3 meters from the corner.

It is strictly forbidden to anyone to pass in front of the secretariat.

e. Any objections must be done only from the official coach of the team or the president of the national federation of the country.

f. The person who has the right to apply an objection must go to the Main Secretariat and address to the Referee Director of the competition.

It is not allowed to address to the referees of the competition areas.

g. The Referee Director of the competition in cooperation with the organizer must move away all the unauthorized persons which are close to the competition areas. In case of a person refuses to comply with this instruction the security personnel must be called

After the end of the competition the organizer must inform the Board of the JJIF or the Union (in case of a Union championship the Board of the JJIF must be informed about the incident).