AJJF Contest Rules

Current Revisions

Current Revision: 8/27/11

- The Professors approved a major change to the rules in August 2011. Specifically section 5 of the freestyle rules and section 8 of the kata rules have been completely rewritten.
- Rule 12.1 now includes a definition of re-scoring.
- Rule 16 now includes text for using a computer program to score the contests.
- Removed rule 2.7 in the freestyle contest which originally stated: A contestant shall not be required to compete as an Attacker more than twice per contest without his consent. This rule is antiquated as most freestyle contests have a limited amount of contestants in each division requiring them to be attackers multiple times.

Revised 5/11/11

- Completely rewrote rule 5 in the freestyle contest for major changes made to allowable attacks and defenses.
- Completely rewrote rule 8 in the kata contest to reflect current policies on allowable arts.
- Changed rule 6 in Kata contest to reflect that 1 point is deducted if tori doesn't kiai. And Changed the rule to score a 0 instead of 2 point deduction if the team does not perform the first 5 arts according to the kata manual.
- Changed rule 3.4 in both kata and freestyle sections to reflect that people that wear certain ranks must compete in the proper divisions.

Revised 10/10

- Revised Kata Rule 8.1,-to allow pee-wee, children and teen divisions to utilize osaekomi, takedowns (where throw is not over the top), blocks, kicks and strikes (but only aimed below the neck).
- Revised Kata Rules 8.2 and 8.3 to include strikes, kicks and blocks (strikes and kicks for 6th kyu can only be directed below the neck.)
- Revised Freestyle Rules 5.1, 5.2, and 5.3 to deal with strikes and kicks (strikes and kicks for children, teen and 6th kyu can only be directed below

the neck.)

AJJF Contest Rules

Part 1: Contest Organization
Part 2: Kata Rules
Part 3: Freestyle Rules
Part 4: AJJF Sumo Rules
Part 5: AJJF Jujitsu Demonstration Team Rules

Part 1: Contest Organization

Rule 1. Scope of Rules

These rules govern the procedure to be used in all sanctioned contests. Part 1 shall apply equally to all American Judo & Jujitsu Federation (AJJF) sanctioned contests. Parts 2, 3 4 and 5 shall apply to Jujitsu Kata and Freestyle, Sumo and the Demonstration contests respectively.

Rule 2. AJJF Contest Office

2.1 AJJF Chair of Clinics and Contests Committee:

1. Shall be the Federation Chief Administration Officer in the area of contests and shall serve as a member of the AJJF Operations Committee.
2. Shall be elected to a three (3) year term as per the AJJF National By-Laws.
3. Shall see to the fair enforcement of the AJJF Contest Rules and grant variances to the rules if the need should arise.
4. Shall supervise all local and national contests through personal observation, reports, and/or appointed officials.
5. Shall act as the spokesman for all local interests in the area of contest rules and policy on the national level
6. Shall make appointments and manage the National Contest Office through the Contest Rules & Judging Committee.
7. Shall be the representative of the AJJF in all matters regarding contests.

2.2 Contest Rules and Judging Committee:

1. The Chair of Clinics and Contests Committee serves as the chair of this Committee.
2. Members shall be appointed by the AJJF Chair of Clinics and Contests Committee.
3. They shall be responsible for updating contest rules as the need arises.

4. They shall establish, implement, and enforce guidelines for Judging Certifications within the American Judo & Jujitsu Federation.
5. They shall act on any violations or grievances regarding local, Regional or National level competitions within the AJJF.

Rule 3. Regional Coordinators of Clinics and Contests

3.1 May be appointed by the Regional Manager and Chair of Clinics and Contests Committee on an as-needed basis.

3.2 Shall oversee all AJJF sanctioned contests within their Region.

3.3 Shall enforce all Rules and approved variances both evenly and fairly.

1. The Regional Contest Coordinator may request a Variance to the Rules from the AJJF Chair of Clinics and Contests Committee.
2. All variances must be approved by the AJJF Chair of Clinics and Contests Committee and the Contest Rules and Judging Committee before their inclusion in any AJJF sanctioned event

3.4 Shall maintain a list of certified judges within their region and make that list available to local schools (when such certifications take effect).

Rule 4. The School Contest Director

4.1 Shall be appointed by the Host School.

4.2 Shall select the Arts in Jujitsu Kata Contests, ensure proper attacks are used within the various divisions of their Freestyle Contests, and ensure that Sumo pools are properly divided in both experience and ability.

4.3 Shall inform all schools within the Region as to the date, time, and contest requirements thirty (30) days prior to the contest.

4.4 Shall mail all information to all schools on the same day.

4.5 Shall be responsible for all contest reports and their proper distribution.

Rule 5. Dress Code

5.1 Please refer to the official AJJF dress code in the school handbook. The online version can be found at http://www.ajjf.org/AJJF/handbook/hbDressCode.php

Rule 6. Judging

6.1 AJJF Judges shall be of two types: Certified and Uncertified

1. The School Contest Director shall give preference to the Certified Judge when selecting a Judge for a contest.

6.2 The Uncertified Judge shall be knowledgeable in matters to be judged

1. May be selected to judge a particular event by the School Contest Director
2. May be requested to demonstrate competency prior to a contest before the School Contest Director.
3. Shall be at least of Brown Belt rank.

6.3 Certified Judges shall meet a minimum National standard as set by these rules and by the AJJF Contest Rules and Judging Committee prior to certification. A Certified Judge shall:

1. Be a member in good standing of the AJJF.
2. Have passed the National Shodan Exam, or higher.
3. Pass a Judging seminar and/or a written exam.
4. Serve as an Uncertified Judge for a minimum of one year.

6.4 A Judge shall be the same rank or higher than the section in which he is to judge. However, should there be an insufficient number of judges available, upper kyu ranks may be used to judge black belt divisions.

6.5 A Judge shall not demonstrate personal bias or discrimination based upon race, creed, dojo, or recognized style of technique.

6.6 A Judge who openly violates AJJF standards shall be subject to the following disciplinary actions:

1. A decline in the frequency of judging assignments at future contests.
2. Non-renewal as a Certified Judge by the AJJF.
3. Review by the Director of Internal Relations.

Rule 7. Contest Report System

7.1 At least 30 days (or as determined by the Sanction Officer) before the scheduled date of the contest, the Contest Director will file the AJJF Event Sanction Form with the Sanction Officer.

7.2 The Post-Contest Report is an accounting of actual contest statistics.

1. At least the top three finishers in each division, along with their dojo affiliations, should be reported to the Kiai Echo, the Event Tracking Officer, and the Chair of Clinics and Contests Committee. The Contest Director may report additional places as desired.

Rule 8. Variances

8.1 A variance to these rules may be obtained by submitting a written proposal to the Chair of Clinics and Contests Committee at least 60 days prior to the contest.

1. Must specifically enumerate the proposed rules changes, deletions, or additions.

8.2 A Variance shall be ratified by the Chair of Clinics and Contests Committee.

Rule 9. Contest Expense

9.1 An entrance fee may be assessed each contestant in order to defray the expense incurred by the Host School in the organization of the contest.

9.2 Contestants who show proof of inability to pay shall be allowed free access to the contest.

9.3 The Host School should provide access to water for the contestants and judges.

Rule 10. Individual Winner

10.1 Individual winners shall be those individuals, or pairs, with the highest, second highest, and third highest scores.

1. Awards (Trophies, Plaques, etc.) may be awarded at the discretion of the School Contest Director.
2. In the event of a tie for a single place, the winner of the higher placing will be determined by the higher score for the combative sequence (and if necessary the 5 required arts) in the case of Kata Competition, or the higher score for the first round (and if necessary the second round) in the case of Freestyle Competition.
3. Cash awards are not permitted.

Rule 11. Team Winners

11.1 School Contest Directors shall decide if they want to use the optional Team Winner Award.

11.2 The Team Point System shall award Team Points to the Dojos from which an individual, or pair, is competing. Winners in each division will be those individuals receiving the first highest, second highest, third highest, and fourth highest points. Points will be credited to the school for the team trophy as follows:

Place	Points Credited
3rd Place	2 points
2nd Place	3 points
1st Place	5 points

Rule 12. Re-Scoring

12.1 Re-scoring is where there has been an error in recording the score and it is not possible to ascertain the proper score. If approved the contestant will compete again with the same judges, uke's or partner to arrive at a new score.

12.3 A re-scoring may only be ordered by the contest director at the local level or the national contest director at the national level.

12.4 If a re-scoring is ordered by the local or national contest director, the contestant's score shall be his highest score of the two.

12.5 No penalty points will be deducted if the contest director orders a re-scoring.

Rule 13. Appealing a Score

13.1 A score may be appealed to the Contest Director only by a school head or designated representative and NOT by the contestant.

1. The appeal must be made prior to the close of the contest.
2. The matter shall be discussed in relative seclusion, and the Contest Director must investigate the matter in question
3. In the event that the Contest Director rules for a new scoring, the same three Judges shall re-score the match.

Rule 14. Rules Enforcement

14.1 AJJF Rules shall be enforced by the Judges scoring a match and the Contest Director

14.2 All questions regarding judging or scoring must be directly related to a specific Rule.

14.3 Contest Directors and/or dojos who consistently demonstrate improper authority shall be denied sanctioning for future contests.

14.4 If a contestant intentionally violates the contest rules or acts in an unsportsmanlike manner, at the discretion of the contest director they may

be disqualified from the contest, and/or escorted from the contest area, and/or reported to the Administrator of Internal Relations.

14.5 If a non-competitor interferes with a contest or acts in an unsportsmanlike manner, at the discretion of the contest director they may be escorted from the contest area, and/or reported to the Administrator of Internal Relations for further action.

Rule 15. Medical Care

15.1 The School Contest Director shall provide a First Aid Station and an adequate First Aid kit

15.2 A qualified individual shall be designated to oversee the health and safety of the contestants during a tournament.

15.3 The School Contest Director shall note the location of the nearest emergency facility.

15.3 The school contest director or national contest director at a national contest will make an announcement prior to the contest informing all attendees who is in charge of medical issues and/or where medical attention can be received.

Rule 16. Tabulator

16.1 Each mat should have its own Tabulator in order to enhance contest efficiency

16.2 Tabulation must be done by an adding machine, calculator or computer program and inspected by the Contest Director or Chief Tabulator as appointed by the Contest Director. The tape results or other forms or proof must be affixed to the score sheets for inspection by the School Representative, if so desired.

Rule 17. Supplies

17.1 Sufficient score sheets, score cards, chairs, water, restrooms, dressing facilities, warm-up areas, and waiver forms must be supplied.

17.2 A blood cleaning kit will be on hand for each contest.

Rule 18. Insurance

18.1 All AJJF contests must be sanctioned according to the AJJF Sanctioning Policy as set forth by the Sanctioning Officer.

18.2 All notices and advertisements for AJJF Sanctioned contests must include somewhere in the body of the text, "AJJF membership is required for all participants."

18.3 The Contest Director is responsible for ensuring all competitors are AJJF members.

Part 2: AJJF Kata Contest Rules

Rule 1. Purpose

1.1 The Jujitsu Kata Contest shall be the cooperative effort of a pair of individuals who pre-select jujitsu techniques and who attempt to demonstrate the maximum aesthetic and utility value of an art based upon efficiency of momentum, quality of style, and effectiveness.

Rule 2. Contestants

2.1 The contest shall be conducted between pairs of students from the competing schools.

2.2 Each pair shall consist of two students who may or may not be from the same school.

1. Optional: In cases where the pair is made of contestants from the same school, both contestants will be judged, and the points earned will be credited to that school for the purpose of the team trophy.
2. Optional: In cases where the pair is made of contestants from different schools, both contestants will be judged, and the total points earned will be credited to both schools for the purpose of the team trophy.

2.3 Single entry pairs will be allowed to compete.

1. The person named as the entry will execute all the techniques.
2. Uke may not be more than two levels higher than Tori.
3. Optional: Points earned will be credited only to the person named as Tori and to his or her school for the purpose of the team trophy.
4. The Uke may enter, or have entered the same contest as a pair, or part of a pair and earn(ed) points.
5. A person may not compete as Tori twice for points in the same contest.

2.4 A contestant shall be of equal or lower rank of the division entered.

1. Contestants may challenge up no more than one level higher than their existing rank.

Rule 3. Divisions

3.1 Junior Divisions shall be:

1. Pee-Wees - Up to Age 6
    1. In this division both Sensei and Contest Director shall work together to place competitors in appropriate divisions.
        1. Pee-Wee Beginner
        2. Pee-Wee Intermediate
        3. Pee-Wee Advanced
2. Children - Ages 7 – 12
    1. Beginner Experience Level Less than 1 Yr.
    2. Intermediate Experience Level 1-2 Years
    3. Advanced Experience Level 2 years Plus
3. Teen 13-15
    1. This division will be used if competing teenagers do not have senior ranks.
        1. Beginner Experience Level Less than 1 Yr.
        2. Intermediate Experience Level 1-2 Years
        3. Advanced Experience Level 2 years Plus

3.2 Senior Divisions shall be :

1. 6th Kyu
2. 5th Kyu
3. 4th Kyu
4. 3rd, 2nd and 1st Kyu

3.3 Black Belt Divisions shall be:

1. Shodan
2. Nidan-Sandan
3. Yodan and above

3.5 Any contestant who wears a Green, Brown or Black Belt must compete in the proper division, regardless of age.

3.6 Tournament Directors may combine or add divisions to provide fair and equal divisions.

Rule 4. Contest Regulations

4.1 The individual matches shall be divided into three (3) sections. The first section shall consist of five (5) techniques from an approved techniques list; the next section consists of three (3) optional techniques and the last section is a combative sequence.

1. The first five (5) techniques shall be chosen by the Contest Director. These techniques shall be in accordance with the AJJF Approved list of Kata Techniques for each rank. For the official list see rule 8.
    i. Each school shall be notified of the selected techniques for each division under this section at least thirty (30) days in advance of the contest (i.e., postmarked thirty (30) days prior to the event).
2. The first five (5) techniques shall be performed according to the current AJJF Kata Manual without variation for ranks below black belt. The pair shall choose three (3) optional techniques.
    i. The areas from which these techniques shall be chosen will be designated by the Contest Director.
    ii. A pair shall select their own techniques from the optional techniques list.
    iii. Children's Ranks: Children may perform specially designed techniques as recognized by various schools that develop coordination, strength, balance and flexibility.
    iv. Black Belt Ranks: A Contest Director may allow black belt ranks to choose their own techniques which will be listed as "OPEN" on the entry form. These techniques do not have to conform to the current AJJF Kata Manual. If a technique is a variation to a standard technique. It must be indicated by placing a "V" next to the technique in the Kata Judging Form.
3. The pair shall finally perform a minimum of five (5) techniques in combat style.
    i. At least two (2) and no more than three (3) of these five must be taken from the five selected techniques identified in Rule 4.1-i above. announced in advance with the tournament information.
    ii. The other techniques may be chosen by the pair.
    iii. The School Contest Director, with the approval of the local representative body, may specify at least one of the techniques in this section to be a defense against some type of weapon for the Black Belt Division.
    iv. Combat techniques may be demonstrated in any Kata form and will be graded on their practicality, efficiency of movement, and overall effectiveness as used. The scene must be realistic and the Uke must "survive" until the end of the sequence.
    v. Caller will not call out the techniques in the combat scene

Rule 5. Jujitsu Kata Form and Procedure

5.1 After the pair has been called and has bowed onto the mat, they may enter the contest area and take the predetermined positions opposite each other, roughly in the center of the contest area, or as designated by the marks on the mat.

1. After taking their positions, they will face the Chief Judge and bow.
2. They will then face one another and bow.
3. The pair will then maintain a position of attention until the caller starts the match by announcing the first art.

5.2 When each art is called, the pair will move into the proper Jujitsu Kata Form as determined by the art.

1. The recovery will be done in a manner suitable to the particular technique and must demonstrate safety and control.
2. When Tori finishes a technique, he or she will move out of reach of Uke and assume a defensive stance.
3. Uke will rise to his or her feet in a safe manner and assume a defensive stance.
4. Uke and Tori then come to attention, and both contestants will move back to the nearest starting point by the most direct route.
5. Upon reaching their positions, both contestants will face each other and straighten their uniforms.
6. They will again come to a position of attention and stand ready for the next technique.

5.3 The caller will wait until the Judges complete their evaluation before announcing the next technique.

Rule 6. Kata Contest Scoring

6.1 Techniques are scored from zero (0) to ten (10) for each art in both the required and optional lists. At the discretion of the Contest Director half points may be utilized. The Contest Director will inform the judges at the pre-contest judges meeting if half points are to be utilized. The scoring on a particular technique shall conclude when a technique has been executed.

6.2 The Combative Sequence is scored as a single unit, with a maximum of fifteen (15) points.

6.3 Appearance will be valued at five (5) points and will be awarded at the conclusion of the match.

1. Appearance points shall reflect upon the competitor's sense of "presence" during the match and uniform appearance at the beginning of the competition.
2. The scoring on appearance shall be reflected only in the appearance score.

6.4 A total of 100 points per competing pair will be the maximum amount of points per judge.

6.5 If a technique from the first five arts in the divisions below black belt is not executed according to the current AJJF Kata Manual, the judges will score the technique 0. An exception will be made for children performing the special children's techniques.

6.6 A pair may start a technique over but with a loss of two (2) points each time.

6.7 A pair may start a combat scene over with a loss of four (4) points each time.

6.8 Deduct 1 point if tori does not kiai.

6.8 The speed of a technique shall not be a determinate factor in the score. Judges shall not discriminate between a contestant that demonstrates Kata at a combative (faster) pace or classic (slower) pace. Each speed has inherent advantages and liabilities which are mutually offsetting.

Rule 7. Kata Contest Judging

7.1 Each division shall have three (3) Judges per mat and one (1) caller, except the pee-wee and children's division which may use a minimum of two (2) Judges per mat. The judges shall position themselves to obtain an optimal view of the contestants.

7.2 All contestants in a division will be judged by the same group of Judges.

7.3 At a national contest all judges shall be equipped with an assistant with a white board to record and show the scores to the audience. The score for appearance will only be reflected on the score sheet. At a local level white boards and assistants are optional.

1. Scores will range from zero (0) to ten (10), except for the combat sequence, where the range will be from zero (0) to fifteen (15).

7.4 Each Judge shall make his decision on a technique, or set of techniques. Each Judge will select the proper score, and, if white boards are used, have the assistant hold the proper score overhead for display to the spectators.

1. Each Judge will be given a score sheet brought to the contest and already filled out by the contestant.
2. Judges should comment by writing on the appropriate space on the score sheet and score based upon the aesthetics and utility value of an art and upon efficiency of momentum, quality of style, and effectiveness.

7.5 When a pair has finished, the runner will pick up the score sheets from the Judges and give them to the tabulator(s).

7.6 After the score sheets have been recorded at the end of the contest, the score sheets will be given to the contestant's school head or representative or mailed to the school head. As an option to ensure receipt of the score sheets, the Contest Director should consider using Certified Mail with a "return receipt". The Contest Director may retain the score sheets and review them for a period of seven (7) days.

Rule 8. Approved Kata Techniques

8.1 Pee-Wees, Children, and Teen

- **Pee-Wee Beginner and Intermediate**
  - Specially designed children's techniques designed to promote agility, balance, strength and flexibility.
  - All rolls, falls
  - Simple hold downs (osaekomi's)
  - Blocks
  - Simulated Strikes
  - SIMULATED KICKS AT WAIST LEVEL OR BELOW
  - Yawara
  - Takedowns only (no over the top throws)- Throws will he defined as when both of uke's feet leave the mat. Takedowns are simple throws whereby uke can fall slowly and safely given their level. One foot remains on the mat. Examples of takedowns are heel to heel trip, Osoto Gari, single leg pickups and takedowns where uke is taken down by breaking the frame only.

- **Pee-Wee (Advanced),**
  - Specially designed children's techniques designed to promote agility, balance, strength and flexibility.
  - All rolls, falls
  - Simple hold downs (osaekomi's)
  - Blocks
  - Simulated Strikes
  - SIMULATED KICKS AT CHEST LEVEL OR BELOW
  - Yawara
  - Basic hip throws
  - Goshin Jitsu

- **Children Beginner**
  - Specially designed children's techniques designed to promote agility, balance, strength and flexibility.
  - All rolls, falls
  - Simple hold downs (osaekomi's)
  - Blocks
  - Simulated Strikes
  - SIMULATED KICKS AT WAIST LEVEL OR BELOW
  - Yawara
  - Basic Nage Te but no one leg throws (example Harai and Hane Goshi.)

- **Children (Intermediate and Advanced)**

- Specially designed children's techniques designed to promote agility, balance, strength and flexibility.
- All rolls, falls
- Simple hold downs (osaekomi's)
- Blocks
- Simulated Strikes
- SIMULATED KICKS AT CHEST LEVEL OR BELOW
- Yawara
- Nage
- Goshin Jitsu
- BASIC CAROTID CHOKES AND BASIC SUBMISSIONS

- **Teen Beginner (6th kyu)**
  - All rolls, falls
  - Simple hold downs (osaekomi's)
  - Blocks
  - Simulated Strikes
  - SIMULATED KICKS AT CHEST LEVEL OR BELOW
  - Yawara
  - Basic Nage Te but no one leg throws (example Harai and Hane Goshi.)
  - BASIC CAROTID CHOKES AND BASIC SUBMISSIONS
  - Goshin Jitsu

- **Teen Intermediate (5th kyu)**
  - All rolls, falls
  - Simple hold downs (osaekomi's)
  - Blocks
  - Simulated Strikes
  - SIMULATED KICKS AT CHEST LEVEL OR BELOW
  - Yawara
  - Nage
  - BASIC CAROTID CHOKES AND BASIC SUBMISSIONS
  - Goshin Jitsu

- **Teen Advanced (4th kyu)**
  - All rolls, falls
  - Simple hold downs (osaekomi's)
  - Blocks
  - Simulated Strikes
  - SIMULATED KICKS AT CHEST LEVEL OR BELOW
  - Yawara
  - Nage Te
  - Shime Te

- Goshin Jitsu

8.2 Senior 6th and 5th:

- All rolls and falls, blocks, SIMULATED KICKS AT CHEST LEVEL OR BELOW and SIMULATED strikes, simple hold downs,Yawara, Nage Te, Goshin Jitsu

8.3 4th Kyu:

- All rolls and falls, blocks, SIMULATED KICKS AT CHEST LEVEL OR BELOW and SIMULATED strikes, Yawara, Nage Te, Shime Te, Goshin Jitsu

8.4 Senior 3rd and 2nd Kyu

- All rolls and falls,blocks,SIMULATED KICKS AT CHEST LEVEL OR BELOW and SIMULATED strikes, Yawara, Nage Te, Shime Te, Goshin Jitsu and Oku Te.

8.5 1st Kyu:

- All rolls and falls,blocks, SIMULATED KICKS AT CHEST LEVEL OR BELOW SIMULATED strikes, Yawara, Nage Te, Shime Te, Goshin Jitsu and Oku Te, Shinnin 1-10. Weapons may be used at the discretion of the contest director.

8.6 Senior Black Belts:

- All the techniques for 1st kyu plus: SIMULATED kicks anywhere, weapons, Shinnin no Maki, Kiai No Maki

8.7 No arts from Shinyo no Maki or Kappo shall be used.

Part 3: AJJF Freestyle Contest Rules

Rule 1. Purpose

The Jujitsu Freestyle contest is a competition among contestants, one of whom defends against spontaneous attacks from three attackers. The defender attempts to counter or escape by demonstrating the maximum aesthetic and utility value of an art, while cognizant of safety to his fellow competitor, and effectiveness of technique.

Rule 2. Contestants

2.1 The contest shall be conducted between students from different schools whenever possible.

2.2 Contestants shall be designated as Attackers or Defenders representing their primarily offensive or defensive role in the competition.

2.3 The defender shall be attacked by three attackers who are preferably from opposing schools.

2.4 Attackers may be selected from the same school as the defender should there be an insufficient amount of participants from the competing schools in that division.

2.5 Attackers and Defenders shall be as close as possible to the same height and weight and are of sufficient experience to take attacks from that division as determined by the Contest Director.

2.6 Contestants must have a five (5) minute interlude between matches if they have competed in the preceding match.

Rule 3. The Divisions

3.1 Junior Divisions shall be:

1. Pee-Wees - Up to Age 6
    1. In this division both Sensei and Contest Director shall work together to place competitors in appropriate divisions.
        1. Pee-Wee Beginner
        2. Intermediate
        3. Pee-Wee Advanced
2. Children - Ages 7 – 12
    1. Beginner Experience Level Less than 1 Yr.
    2. Intermediate Experience Level 1-2 Years
    3. Advanced Experience Level 2 years Plus
3. Teen 13-15
    1. This division will be used if competing teenagers do not have senior ranks.
        1. Beginner Experience Level Less than 1 Yr.
        2. Intermediate Experience Level 1-2 Years
        3. Advanced Experience Level 2 years Plus

3.2 Senior Divisions:

1. 6th Kyu
2. 5th Kyu
3. 4th Kyu
4. 3rd, 2nd and 1st Kyu

3.3 Black Belt Divisions:

1. Shodan
2. Nidan-Sandan
3. Yodan & Above

3.4 Any contestant who wears a Green, Brown or Black Belt must compete in the proper division, regardless of age .

3.5 For larger contests, Junior divisions should also be divided by ranks and experience level within each age division.

Rule 4. Scheme of the Contest

4.1 Spontaneous attacks may be allowed in the Pee Wee, Junior Youth, Teen, and Senior White Divisions, provided they are advertised as such in advance. The Contest Director is not obligated to provide this though.

4.2 Each defender will defend for three - one minute rounds with a different attacker for each round.

4.3 The third round in the Black Belt Divisions will be both attackers of the previous two rounds. Attackers shall alternately attack the defender.

1. The attacker not currently engaged with the defender should attempt to jockey for position, move around, or otherwise prepare his attack.
2. For judging purposes, the defender should be able to demonstrate control of the situation in such a way that the second attacker could not have attacked the defender while the defender was dealing with the first attacker.

Rule 5. Types of Attacks and Defenses to be Used in Each Division

5.1 There should be a wide variety of attacks in each division so as to make the defender employ a variety of means of escape for his defense. Each attacker will attack for one minute for a total of three minutes for each defender.

5.2 Allowable Attacks and Defenses

1. **Pee-Wee Beginner and Intermediate**

   1.1 ATTACKS

   1.1.1 Grabs (front and rear)
   1.1.2 Front chokes
   1.1.3 SIMULATED PUNCHES BELOW THE NECKLINE.
   1.1.4 SIMULATED KICKS AT WAIST LEVEL OR BELOW.

   1.2 DEFENSES:

   1.2.1 SIMULATED PUNCHES BELOW THE NECKLINE
   1.2.2 SIMULATED KICKS AT WAIST LEVEL OR BELOW.
   1.2.3 Basic hand arts
   1.2.4 Takedowns will be allowed. Throws will he defined as when both of uke's feet leave the mat. Takedowns are simple throws whereby uke can fall slowly and safely given their level. One foot remains on the mat. Examples of takedowns are heel to heel trip, Osoto Gari, single

leg pickups and takedowns where uke is taken down by breaking the frame only.

1.2.5 Simple hold downs
1.2.6 No combination holds.
1.2.7 No throws
1.2.8 No weapons

2. **Pee-Wee Advanced**

2.1 ATTACKS:

2.1.1 Grabs (front and rear)
2.1.2 Front chokes
2.1.3 SIMULATED PUNCHES BELOW THE NECKLINE
2.1.4 SIMULATED KICKS AT WAIST LEVEL OR BELOW.

2.2 DEFENSES:

2.2.1 SIMULATED PUNCHES BELOW THE NECKLINE
2.2.2 SIMULATED KICKS AT WAIST LEVEL OR BELOW.
2.2.3 Basic hand arts
2.2.4 Takedowns
2.2.5 Basic hip throws but no one leg throws.
2.2.6 Simple hold downs

3. **Children Beginner**

3.1 ATTACKS:

3.1.1 Grabs (front and rear)
3.1.2 Front Chokes
3.1.3 SIMULATED PUNCHES BELOW THE NECKLINE
3.1.4 SIMULATED KICKS AT WAIST LEVEL OR BELOW.

3.2 DEFENSES:

3.2.1 SIMULATED PUNCHES BELOW THE NECKLINE
3.2.2 SIMULATED KICKS DIRECTED AT WAIST LEVEL OR BELOW
3.2.3 Yawara
3.2.4 Takedowns
3.2.5 Basic hip throws but no one leg throws.
3.2.6 Simple hold downs

4. **Children Intermediate level and Teen 6th and 5th kyu (beginning and intermediate)**

4.1 ATTACKS:

4.1.1 Grabs (front and rear)
4.1.2 Front and Rear Chokes
4.1.3 SIMULATED PUNCHES BELOW THE NECKLINE
4.1.4 SIMULATED KICKS AT WAIST LEVEL OR BELOW.

4.2 DEFENSES:

4.2.1 SIMULATED PUNCHES BELOW THE NECKLINE
4.2.2 SIMULATED KICKS DIRECTED AT WAIST LEVEL OR BELOW
4.2.3 Yawara
4.2.4 Takedowns
4.2.5 Nage but no one legged throws.
4.2.6 Simple hold downs

5. Children and Teen Advanced (4TH KYU)

5.1 **ATTACKS:**

5.1.1 Grabs (front and rear)
5.1.2 Front Chokes
5.1.3 Rear chokes
5.1.4 SIMULATED punches
5.1.5 SIMULATED KICKS AT CHEST LEVEL OR BELOW

5.2 **DEFENSES:**

5.2.1 SIMULATED punches
5.2.2 SIMULATED KICKS AT CHEST LEVEL OR BELOW
5.2.3 Variations from Yawara
5.2.4 Nage Te
5.2.5 Goshin Jitsu
5.2.6 Hold downs
5.2.7 Basic carotid chokes
5.2.8 Basic submissions

6. Senior 6th and 5th Kyu ranks

6.1 ATTACKS:

6.1.1 Grabs (front and rear)
6.1.2 Front chokes
6.1.3 Rear chokes
6.1.4 SIMULATED punches
6.1.5 SIMULATED KICKS AT CHEST LEVEL OR BELOW
6.1.6 Variations from Yawara

6.2 **DEFENSES:**

6.2.1 SIMULATED punches
6.2.2 SIMULATED KICKS AT CHEST LEVEL OR BELOW
6.2.3 Variations from Yawara
6.2.4 Nage Te
6.2.5 Goshin Jitsu
6.2.6 Basic hold downs
6.2.7 Basic carotid chokes
6.2.8 Basic submissions

7. **Senior 4th Kyu**

7.1 ATTACKS:

7.1.1 Grabs (front and rear)
7.1.2 Front chokes
7.1.3 Rear chokes
7.1.4 SIMULATED punches
7.1.5 SIMULATED KICKS AT CHEST LEVEL OR BELOW
7.1.6 Variations from Yawara

7.2 **DEFENSES:**

7.2.1 SIMULATED punches
7.2.2 SIMULATED KICKS AT CHEST LEVEL OR BELOW
7.2.3 Variations from Yawara
7.2.4 Nage Te
7.2.5 Shime Te
7.2.6 Goshin Jitsu

8. **3rd, and 2nd kyu Division**

8.1 ATTACKS:

8.1.1 Grabs (front and rear)
8.1.2 Front Chokes
8.1.3 Rear Chokes
8.1.4 SIMULATED punches
8.1.5 SIMULATED KICKS AT CHEST LEVEL OR BELOW
8.1.6 Variations from Yawara

8.2 **DEFENSES:**

8.2.1 SIMULATED punches
8.2.2 SIMULATED KICKS AT CHEST LEVEL OR BELOW
8.2.3 Variations from Yawara
8.2.4 Nage Te
8.2.5 Shime Te
8.2.6 Oku Te
8.2.7 Goshin Jitsu

9. **1st Kyu Division**

9.1 ATTACKS:

9.1.1 Grabs (front and rear)
9.1.2 Front Chokes
9.1.3 Rear Chokes
9.1.4 SIMULATED punches
9.1.5 SIMULATED KICKS AT CHEST LEVEL OR BELOW

9.1.6 Variations from Yawara
9.1.7 **WEAPONS MAY BE USED AT THE DISCRETION OF THE CONTEST DIRECTOR.**

9.2 **DEFENSES:**
9.2.1 SIMULATED punches
9.2.2 SIMULATED KICKS AT CHEST LEVEL OR BELOW
9.2.3 Variations from Yawara
9.2.4 Nage Te
9.2.5 Shime Te
9.2.6 Oku Te
9.2.7 Shinnin 1-10
9.2.8 Goshin Jitsu

10. **The Black Belt Division** may be attacked by any techniques or variation of techniques through the list of Shinnin including weapons. NO SHINYO AND NO KAPPO ARE ALLOWED. Defenses are the same as the attacks.

Rule 6. The Attacker

6.1 All attackers will stand in front of their opponent in such a way that they must take a step to complete the attack.

6.2 All attackers will attack using medium strength. On a dangerous hold, such as arm locks, full nelsons or chokes, the hold should be first applied and then medium strength and pressure should he used. The idea is to escape from the hold, not for the attacker to hurt the defender.

6.3 All attackers will attack with commitment, at a speed appropriate to the defender's rank, and they are not to attempt to counter or resist any defense the defender attempts.

6.4 If an attacker wishes to put a hold on the defender the attacker will so signify clasping his hands in front of his chest, as in Ryoeri Hazushi. The defender will allow the attacker to get his hold.

6.5 In the Brown and Black Belt divisions, the attacker should strike with the intent of just touching the defender should the defender fail to block or avoid the blow. The attacker should not strike to intentionally miss or fall short.

1. Strikes should be delivered with speed and power appropriate to the division and with the intent of not hurting the defender should the strike connect.

Rule 7. The Defender

7.1 Any defensive stance may be taken by the defender before the attacks.

7.2 There is no time limit on how long a defense may last.

7.3 A defender must:

1. Escape or release any hold applied to him by the attacker.
2. Block or parry any attacks initiated against him.
3. Follow-up with an appropriate submission technique.

EXAMPLE: A simple escape may he appropriate for someone who merely grabs your wrist, while a killing or maiming art would be inappropriate.

7.4 A defender may use a strike (simulated) to stun the attacker before the escape is executed.

7.5 The following defenses are not allowed to be done for safety purposes. Defenders who use these defenses may be warned, penalized and then disqualified from the contest per the Referee's discretion.

1. Any takedown which torque's the neck in the process.
2. Fingers must stay away from the eyes.

7.6 In Brown and Black Belt divisions, the defender is not permitted to remove any weapons from the competition area.

Rule 8. Procedure

8.1 After the defender has been called and his score sheets distributed to the Judges, three attackers will be obtained (two in the Black Belt divisions). The attackers will stay seated until it is their turn to attack. When each new attacker comes up, they will line up across from the defender at a safe distance. Then they will bow to the judges and then to the defender. Upon completion of the round they will assume the starting position and then bow to the defender and then to the judges. Attackers will remain at attention until the match is ready to begin.

8.2 In the black belt divisions a shinnin bow will be performed by both the attacker and defender as soon as the referee begins the match.

8.3 The referee will determine the order in which the attackers will attack.

8.4 The timer will time the round and a signal when the round is over. As a general rule the defender should finish any technique in process when time is called.

Rule 9. Judging

9.1 There will be three (3) Judges and one (1) referee who is not a judge. Out of the four officials one person, usually the highest ranking individual will be appointed by the other members or Contest Director to control the division.

9.2 All Judges must be briefed on the Rules and Scoring Procedures before a match begins.

9.3 The role of the Judge will be to determine the effectiveness and to record the score for each defender.

Rule 10. Scoring

10.1 Each individual Judge will be given a score sheet on which he will record his score.

10.2 A ten (10) point scale will be used for scoring a defense, with half points used as necessary, for each of the three categories.

10.3 For each category judged, a score of five (5) will be considered average.

10.4 Contestants will be judged on the following categories:

1. Safety
2. Variety and Control
3. Overall Effectiveness

10.5 A runner will pick up each completed score from each Judge and give them to the tabulator.

1. The tabulator(s) will add and check the scores with an adding machine or calculator.
2. The total from each score sheet will be combined and the result will be used to determine the winner.

10.6 After the score sheets have been recorded at the end of the contest, the score sheets will be given to the contestant's school head or representative or mailed to the school head. As an option to ensure receipt of the score sheets, the Contest Director should consider using Certified Mail with a "return receipt". The Contest Director may retain the score sheets and review them for a period of seven (7) days.

Rule 11. The Referee

11.1 The referee will have control over the safety of the contest.

11.2 The referee will insure that all contestants have short fingernails and are not wearing jewelry.

11.3 The referee will take an active role in order to insure that the attacker attacks with the proper force, speed and variety of techniques.

11.4 The referee will insure that the attacker does not try to counter the defender.

11.5 The referee will insure that the defender is applying the techniques with the proper amount of control and force.

11.6 The referee will call out the attacks to be executed in each round of the Pee-Wee and all White Belt Divisions (unless the use of spontaneous attacks has been preapproved).

11.7 The referee will be responsible for the final selection of attackers for each uke.

11.8 The Referee will be responsible for the issuance of Penalty Points.

Rule 12. Penalties

12.1 Penalties will be divided into four categories:

1. A -- Warnings
2. B -- Point loss (when done by attacker, points are granted the defender)
3. C -- Disqualification. A disqualified competitor keeps whatever score they have obtained to that point, with whatever placement they may therefore obtain.
4. D -- Exclusion. The competitor is disqualified and loses any score already obtained.
5. E -- Suspension from future AJJF Competitions. (Action would be initiated by the local Contest Director and implemented by the Administrator of Internal Relation under the direction of the AJJF Board of Professors.)

12.2 Chart of penalties. When more than one penalty is listed in a box, assessment is at the Referee's discretion.

Incident	First	Second	Third+	Comments
Unsafe Actions	A	BC	C	
Unintentionally hard contact when striking	A	BC	C	
Excessive force	A	B	C	
Lack of control	A	BC	C	Doing arts in a fashion which is clearly dangerous to the attacker/defender, spectators, or judges.
Unsportsmanlike conduct	A	BC	CDE	This includes, but is not limited to, swearing at judges or other competitors, acting in a rude or insulting fashion, or any inappropriate display of anger or frustration
Intentional brutality	BCE	CDE	CDE	
Failure to act with commitment	A	B	B	Where commitment is as appropriate to each division.
Use of inappropriate techniques for division	A	B	BC	C applies if safety is a concern.
Removing weapons from play	A	B	B	This specifically refers to tossing weapons off the mat or handing them to friends for "safekeeping."

Part 4 Sumo Rules

Rule 1. PURPOSE

1.1. The sumo contest is a competition among contestants, who are trying to win the contest with spirit of kokua in one of three ways.

1. Contestant may force the other contestant to touch any part of his body outside of the sumo circle.
2. Contestant may force the other contestant to touch any part of his body, other than his feet, to the mat while inside the circle.
3. Contestant may lift the other contestant off of his feet and carry him outside the sumo circle. Contestant must have the other contestant completely off of the mat in this matter of ending the contest They must then put the contestant down on the ground safely.
4. Contestants may not punch, kick, gouge, pinch, pull hair, choke or perform any joint locking techniques.

Rule 2. DIVISIONS AND POOLS

2.1. At the registration stage of the contest all competitors will be weighed in and notation will be taken as to their age and experience in martial arts.

1. While rank can be used to judge experience in the adult division, length of time in class should be used to judge experience of juniors.

2.2. Junior pools usually are for ages up to 15 inclusive. Senior pools are for those over 16.

2.3. Pools will be created utilizing standard pool sheets containing groups of 3, 4, 5, 6, 7, 8, 9 or 10 contestants.

2.4. Pools should be created with the objective of having the highest amount of competitors in each pool with regard to weight and experience.

2.5. Setting up the pools are the most important part of the contest, not only for the enjoyment of the competitors but for their overall safety as well. The standard weights used in judo contests are as follows. This can be used as a guideline when creating the pools. However the people in charge of the pools should carefully weigh both the age and experience of contestants in the creation of the pools.

2.6. In junior divisions weight is a good way to divide pools. Senior pools should be divided first by rank, then by weight. Ranks can be combined if pools are short.

2.7. Standard Judo Weight Divisions

Junior Weight Divisions to age 16	
-57lbs	111-120
58-67	121-130
68-78	131-140
79-89	141-150
90-100	151-160
101-110	161 and over

Senior Men Weight Divisions	
-122	180-198
123-132	199-220
133-146	220 and over
147-161	
162-179	

Senior Women Weight Division	
-97	127-139
98-106	140-154
107-115	155-172
116-126	173 and over

Rule 3. ADMINISTRATIVE POSITIONS OF THE SUMO TOURNAMENT

3.1. Referee-Controls action of the match. Responsible for the safety of the competitors. Should be a higher ranking individual

3.2. Pool Controllers-Calls contestants to report to their pool. Announces when competitors are to compete. Chiefly in charge of reporting winning and losing competitors on the pool sheet. Then determining places on the pool sheets. This person can be any person trained to complete the pool sheet.

3.3. Auditor- This person or team reviews the pool sheets to ensure that they are correct and complete.

Rule 4. CREATING THE SUMO CIRCLE

4.1. Although various methods exist to creating the sumo circle, the best way is to use a piece of standard outside chalk.

4.2. An official sumo circle is a little over 15 feet in diameter. However consideration should be made for those competing. Junior circles might need to be made smaller.

Rule 5. SCHEME OF CONTEST

5.1. Introduction- After pools are completed and the sumo circle is created, the referee will take his place in the sumo circle. Pool controllers will be positioned around and at a safe distance from the sumo circle. At this time an introduction should be made of the referee and the pool controllers. Following this should be a demonstration and explanation of the rules of the contest. Next a question and answer period should be held. After this all competitors should make a bow of respect and sportsmanship. First to the head of the class and then to the referee/contest director. Pool controllers will then call contestants in their pools and the contestants will go to and sit down next to the pool controllers.

5.2. Start of Contest- The referee will then start by pointing to the pool controller. The controller will send the first two contestants up as indicated on the pool sheet.

1. The referee should make a determination whether he wants to start the contestants apart at the edges of the circle or together with contestants holding each other's shoulders.
    1. Starting Apart-Older children and adults can be started apart on opposite ends of the circle, facing each other.
    2. Starting Together- Smaller children should be started together with their hands on each other shoulders at the center of the circle. The advantage to this method is that the referee can help the small children overcome nervousness and shyness. By starting together the children will be more apt to push each other out of the circle rather than shying away from their opponent.

5.3. The Contest- After the contestants are ready to begin, the referee should shout "Hajime" which means begin or blow a whistle and the contestants should begin to fight. The contestants should try to end the contest in one of three ways:

1. Forcing opponent outside of circle- The contest ends when one of the contestants makes contact outside of the circle with any part of their body.
2. Forcing opponent to the mat inside the circle- The contest ends when one of the contestants makes contact outside of the circle with any part of their body except their feet.
3. Carrying opponent outside of the circle-The contest ends if one competitor lifts his opponent of the mat completely and carries him outside of the circle. They must then safely put the contestant down.
4. Methods of Attack
    1. Pushing/Pulling- The contestant may push or pull his opponent outside of the circle at any angle and by grabbing any legal part of the opponent's body (any area that is not a vital area) or by grabbing any part of the opponent’s uniform, except in vital areas.
    2. Throwing-Since the contest does not have any divisions by rank, the referee and the sensei’s of the competitors must decide pre-contest whether throws will be allowed in certain divisions. Generally intermediate level junior competitors, those that have studied over six months should be allowed to throw. Generally all adults should be allowed to throw. THROWING IS THE MOST DANGEROUS PART OF SUMO ESPECIALLY IN THE JUNIOR DIVISIONS. THE REFEREE MUST ENSURE THE SAFETY OF THE COMPETITORS TO THE BEST OF HIS ABILITY.
5. After the contest ends the referee should clearly signal the winner to the pool controller. The winning competitor should also report his win to the pool controller.

6. The referee should then proceed clockwise or counter-clockwise move on to the next pool controller who should send up the next competitors.
7. After a pool has been completed, it should be taken to the auditors to check it for accuracy.

5.4. End of Contest

1. After all pools have been called all competitors should be dismissed.
2. Auditors should complete their job of checking pool sheets for accuracy.
3. Awards should then be determined and the award ceremony should commence.
4. After award ceremony is completed and final remarks are made. All competitors should bow out to the referee/contest director and to the head of the class.

Rule 6. USING AND COMPLETING POOL SHEETS AND DETERMINING PLACEMENT OF COMPETITORS

6.1. Those completing pool sheets will complete pool sheets as follows.

1. Under Name-Enter Name of Contestant and Weight and enter division (rank or experience) on top of pool sheet.
2. During the contest pool controllers will make a tally mark under wins indicating how many matches the competitor has won. In addition they should circle the corresponding letter of the winner in each match.
3. After the end of the pool the pool controller should tally the number of wins. The winner is the one with the most wins. Second place goes to the person with the second most number of wins, etcetera.
4. Ties should be broken by looking at the head to head matches of the competitors that are tied.
5. If there is a 3-way tie or a winner cannot be determined from some mishap then a run off match or matches should be held.

Rule 7. PENALTIES

7.1. If a competitor violates the rules, i.e. punches, kicks, and grabs inappropriately, then the referee should give a warning. If a competitor clearly violates a rule a second time, the match should be ended and the match awarded to the other competitor. If the competitor clearly demonstrates a willingness to maliciously injure the other opponent then the referee at his discretion should consider baring the individual from the remainder of the contest. The Contest Director at their discretion should report the individual to the Administrator of Internal Relations.

Rule 8. INJURIES

8.1. During the course of a contest if a minor injury occurs a rest time of not more than 5 minutes should be given to the injured party. If he cannot continue after this time, the referee at his discretion should declare the match a tie. In scoring a tie no point should be issued on the pool sheet.

Part 5: AJJF Jujitsu Demonstration Team Rules

Rule 1: Purpose

1.1. The Jujitsu Demonstration contest is a competition among teams of contestants, who are trying to win the contest by performing a demonstration or skit of Jujitsu principles and techniques in a more artistic and entertaining manner than the other teams.

Rule 2: Demonstration Contest Teams

2.1 A team must consist of not less than four and no more than twenty competitors.

2.2 A team may be comprised of any Jujitsu practitioners from an AJJF registered Dojo.

2.3 Team members may be comprised from different Dojo's although they must collectively declare who they are representing.

2.4 All team members must hold a current A.J.J.F. membership.

Rule 3: Penalties

3.1 Teams must stay within the designated demonstration area. Failure to do so will result in a five point deduction for each penalty. The demonstration area should be described in the tournament announcement.

3.2 Teams will have a five minute time limit with a two point deduction for every fifteen seconds over or under the allowed time limit. The competition will be stopped at one minute over the allowed time limit.

3.3 All deductions due to time penalties will be deducted from the total score of each judge at the end of the performance.

3.4 There will be a designated time keeper that will inform all judges of any time related deductions.

Rule 4: Officials

4.1 Judging shall be done by three judges one of whom will be identified as head judge and will be in control of the competition. The head judge may appoint a fourth judge from the crowd that may or may not have martial arts training.

4.2 The head judge may also stop the competition at any time if they fill there is a safety issue that may result in an injury.

4.2 All judges shall be briefed on the Demonstration competition rules and scoring, prior to the competition.

Rule 5: Judging

5.1 Each judge is to receive their own Demonstration Team score sheet and sign their name to the score sheet.

Rule 6: Scoring

6.1 After a team's competition is complete all three score sheets shall be given to a tabulator to be totaled with an adding machine or calculator

6.2 Scores will be completed using the Demonstration Team Score Sheets. A 1-10 score will be marked on the score sheet in the different categories. Half points may be used at the discretion of the Contest Director and the judges will be informed if half points are to be used at the pre-judging meeting.

Rule 7: Conclusion of the Contest

7.1 After a team's competition is complete all three score sheets shall be given to a tabulator to be totaled with an adding machine or calculator

7.2 After the score sheets have been recorded at the end of the contest, the score sheets will be given to the contestant's school head or representative or mailed to the school head. As an option to ensure receipt of the score sheets, the Contest Director should consider using Certified Mail with a "return receipt". The Contest Director may retain the score sheets and review them for a period of seven (7) days.