

American Judo and Jujitsu Rule Summary Card: Freestyle and Kata

Part 1-Important General Rules for All Contests

Rule 12- **Re-scoring** may be ordered only by the contest director at the local level or the national contest director at the national level. The contestants score will be the higher of the two and no penalty points will be deducted.

Rule 13- **Appealing a score or decision** to the contest director must be done by a school head or representative and not by the contestant and be done before the contest is over. If the contest director grants the appeal the same judges will be used to re-score the match.

Part 2-Freestyle

3 Rounds: There will be 3 rounds. Each round is 1 minute long. Kyu ranks will have 3 different attackers. Dan ranks 2 attackers with 3rd round using both attackers. (Rule 4.2 and 4.3)

Contestant: Shall be given a 5 minute rest if they participated in the prior match. (Rule 2.6) Shall not be required to be attacker more than 2 times without consent. (Rule 2.7)

Divisions are the same at for a Kata contest. (Rule 3)

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. (Rule 4.1)

Allowable Attacks and Defenses: (Rule 5): See attached card for allowable attacks and defenses

To Put a Hold On a Defender: (Rule 6.4 attacker will signify clasping his hands in front of his chest, as in Ryoeri Hazushi. The defender will allow the attacker to get his hold.

Prohibited in Contest: Rule (7.5, 7.6) 1. Any takedown which torques the neck in the process. 2. Fingers to eyes. 3. Removing weapons from the competition area.

Scoring and Judging (Rule 10.1-10.4):

Basic Procedure: For each of the 3 rounds score 0-10. 3 rounds per contestant.

Safety Category: This is a subjective score based on your perception of how the contestant treats the attacker. Things to consider are allowing the attacker to fall safely. Using rank appropriate arts. Having control of the attacker at all times. Putting submission holds on slowly at first and then slowly increasing pressure until uke submits.

Variety Category: This is a subjective score based on your perception of how many different techniques a defender uses in a round. Some judges just keep a tally on their score sheet each time a defender does a different attack.

Effectiveness Category: This is a subjective score based on your perception of how effective in reality the defenses would be. Simply do the defenses overall in the round look like they would actually have worked in a street confrontation.

Part 3-Important Kata Contest Rules

Rule 3- Divisions

Pee Wee up to age 6 Beginner, Intermediate, Advanced to be determined by sensei and contest director.

Children Age 7-12 **Beginner** Exp less than 1 yr. **Intermediate** Exp 1-2 years. **Advanced** Exp 2 years+

Teen Age 13-15 **Beginner** Exp less than 1 yr. **Intermediate** Exp 1-2 years. **Advanced** Exp 2 years+

8.1 Allowable Arts—See separate card for techniques authorized by the board of professors for each division.

Kata Contest Scoring

First 5 Arts- Must be performed according to the current Kata manual (Rule 4.1). Score from 0-10 for each art based on efficiency, momentum, quality of style and effectiveness. **If not according to the Kata Manual the technique is scored a 0.** Use half points if allowed by the contest director. Average score is 6.

Next 3 Arts (Rule 4.2)-Score 0-10. Do not have to be in accordance with the Kata manual but must adhere to the genre of approved Kata techniques allowed for the particular rank. A “V” shall be placed on the score sheet to indicate a variation of a Kata technique. Judge using the same criterion as above.

Combative Sequence (Rule 4.3) - Score from 1-15. Use half points if allowed by the contest director. A sequence of at least 5 arts. 2 but no more than 3 arts must be from the first 5 selected arts but may be demonstrated in any form. Judge using the same criterion as above. Uke must survive to the end of the sequence. Average score is 8.

Appearance Score (Rule 6.3) - Score from 0-5 **after all arts have been completed.** Score is based on the competitors “presence” during the performance of the techniques and the uniform appearance at the beginning of the match.

Point Deductions- Score 0 for arts 1-5 if not performed according to the current Kata manual. (Rule 6.5) Deduct 1 point if tori doesn't kiai. Deduct 2 points from the score of the technique if contestants ask to repeat the technique. (Rule 6.6) Deduct 4 points from the score of the combative scene for each time contestants ask to restart the sequence. (Rule 6.7)