



**JUJITSU SKILLS COMPETITION
SUNDAY 3rd JUNE 2018**

SANDGATE PCYC
KEMPSTER STREET, SANDGATE

COMMENCING AT 8.30 A.M.



SPARRING COMPETITION: THREE POINTS SYSTEM

This type of competition involves the skills of kicking, punching, evasion and blocking and emphasizes the need for accuracy and control when executing same.

- ❖ The competition is conducted in a contest area with a smooth surface, approximately 8 metres square
- ❖ Time limit is 2 minutes for seniors, and less for younger contestants
- ❖ The aim of the competition is for the contestants to kick or punch their opponent to the nominated target areas, scoring one point for each effective technique. Contact is to be sufficient enough to show that the effect of the technique is apparent. All blows must be directed to a padded area.
- ❖ Protective equipment such as body vests, head protection and padded gloves must be worn at all times. No blow is to be delivered to an unprotected area.
- ❖ The target areas, generally are:
 - solar plexus
 - kidneys
 - side of head
 - top of head
- ❖ The action in the bout stops each time that a point is scored and awarded, or an announcement is to be made by the referee, and then re-commences from the original starting position
- ❖ A blow delivered by both contestants simultaneously will not receive any score for either contestant. However, should this occur, and one blow is decisively stronger than the other, a point will be awarded for the stronger blow.
- ❖ Grasping of the opponent is permitted, as long as a kick or punch is delivered without delay. No blow is to be delivered unless the opponent is in the standing position.
- ❖ To ensure that the blow is well presented, intentional and decisive the use of *kiai* upon the execution of the blow is mandatory. **No *kiai*, no score.**
- ❖ Blows to the face, groin or knees or any actions apparently deployed to avoid combativity will result in an immediate penalty or disqualification, depending on the circumstances at the time. In such cases, the point will be added to the non-offending contestant's score.
- ❖ The first contestant to score 3 points is declared the winner
- ❖ Should neither contestant score 3 points within the time limit, the contestant ahead on points at the conclusion of time is declared the winner
- ❖ Should the scores be even at the expiration of time, unlimited "sudden death" time will commence, with the winner being the next contestant to score



STANDING COMPETITION: TWO POINTS SYSTEM

This type of competition involves the skills of throwing, take-downs, armlocks, headlocks and strangles, and emphasizes the need for balance and control over the opponent's movements. Because of its "non-stop" commitment, fitness is also a major factor.

- ❖ The competition is conducted on a mat area, approximately 6 metres square
- ❖ Time limit is 2 minutes for seniors, and less for younger contestants
- ❖ The competition commences in the standing position, with the contestants approximately 3 metres apart
- ❖ The aim of the competition is for one contestant to throw the opponent with a meritorious throwing technique, or otherwise obtain a submission from a joint-lock or strangle in the standing position.
- ❖ Punches and kicks, as well as grappling on the ground are not permitted. For safety reasons, no contact is to be made in the area of the opponent's face or groin. Similarly, fingerlocks are not permitted
- ❖ The scoring of points with throwing techniques is dependent on the merit of the technique, rather than the result of the technique:
 - Two points are awarded if both feet of the opponent are lifted off the mat during a meritorious throwing technique, landing the opponent largely on their back or side. In such an instance, technique, control and throwing impetus are required.
 - A successful dislodging of an opponent from the standing position to the ground by means of a recognised throwing technique or takedown manoeuvre merits only one point if one or more of the above elements is absent.
 - Two points are awarded for a submission.
- ❖ It is not permissible for a contestant to drop to the ground in a retreating movement or otherwise adopt a purely defensive posture in order to avoid combativity. A penalty point may be awarded in such circumstances.
- ❖ The first contestant to score two points is declared the winner; similarly, should a submission be gained via a joint-lock or strangle, the winner shall be declared
- ❖ Should neither contestant score two points within the time limit, the contestant who is ahead by a point shall be declared the winner. Otherwise, the referee shall award the bout to the contestant who displays the greater amount of pro-active fighting spirit.



GRAPPLING COMPETITION: ONE POINT SYSTEM

This type of competition involves the skills of immobilisation holds on the ground, armlocks, strangles, headlocks and leglocks, and emphasizes the need for control over the opponent on the ground. Because of its "non-stop" commitment, fitness is also a major factor.

- ❖ The competition is conducted on a mat area, approximately 6 metres square
- ❖ Time limit is 2 minutes for seniors, and less for younger contestants
- ❖ The competition commences with both contestants in a position on the ground, sitting back to back with both arms outstretched. At all times, the contestants are to compete in a grappling situation, and not rise to a full standing position.
- ❖ The aim of the competition is for one contestant to score a full point against their opponent by applying an immobilisation hold on the other contestant for 15 seconds, or otherwise obtain a submission from a joint-lock (to the elbow, wrist, shoulder, knee or ankle), strangle or headlock.
- ❖ A recognised immobilisation hold is deemed to be effective if the following three aspects are sufficiently apparent:
 - at least one arm is being controlled
 - the opponent is being held largely on their back
 - pressure is being applied to a part of the opponent's body
- ❖ For safety reasons, the referee may award a point for a successful hold, strangle, headlock or joint-locking technique if the success of the technique is sufficiently apparent, regardless of whether the contestant indicates their intention to submit
- ❖ For safety reasons, no contact is to be made in the area of the opponent's face or groin, or other application to a pressure point. Punches and kicks are not permitted. Similarly, fingerlocks are not permitted.
- ❖ The first contestant to score by immobilising their opponent on the ground by a recognised technique for 15 seconds is declared the winner; similarly, should a submission be gained via a hold, joint-lock, strangle or headlock the winner shall be declared
- ❖ Should neither contestant score a full point within the time limit, the contestant who displays the greater amount of pro-active fighting spirit during the bout shall be declared the winner