



# Jitsu Canada

## *Shorinji Kan Jiu Jitsu*

Randori Rules & Guidelines

*(Final)*

## General Information

### *Purpose*

This document explains the set-up and guidelines for the practice of Competitive Randori within Jitsu Canada.

This type of practice is intended to provide participants with an opportunity to use their knowledge and skill to defeat a fully-resistive opponent. Major goals are:

- Safety for participants.
- Appropriate challenge for practitioners, based on experience and body weight.
- An experience that represents the approach that **Jitsu Canada** takes toward the Martial Arts.

### *Weight + Training Categories*

Due to the nature of this training, weight will have a major influence on the outcome of matches. As such, the following weight categories are proposed to be used, unless the number of people competing necessitates alternate arrangements to ensure maximal participation from all parties. Weight classes are irrespective of gender, but do account for differences in experience. There are differences in rules for each level, to account for differences in ability.

- Lightweight
  - Novice-Yellow (<150 lbs) (Or if numbers necessitate, bumped up)
  - Orange - Purple (<150 lbs) (Or if numbers necessitate, bumped up)
  - Blue & Above (<150 lbs) (Or if numbers necessitate, bumped up)
- Middleweight
  - Novice-Yellow (150 - 180 lbs)
  - Orange - Purple (150 - 180 lbs)
  - Blue & Above (150 - 180 lbs)
- Heavyweight
  - Novice-Yellow (>180 lbs)
  - Orange - Purple (>180 lbs)
  - Blue & Above (>180 lbs)

### *Competition Area*

Space available for training will depend on Dojo location and mat-space during session time. As such, the following are recommendations only and are adaptable depending on what is available:

- Ideal Space: The practice area should be a 6m x 6m square, surrounded by a 1m border (ideally of a different colour) known as the "safety zone.

- Ideal Surface: *Tatami* style mats, pushed as tightly as possible to prevent toe injuries and encourage quick but grounded movement.

### *Uniform and Hygiene*

The gi shall be clean, generally dry and without unpleasant odour. The nails of the feet and hands shall be cut short. The personal hygiene of the contestant shall be of a high standard. Long hair shall be tied so as to avoid causing inconvenience to the other participant. Female participants shall wear a plain white T-shirt under the jacket.

## **Competition Rules**

### *Running of a Bout & Etiquette*

- Length of Bout:
  - 3 Minutes, with an additional 1 Minute if needed.
- Start of Match:
  - After *Rei*, both competitors will begin standing, no Gi contact to begin. The clock is started after the Referee says *Hajime*.
- Actions Earning Half Point (*Wazarai*)
  - Competitor initiates a throw or counter that the referee decides was a successful attempt. (Advanced Levels)
  - Competitor achieves *Osaekomi* (as determined by the referee) for at least 20 seconds at lower levels, or 30 seconds at senior level.
- Actions Earning Full Point (*Ippon*) and immediate win.
  - Competitor achieves *Osaekomi* (as determined by the referee) for at least 30 seconds at lower levels.
  - Competitor causes opponent to submit (Tap Out) (Advanced Levels)
- Actions Earning Penalty Deduction (*Chui*)
  - Use of prohibited technique.
  - Passive or Unsuitable Behavior (as per Referee's discretion).
- End of Match:
  - After *Rei*, Referee will point toward victor and announce method of victory.

### *Guidelines for Techniques & Scoring*

Guidelines are intended to facilitate the safety of all participants, without distilling the essence of combative spirit. In each case, it is the Referee's discretion as to either award penalties or pause and reset:

- Overall Rules:
  - Competitors win either by full-point score (*Ippon*) or by two half-point scores (*Wazarai*)
  - Competitors receive penalty deductions (*Chui*) for disobeying established rules for that person's level or for passive / overly defensive behavior.
  - Any locking technique may be "broken" by achieving an upright standing position.
  - 3 penalty deductions will lead to a disqualification. A half point is cancelled out by a penalty deduction. If there is a draw at the end of 3 minutes, the competitor with the greatest net score is the winner.

- If after 3 minutes and 1 minute of extra time, there is still no winner, it is judge's decision.
- If competitors fall into safety area, the bout is paused and the participants move themselves back to the center of the mat, resume the same position, then the referee allows the bout to continue.
- If at the end of a bout, a hold-down is active, there is no "saved by the bell." Instead, the bout continues until the hold is broken (no score) or the scoring time is reached.
- Prohibited Techniques (All Levels)
  - Kawazu-Gake, Kani-Basami, Kusabi-Dome, Heel Hooks, or throws that involve leg entanglement or spiral pressure on the legs, such as knee twisting locks.
  - Throwing techniques in which Tori lands with his or her weight on Uke.
  - Throwing techniques considered to be overly dangerous within competition: Waki-Otoshi, Kata Garuma from standing, Ura Nage, Taware-Gaeshi, Hikkomi-Gaeshi, Daki-Age and any kinds of slamming techniques.
  - Small Digit Locks, Hair Pulling, Biting, Striking, Fingers around Throat are all barred and will result in penalties.
  - Pressure Points can be used in competition in order to improve position but cannot be executed using thumbs or fingers, or used to submit opponents.
  - All Locking Techniques While standing, unless Uke is already on the ground. (Attempts to use restraint techniques are permitted.)
  - Head or Neck Locks (including guillotine chokes), Body Manipulation using the Head, Body-Crushes, Spinal Locks and Muscle Crushes.
- Junior Level (Novice-Yellow) Specifics
  - Round begins with both competitors facing each other in a kneeling position.
  - Competitors are prohibited from standing. Momentary ascension as part of strategy (pushing, or shuffling around) are permitted, but both participants must stay relatively close to the ground.
  - Ways to win: Hold Down for 30 Seconds.
    - Hold-down: 20 seconds for Wazarai, 30 seconds for Ippon.

- Prohibited: General prohibited techniques, plus choking techniques (front & behind), arm, leg and wrist locks.
- Intermediate Level (Orange-Purple) Specifics
  - Round begins with both competitors facing each other in a kneeling position.
  - Competitors are prohibited from standing. Momentary ascension as part of strategy (pushing, or shuffling around) are permitted, but both participants must stay relatively close to the ground.
  - Ways to win: Submission via locking technique (arm, wrist & leg), Submission via Choking technique (front & behind), Hold-Down for point score.
    - Submission: Ippon.
    - Hold-down: 20 seconds for Wazarai, 30 seconds for Ippon.
  - Prohibited: General prohibited techniques.
- Advanced (Blue-Black) Specifics
  - Round begins with both competitors standing, without touching each other.
  - At this level, there is both a Nage-Waza phase and a Ne-Waza phase. The action is allowed to go to ground and back to standing as the training dictates. This opens up a great deal more options for advanced practitioners.
  - If a competitor is successful in holding an opponent for 30 seconds (wazarai score), they cannot continue the hold for a further 30 seconds. They must reset and begin the bout again.
  - Ways to win: Submission via locking technique (arm, wrist & leg) on the ground, Submission via choking technique, Hold-Down or Throw for point score.
    - Throw: A successful throw (as determined by Referee's discretion) is awarded Wazarai.
    - Hold-down: 30 seconds for Wazarai.
    - Submission: Ippon.

## **Refereeing Guidelines**

### *Administration of Guidelines*

It is the responsibility of the instructor refereeing the bout to administer the rules and guidelines as they are laid out above. This involves appropriate etiquette for all parties involved in the bout (including audience), appropriate and non-bias scoring of the bout and appropriate use of commands while the bout is underway.

### *Referee's Decision Regarding Successful Throw / Hold-Down*

As the practice of Randori in a competitive setting is likely to move quite quickly, decisions relating to half point scores via throw & hold-downs in general are decided upon referee's decision.

It is the sole responsibility of the referee to determine whether or not a practitioner is successful in their application of Jiu Jitsu within the bout and is deserving of either a point score.

### *Safety*

The most important consideration for the referee is the safety of the participants involved. The referee must be in a suitable position to see exactly what is happening and to this end may stop a bout if he/she is unsure of what is happening. The referee may also stop a bout at any time if he/she is concerned about anything which is occurring.

### *Glossary of Commands*

- Hajime - begin
- Matte - pause (do not move)
- Yoshi - continue
- Yamae - stop
- Osaekomi - hold down
- Toketa - hold down broken
- Ippon - winner (outright)
- Waza-ari awazete ippon - winner (by one or two waza-ari score)
- Kachi - winner (by decision)
- Hikiwake - draw
- Hansoku make - disqualification

- Hantei - call for judges' decision
- Waza-ari - Half point score
- Chui - foul / penalty

### *Referee Hand Signals*

The Referee shall make gestures as indicated below when taking the following actions:

- Ippon: shall raise one arm with palm of hand facing forward, high above the head.
- Waza-ari: shall raise one of his/her arms with palm of hand facing downwards, sideways, to shoulder height.
- Waza-ari-awasete-ippou: waza-ari gesture followed by ippou gesture.
- Osaekomi: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- Toketa: shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.
- Hikiwake: shall raise one of his hands high in the air and bring it down to the front of his body (with thumb edge up) and hold it there for a while.
- Matte / Yamae: shall raise one of his hands to shoulder height with his arm approximately parallel to the tatami and display the flattened palm of his hand (fingers up) to the timekeeper.
- Hajime / Yoshi: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- Kachi: to indicate the winner of a contest, shall raise one hand, palm in, above shoulder height towards the winner.
- Chui / Hansoku-make: to award a penalty, shall point towards the contestant to be penalised with the forefinger extended from a closed fist