



THE BRITISH JU- JITSU ASSOCIATION (BJJA GB)
NATIONAL CHAMPIONSHIPS OFFICIAL RULE BOOK

REVIEWED BY THE BJJA GB TECHNICAL COMMITTEE

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Pledge

The sporting activities shown within this booklet are deemed to be within the safest parameters possible. The BJJAGB officials pledge to always endeavour to ensure the safety of all its competitors.

1. COMPETITORS

1.1. COMPETITORS' UNIFORM

All competitors are required to wear the official BJJAGB Competition Gi which must be clean.



No other badges or personal/club/association recognition apparel is allowed except a UNJJ badge.

1.2. COMPETITORS REQUIREMENTS

ASSOCIATION ENTRY REQUIREMENTS

To enter the national championships, each association must have a minimum of 2 qualified referees / officials attend and be fully taking part in the Championships.

COMPETITORS ENTRY REQUIREMENTS

Competitors must;

- Be aged 11 years or older on the date of the competition.
- Have current BJJAGB membership.
- Keep nails cut short.
- Have jewellery and any immovable jewellery such as wedding rings must be taped over.
- Long hair should be securely tied back.
- Ensure that any headwear does not present a danger to the competitor or their opponent.
- Females only must wear an up to the neck t-shirt under their gi. The t-shirt must also be long enough to tuck into the gi bottoms.

Any player, whose hair, headwear, or jewellery in the opinion of the referee is at risk causing problems in the contest, will be given the opportunity to correct the potential problem or will not be allowed to compete.

2. OFFICIALS

2.1. OFFICIALS' BEHAVIOUR

- Officials must behave in a correct manner towards all competitors, other officials, and the public.
- During the Championship, officials must not have negative opinions or criticisms regarding any other official's conduct.
- Officials must not offer to the media or the public an opinion or criticism concerning the Championship in which they officially participated.
- The behaviour and performance of officials at all BJJ GB Championship will be noted by the BJJ GB Technical Committee and submitted in observation reports for discussion at a later date.
- Any official performing below par will be cautioned and possibly replaced.
- The position of National Referee is available to all those with the correct qualifications.
- National referees elect will be selected by the Technical Committee prior to the BJJGB Championships.

2.2. OFFICIALS UNIFORM

- Navy blazer with BJJAGB badge
- Grey trousers
- White shirt
- BJJAGB tie (either red, blue, or standard)
- Black socks
- Black shoes (no casual shoes/trainers)
- Trainee Judge and Trainee Referee are denoted by blue ties.
- National Judge and National Referee are denoted by red ties.
- All other officials will wear the BJJAGB official tie.

2.3. CONDUCT OF OFFICIALS

- Officials must behave correctly towards all functionaries, competitors and the public.
- Officials cannot give negative opinions or criticisms regarding other referee's conduct.
- Referees shall not release to the public, press or the television any interview or opinion concerning the competition in which they officially participate.
- All officials must be completely un-biased and act accordingly.
- Any official found to be biased will be removed for the list of qualified officials.
- *All rules are subject to change by the BJJAGB Technical Committee*

2.4.OFFICIALS ROLES AND RESPONSIBILITIES

2.4.1. ASSESSOR - ALLOCATED TO EACH MAT.

It will be the assessor's duty to monitor any red card and ascertain and record what it was received for. This shall be reported to the National Executive.

2.4.2. CALLER

REQUIRED IN RANDOM ATTACKS AND ADVANCED RANDOM ATTACKS.

- The responsibility of the caller for random attacks is to give each attacker an attack. The caller will be issued with a tablet containing the official BJJAGB random attack. A book of the attacks will be available also if required.
- As certain attacks are belt related, they must ensure that only the attacks appertaining to the competitors belt section are used.
- The caller must be careful to not use any actions or words whilst giving these attacks that may be seen or overheard by the competitors.
- The caller gives out one attack per time and must ensure that both attackers use the same attack.
- The caller must pay careful attention to each round in case one of the attackers uses an incorrect attack. Should this occur, the referee will converse with the caller to ascertain which was the correct attack used.
- Where there is an open category, the attack allocated will revert to the lower grade and the caller must be made aware of this.
- The normal number of attacks per bout is three or five in the final. Although it is possible that the referee may on some occasions require an extra attack

ADVANCED RANDOM ATTACKS

- When officiating as a caller for the advanced random attacks the caller must be aware that they are issuing to two attackers per defender and determine which two are the 1st attackers and which two are the 2nd attackers.
- They must ensure that in the case of a ground strangle attack, that the attack is only given to the 2nd attacker.
- Should the selected attacks be inclusive of a weapon attack, then the weapon attack must be given to the 2nd attacker.
- All grabs are to be performed by the 1st attacker.

2.4.3. DRESSER

REQUIRED IN RANDOM ATTACKS, ADVANCED RANDOM ATTACKS AND CONTINUOUS FIGHTING.

- There are only two-coloured belts used during the above categories -red & white.

- It is the responsibility of the dresser to ensure that each person has been given the correctly coloured belt and this will be determined by the scribe.
- Dressers should ensure that the competitor does not wear their own belt, only either their allocated red or white belt.
- The dresser must also ensure that all belts are properly tied before the competition begins, this is especially important when dealing with the juniors and care must be taken that the belt is not too long and in danger of becoming a hazard.
- It is also imperative that the dresser uses a minimum of two sets of belts, so that whilst one pair are competing the second pair are already belted and ready to go straight on to the mat and therefore, they must work closely with the scribe.

2.4.4. JUDGES

ARE REQUIRED IN ALL COMPETITION CATEGORY.

- The duties of the judges are to observe the contest and score each competitor.
- Should a judge wish to bring a point to the referee's attention then the judge should raise their hand in the air until the referee stops the contest to enquire the reason.
- If the referee considers the point worth bringing to the attention of the other judges, they will call a conference. If after the conference has been called, two out of the three officials agree then the judges will all award a penalty if agreed.

KATAS, PAIRS DEMONSTRATION (EMPTY HAND AND WEAPONS)

- Judges will record their scores on their individual scorecard and should not add up the score for each category. This will be completed and checked at the organisers table.

RANDOM ATTACKS AND ADVANCED RANDOM ATTACKS

- They will be required to make a decision as to the winner when asked to do so by the referee.
- Before the referee asks for a decision, they will ask the judges to take their positions. The two outer judges should face outwards, and the central judge remain facing the referee, they must then all look to the ground, so as not to see the scores of any other judges.
- The referee will then call "decision" at which point the judges should all raise their flags to simultaneously to indicate the winner. In the event of the contest being a tie then the judges must raise both arms forming an x – this however should be avoided if possible.

CONTINUOUS FIGHTING

- They will be required to make a decision as to the winner when asked to do so by the referee.

2.4.5. MAT ASSISTANT

REQUIRED FOR ALL COMPETITION CATEGORY.

- Will ensure that the judges have the correct name of the competitor that they are about to judge and ensure the smooth running of the competition taking place.

- Can leave the area to seek assistance should a problem occur without causing further problems to the competition.
- They must also be responsible to ensure that the scribe's sheets are taken to the organisers table at the end of each contest, thus ensuring that no results go astray.

2.4.6. MAT MARSHALL

REQUIRED FOR EACH COMPETITION CATEGORY.

- Must ensure that no other non-active club or association representative is allowed in the competition area.
- Is there to control the area around the competition mat.
- It is their responsibility that the off-mat area is safe from hazards or overcrowding.
- It is their responsibility to ensure the area remains clear of any non-competitors.
- To ensure that after each bout the defeated competitor returns to the mat waiting area.
- To ensure that no supporters/spectators/club coaches are loitering in the competitor's area.
- They should also be aware of potential hazards such as competitors leaving weapons on the floor, uncapped water bottles on the floor, water spillages.

2.4.7. REFEREE

REQUIRED RANDOM ATTACKS, ADVANCED RANDOM ATTACKS AND CONTINUOUS FIGHTING.

- It is the referee's responsibility to take control of the categories and they will stay generally within the contest area.
- They will have the final decision.
- The referee also has sole responsibility for the safety and welfare of the competitors.
- When a referee has inexperienced judges with them, they may elect to allow them to act as referee, so that they can gain experience. The referee should also maintain a check on their performance.
- The referee will announce the winner as decided by the judges.

CONTINUOUS FIGHTING

- The referee will approach each judge at the end of the fight and may ask for their scores and winner.

2.4.8. SCRIBE

REQUIRED IN RANDOM ATTACKS, ADVANCED RANDOM ATTACKS AND CONTINUOUS FIGHTING.

- It is the scribe's duty to record the outcome of each bout.
- At the outset of the competition the scribe will be issued with the competition sheets.

- It is the duty of the scribe to inform the dresser of the competition running order, to ensure that the dresser has the correct competitors ready to compete.
- The scribe must make sure that the dresser has the names in good time to be able to prepare the players.
- The scribe should always allocate a red belt to the first name for and the white belt to the second name in each bout. This provides consistency in placing the correct winner forward to the next round.
- The scribes may use their discretion to change the order of the bouts when it becomes necessary.
- Where a yellow card has been issued to a competitor the scribe must highlight the name on the appropriate sheets as the yellow card will follow the competitor throughout the competition and remain live.

2.4.9. TIMER

REQUIRED FOR KATA, PAIRS DEMONSTRATIONS AND CONTINUOUS FIGHTING.

- The timer is responsible for the start and finish of each category.
- Timers must walk the mat line & not to sit down at the desk.
- In the case of the pairs demonstration the competition is limited to two minutes per pairs demo. Should the pair still be demonstrating at the end of the two minutes the timekeeper will use a signal to indicate to the judges that their time limit is reached.
- When acting as a timer for continuous fighting, the timer should be aware that each bout is split in to 3 sections with 1 minute for sparring – 45 seconds for gripping and 1 minute for ground-fighting.
- However, the timer must be aware that the ground fighting time begins when the referee indicates that throw or takedown has occurred and may be less than the 45 seconds allotted.
- The timer must also keep note of any injury time and adjust the timing accordingly.

3. COMPETITION CATEGORIES

3.1. EMPTY HAND KATA

3.1.1. CATEGORY DESCRIPTION

Individual competitors demonstrate a pre-determined sequence of moves against an imaginary opponent/s.

3.1.2. CATEGORY FORMAT

Competitors will enter the mat individually and perform a single Kata to the judges. Upon leaving the mat the competitor will be individually scored by each of the three judges, with the winners being determined based on total points scored across the three score sheets.

3.1.3. COMPETITORS' CRITERIA

Minimum age is 11 years.

Open to JUNIOR BROWN BELTS and ABOVE

Open to ADULT GREEN BELT and ABOVE (18+ years)

3.1.4. COMPETITORS SUBCATEGORIES

Juniors' Brown Belt

Juniors' Black Belts & 1st Dans under the age of 18

Seniors' Kyu Grades

Seniors' 1st & 2nd Dans

Seniors' 3rd Dans and Above

3.1.5. CATEGORY RULES

Any recognised association Kata is accepted.

If the Kata exceeds the duration stated, the competitors will not be penalised for this, BUT the judges will ONLY judge the content delivered within the set duration.

If there are not enough competitors for the event, they will be placed in 1 section of mixed grades and abilities.

3.1.6. DURATION

Two minutes time limit that begins on entry of the mat.

3.1.7. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi

3.1.8. OFFICIALS REQUIRED

1 x BJJAGB National Referee

3 x Judges

1 x Mat Assistant/Runner

3.1.9. SCORING

There are three categories in which each judge should score each competitor. They are;

- Etiquette/Appearance/Attitude/ Introduction of Kata
- Technical Ability/Difficulty/ Good Demonstration of Power/Speed/Timing/Balance

- Style/Flare & Viability-would the application work?

Judges should mark each of the sections giving a maximum score of 10 per section based on the criteria below;

10 – faultless
9 - excellent
8 - very good

7 – good
6 - adequate

5 - average
4 - below par

3.1.10. JUDGES GUIDELINES AND CRITERIA FOR DECISION

- The competitor will be marked upon entering and leaving the mat to obtain an etiquette score.
- The competitor should always begin and finish facing the judges and the finish point should be as close as possible to the starting point.
- Judges must pay particular attention to correct placements of limbs and stances and that any blocks/strikes/kicks are delivered at a height and direction that would prove them to be effective.

An example scoring sheet is listed at Appendix 1

3.1.11. MAT EQUIPMENT REQUIRED

3 x Judges Chairs
Clipboards,
Pens,
Scorecards,
Competitors List,
Administration Paperwork.

3.1.12. PROHIBITED BEHAVIOUR

No Kata other than a competitors own Club/Association recognised kata may be performed.

3.1.13. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.
- A yellow card remains live for that competitor for all remaining of the championships.

3.1.14. INJURIES AND ACCIDENTS

Any competitor unable to complete their kata due to injury will be marked upon the proportion of the kata they have been able to complete.

3.2.WEAPONS KATA

3.2.1. CATEGORY DESCRIPTION

Individual competitors demonstrate a pre-determined sequence of moves against an imaginary opponent/s whilst using a weapon.

3.2.2. CATEGORY FORMAT

Competitors will enter the mat individually and perform a single Kata to the judges. Upon leaving the mat the competitor will be individually scored by each of the three judges, with the winners being determined based on total points scored across the three judges' score sheets.

3.2.3. COMPETITORS' CRITERIA

Minimum age is 11 years.

Open to ADULT & JUNIOR BROWN BELTS and ABOVE

3.2.4. COMPETITORS SUBCATEGORIES

Juniors 11-12 years

Juniors 13-14 years

Juniors 15-17 years

Seniors' Brown Belts

Seniors' 1st & 2nd Dans

Seniors' 3rd Dan & Above

3.2.5. CATEGORY RULES

JUNIOR BROWN BELTS and ABOVE

Any recognised association Kata, using the wooden weapons listed below is accepted;

- Tonfa
- Sai
- Nunchaku
- Bokken
- Bo

ADULT BROWN BELT and ABOVE (18+ years)

Any recognised association Weapon Kata is accepted.

- If the Kata exceeds the duration stated, the competitors will not be penalised for this, BUT the judges will ONLY judge the content delivered within the set duration.
- If there are not enough competitors for the event, they will be placed in 1 section of mixed grades and abilities.

3.2.6. DURATION

Two minutes time limit that begins on entry of the mat.

3.2.7. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi.

Weapon as described in the category rules.

3.2.8. OFFICIALS REQUIRED

1 x BJJAGB National Referee

3 x Judges

1 x Mat Assistant/Runner

3.2.9. SCORING

There are three categories in which each judge should score each competitor. They are: -

- Etiquette appearance/attitude/ introduction of kata
- Technical ability/difficulty good demonstration of power/speed/timing/balance
- Weapon control & application

Judges should mark each of the sections giving a maximum score of 10 per section based on the criteria below;

10 – faultless

9 - excellent

8 - very good

7 – good

6 - adequate

5 - average

4 - below par

3.2.10. JUDGES GUIDELINES AND CRITERIA FOR DECISION

- The competitor will be marked upon entering and leaving the mat to obtain an etiquette score.
- The competitor should always begin and finish facing the judges and the finish point should be as close as possible to the starting point.
- The weapons should become an extension of their own limbs and therefore should be always kept in total control.
- The competitor should demonstrate fluidity of movement when using the weapon and attention should be given that the movements of the weapon used are within its correct range.
- That the correct edge or point of the weapon is used.

An example scoring sheet is listed at Appendix 2

3.2.11. MAT EQUIPMENT REQUIRED

3 x Judges Chairs
Clipboards,
Pens,
Scorecards,
Competitors List,
Administration Paperwork.

3.2.12. PROHIBITED BEHAVIOUR

No Kata other than a competitors own Club/Association recognised kata may be performed.
No modification of any of the above weapons.
No live blades are permitted.

3.2.13. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.
- A yellow card remains live for that competitor for all remaining of the championships.

3.2.14. INJURIES AND ACCIDENTS

Any competitor unable to complete their kata due to injury will be marked upon the proportion of the kata they have been able to complete.

3.3. EMPTY HAND PAIRS DEMONSTRATION

3.3.1. CATEGORY DESCRIPTION

Two competitors demonstrate their skills by using a pre-arranged sequence of Ju-Jitsu techniques.

3.3.2. CATEGORY FORMAT

Competitors will enter the mat as a pair and perform a rehearsed routine of Ju-Jitsu techniques to the judges. The demonstration must be continuous and by both competitors. No Tori/Uke as with a self-defence demo. Limited gymnastic value and no theatricals.

Upon leaving the mat the competitors will be scored as a pair by each of the three judges, with the winners being determined based on total points scored across the three score sheets.

3.3.3. COMPETITORS' CRITERIA

Minimum age is 11 years and of green belt & above.

OPEN to JUNIOR BROWN BELTS and Above.
OPEN to ADULT GREEN BELTS and Above (18+ years)

3.3.4. COMPETITORS SUBCATEGORIES

Juniors 11-13 years
Juniors 14-17 years
Seniors - open

3.3.5. CATEGORY RULES

Both competitors MUST be within the same subcategories.

Pairs partners do not have to be the same grade as each other. Although preferable, a Junior Pair do not have to be within the same age group, but the pair will be placed in the age category of the oldest competitor

If the demonstration exceeds the duration stated, the competitors will not be penalised for this, BUT the judges will ONLY judge the content delivered within the set duration.

The demonstration should not be a 2-person kata.

If there are not enough competitors for the event, they will be placed in 1 section of mixed grades and abilities.

3.3.6. DURATION

Two minutes time limit that begins on entry of the mat.

3.3.7. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi
Weapon

3.3.8. OFFICIALS REQUIRED

1 x BJJAGB National Referee
3 x Judges
1 x Mat Assistant/Runner

3.3.9. SCORING

There are three categories in which each judge should score each competitor. They are: -

- Etiquette appearance/attitude/ introduction of kata
- Technical ability/difficulty good demonstration of power/speed/timing/balance
- Style/flare/ Ju-Jitsu content

Judges should mark each of the sections giving a maximum score of 10 per section based on the criteria below;

10 – faultless
9 - excellent
8 - very good

7 – good
6 - adequate

5 - average
4 - below par

3.3.10. JUDGES GUIDELINES AND CRITERIA FOR DECISION

- The competitor will be marked upon entering and leaving the mat to obtain an etiquette score.
- The demonstration should include a variety of Ju-Jitsu techniques that demonstrate the fluidity and versatility of Ju-Jitsu, within the boundaries of the competitors' abilities.
- The demonstration must be continuous and by both competitors. Not Tori and Uke as in a self-defence demo.
- Pairs demonstration should be of limited gymnastic value and have no theatrical value and must be judged purely on Ju-Jitsu content and ability.

An example scoring sheet is list at Appendix 3

3.3.11. MAT EQUIPMENT REQUIRED

3 x Judges Chairs
Clipboards,
Pens,
Scorecards,
Competitors List,
Administration Paperwork.

3.3.12. PROHIBITED BEHAVIOUR

The technique commonly known as the flying head scissors is not allowed in any BJJAGB competition.

3.3.13. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.
- A yellow card remains live for that competitor for all remaining of the championships.

3.3.14. INJURIES AND ACCIDENTS

Competitors unable to complete their kata due to injury will be marked upon the proportion of the demonstration they have been able to complete.

3.4. WEAPONS PAIRS DEMONSTRATION

3.4.1. CATEGORY DESCRIPTION

Two competitors demonstrate their skills by using a pre-arranged sequence of Ju-Jitsu techniques, whilst using weapons.

3.4.2. CATEGORY FORMAT

Competitors will enter the mat as a pair and perform a rehearsed routine of Ju-Jitsu techniques to the judges. Upon leaving the mat the competitors will be individually scored by each of the three judges, with the winners being determined based on total points scored across the three score sheets.

3.4.3. COMPETITORS' CRITERIA

Minimum age is 11 years.

OPEN to JUNIOR BROWN BELTS and Above.

OPEN to ADULT BROWN BELTS and Above (18+ years)

3.4.4. COMPETITORS SUBCATEGORIES

Juniors 11-13 years

Juniors 14-17 years

Seniors - open

3.4.5. CATEGORY RULES

- Both competitors MUST be within the same subcategories.
- Pairs partners do not have to be the same grade as each other. Although preferable, a Junior Pair do not have to be within the same age group, but the pair will be placed in the age category of the oldest competitor.
- May ONLY use traditional handheld wooden weapons.
- If a pair consist of a Blue Belt and Brown Belt, then no weapon may be used.
- If the demonstration exceeds the duration stated, the competitors will not be penalised for this, BUT the judges will ONLY judge the content delivered within the set duration.
- The demonstration should not be a 2-person kata.
- If there are not enough competitors for the event, they will be placed in 1 section of mixed grades and abilities.

3.4.6. DURATION

Two minutes time limit that begins on entry of the mat.

3.4.7. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi
Weapon

3.4.8. OFFICIALS REQUIRED

1 x BJJAGB National Referee
3 x Judges
1 x Mat Assistant/Runner

3.4.9. SCORING

There are three categories in which each judge should score each competitor. They are: -

- Etiquette appearance/attitude/ introduction of kata
- Technical ability/difficulty good demonstration of power/speed/timing/balance
- Weapon control & application

Judges should mark each of the sections giving a maximum score of 10 per section based on the criteria below;

10 – faultless
9 - excellent
8 - very good

7 – good
6 - adequate

5 - average
4 - below par

3.4.10. JUDGES GUIDELINES AND CRITERIA FOR DECISION

- The competitor will be marked upon entering and leaving the mat to obtain an etiquette score.
- The demonstration should include a variety of Ju-Jitsu techniques that demonstrate the fluidity and versatility of Ju-Jitsu, within the boundaries of the competitors' abilities.
- The demonstration must be continuous and by both competitors. Not Tori and Uke as in a self-defence demo.
- Pairs demonstration should be of limited gymnastic value and have no theatrical value and must be judged purely on Ju-Jitsu content and ability.
- The weapons should become an extension of their own limbs and therefore should be always kept in total control.
- The competitor should demonstrate fluidity of movement when using the weapon and attention should be given that the movements of the weapon used are within its correct range.
- That the correct edge or point of the weapon is used.

An example scoring sheet is list at Appendix 3

3.4.11. MAT EQUIPMENT REQUIRED

1 x BJJAGB National Referee
3 x Judges Chairs
Clipboards,
Pens,
Scorecards,
Competitors List,
Administration Paperwork.

3.4.12. PROHIBITED BEHAVIOUR

No modification of any of the above weapons.
No live blades are permitted.

3.4.13. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.
- A yellow card remains live for that competitor for all remaining of the championships.

3.4.14. INJURIES AND ACCIDENTS

Competitors unable to complete their kata due to injury will be marked upon the proportion of the demonstration they have been able to complete.

3.5. RANDOM ATTACKS

3.5.1. CATEGORY DESCRIPTION

The object of Random Attacks is for the defender to react promptly to a standardised attack and defeat the attacker with short, sharp, effective defence. The competition gives the competitor a chance to test their reactions and execute their Ju-Jitsu defences in a safe and controlled environment.

Random attacks allow males and females to compete against each other.

3.5.2. CATEGORY FORMAT

- Require 2 x Competitors (Defenders) and 2 x Attackers.
- Competitors need to be designated as Red or White – indicated by a belt of that colour.
 - Competitors are called to the mat by the referee.

- They stand on either side of the referee, with the RED on the right side.
- They bow to the judges.
- The referee turns them to face each other.
- They bow to each other.
- The referee tells the competitors to take their places on the mat.
- The competitors stand on the lines marked on the mat, facing in opposite directions, away from each other.
- Off the mat and out of hearing of the competitors the caller gives the attackers an attack from the app/books provided.
-
- Whilst each attack is being allocated, competitors must look away in a Ready Stance position.
- On the Referee's command 'POSITIONS', the attackers take their positions opposite to their defenders on the mat. The attacker must leave the instructional area, where the attacks are given, with their right hand behind their back and the right hand/arm must remain there until the command 'ATTACK' is given.
- Similarly, in the event of a weapon attack, the weapon must be concealed from the competitor prior to the attack with the right hand behind their back.
- Competitors will at this point change to a standard stance, facing their attackers.
- The referee will then instruct one of the attackers to attack using the command 'RED ATTACK' then 'WHITE ATTACK' and vice versa.
- When the two attacks are completed, the attackers will be sent back to the caller with the referee instruction 'ATTACKERS OFF THE MAT'.
- Attackers will be given a further attack and the process will be repeated until the required number of attacks are completed (Three Attacks for normal round; Five Attacks for the final).
- Upon completion of the final attack, the attackers will be instructed to stand at the side of the mat and the competitors are called to the referee who takes the red belt to their right and white belt to their left. The Referee and competitors face the judges.
- The judges must take up their positions and look to the floor.
- The referee will then ask the judges to signify the winner by raising a flag using the command 'JUDGES' DECISION PLEASE'.
- The majority flag denotes the winner of the round.
- AN ATTACK INCLUDING A GRAB
 - The attacker, upon the command 'RED/WHITE ATTACK', must immediately hold both hands high in the air, indicating that the attack is one where the competitor is to be taken hold of. When the attacker holds both hands high in the air, the competitor should remain standing in a passive stance until the attacker has taken hold of them, at which point they can the react to the attack.
- A GROUND STRANGLE

- In the event of the attack being a ground strangle, on the command of 'RED/WHITE ATTACK', the attacker raises their right hand and steps forward and hip throws the competitor. No punch is thrown, or resistance is to be given to this throw.
- The attacker then applies the ground strangle and competitor begins their defence.

3.5.3. REFEREE COMMANDS

1st Command: POSITIONS

2nd Command: WHITE/RED ATTACK

3rd Command: ATTACKERS OFF THE MAT

4th Command: JUDGES DECISION PLEASE

3.5.4. COMPETITORS' CRITERIA

Minimum age is 11 years.

3.5.5. COMPETITORS SUBCATEGORIES

Junior AGE CATEGORY 11-17years

Junior Green Belt

Junior Blue Belt

Junior Purple Belt

Junior Brown Belt

Junior Black Belt

Seniors AGE CATEGORY 18years & above

Senior Green-Blue Belt

Senior Purple – Brown Belt

Senior Black Belt

3.5.6. CATEGORY RULES

- The above categories can be amended if the entry numbers are insufficient or are oversubscribed.
- Random attacks are determined by grade.
- Where there is an open category being used, attacks will revert to the lower grade.
- The judge/ref/official has the right to change the uke if they feel uke is unsuitable due to health & safety or disadvantage. If a competitor is not available, then another uke will be selected. All Tori's will be expected to also be an uke.
- The attacker can be no more than 1 grade different to the defender.
- No Black belts can be used as an attacker for a Kyu grade.
- Juniors can demonstrate all defences inclusive of knife & baton defences as per senior sections.

3.5.7. DURATION

No time limit, but the competition must be fast paced.

3.5.8. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi

3.5.9. OFFICIALS REQUIRED

1 x BJJAGB National Referee

3 x Judges

1 x Scribe

1 x Caller

1 x Dresser

1 x Mat Assistant/Runner

3.5.10. SCORING

Each Judge decides the overall winner of the preliminary rounds after three attacks or after five attacks in the final only by raising the appropriately coloured flag at the end.

3.5.11. JUDGES GUIDELINES AND CRITERIA FOR DECISION

- During Random Attacks the Judges are seated next to each other on one side of the mat, as directed by the Referee or Senior Official, normally opposite the Scribe's Table.
- The judges should score this round on "street effective techniques" with extra points for all round awareness being important.
- Defenders should also be marked down if they repeatedly demonstrate the same defence.
- Any prolonged or over-elaborate defences should be penalised by the judges.
- Failure to comply with their right arm held behind their back will result in the respective competitor losing that particular point.
- In the event of a draw, judges should cross their arms. However, the judges should avoid giving a draw at all costs, using fair reasoning to reach a winner.
- Sacrifice throws in random attacks.
 - Defences whereby the defender themselves go to the ground, known as Sacrifice Throws, should be marked down.
 - Random attacks are about street credibility, and it has always been the rule that sacrifice throws is like going on the floor outside & this is to be discouraged. A sacrifice throw is where a defender goes wholly to the ground to execute the throw. Points for that attack will be awarded to the competitor who does not execute a sacrifice throw.
 - If both competitors perform a sacrifice throw, then the win for that attack should awarded for the most street effective technique.
 - A single knee on the floor is not classed as a full sacrifice throw but may be marked down when compared to a fully standing throw.

- Pre-empting of attacks should mean loss of that point.
- Each competitor should attend a competition with an attacker of their own choice, although this could lead to signalling between them. This is a point that the officials must be very aware of, and any collusion must be treated severely.

3.5.12. MAT EQUIPMENT REQUIRED

3 x Judges Chairs

Clipboards,

Pens,

Scorecards,

Competitors List,

Administration Paperwork,

3 x Sets of Red and White Flags

Minimum of 2 Red Belts & 2 White Belts

Mat tape

Random Attack Book/App

2x Batons, Rubber/Plastic Knives

3.5.13. PROHIBITED BEHAVIOUR

No signalling or communication, either verbal or non-verbal, should take place between the attacker & defender during the contest. Such actions or other pre-empting of attacks should mean loss of that point.

Random attacks are not a pairs demonstration.

3.5.14. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.
- A yellow card remains live for that competitor for all remaining of the championships.

3.5.15. INJURIES AND ACCIDENTS

In the event of an injury to an attacker, then an alternative uke may be selected for any outstanding attacks. If a competitor suffers an injury and is unable to continue, then the win shall be awarded to their opponent.

3.6. ADVANCED RANDOM ATTACKS

3.6.1. CATEGORY DESCRIPTION

The object of Advanced Random Attacks is for the defender to react promptly to two attacks delivered consecutively and defeat the two attackers with short, sharp, effective defence. The

purpose of Advanced Random Attacks is to allow the higher grades to hone their skills against two attackers.

This competition is known as best of the best!

3.6.2. CATEGORY FORMAT

- Require 2 x Competitors (Defenders) and 4 x Attackers.
- Competitors need to be designated as Red or White
 - Competitors are called to the mat by the referee.
 - They stand on either side of the referee, with the RED on the right side.
 - At the sign of the referee, the competitors bow to the judges.
 - The referee turns them to face each other.
 - They bow to each other.
 - The referee tells the competitors to take their places on the mat (see Diagram).
 - Red goes to “mark” and faces away. White goes to “neutral b” and faces away.
 - All attackers (both red/white) stand with the Caller (not in neutral corner) as per Layout Plan (Appendix 4)
 - Red goes to “mark” and faces away. White goes to “neutral b” and faces away.
 - The four attackers are then given their attacks. On being called by the referee the white attackers go to “neutral a” and face away, whilst the red attackers take up their positions.
 - On the call of “ready” the defender turns left to face his opponents and referee calls attack and the bout. The second attacker must circle the melee at a distance of 2 metres (approx. 6feet).
 - The second attack comes on termination of the first attack. Once this has taken place the attackers return to the caller and wait.
 - On receiving their attacks both players must return to the mat with their right hands behind their backs, except for if the attacker is armed with a baseball bat where it is held in front of the attacker.
 - The referee now calls change, and the red defender goes to “neutral b” facing away and white comes to mark facing away.
 - Ref now calls white attackers out and then calls ready, followed as before by attack.
 - On both attacks being finished, the attackers are sent away, and all four attackers are given new attacks at the same time.
 - The process is repeated only with a change of colour. That is, red’s attackers are now in neutral and facing away, white’s attackers now awaiting to attack.
 - Once the second set is finished by both defenders the process is repeated for the final 3rd set.
 - Once the third set is complete the referee sends the attackers away and takes red on their right and white on their left to the judges, for their decision.

A mat plan is attached at Appendix 4

3.6.3. COMPETITORS' CRITERIA

All Adult Black Belt medal winners will automatically be entered into the Advanced Random Attack Category.

3.6.4. REFEREE COMMANDS

1st Command: Positions

2nd Command: Ready (Competitors Left Turn about)

3rd Command: Attack

4th Command: Change

5th Command: Judges Decisions Please

3.6.5. COMPETITORS SUBCATEGORIES

<None>

3.6.6. CATEGORY RULES

- Competitors are expected to uke for each other. Non-compliance will result in disqualification.
- The judge/ref/official has the right to change the uke if they feel uke is unsuitable due to h/s or disadvantage. If a competitor is not available, then another uke will be selected. All Tori's will be expected to also be an uke.
- Using black belts only as attackers.
- Where only one attacker is armed, the weapons attack is the second attack.
- When a ground strangle is given as an attack, this should be given to the 2nd attacker who should run in with their right hand in the air. The competitor then throws a right roundhouse punch, and the attacker performs a hip throw, followed by the allocated ground attack.
- Where a ground strangle is the attack the defender punches with a roundhouse punch and is then thrown to the floor with a hip throw (ogoshi) only.
- Any changes to the Advanced Random Attacks rules do not alter single attacker random attacks category.

3.6.7. DURATION

No time limit, but the competition must be fast paced.

3.6.8. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi

3.6.9. OFFICIALS REQUIRED

1 x BJJAGB National Referee
3 x Judges
1 x Scribe
1 x Caller
1 x Dresser
1 x Mat Assistant/Runner

3.6.10. SCORING

Each Judge decides the overall winner of the preliminary rounds after three attacks or after five attacks in the final only by raising the appropriately coloured flag at the end.

3.6.11. JUDGES GUIDELINES AND CRITERIA FOR DECISION

- During Random Attacks the Judges are seated next to each other on one side of the mat, as directed by the Referee or Senior Official, normally opposite the Scribe's Table.
- It is imperative that the defendant deals swiftly with the first attacker – disabling them but demonstrating total awareness of the 2nd attacker's position.
- The defendant should endeavour to try to ensure that they deal with the 1st attacker in a way that enables them to be in a favourable position to deal with the 2nd attacker.

3.6.12. MAT EQUIPMENT REQUIRED

3 x Judges Chairs
Clipboards,
Pens,
Scorecards,
Competitors List,
Administration Paperwork,
3 x Sets of Red and White Flags
Minimum of 2 Red Belts & 2 White Belts
Mat tape
Advanced Random Attack Book/App
4x Batons, Rubber/Plastic Knives, Foam Baseball Bats & Plastic Bottles

3.6.13. PROHIBITED BEHAVIOUR

No signalling or communication, either verbal or non-verbal, should take place between the attacker & defender during the contest. Such actions or other pre-empting of attacks should mean loss of that point.

Random attacks are not a pairs demonstration.

3.6.14. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.
- A yellow card remains live for that competitor for all remaining of the championships.

3.6.15. INJURIES AND ACCIDENTS

In the event of an injury to an attacker, then an alternative uke may be selected for any outstanding attacks. If a competitor suffers an injury and is unable to continue, then the win shall be awarded to their opponent.

3.7. CONTINUOUS FIGHTING

3.7.1. CATEGORY DESCRIPTION

A continuous fighting-system is where two competitors compete against each other in a sportsman like competition with adapted means of Ju-Jitsu. This is the only category where males and females are kept totally separate and can subsequently only compete within same sex groups.

There are three parts to this category, where the competitors score collective points to win.

In the first part, namely

Part 1: Safe Contact Sparring, competitors use safe contact to score points with clean punches and kicks to designated areas of the body. The second part, namely

Part 2: Gripping and Throwing, upon the referee's instruction, the competitors take a grip of each other and attempt to throw or take down their opponent using recognised ju-Jitsu techniques. The final stage, namely

Part 3: Ground Fighting, begins once the competitors are on the ground following a throw or takedown, or again on the referee's instruction, and require the competitors to attempt to control their opponent whilst on the ground.

No punches or kicks are allowed in Part 2 or Part 3. There are significant differences between the Adult and Junior rules, and it is imperative that these differences are adhered to at all times for the safety of the competitors.

3.7.2. CATEGORY FORMAT

- Require 2 x Competitors.
- Competitors need to be designated as Red or White – indicated by belts.
- Competitors are called to the mat by the referee.

- They stand on either side of the referee, with the RED on the right side,
- At the sign of the referee, the competitors bow to the judges.
- Upon instruction from the referee the competitors then move to the middle of the competition area approximately two meters apart.
- The referee instructs the competitors to touch gloves, followed by the command 'HAJIME', to start Part 1 of the category: Safe Contact Sparring.
- Competitors must score points by making CLEAN punches, strikes and kicks to the upper body of their opponent. All contact must be deemed as safe contact.
- After 1 minute of Part 1: Safe Contact Sparring, following a signal from the timer, the referee commands 'GRIP'.
- The competitors then make any upper body grip and Part 2: Gripping and Throwing commences. Punches, strikes and kicks are no longer allowed in Part 2 except if they are performed simultaneous with the initial grip.
- Competitors must attempt to throw or take down their opponent within 45 second using a recognised Ju-Jitsu technique (an extra 15 seconds is allowed for this at the referee's discretion if they feel a throw is imminent).
- As soon as one of the competitors has been thrown or taken down and is sitting or lying on the floor the match continues in Part 3: Ground Fighting. The competitors must attempt to control their opponent on the ground to gain points.
- If the competitors fail to get their opponent to the ground during Part 2: Gripping and Throwing, after the duration of Part 2 has lapsed, the referee will instruct the competitors to maintain grip and go down to one knee to commence Part 3.
- If the Referee establishes that a control is in place during Part 3: Ground Fighting, they will start a 5 second count. If the person being controlled is able to free themselves from that control within the count, then the count shall cease, and no points be awarded. If the count reaches 5 seconds, then points will be awarded and the referee will command 'CHANGE POSITION', after which the competitor with control must change their control position in order to gain another control. The competitor deemed under control may use the opportunity to break free.
- After 60 seconds of Part 3: Ground Fighting, the referee, following a signal from the timer calls matte and the contest is finished. When the Referee calls 'MATTE' to end the contest, no further time shall be allotted for completion of a control, lock or choke and the competitors must cease all activity.
- After consultation with the judges, the referee announces the winner.
- The competitors perform standing bow first to each other, then to the judges, which are standing on one line in the fighting area.

3.7.3. COMPETITORS' CRITERIA

Minimum age is 11 years.

3.7.4. REFEREE COMMANDS

Command: HAJIME – used to start the Part of the category or to restart the match after a matte command.

Command: BREAK – used to revert back to sparring after the leg has been caught during a kick in Part 1.

Command: MATTE - used if the referee must temporarily stop the competitors. In this case, the competitors are not allowed to move anymore. Examples of when the command is used;

- When time is expired and or the part is finished.
- If one or both competitors left the competition area
- If one or both competitors performed a prohibited act
- If one or both competitors are injured or are taken ill
- If one of the competitors can't tap by himself during a strangulation or lock
- In any other case when the referee finds it necessary e.g., to reset the gi or to deliver judgments.
- To give one or both competitors a warning for passivity.
- To give one or both competitors a yellow card and red card
- Any other time the referee finds it necessary.

If the command matte is used, upon the referee's following command of Hajime competitors continue exactly in the same position they were, when the matte command was announced.

Command: GRIP – used to commence part 2.

Command: CHANGE POSITION – used after the referee has counted out 5 seconds for a control in part 3. The competitor in control MUST at this point attempt a ground control from a different position. The person deemed under control may attempt to escape that position. After a second consecutive control, the referee shall announce MATTE.

3.7.5. COMPETITORS SUBCATEGORIES

Categories are determined by weight and age.

AGE CATEGORIES

Juniors 10-11 years (Junior Rules are applicable)

Juniors 12 -13 years (Junior Rules are applicable)

Juniors 14-15 years (Senior Rules are applicable)

Juniors 16-17 years (Senior Rules are applicable)

Seniors 18 + (Senior Rules are applicable)

The above categories are only a guideline to show the age groups. The competitor will be categories based on weight and gender in addition to age.

WEIGHT CATEGORIES

MALE

55 kg and under,
62 kg and under,
69kg and under,
77 kg and under,
85 kg and under,
94 kg and under,
99 kg and under,
Over 100 kg

FEMALE

48 kg and under,
55 kg and under,
62 kg and under,
69 kg and under,
77 kg and under,
85 kg and under,
Over 85 kg

All weights submitted on the entry forms should be made wearing the BJJAGB Competition Gi. Adult weights will be checked on the day of the championships by the organisers.

The categories are decided prior to the championships and are varied slightly to accommodate the number of entries and to ensure compatibility of weights, in the interests of a fair competition.

3.7.6. CATEGORY RULES

ADULT, JUNIORS 14-15 YEAR AND JUNIORS 16-17 YEARS RULES

PART 1: SAFE CONTACT SPARRING

Fully clenched fists only MUST be adopted.

The strikes are limited to the following areas: side of the head, neck, abdomen, chest, and side.

Catching and holding a kick is allowed for 3 seconds to execute a throw/sweep after which the referee will command 'BREAK'.

All contact during this phase must be 'safe contact' that is, it must not endanger the opponent or be reckless.

PART 2: GRIPPING AND THROWING

Upon the command of 'GRIP' from the referee, competitors must cease all strikes and immediately make a grip with two hands above the waist of their opponent. There is no delay/pause as the contest should be continuous.

Competitors must maintain a grip at all times with at least one hand but are allowed to change the grip positions. Grips below the waist are allowed after the initial above the waist grip.

If in the opinion of the Referee, any competitor goes to ground without making an attempt to throw or takedown their opponent, the Referee shall ask the competitors to stand and continue this phase of the contest, time permitting.

PART 3: GROUND FIGHTING

Competitors must have at least one knee on the ground throughout this phase and are not allowed to stand.

Competitors must attempt to control their opponent whilst on the ground, which can be from on top or from below.

Only one Transition/Change Position is permitted and only after a Hold Down, after which the competitors will reset on one knee back in the centre of the mat and continue until the allotted time is ended.

A competitor may 'tap out' at any point if they feel an injury may occur.

As well as a control by a hold, competitors may place their opponent in a recognised permitted leg or arm lock (see Prohibited Behaviour)

A submission or tap out FOR ANY REASON will not result in a change position command, but a kneeling reset back to the centre of the mat.

JUNIOR 11-13 YEARS RULES

PART 1: SAFE CONTACT SPARRING

Fully clenched fists only MUST be adopted.

The strikes are limited to the following areas: neck, abdomen, chest, and side. NO STRIKES TO THE HEAD

Catching and holding a kick is allowed for 3 seconds to execute a throw/sweep after which the referee will command 'BREAK'.

All contact during this phase must be 'safe contact' that is, it must not endanger the opponent or be reckless.

PART 2: GRIPPING AND THROWING

Upon the command of 'GRIP' from the referee, competitors must cease all strikes and immediately make a grip with two hands above the waist of their opponent. There is no delay/pause as the contest should be continuous.

Competitors must maintain a grip at all times with at least one hand but are allowed to change the grip positions. Grips below the waist are allowed after the initial above the waist grip.

If in the opinion of the Referee, any competitor goes to ground without making an attempt to throw or takedown their opponent, the Referee shall ask the competitors to stand and continue this phase of the contest, time permitting.

PART 3: GROUND FIGHTING

Competitors must have at least one knee on the ground throughout this phase and are not allowed to stand.

Competitors must attempt to control their opponent whilst on the ground, which can be from on top or from below using hold downs only.

Juniors in this category must only seek to control their opponent WITHOUT the use of joint locks or chokes.

Only one Transition/Change Position permitted, after which the competitors will reset on one knee back in the centre of the mat and continue until the allotted time is ended.

A competitor may 'tap out' at any point if they feel an injury may occur.

A submission or tap out due to a HOLD will result in a change position command.

A submission or tap out will not result in a change position command, but a kneeling reset back to the centre of the mat.

When the same competitor is involved in consecutive matches, a recovery time of 5 minutes will be allowed between the two matches.

3.7.7. DURATION

The fighting time per match is 3 minutes, with 1 minute for Part 1, up to 45 seconds for Part 2 (may be extended by 15 seconds by the Referee) and 1 minute for Part 3.

Catching and holding a kick in Part 1 is allowed for 3 seconds to execute a throw/sweep after which the referee will command 'BREAK'.

When the same competitor is involved in consequent matches, a recovery time of 5 minutes will be allowed between the two matches.

3.7.8. COMPETITORS' EQUIPMENT REQUIREMENTS

British Ju-Jitsu National Championship Gi

ADULT, JUNIORS 14-15 YEAR AND JUNIORS 16-17 YEARS

- Regulation BJJAGB Gloves (shown below),
- Gumshields (shown below)
- Soft shin and instep protectors (shown below). These must be made of soft foam, be at least 2cm thick with an upper limit of 3 cm, be of the correct size for the competitor and in good condition.
- Male competitors require a groin guards.

- OPTIONAL Female competitors may wear a chest protector and a groin guard.



JUNIOR 11-13 YEARS RULES

- Regulation BJJAGB Mitts (shown above),
- Gumshields (shown above)
- Soft shin and instep protectors (shown above). These must be made of soft foam, be at least 2cm thick with an upper limit of 3 cm, be of the correct size for the competitor and in good condition).
- Male competitors require a groin guard.
- OPTIONAL Female competitors may wear a chest protector and a groin guard.

ALL

Shin and instep protectors, groin guards and chest-protectors must be worn beneath the gi.

3.7.9. OFFICIALS REQUIRED

- 1 x BJJAGB National Referee
- 3 x Judges
- 1 x Scribe
- 1 x Timer
- 1 x Dresser
- 1 x Mat Assistant/Runner

3.7.10. SCORING

There is one BJJAGB National Referee who is responsible for managing the category and three mat judges who will be responsible for recording the scores for both Red and White competitors. Each judge will have a red and white clicker to enable them to record the corresponding scores for both competitors.

PART 1: SAFE CONTACT SPARRING

Clean Punches, Strikes and Kicks to the authorised areas = 1 point

Take downs resulting from a leg grab during a kick (within 3 seconds) = 2 points

Clean throw (where both feet leave the ground) resulting from a leg grab during a kick (within 3 seconds) = 3 points

PART 2: GRIPPING AND THROWING

Take down = 3 points

Clean throws (where both feet leave the ground) = 5 points

PART 3: GROUND FIGHTING

5 second control (maximum of 2 consecutive controls) = 3 points

Opponents tap out or submission = 3 points

ALL

If a yellow card is issued by the referee, then 3 points are awarded to the opponent.

3.7.11. JUDGES GUIDELINES AND CRITERIA FOR DECISION

Each competitor must be active in all parts.

The competitors must be technically active before going into the next part of 2 or 3.

An act is technically valid when the competitor shows the technique with good balance and with controlled combinations.

The mat referee together with the judges should decide if the last action happened before or after the end of the Part.

When the same competitor is involved in consequent matches, a recovery time of 5 minutes will be allowed between the two matches.

3.7.12. MAT EQUIPMENT REQUIRED

3 x Judges Chairs

Clipboards,

Pens,

Scorecards,

Competitors List,

Administration Paperwork,

3 x Sets of Red and White Clickers,

Minimum of 2 Red Belts & 2 White Belts.

3.7.13. PROHIBITED BEHAVIOUR

The following actions may receive a warning, a yellow card, or a red card.

- If one or both competitors show passivity or minor technical infringements.
- To deliver multiple uncontrolled, poor form punches
- To deliberately go outside the competing area with both feet.

- To purposely push the opponent outside the competing area.
- To purposely deliver kicks or punches in parts 2 or 3
- To make any further actions after 'MATTE' has been announced.
- To deliver punches, strikes, and kicks to the legs.
- To deliver punches, strikes, and kicks at the opponent if said opponent is lying down.
- To make locks on fingers or toes.
- To make cross-legged locks around the kidneys (can cross legs to hold but not extend the legs as this risk injury to the kidneys).
- To make a strangulation with bare hands / fingers.
- If a competitor comes unprepared to the mat and delays the contest.
- If a competitor is wasting time on purpose (by arranging the gi, by taking the belt off, taking off the gloves etc.)
- To make attacks like kicking, pushing, punching, and hitting the body of the opponent in a hard way.
- To purposely throw the opponent from the competing area to outside of the safety area
- To disregard the referees' instructions.
- To make unnecessary calls, remarks or gestures to the opponent, referees, the officials, or the audience.
- To make straight punches or straight kicks towards the head.
- To apply any action which may deliberately or recklessly injure the opponent.
- To throw or try to throw the opponent with any lock or strangulation.
- To make any locks or cranks on the neck or spinal column.
- To make any twisted locks at the knee, ankle, or foot.

A yellow card will follow the competitor throughout the championships.

The technique commonly known as the flying head scissors is not allowed in any BJJAGB competition.

3.7.14. WARNINGS & PENALTIES

- Dissent to any official is a red card and this will result in complete disqualification for the entire championships.
- Dissent to another competitor during a match will be an immediate yellow card.

- In part 1, if a competitor only rushes towards the opponent without making a technical action or if the competitor is in a dangerous position for oneself a yellow card will be issued, and the match will continue in part 1.
- The Referee command, Matte should be used to give one or both competitors a warning for passivity or to give one or both competitors a yellow or red card.

If a yellow card is issued by the referee, then three points are awarded to the opponent.

Red card will be issued after a second yellow.

DISQUALIFICATION

- If a competitor shows unsportsmanlike behaviour to the Referee before or after a fight,
OR
- If a competitor injures another competitor, by dangerous actions, to the extent that the other competitor is unable to continue with any other part of the championship i.e., Kata. The officials of the Mat will unanimously decide that the competitor should be expelled from the rest of the tournament. They will inform the head-referee of their decision and then ask the organiser of the tournament to make the official announcement.
- Should the need arise for a disqualification, this decision will be taken by the mat referee. However, if the competitor feels they have been unfairly disqualified they then have the right to appeal. The appeal however must be lodged on the day.
- Coaching from the side-lines – this will not be tolerated, and any coach/instructor observed doing this will be putting their student at risk of disqualification by the referee.

3.7.15. INJURIES AND ACCIDENTS

Throws must start in the competition area. The opponent may be thrown to the safety area, provided the throw presents no injury risk for the opponent.

Strangles and chokes. – when a competitor is being strangled or choked the referee must do a verbal check in addition to a visual check.



EMPTY HAND KATA SCORESHEET

JUDGES NAME:.....

| NAME | ETIQUETTE Appearance/Attitude/ Introduction of Kata | TECHNICAL ABILITY/DIFFICULTY Good demonstration of: Power/Speed/Timing/Balance | STYLE/FLARE & VIABILITY Would the application work? | TOTAL MARKS |
|------|---|---|---|------------------------|
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WEAPONS KATA SCORESHEET

JUDGES NAME:.....

| NAME | ETIQUETTE Appearance/Attitude/ INTRODUCTION OF KATA | TECHNICAL ABILITY/DIFFICULTY Good demonstration of: Power/Speed/Timing/Balance | WEAPON CONTROL & APPLICATION | TOTAL MARKS |
|------|---|---|---------------------------------|------------------------|
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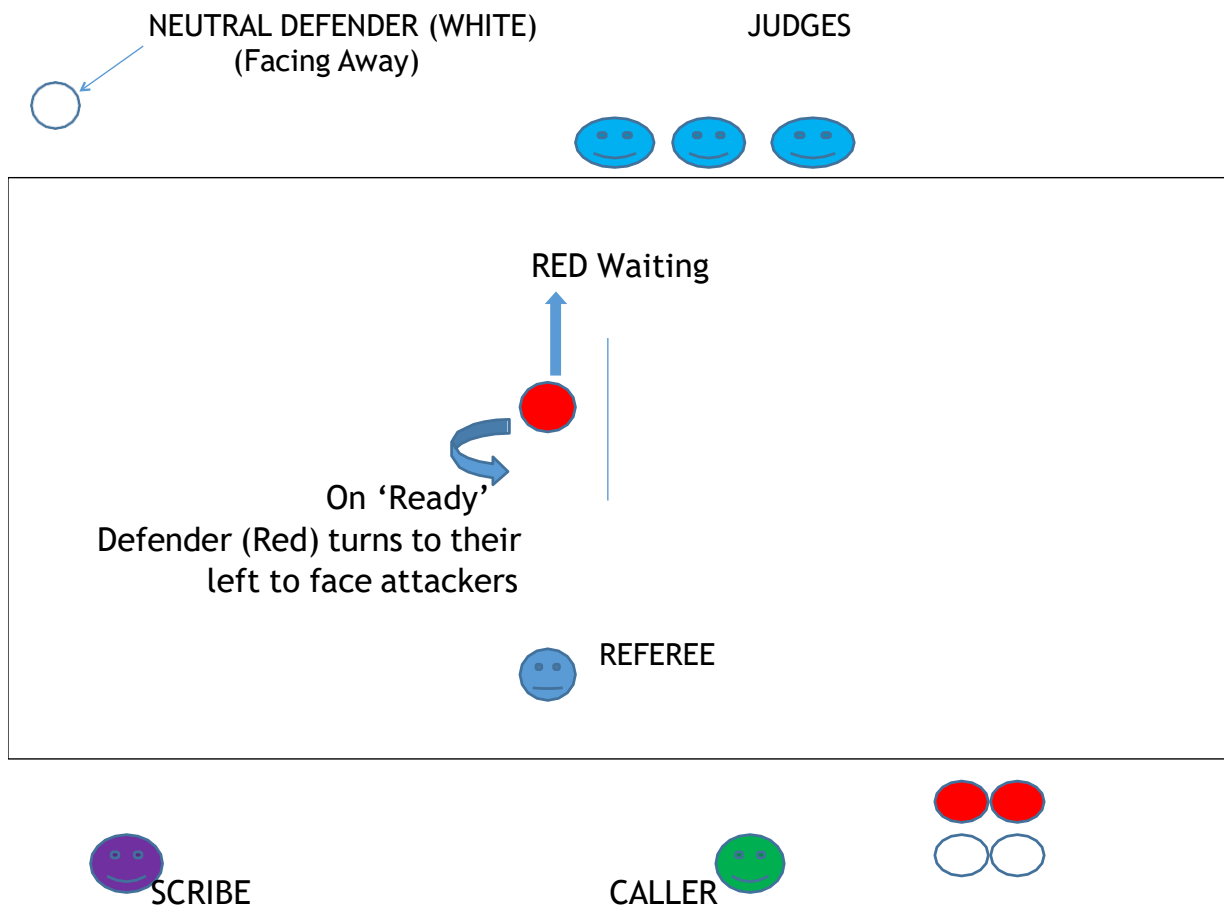


PAIRS DEMONSTRATION SCORESHEET

JUDGES NAME:.....

| NAME | ETIQUETTE <i>Appearance/Attitude/ Presentation</i> | TECHNICAL ABILITY/DIFFICULTY <i>Good demonstration of: Power/Speed/Timing/Balance</i> | STYLE/FLARE/ JU-JITSU CONTENT | TOTAL MARKS |
|------|---|---|----------------------------------|------------------------|
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APPENDIX 4: ADVANCED RANDOM ATTACKS - FIRST ROUND LAYOUT & POSITIONS



APPENDIX 5: CHAMPIONSHIPS SAFETY

The BJJAGB National Championships are governed by the BJJAGB National Championships Rule Book which is reviewed annually. The Championships are managed in accordance with the BJJAGB Equality, Diversity, and Inclusion, Safeguarding and Safety Policy.

The National Championships format has developed over many years and is frequently modified and changed to take account of legal, statutory and policy changes, with the overarching objective to maintain the safety of the competitors.

This document is the general health and safety considerations for the Championships as a whole, with specific health and safety considerations relevant to each competition category being listed under that category.

The Championships will be held at suitable venue with adequate facilities. The venue is the National Judo Centre in Walsall.

The premises owner will have responsibility for;

- Safe access and egress from the building.
- Safety in the changing rooms, slippery floors etc.
- Maintaining means of escape during emergency evacuation.
- The provision of suitable levels of lighting, ventilation and heating.
- The proper inspection and maintenance of equipment owned by the premises owner e.g., mats.

The BJJAGB will be responsible for;

- The allocation of all officials to the event, and ensuring sufficiently qualified and trained staff, approved and mandated by the BJJAGB, are allocated to the event.
- Ensuring all competitors have valid & current membership and insurance with the BJJAGB in effect on the day of the Championships.
- All Competitors have completed the BJJAGB Competition Medical Waiver Form
- All Officials understand and abide by the rules of the competitions to reduce the risk of injury.
- A BJJAGB Organisational Risk Assessment is undertaken prior to the Championships.
- Appropriate first aid cover is available at all times.
- That all competitors strictly adhere to the rules regarding safety equipment and personal standards
- All equipment supplied by the BJJAGB for use in the Championships, by competitors and officials is fit for use.
- Mats that have been set out correctly and are in a sound condition. The competition area on each mat should be at least 5 metre square with in additional 1 metre clearly defined safety area around each mat.
- Personal belongings, bags, etc. do not obstruct exits or present trip hazards.

- No eating or drinking in the designated competition area.
- and no one under the influence of alcohol or drugs is allowed to participate in any official or competitive role.

During the Championship the BJJAGB will ensure that;

- Blood spillages shall be treated immediately.
- Injuries are treated immediately and recorded in the relevant accident book.
- Persons feeling faint or nauseous shall be accompanied to first aid.
- The mat shall be kept free of gaps and clear of training equipment as far as is reasonably practicable.
- Persons are not mismatched in size or ability where this will give rise to danger. Adults will be weighed at the start of the day. All officials should stay alert to identify any competitor who appears to be in the wrong category due to belt level, size, age, weight or gender.
- Competition weapons are inspected before use.
- Any competitor who has been involved in continuous fighting shall have a 5-minute recovery period before competing again, or up to a 2-minute recovery period during a fight in the case of an injury or blood spillage.

For all Competitors, they must;

- Be aware of Dojo rules, etiquette, safety precautions and are wearing suitable clothing in a good state of repair.
- All jewellery to be removed or made safe.
- All toe and fingernails are as short as possible.
- Suitable warm up exercises have been completed.
- Weapons and training equipment are in a safe condition and stored appropriately during the Championship.
- That they always obey the instructions of the Referee/Officials when competing
- That they have footwear to be worn when off the mat to prevent transfer of contaminants onto the mat.

The information relating to competitors and requirements is listed on the BJJAGB website www.bjjagb.com

THE BJJGB has produced a

- Students Charter
- Parents/Carers and Spectators Charter
- Sensei/Instructors Charter

which are also available at www.bjjagb.com

APPENDIX 6: THE BJJAGB STUDENT CHARTER

Students should:

1. Participate in Martial Arts for enjoyment and in a manner consistent with Black Belt values of Honesty, Respect, Trust, Indomitable Spirit,
2. Respect their Sensei's, team-mates, opponents, officials, and other adults.
3. Praise positive aspects of team-mates' Techniques, especially effort and commitment, and not place blame anywhere.
4. Accept that safety and welfare are more important than anything else; they should not behave in any way that risks the health and safety of themselves or others.
5. Follow the rules of the Club and obey the laws and rules of the Governing Body.
6. Co-operate fully with their Sensei.
7. Accept responsibility for their behaviour and performance. Accordingly, Students must take responsibility for their own actions.
8. If in doubt, find out from the Sensei exactly what is expected of them.
9. Co-operate fully with other Sensei's, managers, officials and specialists, in their own best interests.
10. Encourage other students to obey the rules of the dojo and competition, play fairly and show sportsmanship. Not break the rules of the Club or the laws of the competition or behave in any way that harms the Club's or the Martial Arts reputation.
11. Take care of & respect training facilities, equipment and property and dispose of litter properly.
12. Take care of your uniform any lost or damaged items must be replaced at the students' parents or carers cost.

APPENDIX 7: THE BJJ GB PARENTS/CARERS AND SPECTATORS CHARTER

Parents/carers and spectators should:

1. Accept that the primary aim of the BJJAGB is to provide children with the opportunity to enjoy themselves through Ju-Jitsu in the context of Martial Arts Program
2. Respect the rights, dignity, and value of every person within the context of the Martial Arts.
3. Praise positive aspects of play and performance such as effort, commitment and avoid undermining children's' confidence by ridiculing or humiliating them for mistakes or failures. Avoid issuing conflicting instructions to students from the Sensei's.
4. Accept that children's safety and welfare are paramount and more important than individual or team performance.

5. Adhere to the Club constitution, charters, Governing Body procedures and policies, and to the rules of the Martial Arts Association.
6. Develop an appropriate supportive and co-operative working relationship with the Sensei, management, and their child.
7. Encourage and guide children to accept responsibility for their own behaviour and performance.
8. Find out from the Sensei or manager exactly what is expected of them and their children as well as what they should expect in return.
9. Co-operate fully with other Sensei's, managers, or officials in the best interests of the students.
10. Promote adherence to the ethics and code of martial arts, fair play and sportsmanship to students, parents, and spectators.
11. Never condone violations of the laws of the game, behaviour contrary to Black Belt values, the spirit of these laws of Martial Arts or other relevant rules and regulations, or use of prohibited substances or techniques.
12. Consistently display high standards of behaviour.
13. Ensure that students turn up at the appointed time for training and matches wearing the appropriate clothing and in the right condition.
14. Take care of the official uniform, any lost or damaged items other than for normal wear and tear will be replaced at the students' parents or carers cost. No other equipment may be used or worn other than Official (CLUB) Equipment
15. Not take any photographs or video recording without seeking the agreement of the Sensei's involved first, in accordance with BJJAGB Guidelines and Child Protection.
16. Encourage students' skill levels by watching positive Martial Arts films as well as training in the Martial Arts outside of training at home supervised by a parent.

APPENDIX 8: THE BJJAGB SENSEI'S /INSTRUCTORS CHARTER

Sensei and managers should:

1. Accept that the primary aim of the Club is to provide children with the opportunity to enjoy themselves through participating in Martial Arts & enhance the spirit of the arts through the Student Creed and Black Belt Oath.
2. Respect the rights, dignity and value of each and every person within the context of the Martial Arts
3. Ensure that children's safety and welfare are paramount and are made more important than individual or team performance.

4. Adhere to the Club constitution, charters, procedures, and policies, and to the Rules of the Martial Arts Association.
5. Develop an appropriate co-operative working relationship with children based on mutual trust and respect.
6. Encourage and guide children to accept responsibility for their own behaviour and performance.
7. Ensure that activities they direct, or advocate are appropriate for the age, maturity, experience and ability of students.
8. From the beginning, make clear to every student and, where appropriate, parents or carers, exactly what is expected of the student and what the student is entitled to expect in return.
9. Co-operate fully with other Sensei's or managers, officials, and specialists (e.g., doctors and physiotherapists) regarding the best interests of the students.
10. Promote adherence to the rules of the BJJAGB, fair play and sportsmanship to students, parents, and spectators consistent with Black Belt values.
11. Never condone violations of the laws of the game, behaviour contrary to the spirit of these laws or other relevant rules and regulations, or use of prohibited substances or techniques.
12. Consistently display high standards of behaviour and act as a positive role model for students, parents, and spectators.

APPENDIX 9: NOTES

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