

“Inclusive Self Defense Ju-Jitsu” Competition System

Version 1.0.4



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1 Generalities

The JJIF-“Inclusive Self Defense Ju-Jitsu” Competition System [ISDJJ] is aimed at presenting a free presentation of individual defense strategies for people with disabilities. A Team may consist of 2 Athletes with disabilities or one with and one without disabilities (in that case the Athlete without disabilities has to perform all attacks).

Every Team will present 6 free of choice Defenses in no particular order based on the Attacks of “JJIF Duo System”.

The System will be organized according to the JJIF Sporting Code.

2 Categories

Regardless the gender of athletes.

- **Cognitive Impairment** (Classifications: C1, C2, C3, E1, E2, E3, E4, E5)
- **Physical Impairment** (Classifications: A1, A2, A3, A4, I1, I2, I3, I4, K2, K3, K4) Prothesis and Wheelchairs are allowed but not to be used as a weapon.
- **Visual Impairment** (Classifications: B1, B2, B3 Blindfolds are obligated for all participants)

List of classification see Appendix II

If, in youth events, the participation is sufficient, the Organizing Committee can introduce more specific classification according to the JJIF guidelines.

3 Referees and secretariat

3.1 Referees

3.1.1 In the ISDJJ discipline, there is **one mat referee (MR)**, who stays within the match area, conducts the match.

3.1.2 Outside the match area, next to the tatami, there will be seated **3 jury referees (JR)**. They are responsible for giving scores to the couples for the techniques performed.

3.1.3 The MR and the JR's are supported by **1 video referee (VR)**, seated next to the secretariat. Video cameras are used, located at diagonally opposed corners of the mat.

a. The VR's also play a part in judging/scoring the presentation.

b. When the software allows it, the VR's can already mark the wrong attack in the system. Otherwise, it is the responsibility of the JR's to notice the wrong attack.

c. When possible at all finals, 2 VR's can assist each other in performing the VR tasks.

3.1.4 When there is no digital scoring system there will be **1 table referee (TR)** that oversees the secretariat.

- a. The TR will count the total points of the presentation given by each JR.
- b. The TR starts the injury-time when the medical personnel starts treatment on the mat.
- c. In case a digital scoring system is used, the tasks of the TR will be done by the VR.

3.1.5 Referee decisions may be challenged according to the regulations in the SC.

3.1.6 The MR, VR and JR's are supported and supervised by the **tatami head referee (HR)**.

3.1.7 It is the MR's duty to assist and safeguard the athletes if needed, follow up the course of the match, as described in the rules and keep the flow of the presentation/match.

3.1.8 It is the MR's duty to penalize the coaches and ask them to leave the competition area, according to the SC. In case of a point-deduction, this will be given by the VR (or TR) into the software, after the announcement of the MR.

3.1.9 JR's and VR's on the same round or match should all be from different countries than the athletes and among themselves (or different clubs, if it is a national competition), if possible. When this is not possible, the VR must always be neutral to the countries

competing in the group. In case there are not enough referees to make a jury without any nation involved, the MR can have the same nationality as one of the teams in the group.

3.2 Secretariat

3.2.1 The secretariat consists of at least one scorekeeper. In case a digital scoring system is used, the main task of the secretariat will be to follow up the fight order.

3.2.2 The secretariat is placed such that the MR can see them at the beginning of the presentation or match.

3.3 Coaches and Challenges

- a. Only one coach per couple is allowed in the match area. Coaches must stay seated at the boundary of the match area during the match. Coaches are role models, so their behaviour must reflect the martial arts code of ethics and personal conduct.
- b. Coaches must be dressed according to the regulations in the SC. In certain events, a special dress code may be established (e.g. Beach Games).
- c. If coaches exhibit offensive behaviour towards competitors, referees, the audience, or anyone else, or if they try to coach the referees more than once, the Mat Referee (MR) should dismiss them from the area reserved for the officials (FOP) for the remaining duration of the match. If the offensive behaviour continues, the referees of the match may decide to dismiss them from the official tournament grounds. The organiser/host reserves the right to ban anyone they deem troublesome from the venue.
- d. A coach can challenge the performance of his own team in the qualification rounds and, additionally, of another team in the medal rounds. The coach can only challenge in connection with Hantei at the

end of the performance rather than in the individual scoring breaks. The coach can challenge wrong attacks, weapon control and variety. It is impossible to challenge the referees' evaluation for each technique. The VR will review the challenge and, when necessary, will be assisted by the MR.

4 Course of the matches

4.1 Qualification rounds

4.1.1 The athletes perform the attacks one after the other, meaning that only one couple is on the mat at any given time. After one couple finishes their performance, the following couple presents their demonstration.

4.1.2 The individual athletes stay at the left and right corner, next to the MR. At the MR's command, the athletes enter the match area, standing in the center; approximately 2 meters apart, facing each other. Also at his/her command, the athletes bow first to the MR and then to each other.

4.1.3 The VR starts recording, the MR checks if the JR's and VR are prepared to start.

4.1.4 After positive feedback from the JR's and VR, the MR announces **Hajime** (with one hand) and immediately steps backwards. The couple will perform the first attack and defense of the sequence. After the end of each sequence performance, the MR steps forward, between the athletes, and waits for the JR's to score. When all JR's have given their score, the MR announces Hajime and the couple will perform the next attack and defense sequence. This procedure will be repeated until all attacks of the round are performed. When the performance reaches its end, the MR approaches the athletes and asks them to kneel (*seiza*) or stay in their starting position. The MR commands **Hantei** to the JR's, by raising their right hand straight up above their head.

4.1.5 The couple must perform 3 techniques.

The performance shall consist of:

4.1.5.a. A real attack (see Appendix I) that must be performed.

4.1.5.b. A first defense on the attack.

4.1.5.c. A control, throw, take-down or submission.

4.1.5.d. In the weapon series, the athletes also have in mind the weapon control.

4.1.5.f. In a performance, it is allowed to combine parts (i.e. if the defender takes advantage of the movement of the attack, to make a direct throw, or if he bends down to avoid the attack and sweeps the legs directly).

4.1.6 After the final score is registered, the MR commands the athletes to bow, first to each other, then to the MR, and leave the competition area.

4.1.7 Visualization of the scoring:

4.1.7.a. When using the digital scoring system, the points are directly visible on the scoreboard, after each attack. The scoreboard is placed in front of the secretariat desk. After

each couple's performance, there will be a ranking of the couples in their group.

4.1.7.b. In case of paper scoring, the points will be noted by each JR. The scoring papers will be given to the TR after the performances of all couples in

that group. After all performances from the couples of that group, a ranking will appear on the screen in front of the secretariat desk.

4.2 Medal Phase / Semi-Finals and finals

4.2.1 Both couples will stay on their side of the tatami. The couple on the right side of the MR will wear red belts and the couple on the left side of the MR will wear blue belts.

4.2.2 The red couple will be the first to perform. The MR calls them to the middle of the competition area, approximately two (2) meters apart. At the sign of the MR the couples will make a bow, first to the referee and then to each other. The first three [3] techniques will be performed. After each technique the JR's will give their score. The MR will now ask the red couple to leave the competition area and calls the blue couple. This couple will perform first 3 attacks. The couples change again red presents 3 techniques defending different attacks and couple blue finalize the match with their presentation of 3 further techniques.

4.2.3 Both couples are asked to come into the competition area, facing each other. The MR will announce the winner and order the bow, first to each other, then to the referee.

4.2.4 Visualization of the scoring: With the digital scoring system, all points of red and blue will be directly visible on the scoreboard. The scoring of the VR's becomes visible at the end of the match, for both couples at once. With the scoring on paper, a volunteer will help collect the scores after each switch of the couples on the mat. During the performance of the other couple, the TR can count the points of the first couple and let the secretariat display them on the scoreboard. When all scores are on the scoreboard, the VR will give their scores to the secretariat

5 Score System and Judging

There will be 3 Jury referees (JR), seated on the edge of the tatami, outside. The JR's will judge and give a score after each attack. They will have about 10 seconds to complete the scoring on a score paper or, preferably, a tablet. The JR's must give points to every Part of the performance, as described in this section. During the qualification phase, it is advisable for the juries to be as different as possible, in each round, in order to guarantee an **average of the overall judgments of all the referees** in the qualification phase competition.

To ensure **uniformity of judging** in the rounds, each jury composition must evaluate all the couples in that series: a referee cannot be replaced during a round. Every group in that round can have its own referee team.

Scoring system and judging

The scoring of each presentation is divided in 4 Parts:

1st Part - Attack

2nd Part - First Defense

3rd Part - Control/Throw/Takedown

4th Part – Closing Control

The score is given in points, from 0 to 3, by each JR. Thus, the maximum score for a technique is 12 from each JR.

5.1 Criteria of judging

Both the attack and the defense shall be executed in a technical, clear way. The execution must follow the principles of martial art, logical continuation and biomechanics.

The Referees have to consider the technical, the physical and cognitive abilities of the athletes as well as the composition of the teams.

The score must take in consideration the following principles:

- **Reality** - The Demonstration must consist of self-defense techniques without any show aspect.
- **Biomechanical logic** - The techniques must be executed and connected in a biomechanical logical way. Throws and take-downs shall include breaking the opponents balance and must force them to move.
- **Control** - Obvious and clear control at the end of each defense sequence. Proper defense of the weapons. Safe and adequate use of the additional item(s).
- **Effectiveness** - Techniques must be powerful, but with good control.

5.2 Scoring in each part

The following table is a guideline to JR's scoring in each part:

Part 1 Attack	Arms and hands in the correct place and really firmly or well closed. A perfect attack that will hit the target if Tori doesn't react with balance and power. In case of a punch, the fist is closed.	3p
	Arms and hands in the correct place, but semi-closed The attack will hit Tori if they don't react, but there is no power. In case of a punch, the fist is semi-closed.	2p
	Weak pre-attack or hand in the correct place, but open, no balance or weak pre-attack	1p
	Wrong attack, missing or illogical pre-attack or hand/attack in incorrect place	0p
Part 2 Defense	A perfect first strike or block and balance breaking, leading Uke to throw position/preparing control position.	3p
	Good strike/block and balance breaking.	2p
	Weak strike/block or medium balance breaking.	1p
	No strike/block or no balance breaking.	0p

Part 3 Throw Takedown Submission Control	• A perfect throw/takedown/lock/strangulation/control	3p
	• A good throw or takedown, but in 2 stages, or a lock or strangulation with weak control.	2p
	• A throw or takedown, but Uke jumps, or a weak lock, strangulation or control.	1p
	• Uke jumps, without any effort from Tori. No efficient control.	0p
Part 4 Closing Control	• A perfect atemi (powerful, in good balance, in good distance and with Hikite); a perfect lock/choke with good control.	3p
	• Good atemi, but not enormously powerful; a weak lock/choke.	2p
	• Atemi with poor balance or with distance or a lock/choke with open hands.	1p
	• Atemi misses the target or is performed with an open hand; an incorrect lock/choke.	0p

Variety (scored by the video referee) An overall score is given at the end of the performance of all attacks. This score reflects the variety used in the performances		
Part 3 Throw Takedown Submission Control	• Different techniques in all attacks	2p
	• Same technique in 2 attacks	1p
	• Same technique in 3 or more attacks	0p

6 Early settlement of the presentation

Walkovers or withdrawals

6.1 The decision of **Fusen Gachi** (win by walk-over) shall be given to any couple that did not present to the competition area before any given qualification round finished. The couple that does not appear at the competition area will be scored with zero points in that respective round of the qualification phase

6.2 When one couple does not present to the competition area in the medal phase, the present couple will be winner.

6.3 The decision of **Kiken Gachi** (win by withdrawal) shall be given to the couple whose opponent withdraws from the competition during the medal phase. In this case, the remaining couple will be declared winner.

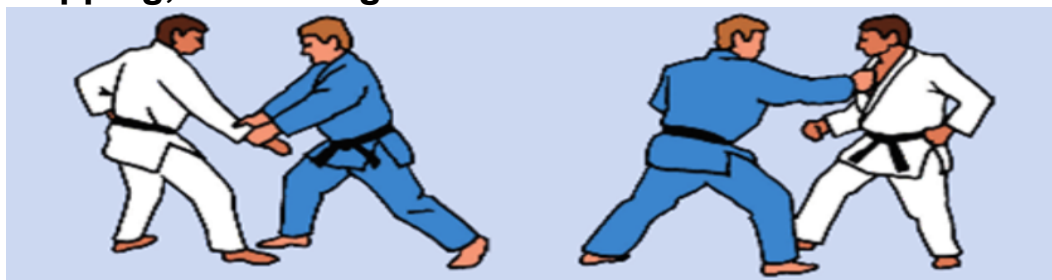
6.4 If a (member of a) couple is injured during the performance in a qualification phase and needs to withdraw, they keep the score that had already been reached by them.

7 Situations not covered by the rules

Situations not covered by the rules should be decided by the MR, VR and JR's involved in the qualification or medal phase and reported – if possible, with video - to the JJIF Technical Committee (tc@jjif.org). The referee team involved in the situation not covered by these rules may decide to involve the HR of the mat or even the Head referee of the event, in order to make the right decision.

Appendix I: Attacks

Gripping, embracing and neck locks attacks



Uke takes hold of Tori's arm. One hand takes the wrist, the other, the forearm.

Intention: to push or pull, to control Tori's front hand, to immobilize the defender.

Uke takes the reverse of Tori's Gi with their hand.

Intention: to come close to the opponent, in order to make another action, to pull - push or pin the opponent - perhaps to hit them afterwards.



Uke attacks Tori's neck from the front-side, from the backside, or from the side to make a strangulation.

Intention: to push Tori backwards, to pin Tori.



Uke embraces Tori from the front side or back side, under or over the arms. Uke's head lies on Tori's shoulder. Before the attack, Tori keeps their arms in a natural position.

Uke applies a Hadaka Jime (neck-lock from behind) with their arm.

Intention: to strangle or to break balance



Uke embraces Tori's neck with his arm from the side or from the front-side.

Intention: to strangle or to apply a throwing technique.

General comments: Hands and grips must be closed.

Punches, blows/strikes and kicking attacks



Jordan or Chudan Tsuki - punch from the front side with the hand to the head or to the body.
Target: solar plexus, stomach or face.



Mawashi Tsuki (Hook) - Semi-circular punch with the fist.
Target: Tori's chin or side of the head.



Mae Geri / front kick.
Target: solar plexus, stomach



Mawashi Geri - Semi circular kick with the leg.
Target: head, solar plexus, stomach. Tori is allowed to take a step back and lightly turn their body.

General comments: The attack must be able to reach Tori, if they are not moving away. It is not allowed to move before the attack is started. Tori must react to the attack.

Weapon attacks



Knife attack straight from the top.

Target: base of the neck on Tori's left or right side, just behind the clavicle.

Semi-circular knife attack, which is applied from either side

Target: side of the body.



Knife attack from the front-side.

Target: stomach.



Attack with a stick, straight from the top.

Target: top of the head.



Attack with a stick from outside, which is applied from either side

Target: Tori's side temple/ head

General comments: The attack must be able to reach Tori, if they are not moving away. Tori shall have full control of the weapon, during and after the defense.

Appendix II: Classification according to WPJF

Group	Class	Description
A Amputee	A1	<i>Upper limb amputation. Includes above-elbow amputees and bi-amputees</i>
	A2	<i>Upper limb amputation. Includes arm amputees and bi-amputees below the elbow.</i>
	A3	Lower limb amputation. Includes above-the-knee amputees and bi-amputees.
	A4	Lower limb amputation. Includes amputees and bi-amputees below the knee.
B Blind	B1	Total visual impairment. It includes individuals with no perception to light in both eyes with an inability to recognize the shape of a hand at any distance or direction. Athletes in this category may compete with the aid of an audio description of the score and the minutes throughout the fight.
	B2	Partial visual impairment. It includes individuals who have figure perception, with the ability to recognize the shape of a hand up to a visual acuity of 2/60 or a visual field of less than five degrees. Athletes in this category may compete with the aid of an audio description of the score and minutes throughout the fight.
	B3	Subnormal visual impairment. It includes individuals who can define images with a visual acuity of 2/60 to 6/60 or a visual field between 5 and 20 degrees. Also includes monoculars. Athletes in this category may compete with the aid of an audio description of the score and minutes throughout the fight.
C Cognition	C1	<i>Clinical diagnoses of cognitive impairments that include, but are not limited to, autism spectrum disorders (ASD) and attention deficit hyperactivity disorder (ADHD).</i>
	C2	<i>Clinical diagnoses of cognitive impairments including, but not limited to, Down syndrome and other syndromic conditions where technical learning is not compromised.</i>
	C3	<i>Intellectual and cognitive disabilities. It includes individuals with any degree of functional or clinical disability of cognitive functions where technical learning is not compromised.</i>

Group	Class	Description
D - Deafness E Encephalo	D1	<i>Bilateral total hearing loss. Includes individuals with total hearing loss. Para-athletes in this category struggle without the use of a hearing aid.</i>
	E1	<i>Individuals with severe cognitive and motor impairments secondary to traumatic brain injury (TBI).</i>
	E2	<i>Individuals with moderate or mild cognitive and motor impairments secondary to traumatic brain injury (TBI).</i>
	E3	<i>Complications of Cerebral Vascular Accident (CVA) or Encephalic Vascular Accident (EVA). Individuals with stroke sequelae that compromise limb mobility in any configuration and are able to remain upright in a sitting position without assistance.</i>
	E4	<i>Congenital or other non-traumatic encephalopathies. Individuals with impaired cognition and/or mobility due to neurological diseases of different origins. They include cerebral palsy of any origin.</i>
	E5	<i>Multiple sclerosis or other conditions that compromise brain function, optic nerve, and/or spinal cord. They include progressive neurodegenerative disorders.</i>
I Irreversible paralysis by Poliomyelitis	I1	<i>Serious and irreversible complications of polio. Individuals with severe sequelae of poliomyelitis in the upper limbs.</i>
	I2	<i>Serious and irreversible complications of polio. Individuals with severe sequelae of poliomyelitis in the lower limbs.</i>
	I3	<i>Mild or moderate and irreversible complications of polio. Individuals with mild or moderate sequelae of poliomyelitis in the upper limbs.</i>
	I4	<i>Mild or moderate and irreversible complications of polio. Individuals with mild or moderate sequelae of poliomyelitis in the lower limbs.</i>
K Vertebral Disk	K1	<i>Cervical spinal cord injury. Individuals with lesions in the cervical segments (C1 to C8), which are related to movements and sensitivity of the cervical region and upper limbs.</i>
	K2	<i>Upper thoracic spinal cord injury. Individuals with lesions in the upper thoracic segments (T1 to T7), which are related to movements and sensitivity of the chest and part of the upper limbs.</i>
	K3	<i>Low thoracic spinal cord injury. Low thoracic spinal cord injury. Individuals with lesions in the lower thoracic segments (T8 to T12), which are related to movements and sensitivity of the abdomen and part of the upper limbs.</i>

Group	Class	Description
L - Les Autres N - Nanism	K4	<i>Lumbar spinal cord injury. Individuals with lesions in the lumbar segments (L1 to L5), which are related to the movements and sensitivity of the lower limbs.</i>
	L1	<i>It includes individuals with motor disabilities not included in the previous classes.</i>
	N1	<i>Nanism or dwarfism. It includes individuals with short stature derived from skeletal dysplasia such as achondroplasia, hypochondroplasia or any other congenital disorder that impairs growth.</i>
P Plexus	P1	<i>Total brachial plexus injury. Includes individuals with brachial plexus nerves damaged by stretching, pressure, or cutting, in whom arm mobility, uni or bilaterally, is totally compromised.</i>
	P2	<i>Partial brachial plexus injury. Includes individuals with brachial plexus nerves damaged by stretching, pressure, or cutting, in whom arm mobility, uni or bilaterally, is partially compromised.</i>