

# JU-JITSU INTERNATIONAL FEDERATION (JJIF)



# COMPETITION RULES YOUTH

Youth U15 (12-14 years)  
Kids U12 (10-11 years)  
Rookies U10 (8-9 years)  
Micros U8 (6-7 years)

(Version 0.3 / August 10<sup>th</sup> 2014)

**PROPOSAL**

MEMBER of SportAccord  
International Federations' Union



and IWGA  
International World Games Association



For a long time the nations within the JJIF have asked for a set of rules for fighters under the age of 15, however, agreeing on a set of rules has not been easy. These rules must, therefore, be seen as a compromise and a version 1.0, which in the coming years probably will be adjusted.

The rules have been made to take the physical and mental development of the fighter into consideration, and to prepare them to become aspirant fighters.

Even though the rules are approved by the JJIF, they are only to be considered as guidelines. Within each individual country, there may be rules and legislation above the JJIF rules, meaning that the country will have to adjust the JJIF rules to these rules. However, considering the kids, its important that the national competition rules will be kept as close to the JJIF rules as possible, and that the international JJIF rules will be used within Open tournaments in every country. Otherwise the kids will have to fight under different rules, when participating in tournaments in other countries and that should be avoided.

The **Competitions Rules Youth** are approved of the General Assembly and the board of JJIF, \_\_\_\_place \_\_\_\_date\_\_\_\_

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## **Fighting Rules for youth, kids, rookies and micros**

Youth U15 (12-14 years)

Kids U12 (10-11 years)

Rookies U10 (8-9 years)

Micros U8 (6-7 years)

All competitions will be judged based on the JJIF contest rules with the following changes.

### **Section 1 Generalities**

The JJIF fighting system is composed of 3 parts:

#### **Youth U15**

Part 1: Punches, Strikes and kicks

Part 2: Throws, takedowns, locks and strangulations

Part 3: Floor techniques, locks and strangulations

- a. Only Strangulations with the Gi are allowed
- b. Arm Locks and Strangulations must only be marked
- c. No locks on Wrist and Ankle
- d. The fighting time per match is **3** minutes.

#### **Kids U12**

Part 1: Punches, Strikes and kicks

Part 2: Throws, takedowns

Part 3: Floor techniques

- a. No locks and strangulations are allowed
- b. The fighting time per match is 2 minutes.

#### **Rookies U10**

Part 1: Punches, Strikes and kicks

Part 2: Throws, takedowns

Part 3: Floor techniques

- a. No locks and strangulations are allowed.
- b. Attacks in part 1 are limited to the following areas: abdomen, chest, back and side.
- c. The fighting time per match is 2 minutes.

#### **Micros U8**

Part 1: Punches, Strikes and kicks

Part 2: Throws, takedowns

Part 3: Floor techniques

- a. No locks and strangulations are allowed
- b. Attacks in part 1 are limited to the following areas: abdomen, chest, back and side.
- c. The fighting time per match is 2 minutes running time. Running time: The clock will not be stopped at *matte*. Only if any injuries or a longer break in the match the clock will be stopped.
- d. Osae Komi: 10 seconds
  - 0-6 seconds = 0 points
  - 7-9 seconds = Wazari
  - 10 seconds = Ippon

## Section 2 Weight categories

U15: Girls:-32 -36 -40 -44 -48 -52 -57 -63 +63  
Boys: -34 -37 -41 -45 -50 -55 -60 -66 +66

U12: Girls:-22 -25 -28 -32 -36 -40 -44 -48 +48  
Boys: -24 -27 -30 -34 -38 -42 -46 -50 +50

U8 & U10: Participants will be put together according to their actual weight. The weight difference in these groups should be less than 5 kilo.

## Section 3 Penalties

For all Categories, it is important to protect the youngsters against injuries therefore:

- a. Any kind of kicks or punches with contact to the head are prohibited and will be punished as Hard contact with CHUI.
- b. Any kind of hard throws are prohibited and will be punished as Hard contact with CHUI.

### Youth U15

“Forbidden acts” will be punished by Chui and the opponent gets 2 wazari:

- a. Kicks and punches with contact to the head
- b. Hard throws
- c. Locks on Wrist or Ankle
- d. Strangulations if not executed with Gi

### Kids U12

“Forbidden acts” will be punished by Chui and the opponent gets 2 wazari:

- a. Kicks and punches with contact to the head
- b. Hard throws
- c. Locks and strangulations

### Rookies U10 and Micros U8

“Light forbidden acts” will be punished by “Shido” and the opponent gets 1 wazari:

- a. Techniques to the head in part 1

“Forbidden acts” will be punished by Chui and the opponent gets 2 wazari:

- a. Kicks and punches with contact to the head
- b. Hard throws
- c. Locks and strangulations

## Section 4 Settlement of the match

### Youth U15

a. If the score is equal both in total points, in number of different parts with Ippon score and in number of Ippon, there will be an extra round of 2 minutes until the match is settled.

### Kids U12, Rookies U10 and micros U8

The extra round will be 1 minute.

## Section 5 Overview rules of Fighting

Category	Time	Part 1	Part 2	Part 3
<b>U15 (12-14) Youth</b>	2 min. (+1)	No contact to the head	No Locks  Strangulations only with Gi  No Hard throws	No Locks on Wrist or Ankle  Strangulations only with Gi
<b>U12 (10-11) Kids</b>	2 min. (+1)	Same as U15	No Locks and strangulations  No Hard throws	No Locks and strangulations
<b>U10 (8-9) Rookies</b>	2 min. (+1)	No Techniques to the head	Same as U12	Same as U12
<b>U8 (6-7) Micro</b>	2 min. (+1) Running time	Same as U10	Same as U12	Same as U12

## Duo rules for youth, kids, rookies and micros

Youth U15 (12-14 years)  
 Kids U12 (10-11 years)  
 Rookies U10 (8-9 years)  
 Micros U8 (6-7 years)

All competitions will be judged based on the JJIF contest rules with the following changes.

### Section 6 Generalities

The JJIF Duo system consist of 4 series of 5 attacks each:

- A. Gripping attacks
- B. Embracing and neck lock attacks
- C. Punches, strikes and kicking attacks
- D. Weapon attacks

#### Youth U15

- a. Only series A, B and C
- b. 3 random attacks in each of the 3 series

#### Kids U12

- a. Only series A, B and C
- b. 3 Attacks by own choices, from each of the 3 series

#### Rookies U10 and Micros U8

- a. Only series A and C
- b. 3 Attacks by own choices, from each of the 2 series
- c. No pre-attacks

### Section 7 Overview rules of Duogames

Category	Serie A	Serie B	Serie C	Serie D	
<b>U15 (12-14) Youth</b>	3 Attacks	3 Attacks	3 Attacks	-	Random Attacks
<b>U12 (10-11) Kids</b>	3 Attacks	3 Attacks	3 Attacks	-	3 Attacks by own choice
<b>U10 (8-9) Rookies U8 (6-7) Micro</b>	3 Attacks		3 Attacks	-	3 Attacks by own choice No pre-attacks

## **Ne Waza rules for youth, kids, rookies and micros**

Youth U15 (12-14 years)  
Kids U12 (10-11 years)  
Rookies U10 (8-9 years)  
Micros U8 (6-7 years)

All competitions will be judged based on the JJIF contest rules with the following changes.

### **Section 8 Generalities**

#### **Youth U15 and Kids U12**

a. The JJIF's Ne waza-System is composed of:  
Throws, take downs, locks and strangulations in standing position  
Floor techniques, locks and strangulations on the ground.

Fighting time per match is 4 minutes

#### **Rookies U10 and micros U8**

a. The JJIF's Ne waza-System is composed of:  
Throws, take downs and locks in standing position  
Floor techniques and locks on the ground.

Fighting time per match is 3 minutes

### **Section 9 Weight categories**

U15: Girls: -32 -36 -40 -44 -48 -52 -57 -63 +63  
Boys: -34 -37 -41 -45 -50 -55 -60 -66 +66

U12: Girls: -22 -25 -28 -32 -36 -40 -44 -48 +48  
Boys: -24 -27 -30 -34 -38 -42 -46 -50 +50

U8 & U10: Participants will be put together according to their actual weight. The weight difference in these groups should be less than 5 kilo.

### **Section 10 Course of the match**

a. The judge has the right to interrupt at a lock for the player, comparable to a "Tap-out" in case he believes there is risk of damage or injury and/or the player is unable to tap out himself.



## **Section 11 Penalties**

a. The following actions count as "Heavy forbidden act" and will be punished with "Hansoku-make":

### **Youth U15**

1. Pulling the head with attached triangle (regular triangle is allowed)
2. Guillotine lock
3. Kneebar
4. Heel-locks
5. Ezikiel (Strangulation with hand and GI sleeve across his neck, a.k.a "scissors")
6. Throws where the opponent lands on his head.
7. Strangulations witch are locking the neck

### **Kids U12**

Same as for U15 and:

1. Calf-locks

### **Rookies U10 and Micros U8**

Same as for U12 and:

1. Strangulations(all types)