

# AJA TOURNAMENT RULES

## III. FREESTYLE KATA COMPETITION – RULES FOR PARTICIPANTS

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The purpose of Freestyle Kata Competition is to have you demonstrate how well you can defend yourself from simulated street attacks. You will be attacked several times within a specified time period, without knowing how you will be attacked beforehand, and you will have to show effective self-defense techniques that illustrate your knowledge of Ju-Jitsu. Your scores will be based upon your TOTAL performance on the mat. See the “Criteria for Scoring” form for scoring details.

III.A. GENERAL MAT RULES: An observed violation will result in your disqualification!

1. The first person called out is the DEFENDER. The second person called out is the ATTACKER. The defender is being scored – NOT the attacker.
2. You may not resist any technique or use excessive force in any manner. Attackers are to cooperate with the defender.
3. Techniques must demonstrate control over the attacker
4. Nerve attacks may be made to the neck ONLY if the finger, hand, elbow, or arm is placed there first. EXCEPTION: Open-handed slap to the side of the neck but fingers must be apart.
5. You may demonstrate any hit, kick, strike, or blow delivered with the hand, elbow, forearm, knee, kneecap, or foot IN FORM ONLY. Light body contact may be made (if necessary) to any part of the body EXCEPT the face, neck, or head. ANY HIT, KICK, STRIKE OR BLOW DELIVERED WITH FORCE TO ANY PART OF THE BODY WILL DISQUALIFY YOU! EXCEPTION: See open-handed slap in #4. This is the only exception to Rule #5.
6. You may not execute any technique to the face EXCEPT for PLACING a hand at or under the chin to execute a technique. There can be ABSOLUTELY NO CONTACT TO THE FACE for any technique.
7. You must grab at least three (3) fingers for any finger technique, not including the thumb.
8. You may not use teeth or fingernails or any type of martial arts weapon. If your attacker uses a weapon on you (knife, club, or rope) you may use it on him if it is part of a technique as long as your technique DOES NOT VIOLATE any of the other rules stated herein.
9. It is not necessary to submit your attacker every time.
10. Submissions should not be executed to the point where there is a chance of injury.
11. You MUST STOP YOUR SUBMISSION IMMEDIATELY and release your hold when your attacker indicates submission or any official calls “BREAK!”
12. If your submission is executed in the form of a hit, kick, strike, or elbow, you should be close enough and your form should be such that if you did not “pull” the hit, kick, strike, or blow, effective body contact would be made.
13. If an attacker is thrown or “taken down” to the mat for any reason he should remain on the mat until the defender has retreated into a ready position. This will minimize the chance of injuries if the defender chooses to use a hit, kick, strike, or blow as a submission as indicated in #12 above.
14. You MUST IMMEDIATELY STOP any technique when any official calls “BREAK!”
15. When an official calls “BREAK” you are to go to the center of the mat and stand in a ready position. The mat referee will either resume the match or have you sit in a formal sitting position, facing each other, until the match is resumed. If it is the end of the match you will be bowed off the mat by the referee.
16. In certain competitions a few, very specific techniques may be prohibited for safety reasons. Prohibited techniques MUST BE ANNOUNCED at the pre-tournament meeting, at least 4 weeks prior to the tournament AND at the tournament itself prior to the competition.
17. If you have been used as an attacker two or more times before you are called out as a DEFENDER you may request a rest period of 5-10 minutes before you come out to be scored. You may waive this privilege.
18. Ties will be broken by a rematch or other means agreed on by officials within the freestyle format stated herein.
19. The decisions of the mat referee, judges, and tournament coordinator are FINAL. (See III.E. below!)

**III.B. COMPETITORS WITH INJURIES:** Violation will result in disqualification!

1. Due to the risk of additional or increased injury a competitor who appears at a tournament with a physical injury that prevents him from participating fully will not be allowed to participate at all. If, because of a physical injury, he cannot be used as an attacker he also cannot be a defender.
2. If a competitor sustains a physical injury during the competition the tournament coordinator may remove the competitor from further competition in order to prevent the possibility of further injury.
3. In either case (#1 or #2 above) the competitor will NOT be entitled to a refund of any fees.

**III.C. UNIFORM REQUIREMENTS & APPROPRIATE DIVISION PLACEMENT:** Violation will result in disqualification!

1. You must compete in the appropriate belt-rank division.
2. If you are in the Beginner or Intermediate division AND won a first place in that particular belt-rank division in a prior tournament, you may NOT COMPETE in that same belt-rank division again. You will have to compete in the NEXT higher belt-rank division in this tournament.
3. You MUST wear a clean judo gi unless your ryu uses another type of gi. Your gi MUST be in good repair. Judo gi are STRONGLY encouraged for ryu that don't normally wear a judo gi as karate gi tear quite easily.
4. Gi top must be white judo gi top. Sleeves may not be rolled up. Left front over right front.
5. Gi pants must be white judo gi pants or black STRAIGHT-legged karate gi pants ONLY. Pants may not be flared, have pockets, be another color(s), or have patches on them. No kung-fu or elastic bottom pants. Officials may wear a black hakama.
6. You should wear appropriate protective equipment, (e.g. supporter with cup, shin or forearm padding). All such equipment may be inspected at any time.
7. Belts should be tied properly.
8. Boys / men may not wear a shirt under their gi top.
9. You may NOT borrow another competitor's uniform or equipment to comply with the above rules.

**III.D. DIVISION STANDARDS:** Time limits & attacks (Actual divisions will be decided on by the tournament coordinator 2 weeks prior to tournament.)

1. **Beginner Division:** 8<sup>th</sup>, 7<sup>th</sup>, 6<sup>th</sup> kyu
  - a. Time limit: 60 seconds
  - b. Allowed attacks: (1 attacker)
    - single or double hits with right or left hand
    - single or double lapel grabs with right or left hand
    - single, double, or cross-wrist grabs with one or two hands, front or rear
    - handshakes
    - front or rear one or two-handed chokes with right &/or left hand
    - rear forearm choke with right or left hand
    - front, rear, or side clothing grab with either or both hands
    - front, side, or rear bearhug or waistgrab
    - kicks with right or left foot
    - hair grab with 1-2 hands from front, side or rear
    - front, side, or rear shouldergrab with 1-2 hands
    - headlock on left or right side
    - any other attacks not prohibited below
  - c. Prohibited attacks:
    - weapon attacks (knife, club, rope, etc.)
    - combination holds (two attacks at once, e.g.: lapel grab & hit)
    - armlocks
    - half or full nelsons from front or rear
    - attacks while defender on the ground
2. **Intermediate Division:** 5<sup>th</sup> & 4<sup>th</sup> kyu
  - a. Time limit: 60 seconds
  - b. Allowed attacks: (1 attacker)
    - all allowed attacks in the Beginner Division
    - weapons: knife, club, or rope attacks
    - armlocks
  - c. Prohibited attacks
    - combination holds
    - half or full nelsons from front or rear
    - attacks while defender is on the ground

3. Advanced division: 3<sup>rd</sup>, 2<sup>nd</sup>, 1<sup>st</sup> kyu
  - a. Time limit: 60 seconds with one attacker PLUS a second attacker joining in after 60 seconds for an additional 30 seconds. Total time: 90 seconds
  - b. Allowed attacks: (1-2 attackers)
    - any attack listed above
    - defender may be attacked while on the ground
  - c. Prohibited attacks:
    - none
  - d. Required attacks:
    - 3 weapon and 3 combination attacks if possible
    - two attackers should attack simultaneously or sequentially
4. Black Belt Division:
  - a. Specific details to be announced at pre-tournament meeting
  - b. Time limit: 60-90 seconds
  - c. Allowed attacks: all, including gun
  - d. Prohibited attacks: none
  - e. Number of attackers: 1-3 depending on scenario
  - f. Possible scenarios: All stress demonstrating Ju-Jitsu as an art with the emphasis on control
    - 1-2 attackers for 60-75 seconds
    - 3 different attackers, 30 seconds each, for a total match time of 90 seconds, with no breaks between attackers
    - advanced division format
    - other scenario decided on at the pre-tournament meeting
5. Sr. Black Belt Demonstration Division: Yodan & higher grades under 45 yr. Or Shodan & higher grades over 45 yr.
  - a. Time limit 2-5 minutes
  - b. Competitors will demonstrate an aspect of the art within the rules and scoring guidelines specified for all other divisions.
    - demonstration may be preplanned
    - tori may select his own uke for reasons of safety
    - demonstration may include the use of acceptable Ju-Jitsu weapons; e.g., hanbo, yawarra stick, bo, tessen, etc.; weapons may NOT have any sharp edges that might cause injury to the uke.
  - c. A competitor may not compete in both the Black Belt Division and the Sr. Black Belt Demonstration Division.

### III.E. PROTESTS:

1. Any protest MUST initially be made to the tournament coordinator at the tournament as soon as possible after the incident occurred AND BEFORE any awards or trophies are issued.
2. Protests must be made to the tournament coordinator by the competitor's instructor, the team's coach, or a judge.
3. Decisions of the tournament coordinator are FINAL at the tournament.
4. If the protesting competitor wishes to pursue the matter the following steps will occur:
  - a. A review panel, made up of the tournament coordinator, competitor's instructor or team coach (where possible) and a third party, acceptable to the tournament coordinator and the instructor/coach, will review the matter and issue a decision along with the reasons for the decision.
  - b. If the decision is still unfavorable to the grieving party he may present his protest to the Regional Board (in the case of local or regional tournaments) for its review. Regional boards have their own procedures.
  - c. If the decision is still unfavorable to the grieving party and he wishes to pursue the matter (or it is a national-level tournament) he may present his protest to the national Board of Directors. His protest MUST be in writing and be complete. The decision of the BOD is final.
  - d. This procedure is based upon the governing responsibilities of the various levels of the AJA as specified in the Dojo Handbook, Constitution and Bylaws, Ch. I,C.