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National Vice Chair

Director Internal Relations

Director of Marketing

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NATIONAL JU-JITSU TEAM

National Head Coach

National Team Manager

Men's Head Coach

Women's Head Coach

Men's Team Captain

Women's Team Captain

GENERAL GUIDELINES, STRUCTURE, POLICIES

TITLE I --Name

The name by which this organization shall be known shall be the “United States Amateur Athletic Union Ju-Jitsu Program”.

TITLE II--Purpose

The purpose of this program shall be to provide a competitive venue for all Ju-Jitsu practitioners in the United States, regardless of their national or international affiliation(s). In doing so, it is the mission of this US/AAU Ju-Jitsu Program to enhance the physical, mental and moral development of its amateur athletes and to promote good sportsmanship, good citizenship and safety.

TITLE III: Structure

Part 1--Regional Structure

Article 1. Purpose

The AAU Associations are divided into Regions for AAU competition. These regions are formed in order to reduce the travel distance for athletes competing in regional competitions and to equalize the competition.

Article 2. Description of Regions:

- Region 1. New England, Adirondack, Niagara, Connecticut, Metropolitan, and New Jersey
- Region 2. Middle Atlantic, Maryland, Potomac Valley, Virginia, Western Pennsylvania
- Region 3. North Carolina, South Carolina, Georgia, Southeastern
- Region 4. Florida, Florida Gold Coast
- Region 5. Hawaiian
- Region 6. Indiana, Kentucky, Ohio, Lake Erie, Michigan, Central, West Virginia
- Region 7. Wisconsin, Minnesota, Iowa, Nebraska
- Region 8. Missouri Valley, Ozark, Oklahoma, Arkansas
- Region 9. Gulf, Southwestern, South Texas, West Texas, Southern
- Region 10. New Mexico, Arizona, Rocky Mountain, Utah, Four Corners
- Region 11. Montana, North Dakota, South Dakota, Wyoming
- Region 12. Alaska, Inland Empire, Pacific Northwest, Oregon, Snake River
- Region 13. Southern Pacific, Central California, Pacific Southwest, Southern Nevada, Pacific
- Region 14. Mid-East Association and expatriate U.S. citizens in surrounding countries including the island of Cyprus.
- Region 15. Puerto Rico Association, U.S. Virgin Islands and expatriate U.S. citizens in the Caribbean area.

Article 3: Key to Map of District Associations

2	New England	32	Rocky Mountain
3	Adirondack	33	Southern Pacific
4	Niagara	34	Utah
5	Connecticut	35	Inland Empire
6	Metropolitan	36	Pacific Northwest
7	New Jersey	37	Oregon
8	Middle Atlantic	38	Pacific
9	Maryland	39	Hawaiian
10	Potomac Valley	40	Iowa
11	Western Pennsylvania	41	Kentucky
12	Virginia	42	New Mexico
13	North Carolina	43	South Texas
14	Florida	44	Pacific Southwest
15	Southeastern	45	Georgia
16	Indiana	46	Central California
17	Ohio	47	West Texas
18	Lake Erie	48	Arizona
19	Michigan	49	Southern Nevada
20	Wisconsin	50	Florida Gold Coast
21	Central	51	West Virginia
22	Ozark	52	North Dakota

23	Arkansas	53	South Dakota
24	Southern	55	South Carolina
25	Gulf	56	Alaska
26	Southwestern	57	Far East
27	Oklahoma	58	Wyoming
28	Missouri Valley	59	Snake River
29	Nebraska	60	Mid-East
30	Minnesota	61	Puerto Rico
31	Montana	62	Four Corners

Part II. Regional Ju-Jitsu Director

Article I. Purpose & Function

It is the aim of the Amateur Athletic Union National Ju-Jitsu Committee to have the Regional Ju-Jitsu Director act as representative of the Executive Committee within their region.

Article II. Scope

Section 1: The activities of Regional Ju-Jitsu Directors shall be coordinated by the Director of Internal Relations (DIR) of the National Committee.

Article III. Term of Appointment

The Regional Ju-Jitsu Director shall be appointed on a biannual basis by the National Ju-Jitsu Chairman, with the advice and consent of the Executive Committee.

Article IV. Duties

It is the aim of the Amateur Athletic Union National Ju-Jitsu Committee to have an AAU Regional Director in each of the regions to represent the AAU National Committee and it will be their duty to:

- Section 1: Answer any questions concerning the AAU Ju-Jitsu Program for the AAU.
- Section 2: Assist the Associations within their Region in organizing and conducting the Association and Regional AAU Sports Ju-Jitsu Program.
- Section 3: Conduct and coordinate Regional Championships.
- Section 4: Develop and conduct, with the approval of the National Ju-Jitsu Committee, Ju-Jitsu competition where none is planned by the Association.
- Section 5: Assist in the development of any authorized AAU Junior Olympic Competition.
- Section 6: Conduct Association Championships within inactive Associations.
- Section 7: Conduct any regional and/or national aspects of the Program on behalf of National AAU Ju-Jitsu Committee.
- Section 8: Coordinate the sports programs of the Associations to ensure that the best interest of the sport is served.
- Section 9: To ensure compliance to the Official Code of the Amateur Athletic Union, and to the Rules and Regulations of the National AAU Ju-Jitsu Committee.
- Section 10: Promote Ju-Jitsu throughout their Region.
- Section 11: Shall recommend Regional Chief Referee to the National Chief Referee.
- Section 12: Shall administrate and give consent to all actions of the Regional Officials.
- Section 13: Shall ensure that the local Associations conduct annual championships in accordance with the guidelines of the National AAU Ju-Jitsu Committee
- Section 14: Shall act as Co-Chairman of the Regional Referees Council
- Section 15: Shall work with Association Sports Chairman so as to facilitate growth and excellence in the sport of Ju-Jitsu within their Region.

Part III – Regional Chief Referee

Article I. Purpose & Function

It is the aim of the Amateur Athletic Union National Ju-Jitsu Committee to have the Regional Chief Referee act as representative of the National Chief Referee within their region.

Article II. Scope

- Section 1: The activities of Regional Chief Referee shall be coordinated by the National Chief Referee.
- Section 2: Regional Chief Referees should submit in writing, on a quarterly basis, a report of activities within their Region to the National Chief Referee.

Article III. Term of Appointment

Regional Chief Referees shall be appointed on a biannual basis by the National Chief Referee based on recommendations by the Regional Director, with the approval of the National Sport Chair.

Article IV. Duties

It is the aim of the Amateur Athletic Union National Ju-Jitsu Committee to have an AAU Regional Referee in each of the regions to represent the AAU National Committee and it will be their duty to:

- Section 1: Answer any questions concerning the AAU Ju-Jitsu Program and/or the AAU.
- Section 2: Assist the Association with their Region in organizing and conducting the Association and Regional AAU Referee's Program.
- Section 3: To develop and conduct Regional Clinics for referees within the region with the approval of the Regional Ju-Jitsu Director and the National Chief Referee.
- Section 4: To act as Chief Referee at Regional Championships.
- Section 5: Act as a representative of the National Referee's Corps from his/her region.

- Section 6: Serve as a Chief Referee for his/her region for the duration of their appointment.
- Section 7: Appoint assistants, with the advice and consent of the Regional Ju-Jitsu Director and the National Chief Referee.
- Section 8: Shall test and license referees by the prescribed method for their region.
- Section 9: Shall act as a representative of their region in matters regarding refereeing.

Article V. Representation

- Section 1: Shall have the right to delegate their authority with the advice and consent of the Regional Ju-Jitsu Director, subject to the approval of the National Chief Referee.

Part IV - Technical Rules Committee

Article I.: There shall be a Technical Rules Committee which shall be a direct working body within the National Committee, as outlined by the by-laws of the National Committee.

Article II. Purpose & Function

The purpose of this committee shall be to develop standards, policies, and guidelines with regard to competition rules and their enforcement. It will be the responsibility of this body to assume the highest quality personnel as dictated by the National Committee. The primary responsibility of the council will be to make recommendations regarding policy, officiating and competition rules to the National Sport Committee.

Article III. Representation

- Section 1: The National Chief Referee shall serve as Director of the Technical Rules Committee.
- Section 2: With the approval of the National Sport Chair, the Director of the Technical Rules Committee shall appoint 4-6 officials, minimum certification of "A" rating, to serve on the council for a term of two years. Each member of the Technical Rules Committee shall have one vote.

TITLE IV - Official's Certification Requirements

Part I. Purpose & Function:

Article 1: Officials, who serve as corner judges, referees, heads of court, arbitrators AND coaches, are required to first become (re)certified through a recognized clinic administrator, as recognized by the National Chief Referee, on a yearly basis.

Article 2: Officials should become (re)certified EACH YEAR prior to association or regional competition.

Article 3: Certified officials are then required to take ONE of the national clinics, offered at the Nationals and JOs, before they will be allowed to work a national event. Since the Nationals are NORMALLY held first, an official must attend the Nationals' clinic in order to work the Nationals and his/her certification will allow him/her to work Nationals and/or JOs. Should an official desire to only work JOs, then they can attend the JOs clinic offered later in the year.

Section 1: All coaches will become "E" officials upon their certification.

Section 2: Should they hold Ju-Jitsu rank, and meet age requirements, they will become "D" officials. Officials of higher certification will, of course, be allowed to coach.

Section 3: For those officials who plan to officiate AND coach at either the Nationals or JOs, they must meet all the requirements listed here. In addition, that individual MUST take the National Officials' Clinic (NOT the National Coaches' Clinic) to be eligible to officiate AND coach at that event. Finally, they'll be required to complete both the officials AND coaches registration forms, and pay the applicable coach's fee.

Section 4: Officials who fail to maintain their certification are subject to having their classification lowered one grade per year

Part II: Who is authorized to conduct clinics

Article 1: The National Chief Referee is the ONLY person who can authorize individuals to conduct clinics.

Article 2: Members of the Executive Committee, Regional Directors, Referees' Council and Regional Chief Referees are automatically allowed to conduct clinics.

Article 3: A complete list of clinic administrators is listed on the web site at www.AAUJu-Jitsu.ORG

Article 4: The Regional Chief Referee is solely responsible for conducting clinics in his/her region. Clinic administrators (which includes the Executive Committee, Regional Directors and members of the Referees Council) are allowed to conduct clinics ONLY when the Regional Chief Referee cannot conduct the clinic, and prior consent from the Regional Chief Referee is required.

Article 5: All questions regarding the eligibility of clinics and clinic administrators should be directed to the National Chief Referee.

Part III: When clinics are allowed to be conducted

Article 1: Clinics cannot be held until the current year's rules,(re)certification test and answer key are COMPLETELY finalized. This is NORMALLY accomplished by October 15th.

Article 2: No clinic may be held after June 1st and the paperwork must be forwarded to the National Chief Referee no later than June 7th.

Part IV: Clinic Timelines

All officials' cover sheets, along with their scores, license books and appropriate fees, should be forwarded to the National Chief Referee's office no later than 7 days after the clinic. Upon receipt, the National Chief Referee will return TO THE CLINIC ADMINISTRATOR the license books and certificates, where applicable, within 2 weeks. Any official who takes an association/ regional seminar should therefore receive their license books and certificates within one month of that clinic.

Part V: Fees

Article 1: Initial fee: The fee for a first-time official is \$35, which validates the official's classification until the end of the AAU's fiscal year (currently identified as August 31st) regardless of when they took the clinic.

Article 2: Renewal fee: The renewal fee will be \$20, again, which validates an official's credential until the end of the current fiscal year.

Article 3: Replacement fee: Any official previously issued a license book and misplaces it will be subject to a \$5 replacement fee.

Article 4: There are no fee requirements for the clinic at Nationals. There IS, however, a clinic fee at JOs. In addition, at BOTH events there IS a coach's credential fee. (Please see the tournament flyer for this information.)

Part VI: Upgrade Requirements

Article 1: Entry Level

- Section 1: Upgrades in classifications are not automatic, nor are they a “right.”
- Section 2: An upgrade is based on satisfactory performance as an official during AAU sanctioned competition at the association, regional and national level, as determined by the National Chief Referee.
- Section 3: The National Chief Referee is solely responsible for the upgrading of officials.
- Section 4: In addition, an official MUST first meet the requirements listed later in this document to be considered eligible for an upgrade.
- Section 5: ALL officials upon entering the program will be issued either an “E” or “D” classification based on meeting the age requirements AND Ju-Jitsu minimum rank requirement.
- (a) If the individual is at least 15 years of age AND holds the minimum Ju-Jitsu rank of red or brown belt then they will be granted a “D” classification. No first-time official will come into the program as a “C” or higher.
 - (b) “D” officials who meet rank and age requirements, as outlined, may be upgraded to “C” classification after working association or regional qualifiers.
 - (c) To become a “B” or “A” the candidate must have successfully completed the local/regional course and have worked that championship, and then have attended one of the national seminars and successfully officiated at that event, ALL WITHIN THE SAME FISCAL YEAR.
 - (d) Regardless of activity within the first year, no official can ascend to level “B” or higher in his/her first year.

Article 2: Class E Official

- Section 1: Court Officials (coaches, scorekeepers, timekeepers, etc.) only, at Association, Regional and National levels.
- Section 2: Requirements:
- (a). Basic understanding of official rules & procedures.
 - (b) Working knowledge of point scoring & determining winners.

- ©) Working knowledge of timekeeping.
- (d) Minimum age of 15.

Section 3: HOW ACHIEVED

- (a) Clinic lecture & discussion.
- (b) Clinic lecture & workshops.

Section 4: REQUIRED CERTIFICATION

- (a) Passed written test on official rules and procedures.
- (b) Attended clinic lecture and discussion on official rules and procedures.
- ©) Certification by National Chief Referee.

Article 3. Class D Official

Section 1: Coaches, court officials or judges at Association or Regional level.

Section 2: REQUIREMENTS

- (a.) Proficiency in understanding official rules and procedures.
- (b.) Proficiency in officiating as a judge.
- ©.) Proficiency in charting.
- (d.) Proficiency in time keeping.
- (e.) Minimum age of 15.
- (f.) Minimum rank of Red/Brown Belt.

Section 3: HOW ACHIEVED

- (a) Written test,
- (b) clinic,
- ©) workshop.
- (d) Practice matches,
- (e) written test.

Section 4: REQUIRED CERTIFICATION

- (a) Passed written test on official rules and procedures.
- (b) Demonstrated proficiency in officiating practice matches.
- ©) Demonstrated proficiency in charting.
- (d) Certification by National Chief Referee.

Article 4. Class C Official

Section 1: Referees at association or regional tournaments, or judges at National Tournaments. Can also assume any aforementioned position as authorized.

Section 2: REQUIREMENTS

- (a) Knowledge of referee terms & methods of signaling.
- (b) Proficiency in officiating as referees.
- (c) Proficiency in officiating as judges.
- (d) Proficiency in officiating as arbitrator
- (e) Minimum rank of first-degree black belt or higher.
- (f) Minimum age of eighteen (18).

Section 3: HOW ACHIEVED

- (a) Written test,
- (b) clinic,
- (c) workshop & lecture
- (d) Practice matches and tournaments
- (e) written test.
- (f) demonstrated proficiency at tournaments.

Section 4: REQUIRED CERTIFICATION

- (a) Passed written test on referee terms & signals
- (b) Demonstrated proficiency officiating as referee
- (c) Demonstrated proficiency in officiating as a judge (clinic or tournament)
- (d) Certification by National Chief Referee.

Article 5: Class B Official

Section 1: Arbitrators at association, or regional levels and/or referees at the national level. Can also assume any aforementioned position as authorized.

Section 2: REQUIREMENTS

- (a) Proficiency in officiating as judge.
- (b) Proficiency in officiating as referee.
- (c) Proficiency in officiating as arbitrator.
- (d) Knowledge of referee terms & methods of signaling.
- (e) Minimum rank of second degree black belt or higher.
- (f) Minimum age of twenty-one.

Section 3: HOW ACHIEVED

- (a) Experience and level of proficiency demonstrated in tournaments & practice matches.
- (b) Discussion.
- (c) Written test.
- (d) Regional/Association written test, national clinic, workshops, and demonstrated proficiency at a National AAU tournament.

- Section 4: REQUIRED CERTIFICATION
- (a) Passed written test.
 - (b) Demonstrated proficiency in officiating as a judge.
 - (c) Demonstrated proficiency in officiating as a referee.
 - (d) Demonstrated proficiency in officiating as an arbitrator.
 - (e) Certification by National Chief Referee.

Article 6. Class A Official

Section 1: Arbitrators or Referees at the National level. Can also assume any aforementioned position as authorized.

- Section 2: REQUIREMENTS
- (a) Must also meet all above requirements (E through B).
 - (b) Minimum rank of 3rd degree black belt or higher.
 - (c) Minimum age of twenty-one (21).

- Section 3: HOW ACHIEVED
- (a) Demonstrated knowledge.
 - (b) Demonstrated in previous tournaments & practice matches.
 - (c) Regional/Association written test,
 - (d) national clinic,
 - (e) workshops, and
 - (f) demonstrated proficiency at a National AAU tournament.

- Section 4: CERTIFICATION REQUIRED
- (a) Passed written test.]
 - (b) Demonstrated proficiency & understanding of all facets of officiating.
 - (c) Certification by National Chief Referee.

Article 7. Class AA Official

Section 1: Senior Referees who have demonstrated the highest standards of professionalism and proficiency.

- Section 2: REQUIREMENTS
- (a) Minimum rank fourth degree Black Belt.
 - (b) Minimum age thirty (30).
 - (c) National "A" class official minimum three (3) years.
 - (d) Proficiency & understanding of National AAU competition rules.

Section 3: HOW ACHIEVED: The Executive Committee will be responsible for promoting candidates to Class AA officials based on the recommendation of the National Chief Referee.

Section 4: CERTIFICATION REQUIRED: Written test and/or paper as administered by the National Chief Referee.

Article 8. Classifications & Time Limits

Section 1:	CLASSIFICATION	TIME LIMIT
	E	None
	D	None
	C	None
	B	One Year as C
	A	One Year as B
	AA	Three Years as A

Section 2: Exceptions: Upon the recommendation of The Regional Chief Referee, and with the confidence of the National Chief Referee, time limits and classification can be waived on an individual basis if an official demonstrates the knowledge and ability to perform on a higher level.

Part 7: DISCIPLINARY ACTIONS

Officials are expected to maintain the highest standards of professionalism. An official whose conduct is determined to not measure up to these standards shall be subject to disciplinary action by the National Chief Referee.

Part 8. Voting Privileges

Section 1: Voting members of the National AAU Ju-Jitsu Sport Committee shall include: the National Sport Chair, Executive Committee Members, Regional Directors, Association Sport Chairs, and Members-At-Large.

Section 2: There shall be no voting by proxy.

Section 3: Any changes to the operating procedures or rules of competition of the AAU Ju-Jitsu Program must be properly submitted to and reported upon by the Officials Referee's Council AND carry a 2/3 majority vote of those voting delegates to the National Sport Committee.

Section 4: Amendments to the operating procedures and guidelines will only be made in even years beginning in the year 2004. Amendments to the Competition rules of this Program will only be made in the odd years beginning in 2005.

Part 8: Timeline for Rule Policy Changes

Associations are required to hold their Ju-Jitsu sport meetings during May or June. At that time, rule/policy changes are to be discussed and voted on by the voting delegates within that association. They are then forwarded via e-mail to the National Chief Referee who will compile all the recommendations for the Technical Rules Committee (TRC). All changes should be in the hands of the National Chief Referee NO LATER THAN July 5 of that year. He/she will then forward to the TRC by July 15. The TRC will return these proposals to the National Chief Referee by July 30. The proposals along with the votes of the Technical Rules Committee will be sent to the Convention voting delegates by August 7.

Part 9: National AAU Ju-Jitsu Board of Review

Article 1: Composition. The Board of Review shall consist of a maximum of five (5) members of the AAU Ju-Jitsu Program composed as follows:

- Section 1: The National Sport Chair shall appoint the Chair from a panel of three (3) candidates recommended by the National Sport Committee.
- Section 2: The other members shall be elected by the Regional Chief Referees.
- Section 3: Eligibility to Serve. Any member of the AAU Ju-Jitsu Program shall be eligible to serve on the Board of Review with the exception of current voting members of the Executive Committee and National Sport Committee Chair.

Article 2: Term of Office.

- Section 1: Members of the Board of Review shall be elected and shall serve until such time as their terms expire, or until such time as they resign, become disqualified, or are removed by majority vote of the Executive Committee.
- Section 2: The term of office for those elected shall be four (4) years.
- Section 3: The term of office for the appointed chair shall be six (6) years.
- Section 4: All five (5) members of the Board of Review shall be eligible for re-election or re-appointment.
- Section 5: Temporary Vacancies. Any temporary vacancies on the Board of Review will be filled by NSC nomination and confirmation by the Executive Committee. Such confirmation shall be effective until

the next annual meeting of the NSC at which time the vacancy shall be filled as prescribed in this article.

Article 3: Jurisdiction.

Section 1: The Board of Review may review any decision, action, or omission by any Association Ju-Jitsu Sport Committee, or individual, or other entity (other than the Association Board of Managers) which is a part of the Union or any of its activities.

Section 2: The Board of Review will have original jurisdiction in regard to any action or omission by an Association Ju-Jitsu Sport Committee or individual which is part of the AAU Ju-Jitsu Program.

Article 4: Powers. In the exercise of its duties, the Board of Review has the following powers:

Section 1: Upon its own initiative, or pursuant to an appeal or a complaint, may investigate any action or omission of the Code or violation of any of the Union's operating policies, or policies of the NSC.

Section 2: Require the production of documents, oral or written statements, or any information or material relative to the inquiry.

Section 3: Dismiss a complaint or conduct hearings and make findings of fact.

Section 4: Vacate, modify, sustain, or reverse any mandate or order or remand or refer the matter for further action.

Section 5: Impose and enforce penalties, which may include but are not limited to suspension, expulsion, probation, fines and disqualification.

Section 6: Assess cost and expenses against the party creating such expenses.

Section 7: In regard to Association Ju-Jitsu Sport Committees, the Board of Review may order an audit, and depending upon the findings of any such audit, may in addition to the penalties set out herein, refer such matters for further civil and/or criminal proceedings.

Section 8: Promulgate, amend, rescind, interpret, review and enforce disciplinary rules and procedures utilized by sport committees.

Article 5: Procedures.

Section 1: Request for Review. A request for review is a petition for appeal and must be submitted in writing to the Chair of the Board of Review in care of AAU National Ju-Jitsu Chairman, to be accompanied by the filing fee as established by the NSC.

- Section 2: Hearing. If the Board of Review finds reasonable cause that the AAU Code, and/or an AAU policy, and/or AAU Ju-Jitsu policy has been violated, a hearing may be conducted.
- Section 3: Notice. The entities charged shall be notified of the alleged violations, hearing date (not less than twenty (20) days from the date on the notice), time and place, possible penalties, right to counsel, right to appeal, format of hearing and other related general information.
- Section 4: Conduct. The Board of Review will establish a standard format to be approved by the Executive Committee for the conduct of hearings, which may include but not be limited to an in-person or recorded telephonic hearing. A pre-hearing inquiry may be held by a member, or members, or a designee of the Board of Review.
- Section 5: Filing Fee. The filing fee for a request for review by the Board of Review of a decision or action shall be \$100.00 by cashier's or certified check, which will be returned if the petition is upheld, but forfeited if rejected or abandoned. The Board may assess costs and expenses against the party creating such costs/expenses, even if the petition is upheld.
- Section 6: Notice of Decision. Decisions of the Board of Review will be communicated to all parties in writing in a timely fashion.
- Section 7: Penalties. Penalties may include revocation, suspension, expulsion, censure, reprimand, fines, restitution, warning or probation.
- Section 8: Refusal to Cooperate. Any Association Sport Committee, individual, or other entity who, after having been properly requested to do so, fails or refuses, without adequate reason to produce documents, provide testimony, written statements, or any information or material relative to the inquiry is subject to penalties as provided in this Article.
- Section 9: Appeals. Appeals to the AAU Ju-Jitsu Board of Review must be in writing directed to the Chair of the National AAU Board of Review, in care of the AAU National Headquarters, and must be received no more than thirty (30) days from the effective date of the decision being appealed. Any decision of the National AAU Board of Review may be appealed to the National AAU Board of Appeals.

GENERAL COMPETITION GUIDELINES
Of The United States AAU Ju-Jitsu Program

Article I. The Types of Competition shall be as follows:

- A. Traditional Kumite
- B. Freestyle Kumite
- C. Grappling (Gi and no-Gi)
- D. Duo Kata

Article II. Competition

Section 1: The Age Limits for the various divisions shall be:

- A. Junior: Ages 5-17
- B. Adult: Ages 18-34
- C. Senior: Ages 35-44
- D. Executive: Age 45 and up
- E. Athletes age 35 and older may compete as Adults or Seniors; athletes 45 years of age and older may compete as Adults, Senior or Executive, but each may not compete in more than one age category.

Section 2: Competition shall be divided by Age, Belt, Weight, and Sex.

- A. The age of the competitor as of March 1 shall determine the age of that competitor as regards to competition. The competitor must compete for the entire competition year at the age they will be on March 1 of that competition year. (Competition year runs September 1 through August 30)
- B. Competitors must always compete at their current rank on the day of the event. (For example, if an athlete qualifies as a red/brown belt, and is promoted to black belt prior to a national event, then that athlete must compete at the national event as a black belt.)

Article III. Competition Area

Section 1: Ring Dimensions for National Championships

The competition area for each contest shall be 8 x 8 meters plus a 1 meter wide warning area plus a 1 meter wide safety area. The total contest area shall thus be 12 x 12 meters. The whole area shall be covered with a Ju-jitsu/Judo tatami. The color of the warning area shall be different to the one of the competition area.

Section 2: The organizer of the competition shall provide: stopwatches, competition belts (1 red (blue) and 1 white per competition area), referee armbands, list and administration

papers, first aid (ambulance), doctor, scoreboards (placement tables) and a place for the referees and the technical committee.

Section 3: The table secretariat shall be composed of a minimum of 4 people, including at least one qualified referee. There may be 2 table referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

Section 4: Regional and Association events must maintain a contest area of at least 20' X 20' with a 3' inside warning track.

Section 5: The White competitor shall always line up on the left side of the referee as he faces the head of court's table. The Blue (Red) competitor shall always line up on the right side of the referee as s/he faces the head of court's table

Article IV: Personal Requirements

Section 1: General Grooming Standards:

- A: Competitors shall keep their nails cut short and are forbidden to wear any metallic article. All jewelry and body piercing's should be removed, or anything that can injure or endanger themselves or the opponent.
- B: Any competitor whose hair, in the opinion of the referees, is so long as to risk causing inconvenience to other competitors shall be required to tie it back securely.
- C: Any competitor who cannot meet these requirements within 2 minutes shall be disqualified.

Section 2: Personal Hygiene

- A: The personal hygiene of all competitors shall be of the highest standard.
- B: Any competitor wearing an excessively unkempt or dirty uniform will be required to change it immediately (within two minutes).
- C: If the competitor cannot or will not comply, the mat referee shall declare the opponent the winner.

Section 3: Eyeglasses – Only 'sport' eyeglasses will be allowed in sparring competition. Soft contacts are highly recommended.

Section 4: Drugs – The administration or use of any drugs (except antibiotics or other medically prescribed therapeutics), alcohol, stimulants, or injections in any part of the body, either before or during a match, to or by any contestant is absolutely prohibited. Any contestant violating this rule will be disqualified.

Section 5: Uniforms:

Section 1: Gi

- A. All contestants must wear a clean odor free Judo or Jujitsu style white Gi. No V-neck uniforms allowed.
- B. Patches will be limited to the AAU Ju-Jitsu patch worn on the upper left breast. Other than this, the uniform must be totally free of any other embellishment including school logo, with the exception of corporate brand names (i.e. Kwon, Adidas, Superior, USA Spirit, etc.).
- C. For association and regional qualifiers, athletes are allowed to wear their school uniforms, but must be white. Uniforms may have school patches and logos at local, association, and regional qualifiers ONLY.
- D. The competitors shall wear white or red (blue) belts.
- E.. The gi shall be as follows:
 - a. The jacket shall be long enough to cover the hips and be tied around the waist by the belt.
 - b. The sleeves shall be loose enough to grip and long enough to cover half of the forearm but not the wrist.
 - c. The trousers shall be loose and long enough to cover half of the shin-bone.
 - d. The belt shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 15 cm of the belt on each side of the knot.
- E. Female competitors are required to wear a white T-shirt under their gi.
- F. Men are not allowed to wear a T-shirt under their gi.

Section 2: No-Gi grappling uniform rules: A Rash guard or T-shirt as well as shorts or Gi pants are required for all competitors. (No Speedo's)

Section 3: If the jacket or pants become torn during the match the competitor will have 5 minutes to replace said garment (see injury time). Male competitors are not allowed to wear T-shirts under the Gi. Female competitors must wear a T-shirt and sports bra under the Gi.

Article V. Official's/Coach's Attire Section

Section 1. All officials shall wear gray slacks, a white shirt, an official AAU tie, a blue blazer, dark socks and solid black, and rubber-soled shoes/sneakers.

Section 2. All coaches shall wear white gi (uniform) pants, a blue AAU shirt and Sneakers

Article VI. Qualifications

Section 1: All sanctioned tournaments shall be officiated by AAU certified referees.

- Section 2: In general, the contest shall be conducted by one referee, three or four judges and a head of court, along with the assistance of a timekeeper and a recorder.
- Section 3: Association and Regional tournament directors may allow any Black Belt they deem qualified to officiate at one tournament only. Thereafter that individual referee must obtain AAU referee certification.
- Section 4: No more than one (1) non-certified official may be present in the ring.
- Section 5: All coaches at any AAU sanctioned event must be currently certified to work that event. Association and Regional tournament directors may allow any person they deem qualified to coach at one tournament only. Thereafter that individual coach must obtain AAU Coach certification.
- Section 6: In the case of an International AAU event, the National Chief Referee may approve the use of NGB or Internationally certified officials. These non-AAU certified Officials MUST hold individual membership in the AAU.
- Section 7: Whether certified or not, all officials must be AAU members for the current year.

Article VII. Failure to report

Athletes may be disqualified if they fail to report to staging and have not responded to “final call.” Once an athlete has been disqualified they will not be allowed to compete. This INCLUDES reporting to the appropriate ring prior to the start of the division and having missed “final call.” This covers ALL methods of competition.

Article VIII: Weigh-in

Section 1: Association and Regional Championship

- A. Competitors will be expected to register in the most proper weight class division listed for that tournament.
- B. Any official or coach may question the weight of a prospective opponent prior to the beginning of any match. If a competitor’s weight is questioned (protested) and his/her weight is found to be either over or under that weight class in which they have registered to compete, he/she will be disqualified from further competition that day.
- C. Competitors unable to make their weight prior to the beginning of competition may, with the permission of the tournament director, move into another weight division other than that for which they had registered.

Section 2: National Competition

- A. All competitors weight must be verified within 48 hours of the start of the event.
- B. A weight may be measured twice if necessary to make weight. The second reading of a competitors weight may take place any time during the posted weigh-in times.
- C. During the weigh-in, the contestant may be required to verify his/her membership in the United States AAU and provide proof of age.
- D. Weigh-ins shall be taken in full uniform or street clothes.
- E. Competitors unable to make the weight for which they registered **MAY BE DISQUALIFIED!**
- F. When possible, athletes who are unable to make weight may be moved UP in weight, age, or belt class in order to participate in competition. In no case will an athlete be allowed to move down in weight class from that which they have registered to compete in.

Article IX: OTHER MATTERS

Section 1. Official's Decisions

Official decisions made during and at the end of the contest are not negotiable. Any protest must be made by the coach (not contestant) immediately after the decision to insure that all necessary records are preserved by tournament officials. Subsequently, the dispute shall be decided by the Tournament Arbitrator(s) in consultation with the head of court, the referee and/or judges may also be called upon, by the arbitrator, in order to settle the dispute.

Section 2: Protest Procedures:

- a) No one may protest personally to the Head of Court, Referee, of Judge about their judgment.
- b) If a refereeing procedure appears to contravene the official rules of competition, the officially registered coach is the only one who may file a protest.
- c) The protest will take the form of a written report submitted immediately after the match in which the protest is generated. The sole exception to this is when the protest concerns an administrative malfunction (bye system error, etc.). This must be dealt with immediately and the arbitrator(s) should be made aware of this immediately.
- d) The protest must be submitted to a representative of the Referee's Council. A filing fee of \$25.00 cash must be submitted with the written protest and is refundable if the protest is upheld. In due course the council will review the circumstances leading to the protest decision. Having considered all the facts available, they will produce a report and shall be empowered to take such action as may be called for.

Section 3: Competition Proceedings

- a) All officials, coaches and contestants participating in a sanctioned tournament are required to observe the decorum code of the AAU and the rules of the tournament.
- b) All contestants, coaches, and officials are required to be registered with the AAU during the year of the competition.
- c) If the referee requests a time during a match, the time shall not be included in the calculation of the total match time.
- d) When summoned, competitors are required to confirm their corners first and then to make the necessary preparations for the match.
- e) Any contestant who wishes to leave the ring area during his/her division must request permission from the referee.
- f) During a match, coaches are allowed to move about the perimeter of the ring. The coach may never enter the ring with the exception of filing a protest. When doing so, he is allowed to take one step only into the ring and announce to the center referee, "I wish to protest this match".
- g) Coaches MUST be in their proper places PRIOR to the beginning of a match. They CANNOT come into a corner once the match has begun unless approved by the center referee. Coaches may NOT switch out during a match. A coach is NOT mandatory for competition. However, if an athlete does not have a coach, no protests will be allowed.
- h) No one may delete the safety equipment that is called for in either traditional or freestyle Kumite or grappling (gi or no-gi style) at any level of competition, unless amended at the National Convention.

GENERAL RULES AND REGULATIONS FOR TRADITIONAL KUMITE

Preface: Ju-jitsu is composed of 3 Parts :

Part 1 : Blows/strikes and kicks.

Part 2 : Throws, take downs, locks and strangulations.

Part 3 : Floor techniques, locks and strangulations.

Article 1: Protective Equipment

Section 1: The competitors are required to wear soft, short and light hand protectors, groin protection and mouthpiece.

Section 2: The competitors are encouraged to and allowed to wear soft shin-bone and instep protectors

Section 3: Female competitors may wear chest protection.

Section 4: A competitor has 2 minutes to comply with Sections 1, 2, 3 and Article IV of the General Competition Guidelines of the United States AAU Ju-Jitsu Program (Personal Requirements) or face disqualification.

competitor has 2 minutes to comply with sections 1 & 2 above, or face disqualification.

Article II: The Match

Section 1: Position at the start and end of the match

a. The contestants shall stand facing each other at the center of the contest area and approximately 2 meters apart.

b. At the beginning of the match the competitors will make a standing bow first to the mat referee and then to each other.

c. At the end of the match the competitors will make a standing bow first to each other and then to the mat referee.

Section 2: The Course of the Match

a. The match begins with Part 1 and the competitors stand facing each other 2 meters apart.

b. As soon as there is contact between the competitors (by holding the opponent), Part 2 has begun; in this instant only, simultaneous blows/strikes/kicks and gripping (by the same athlete or by both) are allowed. After the beginning of Part 2 this is no longer allowed.

c. Now the competitors continue fighting in Part 2.

d. As soon as one of the fighters is taken down or thrown the match continues in Part 3.

e. If the contact is lost in either Part 2 or Part 3, the competitors continue the fight as in Part 1.

f. In Part 1, if a competitor only rushes towards the opponent without making a technical action or if he/she is dangerous for him/herself ("Mobobe"), a technical penalty will be given and the match will continue in Part 1.

g. The competitors are allowed to remain in the warning area for only a very short moment (about 5 seconds).

h. Throws which start in the competition area are allowed even if the opponent is thrown into the warning area and/or safety area, provided the throw presents no injury risk for the opponent.

Article III: Officials (Referees, Head of Court and Assistants)

Section 1: Duties

A) The Mat Referee shall stay within the contest area and has the responsibility for the conduct of the match. Therefore the Mat Referee shall:

- 1) Make every effort to insure the safety of the competitors.
- 2) Control the competition.
- 3) Physically inspect the competitors before the match.
- 4) Give pre-competition instructions when necessary, declare the end of the match, and give warnings and commands such as break and continue.
- 5) Call the deduction of points, disqualifications and cast a vote for points as he/she sees fit.
- 6) Stop the time-keepers clock when necessary.
- 7) State his/her opinion about decisions, deduction of points, warnings, and the winner when requested by the head of court and/or arbitration committee.
- 8) Verify that the recorded scores are correct prior to the awarding of the match.

B) The Side Referees shall assist the Mat Referee and shall be situated outside the competition area. The Side Referee's must place themselves along one side of the competition area where they can follow at any time the course of the match as best possible. Therefore the Side Referees shall:

- 1) roam the sides of the mat and assist the Mat Referee as needed.
- 2) Cast a vote for point through the use of the flag appropriate signal as each occurs.
- 3) Offer an opinion on disqualification and penalty points when asked by the Mat Referee

C) The Head of Court shall:

- 1) Consult with the referee and judges when necessary.
- 2) Inspect the score card for accuracy.

- 3) Decide the winner only on the basis of the score-card and inform the referee.
 - 4) In the case of questions, the head of court should consult with the appropriate judge or referee.
 - 5) Sign each contested match's score card and present same to the protest committee in the case of a protested match.
 - 6) Oversee scorekeeper and timekeeper.
- D) Assistants – Timekeeper, Weigher and Recorder shall:
- 1) The timekeeper shall be responsible for keeping the official time by starting and stopping the clock on the referee's orders and announce the expiration of the official time period. NOTE: The timekeeper notifies the referee when time has expired, but the match remains in progress until the referee stops the match; i.e., points can be awarded, as well as deduction points assessed until the center official stops the match.
 - 2) The weigher shall determine competitors' weights according to regulations set down by the tournament director.
 - 3) The recorder shall keep an accurate record of each warning, minus point, point and disqualification as awarded by a majority of the four judges and referee.

Article IV. Official Signals and Language

Officials shall use authorized gestures and terminology, as indicated below during the competition.

Section 1: Referee

A) Before the Match:

1. Standing at his mark in the ring, the referee with both arms bent at the elbow and the index fingers of both hands pointing straight up, calls the competitors to their marks by saying "blue/red" and pointing the right index finger down to a 45 degree angle and slightly forward towards the athlete's mark in the ring, and then repeating the same procedure with the left hand for "White"
2. The referee shall raise both arms, hands open and palms forward, to shoulder level with the forearms bent vertically at the elbows facing the head of court and say "attention", to indicate that the competitors should face the head of court at attention.
3. Next the referee shall extend the arms straight forward with the palms down parallel to the floor at shoulder level while saying "Rei" (bow) to indicate that the competitors should bow to the head of court. The Mat Referee shall then bring the forearms back to the original position this time with the palms facing inward and say "face each other". Then to indicate that the competitors should

bow, the Mat Referee shall bring both arms down parallel to the floor across the chest, while saying “Rei” (bow).

4. The referee shall then physically examine the two competitors (Blue first) to insure that all the requirements listed in Articles I above have been followed.

B) To Start the Match:

1. With the left arm straight up, finger or fingers raised, while the right knife hand strike is still held in position, the referee shall say, “Round 1” or “Round 2” the referee shall extend both arms out to the side at a 45 degree angle, then pulling the left foot back to a “cat stance” simultaneously bringing the arms in parallel to the floor, shoulder-width apart, palms facing inward and command “Hajime” (begin)

C) To Temporarily Halt the Match:

The referee shall say “Matte” (break) while extending the right hand in a sharp, shoulder-level knife hand downward strike between the opponents while standing in a left foot forward walking stance.

D) To Call Points:

Section 1: In Parts 1 and 2 the Mat and Side Referees will call points by raising the arm with the appropriate color band to signify a 1-point or 2-point technique.

Section 2: In Part 3 the Mat Referee will signal and announce the points by raising the arm with the appropriate color band to signify a 1-point 2-point or 3 point technique.

E) To Reverse a Violation Call: The Mat Referee shall repeat the wrong violation call, then wave the opposite hand three times extended over his/her head to signal that the previous violation call has been nullified. The Mat Referee shall then execute the correct violation call.

F) To End the Match:

The Mat Referee shall say “Yame” (stop) and then reposition the competitors in the starting position. The Mat Referee shall approach the head of court’s table and be informed of the winner. The Mat Referee will then bow the competitors out in the reverse order used to bow them in using the same gestures and commands that were originally used: first the referee has the competitors bow to each other and then to the head of court. The referee shall then raise the right arm and knife hand up at a 45-degree angle with the palm facing upward and declare “Blue” if blue is the winner, and, “White” if white is the winner, using the same procedure with the left hand.

Section 2: Side Referees

A) To Make a Call: The Side Referee shall use the arm with the appropriate colored band in the same manner as the Mat Referee uses his arm.

B) To Confer with the Mat Referee: The Side Referee shall clap hands loudly

Section 3: Head of Court

To interrupt the match, the Head of Court shall rise from his/her seat and clap hands loudly. The Head of Court shall then indicate to the Mat Referee the reason for stopping the match (time must be halted).

Article V. Awarding of Points

In order for a point to be awarded a majority of the three referees must concur. If the three referees give a score different from each other, the intermediate score prevails. If one of the referees does not see an action, the lowest of the two remaining scores prevails.

Article VI. Age, Belt, and Weight Divisions

Section 1: Competition shall be divided by Age, Experience, Weight, and Sex.

Section 2: Women's Weight Divisions

0-55 kg

55-62 kg

62-70 kg

70+ kg

Section 3: Men's Weight Divisions

0-62 kg

62-69 kg

69-77 kg

77-85 kg

85-94 kg

94+ kg

Section 3: Experience

A: All age divisions shall experience divisions:

1) Beginner

2) Novice

3) Intermediate

4) Advanced (Black Belt)

B: The sponsoring organization has the option of dividing each belt division into further weight classes (i.e. light, middle, and heavy) depending on the number of competitors in each division. The maximum number of weight classes will be at the discretion of the tournament director.

- C: If the number of competitors for any one division is less than eight (8), the sponsoring organization has the option of combining any two (2) or three (3) age groups into a single group and assigning the divisions of beginner, novice, intermediate, and advanced.

Article VII: Duration of Competition: The fighting time per match is divided into 2 rounds of 2 minutes each with a break of 1 minute in between.

Article VIII:: Points (valid scores)

- Section 1: The contest points are to be taken by the table secretariate for each contest area.
- Section 2: Target areas
1. The target area is the head (but not the face)
 2. The body from the end of the throat to the groin.
- Section 3: The following points can be given in Part 1(Blows/strikes and kicks):
1. An unblocked blow/strike or kick in good balance and control: 2 Points
 2. A partly blocked blow/strike or kick 1 Point.
- Section 4: The following points can be given in Part 2:(Throws, take downs, locks and strangulations):
1. A perfect throw 2 Points
 2. A perfect take down 2 Points
 3. A strangulation with tapping 2 Points
 4. A lock with tapping 2 Points
 5. A not-perfect throw 1 Point
 6. A not-perfect take down 1 Point
- Section 5: The following points can be given in Part 3 (Floor techniques, locks and strangulations):
1. An efficient control, announced as Osae-Komi, 10 sec = 1 Point
 2. An efficient control, announced as Osae-Komi (the competitor cannot get free) 20 sec = 2 Points
 3. A strangulation with tapping 3 Points
 4. A lock with tapping 3 Points
 5. An efficient control started within the fighting time of a round is allowed to continue until termination (even after expiry of the fighting time, i.e. 2 minutes).
 6. All strangulations are permitted except strangulations with the hand.
 7. An act is technically valid when the competitor shows the techniques with good balance and with controlled combination before going into the next Part.

8. If no progress is made towards scoring a point for 20 seconds, the Mat Referee will declare “Mate” and the competitors will begin again in Part 1. **What do you think about this rule?**

Article XII: Referee Stops Contest

Section 1: The Referee may stop any match under the following circumstances:

- A. When the referee or tournament physician determines that a contestant should not continue for safety reasons.
- B. When the contestant’s coach throws in a towel to stop the fight.
- C. When a contestant or coach disregards a referee’s command.

Article XIII: Action taken by Referee in the Case of an Injury

- A. The referee shall immediately call “time-out” and attend to the needs of the injured contestant and immediately call for medical assistance.
- B. If a contestant is injured due to an infraction of the rules by the opponent and cannot continue, then he/she shall be declared the winner.
- C. If both competitors are injured and cannot continue the match, the contestant leading on score card shall be declared the winner. If score is tied and both cannot continue, then the judging panel must render a decision based on fighting spirit, superiority of tactics, and superiority of techniques.
- D. If a contestant wins (2) two matches through injury, he/she must withdraw.
- E. If a contestant is unable or chooses not to continue the match within one minute of receiving a legal technique to a legal target area then he/she shall be declared the loser by withdrawal.

Article XV: Determination of the winner shall be made as follows:

Section 1: Disqualification of the opponent.

Section 2: Withdrawal of the opponent.

Section 3: Points

- 1. A competitor may win the match before the end of the fighting time by correctly executing 2 or 3 point techniques in each of the three Parts.
- 2. If there are more than 14 points of difference between the competitors at the end of the first round, the match is over.
- 3. The competitor who has the most points at the end of the match wins the match.

Section 4: In case of a tie:

1. If the competitors have equal points at the end of the match, the competitor who has executed more 2 or 3 point techniques wins the match.
2. If the score is equal both in total points and in 2 or 3 point techniques, the competitors do another round of 2 minutes until the match is settled. This procedure may be repeated.

Article XVI: Penalized Acts and their Penalties

SECTION 1 LIGHT FORBIDDEN ACTS

- a. If one or both competitors show passivity or commit minor technical infringements.
- b. To deliberately go outside the warning area with the whole body (both feet) outside the line.
- c. To purposely deliver kicks or punches after the beginning of Part 2, when one or the other competitor has already established a grip.
- d. To make any further action after "Matte" has been announced.
- e. To deliver blows/strikes or kicks to the leg.
- f. To deliver blows/strikes or kicks at the opponent if he/she is lying down.
- g. To make locks on fingers or toes.
- h. To make crosslegged locks around the kidneys.
- i. Unsportsmanlike conduct on the part of the contestant or coach.

SECTION 2: FORBIDDEN ACTS

- a. The second time a competitor makes a light forbidden act.
- b. To make attacks like kicking, pushing, punching, hitting the body of the opponent in a hard way.
- c. To purposely throw and/or push the opponent outside the warning area.
- d. To disregard the MR's instructions.
- e. To make unnecessary calls, remarks or gestures to the opponent, MR or Srs.
- f. To purposely make an uncontrolled action.
- g. To make a straight punch or a straight kick towards the head.
- h. Significant unsportsmanlike conduct on the part of the contestant or coach.

SECTION 3: HEAVY FORBIDDEN ACTS

- a. To apply any action which may injure the opponent.
- b. To throw or try to throw the opponent with any lock or strangulation or to make any lock on the neck or spinal column while in movement.
- c. To make any locks on the neck.

SECTION 4: PENALTIES

- a. Light forbidden act = Shido (1 point to the opponent)

- b. Forbidden act = Chui (2 points to the opponent)
- c. Forbidden act + light forbidden act = Keikoku (3 points to the opponent)
Chui (= 2 pts) + Shido (= 1 pt) = Keikoku (3 pts)
- d. 2 Forbidden acts = Hansoku-make (loss of the match) The winner gets 14 points, the loser gets 0 points.
- e. If a competitor gets 3 points because of the opponent's fault, this is automatically counted as an Ippon and will be noted in the Part in which the last punishment occurred.
- f. The first time a competitor makes a heavy forbidden act he/she loses the match with 0 points and the opponent gets 14 points.
- g. The second time a competitor makes a heavy forbidden act (in a tournament) he/she is expelled from the rest of the tournament.
- h. It is not forbidden to cover or push against the opponents face when in Part 3. What do you think about this rule?

Article XVII: Protests

Section 1: In case there is an objection to a decision immediately after the competition, the appointed coach representing the athlete may file a written protest to the Chief Arbitrator or Director of the National Referee's Program along with a fee of \$25.00. The protest will be submitted on the official protest form. (See Appendix B)

Section 2: A protest can only be raised by the competitor's coach who must be a AAU member and a currently certified coach of the AAU. The tournament committee shall review the scorecards and render a final decision, which must be certified by each member of the committee.

Section 3: Deliberation Process

- a) After reviewing the protest application, the content of the protest must be arranged according to the criterion of "acceptable" or "unacceptable".
- b) If necessary, the Arbitrator can hear opinions from the Referees, Judges, or Head of Court.
- c) If necessary, the Arbitrator can review the material evidence of the decisions, such as the written data (score sheets). Videotapes WILL NOT be admitted as evidence to confirm or disconfirm the protest.
- d) Errors in determining the match results: Mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.
- e) Error in application of rules: When it is determined by the Arbitrator that the Referee made a clear error in applying the competition rules, the outcome of the error shall be corrected and the Referee shall be disciplined.
- f) Errors in factual judgment: When the Arbitrator decides that there was clearly an error in judging the facts such as impact of striking, severity of

action or conduct, intentionally, timing of an act in relation to a declaration or area, the decision shall not be changed and the officials who have made the error shall be disciplined.

- g) The decision of the arbitrator will be final and there will be no means of further appeal.

GENERAL RULES AND REGULATIONS FOR FREESTYLE KUMITE

Article I: Protective Equipment

Section 1: Hand gear ("Proforce" grappling gloves are the suggested brand or style. Not the soft white cloth type: they will not be allowed), mouth guard, male groin protection is mandatory. Shin and instep guards are encouraged but are not required. Female chest protectors, are optional. Headgear is mandatory in the 17 and under divisions

Section 2: A competitor has 2 minutes to comply with Section 1 and Article IV (Personal Requirements) of the General Competition Guidelines of the United States AAU Ju-Jitsu Program or face disqualification.

Article II: Officials (Referees, Head of Court, and Assistants)

Section 1: Duties

A) The Mat Referee shall:

- 1) Control the competition.
- 2) Physically inspect the competitors before the match.
- 3) Give pre-competition instructions when necessary, declare the beginning and the end of the match, and give warnings and commands such as "Hajime" and "Mate"
- 4) Announce the deduction of points and disqualifications, announce verbally invalid scores, and maintain control of the ring.
- 5) Make every effort to ensure the safety of the competitor.
- 6) Stop the time-keeper's clock when necessary.
- 7) State his/her opinion about decisions, deduction of points, warnings, and the winner, when requested by the head of court.
- 8) The Mat Referee may stop the match in order to consult with the Side Referees to determine whether a mismatch should be declared. This decision requires a majority agreement of the Referees and final verification of the head of court.
- 9) Collect the score cards from the judges and submit them to the head of court at the end of each round.

B) Side Referees shall:

- 1) Be positioned in an equilateral triangle – one on each back corner and one where the head of court normally would be.
- 2) Record points, warnings, infractions, and disqualifications on the scorecard.
- 3) Deliver the completed scorecard to the referee following the end of each round.

- 4) State their opinions forthrightly when requested by the Mat Referee.

C) Head of Court shall:

- 1) Consult with the Referees when necessary.
- 2) Inspect the scorecards for accuracy and consistency (i.e., all deductions are properly recorded) and award points only when at least two referees determine that a point should be awarded. Check for the referee's signature and, in the case of questions, the head of court should consult with the appropriate referee.
- 3) Decide the winner only on the basis of the referee's scorecards and inform the referee. The head of court may request a replacement of the Mat or Side referee (s) by the tournament committee.
- 4) In the event of a protest, the head of court shall sign the referee's scorecards from the disputed match and submit them to the tournament committee.

D) Assistants Time-keeper, weigher, and recorder shall perform the following functions:

- 1) The timekeeper shall be responsible for keeping the official time by starting and stopping the clock on the referee's orders, and for announcing the expiration of the official time period. NOTE: The timekeeper notifies the referee when time has expired, but the match remains in progress until the referee stops the match; i.e., points can be awarded, as well as deduction points assessed until the center official stops the match.
- 2) The weigher shall determine the competitors' weights according to regulations and in the presence of a designated AAU certified referee.
- 3) The recorder shall keep a record of the results of each contest (win, loss).

Article IV. Official Signals and Language

Same as for Traditional Kumite

Article V. Weight Divisions & Age Divisions

Same as Grappling Divisions

Article VI. Duration of Competition

Section 1: Adults: Two rounds; 2 minutes each with a 30-second break between rounds

Section 2: Youth: Two rounds; 90 seconds each with a 30-second rest between rounds.

Section 3: In case of a tie: If, after the end of the second round there is a tie there will be a 30-second rest and then a one-minute round. If the tie has not been broken continue with 30-second rest/one minute rounds until the tie is broken. (And if needed) a 30 second break if the tie is not broken.

Article VII. Scoring: Scoring will be as follows:

- 1 point for strikes
- 2 points Takedown from standing
- 3 points Knee-on-stomach position
- 3 points Sweeps, reversals & passing the guard (establishing a dominant position for 3 seconds)
- 3 points Mount for 5 seconds: Top, Side, or Rear (with hooks in)
- 4 points for locks, bars and chokes (Ref. does not have to wait for submission to award the points)

If no progress is made towards scoring a point for 20 seconds, the Mat Referee will declare “Mate” and the competitors will begin again in Part 1. **What do you think about this rule?**

NOTE TO ALL REVIEWERS: I have changed the knee-on-stomach and Sweeps reversals to match my notes of our conversations--they were 2 points . I have a question for discussion for all: Once a mount is established, should we continue to give points when the person mounted changes the mount (from top mount to side mount etc.)? It seems to me that if we continue to award points we are encouraging movement but not encouraging people to go for a 4-point submission. I have added the underlined provision as that seems to be what we were doing at the Nationals.

Article VIII: Targets

Section 1: Kicks are allowed to the torso and outer thigh only

Section 2: Hand strikes allowed to the torso, and side of the head

Article IX. Fouls

Section 1: Policy: This is not a full contact, NHB (No Holds Barred) Style or event. It is a controlled contact sport. Any techniques done with malice or intent to cause injury will result in automatic disqualification. Note: It is not forbidden to cover or push against the opponents face when in Part 3. **What do you think about this rule?**

Section 2: Penalties :

- a. 1st foul: 1 point awarded to opponent,
- b. 2nd foul: 2 points awarded to opponent;

c. 3rd foul: disqualification

d. When a contestant refuses to comply with the competition rules or the Mat Referee's order intentionally, the Mat Referee may declare the contestant loser by penalties after one minute.

Section 3: Forbidden Acts

- 1) No strikes to the face area (Eyes, nose, mouth "triangle), groin, throat, back, spine, kidney, front of the thigh, or the knee. (IN OTHER WORDS, NO CONTACT TO ANY VITAL AREAS) (**we need to define the facial "triangle". At the nationals some of us were drawing the line at the eyebrows, others at the hairline.**)
- 2) No kicks to the head
- 3) No knees or elbows
- 4) No excessive or dangerous throws or throws that use the neck.
- 5) No excessive contact from strikes of any kind allowed.
- 6) No small joint manipulation (fingers and toes manipulation not allowed, wristlocks allowed).
- 7) No heel hooks, or foot cranks, (straight ankle locks are allowed), eye jabs or finger chokes.
- 8) No knee bars (17 and younger)
- 9) No strikes from the guard position.
- 10) Undesirable Acts such as violent remarks or behaviors on the part of the contestant or coach

Article X. Procedures for Suspending the Match

The following procedures are used to stop the match for non-injury time such as equipment adjustment, removal of foreign objects from competition floor, etc. or for an injury that is not defined as a knockdown such as accidental falling or an injury from a prohibited act.

Section 1: To suspend a match for any reason the Mat Referee shall:

- a) Declare "Yame" to stop the competitor action.
- b) Order the timekeeper to suspend the time
- c) If the match is suspended due to injury the injured competitor may receive first aid

Section 2: If the injured competitor cannot continue the match after five (5) minutes the referee shall:

- A. Declare the injured competitor the loser if the injury was not the result of an attack.
- B. Declare the injured competitor the loser if the injury was the result of an act that would not have resulted in a penalty for the attacking competitor.
- C. Declare the injured competitor the loser if the injury was the result of a prohibited act that would have been assessed a penalty

- D. Declare a winner based on the score before the injury if both contestants are injured and cannot continue.
- E. Consult with the judges if necessary to make a decision.

Article XI. Decision Determination of the winner shall be made as follows by:

- A. Ipon in all 3 areas (strike, throw, floor)
- B. Points
- C. Mercy Rule or Referee stopping the contest (RSC). (14 points ahead after 1 round)
- D. Win by Withdrawal.
- E. Win by Disqualification.
- F. Win by Referee's punitive declaration.

Article XII. Situations Not Covered By Rules

Section 1: AAU rules will preside at all AAU sanctioned events.

Section 2: If a situation is not covered by the AAU rules, the Tournament Committee will provide a ruling.

Article XIII: Protests

Section 1: In case there is an objection to a decision immediately after the competition, the appointed coach representing the athlete may file a written protest to the Chief Arbitrator or Director of the National Referee's Program along with a fee of \$25.00. The protest will be submitted on the official protest form. (See Appendix B)

Section 2: A protest can only be raised by the competitor's coach who must be a AAU member and a currently certified coach of the AAU. The tournament committee shall review the scorecards and render a final decision, which must be certified by each member of the committee.

Section 3: Deliberation Process

- A) After reviewing the protest application, the content of the protest must be arranged according to the criterion of 'acceptable' or 'unacceptable'.
- B) If necessary, the Arbitrator can hear opinions from the Referees, or Head of Court.
- C) If necessary, the Arbitrator can review the material evidence of the decisions, such as the written data (score sheets). Videotapes WILL NOT be admitted as evidence to confirm or disconfirm the protest.
- D) Errors in determining the match results: Mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.
- E) Error in application of rules: When it is determined by the Arbitrator that the Referee made a clear error in applying the competition rules, the

outcome of the error shall be corrected and the Referee shall be disciplined.

- F) Errors in factual judgment: When the Arbitrator decides that there was clearly an error in judging the facts such as impact of striking, severity of action or conduct, intentionally, timing of an act in relation to a declaration or area, the decision shall not be changed and the officials who have made the error shall be disciplined.
- G) The decision of the arbitrator will be final and there will be no means of further appeal.

GENERAL RULES AND REGULATIONS FOR GRAPPLING

Article I: Protective Equipment: Mouth guard, male groin protection is mandatory.

Article II: Personal Requirements

A competitor has 2 minutes to comply with Section 1 and Article IV (Personal Requirements) of the General Competition Guidelines of the United States AAU Ju-Jitsu Program or face disqualification.

Article III: Ring Dimensions

In principle, rings shall be 8 meters by 8 meters with a 1 meter warning track and a 1 meter safety track (12 X 12 meters in all), for all AAU National Ju-Jitsu tournament competition. Regional and Association events must maintain a competition area of at least 20' X 20' with a 3' inside warning track.

Article IV: Officials (Referees, Head of Court, and Assistants)

Section 1: Duties

A) The Mat Referee shall:

- 1) Control the competition.
- 2) Physically inspect the competitors before the match.
- 3) Give pre-competition instructions when necessary, declare the beginning and the end of the match, and give warnings and commands such as "Hajime" and "Mate"
- 4) Announce the deduction of points and disqualifications, announce verbally invalid scores, and maintain control of the ring.
- 5) Make every effort to ensure the safety of the competitor.
- 6) Stop the time-keeper's clock when necessary.
- 7) State his/her opinion about decisions, deduction of points, warnings, and the winner, when requested by the head of court.
- 8) The Mat Referee may stop the match in order to consult with the Side Referees to determine whether a mismatch should be declared. This decision requires a majority agreement of the Referees and final verification of the head of court.
- 9) Collect the score cards from the judges and submit them to the head of court at the end of each round.

B) Side Referees shall:

- 1) Be positioned in an equilateral triangle – one on each back corner and one where the head of court normally would be.
- 2) Record points, warnings, infractions, and disqualifications on the scorecard.

- 3) Deliver the completed scorecard to the referee following the end of each round.
- 4) State their opinions forthrightly when requested by the Mat Referee.

C) Head of Court shall:

- 1) Consult with the Referees when necessary.
- 2) Inspect the scorecards for accuracy and consistency (i.e., all deductions are properly recorded) and award points only when at least two referees determine that a point should be awarded. Check for the referee's signature and, in the case of questions, the head of court should consult with the appropriate referee.
- 3) Decide the winner only on the basis of the referee's scorecards and inform the referee. The head of court may request a replacement of the Mat or Side referee (s) by the tournament committee.
- 4) In the event of a protest, the head of court shall sign the referee's scorecards from the disputed match and submit them to the tournament committee.

D) Assistants Time-keeper, weigher, and recorder shall perform the following functions:

- 1) The timekeeper shall be responsible for keeping the official time by starting and stopping the clock on the referee's orders, and for announcing the expiration of the official time period. NOTE: The timekeeper notifies the referee when time has expired, but the match remains in progress until the referee stops the match; i.e., points can be awarded, as well as deduction points assessed until the center official stops the match.
- 2) The weigher shall determine the competitors' weights according to regulations and in the presence of a designated AAU certified referee.
- 3) The recorder shall keep a record of the results of each contest (win, loss).

Article IV. Weight Divisions & Age Divisions

JUNIOR (AGES 7 & Under) BOYS: 8 WEIGHT CLASSES

- 1) -40 lbs.
- 2) 41 to 46 lbs.
- 3) 47 to 52 lbs.
- 4) 53 to 58 lbs.
- 5) 59 to 64 lbs.
- 6) 65 to 70 lbs.
- 7) 71 to 76 lbs.
- 8) 77 + lbs. Or will be divided into two, three, or four size groups depending on competition size.

JUNIOR (AGES 8 & 9) BOYS: 8 WEIGHT CLASSES

- 1) -47 lbs.

- 2) 48 to 52 lbs.
- 3) 53 to 59 lbs.
- 4) 60 to 66 lbs.
- 5) 67 to 74 lbs.
- 6) 75 to 84 lbs.
- 7) 85 to 95 lbs.
- 8) 96 + lbs. Or will be divided into two, three, or four size groups depending on competition size.

JUNIOR (AGES 10 - 12) BOYS: 8 WEIGHT CLASSES

- 1) -65 lbs.
- 2) 66 to 72 lbs.
- 3) 73 to 79 lbs.
- 4) 80 to 88 lbs.
- 5) 89 to 97 lbs.
- 6) 98 to 110 lbs.
- 7) 111 to 125 lbs.
- 8) 126+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

JUNIOR (AGES 13 - 16) BOYS: 8 WEIGHT CLASSES

- 1) -89 lbs.
- 2) 90 to 99 lbs.
- 3) 100 to 110 lbs.
- 4) 111 to 121 lbs.
- 5) 122 to 132 lbs.
- 6) 133 to 145 lbs.
- 7) 146 to 161 lbs.
- 8) 162+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

JUNIOR (AGES 8 & 9) GIRLS: 7 WEIGHT CLASSES

- 1) -50 lbs.
- 2) 51 to 59 lbs.
- 3) 60 to 69 lbs.
- 4) 70 to 79 lbs.
- 5) 80 to 89 lbs.
- 6) 90 to 99 lbs.
- 7) 100+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

JUNIOR (AGES 10 - 12) GIRLS: 7 WEIGHT CLASSES

- 1) -65 lbs.
- 2) 66 to 75 lbs.
- 3) 76 to 85 lbs.
- 4) 86 to 95 lbs.
- 5) 96 to 106 lbs.
- 6) 107 to 118 lbs.
- 7) 119+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

JUNIOR (AGES 13 - 16) GIRLS: 7 WEIGHT CLASSES

- 1) -90 lbs.
- 2) 91 to 98 lbs.
- 3) 99 to 106 lbs.
- 4) 107 to 114 lbs.
- 5) 115 to 125 lbs.
- 6) 126 to 139 lbs.
- 7) 140+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

WOMEN: 5 WEIGHT CLASSES

- 1) -135 lbs.
- 2) 135.5 to 155 lbs.
- 3) 155.5 to 175 lbs.
- 4) 175.5 to 195 lbs.
- 5) 195.5+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

MEN: 6 WEIGHT CLASSES

- 1) -145 lbs.
- 2) 145.5 to 175 lbs.
- 3) 175.5 to 195 lbs.
- 4) 195.5 to 215 lbs.
- 5) 215.5 to 240 lbs.
- 6) 240+ lbs. Or will be divided into two, three, or four size groups depending on competition size.

Article VI. Match Time:

Section 1: Ages 7 and under: 3 minutes (Position Grappling Only)

Section 2: Ages 8 – 17 years old: 4 minutes or submission, which ever comes first

Section 3: Ages 18 and up: 5 minute or submission, which ever comes first.

Section 4: If, after the end of the second round there is a tie there will be a 30-second rest and then a one-minute round. If the tie has not been broken continue with 30-second rest/one minute rounds until the tie is broken. (And if needed) a 30 second break if the tie is not broken.

Article VII. Scoring

Section 1: Takedowns and Throws: Points are awarded when the competitor offensively forces his opponent to the mat from the standing position. Points are awarded as follows:

- 3 points for a full throw or sweep that takes both opponents feet from mat
- 2 points for a half-throw or sweep that causes 1 foot of opponent to leave mat
- 1 point for any other takedown

(Note: jumping up and wrapping legs around opponent to bring him/her to your guard is not considered offensive takedown, and no points will be awarded)

Section 2: Ground fighting

It is not forbidden to cover or push against the opponents face when in Part 3. **What do you think about this rule?**

If no progress is made towards scoring a point for 20 seconds, the Mat Referee will declare “Mate” and the competitors will begin again. **What do you think about this rule?**

Section 3: Point Scoring:

Any submission (tap-out by competitor) ends the match with a winner.

Points are awarded when the competitor achieves and maintains a position for 5 seconds

Top Mount Position *3points*

Points are awarded when the competitor is on top of his opponent, straddling him with both knees and feet on the mat, maintaining control of his opponent

Rear Mount Position *3points*

Points are awarded when the competitor has control of his opponent from behind, with hooks in (heels between opponent's legs)

Knees On The Stomach *3points*

Points are awarded when the competitor has one knee across his/her opponent's stomach, keeping the other knee up with foot on the floor

Kesa gatame *3 points*

Points are awarded when the competitor has control of his opponent from the side by holding his head and one arm

North south or kami shiho gatame *3 points*

Points are awarded when the competitor has control of his opponent while keeping his head in his opponent's stomach and laying on top

Side mount or cross body hold *3 points*

Points are awarded when the competitor has control of his opponent from the side keeping one shoulder pinned to the mat with no leg entanglements

Reversals *2 points*

Also called a sweep, flip, etc. Points are awarded when the competitor sweeps or flips his opponent, using his legs or arms reversing his own position from bottom to top and gaining a control position for 3 seconds

Passing The Guard *2 points*

When the opponent is on her back, controlling the competitor with her legs around or in between the waist (guard position), the competitor passes the legs to attain the cross side position, maintaining complete control on top

NOTE TO ALL REVIEWERS: I have a question for discussion for all: Once a mount is established, should we continue to give points when the person mounted changes the mount (from top mount to side mount etc.)? It seems to me that if we continue to award points we are encouraging movement but not encouraging people to go for a submission.

Article IX. Fouls

Section 1: 3 fouls will result in disqualification. Fouls will be given for any of the following infractions but if they are severe the Mat Referee may disqualify the athlete at that time.

1. No striking at all.
 2. No excessive or dangerous throws or throws that use the neck. (Koshi Guruma is allowed)
 3. No small joint manipulation, i.e. fingers and toes. Wristlocks are allowed.
 4. No heel hooks, foot cranks, or, knee bars (straight ankle locks are allowed).
- Competitors 17 and older are allowed to use straight knee-bars
5. No butting with the head, eye gouging of any kind, fish hooking, or finger chokes
 6. No groin attacks of any kind.

7. No throat strikes of any kind, including, without limitation, grabbing the trachea.
8. No clawing, pinching or twisting the flesh or grabbing the clavicle.
9. No timidity, including, without limitation, avoiding contact with an opponent, faking an injury.
10. No interference by the corner. (Physical interference or verbal abuse directed towards the referee or the other fighter or coach).
11. Disregarding the center referee's commands

Section 2: Grounds for automatic disqualification

1. Engaging in an unsportsmanlike conduct that causes an injury to an opponent, or is considered disrespectful (i.e. spitting at an opponent).
2. Using abusive language, yelling at a ref. or another opponent, or displaying a general lack of control in attitude, words, or deeds.
3. Flagrantly disregarding the instructions of the referee.
4. To apply any technique that, in the referee's opinion, is a deliberate attempt to injure the other competitor.

Section 3: Forfeiture and injury

1. Any competitor that fails to appear for his or her match within two minutes after the match start time will forfeit said match.
2. Any competitor that withdraws from competition during the match will forfeit that match.
3. If the tournament doctor or medical personnel declares that a competitor must withdraw from a match, he or she must also withdraw from the rest of the competition.
4. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match.
5. When the cause of injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match.
6. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match.
7. The tournament doctor or medical personnel will decide whether the injured contested may continue or not.
8. In every case when a match is stopped because of injury to one or both contestants, the center referee may permit a maximum of five minutes to be given to the injured contestant for rest. The total rest time for each match shall be no more than five minutes.

Article X. Procedures for Suspending the Match: To stop the match for any reason the Mat Referee shall:

- a) Declare "Yame" to stop the competitor action.
- b) Order the timekeeper to suspend the time

Article XI. Decision Determination of the winner shall be made as follows by:

- A. Ipon in all 3 areas

- B. Points
- C. Mercy Rule or Referee stopping the contest(RSC). (14 points ahead after 1 round)
- D. Win by Withdrawal.
- E. Win by Disqualification.
- F. Win by Referee's punitive declaration.

Article XII. Situations Not Covered By Rules

Section 1: AAU rules will preside at all AAU sanctioned events.

Section 2: If a situation is not covered by the AAU rules, the Tournament Committee will provide a ruling.

Article XIV: Protests

Section 1: In case there is an objection to a decision immediately after the competition, the appointed coach representing the athlete may file a written protest to the Chief Arbitrator or Director of the National Referee's Program along with a fee of \$25.00. The protest will be submitted on the official protest form. (See Appendix B)

Section 2: A protest can only be raised by the competitor's coach who must be a AAU member and a currently certified coach of the AAU. The tournament committee shall review the scorecards and render a final decision, which must be certified by each member of the committee.

Section 3: Deliberation Process

- A) After reviewing the protest application, the content of the protest must be arranged according to the criterion of 'acceptable' or 'unacceptable'.
- B) If necessary, the Arbitrator can hear opinions from the Referees, or Head of Court.
- C) If necessary, the Arbitrator can review the material evidence of the decisions, such as the written data (score sheets). Videotapes WILL NOT be admitted as evidence to confirm or disconfirm the protest.
- D) Errors in determining the match results: Mistakes in calculating the match score or misidentifying a contestant shall result in the decision being reversed.
- E) Error in application of rules: When it is determined by the Arbitrator that the Referee made a clear error in applying the competition rules, the outcome of the error shall be corrected and the Referee shall be disciplined.
- F) Errors in factual judgment: When the Arbitrator decides that there was clearly an error in judging the facts such as impact of striking, severity of action or conduct, intentionally, timing of an act in relation to a

declaration or area, the decision shall not be changed and the officials who have made the error shall be disciplined.

- G) The decision of the arbitrator will be final and there will be no means of further appeal.

GENERAL RULES AND REGULATIONS
FOR DUO KATA COMPETITION

Article I. Competition shall be divided by Age and Belt

AGE DIVISIONS,

BELT DIVISIONS

Juniors

Beginner, Novice, Intermediate, Advanced

Under 7

8 & 9

10 & 11

12 & 13

Youth:

Beginner, Novice, Intermediate, Advanced

14 -17

Adult:

Beginner, Novice, Intermediate, Advanced

Seniors (35-44)

Beginner, Novice, Intermediate, Advanced

Executive (45+)

Beginner, Novice, Intermediate, Advanced

Article II. CRITERIA OF JUDGING

Section 1: The jury shall look for and judge the following:

- A. Attitude,
- B. Effectiveness,
- C. Speed,
- D. Control,
- E. Powerful attack.

Section 2: The overall score should give more importance to the attack and to the first part of the defense.

Section 3: NORMS OF JUDGING: The attacks and defense must follow certain norms:

- a. Atemis must be powerful, with good control and given in a natural way considering possible follow up.
- b. Throws and take downs shall contain opponent balance breaking and be made at good speed and with good balance.
- c. Locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by Uke.
- d. Both the attack and the defense shall be executed in a technical and realistic way.

Article III. Judging Procedure

Section 1:

- a) Referees shall be seated in the front of the scorer's table
- b) the Mat Referee will face the scorer's tables
- c) "white" team will be on the Mat Referee's left side, "blue/red" team will be on the Mat Referee's right side.
- d) Points shall be awarded on scale 0.0 to 10.0 in ½ point increments.
 - 5.0 shall be the 'average' score awarded Juniors
 - 6.0 shall be the average score awarded Youth and
 - 7.0 shall be the average score awarded adults
- e) Judges shall display the score of each competitor by use of flash cards.
- f) The highest and lowest scores shall be thrown out and the remaining three scores added to compute 'total score'. In the case of a tie, the lowest score shall be added back to break the tie. If still tied, the highest score shall then be added back as well. If this procedure fails to break the tie, then both competitors shall repeat their form.
- g) The computation of the total score on the score sheet shall be recorded by an assigned official and each division's sheet shall be signed by the respective Mat Referee.

Article IV. Duo Kata attacks

Section 1: The attacks are divided into 4 groups:

- Group 1: Gripping attacks,
- Group 2: Embracing and neck lock attacks,
- Group 3: Punches/blows and kicking attacks,
- Group 4: Weapon attacks.

Section 2: Each group consists of 5 attacks

Section 3: *See Appendix A* for list of recognized attacks in each of the 4 groups. In addition to Appendix A, Group 2 also permits bear-hugs from behind that capture the arms and that go under the arms.

Section 4: The Mat Referee (MR) draws 3 attacks for each series and then shows these shortly to the active couple before the attack. The other couple will use the same attacks but in another order called by the MR.

Section 5: The position of their feet is completely up to the competitors.

Section 6: It is allowed to make a strike to break the opponent's balance before the attack.

Article V: COMPETITION PROCEDURE

Section 1: The competition is between two teams chosen by lot. The first team drawn has red(blue) belts and the second team has white belts. Team 1 starts series 1 and gets its

scores, after that Team 2 proceeds with series 1 and gets its scores. Then Team 2 starts series 2 and gets its scores, after that Team 1 proceeds with series 2 and gets its scores. Team 1 starts series 3, etc, and Team 2 starts series 4, etc. This shifting system gives the fairest score distribution and by that the best result for the competitors and the spectators.

Section 2: The MR shall remain within the contest area and shall have the responsibility for the conduct of the match. The MR will use cards to draw the attacks and to help him/herself visualize the attack. He/she should indicate to the jury if the attack is the correct one.

ELIGIBILITY REQUIREMENTS FOR
AAU NATIONAL JU-JITSU CHAMPIONSHIPS
AND NATIONAL JU-JITSU TEAM

Article I. Eligibility for the National Championships

Section 1: Athletes must have placed 1st through 8th in a Kumite or Duo Kata division in an AAU-sanctioned Association or Regional Championship of the current year, or

Section 2: Athletes must have placed 1st in an individual Kumite or Duo Kata division in the previous National AAU Ju-Jitsu Championship.

Article II: The AAU Ju-Jitsu Program may choose to initiate a Team Trial process for the purpose of selecting a National AAU Ju-Jitsu Team to represent it in both other national and international competition.

Section 1: All competitors must be currently registered AAU members.

Section 2. Eligibility

Subsection 1: Those invited to National AAU Team Trials will include:

- a) Those who place 1-4 at National AAU Championship
- b) Current Team Members

Subsection 2: If an athlete has qualified to participate in Team Trials through more than one weight division, he or she must compete in that weight division in which they originally registered at the National Championship.

Section 3: Method of Competition

1. AAU Ju-Jitsu Team Trials Competition shall be conducted according to the 'round robin' format.
2. The AAU Ju-Jitsu Program shall have the option of not accepting any Team Member whose position was garnered as a result of a lack of competition in their respective weight class. Such 'winner's may be required to 'audition' their proficiency before a panel chosen by the National Sport Chair.

Section 4. Responsibility of AAU Ju-Jitsu Team Members

1. Those chosen to represent the AAU Ju-Jitsu Program as current Team Members shall bear additional responsibilities to the AAU Ju-Jitsu Program and these Responsibilities shall be outlined to and agreed upon by perspective Team Members prior to participation in the Team Trial process.

GUIDELINES FOR SANCTIONING AND CONDUCTING
AN AAU Ju-Jitsu TOURNAMENT

A) Should a club/school decide to host an AAU sanctioned Ju-Jitsu tournament, you must first contact the local AAU registration chairman to obtain a sanction application. This form may also be available through the Association Ju-Jitsu Chairman. Only AAU registered clubs may apply for and AAU sanction.

B) Please be sure to complete the application form in totally and correctly.

1) Name of Association is asking for the name of your AAU Association NOT any other affiliation of dan sanctioning body!

2) Name of Sport is "Ju-Jitsu".

3) Name and Date(s) of Event is self explanatory.

4) Event Category: There is one and only one Association Championship per association. There is one and only one Regional Championship per Region. AND, there is one and only one National Championship in the entire country. You must have the approval of the Association Ju-Jitsu Chairman, Regional Ju-Jitsu Director, and/or National Ju-Jitsu Sport Chairman respectively to host any of the before mentioned events. All other events are non-qualifying events and are classified as either Preliminary, Invitational, or Open. Please note, that IN ANY SANCTIONED EVENT, ALL PARTICIPANTS MUST BE INDIVIDUAL CURRENT MEMBERS OF THE AAU.

5) Specific Age Groups: refers to Youth (5-13), Junior (14-17), Adult (18-34), Senior (35-44), and Executive (45 years and up).

6) Youth (under 18) Adult (18 and up) or Both; Female, Male or Both is self-explanatory.

7) Name and Address of Facility is self- explanatory.

8) Fee Schedule: Check with your local AAU Association Office.

9) Club Name, contact person, phone number(s), and address must be complete.

Please list your home address, NOT a P.O. Box number.

ATTACH A COPY OF THE EVENT INFORMATION AND ENTRY FORM!

C) Mail the entire completed form to your association registration chairman along with the appropriate fee and shortly thereafter you will receive your copy "approved designating your sanction number. If applying for 3rd Party general liability insurance, be sure and apply at least 30 days out or you will incur additional late fee expenses.

D) Obtain a list of all registered AAU Ju-Jitsu clubs in your association (Region, depending on the type of sanction) and make sure they all receive an invitation to participate. Unattached athletes may also participate in AAU sanctioned events. By 'unattached' is meant an athlete who is individually registered with the AAU, but is training with a non-AAU registered club/school. You may choose to use your sanctioned event a recruitment too in this way. Invite all Ju-Jitsu clubs in your association whether or not they are currently registered with the AAU. They may choose to send athletes who will be required to register as individual members if they have not already done so.

E) All tournament flyers must:

- 1) Contain the phrase: “Sanctioned by the XYZ Association”.
- 2) Advise that all participants must be registered members of the AAU and how to obtain application forms for same.
- 3) Advise Junior athletes that they should be prepared to present proof of age should a question regarding same arise.

F) You should meet at least one month prior to the event with the association (regional) chairman to review all printed forms associated with the event to insure that they are thorough, in keeping with the AAU Ju-Jitsu Rules, and in compliance with the AAU Code.

G) You should then contact the local referee certification representative to insure that enough “certified” referees will be available to insure a smooth running event. You are advised to host an official AAU Ju-Jitsu Referee’s and Coach’s certification clinic at least two weeks prior to your event. Parents of younger students, as well as your adult non-Black Belts should be encouraged to take the coach’s seminar. Not only will this certification allow them to become more involved in the program, but also free up your Black Belts for more important work such as judging!

H) Again, with the cooperation of your local registration chairperson, you should make sure you have all the necessary individual applications you feel will be necessary for on-site registration of unattached athletes. Make sure you know how to fill out these applications along with the correct fees for both youth and adult athletes.

I) After the event you may be expected to file a financial, as well as statistical report with your local registration chairman or the National Sport Committee. If you are hosting either an Association or Regional Championship – both of which are qualifiers for the National Championship and Junior Olympic Games – you must file the appropriate report with the National Sport Chairman AND include a \$2.00 per athlete participation fee. Checks and money orders must be made payable to “AAU Ju-Jitsu”. These reports and fees MUST be filed within 15 days of your event, or June 5, whichever comes first. Failure to do so will disqualify your athletes from national competition AND preclude you from hosting another qualifying event! For all other AAU Ju-Jitsu sanctioned tournaments the athlete participation fee shall be \$1.00 per athlete.

APPENDIX A
SHOW HERE THE DUO KATA ATTACKS

APPENDIX B

AAU Ju-Jitsu PROTEST FORM

Athlete's Name

Division

Head of Court:

Mat Referee

Side Referees:

Coach's Name

Ring #

Date _____

Describe what has happened to make you file this protest, and what action(s) you think need be taken to correct the situation.

Decision:

Reason for Arbitration Committee's decision:

Arbitration Committee Members