

# ***JJIF Competition Rules***

## **Duo Show System:**

### **Section 1 Generalities**

- a. The JJIF-Duo Show System is aimed at presenting a free choreography of defence actions of one contestant against attacks from a contestant of the same team.
- b. The attacks can be chosen from the 20 attacks of JJIF Duo System where they are divided into 4 series of 5 attacks each:
  - A. Gripping attacks
  - B. Embracing and neck lock attacks
  - C. Punches, strikes and kicking attacks
  - D. Weapon attacks <sup>(1)</sup>
- b. The team is free to choose 10 attacks**, minimum 2 from each series!
- c. Choreography and additional actions are allowed and attacks can be prepared by pre-attack such as pushing, Atemi, pulling.
- d. Every attack can be carried out right-handed or left-handed at the free choice of the team as well the respective position of the feet.
- e. **The defence action is completely at the defender's choice**, as well the respective roles or the change of the roles as attacker and defender. <sup>(2)</sup>
- f. When the same couple is involved in consequent matches, a recovery time of maximum 5 minutes will be allowed between the two matches.
- g. One provisionally weapon of self-defence is allowed to be used during the presentation and to defend maximum 2 attacks<sup>3</sup>
- h. Each presentation shall last maximum 3:00 min.

### **Section 2 Categories**

- a. A couple may be formed without any restrictions at all, such as weight or grade. Age categories must be respected (Appendix Categories and Age divisions).
- b. The following categories will be distinguished: Men, women and mixed.

---

<sup>1</sup> The attacker is allowed to use one soft stick and one rubber knife. The stick shall be between 50cm and 70cm.

<sup>2</sup> The role as attacker and defender can be changed during the presentation.

<sup>3</sup> Placed on or around the mat! Examples: belt, scarf, walking stick, ...



### Section 3 Course of the Match

- a. The couples stay facing one another in the middle of the competition area approximately two meters apart. The first drawn couple (Couple 1) has red belts and stays on the MR's right side. The second couple (Couple 2) wears blue belts. At the sign of the MR the couples will make a standing bow first to the Mat-referee and then to each other. Couple 2 leaves the contest area.
- b. The demonstration starts, when the MR announces "Hajime".
- c. The scores of the presentation will be given after the complete presentation by the Jury. Upon the Mat-Referee's command "Technical Score- Hantai" or "Show Score - Hantai" they hold their respective score table over their head.
- d. After the two demonstrations the match has finished. The two couples take the same position as in the beginning of the match on request of the MR. The MR asks the secretary for the winner and shows it by raising the hand and calling the respective colour of the belt.
- e. If the total points of the two couples are equal ("Hikiwake"), the team with the higher technical score wins the match. If the technical score is equal as well an additional demonstration of 3 attacks will be scored. Now the blue couple will start.
- f. After the MR announces the winner he orders the standing bow first to each other, then to him.

### Section 4 Score System and Judging

- a. The scores are given from 0 to 10 (1/2 number interval)
- b. There is a technical score and a show score
- c. Both the attack and the defence shall be executed in a technical clear way. Although spectacular techniques are allowed the execution must follow the principles of martial art, logical continuation and biomechanics.
- d. The technical score shall take into account the performance of Ju-Jitsu techniques in the defence as Atemi (strikes, punches, kicks), Throws and take downs, locks, chokes and ground techniques.
  1. Powerful attack - *give more importance to the attack, and to the first part of the defence.*
  2. Reality - *Throws and take-downs shall include breaking the opponents balance and be efficient*
  3. Control - *Locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by Uke.*
  4. Effectiveness - *Atemis must be powerful, with good control and given in a natural way considering possible follow up.*



e. The show score shall take into account:

1. Attitude
2. Speed
3. Variety
4. Attractive Martial Art presentation
5. Choreography
6. Time limit

## **Section 5 Jury**

The Jury shall consist of three (3) JJIF Certified DUO Referees each one from a different Country and not from the county of a competitor (if possible), well experienced experts in Martial Arts

## **Section 6 Walk-over and Withdrawal**

- a. The decision “Fusen-gachi” (win by walk-over) shall be given by the MR to the competing couple whose opponents don't appear for their match after they have been called for 3 times over at least 3 minutes. The winner gets 12 points, the non-appearing couple gets 0 points.
- b. The decision “Kiken-gachi” (win by withdrawal) shall be given by the MR to the competing couple whose opponents withdraw from the competition during the match. In this case the withdrawer gets 0 points and the winner gets 12 points.

## **Section 7 Injury, Illness or Accident**

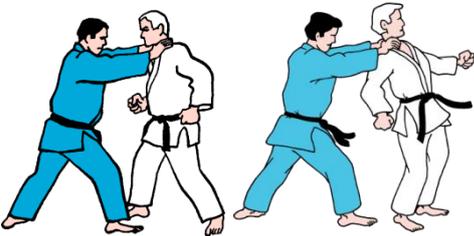
- a. When an injury, illness or accident occurs, the active couple has a right to a maximum time of 2 minutes rest before continuing (the total rest per couple in each match shall be 2 minutes).
- b. If a couple cannot continue after an injury, “Kiken-Gachi” is given to the other couple.

## Attacks in the Duo System

(Every attack can be done left-handed or right-handed)

### Series A Gripping Attacks

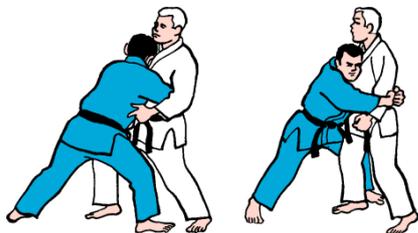
(Every attack **can** be preceded by a pre-attack)

	<p>Grip: Uke takes hold of Tori's arm. One Hand takes the wrist, the other the forearm.</p> <p>Intention: • To push or to pull • To control Tori's front hand • To immobilize the defender</p>
	<p>Grip: Uke takes the reverse of Tori's Gi with his hand.</p> <p>Intention: • To come close to the opponent to make another action. • To pull – push or pin the opponent – perhaps to hit him / her afterwards</p>
	<p>Grip: Uke attacks Tori's neck from the front-side or from the back-side to make a strangulation.</p> <p>Intention: • Push Tori backwards • Pin Tori</p>
	<p>Grip: Uke attacks Tori's neck from the side to make a strangulation.</p> <p>Intention: • Push or pin Tori</p>
	<p>Grip: Uke attacks Tori's side by taking the Gi on a level with the shoulder with the hand. The kind of the grip is free.</p> <p>Intention: • Push, pull or pin Tori.</p>
<p><b>General comment:</b></p>	<p>Hands and Grips must be closed.</p>

## Series B Embracing and Neck Lock Attacks

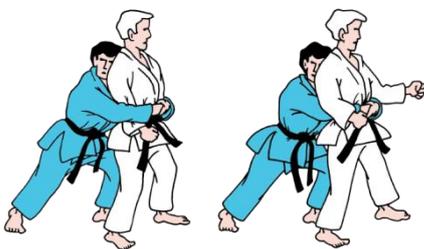
(Every attack should be preceded by a pre-attack)

---



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

---



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

---



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

Intention: To strangle or to apply a throwing technique

---



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

Intention: To strangle or to apply a throwing technique

---



Uke applies a Hadaka Jime with his arm.

Intention: To strangle or to break balance

---

**General comment:**

Hands and Grips must be closed.

---

### Series C PUNCHES / Blows and Kicking Attacks

(Every attack should be preceded by a pre-attack)



Jodan or chudan Tsuki - punch from the front-side with the hand to the head or to the body.

Target: Solar plexus, stomach or face



Ago Tsuki (Upper cut) – punch with the fist.

Target: Chin



Mawashi Tsuki (Hook) – Semi-circular punch with the fist.

Target: Tori's side of the head



Mae Geri – front kick with the leg

Target: Solar Plexus, stomach



Mawashi Geri – Semi-circular kick with the leg

Target: Solar Plexus, stomach

Tori is allowed to make a step back and lightly turn the body

#### General comment

The attack must be able to reach Tori, if he is not moving away. Tori must react on the attack.

It is not allowed to move before the attack is started.

## Series D Weapon Attacks

(Every attack should be preceded by a pre-attack)

---



Knife attack straight from the top.

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

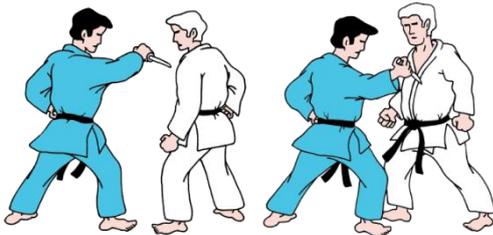
---



Knife attack from the front-side.

Target: Stomach

---



Semi-circular knife attack, which is applied from the side or diagonal downwards.

Target: side of the body

---



Attack with a stick straight from the top.

Target: Top of the head

---



Attack with a stick from outside, which is applied from the side or diagonal downwards

Target: Tori's side temple / head

---

### General comment

The attack must be able to reach Tori, if he not moving away. Tori shall have full control of the weapon during and after the defence.

---