

# **JJIF**

## **SPORTS RULES**

### **SELF-DEFENCE FOR THE ARMY, POLICE AND THE SECURITY COMPANIES**

#### ***/Security Self-Defence/***

#### **Section 1. Essence**

The Self-Defence Department for the Army, the Police and the Security Companies to JJIF(the Ju-Jitsu International Federation), aims to assist the education of the officers from the law-enforcement bodies; one of the ideas is to carry out championships.

The “Security Self-Defence” Discipline, represents a demonstration of defence against different types of attacks between competitors from one team. The attacks are defined and systemized in 4 groups – each one consisting of 4 attacks. The competitors are free to choose for themselves the defence technique to be used.

#### **Section 2. Members of the Team**

- a/** The team comprises 2 competitors, without any restriction as to weight, age, gender or Dan;
- b/** the competitors are bound to shoulder responsibility for each other;
- c/** each country is to work out an archive with records of all those practicing security self defence – from the police, the army and the security companies.

#### **Section 3. Competition Area and Organisation**

- a/** The Competition Area is 10 x 10 m; it includes the fighting area 8 x 8 m; and the safety Area 1 x 1 m;
- b/** The whole area, as specified above, is to be covered by a 4-cm-tatami. The colour of the safety area should be different than the one of the fighting area;
- c/** All hard and dangerous objects should be kept at least 2 m. away from the safety area. It is allowed to have a chair for the coach near the tatami. The distance between the audience and the safety area should be at least 3 m;
- d/** The Secretariat is to comprise at least 2 persons.

#### **Note:**

The Director who happens to be authorized by JJIF to be in charge of the competition, checks the condition of the tatami before the beginning of the championship itself. During the championship the referees are responsible for the condition of the tatami, as per the set Rules.

#### **Section 4. Competition clothing**

The competitors are supposed to be dressed in the standard tactical uniform of the respective law-enforcement bodies. The attacking competitor “Tori” should wear a T-shirt, the colour of which should be the same as the one of the jacket, as well as a blue, or red belt. The attacking competitor of the first called team should wear a red belt; while of the second called team – a blue one. The competitor in the defence position, “Uke”, should wear a tactical belt.

The competitors should wear light sports shoes, similar to the ones used in Karate, Sambo and Wrestling.

The name of the country and the type of the law-enforcement body should be displayed on the back of the jacket in a square 30/30 cm.

For example:

BUL	BUL	BUL
ARM	POL	SEC

### **Section 5. Training Aids**

**a/** The tactical belt must be made of textile material or leather; it should have a special holder for the hand-cuffs and the truncheon;

**b/** The knife is made of rubber;

**c/** The truncheon is plastic and should be 50-60 cm. long;

**d/** The gun is made of wood or plastic;

**e/** The hand-cuffs are out of metal with a hard or flexible link.

### **Section 6. Personal requirements**

- Clean and ironed uniforms
- Ear-rings, piercing, or any other sharp articles, that might injure or endanger the health of the opponent are not allowed;
- A competitor who has sight problems, can wear only soft sports glasses, or soft contact lenses, at his/her own responsibility;
- Long hairs should be tied up with soft hair-bands.

### **Section 7. Position at the beginning and in the end of the match**

**a/** The competition pairs should stand facing each other in the middle of the competition area – at a distance of 2 m. from each other;

**b/** At the beginning of the Fighting the competitors make a standing bow first to the Mat Referee, and then to each other;

**c/** In the end of the match the competitors make a standing bow first to each other, and then to the Mat Referee;

### **Section 8. Attacking and Defensive actions:**

**a/** The attacking actions must be real, well-shaped, with speed, strength and control.

They comprise 4 groups(series) – Attachment No. 1.

I – defence against grips, grappling and strangulation

II – defence against strikes, blows and kicks

III – defence against knife and pointed gun

IV – defence against truncheon, control with the truncheon, defence with the truncheon against strikes, preventing taking the truncheon away.

Each group consists of 4 attacks;

**b/** The defence actions should be in the following sequence:

- Blocking, avoiding the attack, or anticipating actions(strike or throw)
- Disbalancing blow
- Control of the opponent
- Throwing down with a lock, or just a throw-down
- Ground control
- Body Search and putting the hand-cuffs(only during each third technique from the groups)
- Each technique must finish with taking the opponent away – as far as the end of the competition area.

**Note:** It is allowed the defence to be completed by control in a standing position and putting the hand-cuffs.

### **Section 9. The Fighting Match**

**a/** The fighting is between two couples. The teams are to be taken in and introduced with signs;

**b/** The Mat Referee selects 3 attacks from each series;

**c/** The first duo begins with the first series and gets scores for it; after which the second duo makes the first series and gets scores for it;

The second duo begins with the 2<sup>nd</sup> series and gets scores for it; after which the first one makes the 2<sup>nd</sup> series and gets scores for it.

The first duo begins the 3<sup>rd</sup> series, etc.; while the second duo – begins with the 4<sup>th</sup> series, etc.

This change is aimed at an objective assessment and presentation of the competitors.

Each third(last) technique from each series finishes with a body search and hand-cuffs, after the personal defence actions and the control. During this control commands are to be given in the respective language for purposes of respecting the opponent; the use of bad words is not allowed;

**d/** It is compulsory to strike a blow in order to break the balance of the opponent before the beginning of the attack;

**e/** For each new fight the “Attacker” and the “Defender” change their positions.

### **Section 10. Chief Referee, Mat Referee/MR/ and the Jury**

**a/** The Jury comprise three(3) licensed referees – each one from a different country. The members of the Jury give the scores, after the indications given by the Mat Referee, by raising their marks high above their heads. These marks are to be put down after the instruction, given by the Mat Referee.

**b)** The Mat Referee stays within the competition area and is responsible for the match. He uses the cards specifying the attacks and helps to visualize them. He signals the Jury whenever the attack is not the correct one;

**c/** The Chief Referee controls the objectivity of the judging of the Jury; the proceeding of the match and the performance of the MR; if need should be, he is entitled to request re-consideration of the marks that had been given. He announces the final scores of the match.

### **Section 11. “Hajime” and “Matte”**

**a/** The Mat Referee announces the number of the attack in order to declare the beginning of the fighting;

**6/** The Mat Referee announces “Matte” in order to declare the end of the fighting.

### **Section 12. Criteria for the assessment**

**a/** Correct technique(kihon);

**b/** Attitude and Efficiency;

**c/** Reality of the Performance;

**d/** Focussing the Strength (Kime);

**e/** Quick and Energetic Action;

**f/** Control of the Technique;

**g/** Control of the Actions of the Opponent;

**h/** Adequate judgement of the time and distance;

**i/** Logical consequence of the actions and readiness for continuing of the fight(Zanshin);

**j/** Concentration of the attention (Chakugan).

### **Section 13. Norms for Assessing**

The attacks and the defence should be effected in a real and efficient way and comply by the following requirements:

**a/** Strikes

- correct and clear-cut performance with the necessary strength, quickness, control and body balance

- correct and proper breathing

- withdrawing the hand and the leg after “Hiki te” and “Hik ashi”

- they should lead naturally to the next move;

**b/** Throws and getting down on the ground

- the opponent’s balance must be broken

- good balance, quickness and control

**c/** Techniques for control and strangulation

- the above should be performed in a clear manner and be confirmed by tapping on behalf of the opponent – “Uke”, without causing any trauma whatsoever.

**d/** Accessories (truncheon, hand-cuffs) – they should be used in such a manner that they should not hurt the partner. The handcuffs should be put quickly and energetically, with good technique; and after the defence, they are to be removed for 1 minute;

- e/ The competitor in the defence position controls the weapons(knife, stick, gun)  
 – from the very beginning until the end of the match;  
 f/ Inter-relation – in percentages – between the various stages /Table 1/

**Table 1**

Stages of the Unfolding of the Action	In percentages %	Judging(0,5)
I stage – Attack and First Defence	35 %	From 0 up to 3,5 points
II Stage – Performing Follow-up technical actions	35 %	From 0 up to 3,5 points
III Stage – Establishing full control on the opponent and quickness for putting the hand-cuffs	30 %	From 0 up to 3 points

#### **Section 14. Giving the points**

- a) The Jury gives points after each series of 3 techniques and on the request of the Mat Referee;  
 b) Each member of the Jury judges a certain stage of the actions of the team and gives points according to Table 1;  
 c) The incorrect or the weak attacks, the unnecessary screams, the uncontrolled and the unreal or weak techniques should be punished by deduction of points;  
 d) If a technique could not be completed by its end, due to an accident, it should not be repeated. In such a case the Jury is to judge the other two techniques.

#### **Section 15. Walk-Over and Withdrawal**

- a/ The decision of "Fusen-Gachi" (win by walk-over) shall be given to the competing couple whose opponents do not appear for their match, after they have been called for 3 times over a total of 3 minutes.  
 b/ The decision of "Kiken-Gachi" (win by withdrawal) shall be given to the competing couple whose opponents withdraw from the contest during the match itself.

#### **Section 17. Settlement of the Match**

If the competing couples have equal points at the end of the match they repeat the match until there is a difference in the overall score achieved at the end of a series. In this second round of competition the MR draws new attacks from

his/her cards and the couple with blue belts starts series 1, etc.

**Section 17. Injury, Illness or Accident**

a/ When an injury, illness or accident occurs, the active couple has a right to a maximum time of 5 minutes rest before continuing (the total rest per couple in each match shall be 5 minutes);

b/ If a couple cannot continue after an injury, "Kiken-Gachi" is given to the other couple.





**Section 18. Situations not provided for by this Regulation**






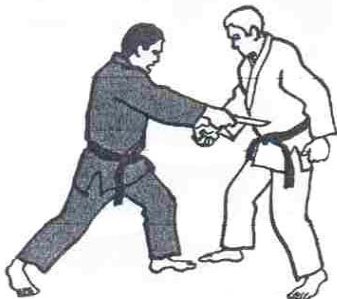
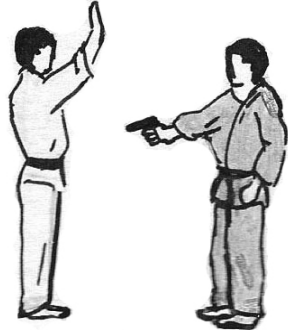
Any situation which arises, and which is not covered by these rules, must be dealt with by the Referee Council, comprising three referees with the highest category; this Council is to be appointed by the Chief Referee of the competition.

**Section 19. Behaviour of the coaches**

Only one coach who will be entitled to stay by the marked border of the competition area during the match has the right to help the competitors. If the coach behaves in an improper manner – towards the competitors, the judges, the audience, or somebody else) the Mat Referee is entitled to make this Coach leave the area, reserved for the officials, during the rest of the match. If this improper behavior continues, the Mat referee can decide that the Coach should leave this area during the whole time of the match.

**Annex 1**

<p><b>GROUP 1</b> Grappling Attack</p>  <p><b>Attack 1</b></p>	<p><b>GROUP 1</b> Embracing Attack</p>  <p><b>Attack 2</b></p>	<p><b>GROUP 1</b> Strangulation Attack</p>  <p><b>Attack 3</b></p>
<p><b>GROUP 1</b> Strangulation Attack</p>  <p><b>Attack 4</b></p>		

<p><b>GROUP 2</b> Attack with punches</p>  <p><b>Attack 1</b></p>	<p><b>GROUP 2</b> Attack with strikes</p>  <p><b>Attack 2</b></p>	<p><b>GROUP 2</b> Attack with kicks</p>  <p><b>Attack 3</b></p>
<p><b>GROUP 2</b> Attack with kicks</p>  <p><b>Attack 4</b></p>		
<p><b>GROUP 3</b> Attack with knife</p>  <p><b>Attack 1</b></p>	<p><b>GROUP 3</b> Attack with knife</p>  <p><b>Attack 2</b></p>	<p><b>GROUP 3</b> Defence against a pointed gun – from in front</p>  <p><b>Attack 3</b></p>

**GROUP 3**

Defence against a pointed gun – from behind



**Attack 4**

**GROUP 4**

Defence with a stick against strikes



**Attack 1**

**GROUP 4**

Preventing taking away the stick



**Attack 2**

**GROUP 4**

Control and detaining with a stick



**Attack 3**

**GROUP 4**

Defence against a  
strike with a stick



**Attack 4**