



OMEGA WHITE TIGER

Rules for under 18 jujitsu sparring

COMPETITION AREA AND ORGANIZATION

- a. 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.
- b. 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.
- c. The organizer of the competition shall provide: stopwatches, competition belts (1 red 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.
- d. 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.
- e. The competition shall consist of 2 rounds of 1 1/2 minutes with a 30 second rest between.

COMPETITION DRESSING

The competitors shall wear a good quality Ju-Jitsu Gi which must be clean and in good order. The competitors shall wear white or red belts.

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.
Men are not allowed to wear a T-shirt under their Gi.

PERSONAL REQUIREMENTS

- The contestants must have short finger- and toenails and are not allowed to wear any thing that may injure or endanger the opponent.
- A contestant who needs to wear glasses may only wear contact lenses at own personal risk.

POSITION AT START AND END OF THE MATCH

- a. The contestants shall kneel 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 kneeling bow first to the mat referee and then to each other.
- c. At the end of the match the competitors will make a kneeling bow first to each other and then to the mat referee.

LEGAL TECHNIQUES

1. Take downs from the kneeling position.
2. Arm and leg holds and locks.
3. Wrist and ankle hold and locks
4. Hold downs
5. Mount positions
6. Pressure points except on the head and throat.

ILLEGAL TECHNIQUES

1. Choking.
2. Striking of any kind.
3. Joint locks on fingers or toes.
4. Gouging or attacking the eyes.
5. Scratching.
6. Hair pulling.
7. Neck cranks
8. Hands or elbows to the throat. Forearms is allowed.[not striking]

COMPETITION RULES

1. All matches start from the ground.
2. No choking is allowed.
3. 1 point for take down [from knees]
4. 1 point for a controlled top mount. [5 seconds]
5. 1 point for a back control with hooks. [5 seconds]
6. 1 point for a hold down for 10 seconds.
7. 2 points for a hold down for 20 seconds. The match will be restarted after a hold of this length.
8. 1 point for reversing and a 3 second control of a hold down.
9. 1 point for reversing a take down a 3 second control. The person taking down will not receive a point if it is reversed.
10. 3 points for a tap out. The match will be restarted
11. If competition goes outside the ring the referee shall bring the fighters back to the center and start them in the same position.
12. The first person with a lead of 15 points or the person with the most points at the end of 2 rounds shall be declared the winner.