



# American Sport Jujitsu League

KICK – PUNCH – THROW – GRAPPLE – SUBMIT

## ASJL CSJJ Sparring Rules Summary

Complete Rules & Regulations available at <https://bit.ly/ASJL-Rules>

### Standard Rules in ALL sparring Divisions

- Competitors must wear a traditional Japanese/Korean style Jujitsu, Judo, or karate uniform; heavy weight uniforms are recommended, but not mandatory.
- Contests consist of **2 rounds** of continuous action fighting, with a break between rounds. Scores are tallied with red and white marked mechanical counters, (here after referred to as “Clickers”), by the corner judges. If there is a tie after two rounds an additional 3rd round is held to determine the winner. In the event of a tie after the 3rd round; additional 1minute rounds will be held and scored until a winner is determined.
- **Scoring - In ALL Divisions**  
Points are scored with strikes and kicks, as well as legally authorized throwing techniques, Throwing technique reversals, and control holding techniques (Osaekomi-waza).
  - One (1) point for a kick or punch to the body
  - One (1) point for a hand strike to the head
  - Two (2) points for a kick to the Head (to be determined, and called, by center referee)
  - Point value of throws (1, 2, 3, or 4 points) will be determined, and called, by center referee.
  - Two (2) pts for a successful pin held for 10 seconds
  - **No striking of any kind on the ground**
- Submissions are LEGAL for groups ages 12 years and older.
- The center referee controls the match, and calls: successful 2-point head kicks; the point value of successful throwing techniques; and point scores for successful ground pins.
- Contestants must remain inside the authorized competition area. In the event of both competitors' belts have passed into the safety zone (standing or grappling), the center referee will stop the action and restart from the center of the ring; in the standing position. This is for the safety of the competitors, if a competitor loses the advantage in a gripping situation or grappling situation; that advantage is lost. **Competitors MAY use the ring as a strategy to gain advantage; this adds ring control strategy and excitement to the competition.** However, if a contestant is running out of bounds **to avoid engagement** of the match, that competitor may be penalized!

- **Legal Target Areas for strikes**



Side and Back



Front View

- **10-Second Grip.** Once a grip has been established, by either competitor, one strike from either competitor will be allowed during the first three (3) seconds of this encounter; after 3 seconds all striking ceases until the referee restarts the match in the standing position. The criterion for grappling allows a competitor to hold his/her opponent in any legal manner for ten (10) seconds while in a standing position, after which time if there has been no takedown or throw, the competitors must release the hold, (on a command by the center referee), the referee separates the competitors and restarts the action.



## LEGAL TECHNIQUES

- Light contact punches, kicks and strikes to legal target areas.
- Sweeps and Base leg sweeping techniques.
- Vascular chokes
- Throwing techniques.
- Pinning and Control Techniques.
- Joint lock and Choking Submission techniques in divisions ages 12 and over ONLY.

## ILLEGAL TECHNIQUES

- Strikes that are thrown with no control or cause penetration to target.  
**Light Contact Rules will be Enforced!!!!**
- Strikes or kicks to the Face Mask (T-zone) area: Eyes, Nose, & Mouth. (NOTE: Cheek, forehead, chin, and side of face, are legal striking areas; entire head gear in Junior divisions is a legal Target area)
- Kicks below the Beltline and above the Achilles tendon area. (Boot to boot sweeps are legal techniques.)
- Any technique that puts severe pressure on the neck, such as neck takedowns or twisting the neck during hold downs or throws that cause a competitor to land on his head and/or neck.
- Respiratory chokes (attacks to the windpipe)
- Twisting knee locks.
- Ankle or Neck Cranking Submissions.
- Slamming opponent on back in the guard position.
- Small joint manipulation: Finger locks are illegal. (WRIST locks are OK!)
- Submissions are Illegal in age groups 11 years old and under.

## Throwing / Takedown Point Scoring

This competition format is designed to test all fighting ranges of its athletes and views takedowns similar to the accepted throwing techniques executed in Judo competitions.

Criteria for throwing are equivalent to Judo-style point evaluations.



1-point throw (koka) – Takedown where opponent lands in seated position or maintains a level of control.



2-point throw (yuko) – Takedown where opponent is forced to floor but both feet remain on the mat



3-point throw (Wazari) – Throw where one foot leaves the mat, but opponent lands on their side



4-point throw (ippon) – Full throw where both feet leave the mat and/or the opponent lands on their back

**\*Note:** Sitting and dropping into the bottom legs around position (Pulling guard) IS NOT considered a take down or throw. BUT “Pulling Guard” is allowed in this format; however, points cannot be scored by doing so.



## Ground grappling rules and points

After a throw, take down, or attempt; once the competitors are on the ground, the center referee signals the assigned ground timer to start the clock (*The signal is done by holding up the right clinched fist and loudly stating "Ground"*).

**Grappling is allowed for 20 seconds of regulation time in Junior divisions and 30 seconds of regulation time in Cadet and Adult divisions.** At the end of the 20 or 30 second time the ground timekeeper (who is different from the round timekeeper) blows a whistle or rings a bell that signals the referee to stand the competitors and resume action (competitors do not return to the middle of the mat unless instructed to do so).

- **NO STRIKES, OF ANY KIND, ARE PERMITTED ON THE GROUND.** \*\*The guard or bottom legs around position (ashi kuruma) is NOT a control position, it is a defensive position; therefore, no points will be awarded for holding a player from the bottom. The referee has the option to call stalling as an infraction if a player falls into the guard position repeatedly with no attempt to apply a submission.
- **Points can be scored for a successful controlling position**, which is determined by the referee. Standard Judo Holding techniques will be used (*Scarf hold, shoulder hold, side four corner, upper four corner, mounted four corner, rear mount WITH HOOKS IN, etc.*) Once a hold has been initiated the referee states "HOLD" and counts off. **If the pin is held for 10-seconds the player scores 2 points**; the referee signals the point and the corner judges "click" for the designated player.
  - In **JUNIOR divisions (60-second rounds)** the referee resumes counting for an additional 5 seconds and awards another 1 point; resumes counting an additional 5 seconds and awards another 1 point. A maximum of 4 total points can be awarded for control holds, if the technique is held for 20 full seconds.
  - In **CADET and ADULT divisions (90-second rounds)** submissions are permitted. Points can be scored for a successful controlling position, which is determined by the referee. Once a hold has been initiated the referee states "HOLD" and counts off. If the pin is held for 10-seconds the player scores 2 points; **THEN** the action must be focused to obtain a submission technique. No further ground points can be scored in that ground engagement. The center referee may instruct the competitors to work for submission. A competitor can win the ROUND with a submission.
  - In **BLACK BELT divisions (120-second rounds)** rules are the same as Cadet & Adult divisions except a competitor who obtains a submission wins the MATCH!
- During the ground time if in the opinion of the referee there is a stalemate and no action is happening, the referee can order the fighters to stand up without waiting for the ground time to run out.
- If a player "Taps" for any reason; he forfeits, and his opponent will be declared the round or match winner. If a referee calls a submission and intervenes for the safety of the contestants; that is a submission, and the round or match winner will be declared. **This is for the safety of the competitors**; please do not protest a referee decision when calling submissions.

## Match Completion

- The winner of the round is signaled by the judges holding up the red or white flagged clicker.
- Clicker counters are cleared after each round. The first competitor to win two rounds is declared the Match Winner. In the event of a tie after the 3rd round; additional 1-minute rounds will be held and scored until a winner is determined.
- Successful submissions will win the ROUND in under Black Belt divisions.
- Successful submissions, in any round, will win the MATCH in Black Belt Divisions.
- The winner of the Match is signaled by the Referee, raising his arm to the red or white flagged competitor.
- All JUNIOR (ages 11 & under) and CADET (12 to 17 years of age) competitors MUST wear approved head gear in all sparring divisions.

**\*\*\*NOTE:** *Since grabbing, holding, and throwing of the opponent is allowed; it is incumbent upon all coaches to ensure that their competitors are trained in, and are able to use, break-fall/safe landing techniques. A competitor who attempts a throwing technique must comply with the conditions imposed in the Explanation of a Safe Attack. If a competitor throws their opponent in full compliance with the stated rule requirements and an injury results due to the opponent failing to make a proper break-fall, then the injured party is responsible, and the thrower should not be penalized. Self-caused injury can result when a contestant, being thrown, instead of making a break-fall lands on an extended arm or elbow or holds onto the thrower and pulls them down on top of themselves.*

