

# Hokutoryu Junior Competition Rules

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Hokutoryu HQ

## HOKUTORYU



## JUNIOR TEAM

## Part 1 Hokutoryu Fighting System for fighters under 18 years

1. Hokutoryu fighting system.....	3
2. Definition.....	3
3. A Hokutoryu fight .....	3
4. Hokutoryu fighting techniques.....	4
4.1 Hand techniques / target areas.....	4
4.2 Kicks / target areas .....	4
4.3 Throws, sweeps, take downs (NAGE-WAZA).....	5
4.4 Locks (KANSETSU-WAZA) .....	5
4.5 Strangulations, chokes (SHIME-WAZA) .....	5
5. Prohibited techniques and behavior.....	5

## Part 2 Hokutoryu Competition Rules for fighters under 18 years

1. General guidelines.....	7
2. Age groups for fighters under 18 years.....	7
3. Categories of Hokutoryu Competition Rules for fighters under 18 yrs .....	7
3.1 General.....	7
3.2 Category A.....	8
3.3 Category B.....	8
3.4 Hokutoryu Tournaments .....	8
4. Weight categories for fighters under 18 years .....	8
5. Fighting area.....	8
6. Hygiene.....	9
7. Fighting equipment .....	9
7.1 Uniform .....	9
7.2 Standard protective equipment .....	10
7.3 Belts.....	10
8. The duration of a Hokutoryu fight.....	10
9. Scoring.....	10
9.1 Winning by a knockout (KOUBAN) .....	10
9.2 Winning by forfeiture, abandonment, withdrawal or default (KIKEN) .....	11
9.3 Winning by judges' decision (HANTEI) .....	11
9.4 Hokutoryu fight - judging in different age groups (Age groups J, C and Y) .....	12



9.5 An additional round (ENCHO SEN) .....	12
9.6 Warnings and penalties .....	12
9.7 Disqualification (HANSOKU MAKE).....	13
9.8 The rights of the referee in charge .....	13
9.9 Judging application .....	13
10 Coach .....	13
11 Medical personnel and first aid .....	13
12 Antidoping.....	14
13 Protests.....	14
14 Any other situations .....	14

# Part 1 Hokutoryu Fighting System for fighters under 18 years

## 1. Hokutoryu fighting system

The purpose of a Hokutoryu fight is to utilize the traditional jujutsu fighting spirit and techniques in a fight to beat one's opponent. The aim is show good jujutsu spirit; honor, courage, dignity and moral values and the ability to use and apply diverse jujutsu techniques. In competitions for juniors, values such as fair game, the respect of one's opponent and rules are especially emphasized.

## 2. Definition

Hokutoryu jujutsu is a discipline where the intention of a fighter is to use powerful ATEMI-techniques to either knock the opponent out or weaken his defence so that he can be thrown or swept down and with a SHIME- or a KANSETSU WAZA – technique held in a position where he cannot defend himself or immediately continue fighting. Hokutoryu fighting follows the so called one efficient technique principle according to which the fighter who manages to knock his opponent down by using a legal ATEMI or makes his opponent defenceless and unable to continue the fight by a SHIME WAZA or KANSETSU WAZA technique, shall be declared the winner of the bout. The fight can also be won via abandonment (KIKEN) if a fighter gives up or fails to continue fighting.

## 3. A Hokutoryu fight

A Hokutoryu fight follows these guidelines to honour Hokutoryu ju-jutsu, to show respect towards one's opponent and the fighting rules.

- The fighters will enter the tatami and bow (RITSUREI) after a signal from the mat referee.
- The fighters will assume a standing position appr. 3 meters apart.
- The fight begins with a standing bow (RITSUREI) first to the referee and then to the opponent on the command (REI)
- Fighting begins on the HAJIME command of the referee.
- The fight will be stopped on the command (YAME) of the referee.
- After an interruption, fighters will assume their original standing position and continue fighting on the command (HAJIME).
- After the bout, the referee will declare the winner (NO GACHI)
- At the end of the fight the fighters will bow (RITSUREI) first to the opponent and then to the referee on command (REI).
- The fighters will also bow (RITSUREI) when leaving the tatami.

## 4. Hokutoryu fighting techniques

### 4.1 Hand techniques / target areas

- Straight punches (ZUKI) Hooks (UCHI)
- Special punches (EMPI, TETTSUI, TEISHO, SHUTO, HAITO)

The following parts of the body may be attacked using the authorized hand techniques:

- Torso – front and side with the exception of back, throat, neck or upper shoulder area
- Limb muscles

Punches to the head are not allowed.

### 4.2 Kicks / target areas

- Front kick, sidekick, roundhouse kick, crescent kick, axe kick, knee thrusts, jump kicks (GERI, HIZA, KAKATO)

The following parts of the body may be attacked using authorized kicking techniques:

- The head with the exception of knee thrust to the head (HIZAGERI)
- Torso with the exception of back, throat and neck
- Limb muscles, with the exception of straight kicks

In all age groups under 18 years, kicks resulting to a knockout are forbidden; Age group Y (17 - 18 years), age group C (14–15 years) and age group J (7-13 years).

An opponent who is on the ground may be attacked with a kick only if the attacker's knee is on the ground. The fighter on the ground may also use kicks to the legal target areas of the opponent standing.

When fighting on the same level on the ground, kicks with the heel (KAKATO) are forbidden both downwards and sideways to the opponent.

#### **4.3 Throws, sweeps, take downs (NAGE–WAZA)**

A fighter may throw or take his opponent down by using any technique, provided it doesn't stress the neck or the spine by means of a lock or hold. It is prohibited to use any strangulation when throwing or taking the opponent down. The fighter throwing (TORI) must be able to control both the opponent thrown (UKE) and the technique itself (WAZA) and the landing (UKEMI) so that the take down presents no danger to either one.

#### **4.4 Locks (KANSETSU-WAZA)**

Locks may be used to any joint with the exception of neck and spine area, fingers, or any turning or twisting locks which affects the knee joint. Locks may be used standing or on the ground.

In age group J, (7- 13 years), only joint locks to the elbow joint are allowed.

#### **4.5 Strangulations, chokes (SHIME-WAZA)**

Strangulations and chokes may be used both standing and on the ground, with the exception of when throwing or taking the opponent down. Strangulations may be done using hands (HADAKA–JIME) or the labels of the opponent's gi.

In age all groups under 16 years all strangulation and choke techniques are forbidden; Age group C (14–15 years) and age group J (7-13 years).

### **5. Prohibited techniques and behavior**

- Run away, intentional fall down or clinching, showing fear or turning one's back, or pretending injured
- Any unsportsmanlike conduct
- Any comments or protests
- Insulting or inappropriate gestures and expressions
- Head-butts
- Strikes to the head, throat, neck and upper shoulder area
- Kicks to the throat and neck area
- Strikes or kicks to the back, groin or directly to joints
- Knee kicks to the head
- Kicks to an opponent on the ground while the fighter himself is standing
- Downwards or sideways kicks with the heel of the foot while fighting on the ground
- Straight kicks to legs, knees or ankles



- Any attempts or actual throws, sweeps or take downs while using a lock or a strangulation.
- Locks on the neck or spine.
- Any turning or twisting locks which affects the knee joint
- Pulling or twisting the opponent's fingers.
- Pulling or tearing the opponet's gi.
- Any use of unauthorized techniques to harm the opponent
- All locks with an exception of an elbow joint for fighters under the age of 14: (Age group J)
- All strangulations and chokes for fighters under the age of 16: Age group C (14–15 years) and age group J (7-13 years):
- All knock down kicks to the head for fighters under the age of 18: Age group Y (17 - 18 years), age group C (14–15 years) and age group J (7-13 years)

# Part 2 Hokutoryu Competition Rules for fighters under 18 years

## 1. General guidelines

In Hokutoryu competitions for under 18 year old, values such as fair game, the respect of one's opponent and rules are especially emphasized.

## 2. Age groups for fighters under 18 years

Age groups for fighters under 18 years are:

- Juniors: (7-13 years) Age group J
- Cadets: (14–15 years) Age group C
- Youth: (17-18 years) group Y

The age group is determined by the fighter's date of birth. Age groups under 18 years are divided as following:

- Age group Y (17-18 years): No knock down kicks to the head
- Age group C (14–15 years) and age group J (7-13 years): No knock down kicks to the head and no strangulations and chokes
- Age group J (7-13 years); No knock down kicks to the head and no strangulations and chokes and joint locks only on elbow joint

## 3. Categories of Hokutoryu Competition Rules for fighters under 18 yrs

### 3.1 General

Hokutoryu Competitions and fights are divided in two categories

- Category A
- Category B

### **3.2 Category A**

Category A Hokutoryu fights are conducted by using the minimum protective equipment (see 7.2 Standard protective equipment).

### **3.3 Category B**

Category B Hokutoryu fights are fought using additional protective equipment. In addition to the standard protective equipment (see 7.2) elastic shin and instep guards and grappling gloves are used. These may not contain any hard parts. All protective gear will be inspected by the referee in charge before the competition or an individual fight.

### **3.4 Hokutoryu Tournaments**

In Hokutoryu Tournaments all fights may be fought as Category B fights. All national or international championship final fights must be fought as Category A fights.

## **4. Weight categories for fighters under 18 years**

The competition organizer will divide all weight categories within an age group in such a way that the weight difference between fighters is no more than 5kg.

In age group J (7-13 years) the organizer will specify a more accurate division of age groups for each event in order to ensure the physical and technical capabilities to fight equally.

## **5. Fighting area**

All fights will be held on tatami (at least 4cm thick) which is flat and devoid of hazard and designed for competitive martial arts. The fighting area must be 8 x 8 meters. In addition, the tatami must have a border area of at least 1 meter wide and in a different colour in the same level around it. These two parts form the actual competition area.

## 6. Hygiene

- Competition uniforms must be clean, without any cuts or tears and dry
- Finger and toe nails must be kept short
- The personal hygiene of the competitors must be high standard
- Long hair must be tied so that it does not obstruct smooth bout conduct
- Fighters must not wear any metal or other hard items.
- A discreet rubber band or pony tail retainer is permitted

## 7. Fighting equipment

### 7.1 Uniform

Competition uniform must be white and in accordance with the following rules:

- The jacket long enough to cover the hips, reaching to the fighter's fist when standing with arms extended to the sides
- The front must be big enough to allow the sides to be at least 20cm on each other on chest level, the left side on top
- Sleeves may at their longest cover the wrist joint, but they have to be at least 5cm from the wrist at their shortest
- Sleeves must be wide 10-15cm on their whole length
- Labels must be no more than 1cm thick and 5cm wide. The stitching on the labels must be parallel and should consist of 5 rows in equal distances from each other
- Trouser legs must not have any visible marks or added patches, and they must cover the legs up to the ankle joint at most and 5cm from the ankle joint at their shortest
- Trouser legs must be 10-15 cm wide on their whole length
- Sleeves or trouser legs must not be folded

Female fighters may wear a white t-shirt under the jacket.

To ensure adequate measurements in the gi, the mat referee may order the fighter to fully extend their arms at chest height.

The mat referee may order a fighter to exchange their gi or some part of it, if it is not considered to be in accordance to these rules. Any fighter failing to compete in an approved gi may be disqualified.



The fighters may carry a national flag or emblem and their club badge on their left sleeve, a Hokutoryu triangle badge on their gi on the left side of the chest. And a red triangle and the word Hokutoryu on the back

## **7.2 Standard protective equipment**

The following protective equipment are mandatory:

- Groin guards
- Female chest protectors
- Head gear for women
- Gum shield

The organizer may also decide that female competitors do not wear protective head gear. The required protective equipment must be stated in the invitation to the competition.

## **7.3 Belts**

Competitors will use a red (AKA) or a blue (AO) belt. The use of any other belts is prohibited.

# **8. The duration of a Hokutoryu fight**

The duration of a Hokutoryu bout is defined as two 2 minute rounds with a 1-minute break in between. The timing of the bout starts when the referee gives a signal (HAJIME) to start and stops each time referee calls 'YAME'

In Hokutoryu tournaments for under 18 year olds, the qualifying fights may be 1 x 2 or 1x3 minutes.

If the final bout in a national or international championship tournament is a draw (HIKIWAKE) after two rounds, after a 1-minute break there will be one additional 2 minute round. (ENCHO SEN)

# **9. Scoring**

## **9.1 Winning by a knockout (KOUBAN)**

All knock down kicks to the head for fighters under the age of 18: Age group Y (17 - 18 years), age group C (14–15 years) and age group J (7-13 years) and therefore cannot result in a victory by a knockout.

## 9.2 Winning by forfeiture, abandonment, withdrawal or default (KIKEN)

A bout can be won by means of a joint lock (KANTETSU-WAZA) or a strangulation or choke (SHIME-WAZA) leading to surrender. A sign can be given by tapping of the hands or feet either on the opponent or tatami, or by saying MAITTA (I surrender). The mat referee may also stop the fight and declare a win by KIKEN if the fighter himself does not understand to do so or is unable to do so when there is a clear risk of injury, or if the fighter's willingness to continue has clearly diminished. KIKEN will also be declared if one of the fighters is unable to continue due to an injury. KIKEN is the decision given when a contestant fails to present himself when called or is withdrawn on the order of the referee.

In age all groups under 16 years all strangulation and choke techniques are forbidden; Age group C (14–15 years) and age group J (7-13 years) and therefore cannot lead to a victory.

In age group J, (7- 13 years), only joint locks to the elbow joint are allowed and can lead to victory by KIKEN.

## 9.3 Winning by judges' decision (HANTEI)

All three judges score each round based on the rules giving the winner of each round 10 points and the loser 9 or 8 points according to the scores made in the round. A score is awarded when techniques are performed according to the following criteria to a scoring area.

*Primary criteria:* Legal attacks to scoring area, with sufficient bodyweight:

- A punch to the body 1 point
- A kick to the body – front and side 2 points
- A kick to the head 3 points
- A throw resulting to the opponents both legs being off the ground 5 points
- Takedowns or other legal attacks 1 points
- Kicks or punches on the ground do not score
- Low kicks or kicks and punches to the arms do not score

Judges will give the round i.e. 10 points to the fighter who has scored more points. If the difference is 8 points or less, the loser will be given 9 points. If the difference is 9 points or more, the loser will be given 8 points for that round.

If the bout is even after two rounds, the judges will use *secondary criteria*:

- Efficient attacks
- Combinations and applicability of techniques
- Effective defense
- Courage, resilience and good Hokutoryu spirit

- Good form generally
- Last round activeness

The judges evaluate the bout according to the sum result of the rounds to declare a winner. The winner is the fighter with more votes from the judges.

#### **9.4 Hokutoryu fight - judging in different age groups (Age groups J, C and Y)**

In all age groups judging is similar to that of the adult fights. However, a kick to the head may in age groups J, C and Y result in a warning, a penalty or disqualification depending on the force of the kick.

In age groups J and C strangulation techniques and chokes (SHIME-WAZA) are forbidden, and their execution or attempts to execute them will result in a warning, a penalty or disqualification.

In age group J locks to other joints than the elbow joint are forbidden and their execution or attempts to execute them will result in a warning, a penalty or disqualification.

#### **9.5 An additional round (ENCHO SEN)**

If the final fight in national or international championships is a draw (HIKIWAKE) on two or three judges' cards, there will be an additional round. The same rules apply to ENCHO SEN as in all Hokutoryu fights.

All warnings and penalties awarded in first two rounds are also taken into account in the additional round.

The additional round cannot be a draw, a winner must be found on either primary or secondary criteria.

#### **9.6 Warnings and penalties**

Any forbidden act by a contestant may result in a warning or a penalty according to the seriousness of the act. Any second infringement may result in another warning or penalty. When a HANSOKU CHUI has been given, it is not possible to give KEIKOKU for the same violation of the rules.

Any third violation will result in

- A HANSOKU CHUI, if the violation as a first or second offence had given a warning
- A HANSOKU MAKE after two HANSOKU CHUIs.

When giving a HANSOKU CHUI, the referee will hold the wrist of the fighter the penalty is imposed on and clearly show the judges which penalty is in question.

Judges will mark penalties on the scoring paper, and after each round minus a point for each penalty.

## 9.7 Disqualification (HANSOKU MAKE)

Any forbidden technique or act may immediately result in a HANSOKU MAKE if the mat referee considers the offence serious enough.

## 9.8 The rights of the referee in charge

The referee in charge of each tatami is responsible for the proficient and impartial refereeing according to the Hokutoryu rules and regulations on each tatami.

In this function the referee in charge has the right to

- Stop the fight
- Change the ruling of the mat referee, when it has been foul and against the rules

The head referee has the same rights concerning all tatamis during the competition.

## 9.9 Judging application

If it is impossible to have three judges and a referee in a minor event, such as a practice tournament or a club event, there can be only two judges and a referee. In case of a draw the referee will decide the winner (HANTEI).

This application cannot be used in any major event, such as national or international championships tournament.

## 10 Coach

The contestants must have a coach or a corner man who must be seated outside fighting area. The coach may discreetly advice his fighter and assists him during the break. The coach may not enter the fighting area without the mat referee's permission. The coach can also signal to the mat referee to stop the fight and abandon it on his fighter's behalf. Any unsportsmanlike conduct by the coach will result in a warning to the fighter or removal of the coach.

## 11 Medical personnel and first aid

The organizers at a Hokutoryu competition must, at their own expense, appoint a doctor to the competition. He must be able to evaluate patients and administrate first aid in any injury. When it is fast and safe to



call for an emergency medical service, a person, other than a doctor, licensed to give first aid may act as the person in charge in emergencies. This rule does not apply in international competitions.

## **12 Antidoping**

The use of any intoxicating substances or performance enhancing drugs is strictly forbidden in accordance with the World Antidoping Agency (WADA) rules and regulations. All competitors can be tested in Hokutoryu competitions. The organizer must provide facilities and personnel for testing if needed. 13

## **13 Protests**

No one may verbally protest about a judgment or a rule. Only a technical error by the officials or mat referee may be noted by the coaches.

Only the official head of a team is allowed to make a written protest to the jury. The protest must be given with a fee defined by the jury. In due course the jury will review the circumstances leading to the protested decision and shall be empowered to take such actions as may be called for. If the protest is accepted, the fee will be returned

## **14 Any other situations**

If a situation not mentioned in these rules occurs in a bout, it will be handled and ruled by the mat referee after consulting the jury.