

III. JJIF Duo System

These rules are valid from the 1 January 2018 for U18 / U21 / Seniors.

Section 20 Generalities

- a. The JJIF-Duo System is aimed at presenting the defence of one contestant against a number of predetermined attacks from a contestant of the same team. The attacks are divided into 3 series of 4 attacks each:
 - A Gripping attacks, embracing and neck lock attacks.
 - B Punches, strikes and kicking attacks.
 - C Weapon attacks.
- b. Every attack must be prepared by one pre-attack such as pushing, atemi, pulling¹.
- c. Every attack can be carried out right-handed or left-handed at the free choice of the team.
- d. The defence is completely at the defender's choice, as well the respective roles or the change of the roles as attacker and defender, as well the respective position of the feet².
- e. The Mat Referee (MR) draws 3 attacks from each series. The other couple will use the same attacks (or one of the attack within designated group in the series, when optional), but in a different order as called by the MR.
- f. Upon the first attack of each series, Tori (defender) shall have the jury on his right side; after the attack may come from either side.
- g. The scores of the presentation will be given after each series, by the Jury. Upon the MR's command "Hantei", they hold their respective score table above their heads³.
- h. If necessary, the MR indicates incorrect attacks by the corresponding sign and by saying the number of the wrong attack⁴.
- i. When the same couple is involved in consequent matches, a recovery time of maximum 5 minutes will be allowed between the two matches.

Section 21 Material

- a. The secretariat shall be composed of a minimum of 2 people.
- b. The competitors are allowed to use one soft stick and one rubber knife. The stick shall be between 50cm and 70cm.

¹ The pre-attack and the attack must be applied by the attacker.

² The change of the role as attacker and defender can also be changed during a series.

³ The MR reads first all scores. When he sees that the scores were counted on the screen, he puts down all the score cards.

⁴ The sign "incorrect attack" will be shown by the MR, if the attacker shows another attack than the one indicated by the MR.

Section 22 Categories

- a. A couple may be formed without any restrictions at all, such as weight or grade.
- b. The following categories will be distinguished: men, women and mixed.

Section 23 Criteria of Judging⁵

- a. The jury shall look for and judge the following:
 - Powerful attack.
 - Reality.
 - Control.
 - Effectiveness.
 - Attitude.
 - Speed.
 - Variety.
- b. The overall score should give more importance to the attack, and to the first part of the defence.
- c. Atemis must be powerful, with good control and given in a natural way considering the possible follow-up.
- d. Throws and take-downs shall include breaking the opponents balance and shall be efficient.
- e. Locks and strangulations must be shown to the jury in a very obvious and correct way, with tapping by Uke.
- f. Both the attack and the defence shall be executed in a technical and realistic way.

⁵ Deduction of points shall be as follows:

Attack	deduction
Incorrect attack (showing the attack with the wrong number)	2 points
Grips which were not closed	1/2 point
Pre-attack and attack are not logically connected	1/2 point
Bad balance	1/2 point
Weak attack	1/2 point
Attack misses the target	1/2 point
Defence & take down to the floor	
Defence insufficient	1/2 point
No balance breaking	1/2 point
Actions were to quickly applied	1/2 point
Uke is jumping	1/2 point
Show technique	1/2 point
Actions are not logically connected	1/2 point
Unnecessary yelling	1/2 point
Control on the floor	
Control of the weapon	1/2 point
Insufficient control (Lock, Strangulation) of Uke	1/2 point
Atemi misses Uke	1/2 point

Section 24 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 and goes to the safety area.
- b. The match starts when the MR announces the first attack, by calling the number of the attack and by giving the respective sign with the hand⁶.
- c. After the end of the series A, the contestants of the first couple knee down and get their scores. After that they leave the contest area and go to the safety area. Couple 2 also shows series A and gets its scores. Couple 2 starts with series B and gets its scores, after that couple 1 proceeds with series B and gets its scores. Couple 1 starts series C and couple 2 follows.
- d. After the demonstration of the last series of the last couple, 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 them by raising the hand and calling the respective colour of the belt.
- e. If the points of the two couples are equal ("Hikiwake"), the match will continue series by series until there is a winner. The couple with the blue belts starts with series A.
- f. After the MR announces the winner, he orders the standing bow first to each other, then to the mat referee.

Section 25 Score System

- a. The scores are given from 0 to 10 (1/2 number interval)
- b. The highest and the lowest scores are taken away.

Section 26 Jury

The Jury shall consist of 5 licensed referees, each one from a different country.

Section 27 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.

⁶ The MR shows the number first to the contestants, then to the Jury.

Section 28 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.

Section 29 Team Competitions

Team competitions are possible. The rules are the same as for individual competitions.






Appendix II Attacks in the Duo System

Series A Gripping, embracing and neck lock attacks

1		
	Uke takes hold of Tori's arm. One Hand takes the wrist, the other the forearm. Intention: to push or to pull, to control Tori's front hand, to immobilize the defender.	Uke takes the reverse of Tori's Gi with his hand. Intention: to come close to the opponent to make another action, to pull – push or pin the opponent – perhaps to hit him / her afterwards.
2		
	Uke attacks Tori's neck from the front-side or from the back-side to make strangulation. Intention: push Tori backwards, pin Tori.	Uke attacks Tori's neck from the side to make strangulation.
3		
	Uke embraces Tori from the front or back side, under or over the arms. Uke's head lies on Tori's shoulder. Before the attack, Tori keeps his arms in a natural position.	Uke applies a Hadaka Jime (neck-lock from behind) with his arm. Intention: to strangle or to break balance.
4		
	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.






General comments to Series A: Hands and Grips must be closed.

Series B Punches, blows/strikes and kicking attacks

1		
<p>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.</p>		
2		
<p>Ago Tsuki (Upper cut) – punch with the fist Target: chin.</p>	<p>Mawashi Tsuki (Hook) – Semi-circular punch with the fist. Target: Tori's side of the head.</p>	
3		
<p>Mae Geri / front kick. Target: Solar Plexus, stomach.</p>		
4		
<p>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.</p>		

General comments to Series B: the attack must be able to reach Tori, if he is not moving away. It is not allowed to move before the attack is started. Tori must react on the attack.

Series C Weapon attacks

1		
	<p>Knife attack straight from the top. Target: base of the neck on Tori's left or right side, just behind the clavicle.</p>	<p>Semi-circular knife attack, which is applied from the side or diagonal downwards. Target: side of the body.</p>
2		
	<p>Knife attack from the front-side. Target: stomach.</p>	
3		
	<p>Attack with a stick straight from the top. Target: top of the head.</p>	
4		
	<p>Attack with a stick from outside, which is applied from the side or diagonal downwards Target: Tori's side temple / head.</p>	

General comments to Series C: the attack must be able to reach Tori, if he is not moving away. Tori shall have full control of the weapon during and after the defence.

Appendix II.1 Additional remarks for U15

U15 shall show only Series A (former A and B) and Series B (former C), according to the new rules (3 attacks from each series, as shown by the MR).

Appendix II.2 Additional remarks for U12 and younger

JJIF does not have a competition format for U12 and bellow in Duo System, but some continents might. How the continents and nations organize these rules is up to them. They should only follow the correct attacks from the rules and the basic principles of the Duo System, as described in those rules.

Ju-Jitsu European Union (JJEU) has decided to have common rules for U 12. The U12 couples shall show series A and B, 3 attacks each, free choice. For all age categories bellow, the couples show only series A, 3 attacks, free choice. This decision was necessary, as JJEU has a competition format for those categories in the calendar for year 2018 already (European Cup Duo System and European Cup for U15), for which these new rules are created.

Of course, it is up to the National Federations if they choose a different path for youth in their countries, being aware that, when coming to European tournaments, the rules as mentioned before for U12 and bellow shall apply. That will also be clearly mentioned in the invitation to the events.