

DUO COMPETITION RULES



Version 4.0

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For TEST events only



History of this document

Responsible:

Headquarters Abu Dhabi

e-mail: mail@jjif.org

P.O. Box 110006

Abu Dhabi / United Arab Emirates

Version	Changes	
1.0	Initialization	XXXX
2.0		
2.5		June 17 th , 2014
3.0	Changes by the Session 2017	January 1 st , 2018
3.1	Adaptation of the format	January 1 st , 2019
3.2	Clarifications by Session 2019	January 1 st 2020
4.0	Major structural changes	In Test

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1. Generalities

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, given in this document, 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 attacks¹

Every attack must be prepared by one pre-attack, such as pushing, pulling, atemi or a combination².

Every attack can be carried out right-handed or left-handed, at the free choice of the team.

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 as the respective position of the feet³.

All couples will perform the same pre-drawn attacks, in the same round. Every round will consist of 3 attacks, one of each series. These attacks will not be repeated in the next rounds.

2. Categories

The categories are defined in the SC.

3. The draw

The draw for the testing period has been made. Until further notice, this applies until 31/5 2023. How long time a draw should be applicable for, will be evaluated after the testing period.
















¹ The competitors shall use one soft stick and one rubber knife. The stick shall be between 50 cm and 70cm long.

² The pre-attack and the attack must be applied by the attacker.
















³ The sign "incorrect attack" will be shown by the MR, if the attacker shows another attack than the one that was pre-drawn.

Draw for Adults, U21 & U18

DUO SYSTEM DRAW FOR COMPETITION 01/2023 | Adults, U21 & U18
















1 st Round	2 nd Round	3 rd Round	4 th Round	5 th Round
A 4 	A 1 	A 2 	A 3 	A 4 
B 4 	B 1 	B 2 	B 3 	B 1 
C 3 	C 4 	C 2 	C 1 	C 1 

DUO SYSTEM DRAW FOR COMPETITION 01/2023 | HIKIWAKE DRAW Adults, U21 & U18
















1 st Round	2 nd Round	3 rd Round	4 th Round	5 th Round
A 4 	A 3 	A 2 	A 1 	A 4 
B 1 	B 2 	B 4 	B 3 	B 1 
C 1 	C 4 	C 2 	C 3 	C 2 

Draw for Adults, U14 & U16

DUO SYSTEM DRAW FOR COMPETITION 01/2023 | U14 & U16 DRAW











1 st Round	2 nd Round	3 rd Round	4 th Round	5 th Round
A 1 	A 2 	A 3 	A 4 	A 1 
A 4 	B 1 	A 4 	B 1 	A 2 
B 4 	B 2 	B 3 	B 4 	B 1 

DUO SYSTEM DRAW FOR COMPETITION 01/2023 | HIKIWAKE DRAW U14 & U16











1 st Round	2 nd Round	3 rd Round	4 th Round	5 th Round
A 3 	A 2 	A 1 	A 4 	A 2 
A 4 	B 2 	A 4 	B 1 	A 3 
B 1 	B 4 	B 3 	B 2 	B 4 

Draw for Adults, U12

DUO SYSTEM DRAW FOR COMPETITION 01/2023 | U12 DRAW

1 st Round	2 nd Round	3 rd Round	4 th Round	5 th Round
A 4 	A 1 	A 2 	A 3 	A 4 
B 4 	B 1 	B 2 	B 3 	B 1 

DUO SYSTEM DRAW FOR COMPETITION 01/2023 | HIKIWAKE DRAW U12

1 st Round	2 nd Round	3 rd Round	4 th Round	5 th Round
A 4 	A 3 	A 2 	A 1 	A 4 
B 1 	B 2 	B 4 	B 3 	B 1 

4. Course of the Matches

By the Mat Referee's (MR) order, the couple enters the competition area, one from each side of the MR.

The couple stays facing each other in the middle of the competition area, approximately two meters apart. At the sign of the MR, the couple makes a standing bow, first to the MR and then to each other.

The TR will start the video (if available), before each new round of 3 attacks. The round starts when the MR announces the first of the 3 attacks in the order A, B, C. *In the testing period the MR will bring the cards for the 3 predrawn attacks.* The MR will check if the attacks are the same as those from the draw. If this is not the case, the MR will signal "wrong attack" just after the contestants have finished the presentation of the wrong attack.

After each attack the couple will stay facing each other, while the MR looks at the Jury, to see, when they have finished scoring the attack. The couple is allowed to communicate in a low voice, but they may not address the coach, however the coach is allowed to coach the couple.

After the score is registered the MR announces the next attack. After showing the 3rd and last attack, the match has finished. The MR orders the standing bow first to each other, then to the MR. The couple leaves the competition area the same way they entered. After all couples of the group have presented their program the Juries send the scores (by paper or tablet to the Secretary).

5. Challenge

After the group has finished and the final scores have been presented, the coach can challenge according to the procedure in SC. If the coach challenges a wrong attack, which the MR didn't announce, but the Jury already took into account, the challenge is accepted.

(After the test period the challenge procedure is expected to be changed, to make it possible for the coach to challenge more than just at wrong attack)

6. Flow chart

Each Category is divided into 3 Divisions:

- The World Division
- The Advanced Division
- The Novice Division

In each Division medals will be awarded for the 1st, 2nd and two 3rd Places.

6.1 The World Division

All couples start in the World Division.

According to the number of couples in the category, the division starts on the respective round, using the attacks from the corresponding draw for that round:

17 couples or more	➔	1 st round.
9 couples – 16 couples	➔	2 nd round.
7 couples – 8 couples	➔	3 rd round.
2 couples – 6 couples	➔	straight to finals.

In the case of 2-6 couples, they will compete three rounds of the pre-drawn attacks. For up to 6 couples, they compete best of 3.

For further information please refer to the Table 1 in Appendix 2.

On the 1st round the couples are placed by draw into 4 groups. Each couple of the group presents its program according to the pre-drawn attacks.

The four highest scored couples of each group proceed to the 2nd round. All the other couples of the group will compete in the Advanced Division. In the 2nd and 3rd round of the World Division, the two highest scored couples proceed to the next round.

On the 4th round the 2 relegated couples take the two 3rd places. The 5th round is the final and the fight for the 1st and 2nd places.

6.2 The Advanced Division

All relegated couples per group of the World Division enter the Advanced Division, on the same round they lost, up until the 3rd round.

In the Advanced Division the two highest scored couples per group proceed to the next

round. All the rest couples per group continue to the Novice Division.

As in the World Division the same procedure continues until the 3rd round. On the 4th round the two relegated couples take the two 3rd places. The 5th round is the final and the fight for the 1st and 2nd places.

6.3 The Novice Division

All relegated couples from the Advanced Division will split in two groups in the Novice Division, on the same round they lost.

In the Novice Division the two highest scored couples per group proceed to the next round.

As in the previous divisions the same procedure continues until the 3rd round. On the 4th round the two relegated couples take the two 3rd places. The 5th round is the final and the fight for the 1st and 2nd places.

7. Score System and Judging

The score is given from 0 to 3.

The scoring of each presentation⁴ is divided in 4 Parts:

- 1st Part Attack
- 2nd Part First Defence
- 3rd Part Throw/Takedown
- 4th Part Closing

In the 4th series, an additional part concerning **Weapon Control** is added, in this part the Jury will score the control of the weapon by Tori.

An additional score is added at the end of the couple's performance. This score is concerning **Variety** and the number of different throws/takedowns/submissions used in the 4 presentations.

7.1 Criteria of Judging

Both the attack and the defence shall be executed in a technical, clear way. The execution must follow the principles of martial art, logical continuation, and biomechanics.

The score shall be given according to the following criteria:

- **Powerful actions** – All actions must be executed in a powerful manner.
- **Biomechanical Logic** – The techniques must be executed and connected in a biomechanical logical way. Throws and takedowns shall include breaking the

⁴ The presentation is defined as the execution of one attack and defence sequence.

opponent's balance. Tori is not allowed to move before the attack is started but must react on the attack.

- **Control** – Obvious and clear control throughout each presentation.
- **Effectiveness** – All actions must be executed with good control and given in a natural way considering the possible follow-up.
- **Speed** – Both the attack and the defence shall be executed in a technical and realistic way, not too fast and not too slow.

7.2 Scoring in each part

The following table explains how Juries must score in each part:

1st Part: Attack

Series A	<ul style="list-style-type: none"> • Wrong attack, missing or illogical pre-attack or hands in incorrect place. 0 points • Weak pre-attack or hands in correct place but open. 1 point • Arms and hands in correct place but semi-closed. 2 points • Arms and hands in correct place and really closed. 3 points
Series B	Punch attacks <ul style="list-style-type: none"> • Wrong attack, missing or illogical pre-attack or wrong punch or punch misses the target or fist open. 0 points • Weak pre-attack or punch hits the target in a bad stand. 1 point • Punch hits the target with semi-closed fist or semi-good stand. 2 points • Punch hits the target with real closed fist and a very good stand. 3 points
Series B	Kicking attacks <ul style="list-style-type: none"> • Wrong kick or kick misses the target. 0 points • Kick hits the target without balance. 1 point • Kick hits the target without power. 2 points • A perfect kick that hits the target with balance and power. 3 points
Series C	<ul style="list-style-type: none"> • Wrong attack, missing or illogical pre-attack or weapon misses target or is held loose. 0 points • Weak pre-attack or attacker hits target in a bad stand. 1 point • Attacker hits target with semi-closed fist or semi-good stand. 2 points • A perfect weapon attack. 3 points

2nd Part: First Defence

Series A	• No strike or no balance breaking.	0 points
	• Weak strike or medium balance breaking.	1 point
	• Good strike and balance breaking.	2 points
	• A perfect first strike and balance breaking leading Uke to throw position.	3 points
Series B & C	• No block or no tai sabaki.	0 points
	• Weak block with tai sabaki or poor balance breaking.	1 point
	• Good block and balance breaking.	2 points
	• A perfect block with tai sabaki and first strike with a grip leading Uke to throw position.	3 points

3rd Part: Throw/Takedown

Common for all Series	• Uke jumps and falls without Tori's effort.	0 points
	• A throw/takedown but still Uke jumps.	1 point
	• A good throw/takedown but in 2 stages.	2 points
	• A perfect throw/takedown.	3 points

4th Part: Closing

Common for all Series	Atemi	
	• Atemi misses the target or with open hand.	0 points
	• Atemi with poor balance or with distance.	1 point
	• Good atemi but not very powerful.	2 points
	• A perfect atemi (powerful, in good balance, in good distance and with hikite).	3 points
	Locks/Chokes	
	• An incorrect lock/choke.	0 points
	• A lock/choke with open hands.	1 point
	• A good lock/choke but too loose.	2 points
	• A perfect lock/choke (technical, very closed, powerful that moves Uke).	3 points

Weapon Control

An additional score of weapon control must be given at the end of the 3 series. Weapon control reflects how Tori controls the weapon during and by the end of the performance.

Uke still hold the weapon or weapon ends out of the Fighting Area → 0 points.

Uke lands on or next to the weapon or weapon lies down next to Uke → 1 point.

Weapon ends far from Uke but still on his side → 2 points.

Tori really controls the weapon, or he is between Uke and the weapon → 3 points.

Variety

An overall score is given at the end of the performance of all 3 attacks. This score reflects the variety of the throws/takedowns:

Same technique in 3 attacks → 0 points.

Same technique in 2 attacks → 1 point.

Different technique in all attacks → 2 points.

8. Jury

The Jury shall consist of three licensed referees, each one from a different country (and, to the highest extent possible, different from the countries of the teams).

Each team of Juries must change from one group to the other, when possible.

When the Jury scores each attack, they should focus on the whole presentation, without looking down on the score paper or device. After the presentation the attack has finished, they can look down again, and register the scores.

9. Coaches

Only one coach per couple is allowed in the match area. Coaches have to stay seated at the boundary of the match area during the match. Coaches are role models, and as such, their behavior must reflect the martial arts code of ethics and personal conduct.

Coaches must be dressed according to the regulations in the SC. In certain events, a special dress code may be established (e.g. Beach Games).

Coaches may challenge referee decisions, according to the regulations in the SC. If coaches exhibit offensive behavior towards competitors, referees, the audience, or anyone else, or if he or she tries to coach the referees more than once, the Mat Referee (MR) should dismiss them from the area reserved to the officials (FOP) for the remaining duration of the match. If the offensive behavior continues, the referees of the match may decide to dismiss them from the official tournament grounds. The organizer/host

reserves the right to ban anyone they deem troublesome from the venue.

10. Regulations in case of a Tie

In case of a tie, both couples proceed in the same Division. If the tie occurs in the semi-final or the final, the teams with the same scores, will perform an extra round, until there is a winner. For this or these extra rounds, the hikiwaki draw will be used.

11. Youth

For U16 and U14 the rules are as follows:

	Serie A Gripping, embracing and neck lock attacks.	Serie B Punches, strikes and kicking attacks	Comments
U16	V	V	By draw. Presenting 3 attacks from series A and B in the following manner: 1 st round: The two first drawn attacks from series A and the first drawn attack from series B. 2 nd round: The next drawn attack from series A and the two next drawn attacks from series B and so on.
U14	V	V	

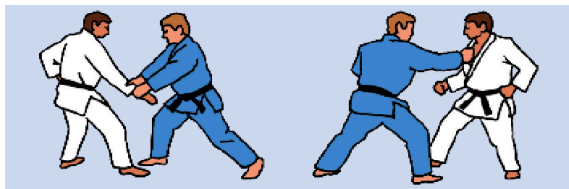
The rules for the younger categories are not stated by the JJIF, but as a suggestion, the following can be used, if the union and region wishes to.

	Serie A Gripping, embracing and neck lock attacks.	Serie B Punches, strikes and kicking attacks	Comments
U12	V	V	By draw (presenting 1 attack of series A and 1 attack of series B per round,
U10	2	X	2 attacks of series A, free of choice (the 2 attacks can be repeated in the following rounds)
U8	2	X	
U6	2	X	

Appendix 1 - Attacks

Series A - Gripping Attacks embracing and neck lock attacks.

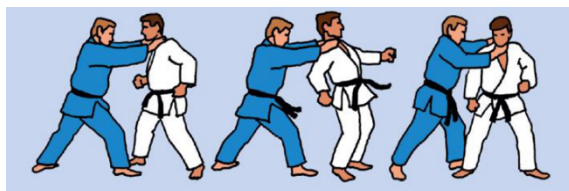
Attack A1



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 in order to make another action, to pull – push or fix the opponent – perhaps to hit him/her afterwards.

Attack A2



Uke attacks Tori's neck from the front, from the back, or from the side to make a strangulation. Intention: To push Tori backwards, to fix Tori.

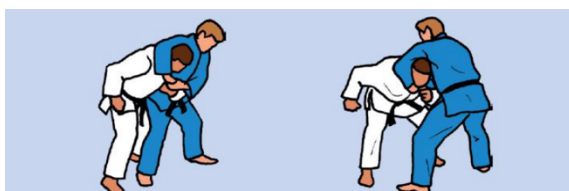
Attack A3



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.

Attack A4

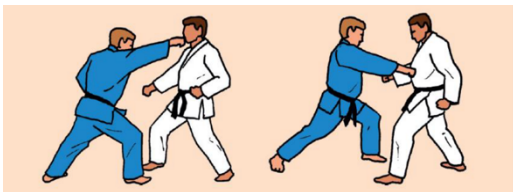


Uke embraces Tori's neck with his arm from the side or from the front. Intention: To strangle or to apply a throwing technique.

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

Series B – Punches, strikes and kicking attacks

Attack B1



Jodan or chudan Tsuki - punch from the front with the hand to the head or to the body.
Target: Solar Plexus, stomach, or face.

Attack B2



Ago Tsuki (Upper cut) – punch with the fist or
Mawashi Tsuki (Hook) – Semi-circular punch with the fist. Target: Chin or Tori's side of the head

Attack B3



Mae Geri / front kick. Target: Solar Plexus, stomach.

Attack B4

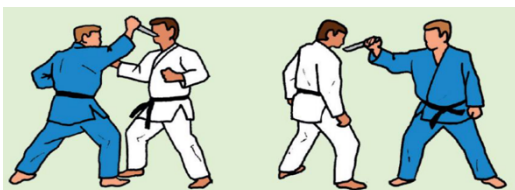


Mawashi Geri – Semi-circular kick with the leg.
Target: Head, Solar Plexus, stomach. Tori is allowed to make a step back and lightly turn the body.

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 – Weapons attacks

Attack C1



Knife attack straight from the top. Target: base of the neck on Tori's left or right side, just behind the clavicle.

Semi-circular knife attack, which is applied from the side.

Target: Side of the body

Attack C2



Knife attack from the front. Target: Stomach.

Attack C3



Attack with a stick straight from the top. Target: Top of the head.

Attack C4



Attack with a stick from the outside.

Target: Tori's side temple / head.

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 2

Table 1. The flow chart.

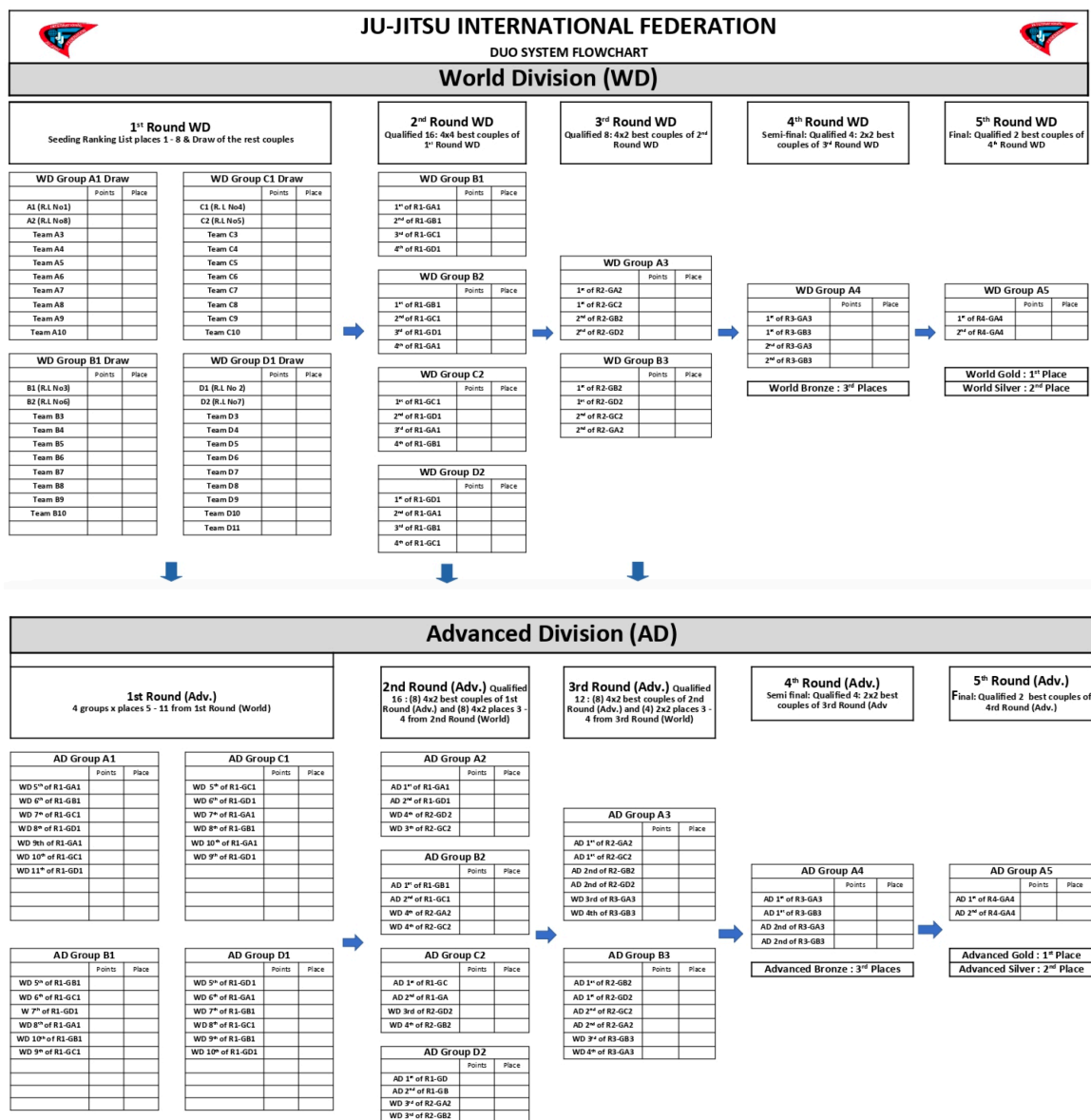


Table 2. Presentation flow & Ranking

Presentation Flow					Ranking			
1	1 st Round World	4 Groups	41 Presentations	x1.5min =	61,5 min	1	1 st World Gold	400 POINTS
2	1 st Round Advance	4 Groups	25 Presentations	x1.5min =	37,5 min	2	2 nd World Silver	340 POINTS
3	1 st Round Novice	2 Groups	17 Presentations	x1.5min =	25,5 min	3	3 rd World Bronze	280 POINTS
4	2 nd Round World	4 Groups	16 Presentations	x1.5min =	24,0 min	4	3 rd World Bronze	280 POINTS
5	2 nd Round Advance	4 Groups	16 Presentations	x1.5min =	24,0 min	5	5 th Advance Gold	260 POINTS
6	2 nd Round Novice	2 Groups	16 Presentations	x1.5min =	24,0 min	6	6 th Advance Silver	220 POINTS
7	3 rd Round World	2 Groups	8 Presentations	x1.5min =	12,0 min	7	7 th Advance Bronze	180 POINTS
8	3 rd Round Advance	2 Groups	12 Presentations	x1.5min =	18,0 min	8	7 th Advance Bronze	180 POINTS
9	3 rd Round Novice	2 Groups	16 Presentations	x1.5min =	24,0 min	9	7 th Novice Gold	160 POINTS
				Time	250,5 min	10	8 th Novice Silver	120 POINTS
					4,175 hours	11	9 th Novice Bronze	80 POINTS
						12	9 th Novice Bronze	80 POINTS
10	4 th Round Novice (Semi-Finals)	4 Presentations	x1.5min =	6,0 min		13	10 th Novice Group 3 A&B Places 3-8	60 POINTS
11	5 th Round Novice (Finals)	2 Presentations	x1.5min =	3,0 min		14	10 th Novice Group 3 A&B Places 3-8	60 POINTS
12	4 th Round Advance (Semi-Finals)	4 Presentations	x1.5min =	6,0 min		15	10 th Novice Group 3 A&B Places 3-8	60 POINTS
13	5 th Round Advance (Finals)	2 Presentations	x1.5min =	3,0 min		16	10 th Novice Group 3 A&B Places 3-8	60 POINTS
14	4 th Round World (Semi-Finals)	4 Presentations	x1.5min =	6,0 min		17	10 th Novice Group 3 A&B Places 3-8	60 POINTS
15	5 th Round World (Finals)	2 Presentations	x1.5min =	3,0 min		18	10 th Novice Group 3 A&B Places 3-8	60 POINTS
				Semi-Finals & Finals time	27,0 min	19	10 th Novice Group 3 A&B Places 3-8	60 POINTS
					0,45 hours	20	10 th Novice Group 3 A&B Places 3-8	60 POINTS
				Total time	277,5 min	21	10 th Novice Group 3 A&B Places 3-8	60 POINTS
					4,625 hours	22	10 th Novice Group 3 A&B Places 3-8	60 POINTS
						23	10 th Novice Group 3 A&B Places 3-8	60 POINTS
						24	10 th Novice Group 3 A&B Places 3-8	60 POINTS
						25	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						26	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						27	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						28	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						29	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						30	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						31	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						32	11 th Novice Group 2 A&B Places 5-8	40 POINTS
						33	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						34	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						35	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						36	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						37	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						38	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						39	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						40	12 th Novice Group 1 A&B Places 5-9	20 POINTS
						41	12 th Novice Group 1 A&B Places 5-9	20 POINTS