



Rules for the 11th National Ju-Jitsu & Belt Wrestling Championship 2016, Lahore, Pakistan.

Dates:

29th December, 2016 – 3rd January, 2017

Venue:

Nishtar Gymnasium, opposite Gaddafi Stadium, Lahore

Uniform:

Must be in accordance with the competition rules of the Pakistan Ju Jitsu Federation

Referee Uniform:

Must be in accordance with the competition rules of the Pakistan Ju Jitsu Federation

Referee Course:

The Referee Course will be conducted by the PJJF on 28-29 December, 2016. All the departments/units are advised to participate in the course.

Competition Conduct:

All contestants must behave properly with good sportsman spirit and follow the rules and regulation as lead out by the Pakistan Ju Jitsu Federation.

The duration for each contest will be:

Ju Jitsu FIGHTING - MEN & WOMEN: Three (3) minutes

Ju Jitsu NE-WAZA: Six (6) minutes:

(The recovery time between two fights must be equal to the duration of two fights)

Belt Wrestling Free Style: Six (6) minutes

Belt Wrestling Classical Style: Six (6) minutes

PARTICULAR RULES FOR WOMEN:

Female contestants shall wear under the jacket either, a plain white or off-white T- Shirt, with short sleeves, rather strong, long enough to be worn inside the trousers, or a plain white or off-white leotard with short sleeves. All other regulations must be adhered to: such as short nails, no bangles and covered or bounded hairs with band or scarf etc. Hijab as per Islamic Values is encouraged and allowed during the competition. The female competition will be held separately in the supervision of female officials of PJJF.

All the participants of female events and female officials or accompanied guests are advised to bring proper scarf to cover their heads in lieu of local Custom and Government rules.

**DISCIPLINARY ACTION:**

The coach of the team shall be atleast Black Belt holder qualified and certified by the PJJF. In case, of non fulfillment of this criterion no coach will be allowed to go close to the arena or coaching area. No person other than respective *black belt* coach is allowed to come closer to mat during the competition. If any player or coaches misbehave with the referees or technical persons, the whole team will be debarred from the rest of the event, even the medals already received will be withdrawn. The only written protest along with Rs: 10,000/-(Ten thousands Non-Refundable) is admissible by the relevant rules.

PROOF OF EMPLOYMENT:

In lieu of PJJF's Code of Conduct/Competition Rules, all the federating departmental units are under obligation to provide proof of employment for their respective players in case of objection raised by any member unit. (A proof of salary slip for at least six (6) months would be required). Failure of adducing the required proof will automatically debar the said player from the competition.

PAYMENT OF FEES BY PARTICIPATING UNITS:

Federating units which have not paid their membership fees to the PJJF for the current year or previous dues by the required date will automatically be suspended from all activities of the PJJF, including participation in the Championships, General Council until full payment is made of all accounts due (Article 7 of PJJF's constitution). Please check the status with the Head Office of PJJF. A proof of payment can be asked during the event as well as by the General Secretary PJJF.

ACCOMMODATION OFFICIALS AND PLAYERS:

The Organizing Committee will provide the lodging/boarding to the provincial teams only during the competition dates. Travel of teams would be *at the part of their respective units*.

Number of participants:

- Duo System - 3 couples (Duo Mix, Duo Men, Duo Women)
- Show System – 3 couples (Show Mix, Show Men, Show Women)
- Ju Jitsu Fighting:
Men - 07 athletes per department/unit
Women - 05 athletes per department/unit
- Ju Jitsu Newaza:
Men - **14** athletes per department/unit
Women - **10** athletes per department/unit
- Belt Wrestling Free Style:
Men – 08 athletes per department/unit
Women – 06 athletes per department/unit
- Belt Wrestling Classical Style:
Men – 08 athletes per department/unit
Women – 06 athletes per department/unit

01 Manager and 02 Coaches and 2 Referees each team

Note: A player is entitled /allowed to participate in multiple events as per the choice/selection of their respected units.



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WEIGHT CATEGORIES:

Ju Jitsu Fighting System	
Men	Women
-56kg	-49kg
-62kg	-55kg
-69kg	-62kg
-77kg	-70kg
-85kg	+70kg
-94kg	-
+94kg	-
Show Men	Show Women
Duo Men	Duo Women
Duo Mix and Show Mix	

Ne-waza (2 players)	
Men	Women
-56kg	-49kg
-62kg	-55kg
-69kg	-62kg
-77kg	-70kg
-85kg	+70kg
-94kg	-
+94kg	-

Belt Wrestling Free Style		Belt Wrestling Classical Style	
Men	Women	Men	Women
-57	-52	-57	-52
-62	-58	-62	-58
-68	-62	-68	-62
-75	-70	-75	-70
-82	-76	-82	-76
-90	+76	-90	+76
-100	-	-100	-
+100	-	+100	-

Ne-waza (no gi)	
Men	Women
-60kg	-44kg
-70kg	-49kg
-80kg	-55kg
-94kg	-62kg
+94kg	-70kg



REFEREES:

As per the technical rules, all the Federating Units are under mandatory obligation to bring along at least two (2) qualified/certified referees. Any unit which has no qualified/certified referees must pay the penalty of Rs. 20000/- before the start of the event. Failure in compliance this rule will cause automatic disqualification from the participation of the said event. No excuse at all is permissible.

DEADLINE FOR ENTRY FORM:

All units of PJJF must submit their entry form duly filled and stamped on or before 15th December 2016. No late entry or on spot is admissible.

Note (1): The strength of players in the Ju Jitsu Newaza System will be 2 players per each weight category for both Men and Women.

Note (2): General Assembly Meeting will be held at Conference Room, Sports Board Punjab, National Hockey Stadium, Lahore

Hope to see all of you soon in National Championship.

With kind regards,

WAQAR ILYAS KHAN
General Secretary
Pakistan Ju-Jitsu Federation