

## KICK JITSU LIGHT RULES

Kick jitsu is a sporting discipline studied to apply the fight both at the distance with percussion blows, punches and kicks, and in clinch and man-to-man fighting on the floor with wrestling techniques, projections and immobilization.

### 1) **COMPETITION AREA**

Matches of light kick jitsu are held on a square surface of small mattresses measuring 6 x 6 metres plus a border possibly of a different color and in any case outlined, measuring 1 metre, for a total of 8 x 8 metres; as an exception, at the chairman's discretion, a ring like those used for kick boxing and boxe might be employed.

### 2) **UNIFORM AND EQUIPMENT**

Light kick jitsu athletes must wear the federal gi formed by a closed jacket and pants, belt declaring the rank, groin guards, shin guards without hard parts, boots which completely cover the toes, open-hand gloves which cover the thumb, head protector and mouthguard. For women chest protector is mandatory. It is forbidden to wear bracelets, necklaces, ear-rings and rings and any other article likely to cause injury during the fight. The fighting safety equipment must be of an homologated type and will be inspected by the competition jury.

### 3) **DURATION OF THE MATCHES**

Light kick jitsu matches will last, but for different decision of the chairman, two rounds of two minutes each, with a pause of one minute; as regards the eliminatory fights, as for the finals three rounds.

### 4) **LEGAL TARGETS**

In light kick jitsu is allowed to hit with control all the parts of the body except genitals, throat and eyes, with punches hand edge techniques and kicks. All techniques passing beyond the target will be considered "without control". The kicks must be effectuated knee up.

### 5) **PROJECTIONS**

In light kick jitsu is allowed to seize and project the antagonist in every way, left over the fact that only a technically valid projection makes score. It is allowed to do levers and stranglings.

Leve or strangling end the round. The projections begun in the inner area of square are valid event if they end out of it.

### 6) **IMMOBILIZATION**

In kick jitsu is allowed to bloc the antagonist on the floor in every manner, left over the fact that only the immobilization which puts the antagonist clearly under neath makes score. The immobilization must last 10 seconds; the fighter who ( ventre a terre ) gets up on his four limbs is no more immobilized. If the immobilized athlete goes completely out of the fighting's inner area the conting must stopped.

### 7) **COMPETITION'S JUDGEMENT**

At the end of each round the side judge ( 3 ) give the score on a special score-sheet, of 10 points to the best athlete and of 9 points to the other; 8 if there has been a remarkable gap, without considering projections and immobilizations. Then, they subtract the points owing to faults, projections and immobilizations, marking the total score in the special square. At the end of the match, each judge sums up the given points; if the two athletes are level, in case of elimination tournament, the judge must give the preference.

### 8) **CENTRAL REFEREE**

He supervises the bout, is the first to enter the "tatami", begs the lateral judges to inspect the protections, order the salute, starts the fighting with the world " fight " or " ha jime ". He stops the match with the world " stop " every time he thinks it convenient; he can rebuke, award penalties and disqualify the athletes. He signals the probable projections with his uplifted arm and the world " nage ". He signals the immobilization with his horizontally stretched arm while counting aloud until 10 seconds, near enough to the fighters as to be clearly heard; he then says " stop ", begs the athletes to stand up and gives the " osaekomi": The central referee can stop his count before 10 if he thinks there is a dangerous situation. In such case, if the danger was not voluntary, he nevertheless awards the immobilization. He asks the interruption of time to the jury board; he signals the exits, he

parts the fighters while seizing without attempting a projection at once, stops the fighters that protract the fight without attempting projections and makes them start again, standing in seizing position. He stops the fighting if, after beginning a count for immobilization, there is an overthrowing and in any case if after the projection an immobilization does not promptly follow. He awards the win at the end of the match.

### **9) SIDE JUDGE**

He values the technique, the control, the combination, the athletes' endurance to award the score. He decides if the immobilization and projections signalled by the central referee are valid or not; he can give penalty points and he can ask a consultation with the central referee. He inspects the fighting safety equipment by invitation of the central referee and fills every part of the score sheet.

### **10) THE JURY**

It is formed by a time keeper who stops the time only at the central referee's request; a score-keeper who notes down the exits, a speaker, a chairman who reads the score sheets before the verdict. The chairman can be employed at many boards with a controlling office and he is responsible for the entire competition. A member of the jury can act as speaker in the absence of a proper person. The chairman can take decisions not in keeping with the usual rules, due supply necessities. He will justify them in the minutes of the competition, together with the results, the hours, the observations of the responsible for arbitrage.

### **11) ILLEGAL TECHNIQUES AND ACTIONS.**

In light kick jitsu is not allowed :

to give blows without control, to speak during the match, to lose time avoiding the fight, to hit with the head, the shoulders, the knees and elbows, to hit without looking at the target, to turn one's back to the antagonist unless it is justified by a clear technique, to have an unsportsmanlike conduct towards the antagonist, the referee and the judges. The coach must not shout, he must not address the antagonist or the chairman.

### **12) THE DOCTOR**

He must be present throughout the whole manifestation and he must stay near the fighting square. In case of accident he only, can decide if the hurt athlete can continue to fight. The athlete who abandons the match because of a doctor's decision cannot, in any case participate in the following stages of the competition.

### **13) SCORE MACHINE**

Projection	pts. 1
immobilization 10"	" 1
third voluntary exit	" 1
fourth " "	" 1
fifth " "	disqualification
penalty	pts. 1

In the global valuation middle kicks ( hitting the body ) count twice the amount of punches, three times as much if they are high kicks ( hitting the head ).

### **14) WEIGHT CATEGORIES**

Man : kg. 57 - 62 - 68 - 75 - 83 - + 83 , over 16 years' old;

women : kg. 50 - 54 - 59 - 65 - + 65 , " " " "

For younger athletes it's the promoter's duty to choose the formula and combinations in " not competitive contest ".

The agonistic health certificate delivered by a sports medicine center ( datum sport : judo and kick boxing semicontact or karate ) is mandatory the responsible for this certificate is the technical manager of the athlete's own club.