

THE COMPETITION RULES OF AIKIDO TOSHU-RANDORI

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Educational Division, JAA

Toshu-randori Research Committee

● The Philosophy of Competition:

Aikido Competition was borne as Randori method (Aiki Randori method) relating to Atemi-waza and Kansetsu-waza from the research on reorganization of Aikido from educational viewpoint made by Professor Kenji Tomiki who was the initial Chairperson of our Association. Tomiki Shihan preached the necessity of practicing “Randori” in parallel with the practice of “Kata (Form)”, in order to make Aikido to serve modern education and to develop as a valuable national culture. “Randori” is the practice with which the players can compete mutually with their free intention. By studying “Kata” and “Randori” in combination, technical principles of Budo such as Shizen-tai (natural posture), Kuzushi (posture-collapsing technique), Yawara (flexibility in movement), Sen (way of taking priority in movement), Ma-ai (distance keeping), Metsuke (way of eye-focusing), and Tou-ho (sword method) can be internalized in oneself for the first time. The competition (game) was set as a material for further improvement reflecting and objectively reviewing the real capacity cultivated through Randori practice. In competition (game), one can find the special elements such as overcoming oneself (to keep oneself calm), self-reliance, fighting spirit (courage), fostering thoughtfulness to the heart of opponent. Therefore, when bringing those elements into practice in competition (game), your closest attention is required to make sufficient use of those features and not to fall into the harm of supremacy of victory.

● The Spirit of Competition Rules :

These rules are based on the following considerations which must be complied firmly by all competitors and judges.

- Secure the safety of players as the first priority.
- Make full use of the technical principles on which Budo is based.
- Train both mind and body and improve Aikido techniques through attack and protect.

Article 1: (Competition area)

1. The playing area is principally five tatami (about 9.09m) square with tatami or mats laid on it.
2. Start lines are marked at a distance of two tatami lengths (approx.3.64m) in the center of the competition area.
3. Tatami or mats should be laid at the outside of the playing area at least one tatami length (approximately 1.82 m) to secure a safe zone, and the distinction between the inside and the outside of the area should be made clear.

Article 2: (Uniform)

1. Players wear dōgi approved by JAA. One player wears a red sash and the other wears a white sash tied over their belts.
2. Women wear a white or a black t-shirt under their jackets; men wear nothing under their jackets. Body protectors, etc. made from plastic are not allowed for men or women.

3. Dōgi approved by the JAA satisfies the following criteria:
 - (1) The jacket is long enough to cover the buttocks when the belt is tied.
 - (2) The sleeves, when loose, cover at least one third of the forearms.
 - (3) The trousers loosely cover at least half of the lower legs.
 - (4) The belt is used to prevent the jacket from peeling off, so it is tied moderately tight. Once tied, the ends of the belt are approximately 15cm length.
 - (5) The Dōgi is clean and any damage repaired.

Article 3: (Duration of a match)

Competition time is 3 minutes. In case of extension match, it is 2 minutes.

Article 4: (Starting, interrupting and ending a match)

1. Players stand on the start lines facing each other and bow at the same time. In this position when looking towards shōmen the player on the right is aka (red) and the player on the left is shiro (white).
2. A match starts when the chief referee calls 'Hajime', stops when he/she calls 'Mate' (Interruption), and ends when 'Yame'.
3. When a match ends or stops, the players should quickly return to their start lines and await instructions from the chief referee.
4. After 'Hantei' has been called the players bow to each other and leave the competition area.

Article 5: (The Techniques in Competition)

1. The game is decided by 17 Katas of Randori and its applied techniques.
2. The 17-hon techniques are divided into the categories of "Atemi-waza", "Kansetsu-waza" and "Uki-waza".
 - (1) Atemi-waza is the technique with which a player makes the opponent fall down by pushing one point flexibly and continuously taking advantage of the collapse of posture of the opponent¹. Falling down means the situation that any parts of the body except the sole touch Tatami with the body unstable.
 - (2) Kansetsu-waza (joint techniques) are the skills with which the player holds the hand of the opponent and twist or turn it to collapse the opponent's posture in order to make him fall down or suppress his movement. Suppressing means the situation that the player controls the opponent and makes him/her irresistible without injury to him/her.
 - (3) Uki-waza are the skills with which the player holds the hand of the opponent and twist or turn it to

¹ There are two kinds of character of Atemi-waza in Koryu jujutsu (old style jujutsu). It means that one is to give a destructive impact with a single hit and the other is to break the opponent's posture and then make him/her down with a single point of force. Although Atemi-waza in the 17 techniques (Randori kihon no kata) have the latter character, the rules require the competitors to have an intention to properly treat an opponent's Atemi-waza with applying Tai-sabaki and Te-sabaki based on the Philosophy of Competition which regards Randori-keiko as a training method in order to learn from exercise "the technical principle which seems different but common in Budo". In particular, it is not recommended to receive an Atemi-waza without evasion in spite of competition, as long as it is based on the teachings of Tomiki Shihan that Shizentai (natural posture) is regarded as the posture that can make an action immediately in response to the opponent's unrestricted attack in actual battle.

collapse the opponent's posture in order to make him fall down.

Article 6: (Judgement of Game)

1. The game is determined by Ippon (award of Ippon decides the winner and ends the match). Determination of Toshiu-techniques (Hand-against-hand techniques) with which the player could gain a point is done by the following three criteria, "Ippon", "Waza-ari" and "Yukoh". In case the player tries "Sutemi-waza" which means to throw him/her-self down on his/her back or fall his/her face down on Tatami, it is judged as ineffective.

Ippon:

- (1) When a player makes the opponent fall down on one's back, side or front with a considerable momentum,
- (2) When a player makes the opponent fall down on one's back, side or front down in pressing joints by the use of Kansetsu-waza.
- (3) When a player keeps pressing joints of the opponent by the use of Kansetsu-waza for more than two seconds.
- (4) When the opponent shows the give-up sign.
- (5) When the player gains 2 Waza-ari.

Waza-ari

The Waza-ari is scarcely admitted as "Ippon" although the quality is almost "Ippon".

YuKoh

When a player makes the opponent down with Waza which could almost be admitted as "Waza-ari" but not really judged so.

2. When a match is not determined by Ippon, it is decided as Yuhsei Kachi in accordance with the following order of priority. But it can also change to extension match in place of (5).
 - (1) When there is "Waza-ari."
 - (2) When there are more "Yukoh."
 - (3) When there are less "Chyui".
 - (4) When there are less "Shidoh."
 - (5) When there is even a little difference generally observed in the level of attitude in competition, skillfulness and effectiveness in techniques.

Article 7: (Foul Matters)

There are 3 classifications in "Breach of Regulation" depending on the degree of breach which are "Shidoh (Instruction)," "Chyui (Attention)," and "Hansoku-make (Losing by Foul)." In addition, the chief referee can urge a correction with a verbal instruction.

Shidoh:

"Shido" is given against a minor foul.

Chyui:

“Chyui” is given against a heavy foul.

If the competitor repeats actions equivalent to “Shidoh” and is not seen to improve attitude towards the referee's guidance, "Chyui" may be given based on the judgment of the referee.

Hansoku-make (Losing by Foul) :

In case of committing an extremely heavy foul.

In case of receiving "Chyui" two times

1. When “Shidoh” is applied in principal.
 - (1) When the player receives the opponents’ Atemi-waza without trying Te-sabaki or Tai-sabaki. But the effectiveness of Atemi-waza is acceptable when the Waza had been used before ‘Mate’ was called.
 - (2) When a player does not attack because of lack of positive intention in fighting.
 - (3) When a player carelessly closes Ma-ai (distance keeping) and gets stuck.
 - (4) To attack joints other than shoulders, elbows and wrists (except for “Hiza-Kujiki”).
 - (5) To use techniques other than those prescribed in Article 5, such as Judo and wrestling skills.
 - (6) Scooping up the leg(s) of the opponent.
 - (7) Tangling one's leg(s) to the leg(s) of opponent.
 - (8) When a player does not make effort of fighting within the area of competition and step outside.
 - (9) When the player takes extremely anomalous posture continuously.
 - (10) Grabbing opponent’s uniform intentionally.
 - (11) Fake attack.
 - (12) When the player takes attitudes lacking in dignity
2. The cases to be judged as “Chyui” principally.
 - (1) When the player is applying the technique on the opponent who is doubted to have injury on the joint.
 - (2) To make a shocking strike in application of "Atemi-waza."
 - (3) Applying direct and sudden burden on the critical area or joint.
 - (4) When the player does not obey the restraining or instruction given by the judge.
 - (5) When the competitor repeats actions equivalent to “Shidoh” and is not seen to improve attitude towards the referee's guidance.
3. In case to be judged as “Hansoku-make (Losing by Foul)” in principal.
 - (1) When one applied a technique risking human life, such as smashing the competitor's head, in particular.
 - (2) In case of giving the opponent by infringement the injury which makes impossible to continue the competition.
 - (3) When “Chyui” was given two times.

Article 8: (Dealing with Itami wake)

1. Itami wake is the decision the chief referee makes when a player is accidentally injured and unable to continue.
2. In the individual competition, the uninjured player continues to the next round.
3. In the team competition, the winner is decided on the score at the time of the injury.

Article 9: (Management of Competition)

1. The chief referee pronounces "Mate" without delay, and makes the players return to the places of the starting lines, if necessary to interrupt the game.
2. The chief referee pronounces "Mate", and makes the players return to the places of the starting lines, when it is in the state that the players can touch each other's body.
3. The assistant referees can interrupt the competition by way of giving the predetermined signal of action and express their opinions to the chief referee, when it is deemed necessary.

Article 10: (Judgement Rule)

1. To apply three referees way in principle, consisting of one chief referee and two assistant referees.
2. According to the three referees way, two assistant referees take their places at the outside of each corner of the area of competition, facing the chief referee and holding a white flag with right hand and a red with left.
3. In judging "Waza", the chief referee equally treats the judges of the assistant referees in the same way as his own and decides by majority. However, when the chief referee has a question on the decision of assistant referees, he/she can call them and talk about it. If referees don't agree after the talking, decision by majority is applied, in the process of applying decision of chief referee in case of tie by assistant referees.

Article 11: (Referees)

1. Referees have absolute authority in matches in which they are involved.
2. Referees are impartial and fair in the management of the matches and their judgement.
3. The competition's head referee may be consulted for accuracy if a referee has some doubts about the regulations during a match.

Article 12: (Signals for awarding points)

1. At the end of a match or when it is interrupted and the players have returned to their start lines the chief referee indicates the judgement by the relevant signal and announcement at the same time.
2. Ippon – the chief referee uses his arm nearest to the player being awarded the points. He holds it straight above his head with the fingers extended and palm facing in and calls "ippon".
3. Waza ari – the chief referee uses his arms nearest to the player being awarded the points. He holds it straight and horizontally to his side with the fingers extended and palm down and calls "Waza ari".
4. Yukoh – the chief referee uses his arm nearest the player being awarded the point. He holds it as for Waza ari but at an angle of 45° to his side and calls "Yukoh".
5. Fujubun (where a technique is judged as not being effective) -the chief referee crosses his hands (open, with palms down) twice in front of his hips and calls "Fujubun".
6. Mukoh (where a technique is effective but it is not within these regulations or not in the spirit of these regulations) – the chief referees holds his forearms, with the fingers of each hand extended, crosses if front of his chest and calls "Mukoh". The player that applied this technique is then penalized by shidoh or chyui

accordingly.

7. When players apply a technique the assistant referees signal their judgements to the chief referee clearly. The assistant referees continue to signal until the chief referee has made his judgement.
8. When the assistant referees signal their judgements and the chief referee calls "mate" to interrupt the match, the assistant referees continue to signal until the chief referee has made his judgement.
9. When a player scores a technique worth Yukoh or Waza ari and there is the possibility of a technique occurring, the referees continue to signal their judgements while the match continues.

Article 13: (Signals and calls for penalties and to announce the winner)

1. After the players have returned to their start lines the winner can be announced. The chief referee uses his hand nearest to the winner holding it straight in front of his chest with the palm facing in. He then raises it up at an angle towards the winner and at the same time calls "aka" or "shiro". He then makes sure the players bow to each other.
2. Hiki wake and Itami wake are announced after the players have returned to their start lines. The chief referee brings his extended right arm down from above his head to horizontally in front of his chest and at the same time calls "Hiki wake" or "Itami wake".
3. For Hansoku make the players first return to their start lines. The chief referee explains the reason to the disqualified player and then announces "Hansoku make". He then signals and announces the winner as in Article 13-1.
4. For Chyui, the chief referee turns to the penalized player, points his index finger to above the player's head and calls "Chyui". For "Shidoh", the chief referee remains facing forward, points his index finger to above the player's head and calls "Shidoh".

Article 14: (Team randori competition format)

1. In general a team has five regular members and two substitutes but this can be changed according to circumstances.
2. The winning team is determined by the total number of wins from all of the team members' matches.
3. The result of each team member's match is determined in accordance with Article 6. But Yuhsei Kachi stipulated in (5), is not applied to the decision.
4. When the number of matches won for each team is the same the total accumulated points for all matches are compared. If they are equal there is a play-off between one appointed player from each team. This winner of this match decides the winning team and can be determined by marginal differences if necessary.
5. The format can be a knockout, league or a combination of both.
6. In the league format, if the number of wins and losses on each team is the same, the winning team is determined by the number of winners of the team, team's total points referring to criteria of Yusei Kachi.
7. Where a team has less than the full complement of players the match with the vacant positions are placed at the top order. However, when there is less than half of a full team on one side the matches cannot take place.

Article 15: (Players' rights and spectators' responsibilities)

1. When a player worries about safety of the match or notices inadequate equality in playing match, In

principle he/she can require the referee or the competition's head referee to make improvements via the person responsible for organization he/she belongs to.

2. Spectators must not insult the referees or players.
3. Spectators must not enter the competition area except at the request of the chief referee.
4. Spectators must not communicate to the players the length of time remaining in the match and must not be unsportsmanlike in their speech and conduct.

Article 16: (Match officials)

1. The referees are assisted in the running of a match by official scorekeepers, a timekeeper and an announcer.
2. In general there are two scorekeepers, one who records on the scoreboard the points the chief referee awards and at the same time another who writes the score on a form for the tournament record. It is the second scorekeeper's duty to hand this record to the responsible official at the end of the competition.
3. In general there is one timekeeper who notifies the chief referee by a whistle horn, et. When the match has ended. Also, when there are interruptions during play the timekeeper stops the clock and indicates that it is stopped by raising one hand.
4. One of the scorekeepers is in charge of announcement. Before the start of every match he announces the names of the players just before they enter the competition area.

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