

2008 CJA CANADIAN NATIONAL TOURNAMENT

WWW.CANADIANJIUJITSU.COM

*Saturday, May 24th, 2008
Youth Sparring Sport Jiu Jitsu
Youth Grappling (BJJ Rules)
Adult Sparring Sport Jiu Jitsu*

Location

*Martingrove Collegiate Institute
50 Winterton Drive
Toronto, Ontario M9B 3G7
Corner of Martingrove & Eglinton*

For more information Contact

*Gary Pilon at
(705) 725 - 9186
1-800-352-1338*

e-mail prospar@rogers.com

Pre register by May 2nd, 2008 for early bird discount

*Jr Grappling Registration from 8:00 to 9:00 Start Time 9:30
Jr Sparring Registration from 9:00 to 10:00 Start Time 12:00
Adult Sparring Registration from 10:00 to Noon Start Time*

2008 CJA National Tournament

Saturday May 24, 2008

Divisions:

9:30 for Jr Grappling

12:00 for Jr Sparring

2:00 for Adult Sparring

Dear CJA members and Fellow Martial Artists

The CJA would like to extend an invitation to you to join us for a day of fun and competition and camaraderie. Medals will be awarded for 1st, 2nd & 3rd (gold, silver, & bronze) for each division.

This event will include Continuous Sparring, and Youth Grappling, as well as Self Defence for the handicapped.

There will be age and belt divisions for Children's Sport Jiu-Jitsu

White – Yellow 6 – 8, 9 – 11, 12 - 14 and 15 -17

Orange – Green 6 – 8, 9 – 11, 12 - 14 and 15 -17

Blue – Brown 6 – 8, 9 – 11, 12 - 14 and 15 -17

Junior Black Belt 6 – 8, 9 – 11, 12 - 14 and 15 -17

There will be Age & Experience Divisions for Children's Grappling

Beginner (less than a year) Advanced (more than a year)

6-10 year olds all levels are no submission

11-12 beginner are no submissions - 11-12 Advanced are Armlocks only - 13-14 Beg. Are armlocks only

13-14 Adv Armlocks & Chokes - 15-17 all levels Armlocks & Chokes

For the adult Ku Belts Continuous Sparring

White - Yellow Under Under 150, 150 to 170, 171 to 190, 191 and over

Orange - Green Under Under 150, 150 to 170, 171 to 190, 191 and over

Blue - Brown Under Under 150, 150 to 170, 171 to 190, 191 and over

For the adult **Black belt Continuous Sparring** there will be five weight categories

Under 150, 150 to under 165, 165 to under 180, 180 to under 195, 195 and up

There will be Adult No-Gi Grappling on Sunday May 25th Visit Bravadojj.com for more information!

Pre Register and Save

\$35.00 for both events

Monies are not refundable if you miss the event

At the Door

\$45.00

All participants must be a CJA member, memberships available at the door!

For Pre registration make your cheque or money order out to The CJA

And send it to the attention of **Gary Pilon, 4 Alliance Blvd, # 10, Barrie ON L4M 5J1**

Continuous Fighting Rules

Mandatory Safety Equipment:

Head Gear
Sparring gloves with fingers covered
Sparring boots
Mouth guard
Groin protector

Legal Targets:

Front and sides of the body and
Above the belts
Protected head areas with the exception
of the back of the head
Adult blue belts and above can target
The face with a controlled technique

Illegal Techniques:

Excessive force for all techniques
including throws
Uncontrolled techniques
Blind techniques

Penalties include: Warnings, Loss of 2 points, or Disqualification

Fighting Techniques:

Hands, feet, and throws with
good control and to legal targets

Light Touch is What You Are Aiming For

Illegal Targets Areas:

The mask area for below blue belts
Anything below the belt with
the exception of a sweep
The back of the body
The back of the head

Point Systems:

Legal striking techniques
Hands and feet = 1 point
Single leg throw = 2 points
Double leg throws = 3 points

For Adult Sparring Continuous Sport Jiu-Jitsu

- 2 minute Rounds
- 30 seconds on the ground
- Lower round house kick to the mid-thigh will be allowed
- Continuous Striking once grappling starts (Must be good clean strikes to a visible area) The strikes must not be a Blind technique
- Head Gear will be Mandatory
- Light contact is mandatory, Excessive contact will not be allowed

BJJ Grappling Rules

KIDS 6-10 YEAR OLDS

BEGINNER & ADVANCED NO SUBMISSIONS
MATCHES ARE 2 MIN

KIDS 11-12 YEAR OLDS

BEGINNER (NO SUBMISSIONS) & ADVANCED (ARMLOCKS ONLY)
3 MIN ROUNDS

KIDS 13 & 14 YEAR OLDS

BEGINNER (ARMLOCKS ONLY) & ADVANCED (CHOKES & ARMLOCKS)
3 MIN ROUNDS

KIDS 15-17 YEAR OLDS

BEGINNER & ADVANCED
4 MIN ROUNDS

MATCHES CAN BE WON BY THE FOLLOWING: POINTS OR SUBMISSION (TAPPING OUT)
POINTS BY OBTAINING THE FOLLOWING POSITION (3 SECOND COUNT):
MOUNT (4 PTS.), BACK MOUNT (4 PTS), PASSING GUARD (3PTS)
SWEEPS FROM GUARD (2 POINTS) KNEE ON STOMACH (2 POINTS)
CONTROLLED THROW OR TAKEDOWN (2 POINTS)
SUBMISSIONS END THE MATCH (EXCEPT THE NO SUBMISSION DIVISIONS WHICH ARE
DETERMINED BY POINTS)

ALL MATCHES START STANDING ON FEET
MUST WEAR PROPER JIU-JITSU OR JUDO UNIFORM
REFEREES WILL STOP MATCH IF ATHLETES SAFETY IS IN QUESTION

Canadian Jiu Jitsu Association Canadian National Tournament

Name: _____ School : _____

Belt: _____ Age : _____ Height: _____ Weight: _____

Kids Grappling 6-10 Beginner Adv 15-17 Beginner

11-12 Beginner Adv 15-17 Advanced

13-14 Beginner Adv

Sparring Continuous

Canadian Jiu Jitsu Association Participation Agreement

I, _____, the participant and/or parent/guardian, hereby acknowledge and agree that in consideration of being permitted to participate in the tournament as sanctioned by the Canadian Jiu-Jitsu Association, that there is a potential risk for injury involved in my participation. Many of these risks and hazards are inherent in the nature of Jiu-Jitsu and Martial Arts. The Canadian Jiu-Jitsu Association, though its training and safety programs, have tried to create a controlled environment for safe participation.

I agree to abide by the rules and guidelines as set down by the Canadian Jiu-Jitsu Association and voluntarily assume all of the aforesaid risks and hazards. I understand that neither the Canadian Jiu-Jitsu Association nor any of its members, officers, directors, employees, volunteers, independent contractors, or agents assume any responsibility whatsoever for my safety during the course of my participation in this tournament.

My signature signifies that I understand and accept the above conditions.

Sign: _____ Date: _____

Name Of Participant (please print): _____

Signature of Parent or guardian (if participant is under 18): _____