



NEWAZA (BJJ) RULES EXAM

NAME : _____

CLUB : _____

SIGNATURE : _____

COURSE INSTRUCTOR : _____

DATE : _____

LOCATION : _____

INSTRUCTIONS

- READ EACH QUESTION CAREFULLY
 - MULTIPLE CHOICE CHOOSE ONLY ONE
 - 25 T/F QUESTIONS , 12 HAND SIGNALS QUIZ
 - 28 MULTIPLE CHOICE QUESTIONS ,
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HAND SIGNAL QUIZ (number 1-12 in order of the hand signals given)

	STOP THE MATCH
	ASK TO STAND UP
	DISQUALIFICATION
	STALLING
	REMOVE THE LAST COMMAND FROM THE SCOREBOARD
	COMPETE IN THE CENTER OF THE MAT AREA
	START THE MATCH
	FIX YOUR GI
	ISSUE A PENALTY
	TIE YOUR BELT
	AWARD POINTS
	AWARD AN ADVANTAGE



MULTIPLE CHOICE QUESTIONS

(Please circle one answer only)

1. Using the 3 referee system , in which situation does the corner referees need to stand up to indicate they agree with the central referee ?

- a) Points deduction.
- b) Advantage.
- c) Disqualification.
- d) Stalling

2. When the match starts , Athlete "A" pulls guard with no grips, what should the referee do ?

- a) Let the match continue.
- b) Give a Penalty to Athlete "B".
- c) Stop the match , tell Athlete "A" to stand up , issue him a Penalty then restart the match.
- d) Stop the match , tell Athlete "A" to stand up, restart the match.

3. In this situation , Athlete "A" starts a takedown, before Athlete "B" reaches the floor he/she attacks a giloutine choke on Athlete "A". once they reach the floor , Athlete "B" closes the guard to try and finish the choke. After 2 minutes in this position , Athlete "A" escapes the choke hold. How should the referee score this ?

- a) one advantage to Athlete "A"
- b) one advantage to Athlete "B"
- c) one Advantage for both athletes
- d) two points to Athlete "A" , one advantage to Athlete "B".

4. During the match , both athletes pull guard at the same time. Athlete "A" attacks with the straight ankle lock shortly after the guard pull. (both athletes remain sitting). After 20 seconds athlete "A" is still holding the ankle lock. What should the referee do at this point ?

- a) Stop the match , ask them to stand up. Give each athlete a penalty, then restart the match standing.
- b) Stop the match , ask them to stand up. Give each athlete a penalty, and Athlete "A" one advantage for the ankle lock, then restart the match standing.
- c) continue the match until Athlete "A" lets go of the submission.
- d) Let the match continue until one of the athletes comes on top.

5. If Athlete "A" starts a takedown with one foot inside the safety area, and throws athlete "B" inside the competition area and stabilizes the position. What score should the referee give ?

- a) Advantage to Athlete "A".
- b) DQ to Athlete "A"
- c) 2 Points to Athlete "A"
- d) Nothing

6. Athlete "A" is attacking from his guard , then takes athlete "B" back with both hooks in for 3 seconds. (Athlete "B" stays in turtle position during this time) . What should be the score ?

- a) 2 points.
- b) 4 points.
- c) 6 points.
- d) Advantage.

7. Choose the answer that only has Serious fouls as an example.

- a) Grabs inside opponents sleeve or pants / Push the face with open hand / avoid combativeness
- b) direct profane language to the referee / pulls guard with no grips / unties the belt
- c) Talks to the referee / Stalling / directs profane language to their opponent.
- d) Does not follow the referees order / No underwear under gi pants / takes too long to tie their belt.

8. If one of the athletes complain of muscle cramps during the match , what should the referee do ?

- a) call the medic , and wait for their decision.
- b) Dq the athlete that is having the cramps.
- c) declare the opponent the winner.
- d) stop the match ,wait for the athlete to feel better.

9. Athlete "A" completes a takedown landing in athlete "B" guard. Immediately athlete "B" turns "A" over and ends up on top in athletes A guard . How do you score this transition ?

- a) 2 points A, 2 points B.
- b) Advantage for A, Advantage for B.
- c) Advantage for A, 2 points for B.
- d) Advantage for B, 2 points for A.

10. Athlete "A" passes the guard straight to mount, but only stays there for 2 seconds before ending back in athlete "B" guard. How should the referee score this ?

- a) 1 Advantage
- b) 2 Advantages
- c) 7 points
- d) 3 points , 1 advantage

11. Athlete "A" is half guard (bottom) , then sweeps his opponent and ends up in the mount position (during the transition of the sweep). What should the referee score for this ?

- a) 4 points
- b) 2 points
- c) 6 points
- d) 4 points , 1 advantage.

12. what is necessary to score sweep points, when the opponent turns themselves to all fours (turtle Position)

- a) Stabilize the position on top for 3 seconds .
- b) Turn to his back, keeping at least one of the opponents knees down for three seconds.
- c) just turn to the back to score.
- d) control his head for 3 seconds.

13. Athlete "A" start a sweep from bottom half guard. Once on top is immediately swept from the same position by Athlete "B", but athlete "B" ends up in side control. What score should the referee give ?

- a) 2 points for "A" , 2 points for "B"
- b) nothing.
- c) 3 points for "B"
- d) 1 advantage for "A" , 3 points for "B"

14. Athlete "B" starts a single leg takedown form inside the competition area, in a proper defence athlete "A" goes outside of the competition area, how should the referee score this ?

- a) 2 points athlete "B"
- b) Nothing
- c) Advantage for athlete "B"
- d) DQ for athlete "A"

15. Athlete "A" has a submission hold on Athlete "B", in order to escape the hold athlete "B" flees the competition area. How should the referee score this situation ?

- a) Stop the match , give a penalty to athlete "B", restart standing.
- b) Stop the match, drag them back to the centre with submission in place, restart the match.
- c) Dq for athlete "B"
- d) stop the match, give 2 points to athlete "A", restart standing.

16. Athlete "A" passes the guard of Athlete "B" straight to mount , and stays there for 4 seconds. Athlete "B" reverses the position , ending in athlete "A" guard. How should the referee score this ?

- a) 2 advantages for athlete "A"
- b) 7 points for athlete "A"
- c) 4 points for athlete "A"
- d) 1 advantage for athlete "A"

17. When using a 3 referee system for a match, how do they decide a match that has ended in a tie score ?

- a) The centre referee makes the final decision.
- b) The centre referee will call the two side referees to the centre of the mat to discuss the decision. Once decided the side referees will go back to their chairs, the centre referee will then raise the hand of the winner chosen.
- c) Do a 1 minute overtime.
- d) The centre referee will take 2 steps back and ask the two side referees to stand. When the centre referee takes one step forward , all three referees will raise their hand in respect to that athlete at the same time.

18. Athlete "A" starts a takedown , as athlete "B" touches the floor he sweeps athlete "A" and stabilizes for 4 seconds , but is now on the safety area. How should the referee score this ?

- a) 2 points for athlete A, and 2 points for athlete "B"
- b) 2 points for athlete "B"
- c) Advantage for athlete "A" , and 2 points for athlete "B"
- d) Advantage for athlete "A"

19. Athlete "A" pulls to 50/50 guard. Sweeps athlete "B" and stays on top for 4 seconds. then athlete "B" sweeps him back and holds the position for only 2 seconds to be returned to the previous position which is maintained for an additional 5 seconds. What is the correct score for this transition ?

- a) Advantage for athlete "A"
- b) 2 points for athlete "A" , 1 advantage for athlete "B"
- c) 2 points to athlete "A"
- d) 2 points "A", 1 advantage "B" , 2 points "A"

20. At what age can minors start using the submission "Ezekiel " ?

- a) 12
- b) 16
- c) 15 and up
- d) 18 and up

21. How many times can you call the medic for the same blood injury to an athlete ?

- a) Once
- b) Twice
- c) 3 times
- d) none

22. From bottom side control, Athlete "A" turtles and immediately from his knees takes a single leg, and both athletes stand. After 20 seconds athlete "A" takes his opponent down to side control. How do you score this ?

- a) 2 points for athlete "A"
- b) 1 advantage for athlete "A"
- c) Nothing
- d) 5 points to athlete "A"

23. Which of these is a disqualifiable offence ?

- a) push the face with your hands.
- b) Kneebar in the Purple Belt division
- c) talking to the referee
- d) Stretching legs apart for 13 yr olds.

24. During the match athlete "A" applies a choke hold to his opponent causing them to go unconscious. How should the referee handle this ?

- a) stop the match , lift the legs to a 45 degree angle until they wake up.
- b) stop the match, call the medic to revive the athlete.
- c) stop the match, do nothing.
- d) stop the match , call the athletes coach.

25. What is the current suspension time for an athlete who has been choked unconscious in competition ?

- a) No suspension
- b) 48 hours
- c) the rest of that day.
- d) 30 days

26. During the match between two kids 3 athletes (8-9yrs) ,one of the athletes begins to cry. He or she is still competing but crying while doing it . How do you handle this ?

- a) Let the match continue
- b) Stop the match and call the medic.
- c) Stop the match and call the coach
- d) Stop the match , check to see if they are ok and if they would like to continue.

27. 2 Adult white belts are competing, Athlete A takes a single leg with their head on the outside and a battle to finish begins. How should you proceed ?

- a) Let the takedown continue.
- b) Stop the match , penalize athlete A
- c) Stop the match , restart standing , no penalties
- d) Stop the match , DQ athlete A

28. At OJA events, in the Teen divisions or younger , Athlete A completes a head & Arm throw right to side control How do you score this?

- a) 2 points
- b) Stop the match, restart standing ,
- c) Stop the match , issue a penalty , restart standing
- d) Stop the match DQ athlete A

25 - T / F QUESTIONS

#		T/F
1	NOT EVERY SCORING POSITION REQUIRES 3 SECONDS IN ORDER TO SCORE POINTS	
2	PURPLE BELTS ARE ALLOWED TO DO KNEE BARS UNDER OUR CURRENT RULES.	
3	HEAD AND ARM THROWS ARE ALLOWED FOR ALL AGE GROUPS.	
4	A 10 YR OLD ATHLETE CAN WEAR A PINK GI TO COMPETE AT OUR OJA EVENTS.	
5	TALKING TO THE REFEREE IS NOT ALWAYS A PENALIZED OFFENSE.	
6	IT IS A PENALTY TO PUT YOUR FINGERS INSIDE YOUR OWN GI.	
7	YOU ONLY NEED TO COUNT FOR ACUMULATIVE POINTS ONCE TO SCORE. EG. PASS TO KNEE ON BELLY	
8	YOU CAN BE PENALIZED FOR STALLING FROM THE MOUNT POSITION.	
9	WHEN ASKED TO TIE YOUR BELT, YOU HAVE 30 SECONDS TO DO SO BEFORE BEING PENALIZED FOR IT.	
10	YOU ARE NOT PERMITTED TO WEAR 2 DIFFERENT COLOR KIMONOS IN COMPETITION EG , BLUE PANTS AND WHITE JACKET.	
11	THE REFEREE HAS THE RIGHT TO STOP ANY MATCH FOR SAFETY REASONS.	
12	THE SCORE ON THE SCOREBOARD CAN BE CHANGED AFTER TIME HAS RAN OUT.	
13	A 1LB ALLOWANCE IS GIVEN TO ATHLETES FOR WEIGH INS AT OJA EVENTS.	
14	EZEKIEL CHOKE IS ALLOWED FOR KIDS AGED 15YRS OLD.	
15	BICEP AND CALF SLICERS ARE ALLOWED FOR BROWN AND BLACK BELTS ONLY.	
16	WHITE , BLUE , AND BLACK ARE THE ONLY COLORS PERMITTED FOR ATHLETES AGE 16 AND UP UNDER THE OJA RULES.	
17	IT IS OK FOR AN ATHLETE TO ENTER THE MAT AREA WITHOUT THE REFEREE'S DIRECTION.	
18	DELIBERATELY EXITING THE MAT AREA WHILE CAUGHT IN A SUBMISSION IS AN AUTOMATIC PENALTY , AND 2 POINTS FOR THE OPPONENT.	
19	ANY KNEE REAP IS AN AUTOMATIC DQ.	
20	COACHING IS ALLOWED INSIDE THE COMPETITION AREA FOR THE ADULTS.	
21	YOUTH , TEEN , AND ADULT WHITE BELTS ARE ALLOWED TO JUMP GUARD.	
22	WHEN A DOUBLE GUARD PULL HAPPENS , AN ADVANTAGE IS GIVEN TO THE ATHLETE WHO TAKES THE TOP POSITION BEFORE THE 20 SECONDS HAS PAST.	
23	AN ADVANTAGE IS AWARDED FOR ALMOST SCORING A POINT OR SUBMISSION.	
24	WHEN AN ATHLETE IS RENDERED UNCONSCIOUS , IT IS OK TO LIFT THEIR LEGS IN AN ATTEMPT TO REVIVE THEM FASTER.	
25	YOU CAN SCORE POINTS FROM THE TURTLE POSITION.	