



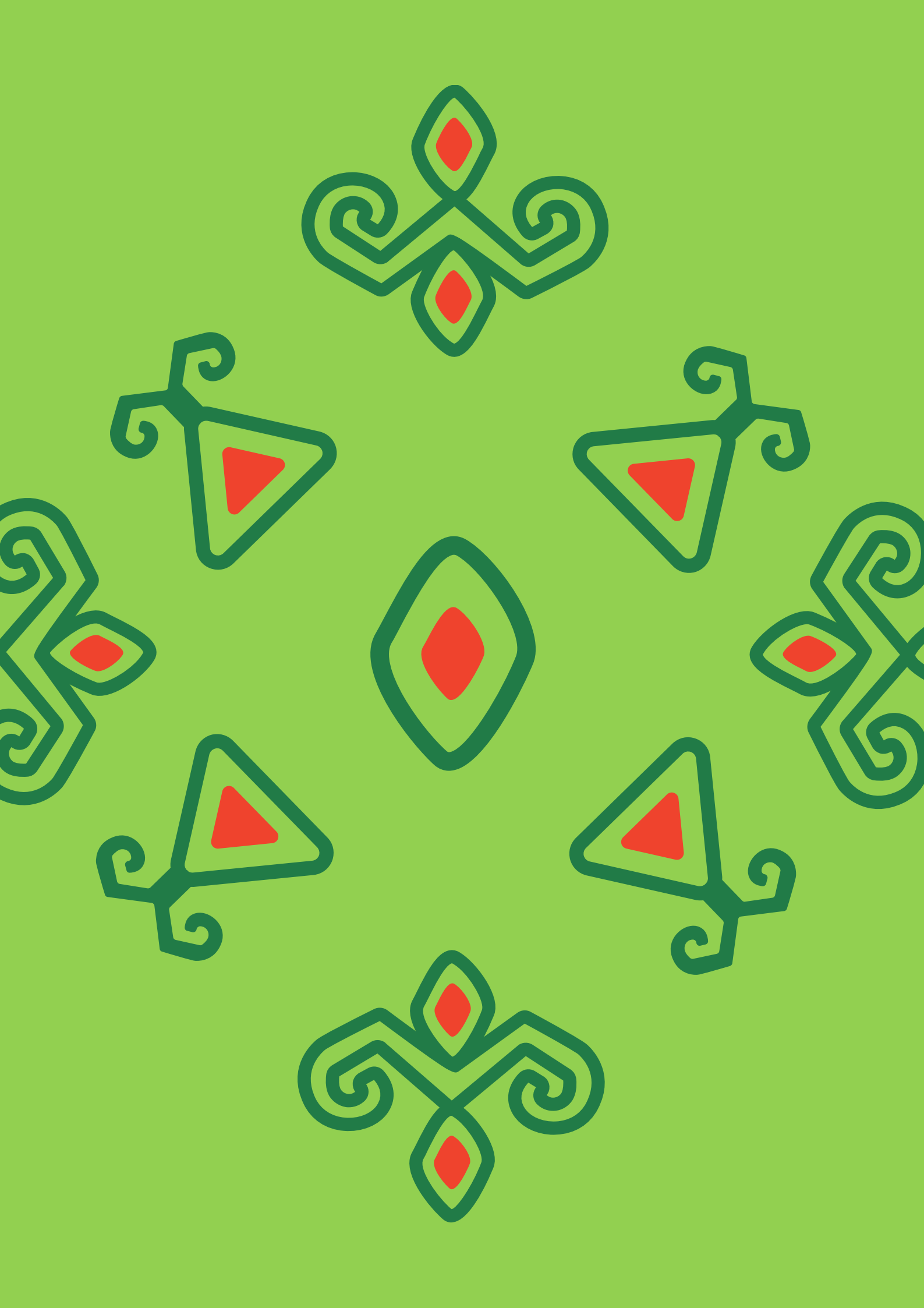
Ashgabat 2017

5th Asian Indoor & Martial Arts Games

Sport Handbook

Ju-Jitsu

September 2017



5th Asian Indoor And Martial Arts Games – in honor of peace and friendship

On behalf of the Country of Turkmenistan, I would like to welcome all of our guests who are coming to participate at Ashgabat 2017 5th Asian Indoor and Martial Arts Games, taking place for the first time in our country.

We are working hard across all levels of the government to develop sport in Turkmenistan, and are working together with International Federations and sporting organisations throughout the world to share knowledge and experience.

I hope that Ashgabat 2017 will establish Turkmenistan's position on an international level, spread our Country's love of sport throughout the world and strengthen our friendly relations between nations.

During the Games, Asian and Oceanic athletes will have the opportunity to share their experiences, demonstrate their sporting skills and build lasting friendships.

We have been working hard to deliver the Games to a high level. The Ashgabat Olympic Complex covers total area of 157 ha, we have over 30 different sites within the complex, including 13 of the 15 sport competition venues.

The Athletes village and accommodation for our guests offers international world class catering, relaxation, cultural and entertainment facilities. All of this contributes to the great experience we want our guests to have along with a greater cooperation with Asian, Oceanic and international sport federations.

“Health, Inspiration and Friendship” was chosen as the motto of the Games. This motto is reflective of our healthy society, our nation's inspiration and the importance of developing friendly relations with all nations of the world.

National values, ancient traditions and the rich culture of our nation are depicted in the logo, mascot and brand of Ashgabat 2017. The logo, mascot and brand of the Games, which represent past and present history, and the great future of our nation, will form a starting point for a unique opportunity for our guests to experience our ancient heritage, national legacy, spiritual and cultural values through to modern day times of our country.

Our nation's healthy life style is embedded in each and every one of our citizens. One of the leading principles of the state is to protect our nation's health, to ensure that our citizens enjoy a peaceful and prosperous life, to assure our young generations enjoy sport and to major sporting events in our country.




I would like to express my gratitude to the heads of the Olympic Council of Asia for the support and opportunity to host the 5th Asian Indoor and Martial Arts Games and I would also like to thank the heads of the Asian and Oceania National Olympic Committees for their support in the participation of their athletes in the 5th AIMAG.

I wish success, prosperity and sound health to all the athletes who will participate in the 5th Asian Indoor and Martial Arts Games.

**President of Turkmenistan
Gurbanguly BERDIMUHAMEDOW**

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Introduction

In September 2017 Ashgabat will host the 5th Asian Indoor and Martial Arts Games; attracting athletes from 64 delegations from Asia and Oceania to participate across 21 sports.

This is a historic moment for the country, as Ashgabat 2017 will be the first major multi-sport event to be hosted in Turkmenistan. The vision after these games will be for the city of Ashgabat and the wider country to host future major sporting events at an international level.

5th Asian Indoor and Martial Arts Overview

The Games are owned, co-organised, and regulated by the Olympic Council of Asia (OCA).

The first Asian Indoor Games were held in 2005 in Bangkok. After three editions of the Asian Indoor Games, the Olympic Council of Asia merged the event with the Asian Martial Arts Games. This merger created the Asian Indoor and Martial Arts Games, with the 4th AIMAG taking place in Incheon, Korea in 2013.

In 2010 the 5th edition of the Asian Indoor and Martial Arts Games was awarded to the city of Ashgabat, Turkmenistan.

The 2017 Asian Indoor and Martial Arts Games will be held in Ashgabat from 17–27 September 2017.

Ashgabat 2017 5th AIMAG Executive Committee

The Ashgabat 2017 5th AIMAG Executive Committee was established in 2013 under the direction of the President of Turkmenistan Gurbanguly Berdimuhamedov. The Chairman of the 5th AIMAG Executive Committee is Mr. Dayanch Gulgeldiyev.

The Ashgabat 2017 5th Asian Indoor and Martial Arts venues

There are 15 competition venues, with all sports except Equestrian Jumping and Futsal taking place within the Ashgabat Olympic Complex. Equestrian Jumping will take place at the Equestrian Centre located in the north east of the city and Futsal at the Multifunctional Sport Venue located less than 500m from the Ashgabat Olympic Complex.

The Ashgabat 2017 5th Asian Indoor and Martial Arts sports

Twenty-one sports will be contested during the 5th Asian Indoor and Martial Arts Games. The Games will include six Olympic sports: 3x3 Basketball, Track Cycling, Equestrian Jumping, Taekwondo, Wrestling and Weightlifting.



Aziya Olimpiya Geŋe

15-16 September



Organising Bodies

OCA Executive Board

Title	Name	Country
President	Sheikh Ahmad Al-Fahad Al-Sabah	Kuwait
Honorary Life Vice-President	Raja Randhir Singh	India
Honorary Life Vice-President	Jizhong Wei	China
Vice President	Maj Gen Charouk Arirachakaran	Thailand
Vice President	Timothy Tsun Ting Fok	Hong Kong
Vice President	Lt Gen Syed Arif Hassan	Pakistan
Vice President	HE Sheikh Isa Bin Rashed Al Khalifa	Bahrain
Vice President	Timur Kulibayev	Kazakhstan
Vice President	Tsunekazu Takeda	Japan
Vice President	Prof Dr Hoang Vinh Giang	Vietnam
Vice President	Sapardurdy Toylyyev	Turkmenistan
Vice President	Song Luzeng	China
Vice President	Yu Zaiching	China
Vice President	Rita Sri Wahyusih Subowo	Indonesia
Honorary Vice-President	Hemasiri Fernando	Sri Lanka



General Information

1. Ashgabat 2017 5th Asian Indoor and Martial Arts Games in Brief



1.1 Games Overview

Duration	17–27 September 2017
Location	Ashgabat, Turkmenistan
Games Venue	15 Competition Venues
Sports Programme	21 Sports / 341 Events
Patron	Olympic Council of Asia (OCA)
Host	Ashgabat 2017 5 th AIMAG Executive Committee

1.2 Motto

**Health. Inspiration.
Friendship.**



1.3 Logo

The Ashgabat 2017 logo is made up of several different elements:

Akhal-teke

The akhal-teke horse is a national symbol of Turkmenistan. These horses are renowned for their speed, endurance and intelligence. The horse represents **Health**.

Moon

The crescent Moon is a recognised symbol shown on the Turkmenistan national flag. The Moon represents **Inspiration**.

Star

The star is the symbol of the Olympic Council of Asia, which represents welcoming Asian countries to Turkmenistan. The star represents **Friendship**.

Together the elements of the logo and the colours come together to represent Health, Inspiration and Friendship within Turkmenistan, and the circular shape reflects unity and sharing these values with the world.



1.4 Mascot

The Ashgabat 2017 Mascot is called Wepaly – meaning Loyal Friend in Turkmen. He is an Alabai, a traditional Turkmen dog which is renowned as a beautiful and courageous animal that for many centuries has helped Turkmen shepherds to safeguard flocks of cattle in heavy conditions in the sandy desert. Today the Alabai is treasured by the Turkmen people not only as a courageous protector, but also as a loyal friend. Wepaly wears traditional ceremonial dress and a white telpek fur hat while waving the State Flag of Turkmenistan and the symbol of the Olympic Council of Asia.



2. Accreditation and Validation

The Asian Indoor and Martial Arts Identity and Accreditation Card (AIMAGIAC) is both a visa-waiver document for entry into Turkmenistan for the 5th AIMAG and an identity and access device for access into Games venues.

AIMAGIACs will be distributed to all eligible Games participants via IFs/AFs (Technical Delegates and federation staff), NOCs (athletes and team officials), or the Ashgabat 2017 Executive Committee Sport Team (Technical Officials). The cards will be distributed in the form of a Pre-Valid Card (PVC) which must be validated at an official Games Accreditation location prior to being used to access Games venues.

For updates on the status of applications, please contact the IF/AF or NOC that is responsible for your application. Please also contact the relevant responsible organization if you do not receive your PVC before the end of August 2017.



PVCs should be carried with the passport during travel to Turkmenistan – participants may need to show the PVC to airline check-in or border control officials during departure or transit to prove eligibility to enter Turkmenistan. The PVC is a visa waiver document for entry into Turkmenistan between 18 August and 12 October 2017 – participants in possession of a PVC do not need to apply for a separate entry visa for Turkmenistan during this period. The PVC however does not act as a transit visa for any country – participants are required to make their own arrangements for transit visas where required.

Upon arrival into Turkmenistan, the Accreditation Card should be presented with the passport to the border control officials. The passport must be the same as the information submitted as part of the application for accreditation, and it must be valid until at least 28 December 2017.

Validation of the PVC

PVCs must be validated at an official Games Accreditation location before accessing Games venues. Each participant must attend in person with their passport to complete the process.

There will be Accreditation Validation Counters at Ashgabat International Airport (ASB) from 1 September 2017 – all participants arriving into Turkmenistan through ASB are required to complete the validation process at the airport before proceeding to their accommodation.

3. Accreditation Locations and Services

Centre	Client Groups	Validation	Help Office	Lost/Stolen Replacement
Ashgabat International Airport (ASB)	All participants arriving on international flights	YES	-	-
Athletes Village Accreditation Centre	Village residents only	YES	YES	YES
Uniform and Accreditation Centre (UAC)	All	YES	YES	YES
Venue Accreditation Help Offices (VAHOs): <ul style="list-style-type: none"> • Ashgabat Olympic Complex South • Ashgabat Olympic Complex East • Multifunctional Sport Venue/Ashgabat Olympic Complex North • Equestrian Centre 	All	YES	-	YES
OCA Family Hotel Accreditation Centre	OCA Family Hotel residents only	YES	YES	YES

Lost, Stolen and Damaged PVCs and AIMAGIACs

If your PVC is lost prior to departure for Turkmenistan, is lost in transit or is damaged, please contact your IF/AF or NOC in the first instance. They will communicate with the 5th AIMAG Executive Committee to discuss options.

If your AIMAGIAC is damaged in such a way that the photograph, name or access codes are not easily read, or if the barcode area is damaged so that it will not scan at the access control points, please report to any Accreditation Centre where a replacement card will be issued.

Lost or stolen AIMAGIACs should be reported to any Accreditation Centre at the earliest possible opportunity so that it can be cancelled. A new AIMAGIAC will be issued upon completion of a declaration form, and presentation of a valid passport to confirm identity.



4. Transportation

4.1 Transport Services for Arrival and Departure

Shuttle Bus Services will be provided for arriving and departing athlete and team officials, depending on arrival and departure information and flight details. Before departure Shuttle Bus Services require advanced reservation.

4.2 Transport services for Competitions

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between athletes Village and the competition venues as per the competition schedule.

4.3 Transport Services for Training

Shuttle Bus Services for athletes and team officials participating in non-team events will be provided between Athletes Village and the training venues as per the training schedule.

4.4 Transport Services for Spectating

The Athlete Village to venue Shuttle Bus Service will be provided to athletes and team officials wishing to watch other sport competition events. The service is also available to all athletes and team officials who are involved in the same events, priority however, will be given to athletes and team officials participating in their own events. Due to the close proximity of the Athletes Village to the Olympic complex the option to walk is available to non-participating athletes and team officials.

4.5 Other Transport Services

The luggage belonging to athletes and team officials should, in principle, be loaded onto the bus they take. If not possible due to insufficient storage space, another vehicle will be provided to transfer baggage to the destination.





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5. Accommodation

Ashgabat 2017 aims to provide a secure and comfortable environment for athletes and team officials to relax, perform at their best and enjoy the atmosphere of the first Athletes Village in Turkmenistan.

The Athletes Village is conveniently located in the heart of Ashgabat, in near proximity to the city centre and other business, leisure and commercial attractions.

Located across the road from the Ashgabat Olympic Complex (see map), the Athletes Village contains 14 buildings with 12 floors each. The apartments have between two and three bedrooms.

6. Media

6.1 Mixed Zone

There is a mixed zone in every venue, for every sport. Athletes are required to go through the mixed after competition. The mixed zone is made up of broadcasters and written media. Athletes do not have to stop and speak to media but they are required to go through the mixed zone. Generally the mixed zone will have media from the athlete's country.

6.2 Media Conference

Media conferences may occur depending on the sport and the level of media interest. These are arranged through NOCs Media Teams.

7. Medical Service

Medical stations for athletes will be installed at all competition venues and training facilities.

On-site medical treatment and emergency transfer service will be provided during the operating period. The polyclinic in the Athletes Village will provide treatment and consultation by professional medical staff across the departments of internal medicine, general surgery (including orthopedics), ophthalmology, stomatology, medical imaging, physical therapy, pharmacy etc.

It will also have an emergency room open 24 hours per day, with standby ambulance. Any patient who needs further diagnosis and treatment will be transferred to designated hospitals of the Games.

Where accredited persons including OCA Family, VIP guests, NOC guests suffer from acute diseases, acute exacerbations of chronic diseases or acute injuries, they can receive treatment in the Polyclinic or designated hospitals free-of-charge. Services may include emergency treatment, in-patient service, special consultation and ambulance transfer, if required. However, free medical services will not include selective or unnecessary treatment.



8. Host Country/City Information

8.1 Turkmenistan in Brief

Turkmenistan is located in the western part of Central Asia. The country extends 1100 km from west to east and 650 km from north to south.

The area of Turkmenistan is 491,210 km². In the south, Turkmenistan borders with Iran and Afghanistan in the south east, with Kazakhstan in the north, Uzbekistan to the east and north east, and with the Caspian Sea in the west.

Over 80 percent of Turkmenistan's territory is covered by the Karakum desert, which mainly spreads across the centre of the country. Approximately 15 percent of the territory of Turkmenistan is occupied by hills and mountains. The highest peak in the country is Mount Airy Baba with an altitude of 3139m.

Turkmenistan is divided into 5 provinces – Ahal, Balkan, Dashoguz, Lebap and Mary. Each province is divided into districts. There are 50 districts, 24 towns, including 15 district-wide towns, 76 villages and 553 rural councils (rural municipal units) and 1903 rural settlements in Turkmenistan.

Turkmenistan - is a democratic, legal, secular state and its government is a presidential republic, led by President Gurbanguly Berdimuhamedov.

The Constitution of Turkmenistan is the main law of state, according to which the state structure of Turkmenistan is based on the principle of separation of powers into legislative, executive and judicial branches, which operate independently, balancing each other.

The President of Turkmenistan shall be the head of the state and executive branch of power, the highest official of Turkmenistan, acting as a guarantor of the state independence and the status of permanent neutrality of Turkmenistan, its territorial integrity, observance of the Constitution, the rights and freedoms of a person and citizen and fulfilment of international obligations.

On 27 October 1991 Turkmenistan became an independent state and since then this date is celebrated as the country's Independence Day.

On 12 December 1995 with the unanimous support of all 185 Member States of the United Nations General Assembly Member States Turkmenistan was recognised as a permanently neutral state.



8.2 Ashgabat in Brief

Introduction to Ashgabat

The capital city of Turkmenistan is Ashgabat, and the largest administrative and cultural centre of the country. Ashgabat is located in the south of Turkmenistan.

History and Culture

Turkmenistan has been at the crossroads of Civilizations for centuries. In medieval times, Merv was one of the great cities of the Islamic world and an important stop on the Silk Road, a caravan route used for trade with China until the mid-15th century. In Turkmenistan there are over two thousand historical and cultural sites. These include open-air museums Of Ancient settlements such as Old Nisa, Kunya Urgench, Atamyrat, Ancient Dehistan, Old Sarakhs, Abiverd and Geoktepe fortress. All of them have become a place of Cultural Pilgrimage for many tourists and scientists from around the world.

Currency

The national currency is manat, put into circulation on November 1, 1993. Currently, the ratio of the national currency to a freely convertible currency is: 3.50 manat = 1 US dollar.

Population

The population of Turkmenistan is more than 6.2 million people. Turkmenistan is a multinational state. There are more than 100 nations and ethnic groups living in the country.

Language

Turkmen is the official state language. The educational institutions of Turkmenistan ensure learning of three languages – Turkmen, English and Russian. In addition, the higher educational institutions and some specialised secondary schools include study of French, Chinese, German, Japanese and some other foreign languages.

9. Weather Conditions

In September the average temperature in Ashgabat is 23.1C, with an average daily maximum of 31.5C and an average daily minimum of 15.4C (source: <http://www.ashgabat.climatemps.com/temperatures.php>).

There is only a 3% chance of rain on any given day, and an average 9 hours and 23 minutes of sunshine per day in September.



Technical Information

1. Competition Date

The Ju-Jitsu competition will take place from 16th and 18th - 19th September 2017 at the Martial Arts Arena.

2. Venue

Category	Competition venue	Training venue
Name	Martial Arts Arena, Ashgabat Olympic Complex	International Oil & Gas University
Distance from the Athletes' Village	1,6 km	6,2 km
Seating capacity	5000	

3. Competition Management

3.1 Technical Delegate: Joachim Thumfart (Germany) – Sport Director Ju-Jitsu Asian Union (JJAU)

3.2 Competition Manager: Mark Kaufmann

3.3 Technical Operations Manager: Alberto Cruz Garcia

4. Competition Events

The Ju-Jitsu competition will consist of twenty-five (25) events including fourteen (14) categories for men, nine (9) categories for women, and 2 mixed. Both, men and women have Ne-Waza, Duo Show & Duo Classic styles, and men have Ju-Jitsu Contact Style.

Men	Women
Ne-Waza -56kg, -62kg, -69kg, -77kg, - 85kg, -94kg, +94kg, Open Weight.	Ne-Waza -45kg,-49kg, -55kg, -62kg, -70kg, +70kg, Open Weight.
Ju-Jitsu Contact -62kg, -69kg, -77kg, - 85kg	
Duo Show – Men’s & Mixed Duo Classic– Men’s & Mixed	Duo Show – Women’s & Mixed Duo Classic – Women’s & Mixed



5. Competition Schedule

Day	Date	Session	Start Time	End Time	Phase	Gender	Event
1	16 Sept. (Sat)	JJ1	10:00:00 AM	13:30	P/S	M	Ju-Jitsu Contact -62kg
					P/S	M	-69kg
					P/S	M	-77kg
					P/S	M	-85kg
					P/S/R	M	Duo Show
					P/S/R	W	Duo Show
					P/S/R	M, W	Duo Show - Mixed
					P/S/R	M	Duo Classic
					P/S/R	W	Duo Classic
					P/S/R	M, W	Duo Classic - Mixed
1	16 Sept. (Sat)	JJ2	18:00:00 PM	20:30	F/C	M	Ju-Jitsu Contact -62kg
					F/C	M	-69kg
					F/C	M	-77kg
					F/C	M	-85kg
					F/C	M	Duo Show
					F/C	W	Duo Show
					F/C	M, W	Duo Show - Mixed
2	18 Sept. (Mon)	JJ3	10:00:00 AM	16:00	P/S	M	Ne-Waza -69kg
					P/S	M	-77kg
					P/S	M	-85kg
					P/S	M	-94kg
					P/S	M	+94kg
					P/S	W	-62kg
					P/S	W	-70kg
2	18 Sept. (Mon)	JJ4	18:00:00 PM	21:30	R/F/C	M	Ne-Waza -69kg
					R/F/C	M	-77kg
					R/F/C	M	-85kg
					R/F/C	M	-94kg
					R/F/C	M	+94kg
					R/F/C	W	-62kg
					R/F/C	W	-70kg
3	19 Sept. (Tue)	JJ5	10:00:00 AM	16:00	P/S/R/F/C	M	Ne-Waza -56kg
					P/S/R/F/C	M	-62kg
					P/S/R/F/C	W	-45kg
					P/S/R/F/C	W	-49kg
					P/S/R/F/C	W	-55kg
					P/S/R/F/C	W	+70kg
3	19 Sept. (Tue)	JJ6	18:00:00 PM	20:30	P/S/F/C	M	Open Weight
					P/S/F/C	W	Open Weight

*NOTE: This competition schedule is subject to change.

Key: P = Preliminaries S = Semifinal R=Repechage F = Final C = Ceremony M = Men W = Women



6. Competition Rules

The Ju-Jitsu competition of Ashgabat 2017 will be held in accordance with the Ju-Jitsu Asian Union (JJAU) Competition Rules and relevant rules and regulations in force during Games time.

In case of any disagreement in the language interpretation of the rules and regulations, the English version shall prevail. Any unforeseen case not covered by the rules and regulations shall be handled as follows:

General issues: Resolved in accordance with OCA Constitution and Rules.

Technical issues: Resolved in accordance with the JJAU Rules and Regulations.

7. Competition Format

The type of competition system to be applied will be following:

- Ju-Jitsu Contact: single elimination.
- Duo Show/Dou Classic:
 - Less than 5 athletes – round robin.
 - 6 athletes – two pools of round robin each with 3 athletes.
 - 7 or more athletes – single elimination with repechage from the quarterfinals.
- Ne-Waza:
 - Less than 5 athletes – round robin.
 - 6 athletes – two pools of round robin each with 3 athletes.
 - 7 or more athletes – single elimination with repechage from the quarterfinals.
- Ne-Waza Open Weight: single elimination.

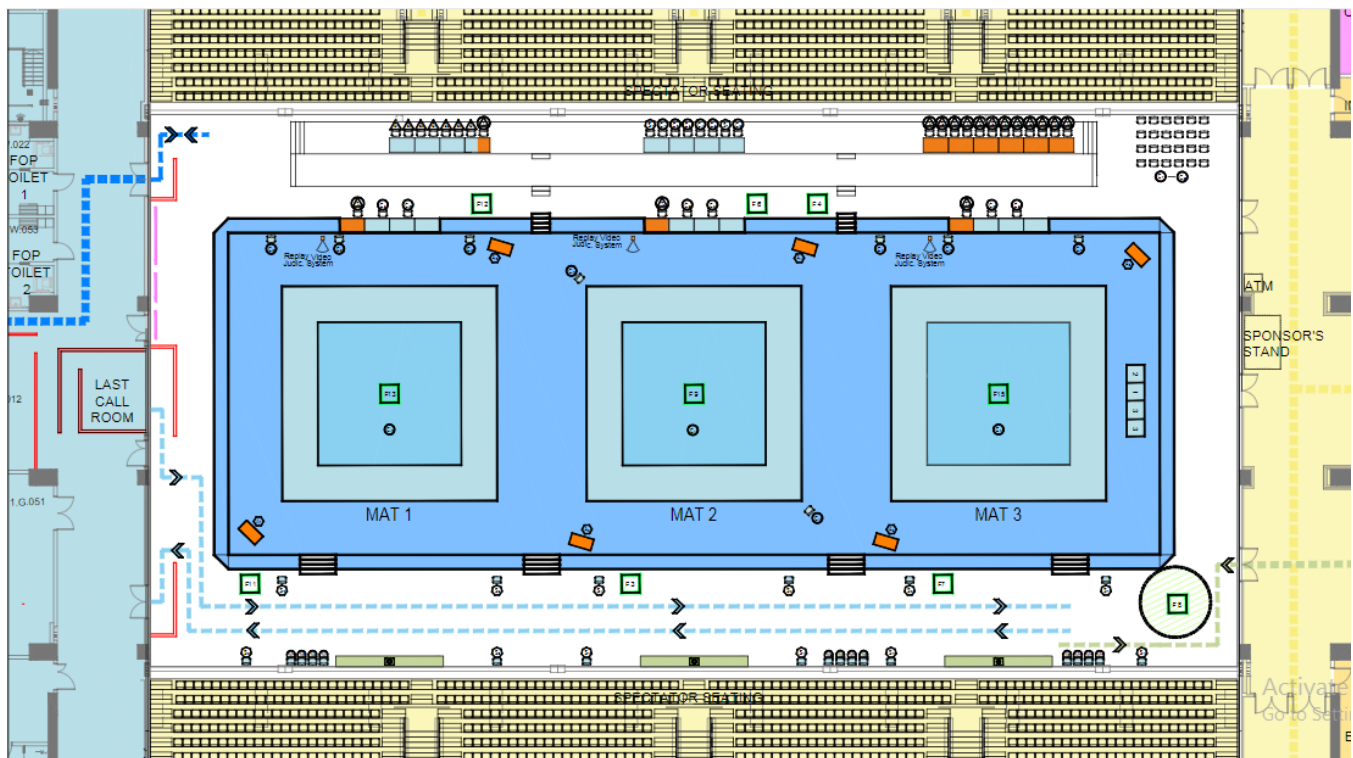
7.1 Field of Play (FOP)

There will be 3 competition mats for the Ashgabat 2017.

Each contest area should be 14m x 14m and shall be covered by tatamis, red and blue in color or in any other acceptable color. The fighting area should be always 8m x 8m.

The area outside the fighting area shall be called the safety area and shall be at least 2m wide.

Where two or more adjoining competition areas are used, a common safety area is not permitted.



7.2 Duration of Contest

Ju-Jitsu Contact - the maximum fighting time is 3 minutes for preliminaries and 5 minutes for semi-finals and finals. Between two matches a recovery time of 20 minutes will be allowed.

Duo Show/Dou Classic each presentation shall last maximum 3:00 minutes.

Ne-Waza match is 6 minutes. Between two matches a recovery time of maximum 6 minutes will be allowed.

7.3 Scoring

In Duo Show/Dou Classic the jury shall look for and judge the following:

1. Powerful attack
2. Reality
3. Control
4. Effectiveness
5. Attitude
6. Speed
7. Variety

Ne-Waza:

- 2 Points – Take downs, Sweeps and Knee on belly

Take downs - a perfect throw with continuing control on top for 3 seconds.

Sweeps - any turn from the guard position into any top position followed by a 3 second control will be counted as a sweep and will be rewarded with 2 points.

Knee on belly - when the athlete on top maintaining side control places a knee on belly, chest or ribs of the opponent, who is lying on the back or the side, and the other leg is extended with the foot on the ground and facing the opponents head.

- 3 Points – Passing the guard

To pass the guard of the opponent and continue with a control technique that scores points.

- 4 Points – Mount and Back control

Front mount for 5 seconds, Back control - controlling the back with both heels inside the legs of the opponent for 5 seconds)

7.4 Decision

Victory in a Ju-Jitsu Contact bout can be classified as under:

- Pure victory over the Opponent
- Victory by Penal or Medical Disqualification or Withdrawal of the Opponent
- Victory by Referees Decisionoi

The scores for Dou Show/ Duo Classic are given from 0 to 10 (1/2 number interval). The highest and the lowest scores are taken away.

Ne-Waza Match decisions shall be issued in the following forms:

- Submission
- Stoppage
- Disqualification
- Loss of consciousness
- Score
- Referee decision
- Random pick

7.5 Contestant uniform and protective equipment

Ju-Jitsu Ne-Waza, Duo Show/ Duo Classic competitors shall wear a good quality only **WHITE** Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts. Every athlete is responsible to bring their own uniform and belts. GI should be tailored using cotton or cotton-like fabric. The fabric should not be so thick or hard as to impede an opponent from gripping it. For juvenile, adult, master and senior divisions, a gi fashioned from woven fabric is mandatory.



In the female divisions, it is mandatory for the use of a stretchy or elastic shirt that hugs the body beneath the GI; It can be short or long sleeved, without the necessity to follow the color requirements. It is also permitted for athlete’s to use a one piece swim garment (bathing suit) or gymnastics top.

The GI top should reach the athlete’s thigh and the sleeves should come to no more than 5 cm from the athlete’s wrist when the arm is extended straight parallel to the ground.

GI pants should reach no more than 5 cm above the tibial malleolus (ankle bone). For male divisions, wearing pants of any kind under the GI pants is prohibited. For female divisions, it is permitted for the use of elastic fabric pants (that clings to the body) under the GI pants, as long as they are shorter than the GI pants.

Protectors must be in the right size and in good order. It is not allowed to have jockstrap with a hard cup in Ne-Waza. Female competitors may not wear a chest protection. Protections must be worn under the GI.

In Ju-Jitsu Contact competitors shall wear a good quality white and blue Ju-Jitsu Gi which must be clean and in good order. They shall wear red or blue belts. Every athlete is responsible to bring their own uniform and belts. In Ju-Jitsu Contact mouth guard and groin protection is mandatory.

7.6 Drawing of lots

The drawing of lots will be on 15th of September in the Athletes Village and held by Computer with the use of the JJAU authorized software. Drawing procedures for all JJAU events are under the control of the JJAU Sport and Referee Directors.

7.7 Weigh-in

Official weigh in for each category shall take the day before the competition day at the Athletes Village Plaza Weigh-in Room . This weigh in will take place in the presence of an official referee in.

Control of the weigh in shall be the responsibility of JJAU Sports Director and JJAU Referee Director. Every participant must show the official accreditation and medical checkup.

The official weigh in dress must be minimum a non-transparent T shirt and shorts covering the knees.

Official weigh in control period shall be minimum of one hour duration, according to the official time scheduled program.

All official weigh-in Scales will be calibrated 10pm daily. The weigh-in room will remain locked and secured till the start of the unofficial weigh-in.

Date	Time	Weight Category
15th September	13:00- 14:00 (Unofficial Weigh-in)	Men-62kg, -69kg, -77kg, -85kg.
	14:00- 15:00 (Official weigh-in)	
17th September	11:00- 12:00 (Unofficial Weigh-in)	Men -69kg, -77kg, -85kg, -94kg, +94kg, Women -62kg, -70kg.
	12:00- 13:00 (Official weigh-in)	
18th September	15:00- 16:00 (Unofficial Weigh-in)	Men -56kg, -62kg, Women -45kg, -49kg, -55kg, +70kg.
	16:00- 17:00 (Official weigh-in)	

8. Sport Entries

8.1 Eligibility

Only OCA and ONOC member NOCs are entitled to send athletes to participate in the Ju-Jitsu competition of the 5th Asian Indoor and Martial Arts Games.

Only athletes who comply with the OCA constitution and rules and its bye-laws are entitled to participate in the Ju-Jitsu competition.

8.2 Entry Timeline

Entry by Number – Deadline: 17 June 2017

Entry by Name – Deadline: 3 August 2017



8.3 Entry Policies

Each NOC may enter 2 athlete in each event (weight category).

NOCs that withdraw their athletes or teams after submission of the final entries by name, and the draw, will be faced with disciplinary action from the OCA EB.

9. Technical Officials

Ju-Jitsu Asian Union (JJAU) has the right to appoint the Technical Delegate and ITOs in coordination and approval of the OCA. In case of violation of the JJAU Rules and Games Rules and Regulations by any participants, the OCA has the right to revoke the AD Card and propose change of the person to the concerned party.

International Technical Officials: 50 including the Technical Delegate

National Technical Officials: 5

Upon approval from OCA, AIMAG Organizing Committee will publish the ITO and NTO final list as an appendix to the sport handbook.

10. Pre-Competition Activities

10.1 Weigh-in

Date: 15/09/17

Time : 14:00 – 15:00

Location: Athletes Village

10.1 Technical Official Meeting

Date: 15/09/17

Time : 15:00 – 16:00

Location: Athletes Village

10.2 Technical Meeting and Draw

Date: 15/09/17

Time : 16:00 – 17:00

Location: Athletes Village

10.3 Ju-Jitsu Contact Clinic meeting

Date: 15/09/17

Time : TBC

Location: TBC

10.3 Familiarization Venue Tours.

The familiarization will take place in MMA on 15th September 2017.

We would request that you book your tour at the Sports Information Center before 7pm on 14th September 2017.

Tours will start 9.00am and will last for 30mins. Each tour will start on the hour and every half hour.

11. Protests and Appeals

Resolved in accordance with the JJAU Rules and Regulations.

Any athlete/NOC can appeal to Court of Arbitration for Sport (CAS), in case he/she feels that there is violation of JJAU Technical Rules or OCA Constitution which is not related to reversing the decision of the referee or result.

12. Equipment and Clothing

Equipment used and clothing worn by athletes and other relevant participants in competition must comply with the rules and regulations of the OCA and JJAU in force.

Neither athletes nor technical officials can attach any form of commercial advertising to his or her competition uniform without prior agreement with OCA and AIMAG EC.



12.1 Back Patch Delivery & Collection Procedures

NOC representatives will be expected to deliver all Clean, Dry and clearly Marked Gis. We will provide plastic bags and NOC labels to transport them to the sewing room for the sewing of backpatches. This room is situated close to the weigh-in room at the Athletes Village.

Upon delivery of your teams' Gis to the sewing room, a volunteer will examine and count all Gis, they will then provide you with a receipt.

On collection of your teams Gi, once again they will be inspected and counted but you must provide the volunteer with the receipt before they are returned.

12.2 Times & Dates.

12th September – 8.00am – 13.00 & 15. 00 – 18.00

13th September – 8.00am -13.00 & 15. 00 – 18.00

14th September – 8.00am -13.00 & 15. 00 – 18.00

Be reminded that the delivery and collection of your competitions Gi's for back patch installation can only be done on the dates & times listed in this handbook. We will not be able to accept any uniforms before or after these dates.

13. Doping Control

The 5th Asian Indoor and Martial Games will include a full anti-doping program. The anti-doping program will be run in accordance with the WADA International Standard for Testing and Investigation and following the Olympic Council of Asia Anti-Doping Rules. The program will include pre-competition and in-competition urine and blood testing. Athletes who wish to use a Prohibited Substance or a Prohibited Method in connection with the event and do not already have a Therapeutic Use Exemption (TUE) should apply to OCA TUE Committee (OCA TUEC) by 01 August 2017.

Where the Athlete already has, a TUE granted by his or her National Anti-Doping Organization or International Federation, he/she should apply to the OCA TUEC for recognition of that TUE.

14. Medal Ceremony

Gold, silver, and **(two)** bronze medals will be awarded to the athletes/teams ranked top three **(two third places)** of each event respectively.

Athletes on the podium for all competitions, Ju-Jitsu Contact, Duo Systems and Ne Waza, will wear only the **white** competition gi, without shoes or any additional materials on their persons.

15. Media Interview

Athletes and officials may take part in media interviews at various times throughout the Games. For athletes, this may take place in the mixed zone or at media conferences. Additional media interviews may take place, but these are generally arranged through the teams.

All athletes must pass through the mixed zone but are not obligated to provide interviews.

16. Sport Information Center

The major distribution point for Sports Information is the Sport Information Center (SIC) at the Village Plaza in the Athletes' Village which provides clients with information relating specifically to training and competition for each of the 21 sports. The role of the Sport Information Center is to help the Sport Competition Management team communicate generic Games and Sport specific competition information to Chefs de Missions, Deputy Chef de Missions, and Team officials.

SIC Hours of operation

September 7 – 11 : 08:00 – 20:00

September 12 – 29 : 07:00 – 23:00











17. Training Schedule

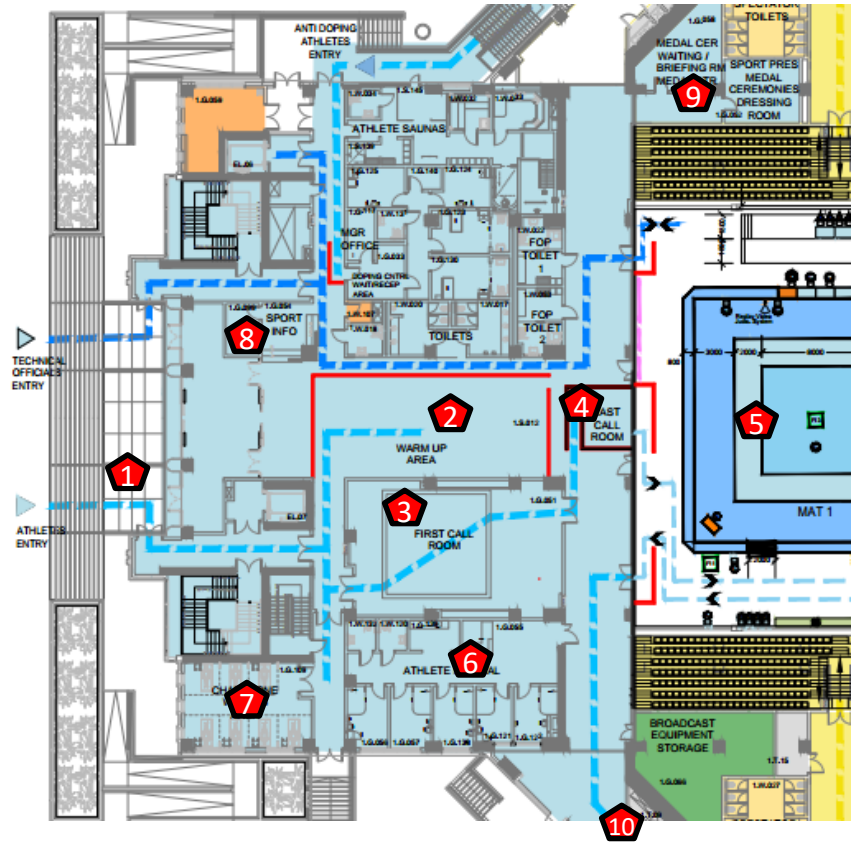
Ju-Jitsu Training Sessions will be open for Athletes from 12th September to 18th September, from 9:00 to 21:00. Except on 17th September when session will be from 9:00 to 13:00








18 . Martial Arts Arena -Ju-Jitsu Athletes Areas

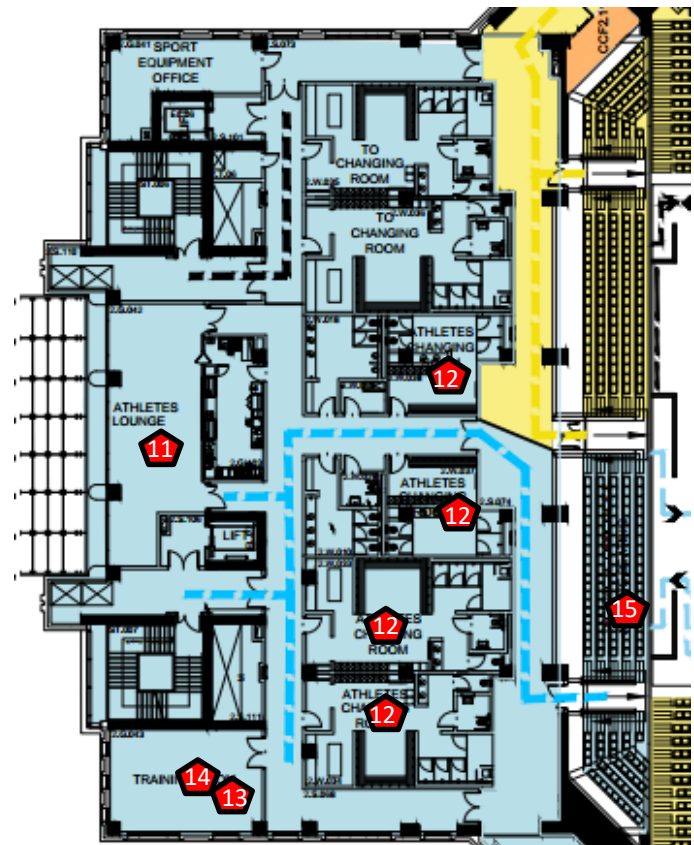
Level 1

-  Athletes Entry
-  Warm-Up Area
-  First Call Room
-  Last Call Room
-  Field of Play
-  Athletes Medical
-  Equipment allocation Room
-  Sport Info Desk
-  Medal Ceremony Waiting Room
-  Mixed Zone



Level 2

-  Athletes Lounge
-  Athletes Changing Room
-  Prayer Room
-  Massage Room
-  Athletes Sitting Bowl



Sport Competition Schedule

Ashgabat 2017
5th Asian Indoor & Martial Arts Games

Sport	Venue	Sept. 16 Sat.	Sept. 17 Sun.	Sept. 18 Mon.	Sept. 19 Tue.	Sept. 20 Wed.	Sept. 21 Thu.	Sept. 22 Fri.	Sept. 23 Sat.	Sept. 24 Sun.	Sept. 25 Mon.	Sept. 26 Tue.	Sept. 27 Wed.
Ceremonies	Ashgabat Olympic Complex		Opening Ceremony	11:00 - 13:30									Closing Ceremony
Traditional Wrestling	Main Indoor Arena	18:00 - 21:30		18:00 - 21:30									
Equestrian Jumping	Equestrian Centre						10:00 - 11:00 13:00 - 18:00						
3x3 Basketball	3x3 Basketball Arena												
Belt Wrestling	Main Indoor Arena												
Billiard Sports	Billiard Sports Arena												
Bowling	Bowling Centre												
Chess	Chess Arena												
Dancesport	Taekwondo Dancesport Arena												
Futsal	Multifunctional Sport Venue												
	Pitch 1	11:00 - 14:45	10:00 - 13:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:45	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30	11:00 - 14:30
	Pitch 2	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30
Indoor Athletics	Indoor Athletics Arena												
Indoor Tennis	Indoor Tennis Centre												
Ju Jitsu	Martial Arts Arena	10:00 - 13:30		16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30	16:45 - 20:30
Kickboxing	Muaythai Kickboxing Arena	18:00 - 20:30		18:00 - 21:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30	18:00 - 20:30
Kurash	Martial Arts Arena												
Muaythai	Muaythai Kickboxing Arena		11:00 - 13:00	11:00 - 14:00	11:00 - 14:00	14:30 - 18:00	14:30 - 20:20	18:00 - 21:30	18:00 - 21:30	18:00 - 21:30	18:00 - 21:30	18:00 - 21:30	18:00 - 21:30
Sambo	Martial Arts Arena												
Short Course Swimming	Aquatics Centre												
Taekwondo	Taekwondo Dancesport Arena												
Track Cycling	Velodrome												
Weightlifting	Weightlifting Arena												
Wrestling	Main Indoor Arena												
e-Sports													

Schedule and session times are subject to change.

Medal session

Opening Ceremony

Closing Ceremony

Demonstration sport only

Map of Ashgabat Olympic Complex



1. Ashgabat Olympic Complex

Ashgabat 2017 Opening and Closing Ceremonies

2. Taekwondo DanceSport Arena

Taekwondo, DanceSport

3. Billiard Arena

Billiard Sports

4. Martial Arts Arena

Ju Jitsu, Kurash, Sambo

5. Muay Kickboxing Arena

Muaythai, Kickboxing

6. Weightlifting Arena

Weightlifting

7. Main Indoor Arena

Wrestling, Belt Wrestling, Traditional Wrestling

8. Aquatics Centre

Short course Swimming

9. Tennis Centre

Tennis

10. Velodrome

Track Cycling

11. 3x3 Basketball Arena

3x3 Basketball

12. Indoor Athletics Arena

Indoor Athletics

13. Bowling Centre

Bowling

14. Chess Centre

Chess

15. Multifunctional Sport Venue

Futsal

16. Equestrian Centre

Equestrian Jumping

17. Athlete Village



