

# INTERNATIONAL BODHI-JEET FEDERATION

(International Governing Body of Sports Bodhi-Jeet)

## BODHI-JEET RULE&REGULATIONBOOK



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**ARTICLE 1**

Bodhi-Jeet is a Martial Arts sports , this sports has been playing in two parts i.e fight for defense and patterns , the moral of the game is too attack and self-defense . Bodhi-Jeet sports is the traditional sports of India started by Bodhi Dharma Ji thousands of years ago. Bodhi-Jeet sports has been launched to further the art of this great personality . Founder Master Harjeet Singh . It is usually played in various weight categories and age groups.

**ARTICLE 2****System of Competition****Rewarding Point****(a) If the kick contacts:-**

- (i) On the face = 3 points
- (ii) on the chest = 2 points
- (iii) on thigh kick = 1 points
- (iv) on stomach kick = 1 point

**(b) Any type of punch allowed:-**

- (i) Face punch is allowed = 1point
- (ii) Clear chest punch with proper come back = 1 point

**(c) Sweep:-**

- (i) Sitting sweep is allowed = 2
- (ii) Standing sweep is allowed = 2 point

**ARTICLE 3****Fouls:**

1. Outside the ring : 1<sup>st</sup> Warning, 2<sup>nd</sup> onwards = 1 point
2. Wrong attacks description

Knee strike, Elbow strike, Head strike, Pushing, Hold, Unbalancing, Grain Attack, Slapping and inner thigh attack etc.

3. Wrong attack & Misconduct

1<sup>st</sup> Time: Less One Point

2<sup>nd</sup> Time: Less Two Point

3<sup>rd</sup> Time: Disqualified

#### **ARTICLE 4**

##### **Age Groups:- ( Boys & Girls )**

The tournaments will be played in the following Age Groups:

- (i) Under 11 years
- (ii) Under 14 years
- (iii) Under 17 years
- (iv) Under 19 years
- (v) Above 19 years (Senior)

#### **ARTICLE 5**

##### **WEIGHT GROUPS OF FIGHT FOR DEFENSE**

Sr. No.	Under 11 Years	Under 14 years	Under 17 years	Under 19 years	Above 19 Years (Senior)
1.	14kg to 16kg	22kg to 25kg	28kg to 32kg	38kg to 42kg	40kg to 45kg
2.	16kg to 18kg	25kg to 28kg	32kg to 36kg	42kg to 46kg	45kg to 50kg
3.	18kg to 20kg	28kg to 31kg	36kg to 40kg	46kg to 50kg	50kg to 55kg
4.	20kg to 22kg	31kg to 34kg	40 kg to 44kg	50kg to 54kg	55kg to 60kg
5.	22kg to 24kg	34kg to 37kg	44kg to 48kg	54kg to 58kg	60kg to 65kg
6.	24kg to 26kg	37kg to 40kg	48kg to 52kg	58kg to 62kg	65kg to 70kg
7.	26kg to 28kg	40kg to 43kg	52kg to 56kg	62kg to 66kg	70kg to 75kg
8.	Above 28kg	43kg to 46kg	56kg to 60kg	66kg to 70kg	75kg to 80kg
9.		46kg to 49kg	60kg to 64kg	70kg to 74kg	80kg to 85kg
10.		Above 49kg	Above 64kg	Above 74kg	Above 85kg

##### **Awarding to player**

First Place = 1

Second Place = 1

Third Place = 2



1. Jury
2. Announcer
3. Record Keeper
4. Time Keeper

## ***ARTICLE 9***

### **Bodhi-Jeet's Patterns**

Patterns are a combination of Bodhi-Jeet basic techniques in a logically structured design. Patterns place the practitioner into a defensive mode to guard against and be able to counter any attack or act of aggression.

## ***ARTICLE 10***

### **BODHI-JEET'S PATTERNS ANIMAL STYLE & WEAPONS**

**Under-11, 14,17,19, Above-19 Senior.(Boys & Girls).**

1	Snake Style	6	Single Stick
2	Monkey Style	7	Double Stick
3	Eagle Style	8	Sword
4	Tiger Style	9	Spear
5	Crane Style	10	Weapons Fight

Bodhi-Jeet Patterns will be played in every team respective to four children depending upon age.

Under- 11, 14, 17, 19, Above 19 Senior (Boys & Girls)

## ***ARTICLE 11***

They perform their respective patterns and will be judged on the basis of:

1. Memorization:- The students highest directional pattern must be completely memorized and performed without hesitation.
2. Precision:- Clearly observable sequential motion and accurate line of movement must be demonstrated.
3. Balance/ Posture/ Stance:- Proper guard, pivots, stance, dodges and show of stability must be demonstrated.
4. Rhythm:- Instead of a monotonous progression of techniques at a content pace, students should go through their pattern with the proper timing and flow.

5. Dynamics:- High energy, use of the entire body and load kihaps must be exhibited at the right times.

## *ARTICLE 12*

### **Marks for Patterns and Timing for patterns**

**Pattern:** Total Marks = 30

Energy, Shout & Stamina	5
Rhythm & Eye Contact	5
Balance & Dynamics	6
Memorization & Precision	7
Technique	7

### **Timing for Pattern:**

U- 11	-	30 Seconds
U - 14	-	45 Seconds
U - 17	-	1 Minute
U - 19	-	1 Minute, 10 Second
Senior	-	1 Minute, 20 Second

## *ARTICLE 13*

### **Officials for Pattern of Bodhi-Jeet**

There will be 1 Jury, 3 Judges, 1 Time Keeper and 1 Announcer, 1 Medical Officer and Record Keeper

1. Front table will have Jury, Time Keeper, Announcer and Record Keeper
2. There will be 3 Judges on each side and Medical Officer on one corner side.



**ARTICLE 17****Rewards:**

1. 1<sup>st</sup>, 2<sup>nd</sup>, & Two 3<sup>rd</sup> places will be awarded by Gold, Silver, Bronze and Bronze medals. The medal tally list will be based on point for Gold-5 points, Silver-3 points, Bronze-1 points & Bronze-1 point certificate to all participants.
2. All team coaches/ officials will be awarded by memento and certificate.
3. Cups and attractive prize for the Best Golden Fighter Boys & Girls in each group in the championship.
4. Team trophies will be given to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places.

**ARTICLE 18**

**Students Uniform:-** All the participants are compulsory to come in proper. Bodhi-Jeet Uniform which is Red Upper and Black Lower and have to bring the below mentioned things:

- |                            |                |
|----------------------------|----------------|
| 1. Safety Gloves and Shoes | 2. Chest Guard |
| 3. Teeth Guard             | 4. Groin Guard |

**Uniform for Patterns**

Red T-Shirts and Black Lower & our Pattern according uniform for all groups.

**ARTICLE 19****Gradations of Belt for Students**

1. There will be test for belts to promote the games of the players. The test will be held in following belts after six months.
 

1. Yellow Belt	2. Orange Belt	3. Green Belt
4. Red Belt	5. Blue Belt	6. Purple Belt
7. Brown Belt	8. Black Belt	



**Note:-**

I can issue the certificate from yellow Belt to Brown Belt with test from own Country. Certificate of Black Belt will be issue by INTERNATIONAL BODHI-JEET FEDRATION.

2. After Black Belt there will be start Pass Degree,1<sup>st</sup> Degree, 2<sup>nd</sup> Degree and Up to 10 Degree.
3. Referee test will be held also after six month.

***ARTICLE 20***

**Referee Uniform**

All the referee will wear the following Dress

Navy Blue Coat, White Shirt, Biscuit Colour Pent, Black Shoes and Navy Blue Tie

***ARTICLE 21***

**Objections**

Any objection for competition will be given to the Org. Secretary with a sum of USD 50 along with a application within a boat.

***ARTICLE 22***

**Draws and Competition**

Competition will be held on knock out system or double Reparchange system according the decision of the organizing committee or time period.

*ARTICLE 23*

**Side Line Judge Recording Form**

Category \_\_\_\_\_ Boys/ Girls \_\_\_\_\_ Judge Name \_\_\_\_\_

Colour	Name	Country/ State/ District	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	Final Round
Red					
White					
Remarks					
Total					

Signature \_\_\_\_\_ Date \_\_\_\_\_ Boat \_\_\_\_\_ Result \_\_\_\_\_

**Recorder's Statistical Chart**

Category \_\_\_\_\_

Date \_\_\_\_\_

Boat No. \_\_\_\_\_

	Red				White			
	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	3 <sup>rd</sup> Round	Total	1 <sup>st</sup> Round	2 <sup>nd</sup> Round	3 <sup>rd</sup> Round	Total
Judge 1								
Judge 2								
Judge 3								
Total								

Result \_\_\_\_\_

Signature Jury \_\_\_\_\_

**ARTICLE 24**

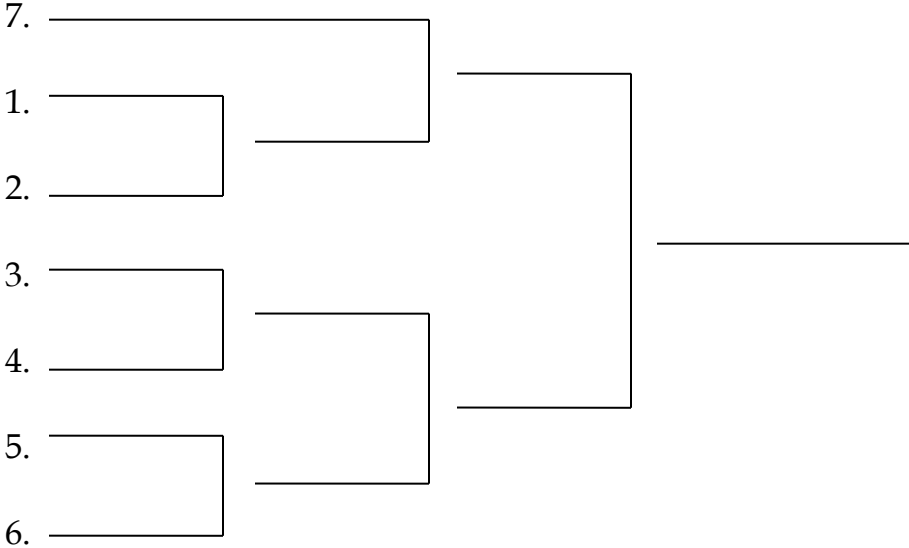
Knock Out Draws

For Example

**Total Players = 7**

**Boats = 3**

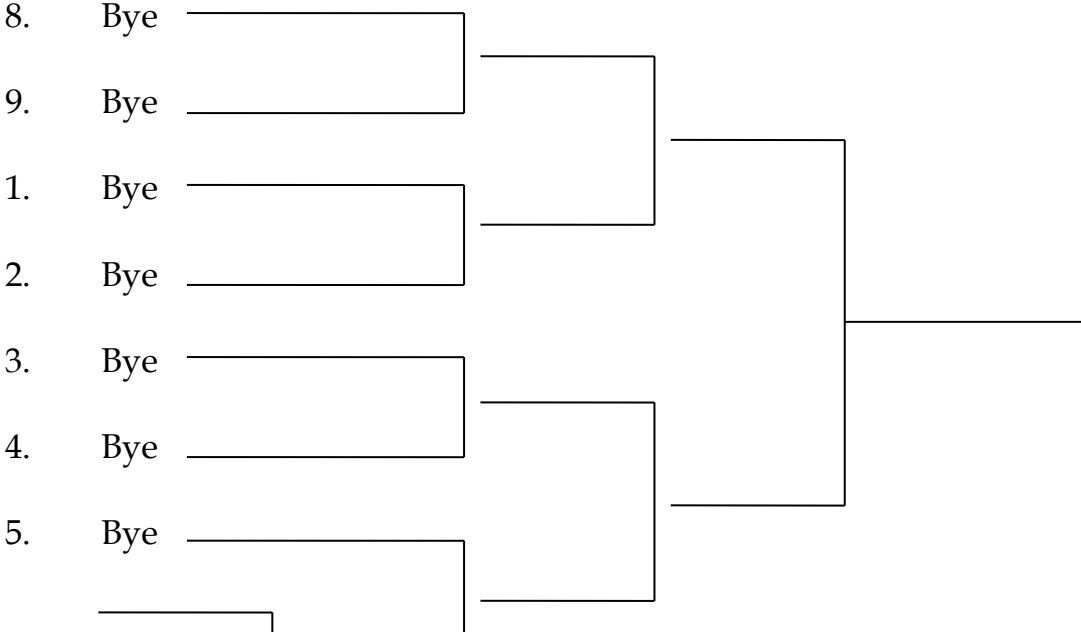
**Bye = 1**



**Total Players = 9**

**Boat = 1**

**Bye = 7**



6.  
7.

**Total Players = 15**

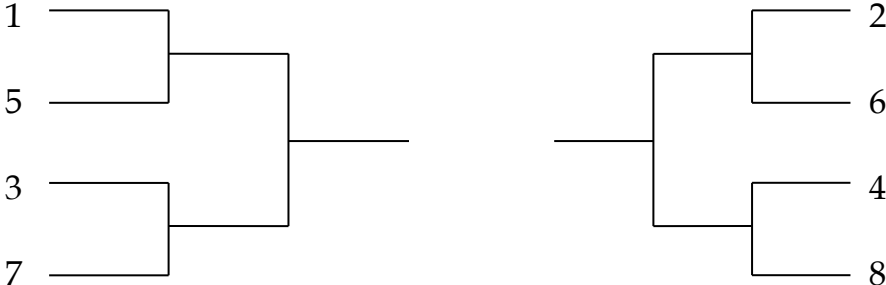
**Boat=7**

**Bye=1**



**Reapercharge Draws (Single)**

**Total Players = 8**



**Reapercharge**

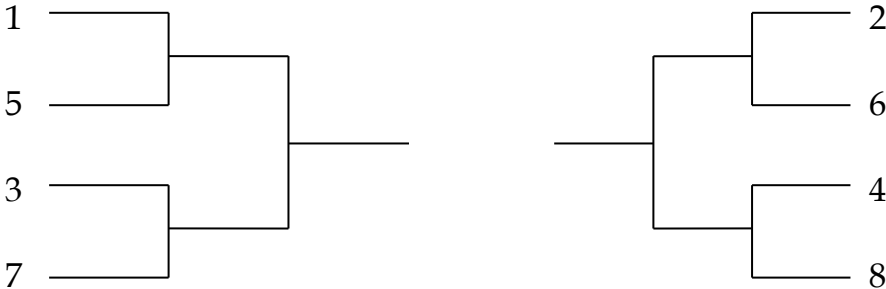


**Final**

1 Vs 4

- 1st 4
- 2nd 1
- 3rd 3
- 3rd 8

# Double Repurchase



## Final

4 Vs 2

- 1st 2
- 2nd 4
- 3rd 1
- 3rd 5

**For More Detail Contact This Website .**

**Email: [bodhijeet.office@gmail.com](mailto:bodhijeet.office@gmail.com) [www.bodhijeet.com](http://www.bodhijeet.com)**

