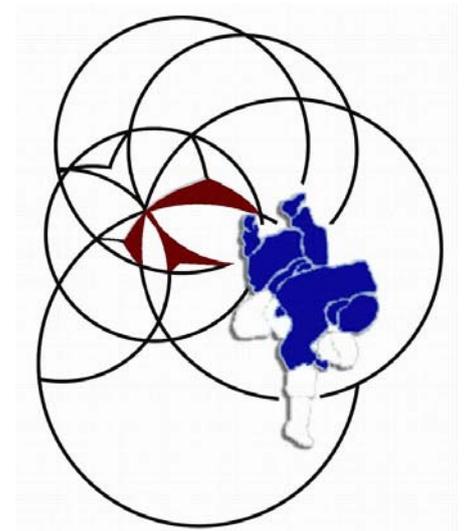
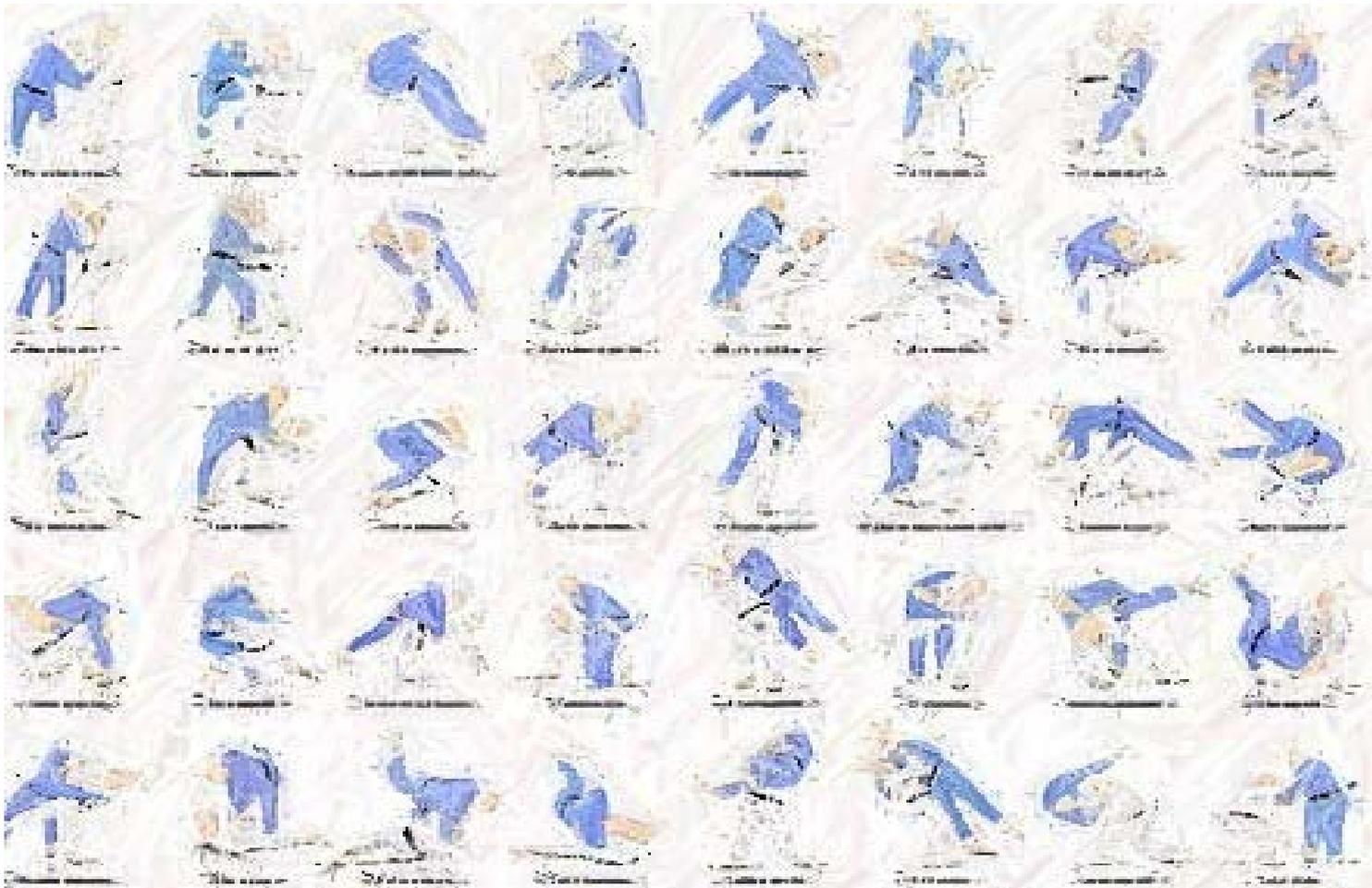


# Malta Judo Federation

Revised Grading Syllabus - 2015



# Index

<b>Basic Fundamental Principles – 1</b>	<b>2</b>
<b>Basic Fundamental Principles – 2</b>	<b>4</b>
<b>Basic Fundamental Principles – 3</b>	<b>6</b>
<b>White / Yellow Belt</b>	<b>8</b>
<b>Yellow Belt</b>	<b>11</b>
<b>Yellow/Orange Belt</b>	<b>14</b>
<b>Orange Belt</b>	<b>17</b>
<b>Orange/Green Belt</b>	<b>20</b>
<b>Green Belt</b>	<b>24</b>
<b>Blue Belt</b>	<b>27</b>
<b>Brown Belt</b>	<b>31</b>
<b>Nage No Kata Sheet</b>	<b>36</b>
<b>GoKyu Chart</b>	<b>37</b>
<b>Personal Records Sheets</b>	<b>38</b>
<b>Japanese Terminology</b>	<b>41</b>

# Basic Fundamental Principles - 1

## Orange Badge

*Minimum Age for White Belt with Orange Badge is 5 Years*

**Movements [WA1]**

Walking Sideways, Forward, and Backwards.

**Posture [WA1]**

How to stand in Judo.

**Motor Skills [WA1]**

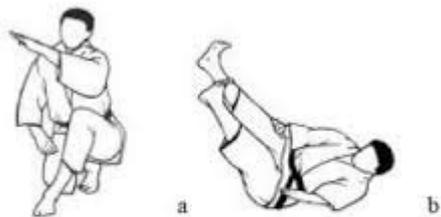
Jumping over, round and under Objects.

**Ukemi – (Breakfalls) [WA2]**

Ushiro (Backwards) and Yoko (sideways) from crouching position.



1. Ushiro Ukemi



2. Yoko Ukemi

**Te-Waza (Standing up Techniques) [WA5]**

Deashi Barai



Note

De-Ashi-Barai movement should be shown till Tsukuri with a proper posture and correct grip, the leg correctly placed. Japanese names not required.

**Ne-Waza (Groundwork) [WA3]**

Hold-down of your choice

Note

Coach to guide the student to basic principles of Judo hold downs.

**Terminology [WA4]**

Tatami	Judo Mat
Sensei	Teacher
Mate'	Stop
Hajime'	Start
Kumikata	Grip
Ushiro	Backwards
Yoko	Side
Ukemi	Breakfalls

**Coaching Notes in preparation for the grading**

Use games to assist students for correct posture and help with the development and improvement of skills.

Basic principles of posture to be emphasised at this level.

All the principles of judo shown during this early stage contain the base for our successful Judo.

Training to act in accordance with the rules of the sport.

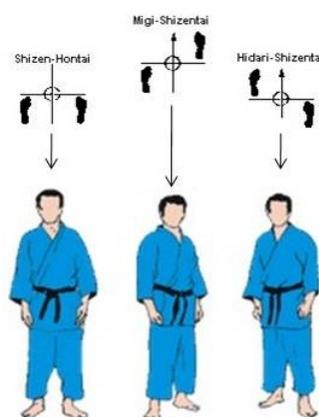
## Basic Fundamental Principles - 2

### Green Badge

*Minimum Age for White Belt with Green Badge is 5 Years*

#### Posture [WB1]

Migi and Hidari Shizen Hontai positions



#### Movements [WB1]

- Walking in sync with partner in forward, backwards, and sideways directions.
- Pulling partner and turning in front into a Shizen-Hon-Tai position.
- Pushing partner and turning in front into a Shizen-Hon-Tai position.

#### Ukemi – (Breakfalls) [WB2]

Yoko Ukemi from standing position

Mai Ukemi from kneeling position



**Yoko Ukemi from Standing Position**

## □ Te Waza (Standing up Techniques) [WB5]

To demonstrate one forward throwing technique  
To demonstrate one backwards throwing technique

### Note

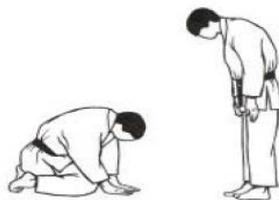
Coach to choose one basic throw for Judoka and must help Judoka show direction of throw execution.

## □ Ne Waza (Groundwork) [WB3]

Kneeling in front of a partner and turnover into a basic hold

## □ Terminology [WB4]

Migi	Right
Hidari	Left
Obi	Judo Belt
Kumikata	Classical Grip
Zarei	Kneel Down
Shizen-Hontai	Natural Standing Position
Ritzurei	Standing Up Bow



Zarei & Ritzu Rei

### ***Coaching Notes in preparation for the grading***

- Basic Principles of posture to be emphasised at this level.

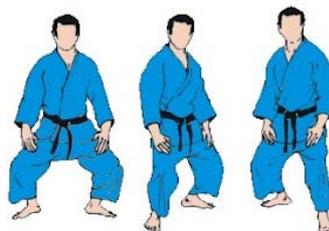
# Basic Fundamental Principles - 3

## Blue Badge

Minimum Age for White Belt with Blue Badge is 5 Years

### Posture [WC1]

Migi and Hidari Jigo-Tai positions



Jigotai - 3 Foot Placements

### Movements [WC1]

Movements in all directions around the tatami with partner showing control of each other.

### Ukemi – (Breakfalls) [WC2]

Zempo kaiten Ukemi – standing up to a Shizentai position, right (*Migi*) and Left (*Hidari*)



Zempo kaiten Ukemi

### Te Waza (Standing up Techniques) [WC5]

To demonstrate one forward throwing technique whilst Uke is pushing

To demonstrate one backwards throwing technique whilst Tori is pushing

Student is to demonstrate Action / Reaction in the above situations.

### Ne Waza (Groundwork) [WC3]

Changes from one hold to another without losing control.

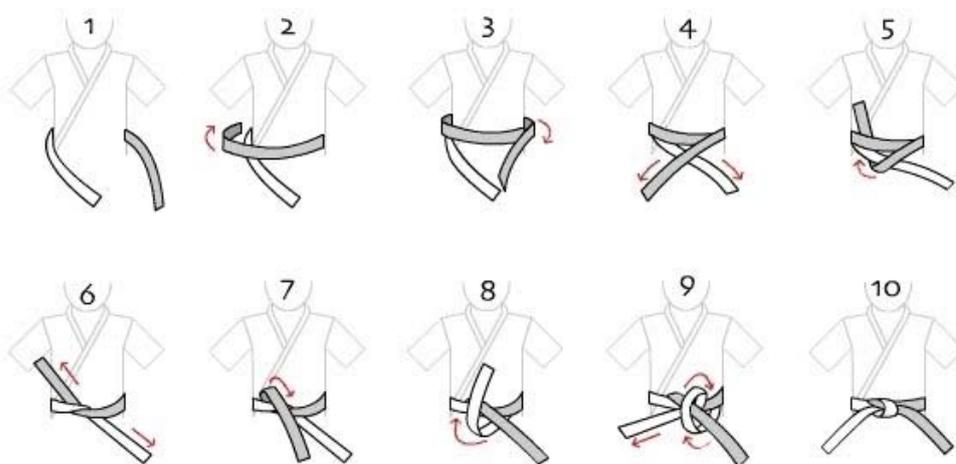
Turning Uke from an all fours position to a hold down of your choice.

## □ Terminology [WC4]

Tori	The Person doing the technique
Uke	The person receiving the technique
Soromade	End of contest
Jigotai	Low defensive position
Dojo	The place where we practice Judo
Judoka	A person that practice Judo
Judogi	Judo attire

## □ Others [WC4]

Wearing of Judo Belt – Obi. Proper knotting the belt with equal lengths



How do a person win in a judo contest?

### ***Coaching Notes in preparation for the grading***

- Hold down control is to be emphasised when doing Ne-Waza
- Coach have to choose two basic throws for the judoka and must show the student the action / reaction when Uke is pushing / pulling.

# White / Yellow Belt

Minimum Age for White/Yellow Belt is 7 Years

**All lower grading syllabus forms part of this level**

**Movements [WY2]**

How to step on the Tatami properly during competitions and during training sessions.

**Ukemi – (Breakfalls) [WY3]**

Zempo kaiten; Migi and Hidari

Yoko Migi & Hidari

Ushiro

**Te-Waza (Standing up Techniques) [WY6]**

Deashi Barai

O Soto Gari

Uki Goshi

O Uchi Gari

De-Ashi-Barai



O-Soto-Otoshi



Uki-Goshi



O-Uchi-Gari



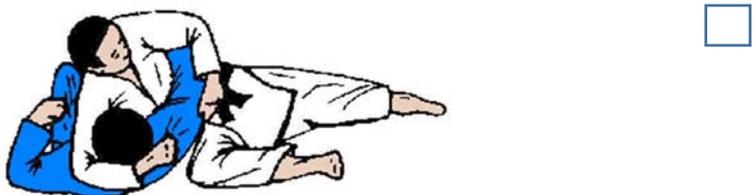
**Ne Waza (Groundwork) [WY4]**

Hon Kesa Gatame

Kuzure Kesa Gatame

Kata Gatame

Hon Kesa Gatame



Kuzure Kesa Gatame



Kata Gatame



Terminology [WY5]

Soto	Outer
Gari	Reap
Uchi	Inner
Ashi	Leg
Te	Hand
Koshi	Hip
Kuzure	Modified
Waza	Technique
Kiritsu	Stand-up
Seiza	Kneel Down

***Coaching Notes in preparation for the grading***

- Back to be kept straight when going in for throws
- Good Posture; legs position
- Good Kumikata
- Good Kusushi

# Yellow Belt

Minimum Age for Yellow Belt is 8 Years

**All lower grading syllabus forms part of this level**



## Movements [YL2]

Uchikomi      Repetition of throwing action without throwing.



## Ukemi – (Breakfalls) [YL3]

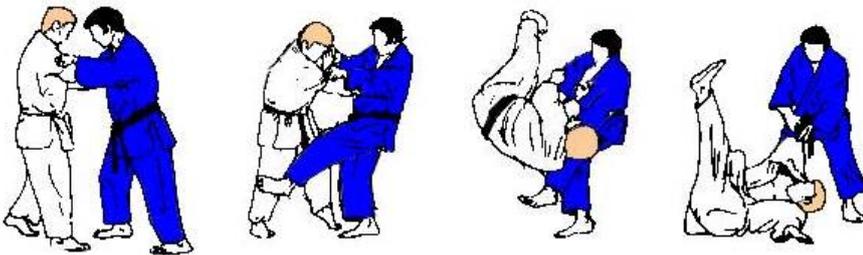
Mai – Forward Fall  
Yoko - Zempo-Kaiten



## Te Waza (Standing up Techniques) [YL6]

Hiza Guruma  
O-Goshi  
Seoi Nage  
Sasae-Tsurikomi-Ashi

Hiza Guruma



O-Goshi



Ippon-Seoi-Nage



Sasae-Tsuri-Komi-Ashi



**Ne Waza (Groundwork) [YL4]**

Ushiro Kesa Gatame

Makura Kesa Gatame

Mune Kesa Gatame

Ushiro Kesa Gatame



Makura Kesa Gatame



Mune Kesa Gatame



## Terminology [YL5]

Mune	Chest
Tsuri	Lift
Goshi	Hip
Mai	Front
Kumikata	Classical Gripping Technique
Kuzushi	Breaking of Balance
Tsukuri	Lift
Kake'	Execution
Hagime	Start
Matte'	Stop
Osaekomi	Hold Down
Ippon	Full Point

### ***Coaching Notes in preparation for the grading***

- Yoko Zempo Kaiten – to demonstrate the position of judoka when landing on the floor.
- Te Waza to be demonstrated both right and left.
- Ne Waza to be demonstrate both right and left.
- All Ukemi to be taught by Yellow Belt.

# Yellow/Orange Belt

Minimum Age for Yellow Belt is 9 Years

**All lower grading syllabus forms part of this level**



## Movements [Y02]

Tendoku Renshui	Educational throwing movements
Tai-Sabaki	Body movement in all directions
Go	Blocking of an attack
Chowa	Anticipating an attack
Yawara	Carry on opponent's action



## Rules & Regulations [Y03]

Osaekomi	IJF Refereeing Rules Article 13
----------	---------------------------------



## Te-Waza (Standing up Techniques) [Y06]

- Ko Soto Gari
- Ko Uchi Gari
- Tai Otoshi
- Harai Goshi

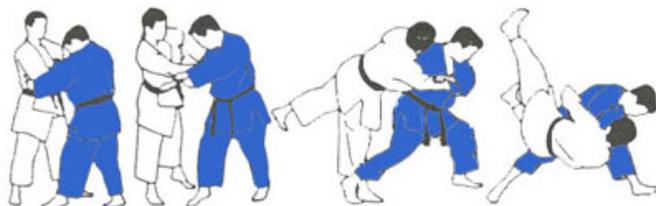
Ko-Soto-Gari



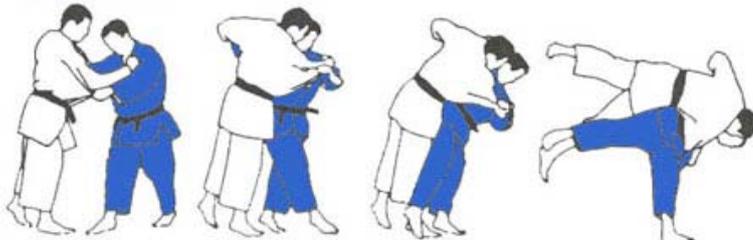
Ko-Uchi-Gari



Tai-Otoshi



Harai-Goshi



 **Ne Waza (Groundwork) [YO4]**

Yoko-Shiho-Gatame

Kuzure Yoko-Shiho Gatame

Kami Shiho Gatame

Basic turnovers with Uke on all fours, Tori attacking from the side.

Continuation of control from one hold to another.



Yoko Shiho Gatame



Kuzure Yoko Shiho Gatame





Terminology [Y05]

Sore-Made	End of Contest
Sono-Mama	Freeze – do not move
Yoshi	Continue after Sono-Mama
Toketa	Hold down broken
Kuzure	Modified
Yuko	5 Points score
Waza-ari	7 Points score

Yellow / Orange

***Coaching Notes in preparation for the grading***

A good knowledge of Posture and Tai Sabaki.

Judokas have a great feeling of belonging to a special group. It teaches good manners, respect for each other and builds confidence and self-esteem.

# Orange Belt

Minimum Age for Yellow Belt is 10 Years

**All lower grading syllabus forms part of this level**



## Movements [OR2]

Yaku-Soko-Geiko

Free Throwing Practice.



## Rules & Regulations [OR3]

Mat area

IJF Refereeing Rules Article 1

Stepping on the Tatami

Judogi

IJF Refereeing Rules Article 3

Referee / Judges / Table officials

IJF Refereeing Rules Article 5



## Te Waza (Standing up Techniques) [OR6]

Koshi Guruma

Tsuri Komi Goshi

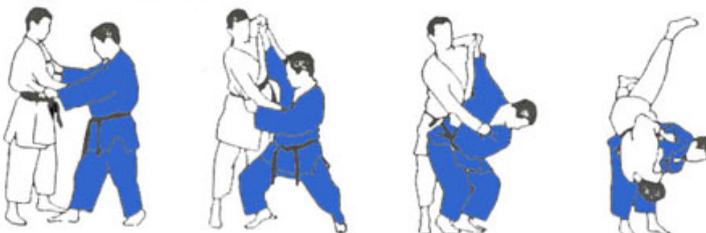
Okuri Ashi Barai

Uchi Mata

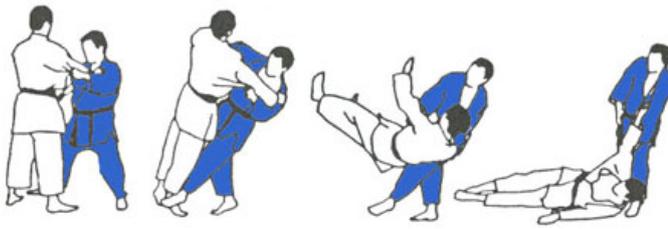
Koshi-Guruma



Tsuri-Komi-Goshi



Okuri-Ashi-Barai



Uchi-Mata



Ne Waza (Groundwork) [OR4]

Kuzure Kami Shiho Gatame

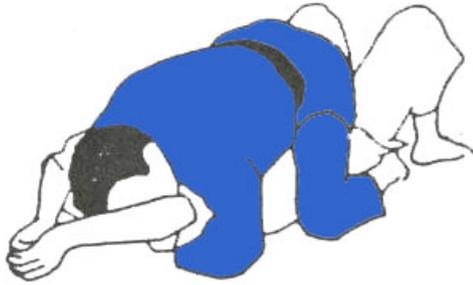
Tate-Shiho Gatame

Kuzure Tate Shiho Gatame

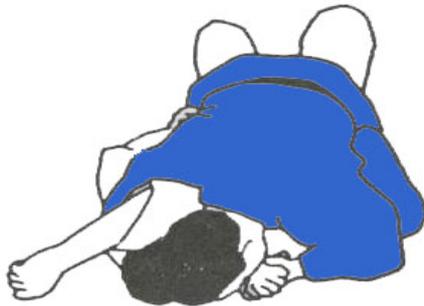
Kuzure-Kami-Shiho-Gatame



## Tate-Shiho-Gatame



## Kuzure-Tate-Shiho-Gatame



### Terminology *[OR5]*

Waza ari Awasete Ippon	Waza ari & Waza ari almost an Ippon.
Shido	Penalty
Honsoku Make	Disqualification
Koshi	Hip
Ashi	Leg
Te	Hand
Kyu	Student Grade



### Other

Different valid Kumikata

# Orange/Green Belt

Minimum Age for Yellow Belt is 11 Years

**All lower grading syllabus forms part of this level**

## Movements [OG2] & [OG5]

Tokui Waza	Favourite technique applied in different situations.
Renraku Waza	Combination Techniques performed in different direction.
Renzoku Waza	Combination Techniques performed in the same direction.

## Rules & Regulations [OG3]

Waza ari	IJF Article 23
Ippon	IJF Article 20



Orange / Green

## Te-Waza (Standing up Techniques) [OG6]

- Ko Soto Gake
- Tsuri Komi Goshi
- Ashi Guruma
- Yoko Otoshi

Ko-Soto-Gake



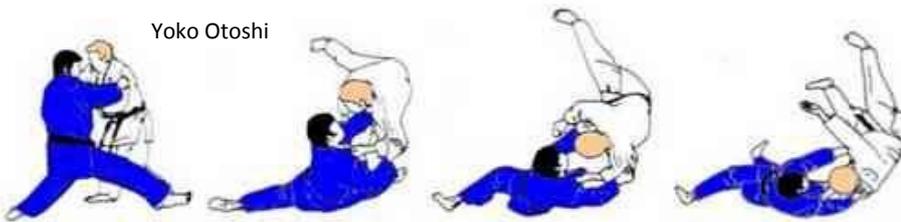
Tsuri-Komi-Goshi



Ashi-Guruma



Yoko Otoshi



**Ne Waza (Groundwork) [OG4]**

A good knowledge of Turnovers and escape techniques from various hold downs.

**Shime Waza (Strangles/ Chokes) [OG4]**

Basic difference between strangles & chokes.

Nami Juji Jime

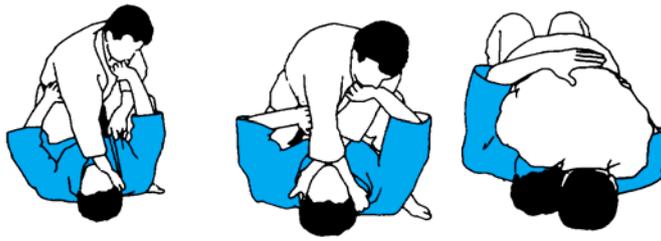
Kata Juji Jime

Giaku Juji Jime

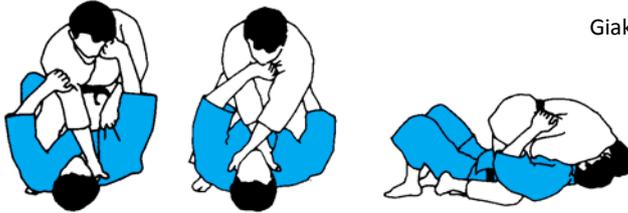


Nami-Juji-Jime





Kata Juji Jime



Giaku Juji Jime



**Kansetsu Waza (Armlocks) [OG4]**

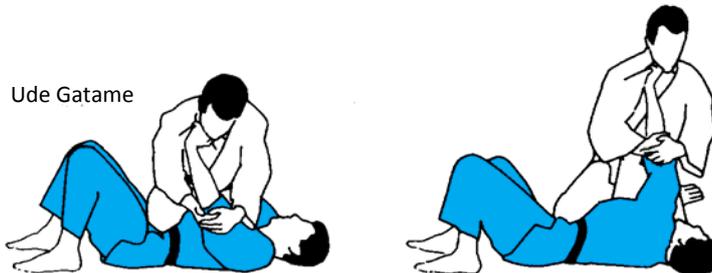
Ude Hishigi Juji Gatame

Ude Hishigi Ude Gatame

**Juji-Gatame**



**Ude Gatame**



Terminology [OG5]

Taiso	Physical Exercise
Dan	Master's Advance Grade
Gari'	Reap
Guruma	Wheel

***Coaching Notes in preparation for the grading***

Coach is to explain the principles and safety when applying arm locks, strangles and chokes.

# Green Belt

Minimum Age for Yellow Belt is 12 Years

**All lower grading syllabus forms part of this level**



## Rules & Regulations [GR3]

Yuko	IJF Article 23
Waza-ari Awasete Ippon	IJF Article 21
Prohibited Acts & Penalties Slight Infringements	IJF Article 27

Yuko



Waza-ari-Awasete Ippon



## Te Waza (Standing up Techniques) [GR6]

- Hane Goshi
- Harai Tsurikomi Goshi
- Tomoe Nage
- Kata Guruma

Hane-Goshi



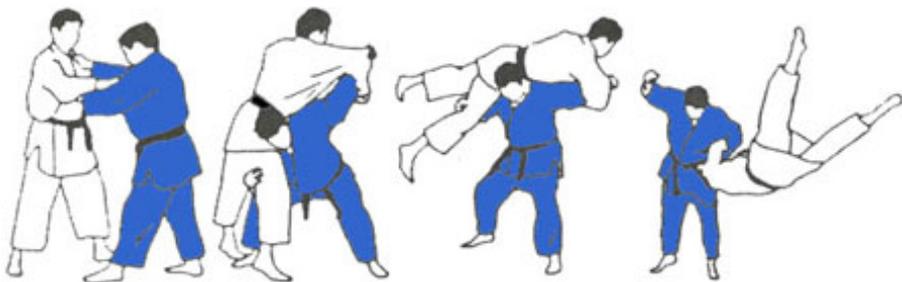
Harai Tsurikomi Goshi



Tomoe-Nage



Kata-Guruma



**Shime Waza (Strangles/ Chokes) [GR4]**

Basic difference between strangles & chokes.

Hadaka-Jime

Tsukkomi Jime



Hadaka Jime



Tsukkomi Jime



**Kansetsu Waza (Armlocks) [GR4]**

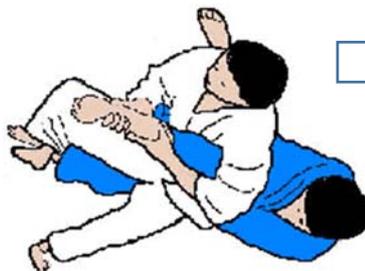
Ude Garami

Ude Hishigi Waki Gatame

Ude Hishigi Hara Gatame



Ude Garami



Waki Gatame



Hara Gatame



**Terminology [GR5]**

Guruma	Wheel
Kuzure	Modified
Kesa	Scarf
Eri	Collar of Jacket
Kata	Shoulder or Model Technique
Ko	Minor
O	Major

**Kata [GR5]**

Nage No Kata first set

Uki Otoshi

Seoi Nage

Kata Guruma

# Blue Belt

Minimum Age for Yellow Belt is 13 Years

**All lower grading syllabus forms part of this level**

## Rules & Regulations [BL3]

Prohibited Acts & Penalties IJF Article 27  
Grave Infringements

## Te Waza (Standing up Techniques) [BL6]

**ALL TECHNIQUES MUST BE DONE ON THE MOVE**

Sumi Gaeshi

Tani Otoshi

Hane Makikomi

Sukui Nage

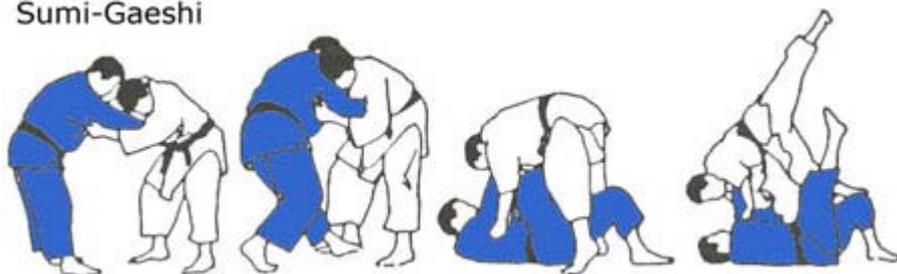
Utsuri Goshi

O Guruma

O Soto Makikomi

Uki Otoshi

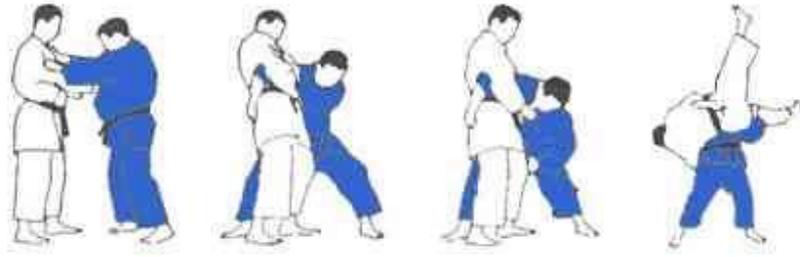
Sumi-Gaeshi



Tani-Otoshi



Sukui-Nage



Utsuri Goshi



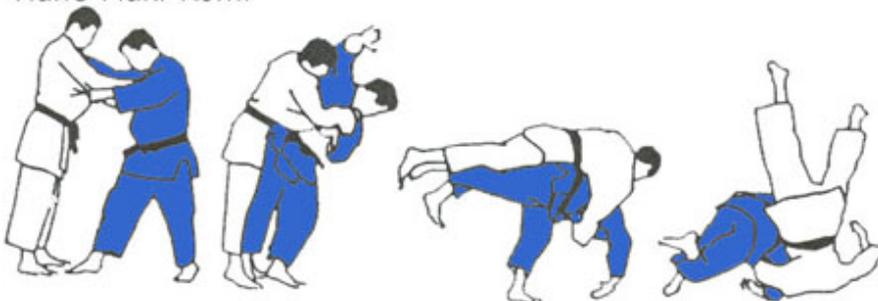
O-Guruma



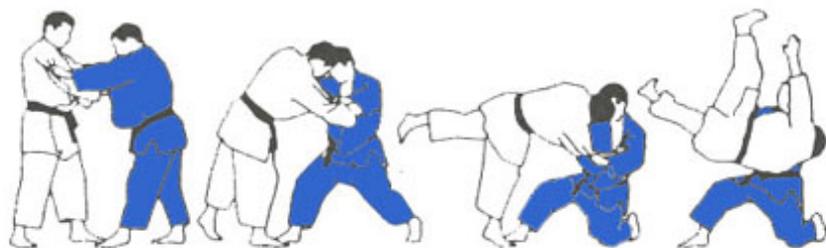
Soto-Maki-Komi



Hane-Maki-Komi



Uki-Otoshi



Shime Waza (Strangles/ Chokes) [BL4]

Kata Ha Jime

Okuri Eri Jime

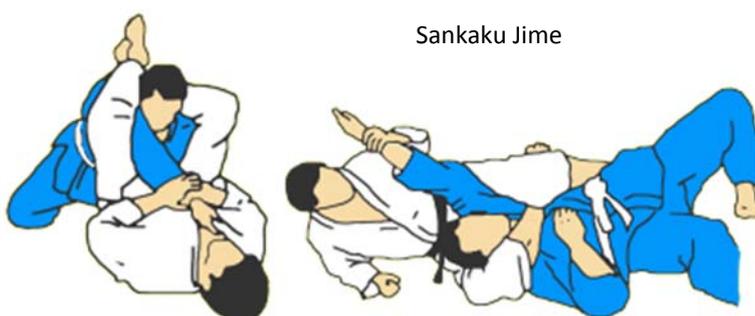
Sankaku Jime



Kata Ha Jime



Okuri Eri Jime



Sankaku Jime



Movements [BL2]

Gaeshi Waza

Counter Techniques

Katame Waza

Hold down combination Techniques without losing control of opponent

## Terminology [BL5]

Joseki	Place in Dojo where Sensei Sits
Shiai	Competitive contest
Hiza	Knee
Otoshi	Body Drop
Maita	I give Up (used in Groundwork)
Soto	Outer
Uchi	Inner
Hon	Basic
Harai-Barai	Sweep
Hane	Spring
Ushiro	Back
Hadaka	Naked
Garami	Entanglement
Tachi Waza	Standing Technique
Sutemi Waza	Sacrifice Technique

## Kata [BL5]

Nage No Kata second set

Uki Goshi

Harai Goshi

Tsurikomi Goshi

Nage No Kata third set

Okuri Ashi Barai

Sasae Tsurikomi Ashi

Uchi Mata

### ***Coaching Notes in preparation for the grading***

Coach to assist student to understand how to adapt judo to suit them.

Study and adapt Judo for different type of opponents.

# Brown Belt

Minimum Age for Yellow Belt is 14 Years

**All lower grading syllabus forms part of this level**

**Rules & Regulations [BR2]**

Competition Rules      Articles 1 - 30

**Te Waza (Standing up Techniques) [BR5]**

**ALL TECHNIQUES MUST BE DONE ON THE MOVE**

O Soto Guruma

Uki Waza

Yoko Wakare

Yoko Guruma

Ushiro Goshi

Ura Nage

Sumi Otoshi

Yoko Gake

O-Soto-Guruma



Uki-Waza



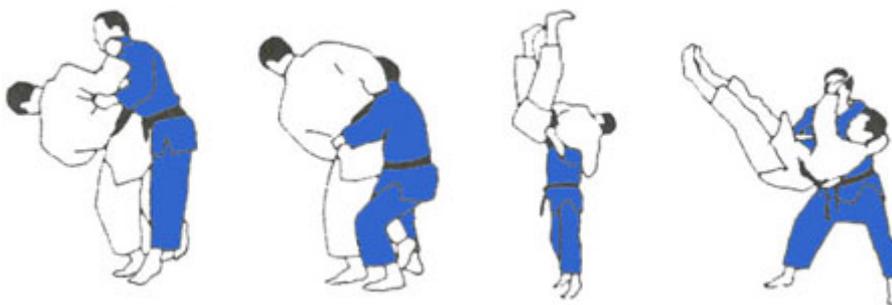
Yoko-Wakare



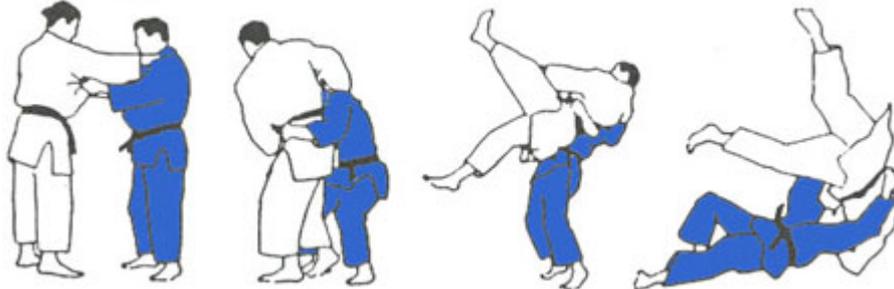
Yoko-Guruma



Ushiro-Goshi

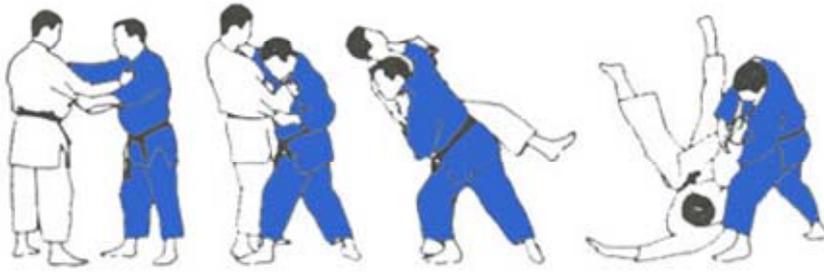


Ura-Nage



Note  
Crash Mat can be used when doing  
Ura Nage

Sumi-Ostoshi



Yoko-Gake



Shime Waza (Strangles/ Chokes) **[BR3]**

Jigoku Jime

Katate Jime

Ryote Jime

Jigoku Jime



Ryote Jime





**Kata [BR4]**

Nage No Kata first set

Uki Otoshi

Seoi Nage

Kata Guruma

Nage No Kata second set

Uki Goshi

Harai Goshi

Tsurikomi Goshi

Nage No Kata third set

Okuri Ashi Barai

Sasae Tsurikomi Ashi

Uchi Mata

## Terminology **[BR4]**

Gake	Hook
Shiho	Four Quarters
Mae	Front
Tsuri	Lift
Seoi	Back Carry
Ude	Arm
Sasae	Propping
Kami	Upper
Uki	Floating
Sode	Sleeve
Okuri	Assist
Kubi	Neck
Mata	Inside top of thigh
Gyaku	Reverse
Tani	Valley
Mune	Chest
Makikomi	Wrap or Roll

## **General**

Basic Knowledge of European Judo Union, International Judo Federation and International Olympic Committee

### ***Coaching Notes in preparation for the grading***

Coach to assist student to understand Kata basics.

At this stage students should have a proper knowledge of the GoKyu.

Judo is unique in instilling confidence, self-esteem, and the ability to focus in its students. Whatever you end up doing later in life, the lessons learned in Judo will help to ensure your success. It also develops a level of body awareness and coordination that makes every participant a stronger, healthier and better all-around human being.

# NAGE - NO - KATA



UKI OTOSHI



SEOI NAGE



KATA GURUMA



UKI GOSHI



HARAI GOSHI



TSURI KOMI GOSHI



OKURI ASHI HARAI



SASAE TSURI KOMI ASHI



UCHIMATA



TOMOE NAGE



URA NAGE



SUMI GAESHI



YOKO GAKE



YOKO GURUMA



UKI WAZA

# Gokyo-no-waza



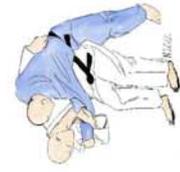
De-ashi-barai



Hiza-guruma



Sasae-tsuri-komi-ashi



O-goshi



O-soto-gari



Uki-goshi



O-uchi-gari



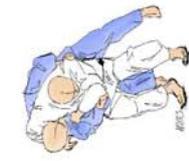
Seoi-nage



Ko-soto-gari



Ko-uchi-gari



Koshi-guruma



Tsuru-komi-goshi



Okuri-ashi-barai



Tai-otoshi



Harai-goshi



Uchi-mata



Ko-soto-gake



Tsuru-goshi



Yoko-otoshi



Ashi-guruma



Hane-goshi



Harai-tsuri-komi-ashi



Tomoe-nage



Kata-guruma



Sumi-gaeshi



Iani-otoshi



Hane-maki-komi



Sukui-nage



Utsuri-goshi



O-guruma



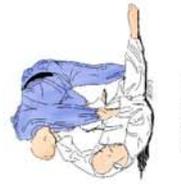
Soto-makkomi



Uki-otoshi



O-soto-guruma



Uki-waza



Yoko-wakare



Yoko-guruma



Ushiro-goshi



Ura-nage



Sumi-otoshi



Yoko-gake

# Personal Records Sheet

Name: \_\_\_\_\_ Surname: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date started Judo: \_\_\_\_\_

Club: \_\_\_\_\_

MJF Reg No. \_\_\_\_\_

Grade Awarded	Date	Examiners
White/Yellow Belt		
Yellow Belt		
Yellow/Orange Belt		
Orange Belt		
Orange/Green Belt		
Green Belt		
Blue Belt		
Brown Belt		





<i>Japanese Word</i>	<i>English Description</i>
Ashi	Leg
De Ashi Barai	Advancing foot sweep
Dojo	Judo practice hall
Gyaku Juji Jime	Reverse cross strangle
Hadaka Jime	Naked strangle
Hajime	Begin – Referee’s command to start judo contest
Hane Goshi	Spring hip
Honsoku Make	Disqualification
Harai Goshi	Sweeping hip
Hiki Wake	Referee’s announcement of a draw at the end of a contest
Hiza Guruma	Knee wheel
Ippon	Complete point
Ippon Seoi Nage	One arm shoulder
Judogi	Judo Uniform
Judoka	Judo Player
Juji Gatame	Cross arm lock
Keashi Waza	Counter techniques
Kami Shiho gatame	Upper four quarters hold
Kata Guruma	Shoulder wheel
Kata Ha Jime	Single collar strangle
Kata Te Jime	Strangle with one hand
Kesa Gatame	Scarf hold
Koshi Guruma	Hip wheel
Ko Soto Gake	Minor outer hook
Ko Soto Gari	Minor outer reaping
Ko Uchi Gari	Minor inner reaping
Ko Uchi Gake	Minor inner hook
Kumi Kata	Engagement position
Kuzure Kami Shiho Gatame	Modified upper four quarters hold
Kuzure Kesa Gatame	Modified scarf hold
Kuzure Tate Shiho Gatame	Modified lengthwise four quarters hold
Mae Mawari Ukemi	Forward rolling Break fall
Morote Seoi Nage	Two handed shoulder
Mune Gatame	Chest hold
Nami Juji Jime	Normal cross strangle
Ne Waza	Groundwork technique
Obi	Belt
O Goshi	Major Hip
Okuri Ashi Barai	Double foot sweep
Okuri Eri Jime	Sliding collar strangle
Osaekomi	Hold down
Oseakomi Waza	Holding techniques

<i>Japanese Word</i>	<i>English Description</i>
O Soto Otoshi	Major outer drop
O Uchi Gari	Major inner reaping
Randori	Free practice
Rei	Bow
Renraku Waza	Combination techniques in the opposite direction
Renzoku Waza	Combination techniques in the same or similar direction
San Gaku Jime	Triangular strangle
Sasei Tsuru Komi Goshi	Propping draw ankle
Seoi Otoshi	Shoulder drop
Shido	Minor infringement
Sode Tsuru Komi Goshi	Sleeve lift pull hip
Soto Maki Komi	Outside winding
Sumi Gaeshi	Corner throw
Tachi Rei	Standing bow
Tachi Waza	Standing techniques
Tai Otoshi	Hand throw body drop
Tani Otoshi	Valley drop
Tate Shiho Gatame	Lengthwise four quarter hold
Te	Hand
Toketa	Broken
Tomeo Nage	Circle throw
Tori	The offensive or attacking judoka
Tsuru Komi Goshi	Drawing Hip
Uchi Mata	Inner thigh
Ude Garami	Entangled Arm lock
Ude Gatame	Arm Lock
Uke	The Defensive or defending judoka
Uki Goshi	Floating hip
Uki Otoshi	Floating drop
Uki Waza	Floating Throw
Ushiro Ukemi	Rear breakfall
Ushiro Goshi	Rear Hip
Waza Ari Awasete Ippon	Complete point from two waza aris
Yoko Ukemi	Side breakfall
Yoko Gake	Side hook
Yoko Guruma	Side Wheel
Yoko Shiho Gatame	Side four quarters hold
Yoko Tomoe Nage	Side circle throw
Za Rei	Kneeling bow
Zori	Judo footwear



# REFEREEING RULES 2014-16

ARTICLES	CONTENTS	Page
Article 1	• Competition Area.	2
Article 2	• Equipment.	4
Article 3	• Judo Uniform (Judogi).	6
Article 4	• Hygiene.	7
Article 5	• Referees and Officials.	7
Article 6	• Position and Function of the central Referee.	9
Article 7	• Position and Function of the table Referees.	10
Article 8	• Gestures.	11
Article 9	• Location (Valid Areas).	18
Article 10	• Duration of the Contest.	19
Article 11	• Time Out / <i>Sono-mama</i> / <i>Mate</i> .	19
Article 12	• Time Signal-Audible.	19
Article 13	• <i>Osaekomi</i> Time.	20
Article 14	• Technique Coinciding with the Time Signal.	20
Article 15	• Start of the Contest.	20
Article 16	• Entry into <i>Newaza</i> .	23
Article 17	• Application of <i>Mate</i> .	24
Article 18	• <i>Sono-mama</i> .	25
Article 19	• End of the Contest.	26
Article 20	• <i>Ippon</i> .	29
Article 21	• <i>Waza-ari-awasete-Ippon</i> .	29
Article 22	• <i>Without Contents</i> .	29
Article 23	• <i>Waza-ari</i> .	30
Article 24	• <i>Yuko</i> .	30
Article 25	• <i>Without Contents</i> .	30
Article 26	• <i>Osaekomi-waza</i> .	31
Article 27	• Prohibited Acts and Penalties.	32
Article 28	• Default and Withdrawal.	38
Article 29	• Injury, Illness or Accident.	38
Article 30	• Situations not Covered by the Rules.	42
	• Glossary of Japanese Terms.	43

## **ARTICLE 1 - Competition Area**

The competition area shall be a minimum of 14m x 14m and shall be covered by *Tatamis* or similarly acceptable material.

The competition area shall be divided into two (2) zones.  
The inner area shall be called the contest area and shall always be of a minimum of 8m x 8m or a maximum of 10m x 10m.

The area outside the contest area shall be called the safety area and shall be a minimum of 3m wide.

The contest area will be a different colour to the safety area, and must maintain sufficient contrast to avoid misleading edge situations.

The recommended colours that have been approved by the IJF.

The competition area must be fixed to a resilient floor or platform (see Appendix).

When using two (2) or more adjoining competition areas, the common or shared safety area shall be 4 metres.

A free zone, a minimum of 50cm must be maintained around the entire competition area.

### **APPENDIX Article 1 - Competition Area**

For Olympic Games, World Championships and Masters the contest area must be 10 x 10 m and 4 meters minimum for safety area.

Recommended for Continental Championships.

#### ***Tatamis***

Shall measure 1m x 2m, or 1m x 1m, made of pressed foam.

They must be firm under foot, have the property of absorbing shock during *Ukemi*, and not be slippery or too rough.

The elements making up the surface for the competition must be aligned without space in between be smooth of surface and fixed in such a way that they cannot be displaced.

The technical specifications to be met by the *Tatamis* are laid down in Annex 6, 'IJF TATAMI RULES' Sports and Organization Rules from the International Judo Federation (Sports and Organization Rules, hereafter SOR).

#### **Platform**

The platform is optional and must be solidly made of wood, while still having a certain resilience and measuring approximately 18m x 18m and no more than 1m in height (generally 50cm or less). (When using a platform, it is recommended that the safety area should be a minimum of 4m wide all around the competition area).

**< COMPETITION AREA >**



**< CONTEST AREA >**



## ARTICLE 2 - Equipment

### a) Scoreboards

For each competition area there shall be two (2) scoreboards that indicate the scores horizontally, placed outside the competition area where they can be easily seen by the Referees, Commission members, officials and spectators.

The scoreboards must be manufactured with a device that indicates the penalties received by the contestants. (See Appendix Example).

Whenever electronic scoreboards are used, manual scoreboards must be available as a backup (see Appendix).

### b) Timing Clocks

There shall be timing clocks as follows:

Contest duration	One (1)
<i>Osaekomi</i>	Two (2)
In reserve	One (1)

Whenever electronic timing clocks are used, manual timing clocks must also be used to check their accuracy (see Appendix).

### c) Flags (Timekeepers)

Timekeepers shall use flags as follows;

Yellow	Time out
Green	<i>Osaekomi</i> duration

It will not be necessary to use the yellow and the green flags whenever an electronic display clock showing contest duration and *Osaekomi* duration is in use. However, these flags must be available in reserve.

### d) Time Signal

There shall be a bell or similar audible device to indicate to the Referee the end of the time allotted for the contest.

### e) White and Blue *Judogis*

The contestant shall wear either a white or blue *Judogi*. (The first Contestant called shall wear the white *Judogi*; the second shall wear the blue.)

## APPENDIX Article 2 - Equipment

### Position of Scoreboard Keepers / Contest Sheet Writers / Timekeepers

The Contest Sheet Writers, Scoreboard Keepers and Timekeepers must be facing the central Referee.

### Distance of Spectators

In general the spectators should not be permitted closer than 3m to the competition area (or platform).

### Timing Clocks and Scoreboards

The timing clocks must be accessible to those persons responsible for maintaining their accuracy, and they must be checked for accuracy at the start of and regularly during the competition. The scoreboards must meet the standards set out by the IJF and should be at the disposal of the Referees as needed.

The manual timing clocks must be used simultaneously with the electronic equipment, in case of failure of the electronic timing clocks. The manual scoreboards must be available in reserve.

### Manual Scoreboard.-



### EXAMPLE:

White has scored *Waza-ari* and has also been penalised with one (1) *Shido*.

### Electronic Scoreboard.-



### EXAMPLE:

White has scored *Waza-ari* and has also been penalised with two (2) *Shido*. Blue has scored one (1) *Yuko*.

### ARTICLE 3 - Judo Uniform (*Judogi*)

The contestants shall wear a *Judogi* complying with the following conditions:  
On the day of the competition, the fighters must be in conformity with JUDO GI REGULATION up to this date.

Document of reference: JUDO GI REGULATION.

This document is visible on the IJF website (*DOCUMENTS* → *ADMINISTRATIVE*).

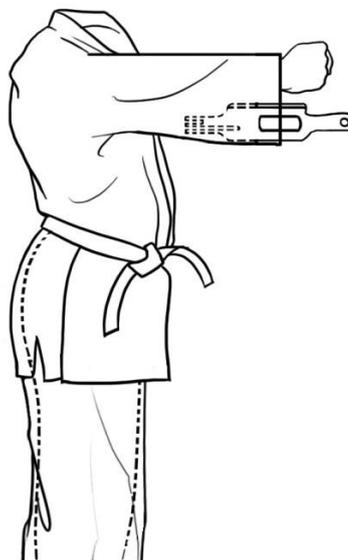
On the day of the competition, the fighters must be in conformity with the GUIDANCE OF JUDO GI CONTROL DURING IJF COMPETITIONS up to this date. IJF website, (*DOCUMENTS* → *EDUCATION & COACHING COMMISSION*).

All information must be in the 'JUDO GI REGULATION' and 'GUIDANCE OF JUDO GI CONTROL DURING IJF COMPETITIONS'.

MODIFICATIONS JUDO GI REGULATION.- (*Enforcement 01 January 2014*).

#### 1/ The Sleeve.-

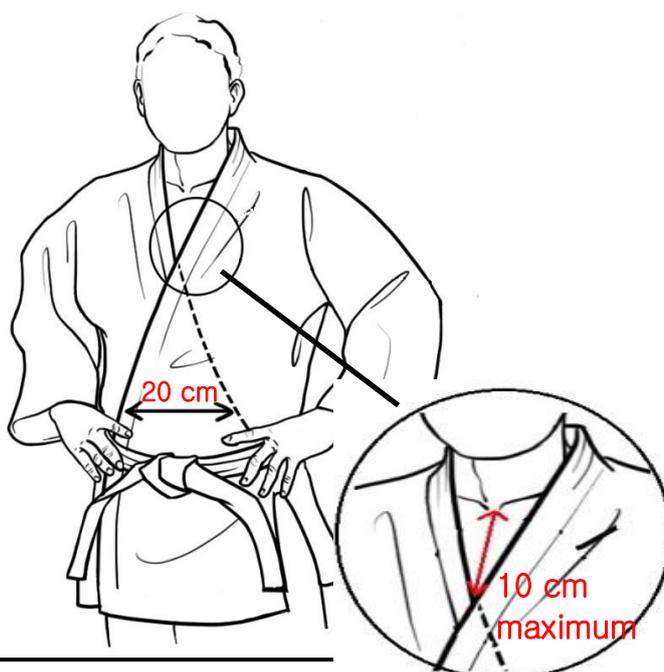
Judogi sleeves must cover up the full arm including wrist in the control position of the Judogi jacket (open arms).



#### 2/ The Jacket.-

The distance between the 2 lapels of the jacket horizontally, needs to be of a minimum of 20 cm.

The distance between the sternum top and the lapel crossing point of the jacket vertically must be less than 10cm.



## **ARTICLE 4 – Hygiene**

- 1.- The *Judogi* shall be clean, generally dry and without unpleasant odour.
- 2.- The nails of the feet and hands shall be cut short.
- 3.- The personal hygiene of the contestant shall be of a high standard.
- 4.- Long hair shall be tied up so as to avoid causing any inconvenience to the other contestant. Hair shall be tied by means of a hair band made of rubber or similar material and be void of any rigid or metal components. The head may not be covered except for bandaging of a medical nature.
- 5.- Any contestant not willing to comply with the requirements of Articles 3 and 4 shall be refused the right to compete and the opponent shall win the contest as provided for in Article 28 of these Rules, by *Fusen-gachi*, if the contest has not yet started, or by *Kiken-gachi*, if the contest has already started, according to the "majority of three" rule.

## **ARTICLE 5 - Referees and Officials**

Generally, the contest shall be conducted by three Referees of different nationalities to the two competing athletes.

One Referee on the mat with a radio communication system is connected to the two Referees at the table of the mat who will assist with a video CARE system under supervision of the Refereeing Commission.

A rotation system will be implemented for the Referees to ensure neutrality.

The Referees shall be assisted by Scoreboard Keepers, Timekeepers and Contest Sheet Writers.

The Referee's uniform shall conform to the dress code of the Organization.

The Refereeing Commission members who can eventually intervene, also seated nearby with his own CARE system must be connected with the Referees via headphones. Which acting procedure is reflected in Article 19.6.

## APPENDIX Article 5 - Referees and Officials

The Organising Committee shall ensure that the Timekeepers, Contest Sheet Writers and Scoreboard Keepers as well as other technical assistants have been thoroughly trained as technical officials. There shall be a minimum of two (2) Timekeepers; one to register the real contest time and one to specialise in *Osaekomi* time. If possible there should be a third person to supervise the two (2) timekeepers to avoid any errors due to mistakes or forgetfulness.

The overall Timekeeper (real contest time) shall start the clock on hearing the announcement of *Hajime* or *Yoshi* and shall stop it on hearing the announcement of *Mate* or *Sono-mama*.

The *Osaekomi* timekeeper shall start the clock on hearing *Osaekomi*, stop it on *Sono-mama*, and restart it on hearing *Yoshi*. On hearing either *Toketa* or *Mate* he shall stop the clock and indicate the number of seconds elapsed to the Referee. On expiry of the time for *Osaekomi* (20 seconds or 15 seconds if the contestant applying the hold has already been awarded a *Waza-ari* he shall indicate the end of the *Osaekomi* by means of an audible signal.

The *Osaekomi* timekeeper shall raise a green flag whenever he starts the clock on hearing the announcement and seeing the signal of *Osaekomi* or *Yoshi*. He shall lower the flag when he stops the clock on hearing *Toketa*, *Mate* or *Sono-mama*, or on expiry of the time for *Osaekomi*.

The overall timekeeper (real contest time) shall raise a yellow flag whenever he stops the clock on hearing the announcement and seeing the signal of *Mate* or *Sono-mama* and he shall lower the flag when he restarts the clock on hearing *Hajime* or *Yoshi*.

When the time allowed for the contest has expired, the Timekeepers shall notify the Referee of this fact by a clearly audible signal (see Articles 10, 11 and 12 of the Refereeing Rules).

The Scoreboard Keeper must ensure that he is thoroughly familiar with the current Referee gestures and announcements, so that he can accurately indicate the progress and results of a contest.

In addition to the above persons there shall be a Contest Sheet Writer to record the overall course of the contests.

If electronic systems are used, the procedure shall be the same as described above. However, manual timing clocks must also be used simultaneously with the electronic equipment to ensure their accuracy and manual scoreboard must be available in reserve.

## **ARTICLE 6 - Position and Function of the central Referee**

The Referee shall generally stay within the contest area. He shall conduct the contest and administer the decisions. He shall ensure that the decisions are correctly recorded.

## **APPENDIX Article 6 - Position and Function of the central Referee**

The Referee should ensure that all is in good order e.g. competition area, equipment, uniforms, hygiene, technical officials etc. before starting the contest.

The contestant wearing blue *Judogi* is to the left of the Referee and the contestant wearing the white *Judogi* is to the right of the Referee.

In cases when both contestants are in *Newaza* and facing outwards, the Referee may observe the action from the safety area.

Before officiating a contest, the Referees should familiarise themselves with the sound of the bell or means of indicating the end of the contest on their particular *Tatami*, and with the position of the doctor or medical assistant. When assuming control of a competition area the Referee should ensure that the mat surface is clean and in good condition, that there are no gaps between the *Tatamis*, and that the contestants comply with Articles 3 and 4 of the Refereeing Rules.

The Referee should ensure that there are no spectators, supporters or photographers in a position to cause a nuisance or a risk of injury to the contestants.

The Referee should leave the competition area during presentations or any lengthy delay in the program.

## **ARTICLE 7 - Position and Function of the table Referees**

Two Referees will be seating at the table of the mat that will be refereeing together with the central Referee connected by earphones and will assist him with a video CARE system according to the 'majority of three' rule.

Should a Referee notice that the scoreboard is incorrect he should draw the central Referee's attention to the mistake.

A Referee should not pre-empt the central Referee's signal for a score.

The Referee should leave the competition area during presentations or any lengthy delay in the program.

Should a contestant have to change any part of the *Judogi* outside the competition area, or need to temporarily leave the competition area after the contest has started for a reason considered necessary by the central Referee, giving this authorisation only in exceptional circumstances, a table Referee must obligatorily go with the contestant to see that no anomaly occurs.

In case that the table Referee is not of the same sex, an official designated by the Refereeing Director shall substitute for the table Referee and accompany the contestant.

## ARTICLE 8 - Gestures

### a) The Referee

The Referee shall make gestures as indicated below when taking the following actions:

- 1) **Ippon**: shall raise one arm with palm of hand facing forward, high above the head.
- 2) **Waza-ari**: shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.
- 3) **Waza-ari-awasete-Ippon**: First *Waza-ari*, then *Ippon* gesture.
- 4) **Yuko**: shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body.
- 5) **Osaekomi**: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- 6) **Toketa**: shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.
- 7) **Hikiwake**: shall raise one of his hands high in the air and bring it down to the front of his body (with thumb edge up) and hold it there for a while.  
(See Appendix.)
- 8) **Mate**: shall raise one of his hands to shoulder height with his arm approximately parallel to the *Tatami* and display the flattened palm of his hand (fingers up) to the Timekeeper.
- 9) **Sono-mama**: shall bend forward and touch both contestants with the palms of his hands.
- 10) **Yoshi**: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- 11) **To indicate the cancellation of an expressed opinion**: shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times.
- 12) **To indicate the winner of a contest**: shall raise one hand, palm in, above shoulder height towards the winner.
- 13) **To direct the contestant(s) to re-adjust the *Judogi***: shall cross left hand over right, palms facing inwards, at belt height.
- 14) **To call the Doctor**: shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured contestant.
- 15) **To award a penalty (*Shido, Hansoku-make*)**: shall point towards the contestant to be penalised with the forefinger extended from a closed fist.
- 16) **Non-combativity**: shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalised.
- 17) **False attack**: shall extend both arms forward, with hands closed and then make a downward action with both hands.

## APPENDIX Article 8 - Gestures

When it is not clearly apparent, the Referee may after the official signal, point to the blue or white contestant (starting position) to indicate which contestant scored or was penalised.

To indicate to the contestant/s that he may sit cross-legged at the starting position if a lengthy delay in the contest is envisaged, the Referee should signal towards the starting position with an open hand, palm upwards.

*Yuko* and *Waza-ari* gestures should start with the arm across the chest, then sideways to the correct finishing position.

*Yuko*, *Waza-ari* gestures should be maintained while moving to ensure that the score is clearly visible to the table Referees. However, care should be taken when turning to keep the contestants within view.

7) The *Hikiwake* gesture applies only to Round Robin competitions.

Should both contestants be given a penalty, the Referee should make the proper gesture and point alternately at both contestants (left forefinger for contestant on his left and right forefinger for contestant on his right).

Should a rectification gesture be required, it shall be done as quickly as possible after the cancellation gesture.

There should be no announcement made when cancelling an expressed opinion.

All gestures should be maintained for 3 to 5 seconds.

To indicate the winner, the Referee shall return to his position at start of the contest, take one step forward, indicate the winner and then take one step back.

**APPENDIX Article 8 - Gestures**



**BOW ENTERING &  
LEAVING THE TATAMI**



**STANDING BEFORE  
THE FIGHT**



**INVITING CONTESTANTS  
ON THE TATAMI**



**IPPON**



**WAZA-ARI**



**WAZA-ARI-AWASETE-IPPON**



**YUKO**

**APPENDIX Article 8 - Gestures**



**OSAEKOMI**



**TOKETA**



**MATE**



**MATE**



**SONO-MAMA ↔ YOSHI**



**ADJUSTMENT OF JUDOGI**



**TO CANCEL EXPRESSED  
OPINION**



**NOT VALID**

## APPENDIX Article 8 - Gestures



**HAJIME ⇔ SORE-MADE**



**KACHI**



**TO AWARD A PENALTY**



**NON COMBATIVITY**



**FALSE ATTACK**



**TO CALL THE DOCTOR**



**PENALTY FOR BLOCKING  
ATTITUDE**



**PENALTY FOR CROSS &  
ONE SIDE GRIPPING**



**PENALTY FOR REFUSING  
KUMIKATA PULLING LAPEL**

**APPENDIX Article 8 - Gestures**



**SHIDO FOR STEPPING OUTSIDE**



**STAND UP**



**PENALTY FOR PISTOL GRIP  
PISTOL GRIP ACTION**



**PENALTY FOR FINGERS  
INSIDE SLEEVE**



**PENALTY FOR LEG GRABBING**



**AWARDING A PENALTY**



**PENALTY FOR STEPPING  
OUTSIDE**

**APPENDIX Article 8 - Gestures**



**STAND UP**



**OSAEKOMI**



**TOKETA**



**SONO-MAMA ⇔ YOSHI**



**CALLING THE DOCTOR**



**CANCELLING EXPRESSED  
OPINION**



**FALSE ATTACK**



**KACHI ⇔ WINNER**

## ARTICLE 9 - Location (Valid Areas)

The contest shall be fought in the contest area. A throwing action must be initiated when both contestants are inside or at least Tori is in contact with the contest area. Any technique applied when both contestants are outside the contest area shall not be recognised.

All actions are valid and may continue (No *Mate*) as long as either contestant has some part of their body touching the contest area.

### Exceptions:

- a) When a throw is started with only one contestant in contact with the contest area, but during the action, both contestants move outside the contest area, the action may be considered for point scoring purposes if the throwing action continues uninterrupted.

Similarly, any immediate counter technique by the player who was not in contact with the contest area when the throwing action started may be considered for point scoring purposes if the action continues uninterrupted.

- b) In *Newaza* the action is valid and may continue outside of the contest area as long as *Osaekomi* was called inside.
- c) *Osaekomi* outside the contest area if the throwing action is finished outside the competition area and immediately one of the players applies *Osaekomi*, *Shime-waza* or *Kansetsu-waza*, this technique shall be valid. If during the *Ne-waza Uke*, takes over the control with one of these nominated techniques in a continuous succession, it shall also be valid.

The *Kansetsu-waza* and *Shime-waza* initiated inside the contest area and recognized as being effective to the opponent can be maintained even if the contestants are outside the contest area.

## APPENDIX Article 9 - Location (Valid Areas)

Once the contest has started, the contestants may only leave the competition area if given permission to do so by the Referee. Permission will only be given in very exceptional circumstances, such as the necessity to change a *Judogi* or which has become damaged or soiled.

## ARTICLE 10 - Duration of the Contest

1.- The duration of the contests and the contest form shall be determined according to the rules of the tournament.

For all Championships held under the responsibility of the IJF the time duration of the contests and resting time between contests will be referred on the SOR and these Rules.

This regulation will provide guidance and guidelines to follow both National Championships and the rest of Official Tournaments.

<b>Senior Men / Team:</b>	5 minutes real contest time
<b>Senior Women / Team:</b>	4 minutes real contest time
<b>Junior under 21 Men and Women /Team:</b>	4 minutes real contest time
<b>Cadet under 18 Men and Women / Team:</b>	4 minutes real contest time

2.- Any contestant is entitled to a 10 minutes rest between contests.

3.- The Referee should be aware of the duration of the contest before coming onto the competition area.

4.- The minimum of age required to participate in official competitions of the IJF is 15 years, as recorded on the SOR.

## ARTICLE 11 - Time Out

The time elapsed between the announcement of *Mate* and *Hajime* and between *Sono-mama* and *Yoshi* by the Referee shall not count as part of the duration of the contest.

## ARTICLE 12 - Time Signal

The end of the time allotted for the contest shall be indicated to the Referee by the ringing of a bell or other similar audible signal.

### APPENDIX Article 12 - Time signal

When using several competition areas at the same time - the use of different audible signals is required.

The time signal must be sufficiently loud to be heard over the noise of the spectators.

## **ARTICLE 13 - Osaekomi Time**

### **1.- Equivalences.**

- a) **Ippon**: Total of 20 seconds.
- b) **Waza-ari**: 15 seconds or more but less than 20 seconds.
- c) **Yuko**: 10 seconds or more but less than 15 seconds.

### **2.- Simultaneous Osaekomi with the time signal.**

When *Osaekomi* is announced simultaneously with the bell or similar audible device indicating the time signal allotted for the contest, or when the remaining time is insufficient to allow for the completion of the *Osaekomi*, the time allotted for the contest shall be extended until either *Ippon* (or equivalence) is announced or the Referee announces *Toketa* or *Mate*.

During that time the contestant who receives the *Osaekomi* (*Uke*), can counterattack by applying *Shime-waza* or *Kansetsu-waza*. In case of getting a give up or incapacity of the contestant making the *Osaekomi* (*Tori*), the one who's under *Osaekomi* (*Uke*) will win the contest by *Ippon*.

## **ARTICLE 14 - Technique coinciding with the Time signal**

- 1.- Any immediate result of a technique started simultaneously with the time signal shall be valid.
- 2.- Although a throwing technique may be applied simultaneously with the bell, if the Referee decides that it will not be effective immediately, he shall announce *Sore-made*, without any value for scoring purposes.
- 3.- Any technique applied after the ringing of the bell to indicate the expiry of the time of the contest shall not be valid, even if the Referee has not yet announced *Sore-made*.
- 4.- In the case of *Osaekomi* announced simultaneously with the time signal, the Referee shall act as regulated in Article 13.2.

## **ARTICLE 15 - Start of the Contest**

- 1.- The central Referee and the table Referees shall always be in position to start the contest before the arrival on the contest area of the contestants.

In individual competitions the central Referee shall be at the centre, 2m back from the line from which the contestants start, and shall be facing the timekeepers' table. And the other 2 Referees will be seated in their respective table.

In team competitions, before the start of the contests from every encounter, it shall proceed to the bowing ceremony between the two teams as follows:

a.- The central Referee will remain in the same place as in the individual competitions. At his indication the two teams will come in on the side allotted, in line for the outer edge of contest area, in descending order and the heaviest weight being closer to the Referee, standing face to face team.

b.- Upon order of the Referee the two (2) teams, after bowing when entering the contest area, will move ahead to the starting position on the mat.

c.- The Referee shall order the teams turn towards *Joseki*, extending his arms in parallel forward, with open palms, and will announce *Rei*, to be held simultaneously by all components of both teams. The Referee shall not bow.

d.- Then the Referee shall order, in a gesture of arms at right angles forearms up and palms facing each other "*OTAGAI-NI*" (bow to each other), the two teams again be face to face, announcing *Rei*, to be held the same way as in the previous section.

e.- After finishing the bowing ceremony the components of the two teams will come out through the same place which they entered, waiting, on the outer edge centred of the contest area, the contestants of each team must make the first contest. In each contest they will perform the same procedure of bowing that in individual competition.

f.- After finishing the last contest of the encounter, the Referee will order the teams to proceed as described in paragraph a and b, announcing, then the winner. The bowing ceremony will be held in the reverse order of the start, bowing first to each other and, finally, to *Joseki*.

2.- The contestants are free to bow when entering or leaving the contest area, although it is not compulsory.

When entering the *Tatami* area, fighters should walk to the entrance of the contest area at the same time.

The contestants must not shake hands before the start of the contest.

3.- The contestants shall then walk to the centre of the edge of the contest area (on the safety area) at their respective side according the fighting order (first called on the right side and second called on the left side of the Referee's position), and remain standing there. At the signal from the Referee, the contestants shall move forward to their respective starting positions and bow simultaneously towards each other and take a step forward from the left foot. Once the contest is over and the Referee has awarded the result, the contestants shall simultaneously take a step back from the right foot and bow to each other.

If the contestants do not bow or do so incorrectly (it will be everyone who does not have an angle of 30 degrees measured from the waist), the Referee shall direct the contestants to do so. It is very important to perform the bow in a very correct way.

4.- The contest shall always begin in the standing position when the Referee announces *Hajime*.

5.- The accredited doctor may request that the Referee stops the contest in the cases and with the consequences regulated in Article 29.

6.- The IJF has decided to regulate the functions of the coaches during the fights. This measure will apply to all the competitions organized by the IJF and giving access to the World Ranking list.

Coaches must be seated in the reserved site for them before starting the fight.

a) - Coaches are not allowed to give indications to the contestants while they are fighting.

b) - Only during the pause time (between *Mate* and *Hajime*), coaches will be permitted to give indications to their contestants.

c) - After the pause is finished, and the fight continues (*Hajime*), coaches will have to keep silence again and no gesturing.

d) - If a coach doesn't follow this rule, he will get a first WARNING.

e). If the coach starts the same attitude again, he will receive a second WARNING and will be expelled from the competition area and may not be replaced during this fight.

f) - If the coach persists with his behavior from outside the competition area, he will be penalized. The sanction may bring an accreditation withdrawal.

7.- The members of the Refereeing Commission may interrupt the contest.

The IJF Jury will interfere only when there is a mistake that needs to be rectified.

The intervention and any change to the decisions of the Referees by the IJF Jury will be made only in exceptional circumstances. The IJF Jury will interfere only when they consider it to be necessary.

IJF Jury, like Referees, must be of different nationalities to the athletes on the mat.

There is no appeal process for coaches, but they can approach the IJF Jury table to watch the reason for the change to the final decision.

## ARTICLE 16 - Entry into *Newaza*

1.- The contestants shall be able change from *Tachi-waza* to *Newaza* as far as it is done by one of the cases referred to in this Article. However, if the technique used is not continuous, the Referee shall announce *Mate* and order both contestants to resume the fight from the standing position.

2.- Situations that allows the passage from *Tachi-waza* to *Newaza*.

a.- When a contestant, after obtaining some result by a throwing technique changes without interruption into *Newaza* and takes the offensive.

b.- When one of the contestants falls to the ground, following the unsuccessful application of a throwing technique the other may take advantage of his opponent's position to take him to the ground.

c.- When one contestant obtains some considerable effect by applying a *Shime-waza* or *Kansetsu-waza* in the standing position and then changes without interruption to *Newaza*.

d.- When one contestant takes his opponent down into *Newaza* by the particularly skilful application of a movement which does not qualify as a throwing technique.

e.- In any other case where one contestant falls down or is about to fall down, not covered by the preceding sub-sections of this article, the other contestant may take advantage of his opponent's unbalanced position to go into *Newaza*.

3.- Exceptions.

a.- When one contestant pulls his opponent down into *Newaza* not in accordance with Article 16 paragraph 2 and his opponent does not take advantage of this to continue into *Newaza*, the Referee shall announce *Mate*, and penalise with *Shido* the contestant who has infringed Article 27.7. If the opponent takes advantage of the action of *Tori*, the *Newaza* work may continue.

## ARTICLE 17 - Application of *Mate*

### 1.- General.

The Referee shall announce *Mate* in order to stop the contest temporarily in the situations covered by this article, the contestants must then quickly return to their starting positions as defined in paragraph 3 of Article 1 of these Rules. To recommence the contest, the Referee shall announce *Hajime*:

Except when a *Mate* must be given for a *Shido* to the fighter deserving it, contestants will remain in place, without having to return to the starting position (*Mate – Shido – Hajime*) unless when a *Shido* is given for leaving the contest area.

The Referee having announced *Mate*, must take care to maintain the contestants within his view, in case they did not hear the announcement and continue fighting or if any other incident arises.

### 2.- Situations where the Referee shall announce *Mate*.

- a.- When both contestants go completely outside the contest area.
- b.- When one or both of the contestants perform one of the prohibited acts listed in Article 27 of these Rules.
- c.- When one or both of the contestants are injured or taken ill. Should any of the situations of article 29 occur, the Referee, after announcing *Mate*, shall call the doctor to perform the necessary medical attention according to said article, either upon the request of the contestant, or directly depending on the seriousness of the injury, allowing the contestant(s), in order to facilitate performance, to adopt any position other than the starting position.
- d.- When it is necessary for one or both of the contestants to adjust their *Judogi*.
- e.- When during *Newaza* there is no evident progress.
- f.- When one contestant regains a standing or semi-standing position from *Newaza* bearing his opponent on his back, with the hands completely clear of the *Tatami*, indicating a loss of control by the opponent.
- g.- When one contestant in, or from *Newaza* regains a standing position and lifts the opponent, who is lying on the back with one (1) or both legs around any part of the standing contestant, clear of the *Tatami*.
- h.- When a contestant performs or attempts to perform *Kansetsu-waza* or *Shime-waza* from the standing position and the result is not sufficiently apparent.

i.- When one of the contestants starts or perform any preparatory moves of a kind of fighting or wrestling technique (not genuine *Judo*) the Referee shall call immediately *Mate*, trying to stop and not to let the contestant who performs, finishes the action.

j.- When in any other case that the Referee deems it necessary to do so.

### 3.- Situations where the Referee shall not announce *Mate*.

a.- The Referee should not call *Mate* to stop the contestant(s) going outside the contest area, unless the situation is considered dangerous.

b.- The Referee should not announce *Mate* when a contestant, who has escaped from *Osaekomi-waza*, *Shime-waza* or *Kansetsu-waza*, appears in need of or calls for a rest.

### 4.- Exceptional situations.

a.- Should the Referee call *Mate* in error during *Newaza* and the contestants therefore separate, the Referee may, if possible, and in accordance with the "majority of three" rule, re-position the contestants into as close to their original position as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

## **ARTICLE 18 – *Sono-mama***

1.- In any case where the Referee wishes to temporarily stop the contest without causing a change in their positions, he shall announce *Sono-mama*, making the gesture under Article 8.9 while he must ensure that there is no change in the position or grip of either contestant.

2.- *Sono-mama* can only be applied in situations where contestants are working in *Newaza*.

### 3.- Situations:

a.- To award a penalty.

If the contestant who is awarded the penalty is in an unfavourable position, there is no *Sono-mama*: the penalty is awarded directly.

b.- Medical assistance.

If during *Newaza* a contestant shows signs of injury and according to Article 29 may be assisted by the doctor, the Referee may announce *Sono-mama* and separate the contestants if necessary.

Subsequently will place back the contestants to the positions they held before the announcement of *Sono-mama* being the Referee overseen by the table Referees according to the 'majority of three' rule.

4.- To recommence the contest, the Referee shall announce *Yoshi* making the gesture under Article 8.10.

## **ARTICLE 19 - End of the Contest**

1.- The Referee shall announce *Sore-made* to indicate the end of contest in the cases covered in this article. After this announce, the Referee shall always keep the contestants within his view, in case they do not hear his announcement and continue fighting.

The Referee shall direct the contestants to adjust their *Judogis*, if necessary, prior to indicating the result.

After the Referee has indicated the result of the contest making the gesture under Article 8, the contestants shall take one step backwards, make the bow and leave the contest area by the sides of the mat, particularly around the security area.

When the athletes are leaving the mat they must be wearing their *Judogi* in the proper way and must not remove any part of the *Judogi* or the belt before leaving the FOP (Field Of Play).

Should the Referee award the victory to the wrong contestant in error, the two table Referees must ensure that he changes this erroneous decision before the Referee leave the competition area, at which the decision becomes firm without possible modification. If a member of the Refereeing Commission would notice the error may call them to indicate it, but shall be, as prescribed by the following paragraph, the 3 Referees to decide the most appropriate.

All actions and decisions taken in accordance with the “majority of three” rule by the Referees shall be final and without appeal.

### **2.- Situations of *Sore-made*.**

a.- When one contestant scores *Ippon* or *Waza-ari-awasete-Ippon* (Articles 20 and 21).

b.- In the case of *Kiken-gachi* (Article 28).

c.- In the case of *Hansoku-make* (Article 27).

d.- When one contestant cannot continue due to injury (Article 29).

e.- When the time allotted for the contest has expired.

### **3.- The Referee shall award the contest as follows:**

a.- Where one contestant has scored *Ippon* or equivalent, he shall be declared the winner.

b.- Where there has been no score of *Ippon* or equivalent, the winner shall be declared on the basis of: one *Waza-ari* prevails over any number of *Yukos*.

c.- Where there are no recorded scores or the scores are exactly the same under each point (*Waza-ari*, *Yuko*), the one with less *Shidos* wins. Otherwise the contest shall be decided by the “Golden Score” contest in both individual and team championships.

#### 4.- “Golden Score” Contest.

When the time allotted for the contest ends giving the circumstances of paragraph 3.c. of this article, the Referee shall announce “*Sore-made*” to end the contest temporarily and the contestants shall return to their starting positions.

There is no time limit for Golden Score but the scoreboard records from the previous period will be retained.

The Referee shall announce “*Hajime*” to restart the contest. There shall be no rest period between the end of the original contest and the start of the “**Golden Score**” contest.

The contest ends as soon as a contestant is being penalized by *Shido* (looser) or the opponent achieves a technical score (winner), the Referee will announce “*Sore-made*”.

The first receiving a *Shido* loses or the first technical score will win.

In the “Golden Score” contest, when one contestant is being held and “*Osaekomi*” has been announced, the Referee shall allow the hold down to continue for the 20 seconds (*Ippon*), until *Toketa* or *Mate*, or until *Shime-waza/Kansetsu-waza* is applied by either contestant with immediate result.

In this case, the contestant shall win by the points scored.

If during the “Golden Score” contest a direct *Hansoku-make* is given, the result for the penalised player will incur the same consequences as during a normal contest.

In the event that the Referee decides to penalise one contestant, he must first consult with the table Referees and make the decision based on the "majority of three rule".

#### 5.- Special situations on the “Golden Score”

a.- Should only one contestant exercise his right to fight the “Golden Score” contest, and the other contestant declines, the contestant who wishes to fight shall be declared the winner by “*Kiken-gachi*”.

b.- In the case where both contestants score *Ippon* simultaneously during the time allotted to the first contest, the contest shall be decided by the "Golden Score" contest. In the case of simultaneous *Ippon* during the "Golden Score" contest the Referee shall announce *Mate*, continuing the contest without taking into account these actions for scoring purposes.

c.- In the case where both contestants are penalised with accumulated *Hansoku-make* (result from successive *Shidos*) simultaneously, the contest shall be decided by the "Golden Score" contest.

d.- In the case where both contestants are penalised with direct *Hansoku-make* simultaneously, both contestants shall be excluded from the Tournament/Championship.

## 6.- CARE system

The CARE system as defined in these Rules and in the SOR, will fall under the exclusive competence of the Refereeing Commission, and no one may interfere or define its operation outside the rules here listed or, in what was not covered, by the decision made by the Refereeing Commission in this regard.

### Provides for the following situations of use:

a.- The Member of the Commission will intervene, stopping the contest and informing all the Referees, in the situations defined below.

b.- The member of the Commission may give a positive assessment to all Referees (without stopping the contest), when in his opinion, and after viewing both the live action followed by the CARE system replay, he is in agreement with all Referees.

Mandatory reviewing using the CARE system in support of the decision on the mat will be done under the following circumstances:

a.- Any decision involving the end of the contest, during the contest time as well as in the period of "Golden Score".

b.- *Kaeshi* actions where there may be difficulty in the assessment of which contestant had the final control of the action and thereby implying the end of the contest.

Viewing of the CARE system and subsequent communication with the Referees as regulated in this article shall be up to the discretion of the Referee Commission member that oversees the mat.

There shall be no unauthorised use or request of use of the CARE system other than by the Referees Commission.

## **ARTICLE 20 - *Ippon***

1.- The Referee shall announce *Ippon* when in his opinion the applied technique corresponds to the following criteria:

a.- When a contestant with control throws the other contestant with a real impact on his back with considerable force and speed. When the fall is rolled without real impact, it is not possible to consider it *Ippon*.

All situations in which one of the contestants deliberately makes a "bridge" (head and one foot or both feet in contact with the *Tatami*) after having been thrown will be considered *Ippon*. This decision is taken for the safety of the contestants so they do not try to escape from the technique and endanger their cervical spine.

Also an attempt of a bridge (*arching the body*) should be counted as a "bridge".

b.- When a contestant holds with *Osaekomi-waza* the other contestant, who is unable to get away for 20 seconds after the announcement of *Osaekomi*.

c.- When a contestant gives up by tapping twice (2) or more with his hand or foot or says *Maitta* (I give up!) generally as a result of *Osaekomi-waza*, *Shime-waza* or *Kansetsu-waza*.

d.- When a contestant is incapacitated by the effect of a *Shime-waza* or *Kansetsu-waza*.

## **2.- Equivalence.**

Should one contestant be penalised with *Hansoku-make*, the other contestant shall immediately be declared the winner with a score equivalent to *Ippon*.

## **3.- Special situations.**

a.- Simultaneous techniques. When both contestants fall to the *Tatami* after what appears to be simultaneous attacks and the Referees cannot decide which technique dominated there should be no score awarded.

b.- In the case where both contestants score simultaneous *Ippon* the Referee will act as regulated in article 19 paragraph 5.b.

## **ARTICLE 21 - *Waza-ari-awasete-Ippon***

Should one contestant gain a second *Waza-ari* in the contest, (see Article 23) the Referee shall announce *Waza-ari-awasete-Ippon*.

## **ARTICLE 22 - *Without Contents.***

### **ARTICLE 23 - *Waza-ari***

The Referee shall announce *Waza-ari* when in his opinion the applied technique corresponds to the following criteria:

- (a) When a contestant with control throws the other contestant, but the technique is partially lacking in one (1) of the other three (3) elements necessary for *Ippon* (see Article 20 (a)).
- (b) When a contestant holds with *Osaekomi-waza* the other contestant who is unable to get away for 15 seconds or more, but less than 20 seconds.

### **ARTICLE 24 - *Yuko***

The Referee shall announce *Yuko* when in his opinion the applied technique corresponds to the following criteria:

- (a) When a contestant with control throws the other contestant, but the technique is partially lacking in two (2) of the other three (3) elements necessary for *Ippon*.

When a contestant throws his opponent, with control, and the opponent falls on the side of the upper body it should be *Yuko*.

#### **Examples:**

- (1) Partially lacking in the element of "impact on the back" and is also partially lacking in one of the other two (2) elements of "speed" or "force".
  - (2) Impact on the back but partially lacking in both of the other two (2) elements of "speed" and "force".
- (b) When a contestant holds with *Osaekomi-waza* the other contestant who is unable to get away for 10 seconds or more but less than 15 seconds.

### **APPENDIX Article 24 - *Yuko***

Regardless of how many *Yukos* are announced, no amount will be considered equal to a *Waza-ari*. The total number announced will be recorded.

### **ARTICLE 25 - *Without Contents*.**

## **ARTICLE 26 - *Osaekomi-waza***

The Referee shall announce *Osaekomi* when in his opinion the applied technique corresponds with the following criteria:

- (a) The contestant being held must be controlled by his opponent and must have his back, both shoulders or one shoulder in contact with the *Tatami*.
- (b) The control can be made from the side, from the rear or from on top.
- (c) The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs.
- (d) At least one contestant must have some part of his body touching the contest area.
- (e) The contestant applying *Osaekomi* must have his body in either the *Kesa*, the *Shiho* or *Ura* position, i.e. similar to the techniques *Kesa-gatame*, *Kami-shiho-gatame* or *Ura-Gatame*.

## **APPENDIX Article 26 - *Osaekomi-waza***

Should a contestant who is controlling his opponent with an *Osaekomi-waza*, changed without losing control, into another *Osaekomi-waza*, the *Osaekomi* time will continue until the announcement of *Ippon* (or equivalence), *Toketa* or *Mate*.

When *Osaekomi* is being applied, if the contestant who is in an advantageous position commits an infringement meriting a penalty, the Referee shall announce *Mate*, return the contestants to their starting positions, award the penalty (and any score from the *Osaekomi*), then recommence the contest by announcing *Hajime*.

When *Osaekomi* is being applied, if the contestant who is in a disadvantageous position commits an infringement meriting a penalty, the Referee shall announce *Sono-mama*, award the penalty, then recommence the contest by touching both contestants and announcing *Yoshi*. However, should the penalty to be awarded be *Hansoku-make*, the Referee shall, after announcing *Sono-mama*, consult with the other Referees, announce *Mate* to return the contestants to their starting positions, then award *Hansoku-make* and end the contest by announcing *Sore-made*.

If both table Referees agree that an *Osaekomi* exists, but the central Referee has not announced *Osaekomi*, they shall inform the central Referee and by the "majority of three" rule, the Referee shall announce *Osaekomi* immediately.

*Toketa* should be announced if, during *Osaekomi*, the contestant being held succeeds in "scissoring" the other contestant's leg, either from above or from below the leg.

In situations where the back of the contestant being held is no longer in contact with the *Tatami*, (e.g. "bridging"), but the contestant applying the hold maintains control, the *Osaekomi* shall continue.

## ARTICLE 27 - Prohibited Acts and Penalties

The Prohibited Acts are divided into ‘**Slight**’ infringements (*Shido*) and ‘**Grave**’ infringements (*Hansoku-make*).

**SLIGHT INFRINGEMENTS:** Will receive a penalty of *Shido*.

**GRAVE INFRINGEMENTS:** Will receive a penalty of direct *Hansoku-make*.

The Referee shall award a penalty of *Shido* or *Hansoku-make* depending on the seriousness of the infringement.

During the fight there will be three *Shidos*, and the fourth will be *Hansoku-make* (3 warnings and then disqualification). *Shidos* do not give points to the other fighter, only technical scores can give points on the scoreboard. At the end of the fight, if scoring is equal on the scoreboard, the one with less *Shidos* wins. If the fight continues to Golden Score, the first receiving a *Shido* loses, or the first technical score will win.

*Shido* will be given to the fighter deserving it, in place, without having both fighters return to the formal start position (*Mate – Shido – Hajime*) except when a *Shido* is given for leaving the contest area.

The awarding of a direct *Hansoku-make* means the contestant is disqualified for the contest and excluded from the Competition in certain serious cases, and the contest ends according to the Article 19 (c). (See Appendix).

Whenever a Referee awards a penalty, he should demonstrate with a simple gesture the reason for the penalty.

A penalty can be awarded after the announcement of *Sore-made* for any prohibited act done during the time allotted for the contest or, in some exceptional situations, for serious acts done after the signal to end the contest, as long as the decision has not been given.

### **SHIDO (Slight Infringements Group)**

**(a) *Shido*** is given to any contestant who has committed a slight infringement:

1)	To intentionally avoid taking <i>Kumikata</i> in order to prevent action in the contest.
2)	To adopt in a standing position, after <i>Kumikata</i> , an excessively defensive posture. (Generally more than 5 seconds).
3)	To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (False attack). False attacks are defined as: <i>Tori</i> has no intention of throwing.

	<p><i>Tori</i> attacks without <i>Kumikata</i> or immediately releases the <i>Kumikata</i>.  <i>Tori</i> makes a single attack or a number of repeated attacks with no breaking of <i>Uke</i>'s balance.  <i>Tori</i> puts a leg in between <i>Uke</i>'s legs to block the possibility of an attack.</p>
4)	In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve end(s).
5)	In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, in order to prevent action in the contest. (Generally more than 5 seconds), or to take the wrist or the hands of the opponent only to avoid the grip or the attack on him should be penalized by <i>Shido</i> .
6)	To intentionally disarrange his own <i>Judogi</i> or to untie or retie the belt or the trousers without the Referee's permission.
7)	To pull the opponent down in order to start <i>Newaza</i> unless in accordance with Article 16.
8)	To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers.
9)	In a standing position to take any grip other than a "normal" grip without attacking. (Generally more than 5 seconds).
10)	In a standing position, before or after <i>Kumikata</i> has been established, not to make any attacking moves. (See Appendix Non-combativity).
11)	To hold the opponent's sleeve end(s) between the thumb and the fingers ("Pistol" grip).
12)	To hold the opponent's sleeve end(s) by folding it over ("Pocket" grip). 'Pistol' and 'Pocket Grip' on the bottom of the sleeve without immediate attack is penalized by <i>Shido</i> .
13)	To hug the opponent for a throw (Bear hug). However it is not a <i>Shido</i> when a contestant, <i>Tori</i> or <i>Uke</i> has <i>Kumikata</i> with a minimum of one hand, either <i>Tori</i> or <i>Uke</i> has the possibility to hug the opponent for a throw (Bear hug). No <i>Shido</i> .
14)	To encircle the end of the belt or jacket around any part of the opponent's body.
15)	To take the <i>Judogi</i> in the mouth. (either his own or his opponent's <i>Judogi</i> ).
16)	To put a hand, arm, foot or leg directly on the opponent's face.
17)	To put a foot or a leg in the opponent's belt, collar or lapel.
18)	To apply <i>Shime-waza</i> using either your own or your opponents belt or bottom of the jacket, or using only the fingers.
19)	<p>To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in <i>Newaza</i>. (See Article 9 - "Exceptions").</p> <p>If a contestant puts one foot outside of the contest area without immediate attack or not returning immediately inside the contest area is penalized by <i>Shido</i>. Two feet outside the contest area is penalized by <i>Shido</i>.  If the contestant is pushed outside the contest area by his opponent, then the opponent will receive ta <i>Shido</i>.</p> <p><i>(If the fighters leave the contest area, they are not penalized by Shido when the attack is engaged in a valid position)</i></p>
20)	To apply leg scissors to the opponent's trunk ( <i>Dojime</i> ), neck or head. (Scissor with crossed feet, while stretching out the legs).

21	To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip or to kick the opponent's leg or ankle without applying any technique
22	To bend back the opponent's finger(s) in order to break his grip.
23	Breaking the grip of the opponent with 2 hands.
24	Cover the edge of the <i>Judogi</i> jacket to prevent the grip.
25	To force the opponent with either one or both arms to take a bending position without immediate attack will be penalized by <i>Shido</i> for a blocking attitude.

### **HANSOKU-MAKE (Grave Infringements Group)**

**(b) *Hansoku-make*** is given to any contestant who has committed a Grave Infringement (or who having been given three (3) *Shidos*, commits a further Slight Infringement):

1)	To apply <i>Kawazu-gake</i> . (To throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards onto him).
2)	To apply <i>Kansetsu-waza</i> anywhere other than to the elbow joint.
3)	To lift off the <i>Tatami</i> the opponent who is lying on the <i>Tatami</i> and to drive him back onto the <i>Tatami</i> .
4)	To reap the opponents supporting leg from the inside when the opponent is applying a technique such as <i>Harai-goshi</i> etc.
5)	To disregard the Referee's instructions.
6)	To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest.
7)	To make any action which may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo.
8)	To fall directly to the <i>Tatami</i> while applying or attempting to apply techniques such as <i>Ude-hishigi-waki-gatame</i> .
9)	To "dive" head first, onto the <i>Tatami</i> by bending forward and downward while performing or attempting to perform techniques such as <i>Uchi-mata</i> , <i>Harai-goshi</i> , etc. or to fall directly backwards while performing or attempting to perform techniques such as <i>Kata-Guruma</i> whether standing or kneeling.
10)	To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.
11)	To wear a hard or metallic object (covered or not).
12)	All attacks or blocking with one or two hands or with one or two arms below the belt in <i>Tachi-Waza</i> will be penalized by <i>Hansoku-make</i> . It is possible to grip the leg only when the two opponents are in a clear <i>Newaza</i> position and the <i>Tachi-Waza</i> action has stopped.
13)	Any action against the spirit of Judo may be punished by a direct <i>Hansoku-make</i> at any time in the contest.

When a contestant has repeated slight infringements and is to be penalised with his fourth (4<sup>th</sup>) *Shido* the Referee, after consultation with the other Referees, shall give the contestant "*Hansoku-make*", that is to say that the 4th *Shido* is not announced as "*Shido*", but shall be announced directly as "*Hansoku-make*". The contest ends according to the Article 19 (c).

## **APPENDIX Article 27 - Prohibited Acts and Penalties**

Referees are authorised to award penalties according to the "intent" or situation and in the best interest of the sport.

Should the central Referee decide to penalise the contestant(s), (except in the case of *Sono-mama* in *Newaza*) he shall temporarily stop the contest by announcing *Mate*, return the contestants to their starting positions and announce the penalty while pointing to the contestant(s) who committed the prohibited act.

Before awarding *Hansoku-make*, the Referee must consult with the other Referees and make his decision in accordance with the "majority of three" rule. Where both contestants infringe the rules at the same time, each should be awarded a penalty according to the seriousness of the infringement.

Where both contestants have been given three (3) *Shidos* and subsequently each receives a further penalty, they should both be declared *Hansoku-make*.

A penalty in *Newaza* should be applied in the same manner as in *Osaekomi* (Article 26 Appendix, the 2<sup>nd</sup> and 3<sup>rd</sup> paragraphs).

### **(a) *Shido*.-**

- 1) When a contestant is breaking three times in the period of *Kumi-Kata* the grip of his opponent, the Referee should penalize this contestant with *Shido*.
- 7) Where one contestant pulls his opponent down into *Newaza* not in accordance with Article 16 and his opponent does not take advantage of this to continue into *Newaza*, the Referee shall announce *Mate* and give *Shido* to the contestant who has infringed Article 16 (*without returning to the starting position*).
- 9) "Normal" *Kumikata* is taking hold the right side of the opponent's *Judogi*, be it the sleeve, collar, chest area, top of the shoulder or back with the left hand and with the right hand the left side of the opponent's *Judogi* be it the sleeve, collar, chest area, top of the shoulder or back and always above the belt or vice versa.

If a contestant continues to take an abnormal *Kumikata*, the time allowed may be progressively reduced, and even to a "direct penalty" of *Shido*.

As long as a contestant makes a cross grip, that means with two hands, one hand on the opposite side of the back, shoulder or arm of the other contestant, he should attack immediately or the Referee must penalize

with *Shido*. Under no circumstances it is permitted to grab below the belt.

Cross gripping should be followed by an immediate attack. Same rule as for belt gripping and one side gripping.

A contestant should not be penalised for holding with an abnormal grip if the situation has been brought about by his opponent ducking his head beneath the holder's arm. However, if a contestant is continually "ducking" this way, the Referee should give consideration as to whether he is adopting an "excessively defensive posture" (2).

Hooking one leg between the opponent's legs unless simultaneously attempting a throwing technique is not considered to be the normal *Kumikata* and the contestant must attack within 5 seconds or the contestant will be penalised with "*Shido*".

- 10) "Non-combativity" may be taken to exist when in general, for approximately 25 seconds; there have been no attacking actions on the part of one or both contestants.  
Non-combativity should not be awarded when there are no attacking actions, if the Referee considers that the contestant is genuinely looking for the opportunity to attack.

The Referees should penalize strictly the contestant who does not engage in a quick *Kumikata* or who tries not to be gripped by the opponent.

- 14) The act of "encircling" means that the belt or jacket must completely encircle. Using the belt or jacket as an "anchor" for a grip (without encircling), e.g. to trap the opponent's arm, should not be penalised.
- 16) The face means the area within the line bordered by the forehead, the front of the ears and the jaw-line.
- 18) Point 18 will be strictly observed for *Shime-waza* is not allowed with either your own or your opponents belt or bottom of the jacket, or using only the fingers.

**(b) *Hansoku-make*.**

- 1) Even if the thrower twists/turns during the throwing action, this should still be considered "*Kawazu-gake*" and be penalised.

Techniques such as *Osoto-gari*, *Ouchi-gari*, and *Uchi-mata* where the foot/leg is entwined with opponent's leg will be permitted and should be scored.

- 2) *Kansetsu-waza* is authorized for Cadets.
- 8) To attempt such throws as *Harai-goshi*, *Uchi-mata*, etc., with only one hand gripping the opponent's lapel from a position resembling *Ude-hishigi-waki-gatame* (in which the wrist of the opponent is trapped beneath the thrower's armpit) and deliberately falling, face down, onto the *Tatami* is

likely to cause injury and will be penalised. No intent to throw an opponent cleanly onto his back is a dangerous action and will be treated in the same way as *Ude-hishigi-waki-gatame*.

**Strict application of the Refereeing Rules in the following fields.-**

**FORBIDDEN: Grips of legs and blocking:**

All direct attacks or blocking with one or two hands or with one or two arms below the belt are prohibited.

Penalty: First attack: **HANSOKUMAKE**

Examples:



**HANSOKUMAKE BLUE**



**HANSOKUMAKE BLUE**



**HANSOKUMAKE BLUE**



**HANSOKUMAKE BLUE**



**HANSOKUMAKE BLUE**

**EXTREME DEFENSIVE POSITION:**



**SHIDO FOR BOTH**

## **ARTICLE 28 - Default and Withdrawal**

The decision of *Fusen-gachi* shall be given to any contestant whose opponent does not appear for his contest. A contestant, who is not at his starting position after three (3) calls at one (1) minute intervals, will forfeit the contest.

### **Punctuality for contests ('30 seconds rule')- Applies to all IJF events.**

Forfeit of a fight: If one contestant is ready on time and the Referee Commission see that his opponent is not present they will ask the speaker to announce '**the last call for missing athlete**' (there will no longer be three calls at one minute intervals).

The Referee will then invite the prepared contestant to wait at the edge of the competition area. The scoreboard will start to count down **30 seconds**. If at the end of 30 seconds the opponent is still not present the mat Referee will invite the athlete to enter the competition area and will be declared the winner by *Fusen-gachi*.

The athlete forfeiting a match may participate in the repechage provided the IJF jury find that certain criteria are fulfilled.

The Referees must be sure before awarding *Fusen-gachi* that they have received the authority to do so by the Refereeing Commission.

The decision of *Kiken-gachi* shall be given to any contestant whose opponent withdraws from the competition for any reason, during the contest.

## **APPENDIX Article 28 - Default and Withdrawal**

Soft contact lens: - In the event that a contestant loses his contact lens during the contest and cannot immediately recover them, and if he then informs the Referee that he cannot continue competing without the contact lens, the Referee shall give the victory to his opponent by *Kiken-gachi* after consulting with the table Referees.

## **ARTICLE 29 - Injury, Illness or Accident**

The decision of the contest where one contestant is unable to continue because of injury, illness or accident during the contest shall be given by the Referee after consultation with the other Referees according to the following clauses:

### **a) Injury**

- (1) Where the cause of the injury is attributed to the injured contestant he shall lose the contest.
- (2) Where the cause of the injury is attributed to the uninjured contestant the uninjured contestant shall lose the contest.
- (3) Where it is impossible to determine which of the contestants was the cause of the injury, the contestant unable to continue shall lose the contest.

### **b) Sickness**

Generally, where one contestant is taken sick during a contest and is unable to continue, he shall lose the contest.

### **c) Accident**

Where an accident occurs which is due to an outside influence (force majeure), after consulting with the Referee Commission, the contest shall be considered cancelled or postponed. In those cases of 'force majeure', the Sports Director, the Sports Commission and/or the IJF Jury will take the final decision.

## **Medical Examinations**

- a)** The Referee shall call the Doctor to attend to a contestant who has received a severe impact to the head or back (spinal column), or whenever the Referee has reason to believe there may be a grave or serious injury. In either case, the Doctor will examine the contestant in the shortest time possible and indicate to the Referee whether the contestant can continue or not.

If the Doctor, after examining an injured contestant, advises the Referees that the contestant cannot continue the contest the Referee, after consultation with the other Referees, shall end the contest and declare the opponent to be the winner by *Kiken-gachi*.

- b)** The contestant may ask the Referee to call for the doctor, but in this case the contest is terminated, and his opponent shall win by *Kiken-gachi*.
- c)** The Doctor may also ask to attend to his contestant, but in this case the contest is terminated, and the opponent will win by *Kiken-gachi*.

In any case whenever the Referees are of the opinion that the contest should not continue, the central Referee shall end the contest and indicate the result in accordance with the rules.

## **BLEEDING INJURIES**

When a bleeding injury occurs, the Referee shall call the Doctor to assist the contestant in stopping and isolating the bleeding.

In cases of bleeding, for health reasons, the Referee shall call for the Doctor; it is not allowed to compete while bleeding.

However, the same bleeding injury may be treated by the Doctor on two (2) occasions. The third (3rd) time that the same bleeding injury occurs, the Referee, after previous consultation with the other Referees, shall end the contest for the contestant's own safety and he shall declare the opponent to be the winner by *Kiken-gachi*.

In any case where the bleeding cannot be contained and isolated, the opponent shall be the winner by *Kiken-gachi*.

### **Minor Injuries.-**

A minor injury may be treated by the contestant himself.

For example in the case of a dislocated finger, the Referee shall stop the contest (by calling *Mate* or *Sono-mama*) and allow the contestant to reset the dislocated finger. This action should be done immediately with no assistance from the Referee or the Doctor and the contestant can continue in the contest.

The contestant will be allowed to reset the same finger on two (2) occasions. If the same dislocation occurs a third (3rd) time, the contestant shall not be considered to be in condition to continue in the contest. The Referee, after previous consultation with the table Referees, shall end the contest and declare the opponent to be the winner by *Kiken-gachi*.

## **APPENDIX Article 29 - Injury, Illness or Accident**

If during the contest a contestant is injured due to an action by the opponent and the injured contestant cannot continue, the Referees should analyse the case and make a decision based on the rules. Each case shall be decided on its own merit.

(See paragraph: **a) Injury** 1, 2 and 3).

Generally only one (1) Doctor for each contestant is allowed on the competition area. Should a Doctor require an assistant(s), the Referee must first be informed.

The coach is never allowed on the competition area.

The Referee shall draw near to the injured contestant to ensure that the assistance provided by the Doctor is within the Rules.

However the Referee may consult with the other Referees in case he needs to comment on any decision.

### **Medical Assistance.-**

**a) In a minor injury.-**

In the case of a broken nail, the Doctor is allowed to assist in cutting the nail.

The Doctor may also help in adjusting a Scrotum injury (testicles).

**b) In a bleeding injury.-**

For safety measures whenever there is blood it must always be completely isolated with the assistance of the Doctor by means of adhesive tape, bandages, nasal tampons, (the use blood clotters and haemostatics products is permitted).

When the Doctor is called to assist a contestant, such medical assistance should be given as quickly as possible.

**Note:** With the exception of the above situations, if the Doctor applies any treatment the opponent shall win by *Kiken-gachi*.

### **Types of Vomiting.-**

Any type of vomiting by a contestant shall result in *Kiken-gachi* for the other contestant.

(See paragraph: **b) Sickness**).

In the case where a contestant through a deliberate action causes an injury to the opponent, the penalty given to the contestant inflicting the injury on the opponent shall be a direct *Hansoku-make*, apart from any other disciplinary action which may be taken by the Sports Director, the Sports Commission and/or the IJF Jury.

When a Doctor clearly realises - especially in the case of *Shime-waza* - that there is a serious danger to the health of one of the contestant that he is responsible for, he can go to the edge of the competition area and call upon the Referees to immediately stop the contest. The Referees shall take all necessary steps to assist the Doctor. Such an intervention will necessarily mean the loss of the contest for his contestant and should therefore only be taken in extreme cases.

If a Cadet loses consciousness during *Shime-waza* they are no longer able to continue in the competition.

At the IJF Championships, the official team Doctor shall have a medical degree and must register prior to the competition. He shall be the only person allowed to sit in the designated area and must be so identified.  
e.g. by wearing a Red Cross arm-band or waistcoat.

When accrediting a Doctor for their team, the National Federations must take the responsibility for the actions of their Doctors.

The Doctors must be aware of any amendments and the interpretations of the Rules.

### **ARTICLE 30 - Situations not Covered by the Rules**

Where any situation arises which is not covered by these rules, it shall be dealt with and a decision given by the Referees after consultation with the Refereeing Commission.

## GLOSSARY OF JAPANESE TERMS

Japanese	English
ANZA	Sitting cross-legged
ASHI-WAZA	Foot or leg techniques
ATEMI-WAZA	Striking techniques
AWASE-WAZA	Combination of two Waza-aris
DAN'I	Dan grade
DOJO	Training hall
ENCHO-SEN	Extended match (e.g. Golden Score Contest)
FUKUSHIN	Judge ( <i>now table Referee</i> )
FUSEN-GACHI	Win by default
HAISHA	Loser
"HAJIME!"	"Start!"
HANSOKU	Violation
HANSOKU-MAKE	Defeat by grave infringement or accumulated light penalties
HANTEI	Decision / Judging
HIDARI-JIGO-TAI	Left defensive posture
HIDARI-SHIZEN-TAI	Left natural posture
HIKITE	Pulling hand
HIKIWAKE	Draw
IPPON	Complete point
JIGO-HONTAI	Straight defensive posture
JIGO-TAI	Defensive posture
JIKU-ASHI	Support leg
JOGAI	Outside contest area
JONAI	Inside contest area
JOSEKI	Upper Seats
JUDOGI	Judo uniform
KACHI	Winner
KAESHI-WAZA	Counter techniques
KAKE	Execution of techniques
KANSETSU-WAZA	Joint locks
KAPPO	Resuscitation method
KATA	Forms
KATAME-WAZA	Grappling techniques
KATSU	Technique of Kappo
KEIKO	Training / Practice
KIKEN-GACHI	Win by withdrawal
KIME	Complete execution
KINSA	Slight superiority or inferiority
KINSHI-WAZA	Prohibited techniques
"KIOTSUKE!"	"Attention!" (Word of command to make persons Stand straight up, closed heels)

## GLOSSARY OF JAPANESE TERMS

Japanese	English
KOKA	Effect / Minor score
KOSHI-WAZA	Hip techniques
KUMIKATA	Taking grips
KUZUSHI	Balance breaking
KYUSHO	Vital point
MA'AI	Distance between two contestants
"MAITTA!"	"I give up!"
MA-SUTEMI-WAZA	Supine sacrifice techniques
MATE	Wait
MIGI-JIGO-TAI	Right defensive posture
MIGI-SHIZEN-TAI	Right natural posture
NAGEKOMI	Repetitive throwing practice
NAGE-WAZA	Throwing techniques
NEWAZA	Ground work
OSAEKOMI-WAZA	Hold down techniques
"OSAEKOMI!"	"Hold is on!"
"OTAGAI-NI-REI!"	"Bow to each other!"
RANDORI	Free sparring
RENRAKU-WAZA	Combination of several techniques
REI	Bow
RITSU-REI	Standing bow
SEIZA	Sitting square / Formal sitting
SHIAI	Match / Bout
SHIAI-JO	Competition area
SHIDO	Instruction / Light penalty
SHIME-WAZA	Strangling techniques
SHIMPAN	Refereeing
SHIMPAN'IN	Referees
SHIMPAN RIJI	Refereeing Director
SHISEI	Posture
SHIZEN-TAI	Natural posture
SHIZEN-HONTAI	Straight natural posture
SHOMEN	Dojo front / Upper Seats
"SHOMEN-NI-REI!"	"Bow towards Shomen!"
SHOSHA	Winner
SHUSHIN	Referee
SOGO-GACHI	Combined win
"SONO-MAMA!"	"Do not move / Hold positions!"
"SORE-MADE!"	"Time is up!"
SUTEMI-WAZA	Sacrifice techniques

## GLOSSARY OF JAPANESE TERMS

Japanese	English
TACHI-WAZA	Standing techniques
TAI-SABAKI	Body shifting / Body control
TATAMI	Mat
TE-WAZA	Hand techniques
“TOKETA!”	“Hold-down broken!”
TORI	Player executing technique
TSUKURI	Set-up to execute technique
TSURITE	Lifting hand
UCHIKOMI	Repetition training
UDE-GAESHI	Arm locking throw / Arm reverse
UKE	Player receiving opponent’s attack
UKEMI	Break fall
WAZA	Techniques
WAZA-ARI	Technique exists / Great advantage
WAZA-ARI-AWASETE-IPPON	Two Waza-aris score Ippon
YAKUSOKU-RENSHU	Agreed-upon practice
YOKO-SUTEMI-WAZA	Side sacrifice techniques
“YOSHI!”	“Continue!”
YUKO	Effective / Moderate advantage
YUSEI-GACHI	Win by superior performance
ZA-REI	Seated bow



**IPPON**

**WAZA-ARI-AWASETE-  
IPPON**

**YUKO**



## NAMES OF JUDO TECHNIQUES

### NAGEWAZA

#### TACHI-WAZA

<b>TE-WAZA</b>		
Seoi-nage	Shoulder throw	SON
Tai-otoshi	Body drop	TOS
Kata-guruma	Shoulder wheel	KGU
Sukui-nage	Scooping throw	SUK
Uki-otoshi	Floating drop	UOT
Sumi-otoshi	Corner drop	SOT
Obi-otoshi	Belt drop	OOS
Seoi-otoshi	Shoulder drop	SOO
Yama-arashi	Mountain storm throw	YAS
Morote-gari	Two-hands reap	MGA
Kuchiki-taoshi	One-hand drop	KTA
Kibisu-gaeshi	Heel trip	KIG
Uchi-mata-sukashi	Inner thigh reaping throw slip	UMS
Kouchi-gaeshi	Small inner reaping throw counter	KOU
Ippon-seoi-nage	One-armed shoulder throw	ISN
Obitori-gaeshi	Belt-grab throw	OTG
<b>KOSHI-WAZA</b>		
Uki-goshi	Floating hip throw	UGO
O-goshi	Large hip throw	OGO
Koshi-guruma	Hip wheel	KOG
Tsurikomi-goshi	Lift-pull hip throw	TKG
Harai-goshi	Hip sweep	HRG
Tsuri-goshi	Lifting hip throw	TGO
Hane-goshi	Hip spring	HNG
Utsuri-goshi	Hip shift	UTS
Ushiro-goshi	Back hip throw	USH
Sode-tsurikomi-goshi	Sleeve lift-pull hip throw	STG
<b>ASHI-WAZA</b>		
De-ashi-barai (-harai)	Forward foot sweep	DAB
Hiza-guruma	Knee wheel	HIZ
Sasae-tsurikomi-ashi	Supporting foot lift-pull throw	STA
Osoto-gari	Large outer reap	OSG

Ouchi-gari	Large inner reap	OUG
Kosoto-gari	Small outer reap	KSG
Kouchi-gari	Small inner reap	KUG
Okuri-ashi-barai (-harai)	Foot sweep	OAB
Uchi-mata	Inner-thigh reaping throw	UMA
Kosoto-gake	Small outer hook	KSK
Ashi-guruma	Leg wheel	AGU
Harai-tsurikomi-ashi	Lift-pull hoot sweep	HTA
O-guruma	Large wheel	OGU
Osoto-guruma	Large outer wheel	OGR
Osoto-otoshi	Large outer drop	OSO
Tsubame-gaeshi	Swallow counter	TSU
Osoto-gaeshi	Large outer reaping throw counter	OGA
Ouchi-gaeshi	Large inner reaping throw counter	OUC
Hane-goshi-gaeshi	Hip spring counter	HGG
Harai-goshi-gaeshi	Hip sweep counter	HGE
Uchi-mata-gaeshi	Inner thigh reaping throw counter	UMG

## NAMES OF JUDO TECHNIQUES

### SUTEMI-WAZA

<b>MA-SUTEMI-WAZA</b>		
Tomoe-nage	Circular throw	TNG
Sumi-gaeshi	Corner throw	SUG
Ura-nage	Back throw	UNA
Hikikomi-gaeshi	Pulling-down sacrifice throw	HKG
Tawara-gaeshi	Bag of rice throw	TWG
<b>YOKO-SUTEMI-WAZA</b>		
Yoko-otoshi	Side drop	YOT
Tani-otoshi	Valley drop	TNO
Hane-makikomi	Springing wraparound throw	HNM
Soto-makikomi	Outer wraparound throw	SMK
Uki-waza	Floating throw	UWA
Yoko-wakare	Side separation	YWA
Yoko-guruma	Side wheel	YGU
Yoko-gake	Side body drop	YGA
Daki-wakare	Rear trunk turnover	DWK
Uchi-makikomi	Inner wraparound throw	UMK
Osoto-makikomi	Large outside wraparound throw	OSM
Uchi-mata-makikomi	Inner thigh wraparound throw	UMM
Harai-makikomi	Hip sweep wraparound throw	HRM
Kouchi-makikomi	Small inner wraparound throw	KUM

### KATAME-WAZA

<b>OSAEKOMI-WAZA</b>		
Kesa-gatame	Scarf hold	KEG
Kuzure-kesa-gatame	Modified scarf hold	KKE
Ushiro-kesa-gatame	Reverse scarf hold	UKG
Kata-gatame	Shoulder hold	KAG
Kami-shiho-gatame	Top four-corner hold	KSH
Kuzure-kami-shiho-gatame	Modified top four-corner hold	KKS
Yoko-shiho-gatame	Side four-corner hold	YSG
Tate-shiho-gatame	Straight four-corner hold	TSG

Uki-gatame	Floating hold	UGT
<b>SHIME-WAZA</b>		
Nami-juji-jime	Normal cross strangle	NJJ
Gyaku-juji-jime	Reverse cross strangle	GJJ
Kata-juji-jime	Half cross strangle	KJJ
Hadaka-jime	Naked strangle	HAD
Okuri-eri-jime	Sliding collar strangle	OEJ
Kataha-jime	Single-wing strangle	KHJ
Kata-te-jime	One-hand strangle	KTJ
Ryo-te-jime	Two-hands strangle	RYJ
Sode-guruma-jime	Sleeve wheel strangle	SGJ
Tsukkomi-jime	Thrusting strangle	TKJ
Sankaku-jime	Triangular strangle	SAJ

## NAMES OF JUDO TECHNIQUES

<b>KANSETSU-WAZA</b>		
Ude-garami	Entangled arm lock	UGR
Ude-hishigi-juji-gatame	Cross lock	JGT
Ude-hishigi-ude-gatame	Arm lock	UGA
Ude-hishigi-hiza-gatame	Knee lock	HIG
Ude-hishigi-waki-gatame	Armpit lock	WAK
Ude-hishigi-hara-gatame	Stomach lock	HGA
Ude-hishigi-ashi-gatame	Leg lock	AGA
Ude-hishigi-te-gatame	Hand lock	TGT
Ude-hishigi-sankaku-gatame	Triangular lock	SGT

## KINSHI-WAZA

Kani-basami (Yoko-sutemi-waza)	Scissors throw	KBA
Kawazu-gake (Yoko-sutemi-waza)	One-leg entanglement drop	KWA
Do-jime (Shime-waza)	Body scissors	DOJ
Ashi-garami (Kansetsu-waza)	Entangled leg lock	AGR