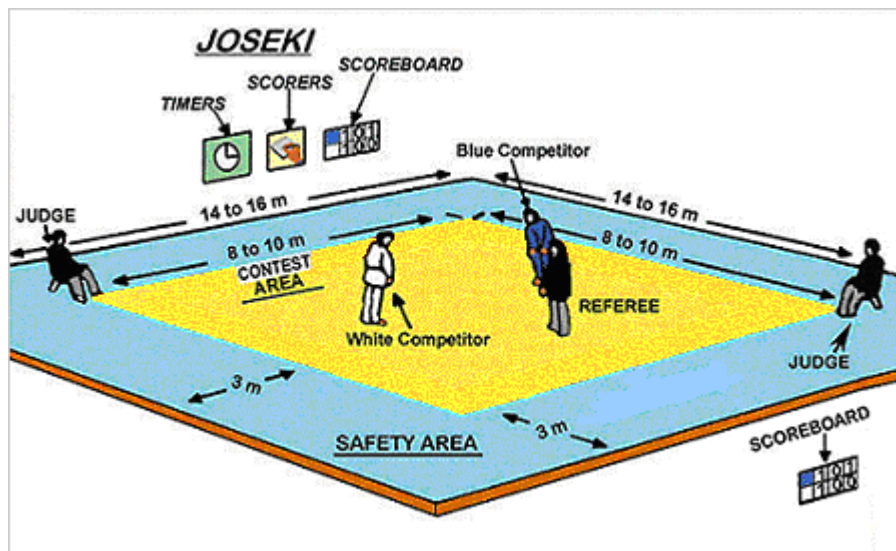


# ABRIDGED CONTEST RULES 'A VOLUNTEERS GUIDE'

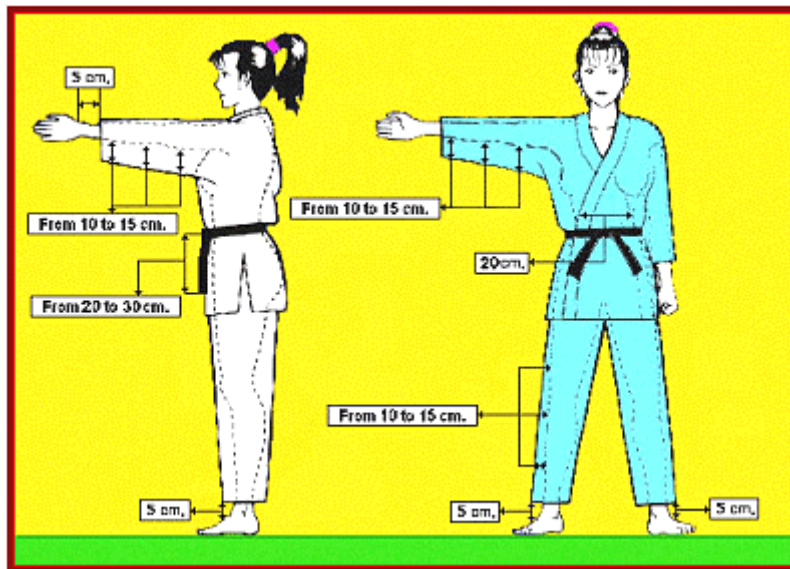
## Contest Area



## Scoreboards



## Judo Uniform (Judogi)



## Gestures

### a) The Referee

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

- 1) **Ippon (ip-on):** shall raise one arm with palm of hand facing forward, high above the head. This indicates that one player has scored a full point and wins the contest. Can be by throw, pin armlock or choke. Ippon will be scored if the throw has speed, force, control and the person lands largely on their back.
- 2) **Waza-ari (was - aree):** shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height. This indicates that the player has scored a half point. Can be by throw or pin. Wazari means that it is almost a perfect throw. Wazari will be scored when an element of IPPON (above) is missing.
- 3) **Waza-ari-awasete-ippou:** first *Waza-ari*, then *Ippou* gesture. This is the accumulation of 2 wazari scores, either by throw or pin. This accumulates to an Ippou. 2 wazari's equals one IPPON and contest over.

**SCORING POINTS BY THROWING IN JUDO IS BASED ON THE QUALITY OF THE THROW. THE BETTER THE QUALITY, THE BETTER THE SCORE. THE AIM IS THE IPPON, THE FULL SCORE. THIS CAN HAPPEN AT THE START, MIDDLE OR END OF CONTEST. WHEN IPPON IS SCORED, THE CONTEST IS OVER. PERFECT TECHNIQUE = PERFECT SCORE.**

- 5) **Osaekomi (o-say-ko-me):** shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them. This indicates the pin is on. The timer will start. The aim is to hold the player on their back for 20 seconds to score IPPON, 10 seconds for WAZARI.
- 6) **Toketa (toe-key-ta):** 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. This indicates that

the pin is broken. The person holding has lost control of their opponent and the hold is no longer valid. Scores are awarded at 10 seconds for WAZARI.

7) **Hiki-wake (hicky-wack)**: 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. This indicates a drawn contest. This does not happen in a full competition, possibly only at festivals or club sessions.

8) **Matte (mat-tay)**: 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. Matte means 'break'. Players go back to their original starting position. The referee has several reasons for this.

9) **Sono-mama** : shall bend forward and touch both contestants with the palms of his hands. Only happens in ground fighting. Referees do this to freeze the players in a certain position, often to administer a penalty (*shido*), but sometimes to ensure safety. The timer will stop.

10) **Yoshi**: shall firmly touch both contestants with the palms of his hands and bring pressure on them. This is the word used to continue, after freezing. The timer will resume.

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) **Hantei**: In preparation of calling *Hantei*, the Referee shall raise both hands forward at 45° with the correct flag in each hand, and then at the announcement of *Hantei* he shall raise the flag high above his head to indicate his opinion.

13) **To indicate the winner of a contest**: shall raise one hand, palm in, above shoulder height towards the winner.

14) **To direct the contestant(s) to re-adjust the Judogi**: shall cross left hand over right, palms facing inwards, at belt height.

15) **To call the Doctor**: shall face the medical table, wave an arm (palm upwards) from the direction of the medical table towards the injured contestant.

16) **To award a penalty (*Shido, Hansoku-make*)**: shall point towards the contestant to be penalised with the forefinger extended from a closed fist.

17) **Non-combativity**: shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalised.

18) **False attack**: shall extend both arms forward, with hands closed and then make a downward action with both hands.



IPPON



WAZA-ARI



WAZA-ARI-AWASETE-IPPON



YUKO



KOKA



OSAEKOMI



SONO-MAMA⇄YOSHI



TOKETA



PENALTY



NON COMBATIVITY



5 SECONDS IN DANGER ZONE



FALSE ATTACK



TO CALL THE DOCTOR



ADJUSTMENT  
OF JUDO GI



TO CANCEL  
EXPRESSED OPINION



SIT DOWN ⇔ STAND UP



NOT VALID



HAJIME ⇔ SORE-MADE



MATE



KACHI (winner in  
a normal contest)



HIKWAKE



HANTEI  
(ending a "Golden Score" contest)



KACHI  
(winner by Hantei after a  
"Golden Score" contest),



JUDGE NORMAL POSITION



INSIDE⇔JONAI



OUTSIDE⇔JOGAI



STAND UP  
MATE IN NEWAZA



JUDGE CANCELLING  
NOT VALID



JUDGE'S OPINION  
DIFFERS



HANTEI SITUATION  
(ending a "Golden Score" contest)



## Contest Area

The contest shall be fought in the contest area. A throwing action must be initiated when at least one competitor is completely inside the contest area. Any technique applied when both contestants are outside the contest area shall not be recognised. Referees make this decision.

There are exceptions, but this is a guideline for children's Judo.

## Duration of contest

For the World Championships and Olympic Games, the time duration of contests is:

- Senior Men and Women 4 minutes real contest time
- Junior Men and Women 4 minutes real contest time

Minor or under 12 years are normally limited to 3 minutes real contest time.

Festivals/Mini mons may be limited to 2 minutes real contest time.

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

## “Golden Score” Contest

When the time above is complete, the contest goes to a ‘Golden Score’ scenario. The contest shall continue until one player scores a point or a penalty is awarded. There is no duration of Golden Score. For under 12 years, Golden score should last 1 minute. If there is no winning score, the referee will award a winner.

When the time allotted for the contest ends, the Referee shall announce “*Sore-made*” to end the contest temporarily and the contestants shall return to their starting positions. The time clocks shall be reset but the scoreboard record for the contest will be retained, then the Referee shall immediately announce “*Hajime*” to restart the contest in the normal way. There shall be no rest period between the end of the original contest and the start of the “Golden Score” contest.

## Osaekomi Time

- ***Ippon***: Total of 20 seconds.
- ***Waza-ari***: 10 seconds or more but less than 20 seconds.

## Technique coinciding with Time Signal

Any immediate result of a technique started simultaneously with the time signal shall be valid. In the case of *Osaekomi* announced simultaneously with the time signal, the time allotted for the contest shall be extended until either *Ippon* (or equivalence) is scored or the Referee announces *Toketa* or *Matte*.

## Etiquette

The contestants must bow when stepping on and off the competition area at the start and end of each contest. The contestants shall then walk to the centre of the edge of the contest area (on the safety area) at their respective side according to 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.

The contestants are free to bow when entering or leaving the Contest Area, although it is not compulsory. (See Bowing Guide)

The contest shall always begin in the standing position. It is very important to perform the bow in a very correct way. When the contestants walk to their starting position and are facing each other, they shall officially bow under the strict control of the Referee, repeating this procedure at the end of the contest. If the contestants do not bow, the Referee shall direct the contestants to do so. All standing bows by the contestants shall be at an angle of 30° measured at the waist.

## Application of Matte

The Referee shall announce *Matte* in order to stop the contest temporarily in the following cases; and to recommence the contest, he shall announce *Hajime*:

- a) When one or both of the contestants go outside the contest area. (See "Exceptions" under Article 9).
- b) When one or both of the contestants perform one of the prohibited acts.
- c) When one or both of the contestants are injured or taken ill.
- d) When it is necessary for one or both of the contestants to adjust their *Judogi*.
- e) When during *Newaza* there is no apparent progress.
- f) When one contestant regains a standing or semi-standing position from *Newaza* bearing his opponent on his back.
- g) When one contestant is in, or from *Newaza* regains a standing position and lifts his opponent, who is lying on his back with his leg(s) 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 in any other case that the Referee deems it necessary to do so.
- j) When the Referee and Judges or Refereeing Commission wish to confer.

## Sono-mama

In any case where the Referee wishes to temporarily stop the contest (e.g. to address one or both contestants without causing a change in their positions, or to award a penalty so that the contestant who is not penalised does not lose his position of advantage), he shall announce *Sono-mama*.

To recommence the contest he shall announce *Yoshi*.

*Sono-mama* can only be applied in *Newaza*.



## End of Contest

The Referee shall announce *Sore-made* and end the contest:

- a) When one contestant scores *Ippon* or *Waza-ari-awasete-Ippon* (Articles 20 and 21).
- b) In the case of *Sogo-gachi* (Article 22). **COMPOUND WIN BY SCORE + PENALTY**
- c) In the case of *Kiken-gachi* (Article 28). **BY WITHDRAWAL**
- d) In the case of *Hansoku-make* (Article 27). **DISQUALIFICATION**
- e) When one contestant cannot continue due to injury (Article 29).
- f) When the time allotted for the contest has expired.

## SCORING IN JUDO

### Ippon (Full Score 10 points)

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 largely on his back with considerable force and speed.
- 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 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*.

Equivalence: Should one contestant be penalised with *Hansoku-make*, the other contestant shall immediately be declared the winner.

### Waza-Ari-awasete-ippun (2x Waza -ari)

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

***Sogo-gachi* (compound win)**

### Waza-ari (5 point score)

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) and Appendix).
- (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 20 seconds.

## Osaekomi-waza (Pins/ hold downs)

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) The pin will still be valid if it moves outside the contest area.
- (e) The contestant applying the hold must have his body in either the *Kesa* or the *Shiho* position, i.e. similar to the techniques *Kesa-gatame* or *Kamishiho-gatame*.

## SHIDO (Penalty-Slight Infringements Group)

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

- (1) To intentionally avoid taking *Kumi-kata* in order to prevent action in the contest.
- (2) To adopt in a standing position, after *Kumi-kata*, 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).
- (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).
- (6) To intentionally disarrange his own *Judogi* 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 *Newaza* 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 *Kumi-kata* 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).
- (13) From a standing position, to grip or block with hand(s) or arm(s) below the belt of the opponent as the initial action of an attacking or defensive movement. (A repeat of this infringement will result in the award of *Hansoku-make*).
- (14) To encircle the end of the belt or jacket around any part of the opponent's body.
- (15) To take the *Judogi* in the mouth. (either his own or his opponent's *Judogi*).
- (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 *Shime-waza* using the bottom of the jacket or belt, or using only the fingers.
- (19) To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in *Newaza*. (See Article 9 - "Exceptions")
- (20) To apply leg scissors to the opponent's trunk (*Dojime*), 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.

## HANSOKU-MAKE (Disqualification-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):

(23) To apply *Kawazu-gake*. (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).

(24) To apply *Kansetsu-waza* anywhere other than to the elbow joint.

(25) To lift off the *Tatami* the opponent who is lying on the *Tatami* and to drive him back onto the *Tatami*.

(26) To reap the opponent's supporting leg from the inside when the opponent is applying a technique such as *Harai-goshi* etc.

(27) To disregard the Referee's instructions.

(28) To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest.

(29) 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.

(30) To fall directly to the *Tatami* while applying or attempting to apply techniques such as *Ude-hishigi-waki-gatame*.

(31) To "dive" head first, onto the *Tatami* by bending forward and downward while performing or attempting to perform techniques such as *Uchi-mata*, *Harai-goshi*, etc. or to fall directly backwards while performing or attempting to perform techniques such as *Kata-guruma* whether standing or kneeling.

(32) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.

(33) To wear a hard or metallic object (covered or not).

(34) To grip the opponent's leg for the second time in the same contest as per the detailed paragraph (13) of this Article.

(35) Any action against the spirit of judo may be punished by a direct *Hansoku-make* at any time in the contest.

(36) To take hold or touch the opponent below the belt at any time, as in a leg grab, to block, to attack, to counter attack.

## JAPANESE TERMINOLOGY

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
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
JUDO GI	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)
KOKA	Effect / Minor score
KOSHI-WAZA	Hip technique
KUMI-KATA	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	Groundwork
OSAEKOMI-WAZA	Hold down techniques
“OSAEKOMI!”	“Hold is on!”
“OTAGI-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!”
SHOSHU	Winner
SHUSHIN	Referee
SOGO-GAGHI	Combined win
“SONO-MAMA!”	“Do not move / Hold positions!”
“SORE-MADE!”	“Time is up!”
SUTEMI-WAZA	Sacrifice techniques
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

“YOSHI!”

YUKO

YUSEI-GACHI

ZA-REI

Side sacrifice techniques

“Continue!”

Effective / Moderate advantage

Win by superior performance

Seated bow