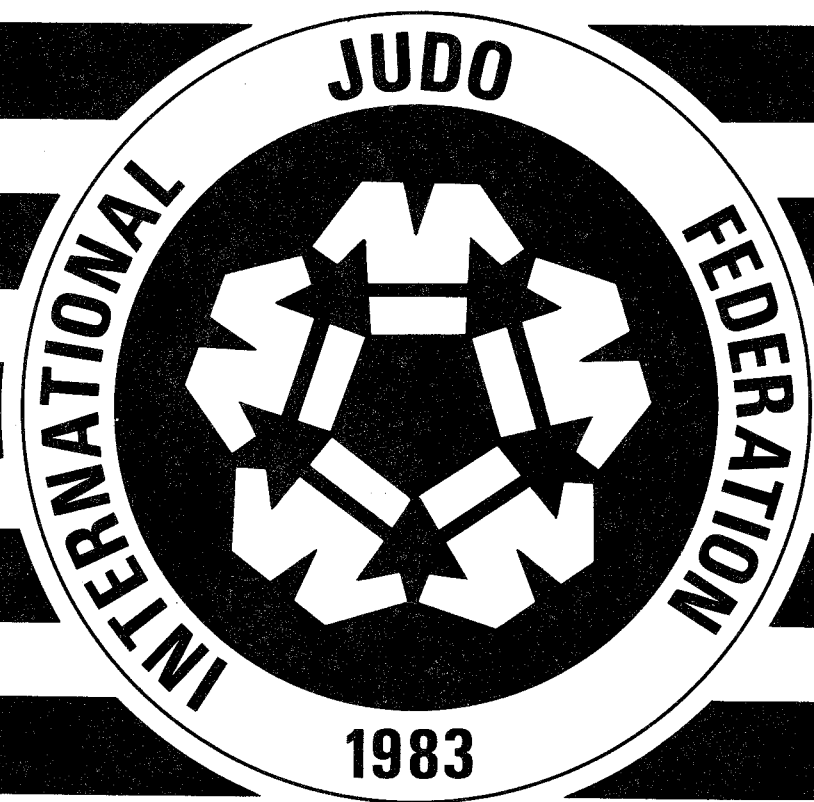


ENGLISH

J. Hays

HANDBOOK



CONTEST RULES

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Article 1 – Competition Area

The competition area shall be a minimum of $14\text{m} \times 14\text{m}$ and a maximum of $16\text{m} \times 16\text{m}$ and shall be covered by tatami or similarly acceptable material, generally green in colour (see I.J.F. Sporting Code).

The competition area shall be divided into two zones. The demarcation between these two zones shall be called the danger area and shall be indicated by a coloured area, generally red, approximately 1 m wide, forming part of or attached to the mat, parallel to the four sides of the competition area.

The area within and including the danger zone, shall be called the contest area and shall always be of a minimum of $9\text{m} \times 9\text{m}$ or a maximum of $10\text{m} \times 10\text{m}$. The area outside the danger zone shall be called the safety area and shall be approximately 3m wide (but never less than 2.5 m).

An adhesive red tape and a white tape, approximately 6cm wide and 25 cm long shall be fixed on the centre of the contest area at a distance of 4 m apart, to indicate the positions at which the contestants must start and end the contest. The red tape shall be to the referee's right and the white to his left.

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

Where two or more adjoining competition areas are used, a common safety area of a minimum of 3 m is permitted.

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

APPENDIX Article 1 – Competition area

Tatamis

Traditionally, rectangular elements in sizes varying from 183 cm to 91.5 cm or slightly smaller according to the regions of Japan.

Today, generally measuring one meter by two meters, made of pressed straw or, more frequently, from pressed foam.

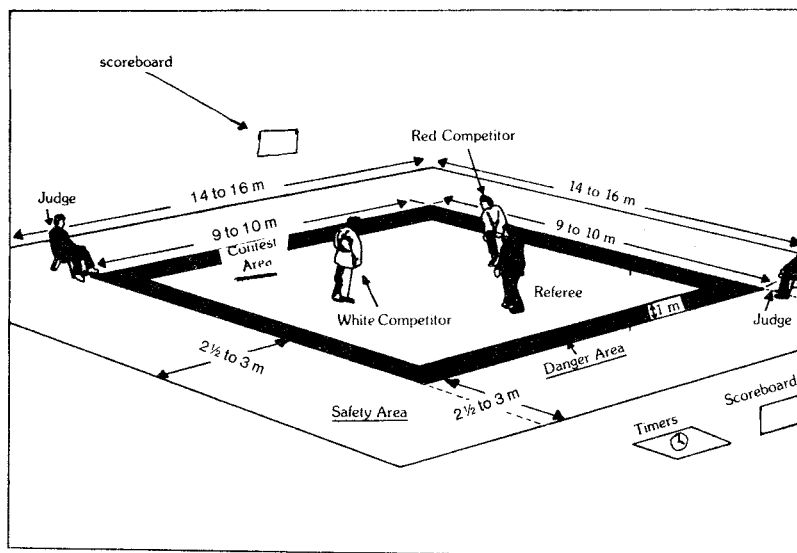
They must be firm under foot and have the property of absorbing shock during "Ukemi".

They must be covered with a plasticized material in red or green, must not be slippery nor too rough.

These elements making up the surface for the competition must be aligned without space in between, be smooth on surface and fixed in such a way that they will not be displaced.

Platform

The platform is optional and must be made of solid wood, while still having a certain resilience measuring approximately 18 meters on the side without ever going beyond 50 cm in height.



Article 2 – Equipment

(a) Chairs and Flags (Judges)

Two lightweight chairs must be placed on the safety area at diagonally opposite corners of the contest area and in a position so as not to obstruct the judges' and recorders' view of the scoreboard. One red and one white flag shall be placed in a holster affixed to each chair (see I.J.F. Sporting Code).

(b) Scoreboards

Two scoreboards per contest area shall be placed diagonally outside the competition area at positions where they can be easily seen by the judges.

Whenever electric scoreboards are used, manual scoreboards must be available for Control and Reserve (see Appendix.)

(c) Timing Clocks

There shall be timing clocks as follows:

Contest duration	—	one
Osaekomi	—	two
Injury	—	two (one for red, one for white)
In reserve	—	one

Whenever electric timing clocks are used, manual timing clocks must be used for control and reserve (see Appendix).

(d) Flags (Time Keepers)

Timekeepers shall use flags as follows:

Yellow	—	contest duration
Blue	—	osaekomi
Green	—	injury

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

(e) 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.

(f) Red and White Sashes

The contestant shall wear a red or white sash at least 5 cm wide, long enough to go once around the contestant's waist over the grade belt, and when tied, to leave 20 to 30 cm protruding at each end. (First called wears red, etc. See Sporting Code).

APPENDIX Article 2 – Equipment

Position of recorders/scorers/timekeepers

As far as possible, the “scorers” and “timekeepers” must be facing the referee and well in view of the “recorders”.

Distance of spectators

In general the spectators should not be admitted less than 3 meters from the surface of the competition.


Reserve manual timing clocks

The “clocks” must be handy to those in charge, and they must be checked for accuracy at the start of the competition.

Reserve manual scoreboards

The scoreboards must correspond to the demands set out by the IJF and should be at the disposal of the referees in case of need.

(b) Manual Scoreboard

				
PÉNALITÉ PENALTY	POINTAGE SCORE		POINTAGE SCORE	PÉNALITÉ PENALTY
		WAZA-ARI		
		YUKO		
		KOKA		

Article 3 – Uniform

The contestants shall wear "judogi" (Judo costume) complying with the following conditions:

- (a) Strongly made in cotton or similar material, in good condition (without rent or tear).
- (b) White or off white, without excessive markings.
- (c) The jacket shall be long enough to cover half of the contestants thighs.
- (d) The sleeves of the jacket shall be long enough to cover more than half the forearms, without exceeding the wrist joint.
A space of 5 to 8 cm shall exist between the sleeve and the arm (inclusive of bandages), on the whole length of the sleeve.
- (e) The trousers, free of any markings, shall be long enough to cover more than half of the calf without exceeding the ankle. A space of 5 to 8 cm shall exist between the leg (inclusive of bandages) and the trouser leg.
- (f) A strong belt, 4 to 5 cm wide, which colour corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the waist and leave 20 to 30 cm protruding from each side of the knot when tied.
- (g) Female contestants shall wear under the jacket a **plain** white or off white tee-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers.

Article 4 – Hygiene

- (a) The "judogi" shall be clean, generally dry and without unpleasant odour.
- (b) The nails of the feet and hands shall be cut short.
- (c) The personal hygiene of the contestant shall be of a reasonable standard.
- (d) Long hair shall be tied so as to avoid causing inconvenience to the other contestant.

Article 5 – Officials

Generally, the contest shall be conducted by one referee and two judges.

The referee and judges shall be assisted by contest recorders and time keepers.

APPENDIX Article 5 – Officials

(Extract from I.J.F. Sporting Code)

37. Officials and technical assistants of the organizing National Federation (see Check-List)

The timekeepers, list writers and recorders as well as other technical assistants must be of a minimum of 21 years age, have a minimum of three years' experience as national referees and a good knowledge of the Contest Rules. The Organizing Committee must ensure that they have been thoroughly trained prior to officiating. There shall be a minimum of two timekeepers; one to register the real contest time and one to specialize in "osaekomi". If possible there should be a third person to supervise the two timekeepers to avoid any errors due to mistakes or forgetfulness.

The overall timekeeper (real contest time) starts his watch on hearing the comments "hajime" or "yoshi" and stops it on hearing the comments "matte" or "sono-mama".

The osaekomi timekeepers starts his watch on hearing "osaekomi", stops it on "sono-mama", restarts it on hearing "yoshi". Either on hearing "toketa" he stops his watch and indicates the number of seconds elapsed to the referee or on expiry of the time for osaekomi (30 seconds where there has been no previous score or 25 seconds where the person being held in the osaekomi has had a waza-ari or kei-koku awarded against him) indicates the end of the osaekomi by means of a signal.

The osaekomi timekeepers shall stop the watch on hearing "sono-mama" and restart the watch on hearing "yoshi".

The overall timekeeper (real contest time) shall raise a green flag whenever he has stopped the watch on hearing the comment and seeing the signal of "matte" or "sono-mama" and shall lower the flag when he restarts the watch 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 12 and 13 of the Contest Rules).

The contest recorder must ensure that he is completely informed of the current signs and signals in use to indicate the result of a contest.

In addition to the above persons there shall be a list-writer to record the overall course of the contests.

Injury time shall be indicated in the same way as described for the osaekomi timekeeper.

If electronic systems are used the procedure will be the same as described above. Nevertheless it shall be ensured that manual recording devices are available.

54. A competitor who is not at his place on the contest area after three calls at one minute intervals, will forfeit the match.

Article 6 – Position and Function of Referee

The referee shall generally stay within the competition area.

He shall conduct the contest and administer the judgement. He shall ensure that his decisions are correctly recorded.

Article 7 – Position and Function of Judges

The judges must assist the referee and sit opposite each other at two corners outside the contest area. Each judge must indicate his opinion by making the appropriate official gesture, whenever his opinion differs from that of the referee on a technical evaluation or for a penalty announced by the referee.

Should the referee express an opinion of a higher degree than that of the two judges on a technical result or a penalty, he must adjust his evaluation to that of the judge having expressed the higher evaluation.

Should the referee express an opinion of a lower degree than that of the two judges on a technical result or penalty, he must adjust his evaluation to that of the judge having expressed the lower evaluation.

Should one judge express an opinion of a higher degree and the other judge an opinion of a lower degree than that of the referee, the referee may maintain his opinion.

Should both judges express a judgement different from that of the referee, and the referee not have noticed their signals, they stand up, maintain their gesture until the referee is informed of this and rectifies his evaluation.

Should, after an appreciable time (a few seconds) the referee not have noticed the standing judges, the judge who is closest to the referee must immediately approach him and inform him of the majority opinion.

The judge must, by the appropriate gesture, express his opinion about the validity of any action on the edge or outside of the contest area. Any discussion may be possible and necessary only if the referee or one of the judges has been a witness of something that the two others have not seen and which could change the decision, but the one whose opinion is of a minority, must be sure of what he puts forward in order to avoid unnecessary discussion. The judges must also observe that the scores recorded by the contest recorder are correct with the scores announced by the referee.

Should a contestant temporarily leave the contest area for a reason considered necessary by the referee, a judge must obligatorily go with the contestant to see that no anomaly occurs. This authorization shall be given only for exceptional circumstances (to change "judogi" in case of non-conformity with norms.)

APPENDIX Article 6 – Position and function of referee

When the referee announces an appraisalment, he shall, without losing sight of the contestants and while maintaining his gesture, be placed to observe if the judge whose position allows him to assist him better indicates a different appraisalment, showing in this way his disapproval.

In cases, such as when both contestants are in ne-waza and facing outwards, the referee may observe the action from the safety area.

(Extract from I.J.F. Sporting Code)

36. Before officiating at a contest, the referees and judges should familiarize themselves with the sound of the bell or means of indicating the end of the contest on their particular mat area.

When assuming control of a competition area the referee and judges should ensure that the mat surface is clean and in good condition, that there are no gaps between the mats, that the judges' chairs are in position and that the competitors comply with Articles 3 and 4 of the contest rules.

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

APPENDIX Article 7 – Position and function of judges

The judges (and referees) should leave the contest areas during presentations or any lengthy delay in the program.

The judge should sit with both feet apart/on the mat/in front of his chair and should place his hands/palms down/on his knees.

A judge must not make any alteration to the scoreboard unless directed to do so by the referee. However, should a judge note that the scoreboard is incorrect, he should draw the referee's attention to the mistake.

A judge must be quick to remove himself and his chair should his position endanger the contestants.

If a judge disagrees with the opinion expressed by the referee, or if the referee does not express an opinion, the judge should signal his opinion.

A judge should not pre-empt the referee's signal for a score.

In an action on the edge – the judge should first signal whether the action is IN or OUT – then signal, if necessary, whether the subsequent action is IN or OUT.

Should a female contestant have to change any part of her uniform outside the contest area and the judges are not female, a female official designated by the organizing committee shall accompany the contestant.

If his contest area is not in use and there is a contest in progress on an adjacent contest area – the judge should remove his chair if it could endanger the contestants on the adjacent area.

Should a judge signal an action 'OUT', the referee (for example) Ippon and the other judge a lesser score, a majority decision should first decide whether the action was 'IN' or 'OUT', then, if judged 'IN', a majority decision should decide the score.

Article 8 – Gestures

(a) The Referee

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

- (i) Ippon: shall raise one arm with palm of hand facing forward, high above the head.
- (ii) Waza-ari: shall raise one of his arms with palm of hand facing downwards, to shoulder height.
- (iii) Waza-ari awasete ippon: First waza-ari, then ippon gesture.
- (iv) Yuko: shall raise one of his arms, with palm of hand facing downwards 45° from his body.
- (v) Koka: shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.
- (vi) Osae-komi: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- (vii) Osae-komi-toketa: shall raise one of his arms to the front and wave it from right to left quickly two or three times.
- (viii) Hiki-wake: 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.
- (ix) Matte: shall raise one of his hands to shoulder height and with his arm approximately parallel to the tatami, shall display the flattened palm of his hand (fingers up) to the timekeeper.
- (x) Sono-mama: shall bend forward and touch both contestants with the palms of his hands.
- (xi) Yoshi: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- (xii) To indicate a technique not considered valid: shall raise one of his hands above his head to the front and wave it from right to left two or three times.
- (xiii) 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.
- (xiv) Hantei: shall raise one arm with palm of hand facing inward high above the head.
- (xv) To indicate the winner of a contest (by: yusei-gachi, kiken-gachi, fusen-gachi, sogo-gachi): shall raise one hand, palm in, above shoulder height towards the winner.
- (xvi) To direct the contestant(s) to re-adjust the "judogi": cross left hand over right, palms facing inwards, at belt height.
- (xvii) Warning for non-combativity: rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant.
- (xviii) To award a penalty (shido, chui, keikoku, hansoku-make): point towards the contestant with the index finger extended from a closed fist.

APPENDIX Article 8 – Gestures

When it is not clearly apparent, the referee may after the official signal, point to the red or white tape (starting position) to indicate which contestant scored or was penalized.

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 signals should start with the arm across the chest, then sideways to the correct finishing position.

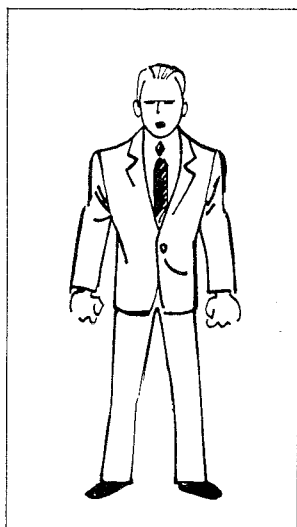
Koka, Yuko Waza-ari signals should be maintained while a ninety degree turn is made to ensure that the score is clearly visible to the judges. However, care should be taken when turning to keep the contestants within view.

Should both contestants be given a warning for non-combativity, the referee should point alternatively 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 annulment gesture.

There should be no announcement made when cancelling a score/penalty.

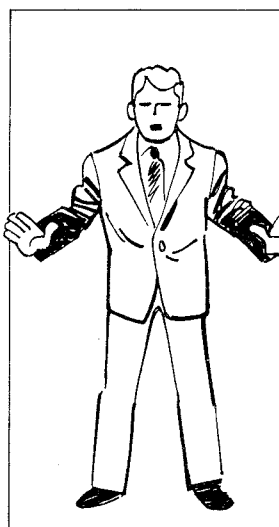
All gestures should be maintained for at least three seconds.



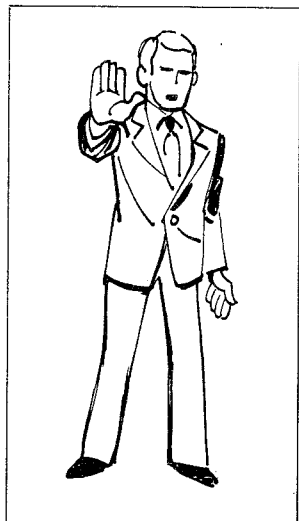
HAJIME



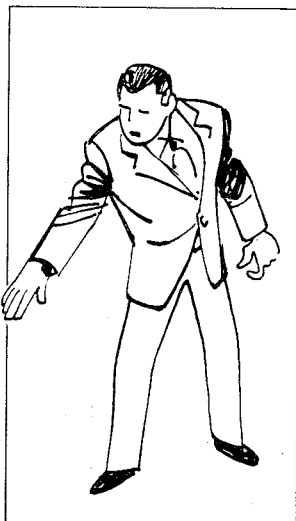
SONO-MAMA



YOSHI



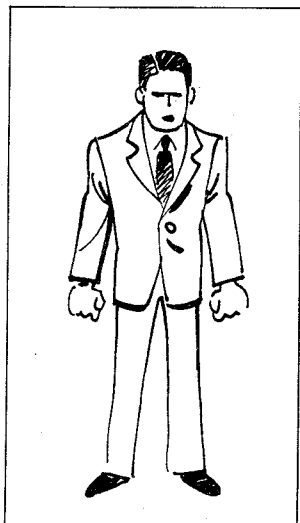
MATTE



OSAE-KOMI



TOKETA



SORE-MADE

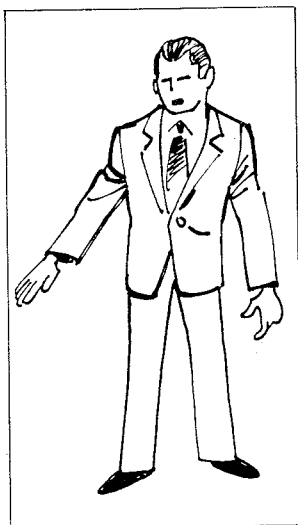


IPPON

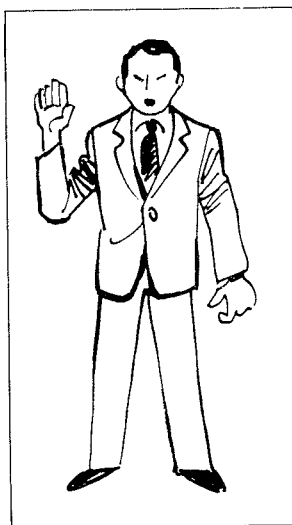


WAZA-ARI

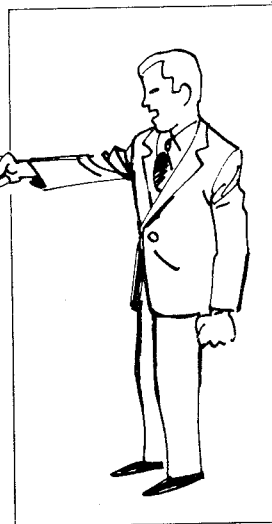
There is no page 68. Pages were incorrectly number in original handbook.



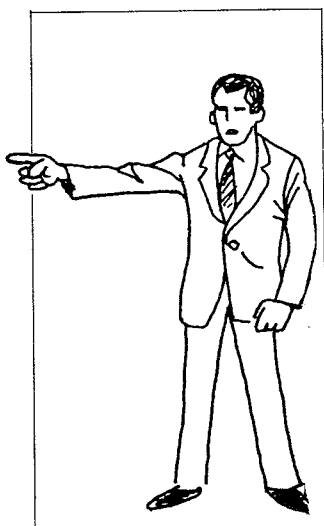
YUKO



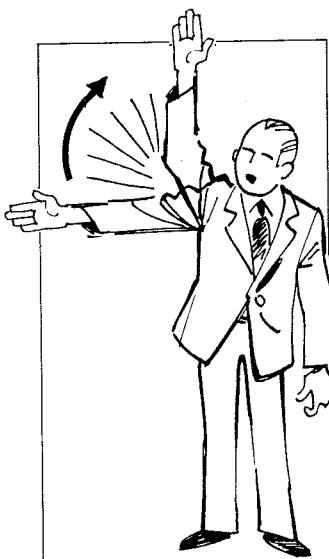
KOKA



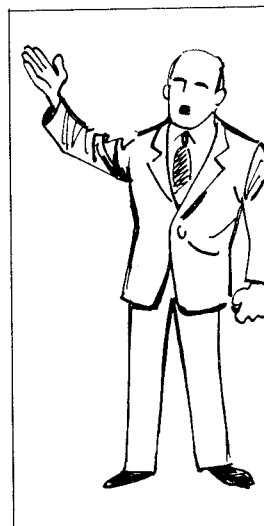
HANSOKU-MAKE



KEIKOKU
CHUI
SHIDO

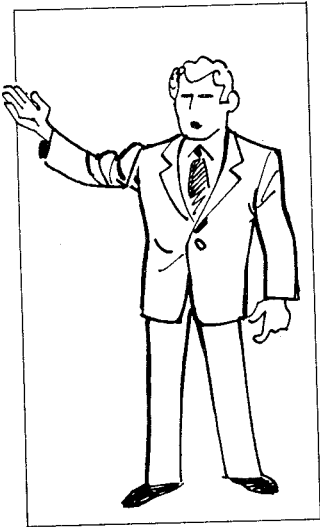


WAZA-ARI
AWASETE IPPON

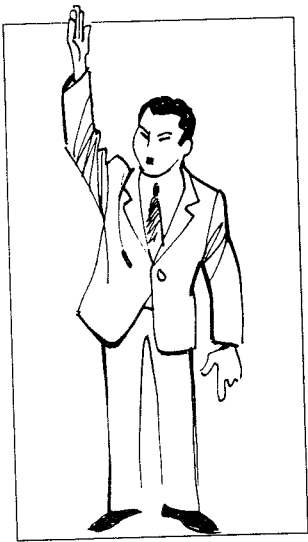


SOGO-GASHI

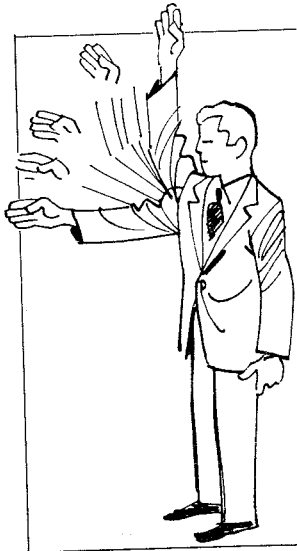
Article 8 – Gestures



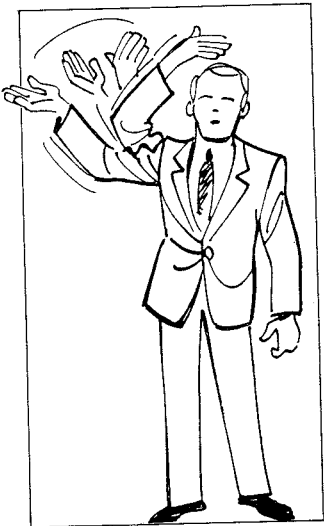
SOGO-GACHI
KIKEN-GASHI
FUSEN-GASHI
YUSEI-GACHI



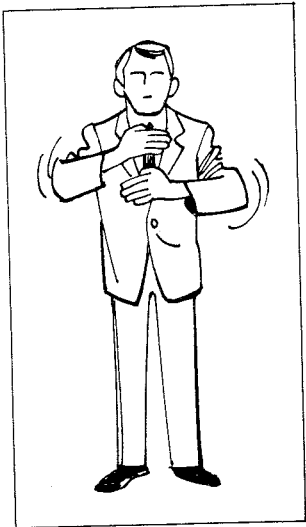
HANTEI



HIKI-WAKE



NOT VALUABLE

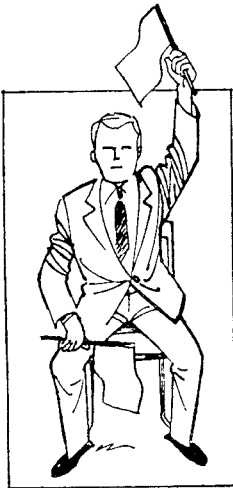


NON-COMBATIVITY

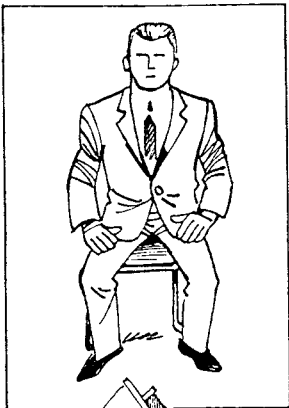
(b) **The Judges**

- (i) To indicate that he considers a contestant has stayed within the contest area, the judge shall raise one of his hands up in the air and bring it down to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and momentarily hold it there.
- (ii) To indicate that in his opinion one of the contestants is out of the contest area, the judge shall raise one of his hands to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and wave it from right to left, or vice versa, several times.
- (iii) To indicate that in his opinion a score/penalty or opinion given by the referee according to Article 8 (a) has no value, the judge will raise his hand above his head and wave it from right to left two or three times.
- (iv) To indicate that his opinion differs from that of the referee, the judge(s) will make one of the signals of Article 8 (a).
- (v) After the referee has announced "Hantei" the judges shall **immediately** raise either the white or red flag above their heads in order to indicate which contestant they consider merits the decision.
- (vi) After the referee has announced "Hantei" the judges shall raise the white and red flags simultaneously to indicate Hikiwake (draw).

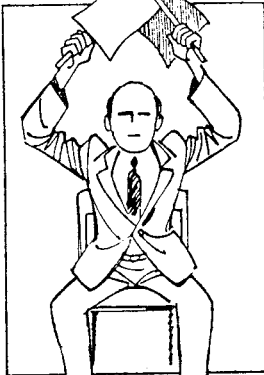
APPENDIX (b) The Judges



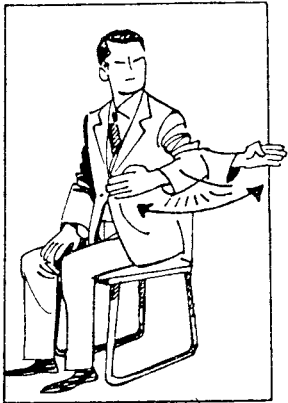
DECISION



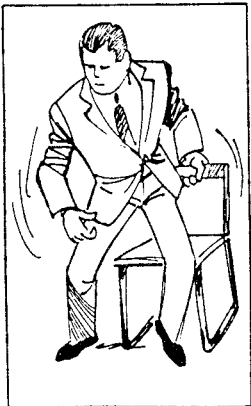
JUDGE NORMAL
POSITION



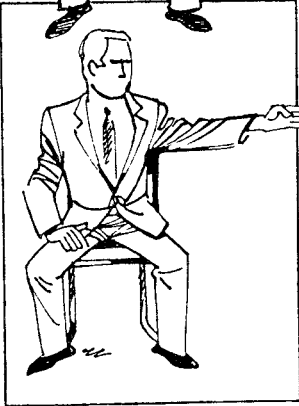
HIKI-WAKE



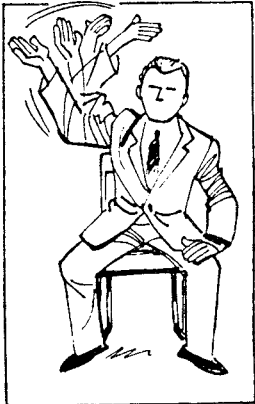
OUTSIDE



MOVING THE CHAIR



INSIDE



NOT VALUABLE

Article 9 – Contest – Location, Judgement and Control

The contest shall be fought on the contest area (refer Article 1) and shall be controlled and judged on the basis of Articles 17 to 33 inclusive.

Article 10 – Location (Areas Valid)

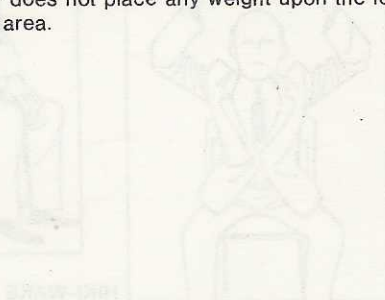
The contest shall be fought in the contest area. Any technique applied when one or both contestants are outside the contest area shall not be recognized. That is to say that if one contestant shall have even one of his feet hands or knees outside the contest area while standing or more than half of his body outside the contest area while doing sutemi-waza or ne-waza, he shall be considered as being outside the contest area.

Exceptions:

- A. When one contestant throws his opponent outside the contest area, but himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent, the technique shall be recognized.
- B. When osae-komi has been announced, the contest may continue until the time allowed for the osae-komi expires, until one contestant submits, or toketa is announced, so long as at least one contestant has any part of his body **touching** the contest area.
- C. If during the course of an attack such as o-uchi-gari or ko-uchi-gari the foot or leg of the thrower leaves the contest area and moves over the mat of the safety area, the action should be considered valid (**for scoring purposes**) so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area.



UCHI-MATA



KO-UCHI-GARI



OSAE-KOMI



UCHI-MATA



KO-UCHI-GARI



OSAE-KOMI

APPENDIX Article 9 – Contest (Location-judgement-control)

APPENDIX Article 10 – Location (Areas valid)

Uke may attempt shime-waza or kansetsu-waza whilst osaekomi is in progress even if his body is more than half outside the contest area. However, "Matte" must be announced, if the osaekomi is broken or the contestants leave the contest area completely.

In the case of 'Osaekomi on the Edge' – should the **one part** of the contestant still **touching** the contest area, become "airborne" (i.e. it is raised up and loses contact with the mat) – the referee must announce 'Toketa' and then 'Matte'.

In the case where Tori becomes 'airborne' (i.e. he is in the air and no longer in contact with the mat) outside the contest area during the execution of a throw, the technique can only be considered valid for scoring purposes, if Uke lands before any part of Tori touches outside the contest area.

As the colored danger area which defines the contest area from the safety area is immediately inside the boundary of the contest area, any contestant whose feet are still touching the colored danger area in the standing position should be considered as being within the contest area.

When performing sutemi-waza, a throw is considered valid if the thrower has one half or more of his body within the contest area. (Therefore, neither foot of the thrower should leave the contest area before his back or hips touch the mat.)

In ne-waza, the action is valid and may continue so long as both contestants have at least half of their bodies inside the contest area.

If the thrower falls outside the contest area whilst making a throw, the action will only be considered for scoring purposes where the opponent's body touches the mat before the thrower's. Therefore if a thrower's knee, hand or any other part of his body touches the safety area before his opponent's any result obtained thereby should be disregarded.

If during the course of an attack, such as o-uchi-gari or ko-uchi-gari, the foot or leg of the thrower leaves the contest area and moves over the mats of the safety area, the action should be considered for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is out of the contest area.

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 which does not comply with Article 3 or which has become damaged or soiled.

Article 11 – Duration of Contest

The duration of the contest shall be that as determined in the Sporting Code (see Appendix Rest Period).

Article 12 – Time Out

The time elapsed between the call of "matte" and "hajime" and between "sono-mama" and "yoshi" by the referee shall not count as part of the duration of the contest.

Article 13 – 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 method.

Article 14 – Osaekomi Time

Ippon: total of 30 seconds.

Waza-ari: 25 seconds or more but less than 30 seconds.

Yuko: 20 seconds or more but less than 25 seconds.

Koka: 10 seconds or more but less than 20 seconds.

An osaekomi of less than 10 seconds will be counted the same as an attack.

Article 15 – Injury Time

Where a contest is stopped because of injury to one or both of the contestants, the referee may permit a maximum total time of 5 minutes (accumulative) to the injured contestant for treatment and for tying or re-tying of bandages. The referee will signal the start of injury time when the contestant cannot continue the contest and will signal the end of injury time when he considers the contestant is able to continue the contest (see Appendix 'contact lenses').

Article 16 – 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 is scored or the referee announces "toketa" (hold broken).

APPENDIX Article 11 – Duration of contest

For the World Championships and Olympic Games, the time duration of contests is determined by the I.J.F. Sporting Code.

The referee should be aware of the 'duration' of the contest before he comes onto the mat area and also be aware of the **altering** 'durations' such as for 'eliminations', 'semi-finals' or finals'.

The contest **ENDS** at the end of the allotted time and **NOT** by the referee's announcement of "Soremade".

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

Any contestant is entitled to **rest** between contests for a period of time equal to the time which is foreseen for his next contest.

APPENDIX Article 12 – Time-out

APPENDIX Article 13 – Time signal

When using several competition areas at the same time – the use of **VARYING** audible devices is required.

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

APPENDIX Article 14 – Osaekomi time

When osaekomi is announced simultaneously with the bell signal, the time allotted for the contest shall be extended until either ippon (or equivalence) is announced or the referee announces 'Toketa' or 'Matte'.

APPENDIX Article 15 – Injury time

Should a doctor treating a contestant have to wait for or leave the contest area for materials or equipment (to treat the contestant) – the time taken to do so **MUST NOT** be **excluded** from Injury Time.

Adjusting of Judogi or tying belts after Injury Time **must not** be **included** as Injury Time.

Any time taken for attention to contact lenses shall be recorded as 'Injury Time'.

APPENDIX Article 16 – Technique coinciding with the time signal

Any technique applied after the ringing of the bell or other device to indicate the expiry of the time of the contest shall not be valid, even if the referee has not at that time called sore-made.

Although a throwing technique may be applied simultaneously with the bell, if the referee decides that it will not be effective immediately, he should announce sore-made.

Article 17 – Start of Contest

The contestants shall stand facing each other on the contest area at the assigned red or white tape corresponding to the sash they are wearing. After the contestants have made the standing bow and taken one step forward, the referee shall announce "hajime" to start the contest.

The contest shall always begin in the standing position (see Appendix: "All is correct before hajime.").

Article 18 – Entry into Ne-Waza (Groundwork)

The contestants shall be able to change from standing position to ne-waza (groundwork) in the following cases, but should the employment of the technique not be continuous, the referee orders both contestants to resume the standing position:

- (a) When a contestant, after obtaining some result by a throwing technique changes without interruption into ne-waza (groundwork) 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 follow him to the ground or when one of the contestants is unbalanced and is liable to fall to the ground after the unsuccessful application of a throwing technique, the other may take advantage of his opponent's unbalanced position to take him to the ground.
- (c) When one contestant obtains some considerable effect by applying a shime-waza (strangle) or kansetsu-waza (a lock) in the standing position and then changes without interruption to ne-waza (groundwork).
- (d) When one contestant takes his opponent down into ne-waza (groundwork) by the particularly skilful application of a movement which although resembling a throwing technique does not fully qualify as such.
- (e) In any other case where one contestant may fall down or be about to fall down, not covered by the preceding sub-sections of this article, the other contestant may take advantage of his opponent's position to go into ne-waza (groundwork).

APPENDIX Article 17 – Start of contest

The referee and judges should always be in position to start the contest BEFORE the arrival on the contest area of the contestants.

The referee should stand in the middle – two metres back from the line between where the contestants start. He should be facing the time-keeping table.

If the contestants do not bow, the referee should call them to do so by announcing "REI"; thereafter, he should start the contest by announcing "Hajime".

The referee must not bow with or to the contestants.

The contestants must bow to each other at the beginning and end of the contest.

The referee should ensure that "all is correct" e.g. competition area, equipment, uniforms, hygiene, officials etc. before starting the contest.

(Extract from I.J.F. Sporting Code)

43. The first three officials (referee and two judges) to take the mat at any one session of the competition shall bow together facing joseki before taking their places. The last three officials (referee and judges) during the session shall bow together to joseki before leaving the mat. Between the first and last fights of the session, the referee and judges shall discreetly take their places as quickly as possible.

APPENDIX Article 18 – Entry into ne-waza

Article 19 – Application of Matte (Wait)

The referee shall announce matte (wait) in order to stop the contest temporarily in the following cases and to recommence the contest shall announce "hajime" (begin):

- (a) When one or both of the contestants go outside the contest area.
- (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 uniform.
- (e) When during ne-waza (groundwork) there is no apparent progress and the contestants lie still in a position such as ashi-garami (entangled legs).
- (f) When one contestant regains a standing or semi-standing position from ne-waza bearing his opponent on his back.
- (g) When one contestant remains in, or from ne-waza regains a standing position and lifts his opponent who is on his back with his leg(s) around any part of the standing contestant, clear of the mat.
- (h) When a contestant performs or attempts to perform kansetsu-waza or shime-waza from the standing position and the result is not immediately apparent.
- (i) When in any other case that the referee deems it necessary to do so.

Article 20 – Sonomama

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 penalized does not lose his position of advantage, he shall announce "sonomama" (do not move). To recommence the contest he shall announce "yoshi".
Sono-mama can only be applied in ne-waza (groundwork).

APPENDIX Article 19 – Application of matte

The referee having announced "Matte", must take care to maintain the contestants within his view, in case they do not hear the Matte announced and continue fighting.

The referee should not call "Matte" to stop the contestant/s going outside the contest area, unless the situation is considered dangerous.

The referee should not announce "Matte" when a contestant who has escaped e.g. osaekomi, shime-waza, kansetsu-waza appears in need of or calls for a rest.

The referee should not announce "Matte", if there is a possibility that in so doing, the interruption could cause danger to the contestants e.g. Article 29 (xxx).

The referee should announce "Matte" when a contestant who is face down on the mat, with his opponent clinging to his back, succeeds in rising and his hands are clear of the mat.

Should the referee call "Matte" in error during ne-waza and the contestants therefore separate, the referee and judges may, if possible, and in accordance with the "majority of three" rule, replace 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.

After the announcement of "Matte", the contestants must quickly return to the position in which they started the contest.

When the referee has called "Matte", the contestant(s) must either stand if being spoken to or adjusting their uniform, or may sit if a lengthy delay is envisaged. Only when receiving medical attention should a contestant be permitted to adopt any other position.

APPENDIX Article 20 – Sonomama

Whenever the referee announces "Sonomama", he should be careful that there is no change in the positions or grips of either contestant.

If during ne-waza a contestant shows sign of injury, the referee **may** announce "sonomama" – allow injury time for the treatment of the injury **if necessary**, then return the contestants to the positions they held before the announcement of "sonomama" – and then announce "yoshi".

Article 21 – End of Contest

The referee shall announce "soremade" (that is all) and end the contest:

- (a) When one contestant scores ippon or waza-ari awasete ippon Articles 22 and 23.
- (b) In the case of sogo-gachi (compound win) article 24.
- (c) In the case of fusen-gachi (win by default) or kiken-gachi (win by withdrawal) article 31.
- (d) In the case of hansoku-make (disqualification) article 30.
- (e) When one contestant cannot continue due to injury. Article 32.
- (f) When the time allotted to the contest has expired. (See hantei).

Upon the announcement of soremade by the referee, the contestants shall return to their starting positions.

The referee will award the contest as follows:

- (i) Where one contestant has scored ippon or equivalent, he shall be declared the winner.
- (ii) 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 yuko,
 - one yuko prevails over any number of koka.
- (iii) Where the recorded scores indicate no scores or are exactly the same under each of the headings (waza-ari, yuko, koka), the referee shall gesture and announce "hantei".

Before the announcement of "hantei", the referee and judges must have assessed which contestant they consider to be the winner, taking into account the recognizable difference in the attitude during the contest or the skill and effectiveness of techniques.

The referee shall add his opinion to that indicated by the two judges and shall declare the result according to the majority of all three opinions.

Should the opinion of the two judges differ, the referee shall make the decision.

Where the referee has a differing opinion from that of the two judges after having announced "hantei", he may delay giving his decision in order to discuss with them their reasons and thereafter once again announce "hantei" and this time must give his decision based upon the majority of three.

Once the referee has announced the result of the contest to the contestants it will not be possible for the referee to change this decision after he has left the contest area.

Should the referee award the contest to the wrong contestant in error, the two judges must ensure that he changes this erroneous decision before he leaves the contest area.

- (iv) The decision of hiki-wake (draw) shall be given when there is no positive score and where it is impossible to judge the superiority of either contestant in accordance with this article, within the time allotted for the contest.

After the referee has indicated the result of the contest, the contestants shall take one step backwards to their respective red and white tapes, make a standing bow and leave the competition area.

APPENDIX Article 21 – End of contest

Having announced 'Soremade', the referee should still keep the contestants within his view, in case they do not hear his announcement and continue fighting.

The referee should direct the contestants to adjust their judogi, if necessary, prior to indicating the result.

Although a throwing technique may be applied simultaneously with the bell, the referee should announce "soremade", if he decides that it will not be effective immediately.

Article 22 – Ippon

The referee shall announce "ippon" when in his opinion an applied technique corresponds to the following criteria:

- (a) When a contestant throws the other contestant largely on his back with considerable force and speed.
- (b) When a contestant holds with osaekomi the other contestant, who is unable to get away for 30 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 a grappling technique, shime-waza (strangle) or kansetsu-waza (arm lock).
- (d) When the effect of a strangle technique or arm lock is sufficiently apparent.

Equivalence: Should one contestant be penalized "hansoku make" the other contestant shall be declared the winner.

In the case where both contestants score "ippon simultaneously, the referee shall announce "hiki wake" (draw) and the contestants shall have the right to fight a new contest immediately, where necessary. Should only one contestant exercise his right to fight the contest again, and the other contestant declines, the contestant who wishes to fight again shall be declared the winner by "ippon".

Article 23 – Waza-Ari Awasete Ippon

Should one contestant gain a second "waza-ari" in one contest, (see Article 25) the referee shall announce "waza-ari-awasete-ippon" (two waza-ari score ippon).

Article 24 – Sogo-Gachi (Compound Win)

The referee shall announce "sogo-gachi" in the following cases:

- (a) Where one contestant has gained a waza-ari and his opponent subsequently receives a penalty of keikoku (see Article 29c).
- (b) Where one contestant, whose opponent has already received a penalty of keikoku is subsequently himself awarded a waza-ari.

Article 25 – Waza-Ari

The referee shall announce "waza-ari" when in his opinion the applied technique corresponds to the following criteria:

- (a) When a contestant throws the other contestant, but the technique is partially lacking in one of the three elements necessary for ippon (see Article 22a and Appendix).
- (b) When a contestant holds with osaekomi the other contestant who is unable to get away for 25 seconds or more, but less than 30 seconds.

Equivalence: Should one contestant have been penalized keikoku, the other contestant shall receive waza-ari at the end of the contest.

APPENDIX Article 22 – Ippon

Simultaneous Techniques – when both contestants fall to the mat after what appears to be simultaneous attacks, and the referee and judges cannot judge which technique dominated – there should be no score awarded and the referee should so indicate with the 'not valid' gesture.

Should the referee call "Ippon" during ne-waza in error and the contestants therefore separate, the referee and judges may, if possible, and in accordance with the "majority of three" rule, replace the contestants into as close to their original positions as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

If one of the contestants deliberately makes a "Bridge" (head and heels in contact with the mat and the rest of the body arched above the mat) after having been thrown – although he may have avoided the necessary criteria for ippon, the referee may nonetheless award ippon, or any other score he considers the technique warrants, in order to discourage this action.

Ippon from a throwing technique can only be awarded if the technique started from the standing position.

APPENDIX Article 23 – Waza-ari-awasete-ippou

APPENDIX Article 24 – Sogo-gachi

APPENDIX Article 25 – Waza-ari

Generally, in relation to waza-ari (and Yuko) – the interpretation of **Partially Lacking** in "Largely on the Back" can mean that the contestant's **Side of Body** is in contact with the mat.

Although the criteria for ippon – of largely on the back with speed and force may be evident in a throw such as tomoenage, if there is an interruption to the throw – waza-ari is the maximum score that should be awarded.

Article 26 – Yuko

The referee shall announce "yuko" when in his opinion the applied technique corresponds to the following criteria:

- (a) When a contestant throws the other contestant, but the technique is partially lacking in **two** of the three elements necessary for ippon:
 - e.g. (i) Partially lacking in the element of "largely on the back" and is also partially lacking in **one** of the other two elements of "speed" or "force".
 - (ii) Largely on the back but partially lacking in **both** the other two elements of "speed" and "force" (see Appendix 'Side of Body').
- (b) When a contestant holds with osaekomi the other contestant who is unable to get away for 20 seconds or more but less than 25 seconds.

Equivalence: Should one contestant have been penalized "chui" the other contestant shall receive yuko at the end of the contest.

Article 27 – Koka

The referee shall announce koka when in his opinion the applied technique corresponds to the following criteria:

- (a) When a contestant throws the other contestant onto his thigh(s), stomach or buttocks with speed and force.
- (b) When a contestant holds with osaekomi the other contestant who is unable to get away for 10 seconds or more but less than 20 seconds.

Equivalence: Should one contestant have been penalized "shido", the other contestant shall receive koka at the end of the contest.

Article 28 – Osaekomi

When a contestant is holding the other contestant and the referee announces "osaekomi" he shall apply the following criteria:

- (a) Should a contestant who is controlling his opponent with an osaekomi, change without losing control, into another osaekomi, the osaekomi time will continue until the announcement of "ippon" (or "waza-ari" or equivalent in the case of "waza-ari awasete ippon") or "toketa".
- (b) The osaekomi is valid as long as one contestant is **touching** the contest area.
- (c) When osaekomi is being applied, if it is the contestant who is in an advantageous position who commits an infringement meriting a penalty, the referee shall announce "matte", return the contestants to their starting positions, award the penalty (and any score from the osaekomi), then recommence the contest by announcing "hajime".
- (d) When osaekomi is being applied, if it is the contestant who is in a disadvantageous position who commits an infringement meriting a penalty, the referee shall announce "sonomama" (quickly consult with the judges if the penalty is to be keikoku or higher), 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 act in accordance with Article 30, 3rd paragraph.
- (e) The referee shall announce "toketa" when he considers the contestant is no longer controlling his opponent with osaekomi.

APPENDIX Article 26 – 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.

APPENDIX Article 27 – Koka

Regardless of how many kokas are announced, no amount will be considered being equal to a yuko or waza-ari. The total number announced will be recorded.

Throwing an opponent on to his knee(s), hand(s), or elbow(s) will only be counted as the same as any other attack. Similarly, an osaekomi of up to nine seconds will be counted as an attack.

APPENDIX Article 28 – Osaekomi

If both judges agree that an Osaekomi exists, but the referee has not announced Osaekomi – they should indicate with the Osaekomi signal and, by the "Majority of Three" rule, the referee shall announce Osaekomi. Similarly, if the referee has announced Osaekomi and both judges agree that Osaekomi does not exist, they should give the "Not Valid" signal.

Uke may attempt shime-waza or kansetsu-waza whilst osaekomi is in progress but the body is **now** more than half outside the contest area. However, "Matte" must be announced if the osaekomi is broken or the contestants leave the contest area completely.

The referee shall announce 'Toketa' in the case of "Osaekomi on the Edge" – when the one part of the contestant still touching the contest area, becomes "airborne" (i.e. it is raised up and loses contact with the Tatami).

'Toketa' should be announced if, during osaekomi, the contestant being held succeeds in "scissoring" the other contestant's **leg**.

'Soremade' should be announced and the contest ended if in Ne-waza, after the announcement of "Sonomama", the penalty to be given is "Hansoku-make".

Article 29 – Prohibited Acts

All the following acts are prohibited:

- (a) **Shido** is given to any contestant who has committed a slight infringement:
- (i) To intentionally avoid taking hold in order to prevent action in the contest.
 - (ii) To adopt in a standing position an excessively defensive attitude.
 - (iii) In a standing position to continually hold without attacking:
 - a. with one or both hands the belt or bottom of the opponent's jacket
 - b. the opponent's collar lapel or jacket on the same side with both hands
 - c. one sleeve of the opponent's jacket with both hands.
 - (iv) In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose.
 - (v) To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers, or to grasp by "screwing up" his sleeve.
 - (vi) 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.
 - (vii) To intentionally disarrange his own judogi or to untie or retie the belt or the trousers without the referee's permission.
 - (viii) To encircle the end of the belt or jacket around any part of the opponent's body.
 - (ix) To take the opponent's judogi in the mouth.
 - (x) To put a hand, arm, foot or leg directly on the opponent's face.
 - (xi) From a standing position, to take hold of the opponent's foot/feet, leg(s) or trouser leg(s) with the hand(s), unless simultaneously attempting a throwing technique.
 - (xii) While lying on the back, to maintain a hold with the legs around the neck and arm pit of the opponent, where the opponent succeeds in standing or gets to his knees in a position from which he could lift up the contestant.
- (b) **Chui** is awarded to any contestant who has committed a **serious** infringement in heavy type (or having been penalized shido commits a second slight infringement).
- (xiii) To apply leg scissors to the opponent's trunk (dojime), neck or head. (scissor with crossed feet, while stretching out the legs).
 - (xiv) To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip.
 - (xv) To put a foot or a leg in the opponent's belt, collar or lapel.
 - (xvi) To bend back the opponent's finger(s) in order to break his grip.
 - (xvii) To pull the opponent down in order to start ne-waza unless in accordance with Article 18.
 - (xviii) From a standing position, to go outside the contest area while applying a technique started inside the contest area.
- (c) **Keikoku** is awarded to any contestant who has committed a **grave** infringement in heavy type (or who having been penalized chui, commits a further slight or serious infringement).
- (xix) To intentionally go outside the contest area or intentionally force the opponent to go outside the contest area (see Article 10 "Exceptions").
 - (xx) To attempt 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 (kawazu-gake).
 - (xxi) To apply kansetsu-waza (joint locks) anywhere other than to the elbow joint.
 - (xxii) To apply any action which might injure the opponent's neck or spinal vertebrae.
 - (xxiii) To lift off the mat an opponent who is lying on the mat and to drive him back onto the mat.
 - (xxiv) To sweep the opponent's supporting leg from the inside when the opponent is applying a technique such as harai-goshi etc.
 - (xxv) To apply, or attempt to apply any technique outside the contest area.
 - (xxvi) To disregard the referee's instructions.

APPENDIX Article 29 – Prohibited acts

- (ii) Non-combativity should be awarded if a contestant repeatedly makes actions designed to give the impression of attacks but which clearly show that there was no intent on his part to throw his opponent.

Non-combativity should not be awarded when there are no attacking moves, but the referee considers that the contestant(s) is(are) genuinely looking for the opportunity to attack.

With the exception of the first free Note given prior to the penalty of non-combativity – there **must not** be any other **free** warnings.

- (iii) A contestant should not be penalized for holding with both hands on one side of the jacket 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 attitude (Article 30 (ii)).
- (viii) 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) to say – trap the opponent's arm should not be penalized.
- (x) The FACE means the area within the line bordered by – forehead, in front of the ears and jaw-line.
- (xix) If a contestant in ne-waza deliberately goes outside the contest area – he should be penalized keikoku. If osaekomi has been announced before he goes outside, the osaekomi should be allowed to continue (even though uke is deliberately leaving the contest area) until broken or not – the referee should then penalize uke and award the score (if any) for the osaekomi.
- (xxx) The referee should not call "Matte" if there is a possibility that in so doing the interruption could cause danger to the contestants.

- (xxvii) To make unnecessary calls, remarks or gestures derogatory to the opponent, during the contest.
- (xxviii) To make any action which may injure or endanger the opponent, or may be against the spirit of judo.
- (xxix) To fall directly to the mat while applying or attempting to apply techniques such as waki-gatame.
- (d) **Hansoku Make** is awarded to any contestant who has committed a very grave infringement in heavy type (or who having been penalized Keikoku, commits a further infringement of any degree).
- (xxx) To "dive" head first, onto the mat by bending forward and downward while performing or attempting to perform techniques such as uchimata, harai-goshi, etc.
- (xxxi) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.
- (xxxii) To wear a hard or metallic object (covered or not).

In relation to sub-paragraph (ii) of this article, a state of non-combativity may be taken to exist when in general, for 20 to 30 seconds, there have been no attacking moves on the part of either or both contestants. This period may be extended or shortened depending upon the circumstances. If the referee considers that either or both contestants are guilty of noncombativity, the first warning (Article 8 xvii) should not entail a penalty for the contestant(s) so warned.

Subsequent warnings entail a penalty of shido or higher, should a previous penalty have been awarded.

Article 30 – Penalties

The division of infringements, as in Article 29 into four groups is intended as a guide, to give clearer understanding to all, of the relative penalties normally awarded for committing the applicable prohibited act. Referees and judges are authorized to award penalties according to the "intent" or situation and in the best interest of the sport.

Should the referee decide to penalize the contestant(s), (except in the case of sonomama in ne-waza) he shall temporarily stop the contest, return the contestants to their starting positions and announce the penalty while pointing to the contestant(s) who committed the prohibited act.

Should the penalty to be awarded be hansoku-make, the referee, after returning the contestants to their starting positions, shall step forward between the contestants, face the contestant who is to be penalized, point to him and announce "hansoku-make". He shall then step back to his original position announce "sore-made" and indicate the winner.

Before awarding keikoku or hansoku-make, the referee must consult with the judges 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 degree of the infringement. Where both contestants have been awarded keikoku and subsequently each receives a further penalty, they should both be declared hansoku-make. Nonetheless, the officials may make their final decision in this matter in accordance with Article 33, 'situations not covered by these rules'.

Where one contestant pulls his opponent down into ne-waza not in accordance with Article 18 and his opponent does not take advantage of this to continue into ne-waza, the referee shall call "matte", temporarily stop the contest and award "chui" to the contestant who has infringed Article 18.

APPENDIX Article 30 – Penalties

A penalty can be awarded after the announcement of "Soremade" 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 – **If** the decision has not been given.

Penalties are not cumulative. Each penalty must be awarded at its own value. The awarding of any second or subsequent penalty automatically cancels an earlier penalty. Whenever a contestant has already been penalized, any succeeding penalties for that contestant must always be awarded at least in the next higher value than his existing penalty.

Whenever a referee awards a penalty, he should if necessary, demonstrate with a simple action the reason for the penalty.

Article 31 – Default and Withdrawal

The decision of fusen-gachi (win by default) shall be given to any contestant whose opponent does not appear for his contest.

The referee must be sure before awarding fusen-gachi that he has received the authority to do so by the Tournament Director.

The decision of kiken-gachi (win by withdrawal) shall be given to any contestant whose opponent withdraws from the competition for any reason, during the contest.

Any contestant who will not comply with requirements of Articles 3 and 4, will be refused the right to the contest and the opponent shall win the contest by kiken-gachi, according to the rule of "majority of three".

Article 32 – Injury, Illness or Accident

Should an injury to a contestant be of a nature to be so serious as to require treatment away from the competition area, the contest should be ended and the match decided as to who is the victor and should be announced by the referee in accordance with the other provisions of this Article.

The decision of kachi (win), make (loss), hiki-wake (draw) 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 judges according to the following clauses:

- (a) Injury
 - (i) Where the cause of the injury is attributed to the injured contestant he shall lose the contest.
 - (ii) Where the cause of the injury is attributed to the un-injured contestant the un-injured contestant shall lose the contest.
 - (iii) Where it is impossible to determine the cause of injury to either contestant, the decision of hiki-wake may be given.
- (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, the decision of hiki-wake (draw) shall be given.

Article 33 – 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 referee after consultation with the judges.

APPENDIX Article 31 – Default and withdrawal

APPENDIX Article 32 – Injury, illness or accident

APPENDIX Article 33 – Situation not covered by the rules

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