



IJF REFEREEING RULES

All refereeing matters are the responsibility of the IJF Referee Commission.

APPENDIX D

D1.1 Refereeing - Culture, History and Principles

Jujutsu is the generic term that regroups all the methods of empty hand combat that the warriors of the Japanese Middle Ages practiced.

The fierce fights between the various schools of jujutsu contributed to the notoriety of their masters and pupils; it was in general duels between the schools that opposed the best practitioner of each among them.

Jigoro Kano at the end of the 19th century developed a school of jujutsu, that he called "JUDO", different from the other "Ryu" by its target. Like the other schools, Judo cultivated the maximal efficiency, but the goal was not the same.

"The improvement of man and society "

Judo is a method of physical, intellectual and moral education, by the practice of a martial art.

Judo is the only martial art derived from jujutsu where the grip of the opponent is obligatory; this is what gave its technical wealth, finesse and intelligence. The confrontation in jujutsu didn't allow real fighting since the goal was to kill without being killed oneself.

Jigoro Kano created a discipline where the confrontations allowed techniques to be applied completely, without ever injuring the opponent.

Ippon was granted only if the fall of the opponent was controlled until they hit the ground, or they submitted.

Apart from the elbow joint where one must leave the possibility for their adversary to quit, all techniques are executed in the sense of articulation and never in hyper extension.

The control of the fall direction, the impact and the speed of execution are the definition of the perfect success of the throwing technique.

Judo is not a struggle where one accumulates advantages or points, whether standing up or on the ground, judo is a duel with a code. The only goal is ippon; all other values can be counted only if there is a will to score ippon.

The evolution of contests and refereeing through the years.

Of the challenges inter-schools of jujutsu without mercy, one passed, a little more than 100 years later, to be a member discipline of the International Olympic Committee.

The competition is today extremely well regulated and fully corresponds to the "Olympic Charter" humanist, educational and social. Judo remains nevertheless a martial art where a 100% duel must be the rule. It is the perfect technique that is rewarded with an ippon that puts an end to the contest. Ippon corresponds to "out of contest" as at the time of the warriors of the Middle Ages.

The refereeing must consider the philosophical aspect of the duel between the two athletes and reward them by the correct value or the correct sanction.



The rewards are:

- Ippon, waza-ari and yuko.

The sanctions are:

- A warning or disqualification, according to the severity, for those who put in danger their own health or that of their opponents, those who refuse to contest, those who stop the contest from taking place fairly, who comes out of the contest area. All actions contrary to the spirit of judo must also be punished.

Within the framework of competitions organised by the IJF, or under its responsibility, a judoka may be immediately sanctioned by the referees for any action “contrary to the spirit of judo” as specified in the IJF Code of Ethics.

Actions “contrary to the spirit of judo”, on the competition area, without this list being exhaustive are:

- Attacking or attempting to attack voluntarily the physical integrity of one’s opponent or oneself.
- Practising prohibited or dangerous techniques or carrying rigid objects during fights contests.
- Refusing to carry out the instructions of the referee or the organisers, e.g., refusing to leave the mat at the end of the contest.
- Insulting, by word or gesture, his opponent, the referee, the coach, the organisers, the public or any other person present in the venue.
- Promote in any way whatsoever commercial brands that do not comply with IJF rules, or political, religious, or other ideas.
- Take any action that has no connection with the competition and whose purpose is possibly to be seen on social networks.
- Modify the technical characteristics of the judogi, as defined in the IJF regulations (reference: SOR - Appendix C - Judogi rules).

The one who wins is the one who executed “THE” best technique or for “Hansoku-make” of the opponent (technical penalties or due to action against spirit of Judo).

Culturally and in complement, judo doesn’t reduce itself to its Olympic expression, judo remains a martial art, judo is more than a sport, all the techniques of the Kodokan Classification are part of the judo heritage and must always be taught.

It is the same for the “kappo“, techniques of resuscitations and joint mobilisations practiced about forty years ago by the judo teachers and the referees which are these days forbidden in some countries. Their practice is not allowed but their knowledge is part of the judo heritage and should under no circumstances be forgotten. Their practice isn’t allowed for referees in IJF World Judo Tour competitions.

The referees are the guards of the physical, cultural and philosophical expression of judo.

Judo must be understood to be appreciated!



Article 1 Referees and Officials

Please refer to Section 1.8 for referee nationality rules.

The ages limits for continental referee examinations are 25-45 years old in the year of the examination.

The ages limits for IJF international referee examination are 30-50 years old in the year of the examination.

To referee at an International Judo Federation (IJF) World Judo Tour (WJT) event, and other events as agreed by the IJF Executive Committee, a referee must hold an IJF international licence and be active in their nation and continent.

All referees participating in the IJF WJT must be a maximum of 55 years old during that Olympic cycle (i.e., for the Olympic cycle 2025-2028 referees should be born in 1973 or later). Exceptions for top referees have to be approved by the IJF Executive Committee.

Starting 01 January 2026, all candidates for IJF Continental and IJF International examinations must hold a valid IJF Academy Certificate equivalent to Level 1/UCJI.

Starting 01 January 2026, referee who are listed on the ranking list of their respective Continental Unions will have a period of three (3) years in the period of 2026-2028, to obtain the IJF Academy Certificate. Not obtaining the IJF Academy Certificate will have as consequence that they cannot take part as referees in the official events listed in Continental Unions calendars and IJF Calendar.

The IJF Head Referee Director(s) will select the referees for the IJF events and other events. The selection is based on:

- The IJF referee ranking list.
- The level of the event.
- The period in which the event takes place (e.g., during or out of Olympic qualification).
- The development stage of the referee.

Generally, the contest shall be conducted by one referee of a different nationality to the two competing athletes. For team competitions the same principle applies.

In advance of the competition, before the weight category per mat distribution, the selected referees are allocated to a tatami. The assignment of the referees to each contest is done using the IJF competition software. The selection is done to guarantee nation neutrality and gives approximately the same number of assignments to be a referee on the tatami. After following these conditions, the selection done is completely random.

The best referees from the preliminaries, on that day, are selected for the final block. At the end of the competition each referee is given an evaluation (score). This score is then added to the IJF referee ranking list.

No one shall exercise the function of a referee during the events organised by the IJF or Continental Union or during multisport games where the IJF is responsible for selecting the referees if he holds the position of national federation President, coach, doctor, official of the national team, Referee Director and/or is responsible for the selection of the referees and of their evaluation.

Exception: national federation Referee Director(s) can referee at cadets and juniors Continental Cups and competitions excluding Continental Championships.

The referees shall be assisted by technical officials who will operate the timing and scoring system and complete the competition paperwork. The local organising committee (LOC) should provide two (2) experienced technical officials per tatami for timing and scoring.

At each IJF WJT event there are IJF Referee Supervisor(s) whose function is to ensure that all decisions made by the referee are correct.

The referee on the tatami has a radio communication system that is connected to the IJF Referee Supervisor(s) on the technical table.

The Head Referee Director(s) and/or the IJF Referee Supervisor(s) who can possibly intervene, are sitting at their reserved places with their own Computer Assisted Replay System (CARE) system. They are connected to the referee via headphones. The procedure is detailed in Article 13.5.

Article 2 Position and Function of the Referee

The referee should wear the IJF approved uniform without any head coverings, religious objects, or garish jewellery.

Before officiating a contest, the referee:

- Should familiarise himself with the sound of the gong or means of indicating the end of the contest on their tatami, with the position of the medical table and the location of judogi control.
- Must check that his radio and headset are working.
- Has to ensure that the surface of the competition area is clean and in good condition and there are no gaps between the tatami.
- Should ensure that there are no spectators, supporters, or photographers in a position to cause a nuisance or a risk of injury to the athletes.
- Should ensure that all is in good order (e.g., competition area, equipment, uniforms, hygiene, technical officials etc.) before starting the contest.
- Ensure copies of forms (Coach Suspension Form and Article 18 Direct Hansoku-make Form) are available.

Officiating a contest, the referee:

- Shall generally stay within the contest area.
- He shall conduct the contest and administer the decisions and he shall ensure that the decisions are correctly recorded.
- In exceptional cases (e.g., when both athletes are in ne-waza and facing outwards) he may observe the action from the safety area.

The athlete wearing the blue judogi is to the left of the referee and the athlete wearing the white judogi is to the right of the referee.

Article 3 Role of Non-Officiating Referees

Referees who are not refereeing shall be seated at the technical table with a clear view of their tatami, waiting for the contest assigned to them and, in any case, ready for any eventuality that may occur during the event (e.g., he should draw the IJF Referee Supervisor's attention to a mistake recorded on the scoreboard).

Should an athlete 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 referee assigned to the specific tatami who is not refereeing must go with the athlete to see that no anomaly occurs. If the referee assigned to the specific tatami is not of the same gender as the athlete, an official designated by the IJF Head Referee Director(s) or IJF Referee Supervisor(s) shall accompany the athlete.

Article 4 Gestures

The referee shall make gestures as indicated below when taking the following actions. The gestures should be maintained for three (3) to five (5) seconds while moving to ensure that the score is clearly visible to the IJF Head Referee Director(s), IJF Referee Supervisor(s) and the timekeeper(s).



Bow entering and leaving the tatami



Standing before the contest



Inviting the athletes onto the tatami



Hajime! and Sore-made!



Ippon (100 points marked as ippon on the scoreboard): the referee raises one arm high above the head with the palm of the hand facing forward.



Waza-ari (10 points on the scoreboard): the referee raises one arm sideways to shoulder height with the palm of the hand facing downwards.

The waza-ari gesture:

- Should start with the arm across the chest, then sideways to the correct finishing position.

However, care should be taken when turning to keep the athletes within view.



Waza-ari-awasete-ippōn (two waza-ari score ippon, 100 points, marked as ippon on the scoreboard): first waza-ari, then the ippon gesture.



Yuko (1 point on the scoreboard): the referee raises one arm sideways with the palm of the hand facing downwards, 45 degrees from his body.

The yuko gesture:

- Should start with the arm across the chest, then sideways to the correct finishing position.



Osaekomi! (Hold is on!): while bending his body towards the athletes, shall point his arm, with the palm of the hand facing downwards. The referee must check that the timekeeper has started the timer before stopping the gesture and returning to a normal position to control the contest.



Toketa! (Hold broken!): while bending his body towards the athletes, shall raise one of his arms, with the fingers of the hand straight and forward and the thumb up, to the front and quickly wave it from right to left two or three times. He must check the timekeepers correctly stop the time.



Mate! (Wait!): shall raise one of his arms to shoulder height approximately parallel to the tatami and display the flattened palm of his hand (fingers up) to the timing and scoring technical officials.



Sono-mama! <=> Yoshi!

Sono-mama! (Hold position!): shall bend forward and touch both athletes with the palms of his hands.

Yoshi! (Continue! or Resume!): shall firmly touch both athletes with the palms of his hands and bring pressure on them.



Stand up (return to the contest start position): both arms extended towards the judoka concerned, palms upwards parallel to the tatami, the referee will move them two / three times from bottom to top with a movement of a few centimetres. The referee must ensure that the judoka sees the gesture clearly.



To cancel expressed opinion: 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. There should be no announcement made when cancelling an expressed opinion (score or penalty).

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

If the situation allows, the referee will signal the cancellation when the athletes can see this gesture.



Not valid (throwing action without scoring for both athletes): raising one hand above the head with the palm parallel to the head and wave it from right to left two or three times. No announcements are to be made.



Kachi: to indicate the winner, the referee and the athletes shall return to their positions at start of the contest; the referee take one step forward, first the left then the right, indicate the winner raising one hand, palm in, above shoulder height towards the winner; then take one step back, first the right then the left, to return to the contest start position.



To call the doctor: shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured athlete.



To award a penalty: in tachi-waza, the referee shall stop the contest temporarily by announcing Mate!, shall return the athletes to their starting position (Article 11), and must turn 45 degrees towards the athlete to be penalised.

Shido or hansoku-make: shall point towards the athlete to be penalised with the forefinger extended from a closed fist.

To award a penalty: in ne-waza, see Article 17.

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



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



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



Fix judogi: to direct the athlete(s) to re-adjust the judogi or hair: shall cross left hand over right, palms facing inwards, at belt height or put his hand, with little finger next to his hair, to show to athlete to fix his hair.



Penalty for not fixing judogi or hair: To award a penalty towards the athlete who does not re-adjust their judogi correctly between the mate and the subsequent Hajime! (Begin!): point towards the athlete (s) to be penalised with the forefinger extended from a closed fist while announcing the penalty and then, cross left hand over right, palms facing inwards, at belt height; same procedure should be applied for not fixing hair, showing the appropriate gesture.



Penalty for stepping out



Penalty for leg grabbing



Penalty for refusing kumi-kata by covering lapel



Penalty for a blocking attitude with one hand



Penalty for a blocking attitude with two hands



Penalty for not taking a grip

Further gestures in case of penalties will be executed in compliance with the action to be sanctioned (see Article 18 - Prohibited Acts and Penalties).

The following gestures can be found here:

www.ijf.org/news/show/refereeing-the-new-gestures

Yuko for landing on both buttocks and two hands / elbows, one hand / elbow, no hands / elbows. After awarding yuko no shido penalty will be given.

Shido for reverse seoi-nage. The referee will turn towards the athlete to be sanctioned with a movement of about 45° and will bring both hands into clenched fists on one side of his chest and then slightly rotate his torso as the beginning of a technique.
NOTE: Shido for reverse seoi-nage will be given only for cadet events.

Shido for arranging hair. The referee will turn towards the athlete to be sanctioned with a movement of about 45° and will bring his hand in a closed fist, the part of the little finger in contact with the temple (same side).

To indicate to the **athlete(s) that he may stand** 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.

Article 5 Location (Valid Areas)

The contest shall be fought in the contest area.

All actions are valid and may continue (no mate) if either athlete has some part of their body touching the contest area and the action started inside the contest area.

Any new technique applied when both athletes are outside the contest area shall not be recognised.

Exceptions

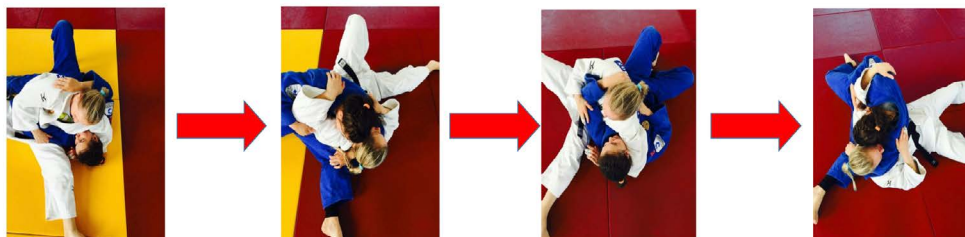
a) When a throw is started with only one athlete in contact with the contest area, but during the action both athletes move outside the contest area, the action may be considered for point scoring purposes if the throwing action continues uninterrupted in the proximity of the limit of the contest area and no more than two metres in the safety area.

Similarly, any immediate counter technique by the athlete who was not in contact with the contest area when the throwing action started inside, may be considered for point scoring purposes if the action continues uninterrupted in the proximity of the limit of the contest area and no more than two metres in the safety area.

b) Ne-waza action (aimed at osaekomi-waza, kansetsu-waza or shime-waza) is valid and may continue outside of the contest area if it was started from inside.

The kansetsu-waza and shime-waza initiated inside the contest area and recognised as being effective to the opponent can be maintained, even if the athletes are outside the contest area, as long there is progression.

c) Ne-waza outside the contest area: if the throwing action is finished outside the competition area in the proximity of the limit of the contest area and no more than two metres in the safety area and immediately one of the athletes applies osaekomi-waza, shime-waza or kansetsu-waza, this technique shall be valid as long there is progression. If during ne-waza, outside the contest area, uke takes over the control with osaekomi-waza, shime-waza or kansetsu-waza, in continuous succession, it shall also be valid.



d) If during ne-waza outside the contest area the athletes go out of the safety area and the referee was unable to announce Mate!, this situation shall be dealt with, and a decision given by the referee after consultation with the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s).

Once the contest has started, if permission is given by the referee, the athletes can leave the competition area.

Permission will be given to change a judogi or t-shirt which has become damaged or soiled or in case of an accident for which the doctor is required. This intervention will be done off the tatami, near the area itself or close to the medical facility; the athlete will be accompanied by another referee (see Article 3).

Article 6 Duration of the Contest

1. The duration of the contests and the paperwork shall be determined according to the rules of the competition.

For all IJF competitions the time duration of the contests will be:

Senior men and women/mixed teams:	4 minutes real contest time
Junior under 21 men and women/mixed teams:	4 minutes real contest time
Cadet under 18 men and women/mixed teams:	4 minutes real contest time

It is recommended that these times should be used by national federations for competitions for seniors, juniors and cadets.

2. Any athlete is entitled to 10 minutes rest between contests. Depending on the layout of the venue the IJF Ad Hoc Commission may increase this rest time. The IJF Ad Hoc Commission should be composed of one (1) representative from Refereeing, one (1) from Sport and one (1) from Education and Coaching. If possible, composition of the Ad Hoc Commission should include one (1) IJF elected official.

Article 7 Osaekomi Time

- a) Ippon: 20 seconds.
- b) Waza-ari: 10 seconds or more but less than 20 seconds (10-19 seconds).
- c) Yuko: 5 seconds or more but less than 10 seconds (5-9 seconds).

Article 8 Technique Coinciding with the Time Signal

1. Any immediate result of a technique started at the very latest in the last second of the valid time shall be valid.

2. Although a throwing technique may be applied simultaneously with the time signal, if the referee or the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) decide that it will not be effective immediately, the referee shall announce Sore-made!, without any value for scoring purposes.

3. Any technique applied after the time signal 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. If Osaekomi! started in regular time (not in golden score) and 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 yuko or waza-ari) is announced or the referee announces Sore-made!, or to allow until Toketa! and the referee announces Sore-Made!.

During that time the athlete who receives the Osaekomi! (uke) can counterattack by applying shime-waza or kansetsu-waza. The time will continue until the announcement of ippon (or equivalence), or Sore-made!.

Article 9 Start of the Contest

1. The referee shall always be in position to start the contest before the arrival on the contest area of the athletes.

In individual competition the referee shall be at the tatami centre 2 m back from the line from which the athletes start and shall be facing the technical 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 referee will remain in the same place as in the individual competitions. At his indication, the two teams will come in on their allocated side, in line with the outer edge of contest area, in order according to the draw of categories, and will stand face-to-face.

Each one of the three allocated referees will referee two consecutive contests. If a contest is missing because of a lack of one/two contestants, the last referee will only referee the remaining one or none. If there is a draw the last referee will remain on the tatami for the golden score decision contest.

b) On the order of the referee the two (2) teams will move ahead to the starting position on the mat.

c) The referee shall order the teams turn towards the technical table, 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" (face each other), the two teams again be face to face, announcing "Rei!" (bow), 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 athletes of each team must make the first contest. In each contest, they will perform the same procedure of bowing that in individual competition.

f) In case of equal wins after finishing the last contest of the match, the referee will order the teams to proceed as described in paragraph a) and b), in order to wait for the draw of the extra contest. Once the draw is performed the concerned athletes will remain on the tatami for the extra golden score contest while the rest of the team will leave.

g) After finishing the last contest of the match, 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 the technical table.

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

When entering the tatami area, athletes should walk to the entrance of the contest area at the same time.

The athletes must NOT shake hands before the start of the contest.



3. The athletes 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 (the athlete in the white judogi on the right side and the athlete in the blue judogi on the left side of the referee's position) and remain standing there.

At the signal from the referee, the athletes 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 athletes shall simultaneously take a step back from the right foot and bow to each other.

If the athletes do not bow or do so incorrectly, the referee shall direct the athletes to do so. It is very important to perform the bow in the correct way.

4. The contest always starts with the athletes in the standing position, wearing their judogi correctly with the belt tied tightly above their hip bones, then the referee announces "Hajime!".

During the contest the athletes should always fix their judogi/hair quickly between "Mate!" and "Hajime!".

5. The accredited doctor may request that the referee stops the contest in the cases and with the consequences regulated in Article 20.

6. Objects falling onto the tatami must be collected/handed by the referee, who decides, together with the IJF Referee Commission when necessary, on the texture of the object.

7. There are Kodokan classified judo techniques allowed for all age groups. There are Kodokan classified techniques allowed in senior/junior events but which are penalised in cadet events (refer to Article 18). There are Kodokan classified judo techniques which are not allowed in IJF events (kawazu-gake, kani-basami, do-jime, ashi-garami, refer to Article 18).

Article 10 Transition from Tachi-waza into Ne-waza (A) and from Ne-waza into Tachi-waza (B)

Transition from tachi-waza to ne-waza are considered valid if tori or uke makes a real attack or a counterattack and then they attempt osaekomi-waza, shime-waza or kansetsu-waza.

It is tachi-waza when both athletes are in a standing position and are not in any of the following ne-waza positions (see pictures below).

Gripping under the belt in the end phase of a throwing technique is allowed.

If the throwing technique is interrupted, gripping under the belt is a ne-waza action.

Gripping under the belt in the end phase of a throwing technique like with soto-makikomi continuing through ushiro-kesa-gatame or ura-gatame and similar technical actions are allowed.

Ne-waza is when both athletes have two knees on the floor (picture 10.1).



Picture 10.1

If there is a loss of contact between the athletes and there is no possibility of continuation, mate must be called (picture 10.2).



Picture 10.2

Lying on the stomach on the ground, the blue athlete is considered to be in ne-waza (picture 10.3).



Picture 10.3

Grip control from the standing athlete (white), we still consider the athlete (blue) on the knees to be in tachi-waza and consequently tachi-waza regulations would be applied (picture 10.4).

However, if white or blue does not attack immediately, then the referee must call Mate! The kneeling athlete (blue) cannot grab the legs to defend the throw with his arms, if this happens, shido will be given.



Picture 10.4

In this position (picture 10.5) if the blue athlete has two elbows and two knees on the floor, the white athlete can do a technique but ONLY to transition into ne-waza, without throwing score.

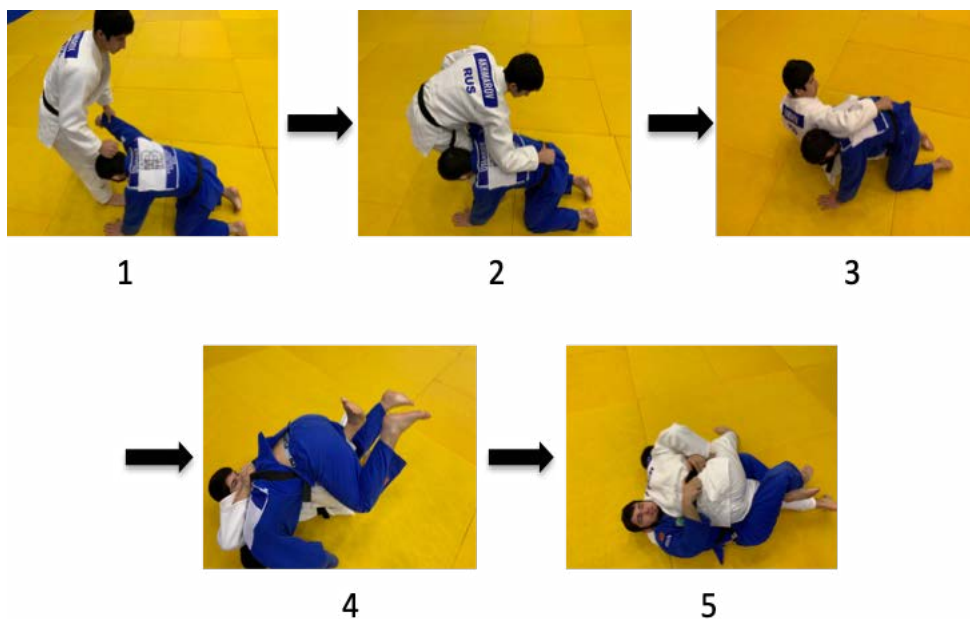


Picture 10.5

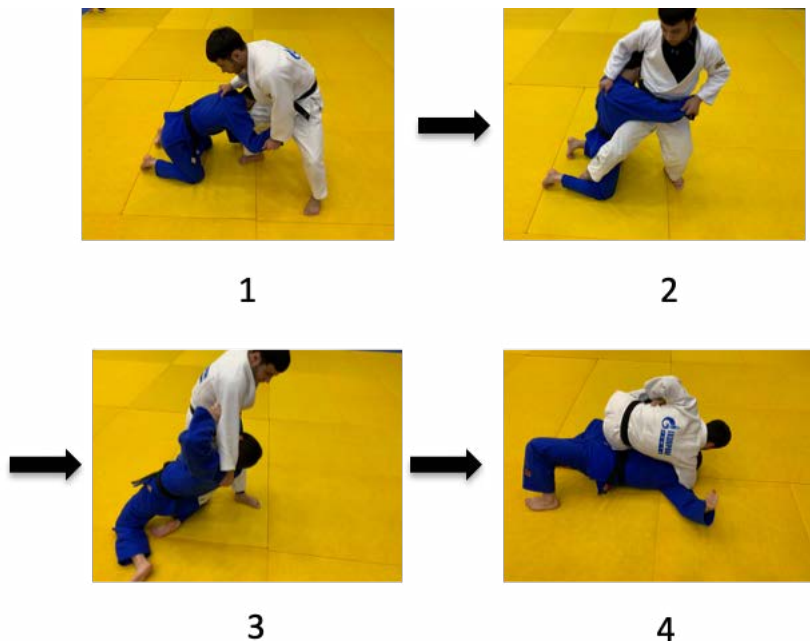
In these positions (pictures 10.6-10.8) the athlete on the knees (blue) cannot grab the legs with the hands/arms to defend the throw. If this happens, shido will be given.



Picture 10.6



Picture 10.7



Picture 10.8

A1. The athletes shall be able to change from tachi-waza to ne-waza 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 athletes to resume the contest from the standing position.

A2. Situations that allow the transition from tachi-waza to ne-waza

a) When one of the athletes, lands on the ground and there is no score, yuko or waza-ari is given, either athlete can, without interruption, take the offensive and continue in ne-waza.

Example: in these positions below (pictures 10.9-10.11), tori, after applying a real attack, can continue into ne-waza.



Pictures 10.9-10.11

Example: in these positions below (pictures 10.12-10.14), tori, can apply a throwing technique and can continue with kansetsu-waza, shime-waza or osaekomi-waza (not shown) after a real attack or a counterattack.



Pictures 10.12-10.14

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

A2. Exceptions

When one athlete pulls his opponent down into ne-waza not in accordance with the above rules and his opponent does not take advantage of this to continue into ne-waza, the referee shall announce mate and penalise with shido the athlete who has infringed Article 18. If instead, the opponent takes advantage of the action of tori, the ne-waza work may continue.

B1. The athletes shall be able to make a transition from ne-waza to tachi-waza if the situation is not dangerous for both athletes with or without grips. When they both stand up, regardless of body position they can continue.

The kata-sankaku grip (gripping with both arms the neck and one shoulder of the opponent) in ne-waza action is allowed (picture 10.15).

If the kata-sankaku grip is used for transition, starting from ne-waza going to tachi-waza, or in tachi-waza directly, and where possible "Mate!" will be immediately called (picture 10.16).



Pictures 10.15-10.16

Article 11 Application of Mate

1. General

The referee shall announce “Mate!” (Wait!) to stop the contest temporarily in the situations covered by this article. To recommence the contest, the referee shall announce “Hajime!” (Begin!).

The athletes must quickly return after mate to their starting positions in the following cases:

- The referee will give shido for stepping outside.
- The referee will give a third (3rd) shido - hansoku-make.
- The referee will ask the athletes to adjust their judogi.
- The referee will ask the athletes to adjust their hair.
- The referee is of the opinion that an athlete(s) requires medical attention.
- The referee is of the opinion that there is a risk of danger to the athletes.

The referee having announced “Mate!”, must take care to maintain the athletes 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 athletes go completely outside the contest area without continuous action that started from inside the contest area.
- b) When one or both of the athletes perform one of the prohibited acts listed in Article 18 of these rules.
- c) When one or both of the athletes are injured or taken ill. Should any of the situations of Article 20 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 athlete, or directly depending on the seriousness of the injury. In cases of “minor” injury, the medical intervention will be carried out outside the contest area, near the area itself or close to the medical facility; the athlete will be accompanied by a non-officiating referee assigned to the specific tatami.
- d) When it is necessary for one or both of the athletes to adjust their judogi/hair.
- e) When during ne-waza there is no evident progress.
- f) When one athlete in, or from ne-waza regains a standing position and lifts the opponent, who is lying on their back with one (1) or both legs around any part of the standing athlete, clear of the tatami.
- g) When an athlete performs or attempts to perform kansetsu-waza or shime-waza from the standing position. The referee will announce “Mate!” and shido will be given.
- h) When one of the athletes 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 athlete who performs, finishes the action.
- i) When tori applies osaekomi-waza, shime-waza or kansetsu-waza by stretching uke’s leg in ne-waza. “Mate!” must be called immediately and a shido given.
- j) When the athletes, in tachi-waza, reach the 2 m mark in the safety area.

k) When in any other case that the referee deems it necessary to do so.

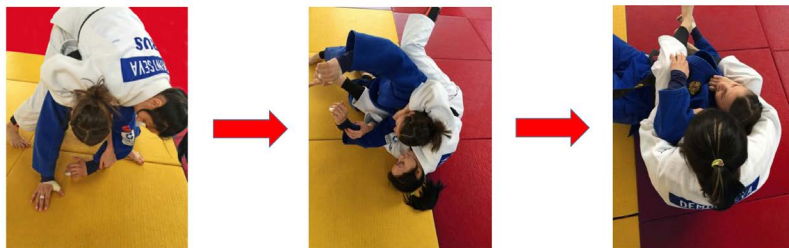
3. Situations where the referee shall NOT announce “Mate!”:

a) To stop the athlete(s) going outside the contest area in the proximity of the limit of the contest area and no more than two metres unless the situation is considered dangerous.

b) When there is a throwing that started inside the contest area and both athletes continue to go outside as part of the action in the proximity of the limit of the contest area and no more than two metres.

c) When an athlete, who has escaped from osaekomi-waza, shime-waza or kansetsu-waza, appears in need of or calls for a rest.

These are valid actions (pictures 11.1-11.2) and mate should NOT be called.

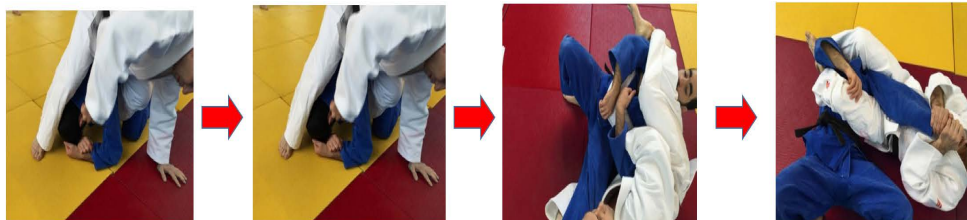


Picture 11.1

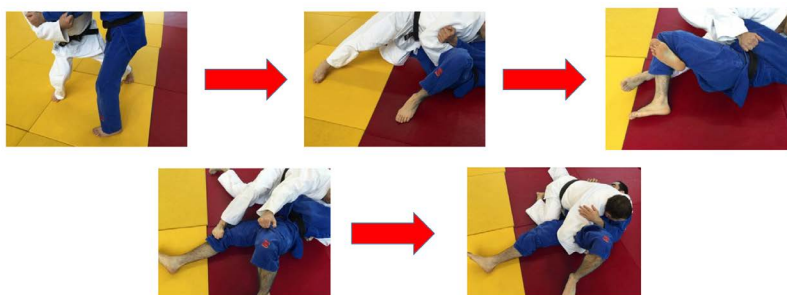


Picture 11.2

“Mate!” should not be given as the action started in the valid area (pictures 11.3-11.4).



Picture 11.3



Picture 11.4

Article 12 Sono-mama

1. “Sono-mama!” (Hold positions!) can only be applied in situations where athletes are working in ne-waza.
2. 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 4.7 while he must ensure that there is no change in the position or grip of either athlete.
3. To recommence the contest, the referee shall announce “Yoshi!” (Continue!) making the gesture under Article 4.

Article 13 End of the Contest

1. In regular time (4 minutes), a contest can be won by:
 - A technical score or scores (yuko, waza-ari or ippon)
 - Direct hansoku-make
 - Indirect hansoku-make
 - Fusen-gachi
 - Kiken-gachi

A penalty never corresponds to a score.

The referee shall announce “Sore-made!” (Finished!) to indicate the end of contest in the cases covered in this article.

After this announcement the referee shall always keep the athletes within his view in case, they do not hear his announcement and continue fighting. The referee shall direct the athletes to adjust their judogi, if necessary, prior to indicating the result.

After the referee has indicated the result of the contest making the gesture under Article 4, the athletes shall take one step backwards, make the bow and leave the contest area by the sides of the mat, particularly around the safety 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 field of play.

Should the referee award the victory to the wrong athlete in error, the IJF Head Referee Director(s) and/or IJF Referee Supervisor(s) must ensure that he changes this erroneous decision before the referee leaves the competition area.

All actions and decisions taken by the referee and agreed by the IJF Head Referee Director(s) and/or IJF Referee Supervisor(s) shall be final and without appeal.

The IJF Head Referee Director(s) and/or IJF Referee Supervisor(s) are responsible for all rules and decisions during the contest. In exceptional circumstances the decision will be made by the IJF Head Referee Director(s) and the IJF Ad Hoc Commission. The IJF Ad Hoc should be composed of one (1) representative from Refereeing, one (1) from Sport and one (1) from Education and Coaching. If possible, composition of the Ad Hoc Commission should include one (1) IJF elected official.

2. Situations of “Sore-made!”:

- a) When one athlete scores ippon or waza-ari-awasete-ippou (Articles 15 and 16).
- b) In the case of hansoku-make (Article 18).
- c) In the case of kiken-gachi (Articles 19 and 20).
- d) When the time allotted for the contest has expired.
- e) Yuko, waza-ari or ippon score in golden score.

3. The referee shall award the contest as follows:

- a) When one athlete has scored ippon or equivalent, he shall be declared the winner.



b) When both athletes have no technical score, or the technical scores are equal at the end of the regular contest time, the contest shall continue in golden score regardless of the number of shido given.

c) In the case where both athletes have no score or both have yuko or waza-ari or equal scores of both yuko and waza-ari and then score ippon simultaneously during the time allotted for regular time, the contest shall be decided by a "golden score" period.

d) In the case where one athlete has waza-ari and then both score ippon simultaneously during the time allotted for regular time, the contest shall be allowed to continue until the end.

4. Golden score period

In individual and team competitions when contest time ends with the circumstances of paragraph 3b. of this article, the referee shall announce "Sore-made!" to end the contest temporarily and the athletes shall return to their starting positions.

The referee shall announce "Hajime!" to restart the contest once the scoreboard is ready. There shall be no rest period between the end of the original contest and the start of golden score.

There is no time limit for golden score. Any existing score(s) and/or numbers of shido from regular time are carried into the golden score period and will remain on the score board.

Golden score can be won by a technical score (yuko, waza-ari or ippon), hansoku-make (direct or by accumulative shido) or kiken-gachi. If a direct hansoku-make is given, the consequences are the same as those in regular time.

The referee will then announce "Sore-made!".

Special situations during golden score.

a) Should only one athlete exercise his right to participate in the "golden score" period, and the other athlete declines, the athlete who wishes to compete shall be declared the winner by "kiken-gachi".

b) In the case where both athletes score ippon, waza-ari or yuko simultaneously the referee shall announce "Mate!", continuing the contest without considering these actions for scoring purposes.

c) For direct hansoku-make given to both athletes, the IJF Ad Hoc Commission will decide.

d) "Osaekomi!" starting in golden score

If "Osaekomi!" starts in golden score, after 5 seconds of osaekomi, tori will be awarded yuko, and the contest will end. The referee shall announce "Yuko! Sore-made!".

5. CARE system

The IJF Head Referee Director(s) and IJF Referee Supervisor(s) are responsible for all rules and decisions during the contest.

IJF Referee Supervisor(s) with the collaboration of the IJF Head Referee Director(s) must intervene in any circumstance in which an evaluation or a procedure made by the referee is not in harmony with the IJF refereeing rules.



The intervention must be immediate without loss of time or hesitation. If the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) agree the decision is validated or corrected.

If the situation is not clear and there is no agreement between the IJF Head Referee Director(s) and IJF Referee Supervisor(s), no intervention is carried out (“Hajime!”).

Viewing of the CARE system and subsequent communication with the referees as regulated in this article shall be up to the discretion of the IJF Referee Director(s) and/or the IJF Referee Supervisor(s) that oversee the mat.

Mandatory reviewing using the CARE system in support of the decision on the mat will be done. There must be evidence to support any decision changes.

1. Any decision involving the end of the contest, during the contest time as well as in the period of “golden score”.

2. In a kaeshi-waza situation: the athlete receiving the attack and starting the counterattack, CANNOT use the impact of landing on the tatami to finish his kaeshi-waza action and have it evaluated. If the action allows it, he can however continue in ne-waza:

- If the two athletes land together without clear control for either one, no score will be given.
- Any action after landing will be considered as a ne-waza action.

No score for counter actions where the initial attack is rolled to the back, towards the counterattacking or defending judoka. There has to be a difference between the correctly applied counter-technique and actions falling on the mat turning/rolling over the opponent.

There shall be no unauthorised use or request of use of the CARE system other than by the referee, the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s).

A coach can apply to the IJF Head Referee Director(s)/the IJF Referee Supervisor(s) to review a technical situation of the contest in which his judoka was engaged, by filling in the appropriate form available in the judogi control room. The action and not another one can be seen by the coach plus one (1) more official (maximum two (2) persons) in the break between the preliminaries and the final block or after the final block.

For non-IJF events where there is no CARE system available, two (2) side judges can be used and a majority of three rule applied.

Article 14 Ippon

Scoring for actions that, without stopping, are a continuation of a Kodokan classified judo techniques or variation. If there is a stop in the action, there is no score. Continuity, it is important that there is no interruption during the execution of direct throwing techniques, counter techniques, or combinations.

The four criteria for ippon are speed, force, on the back and skilfully controlled until the end of the landing.

1. Ippon will be given when the athlete throws his opponent on the back, applying a technique or countering his opponent's attacking technique, with considerable ability with maximum efficiency (*).

A judo technique which is present in the Kodokan judo classified techniques including recognised variations (version 01 April 2017) must be identified. Just landing and rolling over and falling on the side/back in the process of the contest, without applying a clear technique, is not enough to score.

* "ikioi" = momentum with both force and speed and "hazumi" = skilfulness with impetus, sharpness or rhythm.

Rolling can be considered ippon only if there is no break during landing (picture 14.1). The difference of the rolling makes the evaluation of the points. It is Ippon! when uke rolls on his back.



Picture 14.1

2. All situations in which one of the athletes voluntarily makes a "bridge" (head and one foot or both feet in contact with the tatami) after having been thrown will be ippon (pictures 14.2-14.3).



Pictures 14.2-14.3

This decision is taken for the safety of the athletes, so they do not try to escape from the technique and endanger their cervical spine.

No score or penalty will be given if the landing of uke occurs on the body of tori, in such a way that not all parts of uke's body involving the bridge situation (head, foot or feet) touch the tatami.

Ippon evaluation in ne-waza

a) When an athlete holds with osaekomi-waza the other athlete, who is unable to get away for 20 seconds after the announcement of "Osaekomi!".

b) When an athlete gives up by tapping twice (2) or more with his hand or foot or says "Maitta!" (I give up!) generally because of osaekomi-waza, shime-waza or kansetsu-waza.

c) When an athlete loses consciousness due to osaekomi-waza, shime-waza or kansetsu-waza.

Should one athlete be penalised with hansoku-make, the other athlete shall immediately be declared the winner with a score equivalent to ippon.

Special situations

a) Simultaneous techniques - when both athletes 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 athletes score simultaneous ippon, waza-ari and yuko the referee will act as regulated in article 13 paragraph 4.b.

Article 15 Waza-ari and Yuko

WAZA ARI

Scoring for actions that, without stopping, are a continuation of techniques. If there is a stop in the action, there is no score.

Evaluation of the points in tachi-waza. The referee shall announce waza-ari (a near ippon) when in his opinion the applied technique corresponds to the following criteria:

- Landing more than 90 degrees of the shoulder axis but not on the back.
- A score will be given for a whole side of the body landing even when the elbow is out. Only the shoulder position must be considered. Everything that is out of this range will be yuko or no score.
- When the four ippon criteria (speed, force, on the back and skilfully controlled until the end of the landing) are not fully achieved.



Picture 15.1

Waza-ari evaluation in ne-waza

When an athlete holds the other athlete with osaekomi-waza, after “Osaekomi!” for 10 seconds or more, but less than 20 seconds (10-19 seconds).

YUKO

Yuko in tachi-waza is defined as:

- Side landing (90 degrees) or more to the front landing.
- Landing on upper back
- Landing on the side on the shoulder axis and one elbow or one hand.
- Landing on both buttocks, close to 90 degrees to the front, 90 degrees or more to the rear (yuko and no shido).
- Landing on one buttock, with or without touching with elbow-elbows and/or arm-arms the mat.
- Landing on the neck.

Yuko will NOT be awarded if the front of the stomach, the front of both hips, or both knees touch the mat before a side landing (90° or more toward the front).

Yuko evaluation in ne-waza

When an athlete holds the other athlete with osaekomi-waza, after “Osaekomi!” is announced for 5 seconds or more, but less than 10 seconds (5-9 seconds).

Yuko scores are counted (1, 2, 3, etc.) but they do not add up to waza-ari.

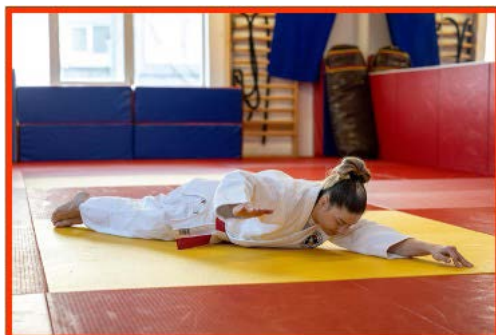
These landings (pictures 15.2-15.16) are given yuko for tori and no shido for uke.

a) Side landing (90 degrees) or more to the front landing: yuko



Pictures 15.2-15.3

b) Front part of the stomach is touching the mat: NO yuko



Pictures 15.4-15.6

c) Both knees to the front are touching the mat: NO yuko



Picture 15.7

d) Landing on upper back: yuko



Pictures 15.8-15.9

e) Landing on the neck: yuko



Picture 15.10

f) Landing on the side on the shoulder axis and one elbow: yuko



Picture 15.11

g) Landing on the side on the shoulder axis and one hand: yuko



Pictures 15.12-15.13

h) Landing on one buttock, with or without touching with elbows and/or arms the mat: yuko



Pictures 15.14-15.16

Article 16 Waza-ari-awasete-ippon

Should one athlete gain a second waza-ari in the contest, the referee shall announce waza-ari-awasete-ippon (two waza-ari score ippon).

Article 17 Osaekomi-waza

The referee shall announce “Osaekomi!” for applied Kodokan classified osaekomi-waza techniques or variants when the athlete being held:

- Is controlled from the side, rear or on top by his opponent and
- Has his full back or complete upper back (scapular region) in contact with the tatami.

The athlete applying the osaekomi-waza or variants must not have his body or his leg(s) controlled by his opponent’s legs either from above or from below the leg.

In the following situations (pictures 17.1-17.2) after that the referee has announced “Osaekomi!” he shall announce “Toketa!”



Pictures 17.1-17.2

The athlete applying the osaekomi-waza must have his body on and over the opponent’s body covering it and holding the opponent down underneath his body.

He must apply pressure onto the opponent’s front upper body with his front upper body in either the kesa, the shiho or ura position, i.e., similar to the techniques kesa-kami-shiho-ura-gatame and sankaku situations.

Should an athlete who is controlling his opponent with an osaekomi-waza, change without losing control, into another osaekomi-waza, the “Osaekomi!” time will continue until the announcement of ippon (or equivalence), “Toketa!” or “Mate!”.

When osaekomi-waza is being applied and TORI commits an infringement meriting a penalty (shido) the referee shall announce “Mate!”, return the athletes to their standing positions and:

- If the “Osaekomi!” time is less than 5 seconds, award the penalty then recommence the contest by announcing “Hajime!”;
- If the “Osaekomi!” time is 5 seconds or more, but less than 10 seconds, award the penalty and the score (yuko);
- If the “Osaekomi!” time is 10 seconds or more, but less than 20 seconds, award the penalty and the score (waza-ari);

then recommence the contest by announcing “Hajime!”.

When “Osaekomi!” is being applied and uke commits an infringement meriting a penalty, the referee shall award the penalty by directly pointing at the uke WITHOUT interrupting the contest with “Sono-mama!”.

When the situation permits and in order not to interrupt the positive action of tori, the referee will award directly the penalty pointing uke without interrupting the contest with “Sono-mama!”.

However, should the penalty to be awarded be hansoku-make for tori or uke, the referee shall, after announcing “Sono-mama!”, consult with the IJF Referee Director(s) and/or the IJF Referee Supervisor(s), announce “Mate!” to return the athletes to their starting positions, then award hansoku-make and end the contest by announcing “Sore-made!”.

If an “Osaekomi!” exists, but the referee has not announced “Osaekomi!”, the IJF Referee Director(s) and/or the IJF Referee Supervisor(s) must inform the referee, who shall announce “Osaekomi!” immediately.

The IJF Referee Director(s) and/or the IJF Referee Supervisor(s), having consulted the CARE system, can quantify the exact time of the “Osaekomi!” and communicate it to the Referee for the relative decision.

The referee, after the announcement “Osaekomi!” must not announce “Toketa!” in the presence of situations in which, for example, the back of the athlete being held is no longer in contact with the tatami, (e.g., “bridging”), but the athlete applying the hold maintains the initial control anyway.

If uke escapes from osaekomi-waza outside the contest area in the proximity of the limit of the contest area and no more than two metres:

- The referee must call “Mate!” if there is NO immediate continuation from either tori or uke in applying osaekomi-waza, shime-waza or kansetsu-waza and, if the case, assign the relevant osaekomi-waza score.
- The referee must call “Toketa!” if there is an immediate continuation from either tori or uke in applying osaekomi-waza, shime-waza or kansetsu-waza, and, if the case, assign the relevant osaekomi score, leaving this last action to continue.
- If the osaekomi-waza action outside the contest area goes beyond the limit of the safety area the referee must call “Ippon! Sore-Made!”

These kinds of osaekomi-waza (pictures 17.3-17.4) are not valid and the referee must call “Mate!” if there is no progression in the action.



Pictures 17.3-17.4

These kinds of osaekomi-waza (pictures 17.5-17.7) are not valid and the referee must call “Mate!” immediately.



Pictures 17.5-17.7

It is never allowed to hold an osaekomi-waza just around the head/neck without control of at least one arm. Control in ne-waza using arms around the neck, without opponent's arm inside will be considered as “Mate!” Control in ne-waza using legs around the neck, without opponent's arm inside will be considered as “Mate!” and “Shido!”.

Article 18 Prohibited Acts and Penalties

The prohibited acts are divided into infringements that receive the penalty of:

- Shido – two (2) shido can be awarded and the third will be hansoku-make. The athlete is disqualified and CAN continue in the competition, if applicable.
- Hansoku-make - the athlete is disqualified and CAN continue in the competition, if applicable.
- Hansoku-make - the athlete is disqualified and CANNOT continue in the competition.

A contest cannot be decided by single or accumulated shido, until hansoku-make is reached.

Referees are authorised to award penalties according to the “intention” or situation and in the best interest of the sport.

Should the referee decide to penalise the athlete(s), (except in the case of “Sono-mama!” in ne-waza) he shall temporarily stop the contest by announcing “Mate!”, should return the athletes to their starting positions (Article 11) and announce the penalty while pointing to the athlete(s) who committed the prohibited act.

Athletes are NOT allowed to intentionally touch the referee in a negative way. The IJF Ad Hoc Commission will review the situation and decide the outcome.

Article 18.1 Shido (Slight Infringements Group)

During the contest an athlete can receive a shido for a lack of combativity, an illegal move or action that is not considered dangerous, untidy attire or hair.

Two shido will be given as warnings and the third will be hansoku-make, the athlete is disqualified and can continue in the competition, if applicable.

Shido do not give a score to the other athlete, only technical scores can give points on the scoreboard.

When both athletes infringe the rules at the same time, each should be awarded a penalty according to the seriousness of the infringement.

When both athletes have been given two (2) shido and subsequently each receives a further penalty, they should both be given hansoku-make.

Shido infringements can be evaluated as hansoku-make if done in an obvious anti-sporting manner that is not fair play (e.g., if one athlete stamps on the foot of his opponent to throw him more than once, or just to block like crossing fingers to avoid the grip or uke, in an "Osaekomi!" situation, puts his hand forcefully on the face of tori to escape).

A penalty in ne-waza should be applied in the same manner as in Article 17 "Osaekomi!".

Score and penalties

- a) If an athlete (blue) commits a slight infringement and his opponent (white) throws him for ippon, white will be given ippon and the contest ended.
- b) If an athlete (blue) commits a slight infringement and his opponent (white with one waza-ari) throws him for waza-ari, white will be given waza-ari-awasete-ippou and the contest ended.
- c) If an athlete (blue) commits a slight infringement and his opponent (white with NO waza-ari) throws him for waza-ari, white will be given waza-ari and blue will be penalised with shido.
- d) If an athlete (blue) commits a slight infringement and his opponent (white) throws him for yuko, white will be given yuko and blue will be penalised with shido.

Continuation in ne-waza

If an athlete (blue) commits a slight infringement and throws his opponent (white) the referee will allow the ne-waza until WHITE has the advantage. The referee must announce "Mate!" to give the penalty to blue in the moment that blue takes the advantage in ne-waza.

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

A penalty can be awarded also 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. In this case the referee will apply the penalty in accordance with the IJF Head Referee Director(s) and/ or IJF Referee Supervisor(s).



Article 18.1.1 Shido for a Lack of Combativity

1. Negative positions, against the fighting spirit, will be penalised by shido (to adopt in a standing position, after kumikata, an excessively defensive posture, not searching for an attack, a defensive attitude etc.).

2. 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:

- Tori has no intention of throwing.
- Tori attacks without kumikata or immediately releases the kumikata.
- Tori makes a single fake attack or several repeated fake attacks with no breaking of uke's balance.
- Tori puts a leg in between uke's legs to block the possibility of an attack.
- Tori has no realistic possibility to throw.

3. Unless in accordance with Article 10, to pull the opponent down to start ne-waza and the latter does not take advantage of this to continue into ne-waza, the referee shall announce "Mate!" and penalise with shido the athlete who has infringed Article 10.

4. In a standing position, after the referee announced "Hajime!" and after kumikata has been established, not to make any attacking moves. The time between conventional kumikata and making an attack is 45 seconds if there is a positive progression. The referees should penalise strictly the athlete who does not engage in conventional kumikata or who tries not to be gripped by the opponent.

5. Without there being an attack engaged in a valid position (see Article 5 - Exceptions):

- In tachi-waza to intentionally go outside the contest area;

NOTE: in tachi-waza, the athletes are considered to be inside as long as white or blue has a minimum of one foot inside the contest area.

- In ne-waza to go intentionally outside the contest area.

NOTE: in ne-waza, the athletes are considered to be inside as long as white or blue has a part of the body inside the contest area. Exception: osaekomi-waza, shime-waza and kansetsu-waza where the action starts inside the contest area, from blue or white.

5a. Attacks in tachi-waza and attack in ne-waza will be considered.

Article 18.1.2 Shido for an Illegal Move

6. To put a hand, arm, foot, or leg directly on the opponent's face. The face means the area within the line bordered by the forehead, the front of the ears and the jawline.

7. To intentionally avoid taking kumikata to prevent action in the contest. 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.

To offer more chances to throw and more attractive judo, non-classical grips are allowed. Collar and lapel, one side, cross grip, belt grip, pocket and pistol grips are allowed when the attitude of the athlete is positive, when they are looking to perform positive attacks and throws. If taken, time will be allowed for the preparation of an attack. The same grip (or a collar and lapel grip) used to force the opponent with either one or both arms, to take a bending position, used in a defensive, negative, or blocking attitude, will be penalised by shido. See pictures 18.1-18.14.



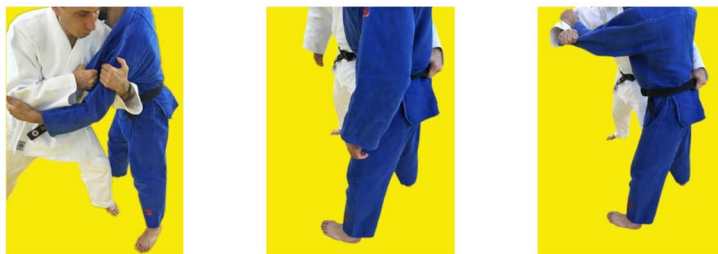
Pictures 18.1-18.2



Pictures 18.3-18.6



Pictures 18.7-18.9



Pictures 18.10-18.12



Pictures 18.12-18.14

8. All jacket grips and gripping under the belt to the level of the top of the inner thigh are allowed but shido will be given if using the jacket grip or under the belt to the level of the top of the inner thighs grip negatively.

Hooking the legs with the hand or arm, leg grabbing, gripping the trousers and touching the leg from the top of the inner thigh down is forbidden and will be penalised with shido.

9. Ducking beneath the opponent's arm without an immediate attack will be penalised with shido.

10. Hooking one leg between the opponent's legs unless immediately attacking with a throwing technique.

11. In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose or to grasp by "screwing up" the sleeve end(s).

12. In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, to prevent action in the contest or to take the wrist or the hands of the opponent only to avoid the grip or the attack on him.

13. Grips inside jacket and trousers

In tachi-waza it is allowed to grip inside the sleeve as tori and as uke.

In tachi-waza it is not allowed to grip inside the bottom of the trouser leg as tori and as uke, and will be penalised with shido.

In ne-waza it is allowed to grip inside the sleeve as tori and as uke.

In ne-waza it is allowed to grip inside the bottom of the trouser leg as tori and as uke.

14. To bend back the opponent's finger(s) to break his grip.

15. a) Breaking the grips with one or two hands but keeping minimum one grip is allowed.

b) Breaking grips with one hand and NOT keeping a grip is allowed.

c) Breaking the grip with two hands but NOT keeping a grip is shido.

d) For example, if the athlete in the blue judogi has one grip and the athlete in the white judogi decides to break with two hands, white should keep at least one grip in their hand. So, if blue has one grip, after breaking with two hands, white shall keep at least one grip. If after breaking the grip, white does not have any grip anymore, it is shido. See pictures 18.15-18.16.

Examples

1. Breaking grips with one hand and NOT keeping a grip: ALLOWED

1.1



Pictures 18.15-18.16

1.2



Pictures 18.17-18.21

2. Breaking the grip with two hands



Pictures 18.22-18.25

16. To break the grip of the opponent with the knee or leg (pictures 18.26-18.27).



Pictures 18.26-18.27

17. Cover the upper part of the lapel of the judogi jacket to prevent the grip (picture 18.28).



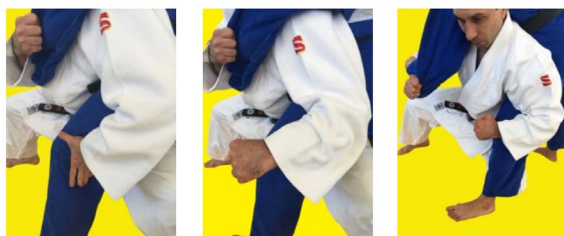
Picture 18.28

18. Blocking the opponent's hand (pictures 18.29-18.30).

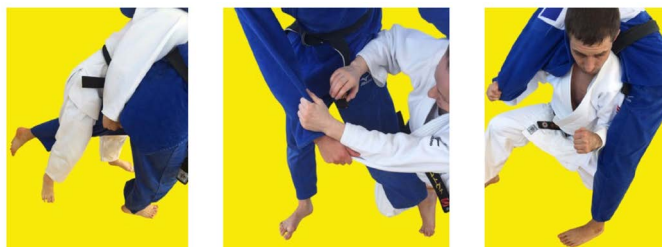


Pictures 18.29-18.30

19. Leg grabbing, grabbing the trousers, blocking, or pushing the opponent's leg(s) with their hands or arms. It is possible to grip the leg only when the two opponents are in a clear ne-waza position and the tachi-waza action has stopped. See pictures 18.31-18.36.



Pictures 18.31-18.33



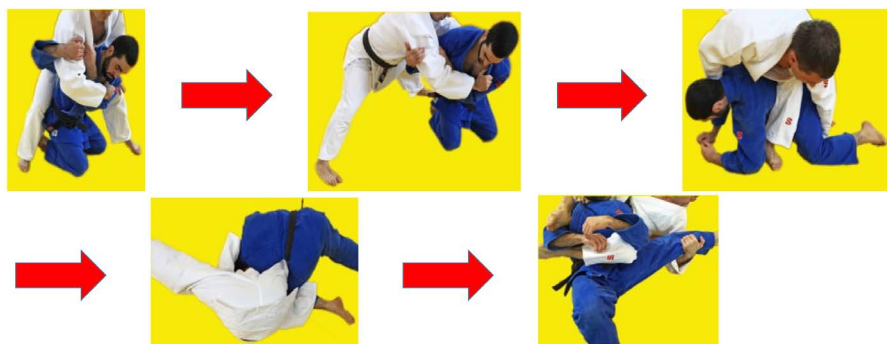
Pictures 18.34-18.36

These are valid actions and no shido will be given (picture 18.37).



Picture 18.37

Tori in this tachi-shisei position can apply kansetsu-waza or shime-waza because uke is in a ne-waza position (picture 18.38).



Picture 18.38

20. To encircle the end of the belt or jacket around any part of the opponent's body. 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.

21. To take the judogi in the mouth (either his own or his opponent's judogi).

22. To put a foot or a leg in the opponent's belt, collar or lapel.

23. To apply shime-waza using either your own or your opponent's belt or bottom of the jacket or using only the fingers (picture 18.39).



Picture 18.39

24. In osaekomi-waza, shime-waza or kansetsu-waza, over-stretching the leg is forbidden and the referee will announce mate immediately and sanction the athlete with shido (picture 18.40).



Picture 18.40

Special attention will be given to situations: where tori, whilst applying a shime-waza, also over-stretches and straightens uke's leg. "Mate!" must be called immediately and a shido given.

25. Bear hug in tachi-waza if tori clasps both hands together to form a circle or if tori's hand(s) clasp the opposite arm(s) to form a circle will be penalised with shido.

Bear hug in tachi-waza is allowed if tori's hands are not clasped. Bear hug where tori catches his own sleeve with his opposite hand is allowed.

No shido will be given if tori makes bear hug with clasped hands in case tori has already a stable kumikata before or in case of transition from ne-waza to tachi-waza.

These are valid grips for bear hug (pictures 18.41-18.47).



Picture 18.41



Pictures 18.42-18.47

26. In shime-waza (ryote-jime with tori and uke face to face, hadaka-jime with tori on the back of uke or sankaku situation gripping the head with the legs just around the neck) using the legs to assist the grips around the opponent's head without any arm of the opponent is "Mate!" and "Shido!"

27. 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.

28. To hit clearly the arm of the opponent to break or avoid the grip.

29. Applying kansetsu-waza or shime-waza in tachi-waza without a judo throwing technique, or with a judo throwing technique with a lower risk of injury, where uke has the possibility to escape, performed with one or two hands on one arm will be penalised with shido. See also Article 18.2.2 point 3. See pictures 18.48-18.49.



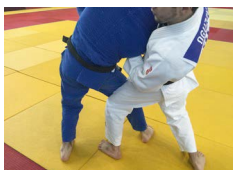
Pictures 18.48-18.49

30. The act of entangling the leg without making an immediate attack must be penalised with shido (picture 18.50-18.57).



Pictures 18.50-18.57

31. Applying kata-sankaku grip in tachi-waza with a throwing action, with or without “Mate!”, with a lower risk of injury will be penalised with shido. See also article 18.2.2 point 7 (picture 18.58).



Picture 18.58

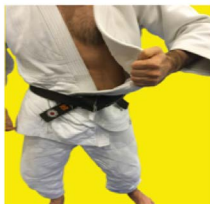
Article 18.1.3 Shido for Untidy Attire or Hair

No athlete should use the tidying or rearranging of judogi/hair to get time with which to interrupt the contest. The correct preparation of the judogi jacket, trousers, belt and hair is the responsibility of the athlete. Athletes must enter and leave the field of play wearing their judogi and hair in the proper way.

32. If the judogi jacket, trousers and/or belt becomes undone during the contest the athlete is obliged to quickly fix it back to the correct position. This can be between *Mate!* and *Hajime!* or during any break in action. An athlete failing to do this will be given a penalty (shido or hansoku-make if it is the third penalty).

A penalty will be given (shido or hansoku-make if it is the third penalty) to an athlete who unties their trousers and/or without permission from the referee.

To intentionally disarrange his own or his opponent's judogi; to untie or retie the belt or the trousers without the referee's permission; to intentionally lose time arranging his judogi and belt. See pictures 18.59-18.60.



Pictures 18.59-18.60

The referee should never touch an athlete's judogi or belt; this can happen in exceptional cases (e.g., "Yoshi!") and to safeguard the safety of the athletes (e.g., in *ne-waza* to free the athlete's head from the judogi which prevents the evaluation of his physical state).

33. Retying hair is allowed once per athlete per contest. Further occasions are penalised with shido (or hansoku-make if it is the third penalty).

Article 18.1.4 Penalties (Shido) in Cadet Competitions

34. In cadet events athletes are not allowed to use the head to throw as TORI, they will be awarded shido.

35. In cadet events athletes are not allowed to use the head to defend as UKE. In this situation, tori will be awarded a score, if any, and uke will be penalised with shido. See pictures 18.61-18.67.



Pictures 18.61-18.67

36. In cadet events there will be no score for reverse seoi-nage and TORI will be penalised with shido. The application of seoi-nage techniques when uke can perform ukemi and tori can control is allowed. In the variation of seoi-nage techniques when tori turns away from uke, twisting their tsurite and hikite using the same lapel of uke's judogi, without controlling uke, standing or dropping down in an unknown direction, without giving the possibility to the opponent to perform ukemi and sometimes with uke falling with the neck on the mat, is forbidden.

NOTE: Cadet athletes participating in senior or junior events must follow the relevant event age group rules (see Article 20).

Article 18.1.5 Wasting Time

Wasting the time between “Mate!” and “Hajime!” by not standing up after ne-waza action, by not returning immediately to starting position, by arranging too long the hair, by arranging too long the judogi, by tying too long the belt, or by a combination of these points, first time warning will be given, but second time and after that will be penalised with shido.

Article 18.2 Hansoku-make (Grave Infringements Group)

Hansoku-make can be indirect from an accumulation of shido penalties (see Article 18.1) or direct which is an immediate disqualification. In either case, the opponent wins the contest by ippon.

If a direct hansoku-make is given, depending on the infringement, an athlete may or may not be allowed to continue in the competition, if applicable.

Before awarding hansoku-make, the referee must consult with the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s).

When there is a hansoku-make given the referee must follow the IJF procedure by completing the Direct Hansoku-make form to inform the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) who will then inform the person running the competition.

Article 18.2.1 Hansoku-make for Dangerous Techniques

If this type of hansoku-make is awarded the athlete CAN continue in the competition. Techniques using head diving are dangerous and will be penalised with hansoku-make.

1. To “dive”, onto the tatami by bending forward and downward while performing or attempting to perform techniques such as uchi-mata, harai-goshi, seoi-nage, tai-otoshi, kata-guruma, tsuri-goshi etc. it is forbidden to somersault forward when uke is on the shoulders or the back of tori. Tori can continue in the competition (see also Article 18.1.4 point 34).

Article 18.2.2 Hansoku-make for Acts against the Spirit of Judo

If this type of hansoku-make is awarded the athlete CANNOT continue in the competition and will remain in the position they reached on the draw sheet (if this in the quarterfinal the position is 7th place). In a round robin any remaining contest(s) will be a win by ippon for the opponent.

1. To apply kawazu-gake (to throw the opponent by entangling one leg around the opponent’s leg, while facing more or less in the same direction as the opponent and falling backwards into him).

Even if the thrower twists/turns during the throwing action, this should still be considered “kawazu-gake” and be penalised. Techniques such as o-soto-gari, o-uchi-gari, and uchi-mata where the foot/leg is entwined with opponent’s leg will be permitted and should be scored. See pictures 18.68-18.69.



Pictures 18.68-18.69

2. To apply kani-basami.

3. To apply do-jime.

4. To apply ashi-garami.

5. Applying kansetsu-waza or shime-waza in tachi-waza without a judo throwing technique or with a judo throwing technique with a higher risk of injury, where uke has no possibility to escape, performed with one or two hands on one arm will be penalised with hansoku-make. See also Article 18.1.2 - Shido for an Illegal Move point 29.

6. Uke, when behind tori, cannot reap tori's standing leg or legs from the inside.

7. a) To make any action this may endanger or injure the opponent especially the opponent's neck or spinal vertebrae.

b) Applying kata-sankaku grip in tachi-waza with a throwing action, with or without "Mate!", with a higher risk of injury of opponent's neck or spinal vertebrae, will be considered hansoku-make. See also Article 18.1.2 point 31.

c) Kata-sankaku grip in ne-waza with blocking the opponent's body with both legs is hansoku-make (picture 18.70).



Picture 18.70

d) Applying ushiro-sankaku grip in ne-waza action, with or without "Mate!", with a with a higher risk of injury of opponent's neck or spinal vertebrae, will be considered hansoku-make.

Examples

a) Ushiro-sankaku > Shime-waza: ALLOWED



Pictures 18.71-18.74

b) Ushiro-sankaku > Kansetsu-waza: ALLOWED



Pictures 18.75-18.77



c) Ushiro-sankaku with pressure on the neck or spinal vertebrae: NOT allowed - HANSOKU-MAKE



Pictures 18.78-18.80

8. Intentionally fall backwards when the other athlete is clinging to his back and when either athlete has control of the other's movement.

9. To lift the opponent off the tatami and forcefully push him back onto the tatami without a judo technique.

10. To disregard the referee's instructions.

11. To make unnecessary calls, remarks, or gestures derogatory to the opponent or referee during the contest.

12. To wear or to have inside the judogi a hard or metallic object (covered or not).

13. Any action against the spirit of judo (this includes anything that can be described as anti-judo, for example being in the lead and, in the last seconds of the match, leaving the competition area to prevent the opponent from taking grips) may be punished by a direct hansoku-make at any time in the contest.

Article 18.3 Double Hansoku-make

If both athletes are given a hansoku-make at the same time the following rules must be applied.

Article 18.3.1 Double hansoku-make (Indirect)

In regular time or golden score if both athletes receive three shido, both athletes will be considered losers, the contest result will be recorded as 0-0, with the following consequences:

- Final – both athletes will be awarded 2nd place.
- Bronze medal contest – both athletes will be awarded 5th place.
- Semi-final – both athletes will be awarded 5th place.
- Quarter-final or last 8 repechage – both athletes will be awarded 7th place.
- Rounds prior to the quarter-final – both athletes considered to be losers and will remain in the position they reached on the draw sheet. They can compete in the team event if it follows an individual competition i.e., World Championships, Olympic Games etc.
- Relevant ranking points will be assigned in the case of previous wins.

In a round robin, if both athletes are given three shido, they are considered losers for that contest only and the contest result is recorded as 0-0. They can both compete in the next contest if applicable.

In a team event, if both athletes are given three shido, they are considered losers for that match only and the contest result is recorded as 0-0. They can both compete in the next round if applicable.

In a team event golden score contest, if both athletes are given three shido, they are considered losers for that match only and the contest result is recorded as 0-0. The double disqualification category remains in the draw and golden score contest is drawn again.

Article 18.3.2 Double hansoku-make (Direct)

For a direct hansoku-make given to both athletes (in regular time or golden score), the IJF Ad Hoc Commission will decide the consequences.

For a direct hansoku-make given to both athletes in a team event golden score contest refer to Section 2.7.1.

Article 19 Default and Withdrawal

The decision of fusen-gachi (win by default) shall be given to any athlete whose opponent does not appear for his contest according to the 30 seconds rule.

Forfeit of a contest: If one athlete is ready on time and the opponent is missing an IJF Sport Director (or nominated person) will ask the speaker to announce, the last call for the missing athlete.

The referee will then invite the prepared athlete 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 at the tatami, the referee will invite the athlete to enter the competition area and will be declared the winner by fusen-gachi.

The referee must be sure before awarding fusen-gachi that they have received the authority to do so by the IJF Sport Director or nominated person.

The IJF Ad Hoc Commission can decide if an athlete who lost a contest by fusen-gachi may participate in the repechage.

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

Any athlete not willing to comply with the requirements of hygiene, hair and head cover regulation (see E1.3 Hygiene) shall be refused the right to compete and the opponent shall win the contest by fusen-gachi, if the contest has not yet started, or by kiken-gachi, if the contest has already started.

If an athlete loses a contact lens during the contest and cannot immediately recover it, 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.

Article 20 Injury, Illness or Accident

In this article the person in the role of the doctor is defined in Appendix E.

The decision of the contest where one athlete is unable to continue because of injury, illness or accident during the contest shall be given by the referee following the clauses below:

a) Injury

1. Where the cause of the injury is attributed to the injured athlete, he shall lose the contest.
2. Where it is impossible to determine which of the athletes was the cause of the injury, the athlete unable to continue shall lose the contest.
3. If there is an injury caused by athletes from another contest on a nearby tatami, the injured athlete has the right to ask the referee to see the doctor.

Treatment can be given if needed and the athlete can continue the contest if able.



4. Where there is an injury caused by an external object (e.g., LED or advertising board, photographer camera).

The injured athlete has the right to ask the referee to see the doctor and receive treatment if necessary and can continue in the contest if able.

If during the contest an athlete is injured due to an action by the opponent and the injured athlete cannot continue, the referee, the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) should analyse the case and decide based on the rules.

Each case shall be decided on its own merit.

b) Sickness, generally, where one athlete 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 IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) and the IJF Medical Commissioner, the contest shall be considered cancelled or postponed.

In those cases of 'force majeure', the IJF Sport Director(s), and the IJF Head Referee Director(s) will take the final decision.

Medical Examinations

a) The referee shall call the doctor, if necessary, also inside the contest area, to attend to an athlete 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 athlete in the shortest time possible and indicate to the referee whether the athlete can continue or not.

Generally, only one (1) doctor for each athlete is allowed on the competition area. Should a doctor require any assistant(s), the referee must first be informed. The referee should remain near to the injured athlete to ensure that the assistance provided by the doctor is within the rules.

The coach is never allowed on the competition area of the tatami.

However, the referee may consult with the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) and the IJF Medical Commissioner in case they need to comment on any decision.

If the doctor, after examining an injured athlete, advises the referees that the athlete cannot continue the contest the referee, after consultation with the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) and the IJF Medical Commissioner, shall end the contest and declare the opponent to be the winner by kiken-gachi.

b) The athlete 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 athlete, but in this case the contest is terminated, and the opponent will win by kiken-gachi.

In any case whenever the referee is of the opinion that the contest should not continue, the referee after consulting with the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) and the IJF Medical Commissioner, 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 in stopping and isolating the bleeding, outside the contest area, with the presence of another referee assigned to the specific tatami.

The athlete is not allowed to compete while bleeding.

The athlete is allowed to receive medical treatment of any type, such as minor bleeding or major bleeding, on two (2) occasions only. If an athlete needs treatment for a third (3rd) time, the referee shall declare the opponent the winner by kiken-gachi.

However, in exceptional cases, the IJF AdHoc Commission, in consultation with the IJF Medical Commission, may allow the athlete to be treated a third (3rd) time.

Minor injuries, a minor injury may be treated by the athlete 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 athlete to reset the dislocated finger. This action should be done immediately, upon the request of the athlete with the assistance of the doctor, outside the tatami, and the athlete can continue the contest.

The same finger is allowed to be reset on two (2) occasions. If the same dislocation occurs a third (3rd) time, the athlete is declared not be in condition to continue in the contest. The referee, after consultation with the IJF Medical Commissioner, shall end the contest and declare the opponent the winner by kiken-gachi.

The LOC commissioned doctor, or the delegation doctor intervenes upon request of the referee.

The LOC commissioned doctors, or the delegation doctor must be able to intervene on the field of play, at their own request, when deemed necessary, in case of danger to the athlete(s) health i.e., a bad landing on the head or a strangulation.

When a doctor clearly realises - especially in the case of shime-waza – that there is danger to the health of one of the athletes 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 athlete and should therefore only be taken in extreme cases.

NOTE: In cadet events, if an athlete loses consciousness during shime-waza they CANNOT continue in the competition. In the case an athlete gives up ("Maitta!") before losing consciousness, with or without the referee announcing "Mate!" "Ippon!", he can continue in the competition, if applicable.

To show they want to make this exceptional request, they should stand at the edge of the competition surface showing two arms in cross in the height of the chest to inform the referee that they wish to make an emergency intervention. The referee must stop the contest and allow the doctor to enter the tatami.



Such an intervention will mean the loss of the contest for his athlete, so should only be taken if necessary.

Three cases are possible:

The delegation doctor / LOC commissioned doctor / IJF Medical Commissioner announces that the athlete cannot continue the contest because their health is in danger. The opponent will be declared winner by kiken-gachi.

If the intervention of the delegation doctor is not justified by the IJF Head Referee Director(s) and/or the IJF Referee Supervisor(s) and the IJF Medical Commissioner, a final decision will be made about the continuation of the contest.

Medical Assistance

The medical assistance in the following cases should be outside of the competition area, close to the medical table, the injured athlete must be accompanied by one of the referees.

a) 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) 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 of blood clotters and haemostatics products is permitted).

When the doctor is called to assist an athlete, such medical assistance should be given as quickly as possible.

c) Finger/toe dislocation

For the preservation of athletes' joint health, especially of those who lack experience in self-treatment, athletes are allowed to seek medical help for finger/toe joint resetting, including resetting and taping to secure the joint.

Note: Except for the above situations, if the doctor applies any treatment the opponent shall win by kiken-gachi.

Vomiting

Vomiting by an athlete shall result in kiken-gachi for the other athlete. (See paragraph: 4b) Sickness).

In the case when an athlete through a deliberate action causes an injury to the opponent, the penalty given to the athlete inflicting the injury on the opponent shall be a direct hansoku-make, apart from any other disciplinary action that may be taken by IJF Ad Hoc Commission.

The official delegation 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 armband or waistcoat.

When accrediting a doctor for their delegation, the national federations must take the responsibility for the actions of their doctors. The LOC doctors must be aware of any amendments and the interpretations of the rules.



If an injured athlete needs prolonged medical treatment on the tatami, the referee will declare the non-injured opponent as the winner who will then leave the competition area.

The referee must stay on the tatami observing treatment or emergency procedures until the injured athlete is transported safely from the competition area. If necessary, the medical team should screen the injured athlete off from the view of the public.

The referee should be the last person to leave the tatami.

If the treatment of the injured athlete is extended onto the safety area of a neighbouring competition area, the IJF Sport Director will stop any contests on affected tatami until it is safe to continue.

Article 21 Situations not Covered by the Refereeing Rules

When a 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 IJF Head Referee Director(s) and the IJF Ad Hoc Commission.

