

BRITISH JUDO ASSOCIATION

CONTEST RULES



BASED ON THE CONTEST RULES OF THE
INTERNATIONAL JUDO FEDERATION

ISSUE HISTORY

- 01.08.2003 Initial issue on BJA Website
- 01.08.2004
- 1) General editing of text, removal of anomalies and duplications.
 - 2) Appendix Article 23 – Removal of maximum of Waza-ari for interrupted Tomoe-nage.
 - 3) Appendix Article 27, (10) – Addition of Shido penalty for hooking an opponent's leg for more than 5 seconds without attacking.
 - 4) Appendix Article 27, (24) – Definition of Kawazu-gake added.
 - 5) Continuation in Event of Unconsciousness – period without competition increased to 4 weeks for Junior players.
 - 6) Glossary of Japanese Terms added.
- 01.11.2004
- 1) Appendix Article 1 – Change “competition” area to “contest” area.
 - 2) Appendix Article 27 (10) – Insert “right side of the” before opponent's Judogi.
 - 3) Various amendments to text.
- 24.11.2005
- 1) Amendments to BJA Commentary to Article 27 regarding application of direct Hansoku-make.

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ARTICLE 1 - Competition Area

The competition area shall be a minimum of 14m x 14m and a maximum of 16m x 16m and shall be covered by *Tatamis* or similarly acceptable material, generally green in colour.

The competition area shall be divided into two (2) zones. The demarcation between these two (2) zones shall be called the danger zone and shall be indicated by a red area, approximately 1m wide, forming part of or attached to the contest area, parallel to the four (4) 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 8m x 8m or a maximum of 10m x 10m. The area outside the danger zone shall be called the safety area and shall be 3m wide.

A strip of blue and a strip of white adhesive tape, approximately 10cm wide and 50cm long shall be fixed on the centre of the contest area 4m apart, to indicate the starting positions at which the contestants must start and end the contest. The blue 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 (2) or more adjoining competition areas are used, a common safety area of between 3m and 4m is necessary.

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

APPENDIX Article 1 - Competition area

For Olympic Games, World Championships, Continental and IJF events, the contest area, generally, must be 8m x 8m.

Tatamis

Generally measuring 1m x 2m, made of pressed straw or, more frequently, pressed foam.

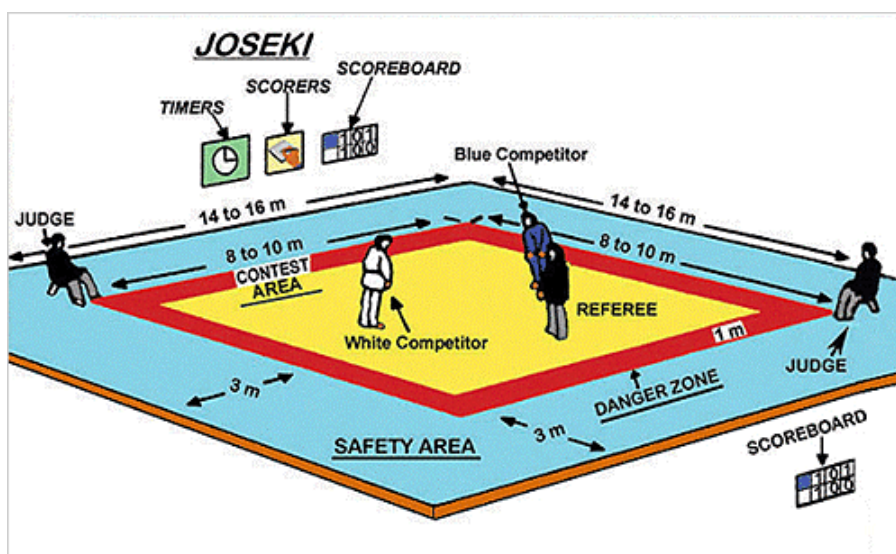
They must be firm under foot, have the property of absorbing shock during Ukemi, and not be slippery or too rough.

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

Platform

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

COMPETITION AREA



ARTICLE 2 - Equipment**a) Flags (Referee)**

A blue and a white flag for the Referee to use in the *Hantei* situation in the “Golden Score” contest shall be available close by the contest area (e.g. on the Technical Officials table).

b) Chairs and Flags (Judges)

Two (2) 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', Commission members' and Scoreboard Keepers' view of the scoreboard. A blue and a white flag shall be placed in a holster affixed to each chair.

c) Scoreboards

For each competition area there shall be two (2) scoreboards, that indicate the scores horizontally, not exceeding 90cm in height and 2m in width, placed outside the competition area where they can be easily seen by the Referees, Commission members, officials and spectators.

The penalty points shall be immediately converted to the opponent's technical scores and recorded on the scoreboards. However, the scoreboards must be manufactured with a device that indicates the penalties received by the contestants. (See Appendix Example)

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

d) Timing clocks

There shall be timing clocks as follows:

- Contest duration: one (1)
- *Osaekomi*: two (2)
- In reserve: one (1)

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

e) Flags (Timekeepers)

Timekeepers shall use flags as follows:

- Yellow Time out
- Green *Osaekomi* duration

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

f) 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.

g) Blue and White *Judogis*

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

APPENDIX Article 2 - Equipment

Position of Scoreboard Keepers / Contest Sheet Writers / Timekeepers

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

Distance of spectators

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

Timing clocks and Scoreboards

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

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

c) Manual scoreboards

MEN CATEG.			●	
BLUE	0	1	0	0
	I	W	Y	K
WHITE	0	0	1	0
- 100 KG.				

EXAMPLE:

Blue has scored a *Waza-ari* and has also been penalised two (2) *Shidos*. White receives *Yuko* immediately as a result of blue's two (2) *Shidos*.

BJA Commentary:

Where reference is made in paragraph e) to 'flags', tournament organisers may authorize the use of solid 'bats' whose colour shall correspond to that specified for the flags.

Where reference is made to blue *judogi* in paragraph g), tournament organisers may allow both players to wear white *judogi*, with the first player called wearing a blue belt and the second player wearing a white belt.

Blue *Judogis* are compulsory for the first contestant called in the British Open, British Junior Open, National Senior Grand Finals, National Young Men's and Women's Trials, Scottish Senior Open, Welsh Senior Open and Northern Ireland Senior Open.

Note: Contestants are not permitted to wear grade belts in BJA competitions.



ARTICLE 3 - Judo Uniform (*Judogi*)

The contestants shall wear a *Judogi* complying with the following conditions:

- a) Strongly made of cotton or similar material, in good condition (without rent or tear). The material must not be so thick or hard or slippery as to prevent the opponent from taking a grip.
- b) Blue for the first contestant and white or off-white for the second contestant. (See Appendix).
- c) Acceptable markings:
 - 1) National Olympic abbreviation (on back of jacket). Size of the letters 11cm.
 - 2) National Emblem (on left breast of jacket). Maximum size 100 cm².
 - 3) Manufacturer's trade mark (on bottom-front of jacket, on bottom front of left leg of the trousers and on one end of the belt). Maximum size 20cm².
It is permitted to place the manufacturer's trade mark on one of the sleeves but inside the 25cm x 5cm area instead of at the bottom front of the jacket. The IJF Official suppliers are allowed to place the IJF Logo above their trademark (in direct contact).
 - 4) Shoulder markings (from collar - across shoulder down the arm - both sides of jacket). Maximum length 25cm and maximum width 5cm. (The same advertising or national colours on both sides).
 - 5) Advertising on the sleeves, 10cm x 10cm on each sleeve (different advertising allowed). These 100cm² have to be fixed just below and in contact with the stripes of 25cm x 5cm.
 - 6) Indication of the placing (1st, 2nd, 3rd) at the Olympic Games or World Championships, in an area of 6cm x 10cm at the bottom front left side of the jacket.
 - 7) The contestant's name may be worn on the belt, lower front of the jacket and upper front of the trousers up to a maximum of 3cm x 10cm. Also the contestant's name or abbreviation may be placed (printed or embroidered), on the back of the jacket above the National Olympic abbreviation, but in no case in a position to prevent an opponent from grasping the back of the jacket. The letters can be up to a maximum of 7cm high and the length of the name can be up to a maximum of 30 cm long. This 7 cm x 30 cm rectangular area must be located 3 cm below the collar of the jacket and the back identification must be fixed at 4 cm below this area.
Note: For IJF Events and the Olympic Games, the names are indicated on the 30 cm x 40 cm bibs.
- d) The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20cm at the level of the bottom of the rib-cage. The sleeves of the jacket must reach to the wrist joint at the maximum and 5cm above the wrist joint at the minimum. A space of 10 to 15cm shall exist between the sleeve and the arm (bandages included), along the entire length of the sleeve.
The lapel and collar must be a maximum of 1cm in thickness and 5cm in width.
- e) The trousers, free of any markings except for c3 and c7, shall be long enough to cover the legs and shall at the maximum reach the ankle joint and at the minimum 5cm above the ankle joint. A space of 10 to 15cm shall exist between the trouser leg and the leg (bandages included) along the entire length of the trouser leg.
- f) A strong belt, 4 to 5cm wide, whose colour corresponds to the grade, shall be worn over the jacket going twice around it at waist and tied with a square knot with the first loops inside the knot, tight enough to prevent the jacket from being too loose and long enough to leave 20 to 30cm protruding from each side of the knot when tied.
- g) Female contestants shall wear under the jacket either:
 - 1) A plain white or off-white T-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers, or:
 - 2) A plain white or off-white leotard with short sleeves.

APPENDIX Article 3 - Judo Uniform (*Judogi*)

If the *Judogi* of a contestant does not comply with this article, the Referee must order the contestant to change in the shortest possible time, into a *Judogi* which does comply with the article.

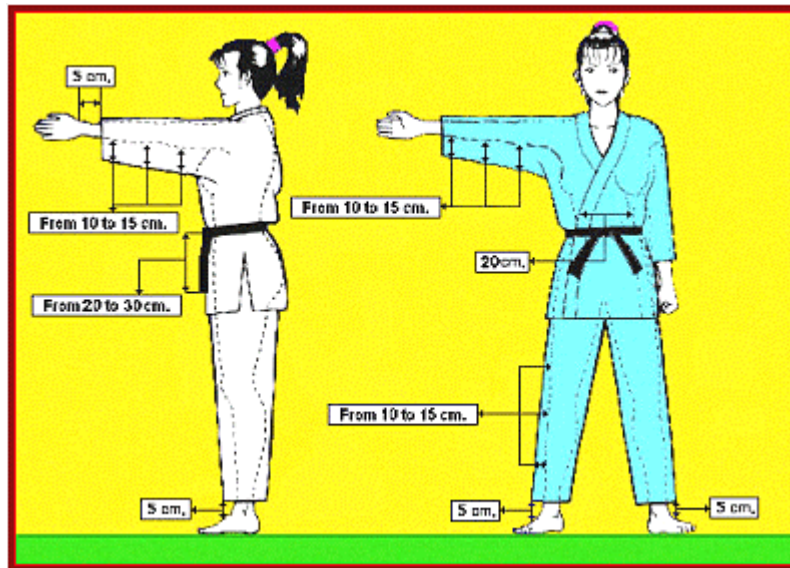
The contestant's spare *Judogi* should be brought by the coach to his chair at the edge of the competition area.

To ensure that the sleeves of the contestant's jacket are the required length, the Referee shall direct the contestant to raise both arms, fully extended forward at shoulder level, when making the control.

b) The official colour standards for ***Judogi* blue** are between pantone numbers n°18-4051 and n°18-4039 on the TP pantone scale and between n°285 or n°286 on the print pantone scale.

BJA Commentary:

Where reference is made to the colour of the belt in paragraph f), contestants in BJA Competitions shall wear only a blue or a white belt as described in the commentary to Article 2.



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 high standard.
- (d) Long hair shall be tied so as to avoid causing inconvenience to the other contestant.

APPENDIX Article 4 - Hygiene

Any contestant who will not comply with the requirements of Articles 3 and 4 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, according to the "majority of three" rule. (see Article 28).

ARTICLE 5 - Referees and officials

Generally, the contest shall be conducted by one Referee and two (2) Judges under the supervision of the Refereeing Commission. The Referee and Judges shall be assisted by Scoreboard Keepers and Timekeepers.

The Referee's uniform shall conform with the dress code of the Organisation.

APPENDIX Article 5 - Referees and Officials

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

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

The *Osaekomi* timekeeper shall start the clock on hearing *Osaekomi*, stop it on *Sono-mama*, and restart it on hearing *Yoshi*. On hearing either *Toketa* or *Matte* he shall stop the clock and indicate the number of seconds elapsed to the Referee. On expiry of the time for *Osaekomi* (25 seconds or 20 seconds if the contestant applying the hold has already been awarded a *Waza-ari* or the contestant being held has already been penalised three (3) *Shidos*) he shall indicate the end of the *Osaekomi* by means of an audible signal.

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

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

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

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

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

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

ARTICLE 6 - Position and Function of Referee

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

APPENDIX Article 6 - Position and Function of Referee

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

While announcing an opinion and making the appropriate gesture, the Referee should bring at least one Judge within his line of sight in order to be immediately aware of any differing opinion. However the Referee must make sure not to lose sight of the contestants' continuing action at any time.

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

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

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

ARTICLE 7 - Position and Function of Judges

The Judges must assist the Referee and sit opposite each other at two (2) 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 a penalty announced by the Referee.

Should the Referee express an opinion on a technical result or a penalty of a higher degree than that of the two (2) Judges, he must adjust his evaluation to that of the Judge expressing the higher evaluation.

Should the Referee express an opinion on a technical result or a penalty of a lower degree than that of the two (2) Judges, he must adjust his evaluation to that of the Judge expressing 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 must maintain his opinion.

Should both Judges express a judgment different from that of the Referee, and the Referee does not notice their signals, they should stand up and maintain their gesture until the Referee is informed of this and rectifies his evaluation. If, after an appreciable time (a few seconds) the Referee has not noticed the standing Judges, the Judge who is closest to the Referee must immediately approach him and inform him of the majority opinion.

A Judge must, with the appropriate gesture, express his opinion about the validity of any action on the edge or outside of the contest area.

A discussion is possible and necessary only if the Referee or one of the Judges has clearly seen something, which was not visible to the other two (2), and which could change their decision.

The Judges must also ensure that the scores recorded by the Scoreboard Keepers are the scores announced by the Referee.

Should a contestant need to temporarily leave the competition area after the contest has started, for a reason considered necessary by the Referee, a Judge must obligatorily go with the contestant to see that no anomaly occurs. This authorisation shall be given only in exceptional circumstances (e.g. to change a *Judogi* which does not conform with the rules).

APPENDIX Article 7 - Position and function of judges

The Referee and Judges should leave the competition area during presentations or any lengthy delay in the programme.

The Judges should sit with both feet apart, outside the contest area and should place their hands, palms facing down, on their inner thighs.

Should a Judge notice 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.

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

When an action occurs on the edge, the Judge should make the gesture immediately to show if the action is *Jonai* (In) or *Jogai* (Out).

Should a contestant have to change any part of the *Judogi* outside the competition area, and the Judge to accompany the contestant is not of the same sex, an official designated by the Refereeing Director shall substitute for the Judge and accompany the contestant.

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

BJA Commentary:

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:

- 1) **Ippon**: shall raise one arm with palm of hand facing forward, high above the head.
- 2) **Waza-ari**: shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.
- 3) **Waza-ari-awasete-ippou**: first *Waza-ari*, then *Ippou* gesture.
- 4) **Yuko**: shall raise one of his arms, with palm of hand facing downwards, 45° from his body.
- 5) **Koka**: shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.
- 6) **Osaekomi**: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- 7) **Toketa**: shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.
- 8) **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.
- 9) **Matte**: shall raise one of his hands to shoulder height with his arm approximately parallel to the *Tatami*, and display the flattened palm of his hand (fingers up) to the Timekeeper.
- 10) **Sono-mama**: shall bend forward and touch both contestants with the palms of his hands.
- 11) **Yoshi**: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- 12) **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.
- 13) **Hantei**: In preparation of calling *Hantei*, the Referee shall raise both hands forward at 45° with the correct flag in each hand, and then at the announcement of *Hantei* he shall raise the flag high above his head to indicate his opinion.
- 14) **To indicate the winner of a contest**: shall raise one hand, palm in, above shoulder height towards the winner.
- 15) **To direct the contestant(s) to re-adjust the *Judogi***: shall cross left hand over right, palms facing inwards, at belt height.
- 16) **To call the Doctor**: shall face the medical table, wave an arm (palm upwards) from the direction of the medical table towards the injured contestant.
- 17) **To award a penalty (*Shido, Hansoku-make*)**: shall point towards the contestant to be penalised with the forefinger extended from a closed fist.
- 18) **Non-combativity**: shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalised.
- 19) **False attack**: shall extend both arms forward, with hands closed and then make a downward action with both hands.
- 20) **Danger zone penalty**: point towards danger zone, whilst raising the other hand above head, forward, with fingers opened, then point towards contestant to be penalised.

APPENDIX Article 8 - Gestures

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

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

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

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

8) The *Hikiwake* gesture applies only to Team and Round Robin competitions.

13) The *Hantei* situation described, will take effect only if there is a draw in scoring at the end of the time allotted for the 'Golden Score' contest.

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

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

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

All gestures should be maintained for 3 to 5 seconds.

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





IPPON



WAZA-ARI



WAZA-ARI-AWASETE-IPPON



YUKO



KOKA



OSAEKOMI



SONO-MAMA⇒YOSHI



TOKETA



PENALTY



NON COMBATIVITY



5 SECONDS IN DANGER ZONE



FALSE ATTACK



TO CALL THE DOCTOR



ADJUSTMENT OF JUDO GI



TO CANCEL EXPRESSED OPINION



SIT DOWN ⇔ STAND UP



NOT VALID



HAJIME ⇔ SORE-MADE



MATE



KACHI (winner in a normal contest)



HIKWAKE



HANTEI (ending a "Golden Score" contest)



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

ARTICLE 8 – Gestures (continued)

b) The Judges

- 1) **Jonai:** To indicate that he considers a contestant making a throwing technique 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.
- 2) **Jogai:** To indicate that in his opinion one of the contestants has gone 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.
- 3) To indicate that in his opinion a score, penalty or opinion given by the Referee using an Article 8 (a) gesture has no value, the Judge shall raise one hand above his head and wave it from right to left two or three times.
- 4) To indicate that his opinion differs from that of the Referee, the Judge(s) shall make the appropriate Article 8 (a) gesture.
- 5) In *Hantei* situations the Judges must hold the flags in the proper hands corresponding to the position of the contestants. After the Referee has announced *Hantei* the Judges shall immediately raise either the blue or white flag above their heads in order to indicate which contestant they consider merits the decision.
- 6) When the Judges wish the Referee to announce *Matte in Newaza* (e.g. no progress), they shall signal this by raising both hands to shoulder height with palms facing upwards.



JUDGE NORMAL POSITION



INSIDE ⇔ JONAI



OUTSIDE ⇔ JOGAI



STAND UP
MATE IN NEWAZA



JUDGE CANCELLING
NOT VALID



JUDGE'S OPINION
DIFFERS



HANTEI SITUATION
(ending a "Golden Score" contest)



ARTICLE 9 - Location (Valid Areas)

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 recognised. For example if one contestant has at least 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*, he shall be considered as being outside the contest area.

Exceptions:

- a) When one contestant throws his opponent outside the contest area, but he himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent, the technique shall be recognised.

When a throw is started with both contestants inside the contest area, but during the action, the contestant being thrown moves outside the contest area, the action may be considered for point scoring purposes if the throwing action continues uninterrupted and the contestant executing the throw stays within the contest area long enough for the effectiveness of the action to be clearly apparent.

- b) In *Newaza* the action is valid and may continue so long as either contestant has some part of his body touching the contest area.
- c) If during the course of an attack such as *Ouchi-gari* or *Kouchi-gari* the foot or leg of the thrower leaves the contest area and moves over the *Tatami* in the safety area, the action shall 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.

APPENDIX Article 9 - Location (Valid Areas)

In the case of *Osaekomi* on the edge - if 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*) - the Referee must announce *Matte*.

As the red danger zone is part of the contest area, any contestant whose feet are still touching the red danger zone in the standing position shall 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 shall leave the contest area before his back or hips touch the *Tatami*.)

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 10 - Duration of contest

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

- Senior Men and Women 5 minutes real contest time
- Junior Men and Women 4 minutes real contest time

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

BJA Commentary:

For BJA Competitions, the rest period allowed will be equal to the full duration allowed for the contestant's previous contest.

APPENDIX Article 10 - Duration of the Contest

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

The referee should be aware of the duration of the contest before coming onto the competition area.

ARTICLE 11 - Time out

The time elapsed between the announcement 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 12 - Time signal

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

APPENDIX Article 12 - Time signal

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

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

ARTICLE 13 - Osaekomi Time

- *Ippon*: Total of 25 seconds.
 - *Waza-ari*: 20 seconds or more but less than 25 seconds.
 - *Yuko*: 15 seconds or more but less than 20 seconds.
 - *Koka*: 10 seconds or more but less than 15 seconds.
-
- An *Osaekomi* of less than 10 seconds will be counted the same as a *kinsa*.

APPENDIX Article 13 - Osaekomi Time

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

ARTICLE 14 - Technique coinciding with Time Signal

Any immediate result of a technique started simultaneously with the time signal shall be valid.

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

APPENDIX Article 14 - Technique coinciding with 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 yet announced *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 shall announce *Sore-made*.

ARTICLE 15 - Start of the contest

Before the start of each contest the Referee and Judges shall stand together centred just inside the limits of the competition area and bow to *Joseki* before taking their places.

Before leaving the competition area, they also must bow towards *Joseki*.

The contestants must bow when stepping on and off the competition area at the start and end of each contest.

The contestants shall then walk to the centre of the edge of the contest area (on the safety area) at their respective side according to the fighting order (first called on the right side and second called on the left side of the Referee's position), and remain standing there.

At the signal from the Referee, the contestants shall move forward to their respective starting positions and bow simultaneously towards each other and take a step forward from the left foot.

Once the contest is over and the Referee has awarded the result, the contestants shall simultaneously take a step back from the right foot and bow to each other.

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

The contest shall always begin in the standing position.

Only the members of the Refereeing Commission may interrupt the contest. (See Article 17)

APPENDIX Article 15 - Start of the contest

The Referee and Judges shall always be in position to start the contest before the arrival on the contest area of the contestants. The Referee shall stand in the middle, 2m back from the line between where the contestants start. He shall be facing the Timekeepers' table.

It is very important to perform the bow in a very correct way.

When the contestants walk to their starting position and are facing each other, they shall officially bow under the strict control of the Referee, repeating this procedure at the end of the contest.

If the contestants do not bow, the Referee shall direct the contestants to do so.

All standing bows by the contestants shall be at an angle of 30° measured at the waist.

Bowing Procedure – see Bowing Guide

BJA Commentary:

Notwithstanding the procedures described in the first paragraph of this article, in BJA Competitions the Referee and Judges will bow to *Joseki* when entering and leaving the competition area and not before and after every contest.

ARTICLE 16 - Entry into *Newaza*

The contestants shall be able to change from the standing position to *Newaza* in the following cases, but if the technique used is not continuous, the Referee shall order both contestants to resume the standing position:

- a) When a contestant, after obtaining some result by a throwing technique changes without interruption into *Newaza* and takes the offensive.
- b) When one of the contestants falls to the ground, following the unsuccessful application of a throwing technique, the other may take advantage of his opponent's unbalanced position to take him to the ground.
- c) When one contestant obtains some considerable effect by applying a *Shime-waza* or *Kansetsu-waza* in the standing position and then changes without interruption to *Newaza*.
- d) When one contestant takes his opponent down into *Newaza* by the particularly skilful application of a movement which does not qualify as a throwing technique.
- e) In any other case where one contestant falls down or is about to fall down, not covered by the preceding sub-sections of this article, the other contestant may take advantage of his opponent's position to go into *Newaza*.

APPENDIX Article 16 - Entry into *Newaza*

When one contestant pulls his opponent down into *Newaza* not in accordance with Article 16 and his opponent does not take advantage of this to continue into *Newaza*, the Referee shall announce *Matte*, stop the contest and penalise with *Shido* the contestant who has infringed Article 27 (8).

(See Article 27 Appendix, the 5th paragraph).

When one contestant pulls his opponent down into *Newaza* not in accordance with Article 16 and his opponent takes advantage of this to continue into *Newaza*, the contest shall be allowed to continue but the Referee shall penalise with *Shido* the contestant who has infringed Article 27 (8).

(See Article 27 Appendix, the 5th paragraph).



ARTICLE 17 - Application of *Matte*

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

- a) When one or both of the contestants go outside the contest area. (See "Exceptions" under Article 9).
- b) When one or both of the contestants perform one of the prohibited acts.
- c) When one or both of the contestants are injured or taken ill.
- d) When it is necessary for one or both of the contestants to adjust their *Judogi*.
- e) When during *Newaza* there is no apparent progress.
- f) When one contestant regains a standing or semi-standing position from *Newaza* bearing his opponent on his back.
- g) When one contestant is in, or from *Newaza* regains a standing position and lifts his opponent, who is lying on his back with his leg(s) around any part of the standing contestant, clear of the *Tatami*.
- h) When a contestant performs or attempts to perform *Kansetsu-waza* or *Shime-waza* from the standing position and the result is not sufficiently apparent.
- i) When in any other case that the Referee deems it necessary to do so.
- j) When the Referee and Judges or Refereeing Commission wish to confer.

APPENDIX Article 17 - Application of *Matte*

The Referee having announced *Matte*, must take care to maintain the contestants within his view, in case they do not hear *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. from *Osaekomi*, *Shime-waza*, *Kansetsu-waza* appears in need of or calls for a rest.

The Referee should announce *Matte* when a contestant who is face down on the *Tatami*, with his opponent clinging to his back, succeeds in rising to a half standing position, with his hands clear of the *Tatami*, indicating a loss of control by the opponent.

Should the Referee call *Matte* in error during *Newaza* 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 their starting positions. When the Referee has announced *Matte*, the contestant(s) must either stand if being spoken to or adjusting their *Judogis*, or sit if a lengthy delay is envisaged. Only when receiving medical attention should a contestant be permitted to adopt any other position.

The Referee shall announce *Matte* in order to call for the doctor, either when the contestant or the Doctor himself so requests or when the Referee considers it is necessary. (See Article 29).

ARTICLE 18 – *Sono-mama*

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

To recommence the contest he shall announce *Yoshi*.

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

APPENDIX Article 18 - *Sono-mama*

Whenever the Referee announces *Sono-mama*, he must ensure that there is no change in the position or grip of either contestant.

If during *Newaza* a contestant shows signs of injury, the Referee may separate the contestants if necessary after announcing *Sono-mama* and then return the contestants to the positions they held before the announcement of *Sono-mama* - and then announce *Yoshi*.



ARTICLE 19 - End of Contest

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

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

The Referee shall award the contest as follows:

- 1) Where one contestant has scored *Ippon* or equivalent, he shall be declared the winner.
- 2) Where there has been no score of *Ippon* or equivalent, the winner shall be declared on the basis of: one *Waza-ari* prevails over any number of *Yukos*, one *Yuko* prevails over any number of *Kokas*.
- 3) Where there are no recorded scores or the scores are exactly the same under each point (*Waza-ari*, *Yuko*, *Koka*), the contest shall be decided by the “Golden Score” contest.

“Golden Score” Contest

The duration of the “Golden Score” contest shall be the same as for the previous contest.

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

The first score difference between the two (2) contestants during the “Golden Score” contest shall decide the contest. The contest ends as soon as a contestant gains any advantage.

If the “Golden Score” contest goes the full duration without any advantage for either contestant, the result shall be decided by *Hantei*. At the announcement of *Hantei* by the Referee, the Referee and the two (2) Judges shall raise the appropriate coloured flag high above their heads to indicate which contestant they consider to be the winner. In this case, the Referee and Judges shall only take into consideration “*Kinsa*” (slight superiority or inferiority) through the attitude, skill and effectiveness of techniques during the “Golden Score” contest, that is to say, the original contest shall not count at all. The Referee shall declare the result according to the “majority of three” rule.

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

- 4) In the case where both contestants score *Ippon* or *Sogo-gachi* simultaneously the contest shall be decided by the “Golden Score” contest.
- 5) In the case where both contestants are penalised with accumulated *Hansoku-make* (result from successive *Shidos*) simultaneously, or where one contestant is penalised with an accumulated *Hansoku-make* and is simultaneously awarded *Sogo-gachi*, the contest shall be decided by the “Golden Score” contest.
- 6) In the case where both contestants are penalised with direct *Hansoku-make* simultaneously, both contestants shall be excluded from the tournament.
- 7) The decision of “*Hikewake*” shall be given, when there is no advantage on the scoreboard for either contestant within the time allotted for the contest. (See Appendix).

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

Once the Referee has indicated the result of the contest to the contestants it will not be possible for the Referee to change this decision after the Referee and Judges have left the competition 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 the Referee and Judges leave the competition area.

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

APPENDIX Article 19 - End of Contest

Having announced *Sore-made*, the Referee shall always keep the contestants within his view, in case they do not hear his announcement and continue fighting.

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

Before each “Golden Score” contest, the timing clocks and scoreboards shall be fully reset as if for a new contest.

In the “Golden Score” contest, when one contestant is being held and “*Osaekomi*” has been announced, the Referee shall allow the hold down to continue for the 25 seconds (*Ippon*), until *Toketa* or *Matte*, or until *Shime-waza* / *Kansetsu-waza* is applied by either contestant with immediate result. In this case, the contestant shall win by the points scored.

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

7) The decision of “*Hikiwake*” will only be applied for Team competitions.

During the first Team confrontation, the result of “*Hikiwake*” will be applicable.

If at the end of the confrontation, the number of victories and points is the same for both teams, then all the contests with the result of “*Hikewake*” from the previous confrontation will be fought to decide the winning team. These deciding contests shall be “Golden Score” contests; however, the victory will only be awarded one (1) point as a way of decision.

(The same system shall be used in Round Robin competition).

BJA Commentary:

If the teams are still equal at the end of the Golden Score contests, then the Competition Controller will assess the situation and decide on the appropriate action.

ARTICLE 20 - *Ippon*

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

- a) When a contestant with control throws the other contestant largely on his back with considerable force and speed.
- b) When a contestant holds with *Osaekomi-waza* the other contestant, who is unable to get away for 25 seconds after the announcement of *Osaekomi*.
- c) When a contestant gives up by tapping twice or more with his hand or foot or says *Maitta* (I give up!) generally as a result of *Osaekomi-waza*, *Shime-waza* or *Kansetsu-waza*.
- d) When a contestant is incapacitated by the effect of a *Shime-waza* or *Kansetsu-waza*.

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

Simultaneous *Ippons* - See Article 19 (f) (4).

APPENDIX Article 20 - *Ippon*

Simultaneous techniques: - when both contestants fall to the *Tatami* after what appears to be simultaneous attacks, and the Referee and Judges cannot decide which technique dominated there should be no score awarded.

Should the Referee announce *Ippon* during *Newaza* in error and the contestants therefore separate, the Referee and Judges shall, 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 one foot or both feet in contact with the *Tatami*) after having been thrown - although he may have avoided the necessary criteria for *Ippon*, the Referee shall nonetheless award *Ippon* or any other score he considers the technique warrants, in order to discourage this action.

Using *Kansetsu-waza* in order to throw the opponent will not be considered for point scoring purposes.

Note: For Olympic Games, World Championships, Continental and IJF events the rules shall be applied as stated. For National events, the organisers are authorised to make such provisions as are appropriate for the safety of the contestants at the level to which the tournament applies. For example in lower grade competition the organisers may authorise the Referees to award *Ippon* when the effect of a technique is sufficiently apparent, or for children's events, they may disallow *Shime-waza* and *Kansetsu-waza* altogether.

ARTICLE 21 - *Waza-Ari-awasete-ippou*

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

ARTICLE 22 - *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 three (3) *Shidos* (see Article 27 (a).)
- (b) Where one contestant, whose opponent has already received three (3) *Shidos*, is subsequently awarded a *Waza-ari*.

Simultaneous *Sogo-gachi* - See Article 19 (f) (4).

ARTICLE 23 - *Waza-ari*

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

- (a) When a contestant with control throws the other contestant, but the technique is partially lacking in one (1) of the other three (3) elements necessary for *Ippon* (see Article 20 (a) and Appendix).
- (b) When a contestant holds with *Osaekomi-waza* 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 penalised three (3) *Shido* penalties, the other contestant shall receive a *Waza-ari* immediately.

ARTICLE 24 - *Yuko*

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

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

Examples:

- i) Partially lacking in the element of "largely on the back" and is also partially lacking in one of the other two (2) elements of "speed" or "force".
- ii) Largely on the back but partially lacking in both of the other two (2) elements of "speed" and "force".
- (b) When a contestant holds with *Osaekomi-waza* the other contestant who is unable to get away for 15 seconds or more but less than 20 seconds.

Equivalence: Should one contestant have been penalised two (2) *Shidos*, the other contestant shall receive *Yuko* immediately.

APPENDIX Article 24 - *Yuko*

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

ARTICLE 25 - *Koka*

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

- (a) When a contestant with control throws the other contestant onto one shoulder, his thigh(s), or buttocks with speed and force.
- (b) When a contestant holds with *Osaekomi-waza* the other contestant who is unable to get away for 10 seconds or more but less than 15 seconds.

Equivalence: Should one contestant have been penalised one (1) *Shido*, the other contestant shall receive *Koka* immediately.

APPENDIX Article 25 - *Koka*

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

Throwing an opponent on the front of his body, knee(s), hand(s), or elbow(s) will only be counted as the same as any other *Kinsa*. Similarly an *Osaekomi* of up to nine (9) seconds will be counted as a *Kinsa*.

ARTICLE 26 - Osaekomi-waza

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

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

APPENDIX Article 26 - Osaekomi-waza

Should a contestant 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 *Matte*).

When *Osaekomi* is being applied, if the contestant who is in an advantageous position 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*.

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

If both Judges agree that an *Osaekomi* exists, but the Referee has not announced *Osaekomi*, they shall make the *Osaekomi* gesture and, by the "majority of three" rule, the Referee shall announce *Osaekomi* immediately.

The Referee shall announce *Matte* 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, either from above or from below the leg.

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

BJA Commentary:

If, in a "Golden Score" contest, *Tori* has maintained an *Osaekomi* for 10 seconds or more and then commits a minor infringement, the Referee shall announce *Matte* and award the *Koka* or other score merited by the length of the *Osaekomi*. He shall then indicate *Tori* as the winner of the contest.

If the Referee and Judges consider that *Tori's* infringement merits *Hansoku-make*, then they may award the contest to the other player.

ARTICLE 27 - Prohibited Acts and Penalties

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

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

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

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

The awarding of a second or subsequent *Shido* automatically reflects on the opponent’s technical score. The previous score corresponding to the earlier penalty is removed and the next higher score shall be recorded immediately.

The awarding of a direct *Hansoku-make* means that the contestant is disqualified and excluded from the tournament, and the contest ends according to the Article 19 (d). (See Appendix).

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

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

SHIDO (Slight Infringements Group)

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

- (1) To intentionally avoid taking *Kumi-kata* in order to prevent action in the contest.
- (2) To adopt in a standing position, after *Kumi-kata*, an excessively defensive posture. (Generally more than 5 seconds).
- (3) To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (False Attack).
- (4) To stand, both feet completely within the danger zone unless - beginning an attack, executing an attack, countering the opponent’s attack or defending against the opponent’s attack. (Generally more than 5 seconds).
- (5) In a standing position, to continually hold the opponent’s sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve end(s).
- (6) In a standing position, to continually keep the opponent’s fingers of one or both hands interlocked, in order to prevent action in the contest. (Generally more than 5 seconds).
- (7) To intentionally disarrange his own *Judogi* or to untie or retie the belt or the trousers without the referee’s permission.
- (8) To pull the opponent down in order to start *Newaza* unless in accordance with Article 16.
- (9) To insert a finger or fingers inside the opponent’s sleeve or bottom of his trousers.
- (10) In a standing position to take any grip other than a "normal" grip without attacking. (Generally more than 5 seconds).
- (11) In a standing position, before or after *Kumi-kata* has been established, not to make any attacking moves. (See Appendix Non-combativity).
- (12) To hold the opponent’s sleeve end(s) between the thumb and the fingers (“Pistol” grip).
- (13) To hold the opponent’s sleeve end(s) by folding it over (“Pocket” grip).
- (14) 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.
- (15) To encircle the end of the belt or jacket around any part of the opponent’s body.
- (16) To take the *Judogi* in the mouth. (either his own or his opponent’s *Judogi*).
- (17) To put a hand, arm, foot or leg directly on the opponent’s face.
- (18) To put a foot or a leg in the opponent’s belt, collar or lapel.
- (19) To apply *Shime-waza* using the bottom of the jacket or belt, or using only the fingers.
- (20) To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in *Newaza*. (See Article 9 - "Exceptions")

- (21) To apply leg scissors to the opponent's trunk (*Dojime*), neck or head. (Scissor with crossed feet, while stretching out the legs).
- (22) 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.
- (23) To bend back the opponent's finger(s) in order to break his grip.

BJA Commentary:

(20) If a contestant leaves the contest area due to his own efforts to upset his opponent's balance, the penalty awarded should be a *Shido*. However, if he leaves the contest area as a result of an action by his opponent, he should not be penalised.

HANSOKU-MAKE (Grave Infringements Group)

- (b) **Hansoku-Make** is given to any contestant who has committed a Grave Infringement (or who having been given three (3) *Shidos*, commits a further Slight Infringement):
- (24) To apply *Kawazu-gake*. (To throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards onto him).
- (25) To apply *Kansetsu-waza* anywhere other than to the elbow joint.
- (26) To lift off the *Tatami* the opponent who is lying on the *Tatami* and to drive him back onto the *Tatami*.
- (27) To reap the opponent's supporting leg from the inside when the opponent is applying a technique such as *Harai-goshi* etc.
- (28) To disregard the Referee's instructions.
- (29) To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest.
- (30) To make any action which may endanger or injure the opponent, especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo.
- (31) To fall directly to the *Tatami* while applying or attempting to apply techniques such as *Ude-hishigi-waki-gatame*.
- (32) To "dive" head first, onto the *Tatami* by bending forward and downward while performing or attempting to perform techniques such as *Uchi-mata*, *Harai-goshi*, etc. or to fall directly backwards while performing or attempting to perform techniques such as *Kata-guruma* whether standing or kneeling.
- (33) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.
- (34) To wear a hard or metallic object (covered or not).

On the scoreboard, the repeated *Shido* will be accumulated and converted to the opponent's technical score.

On the scoreboard repeated <i>Shidos</i> would become:		
2 <i>Shidos</i> = a <i>Yuko</i> to the opponent	3 <i>Shidos</i> = a <i>Waza-ari</i> to the opponent	4 <i>Shidos</i> = <i>Hansoku-make</i> = <i>Ippon</i> to the opponent

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

APPENDIX Article 27 - Prohibited acts and penalties

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

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

Before awarding *Hansoku-make*, the Referee must consult with the 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 seriousness of the infringement.

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

A penalty in *Newaza* should be applied in the same manner as in *Osae-komi* (Article 26 Appendix the 2nd and 3rd paragraphs).

(8) Where one contestant pulls his opponent down into *Newaza* not in accordance with Article 16 and his opponent does not take advantage of this to continue into *Newaza*, the Referee shall announce *Matte*, temporarily stopping the contest, and give *Shido* to the contestant who has infringed Article 16.

(10) "Normal" *Kumi-kata* is taking hold of 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.

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

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

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

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

(15) 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.

(17) The face means the area within the line bordered by the forehead, the front of the ears and the jaw-line.

24) 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 the opponent's leg will be permitted and should be scored.

31) To attempt such throws as *Harai-goshi*, *Uchi-mata*, etc., with only one hand gripping the opponent's lapel from a position resembling *Ude-hishigi-waki-gatame* (in which the wrist of the opponent is trapped beneath the thrower's armpit) and deliberately falling, face down, onto the *Tatami* is likely to cause injury and will be penalised. No intent to throw an opponent cleanly onto his back is a dangerous action and will be treated in the same way as *Ude-hishigi-waki-gatame*.

BJA Commentary:

In BJA Competitions, the Referee and Judges should all be in agreement before awarding *Hansoku-make*. If any contestant receives a direct *Hansoku-make*, he/she will normally be disqualified from that contest only.

Notwithstanding the above, if all three officials agree that an action which was penalized by direct *Hansoku-make* was "against the spirit of judo" then they may recommend to the Competition Controller that the offending player should not be allowed to continue in the competition.

In all instances, the final decision to disqualify any player from the remainder of the competition will be made by the Competition Controller on recommendation from the Referee and Judges involved, and/or the Referee in Charge. The Referee and Judges, having made a unanimous decision to recommend disqualification from the competition, will inform the table officials who will advise the Competition Controller of this recommendation.

ARTICLE 28 - Default and withdrawal

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

The Referee must be sure before awarding *Fusen-gachi* that he has received the authority to do so by the Refereeing Commission.

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

APPENDIX Article 28 - Default and withdrawal

Soft contact lens: - In the event that a contestant, loses his contact lens during the contest and cannot immediately recover 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* after consulting with the Judges.

ARTICLE 29 -Injury, illness or accident

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

a) Injury

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

b) Sickness

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

c) Accident

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

Medical Examinations

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

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

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

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

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

BLEEDING INJURIES

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

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

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

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

Minor Injuries

A minor injury may be treated by the contestant himself.

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

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



BJA Commentary:

In Junior Competitions, the contestant will not automatically lose the contest by *Kiken-gachi* when asking for medical intervention.

However, if the medical attendant recommends that the injured player should not continue, the Referee and Judges may declare the injured player the loser by *Kiken-gachi* on a majority of three decision.

APPENDIX Article 29 -Injury, Illness or Accident

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

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

Generally only one (1) Doctor for each contestant is allowed on the competition area. Should a Doctor require an assistant(s), the Referee must first be informed.
The coach is never allowed on the competition area.

When the Doctor is called, the Judges shall remain seated and observe the situation. Only the Referee shall draw near to the injured contestant to ensure that the assistance provided by the Doctor is within the rules. However the Referee may call the Judges in case he needs to comment on any decision.

Medical Assistance:-

a) In a minor injury:-

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

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

b) In a bleeding Injury:-

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

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

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

Types of Vomiting:-

Any type of vomiting by a contestant shall result in *Kiken-gachi* for the other contestant.
(See paragraph: **b) Sickness**).

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

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

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

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

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

ARTICLE 30 – Situations not covered by the rules

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

BJA ADDITIONAL COMMENTS

Shin pads

Shin pads are allowed providing they do not constitute hard objects (Article 27 ~~xxxii~~ 34). They must be of soft padding and not contain hard stiffeners. They may incorporate an underfoot band but the band must be in good condition and, in the referee's opinion, sufficiently wide enough not to constitute a danger to either player's fingers or toes.

The shin pad must not incorporate an instep pad (which covers the top of the foot) as this pad would give an advantage to a "kicker" who should be using the sole of the foot. If a player is wearing pads which are deemed unsuitable or unsafe, the Referee should ask the player to remove them at the beginning of the contest. (incurring no penalty).

Continuation in the Event of Unconsciousness

The Board of Directors recommends that the following be implemented by competition officials.

Players Under 16 years of Age

In the event of a player becoming unconscious for any reason – no further competition that day. No further competition for the following four (4) weeks unless specifically cleared by a medical certificate.

Players 16 years of Age and Over.

In the event of a player becoming unconscious for any reason other than as a result of a Shime-waza (Strangulation technique) - no further competition that day.

In the event of a player becoming unconscious as a result of a Shime-waza (Strangulation technique) - no further competition that day unless checked and cleared by a competent medical person who is conversant with judo strangles and their effects.

APPENDIX 'A' - BJA BOWING GUIDE

The following Bowing Guide is adapted from the I.J.F. Bowing Guide.

A part of the etiquette of Judo, the *rei*, is a tradition which reflects the respect and discipline that permeates the unique activities of our sport. The guide for bowing, therefore, should be followed in a respectful fashion.

All standing *rei* should be at an angle of 30 degrees as measured at the waist.

REFEREE AND JUDGES

1. At the Beginning of the Competition

1.1 Before the first contest of each day of the competition, the first team of designated Referees step onto the outside edge of the competition area in a centralised position and, standing side by side with the Referee in the centre, the referee and judges bow simultaneously.

1.2 From there the Referee and Judges walk in single file around the outside of the contest area to a centralised position on the opposite side of the area to the control table and facing the control table.

1.3 They then walk forward to the inside edge of the danger area, where they bow in unison toward the table.

1.4 While remaining in the danger area, the Referee takes a step backwards, while the Judges turn to face each other and all three bow again in unison.

1.5 Immediately, the Referee and Judges take their positions. The Judge who reaches the chair first remains standing in front of the chair waiting for the other Judge and they sit down simultaneously. This same seating procedure should be followed after any consultation.

2. Subsequent Referee and Judges Teams

2.1 As each team of officials enter the competition area, they step onto the outside edge of the competition area in a centralised position and, standing side by side with the referee in the centre, the Referee and Judges bow simultaneously.

2.2 They then walk directly to their positions in readiness for the next contest. The Judge who reaches the chair first remains standing in front of the chair waiting for the other Judge and they sit down simultaneously. This same seating procedure should be followed after any consultation.

2.3 For 'finals' contests, where the Referee and Judges team is replaced after every contest, the team enters the competition area as in 2.1 and then walk in single file round the outside of the contest area. The second Judge stops and stands by his chair, the Referee stops when he reaches a central position opposite the table and the first Judge continues until he reaches his chair.

2.4 In unison, the two Judges sit down and the Referee steps forward onto the contest area and takes up the *Hajime* position facing the table, midway between the starting tapes and approximately two metres from the centre of the mat.

3. Exchange of Position Between the Referee and Judge

3.1 Following a contest, once the result has been announced and the contestants have left the contest area, if the Referee is required to exchange positions with a Judge, both officials should approach each other within the red danger area. Once facing each other they should bow to each other before taking their new position. Passing each other, the new Referee walks on the inside, taking the shorter route, to the *Hajime* position.

4. Referee Team Leaving the Competition Area

4.1 Following a contest, once the result has been announced and the contestants have left the contest area, if the Referee and Judges are to leave the contest area, they should walk directly to the outer edge of the competition area. From a centralised position, with the Referee in the centre, they should bow in unison and then leave the competition area.

4.2 Following a 'finals' contest, The Referee and Judges walk in single file around the outside of the contest area towards a designated point on the edge of the competition area in a centralised position and, with the Referee in the centre, they bow in unison and then leave the competition area.

5. Referee Team at the End of the Competition

5.1 Following the last contest of each day's competition, and after the result has been announced, the Referee and Judges position themselves side by side on the inside edge of the red danger area, on the opposite side of the contest area to the control table. Facing the table and, with the Referee in the centre, they bow in unison towards the table.

5.2 While remaining in the danger area, the Referee takes a step backwards and the Judges turn to face each, and the three bow towards each other in unison.

5.3 The Referee and Judges then walk in single file around the outside of the contest area towards a designated point on the edge of the competition area in a centralised position and, with the Referee in the centre, they bow in unison and then leave the competition area.

CONTESTANTS

6. Contestants Entering and Leaving the Competition Area

6.1 Upon entering and leaving the competition area and the contest area, the contestants may bow but this is not enforced.

6.2 The contestants should move forward in unison along opposite sides of the competition area to the centralised position on the edge of the contest area. The contestants move forward together onto the contest area to their respective marks.

6.3 The two contestants, standing behind their corresponding marks and without requiring any orders, must bow simultaneously towards each other, take a step forward and stand in natural standing position while waiting for the referee to order *Hajime*.

6.4 Once the contest is over and the Referee has ordered *Sore-made*, the contestants should stand in front of their corresponding marks to await the result. The contestants should at this point have their *Judogi* in order.

6.5 The Referee steps forward one step, awards the result and steps back one step, following this announcement the contestants simultaneously take a step back and must bow to each other.



6.6 The contestants move back to the centralised position at the edge of the contest area and then leave the competition area.

6.7 When entering and leaving the competition area, the contestants should not walk in front of the Judge's chair.

7. *Tachi Rei* Between Contestants

Contestants are required to adhere to the guidelines in this bowing guide and the BJA Refereeing Rules. Contestants who do not bow in accordance with these guidelines will be requested to do so. Those that refuse will be reported to the Referee in Charge. Under the authority of the Organisers of the event, the contestant will be disqualified from further participation in the competition and in the case of a medal contest, will be stripped of the medal and/or placement.

8. Team Competitions

8.2 Before the beginning of each team contest the Referee and Judges should enter the competition area in accordance with the procedures specified in 2.1 and 2.2.

8.3 At the end of each team contest, the Referee and Judges should follow the procedure specified in 4.1.

8.4 Before each team contest starts, the two teams line up in the correct fighting order on opposite edges of the competition area. When requested by the Referee, they then move forward to their mark, facing each other.

8.5 The Referee then orders *Rei* and all the contestants bow.

8.6 Immediately, the Referee directs the teams to leave the competition area and the first two competitors to face each other at their starting positions.

8.7 The two contestants bow in unison and step forward to wait for the Referee's call of *Hajime*.

8.8 For each individual contest the contestants should follow the procedures specified in section 6 of these guidelines.

8.9 After all individual contests are finished the two teams line up inside the contest area on their mark facing each other. The referee takes a step forward and announces the result.

8.10 The Referee takes a step back, returning to the original position, and orders *Rei*. The teams bow towards each other.

8.11 After this the contestants should move back to the edge of the contest area and leave the competition area.

8.12 At that time, the Referee and Judges walk towards the border of the competition area to a centralised position with the Referee in the centre, bow in unison and then leave the competition area.

8.13 After the last team contest of the day, following the procedures in 8.10, the Judges take up a position on either side of the referee who then directs the contestants to turn toward the table, remaining in single file.

8.14 Immediately, the Referee orders *Rei* and in unison the contestants and the officials bow toward the table.

8.15 The contestants then leave the competition area in accordance with 8.11, 8.12 and 8.13 of this guide.

8.15 After the contestants have left the competition area, the Referee and Judges also leave the competition area in accordance the procedures in 5.2 and 5.3 of this guide.

SUMMARY

The bowing etiquette sets Judo uniquely apart from other international sports. The gestures are of respect, appreciation and courtesy. The Referee and Judges have a fundamental role in holding his uniqueness by ensuring that bowing is done according to these guidelines.

GLOSSARY OF JAPANESE TERMS

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

KUMI-KATA	Taking grips
KUZUSHI	Balance breaking
KYUSHO	Vital point
MA'AI	Distance between two contestants
“MAITTAI!”	“I give up!”
MA-SUTEMI-WAZA	Supine sacrifice techniques
MATE	Wait
MIGI-JIGO-TAI	Right defensive posture
MIGI-SHIZEN-TAI	Right natural posture
NAGEKOMI	Repetitive throwing practice
NAGE-WAZA	Throwing techniques
NEWAZA	Groundwork
OSAEKOMI-WAZA	Hold down techniques
“OSAEKOMI!”	“Hold is on!”
“OTAGI-NI-REI!”	“Bow to each other!”
RANDORI	Free sparring
RENRAKU-WAZA	Combination of several techniques
REI	Bow
RITSU-REI	Standing bow
SEIZA	Sitting square / Formal sitting
SHIAI	Match / Bout
SHIAI-JO	Competition area
SHIDO	Instruction / Light penalty
SHIME-WAZA	Strangling techniques
SHIMPAN	Refereeing
SHIMPAN'IN	Referees
SHIMPAN RIJI	Refereeing Director
SHISEI	Posture
SHIZEN-TAI	Natural posture
SHIZEN-HONTAI	Straight natural posture
SHOMEN	Dojo front / Upper seats
“SHOMEN-NI-REI!”	“Bow towards Shomen!”
SHOSHU	Winner
SHUSHIN	Referee
SOGO-GAGHI	Combined win
“SONO-MAMA!”	“Do not move / Hold positions!”
“SORE-MADE!”	“Time is up!”
SUTEMI-WAZA	Sacrifice techniques
TACHI-WAZA	Standing techniques
TAI-SABAKI	Body shifting / Body control
TATAMI	Mat
TE-WAZA	Hand techniques
“TOKETA!”	“Hold-down broken!”
TORI	Player executing technique
TSUKURI	Set-up to execute technique
TSURITE	Lifting hand
UCHIKOMI	Repetition training
UDE-GAESHI	Arm locking throw / Arm reverse

UKE	Player receiving opponent's attack
UKEMI	Break fall
WAZA	Techniques
WAZA-ARI	Technique exists / Great advantage
WAZA-ARI-AWASETE-IPPON	Two Waza-aris score Ippon
YAKUSOKU-RENSHU	Agreed-upon practice
YOKO-SUTEMI-WAZA	Side sacrifice techniques
"YOSHI!"	"Continue!"
YUKO	Effective / Moderate advantage
YUSEI-GACHI	Win by superior performance
ZA-REI	Seated bow