

## 1. No forward throwing techniques with the hand of tori around uke's neck

It is prohibited to apply any form of forward throwing action with the hand of tori around the back of uke's neck at shoulder level. The rule prohibits the whole hand of tori going past uke's back of neck centre line at shoulder level or higher, if the hand around the back goes below shoulder level, this is valid for nage-waza.

## 2. No drop-knee techniques

It is prohibited to apply any forward throwing technique by tori dropping with one or both knees to the ground before uke has landed on the tatami.

## 3. No Tomoe-nage or Sumi-gaeshi or similar techniques

It is prohibited to apply Tomoe-nage or Sumi-gaeshi or similar techniques, this means techniques where the body of tori impacts with the tatami before that of uke and uke is being thrown with techniques such as or very similar to Tomoe-nage or Sumi-gaeshi.

## 4. Dangerous Turnovers

In cases where uke is lying flat on their front and tori has a grip on the collar of uke behind their neck, pinning uke's head to the mat, then proceeding to lever the leg or foot of uke and attempt to turn uke over by bringing the body directly over the head, this will be penalised at level 1, 2 and 3 events. The referee is authorised to stop the contest immediately that this action becomes clear in order to prevent major injury to uke. For this penalty to be awarded, the legs of uke must be moving in a direction which is likely to cause uke's neck to be unnaturally bent backwards. To maintain the athletes' safety and at the same time keep the integrity of the contest, the following will apply:

1. If this action is completed, the penalty given will be hansokumake
2. If the action is started and the referee can successfully intervene before completion of the full movement, Shido will be awarded.

**Notes:** Contestants who do not adhere to any of the technical restrictions will be penalised at the appropriate level immediately, i.e. no "free" chances will be given, the referee should briefly explain to the offender the reason for the penalty on every occasion a penalty is awarded and at no other time during the contest.

Prohibited acts 1, 2 and 3 will be penalised with shido, 4 will be applied as stated above.

All technical restrictions are in force immediately until further notice