

**BRITISH JUDO  
AMENDMENTS TO  
THE IJF CONTEST  
RULES**

## Introduction

### Scope

The International Judo Federation decides the judo contest rules for all international and continental events. However, it is understood that these may not be suitable for all levels of competition for a variety of reasons. Therefore, each national federation is authorised to make such adjustments as they see fit for their domestic events.

This document details the adjustments made by the British Judo Association to the contest rules and when they apply, and incorporates all previously communicated amendments to the rules that are current and valid.

### Application

The 'IJF Contest Rules' (and 2017 Contest Rules Update) as modified by this document 'BJA Amendments to the IJF Contest Rules', form the contest rules to be used at all BJA licenced events. Unless a specific level of event (e.g. Level 2) is mentioned, these rules apply to all levels. No other rule sets are authorised for use.

**All British Judo licenced events must be run fully in line with these rules unless written dispensation has been agreed by the BJA/NRC in advance. No one has discretion to vary these rules in anyway whatsoever without the written authority of the NRC/BJA.**

The latest version of this document and the IJF Contest Rules are published and maintained on the BJA website and replace all previous versions. These documents shall prevail over any other documents in circulation.

### Abbreviations

BJA	British Judo Association
NRC	National Referee Commission
RIC	Referee in Charge

### Releases to Membership

Release Date	Version
February 2017	1.3
October 2017	1.4

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## 1 Technical Restrictions

### 1.1 *Applicable Categories*

Technical restrictions must apply to:

- All exclusively under 12 years' categories (regardless of Level), in which a 12 year-old could not enter
- School year 6-7 categories
- All minors categories
- Level 1 categories limited to athletes under 16 years and also limited to white, red and yellow belt grades

Technical restrictions will optionally apply (only if published on the entry form) to:

- Level 1 or 2 events for players of any age in categories limited to white, red and yellow belt grades

Technical restrictions will not apply to categories other than those described above.

Technical restrictions are classed as minor prohibited acts and will be penalised with shido.

### 1.2 *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.

### 1.3 *No drop-knee techniques*

It is prohibited to apply any forward throwing technique by tori dropping directly, with one or both knees, to the ground during the initial stage of the action.

*Guidance: if tori takes the weight of uke on their back in a standing position and then performs any other recognisable throwing action, or the taking of the weight causes tori to fall onto one of two knees, this will be allowed.*

### 1.4 *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.

### 1.5 *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, 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:

- If this action is completed, the penalty given will be hansoku-make
- If the action is started and the referee can successfully intervene before completion of the full movement, shido will be awarded.

**Note:** Contestants infringing 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 contestant the reason for the penalty on every occasion a penalty is awarded due to a technical restriction.

## ***1.5 Shime-waza for Cadets***

Athletes competing in Cadet age band events who are strangled unconscious, regardless of the period of unconsciousness, will be withdrawn from the competition and will not be allowed compete again that day.

## ***1.6 Shime-Waza and kansetsu-waza***

Shime-waza and kansetsu-waza will allowed in:

- a. All exclusively Cadet, Junior and Senior competitions using the international category criteria (minimum of 15 years in that calendar year).
- b. All competitions involving athletes of at least 18 years, in a minimum of a Level 2 event.

Shime-waza and kansetsu-waza must not be allowed in:

- a. In any category which may have an athlete (whether they actually do or not) who is below 15 years in that calendar year.

Applying shime-waza or kanestu-waza in a category where it is not allowed will result in hansoku-make, whether it results in a submission or not.

## ***1.7 Golden Score for Technical Restrictions Categories***

This sub-section does not apply to adult (minimum over 14 years) categories using Technical Restrictions, which shall use unlimited golden score.

If at the end of normal time golden score is required, athletes shall have a minimum rest time of three minutes before the golden score period commences.

Each golden score period is limited to a maximum of three minutes.

- If the scores are level at the end of the 'golden score', the contest shall be suspended and the athletes will then have a minimum of three minutes rest time, after which the contest will recommence in 'golden score' again.
- If the scores are still level at the end of the second 'golden score', the contest is suspended and the rest period and re-commencement of golden score is repeated.
- Each subsequent 'golden score' element will be a maximum of three minutes and each rest period will be a minimum of six minutes.

Referees are directed to use their best judgement to avoid repetitions of golden score where possible.

Referees should instruct the athletes to bow and leave the contest area to begin the rest period; hiki-wake should not be given.

## ***1.8 Below the Belt Penalties***

Until 22<sup>nd</sup> April 2017 - In Veteran and Development events, the below the belt penalty is shido for every offence.

From 22<sup>nd</sup> April 2017 – This adjustment shall no longer apply.

## 2 Durations and Timings

### *2.1 Arrival for Contest*

The time allowed to get to the start position will be three (3) calls at one (1) minute intervals, failing to do so will result in the contestant losing by fusen-gachi.

### *2.2 Contest Duration*

The contest duration at Cadet, Junior and Senior level will be four (4) minutes in all cases.

For all other events, the contest duration shall be three (3) minutes, with no further reductions.

### *2.3 Rest Period*

The rest period allowed between contests will be a minimum of six (6) minutes.

### *2.4 Golden Score for Level 1 and 2 Competitions*

For Level 1 and 2 competitions, if the scores are level at the end of normal time, but there is a difference in penalties, the contest shall be decided on those penalties.

If there is no difference in scores or penalties, the contest shall be decided as follows:

- ***Level 1 Competition*** - Hiki-wake (draw) should be given with no 'golden score' contest. If final positions in the pool are tied, and it is felt necessary to re-fight any contests, then they should be fought as a 'golden score' contest only, i.e. no preceding normal period.
  
- ***Level 2 Competition*** – Golden score will be used to determine the winner (see 1.7)

## 3 Penalties

### 3.1 *Hansoku-make*

The referee and table judges should all be in agreement before awarding a direct 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 the action was “against the spirit of judo” then they may recommend to the competition controller that the offending athlete should not be allowed to continue in the competition. In all instances, the final decision to disqualify any athlete from the remainder of the competition will be made by the competition controller on recommendation from the Referee and table Referees involved, and/or the Referee in charge. The referee and table referees, 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.

All instances of direct hansoku-make apart from head diving and bridging it will result in the referees recommending that the athlete is withdrawn from the competition.

There is no requirement for the refereeing team to consult with the referee in charge before awarding direct hansoku-make when they have a unanimous decision.

## 4 Judo Uniform

### 4.1 Judogi Colour

British Judo permits the wearing of white and blue judogi only in competition. In no case may the contestant who is called first wear a blue judogi.

Competition organisers may specify on their entry form that either:

- Wearing of white and blue judogi is *mandatory* – judoka must have both blue and white judogi available. The first contestant called shall wear the white judogi, the second shall wear the blue.
- Wearing of white and blue judogi is *optional*. The second contestant called may wear either white or blue.

Where the second contestant wears a blue judogi, both contestants shall wear their grade belt.

Where both contestants wear white, the first shall wear a white belt and the second a blue belt

By exception, and generally only at Level 1 or 2 events, the referee in charge may authorise alternative belt colours be worn.

### 4.2 Judogi Sizes

The judogi sleeves must reach to the wrist joint as a maximum and 5cm above the wrist joint as a minimum. In the case of the very young, the gap between the arm and the cloth or the leg and the cloth may be as little as 5cm.

### 4.3 Advertising

The same advertising rules on the Judogi apply to all levels apart from the wearing of grade badges on the front of the skirt below the belt. There is no maximum number, as long as they are not above the belt and are not sown onto any part of the lapel for the whole length. Badge sizes must be adhered to, i.e. a maximum of 10cm x 10cm.

### 4.4 Non-Compliant Judogi

Should a contestant arrive for their contest in a Judogi that is not compliant with the rules, they will be given a maximum of 4 minutes to change in to a judogi which does comply, should they fail to do so, they will lose by kiken-gachi.

### 4.5 Shin Pads

Shin pads are allowed providing they do not constitute hard objects. They must be made 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 athlete'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".

## **4.6 Religious Headwear**

British Judo do not govern Continental or International level events; therefore, should an athlete qualify for this level they will need to comply with the IJF rules in full at that point in time.

Contestants who need to wear head covering in their normal daily routines will be allowed to do so in all British Judo domestic competitions, provided the covering meets with the following criteria.

- a. The material used shall be a clean and tidy covering which does not have any substantial safety issues by such things as getting fingers caught and causing injury.
- b. The tying of the headwear may not include any hard or metallic objects.
- c. The contestant may not wear any hard or metallic objects underneath the covering.
- d. The covering will be of a single colour which is the contestant's personal choice
- e. No additional padding or other materials will be worn in addition to the headwear garment
- f. No branding or advertising will be allowed on the head covering, it must be a plain single colour only
- g. The headwear may not cover any part of the neck or face (face is defined as the area in-between the forehead, chin and in front of the ears, as to do so would disadvantage a judoka attempting to apply shime-waza (strangles/chokes)
- h. The headwear must be tight fitting in such a way that it does not easily become dislodged and cause lengthy delays in the contest, headwear that does repetitively become dislodged may be deemed inappropriate and not allowed

During the contest, the following rules shall apply:

- a. Should the headwear become accidentally dislodged during the contest, the referee will allow it to be retied at the next break in the action (no technique being applied) and shall not stop the contest solely for the retying of the headwear unless considered dangerous (in the same manner as if the belt were to fall to the ground). For example, this may mean that in a Ne-Waza exchange that the headwear may come loose accidentally but the next opportunity to replace it (when no progression is apparent) may be 20 or more seconds later. The continuity of the contest cannot be disrupted as to do so may cause a disadvantage.
- b. Should either contestant deliberately remove the headwear of either contestant without the referee's permission, this will incur a shido

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Referees are advised not to touch an athlete's headwear, nor to request it is removed. A visual inspection is sufficient. The athlete should confirm, if requested, that no hard or metallic components have been worn. It remains a disqualifiable offence to wear a hard or metallic object.

In case of doubt, referees should interpret these adjustments in line with the BJA's broad intention to be inclusive and widen participation, provided at all times the safety of both athletes is protected.

## *Headwear Examples:*

The below are examples, other headwear in keeping with the criteria above should be permitted.



## 5 Event Setup

### 5.1 Scoreboards

It is preferable to have two scoreboards 180 degrees apart across the tatami, however one scoreboard that is clearly visible to the athletes, referee and spectators is acceptable.

### 5.2 CARE System

Use of the CARE system is required at BJA events as follows:

- **Level 4 and above – Mandatory** - The CARE system package of at least one camera and display with a referee audio link must be used, in full. It is however, very much preferred especially at level 4 and above to have two cameras 180 degrees out of phase with each other and two displays for the table referees to view actions from opposite sides.
- **Level 3 – Highly recommended** – It is highly recommended that the full CARE system be used, particularly for any sort of national qualification event. A single camera and display system is permissible, but double is preferred.
- **Levels 1 and 2 – Not required** – Organisers can choose to make use of the system; it is also a very useful tool to train new referees under less pressure on care system usage.

Where table referees do not have radio communication at their disposal they must signal to advise the central referee of any differing opinion

### 5.3 Tatami

Event organisers are responsible for providing suitable tatami, this includes the layout of the tatami, colours, sizes and any safety considerations.

The referee should not start the contest on any tatami where they identify a safety issue that increases the chance of injury to the athletes. These issues should be reported to the RIC who should find a solution in conjunction with the organisers.

It is preferred that the field of play is laid out so that that adjacent competition areas are in one straight line with officials on one side and competitors, coaches and spectators on the other. However, it is understood that this may be very difficult to arrange and therefore it is acceptable to have any configuration that the organisers' and referee in charge deem suitable and safe.

### 5.4 Refereeing Team

Level 3 and above – It is mandatory for a referee to be supported by two table judges.

Levels 1 and 2 – It is generally expected that two table judges will support the referee. At the referee in charge's discretion, it is permissible to use a single referee without table judges.

## ***5.5 Referee Neutrality***

Referee neutrality (by nation, area or club) is not enforced at BJA events.

At Level 3 events and above, it is good practice to have a neutral referee for the final block, but this is not mandatory.

## 6 Medical

### *6.1 Request for Medical*

**Levels 1 to 3** - 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 athlete should not continue, the Referee should declare the uninjured athlete the winner by kiken-gachi by a majority of three decision, assuming the injury was not caused by a prohibited act of that athlete.

**Levels 4 and above** – full medical rules apply.

### *6.2 Medical Personnel*

Competitions should not be started without appropriate medical cover in place at all levels.

### *6.3 Emergency Medical Intervention by Referees*

The referee has the primary responsibility to recognise that medical aid is required, to stop the contest and summon medical assistance. Even if the referee is qualified to administer aid, it is generally not appropriate for them to do so, as this is the role of the medical team.

The following guidelines are provided for medical professionals who are referees and who find themselves in a situation where they may be required to intervene by their professional body if it could save harm. The general rule in BJA competitions is that only the appointed medical team should administer aid to an injured contestant.

On the rare occasion when an injury occurs that is suspected of being serious or life-changing and the official medical team does not have a currently fully qualified paramedic or doctor in the team, or where the medically qualified referee deems it necessary to intervene instantly to prevent further harm, it will be permissible for a referee possessing the qualifications to attend to the injured person, should they deem it appropriate. In this instance the referee should call 'mate' and the contest put 'on hold' until one of the judges or resting referees can take the place of the referee to continue the contest.

## 7 Coaching

### 7.1 Coaching During the Contest

**Levels 1 to 3** – Coaches may coach their athlete throughout the contest.

**Levels 4 and above** – Coaches may only coach during the period between mate and hajime.

### 7.2 Challenging a Refereeing Decision

Any challenge to a refereeing decision must be brought to the table judges' attention within 10 seconds of the incident by the official mat side coach for the athlete. If the coach remains dissatisfied with the judges response, they must request the referee in charge's attendance from the table officials within 10 seconds of being given the judges final decision. In these cases, the table officials will call for the RIC to attend.

The RIC will speak with the coach(s) to understand the concern and then consult the refereeing team and, optionally, the care system before making a decision. This decision is final and without appeal, it is binding upon the refereeing team to take the action advised by the RIC.

Appeals are subject to the following:

- a. Any incident that did not end the contest cannot be contested after the contest has finished, unless the end was less than 10 seconds away. Appeals can only be made within 10 seconds of the alleged error.
- b. Any incident that ended the contest may be contested after the contest has finished, as long as the initial query was within 10 seconds to the table judges.
- c. Only the athletes accredited mat side coach may make an appeal
- d. The referee should not leave the competition area until any appeal has been resolved to the RIC's satisfaction (if called, otherwise the allocated refereeing team for that contest).

To allow for the resolution of the challenge, upon the referee in charge being called to attend, the contest will *generally* be stopped at the next natural opportunity - that is to say not during the setup or application of a technique. However, if the refereeing team feel the coach's challenge is very unlikely to succeed or is an attempt to secure a rest for their athlete, they may allow the contest to continue at their discretion. The referee in charge has the authority to stop the contest.

It is understood that in rare cases, the time taken for the RIC to attend a contest may be such that the contest time has expired rendering intervention difficult. It is not possible to stop contests for every appeal during a match, especially where the refereeing team are satisfied all is correct.

Any athlete with no mat side coach has no method of appeal.

## 8 Gradings

Gradings are conducted by referees in the same manner as competitions, with the following exceptions:

- Waza-ari scores will not be considered for point scoring or promotion purposes, nor will they be used to determine the winner of a contest.
- Referees will not announce or signal waza-ari scores
- If normal contest time ends without ippon, hansoku-make or kiken-gachi, the referee will award hiki-wake

## 9 Jury, Commission and Referee in Charge

In British competitions, the international jury and commission members' roles are performed by the referee in charge.

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## 10 Quick Reference Guide

Level	Age	Duration	Technical Restrictions	Golden Score	Shime & Kansetsu	Coaching	Medical Requests	Judogi
ONE	<b>Under 12</b> (All players under 12, or school years 6 & 7 categories)	3 mins	Yes	<b>Decide on penalties at end of normal time. If equal, contest is drawn</b> (If positions in the pool are tied: Refight in GS for 3 minutes max before further rest & repeat)	Not allowed	Coaching allowed throughout	No automatic loss for requesting medical	5cm sleeve allowance (Except Junior & Senior National Championships)
	<b>Under 16</b> (May include under 12)	3 mins						
	<b>Adult</b> O14 / O16 / O18 / U18 / U21 / Masters etc.	3 mins	<b>Optional:</b> Grades limited to yellow and below - if listed on entry form <b>No:</b> Grades orange and above	<b>Decide on penalties at end of normal time. If equal, contest is drawn</b> (If positions in the pool are tied: Re-fight in unlimited GS)	Allowed (Unconscious in Cadet categories cannot continue)			
TWO	<b>Under 12</b> (All players under 12, or school years 6 & 7 categories)	3 mins	Yes	<b>Decide on penalties at end of normal time</b> (If equal: 3 mins rest then GS for 3 minutes max before further rest & repeat)	Not allowed			
	<b>Under 16 / Pre-Cadet</b> (May include under 12)	3 mins						
	<b>Cadet, Junior, Senior</b> O14 / O16 / O18 / U18 / U21 etc.	4 mins	<b>Optional:</b> Grades limited to yellow and below - if listed on entry form <b>No:</b> Orange and above	<b>Decide on penalties at end of normal time</b> (If equal: Continue to unlimited GS)	Allowed (Unconscious in Cadet categories cannot continue)			
	<b>Masters</b>	3 mins						
THREE	<b>Under 12</b> (No player aged 12+)	3 mins	Yes	<b>Golden Score with Rest Period</b> 3 mins rest then GS for 3 minutes max before further rest & repeat	Not allowed			
	<b>Under 16 / Pre-Cadet</b> (May include under 12)	3 mins						
	<b>Cadet, Junior, Senior</b> O14 / O16 / O18 / U18 / U21 etc.	4 mins	No	Unlimited	Allowed (Unconscious in Cadet categories cannot continue)			
	<b>Masters</b>	3 mins						
FOUR	<b>Pre-Cadet</b> British Championships Only	3 mins	No	Unlimited	Not allowed	During mate-hajime only	Full medical rules	
	<b>Cadet, Junior, Senior</b>	4 mins			Allowed (Unconscious in Cadet categories cannot continue)			
	<b>Masters</b>	3 mins						
FIVE	All	4 mins	Full IJF Rules Apply					

**Note:** This table summarises the BJA rule amendments that vary by category based on the competition level and age group. This summary is a guide and the published rules and amendments are authoritative. No non-standard variations/combinations shall be permitted. The Tournament Licence refers to the highest level category on the day of the event, the levels between categories may differ (e.g. Pre-Cadet Level 3, Cadet Level 4). All pre-cadet events except British National Championships are maximum Level 3.