

**BRITISH
JUDO**



BRITISH JUDO AMENDMENTS TO THE IJF CONTEST RULES

Version: 21/02/2026



About the Amended Contest Rules

Scope

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

This document details the adjustments made by the British Judo Association to the contest rules and when they apply. It incorporates all published changes to the rules to date that remain in force.

The latest version of this document published on the BJA website shall be authoritative – printed and downloaded copies are uncontrolled.

Application

The 'IJF Contest Rules' including officially communicated amendments are modified by this document 'BJA Amendments to the IJF Contest Rules', together they form the contest rules to be used at all BJA licenced events. No other rule sets are authorised for use.

Unless a specific level of event (e.g. Level 2) is mentioned, these rules apply to all levels.

All British Judo licenced events must be run in full compliance with these rules unless written dispensation has been agreed by the National Refereeing Commission in advance. No official is authorised to vary these rules in anyway whatsoever without prior written authority.

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1. Technical Restrictions for Less Experienced Judoka

1.1 Applicable Categories

Technical restrictions must apply to:

- School year 7, for any grade.
- All under 12 years' categories, for any grade.
- All under 16 year's categories limited to yellow belt and under.

Additionally, the golden score provisions only apply to:

- All under 16 years' categories limited to orange belt and under.

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

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 past the neck centre line below shoulder level, this is valid.

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 recognisable throwing action, although they fall to the ground, this will be a valid action.

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 No Throwing from Behind while Rising from Ne-waza

It is prohibited for tori to throw their opponent from behind while rising from ne-waza to tachi-waza.

The referee shall attempt to call mate before one athlete attempts to grip and/or throw while rising from ne-waza in this position. There is no penalty provided a throwing action has not been started.

1.6 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. The referee is to stop the contest immediately this action becomes clear to prevent injury. 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. 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: Athletes infringing any of the technical restrictions above will be penalised at the appropriate level immediately every time, meaning no 'free chances' will be given. The referee should briefly explain to the athlete the reason for the penalty on every occasion a penalty is awarded due to a technical restriction.

1.7 Golden Score for Technical Restrictions Categories

In cases where there is no technical score difference in Technical Restrictions contests, the process will be as follows:

- At the end of normal time (always 3 minutes), if there is no technical score difference but there is a penalty difference of any sort, this will be the result and the decision given.
- If scores and penalties are equal at the end of the first 3 minutes, golden score will proceed immediately for a maximum period of a further 3 minutes. In this time, the first score or penalty will end the contest immediately.
- If scores and penalties are equal at the end of the golden score period, the referee and judges (if there are judges, otherwise just the referee) will decide which athlete came the 'closest to achieving a technical score' and declare them the winner.

The decision on which athlete came 'closest to a technical score' will be by majority opinion applying the following criteria, based on the golden score period only:

- Where there has been one or more osaekomi of less than 10 seconds, the winner will be declared based on the longest osaekomi. Where tied, the second longest will prevail and so on.
- Where osaekomi does not decide the contest, the decision will be based on tachi-waza in the following order of precedence (the single best example in a higher level prevailing over any number of lower level examples):
 - **Level 1** - The athlete who came closest to scoring with a throwing technique, usually but not exclusively based on the landing position.
 - **Level 2** – Where there have been no throwing actions with landings, the contest will be based on the athlete who disturbed the other athlete's balance most.
 - **Level 3** – Where criteria one and two is too close to judge, the decision will be based on the athlete who made the best kumi-kata application resulting in the most effective control of their opponent.

2. Restricted Techniques

2.1 Shime-waza and Kansetsu-waza

Shime-waza and kansetsu-waza will be allowed in all exclusively Cadet, Junior, Senior and Veteran competitions using the international category criteria. They may also be allowed in events for exclusively School Years 10-13.

Shime-waza and kansetsu-waza must not be allowed in any category which is exclusively for athletes under the age of 16 years, or for events for School Years up to and including Year 9. This would include Pre-Cadet age bands and below.

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

2.2 Shime-waza for Veterans

Shime-waza is prohibited in categories exclusively for athletes above 60 years of age.

In the case where a shime-waza is applied or a real attempt to apply is made, the penalty will be hansoku-make against the spirit of judo.

2.3 Kata-San Gaku Restrictions

The kata-san-gaku rolling technique is restricted in all categories for Pre-Cadets, Cadets or under 18s, with the exception of Level 4 Cadet events.

Mate is to be applied immediately the second hand moves into the pre-application position, e.g., if one hand of tori is over back of uke's arm and under uke's armpit first, when the second-hand passes over the opposite shoulder. In cases where it is too fast for the referee to interrupt and the technique is applied with either actual movement of uke or just significant pressure, this will be penalised.

Kata-san-gaku in restricted groups:



Tachi-waza – not permitted

- Kata-san-gaku grip in tachi-waza must be mate.
- Kata-san-gaku grip in tachi-waza and throw is direct hansoku-make against the spirit of judo, this includes an attempted but unsuccessful throw / significant pressure.



Ne-waza – not permitted

- Kata-san-gaku grip in ne-waza is mate.
- Ne-waza kata-san-gaku grip and roll in any direction is direct hansoku-make.
- Ne-waza kata-san-gaku grip and locking the neck or whilst controlling with the leg(s) is direct hansoku-make.

Kata-san-gaku in non-restricted groups:



Tachi-waza – not permitted

- Kata-san-gaku grip in tachi-waza must be mate.
- Kata-san-gaku grip in tachi-waza and throw is direct hansoku-make for higher risk techniques and shido for lower risk techniques (as per the Contest Rules), this includes an attempted but unsuccessful throw / significant pressure.



Ne-waza – allowed with conditions

- Kata-san-gaku grip in ne-waza is satisfactory to continue including the roll into osaekomi.
- Ne-waza kata-san-gaku grip and locking the neck or whilst controlling with the leg(s) is direct hansoku-make.

2.4 No Using the Head to Throw or to Defend

In all categories for Pre-Cadets, Cadets or under 18s:

It is prohibited to make use of the head to throw as tori and this will be penalised with shido.

It is prohibited to defend a throwing action as uke by making use of the head. Tori will be awarded a score (if any) and uke will be penalised with shido.

2.5 No Reverse Seoi-nage

In all categories for Pre-Cadets, Cadets or under 18s:

It is prohibited to use reverse seoi-nage, there will be no score and this will be penalised with shido.

The application of seoi-nage techniques when uke can perform ukemi and tori can control is allowed. In the variation of seoi-nage techniques when tori turns away from uke, twisting their tsurite and hikite using the same lapel of uke's judogi, without controlling uke, standing or dropping down in an unknown direction, without giving the possibility to the opponent to perform ukemi and sometimes with uke falling with the neck on the mat, is prohibited.

3. Durations and Timings

3.1 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 athlete losing by fusen-gachi.

3.2 Contest Duration

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

For all other categories, the contest duration shall be three (3) minutes, with no opportunity to change.

3.3 Rest Period

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

4. Hansoku-make

4.1 Requirement to Agree

The referee and judges should all agree before awarding a direct hansoku-make.

There is no requirement for the refereeing team to consult with the referee in charge when they have a unanimous decision.

In cases where two of the three officials in the team strongly agree that hansoku-make should be awarded and the third disagrees, the referee in charge will be called for a final decision.

4.2 Direct Hansoku-make

If any athlete receives a direct hansoku-make, they will normally be disqualified from that contest only. The IJF list of hansoku-make acts considered 'disqualification – cannot continue' do not automatically apply. British officials will apply the test below to determine if an act is 'against the spirit of judo'.

Considering the experience of the athlete and the level of competition, actions will be judged 'against the spirit of judo' where the athlete:

- shows significant disrespect or dissent.
- brings, or could bring, the sport into disrepute.
- acts maliciously or with undue aggression.
- clearly intends to injure their opponent, or recklessly risks injury.

Actions will not be judged against the spirit of judo where:

- they are accidental.
- they are split-second or instinctive reactions, without intent to injure.

If all three referees agree that the action was 'against the spirit of judo' then they shall recommend to the competition controller, via the table officials, that the offending athlete should not continue in the competition.

5. Judo Uniform

5.1 Judogi Colour

British Judo permits the wearing of white and blue judogi only in competition. In no case may the athlete 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 – athletes must have both blue and white judogi available. The first athlete called shall wear the white judogi, the second shall wear the blue.
- Where the wearing of white and blue judogi is optional - the second athlete called may wear either white or blue.

Where the second athlete wears a blue judogi, both athletes shall wear their grade belt. Where both athletes 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 or Dan Gradings, the referee in charge may authorise alternative belt colours be worn to facilitate the event.

Coloured Judogi – Level 1

At level 1 competitions, athletes have a choice of wearing any colour of judogi when competing, in place of either the white or blue position, or both. The trousers and jacket must be the same solid colour. Any judogi must comply with the rest of the Contest Rules. A blue or white belt must be worn, according to the position they are called.

5.2 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 and small, the gap between the arm and the cloth or the leg and the cloth may be as little as 5cm. This will be at the referee's discretion based on the ability to grip.

5.3 Advertising

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. Badge sizes must be a maximum of 10cm x 10cm.

5.4 Non-Compliant Judogi

Should an athlete arrive for their contest in a Judogi that is not compliant with the rules, they will be given a maximum of 6 minutes to change in to a judogi which does comply, should they fail to do so, they will lose by kiken-gachi.

5.5 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".

5.6 Wearing a T-Shirt or Rash Guard

All athletes regardless of age or gender may in all British events wear a T-shirt or rash guard during the contest should they wish to do so.

Athletes in female categories must wear a T-shirt or rash guard during the contest. This also applies to anyone assigned as female at birth until that person has completed a reassignment acknowledged by the Transgender Commission.

Male athletes may choose to wear or not wear a T-shirt or rash guard during the contest. This applies to any gender that has been placed in the male category.

T Shirt / Rash Guard Criteria

The T-shirt / rash guard worn in all categories shall be plain white with a round neck collar and have a maximum sleeve length up to 5cm above the wrist joint. It should be worn tucked into the judogi trousers.

There shall be no advertising on the T-shirt / rash guard of any description other than the standard manufacturers label, maximum size of manufacturers label will be 3cm x 15cm and not visible when the jacket is tied in its normal position.

Changing of the T Shirt / Rash Guard

Should a T-shirt / rash guard become damaged or soiled to such a degree that the referee decides it requires changing, the same procedure shall apply as for the judogi.

5.7 Headwear

International Events

British Judo do not govern Continental or International level events; therefore, should an athlete be entered into these events they will need to comply with the relevant federations rules to compete.

British Events

Athletes 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:

- The material used shall be a clean and tidy covering which does not have any substantial safety issues giving rise to causing any injury.
- The headwear may not include any hard or metallic objects internally or externally.
- The covering will be of a single colour which is the athlete's personal choice.
- No additional padding or other materials will be worn inside or outside of the garment in addition to the headwear itself.
- The only branding or advertising that will be allowed on the head covering will be on the neck covering examples from Nike and Adidas as shown below.
- The headwear may not cover any part of the face (face is defined as the area in-between the forehead, chin and in front of the ears).
- The headwear must fit in such a way that it does not easily become dislodged and cause delays in the contest, headwear that repetitively becomes dislodged may be deemed inappropriate and not allowed.

During the contest, the following rules shall apply:

- 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 advantage being disrupted) and shall not stop the contest solely for the readjusting of the headwear unless considered dangerous (in the same manner as if the belt were to become loose). 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 over 20 seconds later. The continuity of the contest cannot be disrupted as to do so may cause disadvantage.
- Should either athlete deliberately remove the headwear of either athlete without the referee's permission, this will incur a shido.

Referees are advised not to touch an athlete's headwear, nor to request its removal, a visual inspection is sufficient. The athlete should confirm, if requested, that no hard or metallic components are being worn. It remains a disqualifiable offence to wear a hard or metallic object which will be applied if it is later identified that these are evident.

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

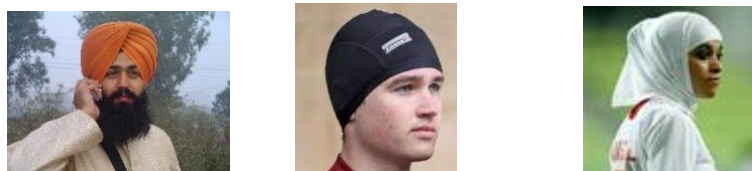
Headwear Examples

The below examples show which types of headwear are approved / not approved for use in British Judo domestic events:

No neck covering
approved in all categories of events:



Not approved in all categories of events:



Too Big

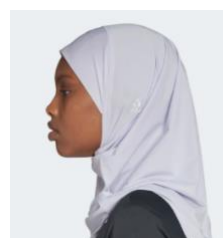
Advertising

Un-Approved Neck covering

Neck coverings
approved in all categories, **Nike** and **Adidas** only



Nike Pro Hijab



Adidas Sport Hijab

6. Event Setup

6.1 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.

6.2 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 judges 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 two are 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 judges do not have radio communication at their disposal they must signal to advise the referee of any differing opinion.

6.3 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 tournament director and 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 athletes, 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 tournament director, organisers and referee in charge deem suitable and safe.

6.4 Refereeing Team

- **Level 3 and above** – It is mandatory for a referee to be supported by two judges.
- **Levels 1 and 2** – It is generally expected that two judges will support the referee. At the referee in charge's discretion, it is permissible to use a single referee without judges.

6.5 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.

6.6 Team Events

There are two ways of running a team event:

- IJF system where all contests are fought to a conclusion, including golden score,
- BJA system where contests with equal scores are given as a draw and only fought to a conclusion if needed to separate the teams.

Either of these systems is allowed in the BJA as long as it is made clear to all participants which system is in use before the start of the event.

The IJF system is recommend by the BJA, but not mandatory.

7. Medical

7.1 Request for Medical

Levels 1 to 3 – the athlete 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.

7.2 Medical Personnel

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

7.3 Treatment Time

In the case where an athlete is receiving treatment such as an attempt to stop bleeding, the contest will normally be over if the medical team recommend it or the tournament director directs it to be due to the incident delaying the progress of the event. The termination would not normally happen before 4 minutes in cases where the medical team have indicated they may be able to effectively treat the injured athlete within the rules to be able to continue.

7.4 Unconsciousness and Head Injury

For a full explanation of the BJA guidelines regarding unconsciousness in all categories, including post competition guidance, please see the BJA website “Head Injury Protocol” – the guidance below is correct at the time of publication.

This policy applies to all athletes, of all ages and all grades, in competition and gradings. These rules apply strictly - there is no longer a concept of an athlete continuing at their own risk.

Unconsciousness, including by strangulation

Whenever the refereeing team (by majority), an event medical practitioner or the referee in charge determines that an athlete lost consciousness for any period of time, no matter how brief, as a result of a strangulation or for any other reason, the athlete must not continue for the remainder of the event.

If there is any doubt among the refereeing team as to whether unconsciousness occurred, the referee in charge should be consulted, and their decision shall be final. Similarly, in the event of a coach challenge, the referee in charge must be called upon.

Actual or Suspected Head Injury

If the referee believes that an athlete has suffered a head injury for any reason, they should stop the contest immediately and refer the athlete to the medical team in the usual way. The judges may also request that the referee stop the contest if they suspect a head injury the referee has not identified.

If the medical team identify an issue, they may either signal to the referee or speak to the judges, to request permission to attend to the athlete. This request will not be denied.

The medical team will assess the athlete, following the guidance on assessing head injuries and give their opinion to the refereeing team (or to the technical officials directly). Possible outcomes:

- **Safe to continue** - If the medical team give the all clear that it is safe to continue, the contest may be resumed. However, if the contest was ended by kiken-gachi, as the athlete was unable to themselves continue at that time, the athlete may then only compete in the following contest(s) if available.
- **Not safe to continue** - If the medical team declare that an athlete is not safe to continue or otherwise should not continue competing, the athlete must be withdrawn from the event.
- **Unclear or not recommended to continue** - If the medical team give an indeterminate finding (cannot clearly say it is safe or unsafe), or provide a 'recommendation' or 'advice' to not continue competing, the athlete may not continue for the rest of the event. In other words, if in doubt, err on the side of caution.

If an athlete refuses medical attention when a head injury is suspected, they must not continue in the event.

Informing Technical Officials following Head Injury or Unconsciousness

In the event an athlete is unable to continue for whatever reason, the refereeing team must inform the technical officials mat side.

7.5 Diabetic Patches

Insulin pumps: These devices designed to deliver insulin may not be worn by athletes at any time.

Continuous Blood Glucose Monitoring Devices: These devices are designed to monitor blood glucose levels, differ slightly in size, are generally plastic and stuck onto the body with a strong medical dressing designed to remain in place for extended periods. Athletes are allowed to wear such monitoring devices based on the following criteria:

- The athlete must submit a declaration to the tournament director stating that they will be wearing the device
- It is the athlete's responsibility to provide suitable covering to secure the device without any further hard or metallic objects
- The athlete must seek their own clearance from an appropriately qualified clinician to compete
- The athlete must take full responsibility for any consequences. British Judo including all officials and staff are not responsible for issues arising at any time as a result of competing with these devices
- If in non-private areas (not within underclothes) a designated official may inspect if required. The athlete understands that any checks conducted are to ensure that the area is thought to be competition safe, not medically safe
- If a diabetic patch becomes loose or detached during the contest it shall be removed by the athlete, or their parent or coach, in the shortest possible time. If it is not possible or the athlete refuses, the opponent shall be declared the winner by kiken-gachi.

Medical advice is to remove the monitoring device if not absolutely needed to be worn continuously. If it is essential to maintain control of their diabetes, then it should be taped very securely, or protected with a cover similar to a neoprene sleeve, so it can't be pulled off or cause harm to the other athlete.

Note: For athletes under 18 years, it is the carers responsibility to ensure all of the above where it refers to the athlete.

7.6 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 also referees and 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 athlete.

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 available, 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 the instance where the issue is on a different mat to the medically qualified referee 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.

7.7 Wearing a Stoma Bag in Competition

Important note: Athletes must seek guidance from BJA Head Office before entering competitions, case by case authorisation is required.

The wearing of stoma bags (with the correct authorised device confirmed by the BJA) is permitted, subject to prior authorisation of the devices on application to BJA Head Office. This ensures the safety and suitability of each device worn in competition. Referees must be informed where these devices are to be worn in advance of each contest by technical officials. Wearing an unauthorised device is prohibited.

Stoma bags

If the athlete experiences an issue or discomfort with their stoma or stoma bag, they should inform the referee. The referee will immediately stop the contest and refer the athlete to the medical team.

If it becomes apparent to the referee that there is an issue due to the stoma or stoma bag, the referee must stop the contest immediately, even if this is mid-action, and refer the athlete to the medical team.

Referee Responsibilities

Referees are not responsible for inspecting or determining the fitness of stoma bags. Their role is to intervene only if an issue arises and refer the athlete to medical staff.

If medical advice is given that it is inappropriate for the athlete to continue, the referee will end the contest by kiken-gachi.

If the tatami requires cleaning, referees will request cleaning by the medical or event team before resuming the contest. Similarly, if a judogi is soiled, the referee will require the athlete to change it promptly, in line with procedures for rips or bleeds.

Refusal to compete

An opponent refusing to compete against an athlete wearing an authorised device will forfeit the contest by fusen-gachi or kiken-gachi, depending on the timing of the refusal.

7.8 Wearing a Prosthetic Limb in Competition

Important note: Athletes must seek guidance from BJA Head Office before entering competitions, case by case authorisation is required.

The wearing of lower limb prosthetics is permitted, subject to prior authorisation of the devices on application to BJA Head Office. This ensures the safety and suitability of each device worn in competition.

Referees must be informed where these devices are to be worn in advance of each contest by technical officials. Wearing an unauthorised device is prohibited.

Lower limb prosthetics

Referees will inform the opponents coach that a prosthetic limb is being worn, or the athlete directly, or their parent, if they are not represented by a coach.

Where a prosthetic limb becomes loose or detaches it must be refitted. The athlete may choose to refit their prosthetic quickly on the tatami themselves or leave the tatami to refit it at the medical table, with or without assistance.

If a prosthetic limb becomes loose or detaches during the contest, the referee will call mate at the earliest safe time, but without interrupting the immediate judo action. As an example, if an osaekomi is in progress, it would be allowed to finish to avoid disadvantage.

Another approved reserve device may be used, if available. If refitting cannot be completed within the standard time allowed for medical interventions (e.g., bleeding), the athlete will lose by kiken-gachi.

Referee Responsibilities

Referees are not responsible for inspecting or determining the fitness of prosthetics. Their role is to intervene only if an issue arises and refer the athlete to medical staff.

If medical advice is given that it is inappropriate for the athlete to continue, the referee will end the contest by kiken-gachi.

Refusal to compete

An opponent refusing to compete against an athlete wearing an authorised device will forfeit the contest by fusen-gachi or kiken-gachi, depending on the timing of the refusal.

8. Coaching

8.1 Coaching During the Contest

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

Levels 4 and above – IJF guidelines apply

8.2 Challenging a Refereeing Decision

Any challenge to a refereeing decision must be brought to the 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.

To allow for the resolution of the challenge, upon the referee in charge being called to attend, the contest will generally be stopped by the judges 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 unfairly 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.

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 further appeal, it is binding upon the refereeing team to take the action advised by the RIC.

Appeals are subject to the following:

- 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.
- 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 judge/table officials.
- Only the athletes accredited mat side coach may make an appeal.
- 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).

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 contest, especially where the refereeing team are satisfied all is correct.

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

8.3 Events without Refereeing Decision Appeals

British Judo's NRC reserve the option under controlled conditions to opt for a "no formal appeals" process to operate at events where the NRC deem that there are sufficient high-level controls in place to mitigate errors to a minimum and control disputes. Only the NRC / BJA can authorise such a decision and it is highly likely to only be where the refereeing team is deemed to be of sufficient quality and experience and that they are supported by an active sufficiently experienced and qualified Jury (RIC system) and CARE system.

In these cases, the coaching team should be informed/reminded of this scenario before the event starts to avoid misunderstandings.

The most likely events for this decision will be appropriate national events, although the NRC reserve the right to activate at any appropriately staffed and organised event.

9. Gradings

9.1 Grading Criteria

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

- Yuko scores will not be announced or considered for point scoring or promotion purposes.
- Ippon, waza-ari scores and waza-ari-awasete-ippun will be considered for point scoring and promotion purposes.
- If normal contest time ends without ippon (or waza-ari-awasete-ippun), waza-ari, hansoku-make or kiken-gachi, the referee will award hiki-wake.

10. VI Athletes

For VI athletes entering mainstream events the following rules apply:

Level 4 events

No concessions are offered, this is in order to maintain ranking and selection integrity for athletes at the top national level and adequately prepare those that are successful for international representation.

Level 1-3 events

When an athlete is recognised by the BJA as VI, the contests they are involved in will be subject to the contest management rules as below:

- The referee will escort the athlete to the starting position and back again to the edge.
- The referee will escort athlete as required during the contest when they part.
- Starting position will be one hand on the opponent's collar and other on opponent's sleeve.
- Losing both grips in tachi-waza without regaining almost immediately it will be mate.
- It is the coach's responsibility to advise their athlete when nearing the edge.
- Edge penalties will only be applied in clear and deemed negative situations.
- Deaf and VI athletes will receive tap(s) on shoulder for start and stop.

These modifications are mandatory. This means there is no right for a VI athlete's opponent to refuse these modified rules.

Advance Notification

It is important when VI athletes are entered into mainstream competitions that they clearly state they are a VI athlete upfront and at weigh-in to the organisers so they can make provision for their contests to be managed correctly.

Classification Registration

To qualify for the VI concessions, a VI athlete must have pre-registered their VI status by providing the BJA events manager (events@britishjudo.org.uk) with a copy of their IBSA classification or doctor's letter confirming a serious visual impairment. This information should be noted on their membership record.

Copies of this documentation or confirmation of registration should be available for inspection by the tournament director at any event the athlete enters, failure to do so may mean entry is refused if the situation is not clear to the tournament director.

11. Participants with ADHD

In performing their duties, referees will most likely interact with judoka with ADHD. Whilst the contest rules are entirely unchanged, referees may benefit from adapting their style both on and off the mat to better support these judoka.

About ADHD

ADHD - attention deficit hyperactivity disorder is a condition, which affects those parts of the brain which control attention, impulses and concentration.

Children with ADHD have difficulty focussing their attention to complete a specific task; they can be hyperactive and impulsive and can suffer from mood swings and 'social clumsiness'. Children with ADHD are restless and cannot sit still or do any one thing for very long. They are easily distracted and, because they find it so hard to pay attention. They appear not to listen when someone is talking to them, they find it hard to wait their turn and they can be disruptive in play.

Guidance for referees

Referees are not expected to be experts, but some simple steps can support the participant and contest management. If you are in any doubt, ask the coach or parent responsible for the child to assist.

- **Set clear boundaries** - Make sure everyone knows what behaviour is expected, be clear and reinforce positive behaviour with immediate praise or reward.
- **Be positive** - Give specific praise. Instead of saying a general: "Well done," you could say: "Your grip fighting worked really well. Well done." This will make it clear that you're pleased and why.
- **Giving instructions** - If you're asking a child to do something, give brief instructions and be specific. Instead of asking: "Can you wear shoes please?" say: "Please put shoes on when you aren't on the mat, so that you don't get dirty feet." This makes it clearer what the child needs to do and creates opportunities for praise when they get it right.
- **Intervene early** - Watch for warning signs. If a child looks like they're becoming frustrated, overstimulated and about to lose self-control, intervene, and ask their coach or parent for support.

12. Jury, Commission and Referee in Charge

12.1 Commission v Jury

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

13. Quick Reference Guide

Level	Age	Grade	Duration	Technical Restrictions	Golden Score	Shime & Kansetsu	Kata Sangaku Turnover	Reverse Seoi / Using Head	VI	Coaching	Medical	Judogi	
ONE / TWO / THREE	Under 12, plus school year 7	Any	3 mins	Yes	Limited	Not allowed	Not allowed	Not allowed	VI concessions available	Coaching allowed throughout	No automatic loss for requesting medical	5cm sleeve allowance (Except Junior & Senior National Championships)	
	Under 16	Yellow and below	3 mins	Yes	Limited	Not allowed	Not allowed	Not allowed					
		Orange and below	3 mins	No	Limited	Not allowed	Not allowed	Not allowed					
		All other	3 mins	No	Unlimited	Not allowed	Not allowed	Not allowed					
	Pre-Cadet	Any	3 mins	No	Unlimited	Not allowed	Not allowed	Not allowed					
	Cadet	Any	4 mins	No	Unlimited	Allowed	Not allowed	Not allowed					
	Junior & Senior	Any	4 Mins	No	Unlimited	Allowed	Allowed	Allowed					
	Veterans	Any	3 mins / 2.5 mins		Unlimited excl. M6/F6+	Allowed excl. M6/F6+	Allowed	Allowed					
FOUR	Cadet	Green and above	4 mins	No	Unlimited	Allowed	Allowed	Not allowed	None	During Mate-Hajime	Full medical rules		
	Junior & Senior	Green and above	4 mins	No	Unlimited	Allowed	Allowed	Allowed	None	During Mate-Hajime	Full medical rules		
FIVE	All	Any	4 mins	Full IJF Rules Apply									

Note: This table summarises the rule amendments that vary by category based on the competition level and age group. This 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).