

**BRITISH  
JUDO**



# CONTEST

## RULES

**Based on the IJF Sports  
Organisation Rules**

**BJA Version: 23/03/2026**

**IJF SOR: 21/01/2026**

## ABOUT THESE RULES

These rules adopt in Great Britain and Northern Ireland the International Judo Federation's Refereeing Rules as published within the IJF Sports Organisation Rules (SOR).

These rules are largely unchanged from the IJF version; however limited changes have been made to reflect differences in roles and practices between British Judo competition and international and continental events. In particular, changes are made to the role of the referee in charge, tournament director, the medical team and use of the CARE system.

These rules form the core set of rules which apply to all British Judo events. They should be read in conjunction with the British Judo Contest Rules Amendments, available on the British Judo website. The amendments set out the variation in rules which apply to the different levels of British Judo events, to better support the development of athletes.

Where the rules do differ at British events, this banner will appear at the start of the article:



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

A BJA Contest Rules Quick Reference Guide is also available which summarises the key differences in rule sets at different event levels.

British Judo has also published rules for:

- Visually Impaired Judo
- Adaptive Judo

Regular courses are run by British Judo which may be of interest for anyone interested in learning more about the contest rules or who wishes to become a referee. These are published on the event calendar.

## CONTENTS

About These Rules .....	2
Contents .....	3
Article 1 - Referees and Officials .....	4
Article 2 - Position and Function of the Referee .....	5
Article 3 - Position and Function of the Judges .....	6
Article 4 - Gestures .....	7
Article 5 – Location (Valid Areas) .....	16
Article 6 – Duration of the Contest.....	17
Article 7 - Osaekomi Time.....	18
Article 8 - Technique Coinciding with the Time Signal .....	19
Article 9 – Start of the Contest .....	20
Article 10 - Transition from Tachi-waza into Ne-waza and from Ne-waza into Tachi-waza.....	22
Article 11 - Application of Mate .....	27
Article 12 - Sono-mama .....	29
Article 13 - End of the Contest.....	30
Article 14 - Ippon.....	33
Article 15 - Waza-ari and Yuko .....	35
Article 16 - Waza-ari-awasete-ippou.....	40
Article 17 - Osaekomi-waza .....	41
Article 18 - Prohibited Acts and Penalties .....	43
Article 19 - Default and Withdrawal .....	60
Article 20 - Injury, Illness or Accident.....	61
Article 21 - Situations not Covered by the Rules .....	64
Appendix 1 – Field of Play and Competition Area.....	65
Appendix 2 – Judogi .....	67
Appendix 3 – Hygiene .....	76
Appendix 4 – Coaches.....	77
Appendix 5 – Masters .....	78

## ARTICLE 1 - REFEREES AND OFFICIALS



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

4

To referee at a BJA event, a referee must hold a BJA licence and refereeing award.

Generally, the contest shall be conducted a referee and two judges. Referees are allocated to each tatami by the referee in charge.

The selection of referees for finals is at the discretion of the referee in charge.

The referees shall be assisted by technical officials who will operate the timing and scoring system and complete the competition paperwork.

The referee on the tatami has a radio communication system that is connected with the two judges on the technical table. The judges may have access to a CARE system.

The referee in charge, who can possibly intervene, will be available on the field of play.

## ARTICLE 2 - POSITION AND FUNCTION OF THE REFEREE

The referee should wear the BJA approved uniform.

Before officiating a contest, the referee:

- Should familiarise themselves with the audible signal or means of indicating the end of the contest on their tatami and with the position of the medical table.
- Must check that his radio and headset are working (if in use).
- Has to ensure that the surface of the competition area is clean and in good condition and there are no gaps between the tatami.
- Should ensure that there are no spectators, supporters or photographers in a position to cause a nuisance or a risk of injury to the athletes.
- Should ensure that all is in good order (e.g. competition area, equipment, uniforms, hygiene, technical officials etc.) before starting the contest.

Officiating a contest, the referee:

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

The referee should leave the competition area during presentations or any lengthy delay in the programme.

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

## ARTICLE 3 - POSITION AND FUNCTION OF THE JUDGES



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

6

Two referees, acting as judges, will be seated at the technical table and will be refereeing together with the referee. They are connected by radios (if in use) and will act according to the 'majority of three' rule.

Should a judge notice that the scoreboard is incorrect they should draw the referee's attention to the mistake, and it should be corrected.

Should an athlete have to change any part of the judogi outside the competition area or need to temporarily leave the competition area after the contest has started for a reason considered necessary by the central referee, giving this authorisation only in exceptional circumstances, a judge must obligatorily go with the athlete to see that no anomaly occurs.

If the judges are not of the same gender, an official designated by the referee in charge shall accompany the athlete.

## ARTICLE 4 - GESTURES

The referee shall make gestures as indicated below when taking the following actions.

The gestures should be maintained for three (3) to five (5) seconds while moving to ensure that the score is clearly visible to the judges and the timekeeper(s). However, care should be taken when turning to keep the athletes within view.

- **Ippon:** the referee raises one arm high above the head with the palm of the hand facing forward.
- **Waza-ari:** the referee raises one arm sideways to shoulder height with the palm of the hand facing downwards.

The waza-ari gesture should start with the arm across the chest, then sideways to the correct finishing position.

- **Waza-ari-awasete-ippou:** first waza-ari, then the ippou gesture.
- **Yuko:** the referee raises one arm sideways with the palm of the hand facing downwards, 45 degrees from his body

The yuko gesture should start with the arm across the chest, then sideways to the correct finishing position.

- **Osaekomi:** while bending his body towards the athletes, shall point his arm, with the palm of the hand facing downwards. The referee must check that the timekeeper has started the timer before stopping the gesture and returning to a normal position to control the contest.
- **Toketa:** while bending his body towards the athletes, shall raise one of his arms, with the fingers of the hand straight and forward and the thumb up, to the front and quickly wave it from right to left two or three times. The referee must check the timekeepers correctly stop the time.
- **Mate:** shall raise one of his arms to shoulder height approximately parallel to the tatami and display the flattened palm of his hand (fingers up) to the timing and scoring technical officials.
- **Sono-mama:** shall bend forward and touch both athletes with the palms of his hands.
- **Yoshi:** shall firmly touch both athletes with the palms of his hands and bring pressure on them.
- **Stand up:** (return to the contest start position): both arms extended towards the athlete concerned, palms upwards parallel to the tatami, the referee will move them two / three times from the bottom to top with a moment of a few centimetres. The referee must ensure that the athlete sees the gesture clearly.
- **To cancel expressed opinion:** shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times. There should be no announcement made when cancelling an expressed opinion (score or penalty).

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

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

- **Not valid** (throwing action without scoring for both athletes): raising one hand above the head with the palm parallel to the head and wave it from right to left two or three times. No announcements are to be made.
- **Kachi:** to indicate the winner, the referee and the athletes return to their positions at start of the contest; the referee shall take one step forward, first the left (foot) then the right, indicate the winner raising one hand, palm in, above shoulder height towards the winner; then take one step back, first the right (foot) then the left, to return to the contest start position.
- **To direct the athlete(s) to re-adjust the judogi:** shall cross left hand over right, palms facing inwards, at belt height.
- **To call the medic:** shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured athlete.
- **To award a penalty:** in tachi-waza, the referee shall stop the contest temporarily by announcing mate, shall return the athletes to their starting position, and must turn 45 degrees towards the athlete to be penalised.

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

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

- **To award a penalty:** in ne-waza, see Article 17.
- **Non-combativity:** shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the athlete to be penalised.
- **False attack:** shall extend both arms forward, with hands closed and then make a downward action with both hands.
- **Fix judogi or hair:** to direct the athlete(s) to re-adjust the judogi or hair: shall cross left hand over right, palms facing inwards, at belt height or put his hand, with little finger next to his hair, to show to athlete to fix his hair.
- **Penalty for not fixing judogi or hair:** To award a penalty towards the athlete who does not re-adjust their judogi correctly between the mate and the subsequent Hajime! (Begin!): point towards the athlete (s) to be penalised with the forefinger extended from a closed fist while announcing the penalty and then, cross left hand over right, palms facing inwards, at belt height; same procedure should be applied for not fixing hair, showing the appropriate gesture.
- **Penalty / Warning for time wasting:** shall gesture with an upturned palm toward the athletes starting position, and then with a single raised finger indicate a warning or point toward the athlete and announce shido. The existing hair or judogi signals may also be used.
- **Shido for reverse seoi-nage:** the referee will turn towards the athlete to be sanctioned with a movement of about 45° and will bring both hands into clenched fists on one side of his chest and then slightly rotate his torso as the beginning of a technique.
- **Shido for arranging hair:** the referee will turn towards the athlete to be sanctioned with a movement of about 45° and will bring his hand in a closed fist, the part of the little finger in contact with the temple (same side).
- **Further gestures in case of penalties:** they will be executed in compliance with the action to be sanctioned (see Article 18 - Prohibited Acts and Penalties).

- To indicate to the **athlete/s that they may stand** at the starting position if a lengthy delay in the contest is envisaged, the referee should signal towards the starting position with an open hand, palm upwards.

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

## Gesture Examples



Bow entering and leaving the tatami



Standing before the contest



Inviting the athletes onto the tatami



Ippon



Waza-ari



Yuko



Waza-ari-awasete-ippon



Osaekomi



Toketa



Mate



Mate (side view)



Sono-mama / Yoshi



**Stand Up**



**To cancel expressed opinion**



**Not valid**



**Hajime / Sore-made**



**Kachi**



**To award a penalty**



**Non combativity**



**False attack**



**To call the medic**



**Penalty for a blocking attitude with two hands**



Penalty for a blocking attitude with one hand



Penalty for cross-gripping on one side



Penalty for refusing kumi-kata by covering lapel



Penalty for stepping out



Penalty for a pistol grip



Pistol grip (close up)



Penalty for not taking a grip



Penalty for leg grabbing



Fix judogi



Penalty for not fixing judogi



**Penalty for reverse seoi-nage**



**Penalty for arranging hair**

## ARTICLE 5 – LOCATION (VALID AREAS)

The contest shall be fought in the contest area.

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

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

### Exceptions:

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

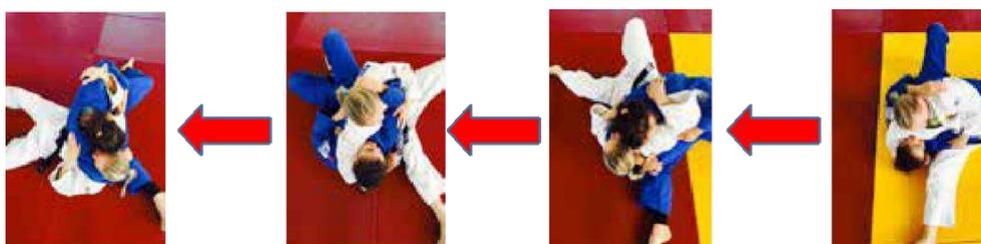
Similarly, any immediate counter technique by the player who was not in contact with the contest area when the throwing action started inside, may be considered for point scoring purposes if the action continues uninterrupted (in the proximity of the limit of the contest area and no more than two metres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

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

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

- c) Ne-waza outside the contest area: if the throwing action is finished outside the contest area (in the proximity of the limit of the contest area and no more than two metres in the safety area) and immediately one of the players applies osaekomi, shime-waza or kansetsu-waza, this technique shall be valid as long there is progression.

If during ne-waza outside the contest area, uke takes over the control with osaekomi-waza, shime-waza or kansetsu-waza in a continuous succession, it shall also be valid.



- d) If during ne-waza outside the contest area the athletes go out of the safety area and the referee was unable to announce mate, this situation shall be dealt with and a decision given by the referees (after consultation with the referee in charge if necessary).

Once the contest has started, if permission is given by the referee, the athletes can leave the competition area. Permission will be given to change a judogi or t-shirt which has become damaged or soiled or in case of an accident for which the medic is required. This intervention will be done off the tatami, near the area itself or close to the medical facility; the athlete will be accompanied by a judge or another referee.

## ARTICLE 6 – DURATION OF THE CONTEST



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 5 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

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

The time duration of the contests and resting time between contests will be:

- Senior Men and Women / Team: 4 minutes real contest time
- Junior under 21 Men and Women /Team: 4 minutes real contest time
- Cadet under 18 Men and Women / Team: 4 minutes real contest time

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

## ARTICLE 7 - OSAEKOMI TIME

Osae-komi times are as follows:

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

## ARTICLE 8 - TECHNIQUE COINCIDING WITH THE TIME SIGNAL

1. Any immediate result of a technique started at the very latest in the last second of contest time shall be valid.
2. Although a throwing technique may be applied simultaneously with the time signal, if the referee and the judges (or the referee in charge) decide that it will not be effective immediately, the referee shall announce sore-made, without any value for scoring purposes.
3. Any technique applied after the time signal to indicate the expiry of the time of the contest shall not be valid, even if the referee has not yet announced sore-made.
4. Osaekomi in case of approaching or coinciding with the expiration of time: when osaekomi is announced simultaneously with the time signal allotted for the contest 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, yuko or waza-ari) is announced or the referee announces sore-made, or until toketa and the referee announces sore-made.

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

## ARTICLE 9 – START OF THE CONTEST

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

**In individual competition** the referee shall be at the tatami centre 2m back from the line from which the athletes start and shall be facing the technical table and the judges will be seated at their table.

**In team competitions**, before the start of the contests from every encounter, it shall proceed to the bowing ceremony between the two teams as follows:

- a) The referee will remain in the same place as in the individual competitions. At his indication, the two teams will come in on their allocated side, in line with the outer edge of contest area and in order according to the draw of categories, and will stand face-to-face.
- b) Upon order of the referee the two (2) teams will move ahead to the starting position on the mat.
- c) The referee shall order the teams turn towards joseki (jury), extending his arms in parallel forward, with open palms, and will announce rei, to be held simultaneously by all components of both teams. The referee shall not bow.
- d) Then the referee shall order, in a gesture of arms at right angles forearms up and palms facing each other "otagai-ni" (bow to each other), the two teams again be face to face, announcing rei, to be held the same way as in the previous section.
- e) After finishing the bowing ceremony, the components of the two teams will come out through the same place which they entered, waiting, on the outer edge centred of the contest area, the athletes of each team must make the first contest. In each contest, they will perform the same procedure of bowing that in individual competition.
- f) After finishing the last contest of the encounter, the referee will order the teams to proceed as described in paragraph a) and b), announcing, then the winner. The bowing ceremony will be held in the reverse order of the start, bowing first to each other and, finally, to joseki (jury).

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

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

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

- 3) The athletes shall then walk to the centre of the edge of the contest area (on the safety area) at their respective side according the fighting order (the athlete in the white judogi on the right side and the athlete in the blue judogi on the left side of the referee's position) and remain standing there.

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

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

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

- 4) The contest always starts with the athletes in the standing position, wearing their judogi correctly with the belt tied tightly above their hip bone, then the referee announces hajime.

During the contest the athletes should always fix their judogi / hair quickly between mate and hajime.

- 5) A medic or the athlete's coach may request that the referee stops the contest in the cases and with the consequences regulated in Article 20 - Injury, Illness or Accident.
- 6) Objects falling onto the tatami must be collected by / handed to the referee, who decides together with the judges on the texture of the object.

## ARTICLE 10 - TRANSITION FROM TACHI-WAZA INTO NE-WAZA AND FROM NE-WAZA INTO TACHI-WAZA

### A - Transition into ne-waza

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

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

If the throwing technique is interrupted, gripping under the belt is a ne-waza action. Gripping under the belt in the end phase of a throwing technique like with soto-makikomi continuing through ushiro-kesa-gatame or ura-gatame and similar technical actions are allowed.

It is tachi-waza when both athletes are in a standing position and are not in any of the following ne-waza positions:

- Ne-waza is when both athletes have two knees on the floor (*picture 1*).



- If there is a loss of contact between the athletes and there is no possibility of continuation, mate must be called (*picture 2*).



- Lying on the stomach on the ground, the blue athlete is considered to be in ne-waza (*picture 3*).



- Grip control from the standing athlete (white), we still consider the athlete (blue) on the knees to be in tachi-waza and consequently tachi-waza regulations would be applied (*picture 4*).

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



- If the blue athlete has two elbows and two knees on the floor, the white athlete can do a technique but **only** to transition into ne-waza, without any throwing score (*picture 5*).

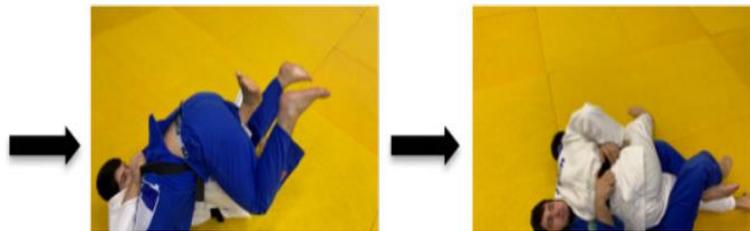


**Picture 5**

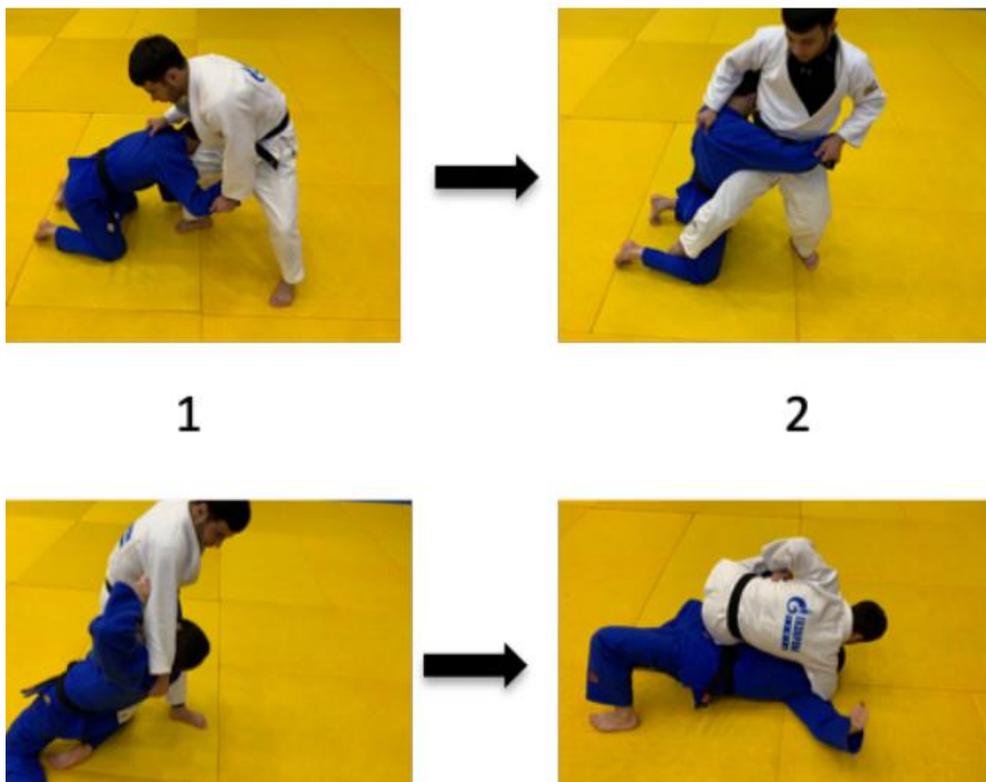
- In these positions (*picture sets 6-8*) the athlete on the knees (blue) cannot grab the legs with the hands/arms to defend the throw. If this happens, shido will be given.



Picture set 6



Picture set 7



Picture set 8

**A1.** The athletes shall be able to change from nage-waza to ne-waza as far as it is done by one of the cases referred to in this Article. However, if the technique used is not continuous, the referee shall announce mate and order both athletes to resume the contest from the standing position.

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

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

Example: in these positions below, tori, after applying a real attack, can apply sutemi-waza that can continue into ne-waza.



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



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

### A2. Exceptions

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

## B - Transition to Tachi-waza

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

### Use of the Kata-Sankaku (San-Gaku) Grip

**Note:** At BJA events, specific rules apply for younger and less experienced athletes using kata-san-gaku. See the BJA Amendments to the IJF Contest Rules.

The kata-sankaku grip (gripping with both arms the neck and one shoulder of the opponent) in ne-waza action is allowed (*picture 9*).

Kata-sankaku grip situation in ne-waza: it is prohibited to block the opponent's body with the legs and mate must be announced, this is hansoku-make (*picture 10*).

If the kata-sankaku grip is used for transition, starting from ne-waza going to tachi-waza, or in tachi-waza directly, and where possible mate will be immediately called (*picture 11*).

A kata-sankaku grip in tachi-waza with a throwing action, with or without mate, will be considered hansoku-make.



Pictures 9, 10 & 11 (Left to right)

## ARTICLE 11 - APPLICATION OF MATE

### 1. General

The referee shall announce mate in order to stop the contest temporarily in the situations covered by this article. To recommence the contest, the referee shall announce hajime.

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

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

The referee having announced mate, must take care to maintain the athletes within his view in case they did not hear the announcement and continue fighting or if any other incident arises.

### 2. Situations where the referee shall announce mate:

- a. When both athletes go completely outside the contest area without continuous action that started from inside the contest area.
- b. When one or both athletes perform one of the prohibited acts listed in Article 18 of these rules.
- c. When one or both competitors are injured or taken ill. Should any of the situations of Article 20 - Injury, Illness or Accident occur, the referee, after announcing mate, shall call the medic to perform the necessary medical attention according to said article, either upon the request of the athlete, or directly depending on the seriousness of the injury.

In cases of "minor" injury, the medical intervention will be carried out outside the contest area, near the area itself or close to the medical facility; the athlete will be accompanied by a judge or non-officiating referee.

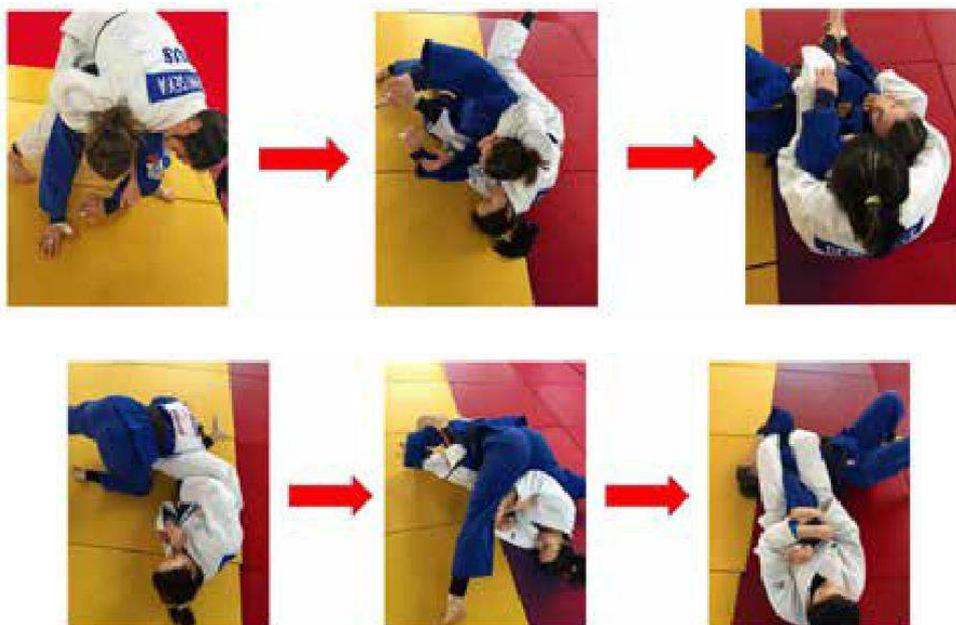
- d. When it is necessary for one or both athletes to adjust their judogi / hair.
- e. When during ne-waza there is no evident progress.
- f. When one athlete in, or from ne-waza regains a standing position and lifts the opponent, who is lying on their back with one (1) or both legs around any part of the standing athlete, clear of the tatami.
- g. When an athlete performs or attempts to perform kansetsu-waza or shime-waza from the standing position. The referee will announce mate and shido will be given.
- h. When one of the athletes starts or performs any preparatory moves of a kind of fighting or wrestling technique (not genuine judo) the referee shall call immediately mate, trying to stop and not to let the athlete who performs finish the action.
- i. When tori applies shime-waza or kansetsu-waza by stretching uke's leg. Mate must be called immediately and a shido given.
- j. When the athletes reach the 2m mark in the safety area.

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

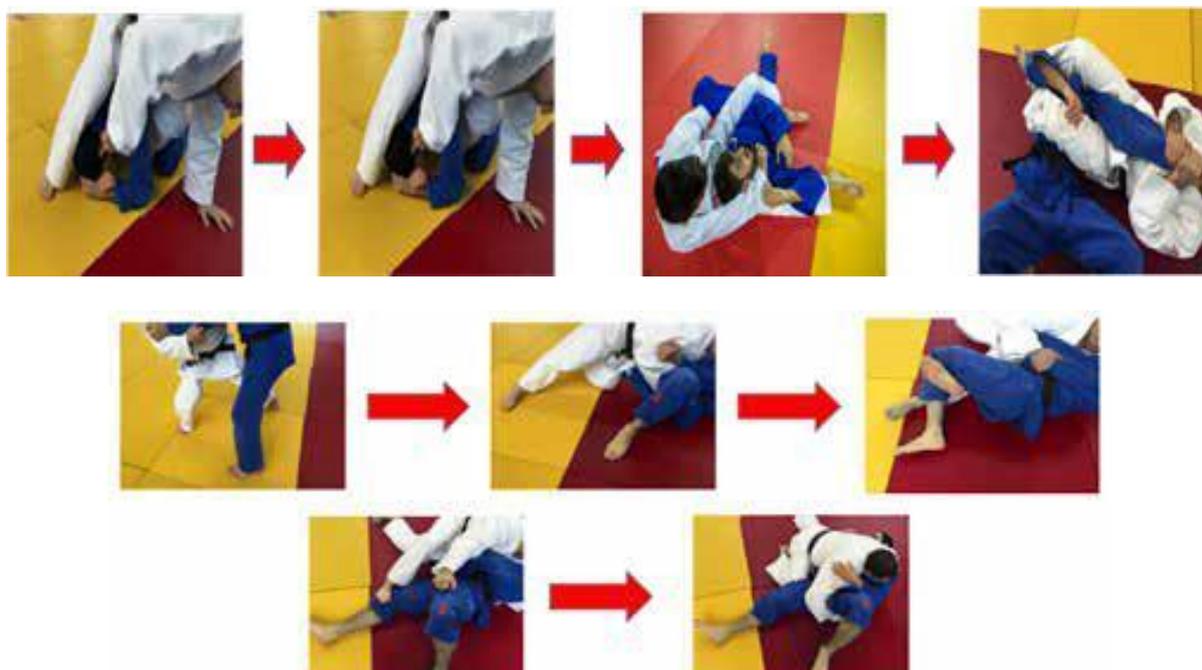
### 3. Situations where the referee shall not announce mate:

- a. To stop the athlete(s) going outside the contest area (in the proximity of the limit of the contest area and no more than two metres) unless the situation is considered dangerous.
- b. Where there is a throwing that started inside the contest area and both athletes continue to go outside as part of the action (in the proximity of the limit of the contest area and no more than two metres).
- c. When an athlete, who has escaped from osaekomi-waza, shime-waza or kansetsu-waza, appears in need of or calls for a rest.

Example: These are valid actions and mate should not be called:



Example: Mate should not be given as the action started in the valid area:



## ARTICLE 12 - SONO-MAMA

1. Sono-mama (hold positions) can only be applied in situations where athletes are working in ne-waza.
2. In any case where the referee wishes to temporarily stop the contest without causing a change in their positions, they shall announce sono-mama, making the gesture under Article 4 - Gestures while ensuring that there is no change in the position or grip of either athlete.
3. To recommence the contest, the referee shall announce yoshi making the gesture under Article 4 - Gestures.

## ARTICLE 13 - END OF THE CONTEST



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

30

**1. In regular time**, a contest can be won by a technical score or scores (yuko, waza-ari or ippon). It can also be won by hansoku-make (a direct penalty or accumulative penalties leading to disqualification) to the opponent, by fusen-gachi or kiken-gachi.

A penalty never corresponds to a score.

The referee shall announce *sore-made* to indicate the end of contest in the cases covered in this article. After this announcement the referee shall always keep the athletes within his view in case they do not hear his announcement and continue fighting. The referee shall direct the athletes to adjust their judogi, if necessary, prior to indicating the result.

After the referee has indicated the result of the contest making the gesture under Article 4 - Gestures, the athletes shall take one step backwards, make the bow and leave the contest area by the sides of the mat, particularly around the safety area. When the athletes are leaving the mat, they must be wearing their judogi in the proper way and must not remove any part of the judogi or the belt before leaving the field of play.

Should the referee award the victory to the wrong athlete in error, the judges must ensure that the referee changes this erroneous decision before the referee leaves the competition area; if this doesn't happen the referee in charge can intervene to correct the error.

All actions and decisions taken in accordance with the "majority of three" rule shall be final and without change or appeal when:

- The time allowed for a coach to make an appeal has elapsed without an appeal being made.
- The referee either leaves the mat or starts a new contest, the team having not sought a referee in charge opinion or without a valid appeal being made.
- The referee in charge having attended an appeal or on their own initiative, makes a clear determination and allows the contest to continue or be concluded.

### 2. Situations of *sore-made*:

- a. When one athlete scores ippon or waza-ari-awasete-ippon (Article 14 - Ippon & Article 15 - Waza-ari).
- b. In the case of hansoku-make (Article 18 - Prohibited Acts and Penalties).
- c. In the case of kiken-gachi (victory by opponent's withdrawal) (Article 19 - Default and Withdrawal).
- d. When one athlete cannot continue due to injury (Article 20 - Injury, Illness or Accident).
- e. When the time allotted for the contest has expired.
- f. Yuko, waza-ari or ippon score in golden score.

### 3. The referee shall award the contest as follows:

- a. Where one athlete has scored ippon or equivalent, they shall be declared the winner.
- b. When both players have no technical score, or the technical scores are equal at the end of the regular contest time, the contest shall continue in golden score regardless number of shido given.
- c. In the case where both athletes have no score or both have yuko or waza-ari or equal scores of both yuko and waza-ari and then score ippon simultaneously during the time allotted for regular time, the contest shall be decided by a “golden score” period.
- d. In the case where one athlete has waza-ari and then both score ippon simultaneously during the time allotted for regular time, the contest shall be allowed to continue until the end

#### 4. Golden score period

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

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

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

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

The referee will then announce sore-made.

#### 5. Special situations during golden score.

- a. Should only one athlete exercise his right to participate in the “golden score” period, and the other athlete declines, the athlete who wishes to compete shall be declared the winner by “kiken-gachi”
- b. In the case where both athletes score ippon, waza-ari or yuko simultaneously the referee shall announce mate, continuing the contest without considering these actions for scoring purposes.
- c. For direct hansoku-make given to both athletes, the tournament director will decide.
- d. If osaekomi starts in golden score, after 5 seconds of osaekomi, tori will be awarded yuko, and the contest will end. The referee shall announce “Yuko! Sore-made!”.

#### 6. CARE system

For events where there is no CARE system available, judges will base their decisions on the live action alone.

When in use, viewing of the CARE system and subsequent communication with the referees shall be by the judges and at the discretion of the referee in charge. The referee in charge is responsible for all rules and decisions during the contest. In exceptional circumstances the decision will be made by the referee in charge.

The referee in charge must intervene in circumstances that are clearly in error but otherwise let the referees do their work in accordance with the rule of the “majority of the three”. Any intervention must be as soon as practically possible without loss of time or hesitation.

Mandatory reviewing using the CARE system in support of the decision on the mat will be done under the following circumstances:

1. Any decision involving the end of the contest, during the contest time as well as in the period of “golden score”.
2. In a kaeshi-waza situation: the athlete receiving the attack and starting the counter attack, cannot use the impact of landing on the tatami to finish his kaeshi-waza action and have it evaluated. If the action allows it, they can however continue in ne-waza:
  - If the two athletes land together without clear control for either one, no score will be given.
  - Any action after landing will be considered as a ne-waza action.

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

There shall be no unauthorised use or request of use of the CARE system other than by the judges and the referee in charge.

If time allows and at the judge's or referee in charge's sole discretion, coaches may be permitted the opportunity to review particularly challenging decisions either as part of resolving an appeal or at the conclusion of a contest.

Referees, judges and the referee in charge are unable to make use of personal (non-CARE) video footage as part of their decision making. On request, they may, at their sole discretion and if time allows, discuss this footage with those concerned only after the result the contest is acknowledged to be final and without appeal.

## ARTICLE 14 - IPPON

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

### Evaluation of the points in nage-waza

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

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

A judo technique which is present in the judo accepted repertoire (gokyo) must be identified. Just landing and rolling over and falling on the side/back in the process of the contest, without applying a clear technique, is not enough to score. It must be within the bounds of the published list of Kodokan judo techniques.

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

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



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



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

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

### Evaluation of the points in katame-waza

- a. When an athlete holds with osaekomi-waza the other athlete, who is unable to get away for 20 seconds after the announcement of osaekomi.
- b. When an athlete gives up by tapping twice (2) or more with his hand or foot or says maitta (I give up!) generally because of osaekomi-waza, shime-waza or kansetsu-waza.
- c. When an athlete loses consciousness due to osaekomi-waza, shime-waza or kansetsu-waza.

### **Equivalence**

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

### **Special situations**

- a. Simultaneous techniques - when both athletes fall to the tatami after what appears to be simultaneous attacks and the referees cannot decide which technique dominated there should be no score awarded.
- b. In the case where both athletes score simultaneous ippon the referee will act as regulated in Article 13 - End of the Contest.

## ARTICLE 15 - WAZA-ARI AND YUKO

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

### Waza-ari - Evaluation in tachi-waza

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

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

These landings below are considered to be waza-ari:



### Waza-ari - Evaluation in ne-waza

- When an athlete holds the other athlete with osaekomi-waza, after osaekomi is announced, for 10 seconds or more, but less than 20 seconds.

### Yuko - Evaluation in tachi-waza

The referee shall announce yuko when in his opinion the applied technique corresponds to the following criteria:

- Side landing (90 degrees) or more to the front landing.
- Landing on upper back.
- Landing on the side on the shoulder axis and one elbow or one hand.
- Landing on both buttocks, close to 90 degrees to the front, 90 degrees or more to the rear.
- Landing on one buttock, with or without touching elbow(s) and/or arm(s) to the mat.
- Landing on the neck.

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

These landings are given yuko for tori:

**Example** – Side landing (90 degrees) or more to the front landing: yuko



**Example** – Landing on yuko upper back: yuko



**Example** - Landing on the neck: yuko



**Example** - Landing on the side on the shoulder axis and one elbow: yuko



**Example** - Landing on the side on the shoulder axis and one hand: yuko



**Example** - Landing on one buttock, with or without touching with elbows and/or arms the mat: yuko



These landings are not given yuko:

**Example** – Front part of the stomach is touching the mat: no score



**Example** – Both knees to the front are touching the mat: no score



### **Yuko - Evaluation in ne-waza**

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

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

## **ARTICLE 16 - WAZA-ARI-AWASETE-IPPON**

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

## ARTICLE 17 - OSAEKOMI-WAZA

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

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

The athlete applying the osaekomi-waza must not have his body or his leg(s) controlled by his opponent's legs either from above or below the leg. If this situation happens after the referee has announced osaekomi they shall announce toketa.



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

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

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

When osaekomi is being applied and tori commits an infringement meriting a penalty (shido) the referee shall announce mate, return the athletes to their standing positions and:

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

then recommence the contest by announcing hajime.

When osaekomi is being applied and uke commits an infringement meriting a penalty, the referee shall award the penalty directly by pointing at uke without interrupting the contest with sono-mama.

However, should the penalty to be awarded be hansoku-make for tori or uke, the referee shall, after announcing sono-mama, consult with the judges, announce mate to return the athletes to their starting positions, then award hansoku-make and end the contest by announcing sore-made.

If both table judges agree that an osaekomi exists, but the referee has not announced osaekomi, they must inform the referee, who shall announce osaekomi immediately.

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

- The referee must call mate if there is no immediate continuation from either tori or uke in applying osaekomi-waza, shime-waza or kansetsu-waza and, if the case, assign the relevant osaekomi-waza score.
- The referee must call toketa if there is an immediate continuation from either tori or uke in applying osaekomi-waza, shime-waza or kansetsu-waza, and, if the case, assign the relevant osaekomi score, leaving this last action to continue.

If the osaekomi-waza action outside the contest area goes beyond the limit of the safety area the referee must call ippon, sore-made.

This kind of osaekomi-waza below is not valid and the referee must call Mate! if there is no progression in the action.



This kind of osaekomi-waza below is not valid and the referee must call Mate! Immediately:



It is never allowed to hold an osaekomi-waza just around the head or neck without control of at least one arm. Control in ne-waza using arms or legs around the neck without the opponent's arm inside will be considered mate.

## ARTICLE 18 - PROHIBITED ACTS AND PENALTIES



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

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

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

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

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

There are Kodokan classified judo techniques allowed for all age groups.

There are Kodokan classified techniques allowed in senior/junior events but which are penalised in cadet events.

There are Kodokan classified judo techniques which are not allowed in any events (kawazu-gake, kani-basami, do-jime, ashi-garami).

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

Athletes are not allowed to intentionally touch the referee in a negative way. Should this occur, the referee in charge will review the situation and decide the outcome.

### Shido (Slight Infringements Group):

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

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

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

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

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

Shido infringements can be evaluated as hansoku-make if done in an obvious anti-sporting manner that is not fair play. For example:

- one athlete stamps on the foot of his opponent to throw him more than once.
- just to block like crossing fingers to avoid the grip.
- uke, in an osaekomi situation, puts his hand forcefully on the face of tori to escape.

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

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

A penalty can also 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.

Examples:

- If an athlete (blue) commits a slight infringement and his opponent (white with no score) throws him for yuko or waza-ari, white will be given yuko or wara-ari and blue a shido.
- If an athlete (blue) commits a slight infringement and his opponent (white with no score) throws him for ippon, white will be given ippon and the contest ended.

**Continuation in ne-waza:** If an athlete (blue) commits a slight infringement and throws his opponent (white) the referee will allow the ne-waza to continue while white has the advantage. The referee must announce mate to give the penalty to blue in the moment that blue takes the advantage in ne-waza (e.g., to break the osaekomi-waza and takes over the control, to break the osaekomi-waza by applying shime-waza or kansetsu-waza, yuko or waza-ari for landing on two elbows or two hands, or one elbow and one hand and continuation in ne-waza); it doesn't matter if it is the first, the second or the third shido.

### Shido for a Lack of Combativity

1. Negative positions, against the fighting spirit, will be penalised by shido (to adopt in a standing position, after kumikata, an excessively defensive posture, not searching for an attack, a defensive attitude etc.).
2. To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent (false attack). False attacks are defined as:
  - Tori has no intention of throwing.
  - Tori attacks without kumikata or immediately releases the kumikata.
  - Tori makes a single fake attack or several repeated fake attacks with no breaking of uke's balance.
  - Tori puts a leg in between uke's legs to block the possibility of an attack.
  - Tori has no realistic possibility to throw
3. Unless in accordance with Article 10, to pull the opponent down to start ne-waza and the latter does not take advantage of this to continue into ne-waza, the referee shall announce mate and penalise with shido the athlete who has infringed Article 10.
4. In a standing position, after the referee announce hajime and after kumikata has been established, not to make any attacking moves – attacks in tachi-waza and attacks in ne-waza will be considered. The time allowed between conventional kumikata and making an attack is 45 seconds

if there is a positive progression. The referees should penalise strictly the athlete who does not engage in conventional kumikata or who tries not to be gripped by the opponent.

5. Without there being an attack engaged in a valid position (see exceptions):
  - In tachi-waza to intentionally go outside the contest area;
  - In ne-waza to go intentionally outside the contest area.

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

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

### Shido for an Illegal Move

6. To put a hand, arm, foot or leg directly on the opponent's face. The face means the area within the line bordered by the forehead, the front of the ears and the jaw-line.
7. To intentionally avoid taking kumikata to prevent action in the contest.

Normal kumikata 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 or vice versa.

To offer more chances to throw and more attractive judo, non-classical grips are allowed. Collar and lapel, one side, cross grip, belt grip, pocket and pistol grips are allowed *when the attitude of the athlete is positive*, when they are looking to perform positive attacks and throws. If taken, time will be allowed for the preparation of an attack.

The same grip (or a collar and lapel grip) used to force the opponent with either one or both arms to take a bending position, *used in a defensive, negative, or blocking attitude* will be penalised by shido.





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

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

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

10. Hooking one leg between the opponent's legs unless immediately attacking with a throwing technique.
11. In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose or to grasp by "screwing up" the sleeve end(s).
12. In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, to prevent action in the contest or to take the wrist or the hands of the opponent only to avoid the grip or the attack on him.
13. Grips inside jacket and trousers:
 

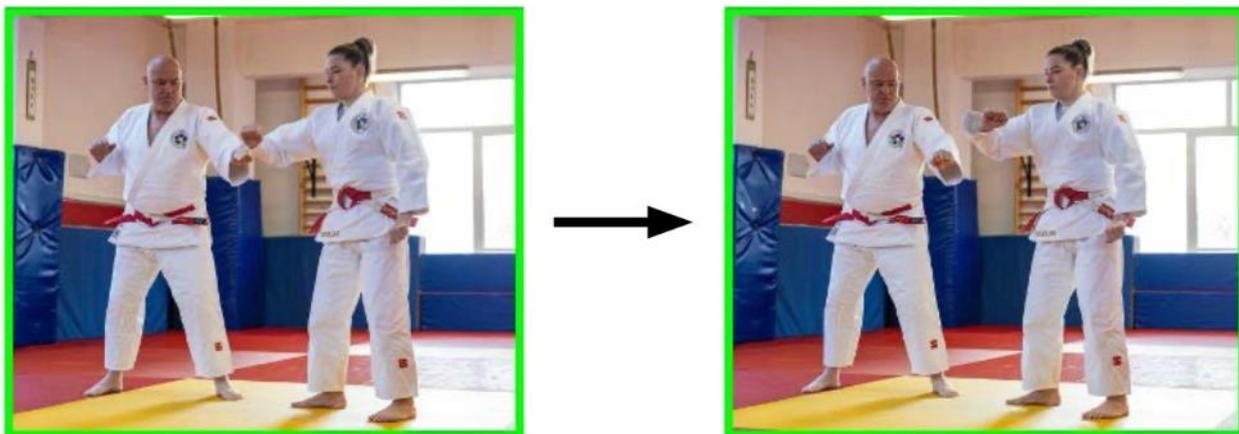
In tachi-waza it is not allowed to grip inside the bottom of the trousers as tori and as uke, and will be penalised with shido.

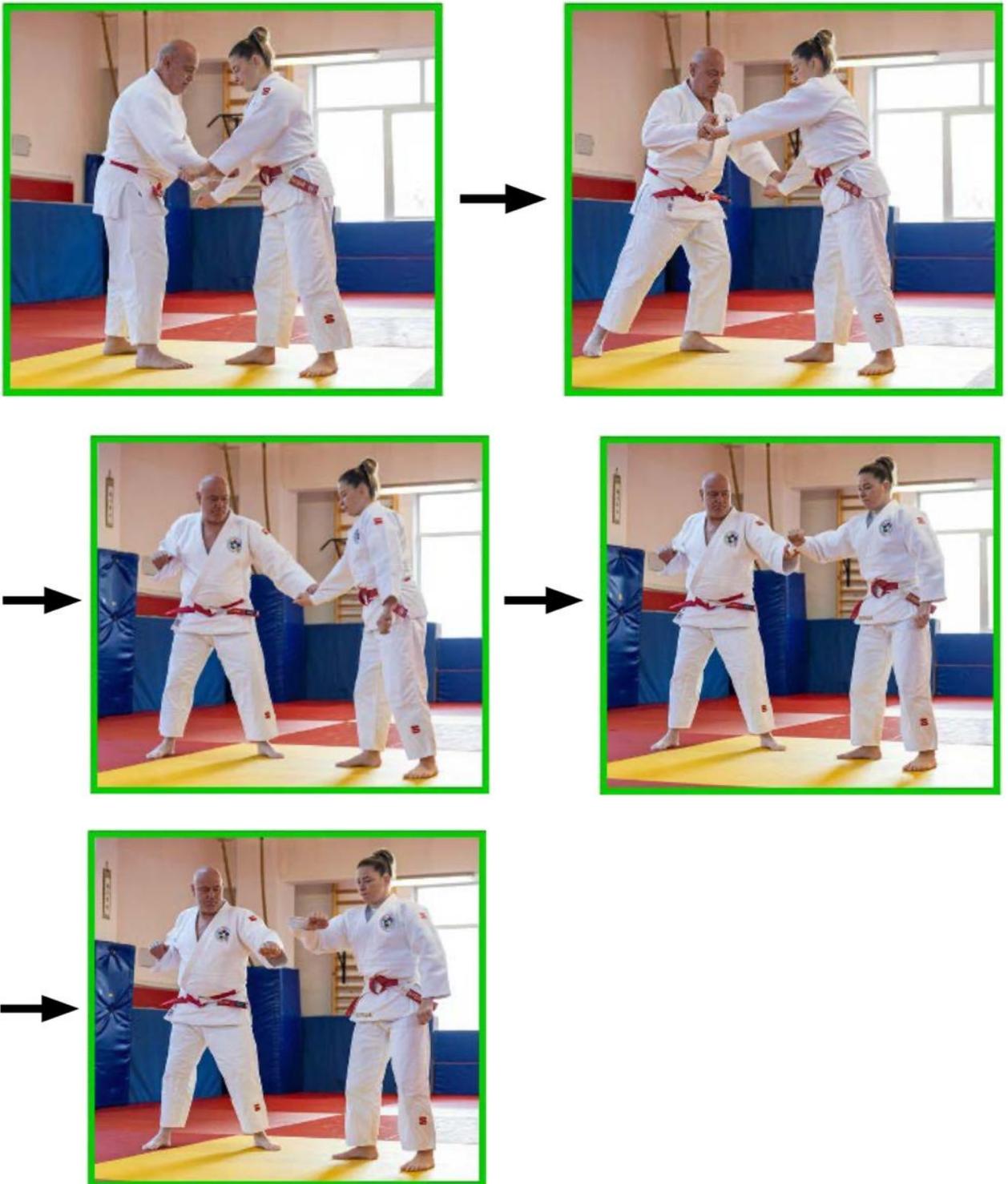
In tachi-waza it is allowed to grip inside the sleeve as tori and as uke.

In ne-waza it is allowed to grip inside the sleeve or the bottom of the trouser leg as tori and as uke.
14. To bend back the opponent's finger(s) in order to break his grip.
15. a) Breaking the grips with one or two hands but keeping a minimum of one grip is allowed.  
 b) Breaking grips with one hand and not keeping a grip is allowed.  
 c) Breaking grips with two hands but not keeping a grip is shido.

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

**Example** – breaking the grips with one hand and not keeping a grip (allowed)





**Example** – breaking the grip with two hands:



**16.** To break the grip of the opponent with the knee or leg.



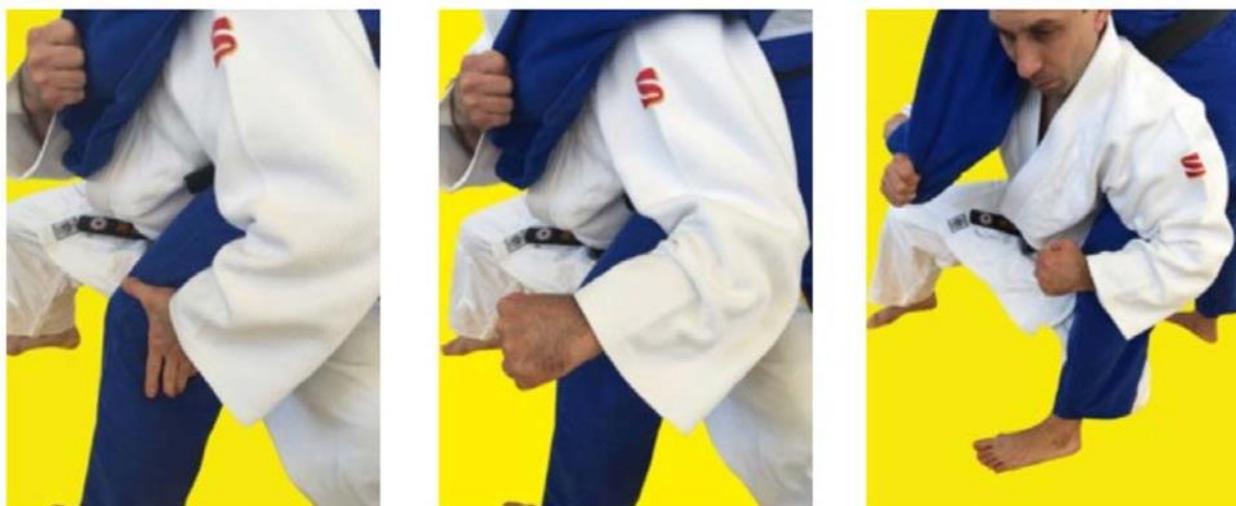
17. Cover the upper part of the lapel of the judogi jacket to prevent the grip.



18. Blocking the opponent's hand.



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





These are valid actions and no shido will be given:



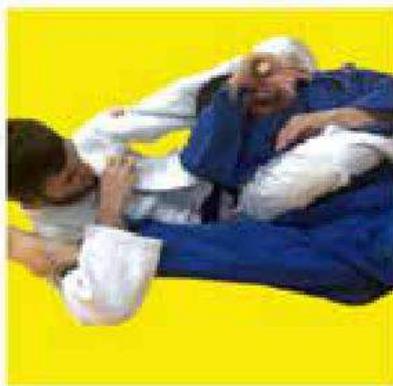
Tori in this tachi-waza position can apply kansetsu-waza or shime-waza because uke is in a ne-waza position.



20. To encircle the end of the belt or jacket around any part of the opponent's body. The act of "encircling" means that the belt or jacket must completely encircle. Using the belt or jacket as an anchor for a grip (without encircling), e.g. to trap the opponent's arm, should not be penalised.
21. To take the judogi in the mouth (either his own or his opponent's judogi).
22. To put a foot or a leg in the opponent's belt, collar or lapel.
23. To apply shime-waza using either your own or your opponent's belt or bottom of the jacket or using only the fingers.



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



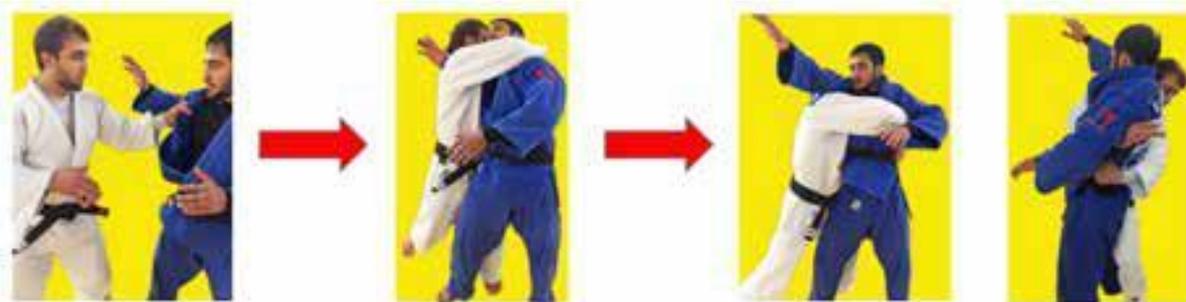
Special attention will be given to situations where tori, whilst applying a shime-waza, also over-stretches and straightens uke's leg. Mate must be called immediately and a shido given.

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

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



These are valid grips for bear hug. It is allowed for tori to catch his own sleeve with his opposite hand.



26. In shime-waza (ryote-jime with tori and uke face to face, hadaka-jime with tori on the back of uke or sankaku situation gripping the head with the legs just around the neck) using the legs to assist the grips around the opponent's head without any arm of the opponent is mate and shido
27. To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip or to kick the opponent's leg or ankle without applying any technique.
28. To hit clearly the arm of the opponent to break or avoid the grip.
29. Applying kansetsu-waza or shime-waza in tachi-waza without a judo throwing technique, or with a judo throwing technique with a lower risk of injury (where uke has the possibility to escape), performed with one or two hands on one arm will be penalised with shido. See also Article 18 Hansoku-make.
30. The act of entangling the leg without making an immediate attack must be penalised with shido.



31. Applying the kata-sangaku grip in tachi-waza with a throwing action, with or without mate, with a lower risk of injury will be penalised with shido. See also Article 18 Hansoku-make.



### Shido for Time-wasting, Untidy Attire or Hair

**Note:** In BJA Events, these penalties are fully applied to Level 4, but referees may only use these penalties sparingly at Level 3 and below and only in instances of clear timewasting due to negative or tactical play, and considering the age and experience of the athletes.

No athlete should use the tidying or rearranging of judogi/hair to get time with which to interrupt the contest. The correct preparation of judogi, tying the belt and arranging hair are essential and are the responsibility of each athlete.

32. The correct preparation of the judogi and belt is the responsibility of the athlete and fixing is allowed once per athlete per contest. Further occasions are penalised with shido.

Please note that the belt cannot be untied without the permission of the referee.

Athletes must enter and leave the field of play wearing their judogi in the proper way.

If the judogi and/or belt becomes disarranged during the contest the athlete is obliged to quickly rearrange it back to the correct position. This can be between mate and hajime or during any break in action. The referee will award a penalty (shido or hansoku-make if it is the third penalty) towards the athlete who does not re-adjust their judogi correctly between the mate and the subsequent hajime.

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



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

- 33. Retying hair is allowed once per athlete per contest. Further occasions are penalised with shido.
- 34. Wasting time between mate and Hajime by not standing up after newaza; by not immediately returning to the starting position; by arranging the hair or judogi for too long, by tying the belt for too long; or by a combination of these. On the first occasion a warning will be given, the second and following occasions are penalised with shido.

#### Penalties (Shido) in Cadet Competitions

**Note:** In BJA Events, these penalties apply to all Cadet and under 18 categories.

- 35. These athletes are not allowed to use the head to throw as tori, they will be awarded shido.
- 36. These athletes are not allowed to use the head to defend as uke. In this situation, tori will be awarded a score, if any, and uke will be penalised with shido.

It is head defence if uke attempts voluntarily to use the head with any movement which is dangerous for the head, neck or spine, for defence and to avoid landing in / escaping from a score





Special attention will be given to situations where tori attempts to throw his opponent with, for example, seoi-otoshi, seoi-nage, sode-tsurikomi-goshi with the grip on both sleeves and koshi-guruma with both grips on the collar and uke makes an involuntary head defence. These are examples and this situation can occur with other throwing techniques. In this situation there is no penalty for either tori or uke.

- 37.** For these athletes there will be no score and shido for reverse seoi-nage.

Note: 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 sake lapel of uke's judogi, without controlling uke, standing or dropping down in an unknown direction, without giving the possibility to the opponent to perform ukemi and sometimes with uke falling with the neck on the mat, is forbidden.

These athletes participating in senior or junior events must follow the relevant event age group rules.

## Hansoku-make (Grave Infringements Group):

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

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

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.

### Hansoku-make for Dangerous Techniques

If this type of hansoku-make is awarded the athlete **can continue** in the competition.

Techniques using head diving are dangerous and will be penalised with hansoku-make.

1. To “dive”, onto the tatami by bending forward and downward while performing or attempting to perform techniques such as uchi-mata, harai-goshi, kata-guruma, tsuri-goshi etc. It is forbidden to somersault forward when uke is on the shoulders or back of tori.

### Hansoku-make for Acts against the Spirit of Judo:

**IJF & EJU Events** - If this type of hansoku-make is awarded the athlete **cannot continue** in the competition.

**British Judo Events** – Except for the most serious cases where there is a clear malice, an intent to injure, or significant disrespect, generally the athlete **can continue** in the competition, please see the BJA Contest Rule Amendments for full details.

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

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



2. To apply kani-basami.
3. To apply do-jime (applying leg scissors to the opponent’s trunk, neck or head (scissor with crossed feet), while stretching out the legs).

4. To apply kansetsu-waza (ashi-garami, ude-gaeshi etc.) anywhere other than to the elbow joint.
5. Applying kansetsu-waza or shime-waza in tachi-waza without a judo throwing technique or with a judo throwing technique with a higher risk of injury (where uke has no possibility to escape) performed with one or two hands on one arm (see also shido for an illegal move).
6. Uke, when behind tori, cannot reap tori's leg or legs from the inside.
7. a) To make any action which may endanger or injure the opponent especially the opponent's neck or spinal vertebrae.  
 b) Applying kata-sankaku grip in tachi-waza with a throwing action, with or without "Mate!", with a higher risk of injury of opponent's neck or spinal vertebrae, will be considered hansoku-make.  
 c) Kata-sankaku grip in ne-waza with blocking the opponent's body with both legs  
 d) Applying a ushiro-sangaku grip/position in ne-waza, with or without mate, with a higher risk of injury to the opponent's neck or spinal vertebrae.

**Example - Ushiro-sankaku > Shime-waza (allowed)**



**Example - Ushiro-sankaku > Kansetsu-waza (allowed)**



**Example** - Ushiro-sankaku with pressure on the neck or spinal vertebrae (not allowed)



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

9. To lift the opponent off the tatami and forcefully push him back into the tatami without a judo technique.
10. To disregard the referee's instructions.
11. To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.
12. To wear or to have inside the judogi a hard or metallic object (covered or not).
13. Any action against the spirit of judo (this includes anything that can be described as anti-judo, for example being in the lead and, in the last seconds of the match, leaving the competition area to prevent the opponent from taking grips) may be punished by a direct hansoku-make at any time in the contest.

### **Double hansoku-make**

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

- **Double hansoku-make (indirect)**

In regular time or golden score if both athletes receive three shido, both athletes will be considered to have lost, the contest result will be recorded as 0-0, with the tournament director to determine how to resolve the awarding of placings and any further contests.

- **Double hansoku-make (direct)**

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

## ARTICLE 19 - DEFAULT AND WITHDRAWAL



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 5 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

The decision of fusen-gachi shall be given to any athlete whose opponent does not appear for his contest according to the 30 second rules.

Forfeit of a contest: If one athlete is ready on time and the technical officials see that his opponent is not present, they will ask the speaker to announce the last call for the missing athlete.

The referee will then invite the prepared athlete to wait at the edge of the competition area. The scoreboard will start to count down 30 seconds. If at the end of 30 seconds the opponent is still not present the referee will invite the athlete to enter the competition area and will declare them winner by fusen-gachi.

The tournament director may agree to allow an athlete who lost a contest by fusen-gachi to participate in the repechage.

The referees must be sure before awarding fusen-gachi that they have received the authority to do so by the tournament director or nominated person.

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

Any athlete not willing to comply with the requirements of hygiene, hair and head cover regulation 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.

Soft contact lens; if an athlete loses their contact lens during the contest and cannot immediately recover it, and if they inform the referee that they cannot continue competing without the contact lens, the referee shall give the victory to their opponent by kiken-gachi.

## ARTICLE 20 - INJURY, ILLNESS OR ACCIDENT



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

In this article the person in the role of the medic is fulfilled by any first-aider or medical professional provided by the event organiser and shall be identified by a uniform or badge.

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

### a. Injury:

1. Where the cause of the injury is attributed to the injured athlete, they shall lose the contest.
2. Where it is impossible to determine which of the athletes was the cause of the injury, the athlete unable to continue shall lose the contest.
3. If there is an injury caused by athletes from another contest on a nearby tatami, the injured athlete has the right to ask the referee to see the medic. Treatment can be given if needed and the athlete can continue the contest if able.
4. Where there is an injury caused by an external object (e.g. LED or advertising board, photographer camera). The injured athlete has the right to ask the referee to see the medic and receive treatment if necessary and can continue in the contest if able.
5. If during the contest an athlete is injured due to an action by the opponent and the injured athlete cannot continue, the referee, referee in charge and tournament director should analyse the case and decide based on the rules. Each case shall be decided on its own merit.

**b. Sickness:** generally, where one athlete is taken sick during a contest and is unable to continue, they shall lose the contest.

**c. Accident:** where an accident occurs, which is due to an outside influence (force majeure), after consulting with the referee in charge, the contest shall be considered cancelled or postponed. In those cases of 'force majeure', the tournament director and/or referee in charge will take the final decision.

### Medical Examinations

- a. The referee shall call the medic, if necessary, also inside the contest area, to attend to an athlete who has received a severe impact to the head or back (spinal column), or whenever the referee has reason to believe there may be a grave or serious injury. In either case, the medic will examine the athlete in the shortest time possible and indicate to the referee whether the athlete can continue or not.

The referee should remain near to the injured athlete to ensure that the assistance provided by the medic is within the rules.

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

However, the referee may consult with the judges and/or referee in charge in case they need to comment on any decision.

If the medic, after examining an injured athlete, advises the referees that the athlete cannot continue the contest the referee, after consultation with the other referees, shall end the contest and declare the opponent to be the winner by kiken-gachi.

- b. The athlete may ask the referee to call for the medic, but in this case the contest is terminated, and his opponent shall win by kiken-gachi.
- c. The medic may also ask to attend to his athlete, but in this case the contest is terminated, and the opponent will win by kiken-gachi.

In any case whenever the referees are of the opinion that the contest should not continue, the central referee after consulting with the referee in charge, shall end the contest and indicate the result in accordance with the rules.

The medic intervenes upon request of the referees.

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

When a medic clearly realises - especially in the case of shime-waza – that there is danger to the health of one of the athletes, they can go to the edge of the competition area and call upon the referee to immediately stop the contest. The referee shall take all necessary steps to assist the medic.

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

Two cases are possible:

- The medic announces that the athlete cannot continue the contest because their health is in danger. The opponent will be declared winner by fusen-gachi.
- The medic announces that the athlete can continue without danger to their health, and if agreed by the referee the contest continues.

### **Medical Assistance and Treatment**

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

The athlete is allowed to receive medical treatment of any type, including stopping bleeding, and to any location on two occasions only. If an athlete needs treatment for a third time, the referee shall declare the opponent to be the winner by kiken-gachi.

#### **a) In a minor injury.**

In the case of a broken nail, the medic can assist in cutting the nail. The medic may also help in adjusting a scrotum injury (testicles).

Minor injuries, a minor injury may be treated by the athlete himself. For example, in the case of a dislocated finger, the referee shall stop the contest (by calling mate or sono-mama) and allow the athlete to reset the dislocated finger. This action should be done immediately upon the request of the athlete with no assistance from the referee or the medic and the athlete can continue in the contest.

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

**b) In a bleeding injury.**

For safety measures whenever there is blood it must always be completely isolated with the assistance of the medic by means of adhesive tape, bandages, nasal tampons, (the use of blood clotters and haemostatics products is permitted). When the medic is called to assist an athlete, such medical assistance should be given as quickly as possible.

Bleeding injuries, when a bleeding injury occurs, the referee shall call the medic to assist in stopping and isolating the bleeding, if possible, outside the contest area, with the presence of a judge. The athlete is not allowed to compete while bleeding.

If bleeding cannot be stopped, the medic will inform the referee who will declare the opponent the winner by kiken-gachi.

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

Types of vomiting - Any type of vomiting by an athlete shall result in kiken-gachi for the other athlete. (See paragraph: b) Sickness).

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

If an athlete loses consciousness or suffers a head injury during a contest, please refer to the British Judo Head Injury Protocol.

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

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

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

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

## **ARTICLE 21 - SITUATIONS NOT COVERED BY THE RULES**

When a situation arises, which is not covered by these rules, it shall be dealt with and a decision given by the referees after consultation with the referee in charge.

## APPENDIX 1 – FIELD OF PLAY AND COMPETITION AREA



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

### Judogi Control

Where judogi control is used at an event, athletes must pass judogi control and arrive on time for their contests. If any athlete is not able to continue in the competition the tournament director must be informed immediately.

### Entry to and Exit from Field of Play

In individual competitions an athlete can be accompanied onto the field of play with one coach.

Athletes must enter and leave the field of play wearing their judogi in the proper way. It is not allowed to remove any part of the judogi or the belt or to add items of clothing or accessories until the athlete has left the field of play.

If an athlete refuses to leave the tatami at the end of the contest, in serious cases both the athlete and the coach may be subject to disciplinary sanction.

### Field of Play and Competition Area

The contest areas are numbered from left to right from the side where the technical table is located.

Each competition tatami is divided into two zones: the contest area and the safety area.

Each area is a different colour with sufficient contrast to avoid misleading edge situations.

The contest area for IJF events shall be a minimum of 8 m x 8 m and a maximum of 10 m x 10 m.

The safety area shall be a minimum of 3 m.

Where two or more adjoining contest areas are used, a common safe zone may be used to satisfy the minimum distance of 4 m between them. A free zone of 50 cm minimum must be maintained around the entire competition area. Any requests to change the size of the contest and safety area must be approved as part of the tournament licence application.

Each tatami should measure 1m x 2m x 5cm and be made of pressed foam. 1m x 1m mats are also acceptable. They must be firm under foot, have the property of absorbing shock during ukemi, and not be slippery or too rough. The tatami must be placed on a resilient floor at ground level. The elements making up the floor surface must be aligned without space in between; the surface must be smooth and fixed in such a way that the individual mats cannot be displaced.

A minimum height clearance above the tatami must ensure that athletes could not impact the ceiling or low hanging objects.

The official tatami colours, for IJF events, are yellow (123C) and red (1795C). If a tatami needs to be changed, reserve tatami should be available close to the field of play.

Any decoration on the tatami, such as the host city name, year or event logos, can only be placed on the safety area, never on the contest area. This decoration should not be slippery.

For each competition area there shall be two (2) scoreboards that indicate the scores horizontally, placed outside the competition area where they can be easily seen by the competitors, referees, commission members, officials and spectators.

Manual scoreboards, manual timers, bell or similar audio device and flags (yellow and green) must be available as backup.

When using several competition areas at the same time - the use of different audible signals is required. The time signal must be loud enough to be heard over the noise of the spectators.

For certain events the tatami may be placed on a solid platform. The platform must be made of wood or a similar material. It must be one metre wider and longer than the tatami dimensions. The height will depend on the sightlines in the sport hall. When using a platform, the exterior safety area must be 4 m.

## APPENDIX 2 – JUDO GI



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

### Judogi

Athletes participating in BJA events must comply with these rules. Coaches of the competing athletes are responsible for ensuring that their athletes are wearing judogi that comply with the judogi rules.

The judogi consists of a jacket and a pair of trousers and must be worn with a belt. The jacket must be worn with the left side crossed over the right. An athlete is not allowed to compete wearing a red and white belt.

Female competitors shall also wear a white T-shirt, with a round neck. Male competitors may choose to wear a white judogi in BJA events.

The markings of the logo, emblem and advertising etc. have to be made with a material that does not prevent good judo practice. It is not permitted to cover up/ patch any part of the judogi or belt with tape, stickers or other material such as a sewn patch.

Athletes and their judogi shall be checked prior to each contest ensuring that they are in accordance with the judogi rules. If the judogi does not comply with the current judogi rules the athlete will wear a reserve judogi.

The tournament director will make a decision on the consequences for an athlete who deliberately avoids passing through judogi control and goes to the tatami.

### Judo Control Verification Positions

When full judogi control is being operated, each athlete is obliged to have his judogi controlled before each contest. A specific zone is provided for this purpose.

Before any control, officials must ask the athletes if they are ready to be checked. If the athlete refuses to apply the rules, they will be excluded from the competition.

If the athlete fails the judogi control they will be given a second and last chance.

**Control position 1 (see picture 11)** - The athlete to be checked need to be in a standing position, the arms must be straight put in front at chest height, palms open, fingers pointed upwards. Thumbs and forefingers of both hands should be in contact with each other to form a triangle.

In this position the following will be controlled:

- The length of the sleeves.
- The distance between the arm and the sleeve.

**Control position 2** - Athletes must be in a standing position with their arms straight down by the side of their body with open hands as close to the body as possible.

In this position the following will be controlled:

- The distance between the sternum top and the lapel crossing point of the jacket vertically.

- The length of the skirt.
- Length of the trousers.
- Distance between the leg and the trousers.
- Belt length.

### Judogi Control Procedure

1. Competitors' judogi must be dry, exempt from stains, must not show any worn-out signs, particularly on the collar and the lapel. If the condition of the judogi is assessed as unsatisfactory, the athlete must wear a spare judogi.
2. The backnumber must comply with the rules for the event, if specified.
3. Only the national emblem can appear on the left-hand side of the jacket at chest level.
4. Control of the corresponding advertising, including the advertising reserved for the athlete.
5. The size of the jacket, the vertical distance between the top of the sternum (10 cm) and the point of intersection of the jacket lapels (25 cm, see picture 11), the length of the skirt to cover completely the buttocks (plus 5 to 10 cm), see picture 10.
6. The internal distance between the arm and the sleeve (checked with the sokuteiki – picture 10).
7. The length of the sleeves must completely cover the wrist bone (head of the ulna - picture 10).
8. The length of the trousers (the malleolus must be visible and accessible to check the length of the trousers - picture 12).
9. The size of the belt (picture 13) will be checked.
10. All protections (knee pads, elbow pads, shin guards, etc.) will be checked. The protections cannot be composed of or have the slightest metallic or rigid element. Judogi control is done with the protection worn by the athlete. Protections cannot be put on after the control.
11. Athletes can wear, from waist (below belt level) to knee length, underwear or shorts. It is forbidden to wear tights. Protective pads for the arms or legs level must be of soft material and not be visible.
12. Long hair must be tied up out of the way and not prevent the grip of the opponent. The nails of the feet and hands must be cut short.

### Location of the Manufacturer's Logo

Only one manufacturer's logo per clothing item is allowed (jacket, trousers, and belt). It must a maximum 30 cm<sup>2</sup> on the jacket and trousers and 9 cm<sup>2</sup> on the belt.

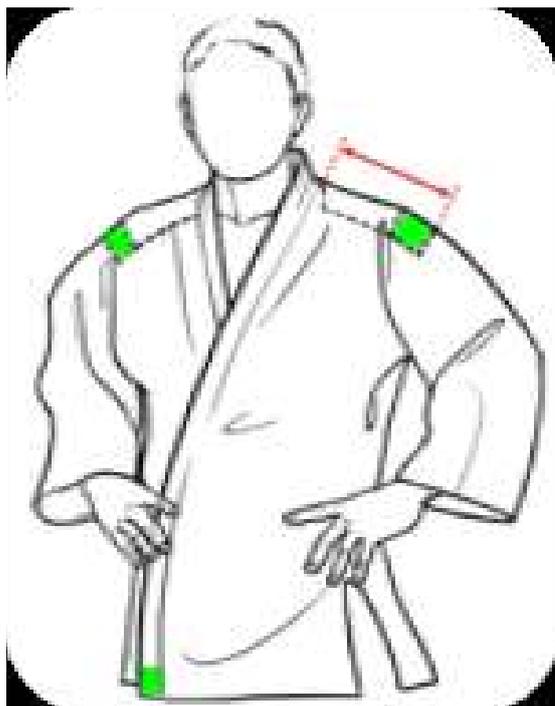
It should be fixed:

- On the jacket in a visible area either on the bottom, front left side, near or in the reinforced edge or at the bottom edge and inside the publicity zone (25 cm x 5 cm) permitted on the shoulders (*see picture 2*).
- On one of the two edges of the belt, in a visible area, maximum 9 cm<sup>2</sup> (*see picture 3*).

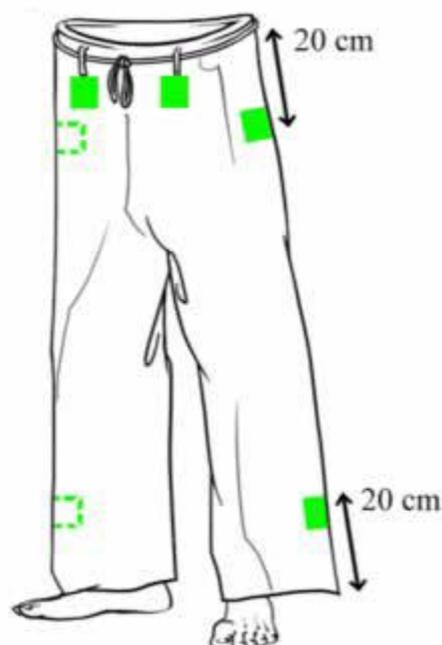
- On the trousers, in a visible area either at the top, at the front side or outside (maximum 20 cm from the waist string) or at the bottom, on one of the two trouser legs at the front side or outside, a maximum of 20 cm from the bottom of the lower edge of the trousers (*see picture 4*).

## National Emblem

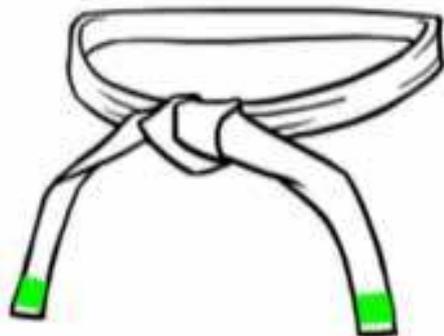
This must be the official identification of a nation, a National Olympic Committee or an IJF affiliated National Federation. Mention of an institution is not allowed. No commercial brand can be associated to it. It is fixed on the left-hand side, at the chest level (*see picture 5*) with a maximum surface of 100 cm<sup>2</sup>. It can also appear in the publicity space (*see picture 6*).



Picture 2 – Manufacturer's Logo



Picture 4 – Manufacturer's Logo



Picture 3 – Manufacturer's Logo



Picture 5 – National Emblem

## Advertising

Advertising is allowed only on the jacket. It must respect the practical provisions of IJF. The advertising cannot mention political, denominational or sport organisations other than the IJF, its Continental Unions, member National Federations, their organisations and affiliated clubs. . It is not authorised to promote, in advertising spaces, tobacco, alcohol, any prohibited substance listed in the list of products prohibited by the World Anti-Doping Agency, or any product, article or service contrary to morality or good ethics. Betting companies and organisations responsible for betting are not authorised.

On the visible part of the jacket the advertising can appear in 4 advertising spaces:

- On the sleeves, inside the surface of maximum 10 cm x 10 cm, situated at 25 cm from the lower part of the collar.
- On the shoulders, a stripe of 25 cm x 5 cm. The stripe must be calculated from the lower part of the collar down the sleeve.
- A maximum of 4 different publicities are permitted. Only one publicity is allowed per space.

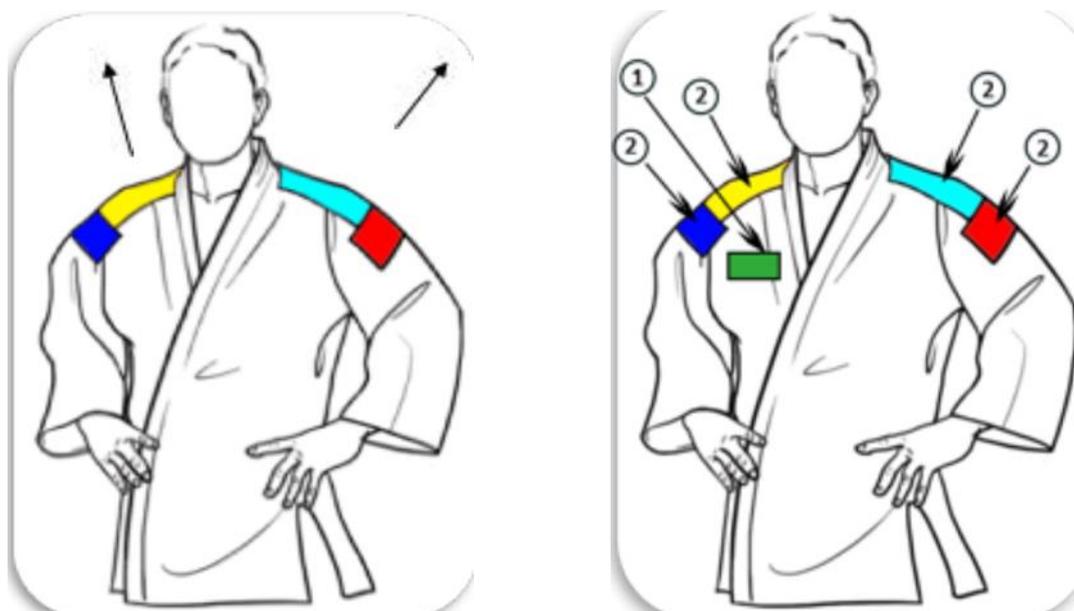
### Additional Advertising Reserved for the Athlete

On the judogi jacket (right-hand side lapel only) there is an advertisement space reserved for the athlete (*see picture 7*). It must be either a rectangle measuring a maximum of 10 cm by 5 cm (in vertical or horizontal orientation), a square, or a circle, provided that the surface area does not exceed 50cm<sup>2</sup>.

Unless there is a specific agreement with the National Federation, the advertising cannot conflict with the brand of judogi that the athlete is wearing, the sponsors of the National Federation and if the sponsor of the National Federation has multi-activities, in the area concerned by the sponsorship.

This advertising shouldn't be an organisation that is in competition with the National Federation unless it is agreed with the National Federation.

It is not permitted, in the advertising spaces, to promote tobacco, alcohol, any prohibited substances listed in the Prohibited List of the World Anti-doping Agency, or any product, goods or service contrary to morality or good ethics. Betting companies and organisations responsible for betting are not authorised.



Picture 7

Picture 6



Picture 8

## Marking

The name of the athlete is permitted:

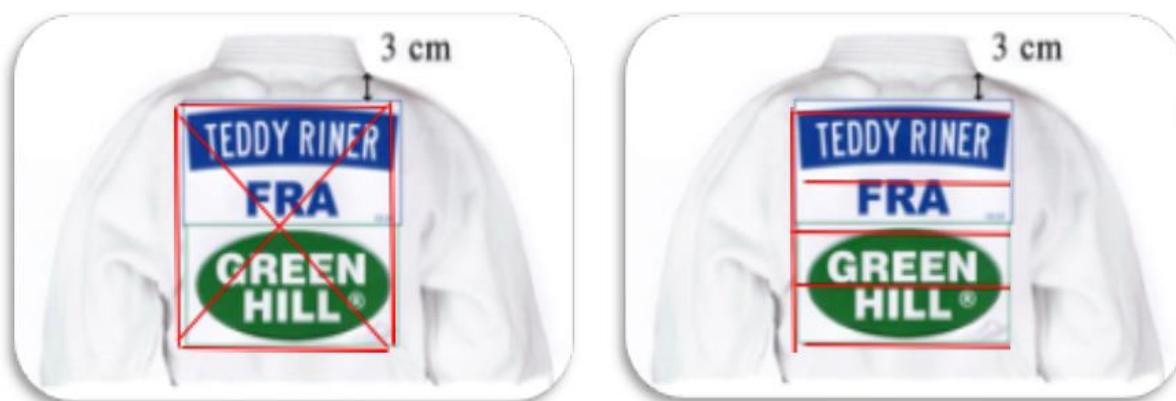
- On the bottom of the jacket (*see picture 8 number 1*).
- On the top of the trousers (*see picture 8 number 2*).
- On one of the two extremities of the belt (*see picture 8.3*).

The letters composing the name of the athlete should not exceed a height of 4 cm and a length of 20 cm. No other marking will be accepted.

## Backnumber

Each competitor may have sewn on the back of his judogi a backnumber bearing their last (family) name, any part of their given (first) name and National Olympic Committee, or home country, abbreviation (*see picture 9*).

The backnumber should be stitched around the entire perimeter and the lower and upper edges should be crossed to form an 'X' or alternatively four (4) straight equidistant parallel horizontal lines can be stitched across. The backnumber needs to be clean and free from any stains or sticky residue (*picture 9*).



Picture 9

The top of the backnumber must be placed at 3 cm from the collar.

### Judogi Colour

The jacket and the trousers should be of a uniform colour and correspond to the following colour references:

- White: snow white reference.
- Blue: maximum pantone colour: 285M, minimum pantone colour: 286M.

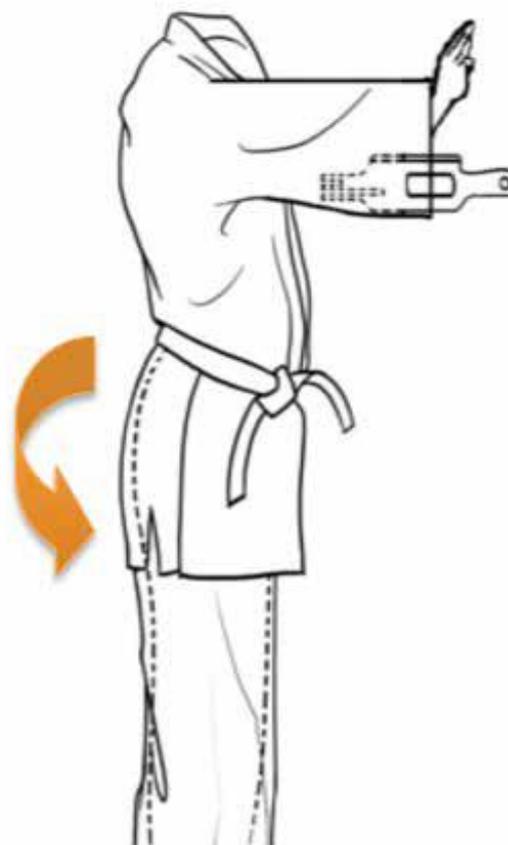
Note: At BJA events, judogi colour will be judged 'by eye' as being white or blue.

### Judogi Size

The judogi and belt size is controlled by sokuteiki (*see picture 10*).



Picture 10



Picture 11

**Jacket** (see picture 11)

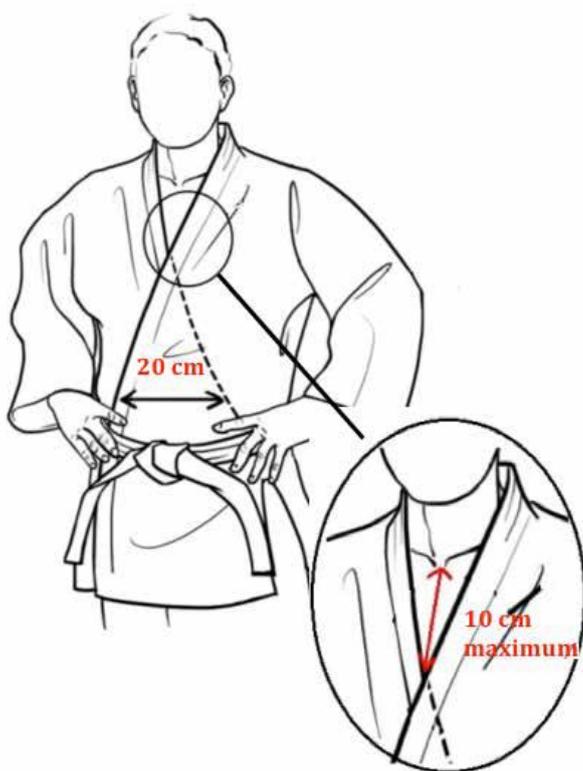
The “skirt” has to cover the buttocks completely. The skirt must be of equivalent length at the front and at the back. With the arms level, the sokuteiki must slip inside entirely and smoothly inside the sleeves. The judogi sleeves must cover up the full arm including wrist. The judoka are given one chance to adjust.

The length of the judogi jacket will be measured from the front of the athlete with sokuteiki. The length of the jacket skirt, below the belt (to be worn on the waist above the hip bone and be tied very tightly) must measure as follows:

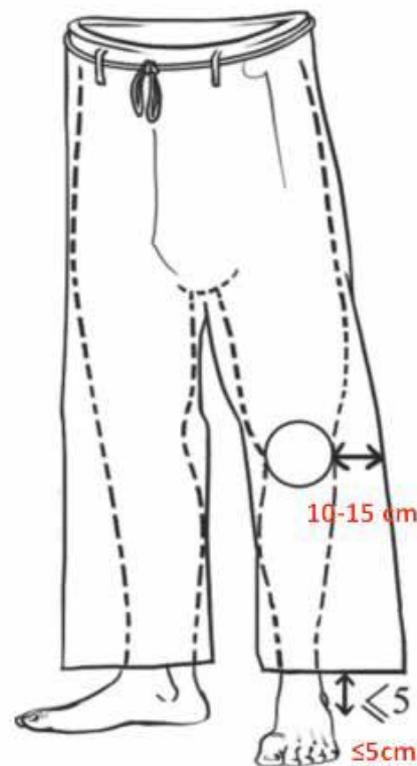
- All athletes -73 kg\*: a minimum of 20 cm
- All athletes +73 kg\*: a minimum of 25 cm

The width of the crossed distance of the jacket lapels at belt level must be at least 20 cm (see picture 12).

- The thickness of the lapel side must be less or equal to 1 cm.
- The width of the lapel side must be 4 cm.
- The distance between the sternum top and the lapel crossing point of the jacket vertically must be less than 10 cm.



Picture 12



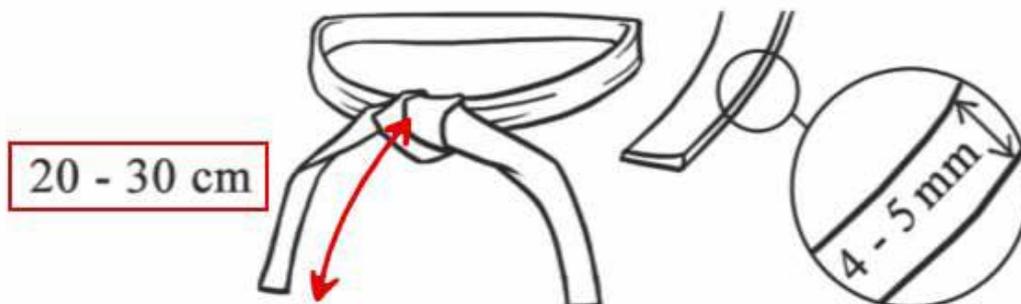
Picture 13

**Trousers** (see picture 13)

- The distance between the bottom of the trousers and the exterior malleolus (ankle bone) must be less or equal to 5 cm.
- The width must be between 10 and 15 cm at the knee level.

**Belt** (see picture 14)

- The thickness must be between 4 and 5 mm.
- The tips starting from the central knot must have a length between 20 and 30 cm.
- The belt must not be made of a stiff and/or slipping material and the knot must be correctly and tightly made.

**Picture 14****T-shirt**

- White in colour (not transparent), short-sleeved and round-necked.
- Marking of the manufacturer logo, of maximum 30 cm<sup>2</sup> is authorized. It cannot be visible when the judogi is fastened.
- The national emblem representing the official identification of a nation, a National Olympic Committee or a member National Federation member of IJF, of a surface area of 100 cm<sup>2</sup> can be fixed on the chest, on the left side.
- No commercial marking can appear.

**Judogi Control Checklist**

- Check that the accompanying coach is in possession of a valid accreditation.
- Check the condition of the backnumber (it should not be torn off).
- Check judogi condition (should be dry, not torn or showing any blood stains).
- Check judogi colour (blue judogi should not look light blue).
- Check belt ends length from central knot (between 20 cm and 30 cm). The belt cannot be red and white.
- Check the name of the athlete on the belt (allowed on one side only), jacket and trousers. One location allowed on each piece of competition clothing. The name of the athlete is not compulsory.
- Check the belt position. It must be worn on the waist (above the hip bone) and be tied very tightly.
- Check the distance between the sternum top and the lapel crossing point of the jacket vertically. It must be less than 10 cm. The distance between the two lapels of the jacket at belt level, needs to be of a minimum of 25 cm.
- Check length of the jacket (to cover the buttocks).
- Athletes must be in a standing position with their arms straight down by the side of their body with open hands as close to the body as possible.

- Check length of the sleeves. They need to cover up the full arms completely including the wrist bone (head of the ulna) in the defined control position (arms outstretched).
- Check with a sokuteiki the width of the sleeves, width of lapel, and length of trousers (the ankle bone, the malleolus, must be accessible for checking).
- The athletes to be checked need to be in a standing position. The arms must be straight put in front at chest height, palms open, fingers pointed upwards. Thumbs and forefingers of both hands should be in contact with each other to form a triangle.
- Athletes can wear any underwear or leggings below the belt. These should not go below the knee, except if it is a separate protection made of soft material. The protection should not appear below the judogi trousers.
- Check for athletes' advertisements to meet requirements.
- Check national emblem (100 cm<sup>2</sup>) on left side of the jacket).
- Female athletes must wear short sleeved white T-shirt (round necked). No visible advertisement should appear when judogi is done. Only logo of manufacturer (maximum 30 cm<sup>2</sup>) and national emblem can appear inside. No other marking allowed.
- If an athlete presents themselves with a tattoo mentioning political, religious or sporting bodies or promoting tobacco, alcohol, any prohibited substances listed in the Prohibited List of the World Antidoping Agency or any product, property or service contrary to good moral and ethical customs, it must be covered with an adhesive bandage or medical tape
- Verify the length of hand and foot nails and personal hygiene of the athlete.
- Long hair must be tied up with a non-metallic hair tie.
- Control any protective clothing (knee pad, elbow pad, shin pad etc.). No metallic part or any other part made of rigid material is allowed.
- Check any wearable medical devices are not a potential source of injury for the athlete or the athlete's opponent
- Ensure that the athlete is not carrying a prohibited object. This includes the holding or wearing of any electronic devices.
- Any head covering, socks, jewellery or body piercings must be removed.
- If the athlete fails the judogi control they will be given a second and last chance.

## APPENDIX 3 – HYGIENE

- The judogi shall be clean, generally dry and without unpleasant odour.
- The nails of the feet and hands shall be cut short.
- The personal hygiene of the athlete shall be of a high standard.
- Long hair shall be tied up so as to avoid causing any inconvenience to the other athlete.

Hair shall be tied by means of a hair band made of rubber or similar material and be void of any rigid or metal components. The head may not be covered except for bandaging of a medical nature, which must adhere firmly.

- Any athlete not willing to comply with the requirements of hygiene, judogi rules or the head cover regulation 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.

## APPENDIX 4 – COACHES



**Take note:** In this article, different rules apply depending upon the level of British Judo event. The rules here generally refer to Level 4 competition. Please refer to the British Judo Amendments to the IJF Contest Rules.

### Coaches

The coaches should respect the Code of Conduct. The coach is responsible for their athletes' conduct from entering the competition venue until leaving it, before and after each contest. The coaches should make sure that their athletes follow the instructions of the organisers, the schedules and judogi control protocols.

Coach positions are provided for each tatami and the coach must remain seated on the chair throughout the contest. During the contest the coach can only give instructions from this position. Coaching will be strictly limited to communication with athlete, tactical advice, encouragements and instructions in unexpected situations such as injury, etc.

Coaches are not allowed to give indications to the athletes while they are fighting. Only during the pause (after mate) will this be permitted. After the pause is finished, and the contest continues (hajime), coaches will have to keep silent again. If a coach does not follow these rules, they can be expelled from the competition area. If the coach persists with this behaviour from outside the competition area, they could be penalised.

Forbidden behaviour of a coach includes:

- Any comments on or criticism of the referees' decisions.
- Demanding correction of the referees' decisions.
- Any abusive gesture toward referees, officials or public.
- Touching, hitting, kicking etc. the advertising panels or any equipment.
- Any kind of behaviour showing disrespect to all parties involved in the competition.

### Procedure

In the case of not respecting the rules the following procedure will happen:

- First warning, informed by the referee, the coach can continue to coach from the mat side chair. In case of having just one warning in each contest, the coach can continue coaching the next contests. The warnings from different contests are not cumulative.
- Second warning, informed by the referee, the coach should move from the mat side chair to the public seating for the rest of the day. The coach cannot coach from the public seating.

In the case of more severe breaches of the code, the referee in charge and/or tournament director are authorised to take such action as necessary to ensure the continued smooth running of the event. This may include removing participants from the venue.

## APPENDIX 5 – VETERANS



**Take note:** This article differs from the IJF Sports Organisation Rules, here are shown the British Judo rules for Masters athletes and also any competition in which athletes over age 60 participate.

### Contest Duration and Golden Score

Contest duration for individual events will be as follows:

- M1/F1 to M6/F6: three (3) minutes. Unlimited golden score.
- M7/F7 and over: two and a half (2.5) minutes. One (1) minute golden score.

If a tie exists on technical scores (penalties are not considered) at the end of the one minute golden score time, the referee, in consultation with the table referees will determine the winner without calling hantei. They will determine this based on the athlete who came closest to scoring, and then who displayed the more positive judo.

### Shime-waza

Shime-waza is not permitted by either athlete in any contest where one or both of the athletes is aged 60 years of age and over. This applies to all BJA licenced competitions and dan gradings, at all levels, irrespective of if they are advertised for veterans or open age, and cannot be waived.

Recognising that categories may have mixed ages:

- Table officials or grading examiners should inform the referee before each contest that shime-waza is not permitted under this rule.
- Both athletes should be informed prior to hajime by the referee, unless the category is restricted to M7 / F7+ athletes, where the rule already applies to all competitors
- In such a contest, should an athlete apply or attempt to apply shime-waza, the referee will call mate at the earliest opportunity to prevent the action. The referee will remind the athlete that shime-waza is not permitted.
- There is no penalty.