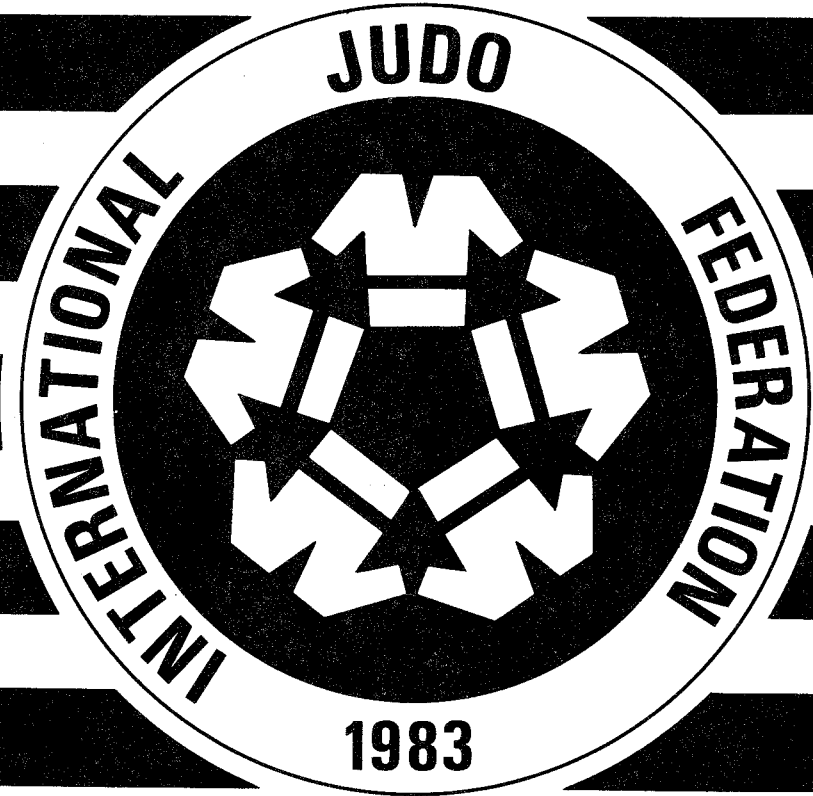


ENGLISH

J. Hays

HANDBOOK



CONTEST RULES

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Article 1 – Competition Area

The competition area shall be a minimum of 14m × 14m and a maximum of 16m × 16m and shall be covered by tatami or similarly acceptable material, generally green in colour (see I.J.F. Sporting Code).

The competition area shall be divided into two zones. The demarcation between these two zones shall be called the danger area and shall be indicated by a coloured area, generally red, approximately 1 m wide, forming part of or attached to the mat, parallel to the four sides of the competition area.

The area within and including the danger zone, shall be called the contest area and shall always be of a minimum of 9 m × 9 m or a maximum of 10m × 10m. The area outside the danger zone shall be called the safety area and shall be approximately 3m wide (but never less than 2.5 m).

An adhesive red tape and a white tape, approximately 6cm wide and 25 cm long shall be fixed on the centre of the contest area at a distance of 4 m apart, to indicate the positions at which the contestants must start and end the contest. The red tape shall be to the referee's right and the white to his left.

The competition area must be fixed to a resilient floor or platform (see Appendix).

Where two or more adjoining competition areas are used, a common safety area of a minimum of 3 m is permitted.

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

APPENDIX Article 1 – Competition area

Tatamis

Traditionally, rectangular elements in sizes varying from 183 cm to 91.5 cm or slightly smaller according to the regions of Japan.

Today, generally measuring one meter by two meters, made of pressed straw or, more frequently, from pressed foam.

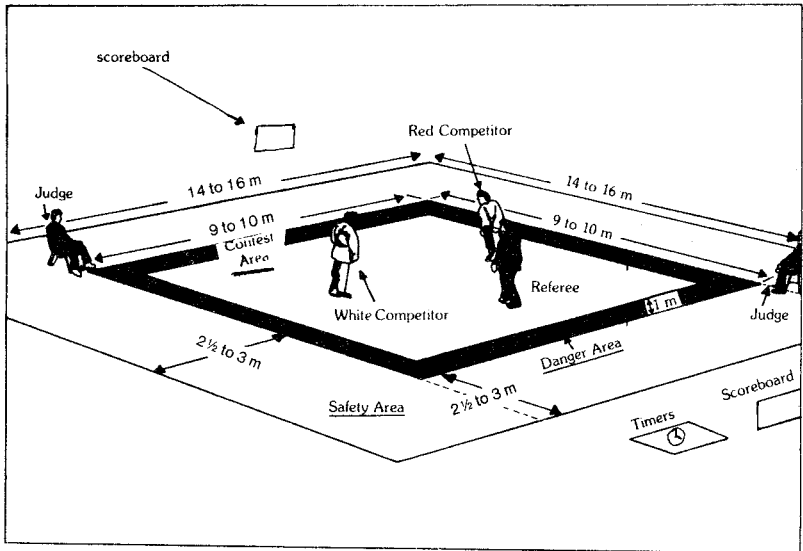
They must be firm under foot and have the property of absorbing shock during "Ukemi".

They must be covered with a plasticized material in red or green, must not be slippery nor too rough.

These elements making up the surface for the competition must be aligned without space in between, be smooth on surface and fixed in such a way that they will not be displaced.

Platform

The platform is optional and must be made of solid wood, while still having a certain resilience measuring approximately 18 meters on the side without ever going beyond 50 cm in height.



Article 2 – Equipment

(a) Chairs and Flags (Judges)

Two lightweight chairs must be placed on the safety area at diagonally opposite corners of the contest area and in a position so as not to obstruct the judges' and recorders' view of the scoreboard. One red and one white flag shall be placed in a holster affixed to each chair (see I.J.F. Sporting Code).

(b) Scoreboards

Two scoreboards per contest area shall be placed diagonally outside the competition area at positions where they can be easily seen by the judges.

Whenever electric scoreboards are used, manual scoreboards must be available for Control and Reserve (see Appendix.)

(c) Timing Clocks

There shall be timing clocks as follows:

Contest duration	–	one
Osaekomi	–	two
Injury	–	two (one for red, one for white)
In reserve	–	one

Whenever electric timing clocks are used, manual timing clocks must be used for control and reserve (see Appendix).

(d) Flags (Time Keepers)

Timekeepers shall use flags as follows:

Yellow	–	contest duration
Blue	–	osaekomi
Green	–	injury

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

(e) Time Signal

There shall be a bell or similar audible device to indicate to the referee the end of the time allotted for the contest.

(f) Red and White Sashes

The contestant shall wear a red or white sash at least 5 cm wide, long enough to go once around the contestant's waist over the grade belt, and when tied, to leave 20 to 30 cm protruding at each end. (First called wears red, etc. See Sporting Code).

APPENDIX Article 2 – Equipment

Position of recorders/scorers/timekeepers

As far as possible, the “scorers” and “timekeepers” must be facing the referee and well in view of the “recorders”.

Distance of spectators

In general the spectators should not be admitted less than 3 meters from the surface of the competition.


Reserve manual timing clocks

The “clocks” must be handy to those in charge, and they must be checked for accuracy at the start of the competition.

Reserve manual scoreboards

The scoreboards must correspond to the demands set out by the IJF and should be at the disposal of the referees in case of need.

(b) Manual Scoreboard

				
PÉNALITÉ PENALTY	POINTAGE SCORE		POINTAGE SCORE	PÉNALITÉ PENALTY
		WAZA-ARI		
		YUKO		
		KOKA		

Article 3 – Uniform

The contestants shall wear "judogi" (Judo costume) complying with the following conditions:

- (a) Strongly made in cotton or similar material, in good condition (without rent or tear).
- (b) White or off white, without excessive markings.
- (c) The jacket shall be long enough to cover half of the contestants thighs.
- (d) The sleeves of the jacket shall be long enough to cover more than half the forearms, without exceeding the wrist joint.
A space of 5 to 8 cm shall exist between the sleeve and the arm (inclusive of bandages), on the whole length of the sleeve.
- (e) The trousers, free of any markings, shall be long enough to cover more than half of the calf without exceeding the ankle. A space of 5 to 8 cm shall exist between the leg (inclusive of bandages) and the trouser leg.
- (f) A strong belt, 4 to 5 cm wide, which colour corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the waist and leave 20 to 30 cm protruding from each side of the knot when tied.
- (g) Female contestants shall wear under the jacket a **plain** white or off white tee-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers.

Article 4 – Hygiene

- (a) The "judogi" shall be clean, generally dry and without unpleasant odour.
- (b) The nails of the feet and hands shall be cut short.
- (c) The personal hygiene of the contestant shall be of a reasonable standard.
- (d) Long hair shall be tied so as to avoid causing inconvenience to the other contestant.

Article 5 – Officials

Generally, the contest shall be conducted by one referee and two judges.

The referee and judges shall be assisted by contest recorders and time keepers.

APPENDIX Article 5 – Officials

(Extract from I.J.F. Sporting Code)

37. Officials and technical assistants of the organizing National Federation (see Check-List)

The timekeepers, list writers and recorders as well as other technical assistants must be of a minimum of 21 years age, have a minimum of three years' experience as national referees and a good knowledge of the Contest Rules. The Organizing Committee must ensure that they have been thoroughly trained prior to officiating. There shall be a minimum of two timekeepers; one to register the real contest time and one to specialize in "osaekomi". If possible there should be a third person to supervise the two timekeepers to avoid any errors due to mistakes or forgetfulness.

The overall timekeeper (real contest time) starts his watch on hearing the comments "hajime" or "yoshi" and stops it on hearing the comments "matte" or "sono-mama".

The osaekomi timekeepers starts his watch on hearing "osaekomi", stops it on "sono-mama", restarts it on hearing "yoshi". Either on hearing "toketa" he stops his watch and indicates the number of seconds elapsed to the referee or on expiry of the time for osaekomi (30 seconds where there has been no previous score or 25 seconds where the person being held in the osaekomi has had a waza-ari or kei-koku awarded against him) indicates the end of the osaekomi by means of a signal.

The osaekomi timekeepers shall stop the watch on hearing "sono-mama" and restart the watch on hearing "yoshi".

The overall timekeeper (real contest time) shall raise a green flag whenever he has stopped the watch on hearing the comment and seeing the signal of "matte" or "sono-mama" and shall lower the flag when he restarts the watch on hearing "hajime" or "yoshi".

When the time allowed for the contest has expired the timekeepers shall notify the referee of this fact by a clearly audible signal (see Articles 12 and 13 of the Contest Rules).

The contest recorder must ensure that he is completely informed of the current signs and signals in use to indicate the result of a contest.

In addition to the above persons there shall be a list-writer to record the overall course of the contests.

Injury time shall be indicated in the same way as described for the osaekomi timekeeper.

If electronic systems are used the procedure will be the same as described above. Nevertheless it shall be ensured that manual recording devices are available.

54. A competitor who is not at his place on the contest area after three calls at one minute intervals, will forfeit the match.

Article 6 – Position and Function of Referee

The referee shall generally stay within the competition area.

He shall conduct the contest and administer the judgement. He shall ensure that his decisions are correctly recorded.

Article 7 – Position and Function of Judges

The judges must assist the referee and sit opposite each other at two corners outside the contest area. Each judge must indicate his opinion by making the appropriate official gesture, whenever his opinion differs from that of the referee on a technical evaluation or for a penalty announced by the referee.

Should the referee express an opinion of a higher degree than that of the two judges on a technical result or a penalty, he must adjust his evaluation to that of the judge having expressed the higher evaluation.

Should the referee express an opinion of a lower degree than that of the two judges on a technical result or penalty, he must adjust his evaluation to that of the judge having expressed the lower evaluation.

Should one judge express an opinion of a higher degree and the other judge an opinion of a lower degree than that of the referee, the referee may maintain his opinion.

Should both judges express a judgement different from that of the referee, and the referee not have noticed their signals, they stand up, maintain their gesture until the referee is informed of this and rectifies his evaluation.

Should, after an appreciable time (a few seconds) the referee not have noticed the standing judges, the judge who is closest to the referee must immediately approach him and inform him of the majority opinion.

The judge must, by the appropriate gesture, express his opinion about the validity of any action on the edge or outside of the contest area. Any discussion may be possible and necessary only if the referee or one of the judges has been a witness of something that the two others have not seen and which could change the decision, but the one whose opinion is of a minority, must be sure of what he puts forward in order to avoid unnecessary discussion. The judges must also observe that the scores recorded by the contest recorder are correct with the scores announced by the referee.

Should a contestant temporarily leave the contest area for a reason considered necessary by the referee, a judge must obligatorily go with the contestant to see that no anomaly occurs. This authorization shall be given only for exceptional circumstances (to change "judogi" in case of non-conformity with norms.)

APPENDIX Article 6 – Position and function of referee

When the referee announces an appraisalment, he shall, without losing sight of the contestants and while maintaining his gesture, be placed to observe if the judge whose position allows him to assist him better indicates a different appraisalment, showing in this way his disapproval.

In cases, such as when both contestants are in ne-waza and facing outwards, the referee may observe the action from the safety area.

(Extract from I.J.F. Sporting Code)

36. Before officiating at a contest, the referees and judges should familiarize themselves with the sound of the bell or means of indicating the end of the contest on their particular mat area.

When assuming control of a competition area the referee and judges should ensure that the mat surface is clean and in good condition, that there are no gaps between the mats, that the judges' chairs are in position and that the competitors comply with Articles 3 and 4 of the contest rules.

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

APPENDIX Article 7 – Position and function of judges

The judges (and referees) should leave the contest areas during presentations or any lengthy delay in the program.

The judge should sit with both feet apart/on the mat/in front of his chair and should place his hands/palms down/on his knees.

A judge must not make any alteration to the scoreboard unless directed to do so by the referee. However, should a judge note that the scoreboard is incorrect, he should draw the referee's attention to the mistake.

A judge must be quick to remove himself and his chair should his position endanger the contestants.

If a judge disagrees with the opinion expressed by the referee, or if the referee does not express an opinion, the judge should signal his opinion.

A judge should not pre-empt the referee's signal for a score.

In an action on the edge – the judge should first signal whether the action is IN or OUT – then signal, if necessary, whether the subsequent action is IN or OUT.

Should a female contestant have to change any part of her uniform outside the contest area and the judges are not female, a female official designated by the organizing committee shall accompany the contestant.

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

Should a judge signal an action 'OUT', the referee (for example) Ippon and the other judge a lesser score, a majority decision should first decide whether the action was 'IN' or 'OUT', then, if judged 'IN', a majority decision should decide the score.

Article 8 – Gestures

(a) The Referee

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

- (i) Ippon: shall raise one arm with palm of hand facing forward, high above the head.
- (ii) Waza-ari: shall raise one of his arms with palm of hand facing downwards, to shoulder height.
- (iii) Waza-ari awasete ippon: First waza-ari, then ippon gesture.
- (iv) Yuko: shall raise one of his arms, with palm of hand facing downwards 45° from his body.
- (v) Koka: shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.
- (vi) Osae-komi: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- (vii) Osaekomi-toketa: shall raise one of his arms to the front and wave it from right to left quickly two or three times.
- (viii) Hiki-wake: shall raise one of his hands high in the air and bring it down to the front of his body (with thumb edge up) and hold it there for a while.
- (ix) Matte: shall raise one of his hands to shoulder height and with his arm approximately parallel to the tatami, shall display the flattened palm of his hand (fingers up) to the timekeeper.
- (x) Sono-mama: shall bend forward and touch both contestants with the palms of his hands.
- (xi) Yoshi: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- (xii) To indicate a technique not considered valid: shall raise one of his hands above his head to the front and wave it from right to left two or three times.
- (xiii) To indicate the cancellation of an expressed opinion: shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times.
- (xiv) Hantei: shall raise one arm with palm of hand facing inward high above the head.
- (xv) To indicate the winner of a contest (by: yusei-gachi, kiken-gachi, fusen-gachi, sogo-gachi): shall raise one hand, palm in, above shoulder height towards the winner.
- (xvi) To direct the contestant(s) to re-adjust the "judogi": cross left hand over right, palms facing inwards, at belt height.
- (xvii) Warning for non-combativity: rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant.
- (xviii) To award a penalty (shido, chui, keikoku, hansoku-make): point towards the contestant with the index finger extended from a closed fist.

APPENDIX Article 8 – Gestures

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

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

Yuko and waza-ari signals should start with the arm across the chest, then sideways to the correct finishing position.

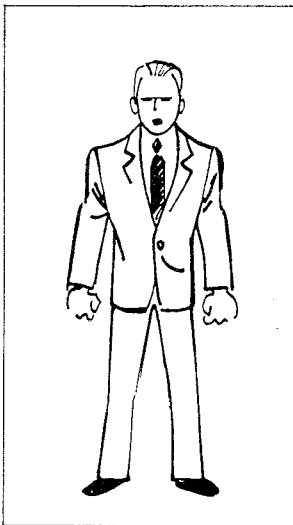
Koka, Yuko Waza-ari signals should be maintained while a ninety degree turn is made to ensure that the score is clearly visible to the judges. However, care should be taken when turning to keep the contestants within view.

Should both contestants be given a warning for non-combativity, the referee should point alternatively at both contestants (left forefinger for contestant on his left and right forefinger for contestant on his right).

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

There should be no announcement made when cancelling a score/penalty.

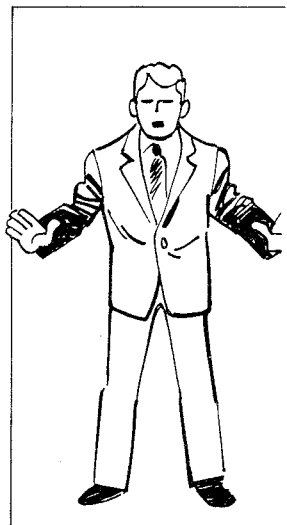
All gestures should be maintained for at least three seconds.



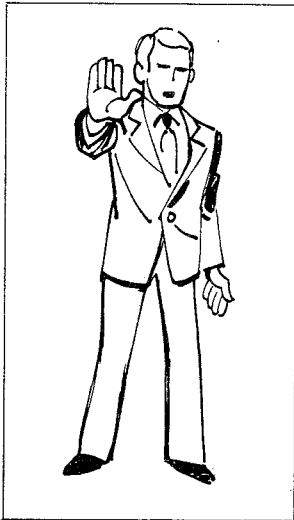
HAJIME



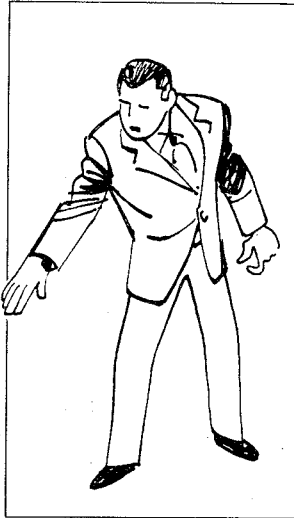
SONO-MAMA



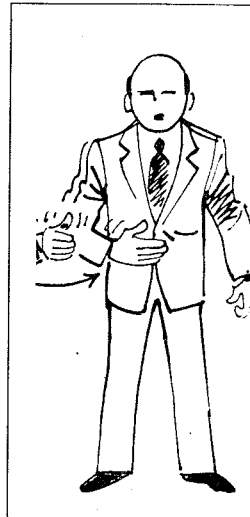
YOSHI



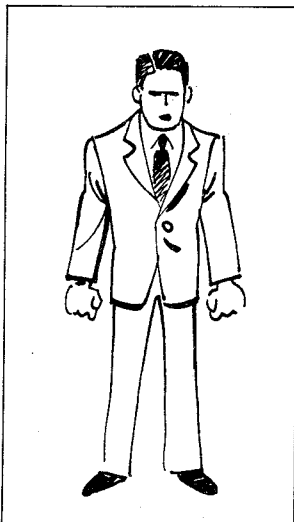
MATTE



OSAE-KOMI



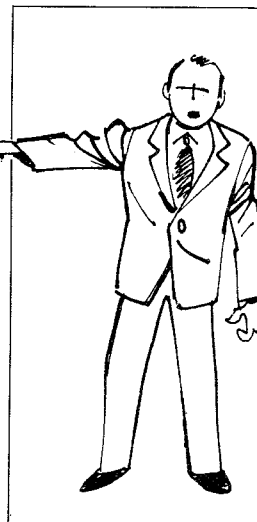
TOKETA



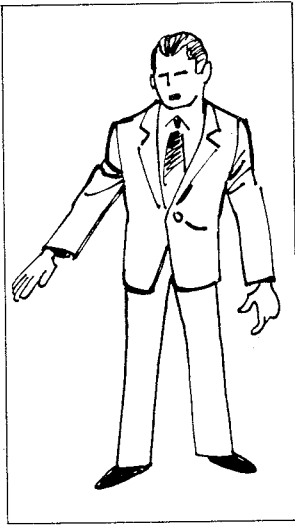
SORE-MADE



IPPON



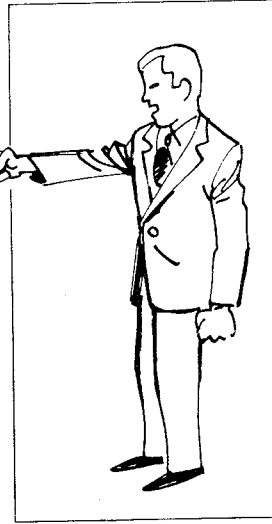
WAZA-ARI



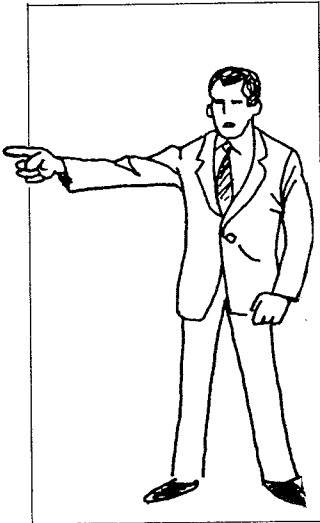
YUKO



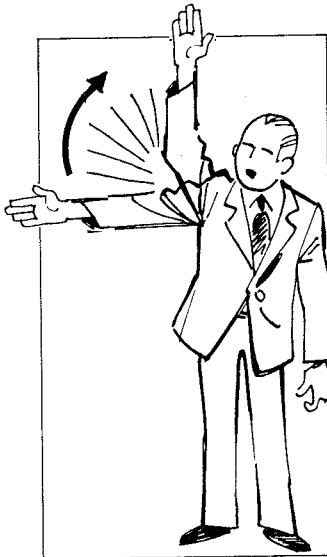
KOKA



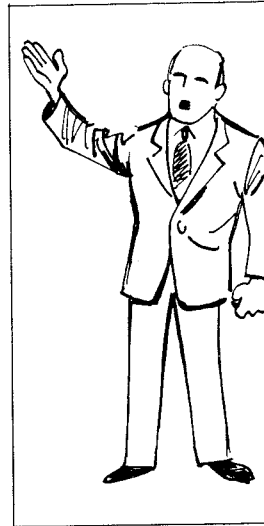
HANSOKU-MAKE



KEIKOKU
CHUI
SHIDO

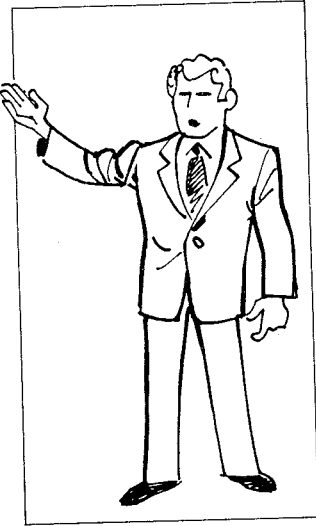


WAZA-ARI
AWASETE IPPON

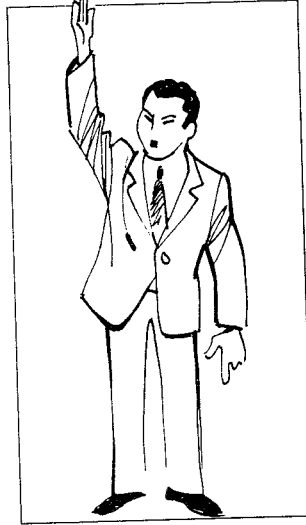


SOGO-GASHI

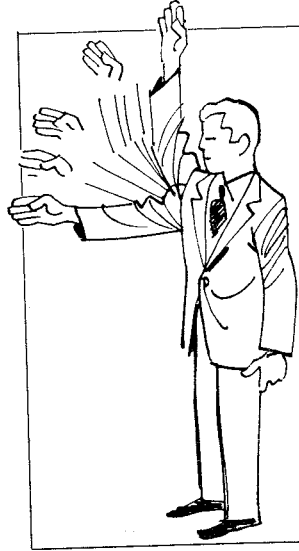
Article 8 – Gestures



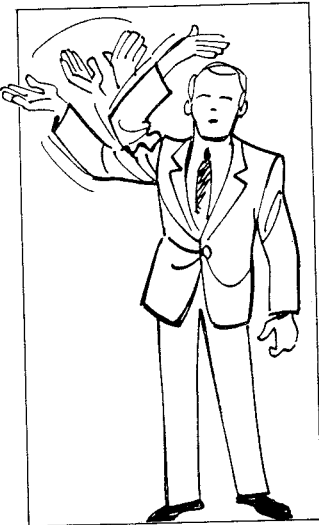
SOGO-GACHI
KIKEN-GASHI
FUSEN-GASHI
YUSEI-GACHI



HANTEI



HIKI-WAKE



NOT VALUABLE

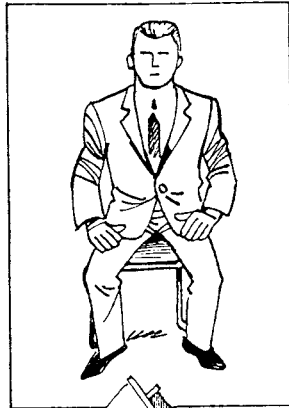


NON-COMBATIVITY

(b) **The Judges**

- (i) To indicate that he considers a contestant has stayed within the contest area, the judge shall raise one of his hands up in the air and bring it down to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and momentarily hold it there.
- (ii) To indicate that in his opinion one of the contestants is out of the contest area, the judge shall raise one of his hands to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and wave it from right to left, or vice versa, several times.
- (iii) To indicate that in his opinion a score/penalty or opinion given by the referee according to Article 8 (a) has no value, the judge will raise his hand above his head and wave it from right to left two or three times.
- (iv) To indicate that his opinion differs from that of the referee, the judge(s) will make one of the signals of Article 8 (a).
- (v) After the referee has announced "Hantei" the judges shall **immediately** raise either the white or red flag above their heads in order to indicate which contestant they consider merits the decision.
- (vi) After the referee has announced "Hantei" the judges shall raise the white and red flags simultaneously to indicate Hikiwake (draw).

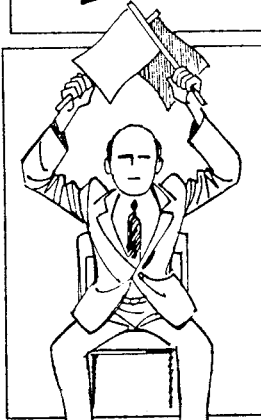
APPENDIX (b) The Judges



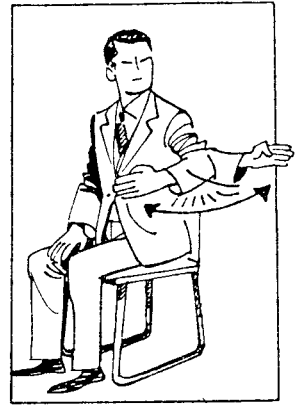
JUDGE NORMAL POSITION



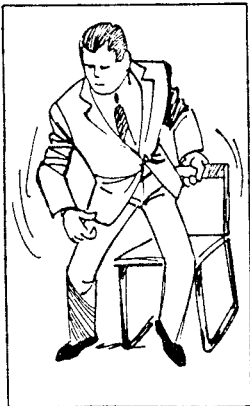
DECISION



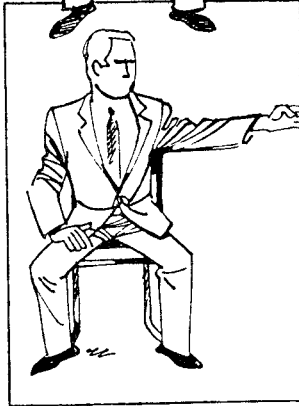
HIKI-WAKE



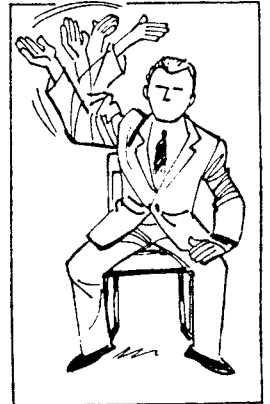
OUTSIDE



MOVING THE CHAIR



INSIDE



NOT VALUABLE

Article 9 – Contest – Location, Judgement and Control

The contest shall be fought on the contest area (refer Article 1) and shall be controlled and judged on the basis of Articles 17 to 33 inclusive.

Article 10 – Location (Areas Valid)

The contest shall be fought in the contest area. Any technique applied when one or both contestants are outside the contest area shall not be recognized. That is to say that if one contestant shall have even one of his feet hands or knees outside the contest area while standing or more than half of his body outside the contest area while doing sutemi-waza or ne-waza, he shall be considered as being outside the contest area.

Exceptions:

- A. When one contestant throws his opponent outside the contest area, but himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent, the technique shall be recognized.
- B. When osae-komi has been announced, the contest may continue until the time allowed for the osae-komi expires, until one contestant submits, or toketa is announced, so long as at least one contestant has any part of his body **touching** the contest area.
- C. If during the course of an attack such as o-uchi-gari or ko-uchi-gari the foot or leg of the thrower leaves the contest area and moves over the mat of the safety area, the action should be considered valid (**for scoring purposes**) so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area.



FIGURE 10

FIGURE 10-1



FIGURE 10-2



FIGURE 10-3



FIGURE 10-4



FIGURE 10-5

APPENDIX Article 9 – Contest (Location-judgement-control)

APPENDIX Article 10 – Location (Areas valid)

Uke may attempt shime-waza or kansetsu-waza whilst osaekomi is in progress even if his body is more than half outside the contest area. However, "Matte" must be announced, if the osaekomi is broken or the contestants leave the contest area completely.

In the case of 'Osaekomi on the Edge' – should the **one part** of the contestant still **touching** the contest area, become "airborne" (i.e. it is raised up and loses contact with the mat) – the referee must announce 'Toketa' and then 'Matte'.

In the case where Tori becomes 'airborne' (i.e. he is in the air and no longer in contact with the mat) outside the contest area during the execution of a throw, the technique can only be considered valid for scoring purposes, if Uke lands before any part of Tori touches outside the contest area.

As the colored danger area which defines the contest area from the safety area is immediately inside the boundary of the contest area, any contestant whose feet are still touching the colored danger area in the standing position should be considered as being within the contest area.

When performing sutemi-waza, a throw is considered valid if the thrower has one half or more of his body within the contest area. (Therefore, neither foot of the thrower should leave the contest area before his back or hips touch the mat.)

In ne-waza, the action is valid and may continue so long as both contestants have at least half of their bodies inside the contest area.

If the thrower falls outside the contest area whilst making a throw, the action will only be considered for scoring purposes where the opponent's body touches the mat before the thrower's. Therefore if a thrower's knee, hand or any other part of his body touches the safety area before his opponent's any result obtained thereby should be disregarded.

If during the course of an attack, such as o-uchi-gari or ko-uchi-gari, the foot or leg of the thrower leaves the contest area and moves over the mats of the safety area, the action should be considered for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is out of the contest area.

Once the contest has started the contestants may only leave the competition area if given permission to do so by the referee. Permission will only be given in very exceptional circumstances, such as the necessity to change a judogi which does not comply with Article 3 or which has become damaged or soiled.

