Detailed Explanation of the IJF Judo Refereeing Rules

Effective from 1 January 2018

(Updated Version 13 January 2020)
• A completely new slide icon has the green icon in the top right corner.

• Slides with new red text or an updated photo have the blue icon in the top right corner.

All video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020 can be found here:

https://refereeusb.ijf.org/

The current version of the IJF Sport and Organisation Rules (SOR) can be found here:

https://www.IJF.org/ijf/documents/5
Distinguished Members of the International Judo Community,

I am pleased to introduce to you our updated detailed explanation of the rules effective from 1 January 2020. This update clarifies some points that have been raised since the previous version of this document (9 March 2018).

In the process of development of our sport, it is of utmost importance to do the best, first of all for the content and the image of our sport, for a better comprehensibility and consistence of the rules for judokas, judo lovers and the World.

We are continuously reforming the strategy in all the sectors of the IJF to make our sport a modern one, outstanding and understandable for everyone.

I’m convinced the new elements of the rules and judo methodic will be a great benefit for the judo family, spectators, partners and media.

Marius L. Vizer
President
International Judo Federation
Main points from IJF Executive Committee Working Meeting (13/01/2018) and the IJF Seminar, Doha (11-12/01/2020)

- Kansetsu-waza and Shime-waza are not valid if both athletes are in a Tachi-waza standing position.
- Transition from Ne-waza to Tachi-waza is valid.
- In the case of Kaeshi-waza tori, the thrower who is applying the counter attack, CANNOT use the impact of landing on the tatami.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
- In folder 05_Kaeshi-waza: clips 40a to 42b are too late to be considered as a score for the first technique.
- In folder 05_Kaeshi-waza: clips 43a to 45b in these cases the Kaeshi-waza is valid.
Main points from IJF Executive Committee Working Meeting (18/10/2017) and the IJF Seminar, Doha (11-12/01/2020)

• Definition of Waza-ari and of Ippon, amplification of the evaluation of Ippon, more value will now be given.
• Definition of bridge and head defence and all the consequences.
• Double Hansoku-make for negative judo.
• Give the power to the central referee on the tatami to do their job and for the supervisors and referee commission to intervene only when there is a major mistake.
• Continue to promote positive judo.
Judogi

• For a better efficiency and to have a good grip it is necessary for the jacket to be well fitted in the belt, with the belt tied tightly.
• To reinforce that, the competitor shall arrange their judogi and belt quickly between Mate! and Hajime! announced by the referee.
• If an athlete intentionally loses time arranging his jacket and belt, he will receive Shido.
Judogi control

Jacket (see picture 11)
The “skirt” has to cover the buttocks completely. 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 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.
Duration of contests

• Men and women four (4) minutes.
Technical score

• In regular time (4 minutes), a contest can only be won by a technical score or scores (one Waza-ari or Ippon).

• A penalty or penalties will not decide the winner, except for Hansoku-make (direct or accumulative).

• A penalty is never a score.

• There are now two Shido and the third Shido becomes Hansoku-make.
Golden score

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 of the number of Shido given.

- Any existing score(s) and/or Shido(s) 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 (Waza-ari or Ippon) or Hansoku-make (direct or by accumulative Shido).
- A penalty is never a score.
Evaluation of the points in Nage-waza

• There will now only be Ippon and Waza-ari.

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

(*) “Ikioi” = momentum with both force and speed.

“Hazumi” = skillfulness with impetus, sharpness or rhythm.

• Criteria for Ippon:
  1. Speed;
  2. Force;
  3. On the back;
  4. Skillfully control until the end of the landing.

• Rolling can be considered Ippon only if there is no break during landing.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

• In folder 01_Waza-ari_vs_Ippon: clips 1a to 3b are clearly waza-ari, and from 4a to 6b are clearly ippon.
Difference of the rolling makes the evaluation of the points it is Ippon when Uke rolls on his back.
Evaluation of the points

• Waza-ari will be given when the four ippon criteria are not fully achieved.

• The value of Waza-ari includes those given for yuko in the past.

• Two Waza-ari are the equivalent of one ippon (waza-ari-awasete-ippon) and the contest will be finished.

• Rolling can be considered Waza-ari if there is a break during landing or the landing is on the side (bottom to shoulder or shoulder to bottom).
Difference of the rolling makes the evaluation of the points it is Waza-ari when Uke rolls on his side or hips.
Waza-ari

• The value of Waza-ari includes those given for Yuko and Waza-ari in the past.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

• In folder: 02_Waza-ari_vs_No_score: clips 14a to 16b are considered to be Waza-ari.
Waza-ari

- Landing on both elbows or two arms, *simultaneously*, is considered valid and should be evaluated with Waza-ari.

- Landing on one elbow, on the bottom or the knee with immediately continuation on the back will be Waza-ari.

- Landing on one elbow and one hand is considered valid and should be evaluated with Waza-ari.
Not Waza-ari

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
• In folder: 02_Waza-ari_vs_No_score: clip 11b
Bridge

• All situations of voluntarily landing in the bridge position, will be considered Ippon.

Head defence

• Voluntary use of the head for defence to avoid landing in / escaping from a score will be given Hansoku-make. In this case Uke would land on their stomach or front side or knees. The competitor loses this contest but can continue in the competition if applicable.
Involuntary head defence - no penalty for Tori & Uke

- Special attention will be given to the following situations where Tori attempts to throw his opponent during Tachi-waza:
  - Seoi-otoshi
  - Seoi-nage
  - Sode-tsurikomi-goshi with the grip on both sleeves.
  - Koshi-guruma with both grips on the collar.

These are examples and this situation can occur with other throwing techniques.
Involuntary head defence - no penalty for Tori & Uke

Example 1:
Seoi-otoshi
Involuntary head defence - no penalty for Tori & Uke

Example 2:
Sode-tsurikomi-goshi with the grip on both sleeves
Involuntary head defence - no penalty for Tori & Uke

Example 3: Koshi-guruma with both grips on the collar
Diving

For all diving actions, Hansoku-make will be given, the competitor loses this contest but can continue in the competition, if applicable.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
  • In folder: 12_Grip_below_the_belt: clips 99a, 99b
  • In folder: 17_Miscellaneous: clips 135a, 135b.
Counter-attack

• In the case of Kaeshi-waza Tori, the thrower who is applying the counter attack, CANNOT use the impact of landing on the tatami.

• If a score can be given, it will be assigned.

• 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.

**Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:**

• In folder 05_Kaeshi-waza: clips 41a and 41b are considered to be a score for blue.

• In folder 05_Kaeshi-waza: clips 44a and 44b are considered to be good Kaeshi-waza and a score for white.
Immobilisations (Osaekomi-waza)

• Waza-ari: 10 seconds

• Ippon: 20 seconds
Immobilisations (Osaekomi-waza)

• The "Ura" position is now valid.
Immobilisations (Osaekomi-waza)

• This kind of Osaekomi is not valid.
Immobilisations (Osaekomi-waza)

- Control in Ne-waza using arms or legs around the neck without the opponent’s arm inside will be considered as Mate.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
- In folder: 07_Osae_Komi_vs_No_Osae_Komi: clips 59a, 59b, 60a and 60b.
SHIDO

Shime-waza – forbidden

• Shime-waza or Kansetsu-waza while over-stretching a straight leg is forbidden.

• 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 immediate and Shido will be given.
Shime-waza - forbidden

- Shime-waza is not allowed with either your own or your opponents belt or bottom of the jacket, or using only the fingers.
- This action should be penalized by Shido.
Valid actions, no Shido

- It is possible to grip the leg only when the two contestants are clearly in Ne-waza and the Tachi-waza action has stopped. Tori in this Tachi-waza position can apply Kansetsu-waza or Shime-waza because Uke is in a Ne-waza position.
Continuous Ne-waza

If Ne-waza starts inside the contest area and goes outside with continuous action from either athlete it can be valid.

Ne-waza transition in Shime-waza or Kansetsu-waza are considered valid if Tori or Uke make a real attack or counter attack.
Ude-gaeshi (arm reverse)

If Ude-gaeshi (arm reverse) is applied in a standing position, the referee must call mate immediately and shido will be given.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
- In folder: 17_Miscellaneous: clips 136a and 136b.
Invalid Immobilisations (Osaekomi-waza)

Toketa should be announced if, during osaekomi, uke succeeds in “trapping” the leg(s) of tori, either from above or from below the leg.
Immobilisations (Osaekomi-waza)

- Osaekomi will also continue outside of the contest area as long as Osaekomi was called inside.
- If during the Ne-waza outside uke takes over the control with one of these nominated techniques in a continuous succession, it shall be also valid.
Valid actions, no mate - Shime-waza
Valid actions, no Mate

• When it is allowed to continue action that started in the valid area.
Valid actions - no Mate

- When it is allowed to continue action that started in the valid area.
Valid actions, no Mate - Kansetsu-waza
Applying of Kumikata

- The time between classic Kumikata and making an attack is extended up to 45 seconds as long as there is a positive progression.
Shido

• Breaking the grip of the opponent with two hands.
Shido

Avoid Uke’s grip with a blow on his arm or hand.

Pulling out the bottom of Uke’s jacket or his own jacket

Covering the edge / lapel of the his own jacket preventing the grip of his opponent.
Shido

Blocking the opponent’s hands.
Shido

• Breaking the grip of the opponent with the knee or leg.
Unconventional Kumikata

• To simplify the refereeing and it’s understanding some of the actions on how to grab the jacket or belt, all unconventional Kumikata (pistol grip, pocket grip, belt grip, one side grip, cross grip …) is allowed if followed by an immediate attack.

• In the case of no immediate attack those grips will be penalized by Shido.
Unconventional Kumikata

- Not taking a classic grip will be penalized by Shido if there is not an immediate attack.
Unconventional Kumikata

• Not taking a classic grip will be penalized by Shido if there is not an immediate attack.
Unconventional Kumikata

• Not taking a classic grip will be penalized by Shido if there is not an immediate attack.
Unconventional Kumikata

• Not taking a classic grip will be penalized by Shido if there is not an immediate attack.
Bending position

• To force the opponent with both arms, especially with a collar and lapel grip, to take a bending position without immediate attack will be penalized by Shido for a blocking attitude.
One or two feet outside the contest area

One foot outside of the contest area without immediate attack or not returning immediately inside the contest area will be given Shido.

It is Shido: if the athlete in blue, is not going back in the yellow area or is not attacking immediately.
Bear hug

• Who wants to attack with bear hug must have a minimum one grip before making the attack.

• It is not valid to make a second grip simultaneously or consecutively. Only touching the Judogi is not considered as Kumikata, gripping is necessary.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
• In folder: 13_Bear_Hug: clips 103a and 103b.
IJF RULES EXPLANATION (updated 13 January 2020)

Bear hug

Valid grips
Bear hug - double points

• If after a blue bear hug or blue touching the leg, white throws blue for a Waza-ari; the score (white Waza-ari) and the penalty (blue Shido) will be given.
Leg entanglement position

• The act of entangling the leg without making an immediate attack must be penalized with Shido.
Kawazu-gake – Hansoku-make
**Leg grabbing – forbidden**

- For all grabbing below the belt, shido will be given.
- Leg grabbing or grabbing the trousers, will be given Shido, each time.
- There will be up to 3 Shido for Hansoku-make.
Leg grabbing - forbidden
Leg grabbing - allowed

- Valid actions, no Shido
Kata-sankaku grip (gripping with both arms the neck and one shoulder of the opponent)

It is allowed to use Kata-sankaku grip in Ne-waza action.

Kata-sankaku in Ne-waza is prohibited to block the opponent’s body with the legs and must be mate.

Kata-sankaku grip with the intention to throw will be considered Hansoku-make. If the situation starts from Ne-Waza mate must be given immediately.
When is it Ne-waza?

In all these positions the blue athlete can touch the leg.

Both athletes must have two knees on the floor, for it to be considered Ne-waza.

No contact between the opponents must be Mate!

Lying on the stomach on the ground, the blue athlete is in Ne-waza.

If the blue athlete has two elbows and two knees on the floor the white athlete can do a technique only to transition into Ne-waza. From this position a throw cannot be considered for a score.
What is Ne-shisei?

White athlete, from these positions can throw his opponent but the attack must be done immediately.

Grip control from standing athlete (white): we still consider athlete on the knees (blue) in Tachi-waza and consequently Tachi-waza regulation would be applied. However, if white does not attack immediately, then the referee must call Mate! Athlete on the knees (blue) cannot grab the legs to defend the throw with his arms, if this happens, Shido will be given.
White athlete, from this position can throw his opponent but the attack must be done immediately.
Kansetsu-waza and Shime-waza NOT valid situation

• Kansetsu –waza and Shime- waza are not valid if both athletes are in a Tachi-waza (standing position). Mate and Shido should be announced. Naturally if the action is dangerous or can injure the opponent, as usual, it will be Hansoku-make.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:
• In folder: 15_Kansetsu_from_Tachi_waza_-_Shido: clips 117a, 117b, 118a and 118b.
Nage-waza valid situation

• In this position Tori, after applying a real attack, can apply Sutemi-waza that can continue into Ne-waza.
Nage-waza valid situation

• In this position Tori can apply a throwing technique and can continue with Kansetsu-waza or Shime-waza or Osaekomi-waza (not shown) after a real attack or a counter attack.
Negative judo

- In the case of a double Hansoku-make (in regular time and golden score) as a consequence of a third Shido both athletes will be disqualified from the competition.
- For a direct Hansoku-make given to both contestants, the IJF Jury will decide.
VERY IMPORTANT

If it is not extremely clear who should receive the score or penalty, in the spirit of fair play it is better not to take any decision and to allow the contest to continue.
### IJF Rules Explanation

#### IJF Ranking Events

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<thead>
<tr>
<th>Event</th>
<th>Position</th>
<th>Cont. Ch. / W. Ch.</th>
<th>Grand Prix</th>
<th>Grand Slam</th>
<th>Masters Top 16</th>
<th>World Champs</th>
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#### Prize Money

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<th>6th Place</th>
<th>7th Place</th>
<th>1/16th</th>
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#### Notes

- No limit
- Max. 2 per country (not exceeding the total number of 3 men and 3 women per country)
- Max. 4 domestic
- Max. 4 domestic
- No limit
- Max. 2 per country

- Results from the 2018-2020 season
Teams World Ranking List

• The Teams World Ranking List will consist of points from Continental Championships and World Championships.

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<th>Placing</th>
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<th>World Championship points</th>
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