

# 2015 SOR

## Sport and Organization Rules of the International Judo Federation

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Edition **2015**



**International Judo Federation**  
**IJF Lausanne Office**  
Avenue Frédéric-César-de-La-Harpe 49  
1007 Lausanne  
Switzerland

[www.ijf.org](http://www.ijf.org)  
Email: [office@ijf.org](mailto:office@ijf.org)





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## SECTION 1



A high-angle photograph of a large stadium filled with spectators. The image is overlaid with a semi-transparent purple filter. Two prominent, parallel swooshes, one yellow and one red, curve across the upper half of the frame. In the foreground, a few individuals are visible on the stadium's walkways and stairs.

# GENERAL INFORMATION

## 1.1 PREAMBLE

**The Sport and Organization Rules (SOR) of the International Judo Federation (IJF) in conjunction with the Statutes, Finance Rules and the IJF Refereeing Rules, are the binding documents for the holding of World Championships and all competitions held under the responsibility and auspices of the IJF. Specific supplemental procedures will be issued for the holding of Judo competitions at the Summer Olympic and Youth Olympic Games.**

The SOR, along with the IJF Event Organization Guide (EOG), serves as a guideline for the organization of all Judo competitions, regardless of level. Departure from the rules outlined in the SOR and EOG are not permitted. In the SOR the masculine gender is used to refer to any physical person, (for example,

names such as member, leader, official, participant, athlete, judge, referee or chaperone etc.) it shall, unless there is a specific provision to the contrary, be understood to include the feminine gender.

**Note:** the IJF Head Sport Director nominates Technical Delegates to control the IJF events such as Grand Prix, Grand Slam, Masters and to advise the event organizers. Nominations are planned according to calendar of IJF events for each year. The Continental Opens are under control of the Continental Unions where the events are held and Technical Delegates are nominated by the Sport Directors of the respective Unions.

The organization of the World Championships is the concern of the following bodies: the IJF, the Continental

Union to which the Organizing National Judo Federation belongs and the National Judo Federation, which has been commissioned by the IJF Executive Committee with the hosting of the World Championships. The correspondent Continental Union is consulted in any questions and supports both bodies. The National Judo Federation must name an Organizing Committee to deal with the organization of the World Championships. The National Federation will in any case be responsible to the IJF Executive Committee for the proper holding of World Championships. The IJF has final appellate jurisdiction. For each World Championships, an IJF Commission will be appointed by the IJF EC, which will assist the Organizing National Judo Federation and supervise the

organization of the World Championships. Any National Judo Federation hosting the World Championships is required to work out a proposal concerning its organization on the basis of the SOR and the local conditions. The IJF Executive Committee will support the Organizer by giving guidance and technical assistance. The holding of World Championships and the work of the referees will be supervised by the IJF.

*The latest version of the SOR can be downloaded at <http://www.ijf.org>*

## 1.2 Basic Principles

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The IJF Refereeing Rules must be applied to and observed at all IJF competitions: Summer Olympic Games, World Championships, Continental Championships, Youth Olympic Games and all IJF official events.

Major Refereeing Rule's modifications can only be decided and approved by the IJF Executive Committee.

Major modifications shall become fixed for the forthcoming period of Olympic qualification including the Olympic Games. Anyone Organizing World Championships on behalf of the IJF and wishing to depart in any way from the IJF SOR must obtain permission in writing from the IJF Executive Committee.

The IJF Executive Committee shall allocate all IJF events to host Organizing Committees.

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The IJF shall accept control over regional Judo competitions whenever this is so directed by the Executive Committee or the Congress. This requires, however, adherence to the Statutes, Finance Rules, IJF SOR and the IJF Refereeing Rules. In such Judo competitions refereeing and technical organization shall be dealt with by the Continental Union or regional body and supervised by the IJF nominated officials.

The IJF recognizes men and women's competitions. Contests between men and women are not permitted.

The regulations covering television, radio, film, photographic and advertising rights are contained in the Statutes and Finance Rules.

Discipline is a core principle in judo, both on and off the field of play (FOP).

The IJF reserves the right to take disciplinary measures towards participants - competitors, referees, officials, personnel and members, in the case of cheating or misconduct. The IJF Executive Committee has the authority to establish a Disciplinary Commission to evaluate presumed rules' violations in relation to the IJF SOR or IJF Refereeing Rules.

In the case of a breach or violation of these rules, any incident that takes place during a competition organized by IJF or under its auspices, will be investigated. The IJF Disciplinary Commission shall be competent and able to take sanctions in compliance with the IJF Disciplinary Code.

At any IJF events, all behaviour contrary to the ethics and moral values of sport, and in particular judo, and any violation of the IJF SOR may give rise to disciplinary sanctions taken by the IJF.

In the case of an incident, linked to the behaviour during an IJF event (starting from the arrival at the airport and until the departure), an immediate decision to suspend the person or people involved may be taken on the spot. This decision will be placed under the responsibility of an Executive Committee member nominated before each event by the IJF President, who will consult everyone concerned (ad-hoc Commission).

Any incident giving place to a sanction or not, will be communicated immediately to the IJF President, IJF Executive Committee members and the IJF Disciplinary Commission.

A possible sanction decision will be taken after having heard the person or people concerned and any potential witness(es). If the concerned person is a minor, an adult responsible for the delegation will accompany them, during the discussion.

As soon as the decision is taken, the ad-hoc Commission will immediately inform the IJF President, the IJF Executive Committee and the IJF Disciplinary Commission about its decision.

A report of the incident and final decision should be sent to the Disciplinary Commission, c/o the General Secretariat, within three days of the date of the incident. The report must state the following: the facts, including the recall of the alleged facts, a summary of the observations and arguments of the parties, the grounds for the decision and any other comments.

The Disciplinary Commission, upon receipt of the documents, will inform the concerned persons about its decision 15 days after the date of the incident.

The IJF President and to the IJF Executive Committee will be notified immediately about the decision.

The IJF Disciplinary Commission will decide the date of the suspension start date and the duration.

If an individual disagrees with a decision, a written appeal may be made to the IJF Disciplinary Commission, c/o the General Secretariat, within one calendar month from the incident date. In the case of suspension, the decision will stand until the outcome of the appeal is heard.

When a situation arises that is not covered by the IJF SOR or IJF Refereeing Rules it shall be dealt with, and a decision made by the IJF Executive Committee.



## 1.3 Integrity Rules Match Fixing

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The integrity of sport depends on the outcome of sporting events and competitions being based entirely on the merits of the participants involved. Any form of corruption that might undermine public confidence in the integrity of a judo contest is fundamentally contrary to the spirit of sport and subject to severe sanctions.

The IJF has Rules dedicated to Sports Integrity in relation to betting.

There are four core rules to remember:

- Always do your best, never fix a contest.
- Never bet on your competition, never bet on your sport.
- Never share information that could be used for betting purposes.
- If you are approached to cheat, speak out!

## 1.4 Match Fixing

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If a contest takes place and seems to have been played to a pre-determined result, violating the IJF rules, further investigation may be undertaken and any findings of match fixing will result in disciplinary action.

If in IJF events, two athletes from the same nation or two athletes not from the same nation, are opposed and one athlete is injured or ill and has to withdraw they must have a medical certificate from the IJF Medical Commissioner.

The result of the contest will be cancelled if any athlete is caught not telling the truth.

The IJF may undertake further investigation and any findings of match fixing will result in disciplinary action.

## 1.5 Insurance and Civil Liability

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Each National Federation is responsible for its athletes (including the control of non pregnancy) and must assume all responsibility for accident and health insurance as well as the civil liabilities for their athletes and officials, including the nominated referees, during all IJF events.

## 1.6 Gender Control

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The gender control is the responsibility of the IJF National Federations. The IJF draws the attention of its Member Federations to the fact that it applies, on this matter, the International



Olympic Committee recommendation currently in force, and if any, the one modified by the International Olympic Committee over the time. All decisions of a Member Federation for an athlete's gender must be communicated with the briefest delay to the IJF President.

Any official complaint of an IJF National Federation, a Continental Union or a member of the IJF Executive Committee concerning an athlete's gender must be duly motivated and must be sent to the IJF President. On the basis of the elements of the official complaint, the IJF Executive Committee will decide if it is necessary to follow up on this complaint and to bring before the "Gender Control" Commission to deliberate and to make a decision on this topic. The IJF Executive Committee can also call out to the Member Federation of the athlete concerned so that they decide on the gender of the athlete concerned.

All decisions made by a Member Federation about an athlete's gender must be submitted exclusively by the athlete concerned to the IJF "Gender Control" Commission in the case of a contestation.

The "Gender Control" Commission is composed of a doctor competent in the field of the gender reassignment, a jurist and a member of the IJF Executive Committee appointed by the IJF President. This commission will be able to call on experts recognized in this field.

The IJF "Gender Control" Commission will have the full authority to ask all of the concerned persons for any documents or information necessary for the hearing of the case which has been referred. The "Gender Control" Commission will establish an internal regulation in order to define the progress of the procedure that must guarantee the confidentiality of the procedure as well as the respect of the applicable provisions concerning protection of the data and private life.

The decision of the IJF Executive Committee not to follow up on an official complaint as well as the decisions of the "Gender Control" Commission can be submitted exclusively by way of appeal to the Court of Arbitration for Sport in Lausanne, Switzerland, that will definitely decide on litigation according to the Code of the arbitration concerning sport. The delay of appeal is twenty-one days from receipt of the decision being the subject of the appeal. The Panel will be composed of only one judge. The language of the arbitration will be English.

## 1.7 Minor Athlete

The National Federation is responsible for obtaining legal approval and permission for minor athletes to compete in IJF competitions. This also applies to doping testing. The National Federation must ensure that minor athletes have parental/guardian permission to undergo testing.

## 1.8 IJF Calendar

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The current IJF calendar can be found on the IJF website (<http://ijf.org>).

- World Championships and Team World Championships Seniors (for senior men and women) will be conducted each year in accordance with the schedule (same monthly period) established for the Summer Olympic Games with exception of the year in which the Olympic Games are held. The Team World Championships are held on the last day of World Championships.
- Open World Championships is held in accordance with a schedule approved by the IJF Executive Committee.
- World and Team World Championships Juniors (for men and women 15 – 20 years) will take place each year except the year with the Summer Olympic Games.
- World and Team World Championships Cadets (for boys and girls 15 - 17 years) will take place in accordance with a schedule approved by the IJF Executive Committee.
- Summer Olympic Games are held every four years in even numbered years in accordance with a schedule approved by the International Olympic Committee.
- Youth Summer Olympic Games are held every four years in even numbered years in accordance with a schedule approved by the International Olympic Committee.

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## 1.9 Nationality

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The athletes must be of the same nationality as the National Federation for which they have been entered. Persons appointed by the Executive Committee of the IJF shall verify the citizenship of the athletes. The evidence of citizenship shall be the production of a passport issued by the represented country.

In the following cases, particular procedures must be applied:

- a) Where the competitions are being held in a country in which the residents do not hold passports while in that country.
- b) Where there is a possible problem of “joint citizenship”, e.g. Puerto Rico an acceptable substitute for the passport will be a letter or certificate from the athlete’s National Olympic Committee or, if there is no such body, from the National Sports Authority confirming the athlete’s residence in that country and the citizenship.

If a competitor has multiple citizenships they may compete for only one country.

A competitor who has represented one country in the Olympic Games, World Championships, in continental, regional games and/or Championships or International Tournaments organized by IJF or under its auspices, and who has changed their nationality or acquired a new nationality may participate to represent their new country provided that at least three years have passed since the athletes last represented their



former country. If the two National Federations concerned agree, they may request the IJF to shorten the period of three years or even to cancel the duration (see Olympic Charter, Rule 41 and the Bye-law to Rule 41).

Thus, the IJF can't shorten the three years period without written agreement from both the National Federations concerned.

The aforementioned “three years rule” is only implemented in case of the athlete having already represented a country during Olympic Games, World Championships, in continental, regional games and/or Championships or International Tournaments organized by IJF or under its auspices.

The request to shorten the “three years period” shall be sent by the host National Federation to the IJF General Secretary.

This request has to be sent with the documents below:

- Letter from the athlete, who has already represented their country, giving evidence of their wish to represent their new Federation.
- Letter from the President of the National Federation (the country of origin) certifying the absence of objection to the change of the nationality of the concerned athlete.
- Letter from the President of the National Federation (the host country) authorizing the athlete to represent this Federation in international competitions.
- A copy of the athlete passport mentioning the nationality of the host country.

On receipt of a complete file the IJF General Secretary will examine it and send it out to the IJF Executive Committee for approval. If the majority of the IJF Executive Committee approves the request, the IJF General Secretary confirms the acceptance of the application to the concerned party, with both origin and host Federations in copy. Any athlete disrespecting this rule may be subject to disciplinary measures.

## 1.10 Age Groups

Athletes under 15 years are not allowed to compete in any official IJF event, or events organized either under the auspices of the IJF or sanctioned by the IJF. The lower age limit for all IJF competitions is 15 years (calendar year).

The following age categories are recognized by the IJF:

- Cadets - boys and girls under 18, age 15, 16 and 17 years (calendar year).
- Juniors - men and women under 21, age 15 to 20 years (calendar year).
- Seniors – men and women, lower age limit only of 15 years (calendar year).

National Federations should use the term youth to define cadets and juniors and any age groups from 15-20 years that are different to the IJF cadet and junior ages.

## 1.11 Weight Categories

The following weight categories will be utilized in the World Championships and competitions held under the auspices of the IJF.

Women (senior)	
Extra-light weight	up to and including 48kg
Half-light weight	over 48kg up to and including 52kg
Light weight	over 52kg up to and including 57kg
Half-middle weight	over 57kg up to and including 63kg
Middle weight	over 63kg up to and including 70kg
Half-heavy weight	over 70kg up to and including 78kg
Heavy weight	over 78kg
Open weight	No weight limit

Men (senior)	
Extra-light weight	up to and including 60kg
Half-light weight	over 60kg up to and including 66kg
Light weight	over 66kg up to and including 73kg
Half-middle weight	over 73kg up to and including 81kg
Middle weight	over 81kg up to and including 90kg
Half-heavy weight	over 90kg up to and including 100kg
Heavy weight	over 100kg
Open weight	No weight limit

Junior Women under 21 years	
Feather weight	up to and including 44kg
Extra-light weight	over 44kg up to and including 48kg
Half-light weight	over 48kg up to and including 52kg
Light weight	over 52kg up to and including 57kg
Half-middle weight	over 57kg up to and including 63kg
Middle weight	over 63kg up to and including 70kg
Half-heavy weight	over 70kg up to and including 78kg
Heavy weight	over 78kg



### Junior Men under 21 years

Feather weight	up to and including 55kg
Extra-light weight	over 55kg up to and including 60kg
Half-light weight	over 60kg up to and including 66kg
Light weight	over 66kg up to and including 73kg
Half-middle weight	over 73kg up to and including 81kg
Middle weight	over 81kg up to and including 90kg
Half-heavy weight	over 90kg up to and including 100kg
Heavy weight	over 100kg

### Cadet Girls under 18 years

Feather weight	up to and including 40kg
Extra-light weight	over 40kg up to and including 44kg
Half-light weight	over 44kg up to and including 48kg
Light weight	over 48kg up to and including 52kg
Half-middle weight	over 52kg up to and including 57kg
Middle weight	over 57kg up to and including 63kg
Half-heavy weight	over 63kg up to and including 70kg
Heavy weight	over 70kg

### Cadet Boys under 18 years

Feather weight	up to and including 50kg
Extra-light weight	over 50kg up to and including 55kg
Half-light weight	over 55kg up to and including 60kg
Light weight	over 60kg up to and including 66kg
Half-middle weight	over 66kg up to and including 73kg
Middle weight	over 73kg up to and including 81kg
Half-heavy weight	over 81kg up to and including 90kg
Heavy weight	over 90kg

## 1.11 Time Duration of Contests

See Appendix D Refereeing Rules.

Regulations related to weight categories, age, contest duration and recommendations for Youths

**Note:** no athlete less than 15 years old (calendar year) is allowed to take part in any IJF official competition. The additional categories (13/14, 11/12, 9/10 years) are recommendations only.

Male					
SENIORS	-21 YEARS	-18 YEARS	13/14 YEARS	11/12 YEARS	9/10 YEARS
5 minutes	4 minutes	4 minutes	3 minutes	2 minutes	No competition
				- 24kg	
				- 27kg	
				- 30kg	
			- 34kg	- 34kg	
			- 38kg	- 38kg	
			- 42kg	- 42kg	
			- 46kg	- 46kg	
		- 50kg	- 50kg	- 50kg	
	- 55kg	- 55kg	- 55kg		
- 60kg	- 60kg	- 60kg	- 60kg		
- 66kg	- 66kg	- 66kg	- 66kg		
- 73kg	- 73kg	- 73kg			
- 81kg	- 81kg	- 81kg			
- 90kg	- 90kg	- 90kg			
-100kg	-100kg	+ 90kg			
+ 100kg	+ 100kg				

Female					
SENIORS	-21 YEARS	-18 YEARS	13/14 YEARS	11/12 YEARS	9/10 YEARS
4 minutes	4 minutes	4 minutes	3 minutes	2 minutes	No competition
				- 22kg	
				- 25kg	
				- 28kg	
			- 32kg	- 32kg	
			- 36kg	- 36kg	
		- 40kg	- 40kg	- 40kg	
	- 44kg	- 44kg	- 44kg	- 44kg	
- 48kg	- 48kg	- 48kg	- 48kg	- 48kg	
- 52kg	- 52kg	- 52kg	- 52kg		
- 57kg	- 57kg	- 57kg	- 57kg		
- 63kg	- 63kg	- 63kg	- 63kg		
- 70kg	- 70kg	- 70kg			
- 78kg	- 78kg	+ 70kg			
+ 78kg	+ 78kg				

The IJF do not hold competitions for athletes in the 11/12 years and 13/14 years. The National Federations should design their own national concept.







## SECTION 2





# COMPETITION SCHEDULE AND SYSTEM

The competition schedule and system is the responsibility of the IJF Sport Commission.



## 2.1 Competition Format

IJF events consist of the preliminaries taking place in the morning and the final block in the afternoon.

IJF Events planned for 2 days (Grand Prix, Grand Slam, Masters)		
	Women	Men
Day 1	-48 kg, -52 kg, -57 kg, -63 kg	-60 kg, -66 kg, -73 kg
Day 2	-70 kg, -78 kg, +78 kg	-81 kg, -90 kg, -100 kg, +100 kg
IJF Events planned for 3 days (Grand Prix, Grand Slam, Masters)		
Day 1	-48 kg, -52 kg, -57 kg	-60 kg, -66 kg
Day 2	-63 kg, -70 kg	-73 kg, -81 kg
Day 3	-78 kg, +78 kg	-90 kg, -100 kg, +100 kg
IJF Events planned for 5 days (World Championships Cadets)		
Day 1	-40 kg, -44 kg	-50 kg, -55 kg
Day 2	-48 kg, -52 kg	-60 kg, -66 kg
Day 3	-57 kg, -63 kg	-73 kg, -81 kg
Day 4	-70 kg, +70 kg	-90 kg, +90 kg
Day 5	Teams	Teams
IJF Events planned for 5 days (World Championships Juniors)		
Day 1	-44 kg, -48 kg	-55 kg, -60 kg
Day 2	-52 kg, -57 kg	-66 kg, -73 kg
Day 3	-63 kg, -70 kg	-81 kg, -90 kg
Day 4	-78 kg, +78 kg	-100 kg, +100 kg
Day 5	Teams	Teams
IJF Events planned for 7 days (World Championships Seniors)		
Day 1	-48 kg	-60 kg
Day 2	-52 kg	-66 kg
Day 3	-57 kg	-73 kg
Day 4	-63 kg	-81 kg
Day 5	-70 kg, -78kg	-90 kg
Day 6	+78 kg	-100 kg, +100 kg
Day 7	Teams	Teams

There is only one uniform competition system for all IJF official events - an elimination system with repechage starting at the quarter-final (last eight), i.e. for all categories the athletes will be divided into two tables by means of a “draw”, and an elimination system will be used to produce two finalists, who will compete for the gold medal.

The athletes defeated in the quarterfinal will compete in two repechage contests:

- The winners of each of these two repechage contests will compete in bronze medal contests against the loser of the semi-final contest of the respective opposite table.
- The winners (2) of those contests are placed third.
- The losers (2) are placed fifth.
- The losers (2) of repechage contests are placed seventh.

On the draw sheet the athlete on top wears a white judogi and the one below wears a blue judogi.

## 2.2 IJF Regulations for Categories with Low Numbers (2-5 athletes or teams)

**For all IJF Ranking List events the following rules for a small number of athletes need to be applied**

### 1) In the case of five (5) athletes or teams

- Two (2) athletes on one side of the table, simple contest for the access to the final, the three others on the other side of the table compete in the round robin system in order to classify them.
- The defeated athlete of the single contest has to compete with the second one coming from the round robin elimination for the bronze medal (only one bronze medal awarded).
- The winner of the single contest meets the winner coming from the round robin system for gold and silver.

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### 2) In the case of four (4) athletes or teams

Two single contests then a contest between the two losers for the single bronze medal and a contest between the two winners for the gold and silver medals.

### 3) In the case of three (3) athletes or teams

A round robin system will be held in the elimination round. The best and the second best will compete in a final. A 3rd place will be given if one contest was won.

### 4) In the case of two (2) athletes or teams

One final will be held (gold and silver medal awarded).

The category will not be redrawn if an athlete does not pass the weigh-in. The opponent will win by fusen gachi.

Medals will be awarded on the following scale for Judo:

- Four or five contestants: gold, silver and one bronze.
- Three contestants: gold, silver and bronze only if one contest has been won.
- Two contestants: gold and silver.

## For all other events, the following rules can be applied instead:

### 1) In the case of 5 athletes or teams

A round robin system produces the gold and silver and one bronze for the single 3rd place.

### 2) In the case of 4 athletes or teams

A round robin system produces the gold and silver and one bronze for the single 3rd place.

### 3) In the case of 3 athletes or teams

A round robin system produces the gold and silver and no bronze for the 3rd place except if they have won one contest.

### 4) In the case of 2 athletes or teams

Better of two contests, in case the wins are equal (1-1), the third contest will decide. Gold and silver medals given.

## Round robin rules

“Round Robin” is defined as a system where each athlete will compete against each other. To define the winners the following criteria are used:

- First criteria: number of wins.
  - Second criteria: (in case of an equal number of wins): the highest sum of winning score points will decide.
  - Example: White scored waza-ari and yuko; Blue scored waza-ari and two yuko: the yuko is defined as the winning score (1 point) for Blue.
- Third criteria (in case of equal number of wins and sum of winning score points): direct comparison.
- If two contestants have equal number of wins and sum of score point, the contestant who won the contest between them is defined as better.
- Fourth criteria (in case of equal number of wins and no direct comparison possible because of “beating in circle”): the shortest accumulated time of all winning contests will decide.
- Fifth criteria (in case of equal time): weight at the weigh-in. The athlete with the lower weight is defined as better.
- Sixth criteria (in case of same weight): decision matches. A knockout system between the involved players will be used. A new draw has to be performed.

Example in the case of three athletes: one contest between two players will be held.

The winner of this match will compete against the third player to get a final decision.

Points will be given as follows:

- Ippon gachi/fusen gachi/kiken gachi 100 points.
- Waza-ari 10 points.
- Yuko 1 point.
- Win by shido 0 points.

The same points apply regardless of whether they are achieved in regular time or during Golden Score. In Golden Score the first score or penalty wins apart from in the case of a win by osaekomi where the athlete can continue the hold to gain maximum points.

## 2.3 Regulations for Team Events (Seniors, Juniors and Cadets)

### 2.3.1 Teams

Each team will consist of up to 5 (five) athletes (for Men/Boys as well as for Women/Girls) and has the possibility to have up to 5 (five) reserves. A team has to consist of a minimum of 3 (three) athletes.

A total of 10 athletes can be inscribed with a maximum of two athletes per category.

The athlete must be within the weight limits of a category in which they are inscribed. There is 2 kg tolerance for athletes who competed in the individual Championships and NO tolerance for athletes who are only inscribed for the team competition. During the competition an athlete may compete in one category higher than the category in which they are inscribed. Before the start of the official weigh-in the coach can update the team list.

At the Youth Olympic Games the team is mixed and will consist of four boys and four girls from different NOCs.

### 2.3.2 Weight Categories

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#### Senior and Junior Women

Half-light weight	up to and including 52 kg
Light weight	over 52 kg up to and including 57 kg
Half-middle weight	over 57 kg up to and including 63 kg
Middle weight	over 63 kg up to and including 70 kg
Half-heavy weight	over 70 kg

#### Senior and Junior Men

Half-light weight	up to and including 66 kg
Light weight	over 66 kg up to and including 73 kg
Half-middle weight	over 73 kg up to and including 81 kg
Middle weight	over 81 kg up to and including 90 kg
Half-heavy weight	over 90 kg

#### Cadet Girls under 18 years

Half-light weight	up to and including 48 kg
Light weight	over 48 kg up to and including 52 kg
Half-middle weight	over 52 kg up to and including 57 kg
Middle weight	over 57 kg up to and including 63 kg
Half-heavy weight	over 63 kg

Cadet Boys under 18 years	
Half-light weight	up to and including 60 kg
Light weight	over 60 kg up to and including 66 kg
Half-middle weight	over 66 kg up to and including 73 kg
Middle weight	over 73 kg up to and including 81 kg
Half-heavy weight	over 81 kg

The contests in the team match will be fought in the above order. Each athlete is entitled to compete in their own weight category or in the category above. A team consists of five athletes and can have up to five reserves. A team has to consist of a minimum of three athletes.

During the contests the non-competing athletes must stay within a marked area on the FOP behind the coaches chair. Reserve athletes must not enter the FOP.

28 **2.3.3 System of Competition**

The system of competition will be the elimination system with Quarter Final repechage. For five teams or less all IJF WRL events use the small number rules (section 2.2) for all other events there is the option to use a round robin system. On the draw sheet the athlete on top wears a white judogi and the one below wears a blue judogi.

**2.3.4 Composition of Teams**

Before each match the team leader must present to the Sport Director the team line-up and they have the right to replace one or several athletes by other athletes of the corresponding weight category or of the next lower category.

All competitors presented for the team match at the official bow on the mat have to compete. If one competitor does not compete in their contest the team will lose by disqualification.

If one team does not arrive for a match, the other team will be declared the winner by 5-0.

**2.3.5 Seeding for World Team Championships**

The top four (4) teams from the Teams World Ranking List (WRL) will be seeded.

The number of contests won will decide the winning team.

If for any reason there is an equal number of wins and an equal number of scoring points, a random draw will be made and one couple will refight a golden score contest where the first score or penalty of any kind decides the winning team.



Points will be given as follows:

- Ippon gachi/fusen gachi/ikken gachi 100 points.
- Waza-ari 10 points.
- Yuko 1 point.
- Win by shido 0 points.

The same points apply regardless of whether they are achieved in regular time or during Golden Score. In Golden Score the first score or penalty wins apart from in the case of a win by osaekomi where the athlete can continue the hold to gain maximum points.

### 2.3.6 IJF Round Robin Rules for Team Events

“Round Robin” is defined as a system where each team will compete against each other. To define the winning team the following criteria will be used:

- First criteria: number of team contests won.
- Second criteria: number of individual contests won.
- Third criteria (in case of an equal number of wins): the highest sum of winning score points will decide.
- Fourth criteria (in case of an equal number of wins and an equal number of scoring points): a random draw is made and one couple will refight a golden score contest where the first score of any kind decides the winning team.

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Points will be given as follows:

- Ippon gachi/fusen gachi/ikken gachi 100 points.
- Waza-ari 10 points.
- Yuko 1 point.
- Win by shido 0 points.

The same points apply regardless of whether they are achieved in regular time or during Golden Score. In Golden Score the first score or penalty wins apart from in the case of a win by osaekomi where the athlete can continue the hold to gain maximum points.

## 2.4 Veterans

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The IJF Veterans Commission is responsible for all IJF veteran activities. See Appendix A for the full regulations for Veterans.

## 2.5 Kata

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The IJF Kata Commission is responsible for all IJF kata activities. See Appendix B for the full regulations for Kata.







# WORLD RANKING LIST AND IJF RANKING EVENTS

The world ranking lists (WRL) are the responsibility of the IJF Sport Commission and are managed by the IJF IT Team. The WRL can be found at [www.ijf.org](http://www.ijf.org) and for assistance please contact [fischer@ippon.org](mailto:fischer@ippon.org)

## 3.1 Senior World Ranking List

### The Ranking

The five best results during the 12-month period will count plus one extra (6th) result from the Continental Championships or Masters, starting from Continentals 2013. In a case where the athlete starts in both events (Continental Championships and Masters) then the higher point score will count as the 6th result, and the lower point score may count for the five best results in the WRL.

Looking back 12 months from today - five best results plus one result count 100 %.  
Looking back 13-24 months, from there - five best results plus one result count 50 %.

The points for each individual tournament will expire as follows:

- In the first 12 months after the tournament the points will count 100 %.
- After 12 months the points will be reduced to 50 %.
- After 24 months the points will be reduced to 0 and not counted anymore.

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The dividing line is the following week (week number) in which the tournament was held.

**Example:** If tournament is held in week 17 of 2010, the points are reduced to half on the beginning of week 18 in 2011 and expired in the beginning of week 18 in 2012. The beginning of the week is defined as Monday.

**Exception:** For the equal treatment of all Continents, the expiry date for all Continental Championships will be always week number 18 regardless of the week number that they are organized.

A minimum of one contest must be won in order to get points for a tournament.

**Exception:** Grand Prix, Grand Slam, World Championships and Continental Championships points will be given for participation as well.

Players not passing the weigh-in will be removed from the contest sheet. The contest order will be re-numbered. Possible opponents will be moved forward in the list with a bye. If the opponent wins no other contests then no WRL points will be given for this bye (except participation points if applicable).

At Grand Prix and Grand Slam events only the two best domestic athletes can obtain points for the WRL. In case of equality the points will be automatically given to the highest ranked athlete. If still equal, the domestic federation will decide.

### Additional rules

If the athlete changes their nationality during the Olympic Qualification period, they will lose all the points in WRL and will start the Olympic Games Qualification with 0 points.

In case of equality of total points, the higher ranking will be decided by:

- The highest sum of the current points from all World Championships.
- The highest sum of the current points from all Grand Prix, Grand Slams and Masters
- The highest current points from one single event, then, if needed, the second highest, and so on
- If the athletes are still equal the IJF Executive Committee, in the case of Olympic Qualification, will take the decision.

		Continental Open Open Entry	Grand Prix Open Entry	Grand Slam Open Entry	Masters Top 16	Continent. Ch. Continental Entry	World Champ. Open Entry	Olympic Games OQ Selection
GENERAL	Seeding	WRL TOP 8 placing Rest: Nation Distribution	WRL TOP 8 placing Rest: Nation Distribution	WRL TOP 8 placing Rest: Nation Distribution	WRL TOP 8 placing Rest: Nation Distribution	WRL TOP 8 placing Rest: Nation Distribution	WRL TOP 8 placing Rest: Nation Distribution	WRL TOP 8 placing
	System	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage
	Repechage	Last 8 repechage	Last 8 repechage	Last 8 repechage	Last 8 repechage	Last 8 repechage	Last 8 repechage	Last 8 repechage
	Bronze	2 Bronze	2 Bronze	2 Bronze	2 Bronze	2 Bronze	2 Bronze	2 Bronze
	Number of athletes (per cat. per country)	max. 4/ country	max. 2 per country max. 4 domestics (best 2 for ranking list)	max. 2 per country max. 4 domestics (best 2 for ranking list)	no limit no limit	max. 2 per country (not exceeding the total number of 9 men and 9 women per country)	max. 2 per country (not exceeding the total number of 9 men and 9 women per country)	max. 1/ country

		Continental Open Open Entry	Grand Prix Open Entry	Grand Slam Open Entry	Masters Top 16	Continent. Ch. Continental Entry	World Champ. Open Entry	Olympic Games OQ Selection
WRL POINTS	1st place	100	300	500	700	400	900	1000
	2nd place	60	180	300	420	240	540	600
	3rd place	40	120	200	280	160	360	400
	5th place	20	60	100	140	80	180	200
	7th place	16	48	80	112	64	144	160
	1/16th	12	36	60		48	108	120
	1/32nd	8	24	40		32	72	80
	1 contest won	4	12	20	28	16	36	40
	participation		2	2		2	4	

PRIZE MONEY	Total		USD 100,000	USD 150,000	USD 200,000		USD 300,000	
	1st		USD 3,000	USD 5,000	USD 6,000		USD 9,000	
	2nd		USD 2,000	USD 3,000	USD 4,000		USD 6,000	
	3rd		USD 1,000	USD 1,500	USD 2,000		USD 3,000	
	3rd		USD 1,000	USD 1,500	USD 2,000		USD 3,000	

### 3.2 Teams World Ranking List

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

Placing	Continental Championship points	World Championship points
1st place	400	900
2nd place	240	540
3rd place	160	360
5th place	80	180
7th place	64	144
1/16th	48	108
1/32nd	32	72





## The Ranking

The two results during each 12-month period will count starting from the 2014 Continental championships.

The points for each team championships will expire as follows:

- The latest championship points will count 100%.
- The second to last championship points will be reduced to 50%.
- Before the second to last championships, the points will be reduced to 0 and not accounted anymore.

Points will be allocated even if no contest was won.

### Additional rules

In the case of equality of total points, the higher ranking will be decided by:

- The highest sum of the current points from all World Championships.
- The highest sum of the current points from all Continental Championships.
- The highest current points from one single event, then, if needed, the second highest, then, if needed, the third highest, then, if needed, the fourth highest.

## 3.3 Cadet and Junior World Ranking List

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The WRL for the juniors and cadets categories will start on 1st January 2014 and will be used for seeding in the IJF Cadets and Juniors World Tour.

The points will count as follows

Look back 12 months from today	<ul style="list-style-type: none"> <li>• Three best results from Continental Open</li> <li>• Result from last Continental Championships</li> <li>• Result from last World Championships</li> </ul>	100 %
Look back 13-24 months	<ul style="list-style-type: none"> <li>• Three best results from Continental Open</li> <li>• Result from previous Continental Championships</li> <li>• Result from previous World Championships</li> </ul>	50%

The points for Continental Open events will expire as follows:

- In the first 12 months after the tournament the points will count 100 %. After 12 months the points will be reduced to 50 %.
- After 24 months the points will be reduced to 0 and not counted anymore. The dividing line is the following week (week number) in which the tournament was held.

Example: If the tournament is held in week 17 of 2014, the points are reduced to half at the beginning of week 18 in 2015 and expired at the beginning of week 18 in 2016. The beginning of the week is defined as Monday. The dividing week number for the Continental Championships week is always week 26.

If an athlete does not pass the weigh-in their opponent will be moved forward in the draw sheet with a bye. If the opponent wins no other contests then no WRL points will be given for this bye (except participation points if applicable).







# ENTRIES

Entries for IJF events are the responsibility of the IJF Sport Commission and are managed by the IJF IT Team. For assistance on the entries please contact [registration@ijf.org](mailto:registration@ijf.org).

All participating delegates must be inscribed in judobase ([www.judobase.org](http://www.judobase.org)) by the National Federation 20 days before the event. A national federation coach can be accredited for ONLY one country per event unless permission has been given by the IJF for more than one. Athletes can ONLY be entered in one weight category per IJF WRL event. Only entries of National Judo Federations that are IJF Members will be accepted. After the deadline no additions will be allowed but replacements may be accepted as follows:

### REGISTRATION

- Until 20 days before draw: the correct names of the complete delegation (athletes and officials) have to be registered online at IJF registration page ([www.judobase.org](http://www.judobase.org)). The number of athletes/delegates cannot be increased after this deadline.
- Until 5 days before draw: In case a delegation has replacements and/or cancellations these changes must be entered online at IJF registration page ([www.judobase.org](http://www.judobase.org)).
- Until start of accreditation: Any last minute replacements or cancellations must be sent to the IJF registration e-mail: [registration@ijf.org](mailto:registration@ijf.org). A confirmation will be sent from the IJF.

### ACCREDITATION

- During accreditation registered athletes can be replaced by other athletes and registered officials can be replaced by other officials.
- Any cancellation of an athlete on the spot without replacement will result in a penalty (see below).

### CANCELLATION

- In case where registered athletes are cancelled on the spot without previous notification to IJF, a penalty of 100 USD per athletes will apply. This penalty will be charged by the IJF to the National Federation.
- In case a whole delegation is not participating without previous notification, a penalty of 100 USD per athlete will apply for all registered athletes.
- Additionally to all the cases the Organiser has the right to demand the expenses for accommodation and meals generated by any replacement, cancellation or non-participation from the cancelling Federation according to the deadlines indicated in the event outlines.

For IJF events the number of entries permitted will be limited as follows:

- World Championships Seniors (men and women) - each National Federation may enter nine entries in total for men and nine entries for women. Only a maximum of

two athletes per category for men and the same for women will be allowed. The total delegation of both men and women is a maximum of 18 athletes. There is no open category.

- World Open Championships Seniors (men and women) - each National Federation may enter a maximum of four athletes.
- World Championships Juniors (men and women under 21) - each National Federation may enter 10 entries in total for men and 10 entries for women. Only a maximum of two athletes per category for men and the same for women will be allowed. The total delegation of both men and women is a maximum of 20 athletes. There is no open category.
- World Championships Cadets (boys and girls under 18) - each National Federation may enter 10 entries in total for boys and 10 entries for girls. Only a maximum of two athletes per category for boys and the same for girls will be allowed. The total delegation of both men and women is a maximum of 20 athletes. There is no open category.
- World Team Championships - a total of 10 athletes can be inscribed with a maximum of two athletes per category. For each contest the team will consist of five athletes chosen from the inscribed 10.
- World Masters - the top 16 athletes in the WRL in each weight category will be invited. Athletes can only be entered in the weight category for which they have been selected. The organizing country has the right to have a minimum of one (1) athlete in each category. If they do not qualify an athlete in the top 16 a domestic athlete will participate as the 17th athlete.
- Grand Prix and Grand Slam - a maximum of two athletes per country per category can be inscribed except for the hosts who are allowed to enter four athletes per category. However, only the best two athletes results will be considered for the WRL.

## RESERVES FOR TEAM EVENTS

If any of the qualified team(s) cancel their participation before the event then the reserve(s) will be the next team on the Teams WRL. If any of qualified team(s) cancel their participation on the spot, then the host Continental Union has the right to nominate a reserve team(s).







# ACCREDITATION

Entries for IJF events are the responsibility of the IJF Sport Commission and are managed by the IJF IT Team. For assistance on accreditation please contact [registration@ijf.org](mailto:registration@ijf.org).



Prior to the start of accreditation the current WRL should be printed on paper (minimum of A3) and displayed outside the accreditation room.

At least one team official must attend on time to confirm the entries of all athletes and officials with his/her signature on the delegation confirmation list. A delayed appearance or no-show may result in the exclusion of all participants from the draw and the event. In case of unforeseen delay of arrival the National Federation must immediately contact both the organizer and the IJF registration team (registration@ijf.org).

For each official team member from a national delegation (athletes, coach, team official, doctor etc.) an accreditation card is issued from IJF during official registration. This card contains: Family name, given name, country, IJF ID number, a picture and for athletes only their weight category and WRL position.

This accreditation card is valid for the duration of the Championships and is the personal identity document of the delegate for all security and access controls.

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Number of accreditations for officials:

- One – four competitors: four officials
- Five – nine competitors: six officials
- More than 10 competitors: seven officials

At World Championships and whenever it is necessary to verify the age and/or nationality of an athlete a member of the IJF Sport Commission or representative will check the passport or national identity card (a high quality photocopy will also be accepted).

When the team leader comes to accreditation the Local Organizing Committee should also provide them with any additional useful information such as meal and transport times, training schedule, departure schedule etc.

There should be at least two stations for financial payments. One for teams with no changes and one or more for teams that need to make changes.







# DRAW

The draw is the responsibility of the IJF Sport Commission.





## 6.1 Draw Regulations

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For all IJF World Championships, Grand Slams, Grand Prix and Masters the draw will take place at 14:00 the day before the competition. For other events such as the Olympic Games and other Multi Sport events the date and time of the draw will be agreed by the IJF Sport Commission.

After the closing of accreditation and before the start of the draw the lists of athletes by category will be posted outside the draw room. Any errors or omissions should be reported to the IJF IT Team before the start of the draw.

A maximum of two team officials from each delegation can attend the draw along with one athlete representative. All attendees must respect the formal dress code, which is a suit and tie.

The draw will be carried out by computer with the use of the IJF software (or other software if IJF authorized) under the direction of the IJF Sport Director assisted by the IJF IT Team and Sport Commission.

The Organizing Committee shall distribute copies of the draw to each participating delegation no later than 30 minutes after the draw is finished.

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## 6.2 Seeding

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For the World Championships, Grand Slams, Grand Prix and Masters the top eight athletes among the entered athletes in each weight category will be placed according to the IJF WRL. For the rest of the draw separation by nations will be respected.

For the World Championships Open there will be no seeding only separation by nations.

For the World Team Championships teams the top four (4) teams from the Teams World Ranking List (WRL) will be seeded.







# WEIGH-IN

The weigh-in is the responsibility of the IJF Sport Commission.

## 7.1 Location of the Weigh-in

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The weight control can take place in a maximum of two locations simultaneously, in the competition venue or in the official hotels allocated by organizers for participating delegations. Organizers should provide separate rooms for men and women and a sufficient number of calibrated electronic scales showing only one decimal place i.e. 51.9 kg, 154.6 kg. If more than one scale is being used at that location then the weight category to be controlled should be posted in front of it. The scales should be placed on a solid floor that is not carpeted.

## 7.2 Weigh-in Rules

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For IJF events the official weigh-in for seniors and juniors will be organized the day before the competition at 20:00. If for any reason (i.e. Olympic Games opening ceremony) a different time is proposed it shall be agreed by the IJF Sport Commission.

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From 2015, for events included in the IJF Cadet World Tour and IJF Cadet WRL the weigh-in for cadets will also take place the day before the competition at 19:00. For this age group a day before weigh-in is recommended by the IJF for all events.

For team competitions the weigh-in is organized one day before the competition. There will be a 2 kg tolerance for athletes who competed in the individual Championships and NO tolerance for athletes who are only inscribed for the team competition.

The official weigh-in control period shall be between 30 – 60 minutes.

Control scales should be available in all official hotels between 08:00 – 22:00 for athletes to check their weight.

Athletes shall be allowed to check their weight on the official weigh-in scales (that will be used for the official weigh-in) from one hour before the official weigh-in commences.

There is no limit to the number of times each athlete may check his weight during the time of the unofficial weigh in.

## 7.3 Random Weigh-In

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Random weight checks for cadets, junior and senior athletes can be organized before the first contests in the morning of the competition. The rules will be the same as those of the official weigh-in with the exception that the athletes do not need to bring

their passports, as their accreditation is sufficient for identification. The weight of the athlete cannot be more than 5 % higher (without judogi) than the official maximum weight limit of the category.

Senior Women	+ 5 % Tolerance	TEAM EVENTS ONLY + 5 % Tolerance +2 kg allowance for athletes that have participated in the preceding individual competition
up to and including 48 kg	50.4 kg	-
over 48 kg up to and including 52 kg	54.6 kg	56.6 kg
over 52 kg up to and including 57 kg	59.9 kg	61.9 kg
over 57 kg up to and including 63 kg	66.2 kg	68.2 kg
over 63 kg up to and including 70 kg	73.5 kg	75.5 kg
over 70 kg up to and including 78 kg	81.9 kg	-
over 78 kg	-	-

Senior Men	+ 5 % Tolerance	TEAM EVENTS ONLY + 5 % Tolerance +2 kg allowance for athletes that have participated in the preceding individual competition
up to and including 60 kg	63 kg	-
over 60 kg up to and including 66 kg	69.3 kg	71.3 kg
over 66 kg up to and including 73 kg	76.7 kg	78.7 kg
over 73 kg up to and including 81 kg	85.1 kg	87.1 kg
over 81 kg up to and including 90 kg	94.5 kg	95.5 kg
over 90 kg up to and including 100 kg	105 kg	-
over 100 kg	-	-

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Junior Women under 21 years	+ 5 % Tolerance	TEAM EVENTS ONLY + 5 % Tolerance +2 kg allowance for athletes that have participated in the preceding individual competition
up to and including 44 kg	46.2 kg	-
over 44 kg up to and including 48 kg	50.4 kg	-
over 48 kg up to and including 52 kg	54.6 kg	56.6 kg
over 52 kg up to and including 57 kg	59.9 kg	61.9 kg
over 57 kg up to and including 63 kg	66.2 kg	68.2 kg
over 63 kg up to and including 70 kg	73.5 kg	75.5 kg
over 70 kg up to and including 78 kg	81.9 kg	-
over 78 kg	-	-

Junior Men under 21 years	+ 5 % Tolerance	TEAM EVENTS ONLY + 5 % Tolerance +2 kg allowance for athletes that have participated in the preceding individual competition
up to and including 55 kg	57.8 kg	-
over 55 kg up to and including 60 kg	63 kg	-
over 60 kg up to and including 66 kg	69.3 kg	71.3 kg
over 66 kg up to and including 73 kg	76.7 kg	78.7 kg
over 73 kg up to and including 81 kg	85.1 kg	87.1 kg
over 81 kg up to and including 90 kg	94.5 kg	95.5 kg
over 90 kg up to and including 100 kg	105 kg	-
over 100 kg	-	-

Cadet Girls under 18 years	+ 5 % Tolerance	TEAM EVENTS ONLY + 5 % Tolerance +2 kg allowance for athletes that have participated in the preceding individual competition
up to and including 40 kg	42 kg	-
over 40 kg up to and including 44 kg	46.2 kg	-
over 44 kg up to and including 48 kg	50.4 kg	52.4 kg
over 48 kg up to and including 52 kg	54.6 kg	56.6 kg
over 52 kg up to and including 57 kg	59.9 kg	61.9 kg
over 57 kg up to and including 63 kg	66.2 kg	68.2 kg
over 63 kg up to and including 70 kg	73.5 kg	-
over 70 kg	-	-

Cadet Boys under 18 years	+ 5 % Tolerance	TEAM EVENTS ONLY + 5 % Tolerance +2 kg allowance for athletes that have participated in the preceding individual competition
up to and including 50 kg	52.5 kg	-
over 50 kg up to and including 55 kg	57.8 kg	-
over 55 kg up to and including 60 kg	63 kg	65 kg
over 60 kg up to and including 66 kg	69.3 kg	71.3 kg
over 66 kg up to and including 73 kg	76.7 kg	78.7 kg
over 73 kg up to and including 81 kg	85.1 kg	87.1 kg
over 81 kg up to and including 90 kg	94.5 kg	-
over 90 kg	-	-

## 7.4 Official Weigh-in Procedure

The Organizers shall make available a minimum of two national referees/officials per each official scale. One to check the passport and weight of the athlete and one to record the exact weight on the official weigh in list. An additional official/volunteer should also be available to control the flow of athletes. To protect the privacy of the athletes, officials supervising the weigh-in must be of the same gender as the athletes.

The IJF IT team in charge of the event shall make available one copy of the weigh-in list for each weight category for the organizer and one copy for the members of the Sport Commission conducting the weigh-in before the scheduled start of the official weigh-in period.

Photography or filming is not permitted in the weigh-in area. This includes the use of mobile phones and all other devices.

- All coaches and other team delegates must leave the weigh-in room before the start of the official weigh-in.
- The athlete is allowed to stand on the scales only once during the official weigh-in period.
- Each athlete shall bring to the weigh-in their IJF accreditation card issued for the Championships and their passport or an official identification document with photo. The athlete shall present both documents to the official, who will verify the identity of the athlete.
- The official then invites the athlete to stand on the scales.
- The athlete shall weigh-in wearing only underclothing (men/boys – underpants, women/girls – underpants and bra). Any socks, jewellery or body piercings must be removed.
- The athletes are allowed to remove their underclothing – without stepping off the scales - to ensure they reach the minimum or the maximum weight limit of the weight category in which they are entered.
- In the cadets age category athletes are NOT allowed to remove their underclothing (boys – underpants, girls – underpants and bra) to compensate an additional 100 grams will be allowed i.e. for the category 44 kg the limit will be 44.1 kg.
- The official supervising the weigh-in shall note and record the athlete's weight in kilograms (accurate to one decimal point of a kilogram).
- The athlete steps off the scales.

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### Failure to appear for weigh-in control

Should an athlete fail to appear for weigh-in during the official weigh-in period, this shall be noted beside his name on the official weigh-in list. A weigh-in official and the IJF delegate shall sign the notation. The athlete will be excluded from competing in that weight category.



### **Failure to weigh-in within the prescribed limits of a category**

Should an athlete weigh either above or below the prescribed limits for the category in which he is entered the exact weight shall be recorded in the normal manner. The weight shall be circled and signed by a weigh-in official, and a member of the Sport Commission and by the athlete himself or a member of his delegation. The athlete shall be excluded from competing in that weight category.

### **Failure to comply with official directions or with requirements of the IJF SOR**

If at any stage during the weigh-in period, an athlete fails to comply with the directions of any weigh-in official or an IJF delegate, or fails to comply with the requirements of the IJF SOR, the athlete shall be prevented from participating in the weigh-in and the nature of the infraction brought immediately to the attention of the Sport Director of the IJF.

## **7.5 Random Weigh-in Procedure**

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The random weigh-in is the responsibility of the IJF Education and Coaching Commission. The random weigh-in takes place before the start of the competition each day.

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### **Draw of the athletes**

The responsible IJF delegate will perform the draw of the athletes by means of software on a laptop, one (1) hour before the start of the preliminaries of the competition each day. This will be done at the place of the IJF IT person running the competition. Four athletes per category (except +78 kg and +100 kg) will be drawn.

### **Collecting the athlete**

The list of named athletes drawn for the random weigh-in will be officially posted on the official noticeboard placed near the warm up area.

### **Weigh-in procedure**

Four volunteers (two men and two women) will operate the weigh-in. Two volunteers will identify the athletes and the two others will proceed with the weigh-in in two separate private rooms, one hour (1) before the start of the preliminaries each day. Test scales should be available for the duration of the weigh-in. The weigh-in will close 15 minutes before the start of the competition to allow any changes to be made by the IJF IT Team.

### **After weigh-in procedure**

If an athlete's weight is 5 % higher than the official maximum weight limit of the category the Sport Director should be immediately informed and the overweight athlete will be excluded from the competition. The opponent of the overweight athlete should go on the mat and bow (they will be declared the winner by *fusen gachi*).

It is not necessary for the athletes to bring their passports to the random weigh-in; their accreditation is enough for identification.





# IJF OFFICIAL JUDOGI

Judogi control is the responsibility of the IJF Education and Coaching Commission. The Commission must inform, by email, the IJF General Secretary of any cases where there is a breaching of the rules. The full IJF Judogi Rules can be found in Appendix C.





# COMPETITION VENUE

The competition venue is the responsibility of the IJF Sport Commission.



## 9.1 Venue

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The competition venue should be large enough to host the event. For the Olympic Games the seating capacity should be a minimum of 10,000. The venue should be well lit and of a constant temperature of between 18 – 22°C. Information for event organizers can be found in the IJF EOG.

## 9.2 Training Venue

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The Organizing Committee shall provide training areas and transport for all delegations. The training areas should be sufficient to accommodate the number of participants, it should be adequately ventilated and a temperature of 18 - 22 °C maintained. The tatami need to be placed on a resilient floor at ground level. If the floor is concrete there should be Taraflex (or similar) underneath the mats. The minimum height above the mats must be 5 m.

During World Championships and Olympic Games training areas should be provided that are separate from the warm up area.

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For Olympic Games and other large Multi Sport events curtain or screen separation should be provided for privacy between the delegations with sufficient circulation space for coaches and support staff and benches for sitting. Ancillary facilities should include showers, sauna, scales and medical provision.

Training times should be coordinated between the Organizing Committee and the delegations.

## 9.3 Warm Up Area and Judogi Control

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There must be a warming up area(s) the size of which will be agreed by the IJF Sport Commission. The tatami need to be placed on a resilient floor at ground level. If the floor is concrete there should be Taraflex (or similar) underneath the mats. The minimum height above the mats must be 5 m.

A noticeboard should be placed in or near the warm up area so that information for the delegations can be displayed.

Screens showing the contest order and live contests should be available in both the warm up area and the judogi control areas so that coaches and athletes can follow the competition at all times.



Athletes must pass judogi control and arrive on time for their contests. If any athlete is not able to continue in the competition the Sport Director must be informed immediately. The IJF Medical Commission delegate will verify the withdrawal if it is due to a medical reason. Refer to Appendix D IJF Refereeing Rules article 26 - Default and withdrawal.

## 9.4 Athlete Seating and Facilities

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The athlete tribune, changing rooms, toilets and other facilities etc. should be as close as possible to the warm up area.

## 9.5 Entry to Field of Play

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The venue speaker(s) announce the players as they enter the FOP and the result of the contest. If athlete entry is from the left the first athlete called is the one in the blue judogi followed by white. If it is from the right the first athlete called is the one in the white judogi followed by blue.

Athletes must enter and leave the FOP wearing their judogi in the proper way. It is not allowed to remove any part of the judogi or the belt until the athlete has left both the FOP and the Media Mixed Zone.

Religious, political, personal or commercial connotation is prohibited for everyone on the FOP.

## 9.6 Coaches

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### 9.6.1 Position of coaches

Coach positions will be provided behind the barriers of advertising panels.

### 9.6.2 Code of Conduct for Coaches

The coaches should respect the Code of Ethics, IJF statutes and regulations.

The coach is responsible for their athlete's 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 organizers and in particular the schedules and judogi control protocols.

Coaching will be strictly limited to communication with athlete, tactical advice, encouragements and instructions in unexpected situations such as injury etc. The coach will remain seated on his chair throughout the contest.

Coaches are not allowed to give indications to the athletes while they are fighting. Only during the pause (after *matte*), will they be permitted to give indications to their athletes. 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 penalized.

Forbidden behaviour of a coach:

- Any comments on or criticism of the referees' verdicts.
- 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.
- For all IJF events it is not permitted for coaches to bring headsets or any other form of communication device or instrument onto the FOP. It is strictly prohibited for the coach to communicate from the FOP with other persons during the entire contest period. Any coach found carrying such communication equipment shall be removed from the FOP and will not be allowed to continue coaching their athlete at the event.

### 9.6.3 Dress Code

Coaches must respect the following:

- Draw: jacket suit with tie.
  - Preliminary rounds: national tracksuit with trousers reaching down to shoes.
- Coaches can wear national official short sleeved or long sleeved T-shirts.

- For the final block program (TV time): jacket suit with tie.

The following are forbidden at any time: shorter trousers, undressed upper body, any kind of head caps and cover, jeans, sweaters or similar sports unrelated dress, flip-flops.

### 9.6.4 Penalizing

Any coach who infringes upon these rules will be disqualified from accompanying his athletes into the competition zone and taking up coach's chair until the end of event (not only for the particular day). The IJF Officials that are authorized to penalize coaches are the Director of Education and Coaching Director and the IJF Refereeing Commission. The coaches nominated by their National Federations, while in the mat side chair, should respect the following IJF coaches' rule.

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.
- Second warning, informed by the referee, the coach should move from the mat side chair to the tribune for the rest of the day.
- In case a coach has been moved from the mat side chair twice during the event, the coach will be suspended (cannot coach from the mat side chair) for the rest of the event, and the next event that he/she will attend. In case a coach has been moved from the mat side chair, and continues coaching from the tribune, the coach will be suspended for the rest of the event, and the next event that he/she will attend. Coaches cannot coach from the tribune or any place inside the venue! This will be considered as

acting against the rules and punished with the same procedure as described above. 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.

## 9.7 Field of Play and Competition Area

A minimum of three entrances to the FOP are needed to run the competition and if there are less than this it has to be approved by the IJF Sport Commission.

The competition area shall be divided into two zones: the contest area and the safety area and each shall be a different colour with sufficient contrast to avoid misleading edge situations. The IJF Sport Commission must agree the number of contest areas required.

The contest area for IJF events shall be a minimum of 8m x 8m and a maximum of 10m x 10m. The safety area shall be a minimum of 3m. Where two or more adjoining contest areas are used a common safety zone may be used to satisfy the minimum distance of 4m between them. A free zone of 50cm minimum must be maintained around the entire competition area.

For Masters, World Championships Seniors and Olympic Games, the contest area shall be 10m x 10m with a minimum common safety area of 4m and a minimum exterior safety area of 4m. This size is also recommended for Continental Championships.

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

The tatami need to be placed on a resilient floor at ground level. The elements making up the 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. If the floor is concrete there should be Taraflex (or similar) underneath the mats. The minimum height above the mats must be 5m.

Depending on the sightlines in the sports hall 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 and must be no more than 1m in height. When using a platform, it is recommended that the exterior safety area should be 4m.

All tatami for IJF events must be IJF approved (the list of official suppliers is available at [www.ijf.org](http://www.ijf.org)) and the official colours are yellow (123C) and red (1795C). Any other colours proposed by the Local Organizing Committee must be approved by the IJF before use. Each mat should measure 1m x 2m x 5cm and be made of pressed foam. They must be firm under foot, have the property of absorbing shock during ukemi, and not be slippery or too rough.

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.

The local organizing committee must give the IJF all TV feeds for the refereeing CARE system, live streaming and TV archives.





# CEREMONIES AND PROTOCOL

Ceremonies and protocol are the responsibility of the IJF Protocol Department and further information can be found in the IJF EOG.



# GRAND PRIX 2014 JEJU-K

## PRIZE 100,000\$

### INTERNATIONAL JUDO FEDERATION



## 10.1 Medals, Prize Money and Awards Ceremony

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Athletes must attend the medal ceremony barefoot wearing their IJF approved white judogi. Each athlete who has won a medal must be present at the ceremony and receive the medal personally, if possible. Any athlete who is absent from the awards ceremony without a good cause will forfeit his medal and possibly prize money. It is strictly prohibited for athletes on the podium to have national flags or similar items other than the ones fixed on their judogi. Any demonstration with religious, political, personal or commercial connotation is prohibited as is to wear a cap or any similar head covering.

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SECTION 11, 12 & 13





## **SECTION 11 - REFEREEING**

All refereeing matters are the responsibility of the IJF Refereeing Commission. Refer to the IJF Refereeing Rules in appendix D.

## **SECTION 12 - MEDICAL**

All medical matters are the responsibility of the IJF Medical Commission. Refer to the IJF Medical Handbook in appendix E.

## **SECTION 13 - MEDIA**

All media matters are the responsibility of the IJF Media Director. Refer to the EOG for further information.





A full-page background image featuring a karateka in a white gi performing a high kick. The image is overlaid with a green tint. A series of orange and red curved lines sweep across the middle of the frame. In the background, a banner with the International Judo Federation (IJF) logo is visible.

# STANDARD FORMS FOR IJF EVENTS

Delegation confirmation list



Delegation Control List  
Grand-Slam Tokyo 2014



TKM  
Turkmenistan

#	Category	FAMILY NAME	Given Name	Gender	DoB	WRL	ID			
1	-60 kg	AMANOV	Tazemyrat	m	06.12.1992		E4C6-43A4		1	
2	-73 kg	NURMUHAMMEDOV	Arslan	m	02.08.1986	273	D136-F2F1		2	
3	-81 kg	HOJAGULYYEV	Durdymyrat	m	11.11.1993	315	E331-3F5E		3	
1	-52 kg	BABAMURATOVA	Gulbadam	w	24.08.1991	31	ABD3-912A		4	
2	-57 kg	MADRAIMOVA	Zuhra	w	02.02.1990	93	24C8-ED75		5	
3	-70 kg	HAYYTBAEVA	Gulnar	w	24.03.1985		CB61-DFD8		6	
1	Coach	BELOUSOV	Aleksandr	m	17.05.1985		3787-B3CB		7	
2	Coach	GELDIBAYEVA	Chemengul	w	13.10.1968		847C-B86C		8	

Please confirm that above categories, name spellings and seeding information are correct and complete  
Veuillez vérifier et confirmer que les noms et les poids sont corrects et complets  
Favor confirmar que la información de los competidores así como los datos de siembra son correctos y completos

X

Signature team leader

Delegation checked	Passports checked	Finances checked	Anthem+Flag checked



## Weigh-in list



## IJF Grand Slam Paris 2010

(FRA Paris, 6-7 February 2010)

## Weigh-in List

**-60 kg**

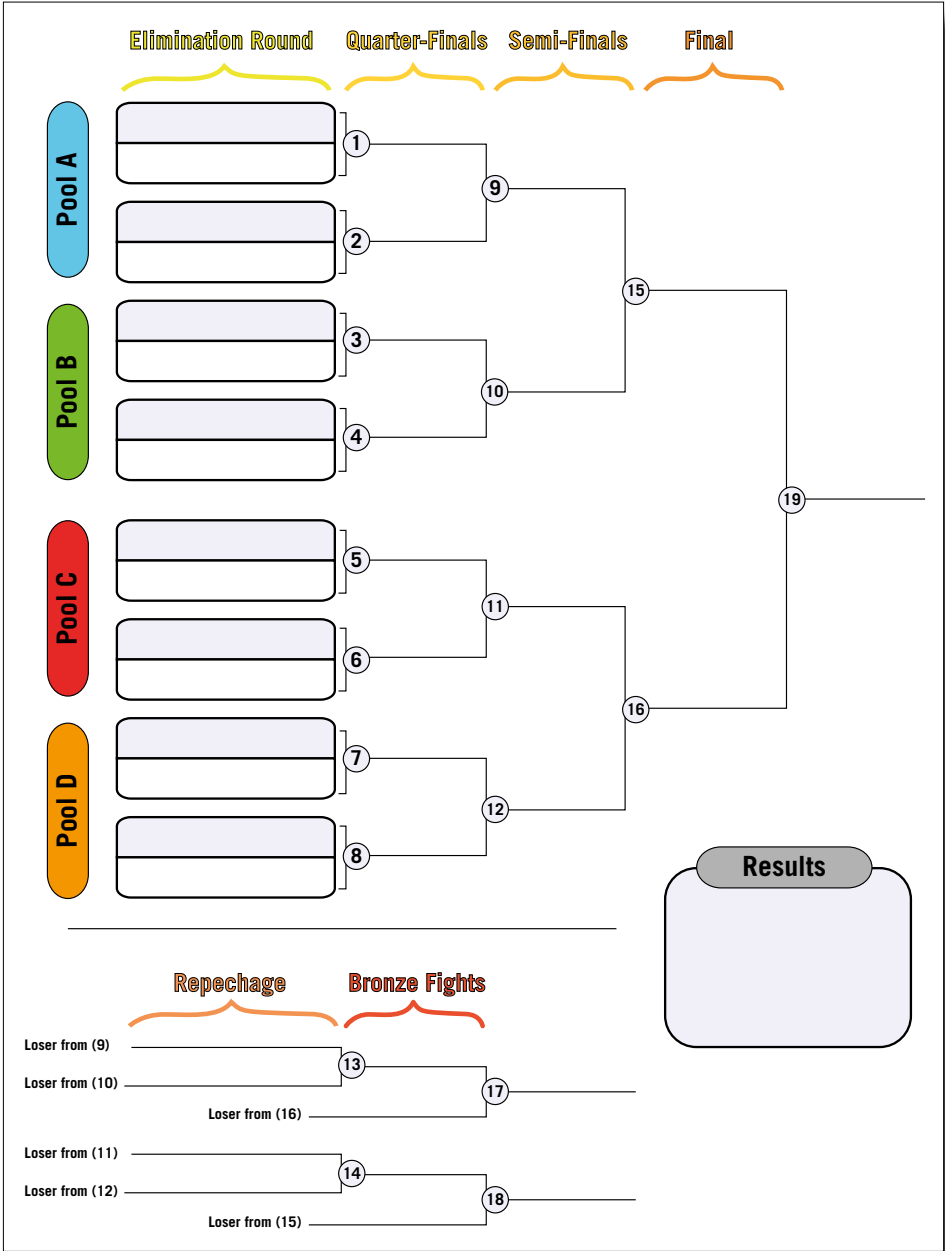
#	Category	Last Name	First Name	Nation	Date of birth	Exact Weight	Signature
1	-60 kg	ABDULAEV	Murad	RUS	09.06.1986		
2	-60 kg	ALVES	Breno	BRA			
3	-60 kg	ASANO	Daisuke	JPN	11.03.1984		
4	-60 kg	ASUMBANI	David	GEO			
5	-60 kg	AYRES	Ricardo	BRA			
6	-60 kg	BARREYRE	Lilian	FRA	10.07.1985		
7	-60 kg	BOMBOIR	Damien	BEL	10.07.1984		
8	-60 kg	BURJAN	Laszlo	HUN	10.03.1985		
9	-60 kg	CHAMMARTIN	Ludovic	SUI	31.01.1985		
10	-60 kg	DAVAADORJ	Tumurkhuleg	MGL	29.09.1990		
11	-60 kg	DRAGIN	Dimitri	FRA	02.12.1984		
12	-60 kg	FUKUOKA	Masaaki	JPN	12.07.1984		
13	-60 kg	GANBAT	Boldbaatar	MGL	03.01.1987		
14	-60 kg	IDRISSI	Alae	MAR			
15	-60 kg	JANG	Jin-Min	KOR	17.01.1989		
16	-60 kg	KOPIske	Robert	GER	01.10.1989		
17	-60 kg	KOSSOR	Nicholas	USA	05.01.1986		
18	-60 kg	MCKENZIE	Ashley	GBR	17.07.1989		
19	-60 kg	MEREBASHVILI	Paata	GEO			
20	-60 kg	MESSINA	Martin	CMR			
21	-60 kg	MILLAR	James	GBR	01.09.1981		
22	-60 kg	MILOUS	Sofiane	FRA	01.07.1988		
23	-60 kg	MOOREN	Jeroen	NED	30.07.1985		
24	-60 kg	MOUDATIR	Yassine	MAR			
25	-60 kg	MUSLIMOV	Artur	RUS	01.03.1983		
26	-60 kg	NOUR	Issam	FRA	04.07.1981		
27	-60 kg	PIKER	Yosmani	CUB			
28	-60 kg	POSTIGOS	Juan	PER			
29	-60 kg	REINVALL	Juho	FIN	24.08.1988		
30	-60 kg	SAKER	Lyes	ALG	17.05.1987		
31	-60 kg	SOBIOV	Rishod	UZB	11.09.1986		

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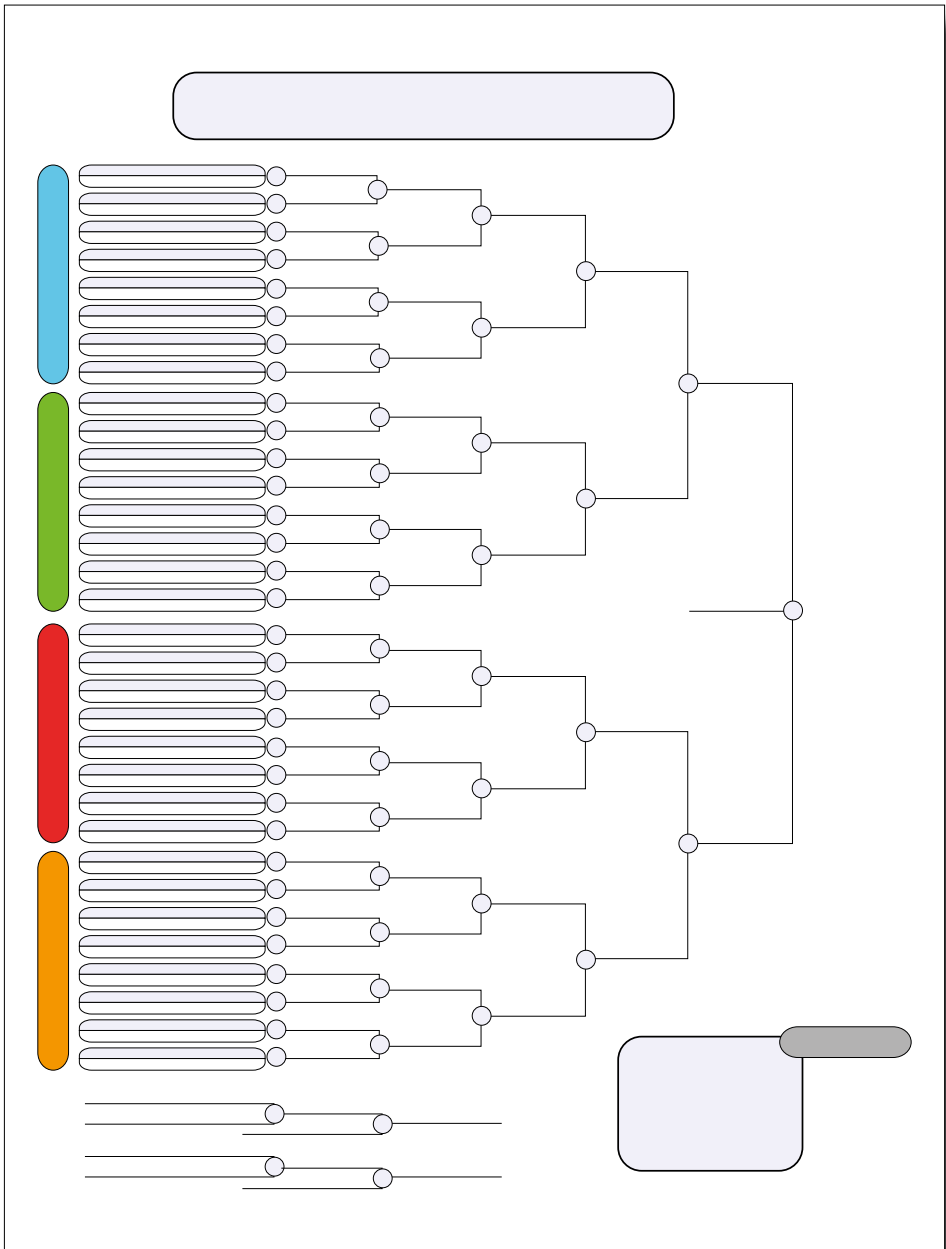


The New IJF Tournament System • Example Quarter Final Repechage

72

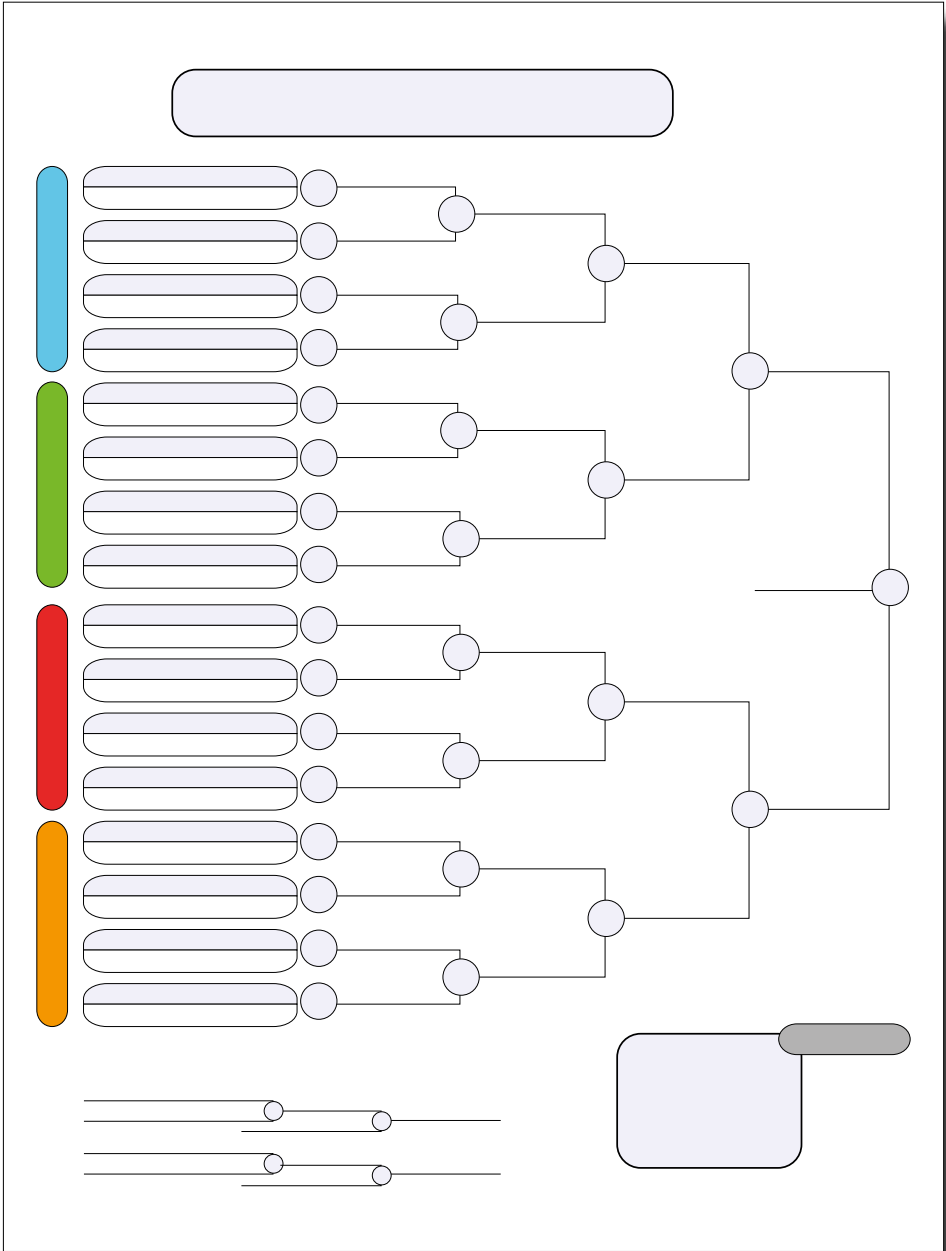


## An Elimination System with Repechage Starting at the Quarter-final (last 8)/up to 64 Entries



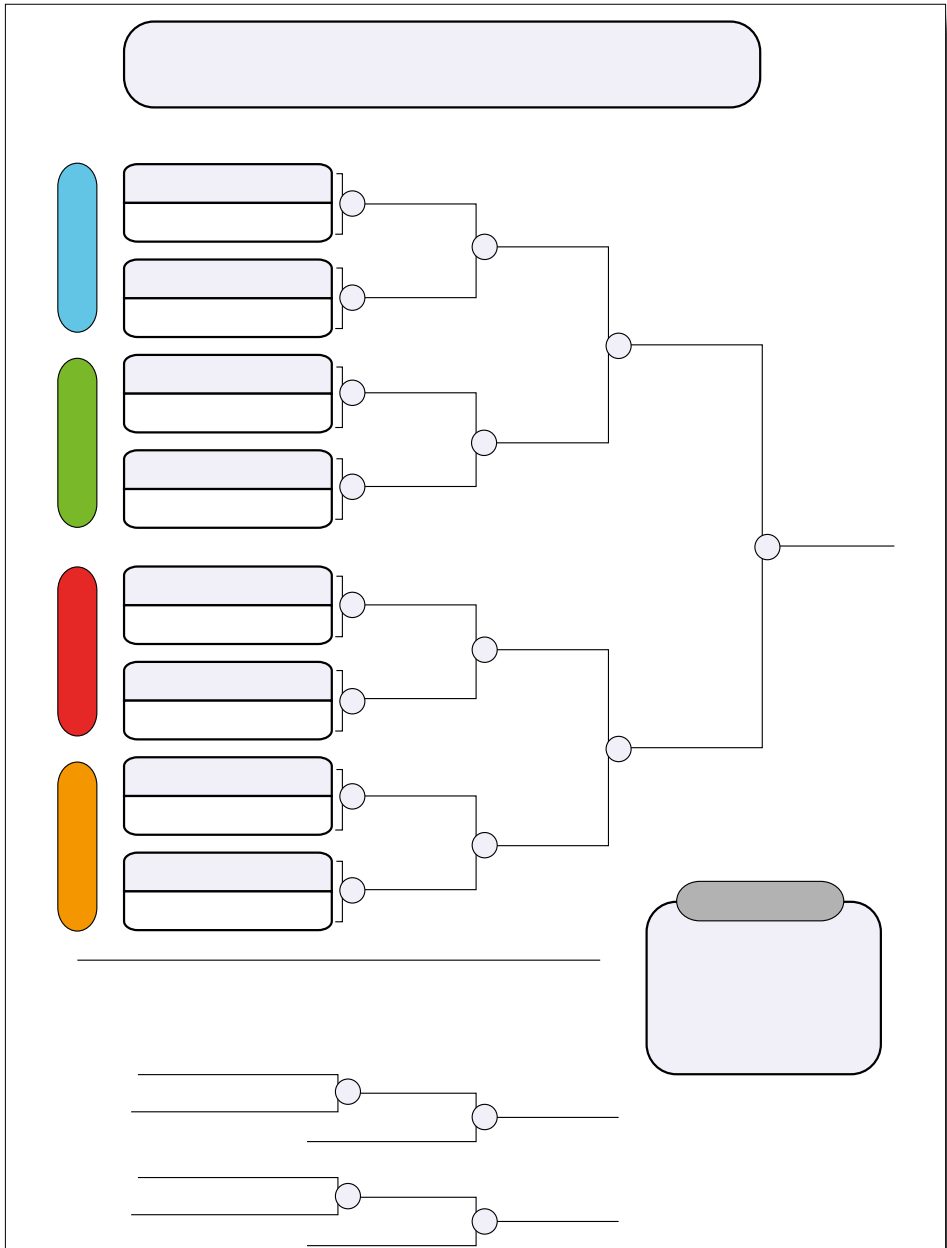
# An Elimination System with Tepechage Starting at the Quarter-final (last 8)/up to 32 Entries

74



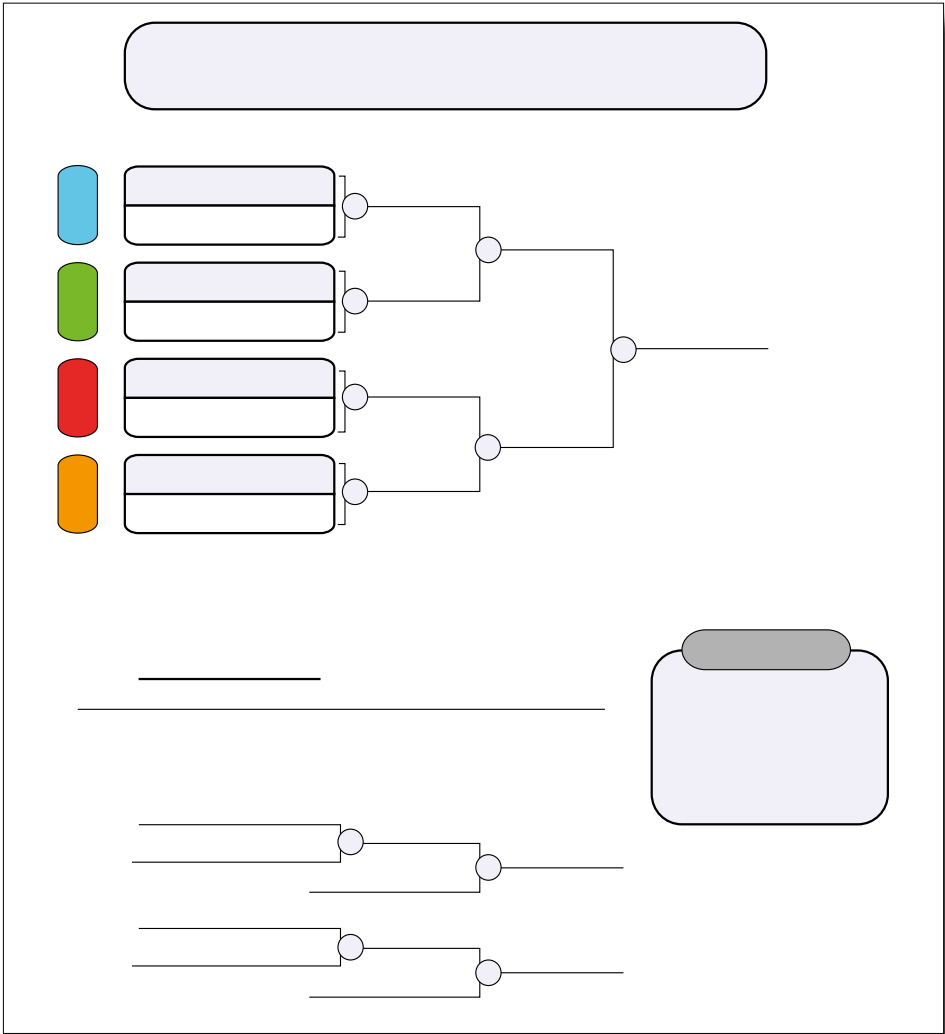


## An Elimination System with Repechage Starting at the Quarterfinal (last 8)/up to 16 Entries

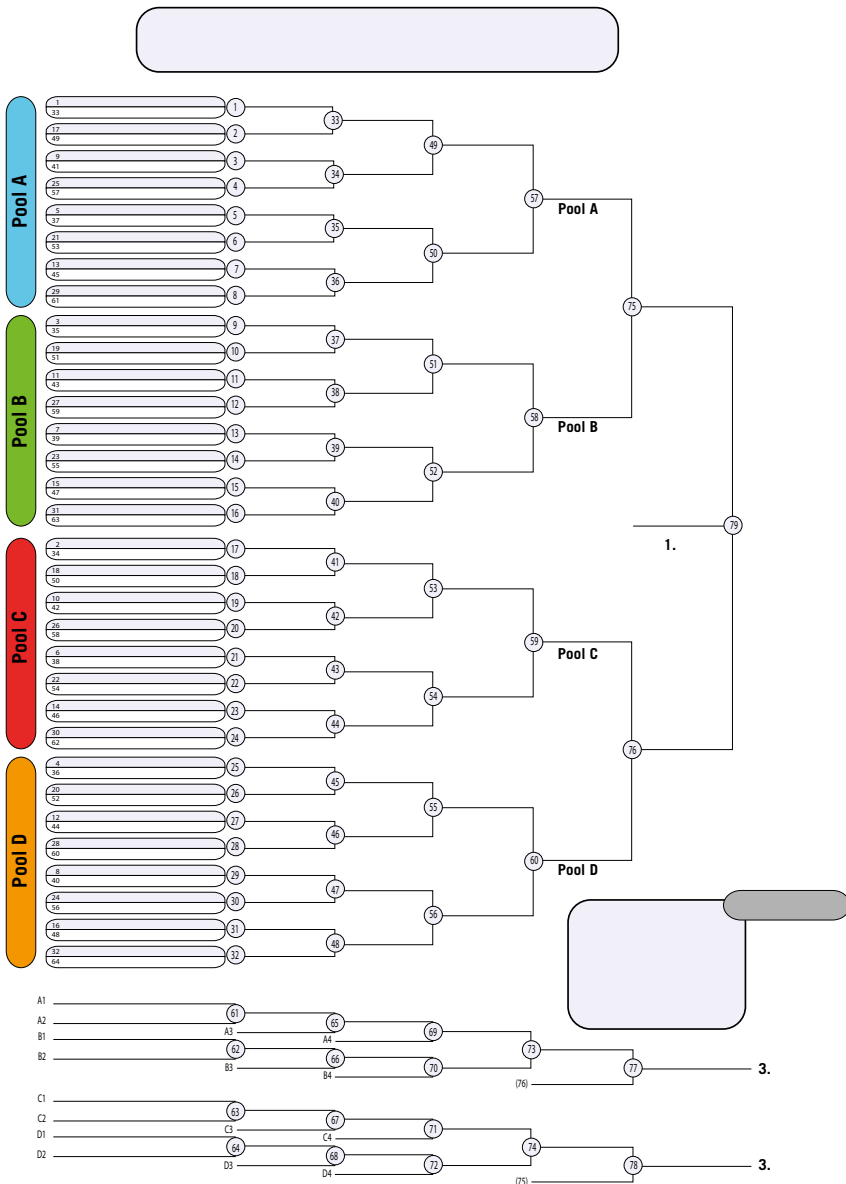


# An Elimination System with Repechage Starting at the Quarterfinal (last 8)/up to 8 Entries

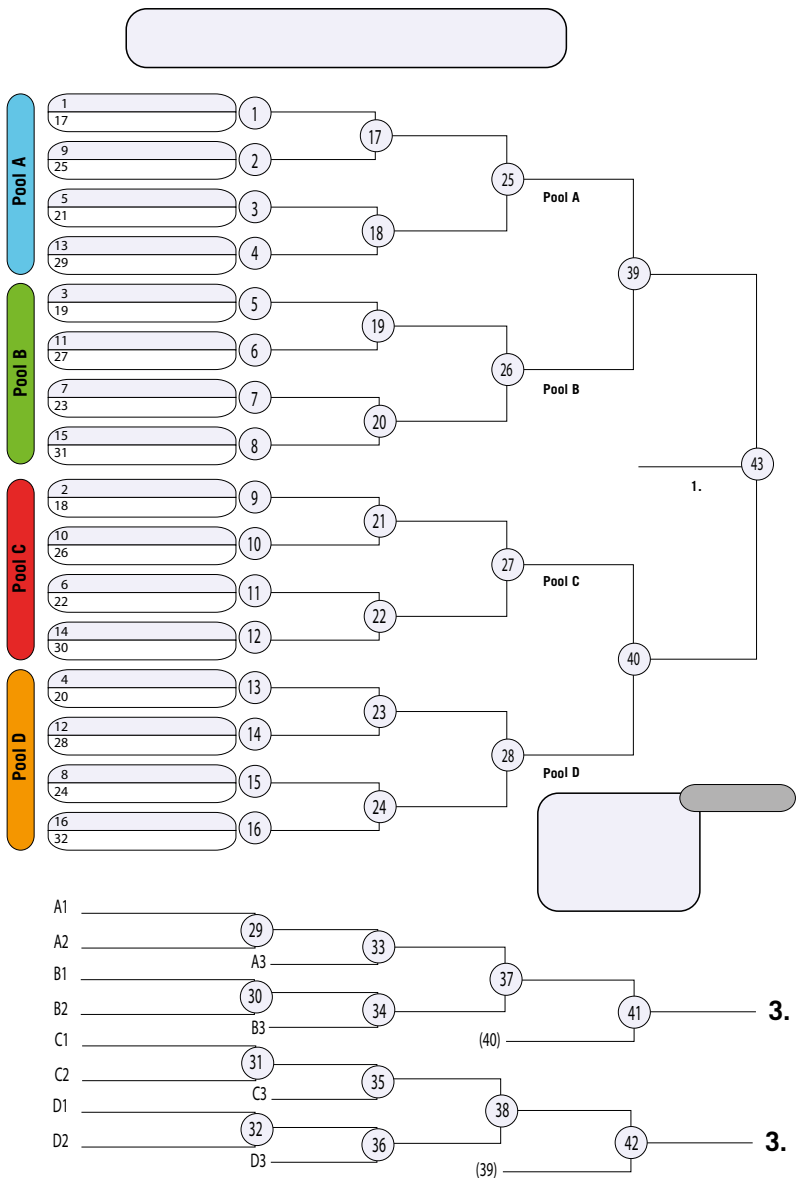
76



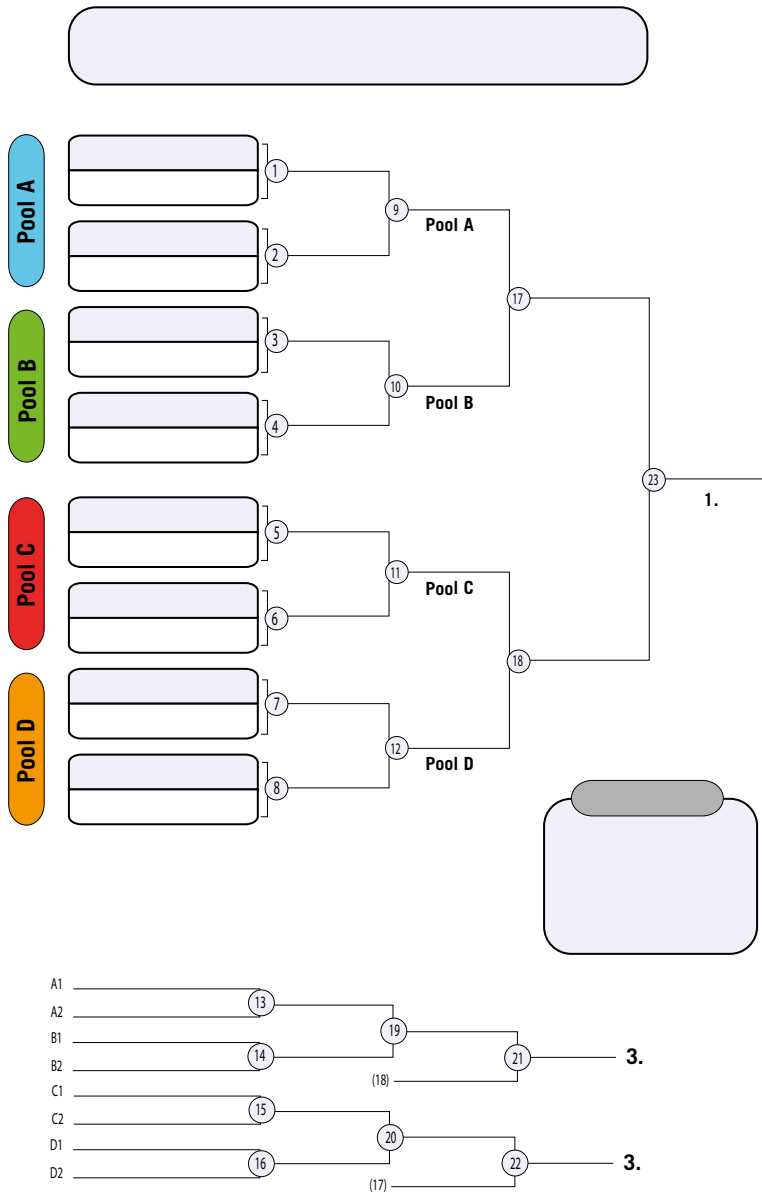
# Double Repechage/up to 64 Athletes



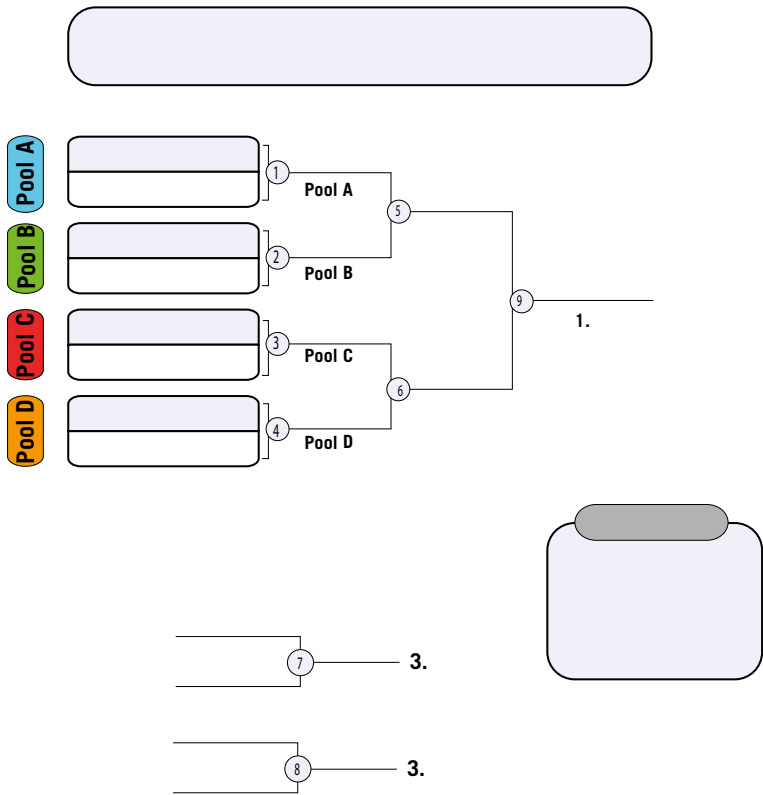
Double Repechage/up to 32 Athletes



# Double Repechage/up to 16 Athletes

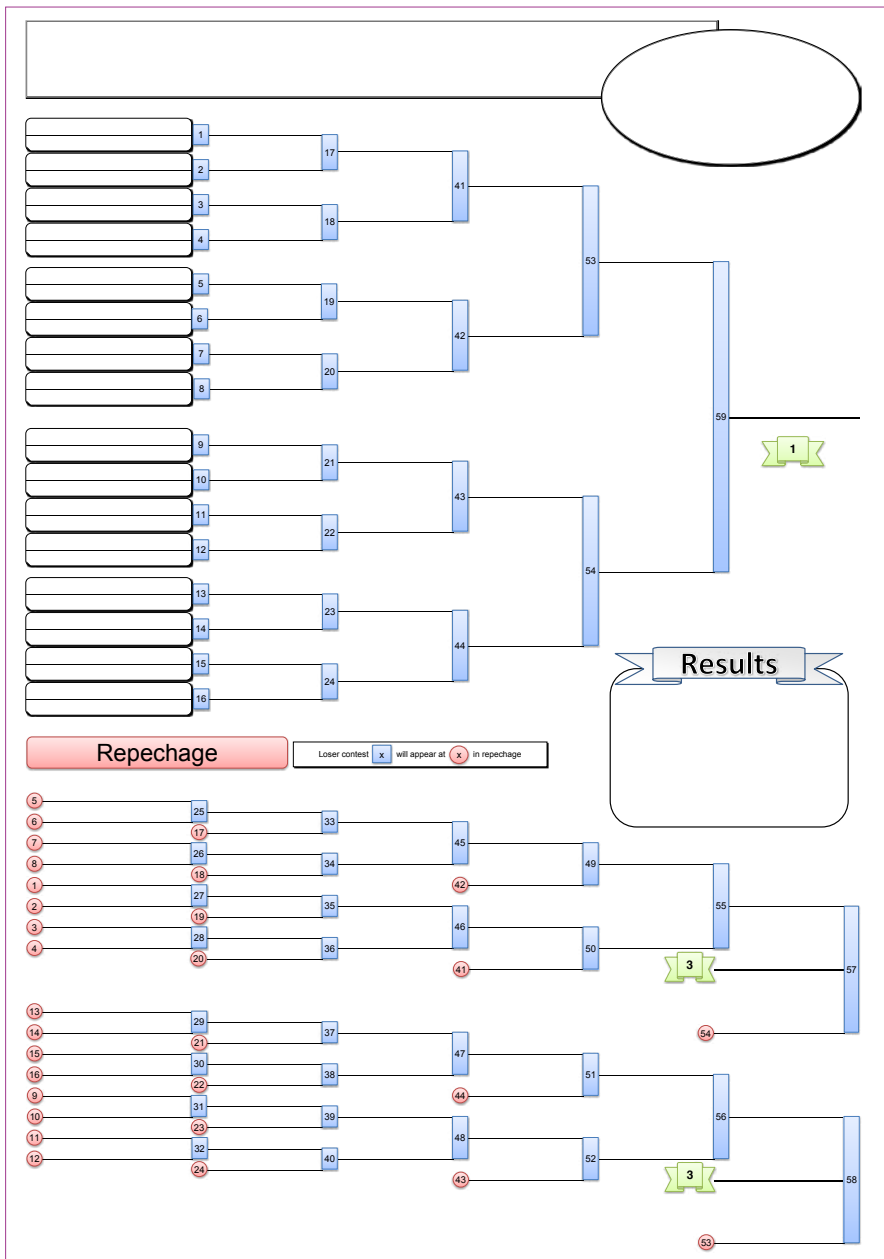


# Double Repechage/up to 8 Athletes

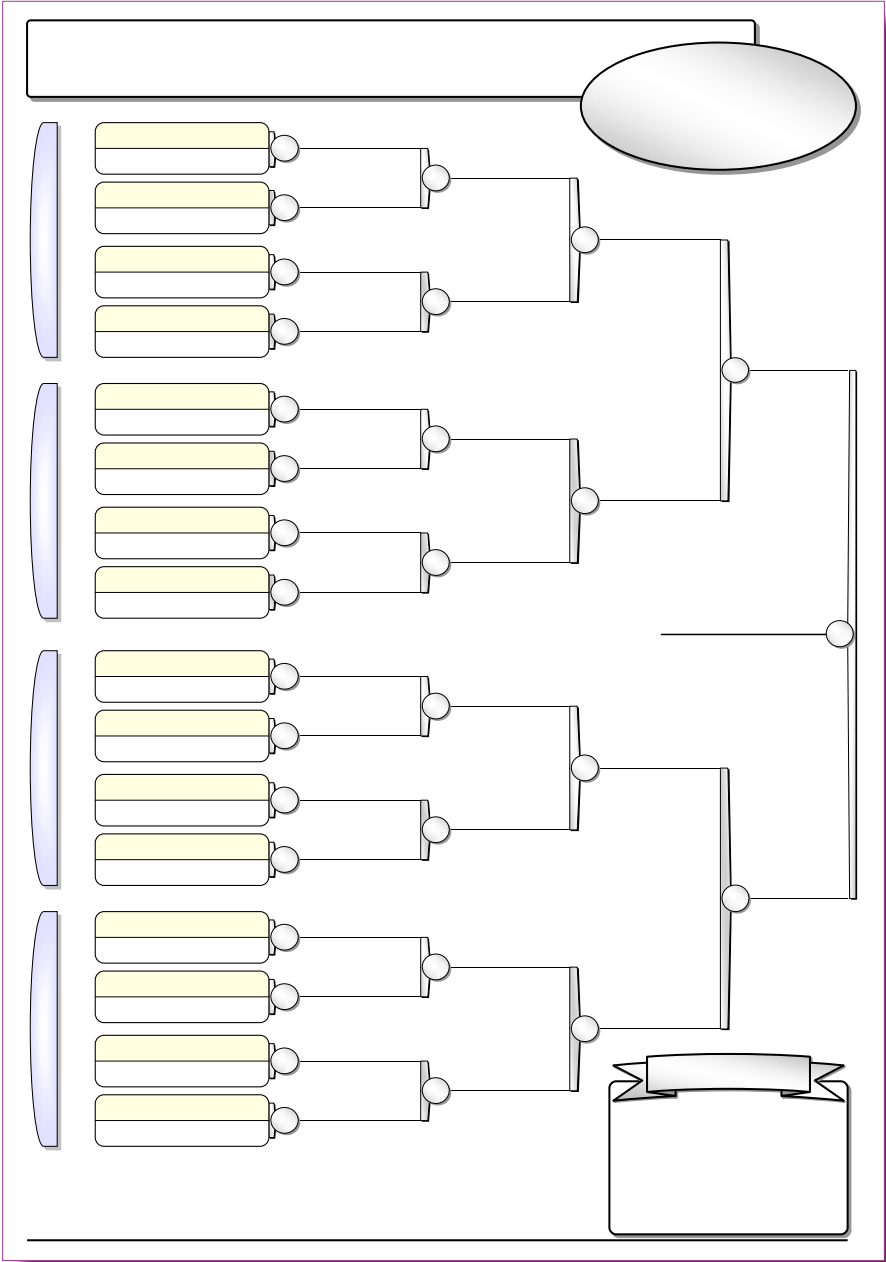




# Full Repechage



Direct Knockout



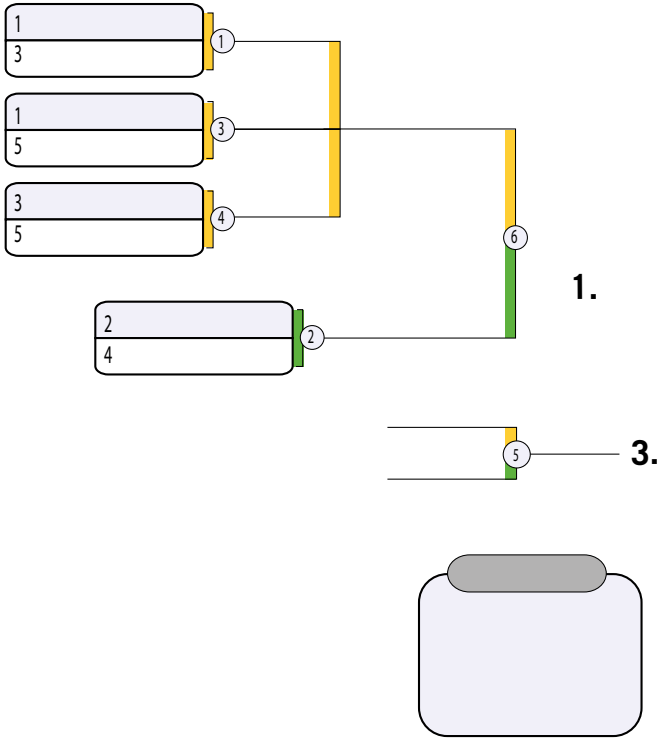


In Case of 5 Competitors - Option 1

			1	3	5		
1							
3							
5							

				2	4		
2							
4							

84



## In Case of 5 Competitors - Option 2

	1	2	3	4	5		
1							
2							
3							
4							
5							

1

2

①

3

4

①

1

5

①

2

3

①

4

5

①

1

3

①

2

4

①

3

5

①

1

4

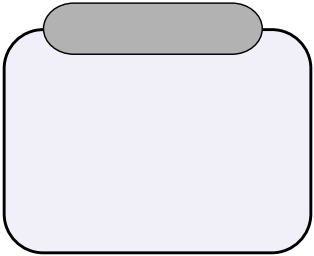
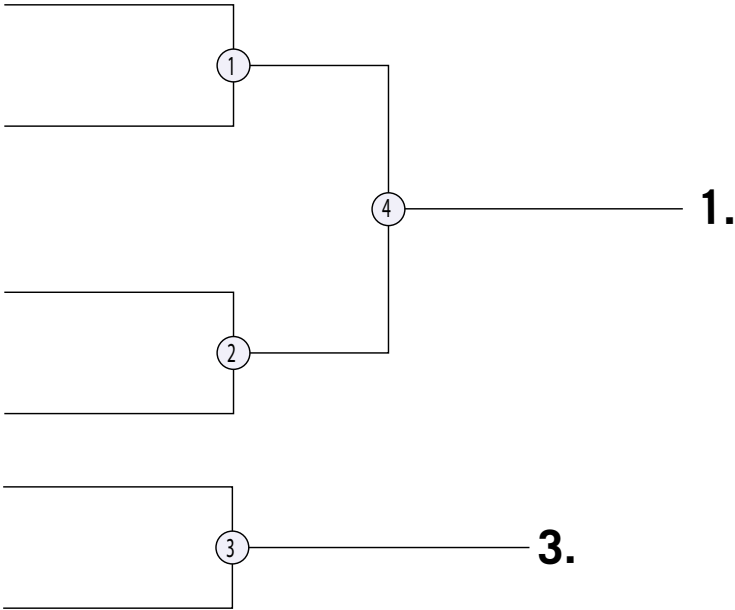
①

2

5

①

In Case of 4 Competitors - Option 1





## In Case of 4 Competitors - Option 2

	1	2	3	4		
1						
2						
3						
4						

1	①	_____
2		

3	②	_____
4		

1	③	_____
3		

2	④	_____
4		

1	⑤	_____
4		

2	⑥	_____
3		

# In Case of 3 Competitors



		1	2	3	4		
1							
2							
3							

1

2

①

1

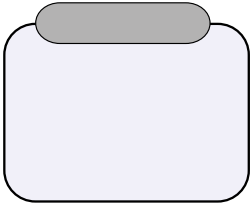
3

②

2

3

③





## Example of Winner's List



### Grand-Slam Tokyo 2013

Tokyo (JPN), 29 Nov - 01 Dec 2013

## Men

### Final Results

#### -60 kg

1.	TAKATO, Naohisa	JPN	
2.	KIM, Won Jin	KOR	
3.	KIDO, Shinji	JPN	
3.	SHISHIME, Toru	JPN	
5.	DASHDAVAA, Amartuvshin	MGL	
5.	SMETOV, Yeldos	KAZ	
7.	GANBAT, Boldbaatar	MGL	
7.	HUANG, Sheng-Ting	TPE	

#### -66 kg

1.	TAKAJO, Tomofumi	JPN	
2.	CHIBANA, Charles	BRA	
3.	LAROSE, David	FRA	
3.	MIYAZAKI, Ren	JPN	
5.	DRAGIN, Dimitri	FRA	
5.	FUKUOKA, Masaaki	JPN	
7.	MARUYAMA, Joshiro	JPN	
7.	MUKANOV, Azamat	KAZ	

#### -73 kg

1.	NAKAYA, Riki	JPN	
2.	BANG, Gui-Man	KOR	
3.	DRAKSIC, Rok	SLO	
3.	IARTECEV, Denis	RUS	
5.	DUPRAT, Pierre	FRA	
5.	KHASHBAATAR, Tsagaanbaatar	MGL	
7.	NAKAMURA, Takenori	JPN	
7.	POMBO DA SILVA, Alex William	BRA	

#### -81 kg

1.	NAGASE, Takanori	JPN	
2.	PIETRI, Loic	FRA	
3.	NAKAI, Takahiro	JPN	
3.	TCHRIKISHVILI, Avtandili	GEO	
5.	HONG, Suk Woong	KOR	
5.	STEVENS, Travis	USA	
7.	MRVALJEVIC, Srdjan	MNE	
7.	NAGASHIMA, Keita	JPN	

#### -90 kg

1.	BEIKER, Masyu	JPN	
2.	LEE, Kyu-Won	KOR	
3.	LIPARTELIANI, Varlam	GEO	
3.	NISHIYAMA, Daiki	JPN	
5.	HILDEBRAND, Aaron	GER	
5.	SHIMOWADA, Shohei	JPN	
7.	SULEMIN, Grigorii	RUS	
7.	ZARZECZNY, Jakub	POL	

#### -100 kg

1.	KRPALEK, Lukas	CZE	
2.	REYES, Kyle	CAN	
3.	MARET, Cyrille	FRA	
3.	NAIDAN, Tuvshinbayar	MGL	
5.	PACEK, Martin	SWE	
5.	RAKOV, Maxim	KAZ	
7.	KUMASHIRO, Yusuke	JPN	
7.	SAMOILOVICH, Sergei	RUS	

#### +100 kg

1.	KIM, Sung-Min	KOR	
2.	SILVA, Rafael	BRA	
3.	HARASAWA, Hisayoshi	JPN	
3.	MOMOSE, Masaru	JPN	
5.	BONVOISIN, Jean-Sebastien	FRA	
5.	SHICHINOHE, Ryu	JPN	
7.	KIM, Soo-Whan	KOR	
7.	MOURA, David	BRA	





# Grand-Slam Tokyo 2013

Tokyo (JPN), 29 Nov - 01 Dec 2013

## Women Final Results

### -48 kg

1.	KONDO, Ami	JPN	
2.	MUNKHBAT, Urantsetseg	MGL	
3.	MENEZES, Sarah	BRA	
3.	YAMAGISHI, Emi	JPN	
5.	RUMYANTSEVA, Kristina	RUS	
5.	TODA, Miri	JPN	
7.	CHERNAK, Maryna	UKR	
7.	LABORDE, Maria Celia	CUB	

### -52 kg

1.	HASHIMOTO, Yuki	JPN	
2.	MIRANDA, Erika	BRA	
3.	CHITU, Andreea	ROU	
3.	SHISHIME, Ai	JPN	
5.	SUNDBERG, Jaana	FIN	
5.	VALENTIM, Eleudis	BRA	
7.	DELGADO, Angelica	USA	
7.	GOMI, Natsumi	JPN	

### -57 kg

1.	UDAKA, Nae	JPN	
2.	MALLOY, Marti	USA	
3.	DEGUCHI, Christa	JPN	
3.	YAMAMOTO, Anzu	JPN	
5.	QUADROS, Ketleyn	BRA	
5.	SILVA, Rafaela	BRA	
7.	CAPRIORIU, Corina	ROU	
7.	ROPER, Miryam	GER	

### -63 kg

1.	ABE, Kana	JPN	
2.	TASHIRO, Miku	JPN	
3.	JOUNG, Da-Woon	KOR	
3.	TANAKA, Miki	JPN	
5.	BARROS, Mariana	BRA	
5.	BELLARD, Anne-Laure	FRA	
7.	CAMPOS, Katherine	BRA	
7.	VAN EMDEN, Anicka	NED	

### -70 kg

1.	ARAI, Chizuru	JPN	
2.	POLLING, Kim	NED	
3.	ALVEAR, Yuri	COL	
3.	KIM, Seongyeon	KOR	
5.	MARZOK, Iljana	GER	
5.	TACHIMOTO, Haruka	JPN	
7.	CONWAY, Sally	GBR	
7.	GAZIEVA, Irina	RUS	

### -78 kg

1.	VERKERK, Marhinde	NED	
2.	JEONG, Gyeong-Mi	KOR	
3.	OKAMURA, Tomomi	JPN	
3.	SATO, Ruika	JPN	
5.	MALZAHN, Luise	GER	
5.	THIELE, Kerstin	GER	
7.	TURKS, Victoria	UKR	
7.	WANG, Szu-Chu	TPE	

### +78 kg

1.	TACHIMOTO, Megumi	JPN	
2.	YAMABE, Kanae	JPN	
3.	ORTIZ, Idalys	CUB	
3.	QIN, Qian	CHN	
5.	ASAHINA, Sara	JPN	
5.	MA, Sisi	CHN	
7.	LEE, Jung Eun	KOR	
7.	NUNES, Rochele	BRA	





Example of Referee' List

Liste des arbitres  
Referees list

Date : \_\_\_\_\_  
N°:

Nom Surname	Langue Parlée Language	Pays Country	Union continentale Continental Union	Fréquence Arbitre Judge Frequency Referee Judge	N° des arbitres et des juges Referees and Judges N°

Signature du resp. S/C Arbitrage :  
Signature of the referee's S/C representative:



## Example of Contest Order



### IJF Grand Slam Paris 2010

(FRA Paris, 6-7 February 2010)

## Contest Order Tatami 1

### Category: -60 kg

Preliminary round, Contest # 1							
1)	-60 kg	UZB	SOBIROV, Rishod [1001]	[1] ALVES, Breno	BRA		
Preliminary round, Contest # 3							
2)	-60 kg	BEL	BOMBOIR, Damien [1008]	[5] MEREBASHVILI, Paata	GEO		
Preliminary round, Contest # 4							
3)	-60 kg	FRA	MILOUS, Sofiane [1009]	[13] KOPIŠKE, Robert	GER		

### Category: -48 kg

Preliminary round, Contest # 1							
4)	-48 kg	JPN	FUKUMI, Tomoko [1001]	[1] BENARD, Elena	FRA		
Preliminary round, Contest # 4							
5)	-48 kg	NED	ENTE, Birgit [1009]	[13] GARATEJO, Stefany	COL		
Preliminary round, Contest # 5							
6)	-48 kg	HUN	CSENOVICZKI, Eva [1004]	[3] MESTRE, Dayaris	CUB		

### Category: -60 kg

Preliminary round, Contest # 7							
7)	-60 kg	MAR	IDRISSI, Alae [1005]	[7] MESSINA, Martin	CMR		
Preliminary round, Contest # 8							
8)	-60 kg	HUN	BURJAN, Laszlo [1012]	[15] MUSLIMOV, Artur	RUS		



Example of Contest Sheet

Weight Category Catégorie de Poids	Gender Genre	Date	Mat	Obs	N°

White / Blanc	Ctry/Pays	Blue / Bleu	Ctry/Pays

IPP	WAZ	YUK	SHIDO
X/H / 4	3	2	1

IPP	WAZ	YUK	SHIDO
X/H / 4	3	2	1

GS	IPP	WAZ	YUK	
	X/H / 4	3	2	

IPP	WAZ	YUK		GS
	X/H / 4	3	2	

SCORES	TECHNIQUES / PENALTIES TECHNIQUES / PENALITES	TIME TEMPS
GS		

SCORES	TECHNIQUES / PENALTIES TECHNIQUES / PENALITES	TIME TEMPS
GS		

WINNER / VAINQUEUR	Ctry / Pays

SCORE / RESULTAT

CODE	TIME / TEMPS

N°	JUDGE JUGE	Ctry / Pays

N°	REFEREE / ARBITRE	Ctry / Pays

N°	JUDGE JUGE	Ctry / Pays

Signature of the representative of the IJF Sport Commission  
Signature du représentant de la Commission Sportive de la FIJ



# Example of Team Line up Confirmation

		<b>Line-up confirmation</b> Team World Championship Juniors 2013	<b>Tatami: II</b> <b>JPN Men</b> Bronze #18
--	---	---	---

Round:	Men Bronze
Match:	JAPAN - SLOVENIA

		Family name	Given name	original category
-66 kg	<input type="checkbox"/>	HASHIGUCHI	Yuuki	-66 kg
	<input type="checkbox"/>	TATEYAMA	Sho	-66 kg
	<input type="checkbox"/>	< no competitor >		-
-73 kg	<input type="checkbox"/>	IWABUCHI	Yusei	-73 kg
	<input type="checkbox"/>	HASHIGUCHI	Yuuki	-66 kg
	<input type="checkbox"/>	TATEYAMA	Sho	-66 kg
	<input type="checkbox"/>	< no competitor >		-
-81 kg	<input type="checkbox"/>	KOHARA	Kenya	-81 kg
	<input type="checkbox"/>	IWABUCHI	Yusei	-73 kg
-90 kg	<input type="checkbox"/>	< no competitor >		-
	<input type="checkbox"/>	KOBAYASHI	Yusuke	-90 kg
	<input type="checkbox"/>	KOHARA	Kenya	-81 kg
+90 kg	<input type="checkbox"/>	< no competitor >		-
	<input type="checkbox"/>	KURAHASHI	Isao	+90 kg
	<input type="checkbox"/>	SATO	Kazuya	+90 kg
	<input type="checkbox"/>	KOBAYASHI	Yusuke	-90 kg
	<input type="checkbox"/>	< no competitor >		-

☒ Please mark for each category the selected  
If you need to make corrections please use a



**Line-up confirmation**  
Team World Championship Juniors 2013

**Tatami: II**  
**SLO Men**  
Bronze #18

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Round:	Men Bronze
Match:	JAPAN - SLOVENIA

		Family name	Given name	original category
-66 kg	<input type="checkbox"/>	GOMBOC	Adrian	-66 kg
	<input type="checkbox"/>	KURALT	Luka	-66 kg
	<input type="checkbox"/>	< no competitor >		-
-73 kg	<input type="checkbox"/>	HOJAK	Martin	-73 kg
	<input type="checkbox"/>	POTPARIC	Igor	-73 kg
	<input type="checkbox"/>	GOMBOC	Adrian	-66 kg
	<input type="checkbox"/>	KURALT	Luka	-66 kg
	<input type="checkbox"/>	< no competitor >		-
-81 kg	<input type="checkbox"/>	MARINCIC	Primoz	-81 kg
	<input type="checkbox"/>	VOLCIC	David	-81 kg
	<input type="checkbox"/>	HOJAK	Martin	-73 kg
	<input type="checkbox"/>	POTPARIC	Igor	-73 kg
	<input type="checkbox"/>	< no competitor >		-
-90 kg	<input type="checkbox"/>	MULEC	Tadej	-90 kg
	<input type="checkbox"/>	ZGANK	Mihail	-90 kg
	<input type="checkbox"/>	MARINCIC	Primoz	-81 kg
	<input type="checkbox"/>	VOLCIC	David	-81 kg
	<input type="checkbox"/>	< no competitor >		-
+90 kg	<input type="checkbox"/>	DRAGIC	Vito	+90 kg
	<input type="checkbox"/>	POLAIZER	Rok	+90 kg
	<input type="checkbox"/>	MULEC	Tadej	-90 kg
	<input type="checkbox"/>	ZGANK	Mihail	-90 kg
	<input type="checkbox"/>	< no competitor >		-

☒ Please mark for each category the selected player.  
If you need to make corrections please use a new sheet.

Please confirm that above names and categories are correct and complete.  
Veuillez vérifier et confirmer que les noms et les poids sont corrects et complets.  
Favor confirmar que la información de los competidores así como los datos de sientra son correctos y completos

X

Signature team leader

Submission time	Official	Validated	Published



Example of Team Sheet - Results



Team Sheet  
Team World Championship Juniors 2013

Tatami: II  
Men  
Bronze #18

Category	JPN	Scores	Score	Wins	Wins	Score	Scores	SLO	Duration
-66 kg	HASHIGUCHI, Yuuki	I W Y P 1 1 1	(10)	1	0		I W Y P 2	GOMBOC, Adrian	5:00
-73 kg	IWABUCHI, Yusei	I W Y P 1 2		0	1	(0.5)	I W Y P 1 1	POTPARIC, Igor	5:00
-81 kg	KOHARA, Kenya	I W Y P 1 1	(100)	1	0		I W Y P	MARINCIC, Primoz	2:16
-90 kg	KOBAYASHI, Yusuke	I W Y P 1	(100)	1	0		I W Y P 1	MULEC, Tadej	3:01
+90 kg	KURAHASHI, Isao	I W Y P	(0.5)	1	0		I W Y P 1	DRAGIC, Vito	5:00
Result	Winner: Japan		(210.5)	4	1	(0.5)			

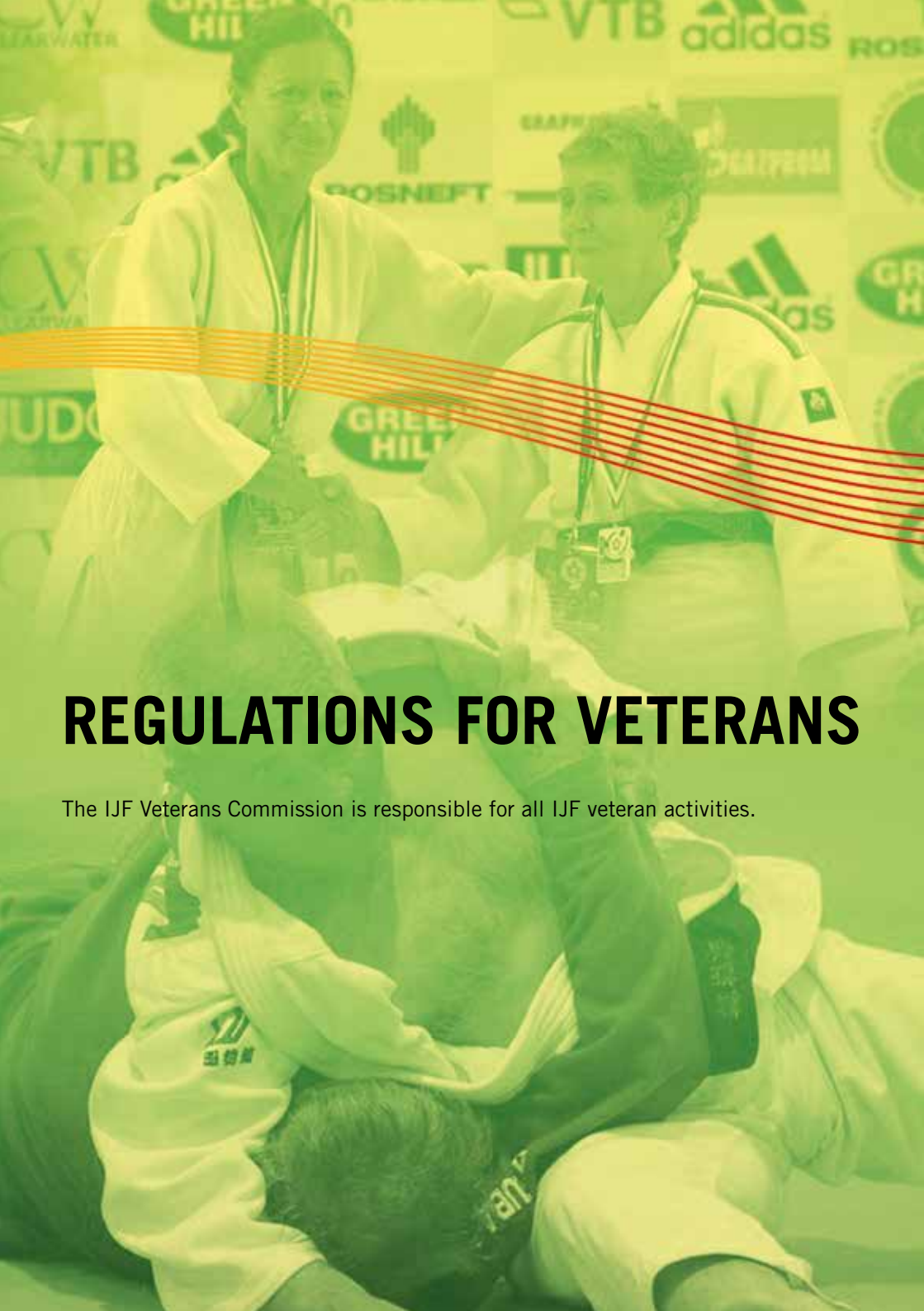
Time and Date	Signature Official	Signature Sports Director	Remark











# REGULATIONS FOR VETERANS

The IJF Veterans Commission is responsible for all IJF veteran activities.

## A.1 Organization

---

The Veteran Championships should be a sport festival, a sport competition and a social event. All rules are based on the IJF SOR, but there must be some tolerance towards those paying their own costs in order that they can still follow and support the sport of Judo.

The Championships will be held in June, September or October and will take place on a Friday, Saturday, and Sunday.

The Championships will take place, as far as possible, in a resort or a city that is a tourist venue, as the IJF want to merge the judo event with a family and social event.

The venue should be large enough to accommodate four mats for a maximum of 800 competitors and a minimum of five mats for more than 800 competitors.

## A.2 Competition Rules for Veterans

---

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The IJF competition rules will apply with the exception of modifications made to age divisions (section A4), category combining (section A7), contest and golden score duration (section A6) and judogi (section A11).

## A.3 Eligibility to Participate

---

All the following conditions must be met in full for an individual to be considered eligible to participate in these Championships.

The minimum age for participation in the World Veterans is to be 30 years or over in the year of the event. This defines the age at which players first become eligible to compete. Once a player has become eligible, they will be allocated into their appropriate five-year age category i.e.

M1/F1 will consist of competitors who have their 30th, 31st, 32nd, 33rd or 34th birthday and the M2/F2 will consist of players who have their 35th, 36th, 37th, 38th or 39th birthday at any date during the year of the World Championships.

- Hold a current and valid licence (membership) issued by a National Federation currently affiliated to the IJF.
- Pay the appropriate entry fees in full before the deadline set in the event outlines.
- Check in at registration (see schedule of Registration in the event outlines).

- Meet the specific weigh-in requirements.
- Provide photographic proof of their identity and date of birth using a valid current passport or a current National I.D. Card.
- A competitor must not have represented any National Team in a competition at international senior level at any time in the twelve months period before the start date of the particular World Veterans Championships.
- The nationality of competitors will be taken as that which is indicated in their current passport or current National I.D. Card. Competitors may only represent one country, and in any cases of changing nationality, a one-year ineligibility period must be served prior to registration on site. In these circumstances, both National Federations involved must have already agreed and confirmed their agreement in writing conforming to the current IJF SOR regulations in section 1.8. The appropriate documentation must be supplied with the application for competition entry.
- All players must have obtained the minimum grade of first kyu.

It is recommended that all competitors should have had a recent medical examination prior to participating in this championship.

## A.4 Age Divisions for Veterans

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Players will be allocated an Age Division based on:

- (a) Meeting the entrance criteria of a minimum of 30 years of age within the year of the event and,
- (b) Their date of birth in line with a five-year age range:

Age division	Actual Age (in the year of the event)
F1/M1	30 -34
F2/M2	35 - 39
F3/M3	40 - 44
F4/M4	45 - 49
F5/M5	50 - 54
F6/M6	55 - 59
F7/M7	60 - 64
F8/M8	65 - 69
F9/M9	70 - 74
F10/M10	75 - 79
F11/M11	80 and over

In order to facilitate the best possible application of the category combining policy (section A7) in situations of potentially a small number of entries and all the female categories will be held on the same day.

## A.5 Weight Categories for Veterans

---

The weight categories are the same as those for senior men and women.

## A.6 Time Duration of Contests for Veterans

---

Duration (minutes) for individual events will be as follows:

- M1/F1 to M6/F6: three (3) minutes.
- M7/F7 and over: two and a half (2.5) minutes.

The golden score rule will apply in all individual contests with the exception of competitors in the M7/F7 and over age division where it will be a maximum of one minute. If a tie exists at the end of the one minute golden score, the Central Referee, in consultation with the Table Jury, will agree on a final decision to select the winner (without calling hantei).

## A.7 Category Combining for Veterans

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A Technical Official from the IJF will delegate responsibility to a suitable individual, representing the Host Organization, who will be responsible for operating the category combining policy. This policy applies to all weight categories within all age divisions.

Category combining may only be applied to categories where there are less than three entrants. If category combining cannot be achieved safely and according to the guidelines, then a pool of three elimination systems may be considered, or the best of three contests between the two players.

- Combining within the same age division - competitors should remain within their age division if possible.
- Combining using weight categories – competitors should only be combined with other competitors who are no more than one weight category lighter or one weight category heavier. Special consideration should be given to the actual weight differences when dealing with the lightest and the heaviest female and male categories (as a guideline a maximum of 10 kg actual difference when combining the lightest weight category and a maximum of 20 kg actual difference when combining the heaviest weight category should be considered as a limit unless there are other compensatory factors such as experience etc.). Weight should be the primary consideration when moving players about within their own age division or combining them with other age divisions in accordance with the guidelines below.

### Age divisions:

- Competitors in age divisions M7 or F7 and above (for example M8/F8, M9/F9 etc.) may only be combined with other competitors who are no more than one age division higher or more than one age division lower i.e. competitors in M7/F7 may only be combined with competitors from M6/F6 or M8/F8.
- Competitors in divisions M6 or F6 may be combined with competitors no more than one age division higher or two age divisions lower. i.e. M7/F7, M5/F5 and M4/F4.
- Competitors in divisions M5 or F5 may be combined with competitors no more than one age division above or two age divisions below i.e. M6/F6, M4/F4 and M3/F3.
- Competitors in divisions M4 or F4 may be combined with competitors no more than two age divisions above or two age divisions below i.e. M5/F5, M6/F6, M3/F3 and M2/F2.
- Competitors in divisions M3 or F3 may be combined with competitors no more than two age divisions above or two age divisions below i.e. M4/F4, M5/F5, M1/F1 and M2/F2.
- Competitors in age divisions M2 or F2 may only be combined with competitors two age divisions above and one age division below i.e. M3/F3, M4/F4 and M1/F1.
- Competitors in age divisions M1 or F1 may only be combined with competitors in two age divisions above i.e. M2/F2 and M3/F3.

Age Division	Higher Age Division	Lower Age Division
M1/F1	M2/F2 M3/F3	Not applicable
M2/F2	M3/F3 M4/F4	M1/F1
M3/F3	M4/F4 M5/F5	M1/F1 M2/F2
M4/F4	M5/F5 M6/F6	M2/F2 M3/F3
M5/F5	M6/F6	M3/F3 M4/F4
M6/F6	M7/F7	M4/F4 M5/F5
M7/F7	M8/F8	M6/F6
M8/F8	M9/F9	M7/F7
M9/F9	M10/F10	M8/F8
M10/F10	M11/F11	M9/F9
M11/F11	M12/F12	M10/F10

## A.8 Draw for Veterans

The Draw for the Individual Weight Categories will take place at 19.00 hours on the day before the competition for those Age Divisions. Information on the exact location of the individual weight category draws will be displayed in Registration. A complete list of competitors who have successfully fulfilled the weight requirements will be displayed outside the room where the official Draw will take place a minimum of 15 minutes prior to the draw starting. Officials from each country should check this list to ensure that all their players are on the list who should be on the list, and that they have been correctly allocated to their age divisions and weight categories. Only accredited officials will be entitled to attend the draw.



## A.9 Seeding for Veterans

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In the veterans event there is no seeding, because competitors move into a new age category every five years and therefore enter in a new group of competitors.

## A.10 Weigh-in for Veterans

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The weigh-in will take place the day before the competition as indicated in the outlines. There is no random weigh-in for veterans.

## A.11 Judogi rules for Veterans

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White and blue judogi are obligatory and all competitors must have both types. All judogi must conform to the current regulations regarding size, materials etc., but it is not required that a judogi is purchased from the currently selected IJF manufacturers list of suppliers.

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## A.12 Back numbers for Veterans

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Competitors must wear a back number on both their competition judogi jackets and these must be of the type currently recommended by the IJF or the Host Organization.

## A.13 Competition System for Veterans

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The type of competitions system to be applied in the competition will depend on the number of entries as follows:

- 1 entry – no contest (or category combining).
- 2 entries – best of three contests (or category combining).
- 3 entries – pool of three (or category combining).
- 4 entries – pool of four.
- 5 entries – pool of five.
- 6 entries – two pools each with three players. Top two players from each pool progress to the semi-finals with the winner of Pool A fighting the runner-up from Pool B and the winner of Pool B fighting the runner-up from Pool A.
- 7 entries – one pool with four players and one pool with three players. Top two players from each pool progress to the semi-finals with the winner of Pool A fighting the runner-up from Pool B and the winner of Pool B fighting the runner-up from Pool A.

- 8 entries - two pools each with four players. Top two players from each pool progress to the semi-finals with the winner of Pool A fighting the runner-up from Pool B and the winner of Pool B fighting the runner-up from Pool A.
- 9 entries or more - double repechage system where all those players who have lost to the four semi finalists compete in the repechage.

All the contests in a single age division will be held on the same day.

## A.14 Awarding of Medals for Veterans

---

Medals will only be awarded to competitors who have actually fought in the category. The number of players competing determines the eventual medal allocation.

The medal distribution rule is as follows:

- One player - no medal will be awarded (the competitor will receive a participation medal from IJF. There will be no flag, national anthem during this awarding ceremony)
- Two players – two medals awarded
- Three players – three medals will be awarded only if the third place player has won at least one contest. In the case of no contest won there will only be two medals awarded
- Four players – three medals awarded
- Five players – three medals awarded
- Six or more players – four medals awarded

If a category has been combined the only medals awarded will be the one set of medals for the competitors in that combined category.

## A.15 Referees for Veteran Events

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In progress.





# REGULATIONS FOR KATA

The IJF Kata Commission is responsible for all IJF kata activities.

## B.1 Eligibility to Participate

---

There are five officially recognised Katas for the IJF Kata World Championships:

- Nage-no-kata.
- Katame-no-kata.
- Ju-no-kata.
- Kime-no-kata.
- Kodokan-goshin jutsu.

The IJF Kata Competition Rules will be used to judge the Kata with reference also to the official Kodokan kata video.

Each Nation can enter a maximum of seven pairs with a maximum of two pairs for each Kata: the competitors can only participate in one Kata. The pairs can be composed of two males, two females, or a male and a female

Nationality - Refer to section 1.8

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Competitors must have a minimum of 1st Dan and be at least 18 years of age on 1 January of the year in which the competition is organized; there is no upper age limit.

## B.2 Accreditation

---

The times and place for check-in and accreditation will be specified in the event program.

Number of accreditations for officials:

- One – three pairs: five officials
- Four – seven pairs: 10 officials

## B.3 Draw

---

The draw to establish the groups and the sort of each group will be done the day before the competition. The World Championship Pairs medallists from the previous year will be considered seeded and will be divided into two groups. The seeded pair will be the last pair of the group to demonstrate the Kata. The draw for sort of the final will be done in the Sports Hall after the eliminations.

## B.4 Competiton Formula

---

Each Kata will be divided into two groups: the top three couples with the maximum points from each group (that is six pairs for each Kata) will compete in the finals. Three or four mats will be used for the preliminary round and three mats for the final. If the number of pairs is less than 10, there will be only one group: the top six couples from the group will compete in the final. For each Kata the couple with the maximum points in the final will be awarded the gold medal, the couple with the second most points will be awarded the silver medal; and the third, the bronze medal.

## B.5 Judges and the System of Judging

---

The contests will be judged by IJF qualified Kata judges. The number of judges per National Federation is limited to:

- Participating countries may enter four (4) judges.
- Non-participating countries may enter two (2) judges.
- A judge cannot be a competitor.

The judges have to attend the technical meeting the afternoon before the first day of competition to confirm participation as judge in these Championships. Time and place are stated in the program.

There are five judges and they will award points on the official IJF scoring sheet. For each technique the total score of three Judges will be totalled to produce the final score: the maximum score and the minimum score for each technique will be cancelled. The total score of the whole Kata will be the sum of the score totalled by the five judges.

The evaluation of every technique of Kata must consider the principle and the opportunity of execution: the evaluation (included in the opening and closing ceremony) has to be comprehensive. In the nage no kata, right and left techniques will be evaluated comprehensively (only one score).

The five judges will be positioned on the shomen side and they will sit at about 1m apart. The rule of neutrality will be applied so the judge must be of a different nationality than the competing pair. The position of the five judges will be the same throughout the competition. If one judge is temporary replaced, he will take place in the same original position when they return to the competition. The judges must take up their position before the arrival of the couple in the competition area.

The couple enters and leaves the competition area at the opposite side of shomen:



the start and end of Kata (opening and closing ceremony) is at an 8m or 10m distance apart depending on the dimensions of the mat (bow to the mat). Any behaviour of tori or uke inside the competition area that is contrary to the spirit of Kata will reduce the score of the ceremony.

In case of equal score between pairs, the following criteria will be applied considering the scoring sheets of five Judges:

- Total value of big mistakes - the pair who makes fewer mistakes wins.
- If still equal, total value of medium mistakes will be considered - the pair who makes fewer mistakes wins.
- If still equal, total value of small mistakes will be considered – the pair who makes fewer mistakes wins.
- If still equal, the score of fluidity will decide - the pair who has a better score wins.

If two pairs, both placing 3rd in the eliminatory (or 6th place in case of only 1 group) are still equal after all the above-mentioned criteria, both pairs will qualify for the final. If two pairs placing 1st, 2nd or 3rd during the final are still equal after the above-mentioned criteria, the Kata will be repeated so that the medal can be assigned.

## B.6 Competition Area

---

A strip of visible coloured adhesive tape, approximately 10 cm wide and 50 cm long, shall be fixed on the centre of the competition area 6 m apart, to indicate the starting position of Tori and Uke. The centre of the competition area shall be indicated with a strip of adhesive tape of the same colour.





The background of the cover is a photograph of a judo practitioner in a white gi, performing a technique on a mat. The image is overlaid with a semi-transparent green filter. In the upper half, there are several horizontal lines of varying colors (orange, red, and green) that curve across the frame. The text is positioned in the lower half of the image.

# **IJF JUDOGI RULES**

Judogi control during IJF events is the responsibility of the IJF Education and Coaching Commission.

## C.1 IJF Approved Judogi

The competitors who participate in IJF official events should comply with the IJF Judogi regulations and the guidance of judogi control. The National Federation of the competing athlete is responsible for ensuring that the athlete wears an approved IJF judogi that complies with the IJF judogi rules. The list of IJF approved judogi suppliers is available at [www.ijf.org](http://www.ijf.org)

The judogi consists of a jacket and a pair of trousers and must be worn with a belt. The brand of both the jacket and trousers must be the same. Female competitors shall also wear a white tee shirt. Male athletes are not permitted to wear underwear on the top of the body. The judogi should be clean and dry and free from stains. The judogi should not be worn out, particularly on the collar and the lapel. If the condition of the judogi is assessed to be unsatisfactory, the competitor must wear a reserve judogi.

The athletes must bring both judogi for an unofficial control of the IJF official label (obligatory), judogi brand (obligatory), national emblem, advertising and backnumber. This service will start 30 minutes before the unofficial weigh-in. If the judogi is compliant with the IJF rules sponsor labels will be given. On each day of the competition the official judogi control will take place for each contest.

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 or material.

Note: In case an athlete wears a coloured belt (brown, blue or green etc.), it must be made of soft material and is exempt from having the IJF official label.



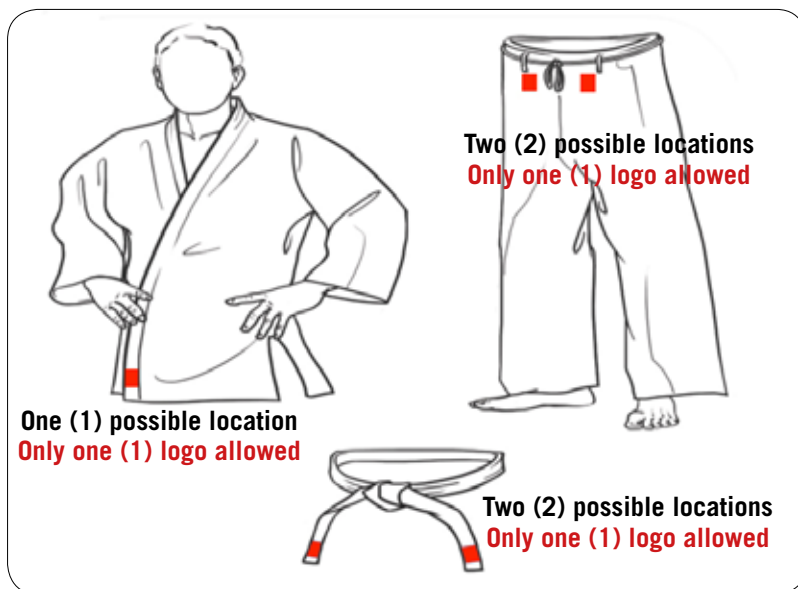
### C1.1 Official Label (Obligatory)

Each Judogi must have an IJF official label “APPROVED JUDOGI” with an optical code that cannot be falsified. The label will be controlled with an optical lamp. Each of the competition clothing articles (jacket, trousers and belt) must have an IJF official label. It is prohibited to alter or modify in any way the judogi or belt, it must be used as supplied by the manufacturer. There are two official labels, one blue and one red.

Group	2014 Label	2015 Label	2016 Label
Cadets	Blue	Blue	Red from 1 September 2016
Juniors	Blue	Red from 1 April 2015	Red
Seniors	Blue	Red from 1 April 2015	Red
Veterans	No label required		
Kata	Blue	Blue and red	Blue and red

The official label should be fixed (see picture 1):

- On the front side and the bottom of the jacket, on the left side (jacket is folded on the right side), near or in the reinforced zone.
- On the front side and the top of the trousers, close to the middle.
- On one of the two edges of the belt.



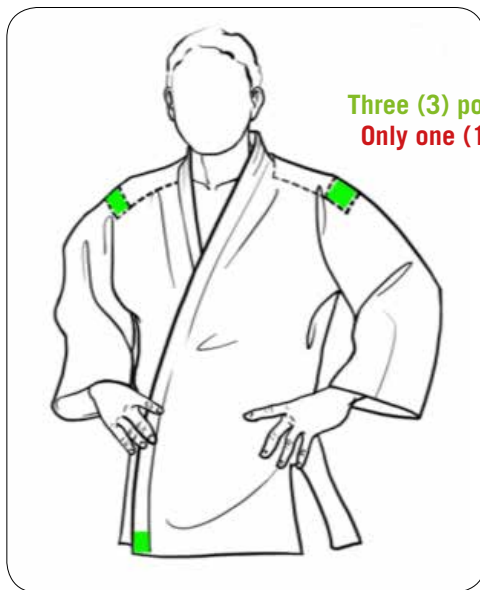
Picture 1

## C.2 Judogi Brand Location of the Manufacturer's Logo (Obligatory)

Only one manufacturer's logo per clothing item is allowed (jacket, trousers, and belt). It must be in an area of maximum 20 cm<sup>2</sup> and should be fixed on the jacket in a visible area (see picture 2):

- Either on the bottom, on the left side (when jacket crossed on the right side), near or in the reinforced zone.
- Or at the bottom edge and inside the publicity zone permitted on the shoulders (25cm x 5cm).

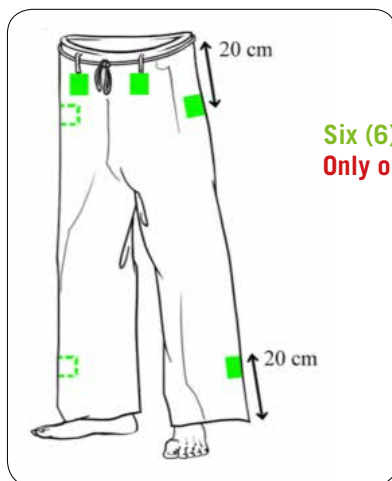




Picture 2

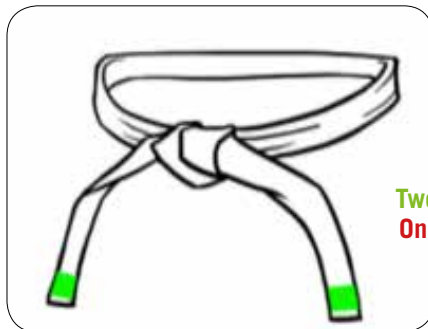
On the trousers, in a visible area (see picture 3):

- 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 (maximum 20 cm from the bottom of the lower edge of the trousers)



Picture 3

On the belt, in a visible area, (see picture 4): At one of the two edges.



**Two (2) possible locations**  
**Only one (1) logo allowed**

Picture 4

### C.3 National Emblem

Each competitor can wear on the jacket, left side, at chest level, with a maximum surface of 100 cm<sup>2</sup> (see picture 5), the officially recognized identification of the structure represented for the event (i.e. continent, nation, country, association, club or other body).

In the case that the athlete is wearing the officially recognized identification of a nation (national emblem) this must be the one that is officially recognised by the Nation, the National Olympic Committee or an IJF affiliated National Federation, club and official institutional bodies. No commercial brand can be associated with the national emblem. It can also appear in the publicity space (see picture 6).



**One (1) possible location**  
**Only one (1) emblem allowed**

Picture 5

## C.4 Advertising

Advertising is allowed only on the jacket. It must respect the practical provisions of IJF. The advertising cannot mention political, denominational or sport organizations other than the IJF, the Continental Unions, member National Federations, their organizations and affiliated clubs. It is not permitted to make the promotion of tobacco, alcohol, any prohibited substances during the contest listed in the doping code, of any product, property or service contrary to the morals and to the good customs.

On the visible part of the jacket the advertising can appear in four advertising spaces (see picture 6 points A):

- 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.

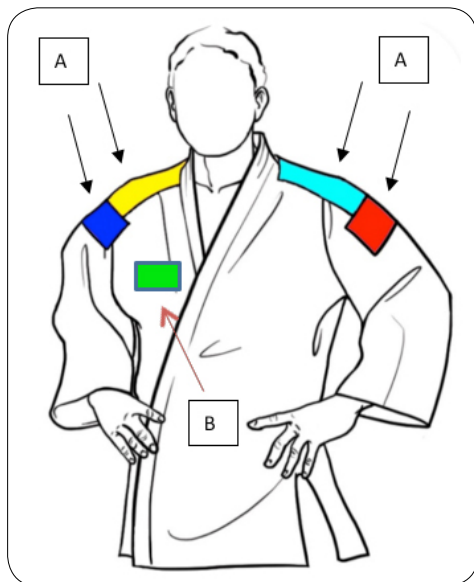
A maximum of four different publicities is permitted and only one publicity is allowed per space.

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## C.5 Additional Advertising Reserved for the Athlete

The International Judo Federation wished that the athletes could provide their economic partners an advertising space allowing them to make their own promotion (see picture 6, point B). An advertising space reserved for the athlete is allowed only on the judogi jacket, on the right side. This one must appear in a rectangle of 10 cm x 5 cm. It cannot be competing of the judogi brand and of the advertising reserved to the Federation (except agreement of this one). It is not permitted to make the promotion of tobacco, alcohol, any substances within the contest listed in the doping code, of any product, property or service contrary to the morals and to the good customs.

Picture 6



**A = Four (4) possible locations**  
**B = One (1) possible location**

## C.6 Marking and Backnumber

The name of the fighter is permitted:

- On the bottom of the jacket.
- On the top of the trousers.
- On one of both extremities of the belt.

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



Picture 7

Each competitor is obliged to have sewn on the back of his judogi a backnumber bearing his surname and his National Olympic Committee abbreviation. The backnumbers must be fixed horizontally and centred on the back of the judogi. They must be placed at a distance of 3 cm from the bottom of the collar. The backnumber can only be ordered from [www.ijfbacknumber.com](http://www.ijfbacknumber.com) or [www.mybacknumber.com](http://www.mybacknumber.com)



Picture 8

The backnumber is fixed on the back of the jacket, sewed in a solid and regular way (see picture 8). The top of the backnumber must be placed at 3 cm from the collar. During the competitions organized by IJF, it must include the publicity of the competition (which is different for white and blue judogi).

Olympic champions are entitled to wear a gold backnumber and world champions a red one. The backnumber is provided by the IJF, world champions will receive four and Olympic champions will receive eight. This are valid only while the athlete is the current holder of the title and must be changed to the blue backnumber if the title is lost. One month will be allowed for the athlete to return to the blue backnumber.

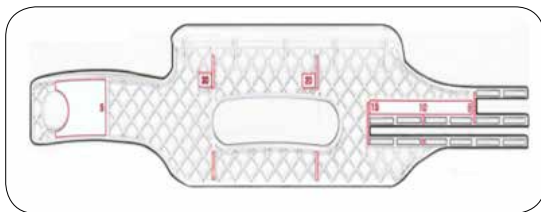
## C.7 Judogi Colour

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 5M minimum Pantone colour: 286M.

## C.8 Judogi Size

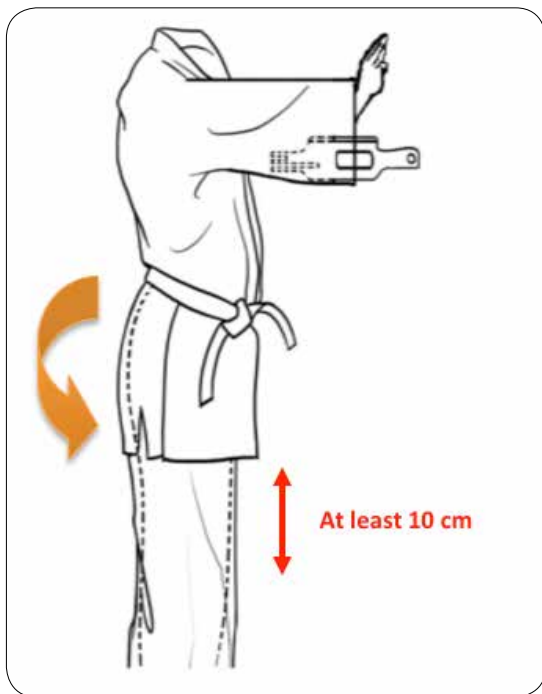
The judogi and belt size is controlled by sokuteiki (see picture 9).



Picture 9

### Jacket (see pictures 10 & 11)

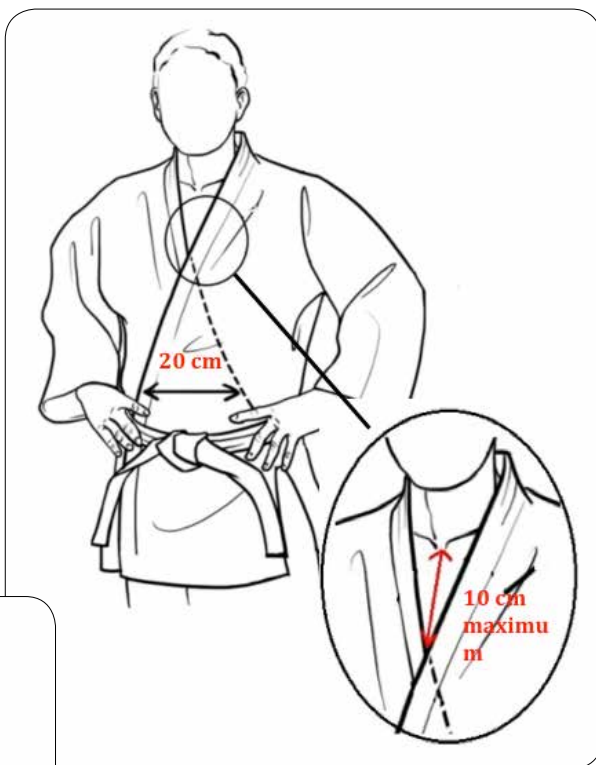
- The jacket has to cover completely the buttocks
- It has to be 10 cm at least from the knee.
- With the sleeves level (during the control the arms must be straight with the palms facing forward and the fingers raised). The entire sokuteiki must slip smoothly.
- The distance between the sternum top and the lapel crossing point of the jacket vertically must be less than 10 cm.



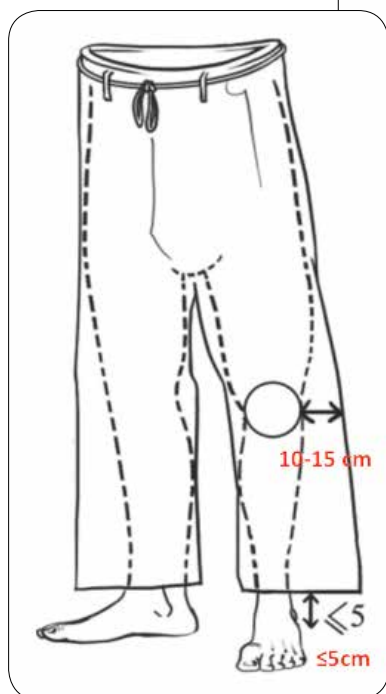
Picture 10

- The crossing points of the jacket must be at more than 20 cm.
- The distance between the 2 lapels of the jacket horizontally, needs to be of a minimum of 20 cm.
- The thickness of the lapel side must be less or equal to 1cm.
- The width of the lapel side must be 4 cm.

Picture 11



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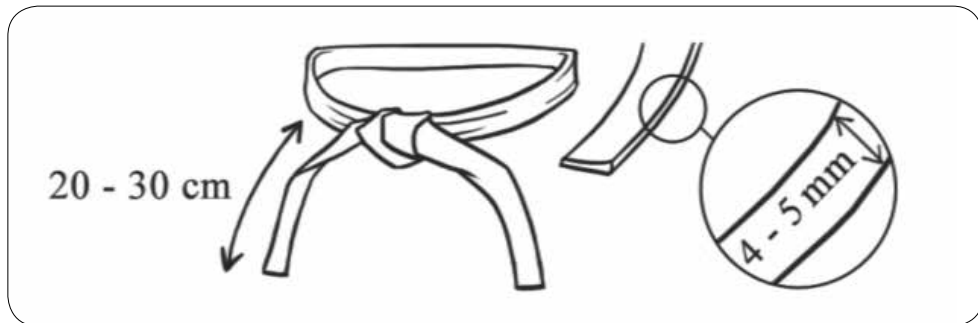
### Trousers (see picture 12)

- 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

Picture 12

### Belt (see picture 13)

- 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 knot must be correctly and tightly made.
- The belt must not be made of a stiff and/or slipping material.



Picture 13

### Tee shirt (for women)

- White in colour, short-sleeved and round-necked.
- Marking of the manufacturer logo, of maximum 20 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 national federation member of IJF can be fixed on the chest, on the left side.
- No commercial marking can appear.

## C.9 Judogi Control

Following the contest order that shall be displayed in the judogi control area, the Education and Coaching Commission is responsible for calling the athletes to the judogi control area. The athletes and their judogi shall be checked prior to each contest and found to be in accordance with the IJF Judogi rules.

It is the responsibility of the judoka to comply with the IJF judogi rules. If an athlete does not respect the judogi rules, they shall compete in a reserve judogi and the coach who is responsible for the athlete will be suspended for the rest of the competition on that day and they will not be allowed to coach any other athletes. Suspended coaches are not allowed to coach from the tribune. If they are caught doing so they will risk having their accreditation removed.



The coach's accreditation card will have a single hole punched through it to indicate to officials that they are no longer allowed to enter the FOP. In the case of a repeated offence the coach will be suspended for the rest of the competition and will have a second hole punched in their accreditation to indicate their suspension.

At events where the accreditation card cannot be defaced or altered in any way, the local Organizing Committee should provide a solution such as a small laminated card that can be attached to the accreditation that can then have the holes punched in it.

In the team competition if one team member's judogi does not pass the control then the coach will be disqualified from accompanying the whole team.

The Education and Coaching Commission will also ensure that the dress code of the coaches is respected.

### **Reserve Judogi supply**

During the competitions organized by IJF, the organizers will supply blue and white judogi and belts of different sizes. Judogi will be available in the judogi control area so that any change requirement shall be met as quickly as possible. A screened or closed changing area must be located in or close to judogi control.

The replacement judogi must be used only in the following cases:

- Torn judogi during a contest.
- Bloodstains or any other apparent stains.
- Irregular size.
- Irregular or missing backnumber.
- Inappropriate advertising.
- Inappropriate emblem.
- Unofficial brand.
- Jacket and trousers, if not the same brand.
- Inappropriate colour.
- Worn or washed out judogi.

The competitor must leave his accreditation card or part/parts of their judogi, which does not meet the requirements of the IJF regulations, with the organizers in exchange for the reserve judogi. The spare judogi must be returned immediately to judogi control at the end of the contest.

If a competitor refuses to comply with the rules, they will be excluded from the competition.

Note : The spare judogi are supplied for the competitors as a “service”. The organizers cannot be blamed if a competitor cannot find a judogi of a suitable size.

## C.10 Judogi Control Procedure

The judoka has to show up in the regular dress he would have to appear on the tatami. The IJF Executive Committee has decided to cancel the disqualification for a judogi, which does not conform to the rules and has replaced it with a coach penalty. If an athlete does not respect the judogi rules, the coach who is responsible for the athlete would be suspended for the rest of the competition of the day. In the case of a repeated offence the coach would then be suspended for the rest of the competition.

The athlete and coach must arrive together at judogi control. If the coach is not present for a valid reason (such as coaching another athlete at the same time) they will be allowed to join the athlete later. If it is not a valid reason (such as trying to avoid a suspension) the athlete will not be allowed a coach for that contest.

Athletes are obliged to pass judogi control before their contest. A specific zone is dedicated for that purpose. For each competition mat, two referees of national level, provided by the organizers, will operate the judogi control. They must be familiar with Article 3 of the IJF Refereeing Rules. During each contest these assistants have the following duties:

- Check the identity of the contestants, getting ready for the next contest.
- The name of the competitor on the accreditation card has to correspond to the backnumber. The backnumber must be firmly sewn onto the jacket and the dedicated advertising of the competition (which can be different for the white and blue Judogi according to the competition protocol) must be placed on the lower part of the backnumber.
- Check that the athletes are wearing the correct colour of judogi.
- The judogi must not be wet or stained and of a uniform colour.
- The “IJF Approved” label on the jacket, the trousers and the belt is controlled with a UV optical lamp.
- The logo of the judogi manufacturer approved as “IJF Official supplier” must appear on the jacket, the trousers and the belt. The brand of the Judogi manufacturer must be identical for both the jacket and the trousers.
- National emblem (on the left side of the jacket at the chest level).
- Check the athlete's authorized advertisement space.
- Check length of the sleeves, as they must cover up the full arms including the wrists in the control position.
- Check the distance between the sternum top and the lapel crossing point of the jacket vertically. It has to be less than 10 cm.
- Check with a sokuteiki the width of the jacket sleeves and lapel width.
- Check that the length of the jacket covers the buttocks.
- Check the length of the trousers (the ankle bone, the malleolus, must be visible and

accessible for checking).

- 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 that female contestants are wearing a tee shirt under their jacket.
- Long hair must be tied up with a non-metallic hair tie.
- If an athlete presents themselves with a tattoo mentioning political, religious or sporting bodies or promoting tobacco, alcohol, any prohibited substances listed in the doping code or of any product, property or service contrary to good moral and ethical customs, it should be covered with an adhesive bandage or medical tape.
- Check that male athletes are not wearing any underwear on the top of their bodies.
- Control of any protective clothing (knee pad, elbow pad, shin pads etc.,). No metallic part or any other part made of rigid material is allowed. The control of the size of the judogi is operated with the protective clothing on. It is not permitted to put it on after the control.
- Ensure that the athlete is not carrying a prohibited object.
- Verify the length of hand and foot nails and personal hygiene of the athlete.
- Check the coach's dress code.
- Verify that the doctor has a doctor accreditation.



A full-page background image with a green tint. It shows a referee in a dark blue IJF uniform with a patch on the chest, standing in a judo ring. The referee's right arm is raised. In the foreground, the legs and feet of a person in a light-colored gi are visible. In the background, a crowd of spectators is blurred. A decorative graphic of several curved lines, transitioning from orange to red, arcs across the upper right portion of the image.

# **IJF REFEREEING RULES**

All refereeing matters are the responsibility of the IJF Refereeing Commission.

## REFEREEING: Culture, History, Principles

Jujitsu is the generic term that regroups all of the methods of empty hand combat that the warriors of the Japanese Middle Ages practiced.

The fierce fights between the various schools of jujitsu contributed to the notoriety of their Masters and Pupils; it was in general duels between the schools that opposed the best practitioner of each among them.

Jigoro Kano at the end of the 19th century developed a school of jujitsu, that he called “JUDO”, different from the other “Ryu” by its target. Like the other schools, Judo cultivated the maximal efficiency but the goal was not the same :

### **“The improvement of man and society “**

Judo is a method of physical, intellectual and moral education, by the practice of a martial art.

Judo is the only martial art derived from Jujitsu where the grip of the opponent is obligatory; this is what gave its technical wealth, finesse and intelligence. The confrontation in jujitsu didn't allow real fighting since the goal was to kill without being killed oneself.

Jigoro Kano created a discipline where the confrontations allowed techniques to be applied completely, without ever injuring the opponent.

Ippon was granted only if the fall of the opponent was controlled until they hit the ground or they submitted.

Apart from the elbow joint where one must leave the possibility for their adversary to quit, all techniques are executed in the sense of articulation and never in hyper extension.

The control of the fall direction, the impact “complete back” and the speed of execution are the definition of the perfect success of the throwing technique.

Judo is not a struggle where one accumulates advantages or points, whether standing up or on the ground, judo is a duel with a code. The only goal is ippon; all other values can be counted only if there is a will to score Ippon.

### **The evolution of fights and refereeing through the years**

Of the challenges inter-schools of jujitsu without mercy, one passed, a little more than 100 years later, to be a member discipline of the International Olympic Committee.

The competition is today extremely well regulated and fully corresponds to the “Olympic Charter” humanist, educational and social. Judo remains nevertheless a martial art where a 100% duel must be the rule. An accumulation of points doesn't give the victory, it is the perfect technique that is rewarded with an ippon that puts an end to the fight.

The only exception is the “Waza-ari-awazete - ippon” where, in this case two techniques are executed and can be evaluated as nearly Ippon,. It is judged that they can correspond to “out of fight” (as at the time of the warriors of the Middle Ages) and counted in judo like “ Ippon “.

The refereeing must take into account the philosophical aspect of the duel between the two fighters, and reward them by the correct value or the correct sanction.

The rewards are :

- Ippon or nearly Ippon (Waza - ari) and Yuko (the intention to make Ippon but without complete success),

The sanctions are:

- A warning or disqualification, according to the severity, for those who put in danger their own health or that of their opponents, those who refuse to fight, those who stop the fight from taking place fairly, who comes out of the fighting area. All actions contrary to the spirit of judo must also be punished.

The one who wins is the one who executed “THE” best technique or, if there is no technical result, who demonstrated their loyalty by an offensive attitude and fair play.

Culturally and in complement, judo doesn't reduce itself to its Olympic expression, judo remains a martial art, judo is more than a sport, all the techniques of the Gokyo are part of the judo heritage and must always be taught.

It is the same for the” kuatsu “, techniques of resuscitations and joint mobilizations practiced about forty years ago by the judo teachers and the referees which are these days forbidden in some countries. Their practice is not allowed but their knowledge is part of the judo heritage and should under no circumstances be forgotten.

The referees are the guards of the physical, cultural and philosophical expression of Judo.

**Judo must be understood to be appreciated**





ARTICLE 1 - Competition Area

Refer to section 9.8 of the IJF Sport and Organization Rules (SOR).

ARTICLE 2 - Equipment

a) Scoreboards

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 Referees, Commission members, officials and spectators.

The scoreboards must be manufactured with a device that indicates the penalties received by the contestants. (See Appendix Example).

Whenever electronic scoreboards are used, manual scoreboards must be available as a backup (see Appendix).

b) Timing Clocks

There shall be timing clocks as follows:

Contest duration	One (1)
Osaekomi	Two (2)
In reserve	One (1)

Whenever electronic timing clocks are used, manual timing clocks must also be used to check their accuracy (see Appendix).

c) Flags (Timekeepers)

Timekeepers shall use flags as follows:

Yellow	Time out
Green	Osaekomi duration

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

d) 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.



### e) White and Blue Judogis

The contestant shall wear either a white or blue Judogi. (The first Contestant called shall wear the white Judogi; the second shall wear the blue.)

## APPENDIX Article 2 - Equipment

### Position of Scoreboard Keepers / Contest Sheet Writers / Timekeepers

The Contest Sheet Writers, Scoreboard Keepers and Timekeepers must be facing the Referee.

### Timing Clocks and Scoreboards

The timing clocks must be accessible to those persons responsible for maintaining their accuracy, and they must be checked for accuracy at the start of and regularly during the competition.

The scoreboards must meet the standards set out by the IJF and should be at the disposal of the Referees as needed.

The manual timing clocks must be used simultaneously with the electronic equipment, in case of failure of the electronic timing clocks. The manual scoreboards must be available in reserve.



*Manual Scoreboard*

EXAMPLE: White has scored Waza-ari and has also been penalised with one (1) Shido.



*Electronic Scoreboard*

White has scored Waza-ari and has also been penalised with two (2) Shido.  
Blue has scored one (1) Yuko.

## ARTICLE 3 - Judo Uniform (Judogi)

Refer to IJF SOR Appendix C.

## ARTICLE 4 – Hygiene

1. The Judogi shall be clean, generally dry and without unpleasant odor.
2. The nails of the feet and hands shall be cut short.
3. The personal hygiene of the contestant shall be of a high standard.
4. Long hair shall be tied up so as to avoid causing any inconvenience to the other contestant. 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 to this one.
5. Any contestant not willing to comply with the requirements of Articles 3 and 4 shall be refused the right to compete and the opponent shall win the contest as provided for in Article 26 of these Rules, by Fusen-gachi, if the contest has not yet started, or by Kiken-gachi, if the contest has already started, according to the “majority of three” rule.

## ARTICLE 5 - Referees and Officials

Generally, the contest shall be conducted by three Referees of different nationalities to the two competing athletes. For team competition same principle applies.

One Referee on the mat with a radio communication system is connected to the two Judges at the table of the mat who will assist with a video CARE system under supervision of the Refereeing Commission.

A draw system will be implemented for the Referees to ensure neutrality.

The Referees shall be assisted by Scoreboard Keepers, Timekeepers and Contest Sheet Writers.

The Refereeing Commission members who can eventually intervene, also seated nearby with his own CARE system must be connected with the Referee and the Judges via headphones. Which acting procedure is reflected in Article 19.6.

## **APPENDIX Article 5 - Referees and Officials**

The Referee's uniform shall conform to the dress code of the Organization. The Organizing Committee shall ensure that the Timekeepers, Contest Sheet Writers and Scoreboard Keepers as well as other technical assistants have been thoroughly trained as technical officials.

There shall be a minimum of two (2) Timekeepers; one to register the real contest time and one to specialize in Osaekomi time.

If possible there should be a third person to supervise the two (2) timekeepers to avoid any errors.

The overall Timekeeper (real contest time) shall start the clock on hearing the announcement of Hajime or Yoshi and shall stop it on hearing the announcement of Mate or Sono-mama.

The Osaekomi timekeeper shall start the clock on hearing Osaekomi, stop it on Sono-mama, and restart it on hearing Yoshi. On hearing either Toketa or Mate he shall stop the clock and indicate the number of seconds elapsed to the Referee.

On expiry of the time for Osaekomi (20 seconds or 15 seconds) if the contestant applying the hold has already been awarded a Waza-ari he shall indicate the end of the Osaekomi by means of an audible signal.

### **Manual referring**

The Osaekomi timekeeper shall raise a green flag whenever he starts the clock on hearing the announcement and seeing the signal of Osaekomi or Yoshi. He shall lower the flag when he stops the clock on hearing Toketa, Mate or Sono-mama, or on expiry of the time for Osaekomi.

The overall timekeeper (real contest time) shall raise a yellow flag whenever he stops the clock on hearing the announcement and seeing the signal of Mate or Sono-mama and he shall lower the flag when he restarts the clock 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 10, 11 and 12 of the Refereeing Rules).

The Scoreboard Keeper must ensure that he is thoroughly familiar with the current Referee gestures and announcements, so that he can accurately indicate the progress and results of a contest.

In addition to the above persons there shall be a Contest Sheet Writer to record the overall course of the contests.

If electronic systems are used, the procedure shall be the same as described above. However, manual timing clocks must also be used simultaneously with the electronic equipment to ensure their accuracy and manual scoreboard must be available in reserve.

## **ARTICLE 6 - Position and Function of the Referee**

The Referee shall generally stay within the contest area. He shall conduct the contest and administer the decisions. He shall ensure that the decisions are correctly recorded.

### **APPENDIX Article 6 - Position and Function of the Referee**

The Referee should ensure that all is in good order e.g. competition area, equipment, uniforms, hygiene, technical officials etc. before starting the contest.

The contestant wearing blue Judogi is to the left of the Referee and the contestant wearing the white Judogi is to the right of the Referee.

In cases when both contestants are in Newaza and facing outwards, the Referee may observe the action from the safety area.

Before officiating a contest, the Referees should familiarize themselves with the sound of the bell or means of indicating the end of the contest on their particular Tatami, and with the position of the doctor or medical assistant as well with headphones and CARE system.

When assuming control of a competition area the Referee should ensure that the mat surface is clean and in good condition, that there are no gaps between the Tatamis, and that the contestants comply with Articles 3 and 4 of the Refereeing Rules.

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

The Referee should leave the competition area during presentations or any lengthy delay in the program

## ARTICLE 7 - Position and Function of the Judges

Two Referees, acting as judges, will be seated at the table of the mat that will be refereeing together with the Referee connected by earphones and will assist him with a video CARE system according to the 'majority of three' rule.

Should a Judge notice that the scoreboard is incorrect he should draw the Referee's attention to the mistake.

Should a contestant 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 authorization only in exceptional circumstances, a judge must obligatorily go with the contestant to see that no anomaly occurs.

In case that the Judges are not of the same sex, an official designated by the Refereeing Director shall substitute for the Judges and accompany the contestant.

## ARTICLE 8 - Gestures

### a) The Referee

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

1. **Ippon:** shall raise one arm with palm of hand facing forward, high above the head.
2. **Waza-ari:** shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.
3. **Waza-ari-awasete-Ippon:** First Waza-ari, then Ippon gesture.

4. **Yuko:** shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body.
5. **Osaekomi:** shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
6. **Toketa:** shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.
7. **Hikiwake:** 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. (\* See Appendix)
8. **Mate:** shall raise one of his hands to shoulder height with his arm approximately parallel to the Tatami and display the flattened palm of his hand (fingers up) to the Timekeeper.
9. **Sono-mama:** shall bend forward and touch both contestants with the palms of his hands.
10. **Yoshi:** shall firmly touch both contestants with the palms of his hands and bring pressure on them.
11. 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.
12. To indicate the winner of a contest: shall raise one hand, palm in, above shoulder height towards the winner.
13. To direct the contestant(s) to re-adjust the Judogi: shall cross left hand over right, palms facing inwards, at belt height.
14. To call the Doctor: shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured contestant.
15. To award a penalty (Shido, Hansoku-make): shall point towards the contestant to be penalized with the forefinger extended from a closed fist.



16. Non-combativity: shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalized.
17. False attack: shall extend both arms forward, with hands closed and then make a downward action with both hands.

## APPENDIX Article 8 - Gestures

When it is not clearly apparent, the Referee may after the official signal, point to the blue or white contestant (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 gestures should start with the arm across the chest, then sideways to the correct finishing position.

Yuko, Waza-ari gestures should be maintained for 3 to 5 seconds while moving to ensure that the score is clearly visible to the judges. However, care should be taken when turning to keep the contestants within view.

*\*7. The Hikiwake gesture applies only to Round Robin competitions.*

Should both contestants be given a penalty, the Referee should make the proper gesture and point alternately 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 cancellation gesture.

There should be no announcement made when cancelling an expressed opinion.

All gestures should be maintained for 3 to 5 seconds.

To indicate the winner, the Referee shall return to his position at start of the contest, take one step forward, indicate the winner and then take one step back.



Bow entering  
and leaving  
the tatami



Standing before  
the fight



Inviting Contestants  
on the tatami



Ippon



Waza-Ari



Waza-Ari-Awasate-Ippon



Yuko



Osaekomi



Toketa



Mate



Mate



Sono-Mama <=> Yoshi



Stand-up



Adjustment  
of Judogi



To Cancel expressed  
opinion



Not Valid



Hajime  
Sore-Made



Kachi



To award  
a penalty

141



Non Combativity



False Attack



To call  
the doctor



Penalty for Blocking  
Attitude



Penalty for Cross  
one side gripping



Penalty for  
refusing kumikata  
pulling label



Shido for stepping  
outside



Stand-up



Penalty for pictol grip  
Pistol grip action



Penalty for fingers  
inside sleeve



Penalty for leg grabbing



Awarding a penalty



Penalty for  
stepping outside



## ARTICLE 9 - Location (Valid Areas)

The contest shall be fought in the contest area. A throwing action to be valid must be initiated when both contestants are inside or at least Tori is in contact with the contest area or if this action is continuous.

Any technique applied when both contestants are outside the contest area shall not be recognized.

All actions are valid and may continue (No Mate) as long as either contestant has some part of their body touching the contest area.

### Exceptions

- a) When a throw is started with only one contestant in contact with the contest area, but during the action, both contestants move outside the contest area, the action may be considered for point scoring purposes if the throwing action continues uninterrupted.

Similarly, any immediate counter technique by the player who was not in contact with the contest area when the throwing action started may be considered for point scoring purposes if the action continues uninterrupted.

- b) In Newaza the action is valid and may continue outside of the contest area as long as Osaekomi was called inside.
- c) Osaekomi outside the contest area if the throwing action is finished outside the competition area and immediately one of the players applies Osaekomi, Shime-waza or Kansetsu-waza, this technique shall be valid.

If during the Ne-waza Uke, takes over the control with one of these nominated techniques in a continuous succession, it shall also be valid.

The Kansetsu-waza and Shime-waza initiated inside the contest area and recognized as being effective to the opponent can be maintained even if the contestants are outside the contest area.

### APPENDIX Article 9 - Location (Valid Areas)

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 Judoji or which has become damaged or soiled.

## ARTICLE 10 - Duration of the Contest

1. The duration of the contests and the contest form shall be determined according to the rules of the tournament.

For all Championships held under the responsibility of the IJF the time duration of the contests and resting time between contests will be referred in these Rules.

This regulation will provide guidance and guidelines to follow both National Championships and the rest of Official Tournaments.

Senior Men / Team:	5 minutes real contest time
Senior 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

2. Any contestant is entitled to a 10 minutes rest between contests.
3. The Referee should be aware of the duration of the contest before coming into the competition area

## ARTICLE 11 - Time Out

The time elapsed between the announcement of Mate and Hajime and between Sono-mama and Yoshi by the Referee shall not count as part of the duration of the contest.

## ARTICLE 12 - Time Signal

The end of the time allotted for the contest shall be indicated to the Referee by the ringing of a bell or other similar audible signal.

### APPENDIX Article 12 - Time signal

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

## ARTICLE 13 - Osaekomi Time

### 1. Equivalences

- a) Ippon: Total of 20 seconds.
- b) Waza-ari: 15 seconds or more but less than 20 seconds.
- c) Yuko: 10 seconds or more but less than 15 seconds.

## ARTICLE 14 - Technique coinciding with the Time signal

1. Any immediate result of a technique started simultaneously with the time signal shall be valid.

2. Although a throwing technique may be applied simultaneously with the bell, if the Referee decides that it will not be effective immediately, he shall announce Sore-made, without any value for scoring purposes.

3. Any technique applied after the ringing of the bell 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. Simultaneous Osaekomi with the time signal

When Osaekomi is announced simultaneously with the bell or similar audible device indicating 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) is announced or the Referee announces Toketa or Mate.

During that time the contestant who receives the Osaekomi (Uke), can counterattack by applying Shime-waza or Kansetsu-waza. In case of getting a give up or incapacity of the contestant making the Osaekomi (Tori), the one who's under Osaekomi (Uke) will win the contest by Ippon.

## ARTICLE 15 - 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 contestants.

In individual competitions the Referee shall be at the tatami center 2m back from the line from which the contestants start, and shall be facing the timekeepers' table and the Judges will be seated at their respective 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 the side allotted, in line for the outer edge of contest area, in descending order and the heaviest weight being closer to the Referee, standing face-to-face team.

- b)** Upon order of the Referee the two (2) teams, after bowing when entering the contest area, will move ahead to the starting position on the mat.
- c)** The Referee shall order the teams turn towards Joseiki (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 contestants 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 Joseiki (Jury)).

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

When entering the Tatami area, fighters should walk to the entrance of the contest area at the same time

The contestants must NOT shake hands before the start of the contest.

**3.** The contestants shall then walk to the center of the edge of the contest area (on the safety area) at their respective side according the fighting order (first called on the right side and second called on the left side of the Referee's position), and remain standing there.

A the signal from the Referee, the contestants 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 contestants shall simultaneously take a step back from the right foot and bow to each other.

If the contestants do not bow or do so incorrectly ; the Referee shall direct the contestants to do so. It is very important to perform the bow in a very correct way.

**4.** The contest shall always begin in the standing position when the Referee announces Hajime.

**5.** The accredited doctor may request that the Referee stops the contest in the cases and with the consequences regulated in Article 27.

**6.** For all IJF events the functions of the coaches will be regulated by the IJF. Coaches must be seated in the reserved site for them before starting the fight.

- a)** Coaches are not allowed to give indications to the contestants while they are fighting.
- b)** Only during the pause time (between Mate and Hajime), during interruption fight, coaches will be permitted to give indications to their contestants.
- c)** After the pause is finished, and the fight continues (Hajime), coaches will have to keep silence again and no gesturing.
- d)** If a coach doesn't follow this rule, he will get a first WARNING.
- e)** If the coach starts the same attitude again, he will receive a second WARNING and will be expelled from the competition area and may not be replaced during this fight.
- f)** If the coach persists with his behavior from outside the competition area, he will be penalized. The sanction may bring an accreditation withdrawal.

**7.** - The members of the Refereeing Commission may interrupt the contest and will interfere only when there is a mistake that needs to be rectified. The intervention and any change to the decisions of the Referees by the IJF Refereeing Commission will be made only in exceptional circumstances.

The interventions of the Refereeing Commission should take place in 3 cases:

- A mistake of awarding the action between the white and the blue competitor,
- On the awarding of Hansoku-make
- Exceptional cases

The IJF Referee Commission members like Referees, must be of different nationalities to the athletes on the mat.



There is no appeal process for coaches, but they can approach the IJF Jury table to watch the reason for the change to the final decision.

The IJF Referee Commission members like Referees, must be of different nationalities to the athletes on the mat.

## ARTICLE 16 - Entry into Newaza

1. The contestants shall be able change from Tachi-waza to Newaza 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 contestants to resume the fight from the standing position.

### 2. Situations that allow the passage from Tachi-waza to Newaza

- a) When a contestant, after obtaining some result by a throwing technique changes without interruption into Newaza and takes the offensive.
- b) When one of the contestants falls to the ground, following the unsuccessful application of a throwing technique the other may take advantage of his opponent's position to take him to the ground.
- c) When one contestant obtains some considerable effect by applying a Shime-waza or Kansetsu-waza in the standing position and then changes without interruption to Newaza.
- d) When one contestant takes his opponent down into Newaza by the particularly skillful application of a movement which does not qualify as a throwing technique.
- e) In any other case where one contestant falls down or is about to fall down, not covered by the preceding sub-sections of this article, the other contestant may take advantage of his opponent's unbalanced position to go into Newaza.

### 3. Exceptions

When one contestant pulls his opponent down into Newaza not in accordance with Article 16 paragraph 2 and his opponent does not take advantage of this to continue into Newaza, the Referee shall announce Mate, and penalise with Shido the contestant who has infringed Article 25.7.

If the opponent takes advantage of the action of Tori, the Newaza work may continue.

## ARTICLE 17 - 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 contestants must quickly return after Mate to their starting positions in the following cases:

- The referee will give Shido for stepping outside
- The referee will give 4th Shido - Hansoku-Make
- The referee will ask the contestants to adjust their Judogi
- The referee is of the opinion that a contestant(s) require medical attention.

When a Mate must be given for a Shido to the fighter deserving it, contestants will remain in place, without having to return to the starting position (Mate – Shido – Hajime).

The Referee having announced Mate, must take care to maintain the contestants 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 contestants go completely outside the contest area.
- b) When one or both of the contestants perform one of the prohibited acts listed in Article 25 of these Rules.
- c) When one or both of the contestants are injured or taken ill. Should any of the situations of article 27 occur, the Referee, after announcing Mate, shall call the doctor to perform the necessary medical attention according to said article, either upon the request of the contestant, or directly depending on the seriousness of the injury, allowing the contestant(s), in order to facilitate performance, to adopt any position other than the starting position.
- d) When it is necessary for one or both of the contestants to adjust their Judogi.
- e) When during Newaza there is no evident progress.
- f) When one contestant regains a standing or semi-standing position from



Newaza bearing his opponent on his back, with the hands completely clear of the Tatami, indicating a loss of control by the opponent.

- g) When one contestant in, or from Newaza regains a standing position and lifts the opponent, who is lying on the back with one (1) or both legs around any part of the standing contestant, clear of the Tatami.
- h) When a contestant performs or attempts to perform Kansetsu-waza or Shime-waza from the standing position and the result is not sufficiently apparent.
- i) When one of the contestants starts or perform 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 contestant who performs, finishes the action.
- j) When in any other case that the Referee deems it necessary to do so.

### **3. Situations where the Referee shall not announce Mate.**

- a) The Referee should not call Mate to stop the contestant(s) going outside the contest area, unless the situation is considered dangerous.
- b) The Referee should not announce Mate when a contestant, who has escaped from Osaekomi-waza, Shime-waza or Kansetsu-waza, appears in need of or calls for a rest.

### **4. Exceptional situations**

- a) Should the Referee call Mate in error during Newaza and the contestants therefore separate, the Referee may, if possible, and in accordance with the “majority of three” rule, re-position the contestants into as close to their original position as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

## **ARTICLE 18 – Sono-mama**

1. In any case where the Referee wishes to temporarily stop the contest without causing a change in their positions, he shall announce Sono-mama, making the gesture under Article 8.9 while he must ensure that there is no change in the position or grip of either contestant.

2. Sono-mama can only be applied in situations where contestants are working in Newaza.

### 3. Situations

- a) To award a penalty: If the contestant who is awarded the penalty is in an unfavourable position, there is no Sono-mama: the penalty is awarded directly.
  - b) Medical assistance: If during Newaza a contestant shows signs of injury and according to Article 27 may be assisted by the doctor, the Referee may announce Sono-mama and separate the contestants if necessary. Subsequently will place back the contestants to the positions they held before the announcement of Sono-mama being the Referee overseen by the table Judges according to the 'majority of three' rule.
4. To recommence the contest, the Referee shall announce Yoshi making the gesture under Article 8.10.

## ARTICLE 19 - End of the Contest

1. The Referee shall announce Sore-made to indicate the end of contest in the cases covered in this article. After this announce, the Referee shall always keep the contestants within his view, in case they do not hear his announcement and continue fighting.

The Referee shall direct the contestants 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 8, the contestants shall take one step backwards, make the bow and leave the contest area by the sides of the mat, particularly around the security 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 FOP (Field Of Play).

Should the Referee award the victory to the wrong contestant in error, the Judges must ensure that he changes this erroneous decision before the Referee leave the competition area, at which the decision becomes firm without possible modification.

All actions and decisions taken in accordance with the "majority of three" rule by the Referees and agreed by the IJF Refereeing Commission shall be final and without appeal.

## 2. Situations of Sore-made

- a) When one contestant scores Ippon or Waza-ari-awasete-Ippon (Articles 20 and 21).
- b) In the case of Kiken-gachi (Article 26).
- c) In the case of Hansoku-make (Article 25).
- d) When one contestant cannot continue due to injury (Article 27).
- e) When the time allotted for the contest has expired.

## 3. The Referee shall award the contest as follows

- a) Where one contestant has scored Ippon or equivalent, he shall be declared the winner.
- b) Where there has been no score of Ippon or equivalent, the winner shall be declared on the basis of: one Waza-ari prevails over any number of Yuko.
- c) Where there are no recorded scores or the scores are exactly the same under each point (Waza-ari, Yuko), the one with less Shidos wins. Otherwise the contest shall be decided by the “Golden Score” contest in both individual and team championships.

## 4. “Golden Score” Contest

When the time allotted for the contest ends giving the circumstances of paragraph 3.c. of this article, the Referee shall announce “Sore-made” to end the contest temporarily and the contestants shall return to their starting positions.

There is no time limit for Golden Score but the scoreboard records from the previous period will be retained.

The Referee shall announce “Hajime” to restart the contest. There shall be no rest period between the end of the original contest and the start of the “Golden Score” contest.

The contest ends as soon as a contestant is being penalized by Shido (looser) or the opponent achieves a technical score (winner), the Referee will announce “Sore-made”.

In the “Golden Score” contest, when one contestant is being held and “Osaekomi” has been announced, the Referee shall allow the hold down to continue for the 20 seconds (Ippon), until Toketa or Mate, or until Shime-waza/ Kansetsu-waza is applied by either contestant with immediate result. The first score of Osaekomi is the winning score.

In this case, the contestant shall win by the points scored.

If during the “Golden Score” contest a direct Hansoku-make is given, the result for the penalized player will incur the same consequences as during a normal contest.

In the event that the Referee decides to penalize one contestant, he must first consult with the Judges and make the decision based on the “majority of three rule”.

### **5. Special situations on the “Golden Score”**

- a) Should only one contestant exercise his right to fight the “Golden Score” contest, and the other contestant declines, the contestant who wishes to fight shall be declared the winner by “Kiken-gachi”.
- b) In the case where both contestants score Ippon simultaneously during the time allotted to the first contest, the contest shall be decided by the “Golden Score” contest. In the case of simultaneous Ippon during the “Golden Score” contest the Referee shall announce Mate, continuing the contest without taking into account these actions for scoring purposes.
- c) In the case where both contestants are penalized with accumulated Hansoku-make (result from successive Shido) simultaneously, the contest shall be decided by the “Golden Score” contest.
- d) For direct Hansoku-make given to both contestants, the IJF Jury will decide.

### **6. CARE system**

The CARE system as defined in these Rules and in the SOR, will fall under the exclusive competence of the Refereeing Commission, and no one may interfere or define its operation outside the rules here listed or, in what was not covered, by the decision made by the Refereeing Commission in this regard.

Provides for the following situations of use:

- a) The Member of the Commission will intervene, stopping the contest and informing the Referee and Judges, in the situations defined below.
- b) The member of the Commission may give a positive assessment to all Referees (without stopping the contest), when in his opinion, and after

viewing both the live action followed by the CARE system replay, he is in agreement with the Referee and Judges.

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

- a)** Any decision involving the end of the contest, during the contest time as well as in the period of “Golden Score”.
- b)** Kaeshi actions where there may be difficulty in the assessment of which contestant had the final control of the action and thereby implying the end of the contest.

Viewing of the CARE system and subsequent communication with the Referees as regulated in this article shall be up to the discretion of the Referee Commission member that oversees the mat. There shall be no unauthorized use or request of use of the CARE system other than by the Referees Commission.

## ARTICLE 20 - Ippon

**1.** The Referee shall announce Ippon when in his opinion the applied technique corresponds to the following criteria:

- a)** When a contestant with control throws the other contestant with a real impact on his back with considerable force and speed. When the fall is rolled without real impact, it is not possible to consider it Ippon.

All situations in which one of the contestants 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 contestants so they do not try to escape from the technique and endanger their cervical spine. Also an attempt of a bridge (arching the body) should be counted as a “bridge”.

- b)** When a contestant holds with Osaekomi-waza the other contestant, who is unable to get away for 20 seconds after the announcement of Osaekomi.
- c)** When a contestant gives up by tapping twice (2) or more with his hand or foot or says Maitta (I give up!) generally as a result of Osaekomi-Waza, Shime-waza or Kansetsu-waza.
- d)** When a contestant is incapacitated by the effect of a Shime-waza or Kansetsu-waza.

## 2. Equivalence

Should one contestant be penalized with Hansoku-make, the other contestant shall immediately be declared the winner with a score equivalent to Ippon.

## 3. Special situations

- a) Simultaneous techniques. When both contestants 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 contestants score simultaneous Ippon the Referee will act as regulated in article 19 paragraph 5.b.

## ARTICLE 21 - Waza-ari

The Referee shall announce Waza-ari when in his opinion the applied technique corresponds to the following criteria:

- a) When a contestant with control throws the other contestant, but the technique is partially lacking in one (1) of the other three (3) elements necessary for Ippon (see Article 20 (a)).
- b) When a contestant holds with Osaekomi-waza the other contestant who is unable to get away for 15 seconds or more, but less than 20 seconds.

## ARTICLE 22 - Waza-ari-awasete-Ippon

Should one contestant gain a second Waza-ari in the contest, (see Article 22) the Referee shall announce Waza-ari-awasete-Ippon.

## ARTICLE 23 - Yuko

The Referee shall announce Yuko when in his opinion the applied technique corresponds to the following criteria:

- a) When a contestant with control throws the other contestant, but the technique is partially lacking in two (2) of the other three (3) elements necessary for Ippon.

When a contestant throws his opponent, with control, and the opponent falls on the side of the upper body it should be Yuko.

Examples:

(1) Partially lacking in the element of “impact on the back” and is also partially lacking in one of the other two (2) elements of “speed” or “force”.

(2) Impact on the back but partially lacking in both of the other two elements of “speed” and “force”.

- b)** When a contestant holds with Osaekomi-waza the other contestant who is unable to get away for 10 seconds or more but less than 15 seconds.

### APPENDIX Article 23 - Yuko

Regardless of how many Yukos are announced, no amount will be considered equal to a Waza-ari. The total number announced will be recorded.

## ARTICLE 24 - Osaekomi-waza

The Referee shall announce Osaekomi when in his opinion the applied technique corresponds with the following criteria:

- a)** The contestant being held must be controlled by his opponent and must have his back, both shoulders and one shoulder in contact with the Tatami.
- b)** The control can be made from the side, from the rear or from on top.
- c)** The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs.
- d)** At least one contestant must have one part of his body touching the contest area.
- e)** The contestant applying Osaekomi must have his body in either the Kesa, the Shiho or Ura position, i.e. similar to the techniques Kesa Gatame, Kami-shiho-gatame or Ura-Gatame.



**APPENDIX Article 24 - Osaekomi-waza**

Should a contestant who is controlling his opponent with an Osaekomi-Waza, changed 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, if the contestant who is in an advantageous position commits an infringement meriting a penalty, the Referee shall announce Mate, return the contestants to their standing positions, award the penalty (and any score from the Osaekomi), then recommence the contest by announcing Hajime.

When Osaekomi is being applied, if the contestant who is in a disadvantageous position commits an infringement meriting a penalty, the Referee shall announce Sono-mama, award the penalty, then recommence the contest by touching both contestants and announcing Yoshi. However, should the penalty to be awarded be Hansoku-make, the Referee shall, after announcing

Sono-mama, consult with the other Referees, announce Mate to return the contestants 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 shall inform the Referee and by the “majority of three” rule, the Referee shall announce Osaekomi immediately.

Toketa should be announced if, during Osaekomi, the contestant being held succeeds in “scissoring” the other contestant’s leg (s), either from above or from below the leg.

In situations where the back of the contestant being held is no longer in contact with the Tatami, (e.g. “bridging”), but the contestant applying the hold maintains control, the Osaekomi shall continue.

**ARTICLE 25 - Prohibited Acts and Penalties**

The Prohibited Acts are divided into ‘Slight’ infringements (Shido) and ‘Grave’ infringements (Hansoku-make).

**SLIGHT INFRINGEMENTS:** Will receive a penalty of Shido.



**GRAVE INFRINGEMENTS:** Will receive a penalty of direct Hansoku-make.

the Referee decide to penalize the contestant(s), (except in the case of Sono-mama in Newaza) he shall temporarily stop the contest by announcing Mate, indicate the appropriate gesture for transgression and announce the penalty while pointing to the contestant(s) who committed the prohibited act.

During the fight there will be three Shido, and the fourth will be Hansoku-make (3 warnings and then disqualification). Shido do not give points to the other fighter, only technical scores can give points on the scoreboard.

At the end of the fight, if scoring is equal on the scoreboard, the one with less Shido wins. If the fight continues to Golden Score, the first receiving a Shido loses, or the first technical score will win.

Shido will be given to the fighter deserving it, in place, without having both fighters return to the formal start position (Mate – Shido – Hajime) except when a Shido is given for leaving the contest area.

There are several possibilities for disqualification (Hansoku-make). When an athlete receives a Hansoku-make they may or may not be allowed to continue in the competition if applicable.

In the case of Hansoku-make resulting from progressive penalties, the contestant penalised with four shido is allowed to continue competition.

In the case of direct Hansoku-make for protection of the judoka (diving head first onto the mat), the judoka is allowed to continue competition.

In the case of direct Hansoku-make for acts against the spirit of judo the judoka cannot continue in the competition. They will keep the position that was reached and the relevant WRL points will be awarded. In some cases, depending on the situation, the IJF Jury may decide to give the athlete a disciplinary sanction and to remove the position and/or WRL points.

In the case of a double Hansoku-make as a consequence of a fourth shido, the result is considered equal and the Golden Score rule will be applied (situation similar to simultaneous ippon/victory).

For a direct Hansoku-make given to both contestants, the IJF Jury will decide.

In any case of misbehaviour by an athlete, which merits disqualification, the IJF Jury may exclude him from the rest of the championships.

Whenever a Referee awards a penalty, he should demonstrate with a simple gesture the reason for the penalty.

A penalty can 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, as long as the decision has not been given.

## **SHIDO (Slight Infringements Group)**

(a) Shido is given to any contestant who has committed a slight infringement:

1. To intentionally avoid taking Kumikata in order to prevent action in the contest. (See APPENDIX Article 25 - Prohibited Acts and Penalties- a) Shido) *
2. To adopt in a standing position, after Kumikata, an excessively defensive posture. (Generally more than 5 seconds).
3. 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: <ul style="list-style-type: none"> <li>- Tori has no intention of throwing.</li> <li>- Tori attacks without Kumikata or immediately releases the Kumikata.</li> <li>- Tori makes a single attack or a number of repeated attacks with no breaking of Uke's balance.</li> <li>- Tori put a leg in between Uke's legs to block the possibility of an attack.</li> </ul>
4. 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).
5. In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, in order 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 should be penalized by Shido.
6. To intentionally disarrange his own Judogi or to untie or retie the belt or the trousers without the Referee's permission.
7. To pull the opponent down in order to start Newaza unless in accordance with Article 16. (See APPENDIX Article 25 - Prohibited Acts and Penalties- a) Shido ) *
8. To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers.

9. In a standing position to take any grip other than a “normal” grip without attacking. (See APPENDIX Article 25 - Prohibited Acts and Penalties – a) Shido ) \*
10. In a standing position, before or after Kumikata has been established, not to make any attacking moves. (See APPENDIX Article 25 - Prohibited Acts and Penalties – a) Shido ) \*
11. To hold the opponent’s sleeve end(s) between the thumb and the fingers (“Pistol” grip).
12. To hold the opponent’s sleeve end(s) by folding it over (“Pocket” grip). ‘Pistol’ and ‘Pocket Grip’ on the bottom of the sleeve without immediate attack is penalized by Shido.
13. To hug directly the opponent for a throw (Bear hug). However it is not a Shido when a contestant, Tori or Uke has Kumikata with a minimum of one hand, either Tori or Uke has the possibility to hug the opponent for a throw (Bear hug). No Shido.
14. To encircle the end of the belt or jacket around any part of the opponent’s body. (See APPENDIX Article 25 - Prohibited Acts and Penalties – a) Shido ) \*
15. To take the Judogi in the mouth (either his own or his opponent’s Judogi).
16. To put a hand, arm, foot or leg directly on the opponent’s face. (See APPENDIX Article 25 - Prohibited Acts and Penalties – a) Shido ) \*
17. To put a foot or a leg in the opponent’s belt, collar or lapel.
18. To apply Shime-waza using either your own or your opponents belt or bottom of the jacket, or using only the fingers. (See APPENDIX Article 25 - Prohibited Acts and Penalties – a) Shido ) \*
19. To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in Newaza. (See Article 9 - “Exceptions”).  
If a contestant puts one foot outside of the contest area without immediate attack or not returning immediately inside the contest area is penalized by Shido. Two feet outside the contest area is penalized by Shido.  
If the contestant is pushed outside the contest area by his opponent, then the opponent will receive a Shido. (If the fighters leave the contest area, they are not penalized by Shido when the attack is engaged in a valid position).
20. To apply leg scissors to the opponent’s trunk (Dojime), neck or head. (Scissor with crossed feet, while stretching out the legs).

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|---|
| 21. 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 |
| 22. To bend back the opponent's finger(s) in order to break his grip.   |
| 23. Breaking the grip of the opponent with 2 hands.   |
| 24. Cover the upper part of the lapel of the Judogi jacket to prevent the grip.   |
| 25. To force the opponent with either one or both arms to take a bending position without immediate attack will be penalized by Shido for a blocking attitude.                  |

### **HANSOKU-MAKE (Grave Infringements Group)**

**(a) Hansoku-make is given to any contestant who has committed a Grave Infringement (or who having been given three (3) Shido, commits a further Slight Infringement):**

- |   |
|---|
| 1. To apply Kawazu-gake. (To throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards into him). (See APPENDIX Article 25 - Prohibited Acts and Penalties – b) Hansoku-Make) ** |
| 2. To apply Kansetsu-waza anywhere other than to the elbow joint. (See APPENDIX Article 25 - Prohibited Acts and Penalties – b) Hansoku-Make) **  |
| 3. To lift off the Tatami the opponent who is lying on the Tatami and to drive him back into the Tatami.  |
| 4. To reap the opponents supporting leg from the inside when the opponent is applying a technique such as Harai-goshi etc.  |
| 5. To disregard the Referee's instructions.   |
| 6. To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest.   |
| 7. To make any action this may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo.  |
| 8. To fall directly to the Tatami while applying or attempting to apply techniques such as Ude-Hishigi-Waki-Gatame. (See APPENDIX Article 25 - Prohibited Acts and Penalties – b) Hansoku-Make) **  |

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|--|
| 9. To “dive” head first, onto the Tatami by bending forward and downward while performing or attempting to perform techniques such as Uchi-mata, Harai-goshi, etc. or to fall directly backwards while performing or attempting a technique.                               |
| 10. To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other’s movement.  |
| 11. To wear a hard or metallic object (covered or not).  |
| 12. All attacks or blocking with one or two hands or with one or two arms below the belt in Tachi-Waza will be penalized by Hansoku-make. It is possible to grip the leg only when the two opponents are in a clear Newaza position and the Tachi-Waza action has stopped. |
| 13. Any action against the spirit of Judo may be punished by a direct Hansoku-Make at any time in the contest.   |

When a contestant has repeated slight infringements and is to be penalized with his fourth (4th) Shido the Referee, after consultation with the other Referees, shall give the contestant “Hansoku-make”, that is to say that the 4th Shido is not announced as “Shido”, but shall be announced directly as “Hansoku-make”. The contest ends according to the Article 19 (c).

## **APPENDIX Article 25 - Prohibited Acts and Penalties**

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

Should the Referee decide to penalize the contestant(s), (except in the case of Sono-mama in Newaza) he shall temporarily stop the contest by announcing Mate, should penalize or return the contestants to their starting positions (Article 17) and announce the penalty while pointing to the contestant(s) who committed the prohibited act.

Before awarding Hansoku-make, the Referee must consult with the Judges and make his decision in accordance with the “majority of three” rule. Where both contestants infringe the rules at the same time, each should be awarded a penalty according to the seriousness of the infringement.

Where both contestants have been given three (3) Shidos and subsequently each receives a further penalty, they should both be declared Hansoku-make. A penalty in Newaza should be applied in the same manner as in Osaekomi (Article 24 Appendix, the 2nd and 3rd paragraphs).

**(a) Shido \***

- 1) *When a contestant is breaking three times in the period of Kumi-Kata the grip of his opponent, the Referee should penalize this contestant with Shido.*
- 7) *Where one contestant pulls his opponent down into Newaza not in accordance with Article 16 and his opponent does not take advantage of this to continue into Newaza, the Referee shall announce Mate and give Shido to the contestant who has infringed Article 16 (without returning to the starting position).*
- 9) *“Normal” Kumikata is taking hold 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.*

*If a contestant continues to take an abnormal Kumikata, the time allowed may be progressively reduced, and even to a “direct penalty” of Shido.*

*As long as a contestant makes a cross grip, that means with two hands, one hand on the opposite side of the back, shoulder or arm of the other contestant, he should attack immediately or the Referee must penalize with Shido. Under no circumstances it is permitted to grab below the belt.*

*Cross gripping should be followed by an immediate attack. Same rule as for belt gripping and one side gripping.*

*A contestant should not be penalized for holding with an abnormal grip if the situation has been brought about by his opponent ducking his head beneath the holder’s arm. However, if a contestant is continually “ducking” this way, the Referee should give consideration as to whether he is adopting an “excessively defensive posture” (2).*

*Hooking one leg between the opponent’s legs unless simultaneously attempting a throwing technique is not considered to be the normal Kumikata and the contestant must attack within 5 seconds or the contestant will be penalised with “Shido”.*



10. “No-combativity” may be taken to exist when in general, for approximately 25 seconds; there have been no attacking actions on the part of one or both contestants. No-combativity should not be awarded when there are no attacking actions, if the Referee considers that the contestant is genuinely looking for the opportunity to attack.

*The Referees should penalize strictly the contestant who does not engage in a quick Kumikata or who tries not to be gripped by the opponent.*

14. 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 penalized.

16. The face means the area within the line bordered by the forehead, the front of the ears and the jaw-line.

18. Point 18 will be strictly observed for Shime-waza is not allowed with either your own or your opponents belt or bottom of the jacket, or using only the fingers.

#### **(b) Hansoku-make\*\***

1. 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. Kansetsu-waza is authorized for Cadets.

8. To attempt such throws as Harai-goshi, Uchi-mata, etc., with only one hand gripping the opponent’s lapel from a position resembling Ude-hishigi-waki-gatame (in which the wrist of the opponent is trapped beneath the thrower’s armpit) and deliberately falling, face down, onto the Tatami is likely to cause injury and will be penalised.

*No intent to throw an opponent cleanly onto his back is a dangerous action and will be treated in the same way as Ude-Hishigi-Waki-Gatame.*

*Strict application of the Refereeing Rules in the following fields*

*FORBIDDEN: Grips of legs and blocking:*

*All direct attacks or blocking with one or two hands or with one or two arms below the belt are prohibited.*

*Penalty: HANSOKU-MAKE*

*Examples:*

*Hansoku-make blue*

*Extreme defensive position*

*Shido for both*

## ARTICLE 26 - Default and Withdrawal

The decision of Fusen-gachi shall be given to any contestant whose opponent does not appear for his contest according to the 30 seconds rules.

Punctuality for contests ('30 seconds rule'). - Applies to all IJF events.

Forfeit of a fight: If one contestant is ready on time and the Referee Commission see that his opponent is not present they will ask the speaker to announce 'the last call for missing athlete' (there will no longer be three calls at one minute intervals).

The Referee will then invite the prepared contestant 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 mat Referee will invite the athlete to enter the competition area and will be declared the winner by Fusen-gachi.

The athlete forfeiting a match may participate in the repechage provided the IJF jury find that certain criteria are fulfilled.

The Referees must be sure before awarding Fusen-gachi that they have received the authority to do so by the Refereeing Commission.

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

## **APPENDIX Article 26 - Default and Withdrawal**

Soft contact lens: - In the event that a contestant loses his contact lens during the contest and cannot immediately recover them, and if he then informs the Referee that he cannot continue competing without the contact lens, the Referee shall give the victory to his opponent by Kiken-gachi after consulting with the table Judges .

## **ARTICLE 27 - Injury, Illness or Accident**

The decision of the contest where one contestant 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 contestant he shall lose the contest.

(2) Where the cause of the injury is attributed to the uninjured contestant the uninjured contestant shall lose the contest.

(3) Where it is impossible to determine which of the contestants was the cause of the injury was, the contestant unable to continue shall lose the contest.

### **b) Sickness**

Generally, where one contestant is taken sick during a contest and is unable to continue, he shall lose the contest.

### **c) Accident**

Where an accident occurs which is due to an outside influence (force majeure), after consulting with the Referee Commission, the contest shall be considered cancelled or postponed. In those cases of 'force majeure', the Sport Director, the Sport Commission and/or the IJF Jury will take the final decision.

## **Medical Examinations**

- a)** The Referee shall call the Doctor to attend to a contestant 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 Doctor will examine the contestant in the shortest time possible and indicate to the Referee whether the contestant can continue or not.

If the Doctor, after examining an injured contestant, advises the Referees that the contestant 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 contestant may ask the Referee to call for the doctor, but in this case the contest is terminated, and his opponent shall win by Kiken-gachi.
- c) The Doctor may also ask to attend to his contestant, 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 shall end the contest and indicate the result in accordance with the rules.

### **Bleeding Injuries**

When a bleeding injury occurs, the Referee shall call the Doctor to assist the contestant in stopping and isolating the bleeding.

In cases of bleeding, for health reasons, the Referee shall call for the Doctor; it is not allowed to compete while bleeding.

However, the same bleeding injury may be treated by the Doctor on two (2) occasions. The third (3rd) time that the same bleeding injury occurs, the Referee, after previous consultation with the other Referees, shall end the contest for the contestant's own safety and he shall declare the opponent to be the winner by Kiken-gachi. In any case where the bleeding cannot be contained and isolated, the opponent shall be the winner by Kiken-gachi.

### **Minor Injuries**

A minor injury may be treated by the contestant 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 contestant to reset the dislocated finger. This action should be done immediately with no assistance from the Referee or the Doctor and the contestant can continue in the contest.

The contestant will be allowed to reset the same finger on two (2) occasions. If the same dislocation occurs a third (3rd) time, the contestant shall not be



considered 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.

The doctors of the organizing committee or the accredited doctors of the teams intervene upon request of the referees.

The doctors of the organizing committee or teams' doctors 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.

For justifying this exceptional request, they should stand at the edge of the competition surface showing two arms in cross in the height of the chest to inform the referee that they wish to make an emergency intervention. The referee must allow the doctor to enter the tatami while stopping the contest.

Three cases are possible:

- The team doctor/ local organization doctor announces that the athlete cannot continue the contest because their health is in danger. The opponent will be declared winner by fusen-gachi.
- The team doctor/ local organization doctor announces that the athlete can continue without danger to their health, and if agreed by the IJF Jury the contest continues.
- If the intervention of the team's doctor is not justified by the IJF Jury and Medical Commission delegate a final decision will be made about the continuation of the contest and will make an official report.

Refer to SOR Appendix E.

## **APPENDIX Article 27 - Injury, Illness or Accident**

If during the contest a contestant is injured due to an action by the opponent and the injured contestant cannot continue, the Referees should analyse the case and make a decision based on the rules. Each case shall be decided on its own merit. (See paragraph: a) Injury 1, 2 and 3).

Generally only one (1) Doctor for each contestant is allowed on the competition area. Should a Doctor require an assistant(s), the Referee must first be informed. The coach is never allowed on the competition area.

The Referee shall draw near to the injured contestant to ensure that the assistance provided by the Doctor is within the Rules.

However the Referee may consult with the Judges in case he needs to comment on any decision.

### **Medical Assistance**

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

a) In a minor injury

In the case of a broken nail, the Doctor is allowed to assist in cutting the nail. The Doctor may also help in adjusting a Scrotum injury (testicles).

b) In a bleeding injury

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

Note: With the exception of the above situations, if the Doctor applies any treatment the opponent shall win by Kiken-gachi.

### **Types of Vomiting**

Any type of vomiting by a contestant shall result in Kiken-gachi for the other contestant. (See paragraph: b) Sickness).

In the case where a contestant through a deliberate action causes an injury to the opponent, the penalty given to the contestant inflicting the injury on the opponent shall be a direct Hansoku-make, apart from any other disciplinary action that may be taken by the Sport Director, the Sport Commission and/or the IJF Jury.

When a Doctor clearly realises - especially in the case of Shime-waza – that there is a serious danger to the health of one of the contestant that he is responsible for, he can go to the edge of the competition area and call upon the Referees to immediately stop the contest. The Referees shall take all necessary steps to assist the Doctor. Such an intervention will necessarily mean the loss of the contest for his contestant and should therefore only be taken in extreme cases.

If a Cadet loses consciousness during Shime-waza they are no longer able to continue in the competition.

At the IJF Championships, the official team Doctor shall have a medical degree and must register prior to the competition. He shall be the only person allowed to sit in the designated area and must be so identified. e.g. by wearing a Red Cross arm-band or waistcoat.

When accrediting a Doctor for their team, the National Federations must take the responsibility for the actions of their Doctors. The Doctors must be aware of any amendments and the interpretations of the Rules.

## **ARTICLE 28 - Situations not Covered by the Rules**

Where any 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 Refereeing Commission.







# **IJF MEDICAL AND ANTI-DOPING HANDBOOK**

All medical and anti-doping matters are the responsibility of the IJF Medical Commission. Further information can be found in the EOG.

## E.1 Medical Requirements

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In case of an injury, the priority is the athlete's health. The team doctor is responsible for the health of their athletes. In the case of a decision the local organizing doctor can assist the team doctor. In case of a dispute between them, the decision will be taken by the team doctor, between a physiotherapist and a doctor, the doctor will decide and between two physiotherapists, it is the team's physiotherapist who will decide. The LOC shall provide sufficient medical treatment during the competition, including on site treatment and hospital treatment if needed. They should also provide qualified Medical personnel and arrange sufficient medical materials and equipment.

A minimum of one ambulance must be at the competition venue a minimum of 15 minutes before the start of a competition day. In the absence of the ambulance the competition cannot be started.

The IJF Medical Commission delegate has the right to:

- Recommend to stop the competition in case of the delay of the ambulance is more than 15 min.
- Stop a contest in case of a dangerous injury (MDs only).
- Make a decision whether an injured athlete can continue the contest or not (MDs only).

Tatami doctors have the right to:

- Make a decision, in consultation with the IJF Medical Commission Delegate, whether an injured athlete can continue the contest or not in case there is no team doctor.

## E.2 Medical Suspension Following Concussion

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Athletes of all age categories with suspected concussion (confirmed by either the IJF Medical Commission delegate if a Medical Doctor, or by the relevant event's head of medical services) are not allowed to compete within the period of seven (7) days starting the day after the date of the injury. Athletes can return to competition having a medical clearing from their team medical doctor, family doctor or any other medical doctor having the authority to issue such a clearing. The IJF Medical Commission will register athletes under medical suspension.

Recognition of a concussion:

The concussion is a traumatism of the head or the neck that alters the brain function in an immediate or transitional way. In 9 cases out of 10, it is not associated with loss of consciousness. It is very important, in case of traumatism, to respect safety instructions in order to preserve the athlete's health and to ensure an appropriate medical follow-up.

Signs of recognition

During the contest:

- Loss of consciousness, convulsions
- Disorder of balance, of vision (seeing stars, double vision)
- Headache, tiredness, confusion, somnolence
- Memory troubles (to ask simple questions: their name, the place...)

After the contest:

- Irritability, sadness, impression of drunkenness
- Hypersensitivity to noise, to light
- Sleep disorders
- Reduction of performance

Safety instructions:

- To stop the contest immediately
- The athlete must be taken care of by a doctor or a person who has a close relationship with the athlete
- To respect the rest period prescribed by the doctor
- To officially inform in writing the IJF Medical Commission
- Return to activity only with a medical certificate specifying the date.

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## E.3 Doping Control Requirements

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The LOC must provide and arrange for doping control following the World Anti-Doping Agency (WADA) rules.

The Doping Control Station (DCS) has only one function: providing space for doping tests. No other function or unauthorized traffic (no weight control, no use as dressing room) is allowed. It is guarded, locked and clearly separated from the competition area. The location of the DCS shall be marked with clear signs from various directions. No filming or picture taking is allowed in the doping control area.

### E.3.1 Selection Procedure for Doping Control

The IJF Medical Commission delegate together with an IJF Official and a representative of the responsible Sample Collection Authority will carry out the draw before the start of the final block; all participants must sign the draw protocol.

### E.3.2 In-Competition Testing

At IJF Events doping control is carried out under the supervision either of an IJF Medical Commissioner or a representative of the IJF Medical Commission.

At individual events doping control for each weight category will include two competitors:

- a. the winner of the category and
- b. one of the three other medal winners by draw

At team events doping control will include: one (1) member of the gold medal winning team, and one (1) member of the other medal winning teams for both men and women teams; the choice of the weight categories is made by draw for men and women separately. (2 Tests for men and 2 Tests for women)

Every registered competitor of the teams is included in the draw. In the case of non-contestation of a selected weight category the immediate superior or immediate inferior weight category of the involved team will be tested.

Draws are carried out in accordance with the Sport Organization Rules of the IJF during the competition before the start of the final block.

Note: at other International Tournaments organized by or carried out under the aegis of the IJF where athletes can gain Olympic Qualification Points the number of test shall be the same as above, at other times this arrangement may be modified according to the agreement signed with IJF.

For veteran and kata competitions: There will be no doping control

### **E.3.3 Athlete Notification and Registration for Doping Control**

Athletes are notified after their medal-winning contest.

### **E.3.4 Accredited Laboratory**

Only WADA accredited/approved Laboratories can analyse the samples. The Doping Control Coordinator has to inform IJF Medical Commission about which laboratory will be used.

In case of Adverse Analytical Finding detected, the IJF will follow the IJF Anti-doping Rules.

The IJF Medical Commission delegate has the right to: Cancel or stop a test if it is medically justified.









# **GLOSSARY**



## GLOSSARY OF JAPANESE TERMS

Japanese	English
ANZA	Sitting cross-legged
ASHI-WAZA	Foot or leg techniques
ATEMI-WAZA	Striking techniques
AWASE-WAZA	Combination of two Waza-aris
DAN'I	Dan grade
DOJO	Training hall
ENCHO-SEN (e.g. Golden Score Contest)	Extended match
FUKUSHIN	Judge (now table Referee)
FUSEN-GACHI	Win by default
HAISHA	Loser
“HAJIME!”	“Start!”
HANSOKU	Violation
HANSOKU-MAKE	Defeat by grave infringement or accumulated light penalties
HIDARI-JIGO-TAI	Left defensive posture
HIDARI-SHIZEN-TAI	Left natural posture
HIKITE	Pulling hand
HIKIWAKE	Draw
IPPON	Complete point
JIGO-HONTAI	Straight defensive posture
JIGO-TAI	Defensive posture
JIKU-ASHI	Support leg
JOGAI	Outside contest area
JONAI	Inside contest area
JOSEKI	Upper Seats
JUDOGI	Judo uniform
KACHI	Winner
KAESHI-WAZA	Counter techniques
KAKE	Execution of techniques
KANSETSU-WAZA	Joint locks
KAPPO	Resuscitation method

KATA	Forms
KATAME-WAZA	Grappling techniques
KATSU	Technique of Kappo
KEIKO	Training / Practice
KIKEN-GACHI	Win by withdrawal
KIME	Complete execution
KINSA	Slight superiority or inferiority
KINSHI-WAZA	Prohibited techniques
“KIOTSUKE!”	“Attention!” (Word of command to make persons Stand straight up, closed heels)
KOKA	Effect / Minor score
KOSHI-WAZA	Hip techniques
KUMIKATA	Taking grips
KUZUSHI	Balance breaking
KYUSHO	Vital point
MA’AI	Distance between two contestants
“MAITTA!”	“I give up!”
MA-SUTEMI-WAZA	Supine sacrifice techniques
MATE	Wait
MIGI-JIGO-TAI	Right defensive posture
MIGI-SHIZEN-TAI	Right natural posture
NAGEKOMI	Repetitive throwing practice
NAGE-WAZA	Throwing techniques
NEWAZA	Ground work
OSAEKOMI-WAZA	Hold down techniques
“OSAEKOMI!”	“Hold is on!”
“OTAGAI-NI-REI!”	“Bow to each other!”
RANDORI	Free sparring
RENRAKU-WAZA	Combination of several techniques
REI	Bow
RITSU-REI	Standing bow
SEIZA	Sitting square / Formal sitting
SHIAI	Match / Bout

SHIAI-JO	Competition area
SHIDO	Instruction / Light penalty
SHIME-WAZA	Strangling techniques
SHIMPAN	Refereeing
SHIMPAN'IN	Referees
SHIMPAN RIJI	Refereeing Director
SHISEI	Posture
SHIZEN-TAI	Natural posture
SHIZEN-HONTAI	Straight natural posture
SHOMEN	Dojo front / Upper Seats
“SHOMEN-NI-REI!”	“Bow towards Shomen!”
SHOSHA	Winner
SHUSHIN	Referee
SOGO-GACHI	Combined win
“SONO-MAMA!”	“Do not move / Hold positions!”
“SORE-MADE!”	“Time is up!”
SUTEMI-WAZA	Sacrifice techniques
TACHI-WAZA	Standing techniques
TAI-SABAKI	Body shifting / Body control
TATAMI	Mat
TE-WAZA	Hand techniques
“TOKETA!”	“Hold-down broken!”
TORI	Player executing technique
TSUKURI	Set-up to execute technique
TSURITE	Lifting hand
UCHIKOMI	Repetition training
UDE-GAESHI	Arm locking throw / Arm reverse
UKE	Player receiving opponent's attack
UKEMI	Break fall
WAZA	Techniques
WAZA-ARI	Technique exists / Great advantage
WAZA-ARI-AWASETE-IPPON	Two Waza-aris score Ippon
YAKUSOKU-RENSHU	Agreed-upon practice
YOKO-SUTEMI-WAZA	Side sacrifice techniques

“YOSHI!”	“Continue!”
YUKO	Effective / Moderate advantage
YUSEI-GACHI	Win by superior performance
ZA-REI	Seated bow

## NAMES OF JUDO TECHNIQUES

### NAGEWAZA

#### TACHI-WAZA

TE-WAZA		
Seoi-nage	Shoulder throw	SON
Tai-otoshi	Body drop	TOS
Kata-guruma	Shoulder wheel	KGU
Sukui-nage	Scooping throw	SUK
Uki-otoshi	Floating drop	UOT
Sumi-otoshi	Corner drop	SOT
Obi-otoshi	Belt drop	OOS
Seoi-otoshi	Shoulder drop	SOO
Yama-arashi	Mountain storm throw	YAS
Morote-gari	Two-hands reap	MGA
Kuchiki-taoshi	One-hand drop	KTA
Kibisu-gaeshi	Heel trip	KIG
Uchi-mata-sukashi	Inner thigh reaping throw slip	UMS
Kouchi-gaeshi	Small inner reaping throw counter	KOU
Ippon-seoi-nage	One-armed shoulder throw	ISN
Obitori-gaeshi	Belt-grab throw	OTG

KOSHI-WAZA		
Uki-goshi	Floating hip throw	UGO
O-goshi	Large hip throw	OGO
Koshi-guruma	Hip wheel	KOG
Tsurikomi-goshi	Lift-pull hip throw	TKG
Harai-goshi	Hip sweep	HRG
Tsuri-goshi	Lifting hip throw	TGO
Hane-goshi	Hip spring	HNG

Utsuri-goshi	Hip shift	UTS
Ushiro-goshi	Back hip throw	USH
Sode-tsurikomi-goshi	Sleeve lift-pull hip throw	STG

### ASHI-WAZA

De-ashi-barai (-harai)	Forward foot sweep	DAB
Hiza-guruma	Knee wheel	HIZ
Sasae-tsurikomi-ashi	Supporting foot lift-pull throw	STA
Osoto-gari	Large outer reap	OSG
Ouchi-gari	Large inner reap	OUG
Kosoto-gari	Small outer reap	KSG
Kouchi-gari	Small inner reap	KUG
Okuri-ashi-barai (-harai)	Foot sweep	OAB
Uchi-mata	Inner-thigh reaping throw	UMA
Kosoto-gake	Small outer hook	KSK
Ashi-guruma	Leg wheel	AGU
Harai-tsurikomi-ashi	Lift-pull hoot sweep	HTA
O-guruma	Large wheel	OGU
Osoto-guruma	Large outer wheel	OGR
Osoto-otoshi	Large outer drop	OSO
Tsubame-gaeshi	Swallow counter	TSU
Osoto-gaeshi	Large outer reaping throw counter	OGA
Ouchi-gaeshi	Large inner reaping throw counter	OUC
Hane-goshi-gaeshi	Hip spring counter	HGG
Harai-goshi-gaeshi	Hip sweep counter	HGE
Uchi-mata-gaeshi	Inner thigh reaping throw counter	UMG

### SUTEMI-WAZA

MA-SUTEMI-WAZA		
Tomoe-nage	Circular throw	TNG
Sumi-gaeshi	Corner throw	SUG
Ura-nage	Back throw	UNA
Hikikomi-gaeshi	Pulling-down sacrifice throw	HKG
Tawara-gaeshi	Bag of rice throw	TWG

**YOKO-SUTEMI-WAZA**

Yoko-otoshi	Side drop	YOT
Tani-otoshi	Valley drop	TNO
Hane-makikomi	Springing wraparound throw	HNM
Soto-makikomi	Outer wraparound throw	SMK
Uki-waza	Floating throw	UWA
Yoko-wakare	Side separation	YWA
Yoko-guruma	Side wheel	YGU
Yoko-gake	Side body drop	YGA
Daki-wakare	Rear trunk turnover	DWK
Uchi-makikomi	Inner wraparound throw	UMK
Osoto-makikomi	Large outside wraparound throw	OSM
Uchi-mata-makikomi	Inner thigh wraparound throw	UMM
Harai-makikomi	Hip sweep wraparound throw	HRM
Kouchi-makikomi	Small inner wraparound throw	KUM

**KATAME-WAZA****OSA EKOMI-WAZA**

Kesa-gatame	Scarf hold	KEG
Kuzure-kesa-gatame	Modified scarf hold	KKE
Ushiro-kesa-gatame	Reverse scarf hold	UKG
Kata-gatame	Shoulder hold	KAG
Kami-shiho-gatame	Top four-corner hold	KSH
Kuzure-kami-shiho-gatame	Modified top four-corner hold	KKS
Yoko-shiho-gatame	Side four-corner hold	YSG
Tate-shiho-gatame	Straight four-corner hold	TSG
Uki-gatame	Floating hold	UGT

**SHIME-WAZA**

Nami-juji-jime	Normal cross strangle	NJJ
Gyaku-juji-jime	Reverse cross strangle	GJJ
Kata-juji-jime	Half cross strangle	KJJ
Hadaka-jime	Naked strangle	HAD

Okuri-eri-jime	Sliding collar strangle	OEJ
Kataha-jime	Single-wing strangle	KHJ
Kata-te-jime	One-hand strangle	KTJ
Ryo-te-jime	Two-hands strangle	RYJ
Sode-guruma-jime	Sleeve wheel strangle	SGJ
Tsukkomi-jime	Thrusting strangle	TKJ
Sankaku-jime	Triangular strangle	SAJ

### KANSETSU-WAZA

Ude-garami	Entangled arm lock	UGR
Ude-hishigi-juji-gatame	Cross lock	JGT
Ude-hishigi-ude-gatame	Arm lock	UGA
Ude-hishigi-hiza-gatame	Knee lock	HIG
Ude-hishigi-hara-gatame	Stomach lock	HGA
Ude-hishigi-ashi-gatame	Leg lock	AGA
Ude-hishigi-te-gatame	Hand lock	TGT
Ude-hishigi-sankaku-gatame	Triangular lock	SGT

### KINSHI-WAZA

Kani-basami (Yoko-sutemi-waza)	Scissors throw	KBA
Kawazu-gake (Yoko-sutemi-waza)	One-leg entanglement drop	KWA
Do-jime (Shime-waza)	Body scissors	DOJ
Ashi-garami (Kansetsu-waza)	Entangled leg lock	AGR
Ude-hishigi-waki-gatame	Armpit lock	WAK

## PENALTIES

### FORBIDDEN ITEMS

Apply-Technique-Outside	P01
Avoid-Grip	P02
Bend-Opponents-Fingers	P03
Ashi-garami	P04



Defensive-Posture	P05
Disarrange-Judogi	P06
Disregard-Instructions	P07
Dojime	P08
Drive-Into-Mat	P09
Encircling	P10
Fall-Backwards	P11
False-Attack	P12
Finers-In-Sleeve	P13
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Foot-in-Belt	P15
Outside-Contest-Area	P16
Head-Dive	P17
Hold-Same-Side	P18
Hold-Sleeve-Ends	P19
Hand-On-Face	P20
Hold-Trouser-Leg	P21
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Illegal-Newaza-Entry	P23
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Non-Combativity	P29
Reap-Supporting-Leg	P30
Shime-With-Jacket/belt	P31
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Unsportsmanlike-Conduct	P34
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Kicking	P39
Push out	P40
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#### OTHERS

Bye	BYE
Fusen Gachi	FUS
Kiken gachi	KIK
Undetermined	UND
Undetermined Katame-waza	UNK
Undetermined Nage-waza	UNN
Yusei Gachi	YUS

## NOTES

NOTES





### **IJF President's Office**

HUN 1051 Budapest,  
Jozsef Attila str. 1  
[www.ijf.org](http://www.ijf.org)

### **IJF General Secretariat**

Fédération Française de Judo  
21-25 Avenue de la Porte de Châtillon  
F-75 680 Paris Cedex 14 France

### **IJF Lausanne Office**

1007 Lausanne  
Avenue Frédéric-César-de-La-Harpe 49  
Switzerland  
[www.ijf.org](http://www.ijf.org)

