REFEREEING JUDO

Introduction and abridged rules

Calvert Kitaura, IJF-B Referee
Maximillian Rayner, National Referee

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In this 2018 edition, the most notable new items due to IJF’s 2018 rule changes have been highlighted with a gold color.
PURPOSE OF REFEREES

Refereeing is a trust – on the mat a Referee is representing all of Judo. Ensuring a safe contest with a fair outcome is a Referee’s key job.

SAFETY

Enforcing Judo’s principle of mutual welfare and benefit means that referees should do all they can to assure contestant safety.

This includes checking the mats and flooring are safe, inspecting Judogis, promptly stopping inappropriate actions likely to cause injury, and always erring on the side of protecting contestants from incorrect actions by themselves or their opponents.

“A wrong call is forgivable, allowing an injury for fear of making a call is truly regrettable”

CORRECT RESULT

A well refereed match will reveal the winner on time and within the rules. If a match goes on too long or ends with a questionable outcome this may be partly down to contestant actions... but just as often happens because referees did not assert enough control to require positive Judo from the outset.

Players may enter your mat coached in a variety of tactics to derive advantages or to deny them to their opponent. This is fine if the intent of their actions is to execute positive techniques. This is not fine if a player’s intent is to “game” the rules to run out the clock or to prevent an opponent from ever getting a grip.

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As a Referee, you have to be decisive and supremely confident in fairly enforcing the rules, but also humble and willing to take correction if the Chief Referee or the Judges working with you (whether on the side or via the Care System) correct your calls.

“Referees should set fair-play and character development examples for judokas to follow”

WHO’S WELL SUITED AS A REFEREE?

While every Judoka, coach and Sensei can benefit greatly from refereeing experience, not everybody may be well suited to be a great Referee.

A successful Referee typically has prior Judo fighting or teaching experience and enjoys the intellectual aspects of Judo as much as the physical. Successful referees are rarely hotheads, often have good “command presence” and leave no doubt as to their ability to take charge when it’s their duty to do so. You can expect the help and guidance of a supportive community of referees, and the more open to constructive feedback, the more enjoyable your experience will be.

Refereeing gives you the “best spot in the house” to watch your favorite sport: yes, you’ll be standing for long periods of time and will need to filter out noisy chaos around you in order to concentrate on the contests under your care, but there is no better way to witness first-hand the development of Judo and Judokas over time.

Focus, concentration, fast decision making and fair application of rules: few jobs are as challenging, but even fewer are as rewarding.
COMMAND PRESENCE CAN BE LEARNED

You may have heard people say admiringly of some referees that they have “great command presence”. What is that, and why is it so critical?

While some people may be naturally taller and louder than others that is not the primary ingredient of command presence. The quality that makes others trust and want to follow you is not inherited but is something you can practice and get better at.

Command implies the related elements of authority, demeanor, decision making and leadership. As a Referee, you start with formal authority, but that won’t last long if your demeanor, decision making and leadership is poor.

**Demeanor** – carry yourself in a confidence inspiring way. Shoulders squared, back straight, neither hurried nor lethargic. Take the time to **breathe** before issuing commands. Find whatever voice register you can confidently use to cut across the din (and that’s not always just the lowest, it should be the one that works for you and does not sound false or forced).

**Decision making** – you must be clear in your own mind about what you think you saw, what rules and interpretations you applied and why your decision naturally follows. You must be equally clear and willing when you need to correct your call if needed. If those around you know that you’re paying attention to the table and to the Judges and will correct any mistakes you’ll have a much calmer mat, with all participants willing to take your lead.

**Leadership** – This is NOT about thinking you know it all. Key elements are instead responsibility, accountability, delegation and team spirit.
• **Responsibility:** As a leading Referee you are responsible for the fairness of the contests, the safety of the contestants, and the harmonious working of your team.

• **Accountability:** you must answer to the consensus of your team, to senior referees and to the tournament’s Chief Referee. Expect to be corrected and take it with grace and a spirit of continuous learning. In fact, make a habit of asking for feedback after each set of contests you Referee. Being open and accountable for things that could have been done better is how you will improve your skills.

• **Delegation:** the job is hard enough as it is... get as much help as you can. Talk with your team and supervising referees to establish consistent ground rules and to invite help from your Judges. Discuss with members of the scoring table what you expect from them including whatever specifics may be different at each tournament.

• **Team spirit:** You must “own” the decisions on the mat as a team. Be ready to accept two-out-three calls and when you come off the mat, even if you were in the minority, “own” those as team calls that you must support.

If your demeanor is such that you inspire confidence, if your decision making is fair and well informed, and if you lead in a responsible, accountable and collaborative way, soon others will be saying that you too have “great command presence”.
DRESS &
OFF-MAT BEHAVIOR

As a Referee, you represent and should be teaching the spirit of Judo. This obviously means fair application of the rules but also that you embody all the visible signs that go with a high regard for Judo’s traditions and rules. We can’t expect contestants to learn and care about rules if we ourselves are not following them.

While certain tournaments may develop special rules, the current dress code is the same for men and women: charcoal grey pants, white short-sleeve dress shirt, black tie, solid black socks (no colorful toe areas... plain black socks), black shoes (which will be left discretely under a table), black blazer/jacket (not double breasted).

Some tournaments may choose to have all referees wear white polo shirts, which is acceptable as long all referees are either in jackets and ties or in polo shirts. Generally, referees should be uniform in their uniform!

Some tournaments may invite referees to have short sleeve dress shirts under their jackets so that in case excessive heat jackets can be removed. This too is fine, but it’s not an individual choice... at the direction of the Chief Referee either all referees remove their jackets and Referee in their shirts and ties, or all referees keep them on. Due to excessive heat the Chief Referee may go as far as to have referees remove their jackets and ties and unbutton their dress shirts’ top buttons. This too is fine as long as it is applied uniformly.

When refereeing in a jacket you must keep it buttoned. When side judging in a seated position, the top jacket button must be buttoned.

Just as we require contestants to have belts that are neither too short nor too long, Referee ties must be knotted appropriately so that its tip touches but does go beyond the Referee’s pants belt.
No-coaching and no-fraternization with contestants:

- *Ideally referees commit to working the entire duration of a tournament.*
- *It is not OK to be coaching athletes in your Referee attire, or to be seen “fraternizing” with select contestants even if you’re on a break or your duties have ended.*
- *If you absolutely must coach an athlete, which is frowned upon, bring alternative clothes as well as evidence of your coaching credentials.*

When contestants Referee:

- *Rules for competing and refereeing in the same tournament are up to the chief referee and tournament director.*
- *In smaller tournaments contestants may be needed as referees or may need to the chance to practice their refereeing.*
- *Generally, it’s best not to Referee in a Judogi unless that’s the accepted practice at a local tournament.*

### PREPARING YOURSELF TO REFEREE

Refereeing requires continuous education – *rules change, interpretations of the same rules change, contestants introduce new techniques* and referees have to enjoy keeping up with it all.

It’s a good habit to review key references about once a month, and to reach out to senior referees for any news on evolving best practices.

Among the resources referees should regularly consult, we would encourage you to download and keep studying the official documents and latest case studies for Judo rules:
More specifically, prior to any tournament referees should study each upcoming competition’s specific rules and especially areas where they may vary from standard rules.

On the day of the tournament, make sure you arrive at the venue with ample time to:

- Attend the official’s meeting without having to rush.
- Get familiar with the practices and table items in use at tournament.
- Participate in the tournament opening ceremony.
- Finally, and this may sound obvious to anybody who has competed in Judo: you must clear your mind and mentally prepare to Referee... just was you would clear your mind and prepare when you were a contestant yourself.

**HOW TO OPEN & CLOSE A CONTEST MAT**

You should have a checklist for how to take over a mat. Usually senior referees do lead this but soon that may be you! So here goes:
PREPARATORY STEPS

- Walk your mat’s competition area (the central contest area and the safety area) to check for evenness, cracks and any potentially dangerous situation.

- Verify the Care System is in working order or that chairs with flags are ready to be brought on to the mat if needed.

- Check all the table’s tools are in working order (score boards, clocks, flags).

- Introduce yourself to the technical officials at the table (time keepers, Osaekomi time keepers, scoreboard operators, pool managers).

- Verify their understanding of rules matches yours and what those imply: for example how will they signal whether Shime-waza or Kansetsu-waza are permitted and how will the table ensure that any competitors “playing up” either have an appropriate release according to the tournament’s rules or that their pool plays under appropriately restrictive rules.

- If there are any problems you cannot solve and you are the senior Referee on your mat, the tournament director and Chief Referee should be consulted.

BOWS TO FORMALLY OPEN THE MAT

All bowing should be done with a “4 count”: a count of 2 going down and 2 going up.

In national tournaments and other Care System tournaments, the first/last active Referee is the only one to open and close a mat.

- In such cases the Referee enters the mat area from the left of the official’s table bowing as he or she steps in from the edge. The Referee then moves clockwise to the opposite end and bows twice, once to enter the competition area and another time upon entering the inner contest area.
• The Judges will remain seated at the Care System table to the right of the scoring officials’ table.

• When it’s time to relieve the Referee, one of the side Judges will enter the mat from the left of the officials’ table and moving clockwise around the edge of the competition area will bow in Joseki’s direction on entering the contest area.

In tournaments involving side Judges on the mat, the procedure is a little more complex (note: all “rei” commands given by the lead Referee in a voice such that only the Judges can hear):

• An initial team of one Referee and two Judges opens the mat.

• The designated initial team steps into the mat formally from the left of the table, all at once (left foot first). On the left one Judge, in the middle the center Referee, on the right the other Judge. The Referee announces “rei” so only the Judges can hear before they bow into the mat from the floor.

• All movement in and out of the mat is done clockwise, so the Judge on the extreme left will lead and proceed along the outside of the safety area to the edge of the safety area opposite to the table/Joseki.

• On the Referee’s “rei” all three will bow into the competition area facing Joseki.

• All three then walk forward (left foot first) about one meter into the competition area and bow in Joseki’s direction again.

• Then the Referee will step back (right foot first) -- without leaving the competition area -- while the Judges pivot to face each other.

• On the Referee’s “rei” all three bow as a team. The Judges will then either go to their corners or to the Care System table, the Referee will step forward into the contest area, and the team is ready to start.
BOWS TO FORMALLY CLOSE A MAT

- When the last Referee team has overseen the last contest for a specific mat the team should formally close the mat, in almost reverse order of the mat opening ceremony.
- The Referee and two Judges will head to a position about one meter inside the edge of the competition area that faces the table/Joseki and on “rei” bow to Joseki.
- The Referee then takes step back (right foot first) while the Judges pivot to face each other. On “rei” they bow as a team.
- They then walk backwards (right foot first) to the edge of the competition area and bow to Joseki once more.
- Having done so, the Judge on the left will lead the procession out of the mat to the right side of the table where all three will once again line up and bow out of the mat for the last time on the Referee’s “rei”.
- They then walk off the mat (right foot first) and their duties are concluded.

CHECKLIST FOR STARTING EACH MATCH

The best way to run an efficient stream of contests is to head off any problems before the contestants even enter the mat. The referees and Judges not in active rotation should either be watching the contests on their mat or keep an eye on contestants as they line up at their table and go through a compliance checklist which should include:

- Clean Judogi and belts that comply with Judogi control rules.
- Proper contestant hygiene and no active bleeding.
- No rash guards/t-shirts for men.
- Only white crew-neck t-shirts for women.
• Long hair tied with non-metallic bands.
• No eyeglasses.
• No metal on any body parts.
• If braces are worn by contestants, verify they’re soft and allow bending of legs/arms.
• USA Judo allows mouthpiece use in domestic competition ONLY. IJF & PJC events hosted in the USA do NOT allow the use of mouthpieces as they are conducted using the full IJF rules. For example: the 3rd (international) day of the Junior Olympics (PJC & IJF point event).
• Compliance with white/blue rules, i.e. wearing the correct color belt or Judogi as may be called for.

Contestants should only be allowed to attempt to enter the mat if they pass the above checklist. Any issues encountered before they enter the mat can be corrected without consequence.

Once contestants enter the mat the Referee must go through the same check list and personally satisfy himself they’re in compliance with applicable rules.

Note that a Referee may NOT assume that his colleagues off-rotation have done anything beforehand. That is merely a courtesy that off-rotation referees may or may not have time to extend and it the active Referee’s unambiguous duty to enforce the rules.

The penalties for contestant non-compliance in major tournaments (as determined by the Referee with the agreement of at least one Judge) can be severe:

• Contestants unwilling or unable to comply with the above rules before entering the mat shall be refused the right to compete and their opponent will be declared the winner by Fusen-gachi.
• If a contestant needs to make a change to comply, this must be done either right at the mat’s edge or else a side judge of the same gender should accompany the contestant to the change room.
• In local tournaments, the general practice has been more forgiving since we want to encourage contestants that may just be starting their Judo careers. Referees often exercise discretion and allow an
infringing contestant to compete if the contestant can come reasonably close to a safe approximation of compliance.

Assuming none of the above prevented the match from starting, you are now free to welcome the contestants onto your mat and to start the match. We’ll review key rules in a moment, but first some advice.

USE YOUR JUDO
THINK AS A CONTESTANT

You know from your own contests what is casual hand contact versus what’s an intentional leg grab or a below the belt block. Do you remember when bridging in air was legal and actively coached? What about shoulder locks disguised as a legitimate forward throw? Before rules changed to require more dynamic Judo, what would you have done in a similar case?

With athletes joining Judo from other disciplines with different rules, not only we have to re-educate judokas but also need to watch for beginners who are experienced in other disciplines but don’t know any better in Judo. Fighters coming from other disciplines may without any malice attempt to use submission techniques that are not allowed in Judo and fighters that are better taught may fail to defend themselves not expecting such violations of the rules. It is part of our job as referees to do our utmost to detect and prevent such problems.

Coaches and contestants will get an early read from the tone set by a Referee. You’ll hear coaches at tournaments encouraging athletes to push the envelope if they think they can get away with it:

“This guy always stops Ne-Waza quickly, just turtle up.”

“She’s always lenient on non-combativity, just throw in fake attacks until you get the counter you want.”
Leniency as a Referee just sets up the potential for unfairness. If you start too lenient and let the wrong athlete win points or a match, by the time your Judges correct you you’ve already allowed an advantage that shouldn’t be there. The best gift you can bring to the contestants is not your leniency but your tough, fair and prompt enforcement of rules (and for the youngest ones, a verbal explanation in case they don’t know what they’re doing wrong and can’t understand the signals and Japanese words).

YOU CAN AND SHOULD READ PLAYER INTENT

You probably competed at some point and know all the tricks that may be used unless you step in as a Referee and require positive Judo.

Your own experience in contests and an understanding of player intent are the key ingredients in good refereeing. For example:

- Imagine Blue is ahead by a Waza-ari with 45 seconds to go. At this point, Blue may think: “The ref is letting us avoid taking a grip for as long as we want and not penalizing passive or defensive behavior, so I’m just going to run out the clock.”

- Meanwhile White is trying hard to engage and has to chase Blue around the mat or is repeatedly blocked by defensive posture.

- If you don’t step in, Blue will succeed in running out the clock to win and that is not the kind of Judo we want to teach.

- Worse, it sends the signal that either “the ref is blind” or that we value trickiness over fighting spirit.

A good Referee will sense each player’s intent as if the Referee was fighting and cut some slack when diversionary actions are used to set up a technique but have no tolerance for a player’s refusal to engage.
CONTESTANT REI

You may wonder why referees “make” contestants bow correctly into and out of each contest. Bowing is fundamental to the spirit of Judo.

“If we don’t require contestants to show proper respect to each other we shouldn’t be surprised if next they fail to respect referees and ultimately fail to respect Judo”

When contestants arrive without proper training in how to bow, it is up to the Referee to both teach and enforce the following rules:

- Contestants should enter the mat from opposite sides, preferably at the same time and with a series of simultaneous gestures.
- White enters from the right of the Referee (from the Referee’s perspective), Blue from the Referee’s left.
- Contestants may NOT enter or leave the mat by crossing in front of Judges.
- The Referee may, but is not required to, invite the contestants into the competition area with the appropriate hand gesture.
- Contestants then bow into the competition area (recommended but NOT required) and enter it (left foot first) up to either the blue/white marks if still in use or up to a mutual distance of about 2 meters (approximately one full mat length).
- Without any Referee action contestants must then bow to each other (required, not optional) and should (not required) take just one step forward (first left, then right) to signal they are ready to fight. A casual nod is NOT a bow, and referees may require contestants to bow properly to each other.
• Note: If the Referee wants to prevent contestants from entering the competition area at all, the accepted signal is for the Referee to step right into the middle of the mat (for example if the Referee needs to wait for some change at the table). Contestants should know this means the Referee does not want contestants to present themselves.

“Proper bowing procedures coming out of the mat are as important as coming in”

When the Referee has announced “Sore-made” contestants should proceed to the point just one step in front of their original marks (the place where they stepped to signal their readiness to fight).

• Contestants shouldn’t wait to arrange their Judogis, but if they fail to the Referee should require them to before announcing the result.

• The Referee will then take one step forward (left foot, then right) and award the result with a gesture of one arm, palm upturned, aimed toward the head of the winner for about three seconds.

• Only exception would be a tie between two judokas in a team or round-robin competition in which case the Referee would say “Hiki-wake” and move an arm toward the middle of the mat with palm open and vertical.

• As the Referee takes one step back (right foot first then left), contestants should then take a step back (right foot first then left) and must bow properly to each other. They should NOT shake hands or have other contact until they are out of the mat.

• After bowing to each other contestants should back out to the edge of the competition area without crossing in front of Judges (if any) and are encouraged but not required to bow out.

• Penalties for failing to properly bow to an opponent: referees are required to report misbehavior to the tournament director who is required to disqualify the offending contestant from further competition and to strip the that contestants of any medals/placement that they may have achieved.
ABRIDGED RULES

COMPETITION AREA

Referees should satisfy themselves that the competition area (the Contest Area plus the Safety Area) and the table (the timers, scorers and scoreboard) are all in order. We illustrate below the acceptable dimensions and appropriate positions when side Judges are used.

The rule for competitor placement is that White (assigned to the highest ranked player internationally and nationally but assigned to the first called regionally / locally) will be to the right of the Referee and Blue to the left of the Referee.

When the care system is not in use and Judges sit on the mat, mats will be arranged as shown above.
[Note: chairs should be placed such that they don’t end up where Judges could back into Judges from another mat or into athletes from another contest. In a tournament with multiple mats this means avoiding placing chairs where corners of competition areas touch].
When the Care System is in use, players are placed the same way. Note that both IJF and USA Judo have determined that coaches may not talk to contestants during a match other than during Matte or Sono-mama periods. In national/international contests coaches are seated at the opposite end to the table as shown below.

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Note that the requirements for the 3-4m Safety Area vary depending on what adjoins it. When two active mats are separated by a common Safety Area it must be 4m wide, while it can be only 3m if only one active mat adjoins it.
SCORING IN JUDO

Ippon

Ippon in Tachi-waza:

A contestant who throws with “control”, “force” and “speed” resulting in an impact “largely on the back” should awarded an Ippon. The acronym COFOSOB may help: COntrol, FOorce, Speed, largely On the Back.

Let’s examine the fundamental principles we insist on for an Ippon throw:

• **Control**, because an accident, such as a contestant tripping himself, shouldn’t amount to an Ippon for the opponent. There must be an element of control & intention behind the action.

• **Force** because that reinforces evidence of intention. Whether in an attack or in a counter (Kaeshi-waza), we should not reward an accidental development with an Ippon. It must be that the contestant intended to execute and applied appropriate force to achieve an intended result.

• **Speed** because a “slow motion” lurch toward the ground does not rise to the level of an Ippon.

• An impact largely **On the Back** as that also helps distinguishes an Ippon from a Waza-ari.

A complete roll across the back is considered an Ippon:

If the roll occurs with mat contact and then Uke over-rotates and ends on his or her belly, it’s still a score. Uke must flip completely in the air to avoid a score.
Ippon in Osaekomi-waza, Shime-waza and Kansetsu-waza:

Ippon is awarded when a contestant is able to hold the other for 20 seconds in Osaekomi. Ippon is also awarded if the subject of a Shime-waza or Kansetsu-waza technique gives up by tapping two times or more with any hand or foot, yells out “MAITTA!” or becomes incapacitated.

Ippon in special circumstances:

When a contestant is penalized with Hansoku-make, the other contestant will be considered to have won by points equivalent to Ippon.

If contestants achieve Ippon simultaneously (for example with simultaneous Shime-waza techniques, the contest will be decided by a subsequent Golden Score. If simultaneous Ippons should occur during a Golden Score period, they shall be disregarded and the fight should continue until there is a winner.

Uke bridging or even just a bridging attempt will cause immediate award of Ippon for Tori. Bridging is deemed to have occurred when the chin is extended away from the chest during a fall and or landing. Uke reaching with the head, stretching the neck out, not protecting the head and/or neck can/should be considered as bridging.

However, non-bridging use of the head for defense to avoid landing or while attempting to escape from a score will require Matte, a conference, and if agreed be given Hansoku-make.

Involuntary head defense will carry no penalty for tori or uke. In other words, if Tori’s attacks results in an unintentional head impact (as might happen in a drop Seoi nage) there will be no penalty for either.
Waza-ari

**Waza-ari in Tachi-waza:**

A contestant who throws with Control but partially lacks two of the other three elements for Ippon should be awarded a Waza-ari. *Note that this new definition includes what would have previously been assessed as Yuko.*

The fact that a Waza-ari can be partially lacking in two of either Force, Speed, or an impact largely on the Back has interesting implications. One example of such a Waza-ari would be a slow rolled fall onto the back or side.

**Rolls on the sides or lower back are considered Waza-ari, as is a buttock landing with immediate continuation to the back:**

![Images of Waza-ari examples](image)

**If the roll occurs with mat contact and then Uke over-rotates and ends on his or her belly, it’s still a score. Uke must flip completely in the air to avoid a score.**

Note also that there are now new circumstances when a Waza-ari is called for to discourage unsafe landings. Suppose a throw could have been an Ippon except that as part of Uke’s back hits the mat flat, Uke manages to prop up his shoulders on both of his or her elbows or one elbow and the hand of the other arm... To discourage Ukes from engaging in this unsafe practice, Waza-ari is the right call, even if the initial impact is on the buttocks so long as there’s a continuous and immediate roll to part of the back.

One the other hand, if Uke avoids back impact by bracing with a single elbow that is viewed as an ineffective throw and not scored since it neither meets the criteria for a score nor does the danger rise to the level
that we want to discourage the practice by assessing a score, unless there’s immediate continuation to the back.

Another non-score would be a case where there’s an impact just to the buttocks, with no back exposure, and Tori only manages to force a roll to the back after a brief pause. That should not be not scored as anything.

Waza-ari in Osaekomi-waza:

Waza-ari is awarded when a contestant is able to hold the other for 10 seconds or more but less than 20 seconds in Osaekomi.

Waza-ari-awasete-Ippon

Contestants that score two Waza-ari will be awarded Waza-ari-awasere-Ippon. If a contestant already scored one Waza-ari and then scores another (whether in Tashi-waza or Osaekomi-waza) that ends the contest.

Yuko is no longer used

Tachi-waza:

All throws previously assessed as Yuko such as 90° side landings will now be assessed as Waza-ari.

Osaekomi-waza:

Where a Yuko would have previously been earned at 10 seconds or more a Waza-ari will now be assessed up until 20 seconds at which point it’s Ippon for Tori.
A special word on Control

Control is the only element of Ippon that is required for any and all scores and so deserves special attention.

- Referees should only give scores to throws where the attacker’s control is clear from the start and end of the throw.

- In Kaeshi-waza (counter techniques) the rule used to be to look for who clearly held control last. However, “pretend counters” (where one contestant turns theatrically to give the illusion of a controlled counter) should not be rewarded and therefore the rule now is:
  
  o The first competitor landing on his or her body will be the loser. So, if Tori throws Uke for Waza-ari with an Ouchi-gari but THEN Uke counters with a Tomoe-nage that lands Tori flat on his back with control, force, and speed the only score is Tori’s original Waza-ari. The Tomoe-nage after Uke’s impact will be considered part of Ne-waza.

  o If two athletes land together no score will be given unless one has obvious control.

  o Actions taken after initial landing will be considered to occur in Ne-waza and not assessed as a Tashi-waza score. Contestants cannot use the landing impact to leverage a counter-attack and get a score. A counter-attack after a contestant is thrown is deemed to occur in Ne-waza.

Validity of actions - questions of time

Regular contest time for IJF official tournaments for Senior Men, Senior Women, Juniors (under 21) and cadets (under 18) are all 4 minutes.

Time elapsed between Matte and Hajime and between Sono-mama and Yoshi does not count. The match clock should be stopped during those intervals.
The immediate, uninterrupted effect of a technique started simultaneously with the time signal shall be valid. This includes Kaeshi-waza if applied without a break. For example:

- At the time signal one contestant tries Ouchi-Gari.
- Without any break the other executes Ouchi-gaeshi with success.
- The result of the Ouchi-gaeshi is valid.

When the start of Osaekomi is simultaneous with the time signal, it will be allowed to proceed until it leads to Ippon, either by Osaekomi or by Shime-waza or Kansetsu-waza or until there is a break. The contestant under Osaekomi must be allowed to counter. If control switches the results of that Osaekomi shall also count so long as there’s no break in the action such as both contestants pausing while on their knees after the initial hold is broken.

In Golden Score the hold should also be allowed to go to Ippon. However, if Uke just breaks the hold and does not immediately counter after Tori holds for 10+ seconds then the Referee should call Matte, then Sore-made and award the match to Tori for achieving the first technical score.

Validity of actions – in and out questions

Techniques applied when both contestants start outside the contest area shall not be recognized and should be stopped if possible. However:

- If a throw starts while at least one contestant is in contact with the contest area, the result of continuous actions thereafter shall be recognized, including counters by a contestant completely out of the contest area.

- If a throw/fall (scored or not) concludes outside the contest area but one contestant immediately applies Osaekomi, Shime-waza
or Kansetsu-waza or an uninterrupted sequence of the above, the results of those techniques are valid.

- **If Osaekomi is called while any part of contestant is inside, the action shall be allowed to continue outside the contest area (if it is safe) and the results shall count.**

- **Shime-waza and Kansetsu-waza initiated at least partly inside are valid even if the contestants move outside... i.e. contestants can’t get out of a technique by pushing their way outside the contest area.**

**Validity of actions – Osaekomi**

There are a number of important qualifications that may help interpret the rules around Osaekomi, when to declare it, and when to call Matte.

- **Lately there has been a problem with Matte being called too soon in Ne-waza. When contestants go to the ground, referees should allow the contest to proceed in Ne-waza so long as there is progress.** Progress does not necessarily mean an immediate hold, application of Shime-waza or Kansetsu-waza. It may be best to think about it via an opposite criterion: progress is the opposite of a stalemate. As long as either contestant is making reasonable, even if not immediate, progress toward a hold, choke or lock, toward passing the guard or to free an entrapped leg, referees should allow the contest to develop.

Refining the definition of Osaekomi:

- **Providing Tori achieves control of Uke, it is not required that Tori be facing Uke. The Kesa, Shiho, and Ura positions are all valid.** Note that Tori could hold Uke with his or her back to the Uke in the Ura position, sometimes described as a “backwards” variant of Yoko-Shiho-Gatame or of Ushiro-Kesa-Gatame.

- **Previous rules-of-thumb requiring Tori to get Uke’s back mostly on the mat to have Osaekomi start have also changed.** So long
as Tori has achieved control in a Kesa, Shiho or Ura position, Uke’s body could be sideways on the mat (at 90 degrees to the horizontal plane) and Osaekomi should be declared. However, if Uke breaks the 90-degree plane and is facing down more than sideways, that would not count as Osaekomi no matter how complete Tori’s control may be.

- **Note**: Osaekomi from Sankaku is valid, however, just sitting on Uke with no other points of control is not considered Osaekomi.

**Validity of actions – Ne-waza vs. Tachi-waza**

**When is it Ne-waza?**

- Both athletes must have two knees on the floor, for it to be considered Ne-waza.
- No contact between the opponents must be Mate!
- Lying on the stomach on the ground, the blue athlete is in Ne-waza.

**BASIC TABLE EQUIPMENT AND BEHAVIOR**

Tournaments may use electronic scoreboards (with a manual scoreboard available as backup at each table) or just manual scoreboards.

When using a manual scoreboard and flags please note:
• The yellow flag goes up to let the Referee know that the clock is NOT running but you are ready. When the match starts/continues, the table should put the yellow flag down.

• The green flag goes up to the let the Referee know that Osaekomi time is being tracked.

• As time passes, the table staff should hold up and keep holding up appropriate cards to let the Referee know when a score is reached, and if Osaekomi is broken and Matte ensues table staff should signal to the Referee what if any score may have been obtained until the Referee announces the score at which point it goes on the scoreboard.

• If the contestant applying Osaekomi already has a Waza-ari and earns another in Osaekomi time, the table should ring the bell or throw in the bean bag since two Waza-ari end a match. Otherwise, the signal should be given when 20 seconds elapse.

• If unsure about who gets a score for a throw where both contestants fall, put up your best guess and let the Referee correct you if needed.

At the end regulation time, if technical scoring is equal on the scoreboard, a difference in Shido will NOT dictate the winner. If the fight continues to Golden Score, the winner will be determined by the first technical score or by Hansoku-make (direct or accumulated).

An electronic scoreboard might look like any one of these examples:

In this case, White scored one Waza-ari and has been penalized with two Shido. Blue came back from behind and won with Ippon.
In this case, they were tied until Blue was given an Hansoku-make, which IJF shows with a red card in the Shido position and “Ippon” for White.

In the case immediately below, White has two Shido with 51 seconds to go. Believing a third Shido has occurred, the Referee calls Matte with 49 seconds to go, and with unanimous agreement about a third infraction, issues an accumulative Hansoku-make, which the IJF scoreboard shows with a red card in the Shido position for White and “Ippon” for Blue.
Turning to Osae-komi wins, in the case below, White had two Shido but managed to pin Blue for 20 seconds, which the scoreboard recognizes with an Ippon for White.

![Scoreboard Image]

Things get a little more complicated in Golden Score time because the new rules no longer allow wins by a mere Shido in regulation time OR in Golden Score. In other words, in regulation time athletes can only win with positive Judo. So, what happens if regulation time runs out with no scores and White committed a Shido?

Now, we go into Golden Score, which will only end when:

- One athlete earns a positive score (Waza-ari or Ippon)
- Either athlete gets an Hansoku-make (direct or accumulative) or gives up

Athletes enter Golden score with White having one Shido.
Seventeen seconds into Golden score, Blue gets a Shido as well.

Thirty-two seconds into Golden Score, White commits another Shido. This still does not end the contest, which will continue.

Three minutes and thirteen seconds into Golden Score, White scores Ippon, ending the contest.
**JUDOJI CONTROL**

The key approved dimensions for competition Judoji are as follows:

- **Max. distance from wrist joint?** 0 cm
- **Space required between sleeve and arm?** 10 cm to 15 cm
- **Minimum overlap?** 20 cm
- **Distance protruding from knot?** 20 cm to 30 cm
- **Space required between pant leg and leg?** 10 cm to 15 cm
- **Max. distance above ankle joint?** 5 cm

**New requirement:** competitors are now required to arrange their Judoji between Matte and Hajime without being instructed to. Failure to do so, or excessive slowness in complying can be penalized with Shido.
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.

When Shido is given for leaving the contest area, it is required that fighters return to the center following Matte. This is also how most penalties will be given.

In some cases, up the Referee’s discretion, Shido may be given to the fighter deserving it, in place, without having both fighters return to the formal start position (Matte – Shido – Hajime).

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

The Referee shall award a penalty of Shido or Hansoku-make depending on the seriousness of the infringement.

During each contest, there will be a maximum of two Shido permitted per side, and the third infraction will be Hansoku-make (essentially 2 warnings and then disqualification). Shido do not give points to the other fighter, only technical scores can give points on the scoreboard.

The awarding of a direct Hansoku-make means the contestant is disqualified for the contest (also excluded from the entire competition in certain serious cases), and the contest ends.

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, so long as the contest has not been formally awarded.
Shido (Slight Infringements Group)

[Note: Items in Italics have been merged from IJF’s Appendix]

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

<table>
<thead>
<tr>
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<th>Description</th>
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<tbody>
<tr>
<td>0</td>
<td>Leg Grabbing (touching) no longer receives penalties if the contestant has</td>
</tr>
<tr>
<td></td>
<td>an above-the-belt judogi grip and only an arm or elbow touches the legs.</td>
</tr>
<tr>
<td>1</td>
<td>Shido will be given for Leg Grabbing, possibly repeatedly, except if it’s</td>
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<td></td>
<td>the third offence in which case the Jury has to concur with Hansoku-make.</td>
</tr>
<tr>
<td>2</td>
<td>Shido will be given to any athlete who attempts to initiate Shime-waza or</td>
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<tr>
<td></td>
<td>Kansetsu-waza from the standing position (Tachi-waza).</td>
</tr>
<tr>
<td>3</td>
<td>To intentionally avoid taking <em>Kumikata</em> in order to prevent action in the</td>
</tr>
<tr>
<td></td>
<td>contest.</td>
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<tr>
<td></td>
<td>• If a contestant breaks a grip using two hands he or she must receive</td>
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<td></td>
<td>a Shido.</td>
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<tr>
<td></td>
<td>• *When a contestant breaks the grip of his opponent three times or more,</td>
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<td></td>
<td>the Referee should penalize this contestant with a Shido.*</td>
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[Authors’ Note: Intent should be considered as well:

- If the grip breaking is part of efforts to setup an attack or as a response to the opponent’s repeated non-standard grips, it should not be penalized.
- If it’s clear that the grip fighting is in the context of avoiding positive Judo of any kind, Referees may choose to issue a Shido before the third intentional Kumikata break.
- A contestant that breaks Kumikata less than three times but then adopts a defensive posture and finally executes false attacks might be penalized for the totality of his or her behavior even if each separate incident might not be a Shido in itself.
- A contestant that backs away after a bow with intention to run out
  the clock, should also be given a Shido (*and in extreme cases*,
  *Hansoku-make*) if it’s clear that this is intentional.
- Similarly, if an athlete is obviously going to the ground and using a guard to run out the clock / deny the other a chance to score, the Referee should stand the pair up and issue a Shido to encourage positive Judo.
- If the contestants seem genuinely deadlocked on the ground, the right call is still to stand them up, but without the issuing the Shido.]
4. To adopt in a standing position, after *Kumikata*, an excessively defensive posture. (Generally more than 5 seconds).

5. To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (False attack).

   False attacks are defined as:
   - *Tori has no intention of throwing.*
   - *Tori attacks without Kumikata or immediately releases the Kumikata.*
   - *Tori makes a single attack or a number of repeated attacks without breaking of Uke’s balance.*
   - *Tori hooks a leg in between Uke’s legs to block the possibility of an attack.*

6. In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve end(s) for defensive purposes... as opposed to doing it to set up an attack. When Tori is genuinely setting up an attack, up to 45 seconds may be allowed in a non-standard grip/unconventional grip.

7. 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. (Generally more than 5 seconds), 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*.

8. To intentionally disarrange his own *Judogi* or to untie or retie the belt or the trousers without the Referee's permission.

9. To pull the opponent down in order to start *Ne-waza* unless in accordance with Article 16.

   *Where one contestant pulls his opponent down into Ne-waza not in accordance with Article 16 and his opponent does not take advantage of this to continue into Ne-waza, the Referee shall announce Matte and give Shido to the contestant who has infringed Article 16 (without returning to the starting position).*

   **[Authors’ Note: Intent should be considered --**
   - *A contestant that crunches an opponent without any positive Judo intent other than to fall on top of the opponent to drag him or her to the ground should receive a Shido unless the opponent seizes control to attack in Ne-waza.]**
| 10 | To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers. |
| 11 | In a standing position to take any grip other than a "normal" grip without attacking for defensive purposes... as opposed to doing it to set up an attack. When Tori is genuinely setting up an attack, up to 45 seconds may be allowed in a non-standard grip/unconventional grip.  

"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. Under no circumstances is it permitted to grab below the belt in Tashi-waza.  

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

Unconventional Kumikata such as cross gripping, one side gripping (2 hands on the same side) and belt gripping will not be penalized as long as Tori is preparing an attack. If any of these five grips (cross, one-side/same side, belt, pocket/cat's paw, & pistol) are used to be defensive, then Shido should be given immediately. The athlete has some time to setup/prepare for attack; the penalty is no longer immediate/simultaneous.  

A contestant should not be penalized for holding with an abnormal grip *momentarily* 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).  

[Authors’ Note: Intent should be considered:  
Intentional denial of a normal grip via ducking the head under an opponent’s arm is not allowed and should be penalized with a Shido.]  

*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 penalized with “Shido”.*  

| 12 | In a standing position, before or after Kumikata has been established, not to make any attacking moves.  

"Non-combativity” may be taken to exist when in general for approximately 25 seconds there have been no set-up or attacking actions on the part of one or both contestants.  

However, as of 2017, up to 45 seconds are allowed to prepare and set-up for an attack. Referees should neither punish non-standard grips nor the
lack of an attack if they consider that a 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.

| 13 | To hold the opponent’s sleeve end(s) between the thumb and the fingers ("Pistol" grip) for defensive purposes... as opposed to doing it to set up an attack. When Tori is genuinely setting up an attack, up to 45 seconds may be allowed in a non-standard grip/unconventional grip. |
| 14 | To hold the opponent’s sleeve end(s) by folding it over ("Pocket" grip). ‘Pistol’ and ‘Pocket Grip’ on the bottom of the sleeve for defensive purposes... as opposed to doing it to set up an attack. When Tori is genuinely setting up an attack, up to 45 seconds may be allowed in a non-standard grip/unconventional grip. |
| 15 | To hug the opponent for a throw (Bear hug). If Uke successfully counters the illegal bear hug, Referee could award both a score to the counter and a Shido for the illegal bear hug. However, it is not a Shido when a contestant, Tori or Uke has Kumikata with a minimum of one hand. Once that is established, either Tori or Uke has the possibility to hug the opponent for a throw (Bear hug). No Shido. |
| 16 | To encircle the end of the belt or jacket around any part of the opponent's body. The act of "encircling" means that the belt or jacket must completely encircle. Using the belt or jacket as an "anchor" for a grip (without encircling), e.g. to trap the opponent's arm, should not be penalized. |
| 17 | To take the Judogi in the mouth. (either his own or his opponent's Judogi). |
| 18 | To put a hand, arm, foot or leg directly on the opponent's face. The face means the area within the line bordered by the forehead, the front of the ears and the jaw-line. |
| 19 | To put a foot or a leg in the opponent's belt, collar or lapel. |
| 20 | To apply Shime-waza using either your own or your opponent’s belt or bottom of the jacket, or using only the fingers. This must be strictly observed since Shime-waza is not allowed with either your own or your opponent’s belt or bottom of the jacket, or using only the fingers. |
To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in Ne-waza.

- **Putting one foot outside of the contest area without immediate attack or without immediately returning inside the contest area is penalized by Shido.**
- **Putting two feet outside the contest area without doing so as part of a dynamic sequence is penalized by Shido.**
- **If a contestant is intentionally pushed outside the contest area by his opponent, then the one pushing will receive ta Shido.**
- **If the contestants leave the contest area in the context of an attack that was engaged in a valid position, they are not penalized by Shido.**

To apply leg scissors to the opponent's trunk (Dojime), neck or head. (Scissors with crossed feet, while stretching out the legs).

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.

To bend back the opponent's finger(s) in order to break his grip.

Breaking the grip of the opponent with 2 hands.

Cover the edge of the Judogi jacket to prevent the grip.

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.

To apply Shime-waza or Kansetsu-waza while overstretching Uke’s leg. Immediate Matte and Shido should be awarded to the attacker.

### Hansoku-make (Grave Infringements Group)

**(b) Hansoku-make** is given to any contestant who has committed a Grave Infringement (or who having been given two (2) Shido, commits a further Slight Infringement):

- **Leg grabbing (touching) no longer receives penalties if the contestant has an above-the-bet judogi grip and only an arm or elbow touches the legs.**
<table>
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<th>Voluntary use of head defense: Uke will be given Hansoku-make, after consultation with the Jury.</th>
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</table>
| 2 | 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 onto him).  
*Even if the thrower twists/turns during the throwing action, this should still be considered “Kawazu-gake” and be penalized.*  
*Techniques such as Osoto-gari, Ouchi-gari, and Uchi-mata where the foot/leg is entwined with opponent’s leg will be permitted and should be scored.* |
| 3 | To apply **Kansetsu-waza** anywhere other than to the elbow joint.  
*Please note that in IJF competitions Kansetsu-waza [to the elbow joint] is authorized for Cadets.* |
| 4 | To lift off the **Tatami** the opponent who is lying on the **Tatami** and to drive him back onto the **Tatami**. |
| 5 | To reap the opponents supporting leg from the inside when the opponent is applying a technique such as **Harai-goshi** etc. |
| 6 | To disregard the Referee's instructions. |
| 7 | To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest. |
| 8 | To make any action which may endanger or injure the opponent especially the opponent’s neck or spinal vertebrae, or may be against the spirit of Judo. |
| 9 | To fall directly to the **Tatami** while applying or attempting to apply techniques such as **Ude-hishigi-waki-gatame**.  
*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 penalized. 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.* |
| 10 | 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 to perform techniques such as Kata-Guruma whether standing or kneeling. |
| 11 | To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other’s movement. |
| 12 | To wear a hard or metallic object (covered or not). |
| 13 | Leg grabbing no longer receives any penalties if the contestant has an above-the-bet judogi grip and only an arm or elbow touches the legs. |
| 14 | 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 two slight infringements and is to be penalized for a third Slight infraction, after consultation and with the unanimous agreement of the Judges, the Referee shall give the contestant “Hansoku-make”, that is to say that the 3rd infraction is not announced as “Shido”, but shall be announced directly as “Hansoku-make”. The contest ends according to the Article 19 (c).

**Appendix to Article 27 - Prohibited Acts and Penalties**

*Authors’ note: specific items have been merged with the above tables for reading convenience although they appear separately in IJF documents.*

Referees are authorized to award penalties according to the "intent" or situation and in the best interest of the sport.

Should the central Referee decide to penalize the contestant(s), (except in the case of Sono-mama in Ne-waza) he shall temporarily stop the contest by announcing Matte, return the contestants to their starting positions (always if they went out of bounds) or assure they can safely and fairly
resume from where they are 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 other Referees and make his decision based on unanimous agreement. 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 two (2) Shido and subsequently each receives a further simultaneous penalty, they should both be declared Hansoku-make. In this case players will both be considered losers for bracketing purposes which could lead to two second places with no gold medal.

A penalty in Ne-waza should be applied in the same manner as in Osaekomi (Article 26 Appendix, 2nd and 3rd paragraphs).

**APPLICATION OF MATTE**

(excerpt from the 2014-2016 IJF Refereeing Rules, Article 17, revised where necessary to comport to 2018 changes)

1. General.

The Referee shall announce Matte to stop the contest temporarily in the situations covered by this article. In such cases the contestants must then quickly return to their starting positions as defined in paragraph 3 of Article 1 of these Rules while arranging their Judogi without having to be asked to do so. To recommence the contest, the Referee shall announce Hajime.

The Referee, having announced Matte, 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 Matte.

   a. When both contestants go completely outside the contest area.
b. When one or both of the contestants perform one of the prohibited acts.

c. When one or both of the contestants are injured or taken ill. Should any of the situations of article 29 occur, the Referee, after announcing Matte, 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 Ne-waza there is no evident progress.

f. When one contestant regains a standing or semi-standing position from Ne-waza 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 Ne-waza 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. Referee should immediately call Matte and issue a Shido to the attacker.** Transition from Tachi-waza to Kansetsu-waza or Shime-waza is not allowed, although the opposite is permitted: players could be in the middle of attempted Shime-waza or Kansetsu-waza and get up to Tachi-waza.

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 Matte, 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 *Matte*.
   
a. The Referee should not call a “preventive” *Matte* to stop the contestant(s) going outside the contest area, unless the situation is considered dangerous.

b. The Referee should not announce *Matte* 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 *Matte* in error during *Ne-waza* 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.

**APPLICATION OF SONO-MAMA**

(excerpt from the 2014-2016 IJF Refereeing Rules, revised where necessary to comport to 2018 changes)

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 *Ne-waza*.

3. Situations:
a. To award a penalty.

If the contestant who is awarded the penalty is in an unfavorable position, there is no Sono-mama: the penalty is awarded directly.

[Authors’ note: This is further elaborated in the 2014-2016 IJF Refereeing Rules Appendix, Article 24, Osaekomi-waza as follows:]

When Osaekomi is being applied, if the contestant who is in an advantageous position commits an infringement meriting a penalty, the Referee shall announce Matte, return the contestants to their standing positions, award the penalty (and any score from the Osaekomi), then recommence the contest by announcing Hajime.

[Authors’ note: As stated in Article 18, the clear preference for when the infringing contestant is in a disadvantageous position is for the Referee to issue a Shido “on the fly” without issuing Sono-mama. For example, if a Judogi lapel is pulled across the face rather than neck in a Shime-waza attempt or if a hand is put to the face to escape Osaekomi, the Referee should mimic the action so the infringing player can see it and announce a Shido. It would only be in rarer cases where the infringing party does not stop correct his or her behavior after the Shido or if the infringement merits a Hansoku-make that the Referee would announce Sono-mama as follows:]

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, [and if agreed by a majority of three] announce Matte to return the contestants to their starting positions, then award Hansoku-make and end the contest by announcing Sore-made.

b. Medical assistance.
If during *Ne-waza* a contestant shows signs of injury and according to Article 29 may be assisted by the doctor, the Referee may announce *Sono-mama* and separate the contestants if necessary.

Subsequently [the Referee] will place back the contestants to the positions they held before the announcement of *Sono-mama* [the Referee overseen by the table Referees according to the ‘majority of three’ rule].

4. To recommence the contest, the Referee shall announce *Yoshi* making the gesture under Article 8.10.

**SORE-MADE END OF THE CONTEST**

(Excerpt from the 2014-2016 IJF Refereeing Rules, revised where necessary to comport to 2018 changes)

1. The Referee shall announce *Sore-made* to indicate the end of contest in the cases covered in this article. After this announcement, the Referee shall always keep the contestants within his view, in case they do not hear his announcement and continue fighting. *[Authors’ note: there is NO gesture for Sore-made. It is a verbal announcement. For example, after Ippon, the Referee should bring his or her arm down slowly before saying Sore-made so that both arms are beside his or her body.]*

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 Field Of Play (FOP).

Should the Referee award the victory to the wrong contestant in error, the two table Referees must ensure that he changes this erroneous decision before the Referee leave the competition area. *It is no longer the case that*
leaving the mat makes a decision final and irrevocable. If a mistake is made, the Refereeing commission may correct it even after both contestants leave the mat.

All actions and decisions taken in accordance with the “majority of three” rule by the Referees 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 28).
   c. In the case of *Hansoku-make* (Article 27).
   d. When one contestant cannot continue due to injury (Article 29).
   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 a technical score advantage such as *Waza-ari* over nothing, which will prevail over any number of *Shido*.

   c. Where there are no recorded scores, or the technical scores are identical (one *Waza-ari* each), the contest shall be decided by the “Golden Score” contest in both individual and team championships.

   d. Neither regulation time nor Golden Score can be won by penalties, except in the case of Hansoku-make (direct or accumulative).
SELECTED GESTURES

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While these images show referees wearing a blue tie and an official light blue IJF badge, referees should wear a black tie and no logos or badges unless explicitly permitted to do so.

Gestures should be held for 3-5 seconds, while the Referee makes an approximately 90-degree turn which will allow him or her to:

- **Verify that the side Judges aren’t both challenging the call. If only one challenges that is immaterial and the call stands.**
- **Verify that the table acted on the gesture (posted a score or penalty to the right color contestant, or started/stopped either the contest clock or the Osaekomi clock).**
- **The Referee’s turn has to be done in a deliberate manner so as to keep an eye on the contestants at all times.**
- **Keep in mind that the voice command is primarily intended for the contestants, while the gestures are primarily intended for the table and the Judges who may not be able to hear the voice command clearly.**
- **While most gestures are accompanied by a command or announcement, a number are not. Among these:**
  - **Kachi – announcing the winner.**
  - **The motions representing various infractions after the a Shido gesture and announcement.**
  - **Cancelling prior calls, and each of the Judges’ gestures.**
  - **Calling for a doctor.**
  - **Instructing contestants to arrange their Judogis.**
REFEREE STANCE AND GESTURES

Ippon: Raise one arm with the palm facing forward high above the head.

In Ippon as in all other gestures, the non-signaling hand stays relaxed, hanging flat from the arm.

Waza-ari: Raise one arm to the side (with open palm of hand facing downwards) to full shoulder height.

Better to err on the side of being a little higher than shoulder height than to have it too low and confused with a bad Osaekomi sign.

Waza-ari-awasete-Ippon: This is awarded when a contestant that already earned one Waza-ari earns another via a throw or via Osaekomi.

First make the Waza-ari gesture, then the full Ippon gesture.
**Osaekomi:** Point arm out from body, forward, down toward the contestants.

Advance and bend the leg on the same side as the arm so your torso stays straight but bend at the waist toward contestants.

If your position allows it without losing sight of the contestants, verify that the table started the Osaekomi clock. When you are still holding another score such as Waza-ari or Ippon, you must NOT delay and issue Osaekomi while you’re still holding the throwing score.

**Toketa:** Raise an arm in front and wave hand from side to side two or three times while bending toward contestants as in Osaekomi.

**Sono-mama:** Bend forward so palms of hands can each touch a contestant to indicate they should freeze.

**Yoshi:** Same gesture but the touch to signal a restart is firmer.
**Shido / Hansoku-make:** Arm closest to the offending contestant extends out with index finger pointing to the contestant being penalized. Do not point across your own chest with the other arm.

**Non-combativity:** Rotate forearms in front with a forward motion. Then point and announce Shido. Remember to make large “theatrical” gestures that spectators and others can see easily.

**False attack:** With hands closed, arms move up and down. Then point and announce Shido. Remember to make large “theatrical” gestures that spectators and others can see easily.
Other gestures to signal various penalties:

Most gestures made prior to a Shido to signal what the Shido is for are intended to represent the infringement. Reasonable variations are permitted and when in doubt just mimic the forbidden motion:

- **Stiff arm/blocking:** closed fists, one arm far out and the other also blocking in front.
- **Cross-gripping:** arms extended, closed fists one above the other on the same side.
- **Avoiding Kumikata:** Pretend to pull your jacket’s lapel as if pulling out a gripping hand.
- **Stepping outside:** Use index finger to draw a line along part of the contest area’s edge.
- **Pistol grip and inserting finger in sleeve:** Mimic the motion on your own sleeve.
- **Leg grabbing:** Make a reaping motion with just one hand (imagine a single-handed Morote-gari).

**Calling doctors to the mat:** Face the medical table and wave an arm, palm up, from the medical table to the contestant needing attention.
**Instruction to arrange Judogi:** Cross hands low and in front, mimicking the action of getting a Judogi back under the belt.

**Cancel prior Referee call:** Hold the gesture for the call that needs to be canceled (in this case Ippon) and make the overhead waving motion two or three times to instruct the table to cancel it.

**Sit-down:** Move hand diagonally down toward the mat. This might be needed if there’s an injury and you want the other contestant to sit down.

**Stand-up:** Move hand diagonally up to indicate a contestant or contestants should stand up.
Cancel prior call / action not valid: Wave one hand overhead two or three times.

This could happen if the Judges have to stand up if the Referee failed to notice their seated gestures indicating the Referee’s prior call should be canceled.

Inviting on to the mat: Optional

The Referee may invite contestants on to the competition area by extending arms with palms facing upward and motioning toward the competition area with a slight wrist motion.

Hajime & Sore-made: No hand motions are allowed with Hajime (start) and Sore-made (it’s over). Sore-made is issued to indicate the match is over entirely. If regulation time runs out and a Golden Score period will follow, Sore-made is not issued until the end of the Golden Score period.

Closing fists for these commands is no longer accepted, keeps hands relaxed by your side.
**Matte:** Raise one hand to shoulder height, arm horizontal and generally aiming toward the table with a flat upturned palm of hand.

**Kashi:** Announce the winner with an upward palm and arm extended toward the winner without any verbal command. Referee adjusts the height of the arm so the hand points toward the winner’s head.

**Hiki-wake:** Announcing a tie (for example in a team tournament or in a round-robin where ties do not require a Golden Score period).
SIDE JUDGE STANCE AND GESTURES

Normal side Judge watching posture: hands flat on top of thighs, feet planted on ground at shoulder width.

Jonai: Indicating action occurred Inside or occurred dynamically “inside” due to a continuous sequence that started Inside.

Jogai: Indicating action occurred Outside.
“Stand them up”: sign to indicate to the Referee that Matte should be called in Ne-waza.

Not valid: Sign indicating Judge believes a Referee call should be canceled / that a perceived action was not valid.

If a Judge’s opinion differs from the Referee’s call, it should be indicated with the appropriate gesture while seated. Here the Judge signals Ippon.

If both Judges’ calls are above or below the Referee’s and the Referee fails to see and act accordingly, both Judges should stand up holding their signals.
**Hantei:** Individual Referee and Judges indicating who won. Judges remain at their chairs. At the call of Hantei, all raise the winner’s color at the same time. Majority wins.

**Kashi after Hantei:** After Hantei, collect flags in hand opposite to the winner and announce winner with the free hand.

This is increasingly rare given the move toward Golden Score periods in most tournaments.
Email contacts

Calvert Kitaura:  calcitaura33@gmail.com
Maximillian Rayner: max.rayner@gmail.com