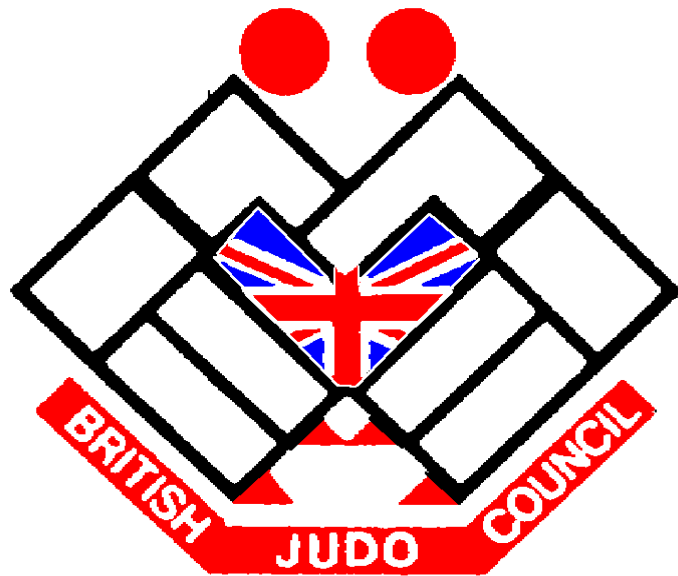


Contest Rules Of The British Judo Council August 2012



© BRITISH JUDO COUNCIL PUBLICATIONS

THE BRITISH JUDO COUNCIL
1ST FLOOR 37 HIGH STREET, STALHAM,
NORFOLK NR12 9AH
TELEPHONE 01692-580-900
FAX 01692-580-909
E-MAIL admin@britishjudocouncil.org

**These rules are dedicated to MASUTARO OTANI
A Judo Master and Gentleman.**

These rules have been compiled for the British Judo Council Members with the following reservations in mind.

Contest is a valid part of Judo and can be invaluable for the progress of a student. Therefore it follows that rules are necessary. However I would remind B.J.C. members that Contest is not only an area in which persons can effectively demonstrate skills they have acquired; it is also an area in which they can develop and extend their skills.

Regardless of how other associations may interpret their rules, I insist that these rules must be used to complement our methods of Judo, and not as a basis around which tactical techniques can be developed within the boundaries of these rules purely for the sake of winning competitions.

May I also remind you that, whilst it is my full intention to train and qualify Referees to a high standard, a Referee can only make decisions based on knowledge (however limited) of the rules and on the comprehension of the true spirit of the sport. Therefore, I shall not entertain public criticism or argument with the Referee, regardless of what these or any other rules may stipulate. A competing Contestant has the sole responsibility to appeal against any unfair judgement he or she may feel has been made. However any sign of dissent from him or her or any external person shall in itself be enough for the Referee to totally disregard his or her appeal. In the case of junior competition, provision should be made for a responsible adult, representing a junior, to have access to a named official.

In short, once a Contestant has entered into a Contest the decision of the Referee, right or wrong, fair or unfair, biased or not, that decision is absolutely final. These rules are not devised for Contestants, or indeed any other person, to use in any way that is contrary to the spirit of Judo. They are merely a perimeter within which our members can Contest freely with an attitude true to the BJC aims and objectives of promoting traditional judo values.

The National Technical Committee may modify or include additional contest rules at any time. The Contest Rules are altered to reflect current BJC health and safety policy, Child Awareness and the BJC Aims and Objectives to primarily promote 'BJC Ippon Judo'. The BJC does make careful consideration of all changes made to the Contest Rules

R. Otani

Acknowledgements

Paul Laskey, John Massmann, G.R. Mealing, the late Major M. O'Neill and Mrs. P. Tipping for many hours of time freely given in the compilation of these rules.
Revised in 2007 by G.R. Mealing under advisement of A. Hosaka 8th Dan Kodokan.
Thanks to Eric George and G.R. Mealing for the use of graphics taken from the Judo Handbook.

CONTENTS.

1. COMPETITION FACILITIES.....	6
1.1 COMPETITION AREA.....	6
1.2 COMPETITION AREAS OTHER THAN PRESCRIBED	7
1.3 CONTEST AREA MARKINGS	7
1.4 COMPETITION AREA EQUIPMENT	7
2. CONTESTANT'S UNIFORM	8
2.1 JUDOGI	8
2.2 TROUSERS.....	8
2.3 JACKET	8
2.4 BELT OR OBI	9
2.5 FOOTWEAR.....	9
2.6 BADGES, INSIGNIA, OR NAMES UPON THE JUDOGI	9
2.7 MALE JUDOKA	9
2.8 FEMALE JUDOKA.....	9
3. HYGIENE.....	10
3.1 JUDOGI	10
3.2 PERSONAL	10
4. INFRINGEMENTS OF UNIFORM OR HYGIENE	10
5. UNIFORM FOR OFFICIALS.....	10
5.1 MALE REFEREE	10
5.2 FEMALE REFEREE	10
5.3 MALE TABLE OFFICIAL	10
5.4 FEMALE TABLE OFFICIAL.....	11
6.0 STARTING PROCEDURE.....	11
6.1 COMPETITORS INSPECTION	11
6.2 PERFORMANCE OF STANDING REI	11
6.3 ENTERING THE CONTEST AREA.....	11
i. THE REFEREE AND CORNER JUDGES.....	11
ii. THE CONTESTANTS	11
iii. CHANGE OVER OF REFEREES	12
7. CONTEST STARTING PROCEDURE	12
7.1 THE STARTING AND RE-STARTING PROCEDURES FOR PRIMARY COMPETITORS	12
7.2 THE STARTING AND RE-STARTING PROCEDURES FOR JUNIOR COMPETITORS....	12
7.3 THE STARTING AND RE-STARTING PROCEDURES FOR SENIORS.....	12
8. CONTEST ENDING PROCEDURE.....	12
8.1 ENDING A CONTEST	12
8.2 ADJUSTMENT OF GI.....	12
8.3 TRANSFER OF SCORES	12
8.4 CONTEST RESULT	12
8.5 CONTESTANT'S EXIT	12
9. CONTEST TIME	13
9.1 PERMISSIBLE TIME	13
9.2 TIME OUT DESCRIPTIONS	13
9.3 EXPIRY OF TIME	13
9.4 EXPIRY OF TIME DURING OSAEKOMI	13
10. LOCATIONS AND VALIDITY OF TECHNIQUES	14

10.1 VALIDITY OF TECHNIQUE APPLIED AT END OF CONTEST TIME.....	14
10.2 INVALID TECHNIQUE NAGE_WAZA.....	14
10.3 JUDGEMENT OF NAGE-WAZA BEING OUT OF THE AREA	14
10.3.1 MOVEMENT OUTSIDE THE CONTEST AREA	14
10.4 JUDGEMENT OF NE-WAZA BEING OUT OF THE AREA	14
10.5 INSUFFICIENT SAFETY AREA.....	14
10.6 BRITISH JUDO COUNCIL AREA PROVISION	15
11. CONTINUATION FROM NAGE-WAZA TO NE-WAZA	15
11.1 ALLOWABLE CONTINUATION	15
12. REFEREE RESPONSIBILITIES.....	15
12.1 POSITIONS AND DECISION RESPONSIBILITY	15
12.2 NUMBER OF OFFICIALS	15
12.3 CORNER JUDGE'S ROLE.....	15
13. JUDGEMENT	16
13.1 WIN BY IPPON.....	16
13.2 WIN BY WAZA-ARI-AWASETE-IPPON.....	16
13.3 WIN BY SOGO-GACHI	16
13.4 WIN BY YUSEI-GACHI	16
13.5 OSAEKOMI.....	16
13.6 WIN BY OSAEKOMI-WAZA.....	17
13.7 SIMULTANEOUS IPPON	17
13.8 COMPLAINT AGAINST A DECISION.....	17
13.9 CORNER JUDGES OPINION DURING CONTEST.....	17
13.10 THE MAJORITY OF THREE	17
13.11 HANTEI.....	18
13.12 APPLICATION OF MATTE.....	18
13.13 DEFAULT OR WITHDRAWAL	18
13.14 HANSOKU-MAKE	18
14. PROHIBITED ACTS	19
14.1 AWARD OF SHIDO.....	19
14.2 AWARD OF HANSOKU-MAKE	20
15. RESTRICTED TECHNIQUES	21
15.1 LEG OR ANKLE GRAB OR GRABS ARE NOT PERMITTED AS AN INITIAL ATTACK. .	21
15.2 RESTRICTIONS ON KATA GURUMA.....	21
16. JUDGEMENT OF THE CONTEST	22
16.1 JUDGEMENT OF IPPON IN NAGE-WAZA	22
16.2 IPPON FROM SHIME-WAZA OR KANSETSU-WAZA	22
16.3 JUDGEMENT OF IPPON IN NE-WAZA.....	22
16.4 JUDGEMENT OF WAZA-ARI.....	22
16.5 JUDGEMENT OF YUKO	23
16.6 ACCUMULATION OF SCORES.....	23
16.7 JUDGEMENT OF YUSEI-GACHI.....	23
16.8 JUDGEMENT OF HIKI-WAKE	23
16.9 AWARDED OF PENALTY SCORES	23
17. SUMMARY OF OSAEKOMI SCORING TIMES	24
18. MEDICAL ATTENTION.....	24
18.1 CAUSE OF INJURY, ACCIDENT OR ILLNESS	24
18.2 MEDICAL ATTENTION ON THE CONTEST AREA	24
18.3 MEDICAL ATTENTION AWAY FROM THE CONTEST AREA	25
18.4 FREE MEDICAL ATTENTION.....	25

19 SIGNALS.....	26
19.1 THE REFEREE	26
19.2 CORNER JUDGES	26
20. SENIOR OFFICERS AT BJC COMPETITIONS	27
20.1 MAT MARSHAL.....	27
20.2 SENIOR REFEREE.....	27
21. SITUATIONS NOT COVERED BY THE RULES.....	27
22. OFFICIAL WEIGHT CATEGORIES.....	28
22.1 PRIMARY, MALE & FEMALE (AGED OVER 5 AND BELOW 10).....	28
22.2 JUNIORS, MALE & FEMALE (AGED 10 AND OVER TO UNDER 16).....	28
22.3 SENIOR FEMALE	28
22.4 SENIOR MALE	28
22.5 AGE & WEIGHT CATEGORIES.....	29
23. ILLUSTRATION OF SIGNALS	30
23.1 REFEREE'S SIGNALS.....	30
REFEREE'S SIGNALS cont.....	31
23.2 CORNER JUDGES SIGNALS.....	32
APPENDIX 1	33
1. ADDITIONAL RULES FOR PRIMARY AND JUNIOR GRADES.....	33
1.1 PRIMARY ENTRANTS TO NATIONAL CHAMPIONSHIPS	33
1.2 GENERAL CONDITIONS FOR PRIMARY GRADES	33
1.3 GENERAL CONDITIONS FOR JUNIOR GRADES	33
1.4 PROHIBITED TECHNIQUES FOR PRIMARIES AND JUNIORS.....	33
2. GENERAL NOTES	34

1. COMPETITION FACILITIES

1.1 COMPETITION AREA

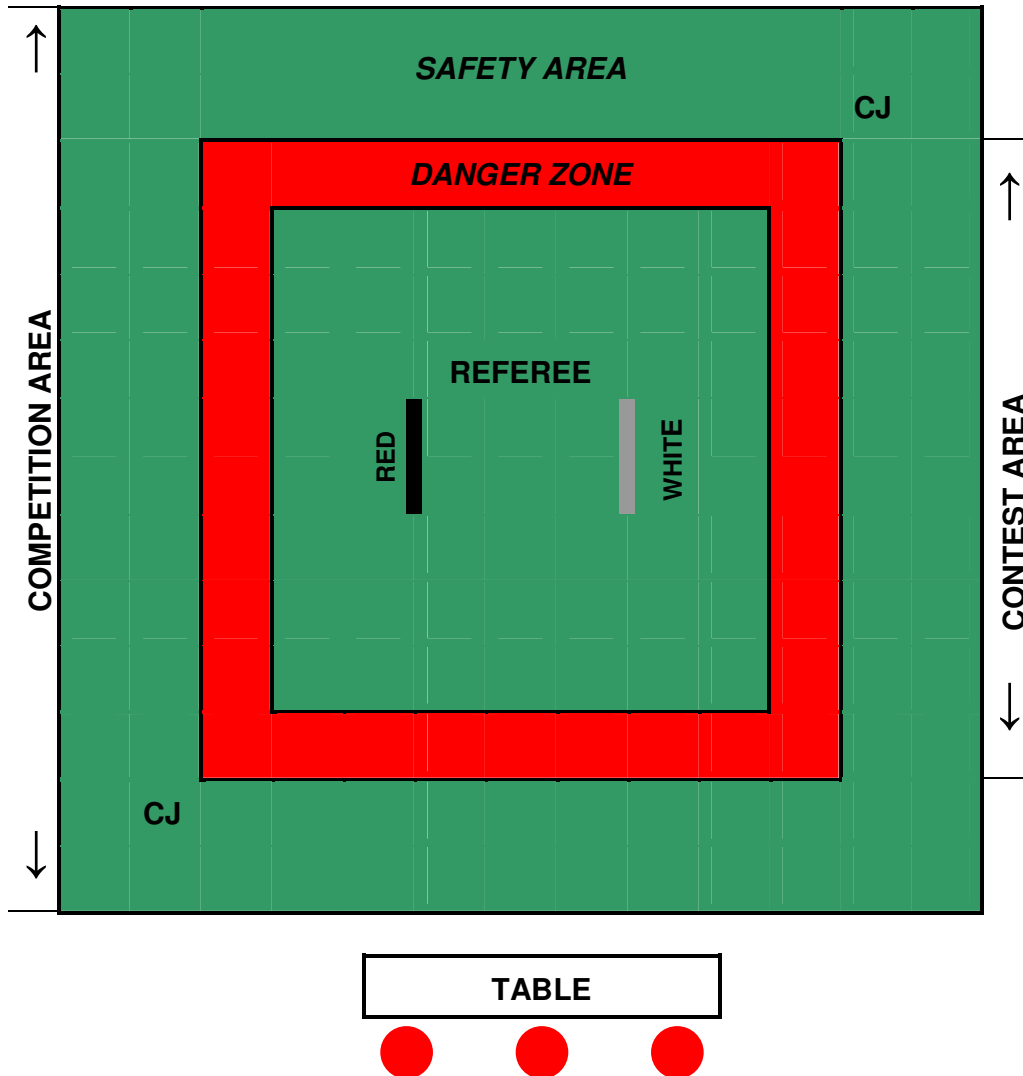
The COMPETITION AREA shall be divided into two separate zones or areas. The demarcation between these two zones or areas shall be called the DANGER ZONE and shall be indicated by a Red Area 1 metre wide forming part of the CONTEST AREA parallel to the four sides of the COMPETITION AREA.

The area within and including the DANGER ZONE shall be called the CONTEST AREA and should be a minimum of 8 metres x 8 metres and a maximum of 10 metres x 10 metres. The area or zone outside of the DANGER ZONE shall be called the SAFETY AREA and should be a minimum of 2 metres wide on all four sides of the CONTEST AREA.

The CONTEST and SAFETY AREA shall be clean, free of tears, gaps or rents, and should be mounted on a resilient surface.

For Junior competitions the CONTEST and SAFETY AREA may be smaller than for Senior Competitions, but the SAFETY AREA should be maintained at 2 metres wide on all four sides and should be clearly marked.

The COMPETITION AREA may be mounted upon a resilient structure or a sprung floor construction.



1.2 COMPETITION AREAS OTHER THAN PRESCRIBED

Where the use of coloured TATAMI is not possible, the dimensions shall be as near as possible as detailed previously, with the DANGER ZONE clearly marked with a continuous line of adhesive tape upon the surface, denoting the inner and outer perimeters.

1.3 CONTEST AREA MARKINGS

The starting position of each Contestant shall be marked with a section of red or white adhesive tape 25 cm long and 6 cm wide being affixed to the TATAMI in a central position at a distance of 4 metres apart or pro-rata to the amount of COMPETITION AREA provided.

The red tape is to the right hand side of the Referee (facing the table); the white tape is to the left hand side of the Referee.

1.4 COMPETITION AREA EQUIPMENT

The CONTEST AREA shall be furnished with: -

- i. One large table placed outside the SAFETY AREA perimeter
- ii. Six chairs, four at the table and two situated diagonally opposite each other outside the DANGER ZONE upon the SAFETY AREA
- iii. Two scoreboards, one red and one white which indicate the scores and/or penalties horizontally. They shall be positioned on the Recorder's table so the Referee, Officials and spectators can easily see them
- iv. One audible signalling device placed upon the table
- v. One blue flag or signal placed upon the table for indicating OSAEKOMI.
- vi. One yellow flag or signal placed upon the table for indicating MATTE.
- vii. One green flag or signal placed upon the table for indicating First Aid In Attendance.
- viii. Three timing devices each capable of starting, stopping and resetting lapsed times.
- ix. One red flag or signal placed within reach of each Corner Judge. One white flag or signal placed within reach of each Corner Judge.

a) **Manual Score Boards (Referee's View).**

	0	0		0	0
	Y u k o	W a z a - A r i		Y u k o	W a z a - A r i
	S h i d o	S h i d o		S h i d o	S h i d o
	1	2		1	2

↑ ↑

b) **Electronic Scoreboards.**

These are available and will be used at some competitions. They automatically adjust and register the appropriate positive scores on the awarding of a penalty.

2. CONTESTANT'S UNIFORM

2.1 JUDO GI

The Judogi shall be made of strong material and be complete without tears or blemishes and must not be of an excessively stiff construction especially the lapels.

The Judogi shall be white, off-white and **not starched**.

The Judogi shall be clean, reasonably dry and odour free.

The wearing of blue Judogi, whether as a single colour or a reversible white and blue, is not allowed at any BJC Competition, Grading or Course.

2.2 TROUSERS

The trousers, free of any marking save as prescribed shall be loose with an opening play of 10 to 15 cm between the bottom of the trousers and the leg including any bandage or shin pad.

The trousers shall reach more than halfway down the calf to a minimum of 5 cm above the anklebone, but not so far as to cover the anklebone.

The use of tailored trousers is not allowed, nor is any part of the trouser to be tight to the skin on any part of the anatomy save that of the waistband.

2.3 JACKET

The jacket shall be long enough to cover the thighs when tied at the waist by a belt, and the skirt shall, at a minimum, reach to the fists when the arms are fully extended downward at the side of the body. The body of the jacket must be wide enough to cross over at the level of the lower rib cage and have a minimum overlap of 25 cm at this point.

The sleeves shall be loose with an opening play of 5 – 8 cm including any bandage, along the entire length of the sleeve.

The jacket sleeves shall extend more than halfway down the forearms but shall not extend further than the wrist joint.

The use of tailored jackets is prohibited; additionally, the material must not be thick, hard or slippery, or the lapels excessively thick so as to prevent the Opponent from taking a grip

2.4 BELT OR OBI

The BELT or OBI must be tied properly with a square reef knot tight enough to prevent the jacket from coming loose and must be long enough to go twice round the body with ends left free with at least 20 cm, but not more than 30 cm, from the knot on each side when tied.

The Contestants shall wear an identifying, or further belt of red or white in colour and may, if required, remove their belt of grade.

2.5 FOOTWEAR

For the competitor, only Zori or light flip-flop type sandals must be worn to the side of the mat. All other form of footwear is forbidden.

2.6 BADGES, INSIGNIA, OR NAMES UPON THE JUDOGI

A manufacturer's logo is permitted, but must not exceed 7 cm in height or 4 cm in width, and shall be worn on the edge of the lower right corner of the left front skirt of the jacket.

On the left breast of the Judogi jacket, Contestants are permitted to wear one 'recognised' International Badge of the British Judo Council or the British Judo Association. No other badge, embroidery or design is allowed in this position. Maximum size is 10cm wide by 6 cm high, located approximately with a 9 cm gap from the lapel edge and the top of the badge level with the armpit.

Only two badges or insignia of any description are allowed upon the jacket. These shall be below the belt on the front facing skirt of the left-hand side of the jacket. No badge or insignia shall measure greater than 9 cm in diameter or greater than 9 cm x 9 cm square.

In addition, one manufacturer's insignia or 'flash' shall be permitted on the sleeve(s) of the Judogi jacket above the elbow, and shall not measure greater than 10 cm x 10 cm.

The name of the Judogi owner may also appear on the jacket and must not be greater than 20 cm in length nor 3 cm in height and be positioned upon the bottom front-facing skirt of the left-hand side of the jacket.

The name of the Judogi owner may appear on the trouser, and shall be positioned adjacent to the waistband of the trouser, and must not exceed 20 cm in length or 3 cm in height.

No other form of adornment is permitted including shoulder flashes and/or embroidery.

2.7 MALE JUDOKA

Track tops, sweatshirts etc. must be removed before male Judoka compete.

2.8 FEMALE JUDOKA

Only Female Judoka shall be allowed to wear a strong, white, short-sleeved 'T' shirt under the Judogi jacket. It shall be free of any insignia, logo or motif and shall be long enough to be contained within the Judogi trousers.

The wearing of a leotard is not permitted.

Track tops, sweatshirts etc. must be removed before female Judoka compete.

3. HYGIENE

3.1 JUDO GI

Shall be clean, dry, and free of rents, tears, odour and starch.

The Belt of grade must be clean, in good repair without frayed ends or edges.

3.2 PERSONAL

- i. Hands and feet shall be clean. Nails on both feet and hands shall be cut short
- ii. Long hair must be tied back with such apparatus that shall not cause injury to an Opponent
- iii. The chewing of gum or any other confectionery item is not allowed
- iv. The consumption of any form of liquid is prohibited whilst competitors are awaiting Contest, save that provided by the organiser
- v. Any item that shall pierce the body in any position shall be removed, and no substitute will be allowed to protect the puncture through the skin
- vi. Rings, earrings or studs of any description must be removed. It is not permissible to tape over such items
- vii. The use of shin guard(s) that contain metal or bone within their content, or are of excessively hard construction, are not allowed and cannot cover any part of the foot or instep below the ankle

Shin guards that have elastic bands encircling the foot will only be allowed if the elastic is wide enough and tight enough not to be deemed a danger to either Contestant.

4. INFRINGEMENTS OF UNIFORM OR HYGIENE

If, in the opinion of the Referee or other official appointed for the purpose of inspection, a Contestant's uniform, appearance or standard of hygiene does not fall within the stated parameters, the Contestant shall be invited to change or correct the situation in the shortest possible time. If a Contestant fails to meet the standard required, they will be refused the right to compete and the Opponent declared the winner by KIKEN GACHI.

5. UNIFORM FOR OFFICIALS

5.1 MALE REFEREE

Shall be attired in the regulation uniform of: navy blue blazer with official BJC badge, white shirt with official blue BJC tie tied at the neck with shirt collar fastened, grey trousers, grey socks and black shoes.

5.2 FEMALE REFEREE

Shall be attired in the regulation uniform of: navy blue blazer with official BJC badge, white shirt with official BJC blue tie tied at the neck with shirt collar fastened or white blouse with official BJC cravat tied or fastened, grey skirt, slacks or culottes and black shoes.

5.3 MALE TABLE OFFICIAL

Shall be attired in the regulation uniform of: navy blue blazer or navy blue V-neck sweater, white shirt with official blue BJC tie tied at the neck with shirt collar fastened, grey trousers, grey socks and black shoes.

5.4 FEMALE TABLE OFFICIAL

Shall be attired in the regulation uniform of: navy blue blazer or navy blue V-neck sweater or cardigan, white shirt with official blue BJC tie tied at the neck with shirt collar fastened, or with white blouse and official BJC cravat tied or fastened, grey skirt, slacks or culottes and black shoes.

6.0 STARTING PROCEDURE

6.1 COMPETITORS INSPECTION

All competitors presenting themselves on the TATAMI for check-in and/or inspection shall be correctly attired. Removal of the Judogi whilst between or awaiting Contest is not permitted.

All competitors shall be requested to enter the CONTEST AREA and stand in line along the DANGER ZONE or at any other area appointed for that purpose for inspection to ensure they comply with the regulations.

6.2 PERFORMANCE OF STANDING REI

The Referees shall stand in line opposite the Competitors.

A Referee shall call "SHIMPAN-NI-REI" whereupon all competitors shall bow to the Referees who shall at the same time return the salutation. When the REI is completed, the central Referee takes one pace backward, the two other Referees shall turn inward at 90 degrees so that they face each other, and all three shall simultaneously bow to each other.

The Competitors shall be requested to leave the CONTEST AREA and retire to a provided position to await the call for their Contest. The Mat Officials shall then move to their respective positions, Corner Judges by walking around the SAFETY AREA perimeter, with the Referee remaining within the CONTEST AREA until the two Corner Judges are seated, when Contest may begin.

6.3 ENTERING THE CONTEST AREA

i. THE REFEREE AND CORNER JUDGES

- (a). The Referees shall approach the perimeter, of the CONTEST AREA and proceed to a point central and opposite the Timekeepers and Recorders table, whereupon they perform the standing REI toward JOSEKI
- (b). They shall then come forward to the DANGER ZONE, REI again toward the Recorder's table and then once more to each other, following which they continue toward their respective start positions. This procedure shall be reversed when leaving the CONTEST AREA
- (c). Should a Referee or Corner Judge have occasion to leave or re-enter the CONTEST AREA, they shall do so by walking around the inner perimeter of the SAFETY AREA until reaching the designated position whereupon the appropriate salutation is executed.

ii. THE CONTESTANTS

Each Contestant shall enter the CONTEST AREA by walking around the inner perimeter of the SAFETY AREA until reaching a position opposite each other and level with their respective starting positions when requested to do so by the referee. The Contestant wearing the red belt shall walk to the designated red side, and the Contestant with the white belt shall walk to the designated white side. They shall execute the standing REI before entering the CONTEST AREA to take up their respective positions

iii. CHANGE OVER OF REFEREES

The Referee leaving the CONTEST AREA shall approach the relevant Corner Judge and each in standing positions, shall REI and exchange places. The Corner Judge taking over from the Referee shall walk to a position central to and opposite the Table Officials in readiness for the next Contest.

7. CONTEST STARTING PROCEDURE

Competitors, invited by the Referee to take up their position within the CONTEST AREA, shall do so as prescribed in section 6.3 ii. The Competitors will REI and advance one pace forward, left foot first, indicating they are ready to commence. Contestants will also restart from this position after matte has been called. Should either of the Contestants fail to REI, the referee will give the command REI and ensure that both contestants perform the action in an acceptable manner. The Referee shall then start the contest as specified below.

7.1 THE STARTING AND RE-STARTING PROCEDURES FOR PRIMARY COMPETITORS

All Contestants must engage with the natural grip i.e. one lapel and one sleeve at the start and restart of a Contest. The Referee is to instruct the competitors to 'Take Hold', then 'Hajime'.

7.2 THE STARTING AND RE-STARTING PROCEDURES FOR JUNIOR COMPETITORS

All Contestants, on the command of HAJIME, must immediately take a sleeve-lapel grip on their opponent's jacket and commence their judo. Failure to do this will result in a penalty.

7.3 THE STARTING AND RE-STARTING PROCEDURES FOR SENIORS

On the call of HAJIME Contestants are required to take a grip on their opponent's jacket within five seconds and commence their judo. Failure to do this will result in a penalty (this is to avoid unnecessary grip fighting).

8. CONTEST ENDING PROCEDURE

8.1 ENDING A CONTEST

On expiration of Contest time the Referee shall announce "SORE-MADE" (That is all), and the Contestants shall return to their starting position.

8.2 ADJUSTMENT OF GI

If necessary, the Referee will instruct the Contestants to adjust their Judogi.

8.3 TRANSFER OF SCORES

At the end of a Contest, should a Competitor have incurred penalty scores, the Referee shall instruct the scoreboard operator to remove them and transfer them as a positive score to the other Contestant. (When Electronic scoring is operative these actions are automatic).

8.4 CONTEST RESULT

The Referee shall announce the result of the Contest and indicate which Competitor has won by stepping forward, left foot first, raising an arm at an upward incline in the direction of the successful Competitor, and announce the result. The Referee shall then return to the original position, right foot first.

8.5 CONTESTANT'S EXIT

Following the announcement of the result both Competitors shall take one pace back, right foot first, REI, turn and exit the CONTEST AREA by the same route as having entered. When they have reached the edge of the contest area, they shall turn and REI into the CONTEST AREA before leaving.

9. CONTEST TIME

9.1 PERMISSIBLE TIME

The time allocated for each Contest shall be decided prior to the commencement of the competition. In general, the maximum time limits shall be as follows; however, these may be altered at the discretion of the organisers.

- i. Juniors, Primaries, Male and Female 2 minutes duration
 Espoir, Senior Male and Female 3 minutes duration
 Dan Grades Female 4 minutes duration
 Dan Grades Male 5 minutes duration
- ii. The time for each Contest is the time allocated. Stoppages, i.e. MATTE or SONO-MAMA, do not form part of actual Contest time
- iii. When the Contestants are in NE-WAZA with OSAEKOMI having been called and the expiry of time is also announced, the Contest shall continue until either IPPON or TOKETA (hold broken) is announced, at which point the Contest shall be deemed to have finished.

9.2 TIME OUT DESCRIPTIONS

Whilst a Contest is in progress the Referee may call TIME OUT for MATTE or SONO-MAMA as detailed below:

- i. "MATTE" shall be called to halt a Contest at the discretion of the Referee. The Contest Timekeeper shall immediately stop the timing device, and a yellow flag or baton shall be displayed, indicating that timing has been halted. Should the Referee decide that the attendance of First Aid or, Doctor is required, then a green flag or baton shall be displayed and the yellow flag or baton removed
- ii. When the verbal instruction "MATTE" is issued, the Referee shall extend an arm at shoulder height toward the table with the palm facing the table. The signal is removed when the Referee is satisfied that the command has been acknowledged
- iii. The Referee shall call "SONO-MAMA" when the Contestants are in groundwork and judgement is required of a possible infringement, or an adjustment to a Contestant's Judogi
- iv. When the verbal instruction "SONO-MAMA" is announced, the Referee shall place one hand on one Contestant, the other hand on the other Contestant and ensure the command has been noted by the Table Officials by raising the yellow signal.

9.3 EXPIRY OF TIME

When the allotted time for a Contest has expired the Timekeeper shall inform the Referee by such audible means as previously agreed. The Referee shall immediately announce, "SORE-MADE" (That is all) and the Contestants shall return to their starting positions.

9.4 EXPIRY OF TIME DURING OSAEKOMI

When the Contest time expires while the Contestants are in NE-WAZA (Groundwork) and OSAEKOMI having been called, the Timekeeper shall call out the termination of allocated Contest time; but the Contest time shall be extended until either IPPON is awarded or the OSAEKOMI is declared "TOKETA" (Broken).

10. LOCATIONS AND VALIDITY OF TECHNIQUES

10.1 VALIDITY OF TECHNIQUE APPLIED AT END OF CONTEST TIME

Any Technique applied simultaneously or just prior to the expiry of Contest time shall be judged as valid.

In the case of OSAEKOMI being announced prior to, or at the same time as, the expiry of time, the Contest time shall be extended to allow OSAEKOMI to be completed or until "OSAEKOMI TOKETA" is called.

10.2 INVALID TECHNIQUE NAGE_WAZA

Any NAGE-WAZA technique applied when the Contestant applying the technique is outside of the DANGER ZONE shall be judged as null and void. Therefore if a Contestant has a foot, hand or knee in contact with the SAFETY AREA during NAGE-WAZA, or more than half of their body outside the DANGER ZONE whilst attempting the application of SUTEMI-WAZA, that Contestant shall be judged to be outside of the CONTEST AREA and the NAGE-WAZA ruled null and void.

10.3 JUDGEMENT OF NAGE-WAZA BEING OUT OF THE AREA

For a throwing technique to be valid when the person being thrown lands outside the CONTEST AREA, the Contestant executing the throw must not make contact with any part of the area outside of the CONTEST AREA prior to the thrown person landing.

If the person executing the throw makes contact with the SAFETY AREA outside of the CONTEST AREA after the landing of the person being thrown, then the technique shall be judged as valid.

10.3.1 MOVEMENT OUTSIDE THE CONTEST AREA

- i. Providing that there is sufficient safety area (at least 2m), the contest shall continue as long as two of the feet of either competitor are both fully inside the CONTEST AREA. This can be two feet of one of the competitors or one each of both competitors.
- ii. Any valid throw must commence inside the CONTEST AREA (as defined in 10.3).
- iii. As soon as the third foot (across the two competitors) starts to step outside the contest area MATTE should be called.
- iv. If the safety area is less than 2m, then MATTE should be called as soon as either contestant starts to step outside the area.

10.4 JUDGEMENT OF NE-WAZA BEING OUT OF THE AREA

For NE-WAZA or OSAEKOMI to continue, a body part of either Contestant must maintain contact with the CONTEST AREA.

If a sole body part having contact with the CONTEST AREA becomes airborne then the Contestants are judged as being out of the CONTEST AREA and "MATTE" is called.

10.5 INSUFFICIENT SAFETY AREA

Where insufficient SAFETY AREA is provided to the COMPETITION AREA and where the SAFETY AREA does not fully comply with the requirements laid down and the Referee, having announced "OSAEKOMI", judges the Contestants to be moving to the perimeter of the CONTEST AREA in a manner to cause concern, then the Referee may move the Contestants back into a central position of the CONTEST AREA as follows:

The Referee shall announce "SONO-MAMA" whereupon both Contestants shall freeze their actions. With assistance, the Referee shall then move both Contestants into a central position.

On being satisfied that both Contestants have maintained the same physical contact, as when "SONO-MAMA" was called and they are ready to continue, the Referee shall firmly

place a hand on each Contestant, announce "YOSHI" (Begin Again) and simultaneously remove both hands from the Contestants.

10.6 BRITISH JUDO COUNCIL AREA PROVISION

In all BRITISH JUDO COUNCIL National Events the full CONTEST, DANGER and SAFETY AREA must, wherever possible, be provided, and Rule 10.5 will not apply. In an event where the provision of a full SAFETY AREA is not met, Rule 10.5 must be applied.

11. CONTINUATION FROM NAGE-WAZA TO NE-WAZA

11.1 ALLOWABLE CONTINUATION

In the following circumstances a Contestant may move from NAGE-WAZA into NE-WAZA.

- i. When a Contestant, after obtaining a positive result with NAGE-WAZA, moves into NE-WAZA without interruption and takes the offensive
- ii. When a Contestant falls while applying a throwing technique or when a Contestant takes the offensive when the Opponent falls down
- iii. When a Contestant after obtaining a positive result from techniques as a result of SHIME-WAZA or KANSETSU-WAZA, moves into NE-WAZA without interruption and takes the offensive
- iv. When one Contestant falls or is about to fall in a situation not covered by 11.1. ii. The other Contestant may take advantage and move into NE-WAZA
- v. If in the opinion of the Referee and/or Corner Judges, a Contestant does not apply NE-WAZA as a continuation of NAGE-WAZA, the Referee shall call the Contestants to a halt by announcing "MATTE".

12. REFEREE RESPONSIBILITIES

12.1 POSITIONS AND DECISION RESPONSIBILITY

The Referee shall stay generally within the CONTEST AREA. He shall conduct the Contest, administer any judgement, and ensure that the decisions are recorded correctly.

Wherever possible, the Referee shall be qualified under the current BRITISH JUDO COUNCIL refereeing structure, and shall always be in possession of a valid current Referee's Qualification

12.2 NUMBER OF OFFICIALS

As a rule, there shall be one Referee and two Corner Judges. However, dependant upon the scope and nature of the Competition, there may be only one Referee. It is permissible for two Referees to alternate duties, but under no circumstance should one Referee and one Corner Judge officiate jointly.

12.3 CORNER JUDGE'S ROLE

The Corner Judges shall assist the Referee. The two Judges shall take positions at opposite corners outside of the CONTEST AREA and shall not encroach upon the CONTEST AREA, unless requested to do so by the Referee.

Corner Judges must ensure that the Recorder records all scores and penalties awarded by the Referee correctly on the Score Boards.

13. JUDGEMENT

13.1 WIN BY IPPON

If the Referee shall judge that a Contestant has won a Contest with either NAGE-WAZA or NE-WAZA, he shall immediately announce "IPPON" (10 points), stop the Contest, and return the Contestants to their start positions.

The Referee shall then indicate the winner by taking one pace forward, left foot first.

The Referee shall raise an arm (either left for white or right for red) inclined upward at 45 degrees, palm uppermost, and announce "IPPON".

Once the signal has been made, the Referee brings the arm back to the side and returns one pace back, right foot first.

13.2 WIN BY WAZA-ARI-AWASETE-IPPON

If the Referee judges that a Contestant has scored two WAZA-ARI he shall announce "WAZA-ARI-AWASETE-IPPON" (10 points with two Techniques), stop the Contest and return the Contestants to their start positions.

The Referee shall then indicate the winner by taking one pace forward, left foot first.

The Referee shall raise the arm (either left for white or right for red) inclined upward at an angle of 45 degrees, palm uppermost and announce "WAZA-ARI-AWASETE-IPPON". Once the signal has been made, the Referee brings the arm back to the side and returns one pace back, right foot first.

13.3 WIN BY SOGO-GACHI

Where a Contestant has scored a WAZA-ARI and the Opponent is penalized with a 3 SHIDO (or vice-versa), the Referee shall stop the Contest and return the Contestants to their start positions.

The Referee shall indicate the winner by taking one pace forward, left foot first.

The Referee shall raise the arm (either left for white or right for red) inclined upward at an angle of 45 degrees, palm uppermost and then announce "SOGO-GACHI" (Compound win 10 points).

Once the signal has been made, the Referee brings the arm back to the side and returns one pace back, right foot first.

13.4 WIN BY YUSEI-GACHI

At the end of Contest time the Referee shall announce "SORE-MADE" and the Contestant with the highest score shall be judged the winner.

The Referee shall then indicate the winner by taking one pace forward, left foot first.

The Referee shall raise the arm (either left for white or right for red) inclined upward at an angle of 45 degrees, palm uppermost, and announce "YUSEI GACHI". Once the signal has been made, the Referee brings the arm back to the side, and returns one pace back, right foot first.

13.5 OSAEKOMI

"OSAEKOMI" shall be called when a Contestant is controlling the Opponent by holding them largely on their back with one or both shoulders towards the TATAMI.

The Contestant applying the hold may be positioned at the side, on top, or to the rear (with the back toward) of the person being held.

The person being held may invalidate OSAEKOMI with one leg from underneath with or without the other leg encircling from the top, at which point the Referee shall announce "OSAEKOMI TOKETA".

If a Hold Down is broken by entanglement escape or otherwise before 25 seconds has elapsed, the Referee shall seek the exact time of the Hold Down from the Timekeeper at a convenient moment and award the appropriate score.

13.6 WIN BY OSAEKOMI-WAZA

When the Referee judges that the Opponent with OSAEKOMI-WAZA is controlling a Contestant the Referee shall announce "OSAEKOMI" (Holding Technique). Upon indication from the Hold-Down Timekeeper that 25 seconds has elapsed from the start of the OSAEKOMI, the Referee shall call "IPPON", and return the Contestants to their starting position.

The Referee shall then indicate the winner by taking one pace forward, left foot first. The Referee shall raise the arm (either left for white or right for red) inclined upward at 45 degrees, palm uppermost, and announce "IPPON".

Once the signal has been made, the Referee brings the arm back to the side, and returns one pace back, right foot first.

13.7 SIMULTANEOUS IPPON

In a case when both Contestants score IPPON simultaneously the Referee shall award HIKI-WAKE (Draw) and the Contestants invited to compete again immediately. Should one Contestant decline to compete for whatever reason, the other Contestant shall be declared the winner by KIKEN-GACHI.

13.8 COMPLAINT AGAINST A DECISION

All decisions of the Referees shall be accepted in good grace. It is not acceptable or permissible for a Contestant to kneel, raise a hand to question a decision.

An appropriate person can make representation or inquiry to the Mat Marshal where clarification of a judgement may be obtained (See Section 19.1).

Complaints not resolved can be notified to the BRITISH JUDO COUNCIL Head Office for the attention of the Refereeing Group of the BJC Technical Centre.

13.9 CORNER JUDGES OPINION DURING CONTEST

i. A Corner Judge should indicate their opinion of a scoring technique, without awaiting the opinion of the Referee. If Corner Judges hold a contrary opinion to that of the Referee, they shall indicate in the appropriate manner. The Referee may amend the decision and adopt the opinion of a Corner Judge

ii. If both Corner Judges hold a differing opinion to that of the Referee, then the Referee must alter the opinion as prescribed in 13.10. The Referee shall have the right to confer with the Corner Judges before the decision is amended.

13.10 THE MAJORITY OF THREE

Decisions and judgements are made on the basis of the majority of three. However, if at any time during a Contest the Referee and Corner Judges hold differing opinions as to the value of either a technical result or penalty the Referee shall make the decision on the following basis:

i. Should both Corner Judges indicate a joint opinion at variance to that of the Referee, the Referee must adopt the opinion of the Corner Judges.

ii. Should the Referee indicate an opinion of a higher value than that of the Corner Judges the Referee shall adjust the opinion to that of the Judge indicating the higher value score.

iii. Should the Referee indicate an opinion of a lower value than that of the Corner Judges the Referee shall adjust the opinion to that of the Corner Judge with the lowest value score.

iv. Should one Corner Judge indicate an opinion of a higher value than the Referee, and the other Corner Judge an opinion of a lower value than the Referee, the Referee's opinion shall be maintained.

During a Contest should a Contestant commit a third minor infringement, the Referee shall call "MATTE" and confer with the Corner Judges whether or not to award a third SHIDO.

Should a Contestant commit a fourth minor infringement or a grave infringement either of which would incur HANSOKU-MAKE, the Referee shall call "MATTE" and confer with the Corner Judges before awarding the penalty.

13.11 HANTEI

In the event that a Contest time elapses with no scores being recorded, or the scores are equal, the Referee shall call "SORE-MADE" when the timing device is sounded to end the Contest. The Referee shall return the Contestants to the start position, and move to the Referee's starting position.

The Referee shall raise an arm straight above the head, palm facing inward, and call "HANTEI" (decision request).

On the call of "HANTEI" by the Referee, all three officials shall immediately indicate their opinion as to the winning Contestant.

The Referee shall then look to the Corner Judges for confirmation of a decision.

If one Corner Judge is in agreement with the Referee, then the Contest should be awarded to the Contestant with both votes. If both Corner Judges are at variance to the Referee, then the Referee shall withdraw the upraised arm, and alter the decision to that of the Corner Judges, in accordance with Section 13.10.

In the case of HANTEI where a single SHIDO has been award against one of the Contestants that SHIDO is a warning not a score and HANTEI should be decided in the usual fashion based upon the attacks performed by the Contestants.

13.12 APPLICATION OF MATTE

In the following instances, the Referee shall announce "MATTE" (Wait) and halt the Contest temporarily. To resume the Contest the Referee shall announce "HAJIME" (Start or Go). The amount of time that a Contest is halted shall not count as part of the Contest time. See Section 9.1. ii

- i. When a Contestant goes out of, or is about to go out of, the CONTEST AREA
- ii. When a Contestant commits a prohibited act
- iii. When a Contestant is injured, or an accident or difficulty occurs
- iv. When a Contestant is required to adjust their Judogi
- v. When in NE-WAZA the Referee is of the opinion that positive progression is not achievable by either Contestant
- vi. When in NE-WAZA a Contestant with the Opponent having a grip on the Judogi, manages to rise to the feet with both hands clear of the TATAMI

(**Note.** Should a Contestant rise to a standing position whilst being subjected to a SHIME-WAZA and TORI simultaneously rises, the Referee must be aware that a ruse to nullify the SHIME-WAZA is not being employed).
- vii. In instances other than those prescribed above, as and when deemed necessary by the Referee.

13.13 DEFAULT OR WITHDRAWAL

If a Contestant does not appear for the Contest when called, then the Opponent shall be awarded FUSEN-GACHI (win by default).

If a Contestant withdraws from a competition for any reason during a Contest, then the Opponent shall be awarded KIKEN-GACHI (win by withdrawal).

13.14 HANSOKU-MAKE

HANSOKU-MAKE is given for violation of rules. (See Section 14.4).

HANSOKU-MAKE and a third SHIDO may only be given following consultation of the Referee and Corner Judges subject to Section 13.10.

14. PROHIBITED ACTS

The partitioning of rule infringements into two divisions is intended to give an understanding of the relative penalties awarded for the committing of Prohibited Acts.

Any Contestant shall be guilty of a VIOLATION OF THE RULES if they violate any of the clauses contained within paragraphs 14.1 to 14.2 inclusive and shall be liable to disciplinary action by the Referee.

During Contest an accidental infringement of any of the following penalties may occur and the Referee can use interpretation of intent before administering, or not, a penalty.

A verbal warning may be given in the first instance of a minor infringement but any subsequent minor infringements must be penalized in the appropriate manner.

Before the awarding of a third SHIDO the Referee must consult with the Corner Judges and act according to Section 13.10. Due to the removal of the KOKA score in 2010 the first SHIDO shall be considered a warning and is NOT a score against the person committing an infringement. In the case of HANTEI, if a single SHIDO has been award against one of the Contestants that SHIDO is a warning not a score and HANTEI should be decided in the usual fashion based upon the attacks performed by the Contestants.

14.1 AWARD OF SHIDO

SHIDO is awarded against a Contestant for a minor infringement as follows:

- i. If a Contestant avoids taking a hold in order to prevent action in a Contest
- ii. If a Contestant performs an initial leg or ankle grab attack on an Opponent. See section 15 for more details and a specific definition.
- iii. If a Contestant adopts, in standing position, an excessively defensive posture for more than 5 seconds.
- iv. In a standing position to continually hold for longer than 5 seconds (without attacking) with
 - (a) one or both hands on the belt or bottom of the jacket of the Opponent,
 - (b) both hands holding the same side of the Opponent's collar lapel or jacket,
 - (c) both hands holding one sleeve of the Opponents jacket
- v. To continually hold the cuff or sleeve ends of an Opponent for defensive purposes
- vi. To insert finger or fingers inside the sleeves or trousers of an Opponent
- vii. To hold either of an Opponent's cuffs or sleeves and twist the cuff or sleeve to entrap the wrist in order to prevent an Opponent taking proper grip
- viii. To interlock or intertwine the fingers of an Opponent
- ix. For a Contestant to intentionally disarrange the Judogi, or to tie and untie the belt or trousers without the permission of the Referee
- x. For a Contestant to encircle completely any part of an Opponent's body with their jacket or belt
- xi. To take or hold any part of an Opponent's Judogi in the mouth
- xii. To place a hand, foot, arm or leg directly on an Opponent's face
- xiii. When in NAGE-WAZA to take hold of an Opponent's foot, feet, leg, legs, ankle or trousers with one or both hands without at the same time attempting a throwing technique. (Taking more than two steps without success would incur a penalty)

- xiv. For a Contestant, whilst lying on the back, to maintain a hold of the Opponent with their legs around the neck and armpit of the Opponent, when the Opponent succeeds in attaining the standing position
- xv. To hold the Opponent's belt with an outstretched or stiff arm, so as to prevent the Opponent attacking
- xvi. Any action, which in the opinion of the Referee is designed to give the impression of an attack, but has no intent to throw the Opponent

Note: Officials need to be circumspect in the interpretation of a false attack. For example, a feint used to create an opening should not necessarily be penalized if the opening is not achieved. However, if a feint is successively applied more than twice with no success, then the Referee can construe that the action(s) are designed to give the impression of work-rate and are not genuine attacks
- xvii. Three successive attempts of Drop Knee Seoi-Nage which, fail to score, will incur a penalty. i.e. after two non scoring throws a warning may be given, after the third non-scoring attempt a SHIDO penalty will be awarded.
- xviii. To apply squeezing scissors with the legs (DO-JIME) to the Opponent's neck, trunk or head
- xix. To kick a hand or arm of an Opponent with a knee or foot in order to facilitate the release of a grip
- xx. To place a foot or feet, leg or legs in an Opponent's belt, collar or lapel
- xxi. To bend backwards an Opponent's finger or fingers
- xxii. To pull an Opponent down onto the TATAMI without technique in order to commence NE-WAZA
- xxiii. To deliberately push an Opponent outside of the CONTEST AREA meaninglessly
- xxiv. To apply any action deemed to be dangerous and a possible cause of injury
- xxv. To apply, or attempt to apply, a technique whilst outside of the CONTEST AREA
- xxvi. To attack an Opponent with MOROTE-GARI.
- xxvii. To take any action which, in the opinion of the Referee, is contrary to the spirit of Judo?

14.2 AWARD OF HANSOKU-MAKE

HANSOKU-MAKE is awarded against a Contestant for a grave infringement of the rules or, when a contestant who has already been penalized with three SHIDOS, commits a further violation of the rules.

- i. To apply any action deemed to be dangerous and a possible cause of injury and, in particular, to the Opponent's neck or spinal vertebrae
- ii. To lift an Opponent from the TATAMI who is in the lying position, then drive, drop or throw the Opponent back onto the TATAMI
- iii. To sweep an Opponent's supporting leg from the inside when the Opponent is applying HARAI GOSHI or similar technique requiring one of the Opponent's legs to leave contact with the TATAMI
- iv. To disregard the instructions of the Referee
- v. To make unnecessary calls, remarks or gestures derogatory to the Opponent or Referee during time on the COMPETITION AREA
- vi. To drive or 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 backward whilst performing, or attempting to perform, techniques whether standing or kneeling on one or both knees
- vii. To attack an Opponent with KANI-BASAMI or any other excluded technique
 - viii. To fall backwards with intent, when the other Contestant is clinging to the back and when either Contestant has control of the other's movements
 - ix. To wear any hard or metallic object (covered or not).
 - x. To attempt to throw an Opponent by winding a leg around an Opponent's leg. (KAWAZU-GAKE)
 - xi. To apply KANSETSU-WAZA to any other joint than the elbow
 - xii. To fall directly to the TATAMI or attempt a NAGE-WAZA whilst applying or attempting to apply a SHIME-WAZA or KANSETSU-WAZA
 - xiii. To take any action which, in the opinion of the Referee, is contrary to the spirit of Judo? (This infringement is in both categories so that the Referee and corner officials can decide the level to award in any situation either SHIDO or HANSOKU-MAKE)

15. RESTRICTED TECHNIQUES

15.1 LEG OR ANKLE GRAB OR GRABS ARE NOT PERMITTED AS AN INITIAL ATTACK.

- i. A direct leg or ankle grab is not permitted and if used will be subject to a penalty of Shido. (Wherever leg grab is used it is assumed this also applies to the ankle).
- ii. A contestant may instigate a Leg Grab so long as the Leg Grab is a continuous action as part of a combination attack from a non-Leg Grab initial attack or attacks. The initial attack must be judged as a valid and committed attack, and not a feint or fake attack (see penalties for false attack) with the real purpose being the desire to perform the leg grab. If the opinion of the Referee is, that a direct Leg Grab has taken place and is not the result of a valid countering or combining action, the offending contestant shall be penalised with SHIDO.
- iii. A contestant may instigate a Leg Grab if, in the opinion of the Referee, their Opponent is judged to have their leg in the air and available to be taken whilst they were in the process of performing their own attack (e.g. during a HIZA-GURUMA). The Referee must be satisfied that the foot of the 'taken' leg of the Opponent is not in contact with the TATAMI at any point during the taking of such an advantage.
- iv. A Leg Grab, considered valid on the previous conditions, shall be judged invalid if in the opinion of the Referee, the attacker takes two or more steps in any direction during the attack. The Referee shall penalise such action with SHIDO.

15.2 RESTRICTIONS ON KATA GURUMA

- i. During the execution of KATA GURUMA should any part of the Tori make contact with the TATAMI (other than their feet) before the completion of the throw, this shall be judged as invalid
- ii. If a contestant attempts KATA GURUMA and performs it in an invalid fashion (see 2.1 above) then the offending contestant shall be penalised with SHIDO.

16. JUDGEMENT OF THE CONTEST

16.1 JUDGEMENT OF IPPON IN NAGE-WAZA

IPPON resulting from NAGE WAZA can only be awarded if the application of the technique started from the standing position. When a Contestant applying a technique or counter-technique throws their Opponent clearly and decisively:

- i. Onto the back or side of back
- ii. With control
- iii. With sufficient force
- iv. With speed.

If, after the throw is executed, the person who has been thrown forms a bridge or arch with only the heels and head in contact with the TATAMI, the Referee may still award IPPON, or any other score that is warranted, to strenuously discourage the dangerous nature of this avoidance. (e.g. to frustrate the technique of TOME NAGE).

16.2 IPPON FROM SHIME-WAZA OR KANSETSU-WAZA

IPPON resulting from SHIME-WAZA or KANSETSU-WAZA is awarded when the disadvantaged Contestant taps the Opponent's body, or the TATAMI, twice or more with either a hand or foot, or makes a vocal submission (MAITTA).

(Referees must at all times position themselves so as to witness the application of any KANSETSU-WAZA or SHIME-WAZA, and when the technique is seen to be apparent shall award IPPON. This applies to both Senior and Junior competitions see Section 20).

16.3 JUDGEMENT OF IPPON IN NE-WAZA

In OSAEKOMI-WAZA (Holding),

- i. Where a Contestant is being held under control for a period of 25 seconds and cannot break the hold or entangle the aggressor's legs or trunk with their own, IPPON shall be awarded
- ii. When in a hold-down position, the disadvantaged Contestant submits by tapping the Opponents' body or TATAMI, twice or more with a hand or foot or makes a vocal submission, IPPON shall be awarded
- iii. In KANSETSU-WAZA or SHIME-WAZA, when the disadvantaged Contestant taps the Opponents body, or TATAMI, twice or more with a hand or makes a vocal submission, IPPON shall be awarded.

(Note: - Referees must at all times position themselves so as to witness the application of any KANSETSU-WAZA or SHIME-WAZA, and when the technique is seen to be apparent shall award IPPON. (This applies to both Senior and Junior competitions. (See Section 20).

16.4 JUDGEMENT OF WAZA-ARI

- i. In NAGE-WAZA when a Contestant throws an Opponent with control, but partially lacking one of the four criteria required for IPPON, the Referee shall award WAZA-ARI. Should a Contestant be awarded a second WAZA-ARI during a Contest, WAZA-ARI-AWASETE-IPPON shall be awarded
- ii. In OSAEKOMI-WAZA (Holding) when a Contestant is being held under control for a period of 20 seconds or more, but less than 25 seconds. Should a Contestant be awarded a second WAZA-ARI during a Contest, WAZA-ARI-AWASETE-IPPON shall be awarded.

16.5 JUDGEMENT OF YUKO

- i. In NAGE-WAZA when a Contestant throws an Opponent with control which partially lacks two of the four criteria necessary for a complete IPPON
- ii. In OSAEKOMI-WAZA (Holding), where a Contestant is being held under control for a period of 15 seconds or more, but for less than 20 seconds.

Note: The KOKA score has been removed from the contest rules. It is essential that the YUKO score is not awarded for what would previously have been deemed to be a KOKA.

16.6 ACCUMULATION OF SCORES

A Contestant having already been awarded a WAZA-ARI, whether in NAGE-WAZA or NE-WAZA, is subsequently awarded a further WAZA-ARI then that Contestant shall be judged as accumulating two significant scores to merit the award of WAZA-ARI-AWASETE-IPPON (two techniques equalling IPPON).

Irrespective of the number of YUKO scored, they will never equal the score of WAZA-ARI or IPPON.

16.7 JUDGEMENT OF YUSEI-GACHI

YUSEI GACHI (Win by Superiority) shall be judged upon the following basis.

Where the Contestants have final equal scores, including all penalty scores awarded, the Referee shall call for a HANTEI decision from the Corner Judges and rule in accordance with Section 13.10. i to v. (1 point)

Where there has been a score of YUKO (5 points) or a second SHIDO penalty (minus 5 points)

Where there has been a score of WAZA-ARI (7 points) or a third SHIDO penalty (minus 7 points)

Should a Referee not have the services of Corner Judges then he shall immediately signal the decision as to the winner, by announcing "HANTEI" and simultaneously raising the arm at 45 degrees palm upper most (left arm for white right arm for red) in the direction of the winning Contestant, and announce the result.

16.8 JUDGEMENT OF HIKI-WAKE

Shall be given in Team Contests only when no result or score is obtained within the regulation time limit or when superiority of one Contestant over another cannot be determined.

16.9 AWARDED OF PENALTY SCORES

In all instances, save in the case of SONO-MAMA during NE-WAZA, the Contestants are returned to their starting position where the penalty is awarded against the offending Contestant(s).

The Referee should by a simple action show the reason for awarding the penalty.

- i. In NE-WAZA, to penalize the Contestant in the disadvantaged position, the Referee shall announce "SONO-MAMA", award the penalty, and restart the Contest by announcing "YOSHI"
- ii. To penalize the Contestant in the position of advantage the Referee shall call "MATTE", and return both Contestants to their starting positions. He shall then award the appropriate penalty, plus any positive score obtained by the offender. The Contest is then re-started with the command of "HAJIME"
- iii. When in NE-WAZA, should "MATTE" be called in error then the Contestants may be returned as near as possible to their respective positions at the time of the call of "MATTE", to the satisfaction and agreement of the Referee and Corner Judges.

17. SUMMARY OF OSAEKOMI SCORING TIMES

Less than 15 seconds	= NO SCORE	
15 seconds to less than 20 seconds	= YUKO	(5 points)
20 seconds to less than 25 seconds	= WAZA-ARI	(7 points)
25 seconds	= IPPON	(10 points)

18. MEDICAL ATTENTION

18.1 CAUSE OF INJURY, ACCIDENT OR ILLNESS

In the event that a Contestant cannot continue the Contest because of injury, accident or illness, the Referee shall, after consultation with the Corner Judges, judge the Contest on the basis of the following criteria:

- i. If the cause of an injury is judged to be the fault of the injured person, then the injured person shall lose the Contest
- ii. If the Opponent of the injured Contestant is judged to be at fault, the Opponent shall lose the Contest
- iii. When the cause of an injury cannot be apportioned to either Contestant the decision of HIKI-WAKE may be given. In individual events where a winner must be determined the Contestant, unable to continue is judged the loser
- iv. In the event of an accident occurring due to outside influence, the decision of HIKI-WAKE shall be given
- v. In general, where one Contestant is unable to continue due to illness, that Contestant will be judged the loser.
- vi. If an injury is caused by an illegal act and, following treatment, the injured Contestant informs the Referee he is able to continue, after consultation with the Corner Judges the Referee shall award an agreed penalty to the Opponent
- vii. On resumption of the Contest should the injured Contestant be unable to continue due to the same previous injury, the Opponent cannot be further penalised, therefore the injured person will lose the Contest.

18.2 MEDICAL ATTENTION ON THE CONTEST AREA

- i. During a Contest each Contestant has a right to two medical examinations or treatments on the mat, including asthmatic treatment (use of inhaler only). Further treatments will result in KIKEN-GACHI
- ii. Only one medical attendant should be allowed within the CONTEST AREA unless it is decided that further attendants are required to assist with diagnosis, or to aid with the removal of an injured Contestant
- iii. Persons other than Contestants or Mat Officials are not allowed on the COMPETITION AREA without permission of the Referee
- iv. Should the Medical Attendant advise the Referee that the Contestant is not able to continue the Contest, the Referee and Judges shall decide upon the result of the Contest as section 18.1. (i to vii)
- v. A maximum of five minutes injury time per Contestant, per Contest is allowed thus; all medical treatments/attention are to be recorded.

18.3 MEDICAL ATTENTION AWAY FROM THE CONTEST AREA

Should an injury be such as to require a Contestant to leave the CONTEST AREA, the injured Contestant may only do so with the Medical Attendant

The amount of time that a Contestant is allowed from the CONTEST AREA shall be counted as Injury Time, and the time noted against the time allowed for that Contestant

If the 5 minutes allowable recovery time elapses whilst the Contestant is away from the CONTEST AREA, the Referee shall call the Contest to a halt and make judgement as Section 18.1. (i to vii).

18.4 FREE MEDICAL ATTENTION

A free medical examination is permitted only when, in the opinion of the Referees, the fault of the injury is attributed to the Opponent of the Contestant.

Free medical examination or treatment does not incur the application of Section 18.3.ii and iii.

During this examination the Medical Attendant may freely touch and examine the injured person and, if required and necessary apply a bandage or assist in the easing or adjusting of a scrotal injury.

19 SIGNALS

19.1 THE REFEREE

IPPON. The Referee shall raise one hand straight, directly upwards with the palm facing forward and the fingers closed together

FALSE ATTACK. Both hands extended forward with closed fists and then make a downward motion with both hands

NON-COMBATIVITY. Rotate, with a forward motion, the bent forearms at chest height and then point with a forefinger at the Contestant. (Generally if there has been no attacking action by either Contestant for approximately 25 seconds, then a condition of Non-Combativity exists provided that the Referee is of the opinion that the Contestants are genuinely seeking an opportunity to attack)

SONO-MAMA. The Referee shall bend forward and touch both Contestants with the palm of the hands.

YOSHI. The Referee shall touch firmly both Contestants with the palms of the hands and exert pressure; on the call of "YOSHI" the Referee shall remove both hands simultaneously from each Contestant

To indicate the winner of a Contest by YUSEI-GACHI, KIKEN-GACHI, FUSEN-GACHI or SOGO-GACHI, The Referee shall raise one arm at shoulder height, palm facing inward towards the winner

JUDO GI ADJUSTMENT. To instruct the Contestant(s) to adjust the Judogi, The Referee crosses both hands, left over right at belt height with the palms facing inwards

AWARD A PENALTY. The Referee points towards the offending Contestant with the index finger extended from a closed fist

FREE TOUCH. For cases of minor incident such as nosebleed etc, The Referee shall signal with one hand open, with palm facing upward towards the injured Contestant

FREE EXAMINATION. The Referee shall extend both arms forward with the hands open and palms facing upwards towards the injured Contestant

RECORDING OF FREE EXAMINATION The Referee shall signal with one hand open, fingers outstretched towards the injured Contestant. The other hand is extended towards the Recorder with the index finger raised, this for the first examination

For the second examination the index finger and the middle finger are both raised. When making these signals care should be taken that the palm side of the hand is facing towards the Recorder

DANGER ZONE. The Referee shall with one hand point towards the DANGER ZONE; the other should be raised above the head fingers open, then point towards the offending Contestant and award the penalty.

(Note: - WAZA-ARI and YUKO signals should start with the arm across the chest, then sideways to the appropriate finishing position. The signal should be held whilst a ninety degree turn is made the by the referee who should keep the Contestants in constant view (Signals should be maintained for 3 to 5 seconds).

19.2 CORNER JUDGES

Additional to the appropriate signals the following are to be used by the Corner Judges.

- i. To indicate an opinion that a Contestant has stayed within the CONTEST AREA, the Corner Judge will extend the relevant arm at shoulder height, parallel to the TATAMI and pointing along the line of the CONTEST AREA, with the palm facing into the CONTEST AREA, the fingers closed, maintaining the arm in a fixed position.

- ii. To indicate an opinion that a Contestant has moved out of the CONTEST AREA, the Corner Judge will extend the relevant arm at shoulder height parallel to the TATAMI and pointing along the line of the CONTEST AREA, with the palm facing into the CONTEST AREA, the fingers closed, and wave the arm from left to right or vice versa, several times.
- iii. To indicate an opinion that a score or penalty given by the Referee has no value, a Corner Judge shall raise a hand above the head and wave it from right to left or vice versa a number of times.
- iv. To indicate to the Referee an opinion that there is no progress in a NE-WAZA situation, the Corner Judge shall signal by raising both hands forward to shoulder height with the palms facing upwards.

To attract the attention of the Referee one or both Corner Judges should come to a standing position. Should this action not be successful then the Corner Judge nearest the Referee may walk along the boundary of the CONTEST AREA until the Referee takes Note. Neither Corner Judge should encroach upon the CONTEST AREA unless invited to do so by the Referee.

20. SENIOR OFFICERS AT BJC COMPETITIONS

20.1 MAT MARSHAL

In Area and National events the services of a Mat Marshal may be used, denoted by their senior position and experience within the BRITISH JUDO COUNCIL. The Mat Marshal is tasked with being responsible for General Guidance in all instances not covered by these Rules & Regulations and to deal with any disputes or complaints raised by Coaches, Managers or Contestants. See Section 13.8.

A complaint by Competition Officials, Technical or Administrative, shall be recorded on the applicable form and lodged with the Mat Marshal who will forward it to the appropriate body.

20.2 SENIOR REFEREE

The senior referee (also known as the Referee-Coordinator) is responsible for organising and managing the referees on the day of the event. They are to consult with and advise the Mat Marshal regarding their opinion of events on the mat and to offer advice to the referees regarding interpretation of the rules if it is deemed necessary.

Note: The National Technical Committee may from time-to-time change, modify or include additional Contest rules. Not every member will agree with such changes, but first and foremost our duty is to the health and safety of each member, particularly the young; on this we will not bend to pressure. The Contest Rules also reflect the policy by which we intend to promote the BJC aims and objectives and, likewise, on this we also remain firm.

21. SITUATIONS NOT COVERED BY THE RULES

Where a situation arises which is not covered by these rules, it shall be dealt with and a decision given by the Referee following consultation with the Mat Marshall, Senior Referee and Corner Judges. (Reference may be made to International Rules).

22. OFFICIAL WEIGHT CATEGORIES

22.1 PRIMARY, MALE & FEMALE (AGED OVER 5 AND BELOW 10)

25 Kilos & Under

28 Kilos & Under

31 Kilos & Under

34 Kilos & Under

Over 34 Kilos - Should there be excessive weight differences in this category then there must be further weight division.

There are no open categories for Primary grades.

For entries to the BJC National competitions, primaries are required to be 8 years or older but under 10 years on the day.

For primary entries to area and club events where primaries are aged under 8 years, organizers need to be careful when contesting and must ensure that they are fit and able to contest.

22.2 JUNIORS, MALE & FEMALE (AGED 10 AND OVER TO UNDER 16)

30 Kilos & Under

35 Kilos & Under

40 Kilos & Under

45 Kilos & Under

50 Kilos & Under

55 Kilos & Under

60 Kilos & Under

65 Kilos & Under

Over 65 Kilos, should there be excessive weight differences in this category then there must be further weight division.

There are no open categories for Junior grades.

22.3 SENIOR FEMALE

48 Kilos & under

52 Kilos & under

57 Kilos & under

63 Kilos & under

70 Kilos & under

78 Kilos & under

Over 78 Kilos

Open Weight

22.4 SENIOR MALE

60 kilos & under

66 kilos & under

73 kilos & under

81 kilos & under

90 kilos & under

100 kilos & under

Over 100 Kilos

Open Weight

22.5 Where age and weight banding is selected the following categories are to be used.

AGE & WEIGHT CATEGORIES (age on the day of the competition)

i. 8/9 years (8 years or older but under the age of 10)

Girls u28, u32, u36, u40, u44, o44 kg

Boys u24, u27, u30, u34, u38, u42, u46, u50, o50kg

ii. 10/11 years (10 years or older but under the age of 12)

Girls u32, u36, u40, u44, u48, u52, o52 kg

Boys u30, u34, u38, u42, u46, u50, u55, o55kg

iii. 12/13 years (12 years or older but under the age of 14)

Girls u40, u44, u48, u52, u56, u61, o61kg

Boys u42, u46, u50, u55, u60, u66, o66kg

iv. 14/15 years (14 years or older but under the age of 16).

Girls u48, u52, u56, u61, u65, o65kg

Boys u50, u55, u60, u66, u73, o73kg

v. 16/17 years (16 years or older but under the age of 18)

The Youth weights will be decided on the day but must be segregated into safe and sensible bands.

Further categories can be added if enough competitors exist in weight bands above or below those specified (e.g. if you have four 8 year old girls under 24kg, it would be recommended to add an U24KG category to the 8 and 9 year-old age group). For club and area events, categories for 5 to 7 year olds can be added with suitable weight banding.

23. ILLUSTRATION OF SIGNALS

23.1 REFEREE'S SIGNALS



Hajime/ Sore Made



Matte



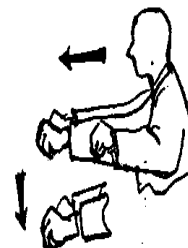
Adjustment of Judogi



Not Valid



Non Combativity



False Attack (Negative Judo)



Ippon



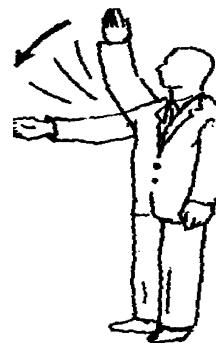
Waza Ari



Waza Ari Awasete Ippon



Yuko

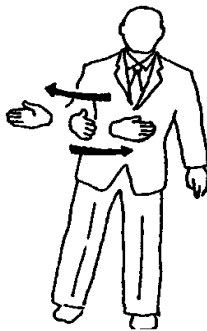


Hike Wake

REFEREE'S SIGNALS cont.



Hantei



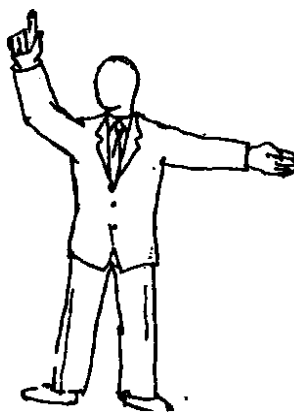
Toketa



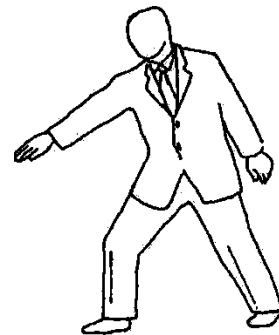
Yoshi



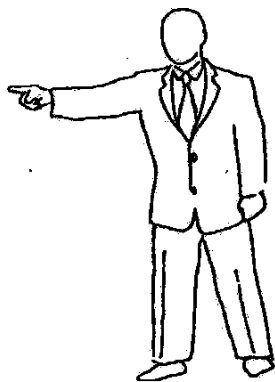
Sono Mama



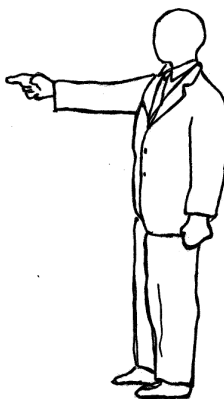
Medical Examination



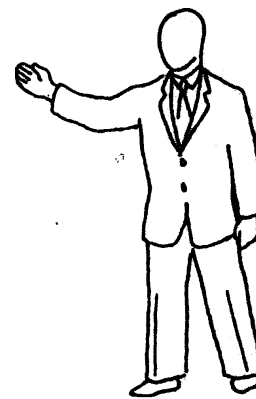
Osaekomi



Shido

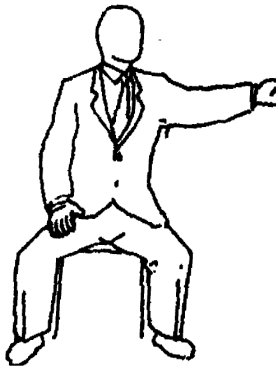


Hansoku Make



Fusen Gachi
Kiken Gachi
Sogo Gachi
Yusei Gachi

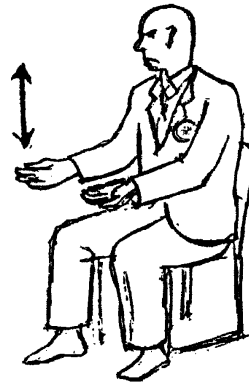
23.2 CORNER JUDGES SIGNALS



Inside



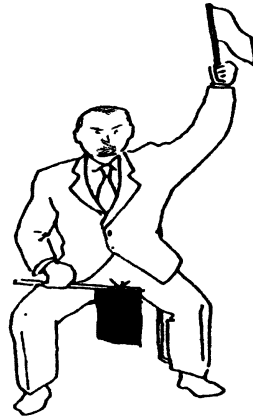
Outside



No Progress in Ne Waza



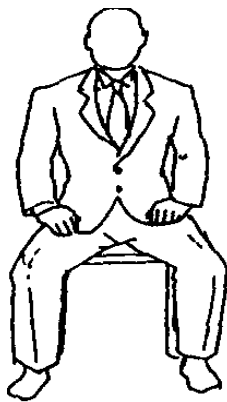
Not Valid



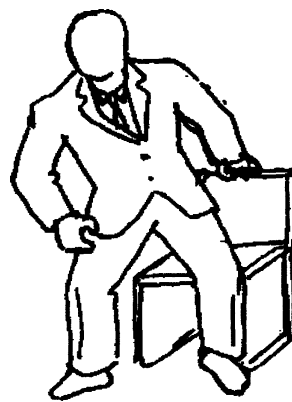
Decision



Hike Wake



Judge Normal Position



Moving the Chair

APPENDIX 1

1. ADDITIONAL RULES FOR PRIMARY AND JUNIOR GRADES

1.1 PRIMARY ENTRANTS TO NATIONAL CHAMPIONSHIPS

Entry of Primary members of the British Judo Council to National Junior Championships is subject to the following:

- i. Entries must be made through the facility of a registered club and the Club Coach
- ii. Entrants must be eight or nine years of age on the day of the championship, proof of age is required
- iii. Coaches are required to ensure that their entries are sufficiently competent technically, physically and mentally to compete at this level
- iv. At any time during an event a competitor not deemed to fulfil the requirements of item iii. will be withdrawn by the Presiding Official whose decision is absolute.
- v. Any competitor withdrawn whether by the Presiding Official or any other person will not be entitled to a refund.

1.2 GENERAL CONDITIONS FOR PRIMARY GRADES

- i. It must be clearly understood that a child with a junior grade cannot enter a primary category regardless of being of primary age
- ii. Primary aged children cannot enter a junior category
- iii. For open competitions where other organisations are allowed to enter, the distinction between a primary and a junior grade may not be relevant, so in this case the weight and age of the entrant are the only requirements.

1.3 GENERAL CONDITIONS FOR JUNIOR GRADES

A junior having taken a senior grade cannot participate in junior competitions or grading regardless of being of junior age.

1.4 PROHIBITED TECHNIQUES FOR PRIMARIES AND JUNIORS

- i. All sacrifice techniques
- ii. All arm-locks and strangles
- iii. Drop Knee Seoi-Nage
- iv. Any form of Kata-Guruma
- v. Leg or ankle grabs (If an opponent's leg is off the ground there will be no penalty in briefly holding the leg while performing a technique)
- vi. All Maki-Komi throws
- vii. Kubi-Nage and any throw attempt where the neck is encircled using one or both arms.

2. GENERAL NOTES

The National Technical Committee may, from time to time, change, modify or include additional Contest rules. Not every member will agree with such changes, but first and foremost is our duty to the health and safety of each member, particularly the young; on this we will not bend to pressure; The Contest Rules also reflect the policy by which it is intended to promote the BJC Aims and Objectives, and, likewise, on this we also remain firm. The BJC does make carefully considered changes to the rules and we have moved on since the time when seniors below the grade of 1st Kyu were not permitted to use a sacrifice or MAKI-KOMI techniques in Contest.

R. OTANI.

Notes