

# BRITISH JUDO ASSOCIATION

## CONTEST RULES



BASED ON THE CONTEST RULES OF THE  
INTERNATIONAL JUDO FEDERATION

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**ARTICLE 1 - Competition Area**

The competition area shall be a minimum of 14m x 14m and a maximum of 16m x 16m and shall be covered by tatami or similarly acceptable material, generally green in colour.

The competition area shall be divided into two zones. The demarcation between these two zones shall be called the danger zone and shall be indicated by a red area, approximately 1m wide, forming part of or attached to 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 shall always be of a minimum of 8m x 8m or a maximum of 10m x 10m. The area outside the danger zone shall be called the safety area and shall be 3m wide.

An adhesive blue tape and a white tape, approximately 10cm wide and 50cm long shall be fixed on the centre of the contest area at a distance of 4m apart, to indicate the positions at which the contestants must start and end the contest. The blue tape shall be to the referee's right and the white to his left.

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

Where two or more adjoining competition areas are used, a common safety area of a minimum of 4m is necessary.

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

**BJA Commentary:**

*In BJA Competitions, a common safety area of a minimum of 3m may be used between adjoining contest areas.*

**APPENDIX Article 1 - Competition area**

For Olympic Games, World Championships, Continental and IJF events, the competition area, generally, must be maximum size.

**Tatamis**

Generally measuring one metre by two metres, made of pressed straw or, more frequently, from pressed foam.

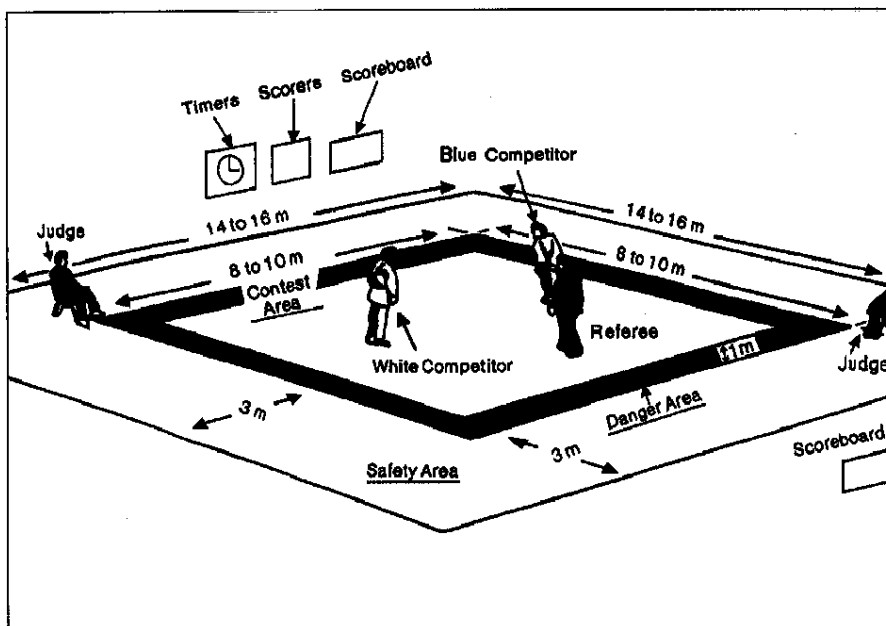
They must be firm under foot and have the property of absorbing shock during Ukemi, and must not be slippery nor too rough.

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

**Platform**

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

COMPETITION AREA



## ARTICLE 2 - Equipment

### a) Chairs and Flags (Judges)

Two lightweight chairs must be placed on the safety area at diagonally opposite corners of the contest area and in a position so as not to obstruct the judges, commission members and recorders view of the scoreboard. One blue and one white flag shall be placed in a holster affixed to each chair.

### b) Scoreboards

For each competition area there shall be two (2) scoreboards, that indicate the scores horizontally, not exceeding 90 centimetres in height and 2 metres in width, placed outside the competition area where they can be easily seen by the referees, Commission members, officials and spectators.

The penalty points shall be immediately converted to scores and recorded on the scoreboards. However, the boards must be manufactured with a device that will record the penalties received by the contestants. (see appendix Example)

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

### c) Timing clocks

There shall be timing clocks as follows:

- Contest duration: one
- Osaekomi: two
- In reserve: one

Whenever electronic timing clocks are used, manual timing clocks must also be used for control (see Appendix).

### d) Flags (time keepers)

#### e)

Timekeepers shall use flags as follows:

- Yellow contest stop
- Green osaekomi duration

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

### f) Time signal

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

### g) Blue and white judogi

The contestant shall wear a blue or white judogi. (The first competitor called wears the blue judogi, the second wears the white.)

## APPENDIX Article 2 - Equipment

### Position of recorders/scorers/timekeepers

The scorers and timekeepers must be facing the referee and well in view of the recorders.

### Distance of spectators

In general the spectators should not be admitted closer than 3 metres to the surface of the competition (or platform).



**Timing clocks and score boards**

The time clocks must be accessible to those persons responsible for maintaining their accuracy, and they must be checked regularly for accuracy at the start and during the competition. The scoreboards must correspond to the demands set out by the IJF and should be at the disposal of the referees as needed.

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

**b) Manual scoreboards**

0	0	1	1	0	0
W/ARI	YUKO	KOKA	W/ARI	YUKO	KOKA
Shido	Shido	Shido	Shido	Shido	Shido 1
WHITE			BLUE		

**EXAMPLE:**

Blue has scored a waza-ari and also been penalised one shido, White receives a koka immediately as a result of blue's first Shido.

**BJA Commentary:**

*Where reference is made in paragraph d) to 'flags', tournament organisers may authorize the use of solid 'bats' whose colour shall correspond to that specified for the flags.*

*Where reference is made to blue judogi in paragraph f), tournament organisers may allow both players to wear white judogi, with the first player called wearing a blue belt and the second player wearing a white belt*

**Note: Contestants are not permitted to wear grade belts in BJA competitions.**



### ARTICLE 3 - Judo uniform (judogi)

The contestants shall wear judogi complying with the following conditions:

- a) Strongly made in cotton or similar material, in good condition (without rent or tear). The material must not be so thick or so hard as to prevent the opponent from taking a grip.
- b) Blue in colour for the first contestant and white or off white for the second contestant.
- c) Acceptable markings:
  - i) National Olympic abbreviation (on back of jacket).
  - ii) National Emblem (on left breast of jacket). Maximum size 100 square centimetres.
  - iii) Manufacturer's trade mark (on bottom-front of jacket and on bottom front of left leg of the trousers), maximum size 25 square centimetres.
  - iv) Shoulder markings (from collar - across shoulder - down arm - both sides of jacket). Maximum length 25 centimetres and maximum width 5 centimetres.
  - v) Indication of the placing (1st, 2nd, 3rd) at the Olympic Games or World Championships, in an area of 6cm x 10cm at the bottom front left side of the jacket.
  - vi) The contestant's name may be worn on the belt, uniform lower front top of the jacket and upper front top of the pants and must be a maximum of 3cm x 10cm. Also the contestant's name or abbreviation may be placed (printed or embroidered), above the National Olympic abbreviation, but in no case in a position to prevent an opponent from grasping the back of the jacket. The size of the letters is a maximum of 7cm high and the length of the name is a maximum of 30 cm. This rectangular area of 7 x 30 cm must be located at 3 cm under the collar of the jacket and the back identification must be fixed at 4 cm under this area.
- d) The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 centimetres at the level of the bottom of the rib-cage. The sleeves of the jacket must reach to the wrist joint as a maximum and 5 centimetres above the wrist joint as a minimum. A space of 10-15 centimetres shall exist between the sleeve and the arm (inclusive of bandages), on the entire length of the sleeve.
- e) The trousers, free of any markings, shall be long enough to cover the legs and shall at a maximum reach to the ankle joint and at a minimum 5 centimetres above the ankle joint. A space of 10-15 centimetres shall exist between the trouser leg and the leg (inclusive of bandages) on the whole length of the trouser leg.
- f) A strong belt, 4 to 5cm wide, whose colour corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot tight enough to prevent the jacket from being too loose and long enough to go twice around the waist and leave 20 to 30cm protruding from each side of the knot when tied.
- g) Female contestants shall wear under the jacket either:
  - i) A plain white or off white tee-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers, or:
  - ii) A plain white or off-white leotard with short sleeves.

### APPENDIX Article 3 - Judo uniform (judogi)

If the judogi of a contestant does not comply with this article, the referee must order the contestant to change in the shortest possible time, into a judogi, which does comply with the article.

The contestants' spare judogi should be brought by the coaches to their chair at the edge of the competition area.

To ensure that the sleeves of the contestant's jacket are the required length, the referee shall direct the contestant to raise both arms, fully extended forward at shoulder level, when making the control.

#### **BJA Commentary:**

**Where reference is made to the colour of the belt in paragraph f), contestants in BJA Competitions shall wear only a blue or a white belt as described in the commentary to Article 2.**



#### ARTICLE 4 – Hygiene

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

#### APPENDIX Article 4 - Hygiene

Any contestant who will not comply with the requirements of Articles 3 and 4 will be refused the right to compete and the opponent shall win the contest by kiken-gachi, according to the rule of "majority of three" (see Article 28).

#### ARTICLE 5 - Referees and officials

Generally, the contest shall be conducted by one referee and two judges under the supervision of the Refereeing Commission. The referee and judges shall be assisted by contest recorders and time keepers.

#### APPENDIX Article 5 - Referees and officials

The Organising Committee must ensure that the timekeepers, list writers and recorders as well as other technical assistants have been thoroughly trained and are competent at that level of tournament. There shall be a minimum of two timekeepers; one to register the real contest time and one to specialise in osaekomi time. If possible there should be a third person to supervise the two timekeepers to avoid any errors due to mistakes or forgetfulness.

The overall timekeeper (real contest time) starts the clock on hearing the announcements hajime or yoshi and stops it on hearing the announcements matte or sono-mama.

The osaekomi timekeeper starts the clock on hearing osaekomi, stops it on sonomama, and restarts it on hearing yoshi. Either on hearing toketa or matte he stops the clock and indicates the number of seconds elapsed to the referee or on expiry of the time for osaekomi (25 seconds where there has been no previous score or 20 seconds where the person being held in the osaekomi has had a waza-ari or three shidos awarded against him) indicates the end of the osaekomi by means of an audible signal.

The osaekomi timekeeper shall raise a green flag during the contest whenever he hears osaekomi and lower it on hearing toketa, matte, waza-ari, waza-ari-awasete-ippon or ippon. In addition, he shall lower the green flag whenever he hears sonomama and raise it again on hearing yoshi.

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

When the time allowed for the contest has expired the timekeepers shall notify the referee of this fact by a clearly audible signal (see Articles 10, 11 and 12 of the Refereeing Rules).

The contest recorder must ensure that he is completely informed of the current signs and signals in use to indicate the result of a contest. If electronic systems are used the procedure will be the same as described above. Nevertheless it shall be ensured that manual recording devices are available.

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

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



## **ARTICLE 6 - Position and function of referee**

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

### **APPENDIX Article 6 - Position and function of referee**

The referee should ensure that all is correct e.g. competition area, equipment, uniforms, hygiene and officials etc. before starting the contest.

While announcing an opinion and making the appropriate gesture, the referee should bring at least one judge within his line of sight in order to be immediately aware of any differing opinion. However the referee must make sure not to lose sight of the contestants continuing action at any time.

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

Before officiating at a contest, the referees and judges should familiarise themselves with the sound of the bell or means of indicating the end of the contest on their particular mat area. When assuming control of a competition area the referee and judges should ensure that the mat surface is clean and in good condition, that there are no gaps between the mats, that the judges chairs are in position and that the contestants comply with Articles 3 and 4 of the Contest Rules. The referees should ensure that there are no spectators, supporters or photographers in a position to cause a nuisance or risk injury to the contestants.

## **ARTICLE 7 - Position and function of judges**

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

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

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

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

Should both judges express a judgment different from that of the referee, and the referee not have noticed their signals, they should stand up, maintaining their gesture until the referee is informed of this and rectifies his evaluation. Should, after an appreciable time (a few seconds) the referee not have noticed the standing judges, the judge who is closest to the referee must immediately approach him and inform him of the majority opinion.

The judge must, by the appropriate gesture, express his opinion about the validity of any action on the edge or outside of the contest area.

Any discussion is possible and necessary only if the referee or one of the judges has clearly seen something, which has not been visible to the other two, and which could change the decision.

The judges must also observe that the scores recorded by the contest recorder are correct with the scores announced by the referee.

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

### **APPENDIX Article 7 - Position and function of judges**

The referee and judges should leave the competition area during presentations or any lengthy delay in the programme.

The judge should sit with both feet apart, outside the contest area and should place his hands, palms facing down, on his inner thighs.

Should a judge note that the scoreboard is incorrect he should draw the referee's attention to the mistake.

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



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

In an action on the edge, the judge should make the gesture immediately to show if the action is IN or OUT.

Should a contestant have to change any part of the uniform outside the competition area, and the judge to accompany the contestant is not of the same sex, an official designated by the Refereeing Director shall substitute for the judge and accompany the contestant.

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

***BJA Commentary:***

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



## ARTICLE 8 - Gestures

### a) The Referee

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

- i) **Ippon**: shall raise one arm with palm of hand facing forward, high above the head.
- ii) **Waza-ari**: shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.
- iii) **Waza-ari-awasete-ippou**: first waza-ari, then Ippou gesture.
- iv) **Yuko**: shall raise one of his arms, with palm of hand facing downward, 45° from his body.
- v) **Koka**: shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.
- vi) **Osaekomi**: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- vii) **Toketa**: shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending the body towards the contestants.
- viii) **Hiki-wake**: shall raise one of his hands high in the air and bring it down to the front of his body (with thumb edge up) and hold it there for a while.
- ix) **Matte**: shall raise one of his hands to shoulder height and with his arm approximately parallel to the tatami, shall display the flattened palm of his hand (fingers up) to the timekeeper.
- x) **Sonomama**: shall bend forward and touch both contestants with the palms of his hands.
- xi) **Yoshi**: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- xii) **To indicate the cancellation of an expressed opinion**: shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times.
- xiii) **Hantei**: In preparation of calling hantei, the referee shall raise both hands forward at 45° with the correct flag in each hand, then at the announcement of hantei he shall raise the flag high above his head to indicate his opinion. Hantei will be only be used after the "Golden Score" contest.
- xiv) **Kachi** (to indicate the winner of a contest): shall raise one hand, palm in, above shoulder height towards the winner.
- xv) **To direct the contestant(s) to re-adjust the judogi**: cross left hand over right, palms facing inwards, at belt height.
- xvi) **To award a penalty** (Shido or Hansoku-make): point towards the contestant with the index finger extended from a closed fist.
- xvii) **Non-combativity**: rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant.
- xviii) **False attack**: extend both arms forward, with hands closed and then make a downward action with both hands.
- xix) **Danger zone penalty**: point towards danger zone, whilst raising the other hand above head, forward, with fingers opened, then point towards contestant to be penalised.

**APPENDIX Article 8 - Gestures**

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

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

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

Koka, yuko, waza-ari signals should be maintained while moving to ensure that the score is clearly visible to the judges. However, care should be taken when turning to keep the contestants within view.

Should both contestants be given a penalty, the referee should make the proper gesture and point alternately at both contestants (left forefinger for contestant on his left and right forefinger for contestant on his right).

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

There should be no announcement made when cancelling a score.

All gestures should be maintained for 3 to 5 seconds.

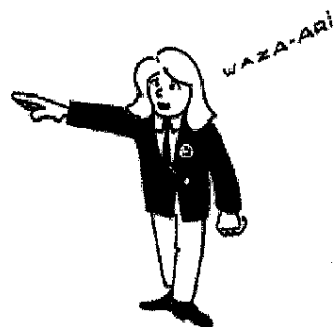
To indicate the winner, the referee will return to his position at start of the contest, take one step forward, indicate the winner then take one step back.



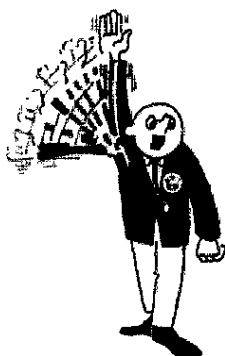
i) Ippon



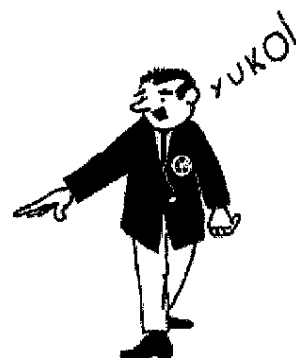
ii) Waza-ari



iii) Waza-ari-awasete-ippou



iv) Yuko



v) Koka



vi) Osaekomi



vii) Toketa



ix) Matte



xi) Yoshi



x) Sonomama



xiv) Kachi



xii) Cancellation of an expressed opinion



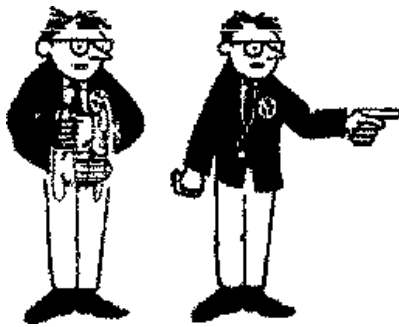
v) Adjustment of the judogi



xvi) Penalty

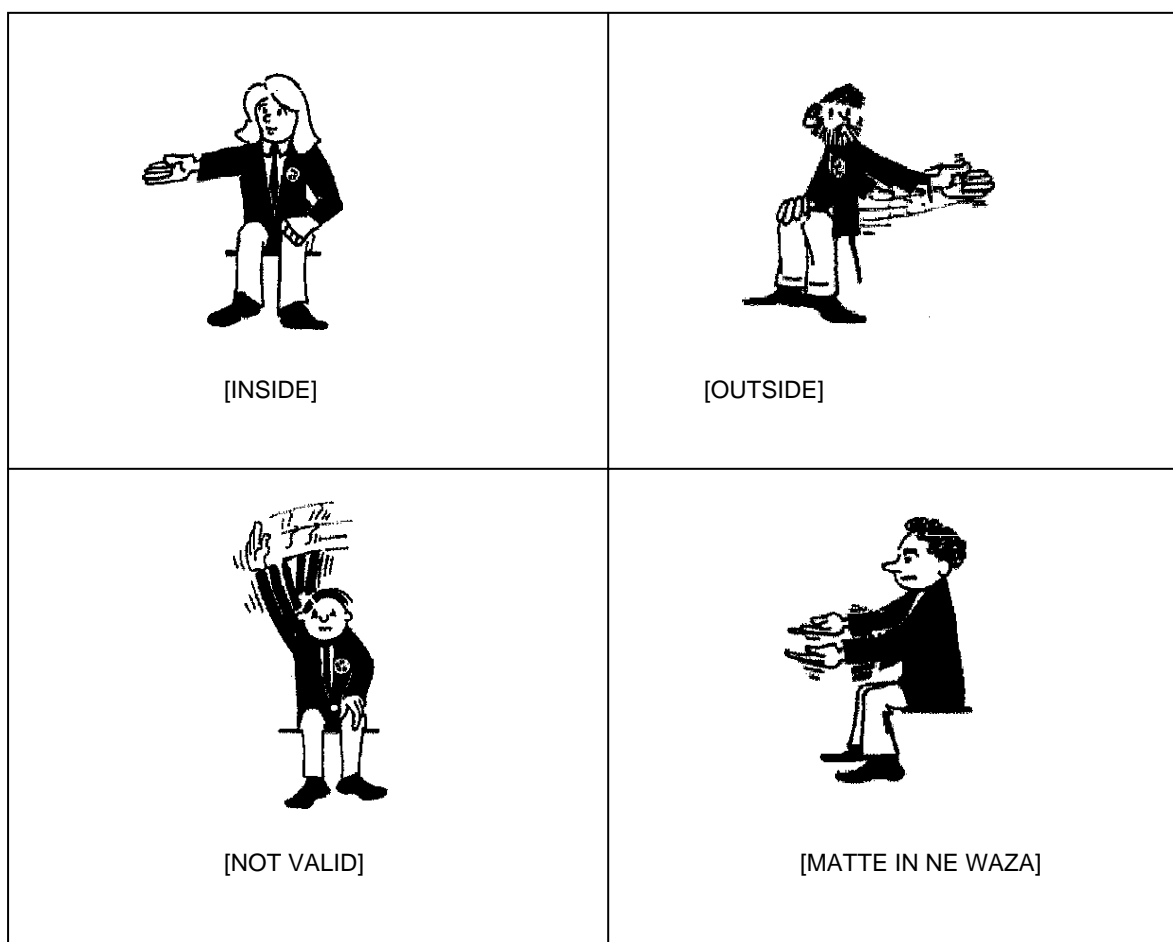


xvii) Non-combativity



**b) The Judges**

- i) To indicate that he considers a contestant making a throwing technique has stayed within the contest area, the judge shall raise one of his hands up in the air and bring it down to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and momentarily hold it there.
- ii) To indicate that in his opinion one of the contestants is out of the contest area, the judge shall raise one of his hands to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and wave it from right to left, or vice versa, several times.
- iii) To indicate that in his opinion a score, penalty or opinion given by the referee according to Article 8 (a) has no value, the judge will raise his hand above his head and wave it from right to left two or three times.
- iv) To indicate that his opinion differs from that of the referee, the judge(s) will make one of the signals of Article 8 (a).
- v) In hantei situations the judges must hold the flags in the proper hands. After the referee has announced hantei the judges shall immediately raise either the blue or white flag above their heads in order to indicate which contestant they consider merits the decision.
- vi) When the judges wish the referee to announce matte in ne-waza (e.g. no progress), they should signal by raising both hands to shoulder height with palms facing upwards.



## ARTICLE 9 - Location (Areas valid)

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

### Exceptions:

- a) When one contestant throws his opponent outside the contest area, but he stays within the contest area long enough for the effectiveness of the technique to be clearly apparent, the technique shall be recognised.

When a throw is started with both contestants inside the contest area, but during the throw, the contestant being thrown moves outside the contest area, the action may be considered for point scoring purposes if the throwing action continues uninterrupted and the contestant executing the throw stays within the contest area long enough for the effectiveness of the action to be clearly apparent.

- b) In ne-waza the action is valid and may continue so long as either contestant has any part of the body touching the contest area.
- c) If during the course of an attack such as o-uchi-gari or ko-uchi-gari the foot or leg of the thrower leaves the contest area and moves over the mat of the safety area, the action should be considered valid for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area.

## APPENDIX Article 9 - Location (Areas valid)

In the case of Osaekomi on the edge - should the one part of the contestant still touching the contest area become airborne (i.e. it is raised up and loses contact with the mat) - the referee must announce Matte.

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

As the red danger zone is part of the contest area, any contestant whose feet are still touching the red danger zone in the standing position should be considered as being within the contest area.

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

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

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

## ARTICLE 10 - Duration of contest

For the World Championships and Olympic Games, the time duration of contests is:

- Men 5 minutes real contest time
- Women 5 minutes real contest time
- 

Any contestant is entitled to rest between contests for a period of 10 minutes.

### **BJA Commentary:**

**For BJA Competitions, the rest period allowed will be equal to the full duration allowed for the contestant's previous contest.**

## APPENDIX Article 10 - Duration of contest

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

The referee should be aware of the duration of the contest before coming onto the competition area.



#### ARTICLE 11 - Time out

The time elapsed between the announcement of matte and hajime and between sono-mama and yoshi by the referee shall not count as part of the duration of the contest.

#### ARTICLE 12 - Time signal

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

#### APPENDIX Article 12 - Time signal

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

#### ARTICLE 13 - Osaekomi time

- Ippon: Total of 25 seconds.
  - Waza-ari: 20 seconds or more but less than 25 seconds.
  - Yuko: 15 seconds or more but less than 20 seconds.
  - Koka: 10 seconds or more but less than 15 seconds.
- 
- An osaekomi of less than 10 seconds will be counted the same as an kinsa.

#### APPENDIX Article 13 - Osaekomi time

When osaekomi is announced simultaneously with the bell signal, the time allotted for the contest shall be extended until either Ippon (or equivalence) is announced or the referee announces Toketa or Matte.

#### ARTICLE 14 - Technique coinciding with time signal

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

In the case of osaekomi announced simultaneously with the time signal, the time allotted for the contest shall be extended until either Ippon is scored or the referee announces toketa or matte.

#### APPENDIX Article 14 - Technique coinciding with time signal

Any technique applied after the ringing of the bell or other device to indicate the expiry of the time of the contest shall not be valid, even if the referee has not yet announced sore-made.

Although a throwing technique may be applied simultaneously with the bell, if the referee decides that it will not be effective immediately, he should announce sore-made.

#### ARTICLE 15 - Start of contest

Before the start of each contest the referee and judges shall stand together inside the limits of the competition area (and centred) and shall bow to joseki before taking their places. To leave the competition area, they also must bow towards joseki.

The contestants must bow simultaneously towards each other and take a step forward. Once the contest is over and the referee has awarded the result, the contestants simultaneously take a step back and must bow to each other. (see Bowing Guide).

The contest shall always begin in the standing position.

Only the members of the Refereeing Commission may interrupt the contest. (See Article 17)

#### APPENDIX Article 15 - Start of contest

The referee and judges should always be in position to start the contest before the arrival of the contestants onto the contest area. The referee should stand in the middle, two metres back from the line between where the contestants start. He should be facing the time-keeping table.

All standing bows by the contestants should be at an angle of 30 degrees as measured at the waist. If the contestants do not bow, the referee will request the contestants to do so. The referee must control the bowing procedure.

#### **BJA Commentary:**

***Notwithstanding the procedures described in the first paragraph of this article, in BJA Competitions the referee and judges will bow to joseki when entering and leaving the competition area and not before and after every contest***

### ARTICLE 16 - Entry into ne-waza

The contestants shall be able to change from standing position to ne-waza in the following cases, but should the employment of the technique not be continuous, the referee orders both contestants to resume the standing position:

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

### APPENDIX Article 16 - Entry into ne-waza

When 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, stop the contest and award shido to the contestant who has infringed Article 27 (viii).

When one contestant pulls his opponent down into ne-waza not in accordance with the rules of Article 16 and his opponent takes advantage of this to continue into ne-waza, the contest should be allowed to continue but the referee should award shido to the contestant who has infringed Article 27 (viii).



### **ARTICLE 17 - Application of matte**

The referee shall announce matte in order to stop the contest temporarily in the following cases and to recommence the contest shall announce hajime:

- a) When one or both of the contestants go outside the contest area. (see "Exceptions" under Article 9).
- 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.
- d) When it is necessary for one or both of the contestants to adjust their uniform.
- e) When during ne-waza there is no apparent progress.
- f) When one contestant regains a standing or semi-standing position from ne-waza bearing his opponent on his back.
- g) When one contestant remains in, or from ne-waza regains a standing position and lifts his opponent who is on his back with his leg(s) around any part of the standing contestant, clear of the mat.
- h) When a contestant performs or attempts to perform kansetsu-waza or shime-waza from the standing position and the result is not immediately apparent.
- i) When in any other case that the referee deems it necessary to do so.
- j) When the referee and judges or Refereeing Commission wishes to confer.

### **APPENDIX Article 17 - Application of matte**

The referee having announced matte, must take care to maintain the contestants within his view, in case they do not hear the matte announced and continue fighting.

The referee should not call matte to stop the contestant(s) going outside the contest area, unless the situation is considered dangerous.

The referee should not announce matte when a contestant who has escaped e.g. osaekomi, shime-waza, kansetsu-waza appears in need of or calls for a rest.

The referee should announce matte when a contestant who is face down on the mat, with his opponent clinging to his back, succeeds in rising to a half standing position, with his hands clear of the mat, indicating a loss of control by the opponent.

Should the referee call matte in error during ne-waza and the contestants therefore separate, the referee and judges may, if possible, and in accordance with the "majority of three" rule, replace 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.

After the announcement of matte, the contestants must quickly return to the position in which they started the contest.

When the referee has announced matte, the contestant(s) must either stand if being spoken to or adjusting their uniform, or may sit if a lengthy delay is envisaged. Only when receiving medical attention should a contestant be permitted to adopt any other position.

The referee may announce matte if a contestant has injured his neck, head or spinal vertebrae and may ask the contestant's accredited doctor to come on the competition area and proceed with a quick examination.

The referee may announce matte if a contestant who is injured indicates to the referee that he requires an examination. This must be undertaken as quickly as possible, but the contestant will lose the contest in accordance with Article 29.

The referee may announce matte if the Refereeing Commission, on the request of the accredited team doctor authorises the doctor to undertake a quick examination of an injured contestant (Article 29).

## ARTICLE 18 – Sonomama

In any case where the referee wishes to temporarily stop the contest e.g. to address one or both contestants without causing a change in their positions, or to award a penalty so that the contestant who is not penalised does not lose his position of advantage, he shall announce sonomama. To recommence the contest he shall announce yoshi. Sono-mama can only be applied in ne-waza.

### APPENDIX Article 18 - Sonomama

Whenever the referee announces Sonomama, he should be careful that there is no change in the positions or grips of either contestant.

If during ne-waza a contestant shows sign of injury, the referee may announce sonomama if necessary then return the contestants to the positions they held before the announcement of sonomama - and then announce yoshi.



## ARTICLE 19 - End of Contest

The referee shall announce soremade and end the contest:

- a) When one contestant scores Ippon or waza-ari-awasete-ippou (Articles 20 and 21).
- b) In the case of sogo-gachi (Article 22).
- c) In the case of Fusen Gachi or kiken-gachi (Article 28).
- d) In the case of Hansoku-make (Article 27).
- e) When one contestant cannot continue due to injury (Article 29).
- f) When the time allotted to the contest has expired, the referee shall announce sore made and the contestants shall return to their starting positions. If there is no advantage to either contestant displayed on the scoreboard, the referee will immediately commence a new contest under "Golden Score" rules.

The referee will award the contest as follows:

- i) Where one contestant has scored Ippon or equivalent, he shall be declared the winner.
- ii) In the case where both contestants score Ippon or sogo-gachi simultaneously the referee shall announce hiki-wake and the contestants shall have the right to fight a new contest immediately. Should only one contestant exercise his right to fight the contest again, and the other contestant declines, the contestant who wishes to fight again shall be declared the winner by kiken-yachi.
- iii) In the case where both contestants are awarded hansoku make simultaneously, or where one contestant is awarded hansoku make and is simultaneously awarded sogo-gachi, the referee shall announce sore-made and neither contestant shall continue to the next stage of the competition.
- iv) Where there has been no score of Ippon or equivalent, the winner shall be declared on the basis of: one waza-ari prevails over any number of yukos, one yuko prevails over any number of kokas.
- v) Where the recorded scores indicate no scores or are exactly the same under each of the headings (waza-ari, yuko, koka) in a "Golden Score" contest only, the referee shall gesture and announce Hantei. Before the announcement of hantei, the referee and judges must have assessed which contestant they consider to be the winner, taking into account the recognisable difference in the attitude during the contest or the skill and effectiveness of techniques. The referee shall add his opinion to that indicated by the two judges and shall declare the result according to the majority of all three opinions.

After the referee has indicated the result of the contest, the contestants shall take one step backwards to their respective blue and white tapes, make a standing bow and leave the contest area.

Once the referee has announced the result of the contest to the contestants it will not be possible for the referee to change this decision after the referee and judges have left the competition area.

Should the referee award the contest to the wrong contestant in error, the two judges must ensure that he changes this erroneous decision before the referee and judges leave the competition area.

All actions and decisions taken in accordance with the majority of three rule by the referee and judges shall be final and without appeal.

## APPENDIX Article 19 - End of Contest

Having announced Soremade, the referee should still keep the contestants within his view, in case they do not hear his announcement and continue fighting.

The referee should direct the contestants to adjust their judogi, if necessary, prior to indicating the result.

### **BJA Commentary:**

*In a team competition, where the recorded scores indicate no scores or are exactly the same under each of the headings (waza-ari, yuko, koka) at the end of a contest, the referee will announce and indicate hiki-wake.*

*If, at the end of all the team contests, there is a draw situation between the teams, then the contests which have been drawn will be re-fought under the Golden Score rules.*

*If the teams are still equal at the end of the Golden Score contests, then the Competition Controller will assess the situation and decide on the appropriate action.*



## ARTICLE 20 - Ippon

The referee shall announce Ippon when in his opinion an applied technique corresponds to the following criteria:

- a) When a contestant with control throws the other contestant largely on his back with considerable force and speed.
- b) When a contestant holds with osaekomi-waza the other contestant, who is unable to get away for 25 seconds after the announcement of osaekomi.
- c) When a contestant gives up by tapping twice or more with his hand or foot or says maitta generally as a result of a grappling technique, shime-waza or kansetsu-waza.
- d) When a contestant is incapacitated by the effect of a shime-waza or kansetsu-waza.

Equivalence: Should one contestant be penalised hansoku make the other contestant shall be declared the winner.

Simultaneous Ippon - See Article 19 (f) (ii).

## APPENDIX Article 20 - Ippon

Simultaneous techniques: - when both contestants fall to the mat after what appears to be simultaneous attacks, and the referee and judges cannot judge which technique dominated - there should be no score awarded.

Should the referee announce Ippon during ne-waza in error and the contestants therefore separate, the referee and judges may, if possible, and in accordance with the "majority of three" rule, replace the contestants into as close to their original positions as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

If one of the contestants deliberately makes a "bridge" (head and heels in contact with the mat) after having been thrown although he may have avoided the necessary criteria for Ippon, the referee may nonetheless award Ippon or any other score he considers the technique warrants, in order to discourage this action.

Using kansetsu-waza in order to throw the opponent will not be considered for point scoring purposes.

Note: For Olympic Games, World Championships, Continental and IJF events the rules will be applied as stated. For National events the organisers are authorised to make such provisions as are appropriate for the safety of the contestants at the level to which the tournament applies. For example in lower grade competition the organisers may authorise the referees to award Ippon when the effect of a technique is sufficiently apparent, or for children's events may disallow shime-waza and kansetsu-waza altogether.

## ARTICLE 21 - Waza-Ari-awasete-ippun

Should one contestant gain a second waza-ari in the contest, (see Article 23) the referee shall announce waza-ari awasete Ippon.

## ARTICLE 22 - Sogo-gachi (compound win)

The referee shall announce sogo-gachi in the following cases:

- (a) Where one contestant has gained a waza-ari and his opponent subsequently receives three shido penalties (see Article 27 (a).)
- (b) Where one contestant, whose opponent has already received three shido penalties, is subsequently himself awarded a waza-ari.

Simultaneous sogo-gachi - See Article 19 (f) (ii).

### ARTICLE 23 - Waza-ari

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

- (a) When a contestant with control throws the other contestant, but the technique is partially lacking in one of the four elements necessary for Ippon (see Article 20 (a) and Appendix).
- (b) When a contestant holds with osaekomi-waza the other contestant who is unable to get away for 20 seconds or more, but less than 25 seconds.

Equivalence: Should one contestant have received three shido penalties, the other contestant shall receive a waza-ari immediately.

#### APPENDIX Article 23 - Waza-ari

Although the criteria for Ippon - of largely on the back with speed and force may be evident in a throw such as tomoe-nage, if there is an interruption to the throw, waza-ari is the maximum score that should be awarded.

### ARTICLE 24 - Yuko

The referee shall announce yuko when in his opinion the applied technique corresponds to the following criteria:

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

Examples:

- i) Partially lacking in the element of "largely on the back" and is also partially lacking in one of the other two elements of "speed" or "force".
- ii) Largely on the back but partially lacking in both the other two elements of "speed" and "force".
- (b) When a contestant holds with osaekomi-waza the other contestant who is unable to get away for 15 seconds or more but less than 20 seconds.

Equivalence: Should one contestant have received two shido penalties the other contestant shall receive a yuko immediately.

#### APPENDIX Article 24 - Yuko

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

### ARTICLE 25 - Koka

The referee shall announce Koka when in his opinion the applied technique corresponds to the following criteria:

- (a) When a contestant with control throws the other contestant onto one shoulder, or the thigh(s), or buttocks with speed and force.
- (b) When a contestant holds with osaekomi-waza the other contestant who is unable to get away for 10 seconds or more but less than 15 seconds.

Equivalence: Should one contestant have been penalised Shido, the other contestant shall receive Koka immediately.

#### APPENDIX Article 25 - Koka

Regardless of how many kokas are announced, no amount will be considered being equal to a yuko or waza-ari. The total number announced will be recorded.

Throwing an opponent on the front of his body, knee(s), hand(s), or elbow(s) will only be counted as the same as any other kinsa. Similarly an osaekomi of up to nine seconds will be counted as a kinsa.



#### ARTICLE 26 - Osaekomi-waza

The referee shall announce osaekomi when in his opinion the applied technique corresponds with the following criteria:

- (a) The contestant being held must be controlled by his opponent and must have his back, both shoulders or one shoulder in contact with the mat.
- (b) The control can be made from the side, from the rear or from on top.
- (c) The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs.
- (d) At least one contestant has any part of his body touching the contest area at the announcement of osaekomi.
- (e) The contestant applying the hold must have their body in either the kesa or the shiho position, i.e. similar to the techniques kesa-gatame or kami-shiho-gatame.

#### APPENDIX Article 26 - Osaekomi-waza

Should a contestant who is controlling his opponent with an osaekomi, change without losing control, into another osaekomi, the osaekomi time will continue until the announcement of Ippon (or waza-ari or equivalent in the case of waza-ari-awasete-ippou) or toketa or matte.

When osaekomi is being applied, if it is the contestant who is in an advantageous position who commits an infringement meriting a penalty, the referee shall announce matte, return the contestants to their starting positions, award the penalty (and any score from the osaekomi), then recommence the contest by announcing hajime.

When osaekomi is being applied, if it is the contestant who is in a disadvantageous position who commits an infringement meriting a penalty, the referee shall announce sonomama, 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 act in accordance with Article 27, Appendix, 3rd & 4th paragraph.

If both judges agree that an osaekomi exists, but the referee has not announced osaekomi - they should indicate with osaekomi signal and, by the "majority of three" rule, the referee shall announce osaekomi immediately.

The referee shall announce matte in the case of "osaekomi on the edge", when the one part of the contestant still touching the contest area, becomes airborne (i.e. it is raised up and loses contact with the tatami).

*Toketa should be announced if, during osaekomi, the contestant being held succeeds in "scissoring" the other contestant's leg, either from above or from below the leg.*

If in ne-waza after the announcement of sonomama the penalty to be given is hansoku-make, matte should be announced, hansoku-make awarded and the contest ended with sore-made.

In situations where uke's back is no longer in contact with the mat, (e.g. "bridging"), but tori maintains control, the osaekomi shall continue.

#### **BJA Commentary:**

***If, in a Golden Score contest, Tori has maintained an Osaekomi for 10 seconds or more and then commits a minor infringement, the referee shall announce Matte and award the Koka or other score merited by the length of the Osaekomi. He shall then indicate Tori as the winner of the contest.***

***If the referee and judges consider that the infringement merits Hansoku-make, then they may award the contest to the other player.***

## ARTICLE 27 - Prohibited acts and penalties

Infringements are divided into two groups and are intended as a guide, to give clearer understanding to all, of the relative penalties normally awarded for committing the applicable prohibited act.

Penalties are not cumulative. Each penalty must be awarded at its own value. The awarding of any second or subsequent penalty automatically cancels an earlier penalty.

Whenever a referee awards a penalty, he should demonstrate with a simple action the reason for the penalty.

A penalty can be awarded after the announcement of *soremade* for any prohibited act committed during the time allotted for the contest or, in some exceptional situations, for serious acts committed after the signal to end the contest, as long as the decision has not been given.

Prohibited acts and corresponding penalties:

- (a) **Shido will be awarded to any contestant who has committed a prohibited act or tactical action but is not against the integrity of the players or against the spirit of judo.**
- i) To intentionally avoid taking hold in order to prevent action in the contest.
  - ii) To adopt in a standing position an excessively defensive posture. (Generally more than 5 seconds)
  - iii) 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)
  - iv) To stand, both feet completely within the danger zone UNLESS - beginning an attack, executing an attack, countering the opponent's attack or defending against the opponent's attack. (Generally more than 5 seconds)
  - v) 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.
  - vi) 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)
  - vii) To intentionally disarrange his own judogi or to untie or retie the belt or the trousers without the referee's permission.
  - viii) To pull the opponent down in order to start *Ne-waza* unless in accordance with Article 16.
  - ix) To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers, or to grasp by "screwing up" his sleeve.
  - x) In a standing position to take any grip other than a "normal" grip without attacking. (Generally within 3 to 5 seconds)
  - xi) In a standing position, after *Kumi-kata* has been established, not to make any attacking moves. (See Appendix NON-COMBATIVITY)
  - xii) 'Pistol' grip. The holding of the bottom and/or top of the sleeve between the thumb and the fingers known as "pistol grip".
  - xiii) 'Pocket' grip. Holding the bottom of the sleeve by folding the sleeve end over.
  - xiv) From a standing position, to take hold of the opponent's foot/feet, leg(s) or trouser leg(s) with the hand(s), unless simultaneously attempting a throwing technique.
  - xv) To encircle the end of the belt or jacket around any part of the opponent's body.
  - xvi) To take the judogi in the mouth. (either his own or his opponent's).
  - xvii) To put a hand, arm, foot or leg directly on the opponent's face.
  - xviii) To put a foot or a leg in the opponent's belt, collar or lapel.
  - xix) To apply *shime-waza* using the bottom of the jacket or belt, or using only the fingers.
  - xx) From *tachi-waza* or *Ne-waza* to go outside the contest area or intentionally force the opponent to go outside the contest area. (See Article 9 - "Exceptions")
  - xxi) To apply leg scissors to the opponent's trunk (*dojime*), neck or head. (scissor with crossed feet, while stretching out the legs).
  - xxii) To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip.
  - xxiii) To bend back the opponent's finger(s) in order to break his grip.

**BJA Commentary:**

***If a contestant leaves the contest area due to his own efforts to upset his opponent's balance, the penalty awarded should be a Shido. However, if he leaves the contest area as a result of an action by his opponent, he should not be penalised.***

- (b) **Hansoku Make is awarded to any contestant who has committed an action which may endanger or injure the opponent or may be against the spirit of Judo, or having received three shidos commits a further infringement of any degree.**
- xxiv) To attempt 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 (Kawazu-gake).
- xxv) To apply kansetsu-waza anywhere other than to the elbow joint.
- xxvi) To lift off the mat an opponent who is lying on the mat and to drive him back onto the mat.
- xxvii) To reap the opponents supporting leg from the inside when the opponent is applying a technique such as *harai-goshi* etc.
- xxviii) To disregard the referee's instructions
- xxix) To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.
- xxx) 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 (E.g . Kani-basami).
- xxxi) To fall directly to the mat while applying or attempting to apply techniques such as waki-gatame.
- xxxii) To "dive" head first, onto the mat by bending forward and downward while performing or attempting to perform techniques such as Uchi-mata, harai-goshi, etc.
- xxxiii) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement. (Kata Guruma standing or on the knees *and* falling directly backwards),
- xxxiv) To wear a hard or metallic object (covered or not).

**APPENDIX Article 27 - Prohibited acts and penalties**

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

Should the referee decide to penalise the contestant(s), (except in the case of sonomama in newaza) he shall temporarily stop the contest, return the contestants to their starting positions and announce the penalty while pointing to the contestant(s) who committed the prohibited act.

Before awarding hansoku-make, the referee must consult with the judges and make his decision in accordance with the "majority of three" rule. Where both contestants infringe the rules at the same time, each should be awarded a penalty according to the degree of the infringement. Where both contestants have been awarded three shidos and subsequently each receives a further penalty, they should both be declared hansoku-make. Nonetheless, the officials may make their final decision in this matter in accordance with Article 30 - Situations not covered by the rules.

The award of a third shido or Hansoku-make in ne-waza should be applied in the same manner as in osae-komi (Article 26 Appendix 3rd paragraph).

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, temporarily stop the contest and award shido to the contestant who has infringed Article 16.

Taking a high grip on the opponent's collar is regarded as "normal" even if the hand is gripping on the opposite side of the opponent's jacket, providing the hand passes behind the opponent's head.

"Normal" gripping is in general to hold with the left hand any part of the right side of the opponent's jacket above the belt and with the right hand any part of the left side of the opponent's jacket above the belt.

A contestant should not be penalised for holding with an abnormal grip if the situation has been brought about by his opponent ducking his head beneath the holder's arm. However, if a contestant is continually "ducking" this way, the referee should give consideration as to whether he is adopting an "excessively defensive posture".

*Non-combativity.* May be taken to exist when in general, for approximately 25 seconds, there have been no attacking actions on the part of either or both contestants. Non-combativity should not be awarded when there



are no attacking actions, if the referee considers that the contestant is genuinely looking for the opportunity to attack.

*The 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) to say - trap the opponent's arm should not be penalised.*

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

To attempt such throws as harai-goshi, Uchi-mata, etc., with only one hand gripping the opponent's lapel from a position resembling waki-gatame (in which the wrist of the opponent is trapped beneath the thrower's armpit) and deliberately falling, face down, onto the mat is likely to cause injury and will be penalised. Not intended to throw an opponent cleanly onto his back, such moves are dangerous and will be treated in the same way as waki-gatame.

Examples: kani-basami, Combination kansetsu-waza and nage-waza.

**BJA Commentary:**

*In BJA Competitions, the referee and judges should all be in agreement before awarding Hansoku-make. If a senior contestant receives a direct hansoku-make, he will normally be disqualified from the rest of the competition. This also applies to team contests and a contestant who receives hansoku-make and is disqualified from the competition may not be replaced in the team which will therefore have to continue in the competition short of one player.*

*Notwithstanding the above, if all three officials agree that an action which injured a contestant was due to poor technique from his opponent and did not meet the criteria of "against the spirit of judo" (i.e. there was no intent or negligence), then they may recommend to the Competition Controller that the offending player, although awarded hansoku-make, should be allowed to continue in the competition.*

*Where a penalty of direct hansoku-make is awarded in a competition under junior rules, the offending contestant will normally be allowed to continue in the competition unless the referee and judges all agree that the offence was so severe as to warrant disqualification from the rest of the competition.*

*In all instances, the final decision to disqualify any player from the remainder of the competition will be made by the Competition Controller on recommendation from the referee and judges involved, and/or the Referee in Charge. The referee and judges, having made a unanimous decision to recommend disqualification from the competition, will inform the table officials who will advise the Competition Controller of this recommendation.*

**ARTICLE 28 - Default and withdrawal**

The decision of fusen-gachi shall be given to any contestant whose opponent does not appear for his contest. A contestant who is not at his starting place after three (3) calls at one (1) minute intervals, will forfeit the contest.

The referee must be sure before awarding fusen-gachi that he has received the authority to do so by the Refereeing Commission.

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

**APPENDIX Article 28 - Default and withdrawal**

Soft contact lens: - In the event that a contestant, during the fight, loses his contact lens and cannot immediately recover it, informing the referee that he cannot continue competing without the contact lens, after consultation with the judges the referee shall give the victory to his opponent by kiken-gachi.

## ARTICLE 29 -Injury, illness or accident

The decision of Kachi where one contestant is unable to continue because of injury, illness or accident during the contest shall be given by the referee after consultation with the judges according to the following clauses.

### a) Injury

- i) Where the cause of the injury is attributed to the injured contestant he shall lose the contest.
- ii) Where the cause of the injury is attributed to the uninjured contestant the uninjured contestant shall lose the contest.
- iii) Where it is impossible to determine the cause of injury to either contestant, the contestant unable to continue then loses the contest.

### b) Sickness

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

### c) Accident

Where an accident occurs which is due to an outside influence (force majeure), after consulting with the Referee Commission, the contest can be considered cancelled or postponed. In those cases of 'force majeure', the Sports Director will make the final decision.

## Medical Examinations

The referee may call the doctor to attend the contestant in cases where an injury of major impact occurs with the head or the back (vertebral column), or whenever the referee has any reasonable doubts of any major or grave injury. In this case the doctor will examine the contestant in the shortest amount of time possible, indicating to the referee that the contestant may or may not continue.

The contestant may ask the referee for medical intervention, but in this case the contest is terminated, declaring a loss by Kiken-gachi

The doctor may also ask for intervention to his contestant, but in this case the contest is terminated, declaring a loss by Kiken-gachi.

### **BJA Commentary:**

***In Junior Competitions, the contestant will not automatically lose the contest by Kiken-gachi when asking for medical intervention.***

***However, if the medical attendant recommends that the injured player should not continue, the referee and judges may declare the injured player the loser by Kiken-gachi on a majority of three decision.***

## APPENDIX Article 29 -Injury, illness or accident

Generally only one doctor for each contestant is allowed on the competition area. Should a doctor require assistance the referee must first be informed. The coach is never allowed on the competition area.

### Medical Assistance

When the doctor (when asked by the referee) intervenes with a contestant, the assistance should be given in the least amount of time as possible.

Examples:

In the case of a broken nail, the doctor is allowed to assist in cutting the nail.

The doctor may also help in adjusting a Scrotum injury (testicles).

### Medical Intervention

When the doctor intervenes (when asked by the contestant) the referee should consider the contest as terminated and announce Soremade, the doctor should attend the injured contestant who will then lose by Kiken-gachi.

### Bleeding Injury

For safety measures whenever there is blood it should always be completely isolated by means of adhesive tape, bandage, nasal tampon, (it is allowed to use blood clotters and haemostatics products).

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



When a bleeding injury occurs, the referee will call the doctor to assist the contestant with the intention of stopping and isolating the blood.

In cases of blood the referee for safety measures will call for the doctor as many times as necessary, the contestant is not allowed to compete when bleeding. The same bleeding injury, may be treated by the doctor in (2) two occasions. The (3) third time that the same bleeding injury is reproduced, the referees (after previous consultation) should consider stopping the contest with the intention of protecting the contestant(s) integrity. In this case the injured contestant should be declared the loser by Kiken-gachi.

In any case where the blood is not contained and isolated, the injured contestant should be declared the loser by Kiken-gachi.

If the accredited team doctor after an examination of an injured contestant(s), advises the referees that the contestant(s) cannot continue the contest, the referee after consultation with the judges, shall end the contest and indicate the result of Kiken-gachi.

If after an injury to one or both of the contestants, the referee and judges are of the opinion that the contest should not continue, the referee shall end the contest and indicate the result of Kiken-gachi.

### **Minor Injury or lesion**

For example in cases of a dislocated finger, the referee should stop the contest (by calling Matte or Sono-mama) and allow the contestant to reset the dislocated finger, this action should be done immediately and the contestant should continue.

The contestant should be allowed to reset the same finger on (2) two occasions. If for a third time the same injury is reproduced, it should be considered that the contestant is in no condition to continue the contest therefore, terminating the contest declaring the contestant a loser by Kiken-gachi.

If during the contest Uke is injured due to an action by Tori and Uke cannot continue, the refereeing team should analyze the case and decide according to the rules. Each case is decided on its own merit. (See paragraph: a) Injury i, ii and iii).

### **Vomit types**

Any type of vomit by the competitor will result in Kiken-gachi for the other competitor. (See paragraph: b) Sickness).

### **General**

In the case where Tori during an intentional action causes an injury to Uke, the penalty that will be applied to Tori should be direct Hansoku-Make, apart from any other dispositions that may be taken by the Sports Committee and Tournament Director.

In the case that a doctor, responsible for a contestant in his fight, clearly realises especially in case of a strangling technique that there is a serious danger for the health of his contestant, he can go to the edge of the tatami and call upon the referees to immediately stop the contest. The referees have to take all the necessary steps in order to assist the doctor. Such an intervention will consequently mean the loss of the contest and should therefore only be adopted in extreme cases. At IJF Championships, the official team doctor should have a medical degree and must register prior to the competition. He is the only person allowed to sit at the designated area and must be so identified, e.g. wear a red cross arm-band.

When accrediting a doctor for their team, the National federations must take the responsibility for the actions of their doctors. The doctors must be informed about the amendments and interpretations of rules. A meeting conducted by the IJF Refereeing Director will be organised for the team doctors, prior to any IJF Championships.

### **ARTICLE 30 – Situations not covered by the rules**

Where any situation arises which is not covered by these rules, it shall be dealt with and a decision given by the referees after consultation with the Refereeing Commission.

## BJA ADDITIONAL COMMENTS

### Shin pads

Shin pads are allowed providing they do not constitute hard objects (Article 27 xxxii). They must be of soft padding and not contain hard stiffeners. They may incorporate an underfoot band but the band must be in good condition and, in the referee's opinion, sufficiently wide enough not to constitute a danger to either player's fingers or toes.

The shin pad must not incorporate an instep pad (which covers the top of the foot) as this pad would give an advantage to a "kicker" who should be using the sole of the foot. If a player is wearing pads which are deemed unsuitable or unsafe, the referee should ask the player to remove them at the beginning of the contest. (incurring no penalty).

### Continuation in the Event of Unconsciousness

The Board of Directors recommends that the following be implemented by competition officials.

#### Players Under 16 years of Age

In the event of a player becoming unconscious for any reason – no further competition that day. No further competition for the following two weeks unless specifically cleared by a medical certificate.

#### Players 16 years of Age and Over.

In the event of a player becoming unconscious for any reason other than as a result of a Shime-waza (Strangulation technique) - no further competition that day.

In the event of a player becoming unconscious as a result of a Shime-waza (Strangulation technique) - no further competition that day unless checked and cleared by a competent medical person who is conversant with judo strangles and their effects.

## APPENDIX 'A' - BJA BOWING GUIDE

The following Bowing Guide is adapted from the I.J.F. Bowing Guide.

A part of the etiquette of Judo, the rei, is a tradition which reflects the respect and discipline that permeates the unique activities of our sport. The guide for bowing, therefore, should be followed in a respectful fashion.

All standing rei should be at an angle of 30 degrees as measured at the waist.

## REFEREE AND JUDGES

### 1. At the Beginning of the Competition

1.1 Before the first contest of each day of the competition, the first team of designated referees step onto the outside edge of the competition area in a centralised position and, standing side by side with the referee in the centre, the referee and judges bow simultaneously.

1.2 From there the referee and judges walk in single file around the outside of the contest area to a centralised position on the opposite side of the area to the control table and facing the control table.

1.3 They then walk forward to the inside edge of the danger area, where they bow in unison toward the table.

1.4 While remaining in the danger area, the referee takes a step backwards, while the judges turn to face each other and all three bow again.

1.5 Immediately, the referee and judges take their positions. The judge who reaches the chair first remains standing in front of the chair waiting for the other judge and they sit down simultaneously. This same seating procedure should be followed after any consultation.

### 2. Subsequent Referee and Judges Teams

2.1 As each team of officials enter the competition area, they step onto the outside edge of the competition area in a centralised position and, standing side by side with the referee in the centre, the referee and judges bow simultaneously.

2.2 They then walk directly to their positions in readiness for the next contest. The judge who reaches the chair first remains standing in front of the chair waiting for the other judge and they sit down simultaneously. This same seating procedure should be followed after any consultation.



2.3 For 'finals' contests, where the referee and judges team is replaced after every contest, the team enters the competition area as in 2.1 and then walk in single file round the outside of the contest area. The second judge stops and stands by his chair, the referee stops when he reaches a central position opposite the table and the first judge continues until he reaches his chair.

2.4 In unison, the two judges sit down and the referee steps forward onto the contest area and takes up the hajime position facing the table, midway between the starting tapes and approximately two metres from the centre of the mat.

### 3. Exchange of Position Between the Referee and Judge

3.1 Following a contest, once the result has been announced and the contestants have left the contest area, if the referee is required to exchange positions with a judge, both officials should approach each other within the red danger area. Once facing each other they should bow to each other before taking their new position. Passing each other, the new referee walks on the inside, taking the shorter route, to the hajime position.

### 4. Referee Team Leaving the Competition Area

4.1 Following a contest, once the result has been announced and the contestants have left the contest area, if the referee and judges are to leave the contest area, they should walk directly to the outer edge of the competition area. From a centralised position, with the referee in the centre, they should bow in unison and then leave the competition area.

4.2 Following a 'finals' contest, the referee team will leave the competition area in accordance with 5.3 of this guide.

### 5. Referee Team at the End of the Competition

5.1 Following the last contest of each day's competition, and after the result has been announced, the referee and judges position themselves side by side on the inside edge of the red danger area, on the opposite side of the contest area to the control table. Facing the table and, with the referee in the centre, they bow in unison towards the table.

5.2 While remaining in the danger area, the referee takes a step backwards and the judges turn to face each, and the three bow towards each other.

5.3 The referee and judges then walk in single file around the outside of the contest area towards a designated point on the edge of the competition area in a centralised position and, with the referee in the centre, they bow in unison and then leave the competition area.

## CONTESTANTS

### 6. Contestants Entering and Leaving the Competition Area

6.1 Upon entering and leaving the competition area and the contest area, the contestants may bow but this is not enforced.

6.2 The contestants should move forward in unison along opposite sides of the competition area to the centralised position on the edge of the contest area. The contestants move forward together onto the contest area to their respective marks.

6.3 The two contestants, standing behind their corresponding marks and without requiring any orders, must bow simultaneously towards each other, take a step forward and stand in natural standing position while waiting for the referee to order hajime. (*OK to here*)

6.4 Once the contest is over and the referee has ordered *soremade*, the contestants should stand in front of their corresponding marks to await the result. The contestants should at this point have their *judogi* in order.

6.5 The referee steps forward one step, awards the result and steps back one step, following this announcement the contestants simultaneously take a step back and must bow to each other.

6.6 The contestants move back to the centralised position at the edge of the contest area and then leave the competition area.

6.7 When entering and leaving the competition area, the contestants should not walk in front of the judges chair.



## 7. Tachi Rei Between Contestants

Contestants are required to adhere to the guidelines in this bowing guide and the BJA Refereeing Rules. Contestants who do not bow in accordance with these guidelines will be requested to do so. Those that refuse will be reported to the Referee in Charge. Under the authority of the Organisers of the event, the contestant will be disqualified from further participation in the competition and in the case of a medal contest, will be stripped of the medal and/or placement.

## 8. Team Competitions

8.2 Before the beginning of each team contest the referee and judges should enter the competition area in accordance with the procedures specified in 2.1 and 2.2.

8.3 At the end of each team contest, the referee and judges should follow the procedure specified in 4.1.

8.4 Before each team contest starts, the two teams line up in the correct fighting order on opposite edges of the competition area. When requested by the referee, they then move forward to their mark, facing each other.

8.5 The referee then orders rei and all the contestants bow.

8.6 Immediately, the referee directs the teams to leave the competition area and the first two competitors to face each other at their starting positions.

8.7 The two contestants bow in unison and step forward to wait for the referee's call of hajime.

8.8 For each individual contest the contestants should follow the procedures specified in section 6 of these guidelines.

8.9 After all individual contests are finished the two teams line up inside the contest area on their mark facing each other. The referee takes a step forward and announces the result.

8.10 The referee takes a step back, returning to the original position, and orders rei. The teams bow towards each other.

8.11 After this the contestants should move back to the edge of the contest area and leave the competition area.

8.12 At that time, the referee and judges walk towards the border of the competition area to a centralised position with the referee in the centre, bow in unison and then leave the competition area.

8.13 After the last team contest of the day, following the procedures in 8.10, the judges take up a position on either side of the referee who then directs the contestants to turn toward the table, remaining in single file.

8.14 Immediately, the referee orders rei and in unison the contestants and the officials bow toward the table.

8.15 The contestants then leave the competition area in accordance with 8.11, 8.12 and 8.13 of this guide.

8.15 After the contestants have left the competition area, the referee and judges also leave the competition area in accordance the procedures in 5.2 and 5.3 of this guide.

## SUMMARY

The bowing etiquette sets Judo uniquely apart from other international sports. The gestures are of respect, appreciation and courtesy. The referee and judges have a fundamental role in holding his uniqueness by ensuring that bowing is done according to these guidelines.