

柔道

REFEREE COURSE



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The Art of Refereeing

To referee, and referee well at top level international competitions is an art that takes many years of practice and training to achieve. To excel at the art of refereeing, the referee must be able to "feel the contest" in order to participate both mentally and spiritually in the development of the contest to be part of the action, to anticipate the techniques, and to be in the right position at the right time, with clear mind, to make the correct call.

Sound mind and sound body are necessary prerequisites for optimal performance. Intense concentration is required to make immediate, accurate evaluations and decisions. Consistency is paramount. The same, high level of performance is required at the beginning of the competition, as is required, many hours later, during the last contest of the day.

In many cases the referee is a former competitor who has very seriously studied and practiced judo. The transition to refereeing is a natural progression in the life of a judoka, providing the opportunity to achieve the principles of judo that were once provided by the shiai.

The pressure of refereeing, for many, brings back the inner feeling that they once felt as competitors. Some enjoy this feeling as it reminds them of the days when they were competing. The pressures on a referee however are not self imposed, but evolve from the event, the competitors, coaches, spectators, television, and the referee examination jury. These feelings must be controlled and put aside, for the mind must be cleared of extraneous thoughts and feelings in preparation for the important task that lies ahead.

A referee must approach the competition in much the same manner as the contestant, paying attention to such factors as jet lag, physical fitness and rest in order to be alert, calm and energetic. Prior to the start of competition, often the day before, the referee should visit the shiai-jo to become familiar with the competition layout, location of scoreboards, timekeepers, scorekeepers and the position of the medical team. In top level competitions such as the Olympic Games and World Championships a full dress rehearsal is necessary to ensure a smooth coordination between the television broadcasters, announcers and the referees that conduct the competition. This type of familiarization is useful in reducing pre-competition anxiety and to prepare mentally for the upcoming shiai.

Characteristics of the Referee

The principle duties of the referee are to ensure that the competitors participate in a sportsmanlike manner, respecting the honor and traditions of judo, and to control the contest in such a way as to be transparent to the competitors, allowing them the freedom of action within the IJF Referee Rules. This requires a person of strong personality and mind, humble but confident without appearing arrogant or overbearing.

The referee must evaluate the techniques used and assess penalties for prohibited acts, being firm, humane, impartial, and at no time abuse the powers as delegated. Interpretation of the rules must not be a personal one, but must reflect as closely as possible, the interpretation of the Referee Commission of the International Judo Federation.

The IJF developed the system of three, one referee and two judges, to address the difficult task of refereeing. The two judges are there to support the referee by providing an independent evaluation, often from a different vantage point than the referee. Should a consultation be necessary, it should be short, but long enough to fully understand and weigh the point of view of the others. The referee must accept the support of the team without argument, for it is not a question of individual right or wrong. As a team, the final decision, by a majority of three, will provide the competitors with a decision that is fair and just.

Teamwork and effective communication, both verbal and visual, are also required when working with the technical officials. The referee has the responsibility, once various decisions are announced, to ensure that these commands are clearly understood by the timekeepers and scorekeepers. Timekeepers and scorekeepers, like the referee, donate willingly of their free time, form part of the overall support team and are to be treated accordingly.

Referees and judges must be impartial, their attitude must be attentive, dignified and calm, while their behavior must neither be detached nor theatrical. The judgment and integrity of the referees and judges must not be influenced by sentimental or exterior factors.

The Role of the Judge

The judge is an important member of the refereeing team, with an equal voice but with different responsibilities than the referee. At most competitions there are two judges and one referee, but at times there may be only one judge and one referee per team. The team members rotate between the judge and referee duties.

The judges, seated at opposite corners of the contest area, have a view of the contest area and edge that often differs from the referee. For any techniques that occur close to the edge of the contest area the appropriate judge will indicate, for the benefit of the others, an opinion as to whether the technique was in or out.

The judges must independently evaluate the progress of the contest and be prepared to give an opinion for any actions executed. The task of the judge requires the same knowledge, concentration and qualities as the referee.

The judge must anticipate the actions of the competitors in order to be prepared to move, with chair in hand, out of the way so as not to interfere. When returning the chair to the original position a judge must not lose visual contact with the competitors.

Like the referee, the judges are also responsible for monitoring the scoreboard to ensure that the results registered by the timekeepers and scorekeepers are correct. From time to time, and especially after a call has been announced, the scoreboard should be checked for correctness.

Referee Replacement During the Contest

If the referee is seriously injured or ill and cannot continue the back corner judge will assume the function of referee.

Normally replacement of the vacant corner judge would be difficult since no one else would be officially observing the contest. However if another referee was assigned, prior to the contest, to observe the contest for whatever reason, it may be possible to use this individual.

Code of Ethics

International referees are representatives of the International Judo Federation and the IJF Refereeing Commission, both on and off the contest area. It is essential that they conduct themselves in an exemplary manner at all times.

The IJF referee is a consummate professional; neat in appearance; reports in a timely fashion for all meetings and assignments; is prepared to participate fully until the last contest; and attends all debriefing sessions prior to dismissal by the Head Referee or Commission.

The referee has an obligation to remain current with international judo protocols and the IJF Referee Rules with its newest adaptations and interpretations.

The integrity of the referee must not be compromised. During the competition, to remain free of any possible conflict of interest, referees when not working should remain seated in the section provided and avoid having conversations with any competitor or coach.

The referee is responsible for protecting the spirit of judo by rendering fair and unbiased decisions. To remain free of any potential bias it is best that referees refuse any assignment as coach or manager of a judo team that will be sent to an international competition.

All referees should contribute to the future development of upcoming referees by assuming a leadership role in national and continental referee programs, providing knowledge, advice and support.

Refereeing takes teamwork. Referees must work in a collaborative, harmonious fashion with their colleagues, accepting freely comments for personal betterment and when appropriate, providing advice to others in a discreet and constructive manner.

Refereeing, clinics and seminars require dedication. Referees should avoid excessive consumption of alcoholic beverages and ensure adequate rest in the days leading up to a competition or clinic in order to be energetic and of a clear mind.

Prohibited acts and penalties

The division of infringements into four groups is 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 contestant has already been penalized, any succeeding penalties for that contestant must always be awarded at least in the next higher value than his existing 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 done during the time allotted for the contest or, in some exceptional situations, for serious acts done after the signal to end the contest, as long as the decision has not been given.

Prohibited acts and corresponding penalties:

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

Negative 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), Falls on the Back or falls to knees, without unbalancing or technical intension of projection of the opponent.
- 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 **Entry into ne-waza** chapter.
- 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.

Invalid Gripping

"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.

- x) In a standing position to take any grip other than a "normal" grip without attacking. (Generally within 3 to 5 seconds), including grasp of trouser (where contestant takes hold of the trouser leg with a hand to block or attack).

Non-Combativity

- xi) In a standing position, after kumi-kata has been established, not to make any attacking moves, prevent the grasp, blocking by Kumi-kata with repulsing or blocking by Kumi-Kata with crushing to prevent opponents attack.

Miscellaneous

- xii) From a standing position, to take hold of the opponent's foot/feet, leg(s).
 - xiii) Excessive defensive posture.
 - xiv) To encircle the end of the belt or jacket around any part of the opponent's body.
 - xv) To take the judogi in the mouth.
 - xvi) To put a hand, arm, foot or leg directly on the opponent's face.
 - xvii) To put a foot or a leg in the opponent's belt, collar or lapel.
 - xviii) To apply shime-waza using the bottom of the jacket or belt, or using only the fingers.
 - xix) To apply leg scissors to the opponent's trunk (dojime), neck or head. (scissor with crossed feet, while stretching out the legs).
 - xx) To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip.
 - xxi) To bend back the opponent's finger(s) in order to break his grip.
 - xxii) From tachi-waza or ne-waza to go outside the contest area or intentionally force the opponent to go outside the contest area.
 - xxiii) 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).
 - xxiv) To apply kansetsu-waza anywhere other than to the elbow joint.
 - xxv) To lift off the mat an opponent who is lying on the mat and to drive him back onto the mat.
 - xxvi) To reap the opponents supporting leg from the inside when the opponent is applying a technique such as harai-goshi etc.
 - xxvii) To disregard the referee's instructions.
 - xxviii) To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.
- (b) **Hansoku Make** is awarded to any contestant who has committed a very grave infringement (or who is having been penalized keikoku, commits a further infringement of any degree).
- xxix) To make any action that may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo.
 - xxx) To fall directly to the mat while applying or attempting to apply techniques such as waki-gatame.
 - xxxi) 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.

- xxxii) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.
- xxxiii) To wear a hard or metallic object (covered or not).

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

Should the referee decide to penalize the contestant(s), (except in the case of sonomama in ne-waza) 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 keikoku 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 the chapter "Situations not covered by the rules".

Hansoku-make in ne-waza should be applied in the same manner as in osae-komi.

Where one contestant pulls his opponent down into ne-waza not in accordance with the **Entry into ne-waza** chapter, 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.

- xxxiv) 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.

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

- xxxv) 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.
- xxxvi) 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 penalized.
- xxxvii) The face means the area within the line bordered by - forehead, in front of the ears and jaw-line.
- xxxviii) Examples: kani-basami, Combination kansetsu-waza and nage-waza.
- xxxix) 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 penalized. 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.

Default and withdraw

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.

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.

Injury, illness or accident

The decision of kachi or hiki-wake 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 decision of hiki-wake may be given.

- (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, the decision of hiki-wake shall be given.

Medical Examinations

During a contest each contestant has a right to have two (2) medical examinations.

The referee must ensure that the number of times a contest is interrupted for doctor examination is recorded for each contestant. The recorder shall display one cross to indicate the first medical examination and two crosses to indicate the second medical examination.

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 in accordance with the other provisions of this article.

Should an injury to a contestant(s) be of a nature as serious as to require treatment away from the competition area or should an injury to a contestant(s) require more than two examinations by the accredited team doctor, the referee after consultation with the judges, shall end the contest and indicate the result in accordance with the other provisions of this article.

Should the nature of an injury to a contestant(s) be such that it requires treatment by the accredited doctor on the competition area, the referee after consultation with the judges, shall end the contest and indicate the result in accordance with the other provisions on this chapter. 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 in accordance with the other provisions of this article.

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. If the doctor's attendance is to be recorded as a medical examination, the referee will indicate this to the scorekeepers as soon as the doctor reaches the contestant.

Exceptions - Minor injury

Should a minor incident (nose-bleed, broken nail, etc.) require medical attention, it must be carried out within one minute, with the discretion of the referee.

Note: The doctor may touch the contestant but not examine.

Any repeat of the same minor injury, the doctor must be called and a medical examination recorded.

If a contestant requests a doctor for a minor injury, it must be recorded as a medical examination.

If a contestant is accidentally injured, i.e. neither contestant made the fault, but a doctor is required for examination, this examination must be recorded.

Note: The doctor may touch the contestant to carry out the examination within one minute, with the discretion of the referee.

Injury - Free examination

A free medical examination is allowed only when, in the opinion of the referees, the injury was caused by the opponent.

During this examination the doctor may touch and freely examine the contestant and may:

- Apply a bandage if necessary.
- Assist in adjusting a scrotum injury

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

If during the contest uke is injured due to an action by tori and uke cannot continue, the refereeing team should analyse the case and decide according to the rules. Each case is decided on its own merit.

Example:

An injury was caused by a forbidden act. After attending to the injury, the doctor informs the referee that the contestant can continue the fight. After consulting with the judges, the referee penalizes the opponent.

If after the contest is resumed, the injured contestant cannot continue due to the previous injury, his opponent cannot be further penalized, for the same reason. In that case, the injured contestant will lose the fight.

In the case that a doctor, responsible for a contestant in his fight, clearly realizes - especially in case of 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.

Where it is impossible to determine the cause of injury to either contestant, and if no one is responsible, the contestant who can continue wins.

At the 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 the rules.

A meeting conducted by the IJF Refereeing Director will be organized for the team doctors, prior to any IJF Championships.

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.

Start of the contest

Before the start of each contest the Referee and Judges shall stand together centered just inside the limits of the competition area and bow to Joseki before taking their places.

Before leaving the competition area, they also must bow towards Joseki.

The contestants must bow when stepping on and off the competition area at the start and end of each contest.

The contestants shall then walk to the center of the edge of the contest area (on the safety area) at their respective side according the fighting order (first called on the right side and second called on the left side of the Referee's position), and remain standing there. At the signal from the Referee, the contestants shall move forward to their respective starting positions and bow simultaneously towards each other and take a step forward from the left foot. Once the contest is over and the Referee has award the result, the contestants shall simultaneously take a step back from the right foot and bow to each other.

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

The contest shall always begin in the standing position.

Only the members of the Refereeing Commission may interrupt the contest.

The Referee and Judges shall always be in position to start the contest before the arrival on the contest area of the contestants. The Referee shall stand in the middle, 2m back from the line between where the contestants start. He shall be facing the Timekeepers' table.

It is very important to perform the bow in a very correct way.

When the contestants walk to their starting position and are facing each other, they shall officially bow under the strict control of the Referee, repeating this procedure at the end of the contest. If the contestants do not bow, the Referee shall direct the contestants to do so.

All standing bows by the contestants shall be at an angle of 30 degrees measured at the waist.

Application of HAJIME

The referee calls hajime to start the contest, or to resume the contest after matte was called. There is no gesture.

If matte was called after a contestant stepped outside there is no need to wait for the competitors to return to their original starting places before continuing the contest with hajime. However, the referee must ensure that the competitors are facing each other and no one competitor has an advantage over the other.

Each time, before calling hajime the referee should make sure that the judges are seated at their positions, the timekeepers and scorekeepers are ready and the competitors' judogi conforms to the rules.

Application of SONOMAMA

Sonomama (do not move), is used to temporarily freeze the competitors in their places when one competitor holds an advantaged position over the other in ne waza situations only.

Sono-mama gesture: shall bend forward and touch both contestants with the palms of his hands.



Application of MATE

The Referee shall announce Mate in order to stop the contest temporarily in the following cases; and to recommence the contest, he shall announce Hajime:

- a) When one or both of the contestants go outside the contest area.
- b) When one or both of the contestants perform one of the prohibited acts.
- c) When one or both of the contestants are injured or taken ill.
- d) When it is necessary for one or both of the contestants to adjust their

Judogi.

- e) When during Newaza there is no apparent progress.
- f) When one contestant regains a standing or semi-standing position from

Newaza bearing his opponent on his back.

g) When one contestant is in, or from Newaza regains, a standing position and lifts his opponent, who is lying on his back with his leg(s) around any part of the standing contestant, clear of the Tatami.

h) When a contestant performs or attempts to perform Kansetsu-waza or Shime-waza from the standing position and the result is not sufficiently apparent.

i) When in any other case that the Referee deems it necessary to do so.

j) When the Referee and Judges or Refereeing Commission wish to confer.

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

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

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

Should the Referee call Mate in error during Newaza 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 Mate, the contestants must quickly return to their starting positions.

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

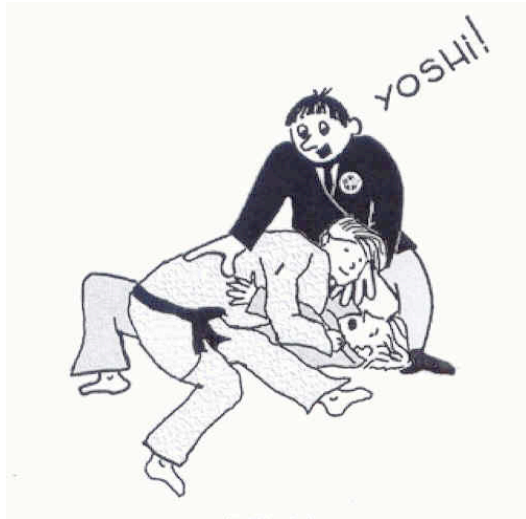
Mate gesture: shall raise one of his hands to shoulder height with his arm approximately parallel to the Tatami and display the flattened palm of his hand (fingers up) to the Timekeeper.

After a medical attendant has been invited onto the competition area and as soon as referee determines that an injury was accidental, the medical examination must be recorded by the scorekeeper and marked on the scoreboard

Application of YOSHI

The referee calls yoshi (carry on), to direct the contestants to resume after the contest was stopped with sonomama. Prior to yoshi the referee must ensure that the body position of the two competitors are back to their original positions.

Yoshy gesture: One hand is placed on each competitor. An equal and downward force is simultaneously applied to each contestant as yoshi is announced.



Note: Prior to restarting the contest with yoshi the referee must be positioned far enough away so as not to interfere with the competitors' movements and ensure that the judges have a clear view of the contestants.

Application of SOREMADE

The referee command soremade, which means "that is all", is used to end every contest. This command must immediately follow other commands or the timekeeper's signal that indicates the end of the contest.

The referee shall announce soremade and end the contest:

- a) When one contestant scores ippon, waza-ari-awasete-ippon or sogo-gachi.
- b) In the case of fusen-gachi or kiken-gachi.
- c) In the case of hansoku-make.
- d) When one contestant cannot continue due to injury.
- e) When the time allotted to the contest has expired (see hantei). Upon the announcement of soremade by the referee, the contestants shall return to their starting positions.

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-gachi.
- 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 yuko.
- v) Where the recorded scores indicate no scores or are exactly the same under each of the headings (waza-ari, yuko), 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 recognizable 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.

- vi) The decision of hiki-wake shall be given, when there is no advantage on the scoreboard and where it is impossible to judge the superiority of either contestant, in accordance with this article, within the time allotted for the contest.

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

Position: No precise position is necessary for the call of soremade. As soremade is called the referee must maintain visual contact with the competitors to ensure the command is heard and complied with. After the call, the referee and competitors return to their initial starting positions and prepare for the awarding of the winner.

Application of IPPON

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

- a) When a contestant with control throws the other contestant 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 (I give up!) generally as a result of Osaekomi-waza, Shime-waza or Kansetsu-waza.
- d) When a contestant is incapacitated by the effect of a Shime-waza or Kansetsu-waza.

Equivalence: Should one contestant be penalized with Hansoku-make, the other contestant shall immediately be declared the winner

Should one contestant have been penalized four (4) Shidos, the other contestant shall receive Ippon immediately.

Simultaneous techniques: when both contestants fall to the Tatami after what appears to be simultaneous attacks, and the Referee and Judges cannot decide which technique dominated there should be no score awarded.

Should the Referee announce Ippon during Newaza in error and the contestants therefore separate, the Referee and Judges shall, 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 one foot or both feet in contact with the Tatami) after having been thrown - although he may have avoided the necessary criteria for Ippon, the Referee shall 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 shall be applied as stated. For National events, the organizers are authorized 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 competitions, the organizers may authorize the Referees to award Ippon when the effect of a technique is sufficiently apparent, or for children's events, they may disallow Shime-waza and Kansetsu-waza altogether.

Ippon gesture: shall raise one arm with palm of hand facing forward, high above the head.



Application of WAZA-ARI

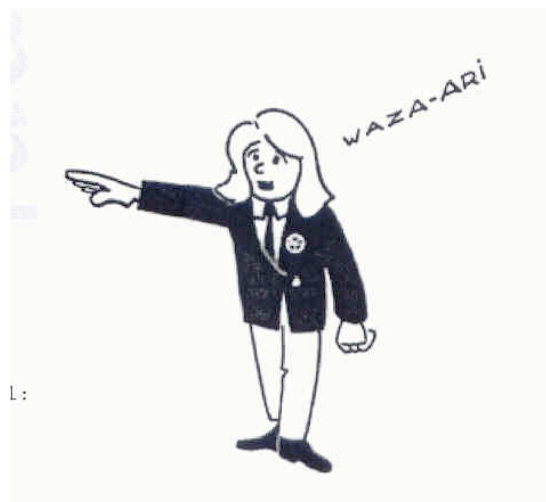
The Referee shall announce Waza-ari when in his opinion the applied technique corresponds to the following criteria:

(a) When a contestant with control throws the other contestant, but the technique is partially lacking in one (1) of the other three (3) elements necessary for Ippon (see Article 20 (a) 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 been penalized three (3) Shidos, the other contestant shall receive Waza-ari immediately.

Waza-ari gesture: shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.



Application of WAZA-ARI-AWASETE-IPPON

Should one contestant gain a second Waza-ari in the contest, the Referee shall announce Waza-ari-awasete-ippon.

Waza-ari-awasete-ippon gesture: First Waza-ari, then Ippon gesture.



Application of 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 (3) Shidos
- (b) Where one contestant, whose opponent has already received three (3) Shidos, is subsequently awarded a Waza-ari.

Application of YUKO

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

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

Examples:

i) Partially lacking in the element of "largely on the back" and is also partially lacking in one of the other two (2) elements of "speed" or "force".

ii) Largely on the back but partially lacking in both of the other two (2) 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 been penalized two (2) Shidos, the other contestant shall receive Yuko immediately.

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

Yuko gesture: shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body.



Entry into newaza

The contestants shall be able to change from the standing position to Newaza in the following cases but if the technique used is not continuous, the Referee shall order both contestants to resume the standing position:

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

When one contestant pulls his opponent down into Newaza not in accordance with the descript and his opponent does not take advantage of this to continue into Newaza, the Referee shall announce Mate, stop the contest and penalize with Shido the contestant who has infringed.

When one contestant pulls his opponent down into Newaza not in accordance with the descript and his opponent takes advantage of this to continue into Newaza, the contest shall be allowed to continue but the Referee shall penalize with Shido the contestant who has infringed.

Application of OSAEKOMI

This gesture start the timing for the immobilization in the ground, should be held for a minimum of 3 seconds while the referee moves his/her body in a circular fashion, either to the left or right, around the competitors. During this time the arm and fingers remain pointed toward the competitors.

Position: No precise position has been determined for the call of osaekomi. Every effort should be made to stand facing the upper torso of the competitors' bodies and at a distance that is not too close. The referee should also maintain visual contact with at least one judge, and the time keepers and scorekeepers

Note: If osaekomi has been announced before or at the same time as the timekeeper's signal that indicates the end of the contest, the osae waza will be considered valid until the referee calls ippon or toketa, that is, osaekomi time will run beyond the expiration of contest time.

Osaekomi can be temporarily interrupted by calling sonomama for any reason judged valid by the referee and judges

Osaekomi gesture: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.



Timing in Osaekomi will be 25 seconds, and scores as:

15 sec.= Yuko

20 sec.= Waza-ari

25 sec.= Ippon

Application of TOKETA

After osaekomi has been called and as soon as it is determined that tori has lost control of the osae waza (holding technique) or when both competitors have moved out of the contest area the referee announces toketa to indicate that the hold is broken

Position: No precise position has been determined to announce toketa. The referee must maintain visual contact with at least one of the judges, and the timekeepers and scorekeepers so that they will see and hear the command

Note: When there is no display clock available, the referee and the judges must determine how much time has elapsed between osaekomi and toketa in order to award a possible score. One system is for the timekeeper to determine the merit of the osaekomi and to hold up a small paddle, with a large letter of a "y", "w" or "i" to indicate yuko, waza-ari or ippon respectively.

Another method is for the timekeeper to write down the duration of the osaekomi time on a small blackboard and let the referee determine and gesture the appropriate score.

Toketa gesture: shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.



Application of NON-COMBATIVITY

Note: If both competitors are to receive the penalty at the same time the gesture is completed in its entirety for each of the contestants.

Non-combativity gesture: shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalized.



Application of PENALTY

The same gesture will be used for all penalties that are a result of negative judo tactics. The reason for the penalty will not be given.

Scale of Penalties:

First Shido = free warning

Second Shido = Yuko for the opponent

Third Shido = Waza-ari for the opponent.

Fourth Shido = Ippon for the opponent or Hansoku-make

Hansoku-make = disqualification

To award a penalty (Shido, Hansoku-make) gesture: shall point towards the contestant to be penalised with the forefinger extended from a closed fist.



Application of Not Valid

The not valid gesture is used by the referee and judges to indicate that the technique applied, although completed, was not valid and therefore shall not be awarded a score nor be considered towards a decision.

For example, a throw that occurs after or a throw that was outside the contest area.

Not Valid gesture: The arm is extended vertically above the head, fingers and thumb together with the palm facing inward. The arm is waived from side to side several times over the head. The arm should be relaxed, giving ever so slightly at the wrist and elbow joints.

Cancellation of an Expressed Opinion

The original gesture that is to be waived off or corrected is repeated with one arm and held. As this gesture is held in place the not valid gesture is made with the other arm. There is no accompanying voice command.

If a correction is to be made the hands are returned to the sides momentarily and then the correct gesture is given with its corresponding voice command. The same hand that was used to repeat the original gesture must be used.

Note: If the on-going action results in a new call, the referee should wait for an appropriate opportunity to make the correction.



To direct the contestant (s) to re-adjust the Judogui

The referee must ensure that the judogi of each contestant is in a similar state of arrangement so that no unfair advantage is created. Normally this gesture is given after matte has been called for another reason. However, in extreme cases, such as when the belt is falling off completely, matte may be necessary specifically to re-adjust the judogi.

To direct the contestant(s) to re-adjust the Judogui gesture: shall cross left hand over right, palms facing inwards, at belt height.



Tighten the Belt

After each matte call the referee should visually inspect the belts of each competitor and determine if tightening is needed.

Tighten the Belt gesture: once the contestants are at the starting position the referee mimics the belt tightening process by holding the hands, fists clenched, at waist level and imitating the tightening action several times.

Application of Hantei

Only if the points are equal at the end of a contest is hantei necessary. The competitors wait at their initial starting positions with their judogi adjusted. The referee takes a blue flag in the right hand and a white flag in the left. (The judges hold the flags to correspond with the positions of the blue and white contestants.) Before calling for hantei the referee checks to make sure that the judges are prepared with their flags in hand. On hantei the referee and judges raise the blue or white flag immediately without hesitation. The referee awards the win according to the majority of three.

Gesture: The arms are extended to the front at an angle of approximately 45 degrees with a flag in each hand. On the call of hantei the referee and judges must raise the blue or white flag with authority to indicate their opinion as to who they believe was the winner.

Note: At most shiai-jo since the scores are now displayed on the scoreboard, the call of hantei (asking the decision) is only used when the scores of the two competitors are equal. Should this be the case, the referee and the judges must base their decision on the number of quality / effective attacks, degree of aggressiveness, style, posture, attitude as a whole, or any other factor that may be of influence as displayed by the competitors. The decision, winner by yusei gachi (win by superiority) should not be announced by the referee.

Application of KACHI -To indicate the winner of a contest

At the same time the arm which is closest to the winner (right for blue, left for white) is extended upward toward the contestant and held momentarily. As the arm is lowered the referee steps back, right foot then left foot ending with feet together

Kachi gesture: shall raise one hand, palm in, above shoulder height towards the winner.



Sogo Gachi

The referee declares a winner by sogo gachi, which means compound win, as soon as a competitor has a technical score of waza-ari and the equivalent of a second waza-ari as the result of the opponent being penalized with a keikoku, or the reverse combination of keikoku followed by a waza-ari. The referee stops the contest, allows the competitors to return to their initial starting positions and indicates the winner by announcing sogo-gachi. This is the only win that has a corresponding verbal command.

Order: If the waza-ari is scored after a keikoku has been given to the opponent, the referee should call waza-ari and soremade. The phrase waza-ari awasete ippon is not used.

If the keikoku is given after the waza-ari was scored, the referee should call keikoku and soremade.

Hiki Wake

Hiki wake is given in only certain types of competitions according to the rules of the tournament such as a team competition. It may also be awarded in the special case of an accident when neither competitor can continue or when both competitors score "ippon simultaneously." After a call for the opinion of the referee and judges and having all three each raise both flags, the referee calls hiki wake since neither competitor has shown an advantage over the other.

Gesture: With flags in hand, the arm is extended upward over the head, palm open and thumb up (parallel to the body), then the referee's arm is lowered firmly in front, stopping at shoulder height. The arm remains in this position for a few seconds.

Signals from the Judges

If the gestures by the judges are not acknowledged by the referee the judges should stand to draw attention. Anytime the judges stand the referee must call matte or sonomama. It is very poor refereeing to ignore the standing judges. The stoppage must be done at an appropriate time that will not destroy any advantage by one of the competitors.

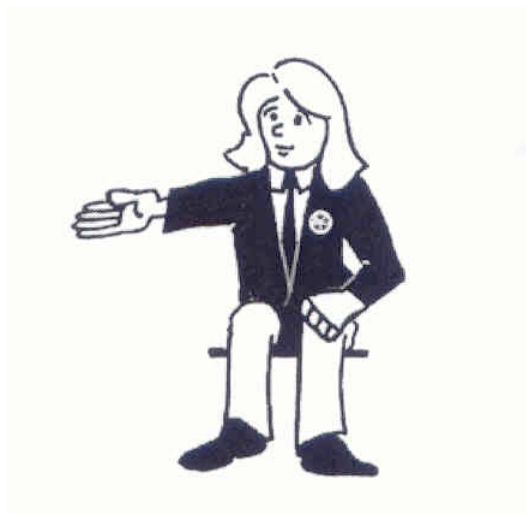
Note: It is extremely important that the judge indicate immediately "in" or "out" for all techniques near the outer edge of the contest area. The referee relies on opinion of the judges as to whether a technique is valid before he/she gestures a score if a score is warranted.

JONAI - Techniques Inside The Contest Area

When a nage waza (throwing technique) is executed near the outer edge of the contest area the judge must indicate immediately for the benefit of the referee and the other judge if the technique was "inside" and therefore valid when:

- tori has stayed within the contest area while in a standing position;
- tori has stepped out of the contest area after uke landed.

Jonai gesture: 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 holds it there.

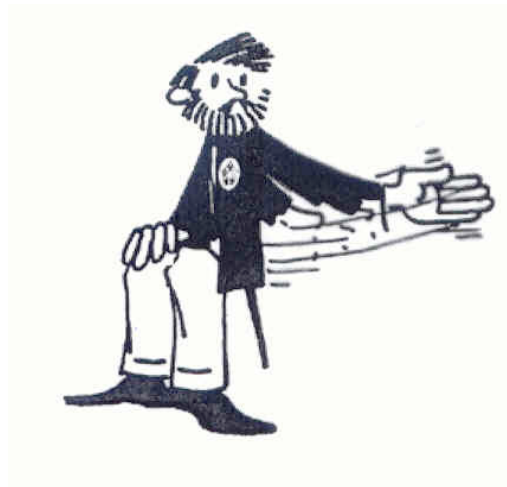


JOGAI - Techniques Executed Outside the Contest Area

The judge must immediately indicate "outside" to the referee when :

- tori has stepped outside the contest area before uke has landed;
- both contestants leave the contest area in ne waza situations;
- one or both of the competitors step out of the contest area in tachi waza during the action of competition.

Jogai gesture: To indicate that in his opinion one of the contestants has gone 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.



NOT VALID

The not valid gesture as used by a judge indicates that in the opinion of the judge, a score or penalty called by the referee has no value.

Not Valid gesture: has no value the Judge shall raise one hand above his head and wave it from right to left two or three times.



Judges wish Mate in Newaza

In the opinion of the judge, if there is no demonstrated progression in ne waza the judge should indicate his/her wish for the referee to call matte.



Judges in Hantei situations

In Hantei situations the Judges must hold the flags in the proper hands corresponding to the position of the contestants. 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.

Age Groups

World Championships (for senior men and women): no age limits.

Men and Women under 20, age limit are 19 years (calendar year).

Note : For the competitors who have not attained their majority, the National Federation should obtain authority from their parents.

Weight Categories

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

Men and Men (junior & senior)

Extra-light weight - up to and including 60 kg (132.27 Lbs)

Half-light weight - over 60 kg (132.27 Lbs) up to and including 66 kg (145.50 Lbs)

Light weight - over 66 kg (145.50 Lbs) up to and including 73 kg (160,93 Lbs)

Half-middle weight - over 73 kg (160,93 Lbs) up to and including 81 kg (178.57 Lbs)

Middle weight - over 81 kg (178.57 Lbs) up to and including 90 kg (198.41 Lbs)

Half-heavy weight - over 90 kg (198.41 Lbs) up to and including 100 kg (220,46 Lbs)

Heavy weight - over 100 kg (220,46 Lbs)

Women and Women (junior & senior)

Extra-light weight - up to and including 48 kg (105,82 Lbs)

Half-light weight - over 48 kg (105,82 Lbs) up to and including 52 kg (114,64 Lbs)

Light weight - over 52 kg (114,64 Lbs) up to and including 57 kg (125,66 Lbs)

Half -middle weight - over 57 (125,66 Lbs) kg up to and including 63 kg (138,89 Lbs)

Middle weight - over 63 kg (138,89 Lbs) up to and including 70 kg (154,32 Lbs)

Half-heavy weight - over 70 kg (154,32 Lbs) up to and including 78 kg (171.96 Lbs)

Heavy weight - over 78 kg (171.96 Lbs)

Time Duration of Contests

Men & Women - Five minutes

Men under 20 years & Women under 20 years - Four minutes

Recommendations for:

'Youths', male and female (15/16 years old) - Three minutes

Note : any contestant is entitled to rest between contests for a period of 10 minutes.

NO Shime-waza allowed under 13 years old.

NO Kansetsu-waza allowed under 17 years old.

Improvement

Just as the competitor strives to improve performance to become a champion, so too, must a referee strive to improve performance in order to become the best that he or she can be. However, unlike contestants, there is no competitiveness amongst the referees and none should be tolerated. Achievement is measured by the attainment of self established goals and through peer recognition of one's abilities.

Decisions in refereeing must be without hesitation to maintain authority. This skill needs continual reinforcement that can only be achieved through actual on mat refereeing. Even a top level referee should officiate at as many tournaments as possible regardless of the level and always invite colleagues to comment on performance in order to continue to improve. Head referees also need practical time on the tatami to keep their skills sharp and should not miss the opportunity to referee.

All referees must continue to attend organized clinics throughout their careers to improve their knowledge and "sharpen" their judgment skills; they should seek feedback and advice of the more experienced veterans on the problems that they have had to better understand the correct solutions; and they should welcome friendly, discreet, sincere discussions from colleagues on ways to improve.

The IJF Referee Rules should be reviewed on a regular basis and certainly just prior to a major competition. Hand gestures, body movements and verbal commands should be rehearsed in front of a mirror. For those who have access to a video recorder, a review of actual on mat performance is an excellent method of self analysis.

There is no end to learning or improvement. Perfection can never be fully attained, but must always be pursued with great enthusiasm.

Mentorship

All experienced referees have a duty to the profession to support the development of the up and coming. By attending local and regional tournaments, a senior referee can better understand the problems and common errors encountered by referees at lower levels and assist in correction. Guidance and supervision at lower levels will nurture the development system and ensure a succession of top quality international referees.

Mentorship and the ability to instill confidence in others take special qualities. The experienced referee must be able to provide guidance to others without direct interference or domination. Interference may cause a referee to become embarrassed, insulted, tense and the spectators may get the impression that the referee team does not know what they are doing. Only if there is a great miscarriage of justice, such as a grave technical error, should direct interference be used to ensure the competitors are treated fairly.

GLOSSARY OF JAPANESE TERMS

Japanese

Ashi-garami
Chui
Dojime
Fusen-gachi
Hajime
Hansoku-make
Hantei
Harai-goshi
Hiki-wake
Ippon
Joseki
Judogi
Kachi
Kami-shiho-gatame
Kani-basami
Kansetsu-waza
Kawazu-gake
Keikoku
Kesa-gatame
Kiken-gachi
Ko-soto-gari
Ko-uchi-gari
Kumi-kata
Maitta
Matte
Nage-waza
Ne-waza
Osaekomi
O-uchi-gari
Rei
Shido
Shime-waza
Sogo-gachi
Sono-mama
Sore-made
Sutemi-waza
Tachi-waza
Tatami
Toketa
Tori
Tomoe-nage
Uchi-mata
Uke
Ukemi
Waki-gatame
Waza-ari
Waza-ari-Awasete
Yoshi
Yuko

English

Entangled legs
Caution
Squeeze body with legs
Win by default
Start
Disqualification
Decision
Sweeping hip throw
Draw
Full point
Head table
Judo uniform
Win
A holding technique
A throwing technique
Joint lock
A throwing technique
Warning
A holding technique
Win by withdrawal
A throwing technique
A throwing technique
Grips
I give up
Wait
Throwing techniques
Groundwork
Hold down
A throwing technique
Bow
Note
Strangulation
Compound win
Do not move
That is all
Sacrifice techniques
Standing techniques
Mat
Hold-down broken
Attacker
A throwing technique
A throwing technique
Receiver
Break fall
An arm-lock technique
Almost Ippon
Two waza-ari score Ippon
Continue
Almost waza-ari