



**Detailed Explanation
of the
IJF Judo Refereeing Rules**

Effective from 1 January 2018

(Updated Version 13 January 2020)



IJF RULES EXPLANATION (updated 13 January 2020)

NEW
SLIDE
2020

- A completely new slide icon has the green icon in the top right corner.



NEW
SLIDE
2020

- Slides with new red text or an updated photo have the blue icon in the top right corner.



NEW
TEXT
2020

All video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020 can be found here:

<https://refereeusb.ijf.org/>

The current version of the IJF Sport and Organisation Rules (SOR) can be found here:

<https://www.ijf.org/ijf/documents/5>



IJF RULES EXPLANATION (updated 13 January 2020)

NEW
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2020

Distinguished Members of the International Judo Community,

I am pleased to introduce to you our **updated** detailed explanation of the rules effective from **1 January 2020**. **This update clarifies some points that have been raised since the previous version of this document (9 March 2018).**

In the process of development of our sport, it is of utmost importance to do the best, first of all for the content and the image of our sport, for a better comprehensibility and consistence of the rules for judokas, judo lovers and the World.

We are continuously reforming the strategy in all the sectors of the IJF to make our sport a modern one, outstanding and understandable for everyone.

I'm convinced the new elements of the rules and judo methodic will be a great benefit for the judo family, spectators, partners and media.

Marius L. Vizer
President
International Judo Federation



Main points from IJF Executive Committee Working Meeting (13/01/2018) and the IJF Seminar, Doha (11-12/01/2020)

- Kansetsu-waza and Shime-waza are not valid if both athletes are in a Tachi-waza standing position.
- Transition from Ne-waza to Tachi-waza is valid.
- In the case of Kaeshi-waza tori, the thrower who is applying the counter attack, CANNOT use the impact of landing on the tatami.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder 05_Kaeshi-waza: clips 40a to 42b are too late to be considered as a score for the first technique.
 - In folder 05_Kaeshi-waza: clips 43a to 45b in these cases the Kaeshi-waza is valid.



IJF RULES EXPLANATION (updated 13 January 2020)

Main points from IJF Executive Committee Working Meeting (18/10/2017) and the IJF Seminar, Doha (11-12/01/2020)

- Definition of Waza-ari and of Ippon, amplification of the evaluation of Ippon, more value will now be given.
- Definition of bridge and head defence and all the consequences.
- Double Hansoku-make for negative judo.
- Give the power to the central referee on the tatami to do their job and for the supervisors and referee commission to intervene only when there is a major mistake.
- Continue to promote positive judo.



IJF RULES EXPLANATION (updated 13 January 2020)

Judogi

- For a better efficiency and to have a good grip it is necessary for the jacket to be well fitted in the belt, with the belt tied tightly.
- To reinforce that, the competitor shall arrange their judogi and belt quickly between Mate! and Hajime! announced by the referee.
- If an athlete intentionally loses time arranging his jacket and belt, he will receive Shido.



Judogi control

Jacket (see picture 11)

The “skirt” has to cover the buttocks completely.
With the arms level, the SOKUTEIKI must slip inside entirely and smoothly inside the sleeves.

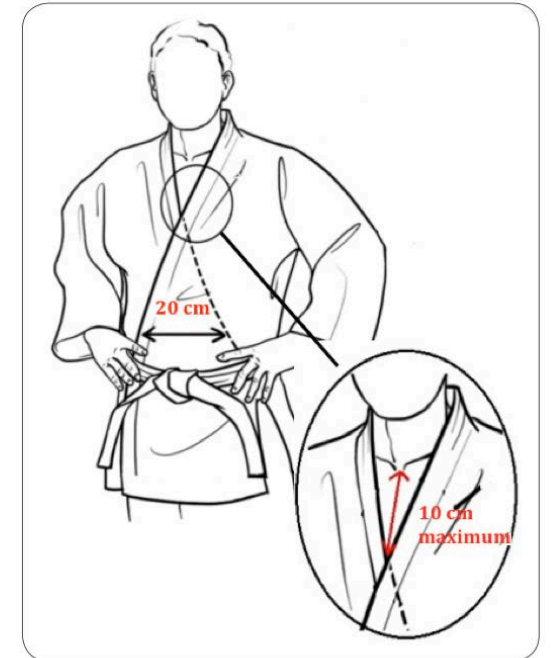
The judogi sleeves must cover up the full arm including wrist.

The width of the crossed distance of the jacket lapels at belt level must be at least 20 cm (see picture 12).

- The thickness of the lapel side must be less or equal to 1 cm.
- The width of the lapel side must be 4 cm.
- The distance between the sternum top and the lapel crossing point of the jacket vertically must be less than 10 cm.



Picture 11



Picture 12



IJF RULES EXPLANATION (updated 13 January 2020)

Duration of contests

- Men and women four (4) minutes.



IJF RULES EXPLANATION (updated 13 January 2020)

Technical score

- In regular time (4 minutes), a contest can only be won by a technical score or scores (one Waza-ari or Ippon).
- A penalty or penalties will not decide the winner, except for Hansoku-make (direct or accumulative).
- A penalty is never a score.
- There are now two Shido and the third Shido becomes Hansoku-make.



IJF RULES EXPLANATION (updated 13 January 2020)

Golden score

When both players have no technical score or the technical scores are equal at the end of the regular contest time, the contest shall continue in Golden Score regardless of the number of Shido given.

- Any existing score(s) and/or Shido(s) from regular time are carried into the Golden Score period and will remain on the score board.
- Golden Score can only be won by a technical score (Waza-ari or Ippon) or Hansoku-make (direct or by accumulative Shido).
- A penalty is never a score.



Evaluation of the points in Nage-waza

- *There will now only be Ippon and Waza-ari.*
- **Ippon** will be given when the contestant throws his opponent on the back, applying a technique or countering his opponent's attacking technique, with considerable ability with maximum efficiency (*).

(*) **"Ikioi"** = momentum with both force and speed.

"Hazumi" = skillfulness with impetus, sharpness or rhythm.

- **Criteria for Ippon:**
 1. Speed;
 2. Force;
 3. On the back;
 4. Skilfully control until the end of the landing.
- Rolling can be considered **Ippon** only if there is no break during landing.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder 01_Waza-ari_vs_Ippon: clips 1a to 3b are clearly waza-ari, and from 4a to 6b are clearly ippon.



IJF RULES EXPLANATION (updated 13 January 2020)

Difference of the rolling makes the evaluation of the points it is Ippon when Uke rolls on his back.





Evaluation of the points

- Waza-ari will be given when the four ippon criteria are not fully achieved.
- The value of Waza-ari includes those given for yuko in the past.
- Two Waza-ari are the equivalent of one ippon (waza-ari-awasete-ippon) and the contest will be finished.
- Rolling can be considered Waza-ari if there is a break during landing **or the landing is on the side (bottom to shoulder or shoulder to bottom).**



IJF RULES EXPLANATION (updated 13 January 2020)

Difference of the rolling makes the evaluation of the points it is Waza-ari when Uke rolls on his side or hips.





Waza-ari

- The value of Waza-ari includes those given for Yuko and Waza-ari in the past



Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder: 02_Waza-ari_vs_No_score: clips 14a to 16b are considered to be Waza-ari.



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Waza-ari

- Landing on both elbows or two arms, **simultaneously**, is considered valid and should be evaluated with Waza-ari.
- Landing on one elbow, on the bottom or the knee with immediately continuation on the back will be Waza-ari.
- Landing on one elbow and one hand is considered valid and should be evaluated with Waza-ari.





Not Waza-ari



Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder: 02_Waza-ari_vs_No_score: clip 11b



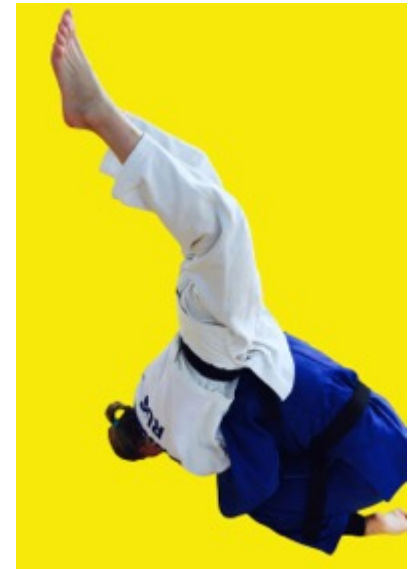
Bridge

- All situations of voluntarily landing in the bridge position, will be considered Ippon.



Head defence

- Voluntary use of the head for defence to avoid landing in / escaping from a score will be given Hansoku-make. In this case Uke would land on their stomach or front side or knees. **The competitor loses this contest but can continue in the competition if applicable.**





Involuntary head defence - no penalty for Tori & Uke

- Special attention will be given to the following situations where Tori attempts to throw his opponent during Tachi-waza:
 - Seoi-otoshi
 - **Seoi-nage**
 - Sode-tsurikomi-goshi with the grip on both sleeves.
 - Koshi-guruma with both grips on the collar.

These are examples and this situation can occur with other throwing techniques.



IJF RULES EXPLANATION (updated 13 January 2020)

Involuntary head defence - no penalty for Tori & Uke

Example 1:
Seoi-otoshi





IJF RULES EXPLANATION (updated 13 January 2020)

Involuntary head defence - no penalty for Tori & Uke

Example 2:

Sode-tsurikomi-goshi
with the grip on both
sleeves





IJF RULES EXPLANATION (updated 13 January 2020)

Involuntary head defence - no penalty for *Tori* & *Uke*

Example 3:
Koshi-guruma
with both grips on
the collar





IJF RULES EXPLANATION (updated 13 January 2020)

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Diving

For all diving actions, Hansoku-make will be given, the competitor loses this contest but can continue in the competition, if applicable.

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Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder: 12_Grip_below_the_belt: clips 99a, 99b
- In folder: 17_Miscellaneous: clips 135a, 135b.



Counter-attack

- In the case of Kaeshi-waza Tori, the thrower who is applying the counter attack, CANNOT use the impact of landing on the tatami.
- If a score can be given, it will be assigned.
- If the two athletes land together without clear control for either one, no score will be given.
- Any action after landing will be considered as a Ne-waza action.

Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder 05_Kaeshi-waza: clips 41a and 41b are considered to be a score for blue.
- In folder 05_Kaeshi-waza: clips 44a and 44b are considered to be good Kaeshi-waza and a score for white.



IJF RULES EXPLANATION (updated 13 January 2020)

Immobilisations (Osaekomi-waza)

- Waza-ari: 10 seconds
- Ippon: 20 seconds



IJF RULES EXPLANATION (updated 13 January 2020)

Immobilisations (Osaekomi-waza)

- The "Ura" position is now valid.





IJF RULES EXPLANATION (updated 13 January 2020)

Immobilisations (Osaekomi-waza)

- This kind of Osaekomi is not valid.





Immobilisations (Osaekomi-waza)

- Control in Ne-waza using arms or legs around the neck without the opponent's arm inside will be considered as Mate.



Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder: 07_Osae_Komi_vs_No_Osae_Komi: clips 59a, 59b, 60a and 60b.



IJF RULES EXPLANATION (updated 13 January 2020)

SHIDO

Shime-waza – forbidden

- Shime-waza or Kansetsu-waza while overstretching a straight leg is forbidden.
- Special attention will be given to situations: where tori, whilst applying a Shime-waza, also over-stretches and straightens Uke's leg.
- Mate! must be immediate and Shido will be given.

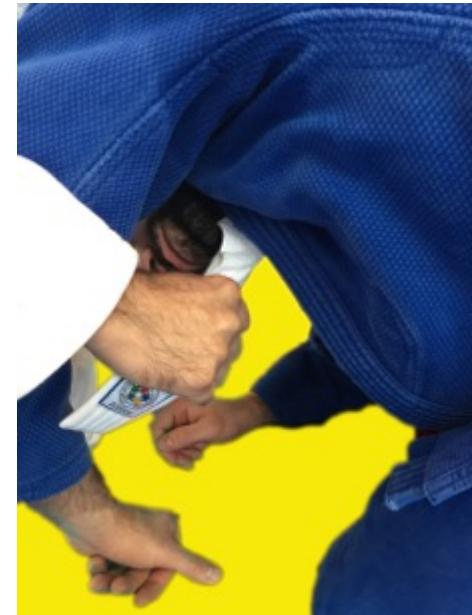
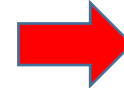
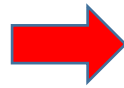




IJF RULES EXPLANATION (updated 13 January 2020)

Shime-waza - forbidden

- Shime-waza is not allowed with either your own or your opponents belt or bottom of the jacket, or using only the fingers.
- This action should be penalized by Shido.

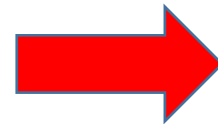
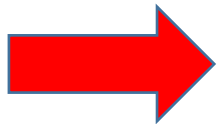
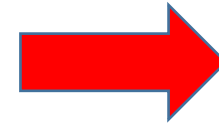
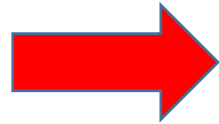




IJF RULES EXPLANATION (updated 13 January 2020)

Valid actions, no Shido

- It is possible to grip the leg only when the two contestants are clearly in Ne-waza and the Tachi-waza action has stopped. Tori in this Tachi-waza position can apply Kansetsu-waza or Shime-waza because Uke is in a Ne-waza position.





Continuous Ne-waza

If Ne-waza starts inside the contest area and goes outside with continuous action from either athlete it can be valid.

Ne-waza transition in Shime-waza or Kansetsu-waza are considered valid if Tori or Uke make a real attack or counter attack.



IJF RULES EXPLANATION (updated 13 January 2020)

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Ude-gaeshi (arm reverse)

If Ude-gaeshi (arm reverse) is applied in a standing position, the referee must call mate **immediately** and shido will be given.



Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder: 17_Miscellaneous: clips 136a and 136b.



Invalid Immobilisations (Osaekomi-waza)

Toketa should be announced if, during osaekomi, uke succeeds in “trapping” the leg(s) of tori, either from above or from below the leg.

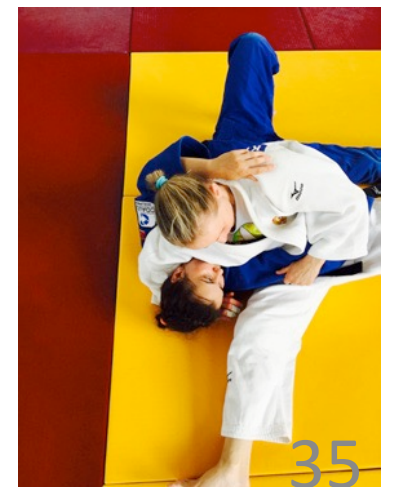




IJF RULES EXPLANATION (updated 13 January 2020)

Immobilisations (Osaekomi-waza)

- Osaekomi will also continue outside of the contest area as long as Osaekomi was called inside.
- If during the Ne-waza outside uke takes over the control with one of these nominated techniques in a continuous succession, it shall be also valid.





IJF RULES EXPLANATION (updated 13 January 2020)

Valid actions, no mate - Shime-waza

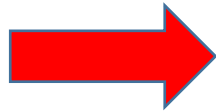




IJF RULES EXPLANATION (updated 13 January 2020)

Valid actions, no Mate

- When it is allowed to continue action that started in the valid area.

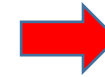
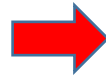
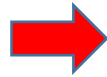
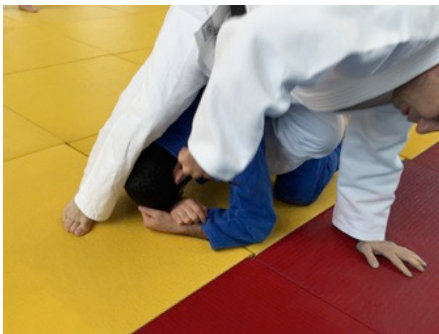




IJF RULES EXPLANATION (updated 13 January 2020)

Valid actions - no Mate

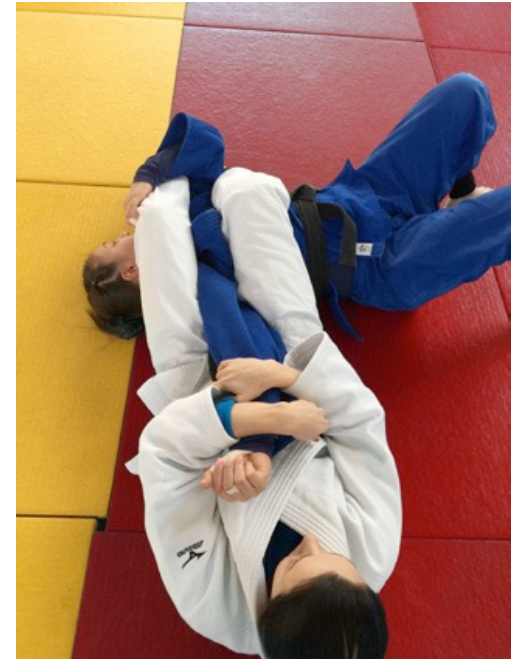
- When it is allowed to continue action that started in the valid area.





IJF RULES EXPLANATION (updated 13 January 2020)

Valid actions, no Mate - Kansetsu-waza





IJF RULES EXPLANATION (updated 13 January 2020)

Applying of Kumikata

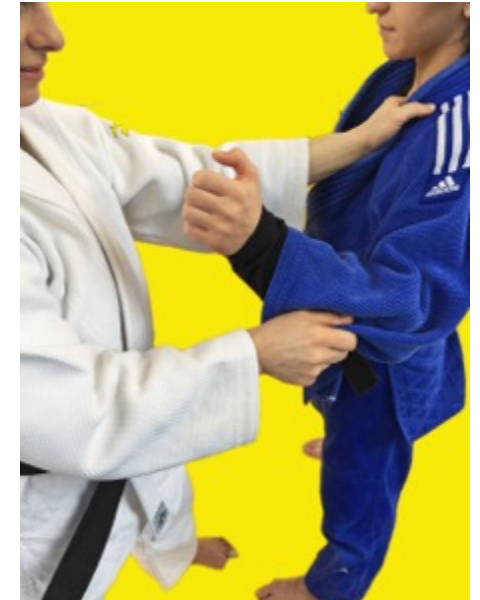
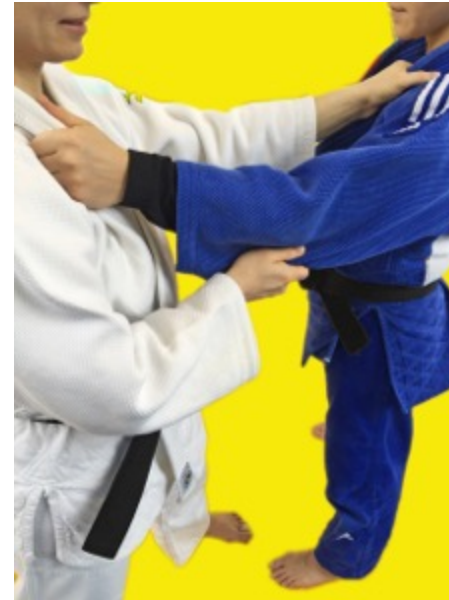
- The time between classic Kumikata and making an attack is extended up to 45 seconds as long as there is a positive progression.



IJF RULES EXPLANATION (updated 13 January 2020)

Shido

- Breaking the grip of the opponent with two hands.





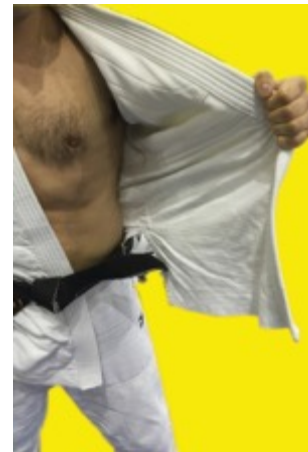
IJF RULES EXPLANATION (updated 13 January 2020)

Shido

Avoid Uke's grip with a blow on his arm or hand.



Pulling out the bottom of Uke's jacket or his own jacket



Covering the edge / lapel of his own jacket preventing the grip of his opponent.





IJF RULES EXPLANATION (updated 13 January 2020)

Shido

Blocking the opponent's hands.





IJF RULES EXPLANATION (updated 13 January 2020)

Shido

- Breaking the grip of the opponent with the knee or leg.





Unconventional Kumikata

- To simplify the refereeing and it's understanding some of the actions on how to grab the jacket or belt, all unconventional Kumikata (pistol grip, pocket grip, belt grip, one side grip, cross grip ...) is allowed **if followed** by an **immediate** attack.
- In the case of no immediate attack those grips will be penalized by Shido.





IJF RULES EXPLANATION (updated 13 January 2020)

Unconventional Kumikata

- Not taking a classic grip will be penalized by Shido if there is not an **immediate** attack.





IJF RULES EXPLANATION (updated 13 January 2020)

Unconventional Kumikata

- Not taking a classic grip will be penalized by Shido if there is not an **immediate** attack.





IJF RULES EXPLANATION (updated 13 January 2020)

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IJF RULES EXPLANATION (updated 13 January 2020)

Unconventional Kumikata

- Not taking a classic grip will be penalized by Shido if there is not an **immediate** attack.





Bending position

- To force the opponent with both arms, **especially with a collar and lapel grip**, to take a bending position without **immediate** attack will be penalized by Shido for a blocking attitude.





IJF RULES EXPLANATION (updated 13 January 2020)

One or two feet outside the contest area

One foot outside of the contest area without immediate attack or not returning immediately inside the contest area will be given Shido.

Shido



It is Shido: if the athlete in blue, is not going back in the yellow area or is not attacking **immediately**.



Bear hug

- Who wants to attack with bear hug must have a minimum one grip **before making the attack**.
- It is not valid to make a second grip simultaneously **or consecutively**. Only touching the Judogi is not considered as Kumikata, gripping is necessary.



Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

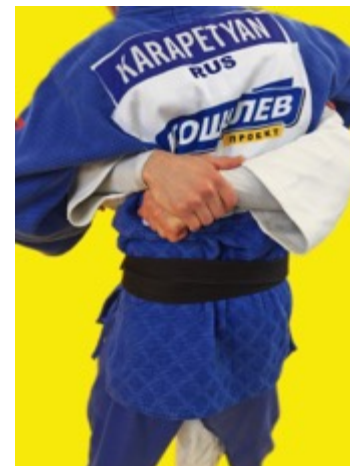
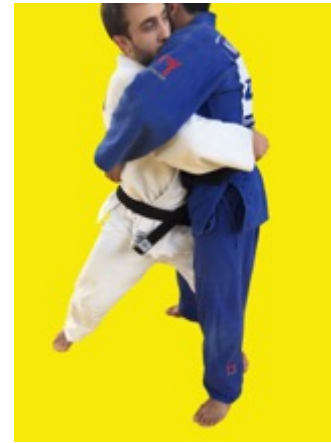
- In folder: 13_Bear_Hug: clips 103a and 103b.



IJF RULES EXPLANATION (updated 13 January 2020)

Bear hug

Valid grips





IJF RULES EXPLANATION (updated 13 January 2020)

Bear hug - double points

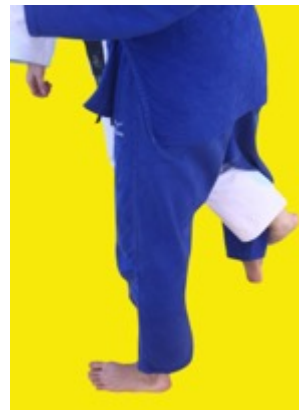
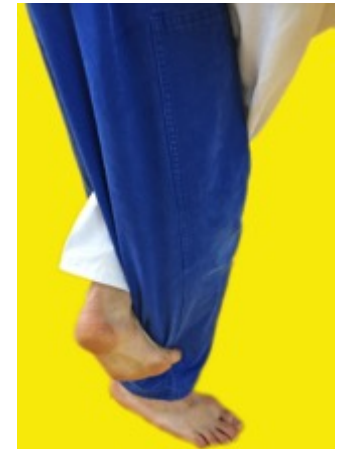
- If after a blue bear hug or blue touching the leg, white throws blue for a Waza-ari; the score (white Waza-ari) and the penalty (blue Shido) will be given.



IJF RULES EXPLANATION (updated 13 January 2020)

Leg entanglement position

- The act of entangling the leg without making an immediate attack must be penalized with Shido.





IJF RULES EXPLANATION (updated 13 January 2020)

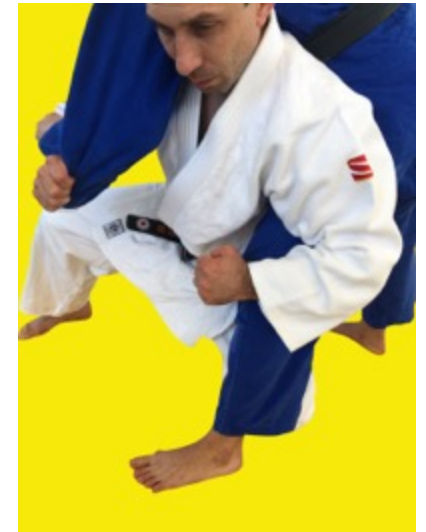
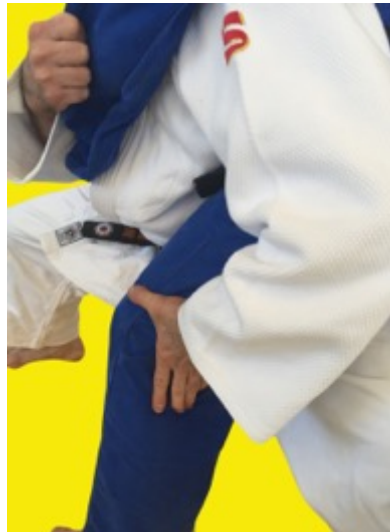
Kawazu-gake – Hansoku-make





Leg grabbing – forbidden

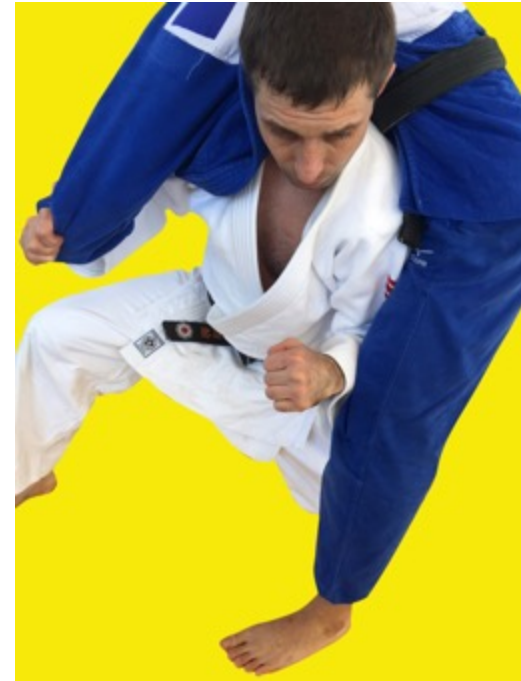
- For all grabbing below the belt, shido will be given.
- Leg grabbing or grabbing the trousers, will be given Shido, each time.
- There will be up to 3 Shido for Hansoku-make.





IJF RULES EXPLANATION (updated 13 January 2020)

Leg grabbing - forbidden

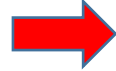




IJF RULES EXPLANATION (updated 13 January 2020)

Leg grabbing - allowed

- Valid actions, no Shido





Kata-sankaku grip **(gripping with both arms the neck and one shoulder of the opponent)**

It is allowed to use Kata-sankaku grip in Ne-waza action.



Kata-sankaku in Ne-waza is prohibited to block the opponent's body with the legs and must be mate.



Kata-sankaku grip in Tachi-waza must be mate.



Kata-sankaku grip with the intention to throw will be considered **Hansoku-make**. If the situation starts from Ne-Waza mate must be given **immediately**.





When is it Ne-waza ?

In all these positions the blue athlete can touch the leg.

Both athletes must have two knees on the floor, for it to be considered Ne-waza.



No contact between the opponents must be Mate!



Lying on the stomach on the ground, the blue athlete is in Ne-waza.



If the blue athlete has two elbows and two knees on the floor the white athlete can do a technique only to transition into Ne-waza. From this position a throw cannot be considered for a score.





What is Ne-shisei?

White athlete, from these positions can throw his opponent but the attack must be done **immediately**.



Grip control from standing athlete (white): we still consider athlete on the knees (blue) in Tachi-waza and consequently Tachi-waza regulation would be applied.

However, if white does not attack immediately, then the referee must call Mate! Athlete on the knees (blue) cannot grab the legs to defend the throw with his arms, if this happens, Shido will be given.





IJF RULES EXPLANATION (updated 13 January 2020)

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White athlete, from this position can throw his opponent but the attack must be done **immediately**.



1



2



3



4



5



1



2



3



4



Kansetsu-waza and Shime-waza NOT valid situation

- Kansetsu –waza and Shime- waza are not valid if both athletes are in a Tachi-waza (standing position). Mate and Shido should be announced. Naturally if the action is dangerous or can injure the opponent, as usual, it will be Hansoku-make.



Video clips from the IJF Doha Refereeing, Sport and Education Seminar 2020:

- In folder: 15_Kansetsu_from_Tachi_waza_-_Shido: clips 117a, 117b, 118a and 118b.



Nage-waza valid situation

- In this position Tori, **after applying a real attack**, can apply Sutemi-waza that can continue into Ne-waza.





Nage-waza valid situation

- In this position Tori can apply a throwing technique and can continue with Kansetsu-waza or Shime-waza or Osaekomi-waza (not shown) after **a real attack or a counter attack**.





IJF RULES EXPLANATION (updated 13 January 2020)

Negative judo

- In the case of a double Hansoku-make (in regular time and golden score) as a consequence of a third Shido both athletes will be disqualified from the competition.
- For a direct Hansoku-make given to both contestants, the IJF Jury will decide.



IJF RULES EXPLANATION (updated 13 January 2020)

VERY IMPORTANT

If it is not extremely clear who should receive the score or penalty, in the spirit of fair play it is better not to take any decision and to allow the contest to continue.



IJF RULES EXPLANATION (updated 13 January 2020)



IJF RANKING EVENTS

	Continental Open open entry	Cont. Ch./ W. Ch.J cont.entry / open entry	GRAND PRIX open entry	GRAND SLAM open entry	MASTERS TOP 16	WORLD CHAMP. open entry
Seeding:	WRL TOP 8 placing Rest: Nation distribution	WRL TOP 8 placing Rest: National distribution	WRL TOP 8 placing Rest: Nation distribution	WRL TOP 8 placing Rest: Nation distribution	WRL TOP 8 placing Rest: Nation distribution	WRL TOP 8 placing Rest: Nation distribution
System:	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage	Quarter Final Repechage
Repechage:	last 8 repechage	last 8 repechage	last 8 repechage	last 8 repechage	last 8 repechage	last 8 repechage
Bronzes:	2 Bronze	2 Bronze	2 Bronze	2 Bronze	2 Bronze	2 Bronze
number of athletes (per category per country)	no limit	max. 2 per country (not exceeding the total number of 9 men & 9 women/ 10 m & 10 w in case of WCJ)	max. 2 per country max. 4 domestics (best 2 for ranking list)	max. 2 per country max. 4 domestics (best 2 for ranking list)	no limit	max. 2 per country (not exceeding the total number of 9 men and 9 women per country)
1st place	100	700	700	1000	1800	2000
2nd place	70	490	490	700	1260	1400
3rd place	50	350	350	500	900	1000
5th place	36	252	252	360	648	720
7th place	26	182	182	260	468	520
1/16th	16	112	112	160		320
1/32nd	12	84	84	120		240
1 fight won	10	70	70	100		200
participation		6	6	10	200	20
Total			100,000 USD	150,000 USD	200,000 USD	1,000,000 USD
1st			3,000 USD	5,000 USD	6,000 USD	USD
2nd			2,000 USD	3,000 USD	4,000 USD	USD
3rd			1,000 USD	1,500 USD	2,000 USD	USD
3rd			1,000 USD	1,500 USD	2,000 USD	USD



IJF RULES EXPLANATION (updated 13 January 2020)

Teams World Ranking List

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

Placing	Continental Championship points	World Championship points
1st place	700	2000
2nd place	490	1400
3rd place	350	1000
5th place	252	720
7th place	182	520
1/16th	112	320
1/32nd	84	240