

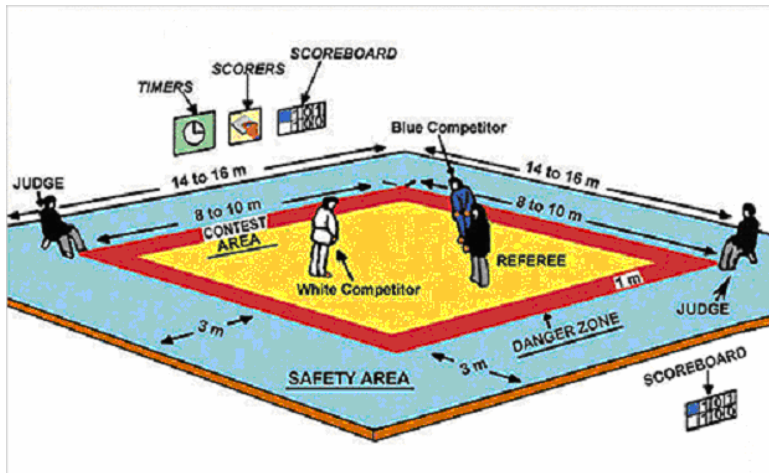


## Tournament Guide for Beginners and Parents

### Start of a Contest

Prior to a contest, one contestant is assigned a blue sash to wear in addition to his belt and/or he will be asked to wear a blue Judogi. Each contestant must bow before entering the competition area. Bowing in Judo signifies respect and courtesy for each other as opponents, and to the institution and rules of Judo, which fosters fair play and sportsmanship.

The contestant must walk to the outside edge of the contest area (outside edge of the red mats) on his respective side (white or blue) and bow again. He must proceed to his designated colored line (white or blue). With the feet close together, the contestants must bow to each other and take one step forward with the left foot first then the right and the feet slightly apart. This stance shows that he is ready to begin. The referee will announce "HAJIME" (begin) to start the contest.



### Objective

In Judo competition, the objective is to score an *IPPON* (one full point). Once such a score is obtained the competition ends. An *IPPON* can be scored by one of the following methods:

- Executing a skillful throwing technique which results in one contestant being thrown largely on the back with considerable force or speed.
- Maintaining a pin for 25 seconds.
- One contestant cannot continue and gives up.
- One contestant is disqualified for violating the rules (*HANSOKU-MAKE*).
- Applying an effective armbar or an effective stranglehold (this does not usually apply for children).
- Earning two *WAZA-ARI* (half point). A *WAZA-ARI* can be earned by: 1) a throwing technique that is not quite an *IPPON* (for example the opponent lands only partly on the back, or with less force than required for *IPPON*); 2) holding one contestant in a pin for 20 seconds; or 3) when the opponent violates the rules (*SHIDO*) three times.

If the time runs out with neither contestant scoring an *IPPON*, then the referee will award the win to the contestant who has the next highest score. For example a contestant with one *YUKO* would win against an opponent who scored 4 *KOKA*'s.





## Scoring in a Contest

### Scores

- *IPPON* (full point)
- *WAZA-ARI* (almost *IPPON*, half point)
- *YUKO* (almost *WAZA-ARI*)
- *KOKA* (almost *YUKO*)

### Penalties

- *HANSOKU-MAKE* (very serious violation, disqualification)
- *SHIDO* (minor violation, *KOKA* to the opponent the first time, then increasing score each time)

### Examples of Common Penalties:

- To intentionally avoiding to grip in order to prevent action in the contest
- To stand in an excessively defensive posture
- 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 attacks)
- To stand, both feet completely within the red "danger" zone
- To intentionally disarrange his own Judo gi or to untie or retie the belt or the trousers without the referee's permission
- To put a hand, arm, foot or leg directly on the opponent's face
- Doing dangerous moves to intentionally cause harm to the opponent
- To disregard the referee's instructions
- To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest

### Scoreboards

There should be one or two scoreboards to show the state of play. Because in Judo it is always the highest quality score that wins, the score-board is laid out left to right to show the scores like a number.

| WHITE       |      |      | BLUE        |      |      |
|-------------|------|------|-------------|------|------|
| WAZA<br>ARI | YUKO | KOKA | WAZA<br>ARI | YUKO | KOKA |
| 1           | 0    | 0    | 0           | 3    | 1    |

Looked at in this way, the score is 100 to 31: white's single *WAZA-ARI* beats the lesser quality of blue's 3 *YUKO*'s and 1 *KOKA*. The *IPPON* score is not shown on the scoreboard because there can only be 1 *IPPON* and scoring it ends the match.



## Basic Referee Signals



IPPON

**IPPON** (full point): Opponent is thrown on the back with force, or held under control on the mat for 25 seconds.



WAZA-ARI

**WAZA-ARI** (near *IPPON*): Throw is not completely successful, or opponent is held under control for at least 20 seconds.



YUKO

**YUKO** (almost *WAZA-ARI*): Throw is partially successful, or opponent is held under control for 15 to 20 seconds.



KOKA

**KOKA** (almost *YUKO*): Opponent is thrown with some force but not on the back, or opponent is held under control for at least 10 seconds.



OSAEKOMI

**OSAEKOMI** (mat hold begins): Opponent is held under control on his or her back and the time starts.



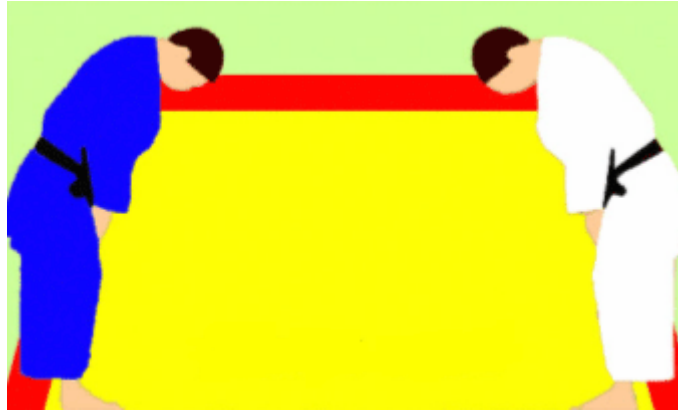
MATE

**MATE** (stop): Match is stopped temporarily and the time clock pauses.



## End of a Contest

The referee signals the end of a contest by calling “*SOREMADE*” (that is all). Each contestant must neatly fix his Judo gi and belt and return to his designed colored line (blue or white). He must stand in front of his line, face his opponent and wait until the referee announces the winner by raising his left or right arm on the same side of the winner. The contestants must step back with the right foot first then the left, keeping both feet close together and bow. Each contestant must leave the competition area the same way he came, bowing again at the edge of the contest area (the outside edge of the red area). The blue sash must then be returned to the scoring table.



*For the complete rules, go to the International Judo Federation website at [http://www.ijf.org/rule/rule\\_referee.php](http://www.ijf.org/rule/rule_referee.php)*

