JUDO FOR ALL

SLOVENIA

Traditional Judo Competition Rules

SLOWJF – Technical Committee

Edition – 2025

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Foreword:

These contest rules are based on rules the utilised by the European division of the World Judo Federation (WJF). It follows the expectations of judo as taught by Professor Jigoro Kano. The rules represent a guide for the way we must teach, train and educate our students to reflect the aims and objectives of traditional judo.

The SLOWJF competition rules apply to all regional and national competitions. These rules originate from the traditional Kodokan judo and support the philosophy of judo that we practice in our dojos. The rules correspond with the way we practice and teach our judo.

Our Aim

- To practice Traditional Kodokan judo whilst displaying traditional values, etiquette & formalities for a better education.
- Allow and encourage the integration of groundwork in competitions.
- Encourage upright judo with normal traditional lapel sleeve hold and Shizen hontai. (Basic natural posture)
- Encourage the use of "randori no contest" that is to encourage the use of judo techniques, cunningness and skill rather than brute force.
- Simplify the contest rules of judo, helping the competitor and the referee to further understand the concept of traditional judo.
- We aim to discourage negative judo.
- Dissuade holding around the neck, techniques where players have their heads driven into the mat, pulling opponents down onto the mat, and dropping on both knees to execute techniques.
- To reinstate and promote judo discipline, tradition, and formalities, treating judo as both a Martial Art and a Sport.
- The SLOWJF conducts modified rules for children. It has always been the belief of the SLOWJF that Judo is a recreation & sporting activity that should be enjoyed by the people participating in it, especially children. The SLOWJF aims to promote Judo in a safe environment by applying modified age/weight groups & rules to the Junior divisions.
- Uphold the concept of traditional Kodokan judo & place trust and give respect back to the referee and judo organisations.
- It is hoped that all SLOWJF Associations adopt and accept a contest system that is of tradition and value; it raises the standard and expectations of judo as taught by Professor Jigoro Kano and many past masters. At the same time, the rules represent a true guide for the way we teach, train and educate our students reflecting the true aims and objectives of judo.
- In short, we aim to create a more level playing field for all judoka, to experience and enjoy all that judo has to offer.

Section 1: The Arena

The judo arena must be of a secure construction inclusive of change rooms with showers for both male and females. It should have separate toilet facilities providing for disabled access and have ample parking facilities with accessible fire exits.

Section 2: Competition Area

a. The actual contest area should be a minimum of 8m x 8m and maximum of 10m x 10 m. In addition there will be a safety area of at least 2m surrounding the contest area.

b. Mat area: The mats should be of a high standard competition grade compressed foam covered in vinyl or similar material or traditional style straw tatami and must comply with a minimum standard thickness of 30-40mm. The mats generally measure one metre by two metres in size. They must be firm under foot and have the property of absorbing shock during Ukemi. They must not be slippery nor too rough. The mats must be aligned without space in between, have a smooth surface and fixed in such a way that they will not move.

c. Where two mat areas are joined, a minimum of 3m to 4m safety area should separate the two contest areas.

Section 3: Judogi

a. The competitors shall wear an **all white** traditional judogi that must be clean and in good condition for contest. The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 centimetres at the level of the bottom of the rib-cage. The sleeves of the jacket must reach to the wrist joint at a maximum and 5 centimetres above the wrist joint at a minimum. A space of 10-15 centimetres shall exist between the sleeve and the arm (inclusive of bandages), along the entire length of the sleeve.

b. The judogi must not have any rips or tears and must be fit for its purpose i.e. to be loose and allow flexibility in order to let the opponent to take a safe hold. In addition, the **thickness** of the jacket lapel must not be so thick to prevent or make it difficult for the opponent to take a hold preventing the function of Shime Waza (Strangulation techniques). Any contestant found to have such a jacket will not be permitted to fight, unless it is replaced with an appropriate jacket;

c. The trousers must be free of any markings, shall be long enough to cover the legs and at a maximum reach to the ankle joint and at a minimum be no more than 5 centimetres above the ankle joint. A space of 10-15 centimetres shall exist between the trouser leg and the leg (inclusive of bandages) along the whole length of the trouser leg.

d. A strong belt, 4 to 5cm wide, whose colour corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot tight enough to prevent the jacket from being too loose and long enough to go twice around the waist leaving 20 to 30cm protruding from each side of the knot when tied.

e. In addition to these requirements, only female judoka will be permitted to wear a clean white plain T-shirt or leotard under their judogi. Male judoka will be permitted to wear a plain white T shirt, only for medical conditions, which will require authorisation prior to the competition.

f. Only two badges or logos will be permitted on the judogi for competition. Manufacturer's insignia like shoulder stripes will be permitted, although anything deemed to be excessive will be disallowed.

Section 4: Hygiene

The competitors shall enter tournaments in a clean state, with short cut finger and toe nails to prevent injury. Competitors will wear all white judogi with no sharp objects or body piercings. Any piercings are to be removed prior to contest. Long hair is to be tied up with a soft hair band, and competitors must be free of body odour.

Section 5: Referee & Judges

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

Generally, the centre referee should stay within the contest area whilst controlling the bouts. Their role is to administer judgment and decisions on the contestants and make sure that all the decisions are recorded correctly with the scorers and time table officials. Their role is to also impose the correct contest rules set by the SLOWJFand to make sure safety on the mat is maintained. The referees and judges shall be qualified and meet the standards of refereeing as set by the SLOWJF.

Section 6: Time table officials

a. The time keeper official table will be positioned outside the contest area and will function directly opposite the referee, and should be positioned so that it is visible to all.

b. The time keeper table should comprise of a minimum of three (3) officials per mat; one on the scoreboard, one with a manual time clock and the other working on the score sheets.

Section 7: Competition Rules

1. The only scores utilised by the SLOWJF are Yuko, Waza-ari and Ippon.

2. Contestants shall follow a traditional Ritsurei (Standing bow) salutation, Rei, before and after their contest *followed by shizen hontai (basic natural standing posture prior to contest).*

3. Contestants must take hold of each other within three – five seconds from the standing bow.

4. There will be **No** side mat coaching permitted at any time for cadet & senior groups.

5. Competitors are required to remain within the contest area at all times. There rules regarding 'Dynamic Edge' do not apply in these rules and therefore are not utilised. If in the opinion of the referee and or corner judges, a player commences a throw from inside the contest area and the opponent lands outside of the contest area then the score will be valid (Jonai).

6. If a technique has commenced inside the area but the momentum and effect of that technique fails to be completed as a throw at any time before leaving the contest area or once either player is outside of the area, matte will be called and no score given (Jogai).

7. No holding around the neck or restricting (in a headlock fashion) your opponent from functioning.

8. The dropping onto both knees at the same time prior to the execution of a throw will not be permitted and invalid for players in Under 10 year age divisions (eg; Seoi Nage). Drop Seoi Nage type techniques are permitted for all groups over 10 years of age.

9. The breaking of the grip by foot or leg will not be permitted.

10. Under 10 year no leg locking permitted

11. Throwing sacrifice techniques will be permitted.

12. All direct attacks or blocking with one or two hands/arms below the belt is prohibited unless the criteria as set out in items 13 & 14 exist. Shido penalty to be applied.

13. Grips of the legs are allowed after initiating a real technique and transitioning into another technique as long as it is in sequence of the first attack (Combinations).

14. Grabbing/touching of the legs is permitted in situations where the opponent makes an attack first and it is in immediate response to the initial attack (Counter-attacks).

15. Kani Basami and Kawazu Gake are banned techniques and not permitted.

16. Preventing the opponent from taking hold will result in Shido.

17. Extreme Defensive Position: Forcing your opponent to bend forward must be followed with an immediate attack otherwise Shido will be called.

18. Where in the opinion of the referee (s), a player deliberately steps out of the contest area, they will be penalised with a Shido penalty.

19. Where in the opinion of the referee (s), a player deliberately pushes their opponent out of the contest area, they will be penalised with a Shido penalty.

Section 8: Scores & Points

a. Ippon score is ten (10) points

b. Waza-ari score is seven (7) points

c. Waza-ari Awasete Ippon - Two Waza-ari scores are equal to one Ippon (10)

d. Yuko score is five (5) points

e. Ippon will be scored from any accumulation of scores either from standing or groundwork.

f. Yusei-gachi score is equal to 1 point. Yusei-gachi is awarded to a player after a majority of three 'Hantei' decision has been made.

g. Kinsa is any attack or control towards a contestant not deserving of a score. Although not being sufficient enough to be assessed as score; it is a technical advantage both in Tachi-waza as Newaza.

- The Kinsa is not recorded on the scoreboard, and the referee will not announce or make any gesture. The Kinsas are only be taken into account in the event of a Hantei decision being required after the "Golden Score" time has expired. The Kinsas are cumulative and the Referee and Judges shall take into consideration not only the number obtained, but also the best technical level obtained.

Section 9: Osae Komi Waza

a. 15 seconds to 19.99 seconds hold down will be scored Yuko 5 points
b. 20 seconds to 24.99 seconds hold down will score Waza-ari 7 points
c. 25 second hold down will score Ippon 10 points

The Referee shall announce Osaekomi when:

1. The contestant being held must be controlled by their opponent and must have their back, both shoulders or one shoulder in contact with the Tatami.

2. The control can be made from the side, from the rear or from on top.

3. The contestant applying the hold must not have their leg(s) or body controlled by their opponent's legs.

4. At least one contestant must have some part of their body touching the contest area.

5. The contestant applying the hold must have their body in either the Kesa or the Shiho position, i.e. similar to the techniques Kesa-gatame or Kami-shiho-gatame.

Practical Application of Osaekomi:

a. Should a contestant who is controlling their opponent with an Osaekomi-waza, change without losing control, into another Osaekomi-waza, the Osaekomi time will continue until the announcement of Ippon (or equivalence), Toketa or Matte.

b. If the contestant who is in an advantageous position commits an infringement deserving a penalty, the Referee shall announce Matte, return the contestants to their starting positions, award the penalty (and any score from the Osaekomi), then recommence the contest by announcing Hajime.

c. If the contestant who is in a detrimental position commits an infringement meriting a penalty, the Referee shall award the penalty whilst the hold down continues. However, should the penalty to be awarded be Hansoku-make, the Referee shall, after announcing Sono-mama, consult with Judges, announce Matte to return the contestants to their starting positions, then award Hansoku-make and end the contest by announcing Sore-made.

d. If both Judges agree that an Osaekomi exists, but the Referee has not announced Osaekomi, they shall make the Osaekomi gesture and, by the "majority of three" rule, the Referee shall announce Osaekomi immediately.

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

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

g. In situations where the back of the contestant being held is no longer in contact with the Tatami, (e.g. "bridging"), but the contestant applying the hold maintains control, the Osaekomi shall continue.

Section 10: Shime Waza and Kansetsu Waza (Strangles and Armlocks)

a. Ippon shall be scored for any submission.

b. Armlocks and Strangles will not be permitted in contest for anyone who is under 10 years of age.

Section 11: Penalties

a. There will be two (2) distinct categories of penalties – **Shido & Hansoku make**.

b. Where an act is deserving of a Shido penalty, the first Shido awarded to each player is a free warning.

c. A second Shido will be scored as **five** (5) points against giving the opponent a Yuko score.

d. The awarding of a second Shido automatically reflects on the opponent's technical score. With subsequent Shidos, the previous score corresponding to the earlier penalty is removed and the next higher score shall be recorded.

e. A third Shido will be scored as **seven** (7) points against giving the opponent a Waza-ari score.

f. A fourth Shido will result in the loss of the contest (Hansoku make) and the opponent awarded an Ippon win with ten (10) points.

g. Hansoku make disqualification **ten (10)** points against. (Hansoku make can instantly be awarded for any serious infringements during the contest which may put a contestant in danger, threatened or may cause serious injury).

h. A majority decision of three (3) referees is required before a Hansoku make penalty is awarded. Where only 1 referee is presiding in a bout, deliberation with the 'Table Referee' or Referee Director needs to occur before issuing a Hansoku make penalty.

i. If no technical score has been awarded during the contest, the Shido penalty awarded will be used to determine the winner. For example if one player has a Shido penalty and the other does not, then the player with the penalty will lose. This will prevent the need for a golden score time extension or Hantei decision.

j. Whenever a Referee awards a penalty, they should demonstrate with a simple gesture the reason for the penalty.

Should the Referees Commission also determine that the behaviour of a player is offensive, disorderly or detrimental to the image of the event or the sport generally, then that player may be excluded or prevented from further competing in the tournament.

Section 12: Penalty Groups

12.1 Shido (Minor Infringements)

12.1	(a)	To intentionally avoid taking grip in order to prevent action in the contest.
12.1	(b)	To adopt in a standing position, after taking grip, an excessively defensive posture (more than 5 seconds).
12.1	(c)	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.
12.1	(d)	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).
12.1	(e)	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 end(s) or to hold the opponent's sleeve end(s) between the thumb and the fingers ("Pistol" grip) or to hold the opponent's sleeve end(s) by folding it over ("Pocket" grip).
12.1	(f)	To insert a finger/fingers inside the opponent's sleeve or bottom of their trousers.
12.1	(g)	To deliberately place a hand, arm, leg or foot directly onto an opponent's face.
12.1	(h)	To encircle the end of the belt or jacket around any part of the opponent's body.
12.1	(i)	Failure to attack for more than 15 seconds (non-combativity).
12.1	(j)	To deliberately break their opponents grip aggressively on repeated occasions.
12.1	(k)	To hold on with outstretched arms, or stiff arms in order to prevent the opponent from attacking and engaging in judo – (negative judo).
12.1	(l)	To hold the opponents leg or pants or belt for 5 seconds or more without making an attack.
12.1	(m)	Keep pulling downwards in an aggressive manor without attempting a technique.
12.1	(n)	Loss of temper and the use of bad language.
12.1	(o)	To break opponents grip by means of kicking or by using the knee or leg or using two hands or to bend back the opponent's finger(s) in order to break their grip.
12.1	(p)	To attack opponent with **Morote-Gari** before taking hold first. (Both arm and leg grab).
12.1	(q)	To pull the opponent down in order to start Newaza without applying any throwing technique.
12.1	(r)	Repetitive failed leg sweeping, which results in Kicking.
12.1	(s)	To grab the opponents legs as outlined in Section 7 – Item 12 (unless the criteria as outlined in Section 7 items 13 & 14 exist).

12.1 (t) To go outside the contest area or intentionally force the opponent outside the contest area either in standing position or in Newaza.

12.1 (u) To hold with two hands on one side of the opponents jacket for more than 5 seconds.

12.1 (v) To take the Judogi in the mouth. (either his own or his opponent's Judogi).

12.1 (w) To apply Shime-waza using the bottom of the jacket or belt, or using only the fingers.

12.1 (x) To put a foot or a leg in the opponent's belt, collar or lapel.

12.1 (y) To apply leg scissors (Do-jime) to the opponent's trunk, neck or head. (Scissor with crossed feet, while stretching out the legs) or to apply any leg locks.

12.1 (z) Intentionally disarrange his own Judogi or to untie or retie the belt or the trousers without the Referee's permission.

12.2 Hansoku make (Disqualification)

Hansoku make is awarded against a contestant who has already been penalised with three Shido penalties but continues to further violate the rules. Alternatively, Hansoku make can be **immediately** awarded against a contestant who may commit a *serious infringement* against the rules and inflict potential injury to their opponent. The Referee will use their own judgment during contest to determine whether a violation of the rules had occurred for the following:

12.2 (a) To apply any action deemed to be dangerous as to possibly cause serious injury, particularly, to the opponent's neck or spinal vertebrae.

12.2 (b) To fall backwards with intent, while opponent is holding onto the contestant's back.

12.2 (c) To strike out with verbal abuse to the opponent, referee, and officials at the time of contest.

12.2 (d) To behave in a manner that is against the spirit of Judo; (disrespectful, offensive, threatening) towards the opponent, referee, officials or others at the time of the contest.

12.2 (e) To deliberately disregard the instructions and the rulings of the referee.

12.2 (f) To deliberately lift an opponent off the mate whilst they are lying flat on the mat, and then drop or drive them back onto the mat. (not accidental).

12.2 (g) Applying any pressure to the neck or spine, i.e. overstretching opponent's spine or placing both legs around the opponent's neck.

12.2 (h) Use of mouth for biting the opponents body.

12.2 (i) To deliberately pull the opponents hair.

Where a player receives a **Hansoku make** penalty, they shall be disqualified for that contest only and not for the entire tournament. However, should any player receive **Hansoku make** for a serious, dangerous or deliberate breach of the rules, then the Referee's Commission reserves the right to ban the player for the whole tournament.

Section 13: Elements of a Score

a. **Ippon:** is scored when uke is clearly thrown with control largely onto their back with considerable speed and force.

Ippon may also be scored when uke has been held down onto their back for the period of 25 seconds or has submitted to any shime or Kansetsu Waza technique. All situations of landing in the bridge position will be considered Ippon.

b. **Waza-Ari:** 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. The three (3) Elements = largely on the back, speed & force. 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. Should one contestant have been penalised three (3) shidos, the other contestant shall receive waza-ari immediately.

c. **Waza-ari-Awasete-Ippon:** Where the referee has scored two Waza-ari shall call **Waza-ari** Awasete **Ippon** 10 point win by accumulation of two 7 score wins. (Waza-ari is the only score that is allowed to be accumulated).

d. **Yuko:** 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: *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". Largely on the back but partially lacking in both of the other two (2) elements of "speed" and "force".* 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. Should one contestant have been penalised two (2) Shidos, the other contestant shall receive Yuko immediately.

e. **Yusei-gachi;** (Win by superiority) where no score has been awarded to either of the contestants, the referee will then award Yusei-gachi to the winning candidate. - Equal to 1 point score.

f. **Sogo-gachi:** Where a contestant has been penalised with three (3) Shido penalties and further violates the rules, the referee will retire the contestants to the centre of the mat and award Hansoku make (Ippon to the winning contestant who has not incurred any or lower penalties). Sogo –Gachi win by Disqualification – 10 points awarded to the winner.

g. **Osaekomi:** Shall be called when in ground work when a contestant is securely holding and controlling the opponent on their back and shoulders.

h. **Toketa:** Hold down Broken is called when the contestant manages to escape from the hold down by either turning off their shoulders or engage in the entanglement of tori's legs. Toketa is called where it is clear that Tori loses control of Uke.

i. **Fusen-gachi:** (Win by default) If a contestant fails to appear for their contest when called, for any reason then the referee shall award the opponent in waiting Fusen-gachi. Fusen-gachi may also be awarded to a contestant who is injured by their opponent and is unable to continue and their opponent is found to be at fault.

j. **Kiken-gachi:** (Win by withdrawal) should a contestant decline to compete for any reason and withdraws during the contest, the opponent will be declared the winner by Kiken-gachi win by withdrawal.

k. **Doji Ippon:** (Simultaneous Ippon) in unusual cases when opponents score Ippon by throwing each other simultaneously, **no score** will be awarded, and the contest will continue. If no further score is achieved and the contestants obtain the same result then Yusei-Gachi (win by superiority) will be called. In cases of team competition only, Hikiwake (Draw) may be used.

l. **Maitta:** (verbal submission - give up) when Maitta is called by the contestant, Ippon will be awarded to the opponent.

Section 14: Children

The SLOWJF conducts modified rules for children. It has always been the belief of the AKJA, that Judo is a recreation & sporting activity that should be enjoyed by the people participating in it, especially children. The SLOWJF aims to promote Judo in a safe environment by applying modified age/weight groups & rules to the Junior divisions. This means that the children U10yrs compete in 2 year age groups with corresponding weight divisions – where possible. Those children 10yrs and over but U16yrs, compete in 3 year age groups. The minimum competitor age is 6 years old. Junior age groups are as follows:

6 & 7 yrs **8 & 9 yrs** **10, 11 & 12 yrs** **13, 14 & 15 yrs**

a. All children **10** years old and above will be permitted to use Armlocks and strangles. Children under **10** years will not be allowed to use Armlocks or strangles/chokes.

b. **SLOWJF's child protection policy** will be applied at all times and safety will always take precedence in all decision making.

c. On occasion, junior age groups may be combined at the discretion of the Tournament Director.

The SLOWJF acknowledges that there is an increase in civil & criminal litigation coupled with the liability borne by its Officers, Referee's & Officials in cases of perceived "negligence". Therefore, in the interest of player safety and risk management, the following applies to junior competitors:

1. ***Drop Seoi-Nage*** (on either 1 or 2 knees) or any other throw where the player drops to both knees to execute the technique is banned outright for players U13yrs. **Hansoku make**

2. ***Koshi Guruma*** or any other technique where Tori has their opponents neck encircled with an arm and winds Uke to the ground:- (U13yrs) **Hansoku make** (If tori executes the throw in a standing position without going to the ground and with control, the throw will be scored.)

Please be aware that **Hansoku make** penalties will be given where any player executes a technique that causes their opponents head to be driven into the ground, especially where there is no obvious control during the execution of the throw. This applies to both Tori and Uke.

14.1 Junior Modified Scoring System – U13yrs

The AIM:

The aim of doing so is to enhance enthusiasm, increase physical activity and encourage the participation of younger players in competition, whilst keeping the activity - fun. The new addition to the modified rules for the Sub Yonen groups is designed to remove the pressure from the young to just win but at the same time reward players for trying better techniques.

The RULES:

Instead of awarding a match when one competitor achieves an Ippon score, the idea is to encourage the young players to do more techniques and get a higher number of scores. Sometimes at the younger ages, it doesn't take much for an opponent to fall over in such a manner that an Ippon is awarded, thus ending the bout relatively quickly. Although this is in the spirit of competition, it doesn't serve to teach the

young kids much about the sport; meaning that in some cases, it is over before it has really started. Therefore the modified scoring system should give players a better chance to score instead of walking away dejected as sometimes happens. There can only ever be one winner and always one looser, but this system is designed to encourage better participation and enjoyment for the kids.

Scoring for players, accumulates until either one of the players achieves 2 Ippons (contest is over) or the siren sounds. The contests are continuous time (2 minutes continuous) and scores are counted in point form as follows:

Ippon:	**10 points**
Waza Ari:	**7 points**
Yuko:	**5 points**
Yusei-gachi (Decision)	**1 point**

Working out who the winner is will depend on which player has the higher number of scores. In a round robin tournament where two players have equal wins, then the player with the most points will win on count back.

1st example: *Any player scoring 2 Ippons will win the bout before the end of the contest time. 2 Waza Ari's convert to an Ippon and are scored as such for the point scoring.*

2nd example: *If one player has 1 Ippon and 1 Waza Ari and the other player has 2 Waza Ari' (Waza-ari awasete Ippon), the first player wins. Where there is a need to decide a weight division by points, then in this example, the first player has 17 points and the other 10 points. The player with 17 points wins.*

3rd example: *One player has 1 Ippon, 1 Waza Ari & 3 Yukos and the other player has 1 Ippon & 2 Waza Ari's, then the player with Ippon & 2 Waza-Aris wins as the 2 Waza Ari points equate to an Ippon, thus giving the player a win by 2 Ippons.*

4th example: *One player has 1 Ippon & 3 Yuko's and the other has 2 Waza Ari's & 3 Yuko's, then the scores are even. Two waza-aris convert to an Ippon which is scored as 10 points. In this example, Golden Score would need to be applied and a Hantei decision if necessary*

PRACTICAL APPLICATION OF THE SCORING:

This system encourages the junior player to continue their Te-Waza techniques into Ne-Waza techniques however where one player has thrown their opponent to the ground and been awarded an Ippon score, matte will be called and both players will be stood up so the Ippon score can be awarded. The match is then re-started.

Similarly, if the player is scored a Waza-Ari for the throw and follows it to the ground and applies a ground hold, the Osaekomi is allowed to continue to 25 seconds. This will give the player an Ippon score for the ground hold as well as the Waza-Ari for the initial throw. If the hold is stopped at 20 seconds and awarded *'Waza-Ari'*, then the score is converted to Waza-Ari Awasete Ippon.

DELAY DURING CONTEST:

Where there is a delay during a contest -eg; players adjusting their Gi's or any other reason where a lengthy delay may occur, - signal *'Matte'* to the time keeper and request that they stop the clock. Once you are ready to continue, re-commence the bout by calling *'Hajime'*.

IMPORTANT:

This initiative is about encouraging the younger players to attempt their techniques in an environment which rewards them for doing so but whilst having fun at the same time. It is designed to promote a better application of techniques by relieving the pressure of "the 1 Ippon wins the tournament" stress.

Section 15: Contest Procedure

a. A valid and up-to-date licence must be shown prior to competition. If the licence has expired the contestant will not be permitted to compete.

b. Weighing in: – Minimum dress is Judo-gi pants for male and Judo-gi pants & t-shirt for females. Stripping to underclothing will not be permitted.

c. Competitors will present themselves on the mat area to register and for inspection. On entering the contest area you will be requested to wait in line on the edge of the mat. You will be identified, and whilst there the contest regulation will be summarised.

d. All competitors will then be allowed to warm up before competing.

e. The referee will stand opposite the competitors who will line up. After the call of Shimban Ni Rei, all competitors shall perform a standing bow to the referee who at the same time returns the salutation. The competitors will then retire to their allocated position where they will wait to be called for their contests.

f. The referee will then position himself in the middle of the contest area facing the time table officials who will then call for the first two competitors to come forward for contest.

g. The first name which is called out will wear a red sash/belt and the second name being called out will wear a white sash/belt. The scoring board will indicate the scores of both the red and the white contestant.

h. **The commencement of the contest:** When the two contestants are called they will both stand at each side of the contest area on either side of the table officials. The referee will signal them to walk on the outside perimeter of the safety area stopping opposite each other by their respective starting position in a shizen hontai (natural standing posture. They wait once again until the referee instructs them to meet in the centre contest starting position once again in a Shizen hontai posture. The contestant wearing the red belt will enter the designated red side which will be visibly marked. This procedure shall be reversed when the contest is over.

i. **Hajime:** The referee shall call Rei to both contestants. Both contestants will then make a formal ritsurei standing bow and will then, take one small step forward, leading with their left foot to stand in a shizentai hontai posture. The referee will then step forward with his right foot and will call Hajime for the start of the contest.

j. **Matte:** Matte (stop) can be called at any time during the contest at the discretion of the referee, for safety or for the awarding of decisions. At that precise time, the timekeeper will immediately stop the clock. The referee will indicate Matte by raising their right arm palm forward to indicate that the timing has to be halted. The Referee shall announce MATTE (Stop) to halt the contest. The amount of time that the contest is halted shall not count as part of the contest time, and therefore the contest time clock will also be halted. (Jikan)

Matte is called when:

1. For safety reasons on the mat
2. A Contestant commits a prohibited act
3. A Contestant is required to adjust their Judogi
4. The Contestants are have stepped out of the contest area
5. Injury, accident or difficulty occurs
6. When Groundwork becomes inactive

7. When from groundwork one contestant manages to stand up
8. When addressing the time table officials
9. Non activity
10. Awarding of scoring or penalties

k. **Contest finish (Soremade):** at the end of the contest the contestants will retire to their original starting position. The referee will then stand between the competitors by stepping forward with the right foot, and raising either arm upward in the direction of the victor to announce and indicate the result of the contest. The referee will then return to their original position by stepping back on with the left foot calling Rei to finish. The competitors will be expected to Rei to each from a ritsurei formal standing bow, and then retreat by walking backwards out of the contest area in a slow controlled manor.

Section 16: Bad behaviour

1. Violence, abuse and threatening behaviour toward any official will not be tolerated; anyone or any club that exhibits such conduct will be immediately disqualified, and can be banned from future competitions.

2. Drugs: Any Judoka found to be taking any form of illegal substances, including performance enhancing drugs will be immediately disqualified, subjected to future bans and may even face legal action.

3. Anybody found to contravene the competition requirements can, and will be refused the right to compete.

Section 17: Referee Director (Senior Referee)

This is the most senior referee and the highest authority at any tournament. The Referee Director shall be of experience and represent the SLOWJF (Organisation), its policies and the general guidance in all disputes. Any complaints or queries are to be addressed to the Referee Director. If any individual is dissatisfied then they put it in writing addressed to the head office where the technical committee will address the complaint or query. The Referee Director is appointed by the SLOWJF Executive Committee.

Section 18: Contest time

a. Contest times allocated for each category will be decided prior to the commencement of competition and all competitors will be notified. The following are recommended contest times but may be subject to change.
    1. Children less than 10yrs - 2 minute continuous contest time
    2. Children over 10yrs but under 16yrs - 3 minute contest time
    3. Cadet 16yrs to under 18yrs - 4minute contest time
    4. Seniors (16yrs +)- 5 minute contest time
    5. Masters (30yrs +)
        i. U40yrs - 3 minutes stop/start
        ii. Over 40yrs – U50yrs – 3 minutes continuous
        iii. Over 50 yrs – 2.5 minutes continuous

Unless directed otherwise, the times of each contest excludes any stoppage time. When Matte is called, the clock will be stopped. On occasion, some groups may be held as 'continuous time' bouts. In this event, the clock will only stop when the referee indicates to the time keeper for it to stop.

- **Yuko:**
  The referee shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body. The movement should commence at chest level and then wipe down to the side at 45 degrees.

- **Yusei Gachi:** - Win by one point by superiority;
  The referee will raise one hand upwards and in the side of the winning contestant, indicating the winner.

- **Hansoku make:** - Disqualification;
  In the event a Hansoku make penalty is awarded, the referee will call Matte, return the contestants to the starting position; step in front of the offending player and point at them with the four fingers, thumb closed indicating Hansoku make. The referee then steps back into the normal starting position and awards Ippon to the winning contestant.

- **Shido:** - Penalty score;
  The referee will call Matte, return the contestants to the starting position then point to the accused contestant with the index finger extended and remaining fingers & thumb closed indicate to the player receiving the penalty.

- **Osae komi:** - Hold down in progress;
  The referee will stand above the contestants with one hand extended above the contestants; palm downwards to indicate hold down is in progress.

- **Toketa:** - Hold down broken;
  The referee will indicate that the hold down has been broken by announcing Toketa and at the same time will extend one hands forward elbows bent and will wave left and right.

- **Sonomama:** - Freeze;
  The referee will extend both hands forward palms facing down then bend to touch both contestants commanding that they should freeze and not move.

- **False attack:**
  The referee will raise both hands straight forward with fists closed and with both hands make a alternate up and down motion to indicate that the technique was not valid.

- **Non Combativity:**
  The referee will bring both hands at chest height rotating the hands in a forward motion elbows bent and the palm of the hands facing the body and in doing so will point at the accused contestant for non combativity.

- **Hiki-Wake:** - Draw;
  The referee will raise their right hand up with the four index fingers pointing and thumb closed and slices downwards with their arm between the contestants to indicate a draw.

- **Yoshi:** - Continue;
  In case of groundwork or Sonomama, the referee will call Yoshi by touching both contestants with the palm of the hand and then withdrawing on the call of Yoshi.

- **Judogi Adjustment:**
  The referee will instruct the contestants to adjust their Judogi by crossing both hands, left over right at hip or belt level with the palms facing inwards.

Section 19: Applications

a. **Hajime** (begin) is called at the commencement of each bout and each time when recommencing the bout after the call of matte.

b. **Matte** can be called at any time during the contest at the discretion of the referee, for safety or for the awarding of decisions. At that precise time, the timekeeper will immediately stop the clock. The referee will indicate Matte by raising their right arm palm forward to indicate that the timing has to be halted.

c. **Sonomama (freeze)** The referee shall call Sonomama when the contestants are engaged in groundwork & or standing where judgment is required to reposition or make an adjustment of a Judogi or a relevant situation.

d. **Sore Made (Finish)** Sore Made is called by the referee when the time of the contest has expired. The time will be called and monitored by the time keeper, whereupon the referee will call Sore Made immediately.

Section 20: Medical Attention

1. The referee will stand and raise one hand straight upwards to attract the attention of the medical officer on the day.

2. Should an injury require a contestant to leave the contest area, they must do so only with the Medical attendant.

3. On the return of injured contestant the remainder time of the contest will be fought. The time away will be treated as injury time.

4. If the contestant fails to return to the contest, or if the medical officer informs the referee that the contestant is not able to continue, the referee shall make call Kiken gachi - win by withdrawal.

The Medical/First Aid Officer may recommend to the Referee Commission that a competitor be excluded from further tournament participation if they have received or are suffering from concussion or injury deemed by that Medical Officer to be detrimental to the competitor's health.

Where any player is rendered unconscious, they will not be allowed to continue in the tournament unless given a written clearance by a medical officer. All players rendered unconscious should be conveyed to a hospital or medical centre SLOWJF after the incident. Eg: Player blacks out as a result of a choke/strangle technique. The advice of the Medical Officer shall be accepted by the Referee's Commission and the player excluded from further participation until declared fit to resume competition by a Legally Qualified Medical Practitioner (in writing).

Section 21: Weight Categories

The SLOWJF utilises assorted weight and age categories for junior competitors under 16 years of age. Usually the weight groups are separated by 2 year age groups and 4-5kg weight divisions. The organisation, wether the SLOWJF or affiliate, will apply risk management strategies and best practice in the pursuit of fairness for its competitors.

The Tournament Director reserves the right in every tournament to alter, amalgamate or delete any age group and or weight division due to too many numbers or lack thereof; Should there be further weight categories required due to excessive weight differences, further categories may be added.

The SLOWJF does not discriminate ability. It becomes the instructor's responsibility to ensure that the entered competitors are sufficiently competent, fit and healthy for competition. The organisers of any competition will have the right to withdraw any competitor or team, who fail to fulfil the competition requirements or may not be fit for competition.

Senior men including Cadet weight categories
- U60kg
- U66kg
- U73kg
- U81Kg
- U90kg
- U100
- Over 100kg; and,
- Open weight.

Senior women including Cadet weight categories
- U48kg
- U52kg
- U57kg
- U63kg
- U70kg
- U78kg
- Over 78kg; and
- Open weight.

Where 'Masters' age divisions are applied, normal Senior/Cadet weight groups will be utilised up to U40 years. In age groups 40 years and over, there will be a maximum of four (4) set weight groups. Application of all Masters weight groups will be dependent on participant numbers.

Masters Weight Groups Over 40 years:

MALE	FEMALE
U73kg	U57kg
U81kg	U63kg
U90kg	U70kg
Over 90kg	Over 70kg

Section 22: Situations not covered by the contest rules

Where a situation may arise which may not be covered by the rules, a decision will be announced following a consultation with the Referee's Commission or their representative.

Section 23: Hand Signals

- **Ippon:**
  Where Ippon is scored in groundwork or standing, the referee shall raise one hand straight, directly upwards with the palm of the hand facing forward with the fingers closed together and shall call Ippon.

- **Waza-ari:**
  Where Waza-ari is scored the referee will extend his right or left hand directly sideways at shoulder level with palm down. This action should commence with the arm bent across the chest and then extend outwards at shoulder height to the side of the body.

- **Waza-ari- Awasete-Ippon:** - Where two Waza-ari are scored;
  The referee shall extend one hand directly sideways at shoulder level signalling waza-ari, and then raise the same hand directly upwards indicating an ippon gesture and announcing Waza-ari-Awasete-Ippon.

Section 24: Terminology

Rei	*Bow*
Hajime	*Begin*
Sore-made	*Finish*
Matte	*Stop*
Osaekomi	*Hold down in progress*
Sonomama	*Freeze*
Toketa	*Hold down broken*
Yuko	*5 Points*
Waza-ari	*7 Points*
Ippon	*10 points*
Waza-ari-Awasete-Ippon	*Accumulation of two Wazari equals Ippon*
Hantai	*Decision*
Yusei gachi	*Win by decision (1 point)*
Sogo-gachi	*Win by opponent disqualified (10 points)*
Hansoku make	*Disqualification(10 points)*
Hiki Wake	*Draw (no score)*
Fusen-Gachi	*Win by default (10 points) Contestant does not appear*
Kiken-Gachi	*Withdrawal win (10 points) Contestant withdraws*
Maitta	*Give up, Submission(10 points)*
Yoshi	*Continue*
Jikan	*Time out*
Shido	*Penalty*
Hansoku make	*Disqualification (10 points)*
Doji Ippon	*Simultaneous Ippon*
Ritsurei	*Standing Bow*
Shizen Hontai	*Normal standing Bow*

SLOWJF Judo Association

REFEREE GESTURES

IPPON

WAZA-ARI

WAZA-ARI Awasete IPPON

YUKO

OSAEKOMI

TOKETA

FALSE ATTACK

NON-COMBATIVITY

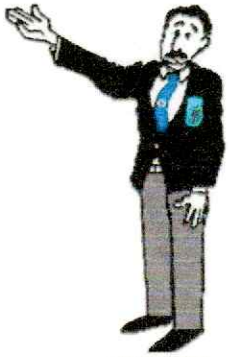
PENALTY

ADJUST JUDOGI

CHANGE OF SCORE

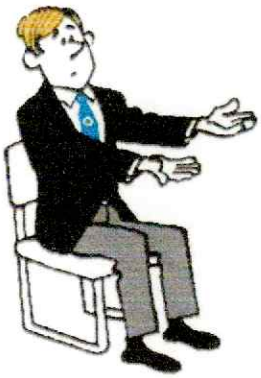
NOT VALID

MATTE

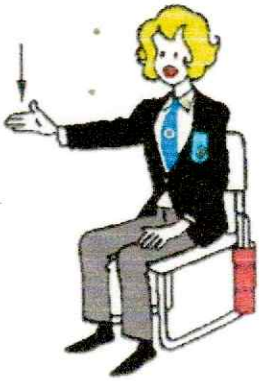


WINNER

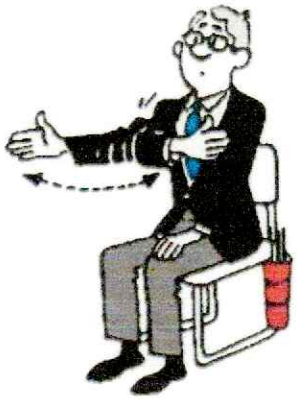
HANTEI



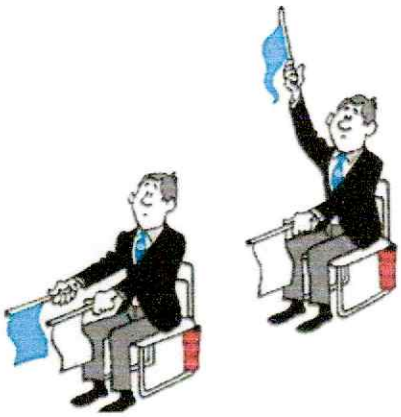
STAND UP PLAYERS



JONAI (IN)



JOGAI (OUT)



HANTEI