

**BRITISH JUDO
AMENDMENTS TO
THE IJF CONTEST
RULES**

British Judo – Contest Rule Amendments

Introduction

Scope

The International Judo Federation decides the contest rules for all international and continental events. However, it is understood that these may not be suitable for all levels of competition for a variety of reasons. Therefore, each national federation is authorised to make such adjustments as they see fit for their domestic events.

This document details the adjustments made by the British Judo Association to the contest rules and when they apply and incorporates all previously communicated amendments to the rules that are current and valid.

Application

The 'IJF Contest Rules' including officially communicated amendments are modified by this document 'BJA Amendments to the IJF Contest Rules', together they form the contest rules to be used at all BJA licenced events. Unless a specific level of event (e.g. Level 2) is mentioned, these rules apply to all levels. No other rule sets are authorised for use.

All British Judo licenced events must be run fully in line with these rules unless written dispensation has been agreed by the BJA/NRC in advance. No one is empowered to vary these rules in anyway whatsoever without the written authority of the NRC/Board.

The latest version of this document together with the current IJF Contest Rules and officially communicated adaptations are published and maintained on the BJA website and replace all previous versions. These documents shall prevail over any other documents in circulation irrespective of origin.

Abbreviations

BJA - British Judo Association, NRC - National Referee Commission, RIC - Referee in Charge

Releases to Membership

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1 Technical Restrictions

1.1 *Applicable Categories*

Technical restrictions must apply to:

- All exclusively under 12 years' categories (regardless of Level), i.e. 12 years and over excluded
- School year 7

Technical restrictions will not apply to any other categories than those described above.

1.2 *No forward throwing techniques with the hand of tori around uke's neck*

It is prohibited to apply any form of forward throwing action with the hand of tori around the back of uke's neck at shoulder level. The rule prohibits the whole hand of tori going past uke's back of neck centre line at shoulder level or higher, if the hand around the back goes past the neck centre line below shoulder level, this is valid.

1.3 *No drop-knee techniques*

It is prohibited to apply any forward throwing technique by tori dropping directly, with one or both knees, to the ground during the initial stage of the action.

Guidance: if tori takes the weight of uke on their back in a standing position and then performs any recognisable throwing action, although they fall to the ground, this will be a valid action.

1.4 *No Tomoe-nage or Sumi-gaeshi or similar techniques*

It is prohibited to apply Tomoe-nage or Sumi-gaeshi or similar techniques, this means techniques where the body of tori impacts with the tatami before that of uke and uke is being thrown with techniques such as or very similar to Tomoe-nage or Sumi-gaeshi.

1.5 *Dangerous Turnovers*

In cases where uke is lying flat on their front and tori has a grip on the collar of uke behind their neck, pinning uke's head to the mat, then proceeding to lever the leg or foot of uke and attempt to turn uke over by bringing the body directly over the head, this will be penalised. The referee is authorised to stop the contest immediately that this action becomes clear to prevent major injury to uke. For this penalty to be awarded, the legs of uke must be moving in a direction which is likely to cause uke's neck to be unnaturally bent backwards. To maintain the athletes' safety and at the same time keep the integrity of the contest, the following will apply:

- If this action is completed, the penalty given will be Hansoku-make
- If the action is started and the referee can successfully intervene before completion of the full movement, shido will be awarded.

Note: Contestants infringing any of the technical restrictions will be penalised at the appropriate level immediately every time, i.e. no "free" chances will be given. The referee should briefly explain

to the contestant the reason for the penalty on every occasion a penalty is awarded due to a technical restriction.

1.5 Shime-Waza and kansetsu-waza

Shime-waza and Kansetsu-waza will be allowed in all exclusively Cadet, Junior, Senior and Veteran competitions using the international category criteria. They may also be allowed in events for exclusively School Years 10-13.

Shime-waza and Kansetsu-waza must not be allowed in any category which is exclusively for players under the age of 16 years, or for events for School Years up to and including Year 9. This would include Pre-Cadet age bands and below.

Applying shime-waza or Kanestu-waza in a category where it is not allowed will result in Hansoku-make, whether it results in a submission or not.

1.6 Golden Score for Technical Restrictions Categories

In cases where there is no technical score difference in “technical restrictions” category contests, the process will be as follows:

- a) At the end of normal time (always 3 minutes), if there is no technical score difference but there is a penalty difference of any sort, this will be the result and the decision will be given on this basis.
- b) If all scores and penalties are equal at the end of the first 3 minutes, the golden score will proceed immediately for a maximum period of a further 3 minutes, however, the first score or penalty will end the contest immediately in the golden score period.
- c) If there is no difference in the scores or penalties at the end of the golden score period (a maximum of an additional 3 minutes), the referee and judges (if there are judges, otherwise just the referee) will decide who they believe came the closest to a technical score, the athlete deemed closest to a technical score will be declared the winner by a superiority of 1 point.

In cases where there is no technical score difference in “technical restrictions” category contests, after the 3 minutes golden score period has elapsed, the decision will be made by the refereeing team majority opinion on the following criteria:

In the case where there has been one or more Osaekomi of less than 10 seconds, the winner will be declared based on the athlete who secured the longest Osaekomi, if there is an equal amount for each athlete of the same duration, the second longest will prevail and so on. In the case where Osaekomi does not decide the contest, the decision will be based on Tachi-waza in the following order of importance:

Level 1 The athlete who came closest to scoring through a throwing technique will be declared the winner. This will be judged based on the landing being closer to a score than the other athlete achieved, usually but not exclusively to the positional landing.

Level 2 In the case where there have been no throwing actions where at least one athlete has gone to ground as a result, the match will be based on the athlete who disturbed the other athletes balance most.

Level 3 In the case where criteria one and two is too close to judge, the decision will be based on the athlete who made the best Kumi-kata application resulting in the most effective control of the opponent in the contest.

Notes

The decision-making criteria only applies to actions that occurred in the Golden Score period and will be the only criteria in all cases.

In the case of the Tachi-waza criteria, the most effective single incident in each criterion will prevail over multiples of others, also, one incident of level 1 criteria will prevail over any amount of level 2 and one incident of level 2 will prevail over any number of level 3.

2 Durations and Timings

2.1 Arrival for Contest

The time allowed to get to the start position will be three (3) calls at one (1) minute intervals, failing to do so will result in the contestant losing by Fusen-gachi.

2.2 Contest Duration

The contest duration at Cadet, Junior and Senior level will be four (4) minutes in all cases.

For all other categories, the contest duration shall be three (3) minutes, with no opportunity to change.

2.3 Rest Period

The rest period allowed between contests will be a minimum of six (6) minutes.

3 Penalties

3.1 Hansoku-make

The referee and judges should all agree before awarding a direct Hansoku-make.

There is no requirement for the refereeing team to consult with the referee in charge when they have a unanimous decision.

In cases where two of the three officials in the team strongly agree that Hansokumake should be awarded and the third disagrees, the RIC will be called for a final decision.

If any contestant receives a direct Hansoku-make, they will normally be disqualified from that contest only.

Notwithstanding the above, if all three officials agree that the action was “against the spirit of judo” then they shall recommend to the competition controller, via the table officials, that the offending contestant should not be allowed to continue in the competition. The IJF list of Hansoku-make acts considered “against the spirit of judo” do not automatically apply. British officials will apply the test below to determine if an act is “against the spirit of judo”.

Considering the experience of the athlete and the level of competition, actions will be judged against the spirit of judo where the contestant:

- shows significant disrespect or dissent
- brings, or could bring, the sport into disrepute
- acts maliciously or with undue aggression
- clearly intends to injure their opponent, or recklessly risks injury

Actions will not be judged against the spirit of judo where:

- they are accidental
- they are split-second or instinctive reactions, without intent to injure

4 Judo Uniform

4.1 Judogi Colour

British Judo permits the wearing of white and blue judogi only in competition. In no case may the contestant who is called first wear a blue judogi.

Competition organisers may specify on their entry form that either:

- Wearing of white and blue judogi is *mandatory* – judoka must have both blue and white judogi available. The first contestant called shall wear the white judogi, the second shall wear the blue.
- Where the wearing of white and blue judogi is *optional* - the second contestant called may wear either white or blue.

Where the second contestant wears a blue judogi, both contestants shall wear their grade belt.

Where both contestants wear white, the first shall wear a white belt and the second a blue belt

By exception, and generally only at Level 1 or 2 events or Dan Gradings, the referee in charge may authorise alternative belt colours be worn to facilitate the event.

4.2 Judogi Sizes

The judogi sleeves must reach to the wrist joint as a maximum and 5cm above the wrist joint as a minimum. In the case of the very young and small, the gap between the arm and the cloth or the leg and the cloth may be as little as 5cm. This will be the referees discretion based on the ability to grip.

4.3 Advertising

The same advertising rules on the Judogi apply to all levels apart from the wearing of grade badges on the front of the skirt below the belt. There is no maximum number, as long as they are not above the belt and are not sown onto any part of the lapel. Badge sizes must be adhered to, i.e. a maximum of 10cm x 10cm.

4.4 Non-Compliant Judogi

Should a contestant arrive for their contest in a Judogi that is not compliant with the rules, they will be given a maximum of 6 minutes to change in to a judogi which does comply, should they fail to do so, they will lose by Kiken-gachi.

4.5 Shin Pads

Shin pads are allowed providing they do not constitute hard objects. They must be made of soft padding and not contain hard stiffeners. They may incorporate an underfoot band but the band must be in good condition and, in the referee's opinion, sufficiently wide enough not to constitute a danger

to either athlete's fingers or toes. The shin pad must not incorporate an instep pad (which covers the top of the foot), as this pad would give an advantage to a "kicker".

4.6 Religious Headwear

International Events

British Judo do not govern Continental or International level events; therefore, should an athlete be entered into these events they will need to comply with the relevant federations rules to compete. The athlete or their representative will need to identify whether the conditions are suitable for their specific needs.

British Home Nations Events

Contestants who need to wear head covering in their normal daily routines will be allowed to do so in all British Judo domestic competitions, provided the covering meets with the following criteria:

- a. The material used shall be a clean and tidy covering which does not have any substantial safety issues giving rise to causing any injury.
- b. The headwear may not include any hard or metallic objects internally or externally.
- c. The covering will be of a single colour which is the contestant's personal choice.
- d. No additional padding or other materials will be worn inside or outside of the garment in addition to the headwear itself.
- e. The only branding or advertising that will be allowed on the head covering will be on the neck covering examples from Nike and Adidas as shown below.
- f. The headwear may not cover any part of the face (face is defined as the area in-between the forehead, chin and in front of the ears).
- g. The headwear must fit in such a way that it does not easily become dislodged and cause delays in the contest, headwear that repetitively becomes dislodged may be deemed inappropriate and not allowed.

During the contest, the following rules shall apply:

- a. Should the headwear become accidentally dislodged during the contest, the referee will allow it to be retied at the next break in the action (no advantage being disrupted) and shall not stop the contest solely for the readjusting of the headwear unless considered dangerous (in the same manner as if the belt were to become loose). For example, this may mean that in a Ne-Waza exchange that the headwear may come loose accidentally but the next opportunity to replace it (when no progression is apparent) may be over 20 seconds later. The continuity of the contest cannot be disrupted as to do so may cause disadvantage.

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- b. Should either contestant deliberately remove the headwear of either contestant without the referee's permission, this will incur a shido.

Referees are advised not to touch an athlete's headwear, nor to request its removal, a visual inspection is sufficient. The athlete should confirm, if requested, that no hard or metallic components are being worn. It remains a disqualifiable offence to wear a hard or metallic object which will be applied if it is later identified that these are evident.

In case of doubt, referees should interpret these adjustments in line with the BJA's broad intention to be inclusive and widen participation, provided that the safety of both athletes is continuously protected.

Headwear Examples

The below examples show which types of headwear are approved / disapproved in British Judo domestic events in all applicable situations:

No neck covering
approved in
all categories



Not approved
in all
categories of
events:



Too Big



Advertising

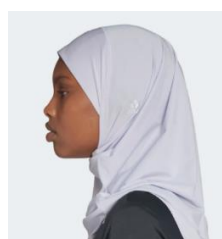


Un-Approved Neck covering

Neck coverings
approved in all
categories, **Nike**
and **Adidas** only



NIKE Pro Hijab



ADIDAS Sport Hijab

Note: If choosing to use a neck covering option, only the **Nike Pro Hijab** and **Adidas Sport Hijab** are permitted inclusive of the brand name / symbol.

5 Event Setup

5.1 Scoreboards

It is preferable to have two scoreboards 180 degrees apart across the tatami, however one scoreboard that is clearly visible to the athletes, referee and spectators is acceptable.

5.2 Care System

Use of the CARE system is required at BJA events as follows:

- **Level 4 and above – Mandatory** - The CARE system package of at least one camera and display with a referee audio link must be used, in full. It is however, very much preferred especially at level 4 and above to have two cameras 180 degrees out of phase with each other and two displays for the judges to view actions from opposite sides.
- **Level 3 – Highly recommended** – It is highly recommended that the full CARE system be used, particularly for any sort of national qualification event. A single camera and display system is permissible, but two are preferred.
- **Levels 1 and 2 – Not required** – Organisers can choose to make use of the system; it is also a very useful tool to train new referees under less pressure on care system usage.

Where judges do not have radio communication at their disposal they must signal to advise the referee of any differing opinion

5.3 Tatami

Event organisers are responsible for providing suitable tatami, this includes the layout of the tatami, colours, sizes and any safety considerations.

The referee should not start the contest on any tatami where they identify a safety issue that increases the chance of injury to the athletes. These issues should be reported to the RIC who should find a solution in conjunction with the tournament director and organisers.

It is preferred that the field of play is laid out so that that adjacent competition areas are in one straight line with officials on one side and competitors, coaches and spectators on the other. However, it is understood that this may be very difficult to arrange and therefore it is acceptable to have any configuration that the tournament director, organisers' and referee in charge deem suitable and safe.

5.4 Refereeing Team

Level 3 and above – It is mandatory for a referee to be supported by two judges.

Levels 1 and 2 – It is generally expected that two judges will support the referee. At the referee in charge's discretion, it is permissible to use a single referee without judges.

5.5 Referee Neutrality

Referee neutrality (by nation, area or club) is not enforced at BJA events.

At Level 3 events and above, it is good practice to have a neutral referee for the final block, but this is not mandatory.

5.6 Team Events

There are two ways of running a team event:

1. IJF system where all contests are fought to a conclusion, including golden score
2. BJA system where contests with equal scores are given as a draw and only fought to a conclusion if needed to separate the teams.

Either of these systems is allowed in the BJA as long as it is made clear to all participants which system is in use before the start of the event.

The IJF system is recommend by the BJA, but not mandatory.

6 Medical

6.1 Request for Medical

Levels 1 to 3 - the contestant will not automatically lose the contest by Kiken-gachi when asking for medical intervention. However, if the medical attendant recommends that the injured athlete should not continue, the Referee should declare the uninjured athlete the winner by Kiken-gachi by a majority of three decision, assuming the injury was not caused by a prohibited act of that athlete.

Levels 4 and above – full medical rules apply.

6.2 Medical Personnel

Competitions should not be started without appropriate medical cover in place at all levels.

6.3 Emergency Medical Intervention by Referees

The referee has the primary responsibility to recognise that medical aid is required, to stop the contest and summon medical assistance. Even if the referee is qualified to administer aid, it is generally not appropriate for them to do so, as this is the role of the medical team.

The following guidelines are provided for medical professionals who are also referees and find themselves in a situation where they may be required to intervene by their professional body if it could save harm. The general rule in BJA competitions is that only the appointed medical team should administer aid to an injured contestant.

On the rare occasion when an injury occurs that is suspected of being serious or life-changing and the official medical team does not have a currently fully qualified paramedic or doctor in the team or available, or where the medically qualified referee deems it necessary to intervene instantly to prevent further harm, it will be permissible for a referee possessing the qualifications to attend to the injured person, should they deem it appropriate.

In the instance where the issue is on a different mat to the medically qualified referee the referee should call 'mate' and the contest put 'on hold' until one of the judges or resting referees can take the place of the referee to continue the contest.

6.4 Treatment Time

In the case where an athlete is receiving some sort of attention such as an attempt to stop bleeding, the contest will normally be over if the medical team recommend it or the tournament director directs it to be due to the incident delaying the progress of the event. The termination would not normally happen before 4 minutes in cases where the medical team have indicated they may be able to effectively treat the injured contestant within the rules to be able to continue.

6.5 Unconsciousness Procedures

Impact to the Body causing unconsciousness – under 16 years

In the event of a player under the age of 16 years becoming unconscious/concussed because of an impact anywhere on the body, the athlete must be withdrawn from the competition immediately.

Shime-waza causing unconsciousness – under 16 years

In the event of a player under the age of 16 years becoming unconscious because of a Shime-waza (strangulation technique) the athlete must be withdrawn from the competition immediately.

Impact to the Body causing unconsciousness – over 16 years

In the event of a player over 16 years becoming unconscious/concussed because of an impact to the body, the athlete must be withdrawn from the competition immediately.

Shime-waza causing unconsciousness – over 16 years

In the event of a player over the age of 16 years becoming unconscious because of a Shime-waza (strangulation technique) the following protocol applies.

1. In the event of a player becoming unconscious because of a **Shime-waza (strangulation technique)** it is recommended that no further judo or judo related training that day.
2. It is recommended that the player attend the local Accident and Emergency (A&E) department on the day of the incident for medical assessment and follow up even if they appear alright post-incident.
3. An incident report form must be completed.

For a full explanation of the BJA guidelines regarding unconsciousness in all categories, including post action recommendations, please see the document on BJA website in the refereeing resources area, “[Minor Head Injury](#)”.

7 Coaching

7.1 Coaching During the Contest

Levels 1 to 3 – Coaches may coach their athlete throughout the contest.

Levels 4 and above – IJF guidelines apply

7.2 Challenging a Refereeing Decision

Any challenge to a refereeing decision must be brought to the judges' attention within 10 seconds of the incident by the official mat side coach for the athlete. If the coach remains dissatisfied with the judges response, they must request the referee in charge's attendance from the table officials within 10 seconds of being given the judges final decision. In these cases, the table officials will call for the RIC to attend.

The RIC will speak with the coach(s) to understand the concern and then consult the refereeing team and, optionally, the care system before making a decision. This decision is final and without further appeal, it is binding upon the refereeing team to take the action advised by the RIC.

Appeals are subject to the following:

- a. Any incident that did not end the contest cannot be contested after the contest has finished, unless the end was less than 10 seconds away.
- b. Any incident that ended the contest may be contested after the contest has finished, as long as the initial query was within 10 seconds to the judge/table officials.
- c. Only the athletes accredited mat side coach may make an appeal
- d. The referee should not leave the competition area until any appeal has been resolved to the RIC's satisfaction (if called, otherwise the allocated refereeing team for that contest).

To allow for the resolution of the challenge, upon the referee in charge being called to attend, the contest will generally be stopped at the next natural opportunity - that is to say not during the setup or application of a technique. However, if the refereeing team feel the coach's challenge is very unlikely to succeed or is an attempt to secure a rest for their athlete, they may allow the contest to continue at their discretion. The referee in charge has the authority to stop the contest.

It is understood that in rare cases, the time taken for the RIC to attend a contest may be such that the contest time has expired rendering intervention difficult. It is not possible to stop contests for every appeal during a match, especially where the refereeing team are satisfied all is correct.

Refereeing teams are requested to stop the contest and await the RIC where they believe there is a possibility that the RIC may change the decision.

Any athlete with no mat side coach has no method of appeal.

Events without Refereeing Decision Appeals:

British Judo's NRC reserve the option under controlled conditions to opt for a "no formal appeals" process to operate at events where the NRC deem that there are sufficient high-level controls in place to mitigate errors to a minimum and control disputes.

Only the NRC / BJA can authorise such a decision and it is highly likely to only be where the refereeing team is deemed to be of sufficient quality and experience and that they are supported by an active sufficiently experienced and qualified Jury (RIC system) and CARE system.

In these cases the coaching team should be informed/reminded of this scenario before the event starts to avoid misunderstandings.

The most likely events for this decision will be appropriate national events, although the NRC reserve the right to activate at any appropriately staffed and organised event

8 Gradings

Gradings are conducted by referees in the same manner as competitions, with the following exceptions:

- Waza-ari scores will not be considered for point scoring or promotion purposes unless the same athlete gains two, resulting in waza-ari-awasete-ippon
- Referees will not award a win by a single waza-ari score to either athlete
- If normal contest time ends without ippon (or waza-ari-awasete-ippon), Hansoku-make or Kiken-gachi, the referee will award Hiki-wake

9 Jury, Commission and Referee in Charge

In British competitions, the international jury and commission members' roles are performed by the referee in charge.

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10 Quick Reference Guide

Level	Age	Duration	Technical Restrictions	Golden Score	Shime & Kansetsu	Coaching	Medical	Judogi
1	Under 12, plus school year 7	3 mins	Yes	Technical Restrictions Model	Not allowed	Coaching allowed throughout	No automatic loss for requesting medical	5cm sleeve allowance (Except Junior & Senior National Championships)
	Under 16	3 mins	No	Full IJF Rules	Allowed			
	Cadet, Junior, Senior,	4 Mins						
	Masters	3 mins						
2	Under 12, plus school year 7	3 mins	Yes	Technical Restrictions Model	Not allowed	Coaching allowed throughout	No automatic loss for requesting medical	5cm sleeve allowance (Except Junior & Senior National Championships)
	Under 16	3 mins	No	Full IJF Rules	Allowed			
	Cadet, Junior, Senior	4 mins						
	Masters	3 mins						
3	Under 12, plus school year 7	3 mins	Yes	Technical Restrictions Model	Not allowed	Coaching allowed throughout	No automatic loss for requesting medical	5cm sleeve allowance (Except Junior & Senior National Championships)
	Under 16	3 mins	No	Full IJF Rules	Allowed			
	Cadet, Junior, Senior	4 mins						
	Masters	3 mins						
4	Pre-Cadet	3 mins	No	Full IJF Rules	Not allowed	During Mate-Hajime only	Full medical rules	5cm sleeve allowance (Except Junior & Senior National Championships)
	Cadet, Junior, Senior	4 mins			Allowed			
	Masters	3 mins			Allowed			
5	All	4 mins	Full IJF Rules Apply					

Note: This table summarises the BJA rule amendments that vary by category based on the competition level and age group. This summary is a guide and the published rules and amendments are authoritative. No non-standard variations/combinations shall be permitted. The Tournament Licence refers to the highest-level category on the day of the event, the levels between categories may differ (e.g. Pre-Cadet Level 3, Cadet Level 4). All pre-cadet events except British National Championships are maximum Level 3.