



# Rules Explanation Seminar

## 1st Feb & 8th Feb

### Judo NSW Referee Commission:

Chairperson: Chak Chan

Member: Deepali Mistry

Member: Drew Evans

Member: Greg Cadorin

Member: Kristin McCarthy

Member: Lubo Petr



12:00 Introduction

12:05 – 13:05 New Rules (Mat Session)

13:05 – 13:20 Break

13:20 – 14:30 New Rules (Videos Session)



# Scores in Tachi-waza

- Ippon
- Waza-ari & Waza-ari-awasete-ippun
- Yuko scores are counted (1, 2, 3, etc.) but they do not add up to Waza-ari



# Scores in Tachi-waza

- **Ippon:** Unchanged
- **Waza-ari:** landing more than 90 degrees of the shoulder axis, but not on the back

## Scores in Tachi-waza

**Yuko** in Tachi-waza is defined as:

- Side landing (90 degrees) or close to side landing
- Landing on upper back
- Landing on the side on the shoulder axis and on elbow
- Landing on buttocks (Yuko and no Shido)



## Scores in Tachi-waza

**Yuko** will **not be awarded**, even if the shoulder axis is 90 degrees or close to 90 degrees, if:

- the front part of the stomach,
- the front part of the hip or
- the knee to the front are touching the mat.



# Osaekomi Time

**Ippon:** 20 seconds

**Waza-ari:** 10-19 seconds

**Yuko:** 5-9 seconds



# Osaekomi

A throwing score will be awarded if there is a Kodokan classified throwing technique or variation of it, with continuity and valid landing.

An “Osaekomi!” will be called if there is a Kodokan classified Osaekomi-waza technique or a variation of it, fixing and control.





# Kumikata

The time between conventional kumikata (classic Hikite and Tsurite) and making an attack is 30 seconds if there is a positive progression.



# Unconventional grips

Unconventional grips such as:

- One sided grip
- Cross grip
- One handed grip etc

will be allowed for more time as long as there is progression and preparation for attack.

Using unconventional grips **negatively** will still be penalised with **Shido**.



# Breaking grips

No changes.



# Gripping under the belt

All jacket grips and gripping under the belt to the level of the top the inner thigh are allowed

but

if using negatively jacket and under the belt to the level of the top of the inner tights, Shido will be given.



# Gripping under the belt

Hooking the legs with the hand or arm, leg grabbing, gripping trousers and touching the leg from the top of inner thigh down is forbidden and will be penalised with **Shido**.



# Grips inside jacket and trousers

In Tachi-waza it is allowed to grip inside the sleeve as Tori and as Uke.

In Tachi-waza it is not allowed to grip inside the trousers (down) as Tori and as Uke, and will be penalised with **Shido**.



# Grips inside jacket and trousers

In Ne-waza it is allowed to grip inside the sleeve as Tori and as Uke.

In Ne-waza it is allowed the grip inside the trouser as Tori and as Uke.



# Bear Hug

**Bear hug in tachi-waza is allowed, excepted with hands or hands and arms **clasped**, forming a circle which will be penalised with **Shido**.**





# Reverse Seoi-nage

Reverse Seoi-nage at senior m/w and junior m/w events is **allowed**.

Reverse Seoi-nage at cadet events will be penalised with **Shido**. (JA Juniors Rules)



# False attack

False attack is considered when:

- Tori has no intention to throw.
- Tori attacks without kumikata or immediately release the kumikata.
- Tor makes a single fake attack or several repeated fake attacks with no breaking of Uke's balance.
- Tori puts a leg in between ukes legs to block the possibility of an attack.
- Tori has no realistic possibility to throw (new).



# Stepping outside contest area

In Tachi-waza to go **intentionally** outside the contest area will be penalised with **Shido**.

In Ne-waza to go **intentionally** outside the contest area will be penalised with **Shido**.



## Tori using the head

In senior m/w and junior m/w events Tori is **allowed** to use the head to throw.

In cadet events athletes are **not allowed** to use the head to throw as Tori, they will be penalised with **Shido**. (JA Juniors Rules)



# Uke applying head defence

In senior m/w and junior m/w events Uke is **allowed** to use the head to defend.

In cadet events athletes are **not allowed** to use the head to defend as Uke. In this situation, Tori will be awarded a score, if any, and Uke will be penalised with **Shido. (JA Juniors Rules)**

Note: Landing on bridge will still be considered Ippon



## Diving

To “dive” headfirst onto the tatami, be bending forward and downward while performing or attempting to perform techniques such as Uchi-mata, Harai-goshi, Seoi-nage, Tai-otoshi, Kata-guruma, Tsurigoshi, Ura-nage etc. it is forbidden to somersault forward when Uke is on the shoulders or the back of tori, and will be penalised with **Hansokumake**.



# Kansetsu-waza & Shime-waza

Applying Kansetsu-waza or Shime-waza in Tachi-waza without a judo throwing technique, or with a judo throwing technique **with a lower risk of injury**, where Uke has the possibility to escape, performed with one or two hands on one arm will be penalised with **Shido**.



# Kansetsu-waza & Shime-waza

Applying Kansetsu-waza or Shime-waza in Tachi-waza with a judo throwing technique **with a higher risk of injury**, where Uke has no possibility to escape, performed with one or two hands on one arm will be penalised with **Hansokumake**.





# Kata-sankaku grip

- It is allowed to use Kata-sankaku grip in Newaza action.
- Kata-sankaku in Newaza is prohibited to block the opponents body with the legs and must be mate.
- Kata-sankaku grip in Tachi-waza must be mate.
- Throwing using kata-sankaku grip will be **Hansokumake.**



# Techniques allowed

- There are Kodokan classified judo techniques allowed for all age groups.
- There are Kodokan classified techniques partial allowed (Tachi-waza vs Ne-waza; senior/junior vs cadet events)
- There are Kodokan classified judo techniques are not allowed (Kawazu-gake, Kani-Basami, Do-jime, Ashi-garami).