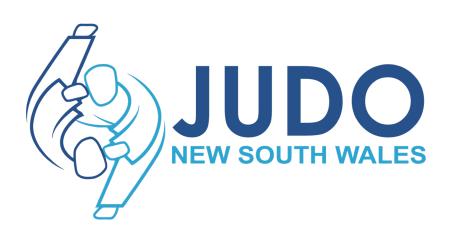


Rules Explanation Seminar 1st Feb & 8th Feb

Judo NSW Referee Commission:

Chairperson: Chak Chan Member: Deepali Mistry Member: Drew Evans Member: Greg Cadorin Member: Kristin McCarthy

Member: Lubo Petr

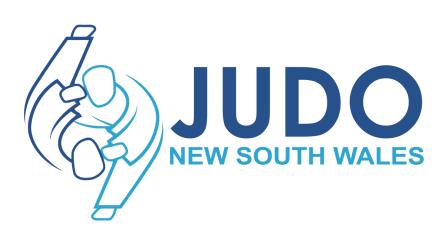


12:00 Introduction

12:05 – 13:05 New Rules (Mat Session)

13:05 - 13:20 Break

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



- Ippon

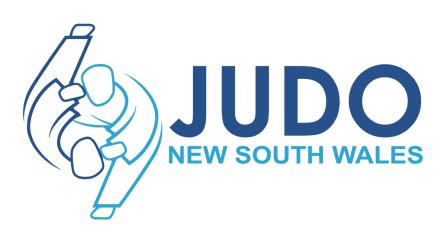
- Waza-ari & Waza-ari-awasete-ippon

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



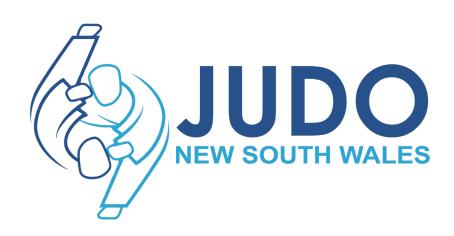
- Ippon: Unchanged

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



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)



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

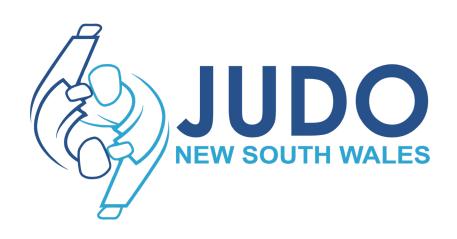
- the front part of the stomach,
- the front part of the hip or
- the knee to the front are touching the mat.



lppon: 20 seconds

Waza-ari: 10-19 seconds

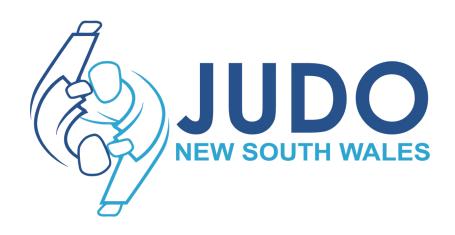
Yuko: 5-9 seconds



Osaekomi

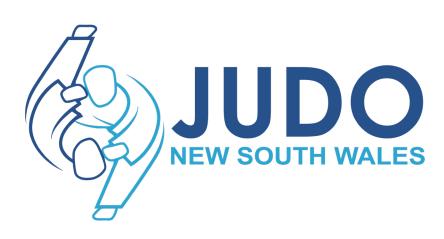
A throwing score will be awarded if there is a Kodokan classified throwing technique or variation of it, with continuity and valid landing.

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



Kumikata

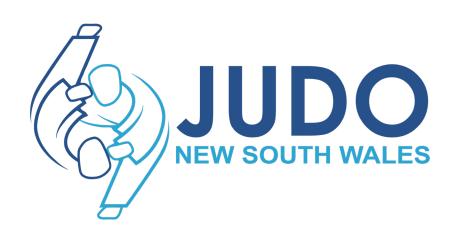
The time between conventional kumikata (classic Hikite and Tsurite) and making an attack is 30 seconds if there is a positive progression.



Unconventional grips

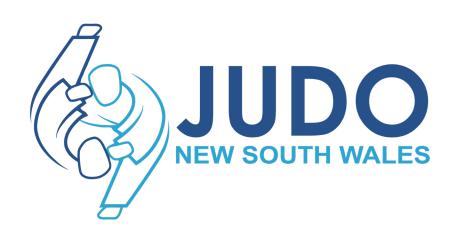
Unconventional grips such as:

- 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

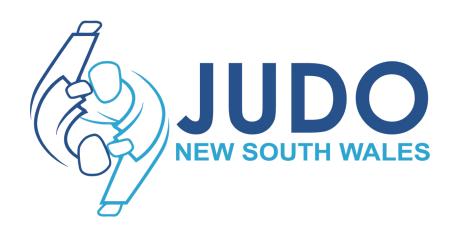
No changes.



Gripping under the belt

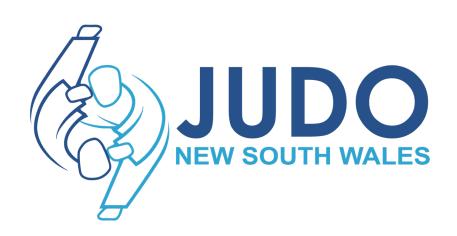
All jacket grips and gripping under the belt to the level of the top the inner thigh are allowed but

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.

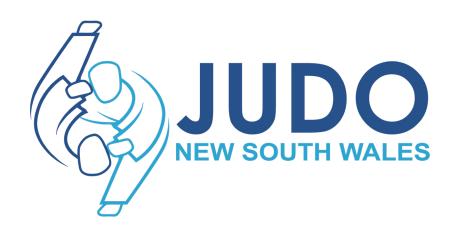
In Tachi-waza it is not allowed to grip inside the trousers (down) as Tori and as Uke, and will be penalised with **Shido**.



Grips inside jacket and trousers

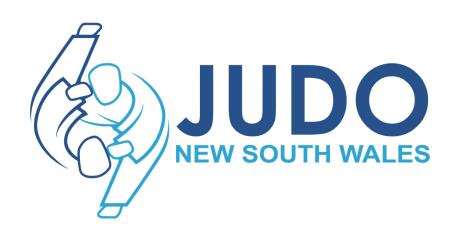
In Ne-waza it is allowed to grip inside the sleeve as Tori and as Uke.

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



Bear Hug

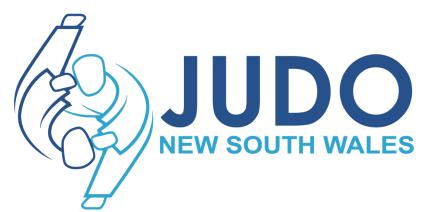
Bear hug in tachi-waza is allowed, excepted with hands or hands and arms clasped, forming a circle which will be penalised with Shido.



Reverse Seoi-nage

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

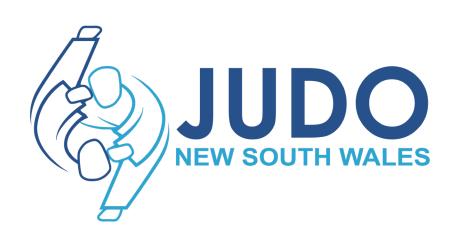
Reverse Seoi-nage at cadet events will be penalised with Shido. (JA Juniors Rules)



False attack

False attack is considered when:

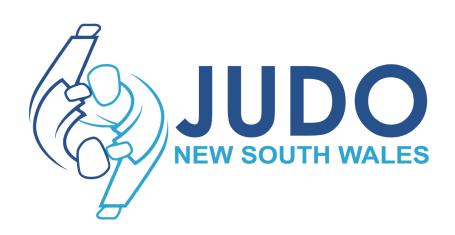
- Tori has no intention to throw.
- Tori attacks without kumikata or immediately release the kumikata.
- Tor makes a single fake attack or several repeated fake attacks with no breaking of Uke's balance.
- Tori puts a leg in between ukes legs to block the possibility of an attack.
- Tori has no realistic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



Stepping outside contest area

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

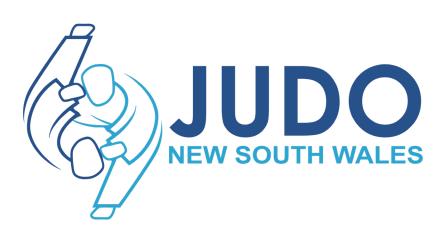
In Ne-waza to go intentionally outside the contest area will be penalised with Shido.



Tori using the head

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

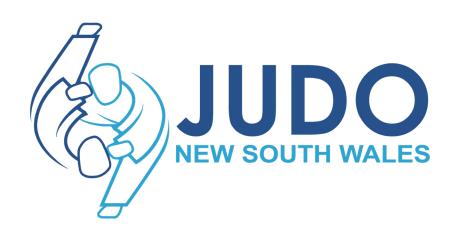
In cadet events athletes are not allowed to use the head to throw as Tori, they will be penalised with Shido. (JA Juniors Rules)



Uke applying head defence

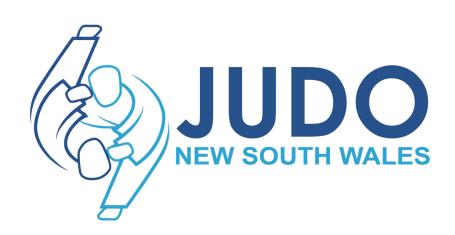
In senior m/w and junior m/w events Uke is allowed to use the head to defend.

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



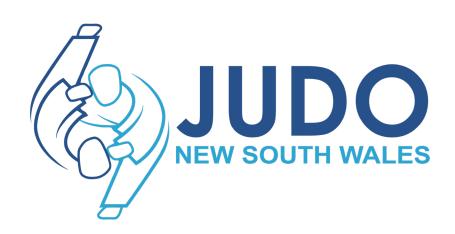
Diving

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, Tsuri-goshi, 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.



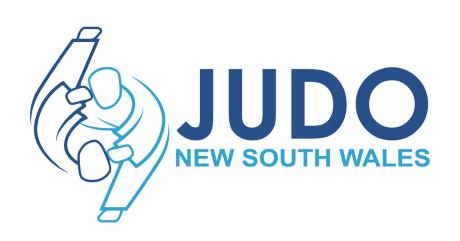
Kansetsu-waza & Shime-waza

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).