



# **Detailed Explanation of the IJF Judo Refereeing Rules**

**(Updated Version 25 March 2023)**



## IJF RULES EXPLANATION (updated 25 March 2023)

A completely new slide has the green icon in the top right corner.



NEW  
SLIDE  
2023

Slides with new text, **green (score)**, **red (penalty)**, **blue (no score or explanations)**

or a new/updated photo etc. have the blue icon in the top right corner.



NEW  
INFO  
2023

IJF Sport and Organisation Rules (SOR) can be found here: [sor.ijf.org](https://sor.ijf.org)

All video clips can be found here: <https://www.youtube.com/playlist?list=PLcThtoN6E0syyTpM-0nGKRXT-cRK-CNzB>





# IJF RULES EXPLANATION (updated 25 March 2023)

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Distinguished Members of the International Judo Community,

I am pleased to introduce to you our updated detailed explanation of the rules effective from **31 January 2023**. This update clarifies some points that have been raised since the previous versions of this document ([8 July 2020](#) and [9 March 2022](#)).

In the process of development of our sport, it is of utmost importance to do the best, first of all for the content and the image of our sport, for a better comprehensibility and consistence of the rules for judokas, judo lovers and the World.

We are continuously reforming the strategy in all the sectors of the IJF to make our sport a modern one, outstanding and understandable for everyone.

I'm convinced the new elements of the rules and judo methodology will be a great benefit for the judo family, spectators, partners and media.

**Marius L. Vizer**

President

International Judo Federation



# IJF RULES EXPLANATION (updated 25 March 2023)

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Following the Tokyo 2020 (held in 2021) Olympic Games the key points that we are looking for in a score are:

- 1 - The judo techniques
- 2 - The continuity of action
- 3 - The landing

**1. Techniques:** We need to be able to identify a judo technique which is present in the judo accepted repertoire (Kodokan classified judo techniques). Just landing and rolling over and falling on the side/back in the process of the match, without applying a clear technique, is not enough to score. It must be within the bounds of the published list of Kodokan judo techniques.

**2. Continuity:** It is important that there is no interruption during the execution of direct throwing techniques, counter techniques or combinations.

**3. Landing:** For waza-ari we are looking for two kinds of landings-

Waza-ari criteria comprises landing on the upper side of the body at 90° or more to the rear of the shoulder axis, one shoulder and upper back. The second is the landing on the shoulder and upper back.

**IJF Rules Meeting on the Sport and Organisation Rules, Olbia, Italy 12 October 2021 and Budapest, Hungary 13 March 2023.**



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

## Kodokan classified techniques Nage-waza

Te-waza		
1	Seoi-nage	SON
2	Ippon-seoi-nage	ISN
3	Seoi-otoshi	SOO
4	Tai-otoshi	TOS
5	Kata-guruma	KGU
6	Sukui-nage	SUK
7	Obi-otoshi	OOS
8	Uki-otoshi	UOT
9	Sumi-otoshi	SOT
10	Yama-arashi	YAS
11	Obi-tori-gaeshi	OTG
12	Morote-gari	MGA
13	Kuchiki-taoshi	KTA
14	Kibisu-gaeshi	KIG
15	Uchi-mata-sukashi	UMS
16	Ko-uchi-gaeshi	KOU

Koshi-waza		
1	Uki-goshi	UGO
2	O-goshi	OGO
3	Koshi-guruma	KOG
4	Tsurikomi-goshi	TKG
5	Sode-tsurikomi-goshi	STG
6	Harai-goshi	HRG
7	Tsuri-goshi	TGO
8	Hane-goshi	HNG
9	Utsuri-goshi	UTS
10	Ushiro-goshi	USH

Ashi-waza		
1	De-ashi-harai	DAH
2	Hiza-guruma	HIZ
3	Sasae-tsurikomi-ashi	STA
4	O-soto-gari	OSG
5	O-uchi-gari	OUG
6	Ko-soto-gari	KSG
7	Ko-uchi-gari	KUG
8	Okuri-ashi-harai	OAH
9	Uchi-mata	UMA
10	Ko-soto-gake	KSK
11	Ashi-guruma	AGU
12	Harai-tsurikomi-ashi	HTA
13	O-guruma	OGU
14	O-soto-guruma	OGR
15	O-soto-otoshi	OSO
16	Tsubame-gaeshi	TSU
17	O-soto-gaeshi	OGA
18	O-uchi-gaeshi	OUC
19	Hane-goshi-gaeshi	HGG
20	Harai-goshi-gaeshi	HGE
21	Uchi-mata-gaeshi	UMG



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
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## Kodokan classified techniques Nage-waza

Ma-sutemi-waza		
1	Tomoe-nage	TNG
2	Sumi-gaeshi	SUG
3	Hikikomi-gaeshi	HKG
4	Tawara-gaeshi	TWG
5	Ura-nage	UNA

Yoko-sutemi-waza		
1	Yoko-otoshi	YOT
2	Tani-otoshi	TNO
3	Hane-makikomi	HNM
4	Soto-makikomi	SMK
5	Uchi-makikomi	UMK
6	Uki-waza	UWA
7	Yoko-wakare	YWA
8	Yoko-guruma	YGU
9	Yoko-gake	YGA
10	Daki-wakare	DWK
11	O-soto-makikomi	OSM
12	Uchi-mata-makikomi	UMM
13	Harai-makikomi	HRM
14	Ko-uchi-makikomi	KUM
15	Kani-basami	KBA
16	Kawazu-gake	KWA



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

## Kodokan classified techniques Katame-waza

Osaekomi-waza		
1	Kesa-gatame	KEG
2	Kuzure-kesa-gatame	KKE
3	Ushiro-kesa-gatame	UKG
4	Kata-gatame	KAG
5	Kami-shiho-gatame	KSH
6	Kuzure-kami-shiho-gatame	KKS
7	Yoko-shiho-gatame	YSG
8	Tate-shiho-gatame	TSG
9	Uki-gatame	UGT
10	Ura-gatame	URG

Shime-waza		
1	Nami-juji-jime	NJJ
2	Gyaku-juji-jime	GJJ
3	Kata-juji-jime	KJJ
4	Hadaka-jime	HAD
5	Okuri-eri-jime	OEJ
6	Kataha-jime	KHJ
7	Katate-jime	KTJ
8	Ryote-jime	RYJ
9	Sode-guruma-jime	SGJ
10	Tsukkomi-jime	TKJ
11	Sankaku-jime	SAJ
12	Do-jime	DOJ

Kansetsu-waza		
1	Ude-garami	UGR
2	Ude-hishigi-juji-gatame	JGT
3	Ude-hishigi-ude-gatame	UGA
4	Ude-hishigi-hiza-gatame	HIG
5	Ude-hishigi-waki-gatame	WAK
6	Ude-hishigi-hara-gatame	HGA
7	Ude-hishigi-ashi-gatame	AGA
8	Ude-hishigi-te-gatame	TGT
9	Ude-hishigi-sankaku-gatame	SGT
10	Ashi-garami	AGR



## IJF RULES EXPLANATION (updated 25 March 2023)

### **Applying of kumikata**

- The time between classic kumikata and making an attack is extended up to 45 seconds as long as there is a positive progression.





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 1: Scoring for actions that, without stopping, are a continuation of techniques. If there is a stop in the action, there is no score.**

Score given  
due to  
continuation



[Video 01 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

### Evaluation of the points in nage-waza

- *There will now only be ippon and waza-ari.*
  - **ippon** will be given when the contestant throws his opponent on the back, applying a technique or countering his opponent's attacking technique, with considerable ability with maximum efficiency (\*).
- (\*)        **"Ikioi"** = momentum with both force and speed.
- "Hazumi"** = skillfulness with impetus, sharpness or rhythm.
- **Criteria for ippon:**
    1. Speed;
    2. Force;
    3. On the back;
    4. Skilfully control until the end of the landing.
  - Rolling can be considered **ippon** only if there is no break during landing.



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Evaluation of the points in tachi-waza

*Ippon scores clips 4a and 4b*



[Video 08 link](#)



[Video 09 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Evaluation of the points in tachi-waza

*Waza-ari scores clips 3a and 3b*



[Video 06 link](#)



[Video 07 link](#)





## IJF RULES EXPLANATION (updated 25 March 2023)

### Evaluation of the points

- Waza-ari will be given when the four ippon criteria are not fully achieved.
- The value of waza-ari includes those given for yuko in the past.
- Two waza-ari are the equivalent of one ippon (waza-ari-awasete-ippon) and the contest will be finished.



## IJF RULES EXPLANATION (updated 25 March 2023)

Difference of the rolling makes the evaluation of the points it is ippon when uke rolls on his back.





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
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The difference between rolling landings is considered in order to assign a score. waza-ari can be awarded when uke rolls on their side, lower back or shoulders.



Picture added



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Waza-ari score

- The value of waza-ari includes those given for yuko and waza-ari in the past







# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Waza-ari

*No score: clips 15a and 15b*



[Video 16 link](#)



[Video 17 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Not waza-ari

*Waza-ari\_vs\_No\_score: clip 11b*



[Video 20 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 1: Scoring for actions that, without stopping, are a continuation of techniques. If there is a stop in the action, there is no score.**

Ippon score given



[Video 21 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 13 March 2023:** Waza-ari criteria comprises landing on the upper side of the body at 90° or more to the rear of the shoulder axis, one shoulder and upper back.

We are making sure that the shoulder line lands with a minimum angle of 90°. Everything that is out of this range to the front won't get a score.

Score given because body at at 90° or more to the rear



[Video 22 link](#)





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 13 March 2023:** Waza-ari criteria comprises landing on the upper side of the body at 90° or more to the rear of the shoulder axis, one shoulder and upper back.

We are making sure that the shoulder line lands with a minimum angle of 90°. Everything that is out of this range to the front won't get a score.

No score because the shoulder line is not at 90° or more to the rear



[Video 24 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 13 March 2023:** Waza-ari criteria comprises landing on the upper side of the body at 90° or more to the rear of the shoulder axis, one shoulder and upper back.

Score given for landing on one  
shoulder and upper back



[Video 27 link](#)





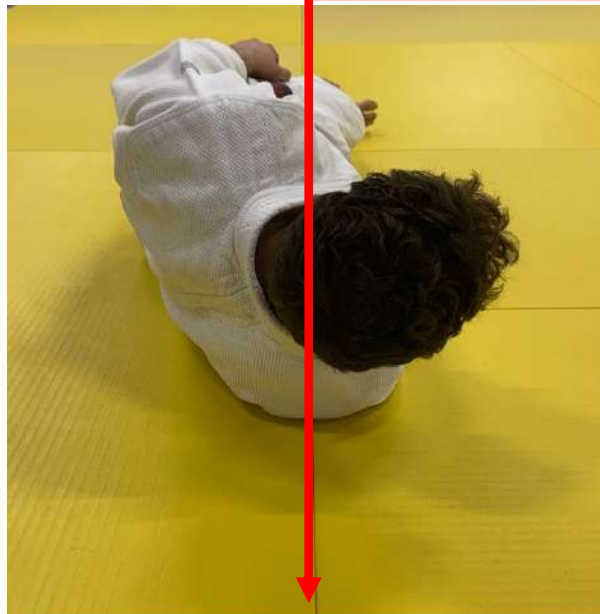
## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**13 March 2023:** Waza-ari criteria comprises landing on the upper side of the body at 90° or more to the rear of the shoulder axis, one shoulder and upper back.



score



no score





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 4: Landing simultaneously on 2 elbows or hands, towards the back, is waza-ari for tori and shido for uke.**

It is a matter of safety and education for the young judoka who are inspired by our champions.

If uke uses the elbows/hands to avoid the throw he/she will receive a shido.

When we teach ukemi to children, we don't show them to use the elbows/hands to avoid falling, because this is dangerous.

Therefore, it is not ethical to allow competitors to use their elbows/hands in competition; they are role models for our youth.





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Waza-ari

- Landing on both elbows or two arms, simultaneously, is considered valid and should be evaluated with **waza-ari for tori** and **shido for uke**.
- Landing on one elbow, on the bottom or the knee with immediately continuation on the back will be **waza-ari for tori** and **shido for uke**.
- Landing on one elbow and one hand is considered valid and should be evaluated with **waza-ari for tori** and **shido for uke**.





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 5: No score for counter techniques where the initial attack is rolled to the back, towards the counterattacking or defending judoka.**

We must make a difference between the correctly applied counter-technique and falling on the mat and turning/rolling over the opponent.

In the case of correct application of techniques like uchi-mata-gaeshi, harai-goshi-gaeshi or hane-goshi-gaeshi, but also uchi-mata-sukashi, ura-nage, yoko-guruma, tani-otoshi, ko-soto-gari and ko-soto-gake, **if we can identify the technique with the minimum requirements for waza-ari or ippon there will be a score.**

In the case of a front landing or one less than 90°, the rolling to the back will be considered as transition to ne-waza.



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 5: No score for counter techniques where the initial attack is rolled to the back, towards the counterattacking or defending judoka.**

Score given because judo throwing technique



[Video 31 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 5: No score for counter techniques where the initial attack is rolled to the back, towards the counterattacking or defending judoka.**

No score because no  
throwing technique



[Video 33 link](#)







# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Counter-attack

*Clips 44a and 44b are given a score because it is not a counter-attack but a new direct attack from white.*



[Video 36 link](#)



[Video 37 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 5: No score for counter techniques where the initial attack is rolled to the back, towards the counterattacking or defending judoka.**

No score



[Video 38 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

## Decision 6: No score and shido for reverse seoi-nage.

The application of seoi-nage techniques when uke can perform ukemi and tori can control is allowed. In the variation of seoi-nage techniques when tori turns away from uke, twisting their tsurite and hikite using the same lapel of uke's judogi, without controlling uke, standing or dropping down in an unknown direction, without giving the possibility to the opponent to perform ukemi and sometimes with uke falling with the neck on the mat, is forbidden.

We have to take into consideration that some of the athletes who participate in the World Judo Tour event are 15 years old. The WJT is very important for our young judoka, who want to copy what they see at the highest level. Thus, performing an action without control, in an unknown direction and falling together, is out of our judo safety frame.

No score and **shido blue**



[Video 39 link](#)





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 7: Gripping under the belt in the end phase of a throwing technique is allowed if the opponent is already in ne-waza. If the throwing technique is interrupted, gripping under the belt is a ne-waza action.**

The gripping under the belt in the end phase of a throwing technique like with soto-makikomi continuing through ushiro-gesa-gatame or ura-gatame is allowed. The grip under the belt that becomes an essential part of the throw is not allowed. Judoka are still not allowed to grip under the belt to throw.

Score white, no mate



[Video 40 link](#)







## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 7: Gripping under the belt in the end phase of a throwing technique is allowed if the opponent is already in ne-waza. If the throwing technique is interrupted, gripping under the belt is a ne-waza action.**

**Gripping inside the sleeve and gripping inside the bottom of the trouser leg is shido**





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 8: Collar and lapel grips are allowed if not negative.**





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**

In order to offer more chances to throw and a more attractive judo, non-classical grips are allowed. Collar and lapel, one side, cross grip, belt grip, pocket and pistol grips are allowed **when the attitude of the judoka is positive**, when they are looking to perform positive attacks and throws. The same grip used in a defensive way will be penalised.

Gripping inside the opponent's sleeve and inside the bottom of the trousers is still forbidden.

- Breaking the grip of the opponent with two hands.





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**







## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**







## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**







## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

**Decision 9: Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.**





## IJF RULES EXPLANATION (updated 25 March 2023)

### Shido

- Blocking the opponent's hands.





# IJF RULES EXPLANATION (updated 25 March 2023)

## Shido

- Breaking the grip of the opponent with the knee or leg.



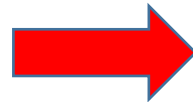
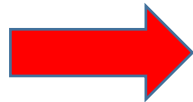


# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Bear hug

- Who wants to attack with bear hug must have a minimum one grip before making the attack.
- It is not valid to make a second grip simultaneously or consecutively. Only touching the judogi is not considered as kumikata, gripping is necessary.



[Video 41 link](#)

*Bear\_Hug: clips 103a and 103b.*



[Video 42 link](#)





# IJF RULES EXPLANATION (updated 25 March 2023)

## Bear hug

- Valid grips







## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 10: Breaking the grips with one or two hands and immediately taking grips is allowed. Breaking grips with one or two hands and not taking a grip immediately is shido.**

Breaking the grip, as long as after that a grip is still there, is allowed.

For example, if the judoka in blue judogi has one grip and the judoka in white judogi decides to break with one or two hands, white should keep at least one grip in his/her hand(s).

Mathematically, it's simple, if blue has one grip (1-0 blue), after breaking, white shall keep at least one grip (1-0 white).

With this decision we would like to offer athletes the chance to change grip in order to perform techniques.

On the opposite side, if after breaking the grip, white does not have any grip anymore, it is shido.



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 10: Breaking the grips with one or two hands and immediately taking grips is allowed. Breaking grips with one or two hands and not taking a grip immediately is shido.**

No shido because no separation between the athletes





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 10: Breaking the grips with one or two hands and immediately taking grips is allowed. Breaking grips with one or two hands and not taking a grip immediately is shido.**

**Shido white given because separation between the athletes**





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 11: Retying and arranging judogi and hair is allowed once per judoka per contest. Further occasions are penalised with shido.**

Judogi and hair can be arranged once per judoka per contest.

No athlete should use the tidying or rearranging of judogi/hair in order to get time with which to interrupt the contest.

The correct preparation of judogi, tying the belt and arranging hair are essential and are the responsibility of each athlete.

Please note that the belt cannot be untied without the permission of the referee.



Gesture for arranging judogi



Gesture for arranging hair



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

### **Decision 12: Techniques using head diving are dangerous and will be penalised with hansoku-make.**

Following the safety frame of judo, performing judo throws should be done without the head going directly to the tatami. The neck is not a very strong part of the body.

Landing first on the head with the opponent behind puts athletes at risk and in a very dangerous situation.

As was mentioned before, we have judoka as young as 15 years old eligible to participate in WJT events and we have millions of children who are doing judo and following their heroes.

In the demonstration of judo techniques performed on video by the IJF Academy and the Kodokan, there are no techniques landing on the head.

Landing simultaneously as tori with head and shoulder, head and hand, head and knee is allowed and is not penalised.





## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 12: Techniques using head diving are dangerous and will be penalised with hansoku-make.**

No penalty given as tori (blue) is on one knee before tori's head touches the tatami



[Video 61 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 12: Techniques using head diving are dangerous and will be penalised with hansoku-make.**

No penalty given as tori's (white) shoulder touches the mat before tori's head touches the tatami



[Video 62 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

**Decision 12: Techniques using head diving are dangerous and will be penalised with hansoku-make.**

**Hansoku-make given for using the head to throw**



[Video 43 link](#)



# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

## Article 18.1.2 - Shido for an Illegal Move

29. Applying kansetsu-waza or shime-waza in tachi-shisei without a judo throwing technique will be penalised with shido.



[Video 44 link](#)





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

## Article 18.2.2 Hansoku-make for Acts against the Spirit of Judo

2. The application of the Kodokan classified techniques: ashi-garami, do-jime, kani-basami and kawazu-gake and will be penalised with hansoku-make.

### Ashi-garami



[Video 45 link](#)

### Do-jime



[Video 46 link](#)

### Kani-basami



[Video 47 link](#)

### Kawazu-gake



[Video 48 link](#)





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
SLIDE  
2023

## Article 18.2.2 Hansoku-make for Acts against the Spirit of Judo

4. Applying kansetsu-waza or shime-waza in tachi-shisei position with a judo throwing technique will be penalised with hansoku-make.



[Video 49 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

### Leg entanglement position

- The act of entangling the leg without making an immediate attack must be penalised with shido.





## IJF RULES EXPLANATION (updated 25 March 2023)

### Leg grabbing - allowed

- Valid actions, no shido





## IJF RULES EXPLANATION (updated 25 March 2023)

### Leg grabbing - forbidden







## IJF RULES EXPLANATION (updated 25 March 2023)

### Leg grabbing – forbidden

- For all grabbing below the belt, shido will be given.
- Leg grabbing or grabbing the trousers, will be given shido, each time.
- There will be up to three (3) shido for hansoku-make.







## IJF RULES EXPLANATION (updated 25 March 2023)

### Bridge

- All situations of voluntarily landing in the bridge position, will be considered ippon.



### Head defence

- Voluntary use of the head for defence to avoid landing in / escaping from a score will be given hansoku-make. In this case uke would land on their stomach or front side or knees. The competitor loses this contest but can continue in the competition if applicable.





## IJF RULES EXPLANATION (updated 25 March 2023)

### **Involuntary head defence - no penalty for tori & uke**

- Special attention will be given to the following situations where tori attempts to throw his opponent during tachi-waza:
  - Seoi-otoshi
  - Seoi-nage
  - Sode-tsurikomi-goshi with the grip on both sleeves.
  - Koshi-guruma with both grips on the collar.

These are examples and this situation can occur with other throwing techniques.



## IJF RULES EXPLANATION (updated 25 March 2023)

### Involuntary head defence - no penalty for tori and uke

- Special attention will be given to the following situations where tori attempts to throw his opponent during tachi-waza:
  - Seoi-otoshi

Example 1:  
Seoi-otoshi





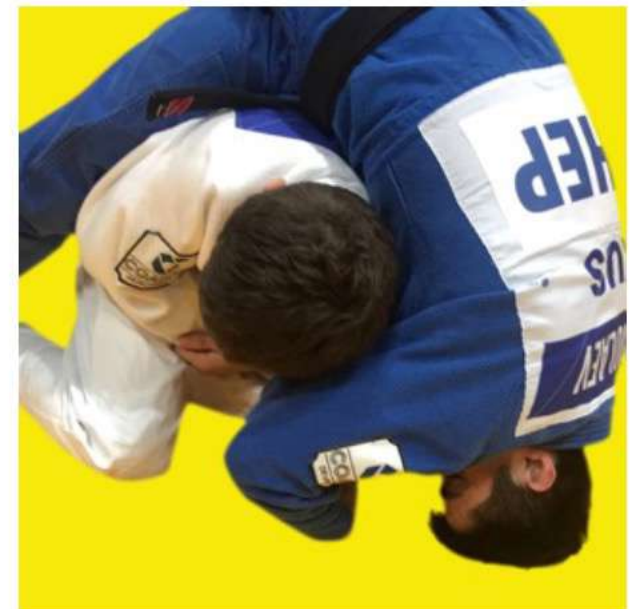
## IJF RULES EXPLANATION (updated 25 March 2023)

### Involuntary head defence - no penalty for tori and uke

- Special attention will be given to the following situations where Tori attempts to throw his opponent during Tachi-waza:

Example 2:

Sode-tsurikomi-goshi  
with the grip on both  
sleeves





## IJF RULES EXPLANATION (updated 25 March 2023)

### Involuntary head defence - no penalty for tori & uke

- Special attention will be given to the following situations where Tori attempts to throw his opponent during Tachi-waza:

Example 3:  
Koshi-guruma  
with both grips on  
the collar







# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Hansoku-make for Diving

For all diving actions, hansoku-make will be given, the competitor loses this contest but can continue in the competition, if applicable.



[Video 50 link](#)



[Video 51 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

### Immobilisations (osaekomi-waza)

- Control in ne-waza using arms or legs around the neck without the opponent's arm inside will be considered as mate.





## Shido

### Stretching leg – forbidden

- [Osaekomi-waza](#), shime-waza or kansetsu-waza while over-stretching a straight leg is forbidden.
- Mate! must be [called](#) immediately and shido will be given.

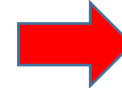
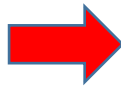




## IJF RULES EXPLANATION (updated 25 March 2023)

### Shime-waza - forbidden

- Shime-waza is not allowed with either your own or your opponent's belt or bottom of the jacket, or using only the fingers.
- Mate! must be called immediately and shido will be given.



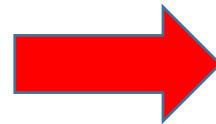
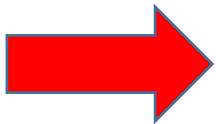
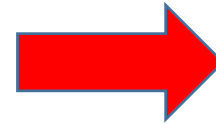
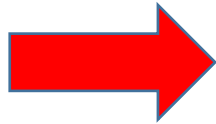




## IJF RULES EXPLANATION (updated 25 March 2023)

### Valid actions, no shido

- It is possible to grip the leg only when the two contestants are clearly in ne-waza and the tachi-waza action has stopped. Tori in this tachi-waza position can apply kansetsu-waza or shime-waza because uke is in a ne-waza position.







## IJF RULES EXPLANATION (updated 25 March 2023)

### Immobilisations (osaekomi-waza)

- This kind of osaekomi-waza is not valid.





# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Ude-gaeshi (arm reverse)

Applying **ude-gaeshi** or variations of **ude-gaeshi** in a standing position is **hansoku-make**.



[Video 58 link](#)



[Video 59 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

### **Continuous Ne-waza**

If ne-waza starts inside the contest area and goes outside with continuous action from either athlete it can be valid.

Ne-waza transition in shime-waza or kansetsu-waza are considered valid if tori or uke make a real attack or counter attack.



## IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

### Nage-waza valid situation

- In this position tori, after applying a real attack, can continue into ne-waza.



[Video 60 link](#)



## IJF RULES EXPLANATION (updated 25 March 2023)

### Invalid immobilisations (osaekomi-waza)

Toketa should be announced if, during osaekomi, uke succeeds in “trapping” the leg(s) of tori, either from above or from below the leg.



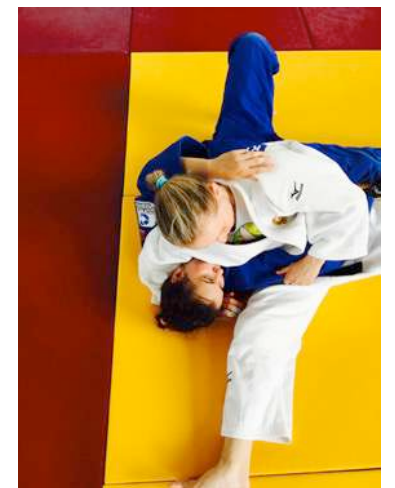
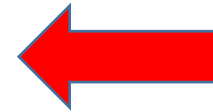
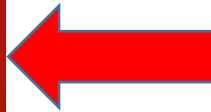
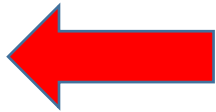




## IJF RULES EXPLANATION (updated 25 March 2023)

### Immobilisations (Osaekomi-waza)

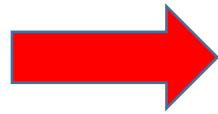
- Osaekomi will also continue outside of the contest area as long as osaekomi was called inside.
- If during the ne-waza outside uke takes over the control with one of these nominated techniques in a continuous succession, it shall be also valid.





## IJF RULES EXPLANATION (updated 25 March 2023)

### Valid actions, no mate - shime-waza





## IJF RULES EXPLANATION (updated 25 March 2023)

### Valid actions, no mate

- When it is allowed to continue action that started in the valid area.

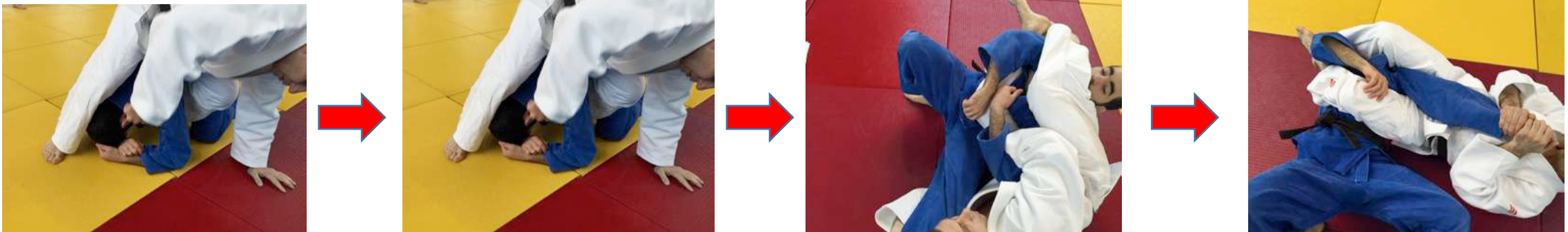




## IJF RULES EXPLANATION (updated 25 March 2023)

### Valid actions - no mate

- When it is allowed to continue action that started in the valid area.

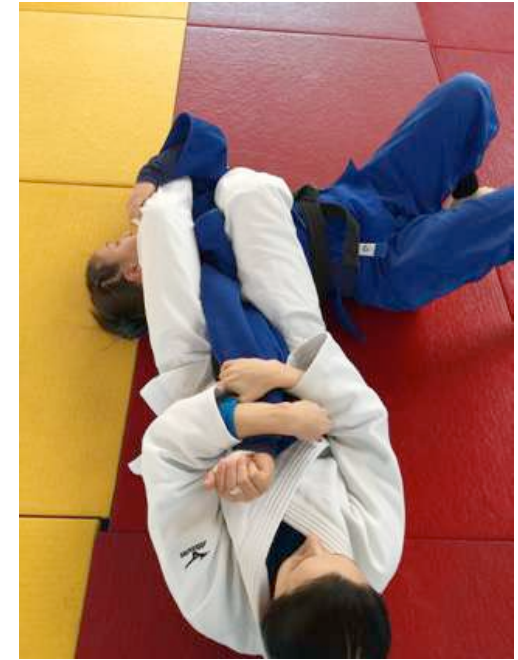






## IJF RULES EXPLANATION (updated 25 March 2023)

### Valid actions, no mate - kansetsu-waza







## IJF RULES EXPLANATION (updated 25 March 2023)

### Kata-sankaku grip (gripping with both arms the neck and one shoulder of the opponent)

Kata sankaku grip in ne-waza action is **allowed**.



Kata-sankaku grip in tachi-waza or in situations starting from ne-waza into tachi-waza: **Mate!** must be immediately given.



Kata-sankaku grip in ne-waza with blocking the opponent's body with the legs is **hansoku-make**.



Kata-sankaku grip in tachi-waza and applying a throwing technique is **hansoku-make**.





## IJF RULES EXPLANATION (updated 25 March 2023)

### When is it ne-waza ?

In all these positions the blue athlete can touch the leg.

Both athletes must have two knees on the floor, for it to be considered ne-waza.



No contact between the opponents must be made!



Lying on the stomach on the ground, the blue athlete is in ne-waza.



If the blue athlete has two elbows and two knees on the floor the white athlete can do a technique only to transition into ne-waza. From this position a throw cannot be considered for a score.





## IJF RULES EXPLANATION (updated 25 March 2023)

### What is ne-shisei?

White athlete, from these positions can throw his opponent but the attack must be done **immediately**.



Grip control from standing athlete (white): we still consider athlete on the knees (blue) in tachi-waza and consequently tachi-waza regulation would be applied.

However, if white does not attack immediately, then the referee must call mate! Athlete on the knees (blue) cannot grab the legs to defend the throw with his arms, if this happens, shido will be given.





## IJF RULES EXPLANATION (updated 25 March 2023)

### Nage-waza valid situation

- In this position tori can apply a throwing technique and can continue with kansetsu-waza or shime-waza or osaekomi-waza (not shown) after a real attack or a counter attack.







# IJF RULES EXPLANATION (updated 25 March 2023)

NEW  
INFO  
2023

## Negative judo

### Article 18.3 Double Hansoku-make

- If both athletes are given a hansoku-make at the same time the following rules must be applied.

#### Article 18.3.1 Double hansoku-make (Indirect)

- In regular time or golden score if both athletes receive three shido, both athletes will be considered losers, the contest result will be recorded as 0-0, with the following consequences:
- Final – both athletes will be awarded 2nd place.
- Bronze medal contest – both athletes will be awarded 5th place.
- Semi-final – both athletes will be awarded 5th place.
- Quarter-final or last 8 repechage – both athletes will be awarded 7th place.
- Rounds prior to the quarter-final – both athletes considered to be losers and will remain in the position they reached on the draw sheet. They can compete in the team event if it follows an individual competition i.e., World Championships, Olympic Games etc.
- Relevant ranking points will be assigned in the case of previous wins.
- In a round robin, if both athletes are given three shido, they are considered losers for that contest only and the contest result is recorded as 0-0. They can both compete in the next contest if applicable.
- In a team event, if both athletes are given three shido, they are considered losers for that match only and the contest result is recorded as 0-0. They can both compete in the next round if applicable.
- In a team event golden score contest, if both athletes are given three shido, they are considered losers for that match only and the contest result is recorded as 0-0. The double disqualification category remains in the draw and golden score contest is drawn again

#### Article 18.3.2 Double hansoku-make (Direct)

- For a direct hansoku-make given to both athletes (in regular time or golden score), the IJF Ad Hoc Commission will decide the consequences.
- For a direct hansoku-make given to both athletes in a team event golden score contest refer to Section 2.7.1.





## IJF RULES EXPLANATION (updated 25 March 2023)

### **VERY IMPORTANT**

**If it is not extremely clear who should receive the score or penalty, in the spirit of fair play it is better not to take any decision and to allow the contest to continue.**