

CONTEST RULES

*of*

THE KODOKAN JUDO

*with*

Appendices A and B

&

A GUIDE TO THE

KODOKAN

# CONTEST RULES

## of

# THE KODOKAN JUDO

(English translation by the Kodokan,  
from the Original Japanese Text, in  
August, 1951 ; Translation revised by  
the Kodokan, in June, 1953.)

### CONTEST AREA (or Shiaijō)

**Article 1.** The Contest Area (or Shiaijō) shall be a square platform, 30 feet in length and width, raised one and a half feet above the ground, and covered with 50 pieces of "Tatami". (See Appendix A for "Tatami"). To prevent injuries and other dangers, the area around the perimeter of the Contest Area shall also have mats.

If, for lack of space or other circumstances, sufficient area cannot be provided, the conditions shown in Article 1 may not necessarily be followed strictly. However, the demarcation line between the Contest Area and the area around the perimeter must be marked distinctly. It is permissible to substitute canvas, vinyl articles or the like for "tatami-omote" or rush matting.

### COSTUME

**Article 2.** The Contestant shall wear "Judogi" or Judo Costume. (See Appendix B for "Judogi"). The Judogi to be worn by the contestant shall comply with the following conditions:

- (a) The jacket shall be long enough to cover the hips, when held closed at the waist by a belt or sash;
- (b) The sleeves shall be loose, (there must be an opening or play of at least more than one and a quarter inches between the cuff and the forearm) and shall extend more than half way

- down the forearms;
- (c) The trousers shall be loose, (there must be an opening or play of at least one and a quarter inches between the bottom of the trouser and the leg) and shall reach more than half way down the legs;
  - (d) The belt or sash must be tied properly with a square knot, tight enough to prevent the jacket from coming loose, and must be long enough to go twice around the body with its two ends left free at least three and three quarters of an inch from the knot when tied.

**Article 3.** The contestants must keep their finger and toe nails cut short; and must not wear any articles, such as rings, ornaments etc., liable to cause injury to the opponent.

## CONTEST

**Article 4.** The contestants shall stand about twelve feet apart, at the center of the Contest Area, facing each other, and exchange a salute by bowing to each other simultaneously. After finishing the salutation, the contest may be started immediately upon the announcement of "Hajime" ("Start", "Begin" or "Go") by the Referee.

As a rule, the salutation for the contest shall be made in standing posture; however, the salutation in formal Japanese kneeling posture may be used instead. In the latter case, the contestants shall finish the salutation, stand up facing each other, and then the contest may be started immediately at the announcement of "Hajime" by the Referee.

**Article 5.** When a contest comes to an end, the contestants shall return to the positions originally taken at the start of the contest, stand face to face and, following the indication or declaration by the Referee, the contestants shall make the salutation simultaneously.

**Article 6.** The result of the contest shall be judged on the basis of "Nagewaza" (throwing) and "Katamewaza" (grappling).

**Article 7.** The result of a contest shall be decided on the basis of not more than "Ippon" (one point).

**Article 8.** The contest shall be started with both contestants in standing posture.

**Article 9.** In the following cases, a contestant may shift into a lying position. However, if any technique applied is not continued properly, the Referee may, at his discretion, make the contestants stand up.

- (a) When a contestant, after obtaining some result by his throwing techniques, shifts without interruption into a lying position and takes the offensive;
- (b) When a contestant falls while applying a throwing technique against his opponent; or when a contestant takes the offensive when his opponent falls down;
- (c) When a contestant, after obtaining, in standing position, some result by "Shimewaza" (choking) or "Kansetsuwaza" (technique of bending and twisting the joints), shifts without interruption into a lying position and takes the offensive.

**Article 10.** The time limit for a contest shall be from 3 to 20 minutes. However, the above limit may be extended, in certain special cases.

**Article 11.** When the time allotted for the contest is expired, the Referee shall be notified by the ringing of a bell or by some other means.

**Article 12.** Any technique applied simultaneously with the signal notifying expiration of the time limit shall be judged as valid. In the case of an "Osaekomi" (holding) officially announced, the time limit shall be extended until the "Osaekomi" is completed or broken.

**Article 13.** Any technique applied when one or both of the contestants are outside of the Contest Area, shall be judged as null and void.

**Article 14.** When a throwing technique is successful, and, at the moment, the contestant applying the technique stays within the Contest Area, and more than half of the body of his opponent remains within the Contest Area, the technique shall be judged as valid.

**Article 15.** If an "Osaekomi" (holding) is officially announced and the contestants are judged as getting outside of the Contest Area, the Referee shall announce "Sono-mama" ("Do not move", or "No movement") to the contestants, order them to remain motionless, pull them well within the perimeter of the Contest Area with their relative positions unaltered, and make them continue the contest by announcing "Yoshi"

("Go" or "All right"). In this case, the time between the announcements of "Sono-mama" and "Yoshi" shall be taken out from the time required for completing the "Osaekomi" (holding).

## JUDGMENT OF CONTEST

**Article 16.** The Referee shall have the sole responsibility for the conduct of the bout. His decisions shall be final and without appeal.

**Article 17.** There shall be one Referee and two Judges. However, depending upon the scope and nature of the Contest, there may be only one Referee. Also the employment of one Referee and one Judge is permissible.

**Article 18.** The Referee shall stay inside of the Contest Area, and administer the progress and the judgment of the Contest.

**Article 19.** The Judges shall assist the Referee. The two Judges shall take positions at opposite corners and outside of the Contest Area and shall not encroach upon the Contest Area.

**Article 20.** The Referee shall start the contest by announcing "Hajime" ("Start" or "Go"), after the contestants have finished their salutation.

**Article 21.** If a contestant wins a contest by a throwing or grappling technique, the Referee shall announce "Ippon" ("One point"), stop the contest, make both contestants return to the positions originally taken at the start of the contest, and indicate the winner by raising his hand towards him.

**Article 22.** If a contestant scores a "Waza-ari" (half point), the Referee shall announce "Waza-ari". Should the same contestant gain a second "Waza-ari", the Referee shall announce "Waza-ari Awasete Ippon" ("One point by two techniques"), stop the contest, make both contestants return to the positions originally taken by them at the start of the contest, and indicate the winner by raising his hand towards him.

**Article 23.** When the Referee judges that a contestant secures a complete hold by "Osaekomi-waza" (holding), he shall announce

“Osaekomi” (“Holding”). When the hold is broken after it was announced as “Osaekomi”, the Referee shall announce “Osaekomi-toketa” (“Hold broken”).

**Article 24.** If a Judge takes an exception to the announcement of the Referee, the Judge may submit his opinion to the Referee. In this case, the Referee may rescind the announcement made by himself, and adopt the opinion of the Judge. This last decision of the Referee, as indicated to the contestants, shall be final.

**Article 25.** When the time limit expires without the contest having been decided with “Ippon”, the Referee shall announce “Soremade” (“That is all”), stop the contest, and make both contestants return to the positions originally taken at the start of the contest. Then the Referee shall take the position which he had originally taken at the start of the contest and raise his hand, calling “Hantei” (“Judgment”) toward the two Judges. At this signal the two Judges shall manifest their judgment by hoisting the signs simultaneously. (The two Judges shall designate the superiority or inferiority of the contestants by the red or white signs prepared in advance. In the case of “Hikiwake” or draw, both the red and white signs shall be hoisted at the same time. Corresponding to the signs of the Judges, the both contestants shall wear, as their own signs, a red or white cord or strap respectively tied over around their regulation belts.)

**Article 26.** The Referee shall add his own opinion to those of the two Judges, regarding the superiority or inferiority or draw, make a decision upon it by the majority opinions of the three officials, and indicate or declare the “Yûseigachi” (“Win by superiority”) or “Hikiwake” (“Draw”). In case the opinions of the three officials differ, the judgement of the Referee shall prevail.

When a Referee and one Judge are used, the Referee shall take the opinions of the Judge into consideration and indicate or declare the decision of the “Yûsei-gachi” (“Win by superiority”) or draw.

**Article 27.** In the following cases, the Referee shall announce “Mate” (“Wait”), and halt the contest temporarily. To resume the contest, he shall announce “Hajime”. In this case, if it is specifically announced as “Jikan” (“Time”), the time passed shall be taken out from the time of the contest.

(a) When a contestant goes out of the Contest Area, or is about

- to go outside of it;
- (b) When a contestant commits any prohibited act;
  - (c) When a contestant is injured, or some accident or difficulty takes place;
  - (d) When a contestant is required to adjust his costume;
  - (e) When in lying position the contest comes to a standstill, with the contestants clinching together in "Ashigarami" (a leg of a contestant coiled against a leg of the opponent) or in other such positions;
  - (f) In cases other than those mentioned above, when deemed necessary by the Referee.

### PROHIBITED ACTS

**Article 28.** Concerning the contestant's techniques and actions, the following things shall be prohibited:

- (a) "Dô-jime", squeezing the abdomen or the head or neck directly with the legs, (Scissors);
- (b) Applying "Kansetsu-waza" (techniques of bending and twisting the joints) on joints other than the elbow;
- (c) Dragging an opponent into a lying position without attempting a definite technique;
- (d) To grab the opponent's leg from a standing position in order to shift into a lying position;
- (e) When a contestant lifts his opponent who is lying with his back on the floor, to drop him on the mat;
- (f) When a contestant is lying with his back on the floor, and his opponent is standing on his feet or kneeling on his knee or knees, in a position able to lift the lying contestant, for the lying contestant to scissor the neck of the standing contestant with his legs or pincer the neck and armpit, or to apply "Kansetsu-waza" (technique of bending and twisting the joints);
- (g) When the opponent clings fast to a contestant from behind, for the contestant thus caught to fall backward purposely, bodies together, controlling the opponent;
- (h) To grip the opponent's end of sleeves or bottom of trousers by inserting finger or fingers in them;
- (i) To apply techniques by binding any part of the opponent's body with the end of the belt or the bottom of the jacket;

- (j) In "Katame-waza", to put a foot or both feet on the belt or the flap or lapel of the jacket of the opponent, or to take the hand grip of the opponent off by bending his fingers in the wrong way;
- (k) Anything which is liable to cause danger to the person of the opponent, other than specified above;
- (l) To deliberately avoid contact or holds with the opponent in order to prevent action in the contest;
- (m) For both contestants to continue in standing position with their fingers of both hands interlocked;
- (n) To adopt a purely defensive posture in order to avoid defeat, (crouching, retreating, etc.);
- (o) To put one's foot or hand directly on the face of the opponent;
- (p) To apply any hold or lock which is liable to injure the vertebrae of the opponent;
- (q) To deliberately go outside of the Contest Area or to push the opponent outside of it meaninglessly;
- (r) To continue holding the lapel and the sleeve on the same side of the opponent's jacket, or holding the belt of the opponent with a rigid stretched arm;
- (s) To unite and tie again the belt arbitrarily, without the Referee's permission;
- (t) To make meaningless cries, remarks or gestures derogatory to the opponent;
- (u) All other things which might be prejudicial to the spirit of Judo.

## JUDGMENT OF THE MATCH

**Article 29.** Judgment of "Ippon" (one point) shall be made on the basis of the following conditions:

**A. Nage-waza (throwing technique):**

- (1) When a contestant applying a technique, or countering his opponent's attacking technique, throws down his opponent on his back with some force;
- (2) When a contestant skillfully lifts his opponent, who is lying with the back on the floor, up to about the height of his own shoulders.

**B. Katame-waza (grappling technique):**

- (1) When the opponent of a contestant says "Maitta" "I am out"



or "I give in"), or taps his or his opponent's body or the mat, with his hand or foot more than twice;

- (2) In the case of "Osaekomi" (holding), when the opponent cannot break the hold within 30 seconds after the announcement of "Osaekomi";

Provided, however, that as long as the contestant holds his opponent under his control, the "Osaekomi" shall be regarded as continuous even though the technique of holding is changed;

- (3) In the case of "Shime-waza" and "Kansetsu-waza", when the effect of the technique is sufficiently apparent.

**Article 30.** Judgment of "Waza-ari" (half-point) shall be made on the basis of the following conditions:

- A. In the case of "Nage-waza" (throwing technique), when a contestant throws his opponent in good form which merits closely "Ippon" (one point) but not to the extent of scoring a complete "Ippon";
- B. In the case of "Osaekomi-waza" (holding technique), when a contestant holds the opponent successfully for more than 25 seconds.

**Article 31.** Judgment of "Yûsei-gachi" (win by superiority) shall be made on the basis of the following conditions:

- A. When a contestant was awarded a "Waza-ari" or displayed a technique close to a "Waza-ari"; However, even if he had scored a "Waza-ari", the contestant shall not necessarily be awarded a "Yûsei-gachi", if he stalled throughout the match;
- B. The two contestants' attitudes in the contest, their skill in techniques and other conditions shall be compared, in the case of lack of decisive counts for judgment on the basis of the result of techniques.

**Article 32.** Judgment of "Hikiwake" or draw shall be made on the basis of the following conditions:

- A. When no result is reached in a contest within the regulation limit of time; or, when the superiority or inferiority of the two contestants can not be judged from the comparison of their action in the contest, their skill in techniques and other conditions;
- B. When a contestant cannot continue the contest by reason of injury or other circumstances for which neither one of the

contestants can be held responsible.

**Article 33.** A contestant shall be made a "Hansoku-make" (loss by violation of rules), if he violates any major items of the prohibited acts, or if he violates any item repeatedly in disregard of the warnings given by the Referee.

**Article 34.** When a contestant waives a contest, the opponent shall be awarded a "Fusen-shō" (win by default).

**Article 35.** In the event that a contestant cannot continue the contest because of injury, the result of the contest shall be judged on the basis of the following conditions:

- A. When the cause of a contestant's injury is his own carelessness, the injured shall be the loser;
- B. When the cause of a contestant's injury is his opponent's carelessness, the opponent shall be the loser.

**Article 36.** Any situations not covered by these rules shall be decided by the Referee and Judges in consultation.

Notes:

- (1) See for Appendices A and B, in separate sheets.
- (2) In the event of a disagreement between the original Japanese text of these rules and any translation thereof, regardless of the languages used, or any ambiguity in any such translation, the Japanese text shall prevail.

## APPENDICES

**A. "Tatami"** The accepted "Tatami" or "Judo-mat" shall answer to the following description:—

**Size:**  $3' \times 6' \times 2\frac{1}{2}''$ , that is, about  $2\frac{1}{2}$  inches thick and nearly 3 feet wide by 6 feet long.

**Manufacture (Method of):** In order to provide additional strength to the "Tatami" or Judo-mat which is made of "grass matting" (or "rush matting") and rice-straw padding, single stitches of hemp or linen string shall be woven through the material of the mat, 14 lines lengthwise and 33–35 stitches in a line.

**Padding:** To make a piece of padding, about 50–55 pounds of rice-straw shall be pressed to a thickness of about  $2\frac{1}{2}$  inches and single stitches of hemp or linen string shall be woven through the material of the padding, 24 lines lengthwise and 48 stitches in a line.

**B. "Judo-gi"** The accepted "Judo-gi" or Judo costume which comprises a jacket or coat, trousers, and belt or sash shall follow this description:—

**Jacket:** The entire jacket shall be of two layers of cotton material. In order to provide additional strength to the jacket, double stitches of cotton string shall be woven through the material of the jacket, covering the entire upper half of the garment, both front and back, from the neck to the waist. The sleeves of the jacket shall also be woven in this manner.

From the waistline to the bottom of the Jacket, both front and back, shall be woven in a small, diamond-shaped design. The size of each diamond shall be approximately two inches by three inches. This design shall be woven with the same cotton string in double, in order to provide further stability to the jacket. From the bottom of the right side of the jacket, up the right side, around the back of the neck and down the left side of the jacket to the bottom of the left side, shall run a continuous lapel which shall be made of cotton canvas and shall be stitched to the body of the jacket with five lines of stitching by machine.

the lapel shall be approximately two inches wide, the outside  $\frac{3}{4}$ " to be filled with cotton canvas padding in order to provide strength for the lapel.

A rectangle of extra heavy stitching which shall be approximately two inches by five inches shall be woven into each armpit of the jacket in order to prevent opening of seams and deterioration by perspiration.

There shall be a slit of approximately seven inches up each side of the jacket, in order to prevent the jacket binding the hips when the contestant is moving.

**Trousers:** The trousers with binding straps shall be made of single cotton fabric, either woven through the material with cotton string in a small diamond-shaped design or unwoven.

**Belt:** The belt shall be made of cotton fabric and cotton canvas padding, about  $1\frac{1}{2}$  inches wide and 8 or 9 feet long to enable it to be wound twice round the contestant's waist and tied in a double knot in front, and shall be woven through the material with 8-10 lines of stitching by machine.

**REMARKS:**—In case such "Tatami" and/or "Judo-gi" as mentioned above are not readily available, it is permissible to make shift with any mat and/or costume which may be available, if suitable for Judo contest; provided, however, that as to the costume, it shall conform to the provisions (items a, b, c, and d) of Article 2 of these Contest Rules of the Kodokan Judo.