



## The United States Judo Association

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### **Rules for Kosen Division of the USJA (as of 2019)**

1. Matches will start standing.
2. Standing attacks with leg grabbing are permitted.
3. Guard pulling (hikikomi) is permitted—not to be mistaken for guard jumping or BJJ-style sitting guards without grips.
4. All gripping types and grip breaking techniques are permitted, including two-handed grip breaking.
5. Competitors will only be stood up if both are entangled in some form of guard with neither one attempting to improve their position, or if one competitor is left on the mat after the other has stood up and completely disengaged from ne-waza.

It will be scored in the following manner:

**Ippon** will be scored for:

1. Submissions (chokes and armlocks)
2. 20 second hold downs

**Waza-ari** will be scored for:

1. High impact throws that would normally reach the standard of ippon.
2. 10 second hold downs

**Notes:**

1. Throws that would normally reach the standard of waza-ari will not be scored.
2. Waza-ari-awasete-ippon will be in effect and we expect these special scoring rules to produce a gritty style of action that honors the Kosen tradition and emphasizes the skillful transition from tachi-waza to ne-waza.

John Paccione  
USJA President