

# 2021 Prohibited Acts

## Article 18 (2020 SOR page 127)

### **Shido**

1. **Excessively defensive posture** (Negative positions. Defensive attitude.)
2. **False attack** (Attacks with no grip or immediate release of grip. No breaking of balance.)
3. **Pull down (Hikkomi)** (Not in accordance with Article 10 (opponent does not take advantage.))
4. **Non-combativity (Passivity)** (45 seconds) (Not making any attacking moves.) (Normal *kumi kata*.)
5. **Hand, arm, foot or leg directly in the opponent's face.**
6. **To go outside push the opponent outside** in *tachi shisei* or *ne shisei*. (One foot or two feet.)
7. **Crushing** (To force opponent to take a bending position without immediate attack.) (blocking attitude.)
8. **Avoid taking hold** (in order to prevent action.) (Normal grip.)
9. **Unconventional Kumi kata** (cross back grip, one side grip, belt grip, pocket grip, pistol grip, etc.)(No immediate attack)
10. **Sleeve ends** (to continually hold sleeve end(s) or screw up sleeve end(s) for defensive purposes.)
11. **Fingers interlocked**(of opponent's one or both hands, take the wrist or hand of opponent to avoid a grip.)
12. **Fingers in the sleeve end**, pants end or (waist band).
13. **Bend back the finger(s)** in order to break a grip.
14. **Two hand grip break.**
15. **To break the grip with the knee** or leg.(*kote tataki*)
16. **Cover the upper part of the lapel** to prevent grip.
17. **To strike to break a grip.** (Release uke's grip with a blow on his arm or hand.)
18. **Blocking the opponent's hand.**
19. **Disarrange the judogi**, or not Adjust judogi between *mate* and *hajime*.
20. **To grab the leg, pants or block below the belt to throw or assist in an offensive or defensive action.**
21. **Encircle the belt or jacket end.**(trapping the opponent's arm with belt or jacket should not be penalized.)
22. **To take the judogi in the mouth** (either his own or his opponent's *judogi*.)
23. **To put the foot or leg in the opponent's belt**, collar or lapel.
24. **Shime waza** with your own or opponent's **belt, bottom of the jacket** or using only the fingers.
25. **Overstretch** the leg in *shime* or *kansetsu* waza
26. **Bear Hug**
27. **Leg scissor to trunk, head or neck**
28. **To kick with the knee or foot to break a grip or kick the opponent's leg or ankle** without a throw.
29. **To apply shime waza or kansetsu waza in the standing position.**
30. **To entangle the leg without making an immediate attack.**

### **Hansoku Make**

#### **Direct, but can come back**

1. **Head Dive**
2. **Head Defense (Head post)**

#### **Direct, but cannot come back**

1. **Kawazu gake** (to throw by winding one leg around uke's leg, kicking the leg forward, while falling back.)
2. **Kansetsu waza any where other than the elbow.** (includes one hand grip throws trapping the wrist at armpit.)
3. **To fall directly to the mat while doing Waki gatame.**
4. **Reap the supporting leg from the inside. (Kusabi gari)**
5. **Any action that would endanger or injure, neck or spine**
6. **Fall backwards when opponent is clinging to his back.**
7. **To lift off the mat and forcefully push him/her back onto the tatami** without a judo technique.
8. **Disregard the referee's instructions**
9. **To make unnecessary calls, remarks or gestures** to the opponent or referee during the contest.
10. **To wear a hard or metallic object (covered or not).**
11. **Any action against the spirit of Judo** (includes anti-judo)