



# REFEREE WEBINAR

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Rules Refresher

25 September 2025

Online

## AGENDA

- Scoring (Yuko)
- Match management
- Penalty changes
- Using head to throw vs diving
- Head defense vs bridging
- Provincial Tournament Matrix



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# SCORING

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# Scores in Tachi-waza

**Ippon**

**Waza-ari & Waza-ari-awasete-ippou**

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

# Scores in Tachi-waza

Ippon: unchanged

# Scores - Ippon

- A Throw with speed, force, control, largely on the back with a recognizable throw (skillful)
- A pin of 20 seconds
- A submission by choke or locking the elbow joint
- Landing or attempting to land in a bridge position from a throw



## Scores in Tachi-waza

**Ippon:** unchanged

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

# Scores - Waza Ari

- A throw where the angle of the shoulder and the mat is greater than 90 degrees
- A throw to the back that lacks speed, force, or control
- A pin of 10-19 seconds
- A second waza-ari is awarded "Waza-ari awasete Ippon"





# Scores in Tachi-waza

**Yuko** in Tachi-waza is defined as:

- Side landing (90 degrees) or close to side landing
- Landing on upper back
- Landing on the the side on the shoulder axis and on elbow
- Landing on buttocks (Yuko and no Shido)

## Scores in Tachi-waza

**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.

# Yuko

- Throw landing on the upper back



# Yuko

- Throw landing buttocks with back 90 degrees or more to the rear



# Yuko vs Waza ari

- Throw resulting in a side landing (90 degrees) or close to side landing
- Landing more than 90 degrees of the shoulder axis, but not on the back



4-11–Yuko – Leg in the air going forward after landing



4-02– Waza ari – Leg in the air going backward after landing



# No Score

Yuko will not be awarded if the front part of the stomach, the front part of the hip or the knee to the front are touching the mat at time of back contact. Yuko will not be awarded if the buttocks landing is less than 90 degrees.



# Osaekomi time

**Ippon:** 20 sec

**Waza-ari:** 10-19 sec

**Yuko:** 5-9 sec

# MATCH MANAGEMENT

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- Time to attack & Kumikata
- Stepping out
- False attack



# Time to attack & Kumi kata

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



14-09 – Mate too early – Give more time



14-05 – Shido – Pistol grip by blue and no progression

# Stepping Out – Jogai Out of Bounds



- Intentionally going out of bounds, or intentionally pushing out of bounds, if it is egregious, is still shido.
- Going out of bounds in other cases will not be shido. It will be mate, reset in center, hajime. No mate as long as one of the athletes has one foot inside the area, and there is kumikata.

# False Attack

A False attack is considered when Tori:

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





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# PENALTY CHANGES

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# Penalties – NOT a Shido

## These are NO LONGER Penalized

- Fingers inside the cuffs of the uniform
- Gripping under the belt but above the top of the thigh (standing)
- Unintentionally going out of bounds
- Bear hug where arms don't overlap
- Landing with two hands or elbows back (still yuko)
- Reverse seoi-nage for IJF Junior, Senior, and Veteran divisions
- Using your head as a post during a throw or to defend against a throw for Junior, Senior, and Veterans



# Gripping under the belt

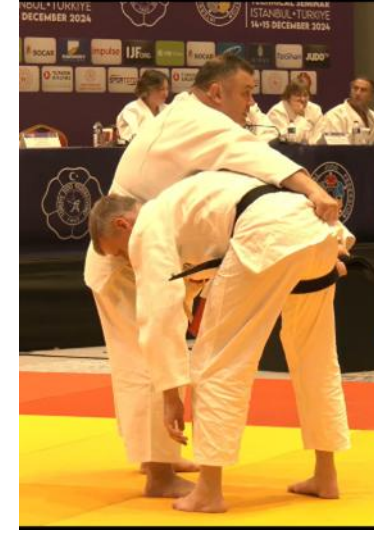
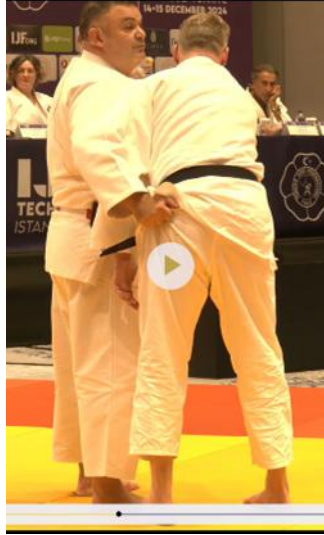


All jacket grips and gripping under the belt to the level of the top of the inner thigh are **allowed**

but

if using negatively the jacket or under the belt to the level of the top of the inner thighs, **Shido** will be given.

# Gripping under the belt



# Bear Hug



NO SHIDO with arms  
not clasped, regardless  
of previous kumi-kata



SHIDO if arms clasped,  
if no previous kumi-  
kata existed



# Reverse Seoi-Nage



at senior and IJF junior (U21) events: is **allowed**.

at cadet and lower (U18 and under) events: will be penalized with **Shido**

# Kansetsu-waza or Shime-waza in Tachi-waza

Applying Kansetsu-waza or Shime-waza in Tachi-waza, 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**.

**If no possibility to escape, it is still Hansoku-make**



# USING HEAD TO THROW VS DIVING

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# 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, Tsurigoshi etc. it is **forbidden to somersault forward** when Uke is on the shoulders or the back of tori, and will be penalised with **Hansokumake**.

Must be an intentional action by tori, not a result of a mixed action where uke’s defense forces tori into a diving action.

# Tori using Head to throw

at senior and junior (U21 & Senior) events is allowed.

at cadet (U18 and under) events will be penalized with **Shido**







**Judo**  
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# HEAD DEFENSE VS BRIDGING

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# Uke applying Head Defense



In senior and junior (U21 & Senior) events, Uke is allowed to use the head to defend.

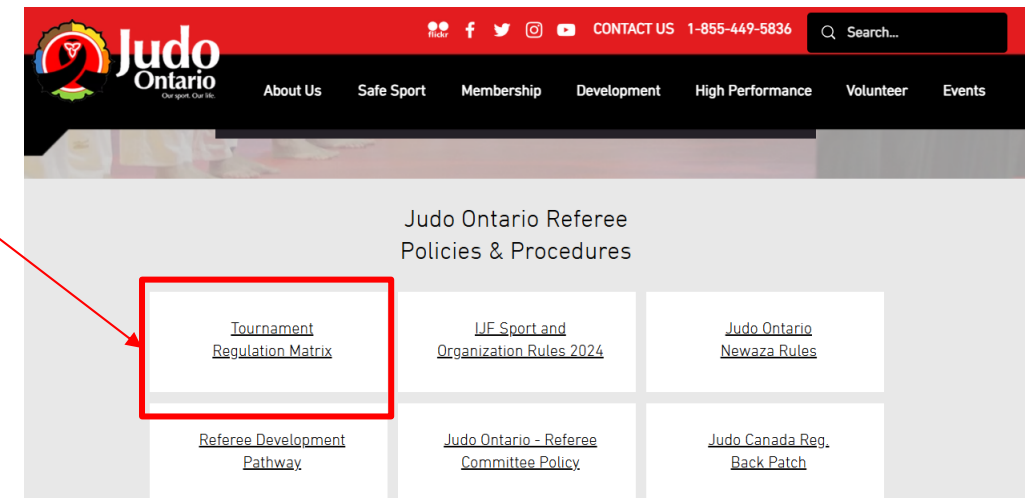
In cadet (U18 and under) events, athletes are not allowed to use the head to defend as Uke. In this situation, Tori will be awarded a score, if any, and Uke will be penalised with **Shido**.



Note: Landing in bridge will still be considered **Ippon**!

# ONTARIO PROVINCIAL TOURNAMENTS

MATRIX





Division	U8 <sup>(1)</sup>	U10 <sup>(1)</sup>	U12	U14	U16	U18/CADET	U21/JUNIOR	Seniors	Veterans
Born	2018 and later	2016-2017	2014-2015	2012-2013	2010-2011	2008-2009	2005-2006-2007	2004 or before	1995 or after
Match Time	2 Min. continuous time or 2 Ippon		2 Minutes	3 Minutes		4 Minutes			M/F 1 - 6 = 3 min. M/F 7 - 11 = 2 min.
Rest period	Rest between bouts will be at a minimum of double the time of the maximum length of the bout for a given age group.								
Golden Score (GS) <sup>(2)</sup> and award	No				Yes				M/F 1-6 = Yes (Full)
	No loser		Hantei						M/F 7-11 = 1 min. Max.
Medical Examination <sup>(3)</sup>	Allowed						IJF		
Grip to the front of judogi only <sup>(4)</sup>	Mandatory		All grips allowed except headlock grips		All Grips Allowed				
Headlock grip over/around the neck (Tachi-waza AND Ne-waza)		Prohibited :		Prohibited :					
Counter rotational waza vs single leg waza (E.g.: Uchimata, harai goshi)	Prohibited :	Free warning & explanation for the 1st offence,		Shido for all infractions	Allowed				
Drop down throws on 1 or 2 knees.		Shido for each subsequent							
Makikomi Waza (Winding-in Techniques)	Mate to explain	infraction		Yes-					
Sutemi Waza (Sacrifice Techniques)	No Shido			Green +					
Tani Otoshi (Valley Drop)									
Shime Waza (Choking Techniques)					Yes - Green +				No shime waza for MF7-11
Sankaku Waza (Triangulation Techniques) <sup>(5)</sup>				Hansoku Make	(allowed for Green belts and higher but are prohibited for yellow and orange belts)				
Kansetsu Waza (Arm-locking Techniques)									
Head (Defense or Attack)	Shido						Allowed		
Reverse Seoi Nage									

JO update: Allowing genders combination for provincial/regional tournament (non-qualifying division)



QUESTIONS