Judo Scores -**Throws**

Ippon: Win. Throw largely on (1) back with (2) control, (3) force and (4) speed
2 Waza-ari = Ippon

Waza-ari: 1. Throws with control but lacking 1 of the 4 elements of ippon
2. throws with control landing on side or back lacking speed.
3. Landing on 2 elbows = Waza ari

Osaekomi – pin **Osaekomi Toketa** – pin broken
Ippon ……..Held for **20 seconds** in a pin.
Or submitted by pin, choke or arm lock.

Waza ari……Held **10 to 19 seconds** in a pin.

Ippon

Waza– ari

Hajime: Begin
Sore Made: End of match. "That is all."

Matte: stop

Osaekomi: Pin

Osaekomi Toketa:

Non-combativity
Stalling

False Attack

Penalties
Shido 1
Shido 2
Shido 3 = H**ansoku make**
Shido penalties will not decide winner . You lose on penalties at **Hansoku make**

LEG GRAB = shido
BRIDGING - any movement dangerous to the head, neck or spine= Ippon
Head Defense = hansoku make
Attack and Counter-attack= To score must have clear control of movement.

Sono –mama: freeze
Yoshi: resume

Golden Score (overtime): Can only win by positive score of Ippon or Waza ari or lost by Hansoku make.

Slight Infringements Group (Shido)

1. To intentionally avoid taking hold in order to prevent action in the contest.
2. To adopt in a standing position an excessively defensive posture. (Generally more than 5 seconds.)
3. To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (FALSE ATTACK)
4. In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, in order to prevent action in the contest. (Generally more than 5 seconds)
5. To intentionally disarrange his own judogi or to untie or retie the belt or the trousers without the referee's permission.
6. To pull the opponent down in order to start ne-waza unless in accordance with Article 16.
7. To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers, or to grasp by "screwing up" his sleeve.
8. In a standing position, after kumi-kata has been established, not to make any attacking moves.
9. To encircle the end of the belt or jacket around any part of the opponent's body.
10. To take the judogi in the mouth (either his own or his opponent's).
11. To put a hand, arm, foot or leg directly on the opponent's face.
12. To put a foot or a leg in the opponent's belt, collar or lapel.
13. To apply shime-waza using the bottom of the jacket or belt, or using only the fingers.
14. From tachi-waza or ne-waza to go outside the contest area or intentionally force the opponent to go outside the contest area. (See Article 9 - "Exceptions".)
15. To apply leg scissors to the opponent's trunk (dojime), neck or head. (scissor with crossed feet, while stretching out the legs).
16. To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip.
17. To bend back the opponent's finger(s) in order to break his grip.
18. Unconventional Kumikata such as cross gripping, one side gripping (2 hands on the same side), cat's paw, pistol grip and belt gripping will not be penalized as long as Tori attacks immediately.
19. Recognizing the difficulty of preparing a throwing action, the time between Kumikata and making an attack is extended to 45 seconds (as long as the attitude is positive and the competitor is preparing to execute a technique). This is after the athletes have obtained normal/standard Kumikata.
20. Leg grabbing or grabbing the trousers, shall be penalized by shido.

Grave Infringements (Hansoku make) - **Disqualification**

1. To attempt to throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards onto him (kawazu-gake).
2. To apply kansetsu-waza anywhere other than to the elbow joint.
3. To lift off the mat an opponent who is lying on the mat and to drive him back onto the mat.
4. To reap the opponents supporting leg from the inside when the opponent is applying a technique such as harai-goshi etc.
5. To disregard the referee's instructions.
6. To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.
7. To make any action which may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo. (Eg. kani-basami).
8. To fall directly to the mat while applying or attempting to apply techniques such as waki-gatame.
9. To "dive" head first, onto the mat by bending forward and downward while performing or attempting to perform techniques such as uchi-mata, harai-goshi, etc.
10. To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement (kata guruma standing or on the knees and falling directly backwards).
11. To wear a hard or metallic object (covered or not).
12. Bridging to avoid a back landing will be now penalized with Tori awarded Ippon.
13. Anti judo will be immediately penalized as an act against the spirit of Judo. \If an athlete is running to avoid competing in a judo contest or to escape from the opponent, that competitor will be considered as acting against the spirit of judo and will be penalized with Hansoku Make.