



**EUROPEAN**  
**Ne-waza Judo Competition Rules**

July 2024



## Ne-waza Judo Competition Rules:

### Application of International Judo Federation (IJF) Rules:

#### 1. Introduction

2. Judo shiai matches follow the International Judo Federation's Sport and Organisation Rules (SOR). These rules are designed for ne-waza competition and comply with all IJF rules related to the NEWAZA section. Only minor changes are made in the case of Golden Score or when a judoka stands up or moves out of the competition area.

#### 3. Competition Start:

When a judo competition starts, the judokas enter the competition area; when the referee calls them, the judoka should enter the competition area to stand approximately 1.5 metres away from each other. They kneel in Seiza (Japanese kneeling position) approximately 1 meter away from each other and perform a Zarei (kneeling bow). No grips are required before the referee announces Hajime.

##### 3.1. Competition Duration:

The standard competition duration is according to (SOR) (4 minutes).

The competition proceeds to the Golden Score if there is no clear winner by the end of the 4 minutes.

#### 4. Golden Score:

In the Newaza Competition, the winner during the Golden Score is determined by SOR rules, which means that the first judoka to score wins the match. The scores from the previous rounds are carried forward during the Golden Score.

If a golden score occurs, and during this time, the judoka in white (Tori) applies a Kodokan Osaekomi-waza technique against the judoka in the blue judogi (Uke) in the middle of the contest area, and the referee announces "Osaekomi," then the judoka in blue will try to escape the hold. The hold-down time limit is 20 seconds, and if the hold-down lasts for more than 10 seconds, it results in a Wazari as per SOR rules. In the Golden Score, the results are evaluated after both blue and white are performing as tori AND uke. Both judokas are considered equal until a score difference appears or a direct/indirect Hansokumake is given.

*In the Newaza competition, the winner during the Golden Score is determined according to SOR rules, which means that the judoka who scores first wins the match. Results from previous rounds are carried over during the Golden Score. In the Golden Score, the technique always starts with Osaekomi until the difference in the score is reached. In Golden score, both competitors have an equal number of chances. In Gold Score, scores are scored after both blue and white act as Tori and Uke. Both judokas are considered*



*equal until there is a difference in the result or until a direct/indirect Hansokumake is awarded.*

*The fight in Golden Score begins with the judoka in white (Tori) applying a Kodokan Osaekomi-waza technique\* against the judoka in blue judogi (Uke) in the middle of the competition area, and the referee announces "Osaekomi," and then the judoka in blue will try to escape from grips. At the end of the time, regardless of the Tori point, the position is changed, and the blue judogi (Uke) takes the Osaekomi-waza, and the action is repeated. Osaekomi always starts with one of the official Kodokan techniques, and Tori and Uke choose each technique according to their wishes, but each one must be different from the previous one (the same grip cannot be held twice in a row). The choice must differ from the previous one (Concerning yourself, not your partner). The time limit for holding is 20 seconds, and if the hold is longer than 10 seconds, it results in Wazari as per SOR rules.*

*Kodokan Osaekomi-waza: (Kesa-gatame/Kata-gatame/Kami-shiho-gatame/Yoko-shiho-gatame/Kuzure-kami-shiho-gatame/Tate-shiho-gatame), not with variations.*

*After the beginning, the "Hajime!" sign, Osaekomi, can be changed.*

## **5. Matte & Penalties:**

According to SOR, the referee may issue Shido and Hansokumake during a Judo competition. If a Judoka stands up without attacking, the referee will stop the match and announce "matte" while giving a Shido, showing the action of standing up. Both contestants will then kneel to restart if a Judoka stands up while being strangled or under an armlock. In that case, the referee will consider it a submission and award an ippon.

They will not be interrupted if both judokas move out of the contest area during a hold-down. Instead, the hold-down will continue in the danger area until the time runs out or they reach the end of the danger area, where ippon is awarded. If the hold is broken, the referee will announce "Matte", and both judokas will return to the kneeling position, and the referee tells Hajime to continue. If a judoka leaves the contest area for no apparent reason, the referee will announce "Matte", make the sign of moving out and give a Shido to the judoka who left the contest area. If both judokas move out of the contest area during an action without an effective hold-down. In that case, the referee says matte and the competition will continue from kneeling. Matte is also called when there is no evident progress.

### **5.1. Decisions and Appeals:**

Decisions are made according to SOR (made by the referee are final, and there is a provision for the judokas or coaches to appeal).

## **6. Age**

The age from 3 categories

M1-3 /F1-3: 30-44;

M4-6 /F4-6: 45-59;

M7-9/F6-9: 60-74;

From 60+ is prohibit shime waza.



## 7. Weight Categories

Men: -66, -81, -100, + 100 KG

Women: -52, .63, -78, +78KG

## 8. Competition System

The type of competition system to be applied in the competition will depend on the number of entries as follows:

Competition systems according to number of participants:

- 6 and more entries: double repechage
- 3, 4, 5 entries: round-robin
- 2 entries: best of 2 contests; if 1-1, the third contest will decide.

## 9. Participation

The athletes can compete in both of the following competitions:

Standard judo competition Tachi-waza and ne-waza

Only Ne-waza

## 10. Conclusion

These rules are designed to ensure fair and competitive ne-waza judo competitions, maintaining the spirit and principles of judo competition outlined in the SOR by the International Judo Federation.