

**CODE
of
OPERATIONS**

July 2007

OJI Code of Operations

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I. Operating Standards and Duties (*Executive Committee and others*)

A. President

1. As enumerated in the OJI Bylaws, the President shall be the Chief Executive Officer and shall preside at all meetings of the Board of Directors and of the Executive Committee. The President shall be, ex officio, a non-voting member of all Committees and shall perform such duties as assigned by vote of the Board of Directors or the Executive Committee.

B. Vice President

1. As enumerated in the OJI Bylaws, the Vice-President shall perform the duties of the President in case of the President's absence or inability to act. The Vice-President shall discharge such other duties as may be assigned by the vote of the Board of Directors or of the Executive Committee.

C. Secretary

1. As enumerated in the OJI Bylaws, the Secretary of the Corporation shall also be the Secretary of the Board of Directors and of the Executive Committee. The Secretary shall keep the seal and the records of the Corporation; supervise the taking, making and distribution of minutes; attend to the publication of official reports; attest documents; and perform such other functions as usually pertain to this office. The Secretary shall discharge such other duties as may be assigned by vote of the Board of Directors or of the Executive Committee. A copy of the minutes of each meeting of the Board of Directors and of the Executive Committee will be sent to each member of the Board of Directors within thirty (30) days following the conclusion of the meeting.

D. Treasurer

1. As enumerated in the OJI Bylaws, the Treasurer shall have charge of the funds and books of account of the Corporation. The Treasurer shall receive and deposit the funds of the Corporation in such bank or banks as shall be designated by or under authority of the Executive Committee. The Treasurer shall disburse such funds in the manner designated by or under the authority of the Executive Committee. The Treasurer shall render an annual financial report to the Board of Directors and to the Executive Committee and such special reports as may from time to time be called for by or under the authority of the Executive Committee. The Treasurer shall discharge such other duties as may be assigned by vote of the Board of Directors or of the Executive Committee.
2. The Treasurer shall be bonded in such amounts as determined by the Executive Committee.

E. Director of Operations

1. As enumerated in the OJI Bylaws, the Director of Operations shall act in case of the President's and Vice-President's absence or inability to act; be Executive Editor of all publications of the Corporation; coordinate the activities of the Committee; publish a yearly schedule of all tournaments; publish a monthly schedule of all activities sanctioned by the Corporation;

develop procedures and forms for application and processing of membership; maintain a membership program and records of the Corporation; render a full annual report in connection with processing of membership and the maintenance of the membership program and records of the Corporation to the Board of Directors at the Annual Meeting each year; prepare and present at each Annual Meeting an annual budget for the coming year; and discharge such other duties as may be assigned by the Board of Directors or by the Executive Committee.

F. Director of Development

1. As enumerated in the OJI Bylaws, the Director of Development shall advise and assist the Executive Committee and the Board of Directors and all other components of the Corporation in all matters concerning the long-range development of Judo in the State of Ohio; coordinate the development activities of, maintain close liaison with, and work through the clubs; foster the long-range development of an adequate pool of national and world class athletes in Judo, from which may be selected competent representatives for the State of Ohio in national competition; foster the closest possible cooperation between all private and public organizations, such as academic institutions, nonacademic centers, and government agencies, which may contribute to the building and maintaining of improved physical facilities for training and competition and to the upgrading of coaching skills and similar matters; prepare and present to the Program Director of the Operations Committee a budget for each of the activities of the Development Committee; and promulgate rules of procedure in regard to the activities of the Development Committee.

G. Director of Standards & Certification

1. As enumerated in the OJI Bylaws, the Director of Standards & Certification shall develop a program to improve the standards of coaching; supervise the training, examination and certification of referees, Kata judges, and other tournament officials; and suggest revisions to the national and international rules of competition and sporting code as determined by the appropriate subcommittee.

H. Director of Law & Legislation

1. As enumerated in the OJI Bylaws, the Director of Law & Legislation shall review all proposals for amendment of the Articles of Incorporation and Bylaws of the Corporation and submit a written report thereon, with recommendations both as to substance and as to form, to the Executive Committee and to the Board of Directors; make recommendations for approval or rejection to the Board of Directors on applications for membership in the Corporation; advise and assist the President, the Board of Directors, and the Executive Committee 1) in regard to the determination of legal and legislative policy of the Corporation, 2) in the formulation of the Code of Operations, 3) in the formulation and determination of the Corporation's future rights and duties, and 4) in proposing amendments to the Articles of Incorporation, Bylaws, Code of

Operation, and any other documents and publications of the Corporation; in coordination with the Board of Directors, the Executive Committee, and other committees of the Corporation, and with other entities interested in the promotion of Judo, aid in the drafting of legal instruments and legislation; process all claims and other legal action filed against or by the Corporation; assist in the investigation of any matter of concern to the Corporation; and serve as Parliamentarian for the Corporation.

I. Athlete Representatives

1. The two Athlete Representatives will represent all athletes in the OJI at Board of Directors and Executive Committee meetings. They will bring to the meetings the concerns, questions and positions of the athletes and will disseminate to the athletes all actions, programs and information pertinent to the athletes.

J. Registration Chairman

1. The Registration Chairman shall maintain records of the club memberships in OJI as well as the individual memberships. The Registration Chairman shall supply appropriate forms to accomplish all such registrations and shall review all such applications to assure proper documentation is submitted to verify all requirements for registration are met.

K. Promotion Board Chairman

1. As enumerated in the OJI Bylaws, the Promotion Board shall establish nondiscriminatory, uniform, written minimum standards for the award of all belt rank; establish written procedures to be followed by club instructors to test students and record all rank promotions with the Corporation; process, keep records, and issue certificates for all promotions issued under the corporation's authority; register with the USJI all promotions to Shodan or higher; recommend to the USJI Promotion Board all qualified candidates for promotion to Yondan or higher; provide testing opportunity for all OJI members who meet the prerequisites for promotion to Nidan or higher, and for any rank below Nidan when any member cannot arrange testing in any other manner; implement procedures for registering rank with the Corporation that has been issued by any IJF recognized rank issuing authority; implement procedures for processing requests for IJF Dan certificates; and be composed of eleven (11) members, one of whom shall be appointed Promotion Board Chairman by the President of the Corporation.

L. Referee Certification Committee Chairman

1. As enumerated in the OJI Bylaws, the Referee Certification Committee shall promulgate forms, examinations and procedures for the examination of officials (referees, timers, scorers, etc.); provide training and/or refresher courses or seminars for all officials; certify as officials those who qualify to officiate or participate; be composed of all National Referees and higher; and elect from its members a Chairman, whose term shall coincide with the terms of the elected officers of the Corporation (there will be no limitation on the number of times the RCC Chairman can be re-elected).

II. Meetings

- III. Publications/Communications Standards
 - A. Copies/Updates of Policies/Procedures/etc.
 - 1. If available in electronic format, updates of policies, procedures, etc. shall be made available to OJI members through the web site or e-mail at the discretion of the Executive Committee
 - 2. If a member requests a hard copy of such document(s), the Executive Committee will consider such requests and determine a reasonable fee to cover the cost of printing, mailing, etc.
 - B. Minutes of meetings/Notices/etc.
 - 1. Official minutes of meetings, notices, etc. shall be distributed to all members of the Board of Directors, Executive Committee, or committee as appropriate for each meeting.
 - 2. A summary of actions taken may be distributed to all members of OJI, usually by posting such summary on the OJI web site.
 - C. Calendar of Events (Midwest Judo Information Center)
 - 1. A listing of judo events of potential interest to OJI judoka shall be maintained on our web site. Hard copies can be made available through subscription at a fee.
 - D. Newsletters
 - 1. Newsletters may be published from time to time to provide information of potential interest to members of OJI. They may be electronic in nature and may be distributed by posting on the OJI web site.
 - E. OJI Web Site
 - 1. The content of the OJI web site will be under the control of the Executive Committee and the Program Director of Operations. The site will be maintained by the designated web master.
 - 2. The web site shall be a primary method of keeping all members informed of current plans and programs of the OJI.

IV. Financial Standards

A. Budget Procedures

1. Budget Committee
 - a. Appointed by the OJI President
 - b. Serves 2 years (coincident with the elected officers of the OSJI)
2. Schedule of activities
 - a. Submittal of program descriptions and budget requests by officers, program directors and athlete reps. Committees and others requesting budget allocations submit their requests through the appropriate program director.
 - b. Budget committee prepares a "draft budget", making changes as required to ensure fiscal responsibility.
 - c. "Draft budget" is submitted to the OJI Board of Directors with explanation of any modifications from requests received in section a.
 - d. Board of Directors either approves the budget as presented, makes modifications and approves modified budget, or gives guidance to the budget committee requiring further modification and resubmission at a later meeting of the Board of Directors.
 - e. Expenditures within budget shall be distributed by the treasurer upon documented request of the officer/program director or approved designee.
 - f. Anticipated expenditures/commitments outside the budget shall be submitted to the budget committee (as early as possible) for reallocation consideration. Normal procedure will require reallocation within a program area if at all possible.

B. Audit Procedures

1. Internal audits shall be performed annually and upon special request of the Board of Directors.
2. External audits shall be performed upon special direction from the Board of Directors by a qualified accounting firm.
3. The current financial report, along with supporting documentation, shall be examined to assure the following:
 - a. There are no mathematical errors in any part of the financial statement.
 - b. The financial reports accurately reflect the financial status of the organization.
 - c. All transactions are recorded clearly and there is sufficient supporting documentation.
 - d. All expenditures have been authorized by the Board of Directors, through the budget process, the Executive Committee, budget reallocation, or for items within a budget line item the program director or committee chair.
 - e. All expenditures are for legitimate activity of the OJI.
 - f. All transactions are recorded against the correct accounts.
4. Sampling shall be determined such that there is high probability any errors/deviations will be detected and included in the audit report.

5. A written report shall be submitted to the Board of Directors upon completion of each audit.

C. Development Grants

1. Funds may be given to members to offset expenses incurred during training for, travel to/from, and participating in Judo Tournaments, Clinics, Camps, etc., provided the individual is a current member (and was a member the prior membership year) of the OJI.
2. Such funds may be part of a recurring program or special allocation by the Board of Directors.
3. Such funds shall not exceed actual expenses and receipts shall be required to document all expenses.

V. Sanctioning Procedures/Requirements

Requirements and Application Procedures for Obtaining a Sanction

National and International Events:

United States Judo, Inc. (USJI), the National Governing Body (NGB) for Judo, issues sanctions for National and International events. The events are held under IJF rules, with limited modifications granted for Junior and Masters Categories. Only the National Governing Body and State Governing Bodies (SGB) may host these events. SGB's wishing to host this type of event must present a "bid" proposal to USJI giving details of their plans. Once USJI grants the SGB the right to host a National or International event, the SGB must enter into a contractual agreement with USJI and apply for a sanction. Details of bid procedures and the tournament contract are given in USJI's Code of Operation.

Local/State/Regional Events:

SGB'S, USJF and USJA issue sanctions for local, state and regional events held in their jurisdiction. The National Governing Body **does not** issue sanctions for such events unless there is no active SGB in the area in which the event is held.

Application for Sanction from the SGB, USJF, or USJA:

Only Registered Judo Clubs may apply for a sanction. To receive a sanction, a properly completed and signed Application for Sanction, **draft copy** of the entry form, **draft copy** of the general information sheet, **draft copy** of the waiver and release form, and appropriate administrative fee, must be submitted well in advance of the scheduled date of the event. The entry form, the general information sheet, and the waiver and release form will be reviewed for accuracy, completeness, conflict with other events, and compliance with all other sanction requirements. If there are problems, the club officials will be informed of any modifications that are required. When the entry form, the general information sheet, and the waiver and release form are in full compliance with the sanction requirements, the sanction application is properly completed and signed, and appropriate fees are paid, a sanction will be issued and liability insurance coverage will be in effect.

The sanction number(s) and name(s) of the sanctioning authorities shall be printed on the entry form when it is distributed to the public. A final copy of the entry form as well as any corrected forms that are distributed to the public must be submitted to each of the sanctioning authorities for their permanent records. The applicant agrees to abide by all the terms and conditions for sanctioned events. These terms and conditions are

listed below, and are attached to the sanction application. They will be provided once again to the organizers when the sanction is issued.

ADDRESSES TO SUBMIT THE SANCTION APPLICATION AND APPROPRIATE FEES ARE ATTACHED.

NOTE: Non-USJF club applying for a USJF sanction, must include a letter from their national organization which attests to their technical competency to conduct the event properly. This letter must be submitted along with the other paperwork for the sanction.

Application for Sanction directly from USJI:

Judo Clubs in areas not having an active State Governing Body, may use the above listed procedures to apply for a sanction directly to the USJI National Office. The club must register as a recognized club with the NGB by submitting a \$25.00 fee to the national office. USJI defines a club as having a minimum of 5 currently registered USJI members, practicing in a common location.

United States Judo, Inc., United States Judo Association,
& United States Judo Federation
Uniform Sanctioning Procedures

Overview

The Amateur Sports Act of 1978, passed by the United States Congress, provided the authority for each sport to have its own governing body. United States Judo, Inc. (USJI) was organized as the National Governing Body (NGB) for Judo in the United States. The existing amateur judo sports organizations, USJA and USJF, were both made group A members of USJI at that time. USJI is a member of the United States Olympic Committee, the Pan American Judo Union, and the International Judo Federation.

A sanction is primarily a mechanism of identifying that an event is covered by insurance. The sanctioning program is designed to 1) provide liability insurance for the event, 2) protect the amateur status of athletes participating in Judo events by verifying membership, and 3) provide minimum standards for conducting an event. This document describes the sanctioning program, and gives details of how to apply for, obtain, and fulfill the obligations of a sanction.

Who Sanctions Judo Events?

In addition to individual and "at-large" members, USJI is composed of the following member "Groups" or organizations:

1. Group A: United States Judo Federation (USJF) and United States Judo Association (USJA).
2. Group B: These are the State Governing Bodies (SGB) for Judo in each State and the District of Columbia. Most states have an active Group B organization. The SGB's govern Judo on the State level under USJI's guidance.
3. Group C: Organizations which conduct National Sports Programs. Examples are National Collegiate Judo Association and the Marine Judo Association.

USJI organizes and sanctions National Championships and other National and International Judo events, many of which are used as partial criteria for selection of teams which represent the United States in events like the Senior World Championships, Junior World Championships, the Pan American Games, and the Olympic Games. Only members of USJI are eligible to participate in such events. Currently these events are the Senior National Judo Championships, National Junior Olympic Judo Championships, National Ladder Tournament, U. S. International Invitational Judo Championships, U. S. Junior, Juvenile, and Youth, International Invitational Judo Championships, and Trials to select teams to represent the United States in international competition. In general,

events open to USJI members only are 1) events funded wholly or in part through the U.S. Olympic Committee or special funding, 2) point tournaments, and 3) Olympic Festivals.

USJF, USJA, and the SGB's also have authority to issue sanctions and do so for local, statewide, and regional events. In 1984, the USJI, USJF and USJA and the SGB's agreed that all sanctioned Judo Tournaments, except for those listed above, will be OPEN events. This means that all members of USJI, USJA, or USJF are eligible to participate in such events, regardless of which organization sanctions the event.

USJI will also issue sanctions to Judo organizers located in an area which does not have an active State Governing Body.

Limited Modifications:

Sanctions **MAY** be issued for events which have the following modifications to the IJF rules:

Safety Zone Size: The IJF requires a safety zone of at least 3 meters on the outside border of the contest area and at least 4 meters between contest areas. This rule was adopted in 1994 to account for the matwork rule change which allowed contestants to continue in matwork until both are completely outside of the contest area. For local events where creating such a large safety area is impossible because of venue size restrictions, lack of available mats, or for other reasonable causes, organizers may conduct their event using pre-1994 matwork rules and safety zone sizes, provided that the tournament information clearly states that such a modification will be in effect at the event.

Shime- and Kansetsu-Waza Age Limits: It is standard procedure in the United States that contestants competing in junior divisions up to and including 12 years of age are not allowed to use Shime-waza (chokes) or Kansetsu-waza (arm locks). Contestants competing in junior divisions up to and including 16 years of age are not allowed to use Kansetsu-waza. All senior divisions are normally permitted to use Shime-waza and Kansetsu-waza. Juniors who elect to enter senior divisions must understand that they do so at their own risk and should be allowed the use of Shime-waza and Kansetsu-waza. Event organizers may also limit the use of Shime-waza or Kansetsu-waza in novice-only divisions in the interest of safety.

Mixed Male and Female Competition: In certain instances, the USJF will issue a sanction for an event which conducts competition between Male and Female competitors in age divisions which contain contestants 10 years of age or younger. The approved coed waiver and release form must be used for all participants in these events.

Event organizers must specify in the sanction application and on the event information sheet if any of the above (or other) rule changes will be in effect at the event.

Addresses for submitting sanction applications

For National and International Events, or for events in a state which does not have an active State Governing Body:

United States Judo, Inc. National Office One Olympic Plaza Suite 202 Colorado Springs, CO 80909	Sanction Fee: \$25.00
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For Local and Regional Events:

United States Judo Federation National Office P.O. Box 338 Ontario, OR 97914-0338	Sanction Fees: Rec'd 30+ days Prior to Event - \$10.00 Rec'd 7-29 days Prior to Event - \$20.00 Rec'd 6 or Less Days Prior to Event - \$30.00
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United States Judo Association National Headquarters 21 North Union Boulevard Colorado Springs, CO 80909	Sanction Fee: \$15.00
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Address of State Governing Body	Sanction Fee:
James Starcher/OJI Registration Chairman 11292 Fulton Road Marshallville, OH 44645 330-855-4771 Fax: 330-855-4771	\$15.00

TERMS AND CONDITIONS FOR SANCTIONED EVENTS

This administrative body issues sanctions for Judo events. A sanction is a confirmation that insurance applies. Representatives cannot attend individual tournaments and clinics. Therefore, this body will not assume the function of directing, policing, or overseeing the individual operations and procedures of these events. It is understood that each tournament and clinic site is different and presents unique problems concerning administration, officiating, mats, equipment, competitors, and divisions, etc. However, the Tournament or Clinic Director, in consideration of receipt of this sanction, agrees to abide by these terms and conditions to the fullest extent possible.

1. ALL SANCTIONED EVENTS MUST BE AMATEUR JUDO EVENTS ONLY.

Sanctions will only be issued for Judo events. Events that combine Judo, Ju-Jitsu, and other Martial Arts competition in the same venue shall not be sanctioned. The insurance coverage available to the individuals, club, and event organizers is limited to the sport of Judo.

2. ALL SANCTIONED OR CO-SANCTIONED EVENTS WILL BE OPEN (except for tournaments excluded by the 1984 agreement.)

A) All events sanctioned will be open to members of the United States Judo, Inc. (USJI), the United States Judo Association (USJA), and the United States Judo Federation (USJF).

B) A current membership card or proof of registration from the USJI, USJA, or USJF will be

required to participate and must be displayed to the registration personnel at the time that the contestant registers. If an individual cannot produce their current membership card or proof of current membership, they must purchase membership in either USJI, USJF, or USJA, in order to participate. When the application for membership and appropriate fee are submitted to the respective National Office, and if prior membership is confirmed, the individual's membership fee will be refunded to them. Otherwise, the application and fee will be processed and a new membership card will be issued.

3. ALL PARTICIPANTS MUST BE REGISTERED MEMBERS WITH INSURANCE.

All U.S. participants must be members of the USJI, USJA, or USJF. If your event is open to foreign participants, they must be members of their National Governing Body (NGB) for Judo as recognized by the International Judo Federation (IJF). All U.S. participants must have membership insurance in effect with their parent Judo organization which includes a minimum limit of \$25,000, in excess accident medical benefits. **THIS IS AN INSURANCE COMPANY REQUIREMENT AND FAILURE TO COMPLY MAY AFFECT YOUR LIABILITY INSURANCE COVERAGE FOR THIS EVENT AND YOUR RIGHT TO OBTAIN FUTURE SANCTIONS.**

Procedures must be established to check membership of all participants. Participants will be allowed to register as a member prior to the start of any sanctioned event. These membership registrations will be covered by excess accident medical insurance for Judo. The official conducting the event must send all new memberships to the Registration Chairperson within five days of the completion of the event. This is important to confirm insurance coverage. No membership registration may be taken once registrations have closed. A tournament official must verify that all membership registration procedures are followed for any new memberships issued at the event.

Membership and current insurance may be verified by the individual's current membership card or by official rosters issued by the USJI, USJF and USJA National Offices. Although membership insurance is optional for life members, it is mandatory for all who participate in sanctioned events in accordance with our insurance company requirements. Therefore, current insurance must be verified for all life members who participate in the event.

4. PROPERLY DESIGNED ENTRY FORM

A properly designed entry form must be used. The entry form must contain, at a minimum:

- Adequate space for participant's personal information.
- Ability to record verification of current membership and insurance.
- Categories of competition (Junior, Senior, Masters, Team, Shiai, Kata, etc.) including eligibility requirements for each category.
- Divisions within each Category: age, age-weight, weight only, skill level (white, brown, black belt), etc. If divisions are to be combined together or split up based on the age and/or weight range of the entrants, state this in a prominent place.
- The elimination system to be used (Single, Double, Modified Double, Repechage, Double-Repechage, Pool, etc.)
- The schedule of events, including registration, weigh-in, roll call, and competition times.
- Any IJF rules that are modified for local or regional competition.
- Sanction number(s) and name(s) of the organization(s) issuing the sanctions.

5. WARNING, WAIVER AND RELEASE OF LIABILITY CLAUSE.

The standard release jointly approved by the USJI, USJA, USJF and their respective insurance companies must be signed by all participants (unless an alternate release has been specifically approved). This release may be made part of the tournament entry form or it can be signed separately. In the case of minors, it must additionally be signed by their parents or legal guardians. Our insurance company requires the Tournament or Clinic Director to retain the signed release for 5 years after the completion of the event and if necessary, provide the insurance company with this document in the event of a participant injury claim resulting in a suit against the insured(s). If the event is open belt competition, i.e., weight class only, the entry form should require a black belt coaches certification.

NOTE: The USJF has approved children's coed competition in divisions up to and including 10 years of age; for such events, a special coed waiver must be used for the entire event.

6. CONTEST RULES OF THE INTERNATIONAL JUDO FEDERATION (IJF) ARE TO BE FOLLOWED FOR ALL SANCTIONED EVENTS.

This is required by the IJF. If there are any rules, planned deviations or exceptions to the standard rules, other than for unique safety considerations at local events, they must be approved prior to the date of the event. Co-sanctioned events may require rule modifications to be in compliance with that organization's standards.

NOTE: It is standard procedure in the United States that contestants competing in junior divisions up to and including 12 years of age are not allowed to use Shime-waza (chokes) or Kansetsu-waza (arm locks). Contestants competing in junior divisions up to and including 16 years of age are not allowed to use Kansetsu-waza. All senior divisions are normally permitted to use Shime-waza and Kansetsu-waza. Juniors who elect to enter senior divisions must understand that they do so at their own risk and should be allowed the use of Shime-waza and Kansetsu-waza.

7. ADEQUATE MATS SHOULD BE PROVIDED.

Regulation size contest areas should be used. If sufficient mats are not available, then the smaller ones should be used for junior competition. The safety zone on the outside border of each contest area and between adjacent contest areas should always be of regulation size. The mats should be firm under foot, have property of absorbing sufficient shock, and have a surface that is non-binding and free of folds and gaps. All mats should be inspected before competition or practice begins.

8. ADEQUATE EMERGENCY MEDICAL FACILITIES AND PERSONNEL SHOULD BE PROVIDED.

A medical doctor or other certified first aid personnel should be in attendance at all tournaments. A medical area with emergency supplies and ice should be provided. The

telephone number of the local ambulance service and the location of the nearest hospital should be known. (ESTABLISH AN EMERGENCY MEDICAL PROCEDURE.)

9. QUALIFIED MAT OFFICIALS SHOULD BE USED.

Certified referees should be used on every mat. If a sufficient number of certified referees is not available, then one certified referee should be assigned to supervise each mat area.

10. ADDITIONAL EQUIPMENT AND FACILITIES.

The following additional equipment and facilities are recommended for all tournaments: Each contest area should be equipped with scoreboards that are visible to the spectators facing the scoring tables, stopwatches for both contest time and Osae-komi, gongs or bean bags for indicating ending time, red and white flags for the judges, and red and white belts (sashes) for the competitors. A suitable head table and public address system should be available. Every attempt should be made to create a restricted area for the competition. A restricted area(s) is that area limited to players, officials and other authorized personnel. The general public should be restricted from this area.

11. MINIMUM STANDARDS.

These guidelines are established as minimum standards. Any action taken by the Tournament Director to improve or enhance the quality of the tournament and provide a greater level of safety for the participants and spectators is highly encouraged.

12. TOURNAMENT REPORT

Five days after the competition of the event, a report should be filed with all of the Sanctioning Authorities. This report shall include the "Report of Sanctioned Event" form as well as copies of the "Injury Report" form with a copy of the entry form, and waiver and release form for each injured person. Failure to follow this procedure could jeopardize future sanctions.

13. FORWARDING OF MEMBERSHIP REGISTRATIONS AND MONIES

Within five (5) days after the completion of the event, all of the membership registration forms and money collected should be forwarded to the respective Registration Chairpersons.

VI. Tournament Standards
A. National Events

B. State Championships

1. General Requirements

a. Bid procedures

- 1) Bids for each state championship event shall be awarded at the Fall meeting in the calendar year prior to the championships
- 2) Bids must include the following information:
 - a) Responsible organization
 - b) Tournament Director/Responsible Person
 - c) Financial arrangements - profits/losses
 - d) Proposed budget, awards, facilities, mats, etc.
 - e) Scale drawing of facility and layout with critical dimensions
 - f) Special limitations or added benefits
- 3) Bids shall be awarded to member organizations of the OSJI

b. Announcements

- 1) Tournament information and entry forms must be sent to each registered organization in OJI. These materials should also be sent to any other known Judo Club in the State of Ohio.
- 2) Entry prerequisites, fees, rules, locations, times, etc. are to be included on tournament flyers.

c. Sanctioning

- 1) All State Championships must be sanctioned by OJI.
- 2) All sanction requirements must be followed.

d. Officials

- 1) Certified officials are to be used whenever possible.
- 2) All technical decisions (application/interpretation of the Rules) shall be done by the referees, under the direction and guidance of the Chief Referee.

e. Medical personnel and facilities

- 1) Medical personnel must be on site at all times when competition is in progress.
- 2) Medical personnel shall be briefed by the Chief Referee prior to the start of competition.
- 3) Sufficient first aid supplies are to be on site, under the control of the medical personnel.
- 4) Supplies (bleach solution, gloves, wipes, etc) are to be made available by the organizing committee for clean-up of any blood that may get on the mats, gis or players.

f. Facilities

- 1) Facilities must be large enough to provide adequate space for regulation sized competition areas, support tables, spectator, officials and competitor seating, and ample room to provide safe movement of all personnel throughout the site.
- 2) Locker rooms, restrooms, food concessions, officials lunch, pairing room, and a referee's meeting room are to be provided.

- g. Mats
 - 1) Sufficient mats must be used to provide regulation sized competition areas.
 - 2) The mats must comply with the requirements set forth in the IJF rules. Preferably tatami [or ethafoam (2") with cover] is to be used.
 - h. General Eligibility Requirements
 - 1) All competitors must be current members of the USJI, USJA or USJF.
2. Seniors
- a. IJF Rules will be used as modified by the USJI (pre 2003 medical rules).
 - b. Match Length - Men = 5 minutes; Women = 5 minutes
 - c. Elimination Procedure - straight double elimination (brackets)
 - d. Competitive divisions - the same divisions will be used that are to be used at the USA Judo Senior Nationals.
 - e. A competitor can compete in only one division - the division he/she makes weight (above lower limit and below or equal to upper limit). If a competitor is unopposed, exhibition matches may be run (at the discretion of the Tournament Director) but these will not be part of the "official championships".
 - f. Minimum age - 15 years old (unless given special dispensation)
3. Juniors
- a. Modified IJF Rules will be used - no chokes under 13; no armbars under 17, pre 2003 medical rules.
 - b. Match Length - 16 & below = 3 minutes; 17-20 (Male = 5 minutes; Female = 5 minutes)
 - c. Elimination Procedure - straight double elimination (brackets)
 - d. A competitor can compete in only one division - the division he/she makes weight (above lower limit and below or equal to upper limit). If a competitor is unopposed, exhibition matches may be run (at the discretion of the Tournament Director) but these will not be part of the "official championships".
 - e. Age limits - competitors must be at least 6 yrs old and less than 21 yrs old on the day they compete.
4. High School
- a. Modified IJF Rules will be used - no armbars, pre 2003 medical rules.
 - b. Match Length - 4 minutes
 - c. Elimination Procedure - straight double elimination (brackets)
 - d. A competitor can compete in only one division - the division he/she makes weight (above lower limit and below or equal to upper limit). If a competitor is unopposed, exhibition matches may be run (at the discretion of the Tournament Director) but these will not be part of the "official championships".
 - e. Competitors must be full time students in High School (grades 9-12)
5. Junior Olympics

- a. Modified IJF Rules will be used - no chokes Bantam and Intermediate; armbars allowed in Juvenile B only.
 - b. Match Length - Bantam and Intermediate = 3 minutes; Juvenile A and Juvenile B (Male = 5 minutes; Female = 4 minutes)
 - c. Elimination Procedure - straight double elimination (brackets)
 - d. A competitor can compete in only one division - the division he/she makes weight (above lower limit and below or equal to upper limit). If a competitor is unopposed, exhibition matches may be run (at the discretion of the Tournament Director) but these will not be part of the "official championships".
 - e. Age limits - competitors must be at least 6 yrs old and 19 yrs old (or less) as of December 31st of the year prior to the championships.
- C. Other OSJI sponsored activities

VII. Rules of Competition
A. IJF Rules for Shiai

Refereeing Rules (2004)

Article 1 -- Competition Area

The competition area shall be a minimum of 14m x 14m and a maximum of 16m x 16m and shall be covered by tatami or similarly acceptable material, generally green in color.

The competition area shall be divided into two zones. The demarcation between these two zones shall be called the danger zone and shall be indicated by a red area, approximately 1m wide, forming part of or attached to the contest area, parallel to the four sides of the competition area.

The area within and including the danger zone, shall be called the contest area and shall always be of a minimum of 8m x 8m or a maximum of 10m x 10m. The area outside the danger zone shall be called the safety area and shall be 3m wide.

An adhesive blue tape and a white tape, approximately 10cm wide and 50cm long shall be fixed on the center of the contest area at a distance of 4m apart, to indicate the positions at which the contestants must start and end the contest. The blue tape shall be to the referee's right and the white to his left.

The competition area must be fixed to a resilient floor or platform (see Appendix).

Where two or more adjoining competition areas are used, a common safety area of a minimum of 4m is necessary.

A free zone, a minimum of 50cm must be maintained around the competition area.

APPENDIX Article 1 - Competition area

Tatamis

Generally measuring one metre by two metres, made of pressed straw or, more frequently, from pressed foam.

They must be firm under foot and have the property of absorbing shock during Ukemi, and must not be slippery nor too rough.

The elements making up the surface for the competition must be aligned without space in between, be smooth of surface and fixed in such a way that they will not be displaced

Platform

The platform is optional and must be made of solid wood, while still having a certain resilience and measuring approximately 18 meters on the side without ever going beyond 50 cm in height.

COMPETITION AREA

<Picture>

Article 2 -- Equipment

(a) Chairs and Flags (Judges)

Two lightweight chairs must be placed on the safety area at diagonally opposite corners of the contest area and in a position so as not to obstruct the judges, Commission members and recorders view of the scoreboard. One blue and one white flag shall be placed in a holster affixed to each chair.

(b) Scoreboards

For each competition area there shall be two (2) scoreboards, that indicate the scores horizontally, not exceeding 90 centimeters in height and 2 meters in width, placed outside the competition area where they can be easily seen by the referees, Commission members, officials and spectators.

The penalty points shall be immediately converted to scores and recorded on the scoreboards. However, the boards must be manufactured with a device that will record the penalties received by the contestants. (see Appendix Example)

There shall be two crosses in blue and white respectively on the top of the scoreboard for 1st and 2nd examinations of the doctors. (see Articles 8 and 29 Appendix)

Whenever electronic scoreboards are used, manual scoreboards must be available as a backup (see Appendix).

(c) Timing clocks

There shall be timing clocks as follows:

- Contest duration - one
- Osaekomi - two
- In reserve - one

Whenever electronic timing clocks are used, manual timing clocks must also be used for control (see Appendix).

(d) Flags (time keepers)

Timekeepers shall use flags as follows;

- Yellow - contest stop
- Green - osaekomi duration

It will not be necessary to use the yellow and green flags whenever an electronic display clock showing contest duration and osaekomi duration is in use. However, these flags must be available in reserve.

(e) Time signal

There shall be a bell or similar audible device to indicate to the referee the end of the time allotted for the contest.

(f) Blue and white judogi

The contestant shall wear a blue or white judogi. (The first competitor called wears the blue judogi, the second wears the white.)

APPENDIX Article 2 - Equipment

Position of recorders/scorers/timekeepers

The scorers and timekeepers must be facing the referee and well in view of the recorders.

Distance of spectators

In general the spectators should not be admitted closer than 3 meters to the surface of the competition (or platform).

Timing clocks and score boards

The time clocks must be accessible to those persons responsible for maintaining their accuracy, and they must be checked regularly for accuracy at the start and during the competition. The scoreboards must correspond to the demands set out by the IJF and should be at the disposal of the referees as needed.

The manual timing clocks and scoreboards must be used simultaneously with the electronic equipment, in case of failure of the electronic equipment.

b) Manual scoreboards

0	1	0	1	0	0
W/ARI	YUKO	KOKA	W/ARI	YUKO	KOKA
3 Shido	2 Shido	shido	3 Shido	2 Shido	shido
	WHITE			BLUE	

EXAMPLE:

Blue has scored waza-ari and also been penalized 2 Shidos.

White receives yuko immediately as a result of blue's 2nd Shido.

Blue and white crosses

The background of the display area should be green and the crosses blue and white to correspond with the judogi color of the contestants.

Article 3 -- Judo uniform (judogi)

The contestants shall wear judogi complying with the following conditions:

(a) Strongly made in cotton or similar material, in good condition (without rent or tear). The material must not be so thick or so hard as to prevent the opponent from taking a grip.

(b) Blue in colour for the first contestant and white or off white for the second contestant.

(c) Acceptable markings:

- i) National Olympic abbreviation (on back of jacket).
- ii) National Emblem (on left breast of jacket). Maximum size 100 square centimeters.
- iii) Manufacturer's trade mark (on bottom-front of jacket and on bottom front of left leg of the trousers). Maximum size 25 square centimeters.
- iv) Shoulder markings (from collar - across shoulder - down arm - both sides of jacket). Maximum length 25 centimeters and maximum width 5 centimeters.
- v) Indication of the placing (1st, 2nd, 3rd) at the Olympic Games or World Championships, in an area of 6cm x 10cm at the bottom front left side of the jacket.
- vi) The contestant's name may be worn on the belt, uniform lower front top of the jacket and upper front top of the pants and must be a maximum of 3cm x 10cm. Also the contestant's name or abbreviation may be placed (printed or embroidered), above the National Olympic abbreviation, but in no case in a position to prevent an opponent from grasping the back of the jacket. The size of the letters is a maximum of 7cm high and the length of the name is a maximum of 30 cm. This rectangular area of 7 x 30 cm must be located at 3 cm under the collar of the jacket and the back identification must be fixed at 4 cm under this area.

(d) The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 centimeters at

the level of the bottom of the rib-cage. The sleeves of the jacket must reach to the wrist joint as a maximum and 5 centimeters above the wrist joint as a minimum. A space of 10-15 centimeters shall exist between the sleeve and the arm (inclusive of bandages), on the entire length of the sleeve.

(e) The trousers, free of any markings, shall be long enough to cover the legs and shall at a maximum reach to the ankle joint and at a minimum 5 centimeters above the ankle joint. A space of 10-15 centimeters shall exist between the trouser leg and the leg (inclusive of bandages) on the whole length of the trouser leg.

(f) A strong belt, 4 to 5cm wide, whose color corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot tight enough to prevent the jacket from being too loose and long enough to go twice around the waist and leave 20 to 30cm protruding from each side of the knot when tied.

(g) Female contestants shall wear under the jacket either:-

- i) a plain white or off white tee-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers, or:-
- ii) a plain white or off-white leotard.

APPENDIX Article 3 - Judo uniform (judogi)

If the judogi of a contestant does not comply with this article the referee must order the contestant to change in the shortest possible time, into a judogi which does comply with the article.

The contestants' spare judogi should be brought by the coaches to their chair at the edge of the competition area.

To ensure that the sleeves of the contestant's jacket are the required length, the referee shall direct the contestant to raise both arms, fully extended forward at shoulder level, when making the control.

Article 4 - Hygiene

(a) The judogi shall be clean, generally dry and without unpleasant odor.

(b) The nails of the feet and hands shall be cut short.

(c) The personal hygiene of the contestant shall be of a high standard.

(d) Long hair shall be tied so as to avoid causing inconvenience to the other contestant.

APPENDIX Article 4 - Hygiene

Any contestant who will not comply with the requirements of Articles 3 and 4 will be refused the right to compete and the opponent shall win the contest by kiken-gachi, according to the rule of "majority of three" (see Article 28).

Article 5 - Referees and Officials

Generally, the contest shall be conducted by one referee and two judges under the supervision of the Refereeing Commission. The referee and judges shall be assisted by contest recorders and time keepers.

APPENDIX Article 5 - Referees and officials

The timekeepers, list writers and recorders as well as other technical assistants must be of a minimum of 21 years age, have a minimum of three years experience as national referees and a good knowledge of the Contest Rules.

The Organizing Committee must ensure that they have been thoroughly trained as technical officials. There shall be a minimum of two timekeepers; one to register the real contest time and one to specialize in osaekomi time.

If possible there should be a third person to supervise the two timekeepers to avoid any errors due to mistakes or forgetfulness.

The overall timekeeper (real contest time) starts the clock on hearing the announcements hajime or yoshi and stops it on hearing the announcements matte or sonomama.

The osaekomi timekeeper starts the clock on hearing osaekomi, stops it on sonomama, restarts it on hearing yoshi. Either on hearing toketa or matte he stops the clock and indicates the number of seconds elapsed to the referee or on expiry of the time for osaekomi (25 seconds where there has been no previous score or 20 seconds where the person being held in the osaekomi has had a waza-ari or 3 shidos awarded against him) indicates the end of the osaekomi by means of an audible signal.

The osaekomi timekeeper shall raise a green flag during the contest whenever he has stopped the clock on hearing sonomama and shall lower the flag when he has restarted the clock on hearing yoshi.

The overall timekeeper (real contest time) shall raise a yellow flag whenever he has stopped the clock on hearing the announcement and seeing the signal of matte or sono-mama and shall lower the flag when he restarts the clock on hearing hajime or yoshi.

When the time allowed for the contest has expired the timekeepers shall notify the referee of this fact by a clearly audible signal (see Articles 10, 11 and 12 of the Contest Rules).

The contest recorder must ensure that he is completely informed of the current signs and signals in use to indicate the result of a contest.

In addition to the above persons there shall be a list-writer to record the overall course of the contests.

If electronic systems are used the procedure will be the same as described above. Nevertheless it shall be ensured that manual recording devices are available.

Article 6 -- Position and function of referee

The referee shall generally stay within the contest area. He shall conduct the contest and administer the judgement. He shall ensure that the decisions are correctly recorded.

APPENDIX Article 6 - Position and function of referee

The referee should ensure that all is correct e.g. competition area, equipment, uniforms, hygiene, officials etc. before starting the contest.

While announcing an opinion and making the appropriate gesture, the referee should bring at least one judge within his line of sight in order to be immediately aware of any differing opinion. However the referee must make sure not to lose sight of the contestants' continuing action at any time.

In cases such as when both contestants are in ne-waza and facing outwards, the referee may observe the action from the safety area.

Before officiating at a contest, the referees and judges should familiarize themselves with the sound of the bell or means of indicating the end of the contest on their particular mat area. When assuming control of a competition area the referee and judges should ensure that the mat surface is clean and in good condition, that there are no gaps between the mats, that the judges chairs are in position and that the contestants comply with Articles 3 and 4 of the Contest Rules. The referees should ensure that there are no spectators, supporters or photographers in a position to cause a nuisance or risk injury to the contestants.

Article 7 -- Position and function of judges

The judges must assist the referee and sit opposite each other at two corners outside the contest area. Each judge must indicate his opinion by making the appropriate official gesture, whenever his opinion differs from that of the referee on a technical evaluation or for a penalty announced by the referee.

Should the referee express an opinion of a higher degree than that of the two judges on a technical result or a penalty, he must adjust his evaluation to that of the judge having expressed the higher evaluation.

Should the referee express an opinion of a lower degree than that of the two judges on a technical result or penalty, he must adjust his evaluation to that of the judge having expressed the lower evaluation.

Should one judge express an opinion of a higher degree and the other judge an opinion of a lower degree than that of the referee, the referee maintains his opinion.

Should both judges express a judgement different from that of the referee, and the referee not have noticed their signals, they should stand up, maintaining their gesture until the referee is informed of this and rectifies his evaluation. Should, after an appreciable time (a few seconds) the referee not have noticed the standing judges, the judge who is closest to the referee must immediately approach him and inform him of the majority opinion.

The judge must, by the appropriate gesture, express his opinion about the validity of any action on the edge or outside of the contest area.

Any discussion is possible and necessary only if the referee or one of the judges has clearly seen something which has not been visible to the other two, and which could change the decision.

The judges must also observe that the scores recorded by the contest recorder are correct with the scores announced by the referee.

Should a contestant temporarily leave the competition area after the contest has been started, for a reason considered necessary by the referee, a judge must obligatorily go with the contestant to see that no anomaly occurs. This authorization shall be given only for exceptional circumstances (to change judogi in case of non-conformity with norms).

APPENDIX Article 7 - Position and function of judges

The referee and judges should leave the competition area during presentations or any lengthy delay in the program.

The judge should sit with both feet apart, outside the contest area and should place his hands, palms facing down, on his inner thighs.

Should a judge note that the scoreboard is incorrect he should draw the referee's attention to the mistake.

A judge must be quick to remove himself and his chair should his position endanger the contestants.

A judge should not pre-empt the referee's signal for a score.

In an action on the edge, the judge should make the gesture immediately to show if the action is IN or OUT.

Should a contestant have to change any part of the uniform outside the competition area, and the judge to accompany the contestant is not of the same sex, an official designated by the Refereeing Director shall substitute for the judge and accompany the contestant.

If his competition area is not in use and there is a contest in progress on an adjacent competition area, the judge should remove the chair if it could endanger the contestants

Article 8 -- Gestures

(a) The Referee

The referee shall make gestures as indicated below when taking the following actions:

- i. Ippon: shall raise one arm with palm of hand facing forward, high above the head.
- ii. Waza-ari: shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.
- iii. Waza-ari-awasete-ippou: First waza-ari, then ippon gesture.
- iv. Yuko: shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body.
- v. Koka: shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.
- vi. Osaekomi: shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
- vii. Osaekomi-toketa: shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending the body towards the contestants.
- viii. Hiki-wake: shall raise one of his hands high in the air and bring it down to the front of his body (with thumb edge up) and hold it there for a while.
- ix. Matte: shall raise one of his hands to shoulder height and with his arm approximately parallel to the tatami, shall display the flattened palm of his hand (fingers up) to the timekeeper.
- x. Sonomama: shall bend forward and touch both contestants with the palms of his hands.
- xi. Yoshi: shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- xii. To indicate the cancellation of an expressed opinion: shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times.
- xiii. Hantei: In preparation of calling hantei, the referee shall raise both hands forward at 45° with the correct flag in each hand, then at the announcement of hantei he shall raise the flag high above his head to indicate his opinion.
- xiv. Kachi (to indicate the winner of a contest): shall raise one hand, palm in, above shoulder height towards the winner.
- xv. To direct the contestant(s) to re-adjust the judogi: cross left hand over right, palms facing inwards, at belt height.
- xvi. To indicate the recording of a medical examination by the doctor: signal with hand opened, palm up, towards the contestant and with the other hand, raise the index finger towards the recorder for first examination and the index and the middle-finger for the second examination (Article 29 Appendix).
- xvii. Free examination: signal with both hands, opened, palms upwards, towards the contestant.

- xviii. To award a penalty (shido or hansoku-make): point towards the contestant with the index finger extended from a closed fist.
- xix. Non-combativity: rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant.
- xx) False attack: extend both arms forward, with hands closed and then make a downward action with both hands.
- xxi) Danger zone penalty: point towards danger zone, whilst raising the other hand above head, forward, with fingers opened, then point towards contestant to be penalized.

(b) The Judges

- i. To indicate that he considers a contestant making a throwing technique has stayed within the contest area, the judge shall raise one of his hands up in the air and bring it down to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and momentarily hold it there.
- ii. To indicate that in his opinion one of the contestants is out of the contest area, the judge shall raise one of his hands to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and wave it from right to left, or vice versa, several times.
- iii. To indicate that in his opinion a score, penalty or opinion given by the referee according to Article 8 (a) has no value, the judge will raise his hand above his head and wave it from right to left two or three times.
- iv. To indicate that his opinion differs from that of the referee, the judge(s) will make one of the signals of Article 8 (a).
- v. In hantei situations the judges must hold the flags in the proper hands. After the referee has announced hantei the judges shall immediately raise either the blue or white flag above their heads in order to indicate which contestant they consider merits the decision.
- vi. When the judges wish the referee to announce matte in ne-waza (eg. no progress), they should signal by raising both hands to shoulder height with palms facing upwards.

APPENDIX Article 8 - Gestures

When it is not clearly apparent, the referee may after the official signal, point to the blue or white tape (starting position) to indicate which contestant scored or was penalized.

To indicate to the contestant/s that he may sit cross-legged at the starting position, if a lengthy delay in the contest is envisaged, the referee should signal towards the starting position with an open hand, palm upwards.

Yuko and waza-ari signals should start with the arm across the chest, then sideways to the correct finishing position.

Koka, yuko, waza-ari signals should be maintained while moving to ensure that the score is clearly visible to the judges. However, care should be taken when turning to keep the contestants within view.

Should both contestants be given a penalty, the referee should make the proper gesture and point alternately at both contestants (left forefinger for contestant on his left and right forefinger for contestant on his right).

Should a rectification gesture be required, it shall be done as quickly as possible after the annulment gesture.

There should be no announcement made when cancelling a score.

All gestures should be maintained for 3 to 5 seconds.

To indicate the winner, the referee will return to his position at start of the contest, take one step forward, indicate the winner then take one step back.

Article 9 -- Location (Areas valid)

The contest shall be fought in the contest area. Any technique applied when one or both contestants are outside the contest area shall not be recognized. For example if one contestant shall have even one of his feet hands or knees outside the contest area while standing or more than half of his body outside the contest area while doing sutemi-waza, he shall be considered as being outside the contest area.

Exceptions:

a. When one contestant throws his opponent outside the contest area, but himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent, the technique shall be recognised.

When a throw is started with both contestants inside the contest area, but during the throw, the contestant being thrown moves outside the contest area, the action may be considered for point scoring purposes if the throwing action continues uninterrupted and the contestant executing the throw stays within the contest area long enough for the effectiveness of the action to be clearly apparent.

b. In ne-waza the action is valid and may continue so long as either contestant has any part of the body touching the contest area.

c. If during the course of an attack such as o-uchi-gari or ko-uchi-gari the foot or leg of the thrower leaves the contest area and moves over the mat of the safety area, the action should be considered valid for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area.

APPENDIX Article 9 - Location (Areas valid)

In the case of Osaekomi on the edge - should the one part of the contestant still touching the contest area, become airborne (i.e. it is raised up and loses contact with the mat) - the referee must announce Matte.

In the case where Tori becomes airborne (i.e. he is in the air and no longer in contact with the mat) outside the contest area during the execution of a throw, the technique can only be considered valid for scoring purposes, if Uke lands before any part of Tori touches outside the contest area.

As the red danger zone is part of the contest area, any contestant whose feet are still touching the red danger zone in the standing position should be considered as being within the contest area.

When performing sutemi-waza a throw is considered valid if the thrower has one half or more of his body within the contest area. (Therefore, neither foot of the thrower should leave the contest area before his back or hips touch the mat.)

If the thrower falls outside the contest area whilst making a throw, the action will only be considered for scoring purposes where the opponent's body touches the mat before the thrower's. Therefore if a thrower's knee, hand or any other part of his body touches the safety area before his opponent's any result obtained thereby should be disregarded.

Once the contest has started the contestants may only leave the competition area if given permission to do so by the referee. Permission will only be given in very exceptional circumstances, such as the necessity to change a judogi which does not comply with Article 3 or which has become damaged or soiled.

Article 10 -- Duration of Contest

For the World Championships and Olympic Games, the time duration of contests is:

- Men - 5 minutes real contest time
- Women - 5 minutes real contest time

Any contestant is entitled to rest between contests for a period of 10 minutes.

APPENDIX Article 10 - Duration of contest

The duration of the contests and the contest form shall be determined according to the rules of the tournament.

The referee should be aware of the duration of the contest before coming onto the competition area.

Article 11 -- Time Out

The time elapsed between the announcement of matte and hajime and between sono-mama and yoshi by the referee shall not count as part of the duration of the contest.

APPENDIX Article 11 -- Time-out

No commentary

Article 12 -- Time Signal

The end of the time allotted for the contest shall be indicated to the referee by the ringing of a bell or other similar audible signal.

APPENDIX Article 12 -- Time signal

When using several competition areas at the same time - the use of VARYING audible devices is required.

The time signal must be sufficiently audible to be heard over the noise of the spectators.

Article 13 -- Osaekomi Time

- Ippon: total of 25 seconds.
- Waza-ari: 20 seconds or more but less than 25 seconds.
- Yuko: 15 seconds or more but less than 20 seconds.
- Koka: 10 seconds or more but less than 15 seconds.

An osaekomi of less than 10 seconds will be counted the same as an attack.

APPENDIX Article 13 -- Osae-komi time

When osae-komi is announced simultaneously with the bell signal, the time allotted for the contest shall be extended until either ippon (or equivalence) is announced or the referee announces Toketa or Matte.

Article 14 -- Technique Coinciding with Time Signal

Any immediate result of a technique started simultaneously with the time signal shall be valid.

In the case of osae-komi announced simultaneously with the time signal, the time allotted for the contest shall be extended until either ippon is scored or the referee announces toketa or matte.

APPENDIX Article 14 - Technique coinciding with the time signal

Any technique applied after the ringing of the bell or other device to indicate the expiry of the time of the contest shall not be valid, even if the referee has not yet announced sore-made.

Although a throwing technique may be applied simultaneously with the bell, if the referee decides that it will not be effective immediately, he should announce sore-made.

Article 15 -- Start of contest

Before the start of each contest the referee and judges shall stand together inside the limits of the competition area (and centered) and shall bow to joseki before taking their places. To leave the competition area, they also bow towards joseki.

Contestants must bow onto and off the competition area and contest area at the start and end of each contest. After bowing onto the contest area the contestants move forward to their respective marks and must bow simultaneously towards each other and take a step forward. Once the contest is over and the referee has awarded the result, the contestants simultaneously take a step back and bow to each other. (see Bowing Guide)

The contest shall always begin in the standing position.

Only the members of the Refereeing Commission may interrupt the contest. (see Article 17).

APPENDIX Article 15 - Start of contest

The referee and judges should always be in position to start the contest before the arrival on the contest area of the contestants. The referee should stand in the middle, two meters back from the line between where the contestants start. He should be facing the time-keeping table.

All standing bow (Ritsu Rei) by the contestants should be at an angle of 30 degrees as measured at the waist. If the contestants do not bow, the referee will request the contestants to do so. Those who refuse to bow will be reported to the IJF Sports Director or Tournament Director. (see bowing guide)

Article 16 -- Entry into ne waza (groundwork)

The contestants shall be able to change from standing position to ne-waza in the following cases, but should the employment of the technique not be continuous, the referee orders both contestants to resume the standing position:

- A. When a contestant, after obtaining some result by a throwing technique changes without interruption into ne-waza and takes the offensive.
- B. When one of the contestants falls to the ground, following the unsuccessful application of a throwing technique, the other may take advantage of his opponent's unbalanced position to take him to the ground.
- C. When one contestant obtains some considerable effect by applying a shimewaza or kansetsu-waza in the standing position and then changes without interruption to ne-waza.
- D. When one contestant takes his opponent down into ne-waza by the particularly skilful application of a movement which does not qualify as a throwing technique.
- E. In any other case where one contestant may fall down or be about to fall down, not covered by the preceding sub-sections of this article, the other contestant may take advantage of his opponent's position to go into ne-waza.

APPENDIX Article 16 - Entry into ne-waza

When one contestant pulls his opponent down into ne-waza not in accordance with Article 16 and his opponent does not take advantage of this to continue into ne-waza, the referee shall announce matte, stop the contest and award shido to the contestant who has infringed Article 27 (viii).

When one contestant pulls his opponent down into ne-waza not in accordance with the rules of Article 16 and his opponent takes advantage of this to continue into ne-waza, the contest should be allowed to continue but the referee should award shido to the contestant who has infringed Article 27 (viii).

Article 17 -- Application of Matte

The referee shall announce matte in order to stop the contest temporarily in the following cases and to recommence the contest shall announce hajime:

- A. When one or both of the contestants go outside the contest area. (see "Exceptions" under Article 9).
- B. When one or both of the contestants perform one of the prohibited acts.
- C. When one or both of the contestants are injured or taken ill.
- D. When it is necessary for one or both of the contestants to adjust their uniform.
- E. When during ne-waza there is no apparent progress.
- F. When one contestant regains a standing or semi-standing position from ne-waza bearing his opponent on his back.
- G. When one contestant remains in, or from ne-waza regains a standing position and lifts his opponent who is on his back with his leg(s) around any part of the standing contestant, clear of the mat.
- H. When a contestant performs or attempts to perform kansetsu-waza or shime-waza from the standing position and the result is not immediately apparent.

I. When in any other case that the referee deems it necessary to do so.

J. When the referee and judges or Refereeing Commission wishes to confer.

APPENDIX Article 17 - Application of matte

The referee having announced matte, must take care to maintain the contestants within his view, in case they do not hear the matte announced and continue fighting.

The referee should not call matte to stop the contestant(s) going outside the contest area, unless the situation is considered dangerous.

The referee should not announce matte when a contestant who has escaped e.g. osaekomi, shime-waza, kansetsu-waza appears in need of or calls for a rest.

The referee should announce matte when a contestant who is face down on the mat, with his opponent clinging to his back, succeeds in rising to a half standing position, with his hands clear of the mat, indicating a loss of control by the opponent.

Should the referee call matte in error during ne-waza and the contestants therefore separate, the referee and judges may, if possible, and in accordance with the "majority of three" rule, replace the contestants into as close to their original position as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

After the announcement of matte, the contestants must quickly return to the position in which they started the contest.

When the referee has announced matte, the contestant(s) must either stand if being spoken to or adjusting their uniform, or may sit if a lengthy delay is envisaged. Only when receiving medical attention should a contestant be permitted to adopt any other position.

The referee may announce matte if a contestant is injured or indisposed and may ask the contestant's accredited doctor to come on the competition area and proceed with a quick examination.

The referee may announce matte if a contestant who is injured indicates to the referee that he requires an examination. This must be undertaken as quickly as possible (Article 29).

The referee may announce matte if the Refereeing Commission, on the request of the accredited team doctor authorizes the doctor to undertake a quick examination of an injured contestant (Article 29).

Article 18 -- Sono-mama

In any case where the referee wishes to temporarily stop the contest e.g. to address one or both contestants without causing a change in their positions, or to award a penalty so that the contestant who is not penalized does not lose his position of advantage, he shall announce sonomama. To recommence the contest he shall announce yoshi. Sono-mama can only be applied in ne-waza.

APPENDIX Article 18 -- Sono-mama

Whenever the referee announces Sonomama, he should be careful that there is no change in the positions or grips of either contestant.

If during ne-waza a contestant shows sign of injury, the referee may announce sonomama if necessary then return the contestants to the positions they held before the announcement of sonomama - and then announce yoshi.

Article 19 -- End of Contest

The referee shall announce soremade and end the contest:

- a. When one contestant scores ippon or waza-ari-awasete-ippou (Articles 20 and 21).
- b. In the case of sogo-gachi (Article 22).
- c. In the case of fusen-gachi or kiken-gachi (Article 28).
- d. In the case of hansoku-make (Article 27).
- e. When one contestant cannot continue due to injury (Article 29).
- f. When the time allotted to the contest has expired (see hantei). Upon the announcement of soremade by the referee, the contestants shall return to their starting positions.

The referee will award the contest as follows:

- i. Where one contestant has scored ippon or equivalent, he shall be declared the winner.
- ii. In the case where both contestants score ippon or sogo-gachi simultaneously the referee shall announce hiki-wake and the contestants shall have the right to fight a new contest immediately. Should only one contestant exercise his right to fight the contest again, and the other contestant declines, the contestant who wishes to fight again shall be declared the winner by kiken-gachi.
- iii. In the case where both contestants are awarded hansoku make simultaneously, or where one contestant is awarded hansoku make and is simultaneously awarded sogo-gachi, the referee shall announce sore-made and neither contestant shall continue to the next stage of the competition.
- iv. Where there has been no score of ippon or equivalent, the winner shall be declared on the basis of: one waza-ari prevails over any number of yuko, one yuko prevails over any number of koka.
- v. Where the recorded scores indicate no scores or are exactly the same under each of the headings (waza-ari, yuko, koka), the referee shall clear the scoreboard, have the players adjust their gi's, and start the Golden Score extension (ended by the expiration of time equivalent to the original match or the first awarded score). If there is no score in the Golden Score extension, the referee shall announce sore-made, have the players fix their gi's, gesture and announce hantei.

Before the announcement of hantei, the referee and judges must have assessed which contestant they consider to be the winner, taking into account the recognizable difference in the attitude or the skill and effectiveness of techniques during the Golden Score extension of the contest only.

The referee shall add his opinion to that indicated by the two judges and shall declare the result according to the majority of all three opinions.

- vi. The decision of hiki-wake shall be given, when there is no advantage on the scoreboard and where it is impossible to judge the superiority of either contestant, in accordance with this article, within the time allotted for the contest.

After the referee has indicated the result of the contest, the contestants shall take one step backwards to their respective blue and white tapes, make a standing bow and leave the contest area.

(see Bowing Guide)

Once the referee has announced the result of the contest to the contestants it will not be possible for the referee to change this decision after the referee and judges have left the competition area.

Should the referee award the contest to the wrong contestant in error, the two judges must ensure that he changes this erroneous decision before the referee and judges leave the competition area.

All actions and decisions taken in accordance with the majority of three rule by the referee and judges shall be final and without appeal.

APPENDIX Article 19 - End of Contest

Having announced Soremade, the referee should still keep the contestants within his view, in case they do not hear his announcement and continue fighting.

The referee should direct the contestants to adjust their judogi, if necessary, prior to indicating the result.

All standing bow by the contestants should be at an angle of 30 degrees as measured at the waist. If the contestants do not bow, the referee will request the contestants to do so. Those who refuse will be reported to the IJF Sports Director or Tournament Director.

Article 20 -- Ippon

The referee shall announce ippon when in his opinion an applied technique corresponds to the following criteria:

- a. When a contestant with control throws the other contestant largely on his back with considerable force and speed.
- b. When a contestant holds with osaekomi-waza the other contestant, who is unable to get away for 25 seconds after the announcement of osaekomi.
- c. When a contestant gives up by tapping twice or more with his hand or foot or says maitta generally as a result of a grappling technique, shime-waza or kansetsu-waza.
- d. When a contestant is incapacitated by the effect of a shime-waza or kansetsu-waza.

Equivalence: Should one contestant be penalized hansoku make the other contestant shall be declared the winner.

Simultaneous ippon - See Article 19 (f) (ii).

APPENDIX Article 20 - Ippon

Simultaneous techniques: - when both contestants fall to the mat after what appears to be simultaneous attacks, and the referee and judges cannot judge which technique dominated - there should be no score awarded.

Should the referee announce Ippon during ne-waza in error and the contestants therefore separate, the referee and judges may, if possible, and in accordance with the "majority of three" rule, replace the contestants into as close to their original positions as possible and restart the contest, if so doing will rectify an injustice to one of the contestants.

If one of the contestants deliberately makes a "bridge" (head and heels in contact with the mat) after having been thrown - although he may have avoided the necessary criteria for ippon, the referee may nonetheless award ippon or any other score he considers the technique warrants, in order to discourage this action.

Using kansetsu-waza in order to throw the opponent will not be considered for point scoring purposes.

NOTE: For Olympic Games, World Championships, Continental and IJF events the rules will be applied as stated. For National events the organizers are authorized to make such provisions as are appropriate for the safety of the contestants at the level to which the tournament applies. For example in lower grade competition the organizers may authorize the referees to award ippon when the effect of a technique is sufficiently apparent, or for children's events may disallow shime-waza and kansetsu-waza altogether.

Article 21 -- Waza-ari Awasete Ippon

Should one contestant gain a second waza-ari in the contest, (see Article 23) the referee shall announce waza-ari awasete ippon.

APPENDIX Article 21 -- Waza-ari-awasete-Ippon

No Commentary

Article 22 -- Sogo-gachi (Compound win)

The referee shall announce sogo-gachi in the following cases:

- a. Where one contestant has gained a waza-ari and his opponent subsequently receives a penalty of a 3rd shido (see Article 27 (c).)
- b. Where one contestant, whose opponent has already received a penalty of 3 shidos is subsequently himself awarded a waza-ari.

Simultaneous sogo-gachi - See Article 19 (f) (ii).

APPENDIX Article 22 -- Sogo-gachi

No commentary

Article 23 -- Waza-ari

The referee shall announce waza-ari when in his opinion the applied technique corresponds to the following criteria:

a. When a contestant with control throws the other contestant, but the technique is partially lacking in one of the four elements necessary for ippon (see Article 20 (a) and Appendix).

b. When a contestant holds with osaekomi-waza the other contestant who is unable to get away for 20 seconds or more, but less than 25 seconds.

Equivalence: Should one contestant have been penalized 3 shidos, the other contestant shall receive waza-ari immediately.

APPENDIX Article 23 -- Waza-ari

Although the criteria for ippon - of largely on the back with speed and force may be evident in a throw such as tomoe-nage, if there is an interruption to the throw, waza-ari is the maximum score that should be awarded.

Article 24 -- Yuko

The referee shall announce yuko when in his opinion the applied technique corresponds to the following criteria:

a. When a contestant with control throws the other contestant, but the technique is partially lacking in two of the other three elements necessary for ippon:

Examples:

1. Partially lacking in the element of "largely on the back" and is also partially lacking in one of the other two elements of "speed" or "force".

2. Largely on the back but partially lacking in both the other two elements of "speed" and "force".

b. When a contestant holds with osaekomi-waza the other contestant who is unable to get away for 15 seconds or more but less than 20 seconds.

Equivalence: Should one contestant have been penalized 2 shidos the other contestant shall receive yuko immediately.

APPENDIX Article 24 - Yuko

Regardless of how many yukos are announced, no amount will be considered equal to a waza-ari. The total number announced will be recorded.

Article 25 -- Koka

The referee shall announce koka when in his opinion the applied technique corresponds to the following criteria:

a. When a contestant with control throws the other contestant onto one shoulder, or the thigh(s), or buttocks with speed and force.

b. When a contestant holds with osaekomi-waza the other contestant who is unable to get away for 10 seconds or more but less than 15 seconds.

Equivalence: Should one contestant have been penalized shido the other contestant shall receive koka immediately.

APPENDIX Article 25 -- Koka

Regardless of how many kokas are announced, no amount will be considered being equal to a yuko or waza-ari. The total number announced will be recorded.

Throwing an opponent on the front of his body, knee(s), hand(s), or elbow(s) will only be counted as the same as any other attack. Similarly an osaekomi of up to nine seconds will be counted as an attack.

Article 26 -- Osaekomi waza

The referee shall announce osaekomi when in his opinion the applied technique corresponds with the following criteria:

- a. The contestant being held must be controlled by his opponent and must have his back, both shoulders or one shoulder in contact with the mat.
- b. The control can be made from the side, from the rear or from on top.
- c. The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs.
- d. At least one contestant has any part of his body touching the contest area at the announcement of osaekomi.
- e. The contestant applying the hold must have their body in either the kesa or the shiho position, ie similar to the techniques kesa-gatame or kami-shiho-gatame.

APPENDIX Article 26 - Osaekomi-waza

Should a contestant who is controlling his opponent with an osaekomi, change without losing control, into another osaekomi, the osaekomi time will continue until the announcement of ippon (or waza-ari or equivalent in the case of waza-ari-awasete-ippou) or toketa or matte.

When osaekomi is being applied, if it is the contestant who is in an advantageous position who commits an infringement meriting a penalty, the referee shall announce matte, return the contestants to their starting positions, award the penalty (and any score from the osaekomi), then recommence the contest by announcing hajime.

When osaekomi is being applied, if it is the contestant who is in a disadvantageous position who commits an infringement meriting a penalty, the referee shall announce sonomama, award the penalty, then recommence the contest by touching both contestants and announcing yoshi. However, should the penalty to be awarded be hansoku-make, the referee shall act in accordance with Article 27, Appendix, 3rd & 4th paragraph.

If both judges agree that an osaekomi exists, but the referee has not announced osaekomi - they should indicate with osaekomi signal and, by the "majority of three" rule, the referee shall announce osaekomi immediately.

The referee shall announce matte in the case of "osaekomi on the edge", when the one part of the contestant still touching the contest area, becomes airborne (i.e. it is raised up and loses contact with tatami).

Toketa should be announced if, during osaekomi, the contestant being held succeeds in "scissoring" the other contestant's leg, either from above or from below the leg.

If in ne-waza after the announcement of sonomama the penalty to be given is hansoku-make, matte should be announced, hansoku-make awarded and the contest ended with sore-made.

In situations where uke's back is no longer in contact with the mat, (eg. "bridging"), but tori maintains control, the osaekomi shall continue.

Article 27 -- Prohibited Acts and Penalties

The division of infringements into four groups is intended as a guide, to give clearer understanding to all, of the relative penalties normally awarded for committing the applicable prohibited act.

Penalties are not cumulative. Each penalty must be awarded at its own value. The awarding of any second or subsequent penalty automatically cancels an earlier penalty. Whenever a contestant has already been penalized, any succeeding penalties for that contestant must always be awarded at least in the next higher value than his existing penalty.

Whenever a referee awards a penalty, he should demonstrate with a simple action the reason for the penalty.

A penalty can be awarded after the announcement of soremade for any prohibited act done during the time allotted for the contest or, in some exceptional situations, for serious acts done after the signal to end the contest, as long as the decision has not been given.

Prohibited acts and corresponding penalties:

(a) Shido is given to any contestant who has committed a slight infringement:

Negative Judo

- i) To intentionally avoid taking hold in order to prevent action in the contest.
- ii) To adopt in a standing position an excessively defensive posture. (Generally more than 5 seconds)
- iii) 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)
- iv) To stand, both feet completely within the danger zone UNLESS - beginning an attack, executing an attack, countering the opponent's attack or defending against the opponent's attack. (Generally more than 5 seconds)
- v) In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve.
- vi) 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)
- vii) To intentionally disarrange his own judogi or to untie or retie the belt or the trousers without the referee's permission.
- viii) To pull the opponent down in order to start ne-waza unless in accordance with Article 16.

ix) To insert a finger or fingers inside the opponent's sleeve or bottom of his trousers, or to grasp by "screwing up" his sleeve.

Invalid Gripping

"Normal" gripping is in general to hold with the left hand any part of the right side of the opponent's jacket above the belt and with the right hand any part of the left side of the opponent's jacket above the belt.

x) In a standing position to take any grip other than a "normal" grip without attacking. (Generally within 3 to 5 seconds)

Non-Combativity

xi) In a standing position, after kumi-kata has been established, not to make any attacking moves. (See Appendix NON-COMBATIVITY)

Miscellaneous

xii) From a standing position, to take hold of the opponent's foot/feet, leg(s) or trouser leg(s) with the hand(s), unless simultaneously attempting a throwing technique.

xiii) To encircle the end of the belt or jacket around any part of the opponent's body.

xiv) To take the judogi in the mouth.

xv) To put a hand, arm, foot or leg directly on the opponent's face.

xvi) To put a foot or a leg in the opponent's belt, collar or lapel.

xvii) To apply shime-waza using the bottom of the jacket or belt, or using only the fingers.

xviii) To apply leg scissors to the opponent's trunk (dojime), neck or head. (scissor with crossed feet, while stretching out the legs).

xix) To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip.

xx) To bend back the opponent's finger(s) in order to break his grip.

xxi) 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")

(b) Hansoku Make is awarded to any contestant who has committed a grave infringement (or who having been penalized 3 shidos, commits a further slight infringement).

xxii) 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).

xxiii) To apply kansetsu-waza anywhere other than to the elbow joint.

xxiv) To lift off the mat an opponent who is lying on the mat and to drive him back onto the mat.

xxv) To reap the opponents supporting leg from the inside when the opponent is applying a technique such as harai-goshi etc.

xxvi) To disregard the referee's instructions.

xxvii) To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.

xxviii) 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.

xxix) To fall directly to the mat while applying or attempting to apply techniques such as waki-gatame.

xxx) 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.

xxxi) To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.

xxxii) To wear a hard or metallic object (covered or not).

APPENDIX Article 27 - Prohibited acts and penalties

Referees and judges are authorized to award penalties according to the "intent" or situation and in the best interest of the sport.

Should the referee decide to penalize the contestant(s), (except in the case of sonomama in ne-waza) he shall temporarily stop the contest, return the contestants to their starting positions and announce the penalty while pointing to the contestant(s) who committed the prohibited act.

Before awarding hansoku-make, the referee must consult with the judges and make his decision in accordance with the "majority of three" rule. Where both contestants infringe the rules at the same time, each should be awarded a penalty according to the degree of the infringement. Where both contestants have been awarded keikoku and subsequently each receives a further penalty, they should both be declared hansoku-make. Nonetheless, the officials may make their final decision in this matter in accordance with Article 30 - Situations not covered by the rules.

Hansoku-make in ne-waza should be applied in the same manner as in osae-komi (Article 26 Appendix 3rd paragraph).

Where one contestant pulls his opponent down into ne-waza not in accordance with Article 16 and his opponent does not take advantage of this to continue into ne-waza, the referee shall announce matte, temporarily stop the contest and award shido to the contestant who has infringed Article 16.

A contestant should not be penalized for holding with an abnormal grip if the situation has been brought about by his opponent ducking his head beneath the holder's arm. However, if a contestant is continually "ducking" this way, the referee should give consideration as to whether he is adopting an "excessively defensive posture"

xi) Non-combativity. May be taken to exist when in general, for approximately 25 seconds, there have been no attacking actions on the part of either or both contestants. Non-combativity should not be awarded when there are no attacking actions, if the referee considers that the contestant is genuinely looking for the opportunity to attack.

xiii) The act of "encircling" means that the belt or jacket must completely encircle. Using the belt or jacket as an "anchor" for a grip (without encircling) to say - trap the opponent's arm should not be penalized.

xv) The face means the area within the line bordered by - forehead, in front of the ears and jaw-line.

xxviii) Examples: kani-basami, Combination kansetsu-waza and nage-waza.

xxix) To attempt such throws as harai-goshi, uchi-mata, etc., with only one hand gripping the opponent's lapel from a position resembling waki gatame (in which the wrist of the opponent is trapped beneath the thrower's armpit) and deliberately falling, face down, onto the mat is likely to cause injury and will be penalized. Not intended to throw an opponent cleanly onto his back, such moves are dangerous and will be treated in the same way as waki-gatame.

Article 28 - Default and Withdrawal

The decision of fusen-gachi shall be given to any contestant whose opponent does not appear for his contest. A contestant who is not at his starting place after three (3) calls at one (1) minute intervals, will forfeit the contest.

The referee must be sure before awarding fusen-gachi that he has received the authority to do so by the Refereeing Commission.

The decision of kiken-gachi shall be given to any contestant whose opponent withdraws from the competition for any reason, during the contest.

APPENDIX Article 28 - Default and withdrawal

Soft contact lens: - In the event that a contestant, during the fight, loses his contact lens and cannot immediately recover it, informing the referee that he cannot continue competing without the contact lens, after consultation with the judges the referee shall give the victory to his opponent by kiken-gachi.

Article 29 -- Injury, illness or accident

The decision of kachi or hiki-wake where one contestant is unable to continue because of injury, illness or accident during the contest shall be given by the referee after consultation with the judges according to the following clauses:

(a) Injury

- i) Where the cause of the injury is attributed to the injured contestant he shall lose the contest.
- ii) Where the cause of the injury is attributed to the uninjured contestant the uninjured contestant shall lose the contest.
- iii) Where it is impossible to determine the cause of injury to either contestant, the decision of hiki-wake may be given.

(b) Sickness

Generally, where one contestant is taken sick during a contest and is unable to continue, he shall lose the contest.

(c) Accident

Where an accident occurs which is due to an outside influence, the decision of hiki-wake shall be given.

Medical Examinations

During a contest each contestant has a right to have two (2) medical examinations.

The referee must ensure that the number of times a contest is interrupted for doctor examination is recorded for each contestant. The recorder shall display one cross to indicate the first medical examination and two crosses to indicate the second medical examination.

If the accredited team doctor after an examination of an injured contestant(s), advises the referees that the contestant(s) cannot continue the contest, the referee after consultation with the judges, shall end the contest and indicate the result in accordance with the other provisions of this article.

Should an injury to a contestant(s) be of a nature as serious as to require treatment away from the competition area or should an injury to a contestant(s) require more than two examinations by the accredited team doctor, the referee after consultation with the judges, shall end the contest and indicate the result in accordance with the other provisions of this article.

Should the nature of an injury to a contestant(s) be such that it requires treatment by the accredited doctor on the competition area, the referee after consultation with the judges, shall end the contest and indicate the result in accordance with the other provisions of this article.

If after an injury to one or both of the contestants, the referee and judges are of the opinion that the contest should not continue, the referee shall end the contest and indicate the result in accordance with the other provisions of this article.

APPENDIX Article 29 - Injury, illness or accident

Generally only one doctor for each contestant is allowed on the competition area. Should a doctor require assistance the referee must first be informed. The coach is never allowed on the competition area. If the doctor's attendance is to be recorded as a medical examination, the referee will indicate this to the scorekeepers as soon as the doctor reaches the contestant.

Medical examination (See Article 8 (xvi) medical examination)

Any minor injury, the doctor must be called and a medical examination recorded.

Should a minor incident (nose-bleed, broken nail, etc.) require medical attention, it must be carried out as quickly as possible.

If a contestant requests a doctor for a minor injury, it must be recorded as a medical examination.

If a contestant is accidentally injured, i.e. neither contestant is at fault and the doctor is required for examination, this examination must be recorded.

Note: The doctor may touch the contestant to quickly carry out the examination.

Injury - Free examination (See Article 8 (xviii) free examination)

A free medical examination is allowed only when, in the opinion of the referees, the injury was caused by the opponent.

During this examination the doctor may touch and freely examine the contestant and may:

- Apply a bandage if necessary.
- Assist in adjusting a scrotum injury

Note: With the exception of the above situations, if the doctor applies any treatment, the opponent will win by kiken-gachi.

If during the contest uke is injured due to an action by tori and uke cannot continue, the refereeing team should analyse the case and decide according to the rules. Each case is decided on its own merit.

Example:

An injury was caused by a forbidden act. After attending to the injury, the doctor informs the referee that the contestant can continue the fight. After consulting with the judges, the referee penalizes the opponent.

If after the contest is resumed, the injured contestant cannot continue due to the previous injury, his opponent cannot be further penalised, for the same reason. In that case, the injured contestant will lose the fight.

In the case that a doctor, responsible for a contestant in his fight, clearly realizes - especially in case of strangling technique - that there is a serious danger for the health of his contestant, he can go to the edge of the tatami and call upon the referees to immediately stop the contest. The referees have to take all the necessary steps in order to assist the doctor. Such an intervention will consequently mean the loss of the contest and should therefore only be adopted in extreme cases.

Where it is impossible to determine the cause of injury to either contestant, and if no one is responsible, the contestant who can continue wins.

At the IJF Championships, the official team doctor should have a medical degree and must register prior to the competition. He is the only person allowed to sit at the designated area and must be so identified. e.g. wear a red cross arm-band.

When accrediting a doctor for their team, the National Federations must take the responsibility for the actions of their doctors.

The doctors must be informed about the amendments and interpretations of the rules.

A meeting conducted by the IJF Refereeing Director will be organized for the team doctors, prior to any IJF Championships.

Article 30 -- Situations not covered by the rules

Where any situation arises which is not covered by these rules, it shall be dealt with and a decision given by the referees after consultation with the Refereeing Commission.

APPENDIX Article 30 - Situations not covered by the rules

GLOSSARY OF JAPANESE TERMS

Ashi-garami	(Entangled legs)
Chui	(Caution)

Dojime	(Squeeze body with legs)
Fusen-gachi	(Win by default)
Hajime	(Start)
Hansoku-make	(Disqualification)
Hantei	(Decision)
Harai-goshi	(Sweeping hip throw)
Hiki-wake	(Draw)
Ippon	(Full point)
Joseki	(Head table)
Judogi	(Judo uniform)
Kachi	(Win)
Kami-shiho-gatame	(A holding technique)
Kani-basami	(A throwing technique)
Kansetsu-waza	(Joint lock)
Kawazu-gake	(A throwing technique)
Kiken-gachi	(Win by withdrawal)
Koka	(Minor score)
Ko-soto-gari	(A throwing technique)
Ko-uchi-gari	(A throwing technique)
Kumi-kata	(Grips)
Maitta	(I give up)
Matte	(Wait)
Nage-waza	(Throwing techniques)
Ne-waza	(Groundwork)
Osaekomi	(Hold down)
O-uchi-gari	(A throwing technique)
Rei	(Bow)
Shido	(Note)
Shime-waza	(Strangulation)
Sogo-gachi	(Compound win)
Sono-mama	(Do not move)
Sore-made	(That is all)
Sutemi-waza	(Sacrifice techniques)
Tachi-waza	(Standing techniques)
Tatami	(Mat)
Toketa	(Hold-down broken)
Tori	(Attacker)
Tomoe-nage	(A throwing technique)
Uchi-mata	(A throwing technique)
Uke	(Receiver)
Ukemi	(Breakfall)
Waki-gatame	(An arm-lock technique)
Waza-ari	(Almost Ippon)
Waza-ari-Awasete-Ippon	(Two waza-ari score a full point)
Yoshi	(Continue)
Yuko	(Almost waza-ari)

BOWING GUIDE

The following Bowing Guide is adapted from the I.J.F. Bowing Guide.

A part of the etiquette of Judo, the rei, is a tradition which reflects the respect and discipline that permeates the unique activities of our sport. The guide for bowing, therefore, should be followed in a respectful fashion.

All standing rei should be at an angle of 30 degrees as measured at the waist.

1. Initial Rei - Opening Ceremonies

1. While the contestants are lined up on the competition area, as the last activity of the opening ceremony, all the referees are to be lined up, side by side, in front of the contestants and team officials, facing the joseki.
2. Upon the order of kiotsuke, rei, team officials, competitors and referees bow towards the joseki.
3. Immediately, the referees make a half turn counter-clockwise facing the contestants and upon the order of rei, all bow towards each other.
4. Then, in order and in accordance with the programmed events, the referees, team officials and contestants leave the competition area so the tournament can begin.

2. Final Rei - Closing Ceremony

1. While the contestants are lined up on the competition area as the last activity of the closing ceremony, the referees are to be lined up, side by side, in front of the contestants, facing the joseki.
2. Upon the order of kiotsuke, the referees make a half-turn counter-clockwise facing the contestants and on the order of rei, all bow towards each other.
3. Then the referees make a half-turn counter-clockwise facing the joseki and upon the order of rei bow towards joseki.
4. After that, in order and in accordance with the programmed events, the referees and contestants leave the competition area, ending the event.

REFEREE AND JUDGES

3. At the Beginning of the Individual Contest

1. Before the first contest of each session of the shiai, the first team of designated referees walk along the outside edge of the competition area in single file (judge/referee/judge) to a centralised position before the contest area and facing the joseki, then step up to the competition area.
2. Once in the centralised position on the competition area, standing side by side, the referee and judges bow towards the joseki.
3. From there the referee and judges walk forward onto the danger area, now on contest area, where they bow for a second time toward the joseki.
4. While in the danger area the referee and judges bow towards each other. The referee takes a step backwards, while the judges turn to face each other for the bow.
5. Immediately the referee and judges take their positions. The judge that reaches the chair first remains standing in front of the chair waiting for the other judge and together they sit down in unison. This same seating procedure should be followed after each conference.

6. For the first contest of each session of a shiai, the referee is to ensure the first two contestants comply with the provisions of sub-section 9.2.

7. The first team of referees should leave the competition area following the bowing procedure in section 6.

8. The judge with the shorter distance should walk slower and the other judge should walk faster so that both judges meet the referee at the same time for the bow.

4. Following Referee and Judges

1. After the first team of officials designated for the first contest, all subsequent groups of referees and judges, before taking their positions, should follow the bowing procedure as established in 3.1, 3.2 and 3.5.

2. Each subsequent team of referees, with the exception of the last team of each session, are to leave the competition area follow the ceremony outlined in section 6.

5. Exchange of Function Between the Referee and Judge

1. Following a contest, once the result has been announced and the contestants have left the contest area, if the referee is required to exchange positions with a judge, both referees should approach each other within the red danger area. Once facing each other they should bow before taking their new position. Passing each other, the new referee walks on the inside, taking the shorter route, to the hajime position.

6. Referee Team Leaving the Competition Area

1. Following a contest, once the result has been announced and the contestants have left the contest area, if the referee and judges are to leave the contest area, they should walk towards the outer edge of the competition area. Facing the joseki, from a centralized position, with the referee in the center, in unison they should bow towards the joseki and then leave the competition area.

7. Referee Team at the End of the Shiai

1. Following the last contest of each session and after the result has been announced, in addition to having complied with sub-article 9.6, the referee and judges should walk towards the red danger area and once inside, facing the joseki side by side, with the referee in the center, they should bow towards the joseki.

2. While in the danger area, the referee takes a step backwards and the judges turn to face each other to bow, and finally the three bow towards each other.

3. The referee and judges then walk towards the border of the competition area to a centralized position, facing the joseki, with the referee in the center, they bow towards joseki and then leave the competition area.

CONTESTANTS

8. Contestants Entering and Leaving the Competition Area

1. Upon entering and leaving the competition area, the contestants should bow towards the joseki.
[Optional]

9. Ritsu Rei Between Contestants

Contestants are required to adhere to the guidelines in this bowing guide and the IJF Refereeing Rules. Contestants who do not bow in accordance with these guidelines will be requested to do so. Those that

refuse will be reported to the IJF Sports Director or Tournament Director. Under the authority of the Directors of the event the contestant will be disqualified from further competition and in the case of a medal contest, will be stripped of the medal and/or placement.

1.The contestants should move forward to the centralized position on the edge of the contest area and bow [Optional], then the contestants move forward onto the contest area to their respective marks and bow [Mandatory].

2.The two contestants, standing behind their corresponding marks and without requiring any orders must bow simultaneously towards each other, take a step forward and stand in natural standing position while waiting for the referee to order hajime.

3.Once the contest is over and the referee has ordered soremade, the contestants should stand in front of their corresponding marks to await the result. The contestants should at this point have their judogi in order.

4.The referee steps forward one step, awards the result and steps back one step, following this announcement the contestants simultaneously take a step back and must bow to each other.

5.The contestants move back to the centralized position at the edge of the contest area and bow {Optional}, then leave the competition area complying with the provisions of article 8.

10. Team Competitions

1.Each contest by two teams is considered as a session of a shiai.

2.Before the beginning of each team contest the referee and judges should follow 3.1, 3.2, 3.3 and 3.4 then 10.4, 10.5, 10.6, 10.7 and finally 3.5 of these guidelines.

3.At the end of each team contest, the referee and judges should follow 10.9, 10.10, 10.11 and 10.12 of these guidelines. Then they should walk to the danger area to a centralized position facing the joseki and bow in unison. After this bow they continue with 7.2 and 7.3 of these guidelines.

4.Before each team contest starts, with the referee and judges lined up next to each other, with the referee in the centre and the three facing towards the joseki, the two teams bow together onto the contest area. They then move forward to their mark, facing each other, the referee orders with both hands straight out and hands facing up, the contestants to face the joseki. Upon this gesture, the contestants then turn to face the joseki remaining in single file.

5.The referee then orders rei and the contestants bow.

6.Immediately the referee directs the competitors to face each other.

7.Again the referee orders rei, the teams bow towards each other and move back to the edge of the contest area and bow. It being understood that the contestants bow once more at the edge of the contest area before leaving completely.

8.For each individual contest the contestants should follow 9.1, 9.4, 9.5, 9.6 and 9.7 of these guidelines.

9.After all individual contests are finished the two teams line up inside the contest area on their mark facing each other. The referee and judges, with the referee in the center, line up next to each other facing the joseki and lined up teams. The referee takes a step forward and announces the result.

10.The referee takes a step back, returning to the original position, and orders rei. The teams bow towards each other.

11. Then the referee with the gesture as in 10.4, directs the contestants to turn toward the juseki, remaining in single file.

12. Immediately the referee orders rei and in unison the contestants bow toward the juseki.

13. After this the contestants should move back to the edge of the contest area and bow. It being understood that before completely leaving the competition area, the contestants should bow again towards the juseki, from the edge of the competition area.

14. At that time, in the danger area, the referee and judges bow towards the juseki, bow towards each other and, following the procedure as established in section 7, walk towards the border of the competition area to a centralized position, facing the juseki with the referee in the center, they bow towards it and then leave the competition area.

SUMMARY

The bowing etiquette sets Judo uniquely apart from other international sports. The gestures are of respect, appreciation and courtesy. The referee and judges have a fundamental role in upholding this uniqueness by ensuring that bowing is done according to these guidelines.

B. USJI Standards for Kata
1. Nage-no-Kata

Nage-No-Kata

Standardization of Nage-No-Kata for U.S. National Kata competition.

Reprinted from the United States Judo, Inc. National Kata Committee document of the same name.

General Information

Uki Otoshi

Seoi Nage

Kata Guruma

Uki Goshi

Harai Goshi

Tsurikomi Goshi

Okuri Ashi Harai

Sasae Tsurikomi Ashi

Uchi Mata

Tomoe Nage

Ura Nage

Sumi Gaeshi

Yoko Gake

Yoko Guruma

Uki Waza

General Information

- Officially, the judging of the Kata does not start until the two contestants are on the center of the mat, standing approximately 18 feet apart.
- Bows toward the Joseki (Judges) shall be done from a standing position. The hands will slide in front of the legs, approaching but not past the knees. Heels will be together while the toes are apart.
- Bows toward each other shall be done from the Seiza (kneeling) position.
- Tori and Uke do not turn their backs to the judges unless it is a more natural and efficient movement.
- Eliminate all unnecessary moving around.
- Tori must show breaking of Uke's balance on all techniques.
- Uke's responsibility in Tsugi-Ashi is not one of a passive nature. Once the attack is begun, Uke should continue to attack.
- Uke should not jump for Tori. Tori should be executing the throws.
- Uke's strikes are initiated by taking two Ayumi-Ashi steps, starting with the opposite foot of the striking arm.
- All of Uke's strikes must be aimed for the top of Tori's head. The strikes should not stop, but continue downward.
- An excellent source of reference for the study of Nage-No-Kata is the book Judo Formal Techniques by Tadao Otaki and Donn F. Draeger, published by the Charles E. Tuttle Co., Inc., Rutland, Vermont and Tokyo, Japan. •Another fine reference is the book Kodokan Judo by Jigaro Kano, published by Kodansha International/USA, LTD, Tokyo, Japan.

Beginning Movements

Tori and Uke take their position on the mat approximately 18 feet apart. Uke is on the left side of the judges (as seen from the judges positions), Tori on the right. Both Tori and Uke make a standing bow to the judges, turn to each other, and make a kneeling bow to each other. After returning to the standing position, they then step forward, left foot then right, taking the fundamental natural posture (Shizenhantai). Both then walk toward the center of the mat, stopping at arm's distance apart.

The following is an explanation of the right side techniques only. Left side just interchanges right and left.

Te Waza

1. Uki Otoshi

Uke initiates the action by simultaneously stepping forward with the right foot, while taking the standard grip. Tori immediately responds to Uke's action by taking the standard grip and retreating three Tsugi-Ashi steps. Both Uke and Tori use Tsugi-Ashi movements. Tori makes each of the steps larger than the previous.

On the third movement, Tori executes Uki Otoshi. Tori does not turn his head, to follow Uke, during the throw. After completion of Uki Otoshi, Tori should have the left leg, knee to foot, at a 30 degree angle to the original line of movement. Tori's left foot should have 'live toes'. Tori's left and right foot should end up in the same line.

Uke executes Ukemi and lands at a slight angle to the line of movement with his head near Tori's left leg.

2. Ippon Seoi Nage

Uke and Tori start at approximately 6 feet apart, depending on the size of the contestants. Uke strikes Tori (see General Information). As Tori steps forward with the right foot (in front of Uke's right foot), Tori deflects Uke's strike above Uke's elbow, using the left wrist area. The deflection movement is slightly outward and upward. Tori brings Uke off balance, as Tori pivots and brings the left foot back parallel to the right foot. Tori applies Seoi Nage.

3. Kata Guruma

Uke initiates the action, with a right grip and Tsugi Ashi, and Tori reacts in the same way as in Uki Otoshi.

Tori changes his left hand grip on the second step to the inside of Uke's upper arm. On the third step, when Tori applies Kata Guruma, Uke's body remains straight and Tori's side of neck is under Uke's belt. When throwing, Tori slides his left foot in towards his own right foot and throws Uke to tori's left front corner.

At the end of each set, Uke and tori return to their original positions, about 12 feet apart, to fix Judogis.

Koshi Waza

1. Uki Goshi

NOTE: On this technique, Tori applies a left technique the first time and a right technique the second time.

Uke and Tori start walking toward each other and, when about 6 feet apart, Uke strikes at the top of Tori's head, using his right fist. Tori steps in with his left foot and applies left Uki Goshi. Uke lands at Tori's left front corner.

NOTE: The second (right) Uki Goshi is begun about 6 feet apart.

2. Harai Goshi

Uke initiates the action, with a right grip and Tsugi Ashi, and Tori reacts in the same way as in Uki Otoshi.

On the second step, Tori changes his right hand to Uke's left shoulder blade from under Uke's armpit. On the third step, Tori steps back 1/2 step in a small arc to turn in the direction of the throw as Tori applies Kuzushi. Tori off-balances Uke to Uke's right front corner and reaps the right leg from that position.

3. Tsurikomi Goshi

Uke initiates the action, with a right grip and Tsugi Ashi, as in Uki Goshi, but Tori takes a high grip (just behind Uke's ear). On the third step, Tori steps back with his left foot and then brings his right foot in front of Uke's right foot 1/2 way between Uke and Tori. Then Tori pivots, bringing his left foot back parallel to his right foot. As Tori pivots to throw, Tori must bend his knees deeply (not the back) and simultaneously unbalance Uke forward and to Uke's right front corner. Tori must keep Uke's back straight, even when being thrown. Uke lands straight in front of Tori. There is no hesitation or block by Uke on the second or third step.

At the end of each set, Uke and tori return to their original positions, about 12 feet apart, to fix Judogis.

Ashi Waza

1. Okuri Ashi Harai

Tori and Uke walk to the center of the mat (do not turn). Uke starts the motion by taking the standard right grip. Tori immediately takes control by taking Uke to Tori's right in Tsugi Ashi steps. Tori's third step is wider than the previous steps. Tori sweeps both of Uke's feet from right foot to left. Uke does not jump when the technique is applied.

2. Sasai Tsurikomi Ashi

Uke initiates the attack as in Uki Otoshi.

The timing of the three steps will be such that the second step will take longer than the first. The third step should immediately follow the second.

- 1st step - Tori, using tsugi Ashi movement, steps back left foot then right.
 - 2nd step - Tori steps back with his left foot then moves the right foot at a 90 degree angle to Tori's right.
 - 3rd step - Tori's left foot blocks Uke's right foot as Uke takes the third step. Upon throwing, Tori takes his left foot to his back left corner.
-

3. Uchi Mata

Uke and Tori start at 1 1/2 arms length in the center of the mat. Uke and Tori take a right natural posture, with Tori taking a high grip while Uke takes the regular grip. Uchi Mata is done in three steps in a circular motion. On the third step, Tori makes a half step in the same circular direction, unbalancing Uke completely and then reaps from that position with the right leg. Uke lands at about a 45 degree angle.

At the end of each set, Uke and tori return to their original positions, about 12 feet apart, to fix Judogis.

Masutemi Waza

NOTE: When applying Tomoe Nage and Sumi Gaeshi, Tori's foot should be up and in place, on Uke, before Tori goes down to the mat.

1. Tomoe Nage

Uke and Tori meet on Tori's side near the center of the mat and take a right natural posture, with both taking right natural grips. Tori steps forward with right foot and, at the same time, Uke takes a step backwards with the left foot. Tori then steps with left foot then right foot with Uke moving backwards.

On the third step, Uke resists Tori's push causing Uke's left foot to become parallel to the right. At this point, Tori brings the left foot to the right foot and, at the same time, Tori transfers the left hand grip from the sleeve to Uke's right lapel and unbalances Uke straight forward.

Tori places the ball of the right foot on Uke's lower left abdomen, while sacrificing himself to the mat and throws Uke in an arc over Tori's head. Uke takes an Ukemi and comes to a standing position.

2. Ura Nage

Uke and Tori are about 6 feet apart, depending on their size. Uke attempts to strike Tori. Tori steps in, left foot then right foot, while lowering his body. Tori executes Ura Nage, throwing Uke over Tori's left shoulder. Uke takes Ukemi over his own right shoulder and does not come to a standing position.

3. Sumi Gaeshi

Both Uke and Tori take a right Jigotai. When taking right defensive positions (right hand above elbow, left hand on scapula), Uke's and Tori's heads do not rest on or come in contact with the other person's shoulder.

On the first step, Tori makes a wide circular step with the right foot while attempting to unbalance Uke. Uke resists by attempting to straighten up and regain balance. Tori, using this action, unbalances Uke further forward and upward and, simultaneously, Tori brings his left foot toward the right foot and executes Sumi Gaeshi. Uke executes Ukemi straight over Tori, not to the corner. Uke comes to a standing position.

At the end of each set, Uke and tori return to their original positions, about 12 feet apart, to fix Judogis.

Yoko Sutemi Waza

1. Yoko Gake

The Kuzushi in this technique is a gradual natural Kuzushi, not too strong. Uke attacks as in Uki Otoshi.

On the second step, Tori changes the direction of the Kuzushi by pushing inward against Uke's right elbow with his left hand, while Tori's right hand pushes across Uke to the right.

On the third step, Tori steps back with his left foot then his right, while unbalancing Uke to Uke's right front corner and bringing Uke onto Uke's right little toe. Tori shifts his weight onto his right foot then sacrifices his body to the mat taking Uke's right foot out with Tori's left foot, as Tori's body swings under Uke. This is not a sweeping motion with the leg.

Uke and Tori should land parallel to the line of movement. Tori should be lying directly on Tori's left side. Tori should retain his grip on Uke's right sleeve.

2. Yoko Guruma

Uke and Tori are about 6 feet apart, depending on their size.

Uke attacks the same as Ura Nage, but, when Tori comes in to execute Ura Nage, Uke escapes by bending forward at the waist. Tori uses Uke's motion to slide the right leg between Uke's legs and throws Uke in the direction of his bending. Uke executes Ukemi, coming to a standing position.

Upon completion, Tori and Uke return to the center of the mat approximately 6 feet apart depending on their size. Uke then attacks left side.

3. Uki Waza

Uke and Tori take a right defensive posture as in Sumi Gaeshi. Tori takes a wide circular step with his right foot. Uke resists Tori's Kuzushi by attempting to straighten somewhat from Jigotai while stepping in an arc with his left foot. As Uke attempts to step forward with his right foot, Tori executes Uki Waza. Uke should land at a 45 degree angle. After the right side technique is completed, Uke walks back to tori, in the center of the mat, and then does the left side.

At the end of each set, Uke and tori return to their original positions, about 12 feet apart, to fix Judogis.

Finish

Uke and Tori face each other, step back right foot then left, make a kneeling bow to each other, stand, turn to the judges, make a standing bow. You should finish where you started the Kata. When the bows are completed, the judging of this Kata is finished.

2. Katame-no-Kata

Katame-No-Kata

Standardization of Katame-No-Kata for U.S. National Kata competition.

Reprinted, in part, from the United States Judo, Inc. National Kata Committee document of the same name and from the book Judo Formal Techniques by Otaki and Draeger.

NOTE: This outline of Katame-No-Kata (forms of grappling) is meant only as a simplified study guide based on the U.S.J.I. National Kata Committee's standardization for Katame-no-Kata.

- An excellent source of reference for the study of Katame-No-Kata is the book Judo Formal Techniques by Tadao Otaki and Donn F. Draeger, published by the Charles E. Tuttle Co., Inc., Rutland, Vermont and Tokyo, Japan.
- Another fine reference is the book Kodokan Judo by Jigaro Kano, published by Kodansha International/USA, LTD, Tokyo, Japan.

Beginning Movements

Kesa Gatame

Kata Gatame

Kami Shiho

Yoko Shiho

Kuzuri Kami Shiho

Kata Juji Jime

Hadaka Jime

Okuri Eri Jime

Kata Ha Jime

Gyaku Juji Jime

Ude Garami

Juji Gatame

Ude Gatame

Hiza Gatame

Ashi Garami

Closing Movements

Beginning Movements

Tori And Uke are 18 feet apart, facing the Kamiza (place of honor), with Tori on the left and Uke on the right side and begin by doing the following, simultaneously:

1. At a point just outside the red warning zone, Uke and Tori both perform Ritsurei (standing bow) to the competition area. Starting with the left foot then the right, they both walk, Ayumi Ashi, to the center of the competition area.

2. Uke and Tori both perform Ritsurei (standing bow) to the Kamiza in a closed posture (heels together and toes apart).

3. Uke and Tori turn toward each other. Dropping first to the left knee, then the right and then lowering their buttocks to their feet, into the Seiza position, they perform Zarei (kneeling bow).

4. Rising first to the right foot and then the left, Tori and Uke stand up in a closed posture and step forward, leading with the left foot then the right, and assume a Shizen Hontai (Fundamental Natural Posture).

5. Dropping to the left knee, both Uke and Tori assume an open Kyoshi No Kamae, or Kyoshi, (the open High Kneeling Posture with the thigh of the right leg at about a 45 degree angle, right foot should be forward).

6. Tori waits in open Kyoshi, and does not move, while Uke moves into a closed Kyoshi (right thigh forward, left knee and right foot spaced apart as in Shizen Hontai) and takes one Tsugi Ashi step forward and again assumes the open Kyoshi.

7. Uke places his right hand on the mat in front of his left knee and beside his right foot. Supporting himself on his left foot and right hand, Uke lowers himself to the mat, by sliding his right foot between his left foot and right hand, turning himself 180 degrees, coming to a sitting position. Uke then lowers himself to a lying position and raises his left knee and places his arms by his side.

Osae-Komi Waza

Kesa Gatame

1. Tori stands up, pivots in place 45 degrees to the right, and walks diagonally to the far position (5 feet from Uke's right side) (Toma), faces Uke, drops to his left knee and assumes the open Kyoshi.

2. Tori moves two Tsugi Ashi steps forward in closed Kyoshi and assumes the open Kyoshi at the Chikama (near position - about 1 1/2 feet from Uke).

3. Tori takes a short entry step toward Uke and, with the left hand palm up at Uke's elbow and the right hand palm down at Uke's wrist, Tori lifts Uke's right arm from the mat and pulls Uke's right hand under Tori's left armpit clamping the wrist against his own side with his mid upper arm.

4. Placing the right knee down and the left knee up, Tori lowers his upper body and places his right elbow on the mat against the side of Uke's upper right rib cage with the forearm and palm on the mat.

5. Supporting himself on his left foot and right forearm, Tori swings his right leg through the space between his own left foot and Uke's body and uses the leverage from this motion to lift Uke's upper body a bit and places his right thigh under Uke's right shoulder.

6. Tori applies and tightens the Kesa Gatame hold (Tori clamps Uke's right arm under his left armpit and Tori's right hand cups Uke's left shoulder to start, which signals Uke's 3 escape actions.

For Example:

1. Uke grabs Tori's belt and, as he bridges, tries to turn Tori over Uke's right shoulder.

2. Uke twists to the right, tries to put the right knee under Tori as he also pulls his right arm out of Tori's grip.

3. Uke grips Tori's belt, bridges, and tries to turn Tori over the left shoulder.

7. Uke signals defeat (Maitta), Tori disengages himself, coming up on the left knee and replacing Uke's arm on the mat. Tori retreats back the short entry step, and assumes the open Kyoshi at the near position. Tori takes 1 Tsugi Ashi step backward and assumes the open Kyoshi. Then Tori takes 1 Tsugi Ashi step forward and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Kata Gatame

1. From the near position, Tori takes the short entry step forward.

2. Tori's hands are in different positions on Uke's right arm for this technique only. While picking up Uke's arm the left hand is palm down and the right hand is palm up.

3. Tori picks up Uke's right arm, presses it against the right side of Uke's face (for control), as Tori raises his left knee and lowers his right knee to the mat against Uke's body. Keeping pressure on Uke's right arm, with his left hand Tori encircles Uke's neck with his right arm and places the right side of his neck against Uke's arm. Tori clasps his left hand, stretches his left leg out, and applies the Kata Gatame hold which signals Uke's 3 escape actions.

For Example:

- 1.Uke places the palm of his left hand over his right fist, brings the clasped hand down against Uke's neck to create space.

- 2.Uke twists to the right and tries to put his right knee under Tori's hips.

- 3.Swings both legs up and over and tries a backward somersault over his left shoulder.

- 4.Uke signals defeat. Tori returns to the basic form and position, returns Uke's arm to his side. After putting his left knee down and right knee up, Tori moves back the short entry step to the near position and assumes the open Kyoshi.

- 5.Tori moves back 2 Tsugi Ashi steps in closed Kyoshi to the far position and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Kami Shiho Gatame

- 1.Tori stands, pivots 45 degrees to the left, and walks to the original position, facing Uke's head at the far position. Tori drops to his left knee, assumes the open Kyoshi and, after adjusting to the closed Kyoshi, moves forward 2 Tsugi Ashi steps and assumes the open Kyoshi at the near position.

- 2.Tori takes the short entry step forward, puts the right knee down, such that the knees are approximately even with Uke's ears. While bending forward, Tori reaches under Uke's arms, palms down, and, rotating his hands inward and upward, grips Uke's belt close to the mat. Tori pulls Uke in, clamps his elbows in and lowers his hips by spreading his knees with his insteps on the mat. Tori should have "live toes".

- 3.Uke tries 3 escaping movements.

For Example:

- 1.Uke tries to twist in the direction of the hand that he thrust under Tori's chin, in order to turn and come onto all fours.

- 2.Uke pushes both of Tori's shoulders and body back as he tries to bring both legs up and over to hook Tori's thighs to escape.

- 3.Uke bridges and turns to the right or left.

- 4.Uke signals defeat. Tori releases Uke, moving back a bit, raising his upper body and right knee. Tori moves back the short entry step and assumes the open Kyoshi at the near position. Tori moves back 2 Tsugi Ashi steps to the far position and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Yoko Shiho Gatame

1. Tori stands, pivots 45 degrees to the right, and walks diagonally to the far position. Tori faces Uke, drops to his left knee and assumes the open Kyoshi. Tori advances 2 Tsugi Ashi steps to the near position and assumes the open Kyoshi.

2. Tori takes the short entry step, picks up Uke's arm (left hand palm up on Uke's elbow and right hand palm down on Uke's wrist) and places it 90 degrees from Uke near Tori's left leg. Tori puts his left knee against Uke's armpit and his right knee against Uke's hip and grasps Uke's belt with his left hand, thumb in, at Uke's left side. Tori runs his right arm between Uke's legs and under Uke's left leg and seizes the belt with his right hand, fed by the left hand. With his left hand Tori scoops up Uke's right shoulder, slides his left knee under the shoulder, puts his left arm around Uke's neck and grabs Uke's left collar with his left hand, thumb in.

3. Tori tightens the hold and lowers his hips with his insteps on the mat. Tori should have "live toes". Uke attempts 3 escaping movements.

For Example:

1. Attempts Kansetsu Waza on Tori's left elbow, pushes the left side of Tori's neck or head, and brings the left leg up and over his left hand.

2. Turns to the right and tries to put the right knee in and pull out the right shoulder.

3. Uke grabs Tori's belt with both hands (his right forearm against Tori's abdomen) at Tori's left side and tries to turn Tori's body over his left shoulder while bridging.

4. Uke signals defeat. Tori releases Uke with left knee on the mat and right knee up and, with left hand on the elbow and the right hand on the wrist, returns Uke's arm to the side. Tori moves back the short entry step to the near position and assumes the open Kyoshi.

5. Tori moves back 2 Tsugi Ashi steps to the far position and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Kuzuri Kami Shiho Gatame

1. Tori stands, pivots 45 degrees to the left, and walks to the original position, facing Uke's head at the far position. Tori drops to his left knee, assumes the open Kyoshi and, after adjusting to the closed Kyoshi, moves forward 2 Tsugi Ashi steps and assumes the open Kyoshi at the near position.

2. Tori takes the short entry step, in a diagonal direction, toward Uke's right shoulder side. Tori picks up Uke's right arm with the left hand at the elbow and the right hand at the wrist. Tori guides Uke's arm under his own right armpit with his left hand (near Uke's elbow) and slides his right hand under Uke's right arm past the armpit to the back of

Uke's collar. Tori grips Uke's collar with his palm up and the fingers inside the collar. Tori clamps Uke's right arm and drops his right knee to the mat as he slides his left hand under Uke's left shoulder and grips Uke's belt. Tori tightens the hold by lowering his hips and flattening his insteps on the mat. Tori should have "live toes". Uke attempts 3 escaping movements.

For Example:

- 1.Uke tries to slide down away from Tori, bridges, and twists to the right to pull his right arm out and thrust his left arm under Tori's chin.

- 2.Seizes Tori's belt with both hands, twists, bridges and tries to turn Tori over to Uke's left rear.

- 3.Uke pushes both of Tori's shoulders and body back as he tries to bring both legs up and over to hook Tori's thighs to escape.

3.Uke signals defeat. Tori releases the hold and slides both knees back a bit. Tori returns Uke's right arm to the mat alongside Uke as Tori raises his right knee. Tori moves back diagonally in the short entry step to the near position above Uke's head and assumes open Kyoshi. Tori moves back 2 Tsugi Ashi steps to the far position as Uke sits up and assumes the open Kyoshi, facing Tori, just as Tori is assuming the open Kyoshi. Both fix their Judogis, pause and Uke reclines (step 7 beginning movements) and assumes the lying-ready position to begin the next set.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Shime Waza

Kata Juji Jime

- 1.Tori stands, pivots 45 degrees to the right, and walks diagonally to the far position. Tori faces Uke, drops to his left knee and assumes the open Kyoshi. Tori advances 2 Tsugi Ashi steps to the near position and assumes the open Kyoshi.

- 2.Tori picks up Uke's right arm, (left hand palm up and right hand palm down) and places it on the mat alongside his left leg. Tori keeps his left hand on Uke's elbow as he moves his left knee in against Uke's body and grabs Uke's left lapel near the lower chest with his right hand. Opening the lapel outward, Tori places his left, thumb side, wrist against Uke's neck, over the carotid artery, and feeds the lapel over his fingers into his hand and grips the collar. Tori reaches across with his right hand, brushes Uke's left arm outward and up, to a position about 90 degrees from Uke's body, as Tori brings the right leg over to straddle Uke. Tori's right hand continues in a circular route around Uke's head. Placing the back of his hand, thumb up, against the right side of Uke's head, Tori pushes Uke's head to Uke's left, rolls the thumb side of his hand down toward Uke's collar taking his grip with the thumb inside. As Tori starts to apply the choke, he pulls Uke toward him and bends forward to place his head on the mat, bends his right hand away from Uke, and draws the left hand downward along the line of the neck to affect the choke.

3.Uke tries to escape by pressing or pushing Tori's arms, at the elbows, inward and bridging. Uke signals defeat by tapping either foot.

4.Tori disengages himself by removing the right hand grip, brushing Uke's left arm back to his side, while dismounting, and grabs Uke's left lapel with his right hand. Tori moves his left hand to Uke's elbow, then takes Uke's wrist in his right hand and places the arm back at Uke's side. Tori takes the short entry step back and assumes the open Kyoshi.

5.Tori moves back 2 Tsugi Ashi steps to the far position and assumes the open Kyoshi. Tori stands up, pivots 45 degrees to his left, and walks diagonally to the far position facing Uke's back. (NOTE: As Tori stands, Uke sits up into the sitting-ready position with the left leg bent and the sole of the left foot near the bent right knee joint.) Tori drops to the left knee and assumes the open Kyoshi, advances 2 Tsugi Ashi steps forward and assumes the open Kyoshi at the near position.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Hadaka Jime

1.Tori takes the short entry step in, and places his left hand, palm up, over Uke's left shoulder and off-balances Uke slightly to the rear. Tori puts his right arm around Uke's neck, thumb side of the wrist against Uke's carotid artery. As he clasps his right hand in his left, Tori puts his right cheek against Uke's left cheek, draws his left leg back to break Uke's balance even more to the rear, and applies the choke.

2.Uke tries to escape using at least one method.

For Example:

- 1.Uke grabs Tori's right upper sleeve with both hands and tries to pull downward to relieve the choke.
- 2.Using both hands to pull Tori's right arm upward to get under the arm.
- 3.Tries to turn inside the choke by pulling Tori's upper sleeve to the right with both hands and, using his left foot, twisting his body to the right.

3.Uke signals defeat by tapping either foot. Tori returns Uke to the upright position, by moving forward a bit on the left knee, and releases Uke by unclasping his hands. Tori moves back the short entry step and assumes the open Kyoshi in the near position. Tori takes 1 Tsugi Ashi step backward and assumes the open Kyoshi. Then Tori takes 1 Tsugi Ashi step forward and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Okuri Eri Jime

1. Tori takes the short entry step in, slips his left hand under Uke's armpit, seizes the left lapel, opens it, and pulls it downward. Tori places his right arm over Uke's right shoulder and around the neck to place the thumb side of the right wrist against Uke's carotid artery. Using the left hand, Tori feeds the collar into his right hand. Tori grips with his right hand, thumb inside, releases the grip with his left hand and, with the left hand, grips Uke's right collar close to his own right wrist. Tori lowers himself to place his right cheek against Uke's left cheek, draws his left leg back to break Uke's balance to the rear, and applies the choke.

2. Uke tries to escape using at least one method.

For Example:

1. Uke pulls downward with both hands on Tori's right upper, outer sleeve and tries to regain his balance.

2. Uke tries to turn into the choke, pulling up and out with both hands, in order to twist, using the left foot, and get out under the arm.

3. Uke pulls his own left lapel downward to relieve the choke.

4. Uke signals defeat by tapping either foot. Tori returns Uke to the upright position, by moving forward a bit on the left knee, and releases Uke by unclasping his hands. Tori moves back the short entry step and assumes the open Kyoshi in the near position. Tori takes 1 Tsugi Ashi step backward and assumes the open Kyoshi. Then Tori takes 1 Tsugi Ashi step forward and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Kata Ha Jime

1. Tori takes the short entry step in, slips his left hand under Uke's armpit, seizes the left lapel, opens it, and pulls it downward. Tori places his right arm over Uke's right shoulder and places the thumb side of the right wrist against Uke's carotid artery on the right side of Uke's neck and turns Uke's neck and head as a unit to the left to accept the left collar. Using the left hand, Tori feeds the collar into his right hand. Tori grips with his right hand releases the grip with his left hand and sweeps the left hand out in a circular path to the left, to Uke's elbow, then upward as Tori straightens his body upward. As Tori's hand rises to the height of Uke's head, he then thrusts his hand to the right behind Uke's neck, thrusting the Katana hand, palm down, beneath Tori's right arm and above Uke's shoulder. Simultaneously, Tori moves his right leg slightly to the right rear, to unbalance Uke, and applies the choke.

2. Uke tries to escape using at least one method.

For Example:

1. Uke grasps his own left wrist with his right hand and tries to force Tori's hand down and to the right as Uke tries to turn his body to the right using his left foot.

3.Uke signals defeat by tapping either foot. Tori returns Uke to the upright position, by moving forward a bit on the right foot, and releases Uke. Tori moves back the short entry step and assumes the open Kyoshi in the near position. Tori takes 2 Tsugi Ashi steps backward and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Gyaku Juji Jime

1.Tori stands, pivots 45 degrees to the right, and walks diagonally to the far position as Uke simultaneously reclines and assumes the lying-ready position. Tori faces Uke, drops to his left knee and assumes the open Kyoshi. Tori advances 2 Tsugi Ashi steps to the near position and assumes the open Kyoshi.

2.Tori takes the short entry step, picks up Uke's arm (left hand, palm up, on Uke's elbow and right hand, palm down, on Uke's wrist) and places it 90 degrees from Uke near Tori's left leg. Tori puts his left knee against Uke's armpit and, with his left hand on Uke's elbow reaches across Uke's body and grabs Uke's right collar in his right hand. Tori opens Uke's collar outward as he places his left, thumb-side, wrist against Uke's left side carotid artery and, with the right hand, feeds the collar over and into his left grip. Tori brushes Uke's left arm up and out to about a 90 degree angle while straddling Uke. (NOTE: Tori does not move his hand in the circular path he used in Kata Juji Jime.) Tori moves his right hand from Uke's left arm to a point above Uke's chest and then across toward Uke's right carotid, placing his right, thumb-side wrist against Uke's right side carotid artery. With his fingers inside Uke's collar, pointing directly behind Uke, Tori grips the collar, curls his wrists toward his own chest and applies the choke.

3.Uke tries to escape by pushing Tori's elbows, left hand pushes upward and the right hand pushes inward, and turning Tori to Tori's left. Tori rolls with the motion to the left side of his back, pulling Uke with both hands and, keeping Uke's neck close, continues the choke holding Uke's body between his feet.

4.Uke signals defeat by tapping either foot. Both roll back to the basic form. Tori releases the hold and, brushing back Uke's left arm with his right hand, dismounts by bringing the right leg over with Tori's left hand still gripping Uke's upper left lapel and grabs Uke's mid left lapel with the right hand. Releasing the grip on Uke's left collar, Tori moves back a bit, moves his left hand to Uke's right elbow and then his right hand to Uke's wrist. Tori places Uke's right arm back at his side, takes the short entry step back, and assumes the open Kyoshi.

5.Tori moves back 2 Tsugi Ashi steps to the far position and assumes the open Kyoshi. Tori stands up, pivots 45 degrees to his left, and walks diagonally to the far position as Uke sits up and assumes the open Kyoshi, facing Tori, just as Tori is assuming the open Kyoshi. Both fix their Judogis, pause and Uke reclines (step 7 beginning movements) and assumes the lying-ready position to begin the next set.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Kansetsu Waza

Ude Garami

1. Tori stands, pivots 45 degrees to the right, and walks diagonally to the far position. Tori faces Uke, drops to his left knee and assumes the open Kyoshi. Tori advances 2 Tsugi Ashi steps to the near position and assumes the open Kyoshi. Tori takes the short entry step, picks up Uke's arm (and left hand, palm up, on Uke's elbow and right hand, palm down, on Uke's wrist) and places it 90 degrees from Uke near Tori's left leg.

2. Tori moves closer. Uke tries to grab Tori's right lapel with the left hand as Tori's left knee touches Uke's side. Tori wedges his right knee against Uke's body and, with the little finger side of his left wrist, deflects Uke's left wrist. Simultaneously, with the thumb side of his right wrist, Tori bends Uke's elbow and traps it against Uke's left side as Tori bends forward, into Kuzuri Yoko Shiho Gatame, bringing Uke's hand back onto the mat. Tori threads his right hand over his left wrist, grabs his left wrist and applies the Ude Garami joint lock.

3. Uke tries to escape using at least one method.

For Example:

1. Uke tries to bring his left arm inward and bridges onto his right side.

2. Uke bridges to his left and tries to grab his left wrist with his right hand in order to pull the hand toward the center of his chest to relieve the joint lock.

4. Unable to escape, Uke signals defeat. Tori releases the hold, places Uke's left arm by his side, moves back a bit and takes Uke's right arm, with left hand on the elbow and the right hand on the wrist, and moves it back to Uke's side. Tori takes the short entry step back to the near position and assumes the open Kyoshi. Tori takes 1 Tsugi Ashi step backward and assumes the open Kyoshi. Then Tori takes 1 Tsugi Ashi step forward and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Ude Hishigi Juji Gatame

1. Tori takes the short entry step in to attack, but Uke tries to grab Tori's left lapel. Tori immediately grabs Uke's right wrist, first with the right hand then with the left hand below the right hand, pulling the arm upward and turning the back of Uke's hand toward Tori's own chest. Tori slides his right foot under Uke's right armpit, with the ankle against the armpit, and leans the right shin down onto Uke's chest to control Uke as he brings his

left leg in a tight arc around Uke's head to the left side of Uke's neck, pinning Uke's neck and shoulder complex between his ankles.

2. Continuing to pull Uke's arm towards his own head, Tori sits down as close to his right heel as possible and, lying back, clamps his knees together tightly trapping Uke's right arm. Tori raises his hips and applies the joint technique by pulling Uke's hand in a diagonal direction to Tori's chest and to the right.

3. Uke tries to escape by using at least 1 method.

For Example:

1. Uke bridges and twists to the right and tries to pull his right arm and shoulder out and down to the mat.

4. Unable to escape, Uke signals defeat. Pulling Uke's hand towards Tori's own head, Tori comes to a sitting position. Keeping his right hand grip on Uke's right wrist, Tori places his left hand on the mat just to the left of his own hip. Supporting his weight on this hand and his right foot, Tori slides his left foot, in an arc, from around Uke's head and moves it back to bring the left knee under his own hip. Tori moves back slightly, places Uke's right arm along Uke's side, moves back the short entry step to the near position and assumes the open Kyoshi. Tori takes 1 Tsugi Ashi step backward and assumes the open Kyoshi. Then Tori takes 1 Tsugi Ashi step forward and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Ude Hishigi Ude Gatame

1. Tori takes the short entry step in, picks up Uke's arm (and left hand, palm up, on Uke's elbow and right hand, palm down, on Uke's wrist) and places it 90 degrees from Uke near Tori's left leg and moves in with his left knee against Uke's body. Uke attacks with his left arm to grab Tori's right lapel. Tori bends and lowers his body causing Uke to overshoot the lapel as Tori clamps Uke's left wrist between his right jaw and right shoulder. Tori places his right hand on Uke's left elbow joint then places his left hand over his right as Tori wedges his right shin against Uke's midsection.

2. Tori straightens up a bit, to stretch out Uke's arm, and brings Uke's trapped arm in an upward scooping motion as Tori twists slightly to the left to apply the arm lock.

3. Uke tries to escape by at least 1 method.

For Example:

1. Uke tries to pull his left arm downward by moving in toward Tori and twisting to the left.

4. Unable to escape, Uke signals defeat. Tori places Uke's left arm along Uke's side and moves back slightly. With left hand on the elbow and the right hand on the wrist, Tori picks up Uke's right arm and places it along Uke's side, moves back the short entry step

to the near position and assumes the open Kyoshi. Tori takes 2 Tsugi Ashi steps backward to the far position and assumes the open Kyoshi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Ude Hishigi Hiza Gatame

1. Tori stands up, pivots 45 degrees to his left, and walks diagonally to the far position as Uke sits up and assumes the open Kyoshi, facing Tori, just as Tori is assuming the open Kyoshi. Tori moves 2 Tsugi Ashi steps forward to the near position and assumes the open Kyoshi. Both Uke and Tori move forward a bit taking a right standard grip.

2. Tori puts his left arm under Uke's right arm reaching up and over it, gathering it up under Tori's left arm, and clamping Uke's right wrist under Tori's armpit while cupping Uke's arm a little above the elbow. Tori moves his left foot in near Uke's right foot, breaking Uke's balance to the left front corner. Tori places his right foot on Uke's upper thigh area, near the pelvis, and going back on the right side of his back, Tori maintains the right hand grip and left hand cupping the elbow. Tori brings the left leg up to a position where the left foot is on Uke's hip near the belt line and the left knee is over Tori's own left hand, still cupped over Uke's elbow. Tori may have to push his own hips away from Uke in order to adjust his body position to allow his knee to be over the elbow. Tori applies the arm lock by pushing, with his left knee, downward against Uke's arm, twisting, pulling in with the right hand and pushing Uke's left leg out and up with the right foot.

3. Uke tries to escape by at least 1 method.

For Example:

1. Uke tries to move toward Tori and force his right arm past Tori to negate the arm lock.

4. Unable to escape, Uke signals defeat. Tori releases the arm lock and both Tori and Uke disengage themselves to about 1 1/2 ft. apart in the near position and both assume the open Kyoshi at the same time.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Ashi Garami

1. Both Uke and Tori stand simultaneously. Both then take a half step forward into a right Shizentai and take a right standard grip at the same time.

2. Tori Unbalances Uke forward, puts his left foot in between Uke's feet, and attempts Tomoe Nage. Uke steps forward with his right foot, near Tori's left armpit, and tries to pull Tori up off of the mat.

3. Tori goes with Uke's force and uses it to slide under Uke deeper. Tori changes his right foot to Uke's left inside knee (front and inner middle left thigh) and pushes Uke's left leg back and outward to Uke's left rear corner. Tori twists his hips to the right and brings his left leg out to the side then up and over Uke's right leg to thrust the left foot across Uke's abdomen. As Uke, off balanced, falls forward to the mat, Tori applies the lock by twisting more to the right, straightening the left leg and pulling with both hands.

4. Uke tries to escape by at least 1 method.

For Example:

1. Uke tries to turn to the left to allow him to bend his right leg and tries to withdraw it.

5. Unable to escape, Uke signals defeat. Tori releases the lock and both Tori and Uke disengage themselves, with Tori getting up about 3 ft. away, and both assume the open Kyoshi.

6. Uke maintains the open Kyoshi as Tori takes 2 Tsugi Ashi steps back and assumes the open Kyoshi.

7. As Tori maintains the open Kyoshi, Uke takes 1 Tsugi Ashi step back and assumes the open Kyoshi. Tori and Uke both fix their Judogi.

NOTE: To signal Maitta (defeat), Uke taps Tori or the mat with the hand twice or the mat with either foot twice when the hands are not free.

Closing Movements

1. Tori and Uke, simultaneously, move to a closed Kyoshi and then stand in a Shizen Hontai facing each other.

2. Both take one step back, first the right foot then the left, into a closed posture, heels together and toes apart.

3. Both Uke and Tori drop to the left knee then the right knee and then sit on their feet to assume the Seiza position. Both pause for a second then perform the Zarei (kneeling bow). After the bow, Uke and Tori should pause in Seiza for a second before continuing.

4. Tori and Uke stand up, heels together and toes apart, and turn to face the Kamiza.

5. Tori and Uke both perform the Ritsurei (standing bow) to the Kamiza then, starting with the right foot then the left, walk backwards, Ayumi Ashi, to a point just outside the red warning zone and bow to the competition area. This concludes the Kata.

VIII. Certification Program Standards

A. Referee Certification Program

OJI REFEREE CERTIFICATION PROGRAM

OBJECTIVE (Purpose)

Quality refereeing is extremely important to the growth of Judo, the development of individual Judoka, and the acceptance of our sport by the public. Referees have the responsibility to insure competitive judo is conducted according to the rules of competition, providing a relatively safe and fair environment for Judoka to test their skills against their opponents. Referees (and judges) are part of a team of tournament officials (which also includes timers, scorers, recorders, medics, etc.) who provide the structure for all competition.

Referees should be fair, unbiased, consistent, know the rules, and do the best job they can in each and every match, employing their full attention and maximum ability at all times while on the mat. Good referees try to learn from each new experience encountered while officiating.

The purpose of the OJI Referee Certification Program is to provide a framework which will provide standards, clinics, critiques, testing, and certification of referees in order to improve the quality of our referees. The program should encourage new people to become officials as well as provide an atmosphere and procedure for currently active officials to improve. This program is intended to feed qualified Ohio referees into the national referee testing program.

APPROACH (Procedure)

All certification testing is to be done by National ("N") or higher Referees. The procedures outlined in this document are to be followed for certification testing and the results are to be sent to the OJI Referee Certification Committee Chairman for processing and issuance of all applicable certificates.

Special Referee Clinics shall be held to prepare candidates for testing which may be done at such clinics or at designated tournaments. Feedback should be given to all candidates who are evaluated.

There are four independent sections of the test and each section must be passed in order to be certified. Section 1 is a written test (50 questions).

Section 2 is a demonstration score which is obtained by evaluating a minimum of 12 matches as referee and 12 matches as judge, subtracting 2 points for each minor error, 5 points for each procedural error, and 10 points for each major error. Minor errors are those which have no influence on the outcome of the match (e.g. hand signals not held long enough, positioning/distance/posture/etc and other appearance type mistakes). Procedural errors may confuse the match but generally do not change the outcome of the match (e.g. giving the wrong signals, not calling matte/sore made/etc correctly, changing calls incorrectly, etc). Major errors are those which have significant probability of changing the outcome of a match (e.g. calling matte at the wrong time, calling incorrect scores [off by 2 levels or consistently off by 1 level], etc.).

If there are not enough matches to provide each candidate with the 24 evaluation matches a normalized score may be calculated and used to suffice this section of the test as long as the candidate has been observed in at least 6 matches as referee and 6 matches as judge and had been evaluated informally at a previous shiai. For example, if a candidate had been observed previously and at a testing event was provided an opportunity to referee only 9 matches and judge only 9 matches, his evaluation could be handled as follows: Suppose in 9 matches as referee 15 points were deducted for various errors and in the 9 matches as judge 6 points were deducted. This score would be normalized by multiplying the deduction points by the ratio of matches actually evaluated to the required 12 for refereeing and 12 for judging. (Normalized Score = $100 - [15(12/9) + 6(12/9)] = 72$).

Section 3 consists of evaluating specific criteria for referees during their testing matches and obtaining a typical score in each category, then averaging all category scores into one overall average score.

Section 4 is an overall subjective evaluation by the examiner(s) as to whether or not the candidate meets the standards for that certification level according to the criteria listed in the summary table.

Testing fees shall be collected and forwarded to the OJI with the testing report as follows:

- a) \$10 shall be collected prior to giving the examination.

NOTE: If a candidate fails one section of the exam (written or demo) he/she will be able to retake that portion only during the following 3 months if arrangements can be made with the examining official(s). Otherwise the entire test must be retaken and all fees repaid.

The testing official(s) shall make a written report to the Chairman of the OJI RCC, who will in turn file such report with the OJI Standards & Certification Program Director. The report shall include a list of candidates, summary of results, a copy of each candidate's written test, and all evaluation forms. A copy of all documentation concerning out-of-state candidates who pass the OJI test will be sent to that candidate's State Governing Body for their review and action. A certificate will still be given by OJI.

Certification will be valid for a period of 2 years. Before the end of the two year period recertification should be accomplished. Recertification requirements shall be the same as the original certification requirements for that level.

OJI REFEREE CERTIFICATION REQUIREMENTS

<u>Summary</u>	<u>Local</u>	<u>Regional 1</u>	<u>Regional 2</u>	<u>Regional 3</u>
Certification prerequisite	None	None	R-1	R-2
Eval. event (minimum)	Interclub SHIAI	Interclub SHIAI	State SHIAI	Regional SHIAI
Testing officials required	1 N-1 or higher	1 N-1 or higher	1 N-1 or higher	2 N-1's or higher
Recertification	2 years	2 years	2 years	2 years
Written Score	70%	75%	80%	85%
Demo Score	60%	70%	75%	80%
Eval average (0-5)	2.5	2.9	3.2	3.5
Overall eval	Y	Y	Y	Y

NOTE: Performance Criteria for Overall Evaluation (Y/N)

LOCAL - Reasonably controls the match, knows the terminology, knows the signals, has a fair understanding of the scores and penalties. Occasionally may make a major error. Sometimes makes minor errors and procedure errors.

REGIONAL-1 - Fully controls matches, has reasonably good understanding of scores, penalties, and procedures. Does not make major errors. Occasionally makes minor errors and procedural errors.

REGIONAL-2 - Fully controls matches, has good understanding of scores, penalties, and procedures. Usually handles difficult situations correctly. Does not make major errors and seldom makes procedural errors. Occasionally makes minor errors.

REGIONAL-3 - Has a very good understanding of scores, penalties, procedures, and the application of matte. Projects image of total confidence/competence, procedurally strong, sharp. Almost ready for national referee certification.

B. Timers/Scorers/etc. Certification Program

OJI MAT OFFICIALS CERTIFICATION PROGRAM

PURPOSE: The intent of the OJI Officials Certification Program is to provide a pool of qualified mat officials, including timers and scorers. The program will include various qualification levels to encourage continual study and growth while rewarding multiple levels of achievement. All participants in the OJI Mat Officials Certification Program must be members of the OJI.

CERTIFICATIONS:

TIMERS - There will be two levels of certification for timers in the OJI:

a. Apprentice Timers will be required to pass a written test (70% correct) and an evaluation of performance at any shiai. They must be observed during a minimum of 15 matches by any OJI certified Head Timer/Scorer.

b. OJI Timers must pass a written test (80% correct) and a practical evaluation every two years. They must time or score at any two state championships, or five invitational shiais, during the two year period. Testing/evaluation is to be done by any OJI certified Head Timer/Scorer.

SCORERS - There will also be two levels of certification for scorers in the OJI:

a. Specialty Scorers will be qualified in a specific scoring system (any scoring system used at OJI sanctioned events) - (i.e. Scorer-Double Elimination, Scorer-Repechage, etc.). Each Specialty Scorer must pass a written exam (80% correct) and be evaluated at a competition using the scoring system he/she is specializing in.

b. General Scorers will be required to pass a written test (80% correct) covering all commonly used scoring systems and be evaluated at any tournament where he/she can be observed during a minimum of 20 matches. Any OJI certified Head Timer/Scorer may certify scorers. General Scorers must score at a minimum of five shiais during each two year certification period.

HEAD TIMER/SCORER - All OJI Head Timers/Scorers will pass a written exam (80% correct) and be evaluated by at least 2 other OJI certified Head Timers/Scorers at any State Championships while serving as Head Timer/Scorer. The certification period shall be two (2) years. Head Timer/Scorer qualifications shall include capability of performing as an OJI Timer, OJI General Scorer, conducting draws/pairings and coordinating all timers and scorers at any given shiai. Each Head Timer/Scorer must give at least one timers/scorers clinic (lasting 2 hours or more) each year.

FEE SCHEDULE

<u>CERTIFICATION</u>	<u>WRITTEN</u>	<u>DEMO</u>	<u>CERTIF.</u>	<u>TOTAL</u>
Timer (Apprentice)	1.00	1.00	3.00	5.00
Timer (OJI)	1.00	1.00	3.00	5.00
Scorer (Specialty)	1.00	1.00	3.00	5.00
Scorer (General)	2.00	2.00	3.00	7.00
Head Timer/Scorer	2.00	3.00	5.00	10.00

C. Kata Judge Certification Program

D. Teachers Institute Certification Program

E. Coach Certification Program

IX. Complaint & Discipline Procedures

- X. Miscellaneous Standards
 - A. Sports Medicine Program Standards

B. Mat Rental Procedures

O.J.I.
MAT RENTAL FEES
(AS OF 5-1-96)

MEMBERS OF OHIO JUDO, INC.

1ST DAY RENTAL FEE:

1 MAT AREA	\$15.00	1 MAT COVER	\$15.00
2 MAT AREAS	\$30.00	2 MAT COVERS	\$30.00
3 MAT AREAS	\$40.00	3 MAT COVERS	\$40.00

EACH DAY AFTER THE 1ST DAY OF RENTAL:

1 MAT AREA	\$10.00	1 MAT COVER	\$10.00
2 MAT AREAS	\$15.00	2 MAT COVERS	\$15.00
3 MAT AREAS	\$20.00	3 MAT COVERS	\$20.00

IF YOU RENT OUT 3 AREAS AND 3 COVERS FOR ONE DAY THE COST WOULD BE: \$80.00

IF YOU RENT OUT 3 MAT AREAS AND 3 COVERS FOR 5 DAYS THE COST WOULD BE: \$240.00

**** THE PERSON RENTING OUT THE MATS AND COVERS WILL ALSO PAY THE EXPENSES FOR TRANSPORTATION AND THE LODGING, (IF NECESSARY) PROVIDED BY THE O.J.I.****

The Organization who rents the mats will need to provide 12 people to take care of the mats. If not provided there will be a fee of \$50.00

SIGN RENTAL AGREEMENT ON BACK OF SHEET

Transportation Expenses: \$0.30 a mile for two or less mats or
\$0.40 a mile for three mats or more,
or \$50.00 minimum.

OHIO JUDO, INC.
MATS/MAT COVERS AND EQUIPMENT
RENTAL AGREEMENT

Ohio Judo, Inc. ("Lessor") hereby rents to _____ (name),
_____ (address) ("Renter") certain equipment
and items, including mats (also referred to herein as "mat areas") described on the reverse side of this
Agreement for the rental fees specified therein. Renter in turn agrees to comply fully with the terms and
conditions of this Agreement, as specified further herein. The parties acknowledge that the equipment
rented hereunder is intended for Renter's use at _____ (name of event).

1. Renter acknowledges and agrees that the equipment is in good condition and is appropriate for the
Renter's intended use, unless the Renter notifies Lessor to the contrary within one (1) hour after the start
of the rental period. Renter agrees to return all equipment to Lessor in the same condition as received
by Renter, except for normal wear and tear, at _____ (name of place where
equipment is to be returned) before or no latter than _____ p.m. on the due date specified herein.

2. RENTER FURTHER EXPRESSLY AGREES TO ASSUME FULL AND COMPLETE
RESPONSIBILITY AND LIABILITY FOR ANY AND ALL DAMAGES TO EQUIPMENT AND
LOSS OF USE OF THE EQUIPMENT WHICH OCCURS WHILE SUCH EQUIPMENT IS IN USE
BY OR IN THE POSSESSION OF THE RENTER, INCLUDING BUT NOT LIMITED TO
REPLACEMENT AND REPAIR COSTS, AND TO HOLD LESSOR HARMLESS IN
CONNECTION WITH ANY SUCH DAMAGES AND LOSS OF USE, INCLUDING BUT NOT
LIMITED TO REPLACEMENT AND REPAIR COSTS.

3. Renter agrees that in the event of loss or damage to the equipment while such equipment is in its
possession pursuant to this Agreement, whether or not such loss or damage is caused by Renter.
Renter shall be responsible for and shall pay to Lessor (on demand) the amount of loss or damage, as
applicable, including but not limited to the use of the equipment, except as otherwise provided by law.
The cost of the loss of use of the equipment will be based on the replacement cost of that equipment.

4. THIS AGREEMENT IS FOR THE FOLLOWING DATES: _____ .

5. THE COST OF THE RENTAL IS: _____ .

6. THE RENTER HEREBY ACKNOWLEDGES THAT HE/SHE HAS READ AND
UNDERSTANDS THIS AGREEMENT IN ITS ENTIRETY.

THE RENTER FURTHER AGREES TO COMPLY WITH AND BE BOUND BY ALL THE TERMS
AND CONDITIONS OF THIS AGREEMENT.

RENTER

Renter's Signature _____

Date _____

LESSOR

Rental Agent for Lessor _____

Date _____

C. OJI State Team Program Standards

JUNIOR AND SENIOR TEAM PROGRAM

I. SELECTION CRITERIA

A. Team

1. Commencing in 1995, the Junior and Senior State Judo Championships will be held as early as possible each year in the month of January or February (preferably no later than the third weekend).
 - a. Juniors will be conducted by age and weight
 - 1) Age as of January 1st of the current year
 - 2) See Attachment 1 for weight divisions
 - b. Seniors will be conducted by weight according to current USA Judo weight divisions to be contested at the current year's Senior National Championships.
2. Each year qualifying tournaments will be reviewed for quality and participation to see if they will be used the following year as "point tournaments". There will be three events each year for points. Each event must use the same divisions as established for the team as indicated above.
3. The current three events will be:

<u>SENIORS</u>	<u>JUNIORS</u>
State Senior Champs (Winter)	State Junior Championships (Winter)
Rock & Roll Classic (Fall)	Rock & Roll Classic (Fall)
Flag City Invitational (Fall)	Flag City Invitational (Fall)

- Points will be awarded to current OJI members as follows: 1st Place (10 points); 2nd Place (5 points); 3rd Place (3 points); TEAM Workouts [max. 12 points/year] (1 point). Points will be retained for approximately 1 year, until the next occurrence of the qualifying event. Senior Points will only count in the division in which they are obtained. The Senior with the most points in that division will be the team member. The second highest will be the team alternate. Junior Points will be recorded according to Division with that players total points (the division being considered and all divisions below combined) recorded in parentheses. The players will be listed in order of their points in that one division. A ladder challenge will be allowed by anyone with higher total points than the top player to determine team member and alternate.
4. Points will be awarded to current OJI members as follows: 1st Place (10 points); 2nd Place (5 points); 3rd Place (3 points); TEAM Workouts [max. 12 points/year] (1 point). Points will be retained for approximately 1 year, until the next occurrence of the qualifying event. Senior Points will only count in the division in which they are obtained. The Senior with the most points in that division will be the team member. The second highest will be the team alternate. Junior Points will be recorded according to Division with that players total

points (the division being considered and all divisions below combined) recorded in parentheses. The players will be listed in order of their points in that one division. A ladder challenge will be allowed by anyone with higher total points than the top player to determine team member and alternate.

5. The Director of Development shall maintain a current and accurate listing of all points obtained by all OJI members. A report will be published Quarterly (1 week after each point tournament and Sept. 1st) [approximately Jan 20, May 20, Sept 1 and Nov 1]. These records may alternatively be kept on the OJI web site. Records to be kept and reported include: (example)

Division - M172

Name	SR State (2003)	Rock & Roll (2003)	Flag City (2003)	Workouts 1/31;2/20;3/15	Total
1. J.Smith	10	0	10	1; 0; 1; etc	22
2. T.White	5	10	2	1; 1; 0; etc	19
3. M.O'Neal	0	2	5	1; 1; 1; etc	10

B. Coaches

1. There will be a State Coaching Staff, consisting of four regional coaches and a head coach/coordinator as a minimum. The coaching staff evaluates all new potential coaches who meet the coaching criteria. At least 3 members of the coaching staff will watch the candidate conduct a workout in such a way to evaluate the candidate's suitability for the program. Those who pass such an evaluation may be used as assistant coaches in the program until significant activity in this program is accomplished and a reevaluation moves the coach onto the State Coaching Staff.
2. The current State Coaching Staff is composed of:
 - Head Coach/Coordinator
 - North/East
 - North/West
 - South/East
 - South/West
3. The State Coaching Staff shall recommend all future Regional Coaches and Head Coaches to the OJI Board of Directors through the Director of Development, for approval.
4. The State Coaching Staff shall review the progress of the program and remove a coach for just cause.

C. Manager

1. Each trip taken as part of this program shall have a manager assigned by the Director of Development. If a separate manager is not appointed the chief coach for that trip shall assume the manager's responsibilities.
2. The Manager's responsibilities include:
 - a. Validation and distribution of:
 - 1) Schedule of planned activities
 - 2) Requirements to be met by all team members
 - 3) List of team participants
 - b. Coordination of travel, lodging, etc.
 - c. Financial accountability for trip
 - d. Completing Manager's report
3. A pool of qualified managers shall be maintained by the Director of Development.

D. Chaperones

1. Chaperones shall be responsible for the actions of all team members while participating in any program activity, including travel (to and from any activity).

2. Medical personnel shall be encouraged to be chaperones.
3. Chaperones shall be selected by the Director of Development using the following priority:
 - a. Director of Development
 - b. Number of players on the team (Coaches)
 - c. Parents of team members
 - d. Others

II. ELIGIBILITY

A. Team

1. Must be a registered OJI member in good standing prior to the start of any point tournament or team workout to obtain points in that event. Must be a member of OJI prior to any trips/special activities of the team.
2. The Primary and Alternate Team members must attend 2/3 of all scheduled workouts unless special arrangements are made for that individual due to conditions beyond the participant's control. All such special arrangements shall be approved by the State Coaching Staff prior to the trip. Failure of any team member to maintain a 2/3 attendance record shall disqualify him/her as a member until their attendance rises again to 2/3 of the workouts.
 - a. Scheduled workouts will be conducted in regions if there are qualified coaches available to conduct the workouts. In the event there are no qualified coaches available to conduct the workouts, Team members must attend the statewide workouts.
 - b. Periodic state-wide workouts will be conducted by the State Coaching Staff. Any team member who misses two state workouts in a row (unexcused) will be dropped from the team until the team member has participated in two state workouts in a row and meets all other criteria.
3. All Team members must sign the Code of Conduct and adhere to the Code of Conduct and other rules established by OJI or the coaches.
 - a. Failure to comply with the Code of Conduct or rules established by OJI or the coaches will result in disciplinary action.
 - 1) The chief coach of the activity shall take whatever disciplinary steps are necessary when engaged in the Team function and then follow the procedure in step 2 below for major disciplinary action.
 - 2) The chain of command for determining disciplinary action shall be:
 - a) The Coach will evaluate the situation and shall recommend disciplinary action to the Director of Development
 - b) The Director of Development will evaluate the situation and give his/her recommendation, along with the coach's recommendation to the Board of Directors or Executive Committee for action.

- c) Stated procedures of the OJI Bylaws shall be followed by the Board of Directors or Executive Committee to include a hearing and appeal rights.
 - 4. Each Team member must be medically qualified to participate in Team events.
 - 5. Team members must travel and stay with the Team unless other arrangements are made by the team manager for that activity.
- B. Coaches – recommend the following:
- 1. Must be at least a Nidan in Judo as registered with the OJI.
 - 2. Must be at least 25 years of age.
 - 3. Must be certified as a Coach or Teacher by one of the following:
 - a. USA Judo Program
 - b. Other certification programs that are reviewed and approved by the Executive Committee after careful study by the Standards & Certification Committee.
 - 4. Must be an OJI member in good standing.
 - 5. Must sign and adhere to the Coach's Code of Conduct and any rules established by the OJI.

RESPONSIBILITIES

III. RESPONSIBILITIES

- A. Team
 - 1. Four weeks prior to the event each Team member must commit to participation in that event. If commitment is not obtained at that time, an alternate may be selected.
 - 2. Two weeks before each Team competition, each Team member must inform the Coaching Staff, who will assure that the Head Coach or his/her designate is informed, the weight division in which they will be competing. (This requirement may be waived for specific events at the discretion of the coaching staff).
- B. Coaches
 - 1. Cannot compete nor referee in any tournament or function in which serving as a Coach for the team.
 - 2. Ensures that Team members do not try to lose too much weight to make weight division.
 - 3. Sets and enforces rules for all Team functions.
 - 4. Must know the whereabouts of all members at Team functions through the chaperones.
 - 5. Must make every reasonable effort to provide equal servicing to all Team members at each team function.
 - 6. Must attend all required meetings affecting the Team at Team functions including attending weigh-ins and being on time for warm ups and the start of the tournament.
 - 7. Provide leadership.
 - 8. The Chief Coach for each event is the Chief of Delegation and administers final authority in all matters during Team functions.

9. The Chief Coach delegates responsibilities to Assistant Coaches and chaperones and ensures that duties are carried out properly by the Assistant Coaches and chaperones.
10. The Chief Coach provides an official Technical report of the event (forms to be provided by OJI) within 2 weeks after the event to the Director of Development.
11. The Chief Coach will also act as Manager for the activity unless a separate manager is appointed by the Director of Development.

C. Manager

1. Arranges all transportation and lodging for the Team and Staff.
2. Handles all finances for the activity.
3. Handles all other matters assigned by the Chief Coach.
4. Provides an official financial report, with supporting documentation (receipts, etc.) to the Director of Development within two weeks following the event. (forms to be provided by OJI)
5. Sign and adhere to the Code of Conduct.

D. Chaperones

1. Provide guidance to Team members
2. Carry out the directions of the Chief Coach
3. Know the whereabouts of all Team members in their charge.
4. Sign and adhere to the Code of Conduct.
5. Provide written feedback to the Director of Development on their impression of all event activities.

IV. CONTINUITY OF THE PROGRAM

A. Board of Directors

1. The Board of Directors will continuously monitor the program and make changes as felt necessary.
2. The Board of Directors, through the recommendation of the Director of Development, shall select a State Coaching Staff including a Head Coach and four Regional Coaches. The selection will be made at the meeting following the election (or appointment) of each Director of Development and the term shall be two years (or until a new Director of Development takes over).

B. Coaches

1. Coaches for each activity will be recommended by the State Coaching Staff to the Director of Development for appointment. The State Coaching Staff will make its recommendations from a pool of eligible coaches who have previously been evaluated by the Coaching Staff and found to have met the criteria set forth in this program.
2. There are no term limitations placed on coaches in the pool.