FREESTYLE JUDO HANDBOOK

FOR ATHLETES, REFEREES AND COACHES

By Steve Scott

Approved by the Amateur Athletic Union (AAU) Judo Committee

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www.WelcomeMatJudoClub.com or www.FreestyleJudo.org.

AN EXPLANATION OF FREESTYLE JUDO: "THE WAY JUDO OUGHT TO BE!"

(This excerpt is taken from WINNING ON THE MAT by Steve Scott and published by Turtle Press.)

When it gets down to it, good judo is good judo and what I (and others) call freestyle judo is simply allowing for the full range of judo skills and tactics to be used in a contest. Although many adaptations of judo have emerged since its inception in 1882, there is only one judo and that is the Kodokan Judo of Jigoro Kano. Kodokan Judo is more than simply a sporting event, but, without any doubt, the sport aspect of judo is what has made it an activity that is popular in every corner of the world. Freestyle judo is an outgrowth or continuation of judo as a sporting activity with adaptations in how a judo match is scored making it an uncompromising approach to judo competition. It's most definitely not my intention to invent a new "style" of judo or in any way replace the Kodokan Judo of Jigoro Kano. Judo, as a combat sport, has stood the test of time and whether people realize it or not, has been the technical and theoretical basis for many other combat sports as well. Because so many types of submission grappling are an outgrowth of judo, or at least parallel with judo, anyone who wants to win in any form of grappling or combat sport that includes grappling will find value in doing judo, and especially freestyle judo.

When judo was accepted as a demonstration sport for male athletes at the 1964 Olympic Games, and then later accepted as a full Olympic sport in 1972, the dye was cast and judo became an international sport. As time passed, women's judo was added as a demonstration sport in the 1988 Olympics and accepted as a full sport on the Olympic calendar in 1992. I'm not the first person to recognize that judo's enduring strength has been its ability to absorb and incorporate anything that it has encountered in its long history. Sambo from the former Soviet Union is a good example of what I mean.

In 1962, the Soviets entered the European Judo Championships with a team of sambo wrestlers in judo uniforms and were decidedly successful. Two years later, at judo's inaugural appearance in the Olympic Games in Tokyo, the sambo men again displayed their unorthodox throwing and grappling techniques and won four bronze medals in the process. Initially, the judo world responded with "that's not judo" but when it was obvious these Soviet athletes with their weird gripping, unusual throws and aggressive groundfighting weren't going away, anyone with common sense and a desire to win adapted. As a result, more and more "unusual" (but certainly innovative and effective) techniques were seen in international judo tournaments, and the activity of judo absorbed these new techniques and made them distinctly part of the sport of judo.

These innovations made judo, from a technical point of view, more varied and vibrant. From a sporting point of view, the inclusion of these new techniques made judo more exciting and competitive.

Either by design or good fortune, the contest rules of judo used from the early 1970s through the mid-1990s allowed for an open-ended, competitive and technically sound style of judo to be contested. If you were a specialist in standing or a specialist in groundfighting, it didn't matter. The rules allowed for a wide range of techniques and this period of time was, in my view, the "golden age" of competitive judo when exciting, new and highly effective techniques were introduced to the world of judo. It was a tremendous period of technical development. However, as the 21st Century appeared, the international contest rules began to favor the standing aspect of the sport. We were told

that this made for better television viewing. Maybe it did, but it didn't do anything good for the technical development of judo and it's my belief that judo lost a good deal of its combat realism that made it so effective. Athletes began to crouch over in an effort to avoid getting thrown, and while there were specific rules that prohibited such passive and defensive judo, the officials didn't seem to enforce them. Judo athletes resorted to "negative" or "safe" attacks with an emphasis on leg grabs and dropping low to avoid being countered. In 2009, the contest rules of judo were re-written and limited specific attacks to the legs and lower body. By now, judo had lost its original combat flavor and was so refined it became a type of standing wrestling in jackets. A number of people observed that is resembled Greco-Roman wrestling in a judogi.

In 1998, I hosted the National Shingitai Jujitsu Championships in Kansas City, Missouri. The rules of that tournament were based on both judo and sambo and it proved to be an exciting, competitive event that placed emphasis on fighting heart, effective skill and a high degree of physical fitness. Everyone who attended the tournament agreed that the rules we used provided for one of the best grappling events they ever attended. That was the initial development of what eventually become the rules of freestyle judo. In 2008, I began experimenting with our AAU judo tournaments and, as an additional event at that year's Missouri State AAU Judo Championships hosted by Mike Thomas in Lee's Summit, we included a freestyle judo category for the first time. The freestyle rules proved to be more popular than the established judo rules and we knew that we were onto something that would be beneficial for the sport of judo. All through 2008 and 2009, we held local and regional freestyle judo tournaments, making adaptations to the rules as needed. In November, 2009, Ken Brink hosted the first AAU Freestyle Judo Nationals in Kearney, Missouri (near Kansas City). That initial tournament was a real success. Freestyle judo proved to be an excellent addition to the judo community, as well as a viable alternative to those who believed the prevailing contest judo rules were too restrictive.

As mentioned before, it would be presumptuous for me, or anyone, to imply that freestyle judo is a "new" style of judo or an improvement on what judo is. What has been done is to format the rules of judo so that as many aspects of the sport can be used by as many different athletes as possible. The Ippon has been retained but other changes were made in how the match is scored so that it's as complete a stage as possible for athletes to compete in from a sporting context. The goal was to bring back the original "combat sport" element of judo, allowing for the athletes to use as many of the skills and techniques (both standing and in groundfighting) of judo possible. My good friend John Saylor was the first to comment that freestyle judo is "the way judo ought to be!"

How we view a sporting event is directly affected by the rules of the game. Judo is no different. The rules of the sport of judo have changed through the years, and as is the case with any physical activity, these changes in the contest rules affect how people teach, learn and train in judo. The early rules of judo made for a rough and tumble form of fighting and for the safety of the combatants, the rules of judo underwent numerous changes over the years. This handbook reflects the open-ended, technically sound and combat-effective approach to sport judo that the contest rules of freestyle judo encourage.

If you would like to start a freestyle judo program in your area, contact the web site or the Facebook group listed in the box that follows.

AAU JUDO AND FREESTYLE JUDO

The Amateur Athletic Union of the United States includes judo as one of its many sports and pioneered freestyle judo. As of this writing, the AAU judo program sponsors three national judo tournaments each year; the AAU Freestyle Nationals, the AAU Judo Grand Nationals and the AAU National Judo Championships. AAU Judo also has an annual All American Judo Team as well as offering local and regional judo tournaments using both the standard AAU judo rules as well as the freestyle judo rules in several locations across the United States. Membership in the AAU offers many benefits, including an excellent program for insurance coverage for athletes, coaches and member clubs, coach education and referee training and accreditation. AAU Judo does not issue belt ranks and welcomes members of any and all judo organizations. Its primary goal is to provide fair, fun and safe competitive opportunities for anyone and is an excellent developmental program for judo athletes of every level of ability. For more information on AAU Judo, visit the Amateur Athletic Union's web site at www.AAUJudo.org or www.AAUsports.org. For information on freestyle judo, visit the web site at www.FreestyleJudo.org or you can also visit the Facebook page at the International Freestyle Judo Alliance.



Freestyle judo emphasizes skillful, clean judo techniques and technically sound Ippons are scored such as this one shown here. Using a numerical scoring system in addition to the Ippon allows for everyone (athletes, spectators and officials) to have an objective and easily recognized system of criteria for assessing scores.



Freestyle judo allows judo athletes to aggressively pursue Newaza, the matwork and groundfighting of judo. As long as one, or both, athletes are aggressively working to gain control or secure a technique, the referee will allow the action to continue in groundfighting.

Freestyle judo is the only form of judo competition that has separate categories for "gi" and "no gi." The photo below shows athletes in the no gi category at the AAU Freestyle Judo Nationals. Notice that both are wearing judo pants, a red or white belt (depending on the colors on the scoreboard) and some type of shirt for the upper body (rash guard or tight-fitting shirt is best).



The rules that enforce good, upright posture when the judoka are engaged in standing situations are stressed in freestyle judo. Freestyle judo is very much judo and not a form of wrestling, even in the no gi category. Basically, no gi freestyle judo is "judo without a jacket."

Good, upright posture by the athletes is essential for the actions of offense and defense to take place. The referee must not allow the athletes to bend over in an overly defense manner (Jigotai-Defensive Posture) or engage in overly defensive or passive judo. Refer to Articles 2 and 3 of the Freestyle Judo Rules later in this book for more information.

Grip fighting is a fundamental part of sport judo, both in the gi category and no gi category and because of this, the rules for gripping are more relaxed in freestyle judo than in other rules governing judo. More opportunities to grip and grip fight are encouraged by the rules of freestyle judo making for aggressive, skillful and technically sound judo.



An important feature to the freestyle judo rules is that the attacker must actually have a grip or hold on his opponent before attacking him. This is done in both gi and no gi freestyle judo. This rule prevents judoka from "shooting" (as in wrestling) from a crouched or bent-over position from far away.

For more information on gripping, refer to Article 5 of the Freestyle Judo Rules later in this book



The first National AAU Freestyle Judo Champions (Seniors and Masters) in the gi category (2009). National AAU Judo Chairman Norm Miller is at the bottom left of this photo. Head Referee Steve Scott (standing) and Tournament Director Ken Brink (kneeling) are pictured at the right.



The first National AAU Freestyle Judo Champions (Seniors) in the no gi category (2009). Tournament Director Ken Brink is at the left and Head Referee Steve Scott is at the right in the photo.



Referees Josh Henges (left), Ken Brink (center) and Steve Scott (right) at the first international freestyle judo event in Cardiff, Wales. Freestyle judo was featured as an exhibition event at the WOMAA Martial Arts Games (World Organization of Martial Arts Athletes) in August, 2011.

WHAT FREESTYLE JUDO LOOKS LIKE

A freestyle judo tournament looks a bit different from other judo tournaments using the standard AAU rules or rules from other judo organizations.



The freestyle judo scoreboard is simple, much like a wrestling or basketball scoreboard using numbers.

For more information, refer to Articles 3, 4 and 11 of the Freestyle Judo Rules later in this book.



Freestyle judo rules allow for the mat to be either a circle or a square. The circular mat allows for more action to take place at the edge of the mat similar to what is done in sambo. This photo shows a freestyle judo match on a circular mat and the referee calling "matte" and using a hand signal to have the timekeeper stop the clock.



Freestyle judo referees wear a referee shirt that has a red sleeve (right side) and a white sleeve (left). Additionally, freestyle judo referees can wear a red wristband on their right wrist and a white wristband on their left wrist to indicate which athlete merits the score. Shown here are referees Norm Miller, Steve Scott, Charlie Jones, Jim Jones and Sandi Harrellson.



One athlete wears a red belt and one athlete wears a white belt. Actually any two colors may be used as long as they correspond to the colors on the scoreboard. Referee Sandi Harrellson watches closely as two athletes compete. Notice one wears a red belt and the other wears a white belt.

See Article 3 of the Freestyle Judo Rules later in this book for more information.



As will be explained later, there are some different voice and hand signals unique to freestyle judo, but for the most part, the voice and hand signals used by the referees are the same as in other forms of judo competition. This photo shows the referee awarding the match to the winner.



There are no "soft" or "rolling" Ippons in freestyle judo. To score an Ippon, the attacker must throw his opponent onto the mat with control on his back or backside with force as shown in this photo.

Refer to Article 8 of the Freestyle Judo Rules for more information on scoring Ippon.



The rules of freestyle judo allow the athletes sufficient time on the ground in Newaza. As long as the athletes are actively engaged and aggressively attempting to gain the advantage, the referee will permit them to fight on the mat. All the skills of judo are permitted in freestyle judo.

For more information, refer to Article 10 of the Freestyle Judo Rules later in this book.



Referee Charlie Jones checks with the timekeeper before he starts a match. Refereeing freestyle judo requires the total attention of all the mat officials at all times and the referee's job is to enforce the rules but allow the athletes to decide who wins or loses.



The mat officials work as a team. This photo shows Gary Vann and Andre Coleman working a match (the third official is out of camera range). Freestyle judo has three mat officials. The center official is the referee and has the responsibility for the administration of the match. The two other officials are the judges and move about the edge of the mat in order to get the best view possible at all times. It is the goal of the team of officials to "have 3 sets of eyes" on the action at all times. Often, the referee will verbally instruct or prompt the athletes to keep the match moving along. The referee may say things like; "Get active red (or white)." "Posture up red (or white)." "Keep the action in the center of the mat." The referee doesn't stop and discuss the match with the athletes, but the referee will verbally prompt the athletes in order to keep the flow of the match going.

PENALTIES: NOT LIKED, BUT NECESSARY!

Not much has been mentioned in this handbook about penalties, but they are a necessary part of the rules of freestyle judo. Mat officials have the authority and responsibility to issue penalties as required by the actions that take place on the mat. Make sure you know what is "legal" and what is "illegal" in the rules of freestyle judo. Refer to Articles 10 and 11 in the Freestyle Judo Rules later in this booklet.



Referee Chris Heitmann gets down to get the best view possible of the action. It is essential for the referee to get as good of a view of the action as possible. The referee is authorized to move as freely as possible (without getting in the way of the action) to get as good of a view as possible at all times. The other two mat officials also move freely about the mat so that they can get another view of the action to assist in making the correct call.



Referee Becky Scott gets as close as possible to the action without getting in the way to get the best view possible of what is going on.

For the safety of the athletes, the referee must get the best view possible of the action that is taking place without getting in the way of what is going on. The referee must constantly move about the mat, always trying to get the best view possible. Likewise, the 2 judges are required to move around the edge of the mat in order to constantly have the best view possible of the action. As said before, it is best to have "three sets of eyes" on the action at all times.



This photo shows a typical scene at a freestyle judo tournament. Sportsmanship and good judo etiquette are important in freestyle judo. As in any other form of sport judo, athletes bow to each other before and after each match and demonstrate good judo "spirit." Our goal is to provide a "fun, fair and safe" environment for everyone.

REFEREE'S HAND SIGNALS



1 POINT
The referee extends his arm to his side and points upward with his thumb to indicate a 1 point score. The referee uses his right hand (red) to indicate a score for red or uses his left hand (white) to indicate a score for white. Freestyle judo referee Jake Pursley demonstrates the correct hand signals.



2 POINTS
The referee extends his arm to his side and points upward with his thumb and forefinger extended to indicate a 2 point score. The referee uses his right hand (red) to indicate a score for red or uses his left hand (white) to indicate a score for white.

USING RED AND WHITE FOR SCORING
Often, a freestyle judo referee will wear a red wristband on his right wrist and a white wristband on his left wrist. This helps everyone (including the referee and other officials) know exactly which athlete scored the points. For many years, a red side and a white side of the scoreboard designated scoring in judo and one judoka wore a red sash to designate that he was red for purposes of scoring. As mentioned before, in AAU Judo, one athlete wears a red belt and the other athlete wears a white belt to correspond to the scoreboard. Actually, any two colors that don't look alike are acceptable so long as the colored belts the athletes wear correspond with the colors on the scoreboard. The AAU referee's shirt is colored red on the right side (to correspond with the scoreboard as red is on the right side of the scoreboard) with blue in the middle with white on the left side to correspond with the scoreboard (white is usually on the left side of the scoreboard).



4 POINTS
The referee extends his arm to his side and points upward with four fingers extended to indicate a 4 point score. The referee uses his right hand (red) to indicate a score for red or uses his left hand (white) to indicate a score for white.



IPPON
The referee extends his arm directly upward with his palm forward (and fingers and thumb touching as shown) to indicate an Ippon score. The referee uses his right hand (red) to indicate a score for red or uses his left hand (white) to indicate a score for white.

In all other cases, the referee's hand signals are the same as used in the regular AAU Judo rules. The referee shall audibly (and clearly) call out the score as well as the color so that everyone on the mat and the scorekeeper are able to hear.

For more information on scoring and assessing points, see Articles 7, 8 and 9 of the Freestyle Judo Rules later in this book.

HOW TO WIN AND HOW POINTS ARE SCORED IN FREESTYLE JUDO

The scoring hierarchy in freestyle judo is as follows.
Ippon
4 Points
2 Points
1 Point

Since there are no Waza-ari scores, a system of ending the match when one athlete dominates the other, freestyle judo uses a point spread of 12 points (similar to sambo, wrestling and other grappling sports). If there is a spread in the score of at least 12 points (12-0, 14-2, 17-5, etc.) the match is ended and awarded to the judoka with the most points. For more information, see the freestyle judo rules presented later in this book.

WIN BY IPPON

"Ippon" means full point and when the referee calls it out as he or she uses a hand signal, he indicates that the match is settled. After the referee calls "Ippon" he immediately looks to his other mat judges to verify the score and then calls "Sore Made" which means that the match is over.

WIN BY IPPON WITH A THROW (NAGE WAZA)

THROW OPPONENT WITH CONTROL AND FORCE ON BACK OR BACK/SIDE.
A throw that might be a "soft" or "rolling" Ippon in a tournament not using freestyle judo rules does not merit an Ippon in freestyle judo. The attacker must throw his opponent with control and the defender must land with force mostly on his back or backside.



1-This sequence shows a clean Ippon resulting from an O Soto Gari with the defender landing flat on his back.

For more information on scoring Ippon, see Article 8 of the Freestyle Judo Rules later in this book.



2-From this view, you can see how the defender is being cleanly thrown with the attacker in total control.



3-The defender is thrown flat onto his back with control and force, meeting the criteria of Ippon. While there wasn't high amplitude on the throw, the defender landed flat on his back with tremendous force, demonstrating that the attacker had control. This was a definite Ippon.



This photo shows the defender landing on his backside and not flat on his back. The attacker used Harai Tsurikomi Ashi with tremendous effect, scoring this hard and definite Ippon.

WIN BY IPPON WITH AN ARMLOCK (KANSETSU WAZA)
OPPONENT TAPS OUT, VERBALLY SIGNALS SURRENDER OR REFEREE STOPS CONTEST



The rules of freestyle judo allow the same armlocks that are permitted in any other set of judo rules.

Refer to Article 8 for more information on scoring Ippon in groundfighting.

WIN BY IPPON WITH A CHOKE OR STRANGLE (SHIME WAZA)
OPPONENT TAPS OUT, VERBALLY SIGNALS SURRENDER OR REFEREE STOPS CONTEST



1-The rules of freestyle judo allow the same strangles and chokes that are permitted in any other set of judo rules. This photo shows Okuri Eri Jime in a match in the gi category.



2-This photo shows Hadaka Jime in a match in the no gi category.

For more information on scoring Ippon in groundfighting, refer to Article 8 of the Freestyle Judo Rules later in this book.

WIN BY IPPON WITH A PIN (OSAEKOMI WAZA) (Ages 14 and Under)
FOR ATHLETES AGES 14 AND UNDER, HOLDING AN OPPONENT IN OSAEKOMI FOR 25 SECONDS WILL SCORE IPPON AND WIN THE MATCH.
Important Note: Ippons are not scored for Osaekomi (Pins) in Senior or Masters categories.



Referee Kirk Quinones signals Osaekomi in a junior match. Notice that the referee is extending his right arm (red side) indicating that the athlete wearing the red belt is the one doing the pin.

For more information on junior rules, see Article 12 of the Freestyle Judo Rules later in this book.

4 POINTS

See Article 9 of the Freestyle Judo Rules later in this book for more information on scoring points.

SCORING 4 POINTS FROM A THROW (NAGE WAZA)

Opponent lands mostly on the back or backside but not enough for Ippon. (For an Ippon to be scored, the attacker must throw his opponent with control and primarily on the defender's back or backside.)



1-This sequence of photos shows the attacker using Ashi Dori to throw his opponent onto the back with control, but apparently not enough force to score an Ippon. The attacker had started the throw from a standing position but fell to his knee as he continued with the throw.



2-The defender fell mostly on his back but not with sufficient force to merit the score of Ippon.

GRABBING THE OPPONENT'S LEGS IS ALLOWED IN FREESTYLE JUDO

Throws such as Kata Guruma, Morote Gari, Ashi Dori, Te Guruma, Sukui Nage and similar techniques where grabbing the opponent's leg or legs are allowed in freestyle judo (and in the regular AAU Judo rules as well). However, the judoka attempting the throw must first have an established grip or hold with his hands on his opponent. This important stipulation prevents athletes from "shooting in" as is done in wrestling. Rather than banning these skillful and technically sound throws as has been done in other judo organizations, requiring the attacker to first grip or hold his opponent before he attempts the throw allows for a full range of throwing techniques. Because grabbing or using the opponent's legs in the application of a throwing technique are allowed, initially some people mistakenly thought freestyle judo was "wrestling in a judogi." But that is not the case at all. Grabbing the legs has always been allowed in judo and there is no reason to change it.

The photo sequence that follows shows a Tai Otoshi with a lot of amplitude, but the defender manages to evade an Ippon as the last second and 4 points are scored.



1-In this sequence, the attacker cleanly throws his opponent with Tai Otoshi.

In many cases, a throw with a lot of amplitude such as the one shown here, will result in the defender landing with a lot of force. However, the referee must closely watch how the defender lands so that the defender lands largely on his back or backside demonstrating that the thrower not only has force on the throw but also control.



2-The defender manages to use his right hand and arm to post onto the mat as a defensive move.



3-The defender is thrown but not with sufficient control to merit the score of Ippon. As a result, 4 points are awarded for this throw.

Simply put, a 4-point score for a throwing technique in the freestyle judo rules is equivalent to what would be scored as a Waza-ari in the regular AAU Judo rules. For a throw to be scored an Ippon, there must be 1-control and 2-force demonstrated 3-with the defender landing mostly on his back or backside. When a throw does not meet these three criteria, a lesser score will be awarded.



SCORING 4 POINTS FROM A PIN (OSAEKOMI)

Hold opponent for at least 20 seconds to earn 4 points. When the judoka applying the pin holds his opponent for 20 seconds, the referee will call out; "4 points (red or white). Go for the submission." (This photo shows the referee doing this.) At this time, the judoka applying the pin must attempt a choke or armlock on his opponent. The pinning judoka must not let his opponent up or the pinning judoka will be assessed a penalty for passivity.

The following sequence shows the attacker pinning opponent for 20 seconds and going for the submission when referee signals "4 points-go for the submission."



1-When the pinner holds his opponent for 20 seconds, the referee will signal to him; "4 points (red or white). Go for the submission." At this time, the pinner must attempt a choke or armlock on his opponent. In this photo, the pinner holds his opponent with Kami Shiho Gatame.



2-The pinner immediately works to secure an armlock or choke. In this photo, the pinner starts to apply Ude Garami. The bottom judoka is attempting to escape.



3-The top judoka is successful in applying Ude Garami and scores Ippon.

2 POINTS

SCORING 2 POINTS FROM A THROW (NAGE WAZA)
Opponent lands on side or back in what would be a Yuko in regular AAU rules.



1-This photo shows the attacker (white) using a Kata Guruma to throw his opponent resulting in a 2-point score.



2-This photo shows how the defender lands on his side resulting in 2 points for the attacker.



This photo of the finish of an Ura Nage shows a definite 2-point throw where the defender landed directly on his side.



SCORING 2 POINTS FROM A PIN (OSAEKOMI)
To earn 2 points, the judoka applying the pin must hold his opponent down for at least 10 seconds and less than 20 seconds.

1 POINT

SCORING 1 POINT FROM A THROW (NAGE WAZA)
Opponent lands on front torso (not hands and knees) or on buttocks or lightly on side.



1-Point Throw on the Hip or Buttocks:
1-This photo shows the attacker finishing his throw with the defender managing to place his hand on the mat in an effort to lesson the score.



2-The defender lands on his buttocks resulting in a 1-point throw for the attacker.



1-Point Throw on the Front: 1-This photo sequence shows a 1-point throw on the front: This photo shows the defender landing on his front resulting in a 1-point score for the attacker. The defender must land on his torso as shown here and not on his hands, elbows or knees.



2-The defender manages to land on his front side (on his torso and not on his hands, elbows or knees) resulting in a 1-point score for the attacker.



A Throw Not Resulting in 1-Point: This throw did not result in any points for the attacker. Look at how the defender has landed on his elbows and knees and not on his body or torso even though the attacker is driving him to the mat.



Referee Chris Heitmann signals a 1-point throw for white and immediately signals Osaekomi with his other hand as he calls " 1 point Throw for White, Osaekomi White" to indicate the initial score from the throw from the athlete wearing the white belt and to indicate to the timekeeper to immediately start the time for the pin. Chris quickly switched hands and used his left (white) hand to signal Osaekomi to reinforce the fact that white had the pin. By immediately signaling Osaekomi with the hand not calling the point, the referee wasted no time in getting the clock started on the time for the pin. This shows that the referee's responsibility is to immediately call the point for the initial technique in this case a 1-point throw).

Referees should be ready to call a score and then immediately make another call as shown in the photo above. In many cases, the thrower immediately follows through to a pin or submission technique and the referee must be able to quickly call the score and then take the appropriate actions to control the match. An example might also be when the athlete wearing the red belt passes his opponent's guard and secures a pin. In this case, the referee calls; "1 point guard pass, red-Osaekomi." All the while, using the correct hand signals. Refereeing a freestyle judo match requires total concentration.



SCORING 1 POINT FROM A PIN (OSAEKOMI)

Hold opponent for at least 5 seconds and less than 10 seconds to score 1 point.

BREAKDOWNS, GUARD PASSES AND SWEEPS EACH SCORE 1 POINT

When one judoka takes his opponent from a stable to an unstable position, 1 point will be awarded for a breakdown. This includes turning an opponent onto his back, passing an opponent's guard (getting past the defender's leg or legs when the defender is on his backside) or sweeping from the guard (rolling or turning) the defender over when the attacker is on the bottom. A 1-point score is awarded for breakdowns, turnovers, guard passes and guard sweeps so that there are more objective criteria in groundfighting, allowing the athletes to better determine who will win or lose the match and making the match less subjective and out of the hands of the officials as much as possible. Also, these techniques are skillful and merit a score when done.

For more information on scoring points in groundfighting, refer to Articles 6 and 9 in the Freestyle Judo Rules later in this booklet.



Breakdowns (also called turnovers) where the attacker takes his opponent from a stable to an unstable position in a groundfighting situation will score 1 point. The attacker will roll or turn his opponent onto the defender's back, often in an effort to break him down for a pin, choke or armlock. This photo shows the attacker using a far arm-near leg breakdown to turn the defender over onto his back, scoring 1 point and setting the defender up to be pinned.

The referee and mat judges must be constantly aware to look for breakdowns, guard passes or guard sweeps when the athletes are engages in groundfighting.



1-This sequence of photos shows a fundamental breakdown; the far arm-near leg breakdown. This will result in a 1-point score for the attacker, who will continue on to attempt to pin his opponent. As you can see, the defender is on his elbows and knees with the attacker at his side.



2-The attacker turns the defender over.



3-The attacker successfully turns the defender over onto his back or backside, demonstrating control and earning 1 point for the breakdown. The attacker will continue on to attempt to pin his opponent.



1-This sequence of photos shows a junior match with a breakdown that is not so cleanly done, but still is worth 1 point. The attacker successfully takes the defender from a stable position on his front side and turns him over onto his back with enough control to earn 1 point for the breakdown. The bottom junior judoka is mostly on his front and the attacker is behind him starting to pull the defender onto his back.



2-The attacker controls his opponent and pulls him onto his back with obvious control at this point.



3-The attacker successfully turns the defender onto his back, breaking him down and securing 1 point. The attacker went on to secure an Osaekomi and win the match (remember, in junior matches, an Osaekomi or pin for 25 seconds wins the match).



1-The bottom judoka can also score with a breakdown to earn 1 point. This sequence of photos shows the bottom judoka starting to roll his opponent over him.



2-The bottom judoka (the attacker) rolls his opponent over his body as shown.



3-The bottom judoka has successfully rolled his opponent over and onto the defender's back, thus breaking the top judoka down from a stable to an unstable position. The attacker has secured Ura Kesa Gatame.



1-Sometimes, the attacker will use a roll or turn in order to secure an armlock or strangle. As the attacker rolls the defender over onto the defender's back, breaking him down and controlling him as shown in this sequence of photos, the attacker will earn 1 point for the breakdown. When this takes place, the referee will call "1 point (color of belt)-breakdown."



2-The attacker has turned his opponent over as he applies his set-up for Juji Gatame.



3-The attacker successfully turns his opponent onto his back and scores 1 point for the breakdown. The attacker will continue on to attempt to secure his Juji Gatame.



FIGHTING FROM THE GUARD
A position that was invented in the early years of judo and now used in almost all forms of jujitsu and submission grappling is the "Guard" position. This photo shows two judoka at the AAU Freestyle Judo Nationals engaged in the guard position while fighting on the mat. A point for a pass from the top or a sweep from the bottom can be scored from this situation.

GUARD PASS

When the attacker (in this case, on his knees or feet with the defender on his back or buttocks), gets past the defender's leg or legs and then past his hip showing control, the attacker earns 1 point for a guard pass.



1-The top judoka (on his knees in this photo) is moving to his side and using his hands and arms to control the defender's legs.



2-The attacker is successful in getting past the bottom judoka's legs and is at the defender's side as shown here, earning 1 point for the guard pass.

GUARD SWEEP

The attacker is on the bottom (in the guard or similar position) and rolls or sweeps his opponent over and onto the defender's side or back.



1-The bottom judoka is positioned on his buttocks using his feet, legs, hands and arms to control his opponent. This is a typical "guard" situation.



2-The bottom judoka (the attacker) sweeps or rolls his opponent over as shown.



3-The attacker successfully rolls or sweeps his opponent over onto his back scoring 1 point for the guard sweep. The attacker will work to secure a pin from this position (a Tate Shiho Gatame, for example, as shown here).



1-Sometimes, the bottom judoka will spin his opponent over and onto back in an attempt to secure Juji Gatame, Sankaku Jime or other submission techniques. In the process of turning, spinning, sweeping or rolling the top judoka over, the attacker will earn 1 point for the sweep or breakdown.



2-The attacker (on bottom) spins under his opponent and rolls him over onto his back.



3-The attacker has successfully rolled his opponent over onto his back and scores 1 point. The attacker will continue on in an effort to secure Juji Gatame.

IF YOU WANT TO BE SUCCESSFUL, LEARN, KNOW AND APPLY THE RULES

As with any sport, the better you know the rules of freestyle judo, the better you will be at competing in freestyle judo. The rules of freestyle judo allow for the full range of judo technical and tactical skills to be used. This allows for an objective application of the rules so that the athletes determine who will win and who will lose the match. The AAU Judo Rules, including the rules for freestyle judo, have been written so that judo is "fun, fair and safe." On the following pages, the rules of freestyle judo are presented for your study and information.

FREESTYLE JUDO RULES AS AMENDED FROM THE AAU JUDO RULES APPROVED BY THE JUDO COMMITTEE, AMATEUR ATHLETIC UNION
1st Edition-May, 2009, 2nd Edition-Nov.4, 2009, 3rd Edition-May 28, 2010, 4th Edition-July 16, 2011

Note: The standard AAU judo rules will be enforced with the following exceptions and amendments for use in Freestyle Judo. Consult the current AAU Judo Rulebook for more clarification.

Article 1: Content and Context of Rules

The standard rules of judo as accepted and adopted by the AAU Judo Committee shall be enforced with the following exceptions and amendments as outlined in these articles. Freestyle judo has two (2) categories, which are; 1-"Gi" Category where the contestants wear the standard judo uniform, and 2 -"No Gi" Category where contestants do not wear the standard judo uniform. The rules of freestyle judo as outlined in these articles as **FREESTYLE JUDO RULES a**pply to both the "gi" and "no gi" categories.

Article 2: Attire

The uniform and attire accepted for freestyle judo matches will be the following; (1) "Gi" Category, where the contestants wear the standard judo uniform as accepted by the AAU judo rules. (2) "No Gi" Category where the contestants shall be attired in standard judo pants to cover the legs (no shorts or other garment other than the accepted judo pants), regulation judo belt, a T-shirt, tank top, rash guard, body suit or other shirt (with short sleeves, no sleeves or long sleeves) covering the upper body. No shoes of any type are permitted. A contestant may wear any color uniform (judogi in the "gi" category, judo pants, or upper body covering in the "no gi" category) he or she wishes as long as it is not red. (A red judogi or uniform may cover a blood stain for purposes of hygiene.) Excessive patches that may prohibit an opponent from gaining a grip or grabbing the judo uniform are not permitted.

Article 3: Identification for Scoring

In the "gi' category, one athlete shall wear a white belt and one athlete shall wear a red, blue or green belt for purposes of identification for scoring. The colors shall correspond to the colors marked on the scoreboard. In national tournaments, no other belt shall be worn. In the "no gi" category, one athlete shall wear a regulation judo belt of one color (white) and the other contestant shall wear a regulation judo belt of another color (red, blue or green) for purposes of identification for scoring. The colors of the judo belts shall correspond to the colors marked on the scoreboard.

Article 4: Scoreboard

The scoreboard shall be a numerical scoreboard to record the points scored by each athlete. A "flip-card" or any numerical scoreboard used in wrestling or other sports is acceptable. Penalties shall be noted by a brightly colored (yellow or orange are recommended) card or marker placed next to the scoreboard on the side corresponding to the contestant penalized.

Article 5: Gripping, Grip Fighting and Posture During Standing Judo

The standard rules of AAU Judo for gripping, grip fighting and posture shall apply with the following amendments.

1: In the "no gi" category, a judogi jacket (uwagi) is not used, but other than that, the rules for "no gi" are the same as for the "gi" category.

2: In the "gi" (and in cases where applicable, the "no gi") category, the following amendments to the current standard AAU Judo Rules for freestyle judo when engaged in standing or "tachi waza" situations; (a) Holding or gripping the opponent's belt (any part of the belt other than the portion that hangs from the knot) is permitted, with the exception of holding, grabbing or gripping the belt with the arm or arms straight or rigid in a defensive manner for more than three (5) five to seven (7) seconds without attacking the opponent. In other words, using the belt is permitted, but not in a passive or overly defensive manner. (b) Contestants are permitted to use the "pistol grip" hold on the opponent's sleeve as long as it is not used as a passive or overly defensive measure in the opinion of the referee and judges. This grip is permitted as long as the contestant does not use it to avoid action with his opponent for three (3) to five (5) seconds without attacking the opponent. If the contestant is using this grip offensively, to attack his opponent or to

transition to another grip, it is permitted. (c) The use of a "cross grip" is allowed. The "2 on 1" or "Russian tie-up" is permitted unless it is used as a measure to be passive or be overly defensive. Specifically, a contestant must make an attack or attempt to improve his grip or position within five (5) to seven (7) seconds after establishing a "2 on 1" or "Russian tie-up" grip. (d) Holding the opponent's uniform or body with a grip holding the same side of his uniform or body is permitted unless used by the contestant as a measure to be passive or overly defensive. Specifically, a contestant must make an attack or attempt to improve his grip or position within five (5) to seven (7) seconds after establishing his initial grip. (e) The goal is to have the contestants in an upright posture so that both contestants can apply active offense and defense. If a contestant's body bends forward in a passive or overly defensive posture with his/her shoulders forward and hips far away from the opponent for a period of five (5) to seven (7) seconds without attacking or attempting a technique, it is considered passivity and the appropriate warning or penalty shall be applied. (f) A contestant who backs directly away from his/her opponent in an attempt to avoid contact is considered passive and shall be warned or penalized. (g) A contestant may grab the opponent's pants or pant leg in order to attack him; however, when grabbing the leg(s), pants or pant leg, the attack must be a continuous from the initial grab, hold or grip on the opponent's jacket. Specifically, the attack must be a continuous movement and if a contestant grabs his opponent's leg and places it between his legs to trap it (as in a single-leg takedown from wrestling), this is considered a pause in the continuous movement and not permitted. At this point, the referee shall call "matte" and any resulting throw or takedown shall not be scored as a valid throw or takedown. Grabbing the pants or pant leg to avoid combat or in a passive or overly defensive manner is not permitted. (h) A contest shall not attempt a throw or takedown technique unless he or she first grips or holds the opponent's jacket with one or both hands. This must be an actual grip or hold and not merely touching the jacket as the throw or takedown is attempted. In "no gi" matches, the contest must actually grab or hold the opponent's body or belt (from the waist up) before attempting a throw or takedown technique. This rule prohibits "shooting" for a takedown from a distance by an athlete who has not taken a grip or hold onto his or her opponent. (i) A contestant may grab the knot of his/her opponent's belt (but not the portion of the belt hanging from the knot) when attempting a throw. (j) Situations not covered in these rule amendments shall be decided by the National AAU Judo Rules Committee.

Note: The rules regarding gripping and grip fighting in freestyle judo are less strict than the current standard AAU Judo Rules, however the attacking athlete must initiate a grip or hold onto his opponent's jacket (in "gi" matches) or onto the opponent's body (from the waist up) before attempting a throw or takedown.

Article 6: Groundfighting (Newaza)

The standard AAU Judo Rules will apply to groundfighting (newaza) situations with the following amendments and exceptions.

1: Active Groundfighting: Groundfighting (newaza) shall be permitted for as long as one, or both, contestants are actively working for a technique, to control the position or making progress toward that end in the opinion of the referee. The contestants must be active and attempting to control his/her opponent or attempt a technique. The referee shall allow both contestants adequate time to actively pursue groundfighting. The contestant must show progression toward a definitive technique with skill and progress to be considered attacking. The contestant must make an active attempt to turn the opponent onto the back, pass by his opponent's legs in the guard position, sweep or roll the opponent over from the bottom while in the guard position, or secure a pin, choke or armlock where appropriate by age group. The contestant must show progress toward attempting or securing a scoring move. A contestant "riding" (for more than 5 to 7 seconds) an opponent (as in wrestling) without an attempt to turn the opponent onto the back and secure a technique is considered passivity and is subject to penalties.

2: Passive Groundfighting: Note: A contestant who lies flat on his front or is on his hands/arms and knees balled up and avoiding combat with his opponent for approximately ten (10) seconds, that contestant is considered passive and overly defensive. If a contestant is laying on his back with his opponent between his legs (in the guard position) and either crosses his legs or ankles together or in any way overtly is passive, stalls the action or is overly defensive and does not attempt to improve his position within at least 10 seconds, he is considered passive. An athlete actively defending himself is permitted, but an athlete who is passive and not attempting to improve his position is not permitted. Avoiding combat or passive or overly defensive behavior will result in possible penalties. If one contestant lies on his front, or positions himself on all fours or balled up tightly or, while on his back in the guard position as described previously to avoid

groundfighting and is passive or overly defensive in the opinion of the referee, that contestant shall be assessed instruction, warning and penalties as listed later in Article 10. The referee shall verbally instruct the passive contestant with the command "Get active (color)." The referee shall allow the offending contestant to get active and if he/she does not within ten (10) seconds, the referee shall award an official warning to the offending contestant by saying "Warning (color) for passivity." On the third offense, the referee shall assess a Chui (1-point penalty) by announcing "Chui, 1 point (color) for passivity." The referee shall not stop the match or bring the contestants to their feet during this time. If the contestant continues to be passive and avoid combat by laying on his front side or balled up, the referee shall check with the two judges and assess Keikoku and award two (2) points to the other contestant, and ultimately Hansoku Make if the offending contestant continues to be passive and overly defensive. Note: The referee shall not stop the action to stand the contestants up to issue the official warning or penalties.

Article 7: How to Win

A contestant shall be declared the winner in the same situations as used in the current AAU Judo Rules with the following amendments or exceptions.

1: Ippon. Ippon (Full Point) is awarded for a throw or submission technique. The accepted submission techniques are the same as used in the current AAU Judo Rules (armlocks and chokes/strangles). Ippon is not awarded for holding or pinning an opponent (Osaekomi) except in the Junior rules for ages 14 and under (see Article 12).

2: Superior Decision: When one contestant scores twelve (12) points more than his/her opponent, the match will be stopped by the referee and the winner with the superior score will be declared the winner. (Example: The Red contestant has a score of 14 points and the White contestant has a score if 2 points. The Red contestant will be declared the winner by virtue of the 12-point spread in the score.)

3: Points Decision: When the scheduled match time runs out and one contestant is ahead in the score, that contestant shall be declared the winner. (Example: The scheduled match time ends and the White contestant has 7 points and the Red contestant has 6 points. The White contestant has more points and will be declared the winner.)

Article 8: Assessment of Ippon

Ippon (full point) is scored in the following ways.

1: Throwing: When one contestant throws his/her opponent to the mat with control and force so that the contestant being thrown falls largely on the back or backside. The throw must be forceful and executed with control. The "rolling Ippon" where one contestant throws his/her opponent with control but minimal force will not be assessed as Ippon. (Note: If a thrown contestant lands in a "bridge" position (head and heels of the feet to the mat with the back arched), the referee shall award the score of Ippon.

2: Armlocks: Ippon will be assessed in the same way as done in the current AAU Judo Rules.

3: Chokes/Strangles: Ippon will be assessed in the same way as done in the current AAU Judo Rules. Note: The referee may award Ippon for either a choke/strangle or armlock in any category if he/she determines or assesses that the effects are apparent and that further or continued application of the technique to the contestant who is unwilling or unable to submit (in any way; by tapping with the hand or foot or by use of voice or any other means of signaling submission or surrender) will have potentially dangerous or injurious effects.

4: Hold-downs (osaekomi waza) will not score Ippon except in matches for ages 14 years old and under. See Article 9, Assessment of Points that follow and Article 12 (Junior rules).

Article 9: Assessment of Points

The following point values of 4, 2 and 1 will be awarded for both standing and groundfighting situations with the goal of providing an evenly balanced judo match so that throwing techniques and groundfighting techniques are equally rewarded.

1:Throws and/or Takedowns (Nage Waza):

Four (4) Points: A throw or takedown where the opponent land mostly on the back or backside with control and force but is not sufficient for the awarding of Ippon. (Example; A "rolling" forward throw where one contestant lands with control but not enough force for Ippon. Another example is a throw or takedown that would normally be considered sufficient for a "Waza-ari" in the current standard AAU Judo rules. In other words, a Waza-ari or a borderline case between Waza-ari and Ippon.)

Two (2) Points: A throw or takedown that would be considered Yuko in the current standard AAU Judo

Rules.

One (1) Point: A throw or takedown where the contestant thrown lands on his buttocks (and is not continuously or immediately thrown onto his back or side for a higher score) or lands on his front torso (front of chest, stomach, front of hip or hips or flat on his entire front side (not landing on hands or elbows and knees simultaneously).

2:Hold-downs and Pins (Osaekomi Waza):

Four (4) Points: A hold-down (as accepted in the current standard rules of AAU Judo) for a time length of twenty (20) seconds.

Note: Once a contestant has held the opponent 20 points with a hold-down (osaekomi), the referee shall announce the points and instruct the contestant "4 points (color) go for the submission." The contestant is expected to attempt a submission technique and the referee will allow the contestant approximately ten (10) seconds to do so. If the contestant is unable to secure a submission technique, the referee will announce "matte" and start both contestants back on their feet. If the contestant who has scored 4 points for the hold-down allows his opponent to stand up without attempting a submission technique, he will be assessed a warning or penalty for passivity.

Two (2) Points: A hold-down of at least ten (10) seconds and less than twenty (20) seconds.

One (1) Point: A hold-down of at least five (5) seconds and less than then (10) seconds.

Note: A contestant is not limited to the number of points he/she can score using osaekomi waza.

3: Groundfighting (Newaza):

One (1) point will be awarded to the contestant who breaks his opponent down and turns him over onto his back or backside with control from a stable position from the hands/arms and knees or when the opponent is flat on his front side or on one or both knees in or from a kneeling position.

One (1) point will be awarded to the contestant who gets past his opponent's feet (passes the guard) and gets a controlling position on the side of his/her contestant. (Note: An immediate follow-through from a throw or takedown into an osaekomi is not considered a guard pass. There has to be a stop or pause between the throw or takedown and the action of the attacker attempting a guard pass for a point to be awarded for a guard pass in this situation.)

One (1) point will be awarded to the contestant who rolls, turns or sweeps his opponent over with control from the bottom (guard) position.

4: Display of Points by Referee. To display when points are awarded, the referee shall hold up his hand in the following ways to designate points: For 1 point, the referee shall hold up his hand with the thumb up and in a loud clear voice, call out "1 point (and designate color)." For 2 points, the referee shall hold up his hand with the forefinger and thumb up and call out in a loud, clear voice "2 points (and designate color)." For 4 points, the referee shall hold up his hand (no higher than shoulder level) and hold up his four fingers (not thumb) and call out in a loud, clear voice "4 points (and designate color)." For designating Ippon, the referee shall hold his hand up directly over his head with the palm forward and call out in a loud, clear voice "Ippon (and designate color)."

4a: The referee shall also call out "breakdown," "guard pass," or "guard sweep" immediately after calling out the point awarded and the designated color of the contestant for purposes of clarification when in these situations.

Article 10: Assessment of Penalties

The assessment of penalties is the same as in the current AAU Judo Rules unless otherwise stated. All violations of rules that are applicable in the current AAU Judo Rules apply here in these amendments as well.

1: Hansoku Make (Disqualification); Same as in the current AAU Judo Rules.

2: Order of penalties shall be awarded in the following:

Official Warning: The referee shall issue a verbal official warning to one, or both, offending athletes for minor infractions (not infractions of the rules that would be assessed as a Keikoku or Hansoku Make in the current AAU Judo Rules.). The referee shall stop the match, turn to the offending contestant and verbally warn him/her, and if deemed necessary by the referee, explain why the verbal warning is being given. The referee shall not engage in conversation with the contestant or contestant's coach. The referee shall quickly explain (if the referee chooses) the rule and continue the match without delay.

Chui (Caution): After a verbal warning to the offending contestant or contestants, the referee shall assess an official warning to the offending contestant. The referee shall stop the contest; have both contestants return to their respective starting marks on the mat and point to the offending contestant with

his forefinger as he assesses the verbal warning and assess a 1 point penalty to the offending contestant. The referee shall announce "Chui (color). 1 point for (opposing color)" The referee shall then call "hajime" and continue the match.

Keikoku (Penalty): After the official warning, the referee shall stop the match, return the contestants to their respective starting marks on the mat, point to the offending contestant with his forefinger and announce "Keikoku (color); 2 points to (other color-opposing contestant).

Hansoku Make (Disqualification): The referee shall call "matte" and stop the contest, returning both contestants to their respective starting marks on the mat. The referee shall point to the offending contestant with his forefinger and announce "Hansoku Make" and then award the match to the opposing contestant by announcing "Hansoku Gachi."

Penalties are cumulative. Any rule infraction is an offense. The next offense does not have to be the same as the initial offense. Any rule infraction can be penalized. Some rule infractions are awarded an immediate Keikoku or Hansoku-make and are already addressed in the AAU Judo Rules.

Hierarchy of Penalties:

Verbal Warning
Chui (1 point to opponent)
Keikoku (2 points to opponent)
Hansoku-Make (Disqualification)

2a: Immediate Penalty Assessment Equal to Keikoku: If the offending contestant violates the rules so that the initial penalty assessment would be an offense of a Keikoku (in the current standard AAU Judo Rules), the referee shall forego any verbal instruction, warning or caution and immediately assess a Keikoku to the offending contestant and award 2 points to the offending contestant's opponent. The next penalty assessed to the offending contestant in this situation shall be Hansoku Make.

2b: Immediate Penalty Assessment of Hansoku-Make: If the actions of a contestant are equal to the assessment of Hansoku-Make, the referee shall immediately issue Hansoku-Make (Loss by Disqualification) to the offending contestant after consulting with the two (2) other mat judges (and at least 2 of the 3 officials agree). Immediate Hansoku-Make will be assessed for (but not limited to) the following: (See Article 13 for further clarification.)

Any Choke/Strangle, pin or hold of any type that cranks or bends the neck (this includes such techniques as the "Can Opener" or other techniques where the contestants head is cranked forward or to either side, bending the neck). In pinning situations: Headlocks are not permitted. When an athlete is pinning his opponent with kesa gatame or other osaekomi waza, holding the head only is not permitted. If the pinner is holding only onto the head, then the referee is instructed to call "mate" and issue an immediate Chui. If at any time, if one contestant applying a pin or hold of any type and cranks the neck or bend the head of the opponent forward, backward or twists the neck and head to the side, the referee shall issue at a minimum, Chui and if the three officials on the mat deem the infraction severe, the penalties of Keikoku or Hansoku-Make may be issued.

Hansoku-Make will be issued immediately to a contestant that applies any hold, choke/strangle/armlock or pin where one contestant bends the opponent's back or spine backward and in an unnatural position.

If a contestant applies standing Guillotine (Hadaka Jime) or any choke/strangle or neck restraint and attempts a throwing technique or takedown technique on an opponent, the contestant attempting the technique will be penalized Hansoku Make (Disqualification). This is a dangerous situation and the possibility of neck or spine injury is a real possibility when attempting these types of techniques.

If a contestant applies a "Fall Down" Waki Gatame (Armpit Armlock) or any armlock where the opponent is taken to the mat without opportunity to tap out or submit, the offending contestant will be penalized Hansoku Make (Disqualification). The possibility of severe injury to the arm and shoulder is very real when attempting this type of technique.

If a contestant drives, spikes or "piledrives" an opponent onto the head or neck, the offending contestant will be penalized with a penalty of no less than Keikoku and, if in the opinion of the referee and two judges on the mat as sufficiently dangerous that serious injury might take place, Hansoku Make.

If a contestant uses Kawazu Gake (Leg Entwining Throw), the offending contestant will be penalized with Hansoku-Make.

If a contestant uses Kane Basami (Crab Throw or Leg Scissors Throw), the offending contestant will be penalized with Hansoku-Make.

The use of Dojime (body squeezing) is prohibited. This includes the use of the legs to "scissor" or form a triangle anywhere on the trunk or torso of the opponent. This includes the "body triangle" or any

variation. The offending contestant will be penalized with a penalty of no less than Keikoku and, if in the opinion of the referee and two judges on the mat as sufficiently dangerous that serious injury might take place, Hansoku Make. (Note: The use of Sankaku, or Triangle, is permitted as a choke/strangle, armlock or hold-down when the contestant has the triangle formed about the opponent's head and arms/shoulder. Sankaku Jime (Triangle choke/Strangle), Sankaku Ude Gatame (Triangle Armlock) and Sankaku Gatame (Triangle Hold-down or Pin) are all allowed. The purpose of this rule is to prevent one contestant from squeezing his opponent with his legs on the trunk or torso of the body where injury could occur.

Submission techniques applied to the legs, feet, knees, ankles, toes and hips are not permitted. If a contestant applies or uses a submission technique on his opponent to any of these parts of the body, he or she will be penalized with Hansoku-Make.

Hand in face/Cross-facing and placing, wrapping or applying the judogi in the face of the opponent: Under no circumstances is any athlete allowed to push onto his opponent's face with his hands, arms, feet, legs or elbows and under no circumstance will cross-facing be allowed. These actions can lead to a neck crank, which is dangerous and this will not be permitted. When the lapel or other part of the judogi is accidentally placed in the face (as when going for a lapel choke, the attacker wraps the lapel in his opponent's face), immediately instruct the offending athlete "gi in the face" and if he does not immediately stop, call mate. If this is his first violation and the move was not a neck crank (see below), the referee is instructed to give an official warning. If the referee deems the move as dangerous, or there is apparent bending of the neck or twisting of the head, the referee shall issue an appropriate penalty to the severity of the situation, (Chui, Keikoku or Hansoku-Make).

Additionally, an athlete who uses his hand, forearm, elbow, shoulder, foot or leg to shove his opponent's face onto the mat is subject to penalties for unsportsmanlike behavior.

Pinning: Headlocks are not permitted. When an athlete is pinning his opponent with kesa gatame or other osaekomi waza, holding the head only is not permitted. If the pinner is holding only onto the head, then the referee is instructed to call "mate" and issue an immediate "Chui." If at any time, the pinner cranks the neck or bends the head forward, backward or twists the neck and head to the side, the referee is instructed to issue an appropriate penalty (see above as well). If the officials deem the infraction severe, the penalties of Keikoku or Hansoku-make may be issued.

Striking, kicking, biting, fish-hooking, eye gouging, head butting or using any striking or kicking technique on an opponent will result in a penalty of Hansoku-Make from the match that the action took place in, and in the opinion of the Head Referee and Tournament Director, disqualification from the tournament or event.

If a contestant refuses to correctly bow to his opponent at the start of the match or at the end of the match, he or she will be penalized with Hansoku-Make.

3: Unsportsmanlike Conduct and Prohibited Behavior. Any athlete who engages in unsportsmanlike behavior is subject to the penalties of the rules of judo. The referee has the discretion to assign penalties depending on the circumstances. This includes Hansoku-Make (disqualification of the athlete) if necessary. If an athlete is disqualified from a match, he or she may be also disqualified from the entire tournament or event, depending on the severity of the actions that led to the disqualification. The decision of the Head Official, tournament Director and 3 officials on the mat at the time of the disqualification must agree to the athlete's disqualification from the tournament of event. Generally, disqualification from a match does not automatically disqualify the athlete from the entire tournament or event. In addition to the violations listed in the general AAU Judo Rules, the following situations and violations are listed for clarification.

3a: Gripping after the announcement of Hajime: Passive or overly defensive posture where the athlete's body is bent forward and the athlete is not attempting to throw or take the opponent down to the mat within five (5) to seven (7) seconds of gripping the opponent after the referee announces "hajime." (Note: Upon the announcement of Hajime by the referee, both contestants are expected to meet each other and attempt to immediately grip, grab or engage with each other and attempt to actively compete with each other.)

3b: Passive or overly defensive posture where the athlete's arms are straight while gripping the opponent and it is apparent to the referee that he or she is not engaging the opponent (stiff-arming.) Additionally, a contestant using a cross-grip, 2 on 1 grip, Russian tie up or any similar grip must attack or attempt to improve his position within five (5) to seven (7) seconds of establishing the initial grip. The use of these grips to avoid contact or be passive or overly defensive is not permitted.

3c: Not gripping the opponent's jacket or body and avoiding contact or making contact with the opponent for a minimum of five (5) seconds. (Note: The contestants must initially engage and grip each other in a standing position so that the contest can continue.) Additionally, an athlete that knocks or bats his

opponent's hand or arm away and does not overtly attempt to grip or grab his opponent is considered passive. If the athlete grips or holds his own lapel or any part of the judo uniform in an attempt to keep his or her opponent from gripping it, this is considered passive and against the rules.
3d: Backing, walking, sprawling or moving directly away from the opponent or moving away from the opponent or using the head to wedge into the opponent's shoulder, head, neck or any other part of the body to avoid contact or engagement with the opponent for a minimum of five (5) to seven (7) seconds.
3e: Athletes are not permitted to talk to anyone during the course of the match unless given permission by the referee. The use of profane or foul language or gestures by the athlete, coach (es) or spectators is prohibited and will result in an immediate Hansoku-Make (disqualification) from the match (and possibly the tournament or event-see 3 above).
3f: Coaches and matside. One (1) coach per athlete is allowed at matside. The coach must stay within the confines of the space provided for him at the corner or by the side of the mat. No more than 1 coach is permitted to call or signal instructions or advice to each athlete. The coach is to be properly attired in a clean shirt free of obscene wording or images, clean pants or shorts (of moderate length and not too short), which are not cut-offs or the coach may wear a judogi. The coach's behavior must keep within the rules of AAU Judo. The coach's behavior is subject to the same rules as the athletes on the mat. The referee has the authority to instruct an offensive coach to leave the matside, leave the immediate area or leave the gymnasium, area or room where the match is being conducted. A coach's unsportsmanlike actions may result in the issuing or assigning of appropriate penalties to his or her athlete. A coach may be ordered to leave the tournament or event by the Head Official or Tournament (Event) Director for unsportsmanlike conduct or behavior. Anyone engaged in fighting or a physical confrontation in the area matside or in the gymnasium, area or room where the match or tournament (event) is conducted will be immediately ordered to leave the premises.
3g: The use of Dojime (body squeezing) is prohibited. This includes the use of the legs to "scissor" or form a triangle anywhere on the trunk or torso of the opponent. This includes the "body triangle" or any variation. The exception to this is when a contestant is applying a Sankaku (Triangle) on an opponent and has the head and arms within the triangle of the legs.
3h: When applying Sankaku (Triangle) as a choke or armlock, the opponent's head and arm must be within the confines of the triangle of the legs. Sankaku (Triangle) on the neck only is not permitted.
3i: If a contestant refuses to correctly bow to his opponent at the start of the match or at the end of the match, he or she will be penalized with Hansoku-Make. (Nodding the head is not considered a correct bow.)

Article 11: Mat Officials (Conduct, Actions and Protests)

1: There shall be a referee and one or two mat judges for each match (two mat judges are preferred). The mat judges can move freely about the edge of the mat area to accommodate a better view of the action. The referee and judges may talk to each other (and to the officials at the score table or time keeper) as necessary to conduct the match.

2: The referee shall award scores and penalties and generally conduct the match. The referee may (and shall as necessary) talk to the athletes during the course of the match to conduct the match safely, fairly and effectively.

3: All Actions of the officials are based on the majority of the three (3) officials on the mat. In a situation where one or more of the mat officials has made an egregious error, the Head Official may intercede in the decision or conduct of the match.

4: Protests from coaches on a match or call during a match must be done immediately after the end of the disputed match. Only one (1) coach per athlete may file a protest. The protest must be filed with the Head Official or if there is no Head Official, the Tournament Director.

4a: Protests filed by coaches must be based solely and strictly on the technical content of the rules. Subjective opinion or disagreement with the assessment of a score is not considered a valid reason for filing a protest. (In other words, the coach who files a protest must base his or her protest on a valid technical point within the rules and not simply if he agrees or disagrees with a call or point awarded.)

4b: The Head Official or Tournament Director shall make his or her decision on the technical merits of the situation immediately after consultation with the referee, judges and other tournament officials as necessary. The Head Official (or if there is no Head Official, the Tournament Director) shall have final authority on all matters of protests.

4c: Video, photographic or any other electronic means shall not be considered by the Referee, Judges, Mat Officials, Head Official or Tournament Director when deciding the merit of any protest.

5: The referee and judges shall wear the designated AAU Official's shirt, dark or neutral-colored athletic pants and socks. If possible, wear wristbands that correspond to the colors used on the scoreboard and the contestants' belts. The referees shall be attired in such a way that brings credit to the sport of Judo.

Article 12: Junior Rules

The rules shall be amended to the following for junior athletes.

1: Ages 11 and under; Ippon can be scored by a throw or hold-down.

2: Ages 11 to 14; Ippon can be scored by a throw, hold-down or choke/strangle.

3: Ages 15 and older; Ippon can be scored by a throw, choke/strangle or armlock. Note: For all contests for athletes ages 15 and older, the same rules governing Senior and Masters shall be in effect, unless otherwise designated by the National AAU Judo Chairman or Vice-Chairman or the event director (with the permission of the National AAU Judo Chairman).

3a: If a contestant is competing with an opponent who is in a junior age group under his or hers, the contest shall use the rules governing the younger age group. In other words, if a contestant who is 11 is competing with a contestant who is 10, the match shall be governed by the rules governing the younger age group. If a 15-year-old contestant is competing in a match with a 14 year old, the match shall be governed by the rules governing the younger age group.

4: Ippon will be awarded for an osaekomi (hold-down) of 25 seconds for matches in the junior category where armlocks and chokes/strangles are not permitted. Athletes under the age of 11 years old can score Ippon by the following methods:

a-Throwing Technique

b-Hold-down for 25 seconds. (Note: Hold-downs of 20 seconds to less than 25 seconds score 4 points, Hold-downs of 10 seconds to les than 20 seconds score 2 points, Hold-downs of 5 seconds to less than 10 seconds score 1 point.)

5: The minimum age that chokes/strangles (shime waza) is permitted is 11 years old. An Ippon can be scored by either a throw or a hold-down. Both contestants must be a minimum of 11 years old. Athletes ages 11 through and including 14 years old can score Ippon by the following methods:

a-Throwing Technique

b-Choke/Strangle Technique

c-Hold-down for 25 seconds.

6: Athletes in the 11 to 14 year old category may win on in newaza (groundfighting) by either osaekomi (pin) for 25 seconds or shime waza (choke/strangle). Athletes in this age group shall not use kansetsu waza (armlocks).

7: The minimum age that armlocks (kansetsu waza) is permitted is 15 years old. Both contestants must be a minimum of 15 years old.

8: Athletes who are a minimum age of 15 are permitted to use throws, hold-downs, chokes/strangles and armlocks.

Article 13: Standing Submission Techniques

1: When applying a choke/strangle or armlock from a standing or upright position, the technique must be applied in such a way that allows the opponent an opportunity to tap out or signal surrender. Specifically, the following submission techniques are not permitted from a standing or upright position:

a-What is commonly called the "Fall Down Waki Gatame (Armpit Armlock)."

b-What is commonly called the "Guillotine or Front Hadaka Jime (Naked Choke)."

c-Any Choke/Strangle that cranks or bends the neck.

2: If a contestant applies standing Guillotine (Hadaka Jime) or any choke/strangle or neck restraint and attempts a throwing technique or takedown technique on an opponent, the contestant attempting the technique will be penalized Hansoku Make (Disqualification). This is a dangerous situation and the possibility of neck or spine injury is a real possibility when attempting these types of techniques.

3: If a contestant applies a "Fall Down" Waki Gatame (Armpit Armlock) or any armlock where the opponent is taken to the mat without opportunity to tap out or submit, the offending contestant will be penalized Hansoku Make (Disqualification). The possibility of severe injury to the arm and shoulder is very real when attempting this type of technique.

4: If a contestant drives, spikes or "piledrives" an opponent onto the head or neck, the offending contestant will be penalized with a penalty of no less than Keikoku and, if in the opinion of the referee and two judges on the mat as dangerous, Hansoku Make.

5: Specifically, if a contestant attempts a choke/strangle or an armlock that permits his opponent the opportunity to tap out or signal surrender, it is allowed. An example of a technique that is allowed is the "Flying or Jumping" Juji Gatame (Cross-body Armlock).

6: A contestant shall not jump on an opponent's back to secure a choke/strangle or armlock (or in any way take the opponent to the mat). The referee shall call "matte" in this situation. The offending contestant shall be subject to the hierarchy of penalties, with an appropriate instruction, warning and application of penalties by the referee as necessary.

6a: If the contestant who's opponent has jumped onto his back in a standing position as described in 6 (above) falls backward or throws his opponent backward before the referee calls "matte" the contestant will be penalized with (at the minimum) Keikoku and if judged as dangerous by the three (3) mat officials, Hansoku Make.

Article 14: Entry Into Newaza

1: A contestant must attempt a valid throwing technique or takedown technique when taking his/her opponent to the mat. Dragging the opponent to the mat, pulling the opponent to the mat, snapping the opponent down to the mat or otherwise in any way attempting to take the opponent to the mat without actually trying a valid throw or takedown is not allowed and subject to penalties. (This rule corresponds to the accepted AAU Judo rule about entry into newaza and is added here to clarify the matter.)

Article 15: Simultaneous Technique and Time or Call of Matte

1: The result of any technique started simultaneous with the time signal or the referee calling "matte" shall be ruled valid and scored as to its merit. Specifically, if a contestant taps or signals submission simultaneously as the referee calls "matte" or when the time signal is sounded (or at the official cessation or end of the time of the match), the technique shall be ruled valid and the score of Ippon shall be declared to the contestant who secured the technique.

Article 17: Continuous Action and the Contest Area

1: A throw or takedown shall be considered valid if the technique is started within the contest area. Specifically, if a contestant is thrown outside of the contest area, but the actions of the throw (or counter throw) are continuous and the entire sequence of action initially started within the boundaries of the contest area, the throw shall be considered valid and scored according to its merit.

2: If an osaekomi (hold-down) is secured by a contestant and his opponent moves outside of the contest area boundaries, the hold shall be considered valid and scored accordingly to its merit as long as the holding contestant has any part of his body within the contest area boundaries.

Article 18: Situations Not Included

Situations not included in these amendments and exceptions to the current AAU Judo Rules shall be decided by the National AAU Judo Rules Committee or National AAU Judo Chairman or Vice Chairman. For more information, contact Steve Scott at stevescottjudo@yahoo.com.