



## Kosen Judo Rules

- **GIs**
  - Each competitor must wear a white gi.
  - Gis should be tailored using cotton or cotton-like woven fabric only. The fabric should not be so thick, hard, or slippery, as to impede an opponent from gripping it.
  - Gis may have EVA or similar material inside the collar.
  - The skirt of the gi should reach the competitor's thigh.
  - The sleeves of the gi should come to no more than 5 cm from the competitor's wrist when the arm is extended parallel to the ground. The opening of the sleeve of the gi at full extension must be at least 7 cm.
  - The pants of the gi should reach no more than 5 cm above the ankle bone.
  - Patches may only be affixed on the back and the left lapel of the gi top. Patches must be of cotton fabric, properly seamed, and not be so thick, hard, or slippery as to impede an opponent from gripping it.
  - Gis may not exhibit mending or tears, be dirty, or emanate unpleasant odors.
  - Use of a shirt under the gi top by men is prohibited. Female competitors must wear a t-shirt or compression shirt without regard to color.
  - Undergarments must be worn. Groin protectors are prohibited.
  - Protective sleeves may be worn on the ankles, knees and wrists, but must not be composed of any hard material.
  
- **BELTS**
  - Each competitor must have a white belt and a blue belt.
  - The belt should be 4 to 5 cm wide.
  - The belt should be worn over the top of the gi, wrap around the waist twice, and be tied using a square knot tight enough to hold the gi top closed.
  - Once tied in a square knot, each end of the belt should hand at least 20 cm in length.
  
- **SCORING**
  - A contest is won by ippon.
  - Ippon consists of:
    - A submission due to a strangle or joint attack to the elbow or shoulder.
    - A 20 second pin (osaekomi) whereas the attacker is passed the defender's guard and at least one shoulder of



the defender is pinned to the mat while the defender's back is facing the mat.

- Two wazaris.
- Wazari consists of:
  - A 10 second pin (osaekomi) whereas the attacker is passed the defender's guard and at least one shoulder of the defender is pinned to the mat while the defender's back is facing the mat.
  - A takedown with control, speed, force and the opponent lands flat on the back or is rolled flat on the back by a continuous movement.
  - While in the opponent's guard or submission attempt, to lift the opponent off the ground whereas the opponent's head is about the competitor's waist level (daki age). Matte shall be called, wazari given, and the competitors shall be restarted standing. To execute the slam from this position shall be hansokumake.
- Two wazari add up to make one ippon. This is called wazari awesete ippon.

## ▪ **PROHIBITED ACTS AND PENALTIES**

- Slight infringements will receive a penalty of shido.
- Shido is a warning and a competitor may receive two shido without penalty. A third shido shall be hansokumake (disqualification). Shido does not give a score to the other competitor. Only technical scores can give points on the scoreboard.
- Shidos:
  - Stalling from the standing position. A competitor shall be given a reasonable time to make a takedown attempt so long as there are efforts at positive progression. A competitor who only defends and disengages shall be penalized with shido.
  - Stalling from the ground position shall not be awarded shido, but matte should be called, and the competitors stood back up. Competitors should be given reasonable time to adjust positions and make progress, provided that sincere attempts at improving position are made.
  - To put a hand or foot on the eyes, nose or mouth of a competitor.
  - To go outside the contest area or intentionally force the opponent to go outside the contest area except in the normal progress of an ongoing attack or defense.
  - To insert a finger or fingers inside the opponent's sleeve or his pant legs.
  - To sit guard without having first established a grip on the opponent.
  - To jump guard.



- To intentionally disarrange the judogi; to untie or retie the belt or the pants without the referee's permission; to intentionally lose time arranging the judogi and belt.
- Grave infringements will receive a penalty of hansokumake.
- Hansokumake:
  - Three shido.
  - To take down an opponent in a way that drives his head or neck into the mat.
  - To defend a throw by voluntarily using the head in a way that is dangerous for the head, neck or spine.
  - To attack with a submission any joint other than the elbow and shoulder.
  - To attempt a strangle using the belt.
  - To slam an opponent who has guard, is attempting a stranglehold or joint attack, or has your back.
  - To make unnecessary calls, remarks or gestures derogatory to the opponent or referee during the contest.
  - To wear a hard or metallic object (whether covered or not).
  - Any action which is against the spirit of sport and fair play.
  - Kani basami (scissor takedown) and any action that places lateral pressure on the outside of an opponent's knee towards the inside.
- **Referee Gestures**
  - Ippon: To declare a one point ippon, referee shall raise one arm high above the head with the palm of the hand facing forward.
  - Waza-ari: To declare a half point wazari, referee shall raise one of his arms sideways to shoulder height with the palm of the hand facing downwards.
  - Waza-ari-awasete-ippon: To declare a half point plus half point equals a full point ippon, the referee should first gesture waza-ari, then gesture ippon.
  - Osaekomi: To start pinning time, the referee shall point his arm, with the palm of the hand facing downwards, out from his body down towards the contestants while facing the contestants and bending his body towards them.
  - Toketa: To indicate an escape from a pin, the referee shall raise one of his arms, with the fingers of the hand straight and forward and the thumb up, to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.
  - Mate: To order the competitors to stop and reset standing, the referee shall raise one of his arms to shoulder height approximately parallel to the tatami and display the flattened palm of his hand (fingers up) to the timing and



scoring technical officials.

- Sono-mama: To pause the competitors while they are in newaza (groundfighting), the referee shall bend forward and touch both contestants with the palms of his hands.
- Yoshi: To restart competitors paused by sonomama, the referee shall firmly touch both contestants with the palms of his hands and bring pressure on them.
- To indicate the cancellation of an expressed opinion, the referee 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.
- To indicate the winner of a contest the referee shall raise one hand, palm in, above shoulder height towards the winner.
- To direct the contestant(s) to re-adjust the judogi, the referee shall cross left hand over right, palms facing inwards, at belt height.
- To call the doctor the referee shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured contestant.
- To award a penalty (shido or hansoku-make) the referee shall point towards the contestant to be penalised with the forefinger extended from a closed fist.

#### ▪ **DURATION OF CONTEST**

- Senior Men/Women: 5 minutes.
- Juniors: 3 minutes.
- If no score has been established during regulation time, matte will be called, and the competitors shall return standing to their starting positions. An unlimited "Golden Score" period will follow where the first to score wins.
- A technique that begins simultaneously with the time signal shall be allowed to be concluded and shall be scored.

#### ▪ **DIVISIONS**

- 0-2 years grappling experience.
- 2-5 years grappling experience.
- 5+ years grappling experience.
- All grappling experience shall be considered, including but not limited to Judo, BJJ, Wrestling, Sambo, MMA etc.