

What to Expect at a Judo Tournament

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As you progress in judo you will want to test your skills against the abilities of others of your own age, weight, and skill level. A judo tournament is the place to do this. Tournaments are hosted and organized by local clubs and national organizations.

A typical tournament day begins with registration and weigh-ins. Registrations are typically performed Online but may be held in the morning before the tournament, usually from 8:00 am to 10:00 am. Some events require pre-registration several weeks prior to the tournament. Usually there is a fee required to enter the tournament. Make sure to bring your Judo membership card. Minors entering tournaments will require permission from a parent or legal guardian in the form of a signature on the registration form. Registration details are found on the tournament notice which is available in advance.

After all contestants have registered, the tournament officials will set up the draw to decide who fights who (bracketing). Tournament draws are set up so that you will fight people of your own age, weight, and experience level. Details of the age, weight and experience divisions are found on the tournament notice. With Online Registration, brackets are published prior to the day of the event.

When the tournament begins, whether the event is managed Online or not will depend how notification will be given. If online, matches are indicated on the platform usually by a mobile app, which will indicate the approximate time of the fight. If not Online then an official will announce the names of the people fighting in a division. Since there is often more than one fighting area, you will be directed to the mat area where your division will be competing. A worker at the mat area will identify the next two contestants. One will wear a white belt (first name called) and the second will wear a blue belt (worn around the waist). The use of white or blue judogi will be specified in the event information package.

Competitors bow before entering the competition area. They walk to the outside edge of the contest area (outside edge of the red mats) on their

respective sides (white side/blue side) and bow again. They proceed to their lines. Never walk on to the competition area. Then they face each other and bow together to each other. They then take one step forward and stand inside their lines with their hands at their sides and their feet apart. This shows that they are ready to begin.

The referee shall announce "*hajime*" (begin) and the contestants will begin. Each time *matte* (wait) is called they return to their spots inside their lines.

When the referee awards the match, they each step back behind their line, and bow together. They leave the competition area the same way they came, bowing again at the edge of the contest area (the outside edge of the red area).

When a contestant scores *ippon*, the referee shall announce, "*ippon*". An *ippon*, or full point, immediately ends the match (like a pin in wrestling, or a knock-out in boxing). The contestant scoring *ippon* is the winner. An *ippon* can be scored in both *tachi-waza* (standing) and *ne-waza* (groundwork).

Ippon is scored when: A contestant with control throws the other contestant largely on his back with considerable force and speed; or a contestant holds with *osaekomi-waza* the other contestant, who is unable to get away for 20 seconds after the announcement of *osaekomi* (*osaekomi* to be covered later); or a contestant gives up by tapping twice or more with his hand or foot, generally as a result of a grappling technique, *shime-waza* (strangle) or *kansetsu-waza* (armlock); or the effect of a strangle technique or arm lock is apparent to the referee. – Note generally in the USA, contestants younger than 13 years of age are **not** allowed to perform choke or strangles and any one under the age of 17 years old are **not** allowed to perform locks to the arm. However, these rules may not be followed for 'elite' players in tournaments that state they are using the full IJF rules.

Should one contestant be penalized "*hansoku make*" the other contestant shall be declared the winner. Should a contestant be penalized with 3

minor penalties (shido) he shall awarded hansoku make.

Waza-ari is scored when: A contestant throws the other contestant with control, but the technique is partially lacking one of the elements necessary for *ippon*, or a contestant holds with *osaekomi-waza* the other contestant who is unable to get away for 10 seconds or more, but less than 20 seconds.

If at the end of regular time, any player with a wazari will be declared the winner. If both players have a wazari, then the match proceeds into Golden Score. Golden score continues until there is either an ippon or wazari scored or hansoku make is awarded.

Osaekomi - The referee shall announce *osaekomi* when the contestant being held is controlled by his opponent. He must have his back, both shoulders, or one shoulder in contact with the mat. Control can be made from the side, from the rear, or from the top. The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs and at least one contestant must have any part of his body touching the contest area at the announcement of *osaekomi*. Should any one of these criteria not be met after the announcement of *osaekomi*, the referee shall immediately call *toketa* and the hold will be considered broken.

Sonomama - If at any time the referee announces "*sonomama*" (freeze, he will place one of his hands on each contestant as he calls *sonomama*) the contestants will immediate stop, and "freeze" in whatever position they are in. When he wishes the action to continue, the referee will apply pressure down with his hands on each contestant and call *yoshi* (continue) as he lifts his hands from the contestants.

Matte - When *matte* (wait) is called, the contestants shall come back to their positions in front of their lines and await the announcement of *hajime* (begin) to continue.

If you have any questions about tournament procedures, ask your sensei or an experienced competitor. They will be glad to answer any of your questions

Quick Guide to Judo

Use or Click on the link below for a short informational video about Judo competition.

<https://www.youtube.com/watch?v=pgfKasol5yc>