



**IJF Refereeing Rules update
Olympic cycle 2022-2024**

Applicable from the Odivelas Grand Prix, Portugal, January 28-30, 2022

Decision 1:

Scoring for actions that, without stopping, are a continuation of techniques.

If there is a stop in the action, there is no score.

Decision 2:

Waza-ari criteria comprises landing on the whole side of the body at 90 degrees or more to the rear, or on one shoulder and upper back. A score will be given for a whole side of the body landing even when the elbow is out. Hip and shoulder position must be considered.

Decision 3:

Waza-ari criteria comprises landing on the whole side of the body at 90 degrees or more to the rear, or on one shoulder and upper back. A score will be given for a whole side body landing even when the elbow is out.

Decision 4:

Landing simultaneously on 2 elbows or hands, towards the back, is waza-ari for tori and shido for uke.

Decision 5:

No score for counter techniques where the initial attack is rolled to the back, towards the counterattacking or defending judoka.

Decision 6:

No score and shido for reverse seoi-nage.

Decision 7:

Gripping under the belt in the end phase of a throwing technique is allowed if the opponent is already in ne-waza. If the throwing technique is interrupted, gripping under the belt is a ne-waza action.



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Decision 8:

Collar and lapel grips are allowed if not negative.

Decision 9:

Belt grip, one side grip, cross grip, pistol grip and pocket grip are not traditional grips. If taken, time will be allowed for the preparation of an attack.

Decision 10:

Breaking the grips with one or two hands and immediately taking grips is allowed.

Breaking grips with one or two hands and not taking a grip immediately is shido.

Decision 11:

Retying and arranging judogi and hair is allowed once per judoka per contest. Further occasions are penalised with shido.

Decision 12:

Techniques using head diving are dangerous and will be penalised with hansoku-make.

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