

2007 - 2008 Amateur Athletic Union

Judo Handbook



Sports for all, forever!



2007- 08 AAU Judo Handbook



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Statement of Philosophy

The goal of AAU Judo is to create a venue for judo competition that is fun and enjoyable for all athletes, coaches, officials and spectators. Enhancing the complete athletic experience through organized competitions, rather than politics, will always be the primary objective.

- Written by NORMAN MILLER, National Chair

The sport of Judo

Its scope and objectives

Judo is a competitive sport that resembles wrestling. Contestants wear a special uniform consisting of a kimono-like jacket, loose fitting drawstring pants, and a cloth belt that wraps around the jacket. Competition takes place on firm shock absorbent foam mats covered with a plasticized material. Matches are won by showing control over an opponent by scoring ippon (full point immediate victory) in one of four ways:

1. **Throwing** - opponent onto back with speed and force
2. **Hold Downs** - pressing (holding) opponent's back to mat for 25 seconds
3. **Chokes** - Causing opponent to submit or face the results of being "choked out"
4. **Arm Locks** - Causing opponent to submit by reverse pressure applied across the elbow joint Victory by ippon can be compared to the knockout in boxing in that it ends the match immediately. Matches can also be won by using throws and hold-downs to accumulate scores of less than ippon or by penalties assessed to one's opponent. In a tie or scoreless match a majority decision rendered by the officials; a referee and two judges achieve the victory.

Since its inclusion in the 1964 Olympics, judo has grown in popularity throughout the world. Year round competitions at local, regional, national and international level are now being held for men, women and children.

The Judo uniform

General Requirements

- A. Strongly made of ribbed cotton or similar material
- B. Clean and free of rips or tears
- C. Female contestants must wear a T-shirt under the jacket
- D. Uniforms may be of any color or combination of colors except that the designated white contestant may not wear uniform of red color or shades of red.

JACKET: Long enough to cover fists when arms extended at sides and wide enough for 8" overlap at rib cage.

SLEEVES: Must extend to at least 2" from wrist joint, have a least 4" space between sleeve and the arm and have armpit space of at least 8".

PANTS: At least 2" from ankle and at least 4" space between pants and entire length of leg.

BELTS: 1 1/2 wide, worn at waist level, wrapped around twice, tied securely with a square knot with ends extending 8-12" beyond knot ends.

PATCHES: Excessive patches that may interfere with gripping are prohibited and loose patches must be sewn or removed.

FOOT COVERING: No shoes or socks may be worn on the mat. All competitors must wear foot covering when walking outside of mat area; therefore slippers should be considered part of uniform.

Judo Scores

And How They Are Earned (control is a required component of all throws and counters):

1. Score throws choke as result hold
2. And or of penalty down
3. Referee counter arm by (seconds)
4. Hand signal throws lock opponent

Judo Scores & Penalties further explained

- A. Although Control is a required component of all throws, it is frequently misunderstood.
- B. Control is generally implied to mean a "Distinguishable Thrower."

This means that at the moment of contact/impact with the mat, the thrower actually threw his opponent-not that his opponent slipped or put himself on the mat while attempting a technique. Or that it was not distinctly clear who had control when an attempted throw and simultaneous counter have a coinciding landing on the mat.

- C. Match ends immediately when ippon is scored.
- D. Two wazari scores equal an ippon.
- E. No other judo scores accumulate, i.e., no amount of koka scores equal a yuko and no amount of yuko scores equal wazari.
- F. Equivalency scores are posted immediately after a penalty has been given. If a subsequent penalty is called, the previously earned equivalency score is dropped and replaced with the higher score.
- G. Contestant with the highest score wins.
- H. The minimum age for chokes is 11 and 15 for arm locks.
- I. Attacks that do not score are considered for decisions in tie or scoreless matches (See "How Decisions Are Made").

How to pronounce necessary Japanese words

SCORES

Ippon: "ee pawn"
wazari: "wah zah ree"
yuko: "you ko"
koka: "koh kuh"
wazari awasete ippon: "ah wah seh tuh"

PENALTIES USED

Inshido: "she doe"
AAU Chui: "chew ee"
Judoke Ikkok: "kay ko koo"
Contestants Hansoku Make: "hahn sew koo mah kay"

REFEREE COMMANDS

Hajime (begin): "hah jee may"
Matte (stop): "mah tay"
Osaekomi (hold down secured): "o sigh ko me"
Toketa (hold down broken): "toe keh tuh"
Sono Mama (do not move): "so no mama"
Yoshi (continue): "yo she"
Sore Made (end of match): "sore uh mahda"
Hantei (call for decision): "hahn tay"

Mat Officials

The Role of Referees & Judges

Matches conducted by three referees:

- The center referee commands and directs the action while moving about the competition area.
- The corner referees, generally referred to as judges, stay outside the competition area and assist the referee in rendering scores, penalties, decisions and overall conduct of the match.
- Center referees and judges rotate positions after either one, two or three matches as is predetermined by tournament director or referee coordinator.

In special circumstances, matches may be conducted with no judges or with one judge action only in an advisory capacity. In a three official match (one referee and two judges), each has an equal vote in rendering an opinion.

REFEREE ATTIRE

Black or navy pants. Either long pants or shorts can be worn. Dark socks (black or navy) or bare feet, or white socks when wearing shorts. White Official AAU Referee Shirt with red stripes on right sleeve and white stars on left sleeve.

MATCH TIME 3:00

Regulation match time is 3 minutes.

Shorter matches (2 minutes) for ages 10 and under or in special situations. There should be no difference in match time for male or female competitors.

SUDDEN VICTORY OVERTIME 1:00

Matches that are scoreless or tie at the end of regulation time will be decided during the one-minute overtime. The overtime match shall be conducted using the "sudden victory" method (first score wins). If the score is still unchanged at the end of overtime, a decision must be rendered by the officials, based solely on what occurred during the overtime period.

BOWING PROCEDURE

Contestants bow to each other on the start lines at the beginning and end of each match. There are no bow-ins, bow-outs, bow-ons or bow-offs for either competitors or officials.

THE RED WHITE DESIGNATED BELT

To facilitate officiating, one contestant shall be designated to wear a red belt while the other is designated to wear white. Generally the first contestant listed or called in the pairing will wear the red belt.

Contestants can only wear one belt at a time.

MEDICAL TIMEOUTS AND INJURY PROCEDURES

Doctor or medical help may be called to mat by referee or injured contestant. Doctor may "examine" the injury.

1. If doctor "treats" the injury, contestant may be disqualified.
2. If doctor called to mat more than twice, contestant loses the match.
3. Contestant may "self-treat" minor injuries such as cutting torn nails, applying Band-Aids, etc., without these actions counting against him. (in some cases, assistance may be given) Referee should refrain from touching injured contestants. Injuries caused deliberately and directly by opponent's violations may be treated by doctor and are not recorded against the injured party. Tournament doctor or medical attendants may advise the referee not to allow an injured contestant to continue competing.

The HIV1 (AIDS VIRUS) has prompted the following medical recommendations:

1. Blood must be cleaned immediately from uniforms and mat surfaces. The medical personnel must then clean surfaces with chloride type germicidal.
2. No contestant shall be allowed to continue with open cuts or bleeding. All such wounds must be totally covered with the appropriate dressing and tape.

Competitor expected behavior*

KNOW THE RULES: Avoid losing due to ignorance of the rules. Study the rulebook - don't just read it! Strive to know the rules better than the referees. Know entry deadlines and register on time.

BE ON TIME: Arrive early for weigh-in and start of tournament. Be ready when your match is called. Have your judo card with you at all tournaments.

BE CLEAN: Yes, uniforms should be washed! Clean bodies and clean feet, please. Trim them - although useful in climbing trees, long finger and toenails are dangerous for judo. Slippers are part of the judo uniform and should be worn when walking outside of the mat.

RESPECT YOURSELF: Win graciously, someday you may lose! Lose graciously-if you do happen to lose. Temper tantrums are only acceptable in the age 2 and under division.

AND YOUR OPPONENTS: "Trash talk" is inappropriate before, during or after the match. Appreciate the work of tournament directors, referees, scorer's timers, etc. Their efforts enable you to compete. Do not blame the referees when you lose. They are usually not out to get you and they are not wrong all of the time.

AND: Enjoy yourself! Judo should be fun!

**Also applicable to parents, coaches and everyone involved with judo.*

The AAU approach to penalties

1. Allow the competitors to fight rather than deciding the match through arbitrary and excessive searching for rule violations.
2. Accentuate the positive - encourage action - do not get overly concerned about looking for so-called negative judo.

"REFEREE ADVISORIES"- Talk it Up!

- A. Referee should talk to competitors advising them of the need to be more active (attack, etc.), less defensive (take a grip, etc.) or any other need to increase or maintain the action.
- B. Referee should use advisories to prevent the commission of a dangerous act (watch the face, do not bend the spine, etc.).
- C. Referee not limited to just one advisory per match, but should assess the penalty when competitor does not respond to the advisory by correcting the violating act.
- D. Intent, duration and situational occurrence should all be considered in the assessment of penalties.

PROCEDURES WHEN PENALTIES ARE GIVEN

- A. Referee uses gestures combined with words to give reason for penalty and then points to violator.
- B. Before assessing Hansoku make penalty; referee must consult with judges.
- C. Penalties are progressive. Subsequent violations after a first infraction must be given at least the next highest penalty regardless of the violation.
- D. Penalties are not cumulative and second or subsequent penalties cancel earlier lower penalty and resultant score.
- E. Officials have some discretion in modifying some of the usual penalty assessments.

Weight Divisions

Contrary to "popular myth", size is as important to judo as it is to other sports such as football, basketball, boxing or wrestling.

Although a highly skilled small person has been known to defeat a larger less skilled opponent, the usual result historically has been cracked ribs and other assorted injuries to the smaller contestant.

Since judo is a size factor sport, weight divisions should be established to minimize weight becoming the prime determinant of the winner. The days of Open divisions (all weights together) should be a thing of the past. Local and regional events may establish their own adult weight divisions, but to maximize safety and fairness.

WEIGHT DIFFERENCES BETWEEN INDIVIDUAL COMPETITORS IN ANY DIVISION SHOULD SELDOM EXCEED 10 PERCENT.

Youth divisions (ages 20 and under) should use a combination of age and weight factors along with AAU 10 PERCENT RULE to insure the most equitable possible pairing. Since weight is more of a factor than age, there should be no artificial restrictions keeping a 10-year-old from competing against a 12-year-old in some situations. Conversely, however, it would be unacceptable to pair an 11-year-old and a 16-year-old both weighing 140 pounds since age and maturity would be overwhelming and potentially dangerous factors. Discretion and vigilance advised.

If they pay a separate entry fee, 15 and 16 year olds can be allowed to compete in a 17-20 year old category. No one under the age of 16 should be allowed to compete in an adult division.

Masters division (ages 30 & older) can also be established using a combination of page/weight factors.

OFFICIAL AAU NATIONAL CHAMPIONSHIP ADULT WEIGHT DIVISIONS

Men	Women
< 130 lb.	< 105 lb.
< 145 lb.	< 115 lb.
< 160 lb.	< 125 lb.
< 175 lb.	< 135 lb.
< 190 lb.	< 145 lb.
< 210 lb.	< 160 lb.
< 235 lb.	< 175 lb.
> 235 lb.	> 175 lb.

Further Explained

- A. Must enter weight division corresponding to actual body weight.
- B. Can generally enter only one weight division.
- C. Only exception to "one weight division rule" is when at the decision and discretion of the tournament director a fighter is placed in an uncontested or under contested division to avoid the situation of uncontested or under-contested winners. In these situations, the following must apply:
 - 1. 10% weight rule must be considered.
 - 2. additional entry fee must not be charged.
 - 3. affected athlete must be eligible to win or
- D. Place in both of the divisions.
- E. A "super heavyweight" division may be added if excessive weight discrepancies exist in the heavy weight division.

General Notes: Judo Competition Rules

- A. If thrower's foot, hand, or knee leaves contest area before person being thrown hits mat, resulting score does not count.
- B. If contestant being thrown moves outside of contest area, the throw may be counted for point scoring purposes if thrower's action continues uninterrupted and if thrower stays inside contest area until effects of throw are apparent.
- C. Sacrifice type body drop throws not valid if more than half of thrower's body falls outside of contest area.
- D. Matte called in ground fighting if both contestants are outside the contest area.
- E. If osaekomi called, contest continues as long as either contestant has any part of body touching the contest area. Toketa in effect (hold broken) and matte called after both contestants are totally outside contest area.
- F. Osaekomi in progress is not stopped by the end of match time; match continues until "ippon" or "Toketa" result.
- G. While standing, contestants are considered in bounds as long as any part of both feet touches inside the contest area.
- H. Contestant must be offered minimum of 10 minutes rest between matches.
- I. Result of any technique started simultaneous with the time signal shall be considered valid.
- J. Contestants bow to each other and take one step forward from starting line at beginning of match.
- K. After referee awards match to winner, contestants take one step backward to starting line, then bow to each other.
- L. "Toketa" is called during osaekomi if contestant being held is able to scissor the holder's legs or body.
- M. All actions (scores, penalties, decisions, etc.) of the officials (referee and judges) are based upon the majority of three.
- N. Any situations not covered by the "Official AAU Rules" shall be decided upon by the referee in consultation with the judges.
- O. If thrown contestant deliberately "bridges" (head & heels to mat with back arched), referee may award an ippon or whatever score may have been warranted had the contestant not bridged.
- P. Competitors should not be required to rearrange jacket, belt, etc. at end of match.

Types of matching or elimination systems

Varied systems of pairing contestants or teams for the purpose of selecting the winners are used in all sports. A brief description of the more commonly used systems for judo is as follows with descriptive diagrams on next four pages:

- A. **SINGLE ELIMINATION** Contestants eliminated after one loss. 1st place is undefeated and 2nd place has lost only to champion.
- B. **ROUND ROBIN** All contestants compete against everyone in their division. Usually done with small groups of three to five.
- C. **TRUE WINNER'S REPECHAGE WITH CONSOLATION** Blend of single and double elimination that assures undefeated champion and a second place who has lost only to the winner, and 3rd place who has lost to either (or both) champion and runner-up. Add a consolation match when needed to assure everyone a minimum of two matches. The favorite system of its inventor, Norman Miller.
- D. **MODIFIED DOUBLE ELIMINATION** Winner undefeated 2nd place is winner of loser's pool and has only one loss.
- E. **STRICT DOUBLE ELIMINATION** No one eliminated until losing twice. This may necessitate competing against the same contestant as many as three times.
- F. **KNOCKOUT POOL** Round robin pools of three but never over four contestants. The top two finisher's in each pool then compete in a repechage.
- G. **STAND-UP CHALLENGE** Contestants lined up from lightest to heaviest. Winner of each match stays on mat against next challenger in moving from lightest to heaviest.
- H. **TEAM COMPETITION - DUAL MEET** Point values given for type of win. Point totals to determine winning team.

Summary of How AAU Rules Differ from International Judo Rules

- A. No belt rank promotions.
- B. No weight disparities of greater than 10% between all contestants in division.
- C. Designated red/white belt system to easily differentiate contestants. Any color uniform permitted except that a red uniform may not be worn by the contestant designated as white.
- D. Chokes ages 11 and older.
- E. Arm bars ages 15 and over.
- F. One-minute sudden victory -overtime in all scoreless and tie matches.
- G. Referee shirts using the red sleeve/white sleeve design.
- H. Bowing only once at beginning and end of each match.
- I. Referee option of verbal advisories prior to need for assessing penalties.