

2009 - 2010
Amateur Athletic Union
Judo Handbook



Sports for all, forever!



AAU Judo Rule Book & Regulations 2010

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AAU Judo Rule Book & Regulations

PREAMBLE

The AAU Judo National Committee has been established in order to promote the benefits of participation in athletics and hereby adopts these rules & regulations for the advancement of that purpose.

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*

I. NATIONAL SPORT COMMITTEE GOVERNANCE AND ADMINISTRATION

A. National Committee Structure and Procedures

1. **National Chair** – The President of the AAU appoints the Chair from the recommendations of the National Sport Committee after approval of a majority of the National Officers.
2. **Executive Committee Composition**
3. **National Sport Committee Composition** - The Committee will consist of the National Sports Chair, the elected or appointed officers or committee chairs as defined by the sport's operating rules, the elected or appointed Sport Director of each District, or a representative designated by the District Governor and one appointed representative from each affiliated member that registers members in the sport. The President may appoint up to five (5) members-at-large
4. **Other Committee Positions**
5. **Voting** –Persons eligible to vote shall be the National Sport Chair, elected or appointed officers, chairs of Committees as defined by the sport's operating rules, the elected or appointed District sports director or a representative from each Affiliated member that registers members in the sport, and any members-at-large. Only representatives from Districts which registered a minimum of .5% (a half percent) of the total number of athletes in that sport in the previous year, shall be allowed to vote in the National Sport Committee meeting.

B. Sport Committee Meetings

1. **National Sport Committee Regular Meetings.** Regular Meetings of the National Sport Committee shall be in conjunction with the AAU Convention.

2. **Non – Regular Sport Committee Meetings** - National Sport Committee may hold a Non-Regular National Sport Committee meeting in odd years subject to the following provisions:
 - a. The meeting is called by the Chair following approval of the National Office.
 - b. The National Office has the right to coordinate the meeting and pick the site for the meeting.
3. **National Sport Committee Special Meetings**. Special meetings of a Committee are scheduled at the request of the Chair or upon written request of at least one half (1/2) of the Committee members. The purpose of the Special meeting must be stated in the Notice for the meeting.
4. **National Sport Executive Committee Meetings** – The National Chair shall determine the date and location of Executive Committee Meetings.
5. **Agenda Additions** -
 - a. **Sport Committee Meeting Order (Agendas)**- The Regular National Sport Committee meetings, the Non-Regular National Sport Committee meetings, and National Sport Committee Special meetings shall follow meeting order (agenda format) as established by Code (Bylaw 9.5)

II. SPORT POLICIES AND PROCEDURES

A. **The sport of Judo - Its scope and objectives.**

1. 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:
 - a. **Throwing** - opponent onto back with speed and force
 - b. **Hold Downs** - pressing (holding) opponent's back to mat for 25 seconds
 - c. **Chokes** - Causing opponent to submit or face the results of being "choked out"
 - d. **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.

2. 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.

B. General Competition Rules & Notes

1. Matte called in ground fighting if both contestants are outside the contest area.
2. 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.
3. Osaekomi in progress is not stopped by the end of match time; match continues until "ippon" or "Toketa" result.
4. While standing, contestants are considered in bounds as long as any part of both feet touches inside the contest area.
5. Contestant must be offered minimum of ten (10) minutes rest between matches.
6. Result of any technique started simultaneous with the time signal shall be considered valid.
7. Contestants bow to each other and take one step forward from starting line at beginning of match.
8. After referee awards match to winner, contestants take one step backward to starting line, then bow to each other.
9. "Toketa" is called during osaekomi if contestant being held is able to scissor the holder's legs or body.
10. All actions (***scores, penalties, decisions, etc...***) of the officials (***referee and judges***) are based upon the majority of three.
11. Any situations not covered by the "Official AAU Rules" shall be decided upon by the referee in consultation with the judges.
12. 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.
13. Competitors should not be required to rearrange jacket, belt, etc... at the end of match.

C. **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.

1. 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.
2. 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.
3. **WEIGHT DIFFERENCES BETWEEN INDIVIDUAL COMPETITORS IN ANY DIVISION SHOULD SELDOM EXCEED 10 PERCENT.**
4. **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.
 - a. 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.
5. **Masters division (ages 30 & older)** - can also be established using a combination of page/weight factors.

6. **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.

7. **Weight(s) - 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:
 - i. Ten percent (10%) weight rule must be considered.
 - ii. Additional entry fee must not be charged.
 - iii. Affected athlete must be eligible to win or place in both of the divisions.
- d. A "super heavyweight" division may be added if excessive weight discrepancies exist in the heavy weight division.

D. Match Times

- 1. **Regulation Match** - Time is three (3) minutes.
- 2. **Shorter Matches** – Two (2) minutes for ages 10 and under or in special situations. There should be no difference in match time for male or female competitors.
- 3. **Sudden Victory Overtime – (1:00 Minute)** - 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.

E. Bowing Procedure

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

F. Belt Designation

- 1. To facilitate officiating, one contestant shall be designated to wear a red belt while the other is designated to wear white.
- 2. Generally the first contestant listed or called in the pairing will wear the red belt.
- 3. Contestants can only wear one belt at a time.

G. Competitor Behavior (Applies to coaches, parents and everyone involved.) – Respect in Judo is not best shown by bowing but by following these guidelines:

1. **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.
2. **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.
3. **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.
4. **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.
5. **Attitude Towards 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.
6. **Enjoy yourself!** Judo should be fun!

H. 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.
3. 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.

I. Possible Penalties for Rule Violations

HANSOKU MAKE	<ul style="list-style-type: none"> • Gives opponent score of Ippon, thus ending match. • Can be given directly for serious safety violations. Examples: Lifting opponent off the mat and driving/smashing down on back, bending backward pressure to neck or spine, head first dives in front throw attacks, arm bar smashes, arm bar traps disguised as throws, joint locks other than to elbow, bridging to avoid landing on back when thrown • Can also be given for repeat violations of minor violations. This is the judo “four strikes” and you are out rule.
SHIDO	<ul style="list-style-type: none"> • Minor violations that give opponent a score of koka the first time, but are raised each time another minor violation or repeat violation occurs. • Shido violations involve delaying, defensive or gripping violations, Examples: Running out of bounds, overly defensiveness and failure to attempt to grip or throw once a grip has been attained. •
<p>NOTE: Referee advisories and competitor cooperation make it possible to have tournaments without penalties. Referees can talk to competitors without interrupting the continuity of the match. They can encourage action and do things to prevent the commission of dangerous acts. A faster more exciting judo is a direct result fo the referees application of these rules.</p>	

J. “Referee Advisories” – Talk it Up!

1. 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.
2. Referee should use advisories to prevent the commission of a dangerous act. (*watch the face, do not bend the spine, etc...*)
3. 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.
4. Intent, duration and situational occurrence should all be considered in the assessment of penalties.

K. Difference From International Judo Rules

1. No belt rank promotions.
2. No weight disparities of greater than ten percent (10%) between all contestants in division.
3. 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.
4. Chokes - ages 11 and older.
5. Arm bars - ages 15 and over.
6. One-minute sudden victory -overtime in all scoreless and tie matches.
7. Referee shirts using the red sleeve/white sleeve design.
8. Bowing only once at beginning and end of each match.
9. Referee option of verbal advisories prior to need for assessing penalties.

L. Medical Timeouts & Injury Procedure – Doctor or medical help may be called to mat by referee or injured contestant. Doctor may "examine" the injury.

1. Tournament doctor or medical attendants may advise the referee not to allow an injured contestant to continue competing.
2. Blood must be cleaned immediately from uniforms and mat surfaces. The medical personnel must then clean surfaces with chloride type germicidal.
3. 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.

M. These rules shall apply to all AAU Sanctioned events unless modified.

III. SPORT OPERATIONS

A. **Current Year Rule Changes** – N/A

B. **Event Operating Rules** – These rules shall apply to all AAU Judo Sanctioned events unless modified and approved by the AAU Judo Executive Committee.

1. **Facilities/Competition Area** – It is recommended that the mat area be 20' x 20' minimum with a suggested safety area of 8'.
2. **Equipment** – N/A

3. Judges/Officials/Referees Requirements

- a. **Attire** - Black or navy pants. Either long pants or shorts can be worn. Dark socks (*black or navy*), 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
- b. **The Role of Referees & Judges.** Matches conducted by three referees:
 - i. The center referee commands and directs the action while moving about the competition area.
 - ii. 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.
 - iii. Center referees and judges rotate positions after either one, two or three matches as is predetermined by tournament director or referee coordinator.
- c. 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.
- d. **Coaching Requirements** – *Determined by the Event Host*
- e. **Awards** – *Determined by the Event Host*
- f. **Protest Procedures** – *Determined by the Event Host*
- g. **Format/Scheduling** – *Determined by the Event Host*
- h. **Entry Procedures** – *Determined by the Event Host*
- i. **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:
 - i. **Single Elimination** - Contestants eliminated after one loss. First (1st) place is undefeated and Second (2nd) place has lost only to champion.
 - ii. **Round Robin** - All contestants compete against everyone in their division. Usually done with small groups of three (3) to five (5).

- iii. **True Winner's Repechage with Consolation** - Blend of single and double elimination that assures undefeated champion and a second (2nd) place who has lost only to the winner, and third (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.*}
 - iv. **Modified Double Elimination** - Winner undefeated second (2nd) place is winner of loser's pool and has only one loss.
 - v. **Strict Double Elimination** - No one eliminated until losing twice. This may necessitate competing against the same contestant as many as three times.
 - vi. **Knockout Pool** - Round robin pools of three but never over four contestants. The top two (2) finishers in each pool then compete in a repechage.
 - vii. **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.
 - viii. **Team Competition/Dual Meet** - Point values given for type of win. Point totals to determine winning team.
- j. **Scores and How They Are Earned** - (control is a required component of all throws and counters): *See Page19-20.*

C. **Competition Rules**

- 1. **Qualification Procedure** - Dependent on the type of event (*see below for more details*):
 - a. **National Championships** – *All athletes are welcome to compete, as long as the meet the guidelines of the AAU Judo program.*
 - b. **Grand National Championships** – *All athletes are welcome to compete, as long as the meet the guidelines of the AAU Judo program.*
- 2. **Eligibility** – *Any Judo athlete who is a current AAU Member.*
- 3. **Uniform & Equipment** – The Judo uniform General Requirements:
 - a. **Jacket** - Long enough to cover fists when arms extended at sides and wide enough for eight (8") inches overlap at rib cage.
 - b. **Sleeves** - Must extend to at least 2" from wrist joint, have a least four (4") inches space between sleeve and the arm and have armpit space of at least eight (8") inches.

- c. **Pants** - At least two (2") inches from ankle and at least four (4") inches space between pants and entire length of leg.
- d. **Belts** – One and a half (1 ½) wide, worn at waist level, wrapped around twice, tied securely with a square knot with ends extending 8-12" beyond knot ends.
- e. **Patches** - Excessive patches that may interfere with gripping are prohibited and loose patches must be sewn or removed.
- f. **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.
- g. Strongly made of ribbed cotton or similar material
- h. Clean and free of rips or tears
- i. Female contestants must wear a T-shirt under the jacket
- j. 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.

4. **Competition Types**

- a. District Championships
- b. National Championships
- c. Other events awarded by the AAU Judo Executive Committee

IV. **EXCERPTS FROM AAU CODE BOOK**

- A. **AAU Membership** –All participants must be a member of the AAU in order to participate in any AAU Sanctioned Event. Event Operators may not collect AAU membership money at any AAU sanctioned event.

Membership Requirements -Membership in the AAU is a privilege granted by the AAU. The AAU at its sole discretion reserves the right to accept or reject applicants for membership.

1. **Conditions for Membership.** Membership in any class may be granted only after an application is submitted and approved. By submitting an application, the applicant agrees to comply with all the provisions of the Constitution, Bylaws, policies, procedures and rules of the AAU.

2. **Classes of Membership** - Classes of membership in the AAU are as follows:
 - a. **District Member** - The organization chartered by the Congress to provide administrative services within a designated geographic area.
 - b. **Club Member** - An organization or group that has been approved for membership after meeting the registration requirements of the Code.
 - c. **Individual Member** - A person who has been approved for membership after meeting the registration requirements of the Code. Individual membership categories are:
 - i. Youth Athlete
 - ii. Adult Athlete
 - iii. Non-Athlete
 - d. **Affiliate Member** - An organization or group approved by Congress which is engaged in athletics or sports-related activities.

B. **Use of Logos and Trademarks**

1. The AAU name, mark, seal, logo, and other insignia (all "AAU marks") are protected through trademark registration and are defined as the intellectual property of the AAU. A user of the AAU's intellectual property must have prior and continued approval of the National AAU. Only those subordinates and affiliated organizations which are expressly authorized by the National AAU may use the intellectual property of the AAU. The National AAU may withdraw its approval to use its marks, in its sole discretion. Members shall immediately comply with notice to cease and desist from the use of the AAU's intellectual property. The unauthorized use of any of the intellectual property of the AAU is a violation of this policy and may subject the member/entity to penalties set out in the AAU Code. Only chartered Districts, District Sport Committees and National Sport Committees may use the AAU marks in their name.
2. There are three (3) levels of AAU club membership. Level 1 AAU Clubs acquire no rights to use the AAU's intellectual property. Level 2 and Level 3 Clubs may use AAU's intellectual property for the promotion of its organization and/or sanctioned AAU events only. Member clubs may not use the name AAU in their legal name.
3. In the event of a dispute or conflict as to a member's/entity's claim(s) to use any of the intellectual property of the AAU.

C. Event Sanctions

1. No event shall be conducted under the auspices of the AAU unless a sanction has been issued for the activity. A sanction is the written approval of the AAU for the conduct of the activity.
2. Only AAU members may participate in sanctioned events unless otherwise provided in the Bylaws.
3. Sanctions may be issued to any club in good standing. Any sanction may be reviewed within 15 days of submission by the District Sport Committee Director. If the sanction is reviewed and rejected, the Registrar shall notify the organization submitting the sanction.
4. No sanction shall take effect until the 15-day review period has expired, or until the Registrar processes the sanction following approval of the District Sport Committee Director. Beginning with the 2009 Membership year, all applications for sanction must be completed and submitted through the on-line process or the AAU National Office.
5. The National Registration Executive Committee has the authority to issue sanctions as follows:
 - a. For events in locations where there is no active District member.
 - b. For events in Districts where there is no current active participation. (No District Championship in the prior membership year).
 - c. For events directly sponsored by the National AAU or National Sports Committee.
 - d. For inter-District league play.
 - e. Review and approve any sanction rejected by the District.
 - f. Sanctions issued to one organization cannot be transferred to another organization.
 - g. No sanction will be issued for any event where the word "Olympic" or any derivative thereof is used in any advertisements or notice in connection with the event except upon the specific written approval of the Board of Directors.
 - h. Sanctions must be reviewed and processed by the District Registrar and reported to the National Headquarters. A record shall be kept by each District of all sanctions issued.

D. District Sport Committee Annual Meeting

1. **District Sport Committee Annual Meeting** - It is the duty of the District Sport Committee to hold an annual meeting, the date of which shall be approved by the District Executive Committee. [Not the Sport Committee Executive Committee]
2. **Notice of District Sport Meetings**- Notice of the annual or special meetings of the District Sport Committee shall be issued (or issue approved) by the District Secretary, to clubs eligible to vote as of 30 days prior to the scheduled annual meeting.
 - a. **Quorum**. - Five (5) member clubs must be present to constitute a quorum of the Annual Sport Committee meeting.
 - b. **Voting** - Each member of a Committee shall have one vote unless the operating rules of the Committee provide for weighted voting. There shall be no voting by proxy. [A club may designate another representative for the club.]

E. Functions of District Sport Committees

1. **District Sport Committees.** In each approved AAU sport in which the District has athletes actively participating, there may be a Committee to manage competition within the District.
2. **Composition.** The District Sport Committee shall include the following :
 - a. Each club member which registers at least five individual members in the sport shall have one representative on the District Sport Committee;
 - b. District Sport Committee Officers and Chairmen of Committees as defined by that sport's operating rules. [Added 10/07].
 - c. The Governor may appoint five (5) at-large members.
3. **Duties.** The duties of the District Sport Committee are to:
 - a. **In even years, hold a Bi-Annual meeting, the date, time and location of which shall be approved by the District Executive Committee. [Added 10/08]**
 - b. Adopt at the Bi-Annual Meeting, rules of operation of the Committee to be submitted to the Executive Committee for approval and which shall not conflict with the provisions of the AAU Constitution, Bylaws, National Policies or National Sport Committee rules.
 - c. Determine whether to establish a Committee operating account and if so to comply with all relevant AAU procedures and policies.
 - d. Conduct of the District championships.

F. Functions of the District Sport Director

1. **District Sport Director.** In each sport in which five or more club members have designated the sport as its primary sport, the Directors shall be elected by the Committee at its Bi-Annual Meeting. When there are fewer than five clubs registered to the Sport, the Chair may be appointed by the Governor with the approval of the National Sport Committee Chair. The District Sport Director takes office upon election or upon appointment.
 - a. **Term.** The term of office for an elected District Sport Director shall be four (4) years to run concurrently with the District Officers. The term of office for an appointed District Sport Director shall be one year or until such time as the Sport Committee meets the criteria to elect a Chair.
 - b. **Vacancies.** A vacancy occurring in an elected District Sport Director position shall be filled in accordance with the Sport Committee operating rules. A vacancy occurring in an appointed District Sport Director position shall be filled by the Governor with the approval of the National Sport Committee Chair.
2. **Duties.** The Sport Committee Director shall:
 - a. Develop a budget for the Sport Committee to file with the
 - b. District Executive Committee
 - c. Perform the duties set forth in the Committee Rules of Operation
 - d. Approve event sanctions in the sport
 - e. Preside at Sport Committee meetings
3. **Removal.** District Sport Directors may be removed as follows:
 - a. **By District Sport Committee.** An elected Sport Committee Director may be removed by a two-thirds (2/3) vote of the Sport Committee at the Bi-Annual meeting provided that the Notice of the meeting specifies that a motion to remove is on the agenda. [Rev. 10/07]
 - b. **By National Sport Chair.** Each National Sport Chair shall annually review the number of events held in their sport. If the number of sanctioned events, excluding practice sanctions, are below five (5), the National Sport Chair may remove the District Director. If the District Governor does not agree with the removal, the President shall appoint an arbiter who will make the final decision. [Rev. 10/07]
 - c. **By National Board of Review.** An elected Sport Director may be removed by order of the National Board of Review following the filing of a complaint and the Board's proceedings. [Added 10/07]

G. Membership and Residency

- a. Adult members will not be bound by residence requirements.
- b. Youth members must register in the District of their bona fide residency, except as follows:
- c. A youth member who resides in the county of one District that adjoins a county of another District and who attends a school located in the adjoining county will have the option of registering in either District.
- d. A youth member subject to a written joint legal custody arrangement whose custodians reside in different Districts shall have the option of registering in either District.
- e. A bona fide student at an educational institution may be considered a resident of the District in which the institution is located.
- f. Persons living outside the U.S. may register in the closest District or with the District where the competition they are first participating in will take place. The respective National Sports Committee rules shall govern their participation in AAU competitions.

H. Eligibility - A youth member may elect to participate in his or her District of bona fide residence or a District that geographically adjoins that District. Exception: In team sports a maximum of three (3) members may participate with a team in an adjoining District. [Team sports include baseball, basketball, field hockey, hockey, soccer softball and volleyball.]

2. **Club Attachment.** A youth member becomes attached to a club member when he/she competes with that club in any AAU sanctioned event (practice not included). An athlete may attach to additional clubs if he/she participates in additional sports.
 - i. For team/club sports only. If an athlete participates in an AAU sanctioned league for one group member (club), that athlete may elect to affiliate immediately with a second group member (club) for the purpose of qualifying for an AAU National Championship. Participation may be simultaneous. A league is made up of teams/clubs that compete only among themselves for a defined period of time.

3. **Transfers** - An attached youth member may transfer to another club in the same sport under the following conditions:
 - a. If the youth member has not competed in any AAU sanctioned events in that Sport for a period of sixty (60) days.
 - b. If the representative of the club to which an athlete is attached signs a release form permitting an immediate transfer. (Athletes released under this provision are subject to National Championship eligibility restrictions as adopted by National Sport Committees.) [Added 10/07]
 - c. When the transfer is for the purpose of competing with a team which has qualified for a National Championship as provided by National Sport Committee rules.
 - d. If the Registrar determines that the transfer is due to events outside the control of the athlete or that the transfer serves the best interest of the AAU.

4. APPENDIX

1. **District Director Contacts** - AAU Judo District Directors can be found by visiting - <http://www.aajudo.org/District/DistrictDirectors.aspx>.

2. **Contact Information**

Norm Miller – National Chair

7818 N. Teutonia
Brown Deer, WI 53209
(414) 354-1898
(414)354-1839

Steve Scott – Vice Chair

stevescottjudo@yahoo.com

Jennifer Miles – Senior Sports Manager

(407) 934-7200
jennifer@ausports.org

3. **Dates for National Championships** – Please visit AAU Judo for up-to-date information on our National Championships at www.aajudo.org.

4. Definitions/Glossary - How to pronounce necessary Japanese words

a. Scores

- **Ippon:** "ee pawn"
- **wazari:** "wah zah ree"
- **yuko:** "you ko"
- **koka:** "koh kuh"
- **wazari awase te ippon:** "ah wah seh tuh"

b. Penalties Used




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

c. 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"
- **Hantei (call for decision):** "hahn tay"
- **Sore Made (end of match):** "sore uh mahda"

JUDO SCORES AND HOW THEY EARNED

III. Sport Operations/3. Judges/Officials/Referees Requirements/j. Scores and How They Are Earned

SCORE & Referee Signal		THROWS or Counter Throws	HOLD DOWNS (seconds)	CHOKE or ARM LOCK	PENALTY By OPPONENT
IPPON		Largely on back with speed, considerable force and control*	25	Tap out, choke out or stop by referee	Hansoku u Make
WAZARI		Partially lacking in either largely on back, speed or force	20	NO SCORE POSSIBLE EXCEPT IPPON	Shido 3
YUKO		Mostly on side of upper body or lower back and lacking either or both speed or force	15		Shido 2

- *Control means “distinguishable thrower” at time of impact. Does not imply thrower must have grip on opponent’s uniform with either one or both hands at time throw was either started or completed.
- Match ends immediately when ippon is scored.
- Two wazari scores equal ippon. No other scores accumulate to equal a higher score. No amount of yuko scores equal wazari.

- Equivalency scores as result of penalty are posted immediately. If subsequent penalties are assessed, previously posted score is replaced with the higher score.
- Result of any technique started simultaneous with end of match time signal shall be considered valid.
- Hold down in effect (osaekomi) not stopped by end of the match time. Match continues until “ippon” or “toketa” result.
- Attacks that do not score are considered for decisions in tie or scoreless matches. Decisions based on quality rather than quantity of attacks, (i.e., closest attack to a score prevails.)
- Head referees and/or tournaments director may change any major or blatantly incorrect calls or procedural errors if necessary to rectify an egregious mistake.

Any additional questions, please contact the AAU National Headquarters (407) 934-7200.