



Judo



COMPETITION MANUAL

Updated: August 2025



GUIDING BODIES

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International rules will be followed unless specified in WPFG Guidelines

EVENTS

Age as of Date: 12/31/2027

Entry Deadline: 2/28/2027

MEN: Specific AGE Categories are:

- 18 +
- 30 +
- 40 +
- 50 +
- 60 +

Extra lightweight	60 Kg & Under
Half lightweight	66 Kg & Under
Lightweight	73 Kg & Under
Half middleweight	81 Kg & Under
Middleweight	90 Kg & Under
Half heavyweight	100 Kg & Under
Heavyweight	Over 100 Kg

WOMEN: Specific AGE Categories are:

- 18 +
- 40 +
- 60 +



Extra Lightweight	52 Kg
Lightweight	63 Kg
Middleweight	78 Kg
Heavyweight	Over 78 Kg

EQUIPMENT

ARTICLE 1 - Competition Area

The competition area shall be a minimum of 14 Metres x 14 Metres and a maximum of 16m x 16m and shall be covered by Tatamis or similarly acceptable material.

The competition area shall be divided into two (2) zones.

The inner area shall be called the contest area and shall always be of a minimum of 8m x 8m or a maximum of 10m x 10m. The area outside the contest area shall be called the safety area and shall be a minimum of 3m wide.

The Contest Area will be one colour and the Safety Area will be a different colour. The colours are not defined.

The competition area must be fixed to a resilient floor or platform (see Appendix below).

Where two (2) or more adjoining competition areas are used, a common safety area of 4m is necessary.

A free zone, a minimum of 50cm, must be maintained around the competition area.

APPENDIX

ARTICLE 1 – Competition Area

Tatamis:

Shall measure 1m x 2m or 1m x 1m, made of pressed foam.

They must be firm under foot, have the property of absorbing shock during *Ukemi*, and not be slippery or too rough.



These elements making up the surface for the competition must be aligned without space in between be smooth of surface and fixed in such a way that they cannot be displaced.

Platform

The platform is optional and must be solidly made of wood, while still having certain resilience and measuring approximately 18m x 18m and no more than 1m in height (generally 50cm or less). (When using a platform, it is recommended that the safety area should be 4m wide all around the competition area).

ARTICLE 2 – Equipment

a) Care System

The responsibility of on-site setup and troubleshooting resides with the tournament director/chief referee. Under this plan, the CARE system will be installed by the tournament director. The tournament director, with the help of Chief Referee will ensure a sufficient number of CARE referees are present to operate care.

The recommendation is to use the CARE system with 2 video cameras with installed CARE software on a laptop per mat. Together with the radio system with ear-set, which takes care of the communication between the mat referee and the video referee.

The placement of the two cameras on a tripod is on the side of the jury table in such a way that a cross-film image is created.

The cameras can be operated by instructed operators from a chair. If these operators are not present, choose a location where the fixed cameras cannot be moved.

Mat Referee is responsible for running the contest and immediately giving the technical results, orders or sanctions without involving the table referees or the refereeing commission who supervises the competition.



Mat Referee ensures that the table referees agree with them concerning the technical results or sanctions. In the case of a disagreement, they apply the rule of the majority of three for final decisions.

The Refereeing Commission will intervene only in exceptional cases, as the Referees are responsible for each mat.

A blue and a white flag for the Referee to use shall be available close by the contest area (e.g. on the Technical Officials table).

b) Scoreboards

For each competition area there shall be one (1) scoreboard that indicates the scores horizontally, not exceeding 90cm in height and 2m in width, placed outside the competition area where they can be easily seen by the Referees, Commission members, officials, competitors and spectators.

Whenever electronic score boards are used, manual score boards must be available for control (see Appendix below).

c) Timing Clocks

There shall be timing clocks as follows:

Contest duration:	one (1)
<i>Osaekomi</i> :	two (2)
In reserve:	one (1)

Whenever electronic timing clocks are used, manual timing clocks must also be used to check their accuracy (see Appendix below).

d) Flags (Timekeepers)

Timekeepers shall use flags as follows:

Yellow:	Time out
Green:	<i>Osaekomi</i> duration

It will not be necessary to use the yellow and blue flags whenever an electronic display clock showing contest duration and *Osaekomi* duration is in use. However, these flags must be available in reserve.

e) Time Signal

There shall be a bell or similar audible device to indicate to the Referee the end of the time allotted for the contest.

f) Blue and White *Judogis* (Judo Uniforms)



The contestant shall wear either a blue or white *Judogi* (The first competitor called shall wear the white *Judogi*; the second shall wear the blue). *Judogi* must meet the requirements and can be tested with the Sokuteiki.

IJF Approved *Judogi* are NOT obligatory!

- For a better efficiency and to have a good grip it is necessary for the jacket to be well fitted in the belt, with the belt tied tightly.
- To reinforce that, the competitor shall arrange their *judogi* and belt quickly between *Mate!* and *Hajime!* announced by the referee.
- If an athlete intentionally loses time arranging his jacket and belt, he will receive *Shido*.

APPENDIX

Article 2 – Equipment

Position of Scoreboard / Contest Sheet Writers / Timekeepers

The Contest Sheet Writers, Scoreboard Keepers and Timekeepers must be facing the Referee.

Distance of spectators

In general, the spectators should not be permitted closer than 3m to the competition area (or platform).

Timing clocks and Scoreboards

The timing clocks must be accessible to those persons responsible for maintaining their accuracy, and they must be checked for accuracy at the start of and regularly during the competition. The scoreboards must meet the standards set by the IJF and should be at the disposal of the Referees as needed. The manual timing clocks must be used simultaneously with the electronic equipment, in case of failure of the electronic timing clocks. The manual scoreboards must be available in reserve.

ARTICLE 3

Judo Uniform (*Judogi*)

The contestants shall wear a *Judogi* complying with the following conditions:



1. Strongly made of cotton or similar material, in good condition (without rent or tear). The material must not be so thick or hard or slippery as to prevent the opponent from taking a grip.
2. Blue in color for the second contestant and white or off-white for the first contestant.
3. (Acceptable markings, where a contest is eligible): Refer applicable sub-section under ARTICLE 3 – Judo Uniform of IJF Rules.
4. The jacket shall be long enough to cover the thighs and shall, at a minimum, reach the fists when the arms are fully extended downwards at the side of the body. The body of the jacket shall be wide enough to cross over at the level of the bottom to the edge with a minimum overlap of 20cm. The sleeves of the jacket must reach the wrist joint at a maximum and 5cm above the wrist joint at a minimum. A space of 10-15cm shall exist between the sleeve and the arm (including bandages) on the entire length of the sleeve.
5. The trousers, free of any markings, shall be long enough to cover the legs and shall at a maximum reach the ankle joint and at a minimum 5cm above the ankle joint. A space of 10-15cm shall exist between the trouser leg and the leg (inclusive of bandages) on the whole length of the trouser leg.
6. A strong belt, 4 to 5 cm wide, which color corresponds to the grade, shall be worn over the jacket at waist level and tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the waist and leave 20 to 30 cm protruding from each side of the knot when tied.
7. Female contestants shall wear under the jacket either:
 - i. A plain white or off-white shirt with short sleeves long enough to be worn
 - ii. inside the trousers, or:
 - iii. A plain white or off-white leotard with short sleeves.

Markings and Advertising

The space on the shoulder stripes (25cm x 5 cm on both right and left side) and on the upper arms (10cm x 10cm on both right and left side) can be either used for EJU Suppliers or for own sponsors of the Federation or Judoka. The space on the right chest (5cm x 10cm) can be used by federations and their Judoka for their own sponsors. The logo of a Judogi brand can only be used, if it corresponds with brand of the Judogi itself and if it is of an EJU Supplier. Please note: On all advertising spaces it is strictly prohibited to promote



tobacco, alcohol, any substances listed in the doping code, or any product or service contrary to public morals.

The space on the left chest (10cm x 10cm) can be used for the national colours or the national emblem corresponding with the IOC code on the back number (regional or club emblems are not allowed). All other markings on the Judogi, like Judogi brand logos, name of Judoka, etc. must comply with the IJF Judogi Rules.

Refer IJF Rules at APPENDIX Article 3 – Judo Uniform (*Judogi*) for further competitor requirements relating to *Judogis*.

Also refer to ARTICLE 4 and APPENDIX for IJF requirements re Hygiene at competitions.

SCORING

The Judo Competition will be conducted with the IJF Contest Rules refer ARTICLES 19 to 29 (inclusive) for the full International Judo Federation Contest Rules for the conduct and scoring of the WPPFG Judo Events.

Technical score:

- In regular time (3 or 4 minutes), a contest can only be won by a technical score or scores (one Waza-ari or Ippon).
- A penalty or penalties will not decide the winner, except for Hansoku-make (direct or accumulative).
- A penalty is never a score.
- There are now two Shido and the third Shido becomes Hansoku-make.

COMPETITOR RESPONSIBILITY AFTER DECISION

After the referee has indicated the result of the contest, the contestants shall take one step backward to their respective blue and white tapes, make a standing bow and leave the competition area.

A decision can only be revoked after studying the video images, which shows the wrong decision and does not damage the course of the tournament.

Should the referee award the contest to the wrong contestant in error, the two judges must ensure that the referee changes this erroneous decision.



All actions and decisions taken in accordance with the “Majority of Three” rule by the referee and judges shall be final and without appeal.

BRACKETING

2 competitors in any event Best of Three Contests
3 - 7 competitors: Round Robin (Group Play); finals from results.
8 or more competitors: Double Elimination Knock out system with direct
repêchage
(guarantees all competitors fights).

SEEDING

Competitors will be separated from each other on the basis of previous judo results from WPFJG.

We only use results from our previous games.

Every competitor after that is place randomly.

WPFJG Federation Director can be consulted for any other known participants who would have been seeded otherwise due to their continental or world rankings.

COACHING

Code of behaviour of coaches as defined in the IJF Sports and Organization Rules, Annex 4 will be strictly observed. Coaches are not allowed to give indications to the competitors while they are fighting. Only during the pause time (after mate), will coaches be permitted to give indications to their athletes. After the pause is finished, and the fight continues (Hajime), coaches must keep silent. If a coach doesn't follow these rules, she/he can be expelled from the competition area for the day. If the coach persists with this behaviour from outside the competition area, she/he could be penalised further.

GENERAL SPORT RULES for Judo

ELIGIBILITY

1. Black and Brown belts only.
2. All competitors in Judo shall have an identification card, certificate or diploma authorized by a credentialed school or instructor with them at the competition meet.
3. All competitors will be medically examined before weigh-in.



WEIGH-IN PROCEDURES

The weighing-in of the competitors shall not take place more than 24 hours prior to competition for the specific weight category. The competitor shall always use the weight made at the time of weigh-ins.

The weigh-ins shall be conducted in a private room. The room will be available to the officials' 15 minutes before the start of the weigh-in.

A **MANDATORY** weigh-in will be conducted the day prior to the start of the competition. Each athlete **SHALL** attend this weigh-in. It is the responsibility of the athlete to make sure that they are in attendance for this weigh-in to provide fair competition for all athletes in this event. If you do not attend the scheduled weigh-in, you will be **DISQUALIFIED FROM THE EVENT**.

NO EXCEPTIONS TO THIS RULE!

An accurate IJF accredited scale shall be used. Two chairs and a table shall be provided for the officials to record the body weights. Scales will also be available at the Registration Centre, or the official scales are available the whole day for unofficial weight control.

The competitors:

- presenting themselves after the closing of the weigh-in, cannot participate at the competition.
- can present themselves only one time on the scales during the official weigh-in.
- must present their WPMF Accreditation and Passport (or national ID card indicating nationality and date of birth) at the official weigh-in.

DURATION OF CONTEST

Men:

18 years to 29 years (Formally OPEN): four (4) minutes real contest time,
30 years to 39 years (Formally SENIOR), 40 years to 49 years (Formally MASTER), and 50 years and Over (Formally GRAND MASTER): three (3) minutes real contest time

Women:

18 years to 39 years: four (4) minutes real contest time.
40 over and over: three (3) minutes real contest time



Any contestant is entitled to rest between contests for a period of one 1 complete match. If the match finish earlier there will be played another match till the complete match time (total 4 or 3 minutes) is played

TIME OUT

The time signaled between the announcement of “*Matte*” and “*Hajime*” and between “*Sono-mama*” and “*Yoshi*” by the referee shall not count as part of the duration of the contest.

TIME SIGNAL

The end of the time allotted for the contests shall be indicated to the referee by the ringing of a bell or other similar audible method.

When using several competition areas at the same time, the use of VARYING audible devices is required. The time signal must be sufficiently audible to be heard over the noise of the spectators.

START OF CONTEST

The mat referee is standing with his face to the jury table. The judokas stand on the edge (white will stand on the right side of the mat referee) of the tatami with the face also to the jury table. The mat referee makes a movement at the same time with both arms at shoulder height that the judokas may enter the tatami. The judokas walk next to the contest area until they reach the line of the referee. Here they wait until the mat referee can see the judokas both and then again, he makes a gesture with his arms that they can enter the contest area. The judoka makes a standing bow before they enter the mat and walk until they are about three to four meters apart and make a standing bow again and take another one step forward, after which the referee announces "Hajime" to start the contest.

The contest shall always begin in the standing position.

Only the members of the Refereeing Commission may interrupt the contest.

The contestants must bow to each other at the beginning and end of the contest. If the contestants do not bow, the referee must announce “*Rei.*”

BOWING PROCEDURE

The following Bowing Guide is adapted from the I.J.F. Bowing Guide.



A part of the etiquette of Judo, the *rei*, is a tradition which reflects the respect and discipline that permeates the unique activities of the sport. Refer to the IJF Bowing Guide for further details as bowing should be followed in a respectful fashion.

All standing *rei* should be at an angle of 30 degrees as measured at the waist.

Due to the care system, There will be 1 mat referee on the tatami. The other two referees are behind the care system. They have mutual contact with each other through means of communication (in-ear sets). The mat referee will enter the tatami along the edge of the tatami and will start the contest in the center of the tatami opposite the jury table (see start of the competition).

When the match is over, he waits for the judokas to have properly left the mat, then he walks back to the jury table and takes place behind the care system and 1 of the 2-care system referee becomes the next mat referee according to a rotation schedule. By entering and leaving the tatami the referee will make a standing *rei*.

END OF CONTEST

The referee shall announce “*Sore-made*” and end the contest:

- (a) When one contestant scores *Ippon* or *Waza-ari awasete Ippon*.
- (b) In the case of *Fusen-gachi* (win by default) or *Kiken-gachi* (win by withdrawal).
- (c) In the case of *Hansoku-make* (disqualification).
- (d) When one contestant cannot continue due to injury.
- (e) When the time allotted to the contest has expired (see *Hanei*).
- (f) Upon the announcement of “*Sore-made*” by the referee, the contestants shall return to their starting positions.
- (g) Golden Score:

When both players have no technical score or the technical scores are equal at the end of

the regular contest time, the contest shall continue in Golden Score regardless of the number of Shido given.

- Any existing score(s) and/or Shido(s) from regular time are carried into the Golden Score period and will remain on the score board.
- Golden Score can only be won by a technical score (*Waza-ari* or *Ippon*) or *Hansoku-make* (direct or by accumulative Shido).
- A penalty is never a score.



There is no time limit, only a score (waza-ari or ippon) or three shido's will end the match.

In the case of the *Ne-waza* where a player is being held and *Osaekomi* has been called, the referee will allow the hold down to continue for the 10 seconds – 19 seconds valid and 20 seconds *Ippon*, until the *Osaekomi* is broken (*Toketa*) or a *Shime-waza / kansetsu-waza* is applied by either *Tori* or *Uke* with immediate result. In this case, the competitor has won by the points according to the score reached.

If during Golden Score time, a direct *Hansoku-make* is awarded, the result for the penalized player will have the same consequences as during a normal fight.

PROHIBITED ACTS AND PENALTIES

The division of infringements, into 2 groups, is intended as a guide to give clearer understanding to all of the relative penalties normally awarded for committing the applicable prohibited act. When the penalties total up to 3 shido's, the competitor will be disqualified.

Whenever a referee awards a penalty, he/she should demonstrate the reasons for the penalty with a simple action.

A penalty can be awarded after the announcement of "*Sore-made*" for any prohibited act committed during the time allotted for the contest or, in some exceptional situations for serious acts committed after the signal to end the contest if the decision has not been given.

DEFAULT and WITHDRAWAL

The decision of *Fusen-gachi* shall be given to any contestant whose opponent does not appear for his/her contest. A contestant who is not at his/her starting position after three (3) calls at one (1) minute intervals, will forfeit the contest.

The Referee must be sure before awarding *Fusen-gachi* that he has received the authority to do so by the Refereeing Commission.

The decision of *Kiken-gachi* shall be given to any contestant whose opponent withdraws from the competition for any reason, during the contest.

INJURY, ILLNESS or ACCIDENT



The decision of the contest where one contestant is unable to continue because of injury, illness or accident during the contest shall be given by the Referee after consultation with the Judges according to the following clauses:

(a) Injury

- (i) Where the cause of the injury is attributed to the injured contestant, he/she shall lose the contest.
- (ii) Where the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the contest.
- (iii) Where it is impossible to determine which of the contestants was the cause of injury, the contestant unable to continue shall lose the contest.

(b) Sickness

Generally, when one contestant is taken sick during a contest and is unable to continue, he/she shall lose the contest.

(c) Accident

Where an accident occurs which is due to an outside influence (force majeure), after consulting with the Referee Commission, the contest shall be considered cancelled or postponed. In those cases of 'force majeure', the Sports Director, the Sports Commission and/or the IJF Jury will make the final decision.

MEDICAL EXAMINATIONS

- a) The Referee shall call the Doctor to attend to a contestant who has received a severe impact to the head or back (spinal column), or whenever the Referee has reason to believe there may be a grave or serious injury. In either case the Doctor will examine the contestant in the shortest time possible and indicate to the Referee whether the contestant can continue or not.

If the Doctor, after examining the injured contestant, advises the Referees that the contestant cannot continue the contest the Referee, after consultation with the Judges, shall end the contest and declare the opponent to be the winner by *Kiken-gachi*.

- b) The contestant may ask the Referee to call for the Doctor, but in this case the contest is terminated, and his opponent shall win by *Kiken-gachi*.



- c) The Doctor may also ask to attend his contestant, but in this case the contest is terminated, and his opponent shall win by *Kiken-gachi*.

BLEEDING INJURIES

When a bleeding injury occurs, the Referee shall call the Doctor to assist the contestant in stopping and isolating the bleeding.

In cases of bleeding, for health reasons, the Referee shall call the Doctor; the contestant is not allowed to compete while bleeding.

However, the same bleeding injury may be treated by the Doctor on two (2) occasions. The third (3) time that the same bleeding injury occurs, the Referee, after previous consultation with Judges, shall end the contest for the contestant's own safety and he shall declare the opponent to be the winner by *Kiken-gachi*.

In any case where the bleeding cannot be contained and isolated, the opponent shall be the winner by *Kiken-gachi*

Minor Injuries

A minor injury may be treated by the contestant himself.

For example, in the case of a dislocated finger, the Referee shall stop the contest (by calling *Mate* or *Sono-mama*) and allow the contestant to reset the dislocated finger. This action should be done immediately with no assistance from the Referee, or the Doctor and the contestant can continue in the contest.

The contestant will be allowed to reset the same finger on two (2) occasions. If the same dislocation occurs a third (3) time, the contestant shall not be considered to be in condition to continue in the contest. The Referee, after previous consultation with Judges, shall end the contest and declare the opponent to be the winner by *Kiken-gachi*.

APPENDIX Article 29 – Injury, Illness or Accident

If during the contest a contestant is injured due to an action by the opponent and the injured contestant cannot continue, the Referee should analyze the case and make a decision based on the rules. Each case shall be decided on its own merit.



Generally, only one (1) Doctor for each contestant is allowed in the competition area. Should a Doctor require an assistant(s), the Referee must first be informed.

The coach is never allowed in the competition area.

When the Doctor is called, the Judges shall remain seated and observe the situation. Only the Referee shall draw near to the injured contestant to ensure that the assistance provided by the Doctor is within the rules. The Judges should help the doctor, but the referee should remain standing in the middle of the competition area.

However, the Referee may call the Judges in case he needs to comment on any decision.

Medical Assistance

Relating to: -

- a) **In a minor injury &**
- b) **In a bleeding injury**

shall be administered as per the IJF Rules. Any treatment outside the provisions provided for minor and bleeding injuries will result in the opponent being awarded the contest by *Kiken-gachi*.

SITUATIONS NOT COVERED BY THE RULES

Where any situation arises which is not covered by these rules, it shall be dealt with and a decision given by the referee after consultation with the Refereeing Commission.

DISCIPLINARY ACTION / INTERVENTION

The WPF GF may impose Disciplinary Action on any person or persons under the auspices of the WPF GF and may take immediate action known as Intervention, for violations of WPF GF Rules, for reasons of safety or security or for inappropriate or unprofessional conduct not in the best interest of the WPF GF.

Allegations of Misconduct/Incidents that do not require immediate Intervention will follow the "APPEALS AND PROTESTS" section of the GENERAL RULE Book or may be independently brought by the WPF GF.



AWARDING OF MEDALS TO ATHLETES

During the medal presentation, only athletes are allowed to participate in this ceremony. Each athlete and **SHALL** present their Athlete's Credential. If the athlete does not present their Athlete's Credential, they **SHALL NOT** receive a medal. This is a mandatory requirement to receive a medal.

Technical Support Personnel and children are not allowed on the podium with the teams during the medal presentation.

The sport coordinator **SHALL** have in their possession a copy of the CSE Report with all of the new weight classes after all competitors have weighed in. This will determine and verify which event the athlete was entered into.