

# IJF Technical Seminar

Istanbul, TUR

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*As amended by USA Judo Referee Committee for USA Judo sanctioned competition in the United States (notes in RED, as approved 01/04/25 by the RC for recommendation to the Board of Directors)*

## Day 1

### Morning

#### 1. Scores in Tachi-waza

- a. Ippon – Unchanged – More decisive; nothing to discuss (speed, force, largely on the back, control)
- b. Wazari – landing more than 90 degrees (towards the back) on the shoulder axis; but not on the back
  - i. No longer considered for two-handed or scapula landing
- c. Wazari awasete ippon - Unchanged. Nothing to discuss.
- d. Yuko – landing 90 degrees on the shoulder axis (side landing) or close to side landing
  - i. Landing on upper back (scapula and / OR neck/upper back)



- ii. Landing on the side of the shoulder axis and / OR on elbow and hip landing
  1. Both knees NOT in contact with tatami (forward rotation)
  2. Landing on one side of butt with one hand IS NOT yuko

- iii. Landing on buttocks (Yuko and no Shido) – body (hips) must be bent 90 degrees or more (cannot be leaning forward); head position is not enough to determine score.
- iv. Yuko scores are counted but do not add up.
- e. No Score – Both knees in contact with tatami



*Landing with knees on the ground will not receive a score.*

- i. Landing on the buttocks with body seated and body (hips) at LESS than 90 degrees.

*Landing leaning forward will not receive a score.*

## 2. Scores in Osaekomi

- a. Ippon – Unchanged – 20 sec
- b. Waza-ari – 10 sec or more, but less than 20 sec (10-19 sec)
- c. Yuko – 5 sec or more, but less than 10 sec (5-9 sec)
  - i. In GS – Yuko score ends the match
    - 1. **PROPOSED USA JUDO CLARIFICATION: At the discretion of the tournament director, this may be modified for Round Robin divisions**
  - ii. For osaekomi to start tori must exhibit unquestionable control of uke's upper body pinned to the mat before the referee can call osaekomi.

## 3. Bear Hug

- a. Bear hug in tachi-waza is ALLOWED, excepted with hands or hands and arms clasped; forming a circle which will be penalized with Shido



*Allowed even without prior grip.*



*Not allowed due to grip on own wrist.*

- i. Even with kumi-kata established prior – bear hug with arms clasped is NOT ALLOWED
- ii. Both hands gripping the belt (or below the belt on the skirt of the gi) is fine – they just cannot grab/clasp together
  1. Due to endangering the spine
- iii. Gripping your own gi is fine – does not endanger the spine
- iv. Bear hug from the back around uke is also allowed if not clasped
- v. Bear hug with arms clasped from the side or back is Shido
- b. Allowed to attack directly (even without kumi-kata)

## Afternoon

### 4. Reverse Seoi-nage

- a. Reverse seoi-nage at senior and junior events is ALLOWED
- b. Reverse seoi-nage at cadet events will be penalized with SHIDO
  - i. **PROPOSED USA JUDO MODIFICATION: In all USA Judo 1) age group categories BELOW CADETS and 2) ALL NOVICE categories, Tori is NOT ALLOWED, and will be penalized with SHIDO (As voted and approved by the USA Judo RC)**

### 5. Tori Using the Head

- a. In senior and junior events, Tori is ALLOWED to use the head to throw
- b. In cadet events athletes are NOT ALLOWED, and they will be penalized with SHIDO
  - i. **PROPOSED USA JUDO MODIFICATION: In all USA Judo 1) age group categories BELOW CADETS and 2) ALL NOVICE categories, Tori is NOT ALLOWED, and will be penalized with HANSOKUMAKE (As voted and approved by the USA Judo RC)**

### 6. Uke applying head defense

- a. In senior and junior events, Uke is ALLOWED to use the head to defend.
- b. In cadet events, athletes are NOT ALLOWED to use the head to defend as uke. In this situation, Tori will be awarded a score, if any, and Uke will be penalized with SHIDO

- i. **PROPOSED USA JUDO MODIFICATION: In all USA Judo 1) age group categories BELOW CADETS and 2) ALL NOVICE categories, Uke is NOT ALLOWED, and will be penalized with HANSOKUMAKE (As voted and approved by the USA Judo RC)**
- c. Bridge landing continues to be scored as ippon.

## 7. Diving

- a. To “dive” headfirst on to the tatami, bending forward and downward while performing or attempting to perform techniques such as uchi-mata, harai-goshi, seoi-nage, tai-otoshi, kata-guruma, tsuri-goshi, ura-nage, etc. It is forbidden to somersault forward when uke is on the shoulders or on the back of tori, and will be penalized with hansokumake.
  - i. To given Hansokumake, there must be no doubt about the action, it must be clear.
    - 1. It is diving if it is one athlete intentionally going into the mat with the head and both shoulders.
    - 2. If it is one shoulder rolling onto the other shoulder, it is not diving, thus no Hansokumake.
    - 3. If it is a mixed action by both tori and ukie, or if there is a debate, it is no Hansokumake.
  - ii. Tori can continue in the competition if Hansokumake is awarded.
- b. Hansokumake can be given to uke if they intentionally force tori into head dive action. (No video review of this action available.)
  - i. Uke can no longer continue in the competition if Hansokumake is awarded for endangering their opponent.

## 8. Gripping Under the Belt

- a. All jacket grips and gripping under the belt to the level of the top of the inner thigh (read: bottom of the skirt / start of the leg/ above the crotch / level where buttocks meets upper leg from rear) are ALLOWED
  - i. Catching the skirt for throwing/counter techniques is ALLOWED
- b. If using negatively jacket and under the belt to the level of the top of the inner thigh (above the crotch), shido will be given
- c. Hooking the legs with the hand or arm, leg grabbing, gripping trousers, and touching the leg from the top of the inner thigh down is forbidden and will be penalized with Shido



Allowed



Allowed



Not allowed

- i. Te-guruma / sukui-nage is still NOT ALLOWED

## 9. Kansetsu-waza & Shime-waza

- a. Applying kansetsu-waza or shime-waza in tachi-waza without a judo throwing technique, or with a judo throwing technique **with a lower risk of injury**, where uke has the possibility to escape, performed with one or two hands on one arm will be penalized with shido
  - i. Can uke avoid? Ex. Seoi-nage / sode-tsurikomi-goshi – shido. Te-gatame to force uke to drop his grip – shido. Uke can actively escape, even with two hands
  - ii. Can uke avoid? Ex. Two-handed Ude-hishigi-waki-gatame with/out harai-makkikomi – hansokumake. Uke's arm is immobilized within the kansetsu-waza

## 10. Gripping Inside Jacket and Trousers

- a. In Tachi-waza it is allowed to grip inside the sleeve as Tori and as Uke
  - i. Non-standard kumi-kata; requires positive action
- b. In Tachi-waza it is not allowed to grip inside the trousers (down) as tori and as uke, and will be penalized with shido
- c. In ne-waza it is allowed to grip inside the sleeve as tori and as uke
  - i. Ex. From a juji-gatame position / sankaku-jime position – tori grips inside the sleeve; this is allowed
- d. In ne-waza it is allowed to grip inside the trousers as tori and as uke
  - i. Ex. From a sankaku-jime osae-waza, tori reaches to catch uke's leg and grabs inside uke's pant leg to establish kime \_> osaekomi

## Day 2

### Morning

#### 11.False Attack

- a. False attack is considered when:
  - i. Tori has no intention to throw
  - ii. Tori attacks without kumikata or immediately release the kumikata
  - iii. Tori makes a single fake attack or several repeated fake attacks with no breaking of uke's balance
  - iv. Tori puts a leg in between uke's legs to block the possibility of an attack
  - v. NEW: Tori has no realistic possibility to throw
- b. Players need to spar with better posture, more erect
- c. Evaluate for Kumikata, Kuzushi, Tsukuri, Kake, Is it realistic?

#### 12.Stepping outside the contest area

- a. In tachi-waza to go intentionally outside the contest area will be penalized with shido
- b. In ne-waza to go intentionally outside the contest area will be penalized with shido
- c. Look for indisputable pushing / running out of bounds to establish intentionality
- d. If either one of the players has a single foot inside the contest area, the action is allowed to continue and attacks will be considered valid
- e. While athletes are no longer penalized for stepping/pushing out – be aware of negative (defensive) posture that is still not contributing to development of a throwing opportunity
- f. Do not call mate if athletes turn their back towards their opponent in tachiwaza or getting up from newaza.

#### 13.Kumikata

- a. The time between conventional kumikata (classic hikite and tsurite) and making an attack is 30 seconds if there is a positive progression;
- b. Players will be given 8 to 10 seconds to establish kumikata;
- c. When one player has a traditional kumikata and the opponent has an unconventional kumikata, more time will be given for a positive action to develop before the unconventional grip is penalized
- d. When both players have unconventional grips or postures, more time will be allowed for a positive action to develop. If progress stops, mate will be called but no penalty will be given. This is not applied when both players are negative.
- e. Breaking grip is still penalized.

#### 14.Osaekomi

- a. A throwing score will be awarded if there is a Kodokan classified throwing technique or variation of it, with continuity and valid landing
- b. An "Osaekomi!" will be called if there is a Kodokan classified Osaekomi-waza technique or a variation of it, fixing and control

- i. Start of Osaekomi, it must exhibit clear control.
- ii. Video review can revise the end of Osaekomi; it cannot be used for redetermining the start
- iii. Just “controlling,” or holding someone down is not sufficient for Osaekomi
  - 1. Ex. Juji-gatame position is still not Osaekomi
  - 2. Ex. Laying perpendicular on tori’s hip scissoring uke is still not Osaekomi
- iv. Osaekomi now scores at 5 seconds (yuko) – valid Osaekomi-waza (Kodokan classified technique or variation) must be CLEAR

## 15. Standing From Ne-Waza

- a. No mate when players voluntarily stand up from ne-waza with contact, even if facing opposite
  - i. 01.01.25 IJF SOR, p. 141, Article 10, Sec B1 - “The athletes shall be able to make a transition from ne-waza to tachi-waza if the situation is not dangerous for both athletes with or without grips. When they both stand up, regardless of body position they can continue”
- b. If you turn your back to the opponent, you can be thrown in the middle of the mat
  - i. USA JUDO RC CLARIFICATION: If the referee feels the situation is dangerous/unsafe, they are encouraged to use their discretion to call “mate”, stopping the action