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### Sport and Organisation Rules of the International Judo Federation

#### **Abbreviations**

**EOG** - Event Organisation Guide

IJF - International Judo Federation

IOC - International Olympic Committee

LOC - Local Organising Committee

N/A - Not applicable

NOC - National Olympic Committee SOR - Sport and Organisation Rules

WJT - World Judo Tour

WRL - World Ranking List

### **Exceptional Situations**

Any situation that is not covered by the International Judo Federation (IJF) Sport and Organisation Rules (SOR) shall be dealt with by the IJF Executive Committee. If an urgent decision is needed and an Executive Committee decision is not possible the IJF Ad Hoc Commission should be composed of one (1) representative from Refereeing, 1 from Sport and 1 from Education and Coaching. If possible, composition of the Ad Hoc Commission should include one (1) IJF elected official.

### **Amendment to the Sport and Organisation Rules**

The IJF is entitled to amend its rules and regulations in a reasonable manner at any time, based on its operation and management needs and pursuant to legal procedures. Amendments must be approved by the IJF Executive Committee. The IJF will notify such amendments to its members by any method as IJF deems appropriate (including but not limited to memorandum email, website publication, or declaration at a meeting, etc.).

In the IJF SOR the masculine gender is used to refer to any physical person, (i.e., member, leader, team official, participant, athlete, coach, judge, referee, or chaperone etc.) and it shall, unless there is a specific provision to the contrary, be understood to include the feminine gender.

The terms "National Judo Federation" and "National Federation" shall refer to a member of the IJF.

For translations of Japanese terms refer to Appendix H.

The latest version of the IJF SOR can be downloaded at: https://www.iif.org/iif/documents/21

The original language of this document is English except for Appendix C and the IJF Disciplinary Code and Code of Ethics, which have been translated from French.

Comments and feedback can be sent to sport@iif.org





# **H1.1 Glossary of Japanese Terms** Approved by the Kodokan.

Japanese is one of the most difficult languages in the world for translating due its complexity, and the fact that many aspects of the language are not present in English. Differences in the written English of many words is due to the transliteration style of the Japanese language. In judo books and other published materials, we can find different versions of the same word e.g., kumi-kata and kumikata.

In each box the word/text on top is from the original SOR glossary and below is the word/text as it is in the Kodokan dictionary (Kōdōkan, New Japanese - English Dictionary of Judo, 2000). If there is only one word/text it is the same in both reference documents.

Japanese SOR glossary Kodokan dictionary	Kanji	Hiragana	English SOR glossary Kodokan dictionary
Anza	安坐	あんざ	Sitting cross-legged
Ashi-waza Ashi waza	足技	あしわざ	Foot or leg throw Foot and leg techniques
Atemi-waza Atemi waza	当身技	あてみわざ	Striking techniques
Awase-waza Awase waza	合せ技	あわせわざ	Combination of two waza-ari Point by combination
Dan	段位	だんい	Dan grade Dan ranking/level
Dojo	道場	どうじょう	Training hall
Encho-sen	延長戦	えんちょうせん	Extended contest
Fuku-shin Fuku shin	副審	ふくしん	Assistant referee/table judge Assistant referees
Fusen-gachi Fusen gachi	不戦勝ち	ふせんがち	Win by default (e.g., did not appear)
Haisha	敗者	はいしゃ	Loser
"Hajime!"	「始め!」	「はじめ!」	"Start!" "Begin!"
Hansoku	反則	はんそく	Foul Foul; violation
Hansoku-make Hansoku make	反則負け	はんそくまけ	Defeat by grave infringement or accumulated light infringements Defeat by decision
Hazumi	(No Kanji)	はずみ	Skilfulness with impetus, sharpness or rhythm
Henka-waza Henka waza	変化技	へんかわざ	Techniques against opponent's attack Change technique

Hidari-jigo-tai Hidari jigotai	左自護体	ひだりじごたい	Left lower posture Left defensive posture
Hidari-shizen-tai Hidari shizentai	左自然体	ひだりしぜん たい	Left natural posture
Hiki-te Hikite	引き手	ひきて	Pulling hand Sleeve hand; pulling hand
Hikiwake	引き分け	ひきわけ	Draw A draw, a tie
Ikioi	勢い	いきおい	Momentum with both force and speed
Ippon	一本	いっぽん	Complete point One point; a complete point
Jigo-hon-tai Jigo hontai	自護本体	じごほんたい	Straight lower posture Straight defensive posture
Jigo-tai Jigotai	自護体	じごたい	Lower posture Defensive posture
Jiku-ashi Jiku ashi	軸足	じくあし	Pivot leg Pivot leg; support leg
Jo-gai Jōgai	場外	じょうがい	Outside contest area Area perimeter zone
Jo-nai Jōnai	場内	じょうない	Inside contest area Area interior
Jo-seki Jōseki	上席	じょうせき	Upper seats Upper seat or seat of honour
Judogi/Judo-gi Jūdōgi	柔道衣	じゅうどうぎ	Judo uniform
Kachi	勝ち	かち	Win
Kaeshi-waza Kaeshi waza	返し技	かえしわざ	Counter techniques
Kake	掛け	かけ	Execution of throwing techniques Application; execution
Kansetsu-waza Kansetsu waza	関節技	かんせつわざ	Joint locks Joint techniques
Карро Каррō	活法	かっぽう	Resuscitation method Resuscitation techniques
Kata	形屑	かた	Forms Forms; formal exercise; pattern practice
Katame-waza Katame waza	固技	かためわざ	Grappling techniques
Katsu	活	かつ	Techniques of Kappo
Keiko	稽古	けいこ	Training/practice Training; practice
Kiken-gachi Kiken gachi	棄権勝ち	きけんがち	Win by withdrawal Victory by opponent's withdrawal

Kime	極め	きめ	Complete execution Complete application
Kin-sa Kinsa	僅差	きんさ	Slight superiority or inferiority Subtle differences
Kinshi-waza Kinshi waza	禁止技	きんしわざ	Prohibited techniques
"Kiotsuke!"	「気をつけ!」	「きをつけ!」	"Attention!" (words of command to make the person stand straight up with closed heels)
Kogi	講義	こうぎ	Lecture
Koshi-waza Koshi waza	腰技	こしわざ	Hip throw Hip techniques
Kumi-te Kumite	組み手	くみて	Grips hold Taking grips
Kumi-kata Kumikata	組み方	くみかた	Method of grips hold Engagement position
Kuzushi	崩し	くずし	Balance breaking Balance-breaking
Kyu-sho Kyūsho	急所	きゅうしょ	Vital points Vital point
Ma'ai Maai	間合い	まあい	Distance between two athletes Combative interval
"Maitta!"	「参った!」	「まいった!」	"I give up!"
Ma-sutemi-waza Ma sutemi waza	真捨身技	ますてみわざ	Supine sacrifice throw Supine or rear sacrifice techniques
"Mate!"	「待て!」	「まて!」	"Wait!"
Migi-jigo-tai Migi jigotai	右自護体	みぎじごたい	Right lower posture Right defensive posture
Migi-shizen-tai Migi shizentai	右自然体	みぎしぜんたい	Right natural posture
Mondo	問答	もんどう	Questions and answers
Nagekomi	投げ込み	なげこみ	Repetitive throwing practice
Nage-waza Nage waza	投技	なげわざ	Throwing techniques
Ne-shisei Ne shisei	寝姿勢	ねしせい	Ground position Mat posture
Ne-shobu Neshōbu	寝勝負	ねしょうぶ	Ground battle Grappling; mat work
Ne-waza Newaza	寝技	ねわざ	Ground works Mat/ground techniques
Osaekomi-waza Osaekomi waza	抑込技	おさえこみわざ	Hold down techniques Pinning techniques



"Osaekomi!"	「抑え込み!」	「おさえこみ! 」	"Hold is on!"
"Otagai-ni-rei!"	「お互いに礼!」	「おたがいにれ い!」	"Bow to each other!"
Randori	乱取	らんどり	Free sparring Free practice; free sparring
Rei	礼	れい	Courtesy Respect; decorum
"Rei!"	「礼!」	「れい!」	"Bow!"
Rei-ho Reihō	礼法	れいほう	Method of courtesy/bowing procedure Forms of proper respect; etiquette; manners; or decorum
Riai	理合い	りあい	Theory and principle Principle; theory
Renraku-waza Renraku waza	連絡技	れんらくわざ	Combination of several techniques Combination techniques
Renzoku-waza Renzoku waza	連続技	れんぞくわざ	Repetition of the same technique Continuous combinations of techniques
Ritsu-rei Ritsurei	立礼	りつれい	Standing bow
Seiza	正坐	せいざ	Sitting square/formal sitting Formal sitting
Shiai	試合	しあい	Contest Match; bout
Shiai-jo Shiaijō	試合場	しあいじょう	Competition area
Shido Shidō	指導	しどう	Instruction/light penalty Guidance
Shime-waza Shime waza	絞技	しめわざ	Strangling techniques
Shimpan Shinpan	審判	しんぱん	Refereeing Refereeing; umpiring
Shimpan-in Shinpan in	審判員	しんぱんいん	Referees and judges Referees
Shisei	姿勢	しせい	Posture
Shizen-hon-tai Shizen hontai	自然本体	しぜんほんたい	Straight natural posture
Shizen-tai Shizentai	自然体	しぜんたい	Natural posture
Shomen Shōmen	正面	しょうめん	Dojo front/upper seats Dojo front
	「正面に礼!」	「しょうめんに	"Bow towards Shomen!"

Shosha Shōsha	勝者	しょうしゃ	Winner Winner; victor
Shu-shin Shushin	主審	しゅしん	Chief referee/mat referee Chief referee
"Sono-mama!" "Sono mama!"	(No Kanji)	「そのまま!」	"Do not move/hold positions!" "Hold positions!"
"Sore-made!" "Sore made!"	(No Kanji)	「それまで!」	"Time is up!" "Finished!"
Sutemi-waza Sutemi waza	捨身技	すてみわざ	Sacrifice throw Sacrifice technique
Tachi-shisei Tachi shisei	立ち姿勢	たちしせい	Standing position Standing posture
Tachi-shobu Tachi shōbu	立ち勝負	たちしょうぶ	Standing battle Standing match
Tachi-waza Tachi waza	立技	たちわざ	Standing throw Standing techniques
Tai-sabaki Tai sabaki	体捌き	たいさばき	Body shifting/body control
Tatami	畳	たたみ	Straw mat
Te-waza Te waza	手技	てわざ	Hand throw Hand techniques
"Toketa!"	「解けた!」	「とけた!」	"Hold-down broken!" "Hold broken!"
Tori	取	とり	Athlete executing technique Doer/the thrower
Tsukuri	作り	つくり	Set-up to execute technique Positioning; set-up
Tsuri-te Tsurite	釣り手	つりて	Lifting hand Collar hand; catching hand
Uchikomi	打ち込み	うちこみ	Repetition training
Ude-gaeshi Ude gaeshi	腕返し	うでがえし	Arm locking throw/arm reverse Arm reverse
Uke	受	うけ	Athlete receiving opponent's attack "Receiver; the thrown"
Ukemi	受身	うけみ	Break fall Breakfall
Waza	技	わざ	Techniques Technique
Waza-ari Waza ari	技あり	わざあり	Nearly ippon "Technique exists"; a near ippon
"Waza-ari- awasete-Ippon!"	「技あり,合せて 一本!」	「わざあり,あ わせていっぽ ん!」	"Two waza-ari score Ippon!"



Yakusoku-renshu Yakusoku renshū	約束練習	やくそくれんし ゅう	Agreed-upon practice Controlled or "agreed-upon" practice
Yoko-sutemi-waza Yoko sutemi waza	横捨身技	よこすてみわざ	Side sacrifice throw Side sacrifice technique
"Yoshi!"	(No Kanji)	「よし!」	"Resume!" "Continue!"
Yusei-gachi Yūsei gachi	優勢勝ち	ゆうせいがち	Win by superior performance
Za-rei Zarei	坐礼	ざれい	Seated bow

# **H1.2 Names of Judo Techniques**

## H1.2.1 Nage-waza (68)

		Te-waza		
1	Seoi-nage	背負投	せおいなげ	SON
2	Ippon-seoi-nage	一本背負投	いっぽんせおいなげ	ISN
3	Seoi-otoshi	背負落	せおいおとし	S00
4	Tai-otoshi	体落	たいおとし	TOS
5	Kata-guruma	肩車	かたぐるま	KGU
6	Sukui-nage	掬投	すくいなげ	SUK
7	Obi-otoshi	帯落	おびおとし	oos
8	Uki-otoshi	浮落	うきおとし	UOT
9	Sumi-otoshi	隅落	すみおとし	SOT
10	Yama-arashi	山嵐	やまあらし	YAS
11	Obi-tori-gaeshi	帯取返	おびとりがえし	OTG
12	Morote-gari	双手刈	もろてがり	MGA
13	Kuchiki-taoshi	朽木倒	くちきたおし	KTA
14	Kibisu-gaeshi	踵返	きびすがえし	KIG
15	Uchi-mata-sukashi	内股すかし	うちまたすかし	UMS
16	Kouchi-gaeshi	小内返	こうちがえし	KOU

	Koshi-waza				
1	Uki-goshi	浮腰	うきごし	UGO	
2	O-goshi	大腰	おおごし	OGO	
3	Koshi-guruma	腰車	こしぐるま	KOG	
4	Tsurikomi-goshi	釣込腰	つりこみごし	TKG	
5	Sode-tsurikomi-goshi	袖釣込腰	そでつりこみごし	STG	
6	Harai-goshi	払腰	はらいごし	HRG	
7	Tsuri-goshi	釣腰	つりごし	TGO	
8	Hane-goshi	跳腰	はねごし	HNG	
9	Utsuri-goshi	移腰	うつりごし	UTS	
10	Ushiro-goshi	後腰	うしろごし	USH	



		Ashi-waza	a	
1	De-ashi-harai	出足払	であしはらい	DAH
2	Hiza-guruma	膝車	ひざぐるま	HIZ
3	Sasae-tsurikomi-ashi	支釣込足	ささえつりこみあし	STA
4	O-soto-gari	大外刈	おおそとがり	OSG
5	O-uchi-gari	大内刈	おおうちがり	OUG
6	Ko-soto-gari	小外刈	こそとがり	KSG
7	Ko-uchi-gari	小内刈	こうちがり	KUG
8	Okuri-ashi-harai	送足払	おくりあしはらい	OAH
9	Uchi-mata	内股	うちまた	UMA
10	Ko-soto-gake	小外掛	こそとがけ	KSK
11	Ashi-guruma	足車	あしぐるま	AGU
12	Harai-tsurikomi-ashi	払釣込足	はらいつりこみあし	HTA
13	O-guruma	大車	おおぐるま	OGU
14	O-soto-guruma	大外車	おおそとぐるま	OGR
15	O-soto-otoshi	大外落	おおそとおとし	OSO
16	Tsubame-gaeshi	燕返	つばめがえし	TSU
17	O-soto-gaeshi	大外返	おおそとがえし	OGA
18	O-uchi-gaeshi	大内返	おおうちがえし	OUC
19	Hane-goshi-gaeshi	跳腰返	はねごしがえし	HGG
20	Harai-goshi-gaeshi	払腰返	はらいごしがえし	HGE
21	Uchi-mata-gaeshi	内股返	うちまたがえし	UMG

	Ma-sutemi-waza				
1	Tomoe-nage	巴投	ともえなげ	TNG	
2	Sumi-gaeshi	隅返	すみがえし	SUG	
3	Hikikomi-gaeshi	引込返	ひきこみがえし	HKG	
4	Tawara-gaeshi	俵返	たわらがえし	TWG	
5	Ura-nage	裏投	うらなげ	UNA	

Yoko-sutemi-waza				
1	Yoko-otoshi	横落	よこおとし	YOT
2	Tani-otoshi	谷落	たにおとし	TNO
3	Hane-makikomi	跳巻込	はねまきこみ	HNM
4	Soto-makikomi	外巻込	そとまきこみ	SMK
5	Uchi-makikomi	内巻込	うちまきこみ	UMK
6	Uki-waza	浮技	うきわざ	UWA
7	Yoko-wakare	横分	よこわかれ	YWA
8	Yoko-guruma	横車	よこぐるま	YGU
9	Yoko-gake	横掛	よこがけ	YGA
10	Daki-wakare	抱分	だきわかれ	DWK
11	O-soto-makikomi	大外巻込	おおそとまきこみ	OSM
12	Uchi-mata-makikomi	内股巻込	うちまたまきこみ	UMM
13	Harai-makikomi	払巻込	はらいまきこみ	HRM
14	Ko-uchi-makikomi	小内巻込	こうちまきこみ	KUM
15	Kani-basami	蟹挟	かにばさみ	KBA
16	Kawazu-gake	河津掛	かわづがけ	KWA

## H1.2.2 Katame-waza (32)

Osaekomi-waza				
1	Kesa-gatame	袈裟固	けさがため	KEG
2	Kuzure-kesa-gatame	崩袈裟固	くずれけさがため	KKE
3	Ushiro-kesa-gatame	後袈裟固	うしろけさがため	UKG
4	Kata-gatame	肩固	かたがため	KAG
5	Kami-shiho-gatame	上四方固	かみしほうがため	KSH
6	Kuzure-kami-shiho-gatame	崩上四方固	くずれかみしほうがため	KKS
7	Yoko-shiho-gatame	横四方固	よこしほうがため	YSG
8	Tate-shiho-gatame	縦四方固	たてしほうがため	TSG
9	Uki-gatame	浮固	うきがため	UGT
10	Ura-gatame	裏固	うらがため	URG



	Shime-waza				
1	Nami-juji-jime	並十字絞	なみじゅうじじめ	NJJ	
2	Gyaku-juji-jime	逆十字絞	ぎゃくじゅうじじめ	GJJ	
3	Kata-juji-jime	片十字絞	かたじゅうじじめ	KJJ	
4	Hadaka-jime	裸絞	はだかじめ	HAD	
5	Okuri-eri-jime	送襟絞	おくりえりじめ	OEJ	
6	Kataha-jime	片羽絞	かたはじめ	KHJ	
7	Katate-jime	片手絞	かたてじめ	KTJ	
8	Ryote-jime	両手絞	りょうてじめ	RYJ	
9	Sode-guruma-jime	袖車絞	そでぐるまじめ	SGJ	
10	Tsukkomi-jime	突込絞	つっこみじめ	TKJ	
11	Sankaku-jime	三角絞	さんかくじめ	SAJ	
12	Do-jime	胴絞	どうじめ	DOJ	

Kansetsu-waza				
1	Ude-garami	腕緘	うでがらみ	UGR
2	Ude-hishigi-juji-gatame	腕挫十字固	うでひしぎじゅうじがため	JGT
3	Ude-hishigi-ude-gatame	腕挫腕固	うでひしぎうでがため	UGA
4	Ude-hishigi-hiza-gatame	腕挫膝固	うでひしぎひざがため	HIG
5	Ude-hishigi-waki-gatame	腕挫腋固	うでひしぎわきがため	WAK
6	Ude-hishigi-hara-gatame	腕挫腹固	うでひしぎはらがため	HGA
7	Ude-hishigi-ashi-gatame	腕挫脚固	うでひしぎあしがため	AGA
8	Ude-hishigi-te-gatame	腕挫手固	うでひしぎてがため	TGT
9	Ude-hishigi-sankaku-gatame	腕挫三角固	うでひしぎさんかくがため	SGT
10	Ashi-garami	足緘	あしがらみ	AGR

# **H1.3 Penalty Codes**

Action against spirit of judo	Penalty code	Penalty given	Article Section	Article Section Number
Negative judo	PS1	Shido	18.1.1	1
False attack	PS2	Shido	18.1.1	2
Pull down	PS3	Shido	18.1.1	3
Non combativity	PS4	Shido	18.1.1	4
Push out	PS5	Shido	18.1.1	5
Cover face	PS6	Shido	18.1.1	6
Grip avoidance	PS7	Shido	18.1.2	7
Grab below belt	PS8	Shido	18.1.2	8
Duck under arm	PS9	Shido	18.1.2	9
Hooking opponent's leg	PS10	Shido	18.1.2	10
Defensive kumikata	PS11	Shido	18.1.2	11
Fingers interlocked	PS12	Shido	18.1.2	12
Insert finger into judogi	PS13	Shido	18.1.2	13
Bend opponent's fingers	PS14	Shido	18.1.2	14
Grip breaking	PS15	Shido	18.1.2	15
Break grip with knee or leg	PS16	Shido	18.1.2	16
Hide llapel	PS17	Shido	18.1.2	17
Grip avoidance with a blow	PS18	Shido	18.1.2	18
Block opponent's hand	PS19	Shido	18.1.2	19
Leg grabbing	PS20	Shido	18.1.2	20
Encircling blet or jacket	PS21	Shido	18.1.2	21
Judogi in the mouth	PS22	Shido	18.1.2	22
Foot in judogi or belt	PS23	Shido	18.1.2	23
Shime-waza with the jacket/belt	PS24	Shido	18.1.2	24
Overstretching leg in shime-waza	PS25	Shido	18.1.2	25
Bear hug	PS26	Shido	18.1.2	26
Dojime	PS27	Shido	18.1.2	27
Kicking	PS28	Shido	18.1.2	28
Ne-waza in tachi-waza postion	PS29	Shido	18.1.2	29
Entangling the leg	PS30	Shido	18.1.2	30
Reverse seoi-nage	PS31	Shido	18.1.2	31



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Untidy judogi	PS32	Shido	18.1.2	32
Untidy hair	PS33	Shido	18.1.2	33
Head dive	PH1	Hansku- make (H)	18.2.1	1
Head defence	PH2	Hansku- make (H)	18.2.1	2
Kawzu-gake	PX1	Hansoku- make (X)	18.2.2	1
Illegal kansetsu-waza	PX2	Hansoku- make (X)	18.2.2	2
Falling while applying an armlock	PX3	Hansoku- make (X)	18.2.2	3
Reap opponent's supporting leg	PX5	Hansoku- make (X)	18.2.2	4
Dangerous action	PX6	Hansoku- make (X)	18.2.2	5
Fall backwards	PX7	Hansoku- make (X)	18.2.2	6
Drive into the mat	PX8	Hansoku- make (X)	18.2.2	7
Disregard instructions	PX9	Hansoku- make (X)	18.2.2	8
Unnecessary remarks	PX10	Hansoku- make (X)	18.2.2	9
Hard/metallic object	PX11	Hansoku- make (X)	18.2.2	10
Action against spirit of judo	PX12	Hansoku- make (X)	18.2.2	11
Undetermined	P99	Shido, Ha	soku-make	(H) or (X)

Others		
Вуе	BYE	
Fusen-gachi	FUS	
Kiken-gachi	KIK	
Undetermined	UND	
Undetermined katame-waza	UNK	
Undetermined nage-waza	UNN	
Yusei-gachi	YUS	

