



**EUROPEAN
Ne-waza Judo Competition Rules
2025**



Ne-waza Judo Competition Rules:

Application of International Judo Federation (IJF) Rules:

1. Introduction

2. Judo shiai matches follow the International Judo Federation's Sport and Organisation Rules (SOR). These rules are designed for Newaza competition and comply with all IJF rules related to the NEWAZA section. Only minor changes are made in the case of Golden Score or when a judoka stands up or moves out of the competition area.

3. Competition Start:

When a judo competition begins, the judokas enter the competition area. When the referee calls them, each judoka should step into the area and position themselves approximately 1.5 meters apart. They then kneel in Seiza (the traditional Japanese kneeling position) about 1 meter away from each other and perform a Zarei (kneeling bow). No grips are required until the referee announces "Hajime."

3.1. Competition Duration:

The standard competition duration is according to (SOR) (4 minutes).

The competition proceeds to the Golden Score if there is no clear winner by the end of the 4 minutes.

4. Golden Score:

In the Newaza Competition, the winner during the Golden Score is determined according to SOR rules, which state that the first judoka to score wins the match. The scores from previous rounds are carried over into the Golden Score period.

During the Golden Score, the match begins with the judoka in white (Tori) applying a Kodokan Osaekomi-waza technique against the judoka in blue (Uke) in the centre of the contest area. When the referee announces "Osaekomi," the judoka in blue will attempt to escape the hold. The time limit for the hold is 20 seconds. If the hold lasts longer than 5 seconds, it results in a Yuko. If the hold lasts more than 10 seconds, it results in a Wazari, according to SOR rules.

In the Golden Score, the results are evaluated after both competitors have taken turns as Tori and Uke. Both judokas are treated equally until a score difference appears or a direct or indirect Hansokumake is issued.

The process begins with the judoka in white applying a Kodokan Osaekomi-waza technique, and then, regardless of who was initially Tori, the role reverses after the time expires. The blue judogi (Uke) then takes the position of Tori, and the action is repeated.

Osaekomi always starts with one of the official Kodokan techniques, and while both Tori and Uke can choose their techniques, each must be different from the previous one. The same grip cannot be used consecutively. The time limit for holding is 20 seconds, and a hold exceeding 10-19 seconds results in Wazari and 5-9 second Yuko according to SOR rules.



Official Kodokan Osaekomi-waza techniques include Kesa-gatame, Kata-gatame, Kami-Shiho-gatame, Yoko-Shiho-gatame, Kuzure-kami-Shiho-gatame, and Tate-Shiho-gatame. Variations of these techniques are not permitted. After the “Hajime!” command is given, the Osaekomi can be changed.

5. Matte & Penalties:

According to the Rules of Competition (SOR), referees may issue Shido and Hansokumake during Judo competitions. If a Judoka stands up without attacking, the referee will stop the match by announcing "matte" while giving a Shido for the action of standing up. Both contestants will then kneel to restart the match.

If a Judoka stands up while being strangled or under an armlock, the referee will consider this a submission and award an ippon. In cases where both Judokas move out of the contest area during a hold-down, the hold will continue in the danger area until the time runs out or they reach the end of that area, at which point an ippon will be awarded.

If the hold is broken, the referee will announce "matte," and both Judokas will return to the kneeling position before the referee says "Hajime" to continue. If a Judoka leaves the contest area for no apparent reason, the referee will announce "matte," indicate that the Judoka moved out, and issue a Shido to the one who left the area.

If both Judokas exit the contest area during an action without an effective hold-down, the referee will again announce "matte," and the competition will resume from a kneeling position. The referee will also call "matte" when there is no evident progress in the match.

5.1. Decisions and Appeals:

Decisions are made according to SOR (made by the referee are final, and there is a provision for the judokas or coaches to appeal).

6. Age

The age senior's categories from 16 - 45 years

7. Weight Categories

Men: -60, -66, -73, -81, -90, -100, + 100 KG

Women: -48, -52, -57, -63, -70, -78, +78KG

8. Competition System

The type of competition system to be applied in the competition will depend on the number of entries as follows:

Competition systems according to number of participants:

- 6 and more entries: double repechage
- 3, 4, 5 entries: round-robin
- 2 entries: best of 2 contests; if 1-1, the third contest will decide.