



IJF RULES 2018-2020 (CLARIFICATION)

When is it Ne-waza ?

Both athletes must have two knees on the floor, for it to be considered Ne-waza.

No contact between the opponents must be Mate!

Lying on the stomach on the ground, the blue athlete is in Ne-waza.

In this position the blue athlete can touch the leg.

A throw (by white or blue) from this position cannot be considered for a score.

If the blue athlete has two elbows and two knees on the floor, the white athlete can do a technique but **ONLY** to transition into ne-waza.





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What is Ne-shisei?

The white athlete can throw his opponent from these positions but the attack must be done immediately.



Grip control from standing athlete (white): we still consider the athlete on his knees (blue) in tachi-waza and so tachi-waza rules will be applied.

However, if white does not attack immediately, then the referee must call mate!

Athlete on the knees (blue) cannot grab the legs with the hands/arms to defend the throw, if this happens, shido will be given.





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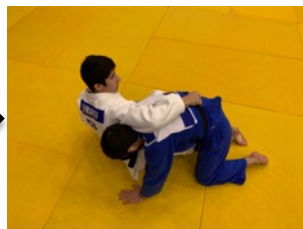
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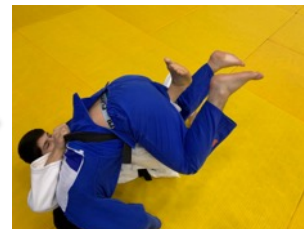
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