

New Rules for Olympic Games Cycle, 2022-2024

Decision one: Continuation of Techniques

Scoring for actions that **without stopping** are a continuation of techniques. If there is a stop in the action there is no score.

Decision two: Waza-ari Landing 1

This criterion comprises landing on the **whole side of the body at 90 degrees or more to the rear**, or one shoulder and upper back. A score will be given for a whole side of the body landing **even when the elbow is out**. Hip and shoulder position must be considered. Notice the 90-degree angle of the landing to score a Waza-ari.





Decision three: Waza-ari Landing 2

Waza-ari criteria comprises landing on the whole side of the body at 90 degrees or more to the rear or **on one shoulder and upper back**. A score will be given for a whole side body landing even when the elbow is out.



Decision four: Landing on Elbows or Hands

Landing simultaneously on two elbows or hands towards the back it is Waza-ari for Tori and **Shido** for Uke.





Decision five: Rollover Counter Techniques

No score for counter techniques where the initial attack is rolled to the back towards the counter attacking or defending judoka

Decision six: Reverse Seoi Nage

No score and **Shido** will be given for a reverse Seoi Nage



Decision seven: Gripping under the belt in the end phase

Gripping under the belt in the end phase of a throwing technique is allowed if the opponent is already in the Ne waza. If the throwing technique is interrupted, gripping under the belt is a Ne waza action.



Decision eight: Lapel and Collar grip

Collar and lapel grips are allowed if not negative. As long as Tori is not deemed as being negative, but trying to throw their opponent, then they won't be penalised for this lapel and collar grip.



Decision nine: Unconventional grips

- Belt grip
- one side grip
- cross grip
- pistol grip
- pocket grip

are not traditional grips. If taken, time will be allowed for the preparation of an attack.







Decision ten: Gripping breaking penalties

Breaking the grips and immediately taking grips is allowed. However, breaking grips and not taking a grip immediately is **Shido**.

Decision Eleven: Arranging the judogi or the judogi and hair

Retying and arranging judogi and hair is allowed once per judoka, per contest. Further occasions are penalised with **Shido**.

Decision Twelve: Head diving

Techniques using head diving are dangerous and will be penalised with Hansoku make



