



A.E.J.F. Contesting rules

The A.E.J.F. Founders, Executive Committee & Senior Officials must point out that the A.E.J.F. contest rules are different from other judo organisations, but may be similar in many instances, as we follow a common judo path. Also please be aware that the rules may change slightly for each competition.

The mat area:

That agreed by the Senior Officials, prior the start of the contest, and may be increased or decreased in size, according to the requirement on the day, providing safety is not compromised.

There should be sufficient safety area around the mat and can be adjusted for type of competition being held, i.e.; less area for a groundwork competition.

Where possible spectators should be 3 meters away from the competition area.

A First Aider should be present, close to the mat area, and known to all Officials.

A Health & Safety Officer should be present, continually checking for hazards throughout the day.

Competitors Judo Costume:

- The contestants must wear a clean **white/off white judo costume not BJJ or any other type of martial arts uniform**, in a good state of repair.
- The sleeves should cover over half the forearm, without exceeding the wrist joint.
- There should be a space of between 5 & 8cm all along the inside of sleeve, including bandages.
- The trousers should be long enough to cover more than half the calf, to the ankle.
- There should be a space of between 5 & 8cm all along the inside leg, including bandages.
- If the referee is unsure about the length of the jacket sleeves, the contestant will be asked to raise both arms forward, and if too short in the referee's opinion, will be asked to change to a suitable judogi, and this will apply to any part of the judogi, in the quickest possible time.
- Female contestants must wear a **white/off white t-shirt**, long enough to tuck into the trousers.

Hygiene of contestants:

- The judogi must be clean, dry and odourless at the start of the competition.
- Nails on both hands and feet must be cut short, to avoid injuries to opponent.
- Long hair should be tied back, as not to impede opponent's grip on the collar.
- Personal hygiene of all contestants should be reasonable.
- No metallic objects should be worn by either contestant.



Contest time:

The contest and holding times of the A.E.J.F. shall be as follows but may be adjusted by the officials on the day.

Under 8 years of age -	1 minute 30 seconds
Juniors of 8 years to 14 years -	2 minutes.
Intermediates of 15 years to 17 years -	3 minutes.
Seniors of 18 years and above -	3 minutes
Dan Grades	4-5 minutes (contest time will be decided prior to competition)

Osaekomi (Holding):

Holding 10 to 19 seconds = Koka	(3 points)
Holding 20 to 24 seconds = Yuko	(5 points)
Holding 25 to 29 seconds = Waza-ari	(7 points)
Holding 30 seconds = Ippon	(10 points)

All contests will start with a bow, and then finish with a bow, after the decision is announced.

- The referee will call osaekomi if a contestant is holding & controlling the opponent in groundwork with the opponents back, shoulders, or one shoulder is pinned to, or in contact with the mat, and the opponent's leg/s must not be controlling the contestant holding.
- The control can be made from one of the recognised hold-down techniques, which can be changed into another technique, as long as control is maintained.
- If during any time the hold is broken, the referee will call `toketa` awarding any score to that point.
- If during osaekomi, the contestant holding commits an offence, the referee will announce `matte` bringing both contestants to their starting position, award a penalty, and give any score earned to the time of the offence, then recommence the contest, standing, with `hajime` command.
- If during osaekomi, the contestant being held commits an offence, the referee will call `sono-mama` or freeze, very quickly consult with the judges, award penalty, then commence by touching both opponents with the command `yoshi`.
- Uki may attempt shime-waza (strangles) or kansetsu-waza (joint locks) whilst being held.
- If both contestants leave the mat area during osaekomi, the referee will announce `matte`, even if the foot or leg is within the area, but raised, and is not touching the mat.
- Osaekomi will still count if the uke bridges, so that his back is not touching the mat.



Time not counted as part of the contest:

When the referee calls matte, then hajime, or sono-mama then yoshi, all the time between both call periods do not count as part of the contest.

Other contest rules:

- When the referee gives a score, the referee must check with the corner judges, to ensure that one or both agree with the decision given (agreement is by the corner judges not giving any signals), if they disagree, both giving either a greater or lesser signal score, the referee will alter the score on the best of three judgement.
- If one judge gives the same score (by not signalling), and the other judge a higher score, or lower score, or, if one judge gives higher score and the other judge gives a lower score, then the decision remains.
- Judges will also indicate if one or both contestants leave the contest area during the contest.
- Unlike many other organisations, In the AEJF, skilful leg pick-ups are still allowed.
- No double knee drops throughout all A.E.J.F. competitions (Single knee drop is allowed).
- Pulling the opponent to the ground to start newaza is not allowed.
- Strangles & Arm-locks will only be permitted in intermediate and senior categories.
- Under 8 years, there will be no sacrifice techniques allowed.
- There should be no negative stiff arms, to prevent opponent attacking.
- There should be no coaching once the contest has started.

Penalties - Below, as a guide only, are examples of severity of penalties.

Shido Given to players for minor infringements of the rules:

- S1) Avoiding taking hold of opponent.
- S2) Taking an excessively defensive posture.
- S3) Continually hold the opponent's belt, bottom of jacket, or both hands on the same side of the jacket, without attacking.
- S4) To disarrange own judogi, including belt, then rearrange without referee's permission.
- S5) Insert the finger/s up the opponent's sleeve, or trouser leg, or screw the sleeves of the opponent.
- S6) Interlocking the opponents' fingers to prevent action.
- S7) To intentionally put the opponents judogi into the mouth.
- S8) To put your foot, leg, arm or hand directly into the face of opponent.
- S9) To completely encircle the belt or jacket bottom around any part of opponent.
- S10) Whilst standing, take hold of a foot/leg/trousers of opponent, unless attempting a throw.
- S11) When opponent stands from a newaza position, to continually maintain a hold with your legs around his neck, arm, armpit.
- S12) When continually ducking under, that opponent is left with both hands on same side of gi.



Chui Given to players for serious infringements of the rules.

- C1) A contestant that has already been penalised shido, commits a 2nd minor offence.
- C2) To apply dojime (leg scissors) to opponents' neck, head or trunk, with outstretched legs.
- C3) Kicking the opponent's arm or hand, with the knee or foot, to break a grip.
- C4) To put a foot or leg in the opponent's belt, lapel or collar.
- C5) Bending back the opponent's fingers to release a grip.
- C6) To deliberately pull an opponent down to start newaza.
- C7) Whilst applying a standing technique inside the area, to go outside the contest area.

Keikoku Given to players for grave infringements of the rules.

- K1) A contestant that has already been penalised chui, commits a further minor/serious offence.
- K2) To intentionally go outside the contest area or force the opponent out of the contest area.
- K3) To apply a technique outside the contest area.
- K4) Winding a leg around opponents' leg (kawazu-gake), then trying to throw opponent.
- K5) In newaza, to lift opponent off the mat, then drive opponent back onto the mat.
- K6) Applying joint locks (kansetsu-waza) anywhere other than the elbow joint.
- K7) To apply any action that may injure the opponent's neck, or spinal vertebrae.
- K8) To sweep the opponents supporting leg from the inside, whilst the opponent is applying a technique like harai goshi, etc.,
- K9) Disregarding the referees' instructions.
- K10) To make remarks, calls or gestures to the opponent, not in line with etiquette.
- K11) Taking any action that may injure or endanger the opponent, or against the spirit of judo.
- K12) To fall onto the mat while attempting an armlock, such as waki-gatame.

Hansoku Given to players for very grave infringements of the rules, or, having been penalised with Keikoku, any further minor upwards infringement then hansoku-make is given, after consulting with the judges.

- H1) A contestant already penalised keikoku, commits a further infringement.
 - H2) Diving head first onto the mat whilst attempting techniques such as uchi-mata/harai-goshi.
 - H3) Double knee drop technique (single knee drop is allowed)
 - H4) To deliberately fall backwards when the opponent is clinging to the back.
 - H5) To wear any hard metallic object, covered or not.
 - H6) Showing disrespect to any person at the event.
- A referee, after giving a penalty, shall demonstrate the action for why the penalty was given.
 - Penalties are not cumulative, i.e.: a shido (3 point penalty), followed by another minor penalty will now be a chui (5 point penalty), with the original shido removed, and so on.
 - Any further penalty after keikoku has been given, will result in hansoku (disqualification), after consultation with the judges.
 - A penalty of keikoku or hansoku should be checked with the judges, prior being awarded.



- If both contestants receive a penalty at the same time, each will be awarded according to the severity of the infringement, however, if both have already received keikoku, after consulting with the judges, the referee may give hansoku-make to both players.
- A penalty may be awarded after the contest finishes (sore-made), for any unacceptable actions, as long as the decision has not been given.

Injury, illness, accident & treatment

A contestant, injured or taken ill, that requires treatment away from the mat area, or requires more than one first aid/doctor visit, or if the first aid/doctor advises that the contestant cannot continue, the referee, after consultation with the judges, will end the contest in accordance with their decision on the following:

- a) The injured contestant caused the injury; therefore, he/she would lose the contest.
- b) The cause of injury was due to the opponent; therefore, the opponent would lose the contest.
- c) Impossible to attribute the cause to either contestant, a decision of hiki-wake would be given.
- d) A contestant taken sick during the contest, and cannot continue, shall lose the contest.
- e) An accident occurs, not attributable to either contestant, hiki-wake (draw) will be given.

The referee will announce kachi (win), make (loss), or hiki-wake (draw), on the above results.

If a contestant is injured and pulls out the contest/leaves the mat area, the cannot re-join the event.

The referee may allow the first-aid/doctor onto the mat, if the injury is caused by an opponent, and this visit will not count as a medical examination.

Other minor injuries such as nose bleeds, broken nails, short pain injuries, plasters and bandage replacement/repairs, must be carried out as soon as possible.

Any situation that may arise, not covered in this document, the decision reached by the referee, after consultation with the judges, or tournament organiser will be final.