

Jan 2026 Rules Update

Hector Estevez IJF "A"

US Judo Referee Commission

Florida Judo Inc, - Referee Chair

After a full year of applying the refereeing rules introduced following the Paris 2024 Olympic Games and after an in-depth analysis of their impact on Elite judo, the IJF Refereeing Commission have released a new explanatory Video outlining the rules that will be enforced in international competition For the months ahead.

Watch the full video to stay up to date.

Please note the US Judo Referee Commission will review the updated rules and will publish updated guidance about how the rules will be implemented across all domestic competition in the United States.

[Updated Rules – YouTube](#)

UPDATED IJF REFEREEING RULES – JANUARY 2026

(10) Video | Facebook



IJF
WORLD
JUDO
TOUR

UPDATED
IJF REFEREEING RULES
JANUARY 2026

The central graphic is a gold-colored rectangular badge with rounded corners and a dark red border. It features a stylized red and white judo figure in a dynamic pose at the top. Below the figure, the text "IJF WORLD JUDO TOUR" is written in large, bold, white and red letters. At the bottom of the badge, a dark red banner contains the text "UPDATED IJF REFEREEING RULES" in white, with "JANUARY 2026" written in white on a red background below it.

SWIPE 

YUKO

IN TACHI-WAZA IS
DEFINED AS:

SIDE LANDING (90 DEGREES) OR
MORE TO THE FRONT LANDING



LANDING ON
UPPER BACK



LANDING ON
THE NECK



SWIPE 

YUKO

IN TACHI-WAZA IS
DEFINED AS:
*CONTINUED

LANDING ON THE
SIDE ON THE
SHOULDER AXIS
AND ONE ELBOW
OR ONE HAND



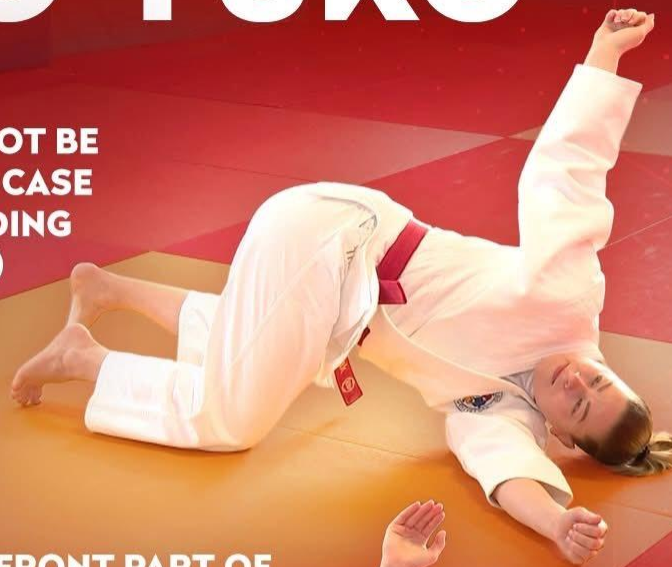
LANDING ON
ONE BUTTOCK,
WITH OR WITHOUT
TOUCHING WITH
ELBOWS AND/OR
ARMS THE MAT



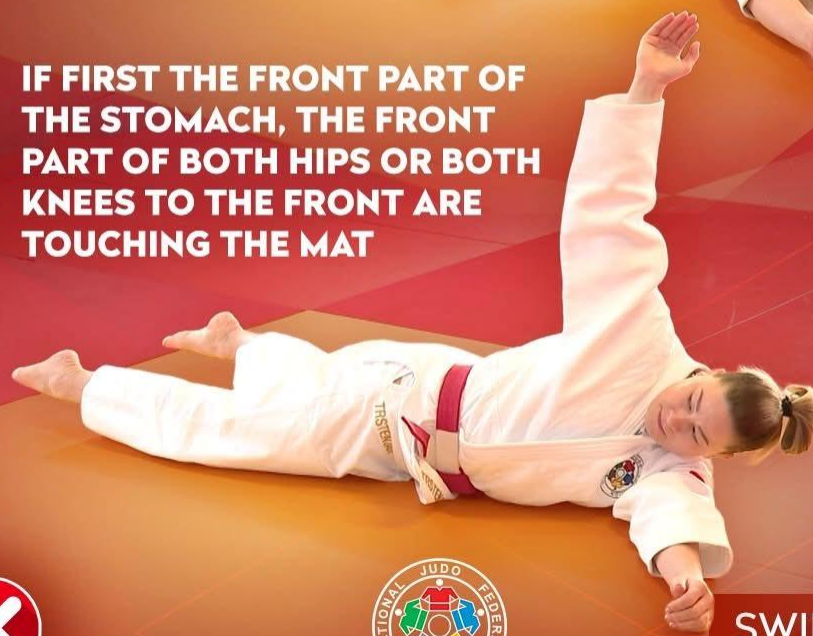
SWIPE 

NO YUKO

**YUKO WILL NOT BE
AWARDED, IN CASE
OF SIDE LANDING
(90 DEGREES)
OR MORE TO
THE FRONT
LANDING,**



**IF FIRST THE FRONT PART OF
THE STOMACH, THE FRONT
PART OF BOTH HIPS OR BOTH
KNEES TO THE FRONT ARE
TOUCHING THE MAT**



SWIPE



GRIP BREAKS

15.A BREAKING THE GRIPS WITH ONE OR TWO HANDS BUT KEEPING MINIMUM ONE GRIP IS **ALLOWED** ✓

15.B BREAKING GRIPS WITH ONE HAND AND NOT KEEPING A GRIP IS **ALLOWED** ✓

15.C BREAKING THE GRIP WITH TWO HANDS BUT NOT KEEPING A GRIP IS **SHIDO** ✗



SWIPE



WASTING TIME

**WASTING TIME BETWEEN
“MATE!” AND “HAJIME!” BY
NOT STANDING UP AFTER
NE-WAZA ACTION**

**BY NOT RETURNING
IMMEDIATELY TO
STARTING POSITION**

**BY ARRANGING
THE HAIR FOR
TOO LONG, BY
ARRANGING THE
JUDOGI FOR
TOO LONG**



SWIPE



WASTING TIME

*CONTINUED

BY TYING THE
BELT FOR TOO
LONG, OR BY A
COMBINATION
OF THESE
POINTS



FIRST TIME A
WARNING WILL
BE GIVEN, BUT
SECOND TIME
AND AFTER WILL
BE PENALISED
WITH SHIDO



SWIPE



NECK AND SPINE USHIRO-SANKAKU



✓ ALLOWED

APPLYING USHIRO-SANKAKU GRIP IN NE-WAZA ACTION, WITH OR WITHOUT "MATE!", WITH A HIGHER RISK OF INJURY OF OPPONENT'S NECK OR SPINAL VERTEBRAE, WILL BE CONSIDERED **HANSOKU-WAKE**



✗ NOT ALLOWED



SWIPE 

NON-COMBATIVITY

**WHEN CONSIDERING WHETHER TO GIVE
SHIDO FOR NON-COMBATIVITY,
ATTACKS IN TACHI-WAZA AND ATTACKS
IN NE-WAZA WILL BE CONSIDERED**



SWIPE



**When considering whether to give shido for non-combativity,
attacks in tachi-waza AND attacks in ne-waza will be considered**

Article 20: injury, illness or accident

“When a bleeding injury occurs, the referee shall call the doctor to assist in stopping the bleeding outside of the contest area, with the presence of another referee, assigned to that specific tatami. The athlete is not allowed to compete while bleeding. We need to find a solution to make medical treatment during a contest more efficient. So, we now allow the athlete to receive medical treatment of any type, such as minor bleeding or major bleeding, on two occasions only. If an athlete needs treatment for a third time, the referee shall declare the opponent the winner by Kiken-gashi. In exceptional cases, the IJF ADHOC commission created from the IJF Referee Commission and the IJF Sport Commission in consultation with the IJF Medical Commission are able to allow the athlete to be treated a third time. With this adaptation we can make medical bleeding treatment more effective and faster, and we make it easier for the referee to apply the rules.”

Dr. Antonio Castro – IJF Medical Commission Chair



IJF
WORLD
JUDO
TOUR

UPDATED
IJF REFEREEING RULES
JANUARY 2026

The central graphic is a stylized representation of a smartphone. The screen area is gold and contains the IJF World Judo Tour logo, which includes a red and white judo figure and the text "IJF WORLD JUDO TOUR". Below the screen, a dark red banner contains the text "UPDATED IJF REFEREEING RULES JANUARY 2026".

SWIPE 



ACTUALIZACIÓN DE REGLAS DE ARBITRAJE IJF 2026

ENERO 2026



YUKO

EN TACHI-WAZA SE
DEFINE COMO:

ATERRIZAJE LATERAL (90 GRADOS)
O MÁS HACIA EL FRENTE



ATERRIZAJE EN LA
PARTE SUPERIOR
DE LA ESPALDA



ATERRIZAJE EN
EL CUELLO

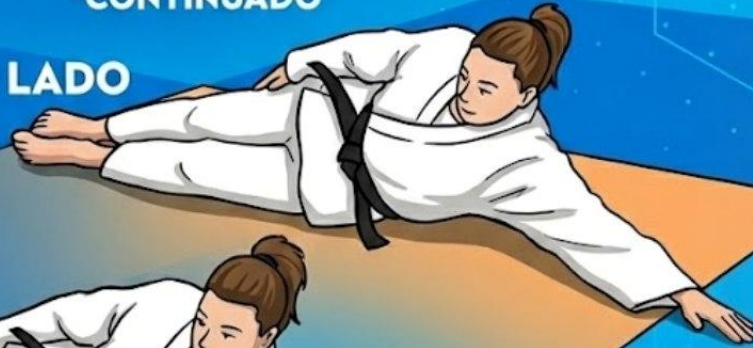


YUKO

EN TACHI-WAZA SE
DEFINE COMO:

*CONTINUADO

ATERRIZAJE DE LADO
SOBRE EL EJE
DEL HOMBRO
Y UN CODO
O UNA MANO

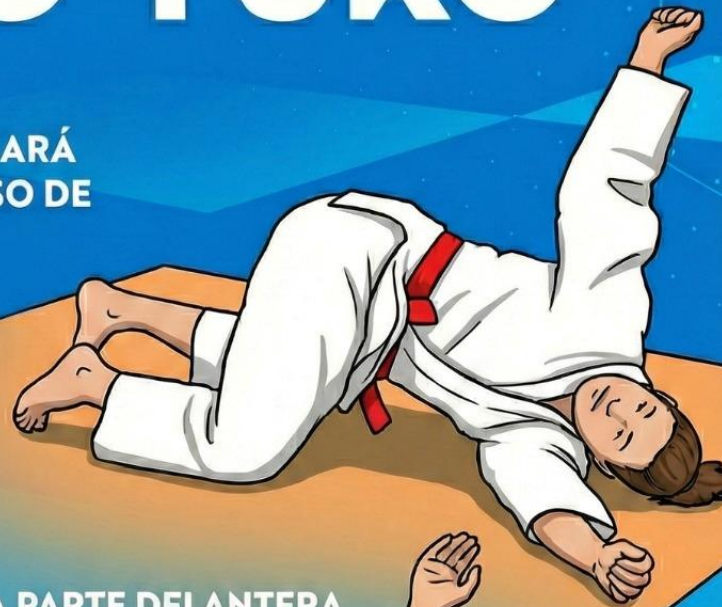


ATERRIZAJE
EN UN GLÚTEO,
CON O SIN TOCAR
LA COLCHONETA
CON LOS CODOS
Y/O BRAZOS



NO YUKO

NO SE OTORGARÁ
YUKO, EN CASO DE
ATERRIZAJE
LATERAL
(90 GRADOS)
O MÁS HACIA
EL FRENTE,



SI PRIMERO LA PARTE DELANTERA
DEL ESTÓMAGO, LA PARTE
DELANTERA DE AMBAS CADERAS
O AMBAS RODILLAS HACIA EL
FRENTE TOCAN LA COLCHONETA



ROTURAS DE AGARRE

✓ 15.A ROMPER LOS AGARRES CON UNA O DOS MANOS PERO MANTENIENDO MÍNIMO UN AGARRE ESTÁ PERMITIDO

✓ 15.B ROMPER AGARRES CON UNA MANO Y NO MANTENER UN AGARRE ESTÁ PERMITIDO

✗ 15.C ROMPER EL AGARRE CON DOS MANOS PERO NO MANTENER UN AGARRE ES SHIDO (PENALIZACIÓN)

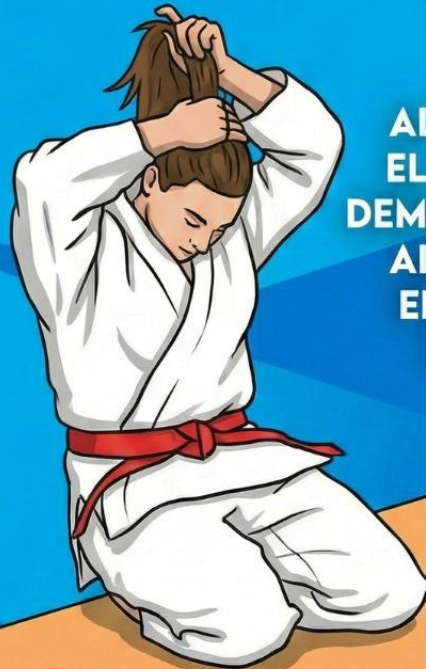


PERDER TIEMPO

PERDER TIEMPO ENTRE
“¡MATE!” Y “¡HAJIME!” AL NO
NO LEVANTARSE DESPUÉS DE
LA ACCIÓN DE NE-WAZA

AL NO REGRESAR
INMEDIATAMENTE A LA
POSICIÓN INICIAL

AL ARREGLARSE
EL CABELLO POR
DEMASIADO TIEMPO,
AL ARREGLARSE
EL JUDOGI POR
DEMASIADO
TIEMPO



PERDER TIEMPO

*CONTINUADO

AL ATARSE EL
CINTURÓN POR
DEMASIADO
TIEMPO, O POR
UNA COMBINA-
CIÓN DE ESTOS
PUNTOS



LA PRIMERA VEZ
SE DARÁ UNA
ADVERTENCIA,
PERO LA SEGUNDA
VEZ Y DESPUÉS
SERÁ PENALIZADO
CON SHIDO



CUELLO Y COLUMNA USHIRO-SANKAKU



PERMITIDO ✓

APLICAR EL AGARRE USHIRO-SANKAKU EN LA ACCIÓN DE NE-WAZA, CON O SIN "¡MATE!", CON UN RIESGO MAYOR DE LESIÓN EN EL CUELLO O VÉRTEBRAS ESPINALES DEL Oponente, SERÁ CONSIDERADO HANSOKU-MAKE



✗ NO PERMITIDO



NO COMBATIVIDAD

AL CONSIDERAR SI SE DEBE DAR SHIDO
POR NO COMBATIVIDAD, SE TENDRÁN
EN CUENTA LOS ATAQUES EN TACHI-WAZA
Y LOS ATAQUES EN NE-WAZA



**When considering whether to give shido for non-combativity,
attacks in tachi-waza AND attacks in ne-waza will be considered**

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“When a bleeding injury occurs, the referee shall call the doctor to assist in stopping the bleeding outside of the contest area, with the presence of another referee, assigned to that specific tatami. The athlete is not allowed to compete while bleeding. We need to find a solution to make medical treatment during a contest more efficient. So, we now allow the athlete to receive medical treatment of any type, such as minor bleeding or major bleeding, on two occasions only. If an athlete needs treatment for a third time, the referee shall declare the opponent the winner by Kiken-gashi. In exceptional cases, the IJF ADHOC commission created from the IJF Referee Commission and the IJF Sport Commission in consultation with the IJF Medical Commission are able to allow the athlete to be treated a third time. With this adaptation we can make medical bleeding treatment more effective and faster, and we make it easier for the referee to apply the rules.”

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