

GUIDE TO JUDO SCORING

The International Judo Federation governs Judo as a sport and has detailed rules regarding all aspects of competition (the current rule book is 63 pages). This guide is provided simply as an unofficial overview to understanding the basics of Judo scoring.

HOW MATCHES ARE WON

Judo contests are won:

- Immediately upon scoring one full point, "Ippon", either by throwing, holding, choking or arm locking your opponent.
- By the competitor with the best score of combined efforts at the end of the official time.

LENGTH OF MATCHES

Matches for Juniors are generally three minutes of *real* contest time (when matches are paused for any reason, time is stopped), while matches for Seniors are generally five minutes in length.

BASIC SCORING

¹ Two half points equal one full point.

² Moderate and minor scores are *never* added to create a higher score.

³ Throws are further explained under the heading "Scoring With Throws".

⁴ Pins are further explained under the heading "Scoring With Mat Work".

⁵ Penalties are further explained under the heading "Tournament Penalties".

NO score is given for throws which land only on hands, knees, elbows, or stomach, and NO score for pins less than 10 seconds.

JUDO SPORTSMANSHIP

Referees and Judges are never questioned and calls cannot be disputed.

NO SCORE is given for any throw where the contestant lands only on his/her knees, hands, elbows, or stomach. Also, no score is given when both contestants fall to the mat and neither is clearly in control.



Scoring With Throws ("Nage Waza")

FULL POINT (Ippon) is scored only if the contestant is thrown meeting three distinct criteria: Contestant lands substantially on his/her back with both force and speed. People commonly refer to this as a "perfect" throw. When Ippon is scored, the match is immediately won. Ippon is indicated by the referee's arm raised straight up.

IPPON



WAZA-ARI HALF POINT (Waza-ari) is scored if the contestant is thrown with "near perfect" quality (meets 2 out of 3 "Ippon" criteria). This usually means that the contestant is thrown "almost fully" on his/her back, or is without the full force or speed expected of a "perfect throw". Two half points (scored either with throws or mat work) constitute a "full point" and the match is immediately won.



MODERATE SCORE (Yuko) is given for an effective throw which meets 1 of 3 "Ippon" criteria. Yuko throws are usually done with speed but less force and where the contestant lands on his/her side or for a throw that simply does not have sufficient speed and force. Moderate scores (Yuko) *cannot* be combined to achieve Half Point (Waza-ari) or Full Point (Ippon).

YUKO



Scoring With Mat Work ("Ne Waza")

Mat work includes pins, chokes (only for contestants 14 years of age and over), and arm locks (only for contestants 17 years of age and over).

A PIN (Osae-komi) is considered to be made when the pinning contestant has: His/her opponents back and at least one shoulder in contact with the mat; Established control from the side, rear or top; His/her legs free and unencumbered by the opponent. Additionally one contestant must have some contact within bounds. If these conditions are met, the referee will call "Osae-komi" and the pin will begin to be timed.

OSAEKOMI



THE SCORE FOR A PIN IS:

- **25 Seconds — Full Point (Ippon)**
- **20 Seconds — Half Point (Waza-ari)**
- **15 Seconds — Moderate Score (Yuko)**

A PIN IS CONSIDERED BROKEN (Osae-komi Toketa) if any of the aforementioned conditions are not continually met. The score is then based on the elapsed time at the point. If a pin is reestablished, the time is started again at zero. If the match time is complete and Osaekomi has been called, the match will continue until "Ippon" is called or the hold is broken.

TOKETA



CHOKES AND ARM LOCKS: "Ippon" is awarded when a contestant submits.

Tournament Penalties

As with most sports, there are many types and levels of penalties in Judo. The International Judo Federation specifically identifies thirty-one types of prohibited activity. Most penalties are designed to ensure that the contestants' safety is protected and that high levels of competition are achieved.

The most common penalty is for "non-combativity". (not attacking for approximately 25 seconds) and defensive attitude (maintaining an excessively defensive posture for 5 seconds).

NON-COMBATIVITY



The most common level of penalty is "Shido" or "Minor Penalty". A Shido will automatically cause the opponent to be awarded a "Koka" (minor score). Two Shido will automatically cause the opponent to be awarded a "Yuko" (moderate score). Three "Shido" will automatically give the opponent "Waza-ari" (half point). Four Shido will cause the opponent to be awarded an "Ippon" (full point) which will cause him/her to be declared the winner.

Determining The Winner

Whenever a contestant scores an Ippon (full point) he/she is the automatic winner. In the event that a score of Ippon (full point) is not achieved, the contestant with the next highest score is determined to be the winner. If the highest score awarded during a match is a Waza-ari (half point), the contestant with any number or combination of lower scores. If the highest score awarded during a match is a Yuko (moderate score), the contestant with the most Yuko wins over the contestant with any number of Koka (minor score). When Koka (minor score) is the highest score, the contestant with the most Koka wins. If the score is equal at the end of the match, the match starts over at zero. The first contestant to score wins the match. If at the end of the second match the score is still equal, the judges will decide the outcome by a show of flags.