

KOSEN JUDO CANADA

Tournament Regulations

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1. Competitor

a. Eligibility requirements

- i. The combatant must have a valid membership card of Kosen Judo Canada for the right to participate in a tournament organized and administered by Kosen Judo Canada.
- ii. To promote Kosen Judo, a member of the Board of Directors of Kosen Judo Canada present at a tournament, may allow a competitor to participate in the event, even if the competitor is not a member of Kosen Judo Canada.
- iii. It is permitted to acquire a membership card for Kosen Judo at a tournament location, prior to the start of the tournament.

b. Registration form

- i. To participate in a competition, participants must complete the tournament registration form prior to the start of the tournament.

c. Hygiene

- i. Combatants must have acceptable personal hygiene to participate in the tournament.
- ii. Competition clothing must be dry and odorless.
- iii. Fingernails and toenails must be short.
- iv. Participants with long hair must tie it only using an elastic.
- v. Face and mouth piercings are strictly prohibited. Piercing below the neck is allowed, provided it is covered with suitable tape (example: white medical tape).
- vi. Makeup, perfume and body oils are prohibited.
- vii. A person with teeth braces must wear a mouth guard.

d. Category

- i. All categories of coloured belts can participate.
- ii. The fighters of different sexes cannot fight against each other.
- iii. A fighter cannot be enshrined in the relevant category to its weight. However, the day of the tournament, the tournament director may approve exceptions to the smooth running of the tournament.

e. Dress Code Regulations

- i. Inscriptions on the vest and the pants are permitted, provided they are not offensive to the ethics of Kosen Judo Canada.
- ii. With arms stretched out, the sleeves must be long enough to reach the wrist. A gap of 5 cm is tolerated.
- iii. The vest must be able to close upon itself with one side resting on the stomach and the other lapping over it.
- iv. The bottom section of the vest must be at least long enough to cover the inner legs.
- v. The sleeve opening must have a spacing of 10 and 15 cm between the underside of the wrist and the bottom of the sleeve.
- vi. The pant leg must reach the ankle. (5 cm is tolerated).
- vii. A mouth guard is permissible.
- viii. Ear protectors are permitted provided they do not contain metal parts.

- ix. All muscular support devices are permitted provided they do not contain metal components that can injure the opponent.
 - x. Jewellery and eyeglasses are prohibited.
 - xi. Scarfs or kerchiefs covering hair, face, or around the neck are not permitted.
 - xii. Competitors must be barefoot and bare handed.
 - xiii. For male combatants, Tee shirts under the uniform, are not permitted.
 - xiv. Female combatants can wear a white or blue undershirt.
 - xv. All competitors entering the combat zone for warmup or competition, must be dressed appropriately.
 - xvi. Off the competition mats, athletes must wear zooris (sandals) during the competition.
- f. Competitors Code of Conduct**
- i. Combatants must not make unethical slurs or actions, demonstrate verbal or physical violence, damage equipment, nor criticize or threaten referees and others.
 - ii. In case of unacceptable behaviour, the person will be withdrawn from the competition and Kosen Judo Canada reserves the right to withdraw the person from the next tournaments.
 - iii. If an offense is committed under Canadian law or by that of the province, the police will be contacted to enforce the law.
 - iv. Kosen Judo Canada may also withdraw the membership card of any member found guilty of ethical or judicial misconduct.
 - v. Competitors must be sober from the time of arrival through to the medal presentation ceremony.
 - vi. Those in violation will be asked to withdraw from the competition and may lose their good standing for future tournaments.
 - vii. Performance enhancing drugs are strictly prohibited. At the discretion of the tournament organizers, tests will be taken during the event.
 - viii. Positive testing will result in an automatic disqualification as well as appropriate disciplinary measures.
 - ix. Competitors are not to question tournament officials working the scoring tables unless they are invited to do so.
 - x. Competitors are asked to respect the referee decisions, unless they are invited by the officials to review a decision.
- g. Medal Presentations**
- i. To validate his or her medal victory, a competitor must wear a competition Judogi and stay for the medal presentation ceremony.
 - ii. Alternative wear for the medal presentation, must be authorized by a tournament official.

2. Coaches

- a. Coaches Code of Conduct

- i. Coaches must not make unethical slurs or actions, demonstrate verbal or physical violence, damage equipment, nor criticize or threaten referees and others.
- ii. In case of unacceptable behaviour, the person will be withdrawn from the competition and Kosen Judo Canada reserves the right to withdraw the person from the next tournaments.
- iii. If an offense is committed under Canadian law or by that of the province, the police will be contacted to enforce the law.
- iv. Kosen Judo Canada may also withdraw the membership card of any coach found guilty of ethical or judicial misconduct.
- v. Coaches must be sober from the time of arrival through to the medal presentation ceremony.
- vi. Those in violation will be asked to withdraw from the competition and may lose their good standing for future tournaments.
- vii. Coaches are not to question tournament officials working the scoring tables unless they are invited to do so.
- viii. Coaches are asked to respect the referee decisions, unless they are invited by the officials to review a decision.
- ix. To guide their athlete during a combat, coaches and trainers must be appropriately dressed to retain their right to sit in the chair reserved for them.
- x. Coaches are authorized to circulate around the tatami combat areas.

3. Tournament format

a. Start of Combat

- i. Competitors start in the upright standing position. This rule also applies when a referee calls Matte (a time out).
- ii. However, if a sonomama is called outside of the combat surface area, the competitors will resume the same position when sonomama was called, and a yoshi is called.
- iii. In the event that both competitors are inactive while on the ground, and there is no action, Matte will be called and the competition will resume in the standing position.
- iv. Matte will be called when Uke's back is off the ground and Uke's legs are around Tori's waist. The combat will resume in the upright standing position
- v. A 5 minute rest period will be allowed to a competitor that is scheduled for consecutive combats.

b. Combat duration

- i. The time limit for a combat is 5 and 4minutes for men and women respectively. The chronometer is stopped for every matte or sonomama.
- ii. A bell or whistle will signal the end of regulation time.
- iii. If a pin or immobilisation is called just before or at the same time as the bell or whistle, the immobilisation will continue until the referee gives a signal.

b. Conduct leading to minor penalties

- i. A competitor that commits a minor infraction will be imposed a shido. For minor penalties, the referee will call a shido on the spot according to his or her judgement. When the referee calls a sonomama, the combat is stopped and the referees make a decision. After the decision, the referee pronounces YOSHI and the combat will resume.
- ii. Minor penalties are called for:
 - Reluctance to take kumikata in the standing position.
 - Maintaining a defensive position for 30 seconds while in the standing position.
 - Inserting fingers in the opponent's sleeves or pant legs.
 - Intentionally undoing the judogi or stopping to arrange the judogi without the consent of the referee.
 - Biting your own judogi or the opponent's.
 - It is strictly prohibited to kick, strike with your hand, leg, or arm, the opponents face.
 - It is prohibited to insert your foot in the judogi neck, back, or through the opponent's belt.
 - Twisting an adversary's fingers to break kumikata is not allowed.
 - Continuously clenching an opponent's fingers to prevent attacks is prohibited.
 - Your own judogi cannot be used for a choke.
 - Competitors cannot intentionally exit the contest zone, or force the opponent to exit the contest zone.
 - Kumikata cannot be broken by kicking or kneeing the opponents grip.
 - Kicking with foot or leg to start an attack without the intention of immediately attacking is not allowed.
 - It is prohibited to use the opponents vest or belt to intentionally encircle them.
 - Strangulation using fingers only is prohibited.
 - Sankaku around the stomach is not permitted.
 - It is not permitted to execute sankaku without having control of the opponent's arm.
 - At the beginning of the contest, shaking hands between opponents is not permitted.
 - Competitors must respect the pre-fight salute protocol. Failure to do so will be sanctioned.

c. Conduct leading to major penalties

- i. When HANSOKU-MAKE (disqualification) is called, combatants will go to the center of the combat zone. Hansoku-make is imposed upon a combatant for any one of the following infractions:
 - Four (4) shidos will lead to disqualification.
 - Kawazu-gake technique – leg entanglement throws, wrapping around the adversary's leg while facing more or less in the same direction.
 - Any action that could endanger or hurt the opponent, particularly the neck, head, face and genitals.

- A combatant that does not respect the Kosen Judo spirit.
- Making remarks to the opponent or the referee.
- Ignore the referee's comments.
- Pick up the opponent from the mat and project him or her on their back.
- Apply a lock anywhere else but the elbow.
- A combatant who swipes the opponent's leg from the inside while the opponent is performing harai-goshi, uchi mata, etc.
- Put one's life in danger by plunging head first on the mat while executing a technique.
- Wearing a hard or metallic object.
- Entering the contest surface with a t-shirt under his uniform. This rule is for men only.
- If a contestant doesn't meet the proper dress code, he will be able to change if he has another uniform that meets the code.
- To fall intentionally on your back while the opponent jumps on your back.

d. Permitted techniques

- i.** Allowed to grab the pants for an attack.
- ii.** 'Pistol grip' is allowed.
- iii.** Allowed to grab the edge of the opponent's sleeve without inserting the fingers in the sleeve.
- iv.** kani-basami is allowed.
- v.** A projection is good if one foot is inside the combat zone at the beginning of the technique.
- vi.** The combatant can use the opponent's vest for a choke.
- vii.** The combatant is allowed an elbow lock in the upright position as long as it is marked by a pause, and that no projection follows. Otherwise he will be given a hansoku-make. An arm lock following an attempted ippon-seonage will be sanctioned by hansoku-make.
- viii.** Dakihage is accepted (to lift the opponent higher than shoulder level while his legs are wrapped around the waist).
- ix.** The combatant is allowed to use both hands to break a grip.

e. Decision in case of withdrawal or abandonment

- i.** If a combatant does not arrive on time a Fusen Gachi (abandon) will be called and the opponent will win the match.
- ii.** If a combatant forfeits during combat, for whatever reason, a kiken-gachi will be called and the opponent will win the match.
- iii.** If a combatant self-inflicts an injury, a kiken-gachi will be called and the opponent will win the match.
- iv.** If the combatant cannot continue the combat following an injury, a kiken-gachi will be called and the opponent will win the match.
- v.** The combatant is allowed to ask for medical service; however he will lose the match.

- vi. The medical delegate can ask the referee to intervene for the combatant, however the combatant will lose the match. A kiken-gachi will be called and the opponent will win the match.
- vii. The combatant will not be penalized if the referee asks for a medical intervention, unless the medical delegate judges that the combatant must cease combat.
- viii. If a combatant throws up on or near the combat surface a kiken-gachi will be called and the opponent will win the match.
- ix. If there is bleeding, the medical delegate is authorized to treat the combatant without penalty. However, should there be a third request by the medical delegate for the same bleeding incident, a kiken-gachi will be called and the opponent will win the match.
- x. If the bleeding cannot be stopped, a kiken-gachi will be called and the opponent will win the match.
- xi. A combatant is allowed to reset a finger or toe himself. In that case a Matte will be granted and the combatant can proceed with the reset. However, should there be a third request for the same dislocation, a kiken-gachi will be called and the opponent will win the match.

6. Medical service

- a. A tournament cannot be held unless there is a medical delegate on site accredited by the province in which the tournament is held.
- b. A tournament cannot be held if there is no proper medical material available on site.
- c. A combatant diagnosed with a concussion will not be allowed to continue the tournament.

7. Combat surface area

- a. The combat surface must be approved by Kosen Judo Canada before each tournament.

8. Ruling for unforeseen situations

- a. In the case of a misunderstanding of the interpretations of the rules, or for any other case not covered by the rules, the representative will make the final decision.
- b. A memorandum will be sent to Kosen Judo Canada to make the necessary adjustment to the rules.

9. Definitions

Combatant: person registered in a tournament to compete for medals.

Zooris: Japanese term for sandals.

Representative: the representative can be the tournament director, a member of the board or of the tournament or any other person designated by Kosen Judo Canada.

Doping substance: banned substances as per the CCES list.

Matte: a stop in the action

Sonomama: a break or a pause.

Uke: person being attacked.

Tori: term for the attacker.

Hansuko-make: disqualification.

Shido: penalty.

Hikiwake: a tied match or a draw.

Yoshi: resume combat.

Hajime: to announce start of combat.

Kumikata: grip taken by combatants.

Sankaku: choking with the legs.

Kawasu-gake: inside leg swipe.

Harai-goshi: leg / hip sweep.

Uchimata: inner leg sweep.

Kani basani: scissor sweep, reverse projection at foot level.

Ippon-seonage: over the shoulder throw.

Daki age: lifting off the ground.

Fusen gachi: forfeiture.

Kiken gachi: abandon.

Medical delegate: person having a certification recognized by the province in which the tournament is held to act as the responsible medical presence.

Ippon: an ippon is granted when the opponent falls largely on his back (more than half) with force, speed and control, or when pinned for 30 seconds. It can also be granted when one of the two combatants abandons due to a submission (choke or lock).

Wazari: Almost an ippon. The combatant scores seven points.