

**- JUDO -**  
**COMPETITION RULES**



*Of The:*

***UNITED STATES OF AMERICA***  
***TRADITIONAL KODOKAN JUDO***  
***(USA-TKJ)***

**USA-TKJ Judo Competition Rules**

(Version 2 / Oct 26, 2014)

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United States of America  
Traditional Kodokan Judo  
(USA-TKJ)  
**Competition Rules**

**USA National Member:**

Panamerican Judo Union (PJU)  
World Judo Federation (WJF)  
Martial Arts International Federation (MAIF)

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# USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

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## Table

<b>I. General.....</b>	<b>3</b>
Section 1 Application of Rules .....	3
Section 2 Competition Uniform and Personal Gear .....	3
Section 3 Competition Area .....	4
Section 4 Coaches .....	4
<b>II. Judo Contest.....</b>	<b>5</b>
Section 5 General Information .....	5
Section 6 Equipment & Supplies.....	5
Section 7 Weights, Ages & Match Durations .....	5
Section 8 Referees.....	6
Section 9 Table Officials .....	6
Section 10 Procedures of the Match .....	7
Section 11 Application of “Hajime”, “Mate”, “Sonomama” and “Yoshi” .....	7
Section 12 Points .....	8
Section 13 Penalties.....	9
Section 14 Decision of the Match.....	10
Section 15 Walk-over and Withdrawal .....	10
Section 16 Injury, Illness or Accident .....	10
Section 17 Team Competitions .....	11
Section 18 Reserves in Team Competitions .....	11
<b>III. Final Regulations.....</b>	<b>12</b>
Section 19 Situations Not covered by the Contest Rules .....	12
Section 20 Rules in Force .....	12
<b>Appendix Referees Signals.....</b>	<b>12</b>

# USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

---

## I. General:

### Section 1 Application of Rules

- a. These Rules apply to USA-TKJ Judo Championships in the USA-TKJ Judo Competition Program.
- b. All references in this document to the term “he” should be understood as “he or she”.
- c. In addition to these Judo Competition Rules, USA-TKJ Members may also use the Judo Contest Rules of the *World Judo Federation (WJF)* for local, state, regional and national level *USA-TKJ* sanctioned judo competitions.

### Section 2 Competition Uniform and Personal Gear

- a. The competitors shall wear an **All-White** traditional Judo Gi which must be clean and in good order. The uniform cannot be so tight or so loose as to give an “unfair advantage” to the wearer of the Gi. Competitors should bring at least two uniforms to all USA-TKJ Competitive Events (for safety – in case any bleeding on the Gi occurs). If bleeding does occur, the match will be stopped and the Gi(s) with blood will be exchanged with the competitor’s extra (clean) Gi.
- b. There can be no more than two (2) patches, logos, or adornments of any type (except for brand insignia & shoulder stripes on the jacket) on the Gi that a competitor wears in a USA-TKJ Championships.
- c. Competitors are required to provide their “own” **red** and **blue** belts to all USA-TKJ judo competitions. The competitors will be instructed as to which color belt to wear for each match by the referee or table officials. Competitors may also wear matching “**red**” or “**blue**” shin/instep pads.
- d. The Gi-Jacket shall be long enough to cover the hips and be tied around the waist by the belt.
- e. The **sleeves** shall be loose enough to grip and long enough to cover half of the forearm but not the wrist. The sleeves may not be rolled up.
- f. The **pants** shall be loose and long enough to cover half of the shinbone. Trousers legs may not be rolled up and must be at least one inch off the mat.
- g. The **belt** shall be tied with a square knot, tight enough to prevent the jacket from being too loose and long enough to go twice around the body and leave about 12 inches of the belt on each side of the knot.
- h. *Female* competitors are required to wear a plain white T-Shirt or Leotard under their Gi. *Male* are not allowed to wear anything under their Gi-Jacket.

## **USA-TKJ Judo Competition Rules**

(Version 2 / Oct 26, 2014)

---

- i. The competitors must have short fingernails and toenails.
- j. The competitors are not allowed to wear anything that may injure or endanger the opponent.
- k. Glasses may not be worn. Contact lenses may be worn at own personal risk.
- l. Long hair must be tied up with soft hair-band.
- m. It is allowed to have a Jockstrap, but must be worn under the Gi Pants.
- n. Female competitors are required to wear a T-shirt under the Gi Jacket.

### **Section 3 Competition Area**

- a. Each contest area should be at least 10 m x 10 m and shall be covered by tatami style mats at least 1.5 inches thick.
- b. The contest area shall be divided into two zones. The contest area shall always be 8 m x 8 m.
- c. The area outside the contest area shall be called the safety area and shall be at least 2 m wide.
- d. Where two or more adjoining competition areas are used, a common safety area is not permitted.
- e. There should be the possibility to share part of the safety area, but between two contest areas there must be at least 3 m.

### **Section 4 Coaches**

- a. Coaches must have attended a "USA-TKJ Judo Contest Rules Seminar" to be qualified to enter the contest area of the tournament.
- b. Only one coach, who stays at the limit of the contest area during the match, may assist contestants.
- c. If the coach exhibits misbehaviour towards the athletes, the referee, the audience or anyone else, the Mat Referee (MR) may decide to make him leave the area reserved to the officials for the duration of the match.
- d. If the misbehaviour continues, the Tournament Director or the Senior Referee of may decide to expel the coach from the official area for the entire tournament.

# USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

## II. Judo Shiai Program:

### Section 5 General Information

- a. In Judo Contest - two competitors compete against each other in a sportsmanlike competition with skills and strategy of Judo.
- b. The USA-TKJ Competition Program incorporates the Four Major Categories of Judo Technique: (1) *Throws (Nage Waza)*, (2) *Locks (Kansetsu Waza)*, (3) *Chokes (Shime Waza)*, (4) *Holds (Osae Waza)*. The competitors must be technically active through the entire period of the match. An action is technically valid when the competitor executes the technique with proper skill.
- c. All Chokes are permitted except strangulations with the "bare" hand / fingers.
- d. Competitors **13 years & under** of age are **not** allowed to use chokes or locks in the Judo match.
- e. The match time varies for each age group (See Section # 7). The Mat Referee together with the Side Referees should decide, after consulting the Table-Referee, if the last action happened before or after the end of the match time.
- f. Between two matches a recovery time of maximum 5 minutes will be allowed.

### Section 6 Equipment & Supplies

- a. The organizer of the competition shall provide the mats, medical personnel/supplies, referee arm-bands, scoreboards, score sheets, administration papers, awards and a break room or area for the referees and the technical committee.

### Section 7 Weights, Ages and Match Durations

#### Male

#### **Beginner / Novice / Intermediate / Advanced**

Senior 21+	Junior 18/19/20	Aspirant 16/17	Boys 14/15	Boys 12/13	Boys 10/11	Boys 8/9
3 min	3 min	3 min	3 min	2 min	1.5 min	1.5 min
-62kg/136lbs	-56kg/123lbs	-46kg/101lbs	-46kg/101lbs	-34kg/75lbs	-24kg/53lbs	-21kg/46lbs
-69kg/152lbs	-62kg/136lbs	-50kg/110lbs	-50kg/110lbs	-37kg/82lbs	-27kg/60lbs	-24kg/53lbs
-77kg/170lbs	-69kg/152lbs	-55kg/121lbs	-55kg/121lbs	-41kg/90lbs	-30kg/66lbs	-27kg/60lbs
-85kg/187lbs	-77kg/170lbs	-60kg/132lbs	-60kg/132lbs	-45kg/99lbs	-34kg/75lbs	-30kg/66lbs
-94kg/206lbs	-85kg/187lbs	-66kg/145lbs	-66kg/145lbs	-50kg/110lbs	-38kg/84lbs	-34kg/75lbs
94+kg/206lbs	-94kg/206lbs	-73kg/161lbs	-73kg/161lbs	-55kg/121lbs	-42kg/93lbs	-38kg/84lbs
	94+kg/206lbs	-81kg/178lbs	-81kg/178lbs	-60kg/132lbs	-46kg/101lbs	-42kg/93lbs
		81+kg/178lbs	81+kg/178lbs	-66kg/145lbs	-50kg/110lbs	42+kg/93lbs
				66+kg/145lbs	50+kg/110lbs	

## USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

### Female

#### Beginner / Novice / Intermediate / Advanced

Senior 21+	Junior 18/19/20	Aspirant 15/16/17	Girls 12/13/14	Girls 10/11	Girls 8/9
3 min	2 min	2 min	1.5 min	1.5 min	1.5 min
-55kg/121lbs	-49kg/108lbs	-40kg/-88lbs	-32kg/-70lbs	-22kg/-48lbs	-20kg/44lbs
-62kg/137lbs	-55kg/121lbs	-44kg/-97lbs	-36kg/-79lbs	-25kg/-55lbs	-22kg/-48lbs
-70kg/154lbs	-62kg/137lbs	-48kg/-105lbs	-40kg/-88lbs	-28kg/-62lbs	-25kg/-55lbs
70+kg/154lbs+	-70kg/154lbs	-52kg/115lbs	-44kg/-97lbs	-32kg/-70lbs	-28kg/-62lbs
	70+kg/154lbs	-63kg/139lbs	-48kg/105lbs	-36kg/-79lbs	-36kg/-79lbs
		63+kg/139lbs	48+kg/105lbs	-40kg/88lbs	36+kg/79lbs
				40+kg/88lbs	

### Section 8 Referees

- a. The Mat-Referee (MR) who stays within the contest area shall conduct the match.
- b. Two Side-referees (SR) shall assist the MR and shall be situated in the safety area. The SR must place themselves where they can follow at any time the course of the match as best possible and award their points.
- c. The Table-Referee (TR) is responsible for managing the score record keeping. He communicates the points and penalties to the score keepers and informs the MR about the expiration of the Match-time, the Osae-komi-time and the Injury-time.
- d. There may be two Table-referees at the finals if the number of referees allows it and if this can be done at all finals in the tournament.

### Section 9 Match Table Officials (MTO)

- a. The match table is placed opposite the position of the MR during the match.
- b. The match table officials shall be composed of one Table Referee, two Scorekeepers and one Timekeeper.
- c. One of the scorekeepers keeps a record of the competition on paper; the second one can control an electronic scoreboard.
- d. If there is any difference between the two score registers then the paper one is the correct one.

## **USA-TKJ Judo Competition Rules**

(Version 2 / Oct 26, 2014)

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### **Section 10 Procedures for the Match**

- a. The contestants start facing one another in the middle of the competition area approximately two meters apart. The contestant with the red belt stays on the MR's right side. At the sign of the MR the competitors will make a standing bow first toward the referees and then to each other.
- b. After the MR announced "Hajime", the match starts.
- c. The contestants must be actively attempting judo techniques throughout the match period.
- d. Throws must start in the contest area. The opponent may be thrown into the safety area, provided the throw presents no injury risk for the opponent.
- e. At the end of the match, the MR announces the winner and orders the standing bow first to each other, then to the referees, who are standing on one line in the contest area opposite the table referees.

### **Section 11 Application of "Hajime", "Mate", "Sonomama" and "Yoshi"**

- a. The MR shall announce "Hajime" to start and to restart the match after "Matte".
- b. The MR shall announce "Mate" to stop the match temporarily in the following cases:
  1. If both contestants leave the contest area completely.
  2. To give one or both contestants a penalty.
  3. If one or both contestants are injured or are taken ill.
  4. If one of the contestants can't tap by himself during a strangulation or lock.
  5. When Osae-komi time is expired
  6. In any other case when the MR finds it necessary (e.g. to reset the Gi or to deliver judgments)
  7. In any other case when one of the SRs finds it necessary and therefore claps his hands.
  8. The match has finished.
- c. "Sonomama" shall be used if the MR must temporarily stop the fighters. In this case, the contestants are not allowed to move. "Sonomama" will be announced:
  1. To give one or both contestants a warning.
  2. To give one or both contestants a penalty.
  3. Any other time the MR finds it necessary.
- d. After "Sonomama" the contestants continue exactly in the same position they were, when the Command was announced. To actually start again the match, the MR announces "Yoshi".



## USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

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### Section 12 Points

Scores must be marked by the majority of the referees, therefore at least two referees. If the referees give a score different from each other, the intermediate score prevails. If one of the referees doesn't see an action, the lower of the two remaining scores prevails.

- a. The following points can be given in Tachi Waza: Throws, Locks and Chokes:
1. Chokes and Locks in case the contestant can't or won't tap-out by himself and the MR must stop the match by announcing "Mate". (Ippon, 2 points)
  2. Chokes and Locks with tapping (Ippon, 2 points)
  3. A perfect throw (Ippon, 2 points)
  4. A not perfect throw (Waza Ari, 1 point)

**Speed** in a throw refers to the proper timing of the actions of the Tori so that the throw has the most effectiveness.

**Power** in a throw refers to the vigorous application of the throw in a manner that prevents a counter action and exhibits real impact.

**Control** in a throw refers to executing the technique in a safe manner that does not cause injury to your opponent nor preclude them from landing in a safe manner.

\*\*\*\*When a fall (throw) is rolled without REAL IMPACT, it is not possible to consider it Nihon! When two opponents simply fall to the ground and with no real distinction of who was in control of the throw, no point shall be awarded.

- b. The following points can be given in Ne-Waza: Locks, Chokes and Holds:
1. Chokes and Locks in case the contestant can't or won't tap-out by himself and the MR must stop the fight by announcing "Mate". (Ippon, 3 points)
  2. Osae-komi, Chokes and Locks with tapping (Ippon, 3 points)
  3. An efficient control announced as "Osae-komi" during 15 seconds. (Ippon, 2 points)
  4. An efficient control announced as "Osae-komi" during 10 seconds. (Waza Ari, 1 point)

## USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

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- d. An efficient control started within the match time is allowed to continue until termination (even after expiration of the match time). If the control is broken before the 15 seconds the MR shall announce “Toketa”.

### Section 13 Penalties

- a. Penalties must be given by vote of the majority of the referees.
- b. “**Light forbidden acts**” will be punished by “Shido” and the opponent gets 1 Waza Ari. The following actions count as light forbidden acts:
1. If one or both contestants show passivity or minor technical infringements.
  2. To deliberately go outside the contest area with both feet.
  3. To purposely push the opponent outside the contest area.
  4. To make any further actions after “Mate” or “Sonomama” has been announced.
  5. To make locks on fingers or toes.
  6. To make cross-legged locks around the kidneys and stretch the legs.
  7. To apply a choke with bare hands / fingers.
  8. If a contestant comes unprepared to the mat and delays the contest.
  9. If a contestant is wasting time on purpose (by arranging the Gi, by taking the belt off, etc.)
- c. “**Forbidden acts**” will be punished by “Chui” and the opponent gets 2 Waza Ari:
1. To execute any punches, strikes or kicks toward the opponent.
  2. To throw the opponent from the contest area to the area outside the safety area.
  3. To disregard the MR’s instructions.
  4. To make unnecessary calls, remarks or gestures to the opponent, referees, and table officials or to anyone else.
- d. In case of two “forbidden acts” the match will be lost by “Hansoku-make”.
- e. “**Heavy Forbidden acts**” include the following actions:
1. To apply any action which may injure the opponent.
  2. To throw or try to throw the opponent with any lock or strangulation.
  3. To make any locks on the neck or spinal column.
  4. To make any locks at the knee or foot.
- f. The first time a contestant makes a “heavy forbidden” act he will be penalized by “Hansoku-make”. He loses the match.

## **USA-TKJ Judo Competition Rules**

(Version 2 / Oct 26, 2014)

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- g. The second time a competitor loses by Hansoku-make in a tournament, he is expelled from the rest of the tournament.
- h. If a contestant shows unsportsmanlike behaviour after a match, the referee crew of the tatami unanimously decide that the competitor should be expelled from the rest of the tournament. They will inform the senior-referee of their decision and then coordinate with the Tournament Director to make the official announcement. The expelled contestant loses all matches he had already won, including the medals.
- i. If both contestants are penalized with Hansoku-make, the match will be repeated.

### **Section 14 Decision of the Match**

- a. A contestant may win the match before the end of the match time, if one of the contestants achieved at least one Ippon in "three" of the four categories of techniques. This is awarded a Full-Ippon and the match is ended.
- b. After the match time has expired the contestant who has the most points at the end of the match will be the winner.
- c. If the contestants have equal points at the end of the match, the contestant who achieved the most number of parts with one or more Ippons wins the match.
- d. If the score is equal both in total points and in number of different parts in which Ippons were achieved, the contestant who achieved totally more Ippons wins the match.
- e. If the score is equal both in total points, and in number of Ippon, there will be an extra round of 2 minutes until the match is settled. There is a break of 1 minute between the additional rounds. The procedure may be repeated. The scores, Ippons and penalties from the initial round are carried forward into the extra round.

### **Section 15 Walk-over and Withdrawal**

- a. The decision "Fusen-gachi" (win by walk-over) shall be given by the MR to any contestant whose opponent doesn't appear for his match.
- b. The decision "Kiken-gachi" (win by withdrawal) shall be given by the MR to the contestant whose opponent withdraws from the competition during the match.

### **Section 16 Injury, Illness or Accident**

- a. In every case when a match is stopped because of injury on either or both contestants, the MR may permit maximum time of 2 minutes to the injured

10

## **USA-TKJ Judo Competition Rules**

(Version 2 / Oct 26, 2014)

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- contestant(s) for the rest. The total rest per contestant in each match shall be 2 minutes.
- b. The injury-time starts on command of the MR.
  - c. If one of the contestants is unable to continue, the MR and the SRs will make a decision after the following clauses:
    - 1. When the cause of the injury is attributed to the injured contestant, the injured contestant shall lose the match.
    - 2. When the cause of the injury is attributed to the uninjured contestant, the uninjured contestant shall lose the match.
    - 3. When it is impossible to attribute the cause of the injury to either contestant, the uninjured contestant shall win the match.
  - d. When one contestant is taken ill during the match and he is unable to continue, he shall lose the match.
  - e. The official doctor is to decide whether the injured contestant may continue or not.
  - f. If a contestant loses consciousness or if they blackout, the match must be stopped and the contestant will be dismissed from the rest of the tournament.

### **Section 17 Team Competitions**

Team competitions are possible and the rules are the same as for individual competitions.

### **Section 18 Reserves in Team Competitions**

- a. Reserves may replace contestants who have been injured or taken ill.
- b. The reserve must be in the same weight class or in a lower weight class than the ones who are to be replaced.
- c. Reserves may not replace a disqualified contestant.
- d. Reserves must be announced and weighted at the same time as the ordinary contestants.

# USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

## III. Final Regulations





### Section 19 Situations not covered by the rules

- a. The referees of the match in question, who together must come to a decision, must deal with any situation, which arises, that is not covered by these rules.
- b. The TR has no right of vote, he can only assist.

### Section 20 Rules in Force





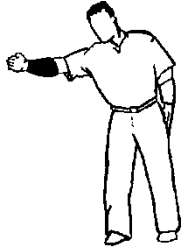

These Judo Competition Rules have been approved by the USA-TKJ Rules & Tournament Administration Committee and Approval/Authorization by the USA-TKJ Board of Directors.

## Appendix Referee Signals

 <p style="text-align: center;"><b>Hajime</b></p> <p>Start of the match / fight: The referee stands between the contestants and with both hands announces "hajime". The voice must be strong and with authority.</p>	 <p style="text-align: center;"><b>Mate</b></p> <p>Stop of the match / fight: The referee raises one of his hands to shoulder height with his arm approximately parallel to the tatami and displays the flattened palm of his hand (fingers up) to the secretariat. The voice must be strong and with authority.</p>
 <p style="text-align: center;"><b>Ippon</b></p>	 <p style="text-align: center;"><b>Ippon 3 Points</b></p>






## USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

<p>The referee raises left or right arm (depending if the score is given to the red or the blue contestant), high above the head, with palm facing forward.</p>	<p>The referee raises left or right arm (depending if the score is given to the red or the blue contestant), high above the head, with three fingers clearly shown.</p>
<div style="text-align: center;">  <p><b>Waza Ari</b></p> </div> <p>One point: The referee raises left or right arm to shoulder height (depending if the score is given to the red or the blue contestant), with palm of hand facing downwards. The sign must be clear to the secretariat.</p>	<div style="text-align: center;">  <p><b>Cancel</b></p> </div> <p>Reset a decision: The referee waves a few times with straight hand over the head after showing the decision, which must be reset. The sign must be sharp, strong and clear to the TR.</p>
<div style="text-align: center;">  <p><b>Passivity</b></p> </div> <p>Call or passivity: The referee rotates horizontally both arms from elbow to the wrist in front of the body.</p>	<div style="text-align: center;">  <p><b>Pushing out</b></p> </div> <p>The referee indicates with both hands the pushing from the contest area to safety area (outside)</p>
<div style="text-align: center;">  <p><b>Going out of the contest area</b> (Side Referee sign)</p> </div>	<div style="text-align: center;">  <p><b>Unnecessary Calls, Remarks</b></p> <p>The referee puts his index finger</p> </div>







**USA-TKJ Judo Competition Rules**

(Version 2 / Oct 26, 2014)

<p>The Side Referee indicates the situation to the mat referee, so that the MR can act accordingly.</p>	<p>extended from a closed fist in front of his mouth.</p>
<div align="center">  </div> <p><b>Throwing out of the contest area</b> The referee indicates with the left or right hand (depending if the action was applied by the red or the blue contestant) the movement from the contest area to the area outside the safety area.</p>	<div align="center">  </div> <p><b>Osae-komi</b> Control on the ground: The referee points with right or left straight hand and palm, to the contestants and announces with clear voice "Osae-komi". The hand must be pointed out for the whole time while Osae-komi is active.</p>
<div align="center">  </div> <p><b>"I did not see" – Sign</b> The referee covers the eyes with open palms, for short time (Hands over eyes)</p>	<div align="center">  </div> <p><b>Resetting the Gi</b> The referee crosses hands in front of body and then points to contestant.</p>
<div align="center">  </div> <p><b>Full Ippon</b> (Table referee sign) The table shows to the MR the sign and the colour of the winner.</p>	<p><b>Penalty</b> (Shido, Chui, Hansoku-make) The referee points towards the contestant to be penalized, with the index finger extended from a closed fist and announces the respective penalty.</p>

## USA-TKJ Judo Competition Rules



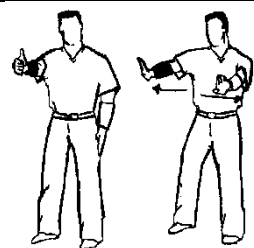
(Version 2 / Oct 26, 2014)

 <p><b>Hikiwake</b></p> <p>Same score: The referee crosses arms in front of the chest, palms stretched. The referee shall announce "Hikiwake".</p>	 <p><b>Announcement of the winner</b></p> <p>The referee indicates the winner rising at 45-degree angle, straight hand with open palm and announces with clear voice "winner" and the respective colour.</p>
 <p><b>Sonomama</b> ("Freeze" announcement)</p> <p>The MR shall tap strongly (one tap usually shall be enough) with both hands to both contestants' backs while they are fighting and announce clearly and with strong voice "Sonomama".</p>	 <p><b>Yoshi</b> ("Go on" announcement)</p> <p>After the reason of temporarily stopping ("freezing") is fulfilled, the MR shall tap once more with both hands on the contestants back and with clear and strong voice announce "Yoshi".</p>
 <p><b>Medical Time</b></p> <p>The referee forms a "T" with his both arms.</p>	 <p><b>Wasting Time</b></p> <p>The referee points towards his "wrist-watch" with the index finger extended from a closed fist.</p>



## USA-TKJ Judo Competition Rules

(Version 2 / Oct 26, 2014)

 <p><b>Forbidden Technique</b> Techniques which will be punished by Shido (locks on fingers or toes, cross-legged locks around the kidneys, or strikes of any kind. The referee applies a hit with his open hand to his forearm.</p>	 <p><b>Disregard the MR Instructions</b> The referee points towards his both ears with his index fingers extended from a closed fist.</p>
 <p><b>Break</b> (In Case of Hikiwake before a special round) The referee shows an 'OK' sign, with thumb finger straight up, to the score table and then directs the contestants off the fighting area for break.</p>	