

USJF Pilot Project For Newaza Development Competition Rules

The objective of these guidelines is to allow sanctioned newaza division or specific competition. There are no official IJF rules or rule modifications for “Newaza only” contest. The primary goal for these guidelines is to create more opportunity for judo competition, development, and fun.

Goals:

Athletes:

- Try out new newaza techniques.
- Work on making your attacks & techniques more effective.
- If your initial attack/application is not effective, make adjustments to make it effective.
- Be free of concerns about winning and losing - just concentrate on your judo.
- Work on having a better appreciation for newaza.

Referees & Coaches:

- Study and learn more newaza techniques.
- Carefully watch for progression in the development and execution of various newaza techniques.
- Improve and expand your understanding and appreciation for newaza.
- Improve your anticipation of probable sequences.

Teach, Review, & Emphasize Proper Judo Etiquette:

- Proper way to ritsurei (standing bow).
- Proper way to sit down in and stand up from seiza.
- Proper way to zarei (sitting bow).
- Kyoshi/Kuraidori position (kneeling on one knee as in Katame-no-Kata).

Newaza Contest Rules & Regulations:

1. Techniques that are illegal in contest judo, remain illegal.
2. Properly fitting judo gi required. Obi must be tied tightly at the waist.
3. Athletes will execute zarei at a position about 1M-1.5M apart prior to the start of the newaza contest and at the conclusion of the newaza contest.
4. After executing zarei prior to the start of the contest, both athletes will enter kyoshi/kuraidori with about 1M of space between each other. Athletes may have their hands up while in kuraidori.
5. Athlete may be in kyoshi with the left or right knee down, their choice.
6. Referee will announce hajime and mate as appropriate to start and stop the contest.
7. If mate is called and the athletes have moved away from the center of the tatami, they should quickly move to the center of the tatami and enter kyoshi/kuraidori.
8. Mate will be called when one contestant regains a standing position and lifts the opponent clear of the tatami, when the opponent is lying on their back with one (1) or both legs around any part of the standing contestant. (generally while tori is applying shimewaza or kansetsuwaza).
9. Tori may briefly/momentarily stand with both knees off the ground, to maneuver quickly and enter into an attack/technique.
10. No guillotine chokes are permitted.
11. Watch for endangering the neck and/or spine - excessive pressure, bending, twisting, stretching, and etc.
12. If Uke purposely moves out-of-bounds to escape from osaekomi, shimewaza, or kansetsuwaza, it shall be considered as “fleeing the contest”. Ippon shall be awarded for tori.

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13. More than half of anyone's body out-of-bounds = mate, except when uke is fleeing as in #17.
14. As this is a newaza only event, the tori should be afforded more time than usual to show progress and develop their techniques/attacks. So instead of about 10 seconds - as much as 30 seconds to show progress or change their attacks.
15. During shimewaza and kansetsuwaza techniques, the tori should be afforded more time for their technique to be applied effectively - give them a chance to practice adjusting to finish the technique properly instead of a quick mate due to little or no effectiveness.
16. At the conclusion of the match, the athletes should return to the initial starting position and sit in seiza while awaiting the referee's determination and awarding of the match to the winner. After the referee announces and awards the result, then the athletes should execute a proper zarei and then exit the contest area.
17. Depending on if the tournament format must determine winner for each match vs. allowing hikiwake:
 - A. Golden score at the end of time and run like normal (no time limit) to determine winner
 - B. Hikiwake is possible, so no golden score.

Match/Tournament Formats For Consideration:

1. Grouping by age/weight.
2. Grouping by age/weight/rank.
3. Grouping by rank.
4. Brackets/round-robin/best 2 out of 3.
5. No winners - just run matches and no announcement of winner.
6. Ippon ends match or whoever leads at time expiration wins (normal).
7. Organizers have a choice to have winner or hikiwake (tie).
8. Contest area sizes:
 - A. 12 years of age and under - 3M x 3M square or 3M circle.
 - B. 13 years of age and older - 4M x 4M square or 4M circle.
 - C. Minimum safety area
 - i. All-around - 1M minimum.
 - ii. Between adjoining contest areas = 1M minimum, preferably 2M.
9. Match times:
 - A. Running Time with or without no golden score
 - B. 12 years of age and under - 3 minutes with or without golden score
 - C. 13 years of age and older - 3 to 4 minutes with without golden score
 - D. Seniors - 3 to 5 minutes with or without golden score

If something arises not covered by these rules, ***please remember that safety is PARAMOUNT.*** Better to stop potentially dangerous action/activity than to allow something to occur.