



How To Win

IPPON – via throw or submission

SUPERIOR DECISION – 12 Point Spread, such as 12-0, 14-2, 17-5

DECISION – Score more points than opponent at the end of scheduled match time.

OVERTIME – If no points are scored in scheduled match time, then a 1-minute overtime will be used for Juniors and Masters and 2 minutes for Seniors. The first contestant to score will win. If neither contestant scores an Ippon or points, then the referee and mat judges will declare the winner based on effective attacks.

How To Win for Age Groups

Ages 15 and older: Ippon can be scored by a throw, choke or armlock.

Ages 11 to 14: Ippon can be scored by a throw, pin (25 seconds) or choke.

Ages 10 and under: Ippon can be scored by a throw or pin (25 seconds).

Scheduled Match Time

5 Minutes – Seniors

3 Minutes – Masters

3 Minutes – Juniors

In Freestyle Judo, there is no difference in time between women's and men's matches.

Win by Ippon

THROW – Throw opponent with control and force on back or back/side.

ARMLOCK – Opponent taps out or referee stops the contest.

CHOKE – Opponent taps out or referee stops the contest.

PIN (Ages 14 and Under) – Hold opponent in Osaekomi for 25 seconds.

Ippons are not scored for Osaekomi (Pins) in Senior or Masters.

You must use a throw or takedown technique to go to the ground. Pulling an opponent to the mat without attempting an actual throw (“pulling guard”) is considered passive and will result in a penalty.

Scoring Points

4 POINTS (Waza-ari)

THROW – Opponent lands mostly on the back or back side but not enough for Ippon.

PIN – Hold opponent for at least 20 seconds.

2 POINTS (Yuko)

THROW – Opponent lands on side or back in what would be Yuko in regular AAU rules.

PIN – Hold opponent for at least 10 seconds.

1 POINT (Koka)

THROW – Opponent lands on front torso (not hands and knees) or on buttocks or light on side.

PIN – Hold opponent for at least 5 seconds.




BREAKDOWN – Turn opponent onto back with control from a stable ground position.

GUARD PASS – Get past opponent's legs with control.

GUARD SWEEP – Roll or sweep opponent over with control from the Guard position.

JUDO SCORES AND HOW THEY ARE EARNED

III. Sport Operations/Judges, Officials & Referees Requirements/Scores and How They Are Earned

	SCORE & Referee Signal	THROWS or Counter Throws	HOLD DOWNS (seconds)	CHOKE or ARM LOCK	PENALTY By OPPONENT
IPPON		Largely on back with speed, considerable force and control*	2 5	Tap out, choke out or stop by referee	Hansoku Make
WAZARI		Partially lacking in either largely on back, speed or force	2 0	POSSIBLE EXCEPT IPPON	Shido 3
YUKO		Mostly on side of upper body or lower back and lacking either or both speed or force	1 5		Shido 2