



Modified Rules – 2015 Masters Kosen Judo Competition

Starting a Contest

Contestants will stand at normal starting position for a taichi waza contest. Both contestants will do a standing bow to the referee and to each other. Both contestants will then take two steps forward towards each other and face each other momentarily and then lower their left knee and assume a formal kyoshi (high kneeling) posture as demonstrated in Katame no Kata. The contestants will move towards each other so that they are approximately 1 meter apart and again assume a high Kyoshi posture. When the contestants have settled and still the referee shall call hajime to start the contest.

End of Contest

At the end of a contest each contestant will return to the centre of the mat and assume a formal kyoshi posture 1 meter apart. The referee will award the contest to the winner in the usual manner.

After the winner of the contest is awarded by the referee, each contestant will then return to the standing position by taking the reverse movements of starting a contest. Upon returning to the normal standing position the contestants will bow to each other and to the referee.

General Rules of Contest

Ippon will be scored by holding a contestant down for 20 seconds or by applying a strangle or arm bar. The referee has the discretion to call matte during a strangle or armbar and award a contest when one contestant has gained a superior advantage or the other contestant and it is probable that a continuation of the technique will result in an injury.

Wazari will be scored for holding a contestant down for 15 seconds and yuko will be called for holding down a contestant for 10 seconds.

Putting pressure on a contestant's spine is strictly prohibited and will result in an immediate disqualification.

Leglocks are strictly prohibited and will result in an immediate disqualification.

Wrist locks and bending a contestants fingers are strictly prohibited and will result in an immediate disqualification.

Touching your opponents face will be penalised shido.

Placing your fingers inside the sleeve of your opponents jacket or trousers is prohibited and will be penalised shido.

Wrapping your opponent's gi around a limb or part of their body is prohibited and will be penalised shido.

When a contestant accumulates 4 shidos in a contest, that contestant will be disqualified.

Unsportsman like behaviour will not be tolerated and will result in an immediate disqualification.