

## SCORING IN JUDO 1 by Dr. Martin L. Bregman

Scores in Judo may be obtained by the execution of throwing, holding, strangulation (ages 13 & older) & joint-locking techniques (ages 17 & older). Contestants may also lose by committing penalties.

### **Throwing Techniques (Nage Waza):**

**Ippon** – A full point is awarded when a contestant, with control, throws the other contestant 1) largely on his/her back with 2) considerable force & 3) speed.

**Waza ari** – Almost a full point is awarded when a contestant, with control, throws the other contestant, but the technique is partially lacking in 1 of the 3 elements necessary for Ippon. Two Waza ari will be added together to equal an Ippon.

**Yuko** – Is awarded when a contestant, with control, throws the other contestant either directly on his/her side or the technique is partially lacking in 2 of the 3 elements necessary for Ippon. A score will be awarded for each Yuko but they can never accumulate to the value of a Waza ari.

### **Holding Techniques:**

**Ippon** - is awarded when a contestant holds his/her opponent with osaekomi (hold down) for 25 seconds.

**Waza ari** - is awarded when a contestant holds his/her opponent with osaekomi for 20-24 seconds.

**Yuko** - is awarded when a contestant holds his/her opponent with osaekomi for 15-19 seconds.

**Choking Techniques** - Only an Ippon will be awarded as these techniques either work or not. The Ippon is awarded when the effect of the technique becomes apparent (surrender or unconsciousness) to the Referee. Surrender is accomplished by patting the mat or the opponent twice with a hand or foot, or surrendering verbally (Maitta!). Only Judoka 13 years old or older may use these techniques.

**Joint-locking Techniques** - Only an Ippon will be awarded as these techniques either work or not. The Ippon is awarded when the effect of the technique becomes apparent (surrender or arm broken or dislocated) to the Referee. Surrender is accomplished by patting the mat or the opponent twice with a hand or foot, or surrendering verbally (Maitta!). Only Senior Judoka (17 years old or older) may use these techniques.

**Penalties** - Scores may also be obtained when the opponent is penalized. The penalties & their equivalent scores awarded to the opponent are as follows:

**Shido** – the smallest penalty, given for infractions of Negative Judo (refusing to attack, making false attacks, delay of the match, intentionally going out of bounds, etc.). Up to three shidos may be assessed before disqualification occurs. For each Shido given, a progressively higher score is awarded to the opponent (i.e., 1<sup>st</sup> Shido=Free warning (no score to opponent; 2<sup>nd</sup> Shido=Yuko; 3<sup>rd</sup> Shido=Waza ari.)

**Hansoku Make** – Disqualification for a 4<sup>th</sup> minor penalty or for committing a grave infraction. If the Hansoku make is received for a grave infraction the contestant receiving the penalty will be barred from further competition (unless the penalty is for “head-diving”, or for grabbing the leg(s) with the hand or arm in which case the contestant shall only lose the match in progress).