



**QUEEN'S PARK[®]
JUDO CLUB**

Queen's Park Judo Club Tournament 2025

WJF Contest Rules

Please Note:

The competition rules apply to all QPJC competitions. It is further applicable to the examination of grades. These rules originate from traditional Kodokan Judo and support the philosophy of judo that we practice in our dojos. The rules correspond with the way we practice and teach our judo.

Contents:

Our Aim	4
Section 1: The arena	5
Section 2: Competition Area.....	5
Section 3: Judogi.....	5
Section 4: Hygiene	5
Section 5: Referee	6
Section 6: Competition rules	6
Section 7: Ippon and Waza-ari.....	6
Section 8: Osaekomi Waza	6
Section 9: Shime Waza and Kansetsu Waza	6
Section 10: Leg Grabs	7
Section 11: Penalties	7
Section 12: Scoring	8
Section 13: Children.....	8
Section 14: Contest Procedure	8
Section 15: Time table officials.....	9
Section 16: Bad behaviour.....	9
Section 17: Mat Marshal (Senior Referee)	9
Section 18: Contest time	9
Section 19: Applications	10
Section 20: Hand Signals.....	10
Section 21: Medical Attention	10
Section 22: Osaekomi Waza (Forms of Holding).....	11
Section 23: Valid and Invalid Area of Technique	11
Section 24: Sono Mama (Freeze)	11
Section 25: Award of Shido and Prohibited Acts	11
Section 26: Hansoku Make (Disqualification)	12
Section 26: Application of Matte.....	12
Section 28: Situations not covered by the contest rules	13
Section 29: Additional Rules	13
Section 30: Weight Categories	13
Section 31: Terminology.....	15

Our Aim

The World Judo Federation European rules are a simple but effective platform for judo expression that is better aligned with the philosophies, ideals and guidelines first established by Prof. Jigoro Kano. These contest rules aim to promote and preserve judo along the path originally set out by Kano and aim to provide an alternative opportunity whereby judo in its purest form can be demonstrated.

- The primary goal and objective of the WJF contest rules shall be to preserve and promote traditional Kodokan judo. This means to practice judo in its purest form via the inclusion of leg grabs, to place a strong emphasis on ne-Waza and to ingrain traditions and formalities into all of our activities.
- To encourage upright and clean, technical judo whereby participants out-skill one another rather than succeeding via the use of non-technical brute force and aggression.
- To discourage negative judo whereby participants utilise 'stiff-arms' and the constant breaking of each other's gripping that restrict and negate one another.
- To promote a disciplined contest arena whereby mat-side coaching is not allowed and excessive spectator noise is kept to a minimum.
- As contest rules govern the way instructors teach, these rules aim to provide an effective guide inclusive of all judo techniques that instructors can follow and reflect in their everyday practice.
- To create a more level playing field for all judoka to experience and enjoy all that judo has to offer.

Section 1: The arena

The judo arena must be of a secure construction inclusive of changing rooms for male and female have separate toilet facilities showers if possible, have ample parking facilities and with accessible fire exit escapes.

Section 2: Competition Area

- a. The actual contest area should be at least 4m x 4m. In addition, there will be a safety area of 2m surrounding the contest area. Matte will be called by the referee when the contestants reach the end of the mat area in due time.
- b. Mat area: The mats should be of traditional tatami vinyl or similar material and must comply with a standard thickness of 30-40mm.
- c. Where two mat areas meet, a minimum of 3m to 4m gap should separate the two contest areas.

Section 3: Judogi

- a. The competitors shall wear an **all-white** traditional judogi only that must be in clean order and in good condition for contest. The judogi must be fit for its purpose i.e. To be loose and allow flexibility in order to let the opponent to take a safe hold. In addition, the **thickness** of the jacket lapel must not be so thick to prevent or make it difficult for the opponent to take a hold preventing the function of Shime Waza (Strangulation techniques). Any contestant found to have such a jacket will not be permitted to fight, unless it is replaced with an appropriate jacket;
- b. The sleeves must be long and broad enough to cover the upper wrist. There must be at least 4cm between the end of the sleeve and the wrist; and 4cm within the inside measurements to the shoulder
- c. Only two badges or logos will be permitted on the judogi for competition. Manufacturer's insignia like shoulder stripes will be permitted, although anything deemed to be excessive will be disallowed. No other form of advertising, name tags or numbering will be permitted;
- d. The trousers should be long enough to reach the ankles and must be loose and not fitted as to restrict movement;
- e. The jacket should be long enough to cover the hips and wide enough to be crossed across the abdomen and held together with the belt around the waist; The belt (obi) shall be long enough to be tied with a secured knot, in order to keep the jacket in place; the belt is to be rapped round the waist twice.
- f. Only female judoka will be permitted to wear a white clean plain T-shirt or leotard under their judogi. Male judoka will be permitted to wear a plain white T shirt, only for medical conditions, which will require authorisation prior to the competition.

Section 4: Hygiene

The competitors shall enter their competition in a clean state, short cut finger and toe nails in order to prevent injury, all white judogi, no sharp objects or body piercings, long hair to be tied up with soft hair band, and must be free of body odour and free of excessive make up.

Section 5: Referee

- a. Referees are to wear a plain long-sleeved white shirt (no coloured buttons or zips are permitted), plain black trousers, a plain black belt and plain black socks. When conducting a competition in a hot environment, a short sleeve white shirt may be permitted by the competition organiser.
- b. Female referees reserve the right to substitute black trousers with a plain black knee length skirt with black tights.
- c. The referee shall stay within the contest area, conducting all contests, administer judgment and decisions on the contestants, and make sure that all the decisions are recorded correctly with the time table officials. Their role is to impose the correct contest rules set by the **WJF** and to make sure safety on the mat is maintained. The referee shall be guided by the standards of refereeing set by **WJF**.

Section 6: Competition rules

- a. All contests will be conducted by one referee. (There will be a second chair referee who will be seated next to the time officials who will act as an **observer** referee helping with any clarifications that may be required by the acting referee. The acting referee's decision **will be final**.)
- b. Only Waza-ari and Ippon will be scored
- c. Contestants shall follow a traditional Ritsurei (Standing bow) salutation, Rei, before and after their contest *followed by shizen hontai (basic natural standing posture prior to contest)*.
- d. Contestants must take hold of each other within three seconds from the standing bow
- e. There will be **No** side mat coaching permitted at any time.
- f. We will discourage the public from coaching and shouting during contest. This behaviour serves no purpose and only causes huge distraction and difficulty for the referee and time officials in communicating during contest.
- g. The WJF upholds a policy of Waza-ari and Ippon for for all competitions and of grading.

Section 7: Ippon and Waza-ari

- a. Ippon score is ten (10) points
- b. Waza-ari score is seven (7) points
- c. Waza-ari Awasete Ippon - Two Waza-ari scores are equal to one Ippon (10)
- d. Ippon will be scored from any accumulation of scores either from standing or groundwork. (25 second hold down will score Waza-ari 7 points)

Section 8: Osaekomi Waza

- a. 30 second hold down will score Ippon (10 points)
- b. 25 second hold down will score Waza-ari (7points)

Section 9: Shime Waza and Kansetsu Waza

- a. Ippon shall be scored from any submission
- b. Armlocks and Strangles will not be permitted for anyone who is under 14years of age.

Section 10: Leg Grabs

- a. Leg grab techniques will be permitted so long as the attacker first engages in Kumi Kata before performing the technique. For example, judoka will not be able to perform a leg grab whilst separated from their opponent.
- b. Leg grab techniques will be permitted as a counter technique – for example Te-guruma and similar.
- c. It is important that referees maintain awareness of consistent leg grabbing techniques and discourage participants from excessively bending over whilst preparing for leg grabs – judoka should maintain an upright style before and after attempting a leg grab.

Section 11: Penalties

- The referee will announce Shido as a first penalty points against any infringements in contest.
- Shido will be scored as **three (3)** points against. Normally for a **first** minor infringement of the rules.
- Chui will be scored as **five (5)** points against. (Normally for a **second** infringement of the rules or can be also *instantly* awarded for a slightly more than minor infringements of the rules.)
- Keikoku will be scored as **seven (7)** points against. Normally used on a third infringement of the rules (Any two infringements of Keikoku will result to Hansoku make (disqualification) A Keikoku can be instantly awarded for a more serious infringement of the rules.)
- Hansoku make disqualification **ten (10)** points against. (Hansoku make can instantly be awarded for any serious infringements during the contest which may put a contestant in danger, threatened or may cause serious injury.)
- If no Ippon or Wazari has been awarded during the contest, the Shido penalty awards will be used to determine the winner

Section 12: Scoring

- a. **Yusei-gachi**; (Win by superiority) where no score has been awarded to either of the contestants, the referee will then award **Yusei-gachi** to the winning candidate. - Equal to **3-point score**
- b. **No Added extra time**: The referee will make a decision to the contestants as there will be no extra time allocated, no golden score.
- c. **Ippon**: is scored when uke is clearly thrown onto their back, the throw shall consist of speed and control. Ippon may also be scored when uke has been held down onto their back for the period of 30 seconds or has submitted to any shime or Kansetsu Waza techniques.
- d. **Waza-ari-Awasete-Ippon**: Where the referee has scored two Waza-ari shall call **Waza-ari Awasete Ippon** 10-point win by accumulation of two 7 score wins. (Waza-ari is the only score that is allowed to be accumulated).
- e. **Sogo-gachi**: Where a contestant has been penalised with Keikoku and further violates the rules, the referee will retire the contestants to the centre of the mat and award **Hansoku Make** (Ippon to the winning contestant who has not incurred any or lower penalties). **Sogo –Gachi win by Disqualification**
- f. **Osaekomi**: Shall be called when in ground work when a contestant is securely holding and controlling the opponent on their back and shoulders.
- g. **Toketa**: Hold down Broken is called when the contestant manages to escape from the hold down by either turning off their shoulders or engage in the entanglement of tori's legs.
- h. **Fusen-gachi**: (Win by default) If a contestant fails to appear for their contest when called, for any reason then the referee shall award the opponent in waiting **Fusen-gachi**. Fusen-gachi may also be awarded to a contestant that injures his opponent and is found to be at fault.
- i. **Kiken-gachi**: (Win by withdrawal) should a contestant decline to compete for any reason and withdraws during the contest, the opponent will be declared the winner by **Kiken-gachi** win by withdrawal.
- j. **Doji Ippon**: (Simultaneous Ippon) in unusual cases when opponents score Ippon by throwing each other simultaneously, **no score** will be awarded, and the contest will continue. If no further score is achieved and the contestants obtain the same result then Yusei-Gachi (win by superiority) will be called. In cases of team competition only, Hikiwake (Draw) may be used.
- k. **Maitta**: (verbal submission - give up) when Maitta is called by the contestant, Ippon will be awarded to the opponent.

Section 13: Children

Armlocks and strangles

- a. All children above **14** years old will be permitted to use Armlocks and strangles. Children of **14** years or under will not be allowed to use Armlocks or strangles/chokes.
- b. The QPJC adhere to the rules and guidelines set out by the Code of Conduct of Unicef UK. They will be applied at all times and safety will always take precedence in all decision making.

Section 14: Contest Procedure

- a. Only participants whose registration have been accepted and who have paid all fees in full will be permitted to compete.
- b. Weighing in - Only the removal of the judo jacket and trousers will be permitted.
- c. Competitors will present themselves on the mat area to register and for inspection. On entering the contest area, you will be requested to wait in line on the edge of the mat. You will be identified, and whilst there the contest regulation will be summarised. All competitors will then be allowed to warm up before competing.
- d. The referee will stand opposite the competitors who will line up. After the call of Shimban Ni Rei, all competitors shall perform a standing bow to the referee who at the same time returns the salutation. The competitors will then retire to their allocated position where they will wait to be called for their contests.
- e. The referee will then position himself in the middle of the contest area facing the time table officials who will then call for the first two competitors to come forward for contest.
- f. The first name which is called out will be of red corner, and the second name being called out will be of white corner. The scoring board will indicate the score of the red and the white corner competitor.
- g. **The commencement of the contest**: When the two contestants are called, they will both stand at each corner of the contest area on either side of the table officials. The referee will signal them to walk on the outside perimeter of the safety area stopping opposite each other by their respective starting position in a shizen hontai (natural standing posture. They wait once again until the referee instructs them to meet in the

centre contest starting position once again in a Shizen hontai posture. The contestant wearing the red belt will enter the designated red side which will be visibly marked. This procedure shall be reversed when the contest is over.

- h. **Hajime:** The referee shall call Rei to both contestants. Both contestants will then make a formal ritsurei standing bow and will then, take one small step forward, leading with their left foot to stand in a shizentai hontai posture. The referee will then step forward with his right foot and will call Hajime for the start of the contest.
- i. **Contest finish (Soremade):** at the end of the contest the contestants will retire to their original starting position. The referee will then stand between the competitors by stepping forward with the right foot, and raising either arm upward in the direction of the victor to announce and indicate the result of the contest. The referee will then return to their original position by stepping back on with the left foot calling Rei to finish. The competitors will be expected to Rei to each from a ritsurei formal standing bow, and then retreat by walking backwards out of the contest area in a slow controlled manner

Section 15: Time table officials

- a. The time keeper official table will be positioned outside the contest area and will function directly opposite the referee, and should be positioned so that it is visible to all.
- b. The time keeper table will comprise of two officials one on the scoreboard and the other working on the score sheets.

Section 16: Bad behaviour

1. Violence, abuse and threatening behaviour to any official will not be tolerated; anyone or any club that exhibits such conduct will be immediately disqualified, and can be banned from future competitions.
2. Drugs: Any Judoka found to be taking any form of illegal substances, including performance enhancing drugs will be immediately disqualified, subjected to future bans and may even face legal action.
3. Anybody found to contravene the competition requirements can, and will be refused the right to compete.

Section 17: Mat Marshal (Senior Referee)

This is the most senior referee and the highest authority on any tournament. The Mat Marshal shall be of experience and represent the QPJC, its policies and the general guidance in all disputes. Any complaints or queries are to be addressed to the mat marshal. If any individual is dissatisfied then they put it in writing addressed to the head office where the executive committee will address the complaint or query.

Section 18: Contest time

Contest times allocated for each category will be decided prior to the commencement of competition and all competitors will be notified. The following are recommended contest times but may be subject to change.

- | | |
|-----------------------------|------------------------|
| 1. Children less than 10yrs | 2-minute contest time |
| 2. Children over 10yrs | 3-minute contest time |
| 3. Youth 16yrs to 18yrs | 4-minute contest time |
| 4. Adults Kyu | 4 -minute contest time |
| 5. Dan grade | 5 -minute contest time |

The times of each contest excludes any stoppage time. When Matte is called, the clock will be stopped. The referee may also call for Jikan (time out) to stop the clock for any other reason.

Section 19: Applications

- a. **Matte** can be called at any time during the contest at the discretion of the referee, for safety or for the awarding of decisions. At that precise time, the timekeeper will immediately stop the clock. The referee will indicate Matte by raising their right arm palm forward to indicate that the timing has to be halted.
- b. **Sonomama** the referee shall call Sonomama when the contestants are engaged in groundwork/ or standing where judgment is required to reposition or make an adjustment of a Judogi or a relevant situation where may be of concern for safety.
- c. **Sore Made (Finish)** Sore Made is called by the referee when the time of the contest has expired. The time will be called and monitored by the time keeper, whereupon the referee will call Sore Made immediately.

Section 20: Hand Signals

- **Ippon**: Where Ippon is scored in groundwork or standing, the referee shall raise one hand straight, directly upwards with the palm of the hand facing forward with the fingers closed together and shall call Ippon.
- **Waza-ari**: Where Waza-ari is scored the referee will extend his right or left hand directly sideways at shoulder level.
- **Waza-ari- Awasete-Ippon**: Where two Waza-ari are scored (the accumulation of two significant scores) the referee shall extend one hand directly sideways at shoulder level, and then raise the same hand directly upwards awarding Waza-ari-Awasete-Ippon
- **Yusei Gachi**: Win by one point by superiority. The referee will raise one hand upwards and in the side of the winning contestant, indicating the winner
- **Hansoku Make**: Disqualification, the referee will call Matte, return the contestants to the starting position; point at the accused contestant with the four fingers, thumb closed indicating Hansoku Make, then raise one hand upwards and on the side of the winning contestant.
- **Shido**: Penalty score. The referee will call Matte, return the contestants to the starting position then point to the accused contestant with the four fingers, thumb closed indicating the penalty score (Shido, Chui or Keikoku)
- **Osae komi**: Hold down in progress. The referee will stand above the contestants with one hand extended above the contestants; palm downwards to indicate hold down is in progress.
- **Toketa**: Hold down broken. The referee will indicate that the hold down has been broken by announcing Toketa and at the same time will extend one hands forward elbows bent and will wave left and right.
- **Sonomama**: Freeze. The referee will extend both hands forward palms facing down then bend to touch both contestants commanding that they should freeze and not move.
- **False attack**: The referee will raise both hands straight forward with fists closed and with both hands make a alternate up and down motion to indicate that the technique was not valid.
- **Non-Activity**: The referee will bring both hands at chest height rotating the hands in a forward motion elbows bent and the palm of the hands facing the body and in doing so will point at the accused contestant for non-combativity.
- **Hiki-Wake**: Draw. The referee will raise their right hand up with the four index fingers pointing and thumb closed and slices downwards with their arm between the contestants to indicate a draw.
- **Yoshi**: Continue, in case of groundwork or Sonomama, the referee will call Yoshi by touching both contestants with the palm of the hand and then withdrawing on the call of Yoshi.
- **Judogi Adjustment**: The referee will instruct the contestants to adjust their Judogi by crossing both hands, left over right at hip or belt level with the palms facing inwards.

Section 21: Medical Attention

1. The referee will stand and raise one hand straight upwards to attract the attention of the medical officer on the day.
2. Should an injury require a contestant to leave the contest area, they must do so only with the Medical attendant.
3. On the return of injured contestant, the remainder time of the contest will be fought. The time away will be treated as injury time.
4. If the contestant fails to return to the contest, or if the medical officer informs the referee that the contestant is not able to continue, the referee shall make call Kiken gachi - win by withdrawal.

Section 22: Osae komi Waza (Forms of Holding)

1. Where a contestant is being held onto their back and under control from Tori for the period of 30 seconds, Ippon will be awarded. Osae komi will be retained during the transition from one groundwork technique to another providing there is no loss of control
2. Uke must not be able to break Tori's hold or entangle Tori's legs for Osaekomi to be continued.
3. When tori loses control of the hold down and uke is free, **Toketa** will be called (Hold broken) and the held time will be noted.

Where Osae komi is called, near the borders of the contest area, subject to any one of the contestants body is in contact with the mat within the contest area Osae Komi will be maintained. Once both contestants leave the contest area **Sonomama** will be called and the contestants will be brought back in the centre of the mat area and the hold down will continue. On the referee's instructions (Yoshi) Continue for the remaining time.

Section 23: Valid and Invalid Area of Technique

- Any technique which is executed simultaneous to or just prior to expiry of contest time, shall be judged as valid.
- In the case of OSAEKOMI being announced, prior to, or the simultaneous to the expiry time, the contest will be allowed to continue for the duration of the hold down and until such time as the contestant manages to escape, OSAEKOMI TOKETA will be called and sore-made will be indicated.
- Movement in the Contest Area The contest shall continue as long as both competitors are in a safe distance from the edge of the mat area. The referee must act quickly in stopping the contestants from reaching the edge of the mat, by calling Matte.

Section 24: Sono Mama (Freeze)

The Referee shall announce SONO MAMA whereupon both contestants shall freeze their actions immediately. The referee will assess the situation, and when all is clear both contestants will be resume to their original positions. On being satisfied that both contestants have resumed to their original positions, the referee placing a hand on both contestants will announce **YOSHI** (Continue).

Section 25: Award of Shido and Prohibited Acts

It is recommended that a verbal warning is issued to the competitors prior to Shido been given this is part of the education.

First awarded penalty is **Shido** / second penalty is **Chui** / third penalty is **Keikoku** / forth penalty **Hansoku make**

- When a contestant avoids taking hold and continues to prevents full engagement.)
- If a contestant adopts a stiff posture with excessively defensive style preventing judo from engaging.)
- Contestant attempts an invalid technique.
- When a contestant deliberately holds their opponent's belt with one or both hands, preventing judo from engaging.
- When a contestant uses both hands to hold onto the opponent's collar/lapel jacket on the same side for a lengthy period time without attacking (Normally longer than three –four seconds)
- When a contestant uses both hands to hold on to the sleeves of their opponent without attacking (normally three – four seconds).
- To excessively hold the end of the sleeve of their opponent
- To insert fingers inside the opponent's sleeves or trousers.
- To hold either the cuffs or sleeves and twist to entrap the wrist in order to prevent an opponent from taking a proper grip.
- Deliberately grabbing, bending, holding or twisting the fingers of an opponent
- For wasting contest time by intentionally disarranging the Judogi, or tie and untie their belt or trousers without the permission of the referee.

- To hold or take any part of the opponent's jacket with the mouth.
- To deliberately place a hand or foot directly to an opponent's face.
- To deliberately apply pressure to the spine.
- Deliberately grabbing an opponent's foot or leg without a valid technique
- To deliberately break their opponents, grip aggressively on repeated occasions.
- Keep pulling downwards in an aggressive manor without attempting a technique
- To hold on with outstretched arms, or stiff arms in order to prevent the opponent from attacking and engaging in judo.
- To apply any leg locks.
- Loss of temper and the use of bad language)
- Repetitive failed leg sweeping, which results in Kicking.
- To break opponents, grip by means of kicking or by using the knee or leg.
- To attack opponent with **Morote-Gari** before taking hold first. (Both arm and leg grab).
- To apply any action that is deemed to be dangerous.
- To undertake any action that undermines the spirit of judo
- Deliberately adopting a bending over posture

Section 26: Hansoku Make (Disqualification)

Hansoku Make is awarded against a contestant who has already been penalised with three former penalties but continues to further violate the rules. Alternatively, Hansoku Make can be **immediately** awarded against a contestant who may commit a *serious* offence against the rules and inflict potential injury to his opponent. The Referee will use their own judgment during contest to determine whether a violation of the rules had occurred for the following:

- To apply any action deemed to be dangerous as to possibly cause serious injury, particularly, to the opponent's neck or spinal vertebrae.
- To fall backwards with intent, while opponent is holding onto the contestant's back.
- To strike out with verbal abuse to the opponent, referee, and officials at the time of contest.
- To deliberately disregard the instructions and the rulings of the referee.
- To deliberately lift an opponent when they are flat on the mat, and then drop them back onto the mat with intent to cause injury.
- To accumulate two Keikoku.
- Applying any pressure to the neck or spine, i.e. overstretching opponent's spine or placing both legs around the opponent's neck.
- Use of mouth for biting opponents' body

Section 27: Application of Matte

The Referee shall announce MATTE (Stop) to halt the contest. The amount of time that the contest is halted shall not count as part of the contest time, and therefore the contest time clock will also be halted. (Jikan)

Matte is called when:

1. For safety reasons on the mat
2. A Contestant commits a prohibited act
3. A Contestant is required to adjust their Judogi
4. The Contestants are have stepped out of the contest area
5. Injury, accident or difficulty occurs
6. When Groundwork becomes inactive
7. When from groundwork one contestant manages to stand up
8. When addressing the time table officials
9. Non activity
10. Awarding of scoring or penalties

Section 28: Situations not covered by the contest rules

Where a situation may arise, which may not be covered by the rules, a decision will be announced following a consultation with the mat Marshal, (senior referee).

Section 29: Additional Rules

- The dropping on both knees is now revised as a valid throw
- The dropping on one knee in the execution of any throwing technique will be permitted and valid.
- Leg grabs will be permitted so long as the attacker engages kumi kata prior to attacking
- No holding round the neck or restricting your opponent from functioning.
- The breaking of the grip by hand or leg will not be permitted.
- No leg locking permitted
- Throwing sacrifice techniques will be permitted.
- **Morote-Gari** is permitted as long as it's executed from a kumi kata position, normal sleeve hold.
- Kani Basami is not permitted.
- Preventing each other from taking hold will result in Shido.
- Forcing your opponent to bend forward must be followed with an immediate attack otherwise Shido will be called.

Section 30: Weight Categories

The following recommended weight categories will structure the age difference between primary and juniors. The WJF in the initial stages of its development may not separate primary from junior in competition. In cases where there are too many children of one category, additional categories may be made up which may include age divisions. In addition, the amalgamation of any categories may be made where there may not be sufficient entries for categories to be made.

(In international tradition Adult kyu grade and Dan grade may also be amalgamated for individual categories, but it is **strongly** recommended that kyu grades be separated from the Dan grades for a fairer contest system for ability. A 3rd Kyu grade fighting a second Dan will be of no match and will serve no purpose.)

Recommended weight categories for children (under 16 years of age)

- 28kg and under
- 32kg and under
- 36kg and under
- 41kg and under
- 44kg and under
- 49kg and under
- 55kg and under
- 60kg and under
- 65kg and under
- 69kg and under
- Over 69kg

Should there be further weight categories required due to excessive weight differences, further categories may be added.

Children are only allowed to enter one category; there are no open categories for juniors.

Please note that any junior accepting a senior grade will still be allowed to participate at junior level, as long as they are under 16 years of age. The WJF does not discriminate ability.

It becomes the instructor's responsibility to ensure that the entered competitors are sufficiently competent, fit and healthy for competition. The organisers of any competition will have the right to withdraw any competitor or team, who fail to fulfil the competition requirements or may not be fit for competition.

Senior men (over 16 years of age)

Male:

- 60Kg and under •
- 66kg and under;
- 73kg and under;
- 81kg and under
- 90kg and under
- 100kg and under
- Over 100kg

Senior female (over 16 years of age)

- 48kg and under;
- 52kg and under;
- 57kg and under;
- 63kg and under;
- 70kg and under;
- 78kg and under;
- Over 78kg

Section 31: Terminology

<i>Rei</i>	<i>Bow</i>
<i>Hajime</i>	<i>Begin</i>
<i>Sore-made</i>	<i>Finish</i>
<i>Matte</i>	<i>Stop</i>
<i>Osaekomi</i>	<i>Hold down in progress</i>
<i>Sonomama</i>	<i>Freeze</i>
<i>Toketa</i>	<i>Hold down broken</i>
<i>Yuko</i>	<i>5 Points</i>
<i>Waza-ari</i>	<i>7 Points</i>
<i>Ippon</i>	<i>10 points</i>
<i>Waza-ari-Awasete-Ippon</i>	<i>Accumulation of two Wazari equals Ippon</i>
<i>Hantai</i>	<i>Decision</i>
<i>Yushei gachi</i>	<i>3 point win by decision</i>
<i>Sogo-gachi</i>	<i>Win by opponent disqualified (10 points)</i>
<i>Hansoku Make</i>	<i>Disqualification (10points)</i>
<i>Hiki Wake</i>	<i>Draw (no score)</i>
<i>Fusen-Gachi</i>	<i>Win by default (10 points) Contestant does not appear</i>
<i>Kiken-Gachi</i>	<i>Withdrawal win (10 points) Contestant withdraws</i>
<i>Maitta</i>	<i>Give up, Submission (10 points)</i>
<i>Yoshi</i>	<i>Continue</i>
<i>Jikan</i>	<i>Time out</i>
<i>Shido</i>	<i>3 points penalty</i>
<i>Chui</i>	<i>5 points penalty</i>
<i>Keikoku</i>	<i>7 points penalty</i>
<i>Hansoku Make</i>	<i>Disqualification (10 points)</i>
<i>Doji Ippon</i>	<i>Simultaneous Ippon</i>
<i>Ritsurei</i>	<i>Standing Bow</i>
<i>Shizen Hontai</i>	<i>Normal standing Bow</i>

Important note:

The QPJC may alter, change, modify or add any additional contest rules in compliance with traditional Kodokan judo. Any such change or amendments will be announced prior to any competitions.