



# SU-DO CONTEST RULES

## 1. Judging Principles

Except in certain cases, official judges of the World SU-DO Federation (WSF) shall demand the following Dan Ranks of the persons taking examinations:

- A Category – dan 4
- B Category – dan 3
- C Category – dan 2
- D Category – dan 1

The applicant should take examinations in theory and practice and take part in judge workshops and courses to qualify as a judge as well as judge at contests to maintain their qualification. That's why judges must comply with the following two requirements:

- a) Fully understand the concept of SU-DO (or SUDO) and be able to realize it in through judging.
- b) Give a correct appraisal of technically effective and agile actions (attack and defence).

The judge should understand the fact that he serves the purpose of distribution of SU-DO through his judging. During a competition, the judge personifies psychological factors like politeness, frankness and honor.

There are 4 rules we expect judges to observe:

- 1 – strictly abide by BUDO spirit
- 2 – be fair and impartial

3 – be polite and observe etiquette

4 – judge decidedly

The purpose of practical examinations and judge workshops consists in absolute improvement of the judging practice. A contest is the athlete's long-term diligent training, so it is natural that judges must sharpen their skills to avoid any wrong judgment during the contest.

## **2. The roles and number of judges and seconds**

The following judges and seconds are appointed for official competitions:

The chief judge of competitions – a person who carries out overall management of competitions. An assistant chief judge can also be appointed if necessary.

The chairman of the panel of judges – one person who summarizes the competition judging results. He must be a licensed judge of C category and higher or a member of the License Committee.

Advisor or technical advisor – the number to be determined as needed. Advisor gives guidance in terms of specifics and technique of judging and running the competitions.

Secretary – one person who keeps records and documentation.

Doctor – more than 1 person who ensures safety for participants' health. He delivers medical support and control.

Judges – more than 5 persons

Timer personnel – 2 persons who notes and control the time of a contest, a partner.

Judges with participants – more than 2 persons who ensure timely appearance of athletes on tatami and help them to be outfitted.

Athletes registration personnel – more than 2 persons who carries out registration and weighing.

Seconds – 1 second for 1 athlete. He has the right to apply for appeal against judgment, discussion or decision on withdrawing an athlete.

### **3. Competition area. Regulatory requirements.**

Tatamis are prepared (laid) in a sport venue adapted for competitions, as a rule, in a sports complex. The venue should be equipped with the following:

- Lighting – natural and artificial
- Ventilation
- Seats for audience
- Locker rooms
- Warming up room
- Water-closet and shower rooms.

The police or security service must be engaged in athletes and audience security protection.

The competition area is 50 tatamis (1 tatami = 1.5 m<sup>2</sup>)

**Xett** (dead zone) border is indicated in a yellow line 30-90 cm in width. The platform height must not exceed 1.2 m to ensure safety of athletes. A white line (the contest start line) is fixed on the right side (as viewed from the judge table). A red line is fixed on the left side. The distance between them is about 1.8 m.

Chairs of side judges are placed at the corners of tatami. Chairs for preparing athletes and his seconds are placed on the left and right sides near the tatami entrance. The judges with participants control the preparation of the athlete and ensure his timely entrance.

A place for medical personnel (a table and a couch) is fitted out to the left of the judge table (Semen).

A place for the timer personnel (timekeepers) is fitted out to the left of the Semen.

### **4. The judging panel staff and the role of each judge.**

- The chief judge on tatami controls the course of the contest, he has the right to make a final judgement.
- The assistant chief judge helps the chief judge, controls the course of the contest. He is the only person who can show **hech-heche** (a draw).
- The chief judge and assistant chief judge sit opposite one another and look at the athletes eliminating the possibility of dead angles and ensuring a correct and fair judgement.

- The side judges are responsible for the following: productivity, infringements, the platform bounds violation, etc.
- The judge panel of 5 persons including the chief judge controls the course of the contest. Each judge monitors the observance of contest rules by athletes and ensures their safety.

Regarding movements and locations of the chief judge on the tatami:

- The chief judge seeks to take up a position which doesn't prevent other judges from watching the contest.
- The chief judge seeks to take up a position which forms a triangle between him and two athletes.
- The distance between the chief judge and athletes must be 1.5-2 m. It is necessary to allow for a bodyslam, attack, etc., when the chief judge may be injured. So it is important to take up a safe position.

The side judges:

- Act decisively and consciously (without hesitation) when making a decision about any violation or assessing any act.
- Bear responsibility for provision of safety and making decisions on any acts not assessed or unnoticed by the chief judge due to the 'dead angle' .
- Act with flags accurately and consciously.
- Attract attention of the chief judge and athletes by frequent whistles, if exceeding **xett** area (dead zone) or any dangerous acts are expected during an attack.

The assistant chief judge:

- Shall not make **hech-heche** (a draw) decision for no special reason and play to an opinion of the chief judge, he'll endeavor to assess the finish of the contest in one time.

## 5. Category of SU-DO

Men

Children:

- 6-7 years                    -25, -30, +30
- 8-9 years                    -30, -35, +35
- 10-11 years                -35, -40, +40

Cadet:

- 12-13 years                -38, -43, +43

- 14-15 years            -52, -57, -63, +63  
Junior:
- 16-17 years           -60, -65, -70, +70  
Adults:
- 18+ years            -65, -70, -75, -80, +80

#### Women

- 6-7 years
- 8-9 years
- 10-11 years
  
- 12-13 years
- 14-15 years
  
- 16-17 years
  
- 18+ years

### 6. Time of contests

- Regular time – 3 minutes
- Time for rest in case of **hech-heche** (a draw) (decision on extra time) – 30 seconds.
- **Extra time** – 3 minutes. Extra time can be established only twice following which judges must deliver a judgment in favor of one of the athletes.
- **Parter** – 30 seconds, after the chief judge’s signal, twice per a 3-minute contest.
- **Yaxa** (Hold past) – 10 seconds, after the chief judge’s signal. There is no limit on the number.
- **Xett** (exceeding the platform area) – after **Dur** (Mate) command. If the contest is not resumed within 5 seconds, the ‘Stop’ decision is made. The chief judge stops the time.
- If the athlete doesn’t appear on the tatami after announcement for any reason, ‘Hansoku-1’ is announced in 10 sec., ‘Hansoku-2’ is announced in 40 sec., ‘Hansoku-3’ is announced in 50 sec., and ‘Hansoku-4’ - disqualification is announced in 1 minute.
- If the athlete fails to tighten the belt within 10 sec. after the the chief judge command, he received a warning about violation – ‘Hansoku-1’.

## **7. Athlete's outfit**

The athlete wears his kimono and outfit next to the skin (with no T-shirt, undershirt, etc.) except for women's categories.

- White and blue kimonos are acceptable. Sleeves shouldn't be short. The standard is elbow sleeves. Advertisement on kimono is prohibited.
- The belt should correspond to the athlete's level.

Note. Athletes are commonly defined by the color of their kimonos (white and blue) during the World Championship.

- The accepted length of wrist bandages is 1.5 m.
- Gum shield
- Groin guards must be used.
- Shin pads are permitted for use only by adolescents, elbow protectors are prohibited.
- Women must have breast protectors and groin bandages as well as shin pads if desired.

## **8. Prohibited acts.**

- Kick with hand to the head
- Kick to the groin
- Kick to the back of the head
- Kick to the lying athlete from stand
- Kick to the knee joint against its anatomical flexion
- Passive fighting. No action within 30 sec. and more
- Kick to the neck by the sharp of the hand or fingers
- Submission holds and neck locks from stand
- Apply submission hold or neck lock to the athlete who is knocked down (after the 'Yuko' mark)
- Pile-drivers
- It is prohibited to throw the opponent back when he is on his belly or in the knee-hand position by grasping his neck (from the side of the opponent's head). It is also prohibited to turn the opponent's head in such position.
- No attack is allowed after the judge's command 'Mate!'. The athlete who violated the Rules receive 'Hansoku-1' notice, 'Hansoku-2' notice is given

for 2 violations with 'Koka' mark given to the opponent , 'Hansoku-3' is given for 3 violations with 'Yuko' mark given to the opponent, and 'Hansoku-4' notice is given for 4 violations with 'Vazaari' mark given to the opponent. The athlete who received 'Hansoku-4' notice is disqualified.

- It is prohibited to cross intentionally the red bound of the tatami.

## 9. Marks

Competitions are held according to the rules of contact-knockdown.

Acts resulted in the opponent shock or fall are assessed. The following marks:

- Koka
- Koka-ni
- Yuko
- Vazaari
- Ippon

Koka:

- An attack at the head level doesn't lead to knockdown but the head is strongly shaken, knees bend, the stand is broken and the athlete steps back.
- An attack to the body (medium level) makes the athlete to bend down.
- An attack to the legs (low level) – the athlete demonstrates pain and walks with a drag.
- In case of an amplitude throw (getting both legs off the ground) when the athlete applying this technique is in stand. Such throws don't include 'Twisting' and 'Undercut'.
- 'Kime' (Ground and Pound) after a throw or undercut. 'Kime' (by hand, elbow and leg) to the upper part of the body.
- In cases when the opponent receives 'Hansoku-2'

Cases when 'Koka' is not recognized:

- 'Kime' are too distant
- 'Kime' to the lower part of the body
- Kicks are not strong and sharp enough
- The athlete below defends himself delivering counter-blows

'Yuko':

- An effective attack in the result of which the affected athlete falls or touches the tatami by any part of his body except for the feet for up to 2 sec.
- Having received a blow, the athlete is not willing to continue the contest (he staggers, crouches and lowers his hands), standing knockdown for up to 2 sec.
- After the 'Koka' ceaseless attacks are taken mainly to the head for 2 sec. (the opponent doesn't deliver counter-blows and defends himself weakly).
- When the opponent receives 'Hansoku-3' notice.

'Vazaari':

- After the attack, the athlete can't continue fighting being in knockdown for 2-4 sec., i.e. 2 sec. after the announcement of 'Yuko'.
- Ceaseless unilateral attack for 2 sec. after the announcement of 'Yuko'.
- When the opponent receives 'Hansoku-4' notice.

'Ippon':

- After knockdown the athlete is not able to continue fighting for 6 sec.
- An unilateral attack mainly to the upper level for more than 6 sec.
- Submission hold or chokehold
- The second or the athlete abandons fighting.

### **10.Priorities of techniques in delivering judgment by judges.**

If there is no evident difference in marks of both athletes, the judgment is delivered in the following order:

- Attack (blow) technique superiority.
- Throw superiority
- Par terre (mat wrestling) superiority

For example:

- One athlete demonstrates his blow techniques, delivers accurate blows by the arms and legs and the second athlete just wrestles. The athlete with a priority in blow technique wins.
- Both athletes delivered equal number of accurate blows mainly at the head level, but one of them applied throw techniques, and the other one no. The first, more universal athlete wins.



- Both athletes are equal (deliver equal number of blows and throws) but one of them is more active in par terre, i.e. make attempts to deliver submission hold, blows, etc. Such athlete will accordingly have priority in this contest.
- Time of activity during the contest should also be taken into account. The athlete who is active during the whole time of the contest or in its second half (ending).

### **11.Principles judges are guided by in awarding judgment.**

A scheme of 5 judges is used to award a fair judgment. The judges on tatami have 2 voices, the side judges have one voice.

The athlete who leads in mark count or earns a mark higher than his opponent wins the contest. In this case, 4 side judges show a flag with the color of the athlete who gathered more marks. The judges on tatami counts them and awards a victory to this athlete.

If both athletes earn no marks or have equal number of marks, the judges deliver their judgment based on the priorities of techniques and activity of athletes. The following options are possible in this case:

2 judges consider that the red athlete is stronger;

2 judges consider that the white athlete is stronger.

The chief judge can join to the first or two second judges and deliver a judgment in favor of the red or white athlete, but he also can announce **‘Hech-heche’** (decision on extra time). To award a fair judgment, **‘Hech-heche’** (decision on extra time) may be announced in certain cases. The chief judge can make **‘Hech-heche’** (decision on extra time) decision only once, when side judges disagree in their judgments (flags 1-2, 1-3, 2-2, 0-3, etc. are raised). Then the chief judge make a decision that **‘Hech-heche’** (decision on extra time) is acceptable. The chief judge shouldn’t deliver **‘Hech-heche’** (decision on extra time) decision too often. It is necessary to decide in delivered the regular time.

Note.

If the contest ends with the following marks:

- White – ‘Koka’ (blow technique)
- Red – ‘Koka’ (Maund punch, Kime) or for a throw.

In such a case, the white athlete wins.

If in final contests both athletes don't differ in: 2 'Yuko', 1 'Yuko' + 2 'Koka' (one of which was given for the blow technique) and higher, 3 'Koka' (one of which was given for the blow technique) and higher, extra time will be automatically given.

### **12. Control over the 'Yaxa' (Hold past) contest.**

The '**Yaxa**' (Hold past) status occurs when one or both athletes are in the lock position (by applying the blow and throw technique). After one of the athletes applied steady lock, the chief judge gives the '**Yaxa**' (Hold past) command to the second. In 10 sec. the second whistles and the chief judge gives the 'Mate' command, after which the athlete stands in the center of the tatami and continue the contest. If the athletes leave the '**Yaxa**' (Hold past) position (for a distance) prior to the expiration of 10 sec., the chief judge gives the 'Torimasen' command (do not count). The second will clear the timer. The number of '**Yaxa**' (Hold past) is not limited within a contest.

### **13. Acts of the chief judge when 'Yuko' is announced.**

After the side judges assessed the act in 'Yuko', and the chief judge gave the mark 'Yuko', the contest is stopped (except for the unilateral continuous attack in the result of which the following marks will be successively given: 'Koka' – 'Yuko' – 'Vazaari' – 'Ippon' with the interval of 2 sec.), and the chief judge checks the athlete readiness to further fighting.

When 2 (successive) 'Yuko' or 'Vazaari' received, the chief judge provides the following to ensure safety of the athlete:

- a) Checks the athlete injury level and his willing to continue the contest.
- b) Asks the second's opinion.

The chief judge makes a final decision of whether or not to continue the contest.

If there is a total of 3 'Yuko' or 'Vazaari', the chief judge can stop the contest by his individual decision. With decisive superiority.

Note: if there are up to 2 'Yuko', the decision of the athlete and his second is important. If there are 3 'Yuko' or more, the chief judge's opinion matters.

However the doctor's opinion is informally the most important.

#### **14. Control over the 'Par terre' contest.**

When any of the athletes switches to the par terre position, the chief judge gives a command to the second giving a signal with his arm: '**Vaxt**' (time). Upon 5 sec., - fix the par terre position. Total time of the par terre position from the moment of the 'par terre' command is 30 sec..

'Koka' may be received for 'Mound-punch' only once during a 3-minute contest.

Note: if the par terre position was interrupted before 5 sec. expired, and the 'par terre' command was not given, the athletes are brought to stand and the par terre position shall be disregarded. The par terre attempt goes unused.

#### **15. Etiquette of athletes.**

The athlete shall prepare to his appearance on the tatami. He puts on necessary outfit. On the invitation, the first called athlete of the pair enters the tatami from the red side, and the second athlete enters from the white side.

The chief judge takes fighting stance and commands: '**Hazir!**'. The athletes who are on the contest start lines also take fighting stance. The chief judge commands: '**Doyush**' (hadzime) with the gesture (straight right arm) and the contest begins. During the contest, the athletes must strictly abide by the rules and listen carefully to the chief judge's commands. There are two commands that can be a reason to stop the contest: 'Mate' or '**Dur**' (stop) and 'Yame' or '**Son**' (end of the contest).

Upon completion of the contest, the athletes face the the chief judge's table. The chief judge asks an opinion of side judges: '**Bayrak**' (Hantey). The side judges raise their flags, white and red. The chief judge counts the flags taking into account the number of options (see: Section 'Side Judges Activities') and awards a victory to the red or white athlete. Victory by 'superiority in technique' and by 'great number of marks: 'Aka' or 'Siro' – '**Qalib**'. Victory with 'Ippon' (knockout, submission hold, necklock)) : 'Aka' or 'Siro' – '**Qalib**'.

After the announcement of the winner, the athletes shake hands and go to the edge of the tatami facing each other.

Etiquette in '**Hech-heche**' (Hikiwake).

When **'Hech-heche'** (Hikiwake) is announced, the athletes kneel down back to back, not crossing the penalty (red) line on the tatami. They also can sit spreading out their legs. In such position, they can discuss the strategy with their seconds, make breathing exercises, etc. Upon 30 sec the second commands. The athletes rise. The contest resumes after the chief judge's command: **'Hazir!'** (Kamaete) **'Doyush!'** (Hadzime).

## **16. Etiquette of judges.**

The team of 5 judges breaks into column on the side of the 'red corner': 1, 2 – side judges, center – the chief judge, 3 – the side judge and 4 – the assistant chief judge. The assistant chief judge, the only member of the team who can deliver **'Hech-heche'** (Hakiwake). In this sequence the team appears on the tatami. The judges break up walking around the perimeter and take their sits holding their flags.

Correct disposition of judges:

- Sit straight
- Do not spread out their legs
- Do not stoop
- Hold flags in their hands
- Have a whistle in their mouth

When it is necessary to gather the judges for discussion of any nuances or for change of the judge team, the chief judge makes a signal to attract their attention (both hands up). The side judges make a single rank around the perimeter at the side of the tatami far from the front side.

## **17. Uniform of judges.**

The judge shall put on and have the following:

1. A white shirt (short sleeve)
2. Blue or dark blue trousers
3. A red (ruby) tie
4. No socks
5. A pass or the judge certificate
6. Flags and a whistle

The judge shall make sure that:

- His clothes are clean
- He has no watch and pens or any other metallic items.

### **18. Etiquette of seconds.**

Each athlete must have one second.

- The second must give a briefing and provide support of his athlete from fixed places. Such places (a chair or an armchair) are located on the side of the red or white lines accordingly.
- Strong language and shouts in respect of the opponent, judges and their judgments are prohibited.
- The seconds are banned from beating the tatami and doing other excessively noisy acts.
- It is prohibited to give a briefing and provide support in the standing position.
- Any acts contrary to BUDO spirit are prohibited.

For any evil behavior of the second the chief judge announces ‘Hansoku-1, 2’, etc. If, in spite of these warnings, he fails to improve, the chief judge can demand leaving the hall of the second. Violation of ‘Hansoku’ applied to the second will not counted toward the athlete.

### **19. Gestures and signals of the chief judge.**

- ‘Sa’ – Greeting.
- ‘Merkez’ – to the center.
- ‘Hazir!’ (Kamaite) – fighting stance.
- ‘Doyush’ (Hadzime) – start of the contest.
- ‘Dur’ (Mate) – stop.
- ‘Son’ (Yame) – end of the contest.
- ‘Vaxt’ – keep time.
- ‘Yaxa’ – fighting in lock position.
- ‘Par terre’ – par terre.

If during a contest one of the athletes receives a mark for an effective attack from the side judges (by raising the red or white flag), the chief judge must count the number of flags and then make a decision of whether or not to assess.

For example:

- a) All 4 side judges raised white flags 'Koka'. The chief judge counts: 'Koka' siroiti, ni, san, si, go and announces: Siro 'Koka'.
- b) 2 judges gave 'Koka' and 2 judges – not. In this case, the chief judge, if he considers an act effective, joins to the judges who showed a mark and counts: Siro 'Koka' – iti, ni, pointing at himself – san, si. Then he announces: Siro 'Koka'.

Note:

- A gesture by a straight hand stretched out aside at an angle 45o down - 'Koka'
- At a right angle – 'Yuko'
- at an angle 45o up – 'Vazaari'
- hand up – 'Ippon'
- hand up bent at the elbow – 'Koka-ni'

When rules are violated, the referee also counts the flags and delivers 'Hansoku-1' notice, etc. The referee can't judge or punish individually, he counts judges voices, summarize them and award judgment having joined to one or the other.

Note: the referee has 2 voices.

Upon completion of the contest, the referee make them face the Referee Center and commands: 'Hantey' or 'Hesab' (show a judgment). The side judges raise their flags (red or white). The referee announces victory by the largest number of flags: Aka – '**Qalib**' or Siro – '**Qalib**'.

## **20. Gestures and signals of side judges.**

1. Stretch out the hand with the red flag.
  - At an angle 45o down - 'Koka' to the red.
  - At a right angle – 'Yuko' to the red.
  - At an angle 45o down - 'Vazaari' to the red.
  - Hand up – 'Ippon' to the red.

Time between the announcement of the next mark (after knockdown or inability to continue the contest) is 2 sec.

The judge shows a mark and accompanies the gesture with a loud and clear whistle.

2. Waving the white flag in circular motions over the head accompanied with short whistles – violation of rules by the athlete from the white side.
3. The side judge shows the side (penalty) line and makes short whistles – crossing the **‘Xett’** (Dzyoqay) line of the tatami.
4. Cross waving two flags at the low level **‘Torimasen’** (do not assess).
5. The side judge crossed the flags at the face level – ‘didn’t see any action’.
6. Upon completion of the contest, the side judge raise the red or white flag at the signal of the referee **‘Bayrak’** (Hantey) – the athlete from the red or white side wins.
7. The side judge fixed two crossed flags at the lower level **‘Hech-heche’** (decision on extra time).

Note: **‘Hech-heche’** (Hakiwake) can show only side judges .

## 21. Terms.

Tatami – the mat for contests

Bayrak – the judge flag

Taraf – the side

Bash hakim – the chief judge of tatami

Yardimci hakim – the assistant chief judge on tatami

Yan hakim – the side judge

Merkez – the front side (the chief judge’s table)

Sa – greeting

Doyush veziyyeti – fighting stance

Doyush – start of the contest

Davam et – continue the contest

Merkeze – to the center

Dur – pause

Son – end of the contest

Qalx – rise

Gorush – shake hands

Dagil – break up

Kobud – violation

Cik – disqualification

Xet – bounds of the platform

Diqqet – judgment of judges

Vaxt – time

Yaxa – close fighting in lock

Par terre – par terre position

Koka – a mark

Koka-ni – a mark

Yuko – a mark

Vazaari – a mark

Ippon – a mark