

Freestyle Judo Rules Summary

How To Win

- IPPON (Instant Win) - 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. **(We will allow chokes starting at age 13 in the Spring Tournament)**
- Ages 10 and under: Ippon can be scored by a throw or pin (25 seconds).

Scheduled Match Time (For the Spring Tournament we will use 2 minute matches for ages 5-14 and 3 minute matches for ages 15 & up)

- 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.

Notes: 1. Ippons are not scored for Osaekomi (Pins) in Senior or Masters.
2. 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

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

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

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 and less than 10 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.

Frequently Asked Questions

1. Is Ippon scored differently in freestyle judo than in IJF judo?
 - a. No. Ippon is awarded when an opponent is thrown with speed, force and control and lands largely on their back or back/side. There are no rolling Ippons.
2. Are there scores for landing on the front of the torso?
 - a. Yes. If a player lands flat on the front of their torso as a result of a throw, Tori is awarded 1 point. Landing on hands and knees or elbows and knees does not merit a score.
3. What about landing on the buttocks, or top of shoulder?
 - a. If a player lands on the buttocks as a result of a throw, Tori is awarded 1 point. Landing on the top of the shoulder does not merit a score.
4. Are leg grabs allowed?
 - a. Leg grabs are allowed.
5. Can I shoot for the legs?
 - a. Players must first take a grip and are not allowed to shoot for the legs prior to doing so.
6. As long as control is maintained throughout the throw, must Tori follow into ground work or can they stand back up?
 - a. Tori is not required to follow to the mat after a throw. If Tori chooses to get back up before going into a pin or submission technique, they can without penalty. The throw will be scored on the basis it merits.
7. Does following a throw into a controlling position in Ne Waza constitute a guard pass and are points awarded?
 - a. No and No.
8. In adult matches, is a second pin allowed for the same player in the same Ne Waza sequence?
 - a. In the instance where Blue has scored for a pin and proceeds to go for a submission, Blue cannot score for a second consecutive pin. If Blue cannot get, or show substantial progress toward, a submission within 10 seconds matte will be called.
9. In adult matches, once Blue has scored four points for a pin and proceeds to go for a submission, if White reverses Blue and pins or submits Blue does the action continue to the apparent conclusion?
 - a. Yes. In this example White can reverse Blue and pin or submit Blue and action continues in the case of a pin. In the case of a submission the match is awarded to White.
10. To score for a guard sweep, guard pass or breakdown (turnover) does the technique need to finish in a controlling position?
 - a. Yes.
11. If in Ne Waza (say in opponent's guard), can a player separate in order to force the action back to standing?
 - a. Yes. If the referee considers the action in Ne Waza to be a stalemate the referee can call matte and stand the contestants up.
12. Do penalties awarded to one player result in points for the other player?
 - a. Yes.