

## **Basic words** that are used in Competitions.

HAJIME .....Start.  
MATTE.....Stop (Wait).  
SORE-MADE .....End of contest.  
OSAE-KOMI: Hold down, player is holding the other down mainly on their back.  
TOKETA.....Hold down has been broken.  
HANTEL.....A decision is required to who is the winner.  
SONO-MAMA.....Freeze stay still only used in groundwork.  
YOSHI.....Always following Sono-Mama means unfreeze and carry on.  
HIKI-WAKE.....Draw, usually only used at grading or team contests.

## **Scores** that can be given by the referee.

IPPON Outright win, when a perfect throw has been achieved and lands mainly on their back.  
Or held down in OSAE-KOMI for 25 seconds. Both = The end of contest.

WAZA-ARI-AWASETTE-IPPON Two WAZ-ARI's which is a outright win. = The end of contest

WAZA-ARI When a near perfect throw has been achieved.  
Or when OSAE-KOMI (hold down) has been announced for 20 seconds.

YUKO When a throw is achieved but does not qualify for WAZA-ARI.  
Or OSAE-KOMI (hold down) has been announced for 15 seconds.

KOKA When a throw is achieved but does not qualify for YUKO. Such as the player lands on their bottom / shoulder.  
Or OSAE-KOMI (hold down) has been announced for 10 second.

## **Understanding scoring** - please note the following.

One WAZA-ARI beats any number of YUKO's.  
One YUKO beats any number of KOKA's

## **Penalty Scores** that are used in a contest.

There are a lot of rules in a contest. If you break them this will results in a penalty being given.

SHIDO - Slight infringement. This is equal to a KOKA score against them.  
On the Second SHIDO This is equal to a YUKO score against them.  
On the third SHIDO against them. This is equal to a WAZA-ARI against them.  
On the Fourth SHIDO against them. This is equal to an IPPON against them.

CHUI – serious infringement This is equal to a YUKO score against them (if first penalty).

KEIKOKU – grave infringement This is equal to a WAZA-ARI against them (if first penalty).

HANSOKU-MAKE - Very grave infringement. This is equal to an IPPON against them.

If a outright Hansoku penalties is given: THEN THE PLAYER IS OUT OF THE COMPETITION for the day.

It is Very important to remember if a HANSOKU is given by the build up of Shido penalties that they are not out for the day, but just for that contest.