

Elements of Refereeing

Adapted by Anthony E. Roscoe

Elements of a Throw in *Uchikomi*:

1. *Kuzushi* (unbalance)
2. *Tsukuri* (get set)
3. *Kake* (execution)

Elements of a Throw in *Shiai*:

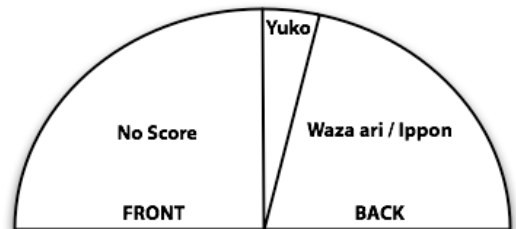
1. *Kumi Kata* (grip)
2. *Kuzushi* (unbalance)
3. *Tsukuri* (get set)
4. *Nage* (launch)
5. *Kake* (flight)
6. *Kime* (landing)

Elements of *Ippon* – when a contestant throws the other contestant:

1. Largely on his/her back;
 - a. Area of the back includes above the hips (lower back) to the shoulders;
 - b. Judge the full landing, from initial impact to the final landing – segmented landing is starting off on one part of the body and continuing to another;
 - c. Bridging to avoid the back hitting the mat should be called as if contact was made.
2. With force and speed;
 - a. Blood need not issue from the eyes, ears or nose;
 - b. The flow of the technique should not be interrupted (see segmented landing);
 - c. Watch for *kaeshi waza* and judge from the point of control change.
3. Control
 - a. Control does not mean holding on at the end of the throw;
 - b. Understanding control comes from understanding the technique employed;
 - c. Without control, there is no throw.

Elements of *Waza Ari* or *Yuko*:

1. Generally – start from *ippon* and if one element is lacking score *waza ari* and if two elements are lacking score *yuko*.



Elements of *Koka* – when a contestant throws the other contestant:

1. Onto their buttocks, thighs or onto one shoulder with speed and force as clarified above.

Elements of *Osaekomi Waza*:

1. The contestant being held must be controlled by his opponent and must have his back, both shoulders or one shoulder in contact with the mat;
2. The control can be made from the side, from the rear or from on top;
3. The contestant applying the hold must not have his leg(s) or body controlled by his opponent's legs;
4. At least one contestant must have some part of his body touching the contest area; and
5. The contestant applying the hold must have his body in either the *Kesa* or the *Shiho* position – *tori* must have part of her torso over the torso of *uke* as in *kesa gatame* or *kami shiho gatame*.