

Ippon (Throw)

The match ends with an Ippon throw by one contestant. There are several important criteria that must be met for an Ippon to be scored. They are; (1) Control...the thrower must have control of his opponent as he throws him. (2) Force...the throw must be performed with force. No soft or “rolling” Ippons are scored in Freestyle Judo matches. (3) Largely on the back or back side...the athlete being thrown must land primarily on his or her back or back side.

Ippon



Ippon (Armlock or Strangle)

The match ends when one contestant armlocks or strangles his or her opponent. The opponent signals defeat by tapping out or by submitting verbally. If the referee deems that the contestant who has the armlock or strangle applied cannot (or will not) submit, the referee has the authority to call Ippon and stop the match in the same way a boxing referee may stop a fight to prevent an injury from taking place.



4 Points (Throw)

If an athlete throws his opponent, but the throw is missing one or more elements of an Ippon, the referee will award 4 points. Generally, a 4-point throw is similar in nature, if not exactly, like a Waza-ari.



4 Points



4 Points (Hold-down)

If one athlete holds his opponent with an Osaekomi Waza for 20 seconds, the referee will signal 4 points for the pinner and instruct him to attempt to apply a submission technique by saying “4 points (referee designates color of belt), go for your submission.”



2 Points (Throw)

If an athlete throws his opponent, but less than for a 4-point score, the referee will award 2 points. Generally, a 2-point throw is similar in nature, if not exactly, like a Yuko.

2 Points



2 Points (Hold-down)

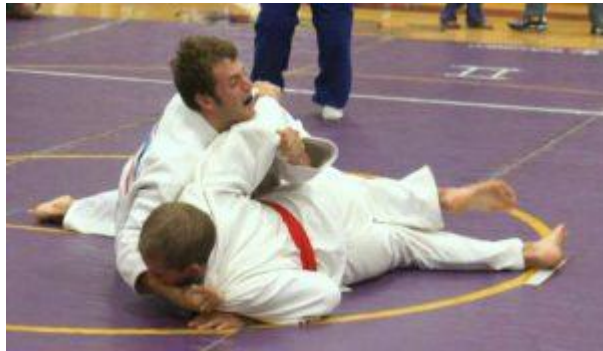
If one athlete holds his opponent with an Osaekomi Waza for 10 seconds to less than 20 seconds, the referee will award 2 points.

1 Point (Throw)

If an athlete throws his opponent, but the opponent lands primarily on his buttocks or front side (the opponent must land on his torso, body, hips or thigh(s)...landing on elbows and knees or hands and knees does not score) or if the athlete being thrown lands on his back, side or back side but not with sufficient force to merit 2 points, the referee will award 1 point.

Generally, a 1-point throw is similar in nature, if not exactly, like the old Koka.

Point



1 Point (Hold-down)

If one athlete holds his opponent with an Oasekomi Waza for 5 seconds to less than 10 seconds, the referee will award 1 point.

1 Point (Breakdown)

If an athlete turns his opponent over onto the opponent's back or mostly on his back, the referee will award 1 point for a Breakdown.



1 Point (Guard Pass)

If an athlete gets his body past his opponent's legs and moves to the opponent's side or takes control of the opponent's position, the referee will award 1 Point for a Guard Pass.



1 Point (Guard Sweep or Rollover)

If an athlete rolls or sweeps his opponent over to his back or back side, the referee will award 1 Point for the Guard Sweep.



For clarity and ease of understanding, any form of true Control Change whether it is a Breakdown, Guard Pass, or Guard Sweep merits **1 Point**.

