

8-4-13

Notes from the US junior open Coach and Referee meeting 7-26-13

I offer these notes to the NC judo community. The notes are my recollection of the material presented by US leading referees and coaches. Use the information as intended or disregard. The IJF rules are evolving, consequently rule interpretations by the US- IJF referees are also evolving with the international thrust.

- You will notice that referees will now indicate Ippon (when appropriate) and then osaekomi when a throw is followed immediately by a mat hold. They will then look at the other mat officials to determine if they agree before ending the match. The reason is to make sure the majority of the officials are in agreement before disrupting the mat hold.
- In newaza the referees are cautioned that if they do not understand what is happening on the mat to let it run as long as there is positive action. The reason is there are so many new mat techniques with all types of twisting and turning that may produce results.
- Incidental touching below the belt is not a penalty.
- Any decisions by the referee should be to the benefit of the players.
- Penalties are not to be given to punish but to facilitate good judo making sure of equality and safety on the mat.
- One hand hang outs should be given a penalty in about 3 to 5 seconds.
- Mat experienced "fighter" referees understand a two handed break while throwing and it should not be penalized however this is cautioned as always all referees and coaches don't have equal knowledge and experience.
- Incomplete attacks are not false attacks; however again, the referee has to understand the difference.
- Incidental touching of the legs is not a leg grab.
- A bear hug from the front is only wrong when the hands touch and should not be penalized when one hand is around and the other is lifting or pushing up like in uranage or a similar throw.
- When giving non-combatively, referees are cautioned to select one player to penalize rather than award the penalty to both. The reason is it is difficult for spectators to understand so an extreme example is, if one is breathing harder than the other then give the penalty to that player rather than confuse the issue.
- If a player is let down on his or her back like in ouchigari and the player extends their hands or elbows to break the fall and keep their back from touching the mat it is not a

score. Likewise in a front throw when they land on their hands or elbows or elbow under their side it is not a score.

- Referees are cautioned to understand a head dive rather than a deep twist at the end of the throw. Coaches, pay attention to this suggestion as your competitor can be seriously injured if you don't teach the deep twist rather than the head going straight down.
- When juniors under 13 are doing a figure four in a mat hold it is not a strangle unless they close the space in the figure four. Likewise dojime is not a penalty unless the legs are straightened. Holding in a dojime like arrangement is not a penalty.
- A block is permitted at the belt level, not below.
- Wrist holding to prevent activity is a penalty; wrist holding to throw is not.
- A throw with a roll through with complete control is a score for Tori, Uki was thrown not Tori.
- Weight training cannot be equal to time on the mat or your competitor will have a downward judo spiral –new study—weight training must supplement on the mat judo training and must be explosive weight training rather than heavy weight lifting.
- A well trained competitor should be able to do 80 to 90 pushups in a setting.
- Core strength is more important than other exercises along with pulling activities.
- Dart Fish Express available on most I-phones for a onetime charge is an excellent aid for competitors and coaches.

Finally it is important for all to note, as stressed at the meeting, some coaches and referees have a need to control and feel important, **this is counterproductive** —referees are cautioned to make sure the right person wins and facilitate an equal match and coaches are cautioned to develop judo players to the best of their ability within appropriate coaching guidelines. I think this advise is worthy of consideration by all.

Ron Hansen