

SIMPLIFIED RULES FOR REFEREES

- Competitors bow onto mat, then bow in seiza. Both start with both knees down, or right knees up.
- Two minutes per match. No stop time. Ippon is the only score, awarded upon 15 seconds of osae-komi.
- All osae-waza permitted, excepting turnovers using sankanku or any joint immobilization.
- Hold-downs may not include shime-waza (i.e. during kata-gatame) or smothering (i.e. during kami-shiho-gatame). In the event a choke/smother is evident along with the pin, referee might call sono-mama and adjust the pin to ensure unobstructed breathing, or relieve neck/spine pressure.
- Competitor with the most ippons wins a point for their team. In case of no point, hikewake is called and neither team gains a point.
- Referee will call matte if there is no ne-waza progression and warn competitors to try harder.
- Competitors should always have at least one knee on the ground, unless they momentarily stand to pass guard or to attack the turtle from above.
- No pressure may be exerted on the neck or spine. Hair pulling and face-touching is prohibited.
- Competitors are discouraged from shaking hands at end of match. The bow will suffice.
- Ref should watch for overly aggressive behaviour, excessive roughness... and not hesitate to remind competitors to fight cleanly and technically. Failure to comply will result in a penalty.