

### Rules for Ne-Waza Competition

IJF Rules (including scores and penalties) will be applied except for the following differences:

1. At the start of the contest, the contestants will perform a standing bow to each other.
2. The contestants will start with one knee or both knees on the ground facing each other. On the command of Hajime, the contestant must attempt to take hold of the opponent within 10 seconds. The referee may award Shido to a contestant who deliberately avoids contact.
3. When in an upright position, the contestants must keep at least one knee on the mat. The referee may permit the temporary removal of the knee(s) in order to allow the completion of a technique.
4. If the contestants become locked together and unable to gain an advantage, the referee will call Matte and restart the contest with the contestants facing each other.
5. If the scores are equal at the end of the contest, the referee(s) will determine the winner by Hantei (technical superiority).
6. At the end of the contest, the contestants will rise, the referee will signal the winner and the contestants will perform a standing bow.