



JUDO

JUDO

The Official Special Olympics Sports Rules for Judo shall govern all Special Olympics competitions. As an international sports program, Special Olympics has created these rules based upon International Judo Federation (IJF) rules for judo found at <http://www.ijf.org/>. IJF or National Governing Body (NGB) rules shall be employed except when they are in conflict with the Official Special Olympics Sports Rules for Judo or Article I. In such cases, the Official Special Olympics Sports Rules for Judo shall apply.

NOTE: A coach must have current NGB certification in order to offer this sport.

An athlete with Down syndrome who has been diagnosed with Atlanto–axial instability may not participate in the sport of judo. For additional information and the procedure for waiver of this restriction, please refer to Article I, Section L. 7. f. <http://resources.specialolympics.org/article1.aspx>

SECTION A — OFFICIAL EVENTS

The following is a list of official events available in Special Olympics.

The range of events is intended to offer competition opportunities for athletes of all abilities. Programs may determine the events offered and, if required, guidelines for the management of those events. Coaches are responsible for providing training and event selection appropriate to each athlete's skill and interest.

1. Individual Judo Contest.

SECTION B — DIVISIONING

1. All athletes entering a Special Olympics judo event will initially be divisioned by the details required on the event entry form.
 - a. Gender
 - b. Age
 - c. Weight Class
 - d. Ability Level
2. Each athlete will then be placed in similar pools. A further divisioning process will take place at the event venue, on individual skills, which will further enhance the process. Each athlete in his/her respective pools will have an individual skill test with at least the following techniques (Waza).
 - a. Two holding techniques (Osae-komi-waza)
 - b. One liberation of a holding technique (Toketa-waza)
 - c. Several safe forms of break falling (Ukemi-waza) from different angles
 - d. Two break falls (Ukemi-waza) being thrown by an opponent (Tori)
 - e. Two turnovers from the opponent (uke) in ground position to holding (Osae-komi-waza)
 - f. Two throwing techniques (Nage-waza)
 - g. Two combination throwing techniques (Renraku-waza)
 - h. One take-over throwing technique (Kaeshi-waza)
3. The evaluation on the skills listed (in number 2) above will be based on:
 - a. Technique of the movement
 - b. Performance of the athlete
 - c. Speed of the technique
 - d. Reaction of the athlete



JUDO

4. Athletes shall be placed in divisions according to gender, age, weight class and ability level.
 - a. Gender — Male/female
 - b. Age — All athletes under 16 years of age on the day of the event will be classified as juniors and will be divided in the following age groups: 8–11 and 12–15. All athletes 16 years of age or over on the day of the event will be classified as seniors and will be divided in the following age groups: 16–21, 22–30 and 31 or above.
 - c. Weight — If the weight of an athlete is not specified in the following scale there shall be no more than a 10 percent range difference in weight during the divisioning process. If an athlete cannot be included in a pool on the first or second divisioning process, a further divisioning process will be determined at the discretion of the respective coaches and competition organizers. Criteria shall then be: Safety before age, weight and ability from all the athletes in the pool who are to be considered.

Girls 8 – 11 years	Girls 12 – 15 years	Girls 16 years	Ladies	Boys 8 – 11 years	Boys 12 – 15 years	Boys 16 years	Men
-24 kg				-24 kg			
24-26 kg				24-26 kg			
26-28 kg				26-28 kg			
28-31 kg				28-31 kg	-31 kg		
31-34 kg	-34 kg			31-34 kg	31-34 kg		
34-37 kg	34-37 kg			34-37 kg	34-37 kg		
41-45 kg	37-40 kg	-40 kg		37-41 kg	37-41 kg		
45-50 kg	40-44 kg	40-44 kg		41-45 kg	41-45 kg	-46 kg	
+50 kg	44-48 kg	44-48 kg	-48 kg	45-50 kg	45-50 kg	46-50 kg	
	48-52 kg	48-52 kg	48-52 kg	+50 kg	50-55 kg	50-55 kg	
	52-57 kg	52-57 kg	52-57 kg		55-60 kg	55-60 kg	-55 kg
	57-63 kg	57-63 kg	57-63 kg		60-66 kg	60-66 kg	60-66 kg
	+63 kg	63-70 kg	63-70 kg		66-73 kg	66-73 kg	66-73 kg
		+70 kg	70-78 kg		+73 kg	73-81 kg	73-81 kg
			+78 kg			+81 kg	81-90 kg
							90-100 kg
							+100 kg

5. Ability Level — The coach must determine the ability level of the athletes that are registered, using the following criteria:
 - a. Skill Level I — An athlete who can practice and do training and competition with mainstream athletes on club level. This athlete can give a performance of 80–100 percent of techniques as prescribed in the individual skills. This athlete also has a good understanding of the meaning and goal of the competition.
 - b. Skill Level II — An athlete who can practice and do some light play competition with mainstream athletes and can give a performance of 60–80 percent of techniques as prescribed in the individual skills. This athlete understands the meaning and goal of the competition.
 - c. Skill Level III — An athlete who can handle training with mainstream athletes but must have a special competition with other athletes of the same level. This athlete can give a performance of 50–60 percent of techniques as prescribed in the individual skills. This athlete understands most of the rules, meaning and goal of the competition.
 - d. Skill Level IV — An athlete who can only perform special training and competition. This athlete needs guidance during the competition but understands most of the rules and goal of the competition. This athlete can give a performance of 40–50 percent of techniques as prescribed in the individual skills. This athlete shall perform his/her competition mostly in the game of romps on the ground (ne-waza), mainly for safety reasons.
 - e. Skill Level V — An athlete who can only perform special training and competition and needs special care during the event. This athlete needs a lot of guidance during the competition, and the competition is mostly adjusted to the athletes. This athlete can give a performance of 30 percent or less of techniques as prescribed in the individual skills. This athlete shall perform his/her competition always in the game of romps on the ground (ne-waza) mainly for safety reasons.



6. These criteria will be used by the organizer as a first divisioning for the skills that will be assessed for the final divisioning.

SECTION C — RULES OF COMPETITION

1. In all situations in which the rule book does not specifically specify, but where the referee is of the opinion that the safety of one or both of the athletes is at stake, the referee will stop/suspend the contest immediately and take those measures he deems necessary. Hereby he is entitled to take punitive action by taking into account the intention of the action.
2. For the age group of 12 and under, the length of the contest is two minutes. For age groups over 12, the duration of the contest is a minimum of two and a maximum of three minutes, to be determined by the organizing body.
3. If an athlete needs assistance entering onto the mat area of the competition, the coach is allowed to give assistance with the help of an (assistant) referee.
4. On applying to enter a competition, it must be made known on the registration form whether the athlete will compete in “tachi-waza” (standing start) or “ne-waza” (kneeling or sitting start).
5. There are two positions in “ne-waza” from which the athlete can start a contest.
 - a. From a kneeling position
 - b. Sitting next to each other, both with their hands in basic “kumi-kata” (grip-position) and the legs stretched forward
6. If an athlete, because of his/her disability, must start the contest in “ne-waza,” the other athlete has to adjust from his/her normal standing position and start the contest in “ne-waza.”
7. If the referee, for safety reasons, does not agree to start the contest with “tachi-waza,” he can at any time decide to start the contest with “ne-waza,” or switch from “tachi-waza” to “ne-waza.” The athletes and their coaches must comply with the decision of the referee.
8. A contest which has been started in “ne-waza,” must be continued in “ne-waza.”
9. At any time, it is possible to make points with a throwing technique from “ne-waza” provided the contest started in “ne-waza,” or after the contest was switched to “ne-waza.”
10. If the athletes are competing in “ne-waza,” they are not allowed to push the opponent backwards.
11. With both “tachi-waza” and “ne-waza,” the referee ensures that the athlete’s neck is not locked in such a way that poses a risk of injury.
12. Techniques that are not allowed:
 - a. Techniques which seem to be sacrificial throws (sutemi-waza)
 - b. Arm-lock techniques (ude-kansetsu-waza)
 - c. Entwine/embrace techniques – strangulations (shime-waza)
 - d. Sankaku-waza (triangle techniques)
 - e. To carry out a forward throw on one or two knees
 - f. To pull away the legs of the opponent with two hands (morote-gari and ryo-ashi-dori)
 - g. To grab one leg of the opponet and reap the supporting leg (o-uchi-gari).
 - h. Falling on top of another contestant after carrying out a good technique
13. A Coach must have current NGB certification in order to offer this sport.



JUDO

SECTION D — PENALTIES

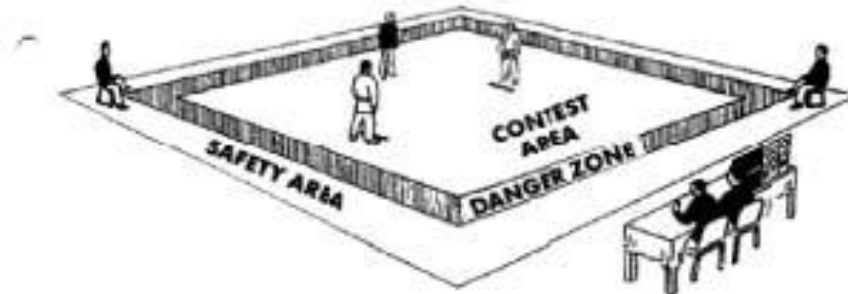
1. In case of a forbidden action, the referee will give a warning and explain to the athlete the nature of the forbidden action. When repeated, the referee must take punitive action
2. If an athlete becomes injured and is not able to continue the contest as a result of a forbidden action, the injured athlete is declared the winner. All injuries may be treated on the tatami by a first-aid worker, assisted by the coach of the athlete, if requested.
3. No person shall be allowed onto the matted area without the referee's permission.

SECTION E — COMPETITION AREA

1. The contest area must be a minimum of 6 meters by 6 meters to a maximum of 10 meters by 10 meters.
2. The danger zone should be a red area around the contest area (minimum 1 meter).
3. The safety area should surround the contest and danger zones (minimum 1 meter).

SECTION F — OFFICIALS

1. Three referees
2. One competition recorder
3. One timekeeper



SECTION G — EQUIPMENT

1. One manual scoreboard per mat area
2. Two competition time clocks
3. One competition table and three chairs
4. Two chairs for referees
5. One red belt and 1 white belt for contestants
6. One bean bag for end of contest signal
7. A chair shall be provided for either side of the table for the athlete coaches.