



### GOVERNING INFORMATION

In 2022, the Official Special Olympics Sport Rules for Judo adopted new rules to govern Special Olympics Unified Kata competitions. Below are key components to consider when competing in Unified Kata.

The Official Special Olympics Sport 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. Refer to Article 1, <http://media.specialolympics.org/resources/sports-essentials/general/2014-Article-I.pdf>, for more information pertaining to Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, Criteria for Advancement to Higher Levels of Competition, and Unified Sports.

### UNIFIED KATA GUIDELINES

**Team Definition:** A team shall consist of one athlete in the role of Tori with an intellectual disability and one Unified partner without an intellectual disability in the role of Uke.

As Unified Kata is open to all levels (1-5) it is necessary to operate two modified Special Olympic Unified Sports Models.

### LEVELS 1 AND 2

These levels are designed for more experienced athletes and Unified partners that have comparable ability levels and knowledge of Judo, to a maximum of 3 Judo grades/belt difference.

In Level 1 and 2 the following Kata forms are possible:

Category A1:	3 Groups of Nage no Kata	Beginners
Category A2:	3 Groups of Nage no Kata	Advanced
Category B1:	2 Groups of Nage no Kata	Beginners
Category B2:	2 Groups of Nage no Kata	Advanced
Category C1:	1 Group of Nage no Kata	Beginners
Category C2:	1 Group of Nage no Kata	Advanced
Category D1:	1 Group of Katame no Kata - osae komi waza	Beginners
Category D2:	1 Group of Katame no Kata - osae komi waza	Advanced
Category E1:	1 Group of Gonosen no Kata – barai, gari	Beginners
Category E2:	1 Group of Gonosen no Kata – barai, gari	Advanced

Level 1 and 2 Special Olympic Athletes: all prohibited techniques in Special Olympics Shiai Rules in above groups like throwing on 1 or 2 knees, grappling the leg or pressure on the neck doesn't need to be adapted or replaced by an alternative, if the safety of both athletes is guaranteed.

The Organizer has the possibility to create more categories or combine categories, depending on the amount of participating athletes and to create a fair competition.

### LEVELS 3, 4 AND 5

For athletes in Levels 3, 4, and 5 Unified Kata is used to promote individual skill development and confidence under the guidance of a Unified partner whose ability and knowledge of Judo is more advanced than that of the Special Olympics athlete.



In this model the following Kata forms are possible:

Category F1:	3 Groups of Nage no Kata	Beginners
Category F2:	3 Groups of Nage no Kata	Advanced
Category G1:	2 Groups of Nage no Kata	Beginners
Category G2:	2 Groups of Nage no Kata	Advanced
Category H1:	1 Group of Nage no Kata	Beginners
Category H2:	1 Group of Nage no Kata	Advanced
Category J1:	1 Group of Katame no Kata - osae komi waza	Beginners
Category J2:	1 Group of Katame no Kata - osae komi waza	Advanced
Category K1:	1 Group of Gonosen no Kata – barai, gari	Beginners
Category K2:	1 Group of Gonosen no Kata – barai, gari	Advanced

Level 3,4 and 5 Special Olympic Athletes: All prohibited techniques carried out by Tori in Special Olympics Shiai Rules like sutemi waza, throwing on 1 or 2 knees, grappling the leg or pressure on the neck must be adapted or replaced by an alternative technique.

All attacks or reactions from uke in all kata should be adapted in strength and speed to the disability of the Special Olympics athlete. All adaptations and alternative techniques should be filled out in advanced on the kata scoring form before each contest. The Organizer has the possibility to create more categories or combine categories, depending on the amount of participating athletes and to create a fair competition.

### **SPECIAL OLYMPICS UNIFIED GONosen NO KATA**

The Gonosen no kata (form of counter-throws, counters) does not belong to the Kata of the Kodokan. The degrees of freedom in the way of performing the Gonosen no kata are very large compared to the Kodokan Kata. This makes it possible to adapt the kata to the individual possibilities of the Special Olympics athlete. This is a very helpful kata for the development of Special Olympic athletes with cerebral palsy or challenges in spatial orientation, which cannot perform all techniques on the right and left side as in Nage no Kata.

In Special Olympics, only the first group of six counter-techniques is demonstrated; in the first group, those in which the attack is carried out with a foot throw.

Unified Partner (Uke) Special Olympics Athlete (Tori)

- Soto Gari – O Soto Gari
- Hiza Guruma - Hiza Guruma
- Uchi Gari – Okuri Ashi Barai
- De Ashi Barai – De Ashi Barai
- Ko Soto Gake – Tai Otoshi
- Ko Uchi Gari – Sasae Tsuru Komi Ashi

### **EXECUTION OF GONosen NO KATA**

Opening, Tori (Special Olympics Athlete) has the Joseiki on his left hand.

The opening ceremony consists of that tori and uke first the joseki greet and afterwards to each other. They greet only when standing.

The Unified Partner is the first to throw with the attack technique – then he repeats his attack and is countered by the Special Olympics athlete.

The kata can be performed from a static position for beginners, or in movement for advanced judoka.



### JOSEIKI

In Unified kata contests, the Joseiki will take the following into account when assessing the competitors' performance: Attention to connections, for example between throw families and technique families, if techniques are replaced for other techniques. Any form of adaptations should be filled out on the Kata Inscription form Aid or tools can be used without scoring deductions for level 3,4 and 5. The kata both begins and ends with a greeting.

- It should be as normal as possible, adapted as necessary.
- Attention to connections, for example between throw families and technique families, if techniques are replaced for other techniques.
- Execution quality
- Control of Tori
- Timing of Tori
- The development of the techniques in steps until execution
- Any form of adaptations should be filled out on the Kata Inscription form
- Aid or tools can be used without scoring deductions for level 3, 4 and 5

### SAFETY RULES

In general, all prohibited techniques carried out by Tori in Special Olympics Shiai Rules like sutemi waza, kansetsu waza, shime waza, throwing on 1 or 2 knees, grappling the leg or applying pressure on the neck are not permitted in level 3,4 & 5. Sutemi waza, kansetsu waza and shime waza are also not permitted in levels 1 and 2. This is to ensure the safety of all athletes.

### ENTRY FORM

All athletes and Unified partners entering a Special Olympics Judo Kata Event will be initially bedivisioned by the details required on the entry form

Category (A-K)

Ability Level (1-5)

Judo Level / Belt color Special Olympics Athlete (Tori)

Judo Level / Belt color Unified Partner (Uke)