

## Judo Unified Kata Guidelines 2024

### Governing Information

In 2022, the Official Special Olympics Sport Rules for Judo introduced updated regulations for Unified Kata competitions. These rules are based on the International Judo Federation (IJF) guidelines, with specific adaptations for Special Olympics events. Below are key points to consider for Unified Kata competitions:

1. **Rule Application:** The Official Special Olympics Sport Rules for Judo govern all Special Olympics Judo competitions. IJF rules apply unless they conflict with Special Olympics rules or Article I. In such cases, the Special Olympics rules take precedence.
2. **Additional Guidelines:** Refer to [Article I](#) for information on Codes of Conduct, Training Standards, Medical and Safety Requirements, Divisioning, Awards, and criteria for advancing to higher competition levels.

For complete IJF rules, visit [www.ijf.org](http://www.ijf.org).

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### Unified Kata Overview

Unified Kata is inclusive of all Special Olympics ability levels (1–5). Teams consist of:

- **Tori:** An athlete with an intellectual disability.
- **Uke:** A Unified Partner without an intellectual disability.

Unified Kata operates under two modified Unified Sports models:

1. **Competitive Model**
  2. **Player Development Model**
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### Kata Options and Levels

#### Levels 1 and 2

For athletes in levels 1 and 2, the following Kata forms are permitted:

- **Nage no Kata:** Up to the first three groups.
- **Katame no Kata:** First group.

#### Key Points:

- Teams are grouped by comparable skill levels and Judo knowledge.
- Age and weight differences between partners are less significant.
- Event organizers may adjust or combine categories to ensure fair competition.
- Divisioning may include distinctions for beginners versus advanced athletes and the number of techniques demonstrated (e.g., 1, 2, or 3 groups).

## Technique Adaptations

- Prohibited techniques from Special Olympics Shiai Rules (e.g., throws on one or both knees, leg gripping, neck pressure) do not need replacements if safety is ensured.
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## Levels 3, 4, and 5

Unified Kata at these levels focuses on:

- Skill development.
- Confidence building through collaboration with a Unified Partner or experienced Special Olympics athletes.

Permitted Kata forms include:

- **Nage no Kata:** Up to the first three groups.
- **Katame no Kata:** First group.
- **Gonosen no Kata:** First group.

### Technique Adaptations:

- Prohibited techniques (e.g., sutemi waza, throws on knees, leg gripping, neck pressure) must be replaced with safer alternatives.

### Uke's Role:

- Attacks and reactions should match the Special Olympics athlete's abilities in strength and speed.
  - All adaptations must be recorded on the Kata Scoring Form before competition.
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## Special Olympics Unified Gonosen No Kata

The **Gonosen no Kata** (counter-throws) is highly adaptable, making it ideal for athletes with cerebral palsy or spatial orientation challenges. Only the first group of six counter-techniques is demonstrated in Special Olympics competitions.

### Techniques:

- O 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:

- The kata begins with a ceremonial greeting (Joseiki).
  - Uke performs the attack technique first, followed by a counter from Tori. The demonstration can be static for beginners or dynamic for advanced judoka.
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### Scoring and Assessment

#### Joseiki Criteria:

- Execution quality, timing, and control by Tori.
- Development of techniques in progressive steps.
- Connections between techniques or throw families, especially when substitutions are made.
- Adaptations and use of tools/aids (allowed for levels 3, 4, and 5 without scoring penalties).

#### Scoring Methods:

##### 1. Simplified Scoring for low Level SO Kata:

- Points awarded for correctly executed techniques:
  - Excellent: 10 points
  - Good: 8 points
  - Medium: 6 points
  - Almost: 4 points
  - Not So Good: 2 points
  - Forgotten: 1 point

##### 2. Advanced Scoring for more advanced Kata Athletes:

- Based on IJF standards, with allowances for big, medium, or small mistakes. For forgotten techniques the score will **not** be divided in half again.
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### Safety Rules

To ensure athlete safety:

- Prohibited techniques (e.g., sutemi waza, kansetsu waza, shime waza, knee throws, leg gripping, neck pressure) are not permitted in level 3,4,5.
  - Sutemi waza, kansetsu waza, and shime waza are specifically excluded across all levels.
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## **Entry and Divisioning**

All athletes and Unified Partners must submit detailed entry forms to facilitate initial divisioning for competition.