



May 2026

Changes to these Guidelines

The Official Special Olympics Sport Rules for Judo shall govern all Special Olympics Judo competitions. The Special Olympics Sport Rules for Judo are based on the International Judo Federation (IJF) rules for judo found at <http://www.ijf.org/>. IJF rules shall be employed unless they are in conflict with Special Olympics Sport Rules or Article 1, in such case Special Olympics rules take precedence.

These guidelines are intended to supplement, and must be read in conjunction with, the Official Special Olympics Judo Rules. They may be amended at any time, including as a result of changes to IJF rules or Special Olympics Judo Unified Kata rules, where Special Olympics, Inc. deems such changes necessary.

Refer to Sport Rules Article 1, 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.



Special Olympics Unified Kata Guidelines

For guidance on permitted athlete-to–Unified Partner ratios and defined roles, please refer to Section 9 of the Special Olympics Judo Rules.

Unified Kata Options and Levels

Unified Kata shall be offered across all Special Olympics Judo ability levels (Levels 1–5).

Levels 1 and 2

For athletes in levels 1 and 2, the following Unified 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) must be replaced with safer alternatives.

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 Unified Kata Scoring Form before competition.

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.

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

Recommended Scoring for Unified Kata Levels 3,4, 5 and Beginners

Points awarded for correctly executed techniques

- Excellent: 9 – 10 points
- Good: 7 – 8 points
- Medium: 5 – 6 points
- Almost: 3 – 4 points
- Not so Good: 2 points
- Forgotten: 1 point



Recommended Scoring for Unified Kata Levels 1 and 2

For Levels 1 and 2, it is recommended for allowances of big, medium, or small mistakes based on IJF standards. For forgotten techniques, the score will not be divided in half again.

SO Unified Kata Judo 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, Shime-waza and Sankaku techniques are specifically excluded across all levels.

Entry and Divisioning

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