



Judo

Sport Rules



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1. GOVERNING RULES

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. 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.

2. OFFICIAL EVENTS

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 competitor's skill and interest.

In the World Summer Games only one event is offered: Individual contests for males and females.

3. DIVISIONING

3.1 Entry Form

3.1.1 All athletes entering a Special Olympics judo event will initially be divisioned by the details required on the event entry form:

- 3.1.1.1 Gender
- 3.1.1.2 Ability Level
- 3.1.1.3 Exact Weight
- 3.1.1.4 Age

3.2 Placement

3.2.1 Each athlete shall then be placed in the appropriate division, together with other athletes of similar abilities and characteristics, following both the criteria of the IJF and the one of safety. That will be the initial act of divisioning. See details below.

3.3 Individual Skills

3.3.1 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 to undergo an individual skill test both in tachi-waza and ne-waza or only in ne-waza, if he/she has been so indicated by his/her coach (in the latter case the athlete shall have to compete only in ne-waza during the games to follow).

3.3.2 This test shall be carried on during a training session, where a 'Divisioning official' together with tatami-supervisor checks that the pre-divisioning is ok. The said training session shall have the form of an enjoyable time, in which the athletes shall share a feeling of recreation and enjoy meeting their fellow athletes for the first time.

3.3.3 The training session should include the following techniques (Waza):

- 3.3.3.1 Games to test action-reaction, judo, feeling, and fighting spirit.
- 3.3.3.2 Turnovers from the opponent (uke) in ground position to holding (Osae-komi-waza)
- 3.3.3.3 Throwing techniques (Nage-waza)
- 3.3.3.4 Breakfalls (Ukemi-waza) being thrown by an opponent (Tori)

3.3.4 The evaluation on the skills will be based on the following criteria:

- 3.3.4.1 Judo feeling
- 3.3.4.2 Concept of Contest



- 3.3.4.3 Prediction of the opponent's movement
- 3.3.4.4 Prediction of danger
- 3.3.4.5 Sense of cause and effect
- 3.3.4.6 Technique
- 3.3.4.7 Performance of the athlete
- 3.3.4.8 Speed of the technique
- 3.3.4.9 Reaction of the athlete
- 3.3.4.10 Concept of strategy
- 3.3.5 The skill levels mentioned are formed upon the basis of comparison of each athlete to a mainstream athlete of non competitive orientation, of recreational or educational one, and they are as follows:
- 3.4 Skill Levels
 - 3.4.1 Skill level 1
 - 3.4.1.1 A judoka of level 1 can "compete" in shiai form almost as an equal to a "recreational" judoka (above), has a perfect judo feeling, he/she is fast and powerful in his/her movements, quickly reacting and able to develop a strategy during the game. He fulfills the above criteria to the maximum extent.
 - 3.4.1.2 An athlete of level 1 would need only a slight assistance and guidance by his/her coach or the referee in order to "compete".
 - 3.4.2 Skill level 2
 - 3.4.2.1 A judoka of level 2 can "compete" in randori form almost as an equal to a "recreational" judoka, has a good judo feeling, is somehow slow and not so powerful in his/her movements, reacting fairly quickly and fairly understanding the concept of strategy. He/she fulfills the above criteria also in a fair extent.
 - 3.4.2.2 An athlete of level 2 would need a moderate assistance and guidance by his/her coach or the referee to carry out the game.
 - 3.4.3 Skill level 3
 - 3.4.3.1 A judoka of level 3 can only share a playful randori with a "recreational" judoka", has a fairly good feeling of judo, he/she is somehow fast and powerful in his/her movements, reacting reasonably quickly, but with no sense of strategy. He/she fulfills the above criteria all to a moderate extent.
 - 3.4.3.2 An athlete of level 3 would need a serious assistance and guidance by his coach or the referee to carry out the game.
 - 3.4.4 Skill level 4
 - 3.4.4.1 A judoka of level 4 can only share a playful randori with a "recreational" judoka but needs to somehow be helped from the latter. He/she has a little feeling of judo and he/she is not fast in his/her movements and reactions. No sense of strategy. He/she fulfills the above criteria to a low extent.
 - 3.4.4.2 An athlete of level 4 would need a high assistance and guidance by his/her coach or the referee to carry out the game.
 - 3.4.5 Skill level 5
 - 3.4.5.1 A judoka of level 5 can only share a playful randori with a "recreational" judoka but he/she needs to be seriously helped from him/her. He/she has no judo feeling, he/she is very passive and he/she would need the assistance of his/her coach and the referee to a maximum extent to carry out the game.
- 3.5 Further criteria for the divisioning:
 - 3.5.1 Gender
 - 3.5.1.1 Male/female
 - 3.5.2 Age

- 3.5.2.1 The Organizers, depending on the situation, are entitled to subdivide the range of age so as, in combination with the rest parameters of ability (levels, weight) to make appropriate pools, fair and safe for the athletes.
- 3.5.3 Weight
- 3.5.3.1 If there are enough athletes, it is possible to use the official weight categories as guidelines in all level
- 3.5.3.2 Males: < 60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg
- 3.5.3.3 Females: < 48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg
- 3.5.3.4 The organizer has the responsibility and therefore the liberty to build up the weight-categories in each event in such a way, that in combination with the rest parameters of ability (levels, age) he creates "good" pools, which means fair and safe for the contestants.

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

- 3.5.4 Other factors
- 3.5.4.1 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.
- 3.5.4.2 Criteria shall then be: Safety before age, weight and ability from all the athletes in the pool who are to be considered.
- 3.5.4.3 If not all levels can be offered in a tournament, levels can be merged. It should be noted that the registration of athlete with disability levels that were not invited according to the call, there is no reason to redistribute correct registered athletes.

4. RULES OF COMPETITION

- 4.1 Referee Decisions
- 4.1.1 In all situations in which the rule book does not specifically determine, 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/she deems necessary. Hereby he/she is entitled to take punitive action by taking into account the intention of the action.
- 4.2 Contest Time
- 4.2.1 The real contest time is 3 minutes and if needed 'Golden Score' of 1 minute will be used.
- 4.3 Assistance by a Coach



- 4.3.1 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. (Note: No person shall be allowed onto the matted area without the referee's permission.)
- 4.4 Starting Positions
- 4.4.1 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).
- 4.4.2 There are two positions in "ne-waza" from which the athlete can start a contest.
- 4.4.2.1 From a kneeling position
- 4.4.2.2 Sitting next to each other, both with their hands in basic "kumi-kata" (grip-position) and the legs stretched forward
- 4.4.3 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".
- 4.4.4 If the referee, for safety reasons, does not agree to start the contest with "tachi-waza", he/she can at any time decide to Continue after "Mate" in "ne-waza"
- 4.4.5 A contest which has been started in "ne-waza", must be continued in "ne-waza".
- 4.4.6 At any time, it is possible to make points with a throwing technique from "ne-waza" provided the contest started in "ne-waza" or respectively at any time after the contest was switched to "ne-waza".
- 4.4.7 If the athletes are competing in "ne-waza", they are not allowed to push the opponent straight backwards.
- 4.4.8 In 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. Embracing the neck in both "tachi-waza" and "ne-waza" further than the spine will cause "Mate".
- 4.5 Prohibited Techniques
- 4.5.1 Techniques which seem to be sacrificial throws (sutemi-waza)
- 4.5.2 Arm-lock techniques (ude-kansetsu-waza)
- 4.5.3 Entwine/embrace techniques – strangulations (shime-waza)
- 4.5.4 Sankaku-waza (triangle techniques)
- 4.5.5 To carry out forward and backward throws on one or two knees
- 4.5.6 Falling on top of another contestant after carrying out a good technique
- 4.5.7 Any technique that puts the neck of the opponent at stake is forbidden.
- 4.5.8 In tachi waza the following techniques are forbidden:
- 4.5.8.1 Koshi guruma
- 4.5.8.2 Kubi nage
- 4.5.9 In ne waza, the following techniques are forbidden:
- 4.5.9.1 Hon kesa gatame
- 4.5.9.2 Makura kesa gatame
- 4.5.9.3 Kata gatame
- 4.5.9.4 Tate shiho gatame (except variation with only one arm pinned)
- 4.5.10 Further than that, any technique involving control of the head of Uke, is allowed only if Tori controls at the same time an arm of Uke with one of his own arms.
- 4.6 Contest System
- 4.6.1 Every category formed after the final divisioning shall comprise a maximum of eight contestants.
- 4.6.2 Up to five contestants of the same category, are to form one pool, and shall play between them according to the round robin system.
- 4.6.3 Six, seven, or eight contestants of the same category, will be divided into two pools, namely A and B (3+3, 4+3 or 4+4), and must play in the pool they belong to, according to the round



robin system. After the end of the fights of both pools, the two winners of each one will play in the final block, which will have the form of an elementary knock out, entering the semi-finals according to the x pattern (A1 vs. B2, B1 vs. A2). The winners of the semi-finals will fight for the first and second place. In case two As or two Bs meet in the final, they will have to compete again and the winner of that fight will be first, regardless of the result of the fight in the pool they initially belonged to.

- 4.6.4 In case of a tie between two athletes in a pool (equal number of wins, equal number of points), where and if they are both qualified to occupy one of the three distinguished places (first, second, or third), the winner of the fight between them will prevail in the classification.
- 4.6.5 In case of a tie between three athletes in a pool (equal number of wins, equal number of points – cyclic triangle), where and if they are all qualified to occupy one of the three distinguished places, they shall be given a second chance to compete between themselves. If the phenomenon shall be repeated after that second chance then the classification between them will depend on their weight classification, considering only the weigh-in of the particular day they are fighting, held upon arrival at the Sport Hall.
- 4.6.6 In case a contestant is not able or willing to participate in some contest of any order within a pool, his results so far will be discounted and will count neither for him/her nor for his/her opponents for the classification of the category.
- 4.7 Medical Restrictions
 - 4.7.1 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.

5. UNIFORM AND EQUIPMENT

- 5.1 Judogi
 - 5.1.1 The athletes, during the divisioning and the games, shall wear exclusively white judogi.
 - 5.1.2 The distinction between two athletes playing in a game shall be made by a blue and a white belt worn at the waste, provided by the organizer from a variety of sizes. During their games the athletes shall wear no other belt.
 - 5.1.3 The judogi must be clean and tidy, free of any advertisements or other signs whatsoever.
 - 5.1.4 The organizer, if so requested, should provide each athlete with a bib to be sewed on, in the proper place at the back of the judogi (on means the organizer), which the athlete will then be obliged to bear. The bib is meant to facilitate distinction both in the divisioning and the games.
 - 5.1.5 Females must wear a plain white t-shirt under their judo suit.
- 5.2 Mat Area
 - 5.2.1 Each mat should have the following equipment:
 - 5.2.1.1 One scoreboard
 - 5.2.1.2 Two competition time clocks (With an electronic scoreboard only one is needed)
 - 5.2.1.3 One secretariat table and three chairs for the staff and enough for the officials to the Organization
 - 5.2.1.4 Two chairs for referees
 - 5.2.1.5 One blue belt and one white belt for the contestants
 - 5.2.1.6 Two chairs—one to each of the two athletes' coaches.

6. PENALTIES

- 6.1 Forbidden Actions
 - 6.1.1 In Levels 1, 2, and 3 the referee can penalize the repeated use of prohibited techniques by issuing “shidos.” In case of a forbidden action, the referee will give a warning and explain to the athlete the nature of the forbidden action. When the same error is repeated, the referee



can take punitive action. Guidelines: For level 1 – after 1 warning. For level 2 – after 2 warnings. For level 3 – after 3 warnings. In levels 4 and 5, the referee shall request that the coach be present for the explanation, in order that the errors be explained to the athlete in their native language or simple language. At these levels, “shido” is only announced after providing repeated explanations. In levels 1 and 2, it is recommended highly that the coach be involved in the explanations.

6.2 Injuries

- 6.2.1 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.

7. COMPETITION AREA

7.1 Contest Area

- 7.1.1 The contest area must be a minimum of six meters by six meters to a maximum of 10 meters by 10 meters.

7.2 Safety Area

- 7.2.1 The safety area should surround the contest area and be of a different color to it (minimum three meters wide).

7.3 Photographer Restrictions

- 7.3.1 Photographers of any kind should not be allowed at a distance closer to three meters to the competition area.

7.4 Required Personnel

- 7.4.1 This applies only for competition of National level and above:
- 7.4.1.1 Three referees
 - 7.4.1.2 One competition recorder
 - 7.4.1.3 One timekeeper

8. COACHING

- 8.1 Coaching is an important element in the sport of judo. Direction given by a coach throughout a match, appropriate to the level of the athletes, assures the safety of both participants. For athletes at Level 1 and 2 coaching can only be offered during “Mate”. For athletes at level 3 coaches may offer encouragement to their athletes throughout the match but may only offer technical advice during “Mate”. For athletes at level 4 and 5 technical advice as well as encouragement may be offered by coaches throughout the entire match.

9. UNIFIED KATA

9.1 Unified Kata: Tori Special Olympics Athlete, Uke Unified Partner

- 9.1.1 For all ability level possible

- 9.1.2 For all Kata forms possible

9.1.2.1 Category A1–nage no kata–3 groups for level 1, 2 and 3-Beginner

9.1.2.2 Category A2–nage no kata–3 groups for level 1, 2 and 3-Advanced

9.1.2.3 Category B1–nage no kata–2 groups for level 2,3and 4-Beginner

9.1.2.4 Category B2–nageno kata–2 groups for level 2,3and 4-Advanced

9.1.2.5 Category C1–nage no kata–1groupfor level 3, 4, 5-Beginner

9.1.2.6 CategoryC2–nage no kata–1group for level 3, 4, 5-Advanced

- 9.1.3 (Same Schedule for other Kata forms possible)

- 9.2 In Unified kata contests, the Joseiki will take the following into account when assessing the competitors' performance:



- 9.2.1 The kata both begins and ends with a greeting.
- 9.2.2 It should be as normal as possible, adapted as necessary.
- 9.2.3 In alignment with the federation, one teammate completes all throws. In Unified Kata it is required that the Special Olympic athlete completes the throws not the Unified partner.
- 9.2.4 Each kata should be based on an existing kata form (e.g., "nage-no-kata," "katame-no-kata," "gonosen-no-kata," etc.)
- 9.2.5 Attention to connections, for example between throw families and technique families, if techniques are replaced for other techniques.
- 9.2.6 Execution quality
- 9.2.7 Control of Tori
- 9.2.8 The development of the techniques in steps until execution
- 9.2.9 Prohibited techniques in Shiai (e.g., "sutemi-waza," "kansetsu-waza," "shime-waza") are not permitted
- 9.2.10 Any form of adaptations should be filled out on the Kata Inscription form
- 9.2.11 Aid or tools can be used without scoring deductions