



Judo

Sport Rules

Special Olympics





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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.

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
- 3.1.1.5 Starting Position: Tachi waza or Ne waza

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 Skills

- 3.3.1 A divisioning process will take place before every competition venue on the tatami. Each athlete will undergo skill tests together with their respective fellow athletes.
- 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 divisioning training session shall be conducted in a game based, playful manner which is designed to portray the athletes true skills and ability whilst sharing a feeling of recreation, friendship and enjoyment.
- 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 Speed of Performance
- 3.3.4.5 Performance of the athlete
- 3.3.4.6 Speed of the technique
- 3.3.4.7 Reaction of the athlete
- 3.3.4.8 Concept of strategy

3.4 Skill Levels

The skills levels are based upon the comparison of each athlete to a mainstream recreational athlete.

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

3.5.2 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 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.

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 Contest time for athletes under 12 years or Level 4 and 5 is 2 minutes and if needed 'Golden Score' of 1 minute

4.2.2 Contest time for athletes older than 12 years or Level 1, 2 and 3 is 3 minutes and if needed 'Golden Score' of 1 minute

4.2.3 If pools are mixed in age and level, the organizer decides about 2 or 3 minutes in relation to the safety of the athletes

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 A referee, for safety reasons, can stop a contest which has started in tachi-waza and continue the contest in ne-waza. The Judoka that triggered this decision will then perform in ne-waza for the remainder of the tournament.

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. In the event that either opponents arm goes around the neck further than the center point, "Mate" will be called immediately.
- 4.5 Prohibited Techniques
 - 4.5.1 Techniques classified as sacrificial throws (sutemi-waza)
 - 4.5.2 Arm-lock techniques (ude-kansetsu-waza)
 - 4.5.3 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 Any technique that puts the neck of the opponent at risk of injury is forbidden
 - 4.5.7 In tachi waza, techniques like koshi guruma or kubi nage are forbidden
 - 4.5.8 In ne waza, techniques like hon kesa katame, or classic forms from Makura kesa gatame, Kata gatame or Tate shiho gatame with the arm with pressure around the neck are forbidden
- 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. After a second chance, and still equal points, 2 medals of the same kind will be awarded.
 - 4.6.6 In case a contestant is not able or willing to participate in some contest of any order within a pool, the opponent will win with Fusen – Gachi and 10 points. The opponent will come on the mat alone.
- 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 waist, 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 free of any unauthorized advertisements or logos
- 5.1.4 The organizer, if so requested, should provide each athlete with a bib to be sewed on by the organizer, in the proper place at the back of the judogi, which the athlete will then be obliged to wear. 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 with short sleeves 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 control table and three chairs for the table staff.
 - 5.2.1.4 Two chairs for referees
 - 5.2.1.5 Two or more blue and two or more white belts for contestants
 - 5.2.1.6 Two chairs—one for each of the two athletes' coaches.
- 5.3 Main Control Table
 - 5.3.1 Each competitive event should have one main central control table equipped with 4 chairs. This table will accommodate the pool coordinator, IT systems, head official/jury and competition manager.

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 must remain a least three meters from the contest 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 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 5 Levels: Level 1 and 2 grouped together, and levels 3-5 grouped together.
- 9.2 Levels 1 and 2: These levels are designed for more experienced athletes and Unified partners that have comparable ability levels and knowledge of Judo.
- 9.2.1 In level 1 and 2 the following Kata forms are possible:
- | | |
|-----------------|--------------------------|
| Nage no Kata | Up to the first 3 Groups |
| Katame no Kata | First Group |
| Gonosen no Kata | First Group |
- 9.3 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.
- 9.3.1 In these levels the following Kata forms are possible:
- | | |
|-----------------|--------------------------|
| Nage no Kata | Up to the first 3 Groups |
| Katame no Kata | First Group |
| Gonosen no Kata | First Group |
- 9.3.2 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.
- 9.3.3 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.
- 9.4 Joseiki
- 9.4.1 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.
- 9.5 Safety Rules
- 9.5.1 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.



9.6 Entry Form

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

9.6.1.1 Category (A-K)

9.6.1.2 Ability Level (1-5)





9.6.1.3 Judo Level / Belt color Special Olympics Athlete (Tori)

9.6.1.4 Judo Level / Belt color Unified Partner (Uke)

9.7 Scoring Form

9.7.1 Example of Kata Scoring form and example alternatives:



Judo Kata Competition Scoring Form												
		Tori					Uke (Unified Partner)					
First name												
Surname												
Team/Club												
Judo degree / belt		Orange Belt					Black Belt					
Kata Categorie		F2										
		    										
		forgotten		not correct yet		partially correct		almost correct		correct		Points
	Alternative or adaption	1	2	3	4	5	6	7	8	9	10	
Greeting at the start												
Uki-otoshi, right	<i>Morote Seoi Nage</i>											
Uki-otoshi, left	<i>Morote Seoi Nage</i>											
Seoi-nage, right												
Seoi-nage, left												
Kata-guruma, right	<i>Eri Seoi Nage</i>											
Kata-guruma, left	<i>Eri Seoi Nage</i>											
Uki-goshi, left												
Uki-goshi, right												
Harai-goshi, right												
Harai-goshi, left												
Tsurikomi -goshi, right												
Tsurikomi -goshi, left												
Okuri-ashi-barai, right												
Okuri-ashi-barai, left												
Sasae-tsuri-komi-ashi, right												
Sasae-tsuri-komi-ashi, left												
Uchi-mata, right	<i>On knee</i>											
Uchi-mata, left	<i>On knee</i>											
Greeting at the end												
Overall impression												
		Total										
10				Points				Rang:				