



# 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 [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.

## **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 judoka's skill and interest. The following is a list of official events available in Special Olympics:

- 2.1 Shiai Single Competition
- 2.2 Shiai Team Competition
- 2.3 Unified Kata Competition

## **3. DIVISIONING AND CLASSIFICATION**

### **3.1 Entry Form**

- 3.1.1 All judokas 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 Ability Assessment**

- 3.2.1 A divisioning process will take place before every competition venue on the tatami. Each judoka will undergo ability assessments together with their respective fellow judokas.
  - 3.2.1.1 This assessment shall be carried out during a training session, where a 'Divisioning official' together with tatami-supervisor checks that the pre-divisioning from the entry form is correct. 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.
- 3.2.2 The training session should include the following techniques (Waza):
  - 3.2.2.1 Games to test action-reaction, judo feeling, fighting spirit and speed of performance.
  - 3.2.2.2 Turnovers from the opponent (uke) in ground position to holding (Osae-komi-waza)
  - 3.2.2.3 Throwing techniques (Nage-waza)
  - 3.2.2.4 Breakfalls (Ukemi-waza) being thrown by an opponent (Tori)

### **3.3 Ability Level**

The ability level is based upon the comparison of each judoka to a mainstream recreational athlete.

### 3.3.1 Level 1

3.3.1.1 Level 1 is a judoka who can perform in shiai with a mainstream recreational judoka. This judoka is fast and powerful and has excellent reactivity. They have a strong feeling for Judo and an excellent strategic view. This judoka has a good understanding of the meaning and goal of the competition.

### 3.3.2 Level 2

3.3.2.1 Level 2 is a judoka who can perform in randori with a mainstream recreational judoka. This judoka understand the competition's meaning and goal. This judoka is fast and power and has moderate reactivity but is usually late responding to judo situations. They have a good judo feeling but may struggle with processing complex instructions and situations. They may need some assistance and guidance.

### 3.3.3 Level 3

3.3.3.1 Level 3 is a judoka who can perform a playful randori in training with a mainstream recreational judoka. This judoka is reasonably fast and powerful and has a reasonably developed reactivity. The strategy for level 3 judoka often consists of repeating the same technique over and over. This judoka is not able to combine throwing directions like in renraku waza in shiai. This judoka needs assistance and guidance from the coach on the judo mat as well as next to the mat during competition but understands most of the rules and goals.

### 3.3.4 Level 4

3.3.4.1 Level 4 is a judoka who can perform a playful randori in training with a recreational judoka but the mainstream judoka needs to adapt their speed and strength to match this player, as well as take almost all the initiative for movements during randori. This judoka needs adapted training and very high assistance and guidance from the coach or referee on the judo mat as well as next to the mat during competitions, but understands most of the rules and goals.

### 3.3.5 Level 5

3.3.5.1 Level 5 is a judoka who can perform a playful randori with a mainstream recreational judoka but the mainstream judoka needs to adapt their speed and strength to match this player, as well as take almost all the initiative for movements during randori. This judoka needs adapted training and very high assistance and guidance from the coach or referee on the judo mat as well as next to the mat during competitions and activities. This Judoka can be very strong and passive, and sometimes slow to respond. They can understand most of the rules and goals by can be very easily distracted. Active coaching is needed to perform in shiai.

## 3.4 Further criteria for the divisioning:

### 3.4.1 Gender

### 3.4.2 Age

3.4.2.1 The Organizers are permitted to combine age groups, if necessary, as long as all the other criteria is adhered to such as ability levels, weight, and gender. The resulting action must result in fair and safe pools for the athletes.

### 3.4.3 Weight

3.4.3.1 If there are enough judokas, it is possible to use the official IJF weight categories as guidelines in level 1 and 2.

3.4.3.2 The organizer are permitted to combine weights, if necessary, as long as all the other criteria is adhered to such as ability level, age and gender. The resulting action must result in fair and safe pools for the athletes.



#### 3.4.4 Other factors

- 3.4.4.1 If a judoka 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.
- 3.4.4.2 Criteria shall then be: Safety before age, weight and ability from all the athletes in the pool who are to be considered.
- 3.4.4.3 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 judokas 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 judokas 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 judokas 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 judokas

### 4.3 Assistance by a Coach

- 4.3.1 If an judoka 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 judoka 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 judoka, 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".

### 4.5 Prohibited Techniques

In addition to the prohibited actions as described in the official Judo rules, the following techniques are also prohibited for all levels:

4.5.1 All forms and variations of:

- 4.5.1.1 Sutemi-waza;
- 4.5.1.2 Kansetsu-waza;
- 4.5.1.3 Shime-waza;
- 4.5.1.4 Sankaku techniques;

4.5.2 All throws that are executed on one or two knees forward and backward

4.5.3 To put pressure on the opponent's head, neck or throat. In the event that either opponent's arm goes around the neck further than the center point, "Mate" will be called immediately.

4.5.4 In Tachi-waza:

- 4.5.4.1 To perform Kumi-kata around the head or neck of the opponent. While taking hold at shoulder level, the hand may not pass the center line of the back.

4.5.5 In Ne-waza:

- 4.5.5.1 To push the opponent backwards while in a kneeling positions.
- 4.5.5.2 Raising the knee to gain leverage when it is agreed beforehand that this is not allowed.

4.5.6 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.

#### 4.6 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 judokas 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 judokas 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 or more judokas in a pool, the places will be determined by the number of wins, points and then time. In the case of a two-person tie, the winner between the two of them is deemed the overall winner. In some instances, the awarding of the same medal/place to multiple judokas is possible.

4.6.5 In case a judoka 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 judokas, during the divisioning and the games, shall wear exclusively white judogi.
- 5.1.2 The distinction between two judokas playing in a game shall be made by a blue and a white belt, provided by the organizer in a variety of sizes.
- 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 judoka 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 sleeves under their judo suit.
- 5.1.6 Judokas must wear white Judogi during the awards ceremony.

### **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 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 at 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 per tatami

7.4.1.2 Two Competition Management Software Operators

## 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 judokas, assures the safety of both competitors. For judokas at Level 1 and 2 coaching can only be offered during "Mate". For judokas at level 3 coaches may offer encouragement to their judokas throughout the match but may only offer technical advice during "Mate". For judokas 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 The athlete to Unified partner ratio must be 1 athlete in the role of Tori to 1 Unified partner in the role of Uke in Unified Kata.

- 9.2 It is required that athletes and Unified partners are of similar age, and it is preferred that athletes and Unified Partners are of similar ability. For more information on similar age and ability please see Sport Rules Article 1 Section 14.1.2

- 9.3 For judokas from Levels 1 and 2: These are the more experienced athletes and Unified partners that have comparable ability levels and knowledge of Judo.

- 9.3.1 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

- 9.4 For judokas 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 the role of tori.

- 9.4.1 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

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

- 9.4.3 All attacks or reactions from uke in all kata should be adapted in strength and speed to the ability of the Special Olympics athlete. All adaptations and alternative techniques should be filled out in advanced on the kata scoring form before each contest.



## 9.5 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, gripping 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 judokas.

## 9.6 Entry Form

9.6.1 All judokas entering a Special Olympics Judo Unified Kata Event will be initially be divisioned by the details required on the entry form

## 9.7 Scoring Form

9.7.1 More information, as well as an example of the kata scoring form are available in the [kata guidelines document](#).