



## **JUDO TECHNICAL REGULATION**

**2021-2024**

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## **Introduction**

The rules of JUDOWN must take into account the current rules of the FIJ - International Judo Federation, the EUJ European Judo Union, and the SUDS, which are adapted to ensure safety, integrity, and ethics for competitive practice of Judo.

JUDOWN intends to promote and develop the judo competition for athletes with Down Syndrome, including the "mosaics", with an emphasis on parameters of competitive QUALITY of the event.

These rules may be updated in each Olympic cycle of 4 years of competition, always after the update of the FIJ rules. The only exception is if there is an urgent need for JUDOWN, or for a substantial change in FIJ competition rules

These rules are based on existing rules and proposals from the JUDOWN Executive Committee meeting on 30 November 2019.

All athletes must comply with the mandatory registration and registration with JUDOWN and comply with their medical criteria and administrative formalities.

## **Article 1**

### **General and competition planning**

The Competition must be directed by referees who have experience and knowledge of Judo, and Judo with Down Syndrome athletes.

In the Down Syndrome Competitions, the "Mosaic" athletes will be grouped separately in another competition.

There being no minimum number in the classes, the weight categories can be merged to guarantee a number of quality competitions, and thus give representation to the title awarded.

When athletes are mixed because there is no minimum number, only medals and title recognition are given in that same pool.

The competitions will be conducted with 3 referees: one referee and two judges.

The Competition Format will consist of the following:

- a) Pool system - maximum of 5 athletes or less (1 pool)
- b) Pool/Crossover system - minimum of 6 to maximum of 8 athletes (2 pool - divided equally. The 2 best athletes, cross, semifinal / final)
- c) Direct elimination system - Minimum of 8 athletes (IJF / EJU system)

## **Article 2**

### **Presentation of the medal**

2.1. One Pool - gold, silver and bronze medals (rule minus 1 don't apply)

- a) 2 athletes - gold medal for 1<sup>st</sup> placed and silver medal for 2<sup>nd</sup> placed;
- b) 3 athletes or more athletes (maximum 5) - gold medal for 1<sup>st</sup> placed, silver medal for 2<sup>nd</sup> placed and bronze medal for 3<sup>rd</sup> placed;

2.2. Eliminary System and Cross Pool - Gold, Silver, Bronze and Bronze medals.

2.3. Participation certificates must be issued to all participants.

## **Article 3**

### **Minimum age**

To participate in a Judo competition the athlete must be 13 years old in the year of the event.

## **Article 4**

### **Minimum graduation (belt color)**

Graduation is important to assess the appropriate level for the quality and respect of the event.

The athlete must have at least a 4th Kyu graduation (orange belt).

## **Article 5**

### **Combat time and duration**

The combat time is 3 minutes, however if there is a need for adaptation, for reasons of safety of the athletes, or possibly technological reasons, the event director can decide another criterion.

## **Article 6**

### **Gold Score**

- a) The golden point - 2 minutes Golden Score
- b) If at the end of the gold point the tie remains, the referee will meet with the judges and make the decision by majority.

## **Article 7**

### **Combat start position**

There is no adjustment of the athletes for the referee to start the fight, only in the exceptional case in which there is eventually intervention by blind athletes or low vision, the tournament director can decide to start with Kumi-Kata (Grip Start)

## **Article 8**

### **Prohibited acts**

The following acts are not allowed:

- a) Sutemi-waza, with the exception of Tani-otoshi
- b) Kansetsu-waza (armlocks)
- c) Shime-waza (strangles)
- b) Handles below the waist
- d) Attacks with the arm around the neck (Kochi Guruma).

- e) Immobilizations with the arm around the neck (Hon-Keza-Gatame)
- f) Handle over the neck (anticipation of possible damage to the cervical)
- g) Maki-komi
- c) Projections supporting the 2 Knees on the floor (Ex. Seoi-Nage)

## **Article 9**

### **Penalties**

All penalties provided for by the FIJ will be applied

- a) Actions that go against the judo aspect will be penalized with Hansoku-make
- b) During combat the rule of 3 Shido / Hansoku-make is used, however it should be avoided as far as possible

## **Article 10**

### **Injury, illness, and athlete safety**

In the event of injury or apparent lack of health conditions for the athlete to continue the fight, the referee will allow:

- a) Access to the competition area to the doctor / trainer / caregiver
- b) During the match, if in the opinion of the coach, doctor or tournament director, the athlete's integrity is not safeguarded, the match is interrupted, and a decision is made by them for the athlete's continuation in the match. If there is no consensus, the physician's decision prevails.
- c) If, during the competition, the athlete's health deteriorates, a decision must be made for the athlete's continuation in the test by the coach, or by the doctor.
- d) The use of Sports Glasses is only allowed if authorized by the tournament director, and only if it does not put other athletes at risk.

## **Article 11**

### **Judogi**

It is recommended to use white judogi for the first competitor and blue judogi for the second competitor, however, the second competitor is allowed to use white judogi with red belt.

When using the blue judogi, the contestants cannot use any belt other than their graduation belt.

The use of white T-Shirt, closed up to the neck, is mandatory for Female athletes

## **Article 12**

### **Coach conduct**

The coach's intervention is allowed only between "mate" and "hajime", and in accordance with FIJ rules. The exception is for the coach to dialogue with the athlete, when the request is expressed by the referee, to help in communicating with him.

## **Article 13**

### **Weight categories**

The categories of weights for men and women are as follows:

- a) Men: -60kg, -66kg, -73kgs, -81kgs, -90kgs, -100kgs, + 100kgs
- b) Women: -48kgs, -52kgs, -57kgs -63kgs, -70kgs, -78kgs, + 78kgs

## **Article 14**

### **Final dispositions**

All of these decisions are final. Omissions to this regulation will be decided by JUDOWN in cooperation with the organization of the event.