



Judo Rules

AGE GROUPS

10U

11-12

13-15

16-19

20-34

35-49

50+

Modified IJF Rules will be used for this event in regards to Mat size, Divisions, and Gi regulations

No Shime Waza (Strangles) in the Under 12 age divisions and No Kansetsu Waza (Joint locks) for Jrs. in the Under 16 age division.

3 min time limit for Jr. Division 4 min for all Teens and Adults.

Matches that are tied will be allowed to continue in the Golden Score (over time).

Below is a basic breakdown of the Rules of Judo:

Criteria for Ippon (full point):

1. A Throw with Control, Speed, impact and landing the opponent mostly on their back.
2. A Hold down(pin) lasting 20 seconds.
3. Strangle or Joint lock that causes the Opponent to signal submission by visibly tapping out.
4. Scoring a second Waza Ari(half point)
5. When the Opponent is disqualified (Hansoku Make).

Criteria for Waza Ari:

1. A throw lacking one or more of the requirements for Ippon.
2. A hold down lasting more than 10 seconds but less than 20 seconds.

Uniform: All competitors must have a minimum a White Judo Gi. Competitors are required to provide a white belt and a blue belt. A competitor can also wear a blue gi if assigned to the blue side of the mat.