

BRITISH JUDO ASSOCIATION

NATIONAL COACHING COMMISSION – LOW GRADE RULES PILOT

AMENDMENTS TO THE BJA CONTEST RULES FOR U16 LOW GRADE JUDOKA

1. Contest Rules for U16 Low Grade Judoka

1.1 Applicable Categories:

- All U12yrs (8-11yrs) and U16yrs (12-15yrs) categories limited to yellow belt and under.

1.2 No grips over uke's shoulder or collarbone.

It is prohibited to apply a grip where the hand of tori goes over uke's shoulder or collarbone, this includes both one- and two-sided grips (see Figure 1).

Double sleeve and opposite side grips (see Figure 2) are also prohibited to prevent throws such as (or similar to) Sode-tsurikomi-goshi, to ensure that uke can fall safely.

Grips around the waist of uke (where the hand of tori goes under uke's arm and around the waist) are permitted for the application of koshi-waza.

When tori applies a prohibited grip the referee should intervene, call mate and explain to tori why the action was stopped; there is no penalty provided a throwing action has not been completed.



Figure 1 – Examples of Prohibited Over the Shoulder Grips



Figure 2 – Examples of Prohibited Grips to Allow Safe Falling

1.3 No drop-knee techniques

It is prohibited to apply any throwing technique in any direction by tori dropping directly, with one or both knees, to the ground during the initial stage of the action.

Guidance: if tori takes the weight of uke on their back in a standing position and then performs any recognisable throwing action, although they fall to the ground, this will be a valid action.

When tori applies a drop knee technique the referee should intervene, call mate and explain to tori why the action was stopped; there is no penalty provided a throwing action has not been completed.

1.4 No Sutemi-waza

It is prohibited to apply any Sutemi-waza, where the body of tori impacts with the tatami before that of uke, and uke is being thrown with techniques such as (or similar to) Tomoe-nage, Sumi-gaeshi, Uki-waza, Yoko-otoshi, Tani-otoshi, Ura-nage, Maki-komi etc.

When tori applies a sacrifice technique the referee should intervene, call mate and explain to tori why the action was stopped; there is no penalty provided a throwing action has not been completed.

1.5 No Throwing from Behind while Rising from Ne-waza

It is prohibited for tori to throw their opponent from behind while rising from ne-waza to tachi-waza.

The referee should call mate before one judoka attempts to grip and/or throw while rising from ne-waza in this position; there is no penalty provided a throwing action has not been completed.

1.6 Dangerous turnovers

Turnovers likely to cause uke's neck or back to be unnaturally bent backwards are prohibited, the referee should intervene and call mate before completion of the full movement.

Turnovers and osaekomi-waza using the legs to apply Sankaku-gatame or the arms to apply Kata-sankaku-gatame are prohibited (see Figure 3), the referee should intervene and call mate before completion of the full movement.

When tori applies a prohibited turnover the referee should intervene, call mate and explain to tori why the action was stopped; there is no penalty provided the action has not been completed.



Figure 3 – Examples of Prohibited Osaekomi-Waza

1.7 Referee's Decision

In cases where there is no score difference, the process will be as follows:

- At the end of normal time (no more than 3 minutes), if there is no score difference but there is a penalty difference of any sort, this will be the result and the decision given.
- If scores and penalties are equal at the end of normal time, the referee and judges (if there are judges, otherwise just the referee) will decide which judoka achieved the most kinsa (close to scoring techniques) in both tachi-waza and ne-waza, and declare them the winner.

1.8 Matside Coaching

Encouragement and some occasional coaching may be permitted during the contest period; this must be calm and respectful.

Constant coaching or aggressive, disrespectful behaviour will result in a first warning. On the second occasion, the referee will ask the coach to move to the public seating. Continued actions may result in the coach being asked to leave the hall.

1.9 Camera Care System

There is no requirement for a camera care system to be in operation at development level events.