



# **NATIONAL JUDO CHAMPIONSHIPS**

Categories & Rules

## COMPETITION CATEGORIES

Category Year Born (Age)	Gender	Weight (Kg)							
		23	27	31	35	+35			
Infantile 1 (7, 8)	Male	23	27	31	35	+35			
	Female	23	27	31	35	+35			
Infantile 2 (9, 10)	Male	26	30	34	38	42	+42		
	Female	26	30	34	38	42	+42		
Intermediate 1 (11, 12)	Male	28	31	34	38	42	47	52	+52
	Female	28	31	34	38	42	47	52	+52
Intermediate 2 (13, 14)	Male	36	40	44	48	53	58	64	+64
	Female	36	40	44	48	53	58	64	+64
Juvenile (15, 16, 17)	Male	51	55	60	66	73	81	90	+90
	Female	40	44	48	52	57	63	70	+70
Junior (18, 19, 20)	Male	55	60	66	73	81	90	100	+100
	Female	44	48	52	57	63	70	78	+78
Senior (21+)	Male	55	60	66	73	81	90	100	+100
	Female	44	48	52	57	63	70	78	+78

**NOTE: SHOULD THERE BE LESS THAN TWO COMPETITORS IN A CATEGORY, CATEGORY GROUPS WILL BE MADE TO ENSURE EVERY REGISTERED ATHLETE HAS A CHANCE TO COMPETE.**

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## CURRENT IJF CONTEST RULES MODIFIED AS FOLLOWS

### **All Competitors will be from white/yellow tips (9<sup>th</sup> kyu) and upwards**

Contestants will be grouped based on the following order:

1. Gender
2. Age
3. Weight
4. Instructor's Recommendations (on Refereeing Director's request)

The Refereeing Director reserves the right to make alterations when it is in the best interest of the contestants

### **GENERAL RULES**

- **Weigh-in for all categories will be at the venue on the day of the tournament at 9 - 9:40am.**
- *Shime-Waza* (Choking techniques) **WILL** be allowed for competitors 13 years and over
- Grabbing/blocking below the belt will be immediately penalized with *Hansoku-Make* or disqualification
- *Kansetsu-Waza* (Joint lock techniques) will **NOT** be allowed in Juvenile and younger categories
- 2-5 minutes Match Times
- The "Golden Score" process will be used for determining winners in tied matches
- The Referee's decision is final
- Disputes will be settled by a panel of 3 persons comprising the Refereeing Director as Chairman, the National Coach and Technical Director

### **AWARDS**

- First, second and third place medals will be awarded in each division

### **UNIFORMS**

- White judogi are MANDATORY. Blue judogi are optional.