 

Panamerican Judo Confederation (PJC)

Adaptive Judo Championships

Rules and Regulations

2024

Welcome to the official guide of the Pan-American Judo Confederation (PJC) governing the rules and regulations for adaptive judo tournaments. As an international sports organization committed to inclusivity and safety, the PJC has developed a comprehensive set of rules that blend elements from the International Judo Federation (IJF), the Special Needs Judo Federation (SNJF), and the International Blind Sports Federation (IBSA). Our primary objective is to create a judo environment where athletes of all physical and mental abilities can compete on an equal footing while prioritizing their safety.

This guide will serve as your indispensable resource for understanding the fundamental principles, guidelines, and procedures that underpin adaptive judo within the Pan-American region. From the governing rules to the divisioning process, competition guidelines, and referee protocols, each section is designed to ensure a fair, enjoyable, and secure experience for all participants.

Our commitment extends to providing a platform where athletes, coaches, and officials can come together to celebrate the spirit of judo while respecting each individual's unique abilities and challenges. We recognize that adaptive judo is a specialized discipline that requires careful consideration of the athletes' needs and abilities, and this guide aims to provide clear guidance for conducting tournaments that uphold these values.

We encourage all stakeholders, including athletes, coaches, referees, and organizers, to familiarize themselves with the contents of this document to promote the growth of adaptive judo and foster a sense of unity and camaraderie among our judo community.

Thank you for your dedication to the sport, and we wish you an exciting journey through the world of adaptive judo within the Pan-American Judo Confederation.

 Ovidio Garnero Gary Berliner

 PJC Referee Chair USA Judo Referee Chair

Takemoto, Gary Brian Money

 Chief Referee Tournament Director

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# GOVERNING RULES

As an international sport, Pan-American Judo Confederation (PJC) has created adaptive judo rules based upon International Judo Federation (IJF), the Special Needs Judo Federation (SNJF), International Blind Sports Federation (IBSA), and the safety of the judokas. IJF or National Governing Body (NGB) rules shall be employed except when they conflict with the safety of the players. Adaptive judo foundation is based on all-inclusive where judokas have a physical or mental disability. Paralympic judokas competing on this tournament are subject to adaptive rules contained in this document. The Tournament Director and the Chief Referee are allowed to modify rules according to the venue and the safety of the athletes.

# 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 competitor’s skill and interest.

# DIVISIONING

## Entry Form

All athletes entering the adaptive judo event will initially be divided by the details required on the event entry form through Smoothcomp:

* Gender
* Ability Level (recommend by coach)
* Exact Weight
* Age
* Starting Position:
	+ *Tachi-waza*
	+ *Ne-waza*
	+ Prone position (face down)

## Placement

Each athlete shall then be placed in the appropriate division, together with other athletes of similar abilities and characteristics, following both the criteria of the IJF and ones of safety and the coaches’ recommendation. That is the initial act of divisioning. See details below.

## Skills

3.3.1 A divisioning process takes place before every competition venue on the tatami. Each judoka undergoes skill tests together with their respective fellow judokas.

3.3.2 This test shall be carried on during a training session, where divisioning officials together with tatami-supervisor checks that the pre-divisioning is appropriate. The divisioning training session is 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.

The training session should include the following techniques (*waza*):

* Games to test action-reaction, judo, feeling, and fighting spirit.
* Turnovers from the opponent (*uke*) in ground position to holding (*osae-komiwaza*)
* Throwing techniques (*nage-waza*)
* Breakfalls (*ukemi-waza*) being thrown by an opponent (*tori*)

3.3.3 The evaluation on the skills will be based on the following criteria:

* Judo feeling
* Concept of contest
* Prediction of the opponent’s movement
* Speed of performance
* Performance of the athlete
* Speed of the technique
* Reaction of the athlete
* Concept of strategy

## 3.4 Skill Levels

The skills levels are based upon the comparison of each athlete to a mainstream recreational athlete.

### 3.4.1 Skill level 1

A judoka of level 1 can "compete" in *shiai* form almost as an equal to a "recreational" judoka (above), has a perfect judo feeling, he/she is fast and powerful in his/her movements, quickly reacting and able to develop a strategy during the game. He/she fulfills the above criteria to the maximum extent.

An athlete of level 1 would need only a slight assistance and guidance by his/her coach or the referee to compete.

### 3.4.2 Skill level 2

A judoka of level 2 can "compete" in *randori* form almost as an equal to a "recreational" judoka, has a good judo feeling, is somehow slow and not so powerful in his/her movements, reacting fairly quickly and fairly understanding the concept of strategy. He/she fulfills the above criteria also in a fair extent.

An athlete of level 2 would need a moderate assistance and guidance by his/her coach or the referee to carry out the match.

### 3.4.3 Skill level 3

A judoka of level 3 can only share a playful *randori* with a "recreational" judoka", has a fairly good feeling of judo, he/she is somehow fast and powerful in his/her movements, reacting reasonably quickly, but with no sense of strategy. He/she fulfills the above criteria all to a moderate extent.

An athlete of level 3 would need a serious assistance and guidance by his coach or the referee to carry out the game.

### 3.4.4 Skill level 4

A judoka of level 4 can only share a playful randori with a "recreational" judoka but needs to somehow be helped from the latter. He/she has a little feeling of judo, and he/she is not fast in his/her movements and reactions. No sense of strategy. He/she fulfills the above criteria to a low extent.

An athlete of level 4 would need a high assistance and guidance by his/her coach or the referee to carry out the game.

### 3.4.5 Skill level 5

A judoka of level 5 can only share a playful *randori* with a "recreational" judoka, but he/she needs to be seriously helped from him/her. The judoka has no judo feeling, very passive, and needs the assistance of his/her coach and the referee to a maximum extent to carry out the game.

3.5 Further Criteria for the divisioning:

* Gender
* Age

The Organizers, depending on the situation, are entitled to subdivide the range of age so as, in combination with the rest parameters of ability (levels, weight) to make appropriate pools, fair and safe for the athletes.

* Weight

If there are enough athletes, it is possible to use the official IJF weight categories as guidelines in all levels.

The organizer has the responsibility and therefore the liberty to build up the weight-categories in each event in such a way, that in combination with the rest parameters of ability (levels, age) he/she creates "good" pools, which means fair and safe for the contestants.

## 3.6 Other factors

If an athlete cannot be included in a pool on the first or second divisioning process, a further divisioning process is determined at the discretion of the respective coaches and competition organizers.

Criteria shall then be safety before age, weight, and ability from all the athletes in the pool who are to be considered.

If not, all levels can be offered in a tournament, levels can be merged. If the safety of the judoka is a concern, a typical judoka can be utilized to compete with the adaptive judoka.

# 4. RULES OF COMPETITION

### 4.1 Referee Decisions

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 athletes 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 considering the intention of the action.

### 4.2 Contest Time

Contest time for athletes Level 4 and 5 is three minutes and if needed ‘Golden Score’ of one minute. Level and 4 and 5 will utilize the full three minutes with unlimited *waza-ari* and *ippons*. The referees can implement the mercy rule, which is if the one of the players is dominated and could cause humiliation to the other the match should be discontinued.

Contest time for athletes older than Levels 1, 2, and 3 is four minutes and if needed ‘Golden Score’ of one minute.

If pools are mixed in age and level, the organizer decides about three or four minutes in relation to the safety of the athletes.

### 4.3 Assistance by a Coach

If an athlete 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). In level 3, coaches are allowed on the mat to assist referee in explaining the rules with the player. Only at the request of the referee. In level 4 and 5, the coach is allowed on the mat during the competition—at the discretion of the referee—to aid in supporting moving the match. This option is as a last resort and not to be utilized during every level 4 and 5.

### 4.4 Starting Positions

On applying to enter a competition, it must be made known on the registration form whether the athlete will compete in *tachi-waza* (standing start), *ne-waza* (kneeling or sitting start), or prone position.

There are two positions in *ne-waza* from which the athlete can start a contest.

* From a kneeling position
* Sitting next to each other, both with their hands in basic *kumi-kata* (grip-position) and the legs stretched forward.

If an athlete, because of his/her disability, must start the contest in *ne-waza*, the other athlete must adjust from his/her normal standing position and start the contest in *ne-waza*.

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.

A contest which has been started in *ne-waza*, must be continued in *ne-waza*.

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*.

If the athletes are competing in *ne-waza*, they are not allowed to push the opponent straight backwards.

In *tachi-waza*, *ne-waza*, or prone position the referee ensures that the judoka’s neck is not locked in such a way that poses a risk of injury.

If either opponent’s arm goes around the neck further than the center point, *mate* is called immediately.

## 4.5 Prohibited Techniques

The following are prohibited acts during the competition:

* Techniques classified as sacrificial throws (*sutemi-waza*)
* Arm-lock techniques (*ude-kansetsu-waza*)
* Strangulations (*shime-waza*)
* *Sankaku-waza* (triangle techniques)
* To carry out forward and backward throws on one or two knees
* Landing/falling on *uke* during a throw.
* Any technique that puts the neck of the opponent at risk of injury is forbidden.
* In *tachi-waza*, techniques like *koshi guruma* or *kubi nage* are forbidden in *ne-waza*, techniques like *hon kesa katame*, or classic forms from *makura kesa gatame*, *kata gatame* or *tate shiho gatame* with the arm with pressure around the neck are forbidden.

## Referee Etiquette

Referee Etiquette is vital to the success of the tournament and the judokas.

* + 1. Training Session

In adaptive judo, the referees are interactive with the judokas. The referees attend the training session for the judokas. The purpose is for the judokas and the referees to feel more comfortable around each other. Moreover, it is for the referees to see some of the behaviors that are associated with the athletes. Referees are to bring their judo *gi* to the training session and interact with the judokas. This will also provide an opportunity for the referees to ask questions to the specialist about adaptive judo.

* + 1. Match Protocol
			1. Referee and judges’ location
				1. In level 1 and 2, the Chief Mat Referee will determine if the two judges are on the mat or on the side.
				2. Level 3, 4, and 5, judges are on the mat sitting in chairs.
			2. During the shiai
				1. Level 1 and 2, referee movement is the standard IJF protocol.
				2. Level 3, 4, and 5, the referee is closer to the players. The reason for this is to immediately stop an action if there is a safety concern. In adaptive judo (level 3, 4, & 5) the referee can touch the judoka, if needed. The referee is guiding the athlete and provide support if needed. Side judges can also assist the center referee if there is immediate danger to the judoka. Note: caution when you touch athletes, they can react to the touch in a negative manner. If needed, ask the coach to aid you.
				3. Adaptive judo has players who have different disabilities. It is vital to the success of the tournament and the judoka the referees be professional, relaxed, and calm. Unlike an IJF tournament, the referees should expect the unexpected (e.g., judoka might want to hug you, judoka might run off the mat after the match). This means that a smile and relaxed deminer is important.

## 4.7 Contest System

Every category formed after the final divisioning shall comprise a maximum of eight contestants.

Up to five contestants of the same category, are to form one pool, and shall play between them according to the round robin system. Six, seven, or eight contestants 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 semifinals 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.

In case of a tie between two athletes in a pool (equal number of wins, equal number of points), where and if they are both qualified to occupy one of the three distinguished places (first, second, or third), the winner of the fight between them will prevail in the classification.

In case of a tie between three athletes in a pool (equal number of wins, equal number of points – cyclic triangle), where and if they are all qualified to occupy one of the three distinguished places, they shall be given a second chance to compete between themselves. After a second chance, and still equal points, two medals of the same kind will be awarded.

In case a contestant 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 and be awarded the match.

## 4.7 Medical Restrictions

An athlete with down syndrome who has been diagnosed with Atlantoaxial instability (AAI) may not participate in the sport of judo. AAI is a common co-morbidity among patients with Down syndrome. AAI is characterized by excessive movement at the junction between the atlas (C1) and axis (C2) as a result of either a bony or a ligamentous abnormality and due to the instability and is a safety concern of the player.

# 5. UNIFORM AND EQUIPMENT

## 5.1 Judogi

The athletes, during the divisioning and the games, shall wear exclusively white judogi.

The distinction between two athletes playing in a game shall be made by a blue and a white belt worn at the waist, provided by the organizer from a variety of sizes. During their games the athletes shall wear no other belt (e.g., rank belt).

The judogi must be clean and free of any unauthorized advertisements or logos.

Females must wear a plain white t-shirt with short sleeves under their judogi. Males are authorized to wear a t-shirt under their uniform if the judoka has sensory issues.

## 5.2 Special Equipment

 Judoka are authorized to wear:

* Breakaway glasses
* Braces containing plastic
* Hearing aides
* Head gear

## 5.3 Mat Area

### 5.2.1 Mat Area

Each mat should have the following equipment:

* One scoreboard
* Two competition time clocks (with an electronic scoreboard only one is needed)
* One control table and three chairs for the table staff
* Two chairs for referees
* Two or more blue and two or more white belts for contestants
* Two chairs—one for each of the two athletes’ coaches

### 5.2.2 Main Control Table

Each competitive event should have one main central control table equipped with 4 chairs. This table accommodates the pool coordinator, Information technology (IT) systems, head official/jury and competition manager.

# 6. PENALTIES

## 6.1 Forbidden Actions

### 6.1.1 Level 1

In Levels 1, judokas follow the IJF and the Adaptive judo rules protocol. *Shido* (minor violations) and *hansoku-make* (serious violations) immediately following the violation.

### 6.1.2 Level 2 and 3

Level 2, and 3 the referee can penalize the repeated use of prohibited techniques by issuing *shidos*. In case of a forbidden action, the referee gives 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. Guideline on warnings, for level 2 – after two warnings and for level 3 – after three warnings. Depending on circumstances a *hansoku-make* can be awarded with the agreement of the three referees and the Mat Chief Referee.

### 6.1.3 Level 4 and 5

In levels 4 and 5, the referee shall request that the coach presents 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. It is rare that *hansoku-make* is issued.

## 6.2 Injuries

If an athlete becomes injured and is not able to continue the contest because of a forbidden action, the injured athlete is declared the winner. All injuries may be treated on the tatami by a first-aid worker, assisted by the coach of the athlete, if requested. Depending on the judoka and the injury, the referee needs to determine if the coach needs to come on the mat assist.

# 7. COMPETITION AREA

## 7.1 Contest Area

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

The safety area should surround the contest area and be of a different color to it (minimum three meters wide).

## 7.3 Photographer Restrictions

Photographers must remain a least three meters from the contest area.

## 7.4 Required Personnel

* Three referees
	+ Level 1 and 2, the two judges can be on the side mat
	+ Level 3, 4, and 5, the two judges are on the mat
* One competition recorder
* One timekeeper

# COACHING

* 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 athletes, assures the safety of both participants.
		1. Level 1 and 2 coaching can only be offered during *mate*.
		2. Level 3 coaches may offer encouragement to their athletes throughout the match but may only offer technical advice during *mate*.
		3. Level 4 and 5 technical advice as well as encouragement may be offered by coaches throughout the entire match.

# 9. KATA

9.1 Team Definition: A Team shall consist of one athlete in the role or Tori with an intellectual disability and one Unified Partner without an intellectual disability in the role of Uke. As Unified Kata is open to all levels (1-5) it is necessary to operate 5 Levels: Level 1 and 2 grouped together, and levels 3-5 grouped together. Levels 1 and 2: These levels are designed for more experienced athletes and Unified partners that have comparable ability levels and knowledge of Judo. In level 1 and 2 the following Kata forms are possible:

*Nage no Kata* Up to the first three groups

*Katame no Kata* First group

*Gonosen no Kata* First group

For athletes 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 these levels the following Kata forms are possible:

*Nage no Kata* Up to the first three groups

*Katame no Kata* First group

*Gonosen no Kata* First group

Level 3, 4, and 5 judokas: All prohibited techniques carried out by Tori in Adaptive *Shiai* Rules like sutemi-waza, throwing on one or two knees, grabbling the leg or pressure on the neck must be adapted or replaced by an alternative technique.

All attacks or reactions from uke in all kata should be adapted in strength and speed to the disability of the judoka.

All adaptions and alternative techniques should be filled out in advanced on the kata scoring form before each contest.

## 9.4 *Joseiki*

In Unified kata contests, the *joseiki* will take the following into account when assessing the competitors’ performance:

Attention to connections, for example between throw families and technique families, if techniques are replaced for other techniques.

Any form of adaptions should be filled out on the Kata Inscription form.

Aid or tools can be used without scoring deductions for level 3, 4, and 5.

## 9.5 Safety Rules

In general, all prohibited techniques carried out by Tori in the tournament like *sutemi-waza, kansetsu-waza, shime-waza*, throwing on one or two knees, grapping 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 athletes.

## 9.6 Entry Form

All athletes and Unified partners entering an Adaptive Judo Kata Event are initially divisioned by the details required on the kata entry form.

* Category (A-K)
* Ability Level (1-5)
* Judo Level / Belt color Adaptive Athlete (*tori*)
* Judo Level / Belt color Unified Partner (*uke*)

|  |
| --- |
| **Nage no kata Scoring Form** |
|  |  | **Tori** | **Uke (unified Partner)** |
| **First Name**  |  |  |  |
| **Surname** |  |  |  |
| **Team/Club** |  |  |  |
| **Judo degree / belt** |  |  |  |
| **Kata Category**  |  |  |  |
|  |  | Forgotten | Not correct yet | Partially correct | Almost correct | Correct | Points |
|  | Alternative or adaption | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Greeting at table |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uki-otoshi*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uki-otoshi*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Seoi-nage*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Seoi-nage*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata-guruma*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata-guruma*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uki-goshi*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uki-goshi*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Harai-goshi*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Harai-goshi*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| Tsuriikomi-*goshi*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsuriikomi-goshi*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Okuri-ashi-harai*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Okuri-ashi-harai*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Sasae-tsurikomi ashi*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Sasae-tsurikomi ashi*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uchimata*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uchimata*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tomoe Nage*Right |  |  |  |  |  |  |  |  |  |  |  |  |
|  |  | Forgotten | Not correct yet | Partially correct | Almost correct | Correct | Points |
|  | Alternative or adaption | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| *Tomoe Nage*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ura Nage*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ura Nage*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Sumi Gaeshi*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Sumi Gaeshi*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yokogake*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yokogake*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko gurma*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko gurma*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uki Waza*Right |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uki Waza*Left |  |  |  |  |  |  |  |  |  |  |  |  |
| Greeting at the end |  |  |  |  |  |  |  |  |  |  |  |  |
| Overall impression |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Score**  |  |

|  |
| --- |
| **Katame no kata Scoring Form** |
|  |  | **Tori** | **Uke (unified Partner)** |
| **First Name**  |  |  |  |
| **Surname** |  |  |  |
| **Team/Club** |  |  |  |
| **Judo degree / belt** |  |  |  |
| **Kata Category**  |  |  |  |
|  |  | Forgotten | Not correct yet | Partially correct | Almost correct | Correct | Points |
|  | Alternative or adaption | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Greeting at table |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kesa gatame* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata gatame* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kami shio gatame* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko shio gatame* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kuzure kami* *shio gatame* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata juji jime* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Hadaka jime* |  |  |  |  |  |  |  |  |  |  |  |  |
| Okuri eri jime |  |  |  |  |  |  |  |  |  |  |  |  |
| Kata ha jime |  |  |  |  |  |  |  |  |  |  |  |  |
| Gyaku juji jime |  |  |  |  |  |  |  |  |  |  |  |  |
| Ude garami |  |  |  |  |  |  |  |  |  |  |  |  |
| Udehishigi juji gatame |  |  |  |  |  |  |  |  |  |  |  |  |
| Udehishigi edu gatame |  |  |  |  |  |  |  |  |  |  |  |  |
| Udehishigi hizza gatame |  |  |  |  |  |  |  |  |  |  |  |  |
| Ashi garami |  |  |  |  |  |  |  |  |  |  |  |  |
| Greeting at the end |  |  |  |  |  |  |  |  |  |  |  |  |
| Overall impression |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Score**  |  |

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| **Ju no kata Scoring Form** |
|  |  | **Tori** | **Uke (unified Partner)** |
| **First Name**  |  |  |  |
| **Surname** |  |  |  |
| **Team/Club** |  |  |  |
| **Judo degree / belt** |  |  |  |
| **Kata Category**  |  |  |  |
|  |  | Forgotten | Not correct yet | Partially correct | Almost correct | Correct | Points |
|  | Alternative or adaption | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Greeting at table |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsuki dashi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata oshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ryote dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata mawashi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ago oshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kiri oroshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ryokata oshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Namame uchi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Katate dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Katate age* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Obi Tori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mune oshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsuki age* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Uchi oroshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ryogan tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| Greeting at the end |  |  |  |  |  |  |  |  |  |  |  |  |
| Overall impression |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Score**  |  |

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| **Goshin jutsu kata Scoring Form** |
|  |  | **Tori** | **Uke (unified Partner)** |
| **First Name**  |  |  |  |
| **Surname** |  |  |  |
| **Team/Club** |  |  |  |
| **Judo degree / belt** |  |  |  |
| **Kata Category**  |  |  |  |
|  |  | Forgotten | Not correct yet | Partially correct | Almost correct | Correct | Points |
|  | Alternative or adaption | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Greeting at table |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ryote dori*  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Hidari eri dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Migi eri dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kata ude dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ushiro eri odori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ushiro jime* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kakae dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Naname uchi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ago tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ganmen tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Mae geri* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko geri* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsukkake* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Choku tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Naname tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Furi oroshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Morote tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Shomen tsuke* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Koshi kamae* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Haimen tsuke* |  |  |  |  |  |  |  |  |  |  |  |  |
| Greeting at the end |  |  |  |  |  |  |  |  |  |  |  |  |
| Overall impression |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Score**  |  |

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| **Kime no kata Scoring Form** |
|  |  | **Tori** | **Uke (unified Partner)** |
| **First Name**  |  |  |  |
| **Surname** |  |  |  |
| **Team/Club** |  |  |  |
| **Judo degree / belt** |  |  |  |
| **Kata Category**  |  |  |  |
|  |  | Forgotten | Not correct yet | Partially correct | Almost correct | Correct | Points |
|  | Alternative or adaption | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |  |
| Greeting at table |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ryote dori*  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsukkake*  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Suri age* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko uchi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ushiro dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsukkomi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kiri komi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko tsuki* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ryote dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Sode dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsukkake* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsuki age* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Suri age* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Yoko uchi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ke age* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Ushiro dori* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Tsukkomi*  |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kiri komi* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Nuki gake* |  |  |  |  |  |  |  |  |  |  |  |  |
| *Kiri oroshi* |  |  |  |  |  |  |  |  |  |  |  |  |
| Greeting at the end |  |  |  |  |  |  |  |  |  |  |  |  |
| Overall impression |  |  |  |  |  |  |  |  |  |  |  |  |
| **Total Score**  |  |