



Sporting Rules

(2019)



SPORTAUS

No Limits Sporting Rules

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Introduction

No Limits (NL) Judo offers people with special needs the opportunity to participate as productive and respected members of Judo Australia (JA). NL Judo offers a fair opportunity for Judoka to develop and demonstrate their skills and talents through judo training and competition. NL Judo also increases the public's awareness of their capabilities and needs.

With the required training and encouragement, people with a disability are capable, and can enjoy, learn and benefit from participation in the sport of Judo. If necessary, the sport of Judo may be adapted for the needs of those with an intellectual or sensory disability.

Competition among those of equal abilities is an appropriate means of testing these skills, measuring progress and providing incentives for personal growth. Through Judo training and competition: people with a disability benefit physically, mentally, socially and it makes the judoka more aware of their own potential.

This document aims to assist with the efficient running of NL Judo competitions and to assist participants, carers, coaches and referees to participate and enjoy Judo competitions. The following documents are essential to all Judo Competitions:

- JA Sporting Code
- JA Code of Conduct for athletes, coaches, officials and referees
- IJF rules and regulations
- JA Junior Rules

Important Note

In many ways, NL Judo is similar to conducting tournaments for Mons Judo; Judoka need encouragement, help and education. The NL Judo tournament should be seen as an opportunity more for participation rather than strictly competition. This requires an increased verbal and physical engagement by referees.

To conduct a successful No Limits Judo tournament, for the safety and enjoyment of the participating judoka; it requires a support team approach from mainly the carer/coach but also the tournament official and tournament referee. It is acceptable for the referee in NL Judo to seek assistance/advice from their "off-mat" support team (coach/carers, or tournament official) during a contest bout.

1. General Rules

1. The NL Committee will confirm the categorisation of the judoka prior to a sanctioned event.
2. These rules are applicable to judo contests for participants with an intellectual or physical disability, and/or visual impairment. The division creating criteria is based on functional classification (See page 12).
3. If the tournament organiser or referee is in any doubt regarding the disability of the participant, the tournament organiser or referee may consult the carer or coach.
4. In all situations where, in the opinion of the referees, the safety of one or both of the NL Judoka is at stake, the referees will stop/suspend the match immediately and take those measures which are necessary. This could include penalties, taking into account the intention of the action.
5. No Limits Judoka are divided into five categories:
 - a) Category 1/2 = Judoka have the most ability and commence in Tachi-waza.
 - b) Category 3/4/5 = Judoka have the least ability and compete in Ne-waza.

The terminology for these categories is C1, C2, C3, C4 and C5.

6. Only C1 and C2 need a blue and white judogi to compete.

For C3, C4 and C5 it is optional to compete in the blue judogi. Instead, white or blue belts will be worn with the white Judogi. Blue and white belts will be provided by the athletes to wear on the day of competition.

7. All NL Judoka are permitted to compete against mainstream Judoka and/or other NL categories under NL rules as a “friendly match” status.

This rule will only apply with the consent of coach, parent (or carer) and tournament official.

8. NL Judoka who are eligible to compete at National Championships will do so at the same age and grade as mainstream competitors under JA regulations.
9. The minimum grade to compete in non-mainstream competition is Yellow/Orange belt.

2. Medal Presentation

The position that the NL Judoka finishes in will determine what medal he or she may be eligible for.

NL divisions will be after the main stream Judoka's division where possible.

The awarding of medals will be as follows:

- 1 Judoka = 1 gold medal
- 2 Judoka = 1 gold medal
- 3 Judoka = 1 gold medal, 1 silver medal
- 4 judoka = 1 gold medal, 1 silver medal, 1 bronze medal
- 6 Judoka = 1 gold medal, 1 silver medal, 2 bronze medals

Friendly matches (draws/pools) will be set up with mainstream Judoka, with a minimum of 2-3 competitors if there is only one Judoka in the NL division. This will be called a "Friendly division" and NO medals will be given for this "Friendly division". The mainstream Judoka will not be eligible for a medal in any NL division and will not be eligible for competition points. The NL athlete will receive a medal under the above conditions.

It is recommended that medal presentation should occur directly after the completion of the age division where possible.

3. Weigh-In

Weigh-in should occur in the morning of the competition where possible. To help aid in the smooth running of a tournament, the NL committee shall assist in the draws and help match athletes to the best of their ability in the lead up to major events such as the National Championships.

4. Tachi-waza Starting Positions

In Tachi-waza there are three possible starting positions:

1. In the usual way, according to the tournament regulations
2. In the case where one or more Judoka has a disability that impairs the execution of a correct kumi-kata, the Judoka will bow at about four meters of distance. The carer/coach, or referee, can support the Judoka onto the mat. At the command of the referees, the Judoka approach mat centre and perform basic Kumi-kata (sleeve, lapel). They will not change position from that moment until the referee announces 'Ha-jime'

3. Where one or both Judoka are visually impaired:

- a) The Judoka is assisted by their carer/coach to the tatami. They bow to enter the mat then are guided to the usual bowing position of 2m apart. Then the carer/coach should leave the competition area.
- b) The referee gives the command 'Rei' and then leads them to the centre of the tatami.
- c) The referee gives the command Kumi-kata then the participants can hold each other in the basic Kumi-kata. The contest will start with the central referee calling Hajime and gripping begins.

Note: They are NOT allowed to take a step unless they have a grip. Both competitors are to keep a grip throughout the contest. They can only loosen the grip for an attack. This is limited to 5 seconds.

5. Ne-waza Starting Positions

In Ne-waza, the starting positions can be different depending on the ability of the athlete. (If needed, when applicable, the referees will help with the grip in the basic Kumi-kata).

1. The Judoka enter the contest area, where necessary supported by carer, coach or referees. The Judoka bow from kneeling position (if possible) at about two metres of distance, after which referee announces Ha-jime, if either Judoka has a visual impairment or is blind, the match starts in basic Kumi-kata (sleeve, lapel).
2. If either Judoka cannot perform the match in kneeling position, the Judoka will start the match in a seated position; In this case, the opponents sit next to each other, facing opposite directions, with basic Kumi-kata.
3. If either Judoka cannot perform in a sitting position, both Judoka will start lying down, parallel, head to head in basic Kumi-kata grip. One in migi (right-hand) and the other in hidari (left-hand).
4. If a NL judoka begins the match in Ne-waza due to their disability the other NL Judoka is required to begin in the same position.
5. The carer/ coach or referee can assist the NL Judoka to and from the starting/finishing position within the mat area.

6. Ne-waza Contest

1. Ne-waza matches are performed exclusively in Ne-waza because either Judoka cannot perform a match safely in Tachi-waza.
2. When applying for a tournament, the intention to compete in Ne-waza must be clearly stated on the enter form. (See page 12).
3. The referee is authorised to change a Tachi-waza match into a Ne-waza match. The Judoka that triggered this decision will then perform in Ne-waza for the remainder of the tournament. This does not affect the others in the division.
4. Throwing techniques leading to Uke landing on his/her back will gain a score according to the JA Rules and Regulations. Uke does not have to leave the mat surface for a score to be given.
5. If either Judoka cannot use one leg for support, as in Kyo-shi (high kneeling posture) movement, this is also not allowed for the opponent. The referees, coaches and athletes will be made aware of this prior to the start of the competition.

7. Progress of the Contest

1. Contest times

Mons	2 minutes
Junior Boy/Girl	2 minutes
Senior Boy/Girl	2 minutes
Cadets	3 minutes
Junior Men/Women	3 minutes
Senior Men/Women	3 minutes
Masters/Veterans	3 minutes

These times can be adjustable by the Tournament Director.

(The tournament officials will advise ALL referees of the ages/contest times)

2. Tournament entries for NL Judo must include required level of competition i.e. Ne-waza or Tachi-waza starting positions so that time keepers and table officials are aware. (Please see the round robin sheet on page 13).
3. The referee is able to alter the starting position for safety reasons, the Judoka, carer and coach must accept the referee's decision.
4. A contest, which has been started in Ne-waza, must be continued in Ne-waza.
5. Golden Score rules do not apply to NL Judo. Instead, decisions are made by Hantei.

8. Scoring Points in Ne-waza

At any time in NL Judo it is possible to make points with a throwing technique from Ne-waza. Except in Osae-komi-waza.

The referee needs to acknowledge there will be differences between Ne-waza performances of techniques compared to Tachi-waza and adjust their assessment.

9. Additional Prohibited Actions

When the Judoka is in Ne-waza, they are not permitted to push the contestant directly backwards.

(This action is forbidden because of risks to the lower back, knees and ankles. A Judoka who carries out such an action needs to be cautioned. Some NL Judoka may have spasms or fixations of the legs, increasing the risks of injuries. At all times the coach/carer will be directly by the side of the mat and be able to advise).

In addition to the IJF prohibited acts, the following techniques are not permitted in:

a. Classifications 1 (Tachi-waza)

- All Sutemi-waza and all Makikomi are prohibited. *(These are often techniques where Uke experiences falling amplitude of more than 1 metre).*
- No Kumi-kata grip past the centre line of body (Refer JA Junior rules)
- Falling on top of another contestant after carrying out a technique.
- Additional prohibited actions for Judoka below Cadet age. (Refer JA Junior Rules).
- Shime-waza and Kansetsu-waza are allowed in Cadets, Junior Men/Women and Senior Men/Women.
- No forward throws from a standing position dropping on one or two knees.
- No Kesa-gatame or O-soto gari.

b. Classification 2 (Tachi-waza)

Same as Classification 1 except:

- Shime-waza and Kansetsu-waza are NOT allowed in Cadets, Junior Men/Women and Senior Men/Women.

c. Classification 3, 4 and 5 (Ne-waza Only)

- All Sutemi-waza and all Makikomi are permitted.
- No Kumi-kata grip past the centre line of body (refer JA Junior Rules)
- Shime-waza and Kansetsu-waza are NOT allowed in Cadets, Junior Men/Women and Senior Men/Women.
- No Kesa-gatame.

Further Additional Prohibited Actions

- a) In Tachi-waza and Ne-waza the referees shall ensure that the neck is not pressured in such a way that may risk injury to either athlete.
- b) A grip used for Kata-gatame i.e. tori holding their own hands together, should be avoided at all times. This action should be immediately stopped. This position presents a high neck injury risk for participants with Atlanto Axial syndrome, this syndrome frequently occurs with Down's Syndrome.
- c) In the event that one of these rules is broken, the referees will call Matte and explain to the Judoka what he/she has done wrong. A repeat offence will attract a Shido penalty.

10. Penalties

- a) In case of a forbidden action, the referee gives a warning and explains to the Judoka the nature of the forbidden action. When repeated, the referee is permitted to award a Shido penalty. In principle, penalties are not awarded for classifications 3, 4, and 5.
- b) The referees should take into consideration the level of the disability, and the type and intention of the offense making a decision, as well as, any repetition of the offense, the overall match image and player safety while deciding on a penalty.
- c) If a Judoka gets injured as a result of a forbidden action and cannot continue the injured Judoka is declared the winner.
- d) All actions that repeatedly go against the spirit of Judo will be penalised with Hansoku-make, to protect the Judoka affected by the action prohibited.

11. Injuries

- a) If the referees deem it necessary for the coach or the carer to treat an injury, they may enter the contest area.
- b) The referee would more commonly request medical attention than is normally required in mainstream contests.
- c) Injury time has no consequences for the contest i.e. IJF rules do not apply in this instance.
- d) There is no limitation to the number of times the same injury may be treated.

12. Signs of the Central Referees

To ensure visually impaired Judoka understanding who is awarded the point the referee will add after announcing the score blue or white. For example; Wazaari blue or Wazaari white.

13. Aids and Clothing

Aids are considered to be any items outside the standard Judo uniform as described in the JA Tournament Regulations.

- It is advised that all Judoka wearing aids seek a letter of approval from the NL Committee and/or the JA medical officer prior to competition.
- The aids are to be safe for both Judoka and offer no competitive advantage.
- Prostheses and hearing aids are NOT permitted.
- Goggles cannot have hard surfaces or plastic that will dislodge. All goggles must fit tight to the face and be fitted by a specialist/optometrist. If they loosen/slip off or out during the bout then they need to be removed and not replaced as this indicates that they do not comply with the rules around athlete safety.
- Soft support clothing e.g. socks, t-shirts and protectors are permitted when approved by the NL Committee or the tournament director.
- Judogi requirements are per IJF regulations. Please see notes under the general rules section 5 for use of white and blue judogi.

- Mouthguards are permitted provided they are properly fitted by a dentist. Unfitted mouthguards shall not be permitted. The Judoka must provide documentation at each tournament to the Tournament Director and the Judoka must also notify the mat referees that they have a mouth guard each time he/she enters the mat to compete. If they loosen/slip out during the bout then they need to be removed and not replaced as this indicates that they do not comply with the rules around athlete safety.

14. Coaching

Coaching is allowed at all times, not just between Matte and 'Hajime'. This only applies to the coach sitting in the official chair next to the mat.

Note: Coaches' Code of Conduct applies as in the JA Sporting Code and will be strictly followed.

15. Additional Comments

Referees have a more guiding and educational task in NL Judo. Therefore, they require additional support and training to develop special skills.

Functional Classification Levels

Category 1: The Judoka who are classified in this skill level can train and compete with mainstream Judoka on recreational club level. These Judoka have an excellent technical repertory and competition insight where by their capability and initiative is well developed. The Judoka understands cause and effect of their own acts and can be given a penalty by breaking the No Limits competition rules. The Judoka is classified on more than 80% performance of what mainstream Judoka can achieve. The Judoka can compete with minimal support from coach and referees. The relationship between Judoka - coach/referees is 80-20%.

Category 2: The Judoka who are classified in this skill level can train and take part in light competition with mainstream Judoka. These Judokas have a good technical repertory and competition insight of which the capability and initiative is normally developed. The Judoka understands cause and effect of their own acts and can be given a penalty by breaking the No Limits competition rules. The Judoka is classified on more than 60% and less than 80% performance of what mainstream Judoka can achieve. In competition the Judoka needs support from the coach and referees. The relationship between Judoka and coach/referees is 70-30%.

Category 3: The Judoka who are classified in this skill level can take part in training with mainstream Judoka but only compete in special competition with Judoka of the same level. These Judokas understand the meaning and the rules of the No Limits competition rules. They have a reasonable technical repertory and competition insight of which the capability and initiative of their own act belongs to their possibilities. The Judoka is classified on more than 50% and less than 60% performance of what mainstream Judoka can achieve. In competition the Judoka needs support and guidance from the coach and referees. The relationship between Judoka and coach/referees is about 50-50%.

Category 4: The Judoka who are classified in this skill level can take part in a NL training and competition but will need guidance during the competition. These Judoka understand the basic rules and the meaning of the NL competition rules and have a small technical repertory and competition insight. Due to the low Judo knowledge the Judoka only has a small amount of basic techniques that would be used during the competition. The Judoka is classified on more than 40% and less than 50% performance of what mainstream Judoka can achieve. In competition the Judoka needs support and guidance from the coach and referees. The relationship between Judoka and coach/referee is 40-60%.

Category 5: The Judoka who are classified in this skill level need a lot of guidance during training and competition and sometimes do not understand the basic rules and/or have reduced capacity to understand. Due to the low, or reduced Judo knowledge the Judoka will use primary basic techniques during the competition. This Judoka needs a lot of guidance. During competition the relationship between Judoka, and coach/referees is 30-70%. The Judoka is classified in less than 30% performance of what mainstream Judoka can achieve. They will normally, for safety reasons, commence the competition in Ne-waza.

These are guidelines, that does not mean that it can be used as rules. If a Judoka competes on his knees for safety reasons does not implicate that he competes in C5. There is also the possibility that this Judoka competes in one of the other levels, their opponents have to adjust by competing against this Judoka in Ne-waza.

Important Information for the Entry Form

This form is to be used when an online registration process does not include all of the relevant information required.

- A. Two official Entry Forms are required to be sent to the:
 - a. Organising Committee
 - b. Secretary of the NL Committee
- B. To indicate that a mainstream Judoka is willing to compete against a NL Judoka (under NL rules), please fill in the form below. These rules are part of this document and a test paper for referees wishing to be endorsed for NL Judo is available at the [JA No Limits e-learning portal](#)
 - a. No additional fee will be charged to the mainstream Judoka.
- C. If the Judoka is No Limits please indicate their classification C1, C2, C3, C4 or C5.
- D. Please indicate if the Judoka is visually impaired.
- E. Please indicate whether the Judoka will compete either Tachi-waza or Ne-waza.
- F. If in Ne-waza, please indicate which starting position they will compete in - kneeling, seated or lying down.
- G. Please indicate if the Judoka CANNOT perform the Kyo-shi movement. See Ne-waza Contest page 7, number 5.
- H. State if the Judoka has any physical aids or additional clothing. See page 11.

**If you have not been officially classified, please contact the No Limits Committee via:
Dawn Santos – admin@santosjudo.com.au**

No Limits Judoka - Competition Entry Form

First Name: _____ Surname: _____

Weight (Kg): _____ Male [] Female []

Judo Grade: _____ Mainstream []

Date of Birth: ____/____/____ JA Rego #: _____

Contact Ph: _____ Email: _____

Tachi-waza []

No Limits: Category 1 [] Category 2 [] Category 3 [] Category 4 [] Category 5 []

Ne-waza [] Ne-waza Starting Position: Kneeling [] Seated [] Lying down []

Visually Impaired []

Can you perform the Kyo-shi Movement: Yes [] No []

Aids and Additional Clothing

Do you have any physical aids or additional clothing? Yes [] No [] Has

this been approved by the No Limits Committee? Yes [] No []

Please attach the letter of approval or ask a committee member to sign below.

Name of NLC Member _____ NLC Signature _____

Disability or Disabilities:

No Limits Round Robin Sheet.

Tournament: _____

Ne Waza Comp			Tachi Waza Comp			Visually Impaired			Normal / Friendly Comp		
Category	1	2	3	4	5	Male / Female / Mixed			Weight: Under / Over.....Kg.		
C1 and C2 commence in Tachi-waza						C3, C4 and C5 compete in Ne-waza					

Contest time 2 minutes.

Mon Girls/Boys: Judoka who turn 8 years or less in the current calendar year, with a minimum age of 5 years old.
 Junior Girls/Boys: Judoka who turn 9, 10 or 11 years old in the current calendar year.
 Senior Girls/Boys: Judoka who turn 12, 13 or 14 years old in the current calendar year.

Contest time 3 minutes.

Cadet Girls/Boys: Judoka who turn 15, 16 or 17 years old in the current calendar year.
 Junior Men/Women: Judoka who turn 18, 19 or 20 years old in the current calendar year.
 Senior Men/Women: Judoka who are turning 21 or older in the current calendar year.
 Masters/Veterans: Judoka over 30

Please note:

No Golden Score in any SN bouts. Referee to Hantai with assistance from the head referee if possible.

No limit on first aid.

In the case where a Judoka has to withdraw with an injury caused by an illegal move; the injured Judoka is awarded the win.

Ne Waza Judoka - Starting Position	Name		1	2	3	4	5	6	Number of Wins.	Points.	Placing.
		1									
		2									
		3									
		4									
		5									
		6									

