



Welcome to the April Newsletter

From the President

Victoria is succeeding in managing the COVID-19 outbreak, but there will still be challenges ahead for JVI and our clubs.

We are monitoring the COVID-19 situation and are aiming to get back to normal or functional as quickly as possible -when it is safe to do so.

There is plenty of work being done behind the scenes by the JVI Committee and Sub Committees to make this happen. The COM will make sure JVI Clubs are provided with the most current information possible.

I am finding coaching online challenging, but I have been enjoying seeing how our community is adapting to this current situation and staying engaged and have been very creative and inventive with their fitness and training sessions.

Daniel Kelly

Upcoming Dates

April 26: J.V.I Committee of Management to meet remotely

All JVI events for April, May and June have been postponed or cancelled.

The JVI Calendar on the JVI website has been updated to reflect this.

The JVI Committee and Tournament Director will make a decision about postponed events at the next Committee Meeting scheduled for June, based on the information available at that time.



"Ask a Ref"

Can you please explain why sometimes competitors are penalised for stepping out of the contest area, but not every time?

Find out from one of the JVI Referee Commission members.

The IJF 2020 rule is explained and what happens if a player is deliberately pushed out of competition area.

See below the newsletter [for the answer](#)

As with most rule explanations, it is easier to demonstrate them practically so register for one of the Rules Seminars run by Chris Legaud and the JVI Referee Commission.

Judo Activities at Home in 'Iso'



For Clubs:

[COVID-19 Plan, Prepare, Proceed - a useful document from Club Help](#)

[Click here](#)

For Coaches:

[Do your Coaching General Principles:](#)

<https://www.ausjudo.com.au/coach-accreditation>

https://www.sportaus.gov.au/coaches_and_officials/coaches

https://www.sportaus.gov.au/coaches_and_officials/coaches/intermediate_coaching

[Watch a movie on Coaching:](#)

https://www.tvovermind.com/top-20-movie-coaches-time/?mc_cid=9076494a32&mc_eid=c6aae2d148

For Referees:

[Do a Sport Australia Online Course:](#)

https://www.sportaus.gov.au/coaches_and_officials/officials

[Read the updated Rules document:](#)

<https://judovictoria.com.au/wp-content/uploads/2020/04/Victorian-Junior-Shiai-Rules-2020.pdf>

For young judoka:

[Check out Judo Canada's Fun Stuff page and practice your Japanese:](#)

<http://www.judobckids.ca/wp-content/uploads/judo-bc-kids-colouring-book.pdf>

[Download a free colouring book from the Kokakids website :](#)

<https://kokakids.lpages.co/free-kk-colouring-book/>

For Judo Fanatics:

[Review judo terminology on the Judoinfo.com website:](#)

<https://judoinfo.com/lessons/>

[Test your knowledge of Judo by doing an online quiz: *](#)

https://www.funtrivia.com/quizzes/sports/martial_arts/judo.html

* Disclaimer- some of the answers are out of date according to Janet Lambert

Club Help:



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Stepping out Rules

Under the rules of judo, if you walk or step out of the competition area for no good reason, you will be given a penalty of Shido. Remember that in judo- the rule is like baseball.. three strikes or Shidos and you are out.

There are other rules where you can get immediate disqualification. *This will be the topic for a future newsletter.*

As with all of our penalties -this is not applied rigidly to juniors. Our policy is to warn them and explain why in English the first time that they step out. For under 10's the focus of our referees is on education.

For senior competitions the penalty under the step out rule only applies if you walk out. Stepping out is seen as negative judo because you are leaving the area to stop the fight and denying your opponent the chance to attack.

Stepping out while attacking: If you step out while attacking or defending an attack, it is interpreted as being a part of the action and there is no penalty.

Stepping out while throwing: If you start a throw while you or your opponent are in the competition area, where the attack or attack and counter throw are continuous, there will be a score, even if you are both out of the competition area when the technique is finished.

Going out of the competition area when in a hold or other groundwork technique: If any holding or armlock or strangle starts while both or one of the players is in the competition area it can continue until it scores or the hold/technique is broken.

The latest advice from the IJF 2020 is that Immobilisations (Osaekomi-waza)

- *Osaekomi will also continue outside of the contest area as long as Osaekomi was called inside.*
- *If during the Ne-waza outside uke takes over the control with one of these nominated techniques in a continuous succession, it shall be also valid.*

What if your opponent deliberately pushes you out of the competition area to force you to get a penalty?

If your opponent uses brute force to push you out of the mat, they should get a penalty. However, referees will also assess if you had the opportunity to sidestep and stay in the contest area or to make an attack and didn't, you can still get the penalty for stepping out. This part of the rules is subjective and the referee must make a decision based on their knowledge of judo.

One thing to avoid when being pushed off the edge is to drop to your knees trying to do a weak throw with no unbalancing. We most often see players trying a desperate drop seonage just as they are being pushed off the mat. This will be penalised as a negative attack.

I recommend that all players practice moving to avoid being pushed off the edge by a stronger player as part of their classes. If you aren't sure -ask your coach.

It is always easier to demonstrate these situations on the mat with a partner than it is to describe in writing so if anyone has more detailed follow up questions, register for one of the Rules Seminars run by Chris Legaud and the Victorian Referees Commission.