

# JUDO – RUMBLE

SCHOOL  
GAMES

## Equipment required

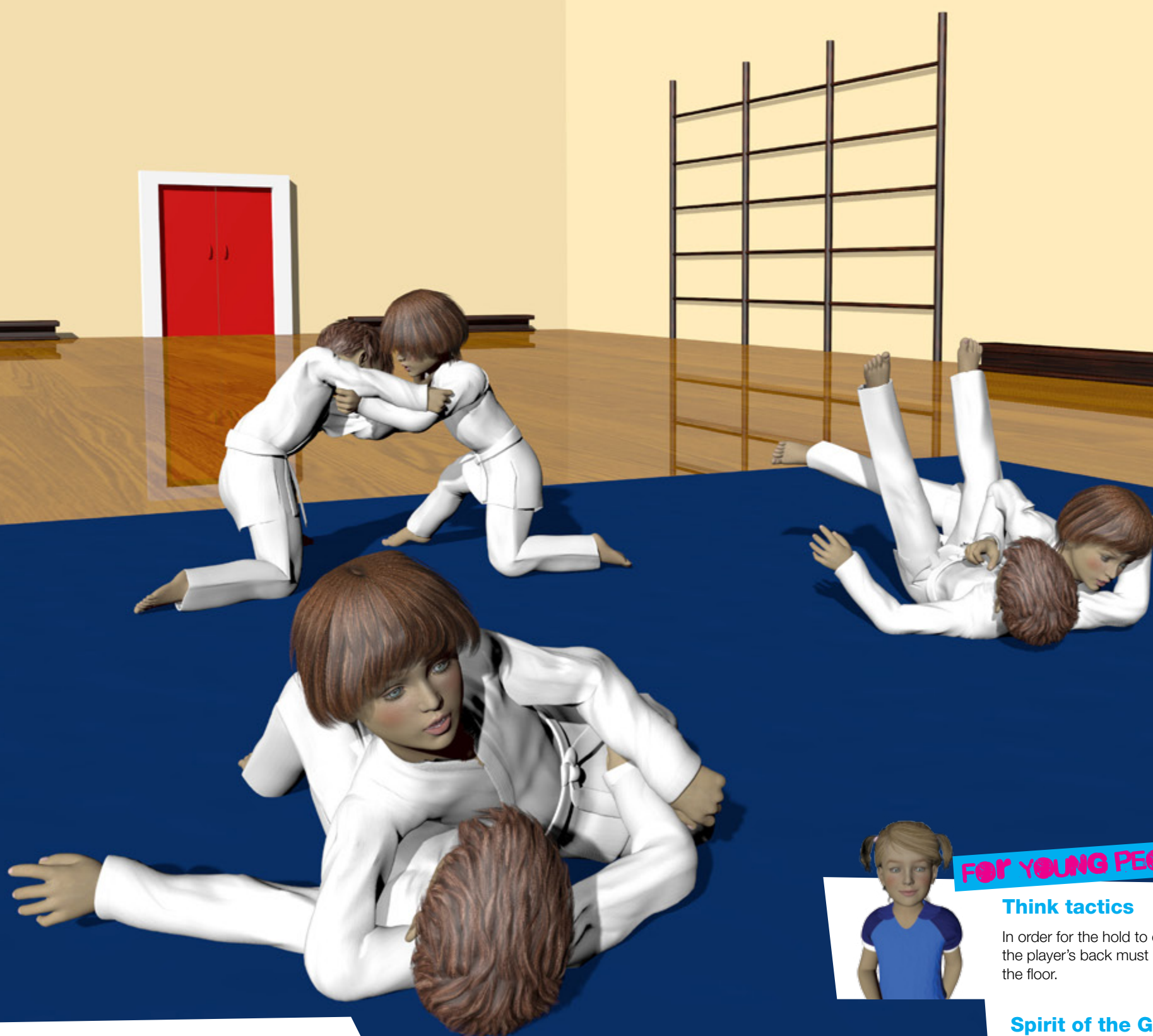
- Judo mats are recommended but gym mats can be used (3m x 3m per contest).
- Judogi (judo suits) are recommended but robust clothing can be used.

## Quick rules

- The players must start kneeling, facing each other.
- A player must be held down by kesa-gatame (scarf hold), mune-gatame (chest hold) or kusure kesa-gatame (broken scarf hold) for 10 seconds to score a point.
- If a defender breaks out of the hold before the 10 seconds then the defender scores a point.
- If an attacker scores a point then the players reset in the kneeling position and start again.
- If a defender scores a point by breaking free then the contest continues so the defender can become an attacker and score another point.

## Health and safety

- Players competing against each other should be of a similar size.
- Players can't touch the faces of their opposite player.
- Robust clothing should be worn if no 'gi' (judo suit) is available.



## FOR YOUNG PEOPLE

### Think tactics

In order for the hold to count, the player's back must be on the floor.

### Spirit of the Games: Excellence through Competition



Even when you have conceded a point be determined to fight back to get the point back.

BRITISH  
JUDO



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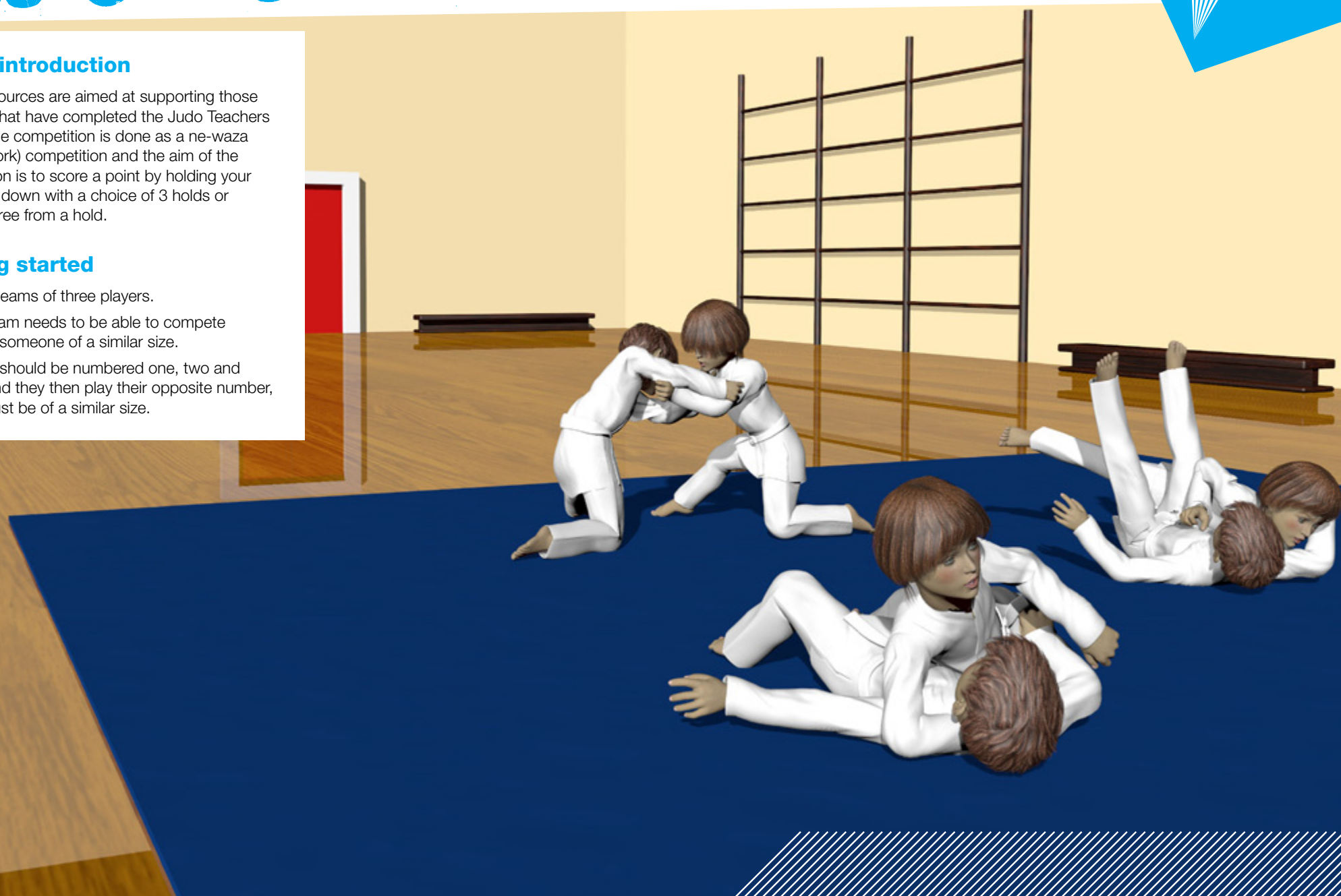
SCHOOL GAMES

### Quick introduction

These resources are aimed at supporting those teachers that have completed the Judo Teachers Award. The competition is done as a ne-waza (groundwork) competition and the aim of the competition is to score a point by holding your opponent down with a choice of 3 holds or breaking free from a hold.

### Getting started

- Create teams of three players.
- Each team needs to be able to compete against someone of a similar size.
- Players should be numbered one, two and three and they then play their opposite number, who must be of a similar size.



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### Hints and tips

- Ensure the teams are made up before the competition starts.
- Create one big mat area (12m x 12m mat area for four contests) rather than lots of little contest areas.
- Ensure that players are competent in each move and break out moves.

### Leadership and volunteering opportunities

- Roles available are:
  - Timekeeper.
  - Scorer.
  - Referee.
- This is a good opportunity to utilise those students that have completed the TOCS award.

### Officiating

- Officials should check if the player's back is on the floor (doesn't have to be the whole of the back).
- Is the player using the right moves?

### Think inclusively (STEP)

#### Space

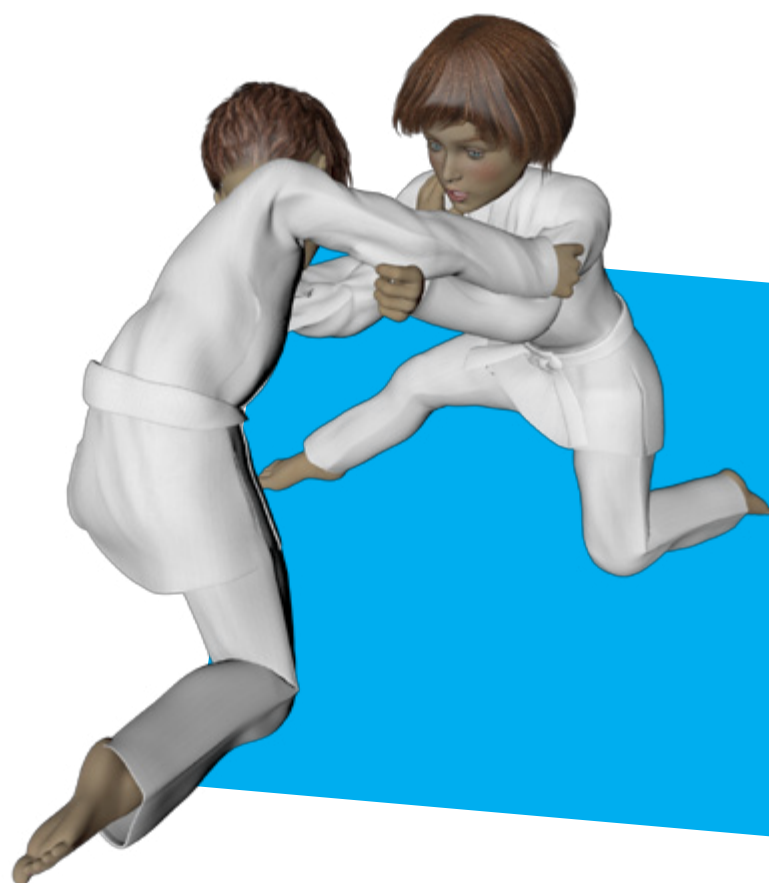
- Use spots or cones to mark out a smaller space to reduce the amount of movement required.

#### Task

- Make it an individual competition rather than a team competition.
- Increase or decrease the length of the hold down.
- Limit the moves that can be performed by removing one of the three moves they can use.
- Allow SEN/disabled players to start sitting on the floor if they are unstable kneeling.
- If SEN/disabled players are unable to hold down an opponent consider awarding points for holding the opponent still for 10 seconds.

#### People

- Visually-impaired players should start each competition gripping the opponent.



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