

# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## JUDO – RUMBLE

SCHOOL  
GAMES

### Quick introduction

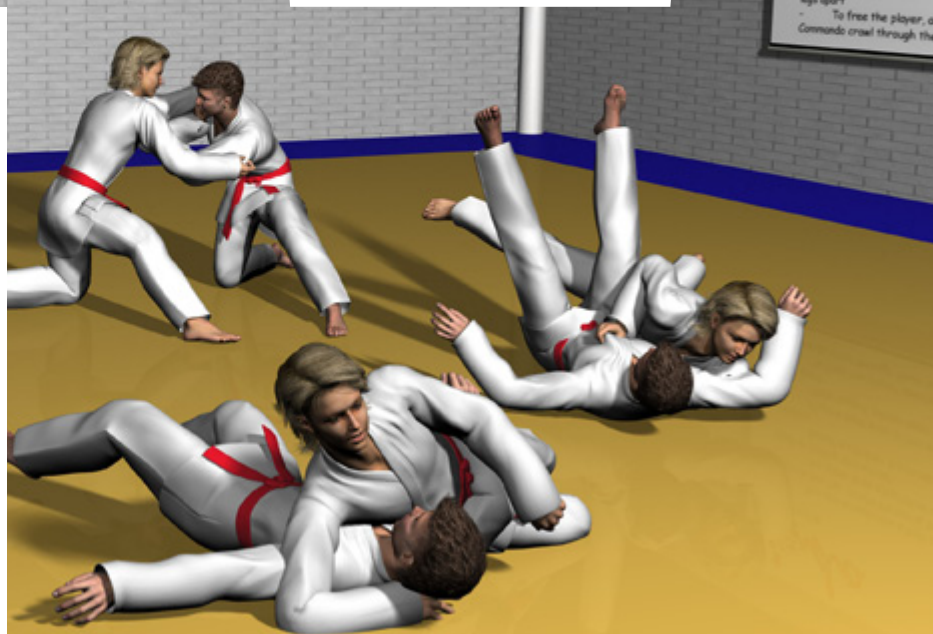
These judo games have been designed to give secondary-aged students a feel for playing judo. This is done as a ne-waza competition (groundwork only) so no throws allowed. All contests must be supervised by an adult.

### Getting started

- Players need to be split into teams of three, based on size. Number each player in each team as one, two and three.
- The schedule should be 1v1, 2v2, 3v3 (with each pairing being a similar size). Girls and boys ideally are separated but are able to compete against each other as long as they are of a similar size.
- The winner of each individual contest will score a point for their team. The team that wins two or more individual contests wins. Each contest is two minutes.
- The start and reset position is always kneeling face to face in the centre of the mat area.
- Both competitors must bow to one another before the contest starts.
- The winning person scores one point for their team. The winning team is the first to two points (best of three).
- Whilst gis (judo suits) are preferred they are not required and whilst judo mats are preferred, gym mats can be used.
- Modifications:
  - The hold down can be increased to 15 seconds. Contests can be reduced to 90 seconds if time is short.
  - If there are uneven numbers then one player in the team with an incorrect number of players may compete twice, as long as it is safe.
  - You can play the competition as an individual competition (such as a round robin) to make competition organisation easier.

### Think tactics

- In order for the hold down to count, the defender's back needs to be on the floor.
- Don't put hands in the attacker's face to try and escape.



## Organising the game

- A point is scored if the attacking player holds down the player with a chest hold (mune-gatame), scarf hold (kesa-gatame) or a broken scarf hold (kuzure kesa-gatame) for 10 seconds.
- A point is scored if the defending player manages to break out of the hold before the 10 seconds is called.
- The referee must call “matte” (stop) when a player has been held for 10 seconds. The players need to reset and go again when both are ready.
- The referee must call “ippon” (one) when a player breaks out of a hold but should not stop the contest and allow them to continue.
- A contest is only stopped for an attacking score or an injury or any safety concerns.
- A six-team contest should take no longer than 60 minutes with a two-minute turnaround between contests.

## Safety

- Ensure players competing are of a similar size.
- Ensure there is a minimum of a 3m x 3m area per contest.

## Officiating

- The referee is the person on the mat supervising the contest. They are responsible for awarding the points during a contest.

- A timekeeper/scorer is responsible for keeping track of the time of the contest and recording each score.
- Young people should be taking the role of officials (ideally use the players that are off the mat at the time).

## Keep it enjoyable

- Ensure that both players are actively trying to attack and not always defending.
- Ensure all players in the group have a chance to referee and be a timekeeper/scorer.
- To limit the length of the contest the player to score three points first can be declared the winner. This can take out timekeeping.

## Making it easier

- To make it easier you can limit the number of moves they can do (so only use two moves).

## Think inclusively

- Visually and mobility-impaired players can start the contest gripping their opponents to help orientation.

## Spirit of the Games:

### Excellence through Competition



Respect your opponent by not trying to deliberately injure or hurt them, and ensure they are ready before engaging.



# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## JUDO - BATMAN

SCHOOL  
GAMES

### Quick introduction

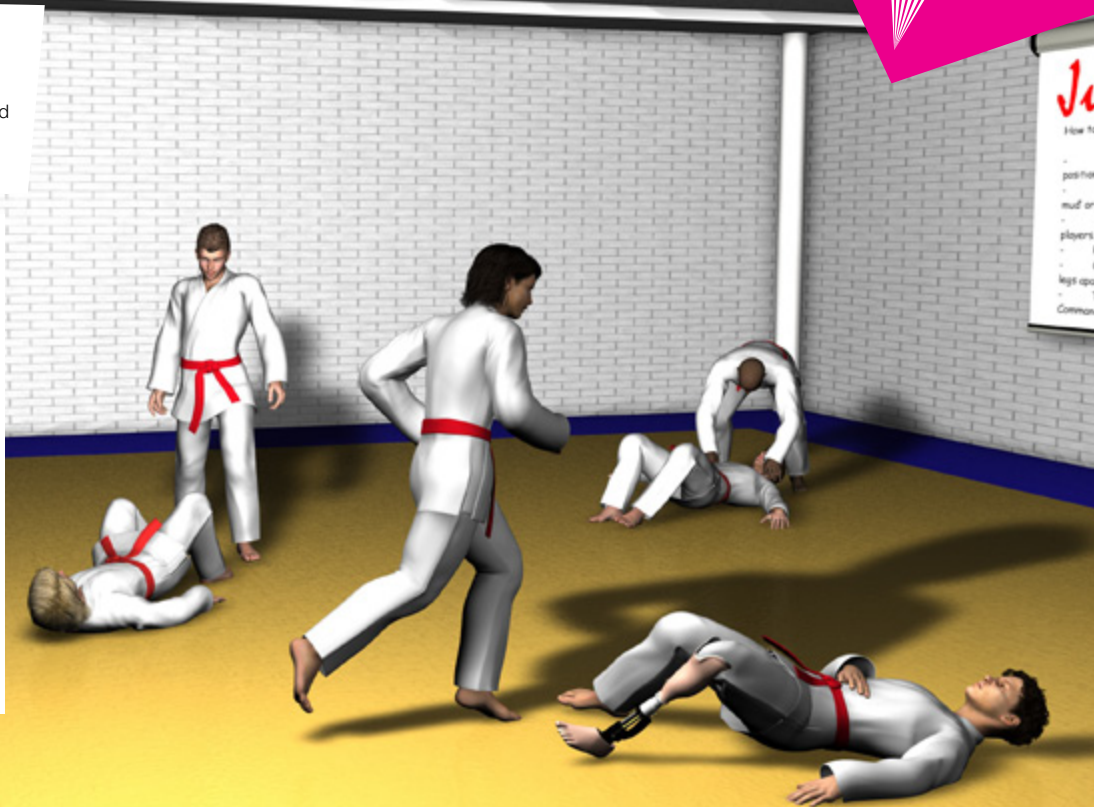
Two players compete against each other. The aim is for the attacker to touch the defender on both shoulders with both hands. The defender must avoid being touched. Each time an attacker touches both shoulders with both hands they score a point.

### Getting started

- The defender must start on their back and attacker must start on their feet, at the feet end of the defender.
- Judo mats are preferred but normal gym mats can be used.
- Each pair requires a minimum of 3m x 2m of area. You can have a maximum of two pairs competing per 6m x 6m area.
- A point is scored each time the attacker touches both shoulders on the defender with both hands.
- Each player has one minute each to attack. After one minute the players must change roles.
- Competitions can be done in a group format with ideally four to six players in a group.
- Ensure pairs do not collide with each other.

### Think tactics

Defenders - think about moving your body as well as your legs.



# JUDO – BATMAN



## Organising the game

- Try and ensure the groups are sorted before the competition day.
- Ensure an official is allocated to each pair - try and utilise the others in their group.
- You should make it clear to the players that kicking is not allowed.

## Officiating

- A referee will be needed for each pair to keep score and determine when a point is scored.
- A timekeeper can be allocated to each area (two pairs) to keep time.
- An adult needs to be present at all times.

## Keep it enjoyable

- Ensure everyone has a chance to referee.
- Modification:
  - Attacker can't use their hands to touch defender's legs.
  - Defender cannot use their legs to block movement.

## Think inclusively

- Attackers start and stay on their hands and knees.
- Visually and mobility-impaired players can start the contest gripping their opponents to help orientation.

## Spirit of the Games: ***Excellence through Competition***



When playing this game stay determined and don't give up even if you are down and behind on points.



BRITISH  
**JUDO**



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# SECONDARY INTRA-SCHOOL/LEVEL 1 RESOURCE

## JUDO – SNATCH GRIPS

SCHOOL  
GAMES

### Quick introduction

Two players start opposite each other each holding either end of a junior judo belt (judo belt ideally folded in half). A point is scored each time a player frees the belt from the opponent's grip.

### Getting started

- Each pair needs a minimum space of 3m x 2m.
- Judo mats or gym mats are optional but mats don't have to be used.
- Each player starts with the belt in one hand (this needs to be left on one player and right on another) facing each other.
- A point is scored each time the belt is freed from the opposition's grip.
- After each point both players return to the start position.
- The game is made up of three rounds. For a player to win a round they need to score five points. The winning player is the first to win two rounds (best of three rounds).
- Players should swap their gripping hand after each round.
- Ensure there is sufficient space for each pair and that they are away from others.



### Think tactics

- Does movement of your feet and body make it easier to rip free from your opponent's grip?
- Try to keep moving to avoid getting your grip pulled away.



# JUDO – SNATCH GRIPS



## Organising the game

- Try and ensure the groups are sorted before the competition day.
- Ensure there is a central scorekeeper to keep a results sheet from each contest.

## Officiating

- While referees aren't required a responsible adult should be present to ensure competitions run smoothly and are safe.
- Encourage young people to act as referees to keep score and ensure rules are abided by.

## Keep it enjoyable

- You can allocate people to a contest to keep score.
- Try to ensure players are matched for size and strength.
- Modification
  - If players find this difficult when moving around they can start off standing still.

## Think inclusively

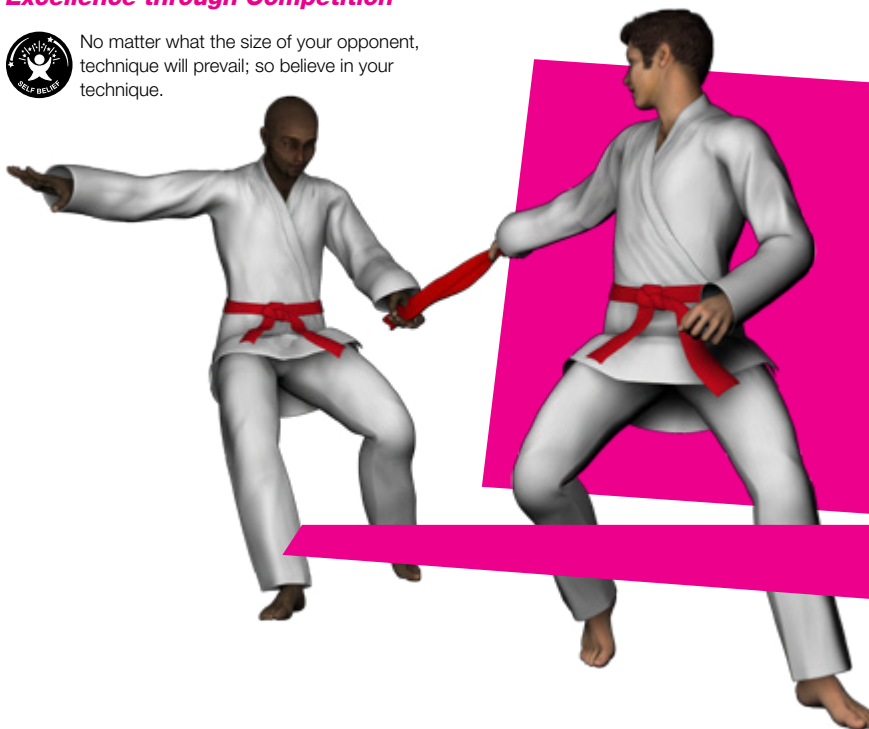
- Visually and mobility-impaired players can start the contest from a kneeling or seated position.
- Wheelchair users can play with their opponent sitting in a chair facing them.

- Tie a loop at the end of the belt for players with hand function impairment to hold.

## Spirit of the Games: Excellence through Competition



No matter what the size of your opponent, technique will prevail; so believe in your technique.



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