



WHY JUDO

What are the benefits of playing my sport?

Judo is a unique sport, very different from others. Built on discipline and respect it is a physical combat sport that can be played by anyone regardless of size or ability. You compete against similar sized and similar ability players and through the grading system you can be successful in both competition and through the belt system.



Spirit of the Games:
Excellence through competition
How does your sport exemplify these values?



Passion is needed to drive yourself to become a better player.



Always bow as you are entering and leaving the mat area as a sign of respect to your opponent.



Always play to the rules and never try to deceive the referee.



Always believe that you can succeed in competition and in your grading to be the best that you can be.



Training hard with your fellow training partners means you all succeed.



Keep going until the end of all competitions as you can succeed right until the last second.

Priority competitions:

Name of the competition 1:

Age group:

What level/location:

Male/Female/Mixed:

Who can run it?

How to enter it:

When does it take place?

Next steps after this competition:

Mini Rumble — Yellow belt and under & Orange belt and under

Key Stage 2 (8–11 yrs old), boys and girls

Played as inter school matches or leagues at a school or club venue with suitable mats

Mixed

RDO/Development coach/Club coach

Contact your local RDO for more information

Anytime between Sept–March

County Final - Inter School Competition (Level 3) in the county or if not possible — British Schools Championships

Name of the competition 2:

Age group:

What level/location:

Male/Female/Mixed:

Who can run it?

How to enter it:

When does it take place?

Next steps after this competition:

Secondary Rumble — Orange belt and under & Green belt and under

Key Stage 3 (11–14), boys and girls

Played as inter school matches or leagues at a school or club venue with suitable mats

Mixed

RDO/Development coach/Club coach

Contact your local RDO for more information

Anytime between Sept–March

County Final - Inter School Competition (Level 3) in the county or if not possible — British Schools Championships

Signposted competitions:

British Schools Championships

- Years 6–13 (approx 10–18 years), both male and female.
- The British Schools Championships is a one off national event staged annually. It is targeted at players who are at best county standard and no national players are allowed to compete.
- Run by British Judo Association Events and British Schools' Judo Commission.
- Open entry via www.britishjudo.org.uk but minimum grades apply.
- Held in March.
- Next steps are Level 4 events including National Talent Identification events and Home Country squad selection events.

Young Leader/Officials courses/qualifications available:

- **TOCS Table Officials for Clubs and School** — Young Leaders course to train young people between 12–19 yrs old up to become table officials over a one day course.
- **ROCS Referee Officials for Clubs and School** — Young referees course: more information to be released.

Relevant web links:

www.britishjudo.org.uk

Competition Card 1.

Name of competition:

Mini Rumble

Age group:

Key Stage 2

How to enter:

SGO should contact their Regional Development Officer. Entry would be through the tournament organiser as stated on the information/entry form.

Tournament format:

Central venue competition

Simple rules:

Yellow belt and under

- This competition is targeted at beginner players and players with minimal competition experience.
- Players are split into pools of four or five.
- Each group or category is fought in a round-robin basis.
- Technical restrictions apply, no strangles or armlocks permitted.
- Maximum contest duration is three minutes.
- Maximum grade of yellow belt.
- 75 players per mat could be catered for. Each mat should be of a minimum of 6m x 6m with a 3m safety area surrounding.
- Golden score if scores are equal at the end of the contest.

Orange belt and under

- This competition is targeted at more experienced competitors and players.
- Players are split into pools of four or five.
- Each group or category is fought in a round-robin basis.
- Technical restrictions apply, no strangles or armlocks permitted.
- Maximum contest duration is three minutes.
- Maximum grade of orange belt.
- 75 players per mat could be catered for. Each mat should be of a minimum of 6m x 6m with a 3m safety area surrounding.
- Golden score if scores are equal at the end of the contest.

Roles for young people:

- Young officials and young referees should be used under supervision of a Competition Organiser
- **TOCS** — Young table officials that have done the course can run the table
- **ROCS** — Young referees that have done the course can referee

Relevant web links:

- www.britishjudo.org.uk — calendar of events

How can regularity be achieved?

Regularity can be achieved by running one or more competitions a term with results from each competition recorded to make an overall school result for the year.

How can depth in competition through extra teams be achieved?

There are two levels to the competition with the Yellow belt and under purely for players that have just started or are inexperienced at judo and thus would be a 'B' team. The Orange Belt and under competition is the higher tier of competition and would be aimed at your 'A' team players.

Think inclusively!

All players, able-bodied or disabled, have to have a grade (belt) to compete. Players progress through the belts in exactly the same way. School should contact their Regional Development Officer for more information.

Visually Impaired (VI) judoka (those that are deemed to be blind or have problems with their sight) should start with kumikata (opponents grip-up before the contest is started). The referee should lead the judoka back to the start tape. VI players are subject to eyesight classification, and details are available from British Judo.

Physically disabled judoka could compete in ne-waza (groundwork) only.

Be careful when pooling the competitors to take into account their ability/disability, including players with learning disabilities.

The route from here to County Final - Inter School Competition (Level 3)

Once success has been achieved at this level, there would ideally be a county/area County Final - Inter School Competition (Level 3) where the winning players from each local inter-school tournament would compete. They can also then go to the British Championships either from the local area tournaments (where no County Final - Inter School Competition (Level 3) competition is in place) or from the County Final - Inter School Competition (Level 3).

Competition Card 2.

Name of competition:

Secondary Rumble

Age group:

Key Stage 3

How to enter:

SGO should contact their Regional Development Officer. Entry would be through the tournament organiser as stated on the information/entry form.

Tournament format:

Central venue competition

Simple rules:

Orange belt and under

- This competition is targeted at beginner players and players with minimal competition experience.
- Players are split into pools of four or five.
- Each group or category is fought in a round-robin basis.
- Technical restrictions apply, no strangles or armlocks permitted.
- Maximum contest duration is three minutes.
- Maximum grade of yellow belt.
- 75 players per mat could be catered for. Each mat should be of a minimum of 6m x 6m with a 3m safety area surrounding.
- Golden score if scores are equal at the end of the contest.

Green belt and under

- This competition is targeted at more experienced competitors and players.
- Players are split into pools of four or five.
- Each group or category is fought in a round-robin basis.
- Technical restrictions apply, no strangles or armlocks permitted.
- Maximum contest duration is three minutes.
- Maximum grade of orange belt.
- 75 players per mat could be catered for. Each mat should be of a minimum of 6m x 6m with a 3m safety area surrounding.
- Golden score if scores are equal at the end of the contest.

Roles for young people:

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