



Judo BC Competition Regulation Summary-v6

	U8	U10	U12	U14	U16	U18	U21
Kansetsu Waza (Arm Bars)	No	No	No	No	No	Yes - Green Belt and above	Yes - Green Belt and above
Shime Waza (Chokes)	No	No	No	No	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
Sankaku Gatame	No	No	No	No	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
Drop Techniques	No	No	No	Yes - Green Belt and above	Yes	Yes	Yes
Sutemi Waza	No	No	No	Yes - Green Belt and above	Yes	Yes	Yes
Makikomi Waza	No	No	<i>Yes - if started with allowed technique then Uke's reaction results in Makikomi</i>	<i>Yes - if started with allowed technique then Uke's reaction results in Makikomi</i> Yes - Green Belt and above	Yes	Yes	Yes
Head Locking, Koshi-Guruma/Kubi-Nage	No	No	No	No	Yes	Yes	Yes
Counter-rotation against One legged throws ie. Uchi-mata, Harai-goshi	No	No	No	No	Yes	Yes	Yes
Gripping	Standard Grips - No crossing the front plane of opponent except on immediate throw	Standard Grips - No crossing the front plane of opponent except on immediate throw	Standard Grips - No headlocking in Tachi-waza or Ne-waza	Standard Grips - No headlocking in Tachi-waza	IJF Rules	IJF Rules	IJF Rules
Medical Rules	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	IJF Rules
Prohibited actions	Mate and Explain	Mate and Explain	Warning and explain to judoka and coach Shido for 2nd and subsequent infractions	Shido for prohibited actions	IJF Rules	IJF Rules	IJF Rules
Time	TBA by Tournament	2 mins. running. 2 Ippons wins No Golden Score	2 mins. stop time. 1 Ippon wins No Golden Score	3 mins. No Golden Score	3 mins. Unlimited Golden Score	4mins. Unlimited Golden Score	4 mins. Unlimited Golden Score

Note: Novice and Intermediate Senior regulations apply to Judo BC Sanctioned Provincial events.
(Novice Rules Apply to all Divisions)



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	Novice Division Yellow-Orange	Senior Intermediate	Senior Born 2008 & earlier	Veterans M1-M6/F1-F6	Veterans M7/F7 & older
Kansetsu Waza (Arm Bars)	<i>No</i>	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
Shime Waza (Chokes)	<i>No</i>	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
Sankaku Gatame	<i>No</i>	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
Drop Techniques	<i>No</i>	Yes - Green Belt and above	Yes	Yes	Yes
Sutemi Waza	<i>No</i>	Yes - Green Belt and above	Yes	Yes	Yes
Makikomi Waza	<i>Yes - if started with allowed technique then Uke's reaction results in Makikomi</i>	Yes - Green Belt and above	Yes	Yes	Yes
Koshi-Guruma/Kubi-Nage	Standard Grips <i>- No headlocking</i>	Yes - Green Belt and above	Yes	Yes	Yes
Counter-rotation against One legged throws ie. Uchi-mata, Harai-goshi	<i>No</i>	Yes - Green Belt and above	Yes	Yes	Yes
Gripping	Standard Grips <i>- No crossing the front plane of opponent except on immediate throw</i>	IJF Rules - Green Belt and above	IJF Rules	IJF Rules	IJF Rules
Medical Rules	Unlimited	Unlimited	IJF Rules	IJF Rules	IJF Rules
Prohibited actions	Warning on the first infraction. Shido for subsequent infractions	Senior Novice - Applicable. Shido for prohibited actions Green Belt and above	IJF Rules	IJF Rules	IJF Rules
Time	3 mins No Golden Score	TBA by Tournament (3 min suggested) Golden Score TBA	4 mins. Unlimited Golden Score	3mins max. Unlimited Golden Score	2 mins max. 1 min Golden Score

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(Novice Rules Apply to all Divisions)