



Judo BC Competition Regulation Summary-v5

	<b>U8</b>	<b>U10</b>	<b>U12</b>	<b>U14</b>	<b>U16</b>	<b>U18</b>	<b>U21</b>
<b>Kansetsu Waza (Arm Bars)</b>	No	No	No	No	No	Yes - Green Belt and above	Yes - Green Belt and above
<b>Shime Waza (Chokes)</b>	No	No	No	No	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
<b>Sankaku Gatame</b>	No	No	No	No	Yes - Green Belt and above	Yes - Green Belt and above	Yes - Green Belt and above
<b>Drop Techniques</b>	No	No	No	<b>Yes- No for novice</b>	Yes	Yes	Yes
<b>Sutemi Waza</b>	No	No	No	Yes - Green Belt and above	Yes	Yes	Yes
<b>Makikomi Waza</b>	No	No	Yes - if started with allowed technique then Uke's reaction results in Makikomi	Yes - if started with allowed technique then Uke's reaction results in Makikomi Yes - Green Belt and above	Yes	Yes	Yes
<b>Head Locking, Koshi-Guruma/Kubi-Nage</b>	No	No	No	No	Yes	Yes	Yes
<b>Counter-rotation against One legged throws ie. Uchi-mata, Harai-goshi</b>	No	No	No	No	Yes	Yes	Yes
<b>Gripping</b>	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
<b>Medical Rules</b>	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	IJF Rules
<b>Prohibited actions</b>	Mate and Explain	Mate and Explain	<b>Warning</b> and explain to judoka and coach <b>Shido</b> for 2nd and subsequent infractions	<b>Shido</b> for prohibited actions	IJF Rules	IJF Rules	IJF Rules
<b>Time</b>	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.



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

Note: Novice and Intermediate Senior regulations apply to Judo BC Sanctioned Provincial events.