

Overview competition rules Judo – agreed starting 1/09/2025 (VVA – AWAM – FEBELAM)

	U7 – U9	U11	U13	U15	U18	U21	+21 +30
Shime waza Kansetsu waza	Not allowed Explain + Shido			Shido 2x hansoku make can continue	Allowed		
Sutemi waza	Not allowed Explain + Shido			Allowed			
Tani otoshi	Not allowed Explain + Shido		Allowed				
Maki komi	Not allowed Explain + shido			Allowed			
Worp op 2 knieën	Not allowed Explain + shido			Allowed ! with balance disturbance!			
Head defence /Diving	Hansoku make - Herkansen mogelijk.						
Reverse seoi nage	Shido				Allowed		
Bearhug	Shido			Allowed (ijf rules)			
Golden score	Hantei	Goldenscore Max 1 minute		Goldenscore Max contest time			
Wedstrijd duur	2 min.			3 min.		4 min.	



Overzicht wedstrijdreglement Judo – afspraken vanaf 1/09/2025 (VVA – AWAM – FEBELAM)

Category division	Judokas are divided based on weight categories and age. If not Judokas of different weight categories can be merged (in consultation with the club representative).
Points	Ippon : 10 points 2x waza – ari = Ippon : 10 points Waza -ari : 7 points Yuko : 5 points
Draw at the end poule	At a tie at the end of category is the mutual confrontation is decisive. “Only the highest score counts”
Shido	1 ^{ste} shido – 2 ^{de} shido – 3 ^{de} = Hansoku make Leg grabs under the skirt of the judogi = shido. Passive judo = Shido Bearhug closed hands = shido
Osae komi	1-4 sec: no score 5 – 9 sec: Yuko 10 – 19 sec : Waza ari 20sec : Ippon
Judogi / Obi	1st called = white , 2nd = Blue or red
Long hairs / T-shirt	Long hair in a braid or bun Women: white T-shirt with sleeves (short or long)
Fairplay	We hope for a fair tournament! Here are some of the most important rules; of course, we will adhere to the Judo Code.

