



EUROPEAN JUDO UNION

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Rules for Adapted Judo

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1. Introduction

1. Adapted Judo Rules aim to enable judokas with disabilities to participate in the EJU events in a safe, fun and inclusive way.
2. Adapted Judo Rules exist to enable and promote judo events for athletes with disabilities.
3. Adaptive Judo Rules comply with the current International Judo Federation (IJF) Contest Rules with EJU Adaptations. Adapted Judo contests shall be conducted following these rules, as amended here, to give all judokas the opportunity of valuable experience at all competitions.
4. Where this document lacks a clear rule, the IJF rules prevail.
5. Footnotes support the text and are intended to clarify the main text.
6. Rules with the mark (**) are optional and can be modified at the discretion of the organiser of an event. Note that these must be conveyed to the participants, for example, in the invitation and a copy of the rules of each event or during the divisioning workshop before the tournament.
7. The rules within this document are endorsed for the ability and safety of the athletes participating in the competition.
8. These Adapted Judo rules will be applied during 2024 at all EJU tournaments. At the end of 2024, the rules will be revised and, if necessary, changed for 2025.



2. General

1. Adapted Judo matches are directed by a referee. All referees must have an additional Adapted Judo Referee Licence acquired through the EJU online course.¹
2. A distinction is made between Tachi-waza matches and Ne-waza matches on entry forms, assessments conducted by appropriate EJU Home Nation representatives or via the divisioning session.
3. Divisioning of athletes into categories based on their level of ability is conducted based on information provided on the competition entry forms. The appropriate EJU Home Nation representative conducts prior assessments.
4. In all cases not covered by the rules, the referee in charge and/or tournament director, as appropriate, will decide the action required in the spirit of inclusion, opportunity for participation and upholding fair play. All such decisions are final.
5. In all cases during the match where the referee believes that the safety of either judoka is at stake, the referee will interrupt the match and take any corrective measures they deem necessary.
6. Contests will be conducted by three referees: one referee on the mat supported by two table judges, seated at the referee's table mat-side. The CARE system should be used wherever possible, and the referee should be connected to the remaining referees by radio.
7. The lower-level rules will be used when two Judo Levels² are combined together.
8. (**) Using Golden Score in a tournament is at the discretion of the tournament's organisation.

¹ 2024 will be a transitional year during which referees can obtain an Adapted Judo license and this rule will come into effect in 2025.

² When judo levels are mentioned, we always mean judo ability levels.



3. Divisioning and classification

The foremost reason for divisioning can be caught in one word - safety. Judo is a safe sport as long as the opponents are more or less equivalent. To ensure all judoka are matched according to their ability, divisioning/judo mat-based assessments are delivered supporting the safety of all participants.

The expertise and knowledge of the coaches and technical competition organisers collaborate to ensure the levels are acceptable for the well-being of the athletes.

The Functional Classification System consists of 5 levels and classifies judoka based on insight, power, speed, will to win and Judo capability.

Divisioning takes place:

1. Based on Judo skills (As defined in 3.1)
2. Based on weight
3. Based on gender
4. Age - Under 16 years ideally no more than three years age difference³

3.1 Competition levels – classification

1. **Level 1** is a judoka who can perform in a *shiai* with a **mainstream recreational/competitive judoka**. This judoka is fast and powerful and has excellent reactivity. He⁴ has a strong feeling for Judo and an excellent strategic view. This judoka has a good understanding of the meaning and goal of the competition and is capable of participating in mainstream national and regional local events.
2. **Level 2** is a judoka who can perform *randori* with a **mainstream recreational judoka**. This judoka understands the competition's meaning and goal and is capable of taking part in mainstream local tournaments. This judoka is fast and powerful and has moderate reactivity but is usually late responding to judo situations. He has a good judo feeling but may struggle with processing complex instructions.
3. **Level 3** is a judoka who can perform a playful *randori* with a **mainstream recreational judoka**. This judoka is reasonably fast and powerful and has a reasonably developed reactivity. The strategy for this type of judoka often consists of repeating the same technique over and over. This judoka mainly competes in adapted competitions with judoka of the same level.

³ All exceptions should be discussed during the divisioning, under the coaches' approval.

⁴ Where **he** is written, **she** is meant implicitly.



4. **Level 4** is a judoka who can play with another judoka of the same or comparable level. This judoka is capable of taking part in adapted training and competitions. He often needs guidance during the competition but understands most of the rules and goals of a competition. Reactivity is suboptimal. Typically, the primary judo technique involves a takedown followed by *osae-komi*.
5. **Level 5** is a judoka who can play with other judoka of the same level. Judoka of this level takes part in specialised adaptive training or competitions. Contest/training may require adjusting to ensure meaningful activity. Judoka can be very strong and passive, along with slow-responsive timings. Due to safety considerations this athlete may be restricted to compete only in *ne-waza*. Constant coaching to take action is necessary. When they end up in *osae-komi*, the action to escape can take a very long time.

Contest between Judokas in different divisions

Judokas may compete in their own division or the division immediately above or below their own division.

- Level 1 judokas may compete against level 2 judokas.
- Level 2 judoka may compete against level 1 judokas and level 3 judokas.
- Level 3 judokas may compete against level 2 judokas and level 4 judokas.
- Level 4 judokas may compete against level 3 judokas and level 5 judokas.
- Level 5 judokas may compete against level 4 judokas.

When two levels are combined, the lower division rules will be used!

3.2 Further Divisioning Criteria

Weight: The classes described in the IJF rules are only strictly observed with levels 1 and 2. The tournament director determines the allowed weight margin during the weigh-in procedure. At Levels 3, 4 and 5, weight, experience and abilities are considered when divisioning and weighing in. They have a much more relaxed weight pooling to combine the various classes and weights easily and make the matches more equal and meaningful competition.

Gender: Female / Male

Age: Under 16 years old, there should be no more than three years of age difference. If the difference is larger then it is possible to shift to another level.



3.3 Divisioning at the EJU tournaments

In the EJU tournaments, the divisioning workshop is a fixed and mandatory part of the tournament procedure. The divisioning procedure is meant to validate the data from the application forms. Judokas, who are classified incorrectly, can be corrected by this procedure. In smaller tournaments (EJU-labelled tournaments), the classification workshop can be disguised as a warming-up. Larger tournaments often require an extra day for the workshop.

3.4 Responsibility of organiser

The collaboration of the Tournament Organiser and coaches ensures the poules created are equitable and meaningful, ensuring the safety of all athletes.



4. Starting positions

Determining Starting Positions

1. The tournament director will determine the correct starting position for each contest through divisioning, which may be re-evaluated by the referee mat lead upon viewing an athlete's stability.
2. A referee is authorised to change a Tachi-waza contest into a Ne-waza contest, where it becomes apparent that an athlete cannot perform safely in Tachi-waza.⁵
3. In Ne-waza-only contests, tilting techniques leading to uke landing on their side or back will gain a score. Uke, in prone position, does not have to leave the mat surface for this. Referees are directed to use their best judgement to score the landing per the IJF rules, but allowing for the fact such techniques will not achieve the full speed, force and impact of a Tachi-waza technique.

4.1 Tachi-waza

In Tachi-waza, there are two possible starting positions:

1. In the usual way, according to the IJF Tournament Regulations;
2. If one or both of the judoka have a visual impairment or are blind, the attendant/coach/referee walks/supports the athlete to enter the contest following mat protocol, and passes them on to the referee to perform Kumi-kata. Judoka is not permitted to change grip until the referee announces Ha-jime. Sighted judoka is not allowed to release both hands from the Kumi-kata grip.
3. In levels 3, 4 and 5, the referee is allowed to continue the match in Kumi-kata when:
 - a. One or both Judoka appear to avoid Kumi-kata, or
 - b. One or both Judoka cannot set up a proper Kumi-kata.
4. A referee is authorised to change a Tachi-waza match into a Ne-waza match. The judoka that triggered this decision will then perform in Ne-waza for the remainder of the tournament.

⁵ This applies to categories 3, 4 and 5.



4.2 Ne-waza

In Ne-waza, the starting position can be different: kneeling, sitting or lying on the stomach, with the possibility of starting with basic Kumi-kata⁶. Note that the referee will be instructed about the proper posture for the judoka before the match.

1. The judoka enters the contest area, where necessary supported by an attendant, coach or referee. The judoka bows at about two meters of distance⁷, after which the referee announces Ha-jime.
2. Ne-waza matches are performed exclusively in Ne-waza because either judoka, because of a disability, cannot perform safely in Tachi-waza.
3. In a kneeling position, if either judoka cannot use one leg for support, this is also not allowed for the opponent.
4. If either judoka cannot perform the match in a kneeling position, the judoka will start the match in a sitting position. In this case, the opponents sit next to each other, facing opposite directions with basic Kumi-kata.
5. If either judoka cannot perform in a sitting position, both judokas will start lying down, facing each other, with basic Kumi-kata.
6. The intention to perform in Ne-waza must be clearly stated when applying for a tournament.
7. Tilting techniques leading to Uke landing on his back will gain a score according to the IJF Tournament Regulations. Uke does not have to leave the mat surface for this. Using a hand below the belt is allowed in Ne-waza.
8. Uke cannot score from being in Osae-komi.

⁶ Ne waza starts with basic Kumi-kata when necessary for one or both judoka. Basic Kumi kata means grabbing the lapel with one hand and the sleeve with the other.

⁷ The starting distance may be reduced if the judoka struggles with movement.



5. Prohibited Actions

In addition to the prohibited actions as described in the official Judo rules, the following techniques are also prohibited for all levels:

1. All forms and variations of:
 - a. Sutemi-waza;
 - b. Kansetsu-waza;
 - c. Shime-waza;
 - d. Sankaku techniques;
2. All throws that are executed on one or two knees.
3. All throws where Tori lands on the tatami before Uke.
4. To deliberately fall on the opponent. (Level 3,4 and 5)
5. To put pressure on the opponent's head, neck or throat.
 - a. For levels 1 and 2, a hand around the neck with a hand on the floor is allowed (for instance, Kesa gatame)
6. In Tachi-waza:
 - a. To perform Kumi-kata around the head or neck of the opponent. While taking hold over the shoulder or collarbone, the hand may not pass the center line of the back.
7. In Ne-waza:
 - a. To push the opponent backwards while in a kneeling position.
 - b. To immediately release Kumi-kata after Ha-jime during matches with a modified starting position⁸.
 - c. Raising the knee to gain leverage when it is agreed beforehand that this is not allowed.

⁸ Matches that start from Kumi-kata.



6. Penalties

1. For all prohibited actions, the action taken will vary by level:
 - a) Level 1 & Level 2 judokas will be advised of their actions and penalised accordingly.
 - b) Level 3, 4 & 5 judokas will be advised of their actions with a verbal warning. If the action is repeated, the verbal explanation is repeated and the respective penalty will be awarded.
2. Prohibited actions will be penalised with Shido.
3. To protect the judoka, all actions against the spirit of judo will be penalised with Hansoku-make.
4. Three Shido rule applies for Levels 1 & 2, and Hansoku-make is given. For Levels 3, 4 & 5, this should be avoided in the interest of the judoka.
5. The referee is allowed to consider the level, the disability, type and intention of the offence in his decision, as well as repetition, overall contest image and safety when deciding on a penalty.
6. Shido given in Levels 3, 4 & 5 contests are counted toward the result; therefore, if there are no technical scores or the scores are equal at the end of the contest time, the judoka with fewer Shidos shall be declared the winner.



7. Injuries

1. There is no limitation on the number of times the same medical issue may be treated.
2. If the referee deems it necessary for the coach or attendant to treat an injury, these persons may enter the contest area.
3. In all cases during the match where the referee, coach or technical officials believe that the safety of either athlete is threatened, corrective measures will be taken.



8. Judo gi and aids

1. Aids are considered all attributes outside the standard Judo uniform as described in the IJF Tournament Regulations.
2. The Judo gi must be adjusted to the physical limitations of the judoka; however, it must not hinder the opponent from performing proper judo technique.
3. Wearing socks with rubber grip dots in Ne-waza is allowed for medical reasons.
4. Wearing a plain white round-neck T-shirt under the judogi is mandatory for female athletes. For male athletes, plain white T-shirts may be worn.
5. Wearing a mouth guard is allowed.
6. Aids must be safe for both the wearer and the opponent and cannot contain hard substances or surfaces, to be decided at the discretion of the main referee.
7. The opponent may not be disadvantaged, nor may the wearer have an unreasonable advantage from the aid. Glasses cannot have hard surfaces and must fit flush to the face. Sports glasses are allowed once authorised by the tournament director and under the condition that they do not present a risk to either athlete.



9. Coaching

1. For judokas Levels 1 & 2, accredited mat-side coaches and carers can only coach between the duration of Mate and Ha-jime and refrain from directing comments to the referee.
2. For judokas Levels 3, 4 & 5, coaches and carers can coach throughout each contest and refrain from directing comments to the referee.
3. For judokas Levels 3, 4 & 5, and inexperienced judokas generally, coaches, carers and referees should offer encouragement.