

Age-Specific (PSO) Regulations for Judo Ontario Tournaments

Regulations are in effect for the "1 September to 31 August 2018-19 Competition Season".

Issued: 14 September 2018

This document is intended for quick reference only - for complete details see the JC & JO Sanctioning Policies & Tournament Standards.

U8	¹ Division	U10	U12	U14	U16	U18	U21	Seniors	Veterans	
A "Judo Festival" format is recommended. E.g. Ne-waza (Holding) and/or Ukeni (Break-falling) demonstrations for suitably matched U8 pairings; U8 yellow belts may participate in Randori (Free throwing) demonstrations.	Match Time	1.5 - 2 Min.	2 Minutes	3 Minutes	3 Minutes	4 Minutes	4 Minutes	4 Minutes	M/F 1 - 6 = 3 min. M/F 7 - 11 = 2 min.	
	Minimum rest period between bouts.	Minimum of two times the listed match time for the division.								
	Golden Score (GS)	² No	² No	² No	Yes.	Yes.	Yes.	Yes.	Yes.	M/F 1-6 = Yes (Full) ² M/F 7-11 = 1 min. Max.
	³ Medical Examination	³ Allowed	³ Allowed	³ Allowed	³ Allowed	³ Allowed	³ Allowed	IJF	IJF	IJF
	Shime Waza (Choking Techniques)	⁴ Prohibited	⁴ Prohibited	⁴ Prohibited	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +
	⁶ Sankaku Waza (Triangulation Techniques)	⁴ Prohibited	⁴ Prohibited	⁴ Prohibited	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +
	⁷ Kansetsu Waza (Arm-locking Techniques)	Prohibited	Prohibited	Prohibited	Prohibited	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +	⁵ Yes - Green +
	⁸ Grip to the front of judogi only.	Mandatory	Mandatory	All grips except headlock grips.	All Grips Allowed	All Grips Allowed	All Grips Allowed	All Grips Allowed	All Grips Allowed	All Grips Allowed
	Headlock grip over/around the neck.	⁴ Prohibited	⁴ Prohibited	⁴ Prohibited	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
	Drop down throws on 1 or 2 knees.	⁴ Prohibited	⁴ Prohibited	⁴ Prohibited	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
	Counter rotational waza vs single leg waza (E.g.: Uchimata, harai goshi)	⁴ Prohibited	⁴ Prohibited	⁴ Prohibited	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
	Makikomi Waza (Winding-in Techniques)	⁴ Prohibited	⁴ Prohibited	⁵ Yes - Green +	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed
Sutemi Waza (Sacrifice Techniques)	⁴ Prohibited	⁴ Prohibited	⁵ Yes - Green +	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	
Tani Otoshi (Valley Drop)	⁴ Prohibited	⁴ Prohibited	⁵ Yes - Green +	Allowed	Allowed	Allowed	Allowed	Allowed	Allowed	

1. These divisions apply for the competition season starting on 1 September and ending on 31 August and are based on the competitor's age as of 31 December.

* See the 2017-18 Judo Canada & Judo Ontario Sanctioning Policies & Tournament Standards for complete "Early Bloomer" regulations.

2. No Golden Score (GS) for U10, U12 & U14; GS time limit for Veterans Div. 7 - 11 is 1 minute. If a tie exists at the end of regulation time in Div. U10 to U14 or the end of the one minute GS for Veterans Div. 7 - 11, the Central Referee in consultation with the Table Jury will agree on a final decision to select the winner (without calling Hantei).

3. All U10 to U18 competitors are allowed two free 1-minute medical examinations per competitor per match. Blood situations & minor injuries per current IJF Rules. Any competitor U10 to U18 who loses consciousness for any reason will be no longer able to continue for that day.

4. Per NSO Rules: U10 & U12 - Free warning + explanation 1st offence, Shido for each subsequent infraction; U14 & U16 - Shido for all infractions.

5. [Yes - Green+]: These actions are allowed for Green belts and higher but are prohibited for yellow and orange belts in all age categories where indicated/identified in the matrix.

6. The prohibited actions include Sankaku-jime, Sankaku-gatame and any Sankaku-type turn-overs.

7. Where prohibited, Hansoku Make will be applied for all infractions.

8. A grip only to the front of the judogi is mandatory for all U8, U10 & U12 competitors, except that a grip behind the back around the shoulder or lower back is allowed provided that it is followed by an immediate attack. (For further clarification, see illustrations in JC/JO Sanctioning Policies & Tournament Standards documents.)

Note: For competition purposes, a judoka holding a split belt rank (e.g. yellow/orange belt) will be considered as having the lower belt rank (e.g. yellow belt).