

Competition Rules for Youth in the German Judo-Federation

2025

	U11 / U13	U 15	U 18 / U 21
Minimum graduation	8. Kyu⁴⁾	7. Kyu	7. Kyu
Competition: girls vs. boys	allowed	forbidden	forbidden
Procedure for prohibited acts in the case of tactical infringements (inactivity, blocking, etc.)	Matte / Sono mama Explanation -> Shido		according to IJF refereeing rules
Shime-Waza: Strangle techniques in Ne-waza	MATE - Explanation - Repetition: Shido ^{5), 6)}		
Kansetsu-Waza: Armlocks in Ne-waza	MATE - Explanation - Rep.: Shido ^{5), 6)}	according to IJF refereeing rules ⁷⁾	
Differentiation of "High Risk/Low Risk" for Kansetsu-waza going from Tachi-Waza to Ne-Waza	With Throw no differentiation: HANSOKU-MAKE ¹²⁾ Without Throw + no danger for Uke: MATE - Explanation - SHIDO		
Tani-Otoshi as a counter as well as similar countering-techniques	not scoreable ^{6) 8)}	according to IJF refereeing rules ⁷⁾	
Application of Reverse-Seoi-Nage seoi-nage turning "outside" with both hands on one side of the collar	MATE - Explanation - Repetition: SHIDO ^{5), 6)}		
Throwing using the Head	MATE - Explanation - HANSOKU-MAKE ¹³⁾	MATE Explanation SHIDO ^{5), 6)}	
Head Defense	MATE - Explanation - HANSOKU-MAKE ¹²⁾		
Bear-Hug: without prior Kumi-Kata, also without closing the "anatomical circle"	MATE - Explanation - Repetition: SHIDO ^{5), 6)}		
Landing on one or both knees at the start of the throw Only Drop-Seoi-Nage / Seoi-otoshi need to be interrupted collapsing or going down after kuzushi is permitted.	MATE - Explanation - Rep.: SHIDO ^{5), 6)}	MATE NO SHIDO ⁶⁾	
Diving techniques <i>f.e. Laats techniques, etc. when diving under the center of gravity of the opponent while passing the grip (allowed are classical techniques such as Uki-Waza, Yoko-Otoshi)</i>	MATE - Explanation - Rep.: SHIDO ^{5), 6)}	MATE NO SHIDO ⁶⁾	
Grip in/around neck with grip of the Judogi respectively Grip over shoulder or arm on the back (If grip happens about when Uke reaches under the arm, it shouldn't be stopped. Actions resulting from this are valid. MATE ⁹⁾ must be announced in the event of a standstill or frontal position.)	MATE - Explanation - Rep.: SHIDO ^{5), 6)}	according to IJF refereeing rules	
Grip in/around neck without gripping Judogi	MATE - Explanation - Rep.: SHIDO ^{5), 6)}	MATE - Explanation - Rep.: SHIDO ^{5), 6)}	
Counter rotation against throws going forward (e.g. Uchi-mata, O-goshi, Harai-goshi)	not scoreable ^{6) 8)}		
Ne-waza techniques with kata-sankaku-grip, applying pressure on Uke's neck	MATE - Explanation - Repetition: SHIDO ^{6), 9)}		
Closing the legs for "Sankaku" techniques	MATE - Explanation - Rep.: SHIDO ^{6), 9)}	allowed for Osae-Komi and Kansetsu-Waza	
re-tying or arranging the belt or hair is each allowed once per contest.	No Application	according to IJF refereeing rules	
irregular Judogi ¹¹⁾ / Sokuteiki control	changing judogi is allowed	one change allowed: No Coaching allowed Rep.: HANSOKU-MAKE ^{11), 12)}	
Application of Art. 20 IJF-Rules ²¹⁾ (injury/illness/accident)	Youth Regularities ¹³⁾		
Procedure for HANSOKU-MAKE ¹³⁾ for "Diving" or "Head Defense"	Exclusion from Competition ¹⁴⁾	Exclusion from Competition ¹⁴⁾	according to IJF refereeing rules
Transition from Ne-waza to Tachi-waza without a "Face-to-Face" position or contact between Uke and Tori	MATE	MATE	according to IJF refereeing rules
Competition Time	2:00 Minutes	3:00 Minuten	4:00 Minuten
Break between contests	According to State-Federation	6 Minutes	10 Minutes
Application of Golden Score	No Application (HANTEI)	3 Minutes (Then: HANTEI)	according to IJF refereeing rules
Contest Area	Minimum Contest Area	5 m * 5 m	6 m * 6 m ¹⁵⁾
	Maximum Contest Area	8 m * 8 m	10 m * 10 m
	Safety area regularly	3 m ^{17) 18) 19)}	3 m ¹⁷⁾
	Safety Area between to Contest Areas	3 m	3 m

Anmerkungen

General information on youth protection and weighing procedures:

Weigh-ins up to and including U15 are conducted for all athletes wearing judo pants and a T-shirt; a 500g tolerance is allowed. In U18 and up to legal adulthood, weigh-ins are done in underwear (male) and underwear plus T-shirt (female); 100g is deducted from the gross weight. Judoka (male and female) are allowed to wear a T-shirt during matches up to and including U18.

- 1) Nationality can be found in the Judo passport
- 2) In the last 12 months, no competition representing a foreign association/club
- 3) Those who have been based in Germany for at least one year and are members of a judo club of the respective national association (obligation to prove this) - **does not apply to the U21**
- 4) Anyone who takes an exam according to the old examination system (attention: examination mark in the judo passport) for the 8th Kyu may start at a U11 or U13 measure. Those who have been awarded the 8th Kyu according to the new graduation system (attention: number in the judo passport) are not allowed to start.
- 5) If Uke is incapacitated by the action, Tori loses the fight in accordance with Article 20 IJF refereeing rules.
- 6) The technique is not to be regarded as KINSA, attack, activity or positive judo in Hantei decisions.
- 7) For all events: If Shime-Waza causes unconsciousness, the unconscious fighter is excluded for the rest of the competition day
- 8) The continuation into Ne-waza is allowed.
- 9) No consideration of a possible Osai-komi time.
- 10) For the U15 and younger, there is a 5cm range of tolerance from the sleeve to the hand. At EJU/IJF level, official backpatches are required, as well as at all German championships from the U21 as well as in the Bundesligas.
- 11) This direct HANSOKU-MAKE follows the exclusion from the rest of the competition day due to the intention o
- 12) In the case of a direct Hansoku make, the judoka does not lose his placement (or qualification to the next level). This can only be done on the basis of a decision of the competition management in the case of deliberate unsportsmanship.
- 13) Bleeding injuries may be treated twice (unless it is a new injury). / The doctor may twice do an examination on the mat. (In case of injuries to the head or spine, this examination is not counted.)
- 14) Even in league events the competitor is excluded for the rest of the competition.
- 15) 7 m * 7 m at the U21
- 16) Deviating from the doctor, the regulation refers to the specialist staff deployed on site
- 17) The distance to a solid object must be at least 0.5 m.
- 18) For competitions in U11 it's allowed to use 2m safety area. In these cases, call Mate if either Uke or Tori leaves the contest area with both feet.
- 19) In case of 2m safety area in U11: If Uke and Tori both lose contact to the contest-area in Osai-komi --> Mate + possible Score