



EUROPEAN JUDO UNION

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Rules for Adapted Judo

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Contents

Introduction to EJU Rules for Adapted Judo	3
Adapted Judo Rules for EJU Tournaments	4
1. Introduction	4
2. General	5
3. Divisioning and Classification	6
3.1 Competition Levels – Classification	6
3.2 Further Divisioning Criteria	7
3.3 Divisioning at the EJU Tournaments	8
3.4 Responsibility of Organiser	8
4. Starting positions	9
4.1 Tachi-shisei	9
4.2 Ne-shisei	10
5. Prohibited Actions	11
6. Penalties	12
7. Injuries	13
8. Judo gi and Aids	14
9. Coaching	15
Divisioning Guidelines for EJU Adapted Judo Tournaments	16
1. Introduction	16
2. Preliminary Steps in the Organization of Divisioning	16
2.1. Submission of Divisioning Plan	17
2.2. Involvement of Coaches	18
2.3. Supportive Tools for Divisioning	18
3. Procedure of Registration and Weigh-in Process	18
3.1. Registration	18
3.2. Weigh-in Process	19
3.3. Best Practices to Facilitate Divisioning	19
4. Implementation of Divisioning	20
5. Content of Divisioning	20
1. Communication: Explanation of Activities	21
2. Visual Observations by Divisioning Officials and Coaches	21
3. Criteria for Mat-Based Assessments	21
4. Movement Skills	21
5. Judo-Specific Skills	22
6. Competitive Games	22
6. Conclusion	23
EJU Adapted Judo Kata Rules	24
1. Competition Groups	24
2. Kata	24
3. Scoring	25
4. Rules for Participation in the European Kata Championships	26



Introduction to EJU Rules for Adapted Judo

The *EJU Rules for Adapted Judo* serve as a comprehensive framework designed to facilitate the inclusion of athletes with disabilities in European Judo Union events. This document underscores the EJU's commitment to creating a safe, enjoyable, and equitable environment for all judoka, regardless of ability. The rules are meticulously aligned with the International Judo Federation Contest Rules, incorporating specific adaptations to address the diverse needs of athletes.

Adapted Judo not only promotes the principles of inclusivity and respect but also ensures that participants can engage meaningfully and competitively. The document is structured into three key sections: the rules for EJU Adapted Judo Tournaments, guidelines for divisioning and classification, and the specific rules governing Adapted Judo Kata. Each section provides detailed instructions and criteria to support the smooth organization of competitions and the fair assessment of athletes' capabilities.

The primary focus of the EJU Adapted Judo Rules is to ensure safety, fairness, and a meaningful competitive experience for judoka. By embracing these principles, EJU Adapted Judo Tournaments continue to foster a spirit of camaraderie, growth, and achievement, providing a platform where athletes of all abilities can excel. This document not only reflects the technical aspects of the sport but also highlights its core values, ensuring that judo remains a sport for everyone.



Adapted Judo Rules for EJU Tournaments

1. Introduction

1. Adapted Judo Rules aim to enable judoka 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. Adapted 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 judoka 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 come into effect at the beginning of 2025. The next planned revision of the rules is scheduled for the end of 2028, unless an earlier update proves necessary.



2. General

1. Adapted Judo matches are directed by a referee holding at least the highest national license.
2. A distinction is made between Tachi-shisei and Ne-shisei matches on entry forms, assessments conducted by appropriate EJU Head Divisioner at the divisioning session prior to each event.
3. Primary divisioning of the judoka is collated from the competition entry form. This may be conducted by Federation / Club representative or from events previous attended.
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 judge's or competition 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 Levels¹ are combined together.
8. (**) The duration of contests for L1-L2 (U15) and L3-L4-L5 (U15) and O15 categories, and Golden Score (GS), may be adjusted by the tournament organizer based on the flow of the event, the athletes' abilities, and in accordance with the requirements for EJU Get Together Tournaments.

¹ 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. Based on age - Under 15 years ideally no more than three years age difference²
5. Mix of Genders available for L4 & L5 (both U15 & O15) where divisioning has been identified it deemed acceptable for a meaningful competitive environment in Ne-shisei only.

3.1 Competition Levels – Classification

1. **Level 1** is a judoka who perform a shiai with a **mainstream recreational/competitive judoka**. This judoka is fast and powerful and has excellent reactivity. Have 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 shiai or randori with a **mainstream recreational judoka**. This judoka understands the meaning and goal of competition 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

² All exceptions should be discussed during the divisioning, under the coaches' approval.



technique over and over. This judoka mainly competes in adapted competitions with judoka of the same level.

4. **Level 4** is a judoka who can engage 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 could be further developed. Typically, the primary judo technique involves a takedown followed by osae-komi.
5. **Level 5** is a judoka who can engage 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, ensuring safety of the judoka, they may be required to participate in Ne-shisei. Constant coaching to encourage may be necessary. When they end up in osae-komi, the action to escape can take a very long time.

Contest between Judoka in different divisions

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

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

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

3.2 Further Divisioning Criteria

Weight: IJF weight classifications are utilised with Levels 1 and 2. Where levels/groups are merged an allowed weight margin of 5% is permitted. 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: Athletes are divided into two age classes: under 15 (min. age 9) and over 15. In U15 and in O15 up to 21 years old there should be no more than **three** years of age difference



in each pool. If the difference is larger, a move to another level may be possible, consultations will be required.

3.3 Divisioning at the EJU Tournaments

The divisioning process is an essential component of every EJU Adapted Judo Tournament and takes place one day prior to the competition. All competitors are required to attend the divisioning process; those who fail to participate will not be permitted to compete on the following day. It is the responsibility of the tournament organizer to ensure that all participants have completed the divisioning process.

To ensure the judoka are matched according to their judo abilities, the divisioning process identifies the athletes' levels, aiming to achieve both safety and credibility in relation to their capacity and performance within the competition.

A judo-specific, mat-based assessment is the final step in determining the judo ability of each athlete. The assessment is a standard part of the EJU Adapted Judo Tournament and must be completed before the competition begins. It is important to note that judoka may fluctuate between levels at different tournaments, as indicated in the Adapted Judo Rules regarding judo ability levels.

The entire divisioning process is overseen by the Official EJU Adapted Judo Expert, also referred to as the Head Divisioner, who is responsible for its proper implementation.

3.4 Responsibility of Organiser

The collaboration of the Tournament Organiser and coaches ensures the pools/groups 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 and entry form information, which may be re-evaluated by the referee mat lead upon viewing an athlete's stability.
2. A referee is authorised to start in a Tachi-shisei contest or in a Ne-shisei contest, if it becomes apparent that an athlete cannot perform safely in Tachi-shisei.³
3. In Ne-shisei 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 may not achieve the full speed, force and impact of a Tachi-waza technique.

4.1 Tachi-shisei

In Tachi-shisei, 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 are not permitted to change grip until the referee announces Hajime. Sighted judoka are 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 an appropriate Kumi-kata.
4. During the contest the referee is authorised to change from a Tachi-shisei match into a Ne-shisei match. The judoka that triggered this decision will then perform in Ne-shisei for the remainder of the tournament.

³ This applies to categories 3, 4 and 5.



4.2 Ne-shisei

In Ne-shisei, the starting position can be different: kneeling, sitting or lying on the stomach, with the possibility of starting with basic Kumi-kata⁴. 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 distance⁵, after which the referee announces Hajime.
2. Ne-shisei matches are performed exclusively in Ne-shisei because either judoka, because of a disability, cannot perform safely in Tachi-shisei.
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 judoka will start lying down, facing each other, with basic Kumi-kata.
6. The primary intention to perform in Ne-shisei must be identified on the entry form.
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-shisei.
8. Uke cannot score from being in Osae-komi.

⁴ 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 or to their ability.

⁵ 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; (*entering into Sankaku for the purpose of turning over the opponent is allowed without crossing the legs – for L1 and L2 both U15 and O15)
 - e. IJF interpretation of using Tori or Uke head for the application or defence of a technique
2. All throws with primary contact with one or two knees.
3. To put pressure on the opponent's head, neck or throat.
 - a. For levels 1 and 2, a palm of the hand around the neck on the floor is allowed (for instance, Kesa gatame)
4. In Tachi-shisei:
 - a. To perform Kumi-kata encircling the head or neck of the opponent. While taking hold over the shoulder or collarbone, the hand may not pass the centre line of the back.
5. In Ne-shisei:
 - a. To push the opponent backwards while in a kneeling position.
 - b. To immediately release Kumi-kata after Hajime during matches with a modified starting position⁶.
 - c. Raising the knee to gain leverage when it is agreed beforehand that this is not allowed.

⁶ 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 judoka will be advised of their actions and penalised accordingly.
 - b) Level 3, 4 & 5 judoka 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.
5. Shido given in Levels 3, 4 & 5 contests are not counted toward the result; therefore, if there are no technical scores or the scores are equal at the end of the contest time, the referee will declare the winner, taking in consideration the criteria for Hantei



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 or tournament director 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 **white** socks in Ne-shisei is allowed for medical reasons. Socks with rubber dots are allowed.
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 (white or transparent).
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 Hajime as per IJF rules.
2. For judokas Levels 3, 4 & 5, coaches and carers can coach throughout each contest.
3. For judokas Levels 3, 4 & 5, and inexperienced judoka generally, coaches, carers and referees can offer encouragement.



Divisioning Guidelines for EJU Adapted Judo Tournaments

1. Introduction

The divisioning process is an essential component of every EJU Adapted Judo Tournament and takes place one day prior to the competition. All competitors are required to attend the divisioning process; those who fail to participate will not be permitted to compete on the following day. It is the responsibility of the tournament organizer to ensure that all participants have completed the divisioning process.

To ensure the judoka are matched according to their judo abilities, the divisioning process identifies the athletes' levels, guaranteeing both safety and credibility in relation to their capacity and performance within the competition.

A judo-specific, mat-based assessment is the final step in determining the judo ability of each athlete. The assessment is a standard part of the EJU Adapted Judo Tournament and must be completed before the competition begins. It is important to note that judoka may fluctuate between levels at different tournaments, as indicated in the Adapted Judo Rules regarding judo ability levels.

The entire divisioning process is overseen by the Official EJU Adapted Judo Expert, also referred to as the Head Divisioner, who is responsible for its proper implementation.

2. Preliminary Steps in the Organization of Divisioning

Established judoka typically know their judo ability level and will input this information on the competition entry form. Along with the judo ability level, the entry form must include the following details for each competitor:

- **Date of Birth**
- **Weight**
- **Indicate whether the judoka will compete in Tachi-shisei or Ne-shisei**
- **Kyu / Dan**
- **Type of Disability**



For new judoka, it is essential to provide information on their prior competition experience (e.g., whether it is their first tournament).

The Tournament Organizer will review all submitted information and preliminarily assign judoka to groups or pools based on the data provided.

2.1. Submission of Divisioning Plan

Once the registration deadline has passed, the Tournament Organizer is responsible for submitting a divisioning plan to the EJU. This plan must include:

1. **Time Schedules:** Mat-based assessment schedules for each identified group.
 - Assessments for each group should take a maximum of one hour.
 - Judoka at Judo Levels 3, 4, and 5 may require only 45 minutes due to disability and fitness considerations.
2. **Mat Safety Sessions:** Two divisioning sessions are mandatory to ensure safety and allow for a quality visual assessment. The principle of "Space = Safety" should be followed.

Using the preliminary pools created by the Tournament Organizer, the assessment process should prioritize the following sequence:

- **Judo Ability Levels 3, 4, and 5:** These groups should be assessed first to allow judoka of good standing (Level 3) the opportunity to be upgraded to a Level 2 pool if their performance on the day meets the required standard.
- **Judo Ability Levels 1 and 2:** These assessments are conducted afterward.

Visually impaired judoka are required to attend the divisioning due to the potential possibility of merging with judoka from other levels.

If the number of competitors is too large, divisioning can be conducted in three separate sessions.

An example of the schedule:

TIME	PROGRAM	PLACE
Saturday		
15:00 – 16:00	Registration and weigh-in (L3, L4, L5)	Venue
16:00 – 17:00	Divisioning (L3, L4, L5)	Venue
16:00 – 17:00	Registration and weigh-in (L1, L2, VI)	Venue
17:00 – 18:00	Divisioning (L1, L2, VI)	Venue
18:00 – 19:00	Draw	Venue
18:00 – 19:00	Referee meeting (coaches are welcome to join)	Venue



Once the EJU approves the divisioning schedule, any changes from the initial schedule outlined in the event documentation will be updated by the EJU. The revised outlines will be published on the EJU calendar and the updated schedule will also be shared via the EJU Adapted Judo Telegram channel.

It is recommended that the divisioning session is to be held on Saturday prior to the event on Sunday minimising additional disruption to work and education commitments.

2.2. Involvement of Coaches

The involvement of all coaches is crucial to the success of the divisioning process. This information should be communicated in the tournament outlines. After the registration deadline, the Tournament Organizer must liaise with the coaches attending the tournament and assign five **sub-divisioners responsible for overseeing specific levels**:

- Level 5 must have two sub-divisioners due to its complexity.
- Sub-divisioners assist the EJU Head Divisioner in conducting the assessments.

The list of sub-divisioners and the finalized divisioning plan must be submitted to the EJU at least ten days before the tournament. Sub-divisioners should ideally be coaches who have previously participated in EJU Get Together tournaments and are already familiar with the divisioning process.

2.3. Supportive Tools for Divisioning

To streamline the divisioning process, the Tournament Organizer can prepare **competition belts** in three colours. These belts help identify the levels during mat assessments:

- For example: **Blue** for Level 1, **White** for Level 2, etc.

It is also advisable for judokas to have **back numbers** with their last name and country code to facilitate identification on the mat during assessments.

3. Procedure of Registration and Weigh-in Process

3.1. Registration

At least one delegate from each club must attend the registration on time to confirm the entries of all athletes. A delayed appearance or failure to attend may result in the exclusion of all participants from the draw and the event. In case of an unforeseen delay, the club must immediately contact both the tournament organizer and the EJU.

During accreditation, Team Leaders are required to sign the **EJU Adapted Judo Disclaimer Form** to complete the registration process.



3.2. Weigh-in Process

Following registration and confirmation of all registered competitors' attendance, all athletes must undergo the weigh-in procedure. The Tournament Organizer is responsible for comparing each athlete's actual weight with the weight provided on the registration form.

For competitors with motor disabilities who cannot stand stably on the scale and for wheelchair users, the following measures are in place:

- These competitors may weigh in with the assistance of a coach or personal assistant.
- If the assistant stands on the scale with the competitor, the final weigh-in is calculated by subtracting the assistant's weight from the total.

3.3. Best Practices to Facilitate Divisioning

The following measures can simplify the divisioning process:

1. Coloured Belts for Levels

- If coloured belts are used to identify levels during divisioning, the organizer can distribute the appropriate number of belts for each club at registration (based on the levels indicated on the registration form).
- This ensures that all judokas arrive at divisioning with the correct coloured belt corresponding to their level, minimizing delays during the process.

2. Mat-Level Organization

- Assign one mat per judo ability level.
- Place a table in front of each mat with copies of the preliminary groups/pools for that level. This allows coaches to review the group assignments in real time.

3. Athlete Information Cards

- Prepare information cards for each athlete containing the following details:
 - Name and Surname
 - Club/Country
 - Weight entered on the registration form
 - Actual weight (recorded during the weigh-in)
 - Assigned level
- Before divisioning, place these cards on the table corresponding to each mat/level. If a competitor's level changes during the divisioning process, their card can be moved to the appropriate table, and the competitor proceeds to the mat corresponding to their new level.

If possible, it is recommended to provide a 'quiet' room for competitors with sensory impairments or anxiety.



4. Implementation of Divisioning

The Head Divisioner oversees the execution of the divisioning process, while the Sub-Divisioners are responsible for managing the specific levels assigned to them. All coaches are required to actively participate in the divisioning process and assist in its implementation.

The Head Divisioner will demonstrate each exercise step-by-step, using a microphone to ensure clear communication with all Sub-Divisioners and coaches. Sub-Divisioners will then repeat the exercise demonstration for their assigned group of judoka. They may adjust the exercise by progressing or regressing it based on the athletes' abilities, if necessary.

Throughout the divisioning process, Sub-Divisioners monitor the preliminary pool lists, continuously comparing the listed pools with the actual performance and abilities of the judoka on the mat.

Suggested Best Practices for Streamlining Divisioning

To facilitate the divisioning process:

- Place a **projector screen** in a visible area to display a video of each exercise as it is demonstrated.
- While the video plays, the Head Divisioner can provide instructions and clarify the specific abilities being assessed during the exercise.
- This approach can enhance the understanding and efficiency for both Sub-Divisioners and coaches, ensuring a smoother evaluation process.

During the divisioning process, if the Head Divisioner, a Sub-Divisioner, or a coach identifies that a judoka is assigned to an incorrect pool or level, the judoka will be transferred to the appropriate pool or level. The responsible Sub-Divisioner must update their list by crossing out the judoka's name from the original pool and adding it to the new one.

Any adjustments, such as transferring judoka or merging pools, must be made in full consultation with the judoka's coaches. This ensures that all athletes are fairly and appropriately allocated to their respective groups.

Once the divisioning process is complete, the Tournament Organizer will create updated pools and share the changes with all participants via the EJU Adapted Judo Telegram channel.

5. Content of Divisioning

The divisioning process includes a structured visual assessment designed to evaluate judokas' physical and technical abilities in a fair and comprehensive manner. Below is a detailed outline of the key components:



1. Communication: Explanation of Activities

Clear communication is essential for achieving accurate assessments. This includes:

- **Verbal Demonstrations:** Using simple, concise instructions to ensure judoka understand each task.
- **Physical Demonstrations:** Providing a visual example of the activity to reinforce verbal instructions.
- **Key Points:** Highlighting critical elements of the task to guide judoka toward the desired outcome.

2. Visual Observations by Divisioning Officials and Coaches

Divisioning Officials and coaches must:

- **Be prepared:** Have a notepad and pen to document observations and identify judoka by their named backpatches or by asking for their names.
- **Ensure fairness:** Cover all areas of the mat to assess judokas equitably.
- **Collaborate:** Periodically confer with other coaches to confirm judokas' ability levels.
- **Facilitate the session:** One or two coaches should lead the physical divisioning activities.

3. Criteria for Mat-Based Assessments

The primary goal is to create safe, fair, and level pools/groups of judoka. Assessments focus on physical literacy fundamentals such as:

- **Agility, Balance, Coordination (ABC's)**
- **Fitness and Strength**
- **Judo-Specific Competency**
- **Cognitive Understanding of Tasks**

4. Movement Skills

Tachi-waza:

- **Activities:** Running, side skipping, jumping, hopping on alternate legs, balancing lunges, flexibility exercises, and ukemi.
- **Observations:** Assess movement, balance, coordination, cognitive processing, and fitness levels.
- **Assessments:** Begin with judoka displaying advanced skills and progress to those with lower ability. Final assessments must consider all observed skills for a fair evaluation.



- **Format:** Exercises are performed individually, then in pairs or teams.

Ne-waza:

- **Activities:** Shrimping, bridging, animal movements, core strength exercises, and ukemi.
- **Observations:** Assess slower movements, technical accuracy, cognitive processing, and strength (e.g., supporting body weight).
- **Assessments:** Activities are easier to observe, allowing cognitive challenges and skill levels to become evident.

5. Judo-Specific Skills

Tachi-waza:

- **Activities:** Uchi-komi, nage-komi, tsugi-ashi foot patterns, and directional uchi-komi (e.g., box or cross patterns), first in linear form and then with movement.
- **Observations:** Evaluate fluidity, repetitive skill execution, uke interactions, and technical form.
- **Assessments:** Begin with linear patterns for initial evaluation and progress to movement-based tasks, assessing balance, coordination, and practical application.

Ne-waza:

- **Activities:** Newaza drills such as controlling body movement (e.g., spinning on uke's back or moving over and under).
- **Observations:** Focus on speed, concentration, body control, and awareness of uke.
- **Assessments:** Use different ukes to observe adaptability and skill levels.

Note: Engaging in randori, shiai, or osaekomi during divisioning is **not recommended** to avoid compromising the well-being of the judoka.

6. Competitive Games

Introducing games can make the divisioning process engaging and help reduce judokas' anxiety. Games can be incorporated into activities for both tachiwaza and newaza.

Examples:

- **Tachi-waza Games:** Belt tag, octopus tag, asteroids, and slippery snake.
- **Ne-waza Games:** Tori/uke spinning games, "Take off Obi," slippery snake (newaza), and 1/2/3 movement game.
- **Group Games:** Daisy chain, copycat, dead ant, and Kano says.



Observations: These games help assess fun, speed, cognitive processing, agility, balance, and coordination.

Assessments: Use these games as practical, engaging tools to challenge judoka with actions different from typical judo exercises.

6. Conclusion

The divisioning process is an essential component of EJU Adapted Judo Tournaments, ensuring fairness, safety, and inclusivity for all participating judoka. By systematically evaluating athletes' abilities through structured assessments, the tournament organizers, divisioning officials, and coaches collaborate to create balanced pools that reflect the diverse capabilities of competitors.

From preliminary steps like gathering accurate registration data to the implementation of mat-based assessments, each stage is designed to uphold the principles of adapted judo: respect, equality, and fair competition. Clear communication, effective collaboration, and attention to detail are critical throughout the process to ensure the integrity of the event and the well-being of all judoka.

This document outlines a comprehensive framework for conducting divisioning, with practical tools and strategies to enhance the experience for athletes and their support teams. By adhering to these guidelines, EJU Adapted Judo Tournaments can continue to provide an inclusive platform that celebrates the spirit of judo and its values, fostering growth, achievement, and camaraderie among all participants.



EJU Adapted Judo Kata Rules

1. Competition Groups

1. **Category 1A:** Tori is A-Judoka*, Uke is A-Judoka

2. **Category 1B - Tachi-shisei:** Tori is A-Judoka, Uke is mainstream judoka**

The kata is performed predominantly from a standing position, with necessary adaptations to accommodate the athlete's disability (e.g. athletes with Down syndrome, limb deficiencies or similar impairments).

3. **Category 1B - Ne-shisei:** Tori is A-Judoka, Uke is mainstream judoka**

The kata is performed predominantly from a seated or kneeling position due to the athlete's functional limitations (e.g. wheelchair users, athletes with cerebral palsy or similar conditions).

* A-judoka means a judoka with a disability who must adapt the judo technique

** The mainstream judoka is a judoka without disabilities

2. Kata

Official Kodokan competition Kata

- Nage-no-Kata (first three series)
- Adapted Nage-no-Kata (first three series)
- Katame-no-Kata
- Ju-no-Kata
- Kime-no-Kata
- Kodokan-Goshin-Jutsu

Definition of Adapted Nage-no-Kata

Adapted Nage-no-Kata refers to a performance of Nage-no-Kata in which one or more techniques are modified to accommodate the functional abilities of a judoka with a disability.

Any deviation from the standard Kodokan Nage-no-Kata, including adjustments to technique execution, posture, movement, or gripping, constitutes Adapted Nage-no-Kata.



Such adaptations must ensure safety while preserving the fundamental principles and structure of the kata.

Adapted Nage-no-Kata may be performed in either **Tachi-shisei** or **Ne-shisei**, depending on the functional abilities of the participating athlete.

Additional Kata

- Itsutsu-no-Kata
- Itsutsu-no-Kata wheelchair
- Koshiki-no-Kata

Special ENBU Kata

- A Kata defined especially for the type of disability of the judoka. The judges need to know what they are about to see and judge. Therefore, a description of the shown Kata must have been provided to them before.

3. Scoring

Positive 10-point scoring system. The total points accumulated is the final result.

- Excellent 10
- Good 8
- Medium 6
- Almost 4
- Not so good 2
- Forgotten 1

ENBU Kata – scoring

- ENBU evaluation:

ENBU		
TECHNICAL	CHOREOGRAPHY	JUDO SPIRIT
Efficiency	Variety of techniques	Originality
Accuracy	Choreography	Tradition
Difficulty		Spirit



4. Rules for Participation in the European Kata Championships

The following Kata are the official Kata for participation in the European Championships:

1. Nage-no-Kata (first three sets)
2. Adapted Nage-no-Kata (first three sets)
3. Katame-no-Kata

Categories:

1. Nage-no-Kata 1A
2. Nage-no-Kata 1B
3. Adapted Nage-no-Kata 1A
4. Adapted Nage-no-Kata 1B Tachi-shisei
5. Adapted Nage-no-Kata 1B Ne-shisei
6. Katame-no-Kata 1A
7. Katame-no-Kata 1B

Entrants must:

- turn at least 15 years old in the year of the European Championship
- hold a minimum rank of 2nd Kyu

Pairs may consist of two males, two females, or one male and one female.

Participants can only compete in one of the Kata.

The couples will perform on the mat only once, as they will compete in the direct final.

Prosthesis are not allowed on the mat. Only minor assistance for the athlete can be accepted (e.g. getting on and off the mat by a partner, coach or Kata commissioner and this must be clearly described in the written request).

The couple with the most points wins a gold medal, the second place winner a silver medal, and the third place winner a bronze medal.

Registration via Judobase is not required, registration of the National Federation is sufficient. An IJF-approved judogi is not mandatory. **Back number with the surname and country code is mandatory at the European Championships.**

Demonstration of Kata

The following Kata are recognized for demonstration:

1. Kime-no-Kata
2. Kodokan-goshin-jutsu



3. Ju-no-kata

Entrants must:

- turn at least 13 years old in the year of the European Championship
- hold a minimum rank of 2nd Kyu

The team can be composed of men and/or women.

Couples perform their chosen Kata once during the competition. Participants receive certificates of participation.