



Judo NSW
SPORTING CODE

Produced by:

Judo Federation of Australia (NSW) Inc
PO Box 6441
Silverwater NSW 2128
Document No: JudoNSW-003

Revision: 4

Updated by:	<u>Greg Helm</u>	Date:	<u>19th March 2024</u>
Authorised by:	<u>Belinda McIndoe</u> President Judo NSW	Date:	<u>19th March 2024</u>

REVISION RECORD

All pages of this document are raised in status when an amendment is made.

A brief description of the change is given below.

A bar alongside the changed text highlights the latest amendment.

REVISION	DATE	DESCRIPTION	AUTHORISATION
0	24 Sep 2009	First Issue	Rob Ivers
1	31 Mar 2011	Second Issue	Michael Briers
2	September 2018	Updated but not released to public	Nic Lowe
3	September 2019	Third Issue – Major changes to align with 2019 JA Sporting Code	Nic Lowe
4	March 2024	Updated Age and Weight Divisions for Under 15 as per JA policy.	Belinda McIndoe

DISTRIBUTION

Controlled copies of the report are held by:

Judo NSW Office	1 hardcopy 1 electronic copy
Judo Australia	1 electronic copy
Judo NSW Public Officer	1 electronic copy

An electronic copy will be available on Judo NSW's website for member reference.

TABLE OF CONTENTS

	REVISION RECORD	2
1.	Introduction	6
2.	Responsibility	6
3.	Sanction And Approval Of Tournaments	7
4.	Eligibility To Compete In Tournaments	7
5.	Rules	8
6.	Who Can Organise Tournaments	9
7.	Tournament Classifications	9
8.	Venue, Equipment, Officials	10
9.	Tournament Controls	10
10.	Awards and Presentations	11
11.	Age, Weight Categories, and Grade Requirements	12
	11.2.1. Mons	12
	11.2.2 Junior Boys	13
	11.2.3. Junior Girls	13
	11.2.4. Senior Boys	14
	11.2.5.Senior Girls	14
	11.2.6. Cadet Men	14
	11.2.7. Cadet Women	15
	11.2.8. Junior Men	15
	11.2.9. Junior Women	15
	11.2.10. Senior Men	16
	11.2.11. Senior Women	16
	11.2.12. Senior Male Kyu Grade	16
	11.2.13. Senior Female Kyu Grade	17
	11.2.14. Senior Male Novice	17

11.2.15. Senior Female Novice.....	17
<u>12. Contest Duration</u>	17
<u>13. Dress</u>	18
<u>14. Complaints and Disputes</u>	19
<u>15. Conduct</u>	19
<u>16. Competition Systems</u>	20
<u>16.1. Round Robin Pools – Single Pool</u>	20
<u>16.2. Round Robin Pools – Double Pool</u>	20
<u>16.3. Pools and repechage combination</u>	21
<u>16.4. Elimination</u>	21
<u>16.5. Single Repechage</u>	21
<u>16.6. Double Repechage</u>	22
<u>16.7. Full Repechage (Double Elimination)</u>	22
<u>17. Age Category and Weight Division Allocation</u>	22
<u>18. Weigh-In Procedures and Controls</u>	24
<u>18.1. Scales</u>	24
<u>18.2. Late Weigh in</u>	25
<u>18.3. Clothing to be worn during Weigh in</u>	25
<u>18.4. General</u>	26
<u>19. The Draw and Seeding</u>	26
<u>20. Points Scoring</u>	26
<u>21. Teams</u>	27
<u>22. Teams Tournaments</u>	27
<u>22.1. Categories</u>	27
<u>22.2. Eligibility</u>	27
<u>22.3. Conditions</u>	27
<u>22.4. Teams Divisions</u>	28

22.5. SpecialProvisions	28
23. Veterans Tournaments	29
23.1. Eligibility	29
23.2. Categories	29
23.3. Age and Contest Duration	29
23.4. Conduct	29
24. Medical	30
25. No Limits Judo Competition	30
26. Competition Area	30
Codes of behaviour	31
Competitors	31
Parents	32
Coaches	33
Teachers	34
Administrators	35
Officials	36
Spectators	37
Glossary	38

1. INTRODUCTION

- 1.1. These Regulations have been developed by Judo Federation of Australia (NSW) (Judo NSW), to govern tournaments under its jurisdiction.
- 1.2. This Code should be read in conjunction with Judo Australia's Sporting Code. If a matter is not covered by this code, then the Judo Australia (JA) National Sporting Code shall apply.
- 1.3. The provisions of the sporting code have been prepared for the guidance of tournament officials and are to be adhered to by competitors, officials and spectators.
- 1.4. Tournament Directors and organising committees are reminded of the increasing recourse to litigation by individuals throughout the community where negligence is suspected.
- 1.5. For the purpose of this document 'Seniors' refers to Junior Women, Junior Men, Senior Women and Senior Men Age categories as outlined in Judo Australia National Sporting Code. 'Juniors' refers to Under 11s, Under 13s and Intermediates (Cadets) as outlined in Judo Federation of Australia National Sporting Code.
- 1.6. Within the framework of the provisions, organising committees are encouraged to be innovative in the composition and presentation of tournaments to increase participation and provide the maximum number of fights for competitors. This should include, where appropriate, providing combined weight categories, and providing grade divisions to encourage less experienced players to compete.

2. RESPONSIBILITY

- 2.1. Responsibility for all tournaments rests with the Board of Management of NSW (BOM). When a tournament Management committee (TMC) has been formed, and is in operation, the BOM may delegate to this sub-committee or a duly appointed Tournament Director (TD) the responsibility for the management of the tournaments under its jurisdiction.
- 2.2. All matches should be judged by referees accredited, and appointed by Judo NSW Referees Commission. Where accredited referees are unavailable, higher grade judoka may be called to referee on a temporary basis.
- 2.3. Visiting referees must seek approval from Judo NSW Referees Commission before refereeing at any tournament sanctioned by the BOM.
- 2.4. Notwithstanding any provisions contained herein, the BOM/TMC shall be empowered to vary or add provisions to this Sporting Code on the day of a tournament, where exceptional circumstances are shown.
- 2.5. It is the responsibility of competitors to enter only those tournaments/divisions for which they are eligible, the details of which are included in an official tournament notice.
- 2.6. It is the responsibility of every competitor to maintain and present photo identification (if requested) when entering a Judo NSW approved tournament

- 2.7. It is the responsibility of competitors to present themselves for weigh-in at the time specified.
- 2.8. It is the responsibility of each competitor to ensure that the correct weight is entered on the weigh-in sheets and that they are entered in the correct weight category.
- 2.9. Competitors and/or their coach must advise TD if they have been concussed in the 4 weeks prior to competing in a tournament. Prior to competing, the competitor must present a medical clearance to compete.

3. SANCTION AND APPROVAL OF TOURNAMENTS

- 3.1. BOM calls for expressions of interest to run tournaments under its auspices on a yearly basis.
- 3.2. To obtain sanction as an official tournament of Judo NSW, The Tournament Director and/or the organising committee are to comply with the following requirements:
 - 3.2.1. The provisions of this Sporting Code must be observed
 - 3.2.2. A copy of the Tournament Notice must be sent to the office of Judo NSW at least 2 (two) months prior to the date of the competition. The competition system used for each division in a tournament must be included in the tournament notice.
 - 3.2.3. A tournament will be considered sanctioned when written approval is given by Judo NSW. Changes requested are implemented and the event is conducted in compliance with this Sporting Code.

4. ELIGIBILITY TO COMPETE IN TOURNAMENTS

- 4.1. All competitors must be financial members of Judo NSW or an IJF approved affiliated body.
- 4.2. Competitors in invitational and closed tournaments must be financial members of Judo NSW or an approved affiliated body and where applicable be a member of the particular organisation involved.
- 4.3. It is the responsibility of every competitor to maintain and present, if requested, photo identification when entering a tournament.
- 4.4. Competitors must be graded at least 4th kyu, except for the following provision.
- 4.5. Tournaments or divisions may be conducted for 5th kyu competitors. Such tournaments or divisions must be restricted to this grade and no competitors of other grades may compete in these divisions.
- 4.6. Ungraded judoka are not permitted to enter tournaments.
- 4.7. Under 9 Age Categories and divisions are not permitted to be included in State selection tournaments or open tournaments

- 4.8. It is the responsibility of competitors to enter only those tournaments/divisions for which they are eligible, the details of which are included in an official tournament notice.
- 4.9. Where a competitor enters a tournament/division for which they are ineligible, disciplinary action may result. Details of such breaches when detected are to be forwarded to the BOM for consideration.
- 4.10. Members under suspension by Judo NSW, Judo Australia, or any IJF affiliated body will not be eligible to enter tournaments under jurisdiction of Judo NSW.
- 4.11. Financial members of overseas bodies affiliated with the International Judo Federation (IJF) may compete on invitation/approval of the TD/MC/Organising Body.
- 4.12. Other requirements/restrictions that may apply from time to time shall be notified by the TD/TMC/Organising Body.
- 4.13. Where a pre-entry applies (per the tournament notice), entries submitted after the closing date / time may incur a late entry fee. This will be applicable only before the closure of the weigh-in for the age/weight category in which the competitor is seeking entry.
- 4.14. Failure to produce photo identification when entering a tournament may result in a fee being imposed or refusal of entry. All identity details need to be in English or have an approved English translation.

5. RULES

5.1. Seniors and Juniors

- 5.1.1. The competition rules are largely those adopted by the IJF. However, Judo NSW Referee Commission may modify the interpretation of IJF rules to cater for the lower skill level, age of the competitors, and type of competition to ensure the safety of the competitors.

5.2. Juniors

- 5.2.1. For Cadet competition, application of shime waza (choking techniques) and kansetsu waza (armlocks) is allowed. An athlete who has lost consciousness due to shime waza is not allowed to continue in the competition in any age category held on the day.
- 5.2.2. Shime waza (choking techniques) and kansetsu waza (armlocks) are not permitted in the U9, U11, U13 and U15 Boys and Girls events. The Referee should stop the contest before the technique is applied and provide a warning (no penalty). A repeated attempt to apply Shime waza (choking techniques) and kansetsu waza (armlocks) techniques shall be penalised by disqualification.
- 5.2.3. Juniors will have the rules modified so that:

- 5.2.3.1. Juniors will have an unlimited number of free medical examinations where needed. The length of any examination is at the sole discretion of the referee. When there is an injury, consultation should occur with the designated medical personal before any decision is made to not let a fight to continue.
 - 5.2.3.2. Where the referee (in consultation with his judges) considers, for the safety or wellbeing of a Junior competitor, it is inappropriate to continue the fight, the Junior competitor shall forfeit the bout.
 - 5.2.3.3. Penalties for any breach of the modified Junior rules are determined by the referees. Competitors and/or their coaches will be briefed prior to the start of any competition.
 - 5.2.3.4. At lower level (i.e. novice level) competition, referees are encouraged to explain any breaches of the rules, before penalising a competitor.
- 5.3. All Under 9 competitions will have the following additional rules applied.
- 5.3.1. Other modifications of the rules, to encourage development of young judoka, are allowed provided any modifications to the rules are notified to competitors before the start of any competition. In general, the rules for U11 Boys/Girls apply.
 - 5.3.2. Referees will penalise Under 9 competitors, after first providing a warning and explaining the issue.
 - 5.3.3. Round Robin of 3 to 5 competitors. In exceptional circumstances best-of-three for two competitors is allowed.

6. WHO CAN ORGANISE TOURNAMENTS

- 6.1. Tournaments may be organised by specific groups (see following paragraph.), or Judo NSW. for the participation of members.
- 6.2. The tournaments dealt with in this Sporting Code are standard tournaments which may be held at state level. The following is a list of current organisations eligible to hold tournaments:
 - 6.2.1. Registered Judo NSW Clubs
 - 6.2.2. Common Interest Groups (CIG)
 - 6.2.3. Regions

7. TOURNAMENT CLASSIFICATIONS

- 7.1. The following are types of tournaments require approval from Judo NSW BOM:
 - 7.1.1. Closed Tournaments where participation is restricted to members of particular club(s) or Common Interest Groups (CIG).

- 7.1.2. Invitational Tournaments, club tournaments of four or more clubs, CIG, and regions require approval.
- 7.1.3. Restricted Tournaments where participation is restricted to specific clubs, regions and/or CIG .
- 7.2. The following are types of tournaments do not require approval from Judo NSW BOM:
 - 7.2.1. Club Tournaments where participation will include competitors from less than four clubs.

8. VENUE, EQUIPMENT, OFFICIALS

- 8.1. These shall generally conform to the standards specified in Judo NSW Sporting Code and/or Judo Australia Sporting Code, depending on the tournament level.
- 8.2. Any variations from these conditions must be approved by the TMC/Tournament Director (TD) and Judo NSW Sports Commission.
- 8.3. Table Officials are to be of senior status where possible.

9. TOURNAMENT CONTROLS

- 9.1. Where a TMC has been formed, it will be responsible for enforcing the provisions of the Sporting Code and any directions that may be issued by the BOM from time to time.
- 9.2. In the absence of the TMC, the organising body must appoint a Tournament Director (TD).
- 9.3. The TMC or TD shall, on the day of a tournament, be the final authority on all matters relating to the tournament and the enforcement of the provisions of the Sporting Code.
- 9.4. It is the responsibility of tournament organising bodies to adhere to the provisions of the Sporting Code.
- 9.5. All Officials and competitors should be aware that one call will be made when a competitor is not at their place on the contest area for Senior Men, Senior Women, Junior Men, Junior Women, Cadet Men and Cadet Women divisions. That competitor will forfeit their match if they have not taken their correct place within a period of one (1) minute following the call.
- 9.6. All Officials and competitors should be aware that one call will be made when a competitor is not at their place on the contest area for U11, U13 and U15 Boys/Girls divisions. That competitor will forfeit their match if they have not taken their correct place within a period of ninety (90) seconds following the call.
- 9.7. Where a competitor withdraws from a division after it has commenced:
 - 9.7.1. and the draw is a round robin draw, all points gained by that competitor and their direct opponents will be forfeited. The competitor cannot be put back into the draw; or

- 9.7.2. the draw is a repechage or elimination draw, the draw progresses the next opponent of the withdrawing competitor recording an Ippon win (Fusen-Gachi).

10. AWARDS AND PRESENTATIONS

- 10.1. As a general rule, presentation of awards will be made as soon as practicable after the completion of a division.
- 10.2. The presentation should be made by a rostered member of the BOM or a senior official of Judo NSW. However, use should be made in the capacity, of any distinguished visitors or competitors.
- 10.3. The type of awards, the placings to receive them, shall be decided by the TMC/TD. There is no minimum number of entry requirements to be awarded a place.
- 10.3.1. 1st, 2nd, and 3rd places will be given, as appropriate.
- 10.3.2. A competitor must win at least ONE match to be awarded a medal.
- 10.3.3. The minimum number of entries required per division for medals to be awarded is:

FIRST PLACE	One gold medal	2 entries
SECOND PLACE	One silver medal	2 entries
ONE THIRD PLACE	One bronze medal	4 entries
TWO THIRD PLACES	Two bronze medals	6 entries

11. AGE, WEIGHT CATEGORIES, AND GRADE REQUIREMENTS

- 11.1. For the purposes of this Tournament Organisation and Sporting Code, the term “weight” shall be defined according to the legal definition of “mass” in Australia.
- 11.2. The following age and weight categories will apply:

Category	Age Requirements
U9 Boys and Girls	Must be minimum 6 years old and not turn 9 years in the calendar year of the tournament
Under 11 Boys and Girls	Must turn 9 or 10 in the calendar year of the tournament
Under 13 Boys and Girls	Must turn 11 or 12 in the calendar year of the tournament.
Under 15 Boys and Girls	Must turn 13 or 14 years in the calendar year of the tournament
Intermediate Male and Female - Cadets	Must turn 15, 16 or 17 years in the calendar year of the tournament
Junior Men and Women	Must turn 15, 16, 17, 18, 19 or 20 years in the calendar year of the tournament
Senior Men and Women	Must turn 15 years or more in the calendar year of the tournament
Masters Men and Women	Must be 30 years and over in the calendar year of the tournament
Kata Men and Women	Juniors - must turn 9 and not turn 16 years in the calendar year of the tournament. Seniors - must turn 16 years or more in the calendar year of the tournament.

11.2.1. UNDER 9S

- 11.2.1.1. U9 Tournaments are specially modified (relaxed) rules tournaments designed to introduce young participants to the concepts of competitive judo.
- 11.2.1.2. U9 Divisions are not permitted to be included in State Selection tournaments or open tournaments.
- 11.2.1.3. U9 BOYS AND GIRLS
- 11.2.1.4. Minimum grade for Novice tournament is White-Yellow Belt.
- 11.2.1.5. Minimum grade for Graded tournament is Yellow Belt.
- 11.2.1.6. Divisions

No weight classes will be observed. Children are grouped with closest weight with a maximum of 15% weight difference.

11.2.2. UNDER 11 BOYS

11.2.2.1. Must be male.

11.2.2.2. Minimum grade for Novice tournament is White-Yellow Belt.

11.2.2.3. Minimum grade for Graded tournament is Orange Belt.

11.2.2.4. Divisions

No weight classes will be observed. Children are grouped with closest weight with a maximum of 15% weight difference.

11.2.3. UNDER 11 GIRLS

11.2.3.1.

11.2.3.2. Must be female.

11.2.3.3. Minimum grade for Novice tournament is White-Yellow Belt.

11.2.3.4. Minimum grade for Graded tournament is Orange Belt.

11.2.3.5. Divisions

No weight classes will be observed. Children are grouped with closest weight with a maximum of 15% weight difference.

11.2.4. UNDER 13 BOYS

11.2.4.1. Must be male.

11.2.4.2. Minimum grade for Novice tournament is Yellow Belt.

11.2.4.3. Minimum grade for Graded tournament is Orange Belt.

11.2.4.4. Divisions

Over 66 kg

Over 60 kg and up to and including 66 kg

Over 54 kg and up to and including 60 kg

Over 49 kg and up to and including 54 kg

Over 45 kg and up to and including 49 kg

Over 41 kg and up to and including 45 kg

Over 38 kg and up to and including 41 kg

Over 35 kg and up to and including 38 kg

Over 32 kg and up to and including 35 kg

Up to and including 32 kg

11.2.5. UNDER 13 GIRLS

- 11.2.5.1. Must be female.
- 11.2.5.2. Minimum grade for Novice tournament is Yellow Belt.
- 11.2.5.3. Minimum grade for Graded tournament is Orange Belt.
- 11.2.5.4. Divisions
 - Over 56 kg
 - Over 50 kg and up to and including 56 kg
 - Over 45 kg and up to and including 50 kg
 - Over 41 kg and up to and including 45 kg
 - Over 38 kg and up to and including 41 kg
 - Over 35 kg and up to and including 38 kg
 - Over 32 kg and up to and including 35 kg
 - Up to and including 32 kg

11.2.6. UNDER 15 BOYS

- 11.2.6.1. Must be male-
- 11.2.6.2. Minimum grade for Novice tournament is Yellow Belt.
- 11.2.6.3. Minimum grade for Graded tournament is Orange Belt.
- 11.2.6.4. Divisions
 - Over 81 kg
 - Over 73 kg and up to and including 81 kg
 - Over 66 kg and up to and including 73 kg
 - Over 60 kg and up to and including 66 kg
 - Over 55 kg and up to and including 60 kg
 - Over 50 kg and up to and including 55 kg
 - Over 45 kg and up to and including 50 kg
 - Over 40 kg and up to and including 45 kg
 - Over 36 kg and up to and including 40 kg
 - Up to and including 36 kg

11.2.7. UNDER 15 GIRLS

- 11.2.7.1. Must be female.
- 11.2.7.2. Minimum grade for Novice tournament is Yellow Belt.
- 11.2.7.3. Minimum grade for Graded tournament is Orange Belt.
- 11.2.7.4. Divisions
 - Over 63 kg
 - Over 57 kg and up to and including 63 kg
 - Over 52 kg and up to and including 57 kg
 - Over 48 kg and up to and including 52 kg
 - Over 44 kg and up to and including 48 kg
 - Over 40 kg and up to and including 44 kg
 - Over 36 kg and up to and including 40 kg

Up to and including 36 kg

11.2.8. CADET MEN

- 11.2.8.1. Must be male-
- 11.2.8.2. Minimum grade for Novice tournament is Yellow Belt.
- 11.2.8.3. Minimum grade for Graded tournament is Orange Belt.
- 11.2.8.4. Divisions
 - Over 90 kg
 - Over 81 kg and up to and including 90 kg
 - Over 73 kg and up to and including 81 kg
 - Over 66 kg and up to and including 73 kg
 - Over 60 kg and up to and including 66 kg
 - Over 55 kg and up to and including 60 kg
 - Over 50 kg and up to and including 55 kg
 - Up to and including 50 kg

11.2.9. CADET WOMEN

- 11.2.9.1. Must be female.
- 11.2.9.2. Minimum grade for Novice tournament is Yellow Belt.
- 11.2.9.3. Minimum grade for Graded tournament is Orange Belt.
- 11.2.9.4. Divisions
 - Over 70 kg
 - Over 63 kg and up to and including 70 kg
 - Over 57 kg and up to and including 63 kg
 - Over 52 kg and up to and including 57 kg
 - Over 48 kg and up to and including 52 kg
 - Over 44 kg and up to and including 48 kg
 - Over 40 kg and up to and including 44 kg
 - Up to and including 40 kg

11.2.10. JUNIOR MEN

- 11.2.10.1. Must be male.
- 11.2.10.2. Minimum grade for Novice tournament is Yellow Belt.
- 11.2.10.3. Minimum grade for Graded tournament is Orange Belt.
- 11.2.10.4. Divisions
 - Over 100Kg
 - Over 90 kg and up to and including 100 kg
 - Over 81 kg and up to and including 90 kg
 - Over 73 kg and up to and including 81 kg
 - Over 66 kg and up to and including 73 kg

Over 60 kg and up to and including 66 kg
Up to and including 60 kg

11.2.11. JUNIOR WOMEN

11.2.11.1. Must be female.

11.2.11.2. Minimum grade for Novice tournament is Yellow Belt.

11.2.11.3. Minimum grade for Graded tournament is Orange Belt.

11.2.11.4. Divisions

Over 78 kg

Over 70 kg and up to and including 78 kg

Over 63 kg and up to and including 70 kg

Over 57 kg and up to and including 63 kg

Over 52 kg and up to and including 57 kg

Over 48 kg and up to and including 52 kg

Up to and including 48 kg

11.2.12. SENIOR MEN

11.2.12.1. Must be male.

11.2.12.2. Minimum grade for Novice tournament is Yellow Belt.

11.2.12.3. Minimum grade for Graded tournament is Orange Belt.

11.2.12.4. Divisions

Over 100 kg

Over 90 kg and up to and including 100 kg

Over 81 kg and up to and including 90 kg

Over 73 kg and up to and including 81 kg

Over 66 kg and up to and including 73 kg

Over 60 kg and up to and including 66 kg

Up to and including 60 kg

Open, with no weight restriction may be included at the discretion of the TMC.

11.2.13. SENIOR WOMEN

11.2.13.1. Must be female.

11.2.13.2. Minimum grade for Novice tournament is Yellow Belt.

11.2.13.3. Minimum grade for Graded tournament is Orange Belt.

11.2.13.4. Divisions

Over 78 kg

Over 70 kg and up to and including 78 kg

Over 63 kg and up to and including 70 kg

Over 57 kg and up to and including 63 kg

Over 52 kg and up to and including 57 kg

Over 48 kg and up to and including 52 kg
Up to and including 48 kg
Open, with no weight restriction may be included at the discretion of the TMC.

11.2.14. SENIOR MALE KYU GRADE

11.2.14.1. Must be male

11.2.14.2. Grade Requirements:

Intermediate: Senior Orange and Senior Green Belt (3rd and 4th Kyu)

Advanced: Senior Blue and Senior Brown Belt (1st and 2nd Kyu)

11.2.14.3. Divisions

Weight Divisions as for Senior Men

11.2.15. SENIOR FEMALE KYU GRADE

11.2.15.1. Must be female.

11.2.15.2. Grade Requirements:

Intermediate: Senior Orange and Senior Green Belt (3rd and 4th Kyu)

Advanced: Senior Blue and Senior Brown Belt (1st and 2nd Kyu)

11.2.15.3. Divisions

Weight Divisions as for Senior Women

11.2.16. SENIOR MALE NOVICE

11.2.16.1. Must be female.

11.2.16.2. Yellow Belt (5th Kyu).

11.2.16.3. This division is a limited division and may not be amalgamated with any other division

11.2.16.4. Divisions

Weight Divisions as for Senior Men

11.2.17. SENIOR FEMALE NOVICE

11.2.17.1. Must be female.

11.2.17.2. Yellow Belt (5th Kyu).

11.2.17.3. This division is a limited division and may not be amalgamated with any other division

11.2.17.4. Divisions

Weight Divisions as for Senior Women

12. CONTEST DURATION

12.1. The contest periods shall be:

Category	Contest Time	Golden Score
Under 9 Boys	2 minutes	Time limited at the discretion of Tournament Director, normally 1 minute
Under 9 Girls	2 minutes	Time limited at the discretion of Tournament Director, normally 1 minute
Under 11 Boys	3 minutes	No time limit
Under 11 Girls	3 minutes	No time limit
Under 13 Boys	3 minutes	No time limit
Under 13 Girls	3 minutes	No time limit
Under 15 Boys	3 minutes	No time limit
Under 15 Girls	3 minutes	No time limit
Cadet Men	4 minutes	No time limit
Cadet Women	4 minutes	No time limit
Junior Men	4 minutes	No time limit
Junior Women	4 minutes	No time limit
Senior Men	4 minutes	No time limit
Senior Women	4 minutes	No time limit
Senior Kyu Grade Men	4 minutes	No time limit
Senior Kyu Grade Women	4 minutes	No time limit

12.2. The contest time listed at 12.1 may be reduced and, if so, the TD/TMC will advise the change prior to the commencement of the Tournament. It should be noted that in selection tournaments, the duration of contests will conform to the relevant sporting code requirements for the event, e.g. Nationals.

12.3. A competitor who has completed a bout is entitled to a rest period before their next bout. This recuperation period is double the length of the relevant contest time listed in 12.1.

- 12.4. The rest period may be shortened by a competitor (or the competitors' coach) should they be willing to fight earlier.

13. DRESS

- 13.1. Judogis must conform to the requirements laid down in the JA National Sporting Code.
- 13.2. All competitors must wear an appropriate judogi.
- 13.3. At State Championships, National or International Tournaments all competitors are required to wear a white judogi when called first and a blue judogi when called second. Each competitor must also wear a belt denoting their grade.
- 13.4. At all other tournaments, competitors are encouraged (but not required) to wear a blue judogi when called second. When a blue judogi is not available, competitors called second must wear a white judogi with a red sash.
- 13.5. Women and girls must wear a plain white "T" shirt, or garment of similar design, under their judogi.
- 13.6. For females, compression clothing apparel, may be worn under the gi. The compression pants must be knee length and finish above the knee so that they are never visible under the gi pants. Compression apparel tops must be white with no part of the torso being exposed and the arm sleeves must finish above the elbow and never be visible under the gi sleeve.
- 13.7. Males may wear white compression apparel tops in exceptional circumstances such as to mitigate a medical condition that is supported by a medical certificate – the apparel must finish above the elbow and must not be visible under the gi sleeve. SEP

14. COMPLAINTS AND DISPUTES

- 14.1. Complaints on any aspect of tournament management must be directed to the TMC/TD in writing.
- 14.2. Complaints on any aspect of the referees must be directed to Judo NSW Referee Commission.
- 14.3. The TMC/TD has the authority to deal with complaints and disputes which may occur on any aspect of tournament management or control. Those involving the conduct of the competition in accordance with this Sporting Code and the competition notice should be referred to the Sporting Commission. Resolution may be completed immediately, deferred for further investigation, or referred to the BOM for the next suitable meeting.
- 14.4. The TMC/TD are not empowered to, nor are they to enter discussions, involving decisions made by referees.

- 14.5. Should a dispute or complaint arise which involves an official function of the TMC/TD (e.g. scoring, timekeeping or, the table supervisor), then both the Sports Commission and a TMC member or a member of the TMC/organising body or the TD must be consulted.
- 14.6. In all matters of tournament management and control, including those not specifically covered in the sporting code, the Sports Commission remains the sole authority for interpretation and the TMC/TD for implementation on the day of the tournament.

15. CONDUCT

- 15.1. All “codes of behaviour” adopted by Judo NSW (refer to attachment 1) are to be followed.
- 15.2. If any member, coach, club official, spectator or competitor contravenes any of these rules or refuses to comply with any direction of the TMC/TD acts in a manner contrary to the best interests of Judo, the TMC/TD will ask the offender to leave and then submit a report to the BOM.
- 15.3. A member, coach or club official must not, while attending a tournament as a spectator, coach club official or competitor, bring Judo NSW into disrepute by inappropriately criticising the decisions, actions or interpretations of referees or tournament officials of Judo NSW.

16. COMPETITION SYSTEMS

16.1. ROUND ROBIN POOLS – SINGLE POOL

- 16.1.1. Round Robin is defined as a system where each athlete will compete against each other.
- 16.1.2. A single pool shall consist of 3 to 5 competitors.
- 16.1.3. Where a pool system is used, for a single pool, competitors or teams from the same club must play each other first, and should be positioned in the draw accordingly.
- 16.1.4. To determine placings, the following criteria are used:
 - 16.1.4.1. First Criteria: Number of Wins.
 - 16.1.4.2. Second Criteria (in case of an equal number of wins): the highest sum of winning points will decide. Ippon is valued at 10 points, Waza-Ari is valued at 1 point. Example: White won three matches by Ippon; White scored 30 points. Blue won three matches, 2 by Wazari and 1 by Ippon; Blue scored 12 points. White wins.
 - 16.1.4.3. Third Criteria (in case of equal number of wins and equal sum of winning score points): direct comparison. If two contestants have equal number of wins and the same number of score points, the contestant who won the contest between them is defined as the winner.

- 16.1.4.4. Fourth Criteria (in case of equal number of wins and no direct comparison possible): the shortest accumulated time of all winning contests will decide.
- 16.1.4.5. Fifth Criteria (in case of equal time): weight at the weigh-in. The athlete with the lower weight is defined as the winner.
- 16.1.4.6. Sixth Criteria (in case of same weight): decision match. A knockout system between the competitors involved will be used. A new draw will be performed. Example: in the case of three athletes: one contest between two competitors will be held. The winner of this match will compete against the third competitor to get a final decision.

16.2. ROUND ROBIN POOLS – DOUBLE POOL

- 16.2.1. A double pool shall consist of two single pools of up to 10 competitors.
- 16.2.2. Competitors should be divided evenly between the two pools, with the larger number in the top pool.
- 16.2.3. Competitors or teams from the same club should be placed in separate pools.
- 16.2.4. To determine placings, the same criteria as for single round robin pool is used.
- 16.2.5. A final pool will be created to determine the final placegetters.
- 16.2.6. First and second placed athletes from preliminary pools are placed in a final pool, with the players for each pool carrying over their win and points against each other to the final pool so that they don't compete against each other again.
- 16.2.7. A round robin of 4 is played out, but only 4 matches will be staged, as the athletes coming from the same pool will have already played each other

16.3. POOLS AND REPECHAGE COMBINATION

- 16.3.1. This system should be used for a 5 person draw where finals matches are required.
- 16.3.2. A round robin pool of three and an elimination draw is used.
- 16.3.3. The winners of the pool of three and the elimination draw fight for first and second place.
- 16.3.4. The second-place getter and the loser of the elimination draw compete for third place.

16.4. ELIMINATION.

- 16.4.1. The division will be played in two pools as per the draw sheet.

- 16.4.2. Competitors will be distributed in both pools by blind draw.
- 16.4.3. If there are two or more members from the same club, they must be separated into the separate pools of the division by blind draw.
- 16.4.4. Where there is an uneven number from the same club, the greater representation will be in the top half of the draw, where possible.
- 16.4.5. If there are more than two competitors from the same club in the same half of the draw they must not be drawn to play each other in the first round.
- 16.4.6. Both pools of the draw are played with losers automatically eliminated until the semi-final. Winners of the semi-final play-off for first place. Losing semi-finalists play off, the loser is placed fourth, the winner placed third provisionally.
- 16.4.7. The third place winner may challenge the loser of the final for second place, providing they have not met previously in the division. The winner of the match, if played, will be placed second, the loser third.

16.5. SINGLE REPECHAGE

- 16.5.1. Seeding will occur Seeding and Draws. Both pools are played until one undefeated competitor remains in each "half".
- 16.5.2. The competitors defeated by these two competitors are then eligible to compete in the repechage.

16.6. DOUBLE REPECHAGE

- 16.6.1. Athletes are divided into two tables (pools), A and B, by means of a draw, and then into two groups (sub-pools) within each table: A1, A2, B1 and B2. The elimination system will be used to produce four semi-finalists. All judoka defeated by each of the semi-finalists will take part in the repechage of their respective table according to the elimination system. The winner of each repechage will compete against the loser of the semi-final of the opposite table for the two bronze medals. The winners of table A and table B compete for the gold and silver medals.

16.7. FULL REPECHAGE (DOUBLE ELIMINATION)

- 16.7.1. The principle of this system is that a competitor must be defeated twice before being eliminated.
- 16.7.2. It is possible in this draw for two competitors to fight more than once.
- 16.7.3. Competitors will be distributed into pools.
- 16.7.4. If there are two or more members from the same club, they must be separated into the separate pools of the division by blind draw.

- 16.7.5. Where there is an uneven number from the same club, the greater representation will be in the top half of the draw, where possible.
- 16.7.6. If there are more than two competitors from the same club in the same half of the draw they must not be drawn to play each other in the first round.
- 16.7.7. All participants may compete at least twice, athletes are divided into two tables (pools), A and B, by means of a draw, and then into two groups (sub-pools) within each table: A1, A2, B1 and B2. The elimination system will be used to produce two finalists.
- 16.7.8. All judoka defeated after each round of competition will take part in the repechage of their respective table according to the elimination system.
- 16.7.9. The winner of each repechage will compete against the loser of the final of the opposite table for the two bronze medals.
- 16.7.10. The winners of table A and table B compete for the gold and silver medals.

17. AGE CATEGORY AND WEIGHT DIVISION ALLOCATION.

- 17.1. Where only one athlete nominates for a specified weight division, that athlete will be given an opportunity to compete in the next highest available weight category (with agreement from their coach or parent, if the athlete is under 18 years old). The draw for that category must include that athlete from the lower weight category and be staged as a single category. Consideration for athlete safety is paramount where the only opportunity for a match is in a weight division two or more higher than the athlete's own weight division. As a guide, U11, U13 and U15 Girls and Boys competitors should not compete in a division more than one weight division higher than their own.
- 17.2. In the case of U11 and U13 Girls and Boys where only one athlete qualifies in a particular weight division, and it is not possible to accommodate that athlete in the next highest weight categories in that age category, consideration will be given to creating a combined gender special division within the age category. Should a combined gender special category not be possible, consideration shall be given to allow the athlete to compete in the nearest weight division of the next highest age category so that the athlete can participate in the event. This is especially important for State Selection events where athletes need competition practice in preparation for the Nationals.
- 17.3. In the case of U11 and U13 Girls and Boys, in all circumstances where an athlete is being considered for a higher weight division, or for a combined gender division, or for an equivalent weight division in the next highest age category, consultation and approval is required from the athlete; coach; and/or parent or guardian; and the Sports Commission and Tournament Director. In a combined gender division in the same age category, or when an athlete competes in a higher age category, the draw for that category must include that athlete from the lower age category and be staged as a single category.

- 17.4. Consideration for athlete safety is paramount where the only opportunity for a match is in a weight division higher than the athlete's own weight division, or if not available, in an age category one higher than that for which the athlete normally qualifies.
- 17.5. For State Team selection, the athlete (from the lower uncontested weight category) will be awarded 1st place consideration against his/her own weight class (uncontested). At the competition, the athlete should be awarded a medal for the category contested but not necessarily the uncontested category. Athletes competing in any age divisions should always be rewarded for results achieved in contested weight categories.
- 17.6. At all events, other than State International Open whereby National Sporting Code requirements prevail, emphasis should be given as follows:
 - 17.6.1. provision of the most amount of matches available to athletes (within reason);
 - 17.6.2. smooth flow of the event and minimum delays on the mat;
 - 17.6.3. Precedent;
 - 17.6.4. Time available;
 - 17.6.5. Number of competitors participating;
 - 17.6.6. Type of tournament;
 - 17.6.7. Venue restrictions;
 - 17.6.8. Availability officials; and
 - 17.6.9. Direction of the Sporting Commission and the TMC/TD

18. WEIGH-IN PROCEDURES AND CONTROLS

18.1. SCALES:

- 18.1.1. Scales must be either bar or electronic and should have a recent calibration certificate.
- 18.1.2. Care should be used when moving and setting-up scales for the Weigh-in. Scales should be tested with calibrated test weights through the range (or a subset) of weight categories (ideally in 10 kg increments) after they have been located at the weigh-in room and prior to the trial weigh-in. Male and female scales should read identically through the range (or a subset) of weight categories planned for the event, and if one set of scales is out of calibration, it should not be used. The Tournament Director in consultation with the Sports Commission will resolve any issues with Scales accuracy.
- 18.1.3. Two sets of scales should be provided: one for trial weigh-in which can be used by competitors until the end of the official weigh in; and the other only for official

weigh-in. Where this is the case, competitors will be allowed one attempt only to make a weight category on the official scales.

- 18.1.4. If only one set of scales is available, competitors shall be allowed the period set down for the official weigh-in to make the weight category. In this case, weigh-in officials shall allow athletes reasonable access to continue to trial weigh on the only set of available scales whilst the official weigh-in is proceeding. If the athlete meets the weight requirement, that weigh-in shall be deemed to be the official weigh-in.
- 18.1.5. The officials supervising the scales must be of the same gender as the competitors weighing in.
- 18.1.6. Subject to approval by the TMC or TD, one official per club may be permitted to attend the weigh-in to assist his or her club members.
- 18.1.7. Weights are recorded to the first decimal place shown on the scales. Weights are rounded neither up nor down. (Eg If the scales shows 48.05, the weight recorded is 48.0)
- 18.1.8. It is the responsibility of each competitor to ensure that the correct weight is entered on the weigh in sheets and that he/she is entered in his/her correct weight category.

18.2. LATE WEIGH IN

- 18.2.1. Where a late entry competitor has been accepted, this does not entitle the competitor to weigh-in after the closing time of the relevant weigh-in. Only in exceptional circumstances, will a competitor be allowed to weigh-in after closure of the weigh-in. Factors such as distance travelled to event, unforeseen hazards in transit, possible advantage to the athlete, and likely complaint from athletes who achieved their weight requirement within the period allowed, need to be considered. The Sports Commission will be consulted in such circumstances. Note that such allowances carry with them significant risk in terms of fairness to other athletes. This will be applicable up to the commencement of the draw of the division in which the competitor is seeking entry.
- 18.2.2. Where the competitor does not present themselves to the official weigh-in before the end of the weigh-in period, they will be denied a final weigh-in and be unable to compete.

18.3. CLOTHING TO BE WORN DURING WEIGH IN

- 18.3.1. Procedures for a tournament may differ, and where they do, such differences should be advised prior to the tournament, in writing.
- 18.3.2. Weigh-In provisions for State Titles, State Team Selection and International Open Tournaments.

18.3.2.1. Weigh in must be conducted in a closed environment.

18.3.2.2. Competitors over the age of 18 may weigh-in in underclothes or naked at their discretion.

18.3.2.3. Competitors under the age of 18 years are **not permitted** to remove underclothes at Weigh-In under any circumstances. For females, a bra or T Shirt is part of their underclothes. Competitors will be given a 100g weight allowance.

18.3.3. Weigh-In provisions for tournaments other than State Titles, State Team Selection and International Open Tournaments or where there is mixed gender weigh-in.

18.3.3.1. Competitors under the age of 18 years may weigh in wearing judogi trousers and t-shirt and will be given a 600g allowance.

18.3.3.2. For 'Community Series' tournaments, at the discretion of TMC, senior competitors may weigh in wearing judogi trousers and t-shirt and will be given a 800g allowance.

18.4. GENERAL

18.4.1. Weigh-In officials are required to hold a current Working With Children Check and provide details to Judo NSW for validation.

18.4.2. Judo NSW discourages any competitor under the age of 18 years entering tournaments from sweating off. If such competitors are seen sweating off at events by competition organisers or officials, they will be asked to go straight to the scales and weigh in. They will have to fight at the weight that they are when they step on the scales. A toilet visit will be allowed and competitors will not be allowed to continue to sweat off. If the competitor refuses to go the scales, they will be withdrawn from the competition.

18.4.3. Except in the case of emergencies, the use of mobile phones is not permitted at weigh ins. Anyone using a mobile phone will be asked to leave the area.

19. THE DRAW AND SEEDING

19.1. No less than two (2) members of the TMC will conduct any draw.

19.2. Seeding will be applied based on the current National Points Tables published on Judo Australia's website

19.3. For State Title and International tournaments, the National Points Tables will be used to seed competitors in the Senior Men, Senior Women, Junior Men, Junior Women, Cadet Men and Cadet Women divisions. Seeding shall include non-Australian residents. In the Girls and Boys divisions competitors will be seeded at the discretion of the Tournament Committee or Tournament Director.

- 19.4. For all State Team selection competitions, seeding should be conducted under the supervision of the NSW State Coaches.
- 19.5. In the situation where competitors have equal national points and seeding of these competitors is necessary, competitors will be seeded at the discretion of the Tournament Committee or Tournament Director in consultation with State Coaches.
- 19.6. Seeding of the top 8 athletes shall apply after which competitors from the same club, State/Territory and/or Country, should be drawn into separate halves of the draw.
- 19.7. The draw must ensure a maximum separation of byes

20. POINTS SCORING.

- 20.1. Win by Ippon, fusengachi , kiken gashi or Hansokumake – 10 points
- 20.2. Win by Waza-ari – 1 point
- 20.3. A competitor awarded a win by forfeit scores – 10 points.
- 20.4. The points awarded for the win of a bout are based on winning score achieved. This means that if both athletes score Wazari and one then scores Ippon (in normal or extra time), the win is by 10 points (Ippon). If one athlete scores Waza-Ari and then scores either another Waza-Ari or Ippon, the win is by 10 points.
- 20.5. The losing fighter or team gains no points regardless of scores awarded.

21. TEAMS

- 21.1. The number of wins is the primary method of deciding placings.
- 21.2. Where wins are equal, the team with the greater number of points shall be the winner.
- 21.3. In teams competition, during the elimination series, if two teams finish on equal wins and points, the first two competitors that contested a drawn result will fight a rematch. Should the same result occur, each team will be given an opportunity to put up their best competitor for a deciding match. If the scores are equal at the end of ordinary time of this match, the fight will be decided in Golden point under conventional rules of first score wins and Hantai will award the final result if necessary.

22. TEAMS TOURNAMENTS

22.1. CATEGORIES

Categories shall be:

- Under 13 Boys
- Under 13 Girls
- Under 15 Boys

- Under 15 Girls
- Cadet Men
- Cadet Women
- Junior Men
- Junior Women
- Senior Men
- Senior Women

22.2. ELIGIBILITY

- 22.2.1. Competitors must be the correct age category for the team listed, unless qualifying by grade conversion (Cadets to Junior Men/Women), and be minimum 4th kyu in the age category played.

22.3. CONDITIONS

- 22.3.1. Maximum number of five (5) competitors
- 22.3.2. Minimum to compete as a team is three (3) competitors.
- 22.3.3. All competitors must make weight within either their nominated weight category or the one below. (Eg the U41kg competitor could weigh U36kg) Coaches and TD/TMC must apply due diligence if there is a marked difference in weights of competitors.
- 22.3.4. Weight divisions will be played strictly in sequence from light to heavy.
- 22.3.5. Forfeits will be awarded as they occur.
- 22.3.6. Composite teams from more than one club may compete. Clubs may enter multiple teams in the same category.

22.4. TEAMS DIVISIONS

- 22.4.1. Under 13 Boys and Girls

One competitor in each of the following weight categories:

Boys: U35, U41, U49, U60, O60kgs
Girls: U32, U38, U45, U56, O56kgs

- 22.4.2. Under 15 Boys and Girls

One competitor in each of the following weight categories:

Boys: U40, U50, U60 U73, O73kgs
Girls: U44, U48, U52, U57, O57kg

- 22.4.3. Cadet Men and Women

One competitor in each of the following weight categories:

Cadet Men: U60, U66, U73, U81, O81kg

Cadet Women: U48, U52, U57, U63 O63

22.4.4. Junior Men and Women

One competitor in each of the following weight categories:

Junior Men: U66, U73, U81, U90, O90

Junior Women: U52, U57, U63, U70, O70

22.4.5. Weight divisions for Senior Men and Senior Women are:

One competitor in each of the following weight categories:

Men: U66, U73, U81, U90, O90kg

Women: U52, U57, U63, U70, O70kg

22.5. SPECIAL PROVISIONS

- 22.5.1. Where a team has two members in the same weight bracket, one member may move into the next higher weight bracket at the discretion of the TMC/TD. However, the welfare of the competitor should be the major consideration.

23. VETERANS TOURNAMENTS

23.1. ELIGIBILITY

- Men and women 30 years and over;
- Senior Orange Belt (4th Kyu) and above.

23.2. CATEGORIES

Categories shall be:

- Men
- Women

23.3. AGE AND CONTEST DURATION

Age	Contest Duration (mins)	Female	Males
30 - 34	3	F1	M1
35 - 39	3	F2	M2
40 - 44	3	F3	M3
45 - 49	3	F4	M4

50 - 54	3	F5	M5
55 - 59	3	F6	M6
60 - 64	2.5	F7	M7
65 - 69	2.5	F8	M8
+70	2.5	F9	M9

23.3.1. Weight divisions will be organised according to entries on the day but will (where possible) align with Senior Men and Women weight categories.

23.3.2. Where possible Age divisions will not be amalgamated.

23.4. CONDUCT

23.4.1. Refer to Codes of Behaviour (Attachment 1).

24. MEDICAL

24.1. The Organising Committee must place at the disposal of all competitors an approved, certified first aid authority at the competition venue.

24.2. The ratio of First Aid Officers should be 1 Officer for each mat area.

24.3. The medical personnel shall fill in a form specifying the injuries to competitors and what treatment was given.

24.4. Judo NSW has rules for competitors losing consciousness and incurring concussion – please refer to JA Ltd Sporting Code Referees and Judges.

24.5. Judo NSW has rules about medical assistance and bleeding injury – please refer to JA Sporting Code Referees and Judges.

24.6. Competitors and/or their coach must advise TD if the competitor has been concussed in the four (4) weeks prior to competing in a tournament. The competitor must receive medical clearance to compete.

25. ADAPTIVE JUDO COMPETITION

25.1. Please see the Adaptive Judo page on the JA website for Adaptive Sporting Rules

26. COMPETITION AREA

26.1. Each competition tatami shall be divided into two zones: the contest area and the safety area. When two or more competition tatamis are used, the area between them is defined as the adjoining safety area.

26.2. Each area will be a different colour.

26.3. Contest areas for Judo NSW Tournaments shall be:

26.3.1. Under 9, Under 11, Under 13 and Under 15 Boys and Girls

Minimum Contest Area: 5 x 5 m

Minimum Safety Area: 2 m

Adjoining Safety Area: 3 m

26.3.2. All other divisions

Minimum Contest Area: 7 x 7 m

Minimum Safety Area: 3 m

Adjoining Safety Area: 4 m

26.4. Competition areas for NSW State Title and State International Tournaments shall be:

Minimum Contest Area: 8 x 8 m

Minimum Safety Area: 3 m

Adjoining Safety Area: 4 m

Or as otherwise defined by the Judo NSW Tournament Committee or in the JA Sporting Code.

CODES OF BEHAVIOUR

COMPETITORS

- Play by the rules
- Never argue with an official. If you disagree, have your captain, coach or manager approach the official during a break or after the competition.
- Control your temper. Verbal abuse of officials, sledging other competitors or deliberately distracting or provoking an opponent are not acceptable or permitted behaviours in any sport.
- Work equally hard for yourself and/or your team. Your team's performance will benefit and so will you.
- Be a good sport. Applaud all good plays whether they are made by your team or the opposition.
- Treat all participants in your sport as you like to be treated. Do not bully or take unfair advantage of another competitor.
- Cooperate with your coach, team-mates and opponents. Without them, there would be no competition.
- Participate for your own enjoyment and benefit, not just to please your parents and coaches.
- Respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background or religion.

PARENTS

- Remember that children participate in sport for their enjoyment, not yours.
- Encourage children to participate, do not force them.
- Focus on your child's efforts and performance rather than whether they win or lose.
- Encourage children to play according to the rules and to settle disagreements without resorting to hostility or violence.
- Never ridicule or yell at a child for making a mistake or losing a competition.
- Remember that children learn best by example. Appreciate good performance and skilful plays by all participants.
- Support all efforts to remove verbal and physical abuse from sporting activities.
- Respect officials' decisions and teach children to do likewise.
- Show appreciation for volunteer coaches, officials and administrators. Without them, your child could not participate.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

COACHES

- Before the match for your athlete commences, observe the IJF protocol for bowing to the mat as the athletes enter the mat and bowing to the coach of your athlete's opponent when the athletes bow to each other. Note that this is only required when there is an allocated seat for the coach.
- Remember that your people participate for pleasure, and winning is only part of the fun.
- Never ridicule or yell at a young competitor for making a mistake or not coming first.
- Be reasonable in your demands on competitors' time, energy and enthusiasm.
- Operate within the rules and spirit of your sport and teach your competitors to do the same.
- Ensure that the time competitors spend with you is a positive experience. All young people are deserving of equal attention and opportunities.
- Avoid overplaying the talented competitors; the 'just average' need and deserve equal time.
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all competitors.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage competitors to do the same.
- Show concern and caution towards sick and injured competitors. Follow the advice of a physician when determining whether an injured competitor is ready to recommence training or competition.
- Obtain appropriate qualifications and keep up to date with the latest coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the competitor's skill development.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

TEACHERS

- Encourage young people to develop basic skills in a variety of sports and discourage overspecialization in one event, sport or playing position.
- Create opportunities to teach appropriate sports behaviour as well as basic skills.
- Give priority to free play activities, skill learning and modified sports over highly structured competition for primary school children.
- Prepare young people for intra and inter-school competition by teaching the basic sport skills.
- Make young people aware of the positive benefits of participation in sporting activities.
- Keep up to date with coaching practices and the principles of physical growth and development. Read and use the latest coaching and teaching resources for junior sport.
- Help young people understand the differences between the junior competition they participate in and the professional sport.
- Help young people understand that playing by the rules is their responsibilities.
- Give all young people equal opportunities to participate in administration, coaching and refereeing as well as playing.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

ADMINISTRATORS

- Involve young people in planning, leadership, evaluation and decision-making related to the activity.
- Give all young people equal opportunities to participate.
- Create pathways for young people to participate in sport, not just as a competitor but as a coach, referee, administrator, etc.
- Ensure that rules, equipment, length of games and training schedules are modified to suit the age, ability and maturity level of young competitors.
- Provide quality supervision and instruction for junior competitors.
- Remember that young people participate for their enjoyment and benefit. Do not overemphasise awards.
- Help coaches and officials highlight appropriate behaviour and skill development, and help improve the standards of coaching and officiating.
- Ensure that everyone involved in junior sport emphasises fair play, rather than winning at all costs.
- Give a code of behaviour sheet to spectators, officials, parents, coaches, competitors and the media, and encourage them to follow it.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Make it clear that abusing young people in any way is unacceptable and will result in disciplinary action.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

OFFICIALS

- Modify rules and regulations to match the skill levels and needs of young people.
- Compliment and encourage all participants.
- Be consistent, objective and courteous when making decisions.
- Condemn unsporting behaviour and promote respect for all opponents.
- Emphasise the spirit of the game rather than the errors.
- Encourage and promote rule changes that will make participation more enjoyable.
- Be a good sport yourself. Actions speak louder than words.
- Keep up to date with the latest trends in officiating and the principles of growth and development of young people.
- Remember, you set an example. Your behaviour and comments should be positive and supportive.
- Place the safety and welfare of the participants above all else.
- Give all young people a 'fair go' regardless of their gender, ability, cultural background or religion.

SPECTATORS

- Remember that young people participate in sport for their enjoyment and benefit, not yours.
- Applaud good performances and efforts from all individuals and teams. Congratulate all participants on their performance, regardless of the game's outcome.
- Respect the decisions of officials and teach young people to do the same.
- Never ridicule or scold a young competitor for making a mistake. Positive comments are motivational.
- Condemn the use of violence in any form, whether it is by spectators, coaches, officials or competitors.
- Show respect for your team's opponents. Without them, there would be no game.
- Encourage competitors to follow the rules and the officials' decisions.
- Do not use foul language, sledge or harass competitors, coaches or officials.
- Respect the rights, dignity and worth of every young person regardless of their gender, ability, cultural background or religion.

GLOSSARY

ABBREVIATION	DEFINITION
JA	Judo Australia
TD	Tournament Director
TMC	Tournament Management Committee
BOM	Board of Management, Judo NSW