

# BUILD THE FOUNDATION FIRST

## Judo Australia guards the fun of judo for Under 11s

From 2025, judoka under the age of 11 will no longer be able to contest the Australian National Championships, instead being encouraged to develop their judo in less high pressure environments.

In line with moves in Europe, Judo Australia wants to ensure judo stays fun for our smallest members, with the jump to the national stage not taking place until the Under 13 age bracket (judoka aged 11-13).

Under 11 judoka will still be able to flex their skills by representing their schools at the Australian National School Championships, taking place in Queensland in September (in tandem with the Queensland International Open.)

All National Event Series competitions (Canberra, Sydney, Melbourne, Adelaide, Perth and Brisbane International Opens) will continue to welcome Under 11 players.

In another move towards international alignment, Judo Australia will follow the EJU's lead in maintaining the ban against armbars and strangles in competition for players under the age of 15.

While the "NO SHIME-WAZA, NO KANSETSU-WAZA" rule is under review by the IJF, it continues to be imposed in European youth competitions (such as the European Hopes Cup).

Beck Hamilton, CEO of Judo Australia, said the changes had been carefully considered and consulted with various sections of the judo community.

"Parents, coaches, referees- everyone agrees it is vitally important to keep things fun for the younger age groups – bring them to Nationals for the excitement, for the learning experience, let them soak it all up before they have to deal with the pressure of competition," Beck said.

### **For more information:**

Beck Hamilton, CEO, Judo Australia: [bhamilton@ausjudo.com.au](mailto:bhamilton@ausjudo.com.au)

Maria Pekli, Head of Performance & Pathways, Judo Australia: [maria.pekli@ausjudo.com.au](mailto:maria.pekli@ausjudo.com.au)