

JUNIOR JUDO SAFETY IN TOURNAMENTS (under 12yrs)

GUIDE FOR PARENTS & SPECTATORS

Background: At the 2016 IJF Coaching Seminar held in Canberra there was discussion initiated by the IJF Academy about Safety in Junior Judo. This issue was taken up by the JFA to seek feedback from 190 Club Coaches around Australia, along with the various JFA Committees, Referees and the JFA Medical Advisor.

There has been some very healthy feedback on safety for juniors to further reduce the chance of injury and to ensure our tournaments in Australia promote proper technique required for junior Judo rather than just strength.

Restricted rules for Juniors (under 12yrs) is not new, similar rules apply in Canada, Britain, New Zealand & Kindai Cup Japan. There are already some technique restrictions in some states of Australia, but the aim is to implement a national approach.

The following information has been updated many times and is now ready for implementation and general communication to ensure local club coaches and local referees gain positive support from enthusiastic parents and spectators while at junior tournaments.



KOSHI GURUMA:

There are many instances where juniors are applying headlocks to throw or trying to whack the head of their opponent as hard as possible, or just hang-off their opponents head to wrestle them over for a score.

2017 Update for under 12yrs:

At no time is a one armed headlock to be applied during any throwing technique. The collar of an opponent's jacket may only be gripped above the shoulder and should not extend beyond the mid-point of the opponent's neck.

If a judoka applies a headlock in an attempt to perform a throw, Matte is to be called. If a throw occurs before the referee can call Matte the throw is to be waived away and no score given.

DROPPING TECHNIQUES:

Any time a judoka drops to their knees to throw their opponent there is a greater risk of Uke's head colliding with the mat. The most common dropping technique is Seoi Nage, and it appears that players are just too young to appreciate the importance of throwing in a circular motion skill.

2017 Update for under 12yrs:

If a judoka drops to both knees in an attempt to perform a throw Matte is to be called and Shido given to the offender.

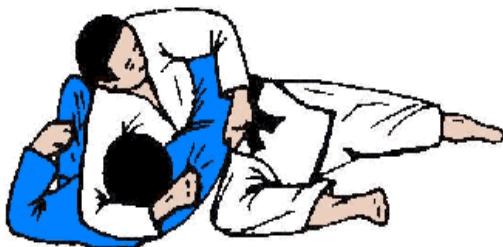
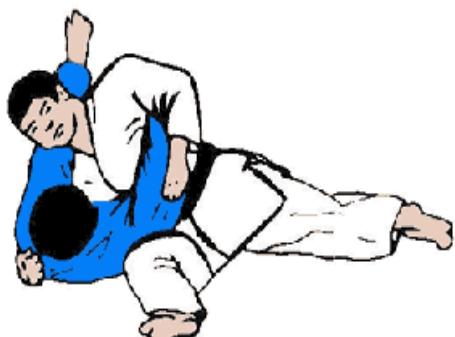


KESA GATAME:

There are many instances where juniors are applying headlocks to hold an opponent. The concept of the arm around the head is to ensure your opponent cannot bridge out of the hold. All the pressure should be applied via Tori pulling Uke's arm around their body. Too many times we see children just having their neck/head squeezed from incorrect holding technique and leaving the mat in a distressed state as a result of soft tissue injury to their necks.

2017 Update for under 12yrs:

If Tori has their arm around the back of Uke's neck it must be in a "resting position" on the mat or the shoulder lapel. If it is just a headlock then matte will be called and players stood up to continue, no penalty to be given.



At all times the Referee must prioritise the safety of the judo players. If referee's have any doubt, "matte" should be called. The senior referee's will support the decision made by the on-mat referee who are sometimes less experienced.

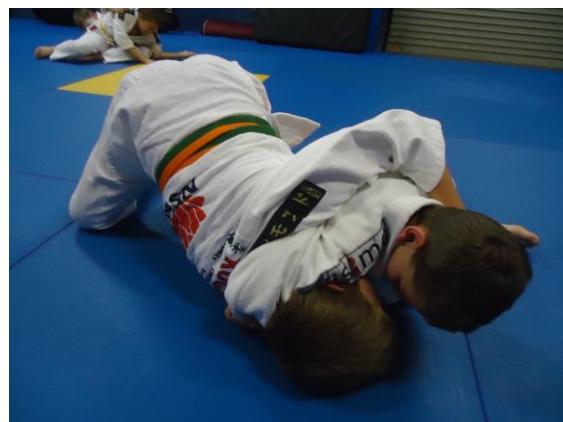
More importantly the club coaches, enthusiastic parents and the general judo community need to support the referee's if "matte" is called for the precaution of junior player safety.

NE WAZA ROLLOVERS:

There are instances in junior judo where players wrap their arm around an opponent's neck/head in an attempt to roll them onto their back. Proper more technical roll-overs should be encouraged by their coaches.

2017 Update for under 12yrs:

If a judoka applies a headlock type rollover, then Matte is to be called and the players stood up to continue the match.



ESCAPE FROM KESA GATAME:

Neck pressure is a concern when a judoka attempts to escape from Kesa Gatame. If a player can get to this position, (see attached photo) then the control by Tori has already been lost. Tori could try and move into another hold-down as one option. However we should discourage just "waiting to see" if Uke can be wrestled over again by this "headlock only" type manouvre.

2017 Update for under 12yrs:

In this instance "Matte" is to be called and the players to be stood up to continue the bout.

FOR IMPLEMENTATION FROM JANUARY 2017

