

Judo Guidance Document

Information for Competition Managers

Welcome to the British Judo Association's National School Competition Framework. This document has been established to help all Competition Managers in School Sport Partnerships to aid the delivery of intra and inter school judo competitions.

Key contact

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Key points of planning/Data sources for school sport partnerships

Judo is not a sport common to the curriculum. However, the framework seeks to clarify the type of competitive experience young people should get in school depending on their current knowledge and experience, regardless of age.

We do not currently have technically qualified schools coaches or development officers in all counties or school sport partnerships. Some SSP's have employed Judo Coaches; please contact your local PDM's for more information. Areas that have appropriate people in place are:

1. National Enjoy Judo Programme Manager (Schools programme website www.enjoy-judo.com)
2. Kent – two fulltime schools coaches
3. Norfolk – one fulltime schools coach
4. Suffolk – one fulltime schools coach
5. East Midlands – three fulltime schools coaches

The BJA would seek support from the local schools coach if applicable, pro-BJA private judo companies, local CLUBMARK clubs, Sports Leaders UK volunteers and eventually teachers who have been trained up to deliver taster sessions.

The planning and programming of these sessions is co-ordinated through the Partnership Development Managers and School Sport Co-ordinators.

It is anticipated that successful events can be held where the following is in place:

1. Pro-active BJA club with, or working towards, CLUBMARK and access to the School 2 Dojo programme
2. Schools coach
3. Recommendation by the BJA Regional Club Development Officer (details available on BJA website Development pages)

4. Where there is in place a County Sport Partnership Youth Games for young people to progress onto following a SSP judo festival
5. Where a School – Club Link has been formed in conjunction with a Sports College or associated school (School 2 Dojo programme)
6. Priority has been given to judo via a Partnership Development Manager.

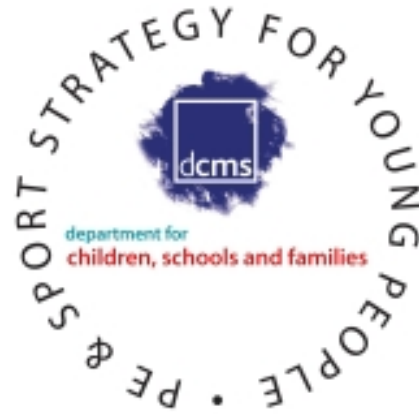
The technical format for these events has been in place for some time and reflects the BJA's commitment to improving technical standards and appropriateness of levels of competitions for school-age children and underpins the BJA's commitment to the principals of the Long Term Player Development Programme.

How can SCMs and CMs work with us?

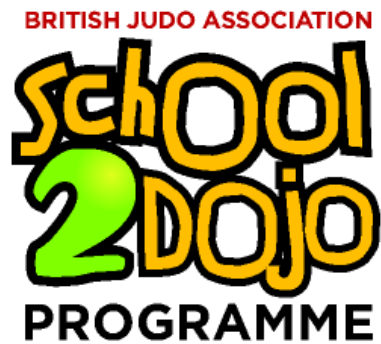
The objective is to expose as many young people as possible to the sport and benefits of judo. Due to the nature of the sport we do not at this stage expect teachers/AOTTs to deliver judo or run judo festivals; this will be carried out by the BJA supported by all other parties.

Key work for SCMs/CMs in the next 12 months?

The main area of support required by the BJA is access to facilities, transportation of children and provision of young volunteers to assist in running multi-sport festivals, taster days and judo festivals.



National School Competition Framework Judo



**National School Competition Framework
Judo
(Primary)**

Competition/Activity descriptor	Format	Level	Scheduling	Next steps in competition
Key Stage 2: 7-11 years	<ul style="list-style-type: none"> • Judo as part of a multi-skill festival or introductory taster session • Judo games, e.g. Fun, 1v1 and team games 	<ul style="list-style-type: none"> • Whole school in attendance • School dining hall 	<ul style="list-style-type: none"> • One per academic year 	<ul style="list-style-type: none"> • Join local club • Taster day in school • Attend cluster multi-skill session
	<ul style="list-style-type: none"> • Judo as part of a multi-sport festival or introductory taster session • Judo games, e.g. Fun, 1v1 and team games 	<ul style="list-style-type: none"> • One school or whole cluster primary schools • Local high school or Sports College 	<ul style="list-style-type: none"> • One to three per academic year 	<ul style="list-style-type: none"> • After-school club or join local club
	<ul style="list-style-type: none"> • Judo games four to six weeks course delivered in conjunction with the club and NGB • Leading to FUNdamental judo festival using BJA technical restrictions 	<ul style="list-style-type: none"> • As above • Local club 	<ul style="list-style-type: none"> • Any half-term 	<ul style="list-style-type: none"> • After-school club or join local club • Purchases a BJA schools' licence and achieves 1st Mon of the BJA grading scheme • Competes in a partnership's Youth Games and progresses into BJA one/two star tournaments up to county/regional level

National School Competition Framework Organisers' Sheet
Judo
(Primary)

Competition age group	Format	Facilities	Organiser/Helpers/Deliverers	Equipment	Local resources available from NGB to support
Key Stage 2: 7-11 years Introduction/Awareness	<ul style="list-style-type: none"> • Demonstration in school • Volunteer participants during session • 20-30 minutes duration • Judo games, hold down, break falls and throw 	<ul style="list-style-type: none"> • School assembly hall • Gymnasium • Dining hall 	<ul style="list-style-type: none"> • SSSCo/PDM • Young volunteers. • One or two BJA coaches/staff 	<ul style="list-style-type: none"> • Min 8m² judo mat with 6m contest area • Mat density 40mm 230kg/m³ • Judo suits 	Registered Clubs and coaches <ul style="list-style-type: none"> • Judo mats • Judo suits
Key Stage 2: 7-11 years Primary school cluster multi-skill festival	<ul style="list-style-type: none"> • Judo games • One/two hold-downs • Groundwork contests • Break falls • Throw kneeling position • Kneeling groundwork contests • Throw standing • Throwing/groundwork contests • Judo games throughout session 	<ul style="list-style-type: none"> • Sports College • High school • School assembly hall • Gymnasium • Dining hall 	<ul style="list-style-type: none"> • SSSCo/PDM • Young volunteers • One or two BJA coaches/staff 	<ul style="list-style-type: none"> • Badminton court size judo mat area • Mat density 40mm 230kg/m³ • Judo suits 	Registered Clubs and coaches <ul style="list-style-type: none"> • Judo mats • Judo suits
Key Stage 2 7-11 years School sport partnership judo festival	<ul style="list-style-type: none"> • See competition format below 	<ul style="list-style-type: none"> • Sports hall • Two/three badminton courts 	<ul style="list-style-type: none"> • SSSCo/PDM • Young volunteers • One or two BJA coaches/staff 	<ul style="list-style-type: none"> • 150 1x1m judo mats • Judo suits • Scoreboards • Scales • Medals/Certificates • Pool sheets 	<ul style="list-style-type: none"> • 150 1x1m judo mats • Scoreboards • Scales • Judo suits • Pool sheets

Event	Mid-Kent and Ashford School Sport Partnership Judo Festival for Primary Schools
Event Organiser	Dermot Heslop, National Schools Development Manager, British Judo Association Mobile: 07976216447; E-mail: dermotheslop@britishjudo.org.uk
Tournament Director	Jean Lingham,
Event Co-ordinator	Natasha Hilton, School Sport Co-ordinator Christ Church High School, Ashford, Kent
Date	Monday 2 July 2007: Primary schools Tuesday 3 July 2007: Secondary schools
Venue	Christchurch High School, Ashford, Kent
Primary age	Boys and girls, 8 to 11 years old
Grade	Novice to 6 th Mon
Eligibility	Players must be attending a primary school in the Mid-Kent and Ashford School Sport Partnership
Licence	It is recommended that players are members of the BJA, British Judo Council, Amateur Judo Association, or hold a BJA Schools Introductory Licence (£5.00). For further information contact Dermot Heslop. Children without a licence are still eligible to enter.
Number per school	There are no restrictions to the number of entries from any one school
Format of competition	Players will be weighed in on the day (at the venue) and will be placed into pools of three, four or five with children as close as possible to their own age/weight/grade and experience. The organisers will, where possible, separate players from the same school.
Medals/Presentations	Each competitor will receive a medal. Medals will be presented after each group finishes on the mat.
Referees	Please note, one referee may referee these contests only.
Strangles and arm locks	Will NOT be permitted
Contest duration	Two minutes
Judogi	Judo kits will be provided. Children should be in full PE kit.
Technical restrictions	The following techniques will not be permitted: Self sacrifice throws; Tomoe-Nage/Sumi-Gaeshi; Drop Seoi-Nage type throws; Pick ups, i.e. Te-Guruma/Morote-Gari; leg grabs; Kubi-Nage; dangerous flying Kesa-gatame type throws Players will not be penalised for instinctively executing these throws, the referee will advise the child not to repeat the throw. However, if a player consistently uses these techniques the referee may use their discretion as to whether the player should be penalised.
Registration/Weigh-in	09:30hrs to 10:00hrs
Weigh-in policy	The BJA weigh-in policy will be operated. Open weigh-in, in the sports hall. Players must NOT get changed in the sports hall. Boys must wear Judogi trousers when weighing-in. Tolerance to 0.5kg (500 grams), i.e. 34.5, etc Girls must wear Judogi trousers and a regulation t-shirt when weighing-in. Tolerance of 0.6kg (600 grams), i.e. 36.6, etc
Technical presentation	10:00hrs
Warm-up/Judo games	10:00hrs
Contest start:	10:30hrs approx
Entry fee	FREE
Closing date	Friday 29 June 2007
Entries to	Dermot Heslop address above or CM/SSCo appointed young volunteer

**National School Competition Framework
Judo
(Secondary)**

Competition/Activity descriptor	Format	Level	Scheduling	Next steps in competition
<p>Key Stage 3/4: 11-16 years</p>	<ul style="list-style-type: none"> • Judo as part of multi-skill festival or introductory taster session • Judo games, e.g. Fun, 1v1 and team games • GCSE ten-week course 	<ul style="list-style-type: none"> • High school sports hall • Whole class practical session • In own school or between schools 	<ul style="list-style-type: none"> • One per academic year 	<ul style="list-style-type: none"> • After-school club or join local club • FUNdamental judo festival using BJA technical restrictions • Purchases a BJA schools' licence and achieves 1st Mon of the BJA grading scheme • Competes in a partnership's Youth Games and progresses into BJA one/two star tournaments up to county/regional level • A child could progress through BJA grading scheme circa 18th Mon
	<ul style="list-style-type: none"> • Judo as part of a multi-sport festival or introductory taster session • Judo games, e.g. Fun, 1v1 and team games • GCSE ten-week course 	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As above 	<ul style="list-style-type: none"> • As a club player attend various regional/ national events, two/three star • Talented performers may be invited to attend world class sessions, become a member of the British Cadet Squad and possibly compete in the UK School Games or represent GB abroad
	<ul style="list-style-type: none"> • Judo games four to six weeks course delivered in conjunction with the club and NGB • Leading to FUNdamental judo festival using BJA technical restrictions 	<ul style="list-style-type: none"> • As above • Local club 	<ul style="list-style-type: none"> • Any half-term 	<ul style="list-style-type: none"> • As above

National School Competition Framework Organisers' Sheet
Judo
(Secondary)

Competition age group	Format	Facilities	Organiser/Helpers/Deliverers	Equipment	Local resources available from NGB
Key Stage 3/4: 11-16 years Introduction/Awareness	<ul style="list-style-type: none"> • Demonstration in school • Volunteer participants during session • 20-30 minutes duration • Judo games, hold down, break falls and throw 	<ul style="list-style-type: none"> • School assembly hall • Gymnasium • Dining hall 	<ul style="list-style-type: none"> • SS Co/PDM • Young volunteers • One or two BJA coaches/staff 	<ul style="list-style-type: none"> • Min 8m² judo mat with 6m contest area • Mat density 40mm 230kg/m³ • Judo suits 	Registered Clubs and Coaches <ul style="list-style-type: none"> • Judo mats • Judo suits
Key Stage 3/4: 11-16 years High school taster session	<ul style="list-style-type: none"> • Judo games • One/two hold-downs • Groundwork contests • Break falls • Throw kneeling position • Kneeling groundwork contests • Throw standing • Throwing/groundwork contests • Judo games throughout session 	<ul style="list-style-type: none"> • Sports College • High school • School assembly hall • Gymnasium • Dining hall 	<ul style="list-style-type: none"> • SS Co/PDM • Young volunteers • One or two BJA coaches/staff 	<ul style="list-style-type: none"> • Badminton court size judo mat area • Mat density 40mm 230kg/m³ • Judo suits 	Registered Clubs and coaches <ul style="list-style-type: none"> • Judo mats • Judo suits
Key Stage 2: 7-11 years School sport partnership judo festival	<ul style="list-style-type: none"> • See competition format below 	<ul style="list-style-type: none"> • Sports hall • Two/three badminton courts 	<ul style="list-style-type: none"> • SS Co/PDM • Young volunteers • One or two BJA coaches/staff 	<ul style="list-style-type: none"> • 150 1x1m judo mats • Judo suits • Scoreboards • Scales • Medals/Certificates • Pool sheets 	<ul style="list-style-type: none"> • 150 1x1m judo mats • Scoreboards • Scales • Judo suits • Pool sheets

Event	Mid-Kent and Ashford School Sport Partnership Judo Festival for High Schools
Event Organiser	Dermot Heslop, National Schools Development Manager, British Judo Association E-mail: dermotheshlop@britishjudo.org.uk
Tournament Director	Jean Lingham, Tel:
Event Co-ordinator	Natasha Hilton, School Sport Co-ordinator Christ Church High School, Ashford, Kent Tel:
Date	Monday 2 July 2007: Primary schools Tuesday 3 July 2007: Secondary schools
Venue	Christchurch High School, Ashford, Kent
Secondary age	Boys and girls, 11 to 16 years old
Grade	Novice to 6 th Mon
Eligibility	Players must be attending a high school in the Mid-Kent and Ashford School Sport Partnership
Licence	It is recommended that players are members of the BJA, British Judo Council, Amateur Judo Association, or hold a BJA Schools Introductory Licence (£5.00). For further information contact Dermot Heslop. Children without a licence are still eligible to enter.
Number per school	There are no restrictions to the number of entries from any one school
Format of competition	Players will be weighed in on the day (at the venue) and will be placed into pools of three, four or five with children as close as possible to their own age/weight/grade and experience. The organisers will, where possible, separate players from the same school.
Medals/Presentations	Each competitor will receive a medal. Medals will be presented after each group finishes on the mat.
Referees	Please note, one referee may referee these contests only
Strangles and arm locks	Will NOT be permitted
Contest duration	Two minutes
Judogi	Judo kits will be provided. Children should be in full PE kit.
Technical restrictions	The following techniques will not be permitted: Self-sacrifice throws, Tomoe-Nage/Sumi-Gaeshi; Drop Seoi-Nage type throws; Pick ups, i.e. Te-Guruma/Morote-Gari; leg grabs, Kubi-Nage; dangerous flying Kesa-gatame type throws. Players will not be penalised for instinctively executing these throws, the referee will advise the child not to repeat the throw. However, if a player consistently uses these techniques the referee may use their discretion as to whether the player should be penalised.
Registration/Weigh-in	0930hrs to 1000hrs
Weigh-in policy	The BJA weigh-in policy will be operated. Open weigh in, in the sports hall. Players must NOT get changed in the sport hall. Boys must wear Judogi trousers when weighing-in. Tolerance to 0.5kg (500 grams) i.e. 34.5, etc Girls must wear Judogi trousers and a regulation t-shirt when weighing-in. Tolerance of 0.6kg (600 grams) i.e. 36.6, etc
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