

Modified Competition Rules (Juniors)

Technical Restrictions
Under 10yrs and Under 12yrs

2007

2008

Overview:

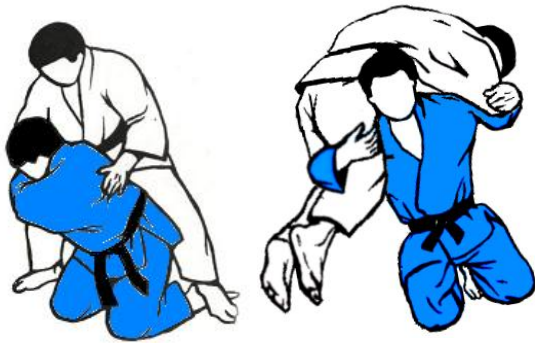
- **Origins of the problem**
- **What do we restrict?**
- **Why 12?**
- **Why do we restrict?**
- **LTAD and Insurance Issues**
- **Results**
- **Proposals for 2009+**

Origins of the problem



U12 What do we restrict?

Technique involving
Knee dropping element



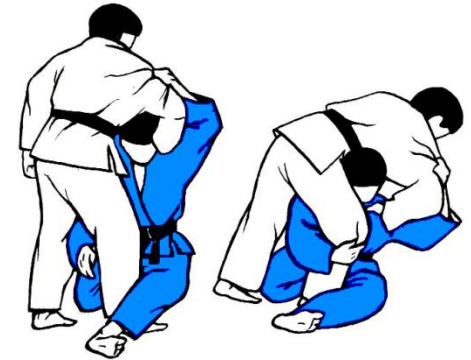
Technique involving
any form of
Leg grappling



TE GURUMA



MOROTE GARI



YOKO OTOSHI
(known as Laats)

Neck grappling



Hand assisted
UCHI GARI

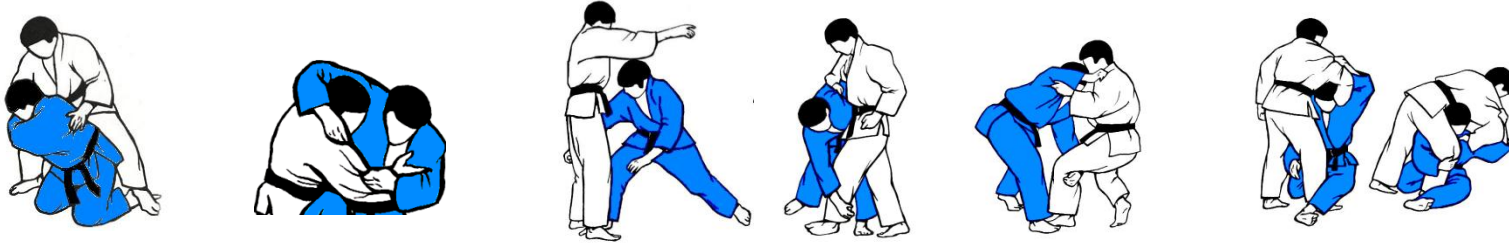


KUCHIKI TAOSHI

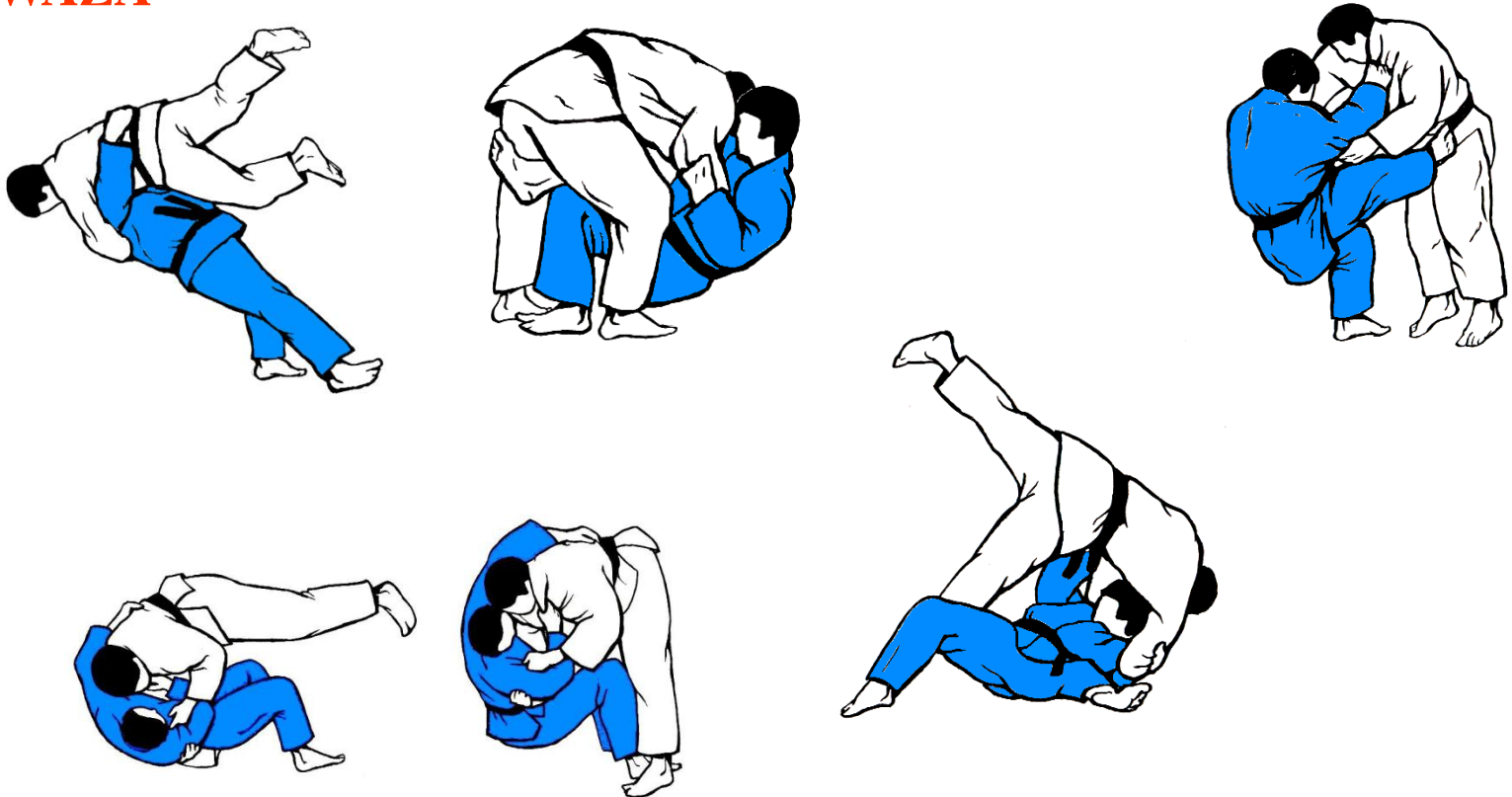


U10 What do we restrict?

Same as U12 restricting knee dropping, neck grappling and leg grappling

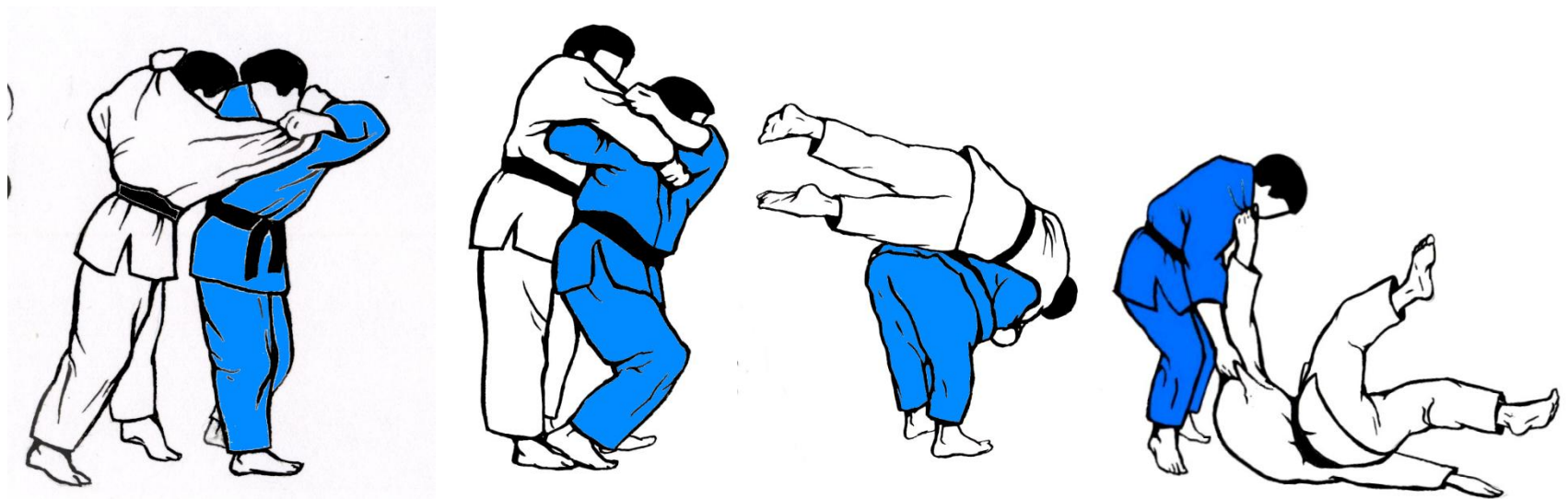


SUTEMI WAZA



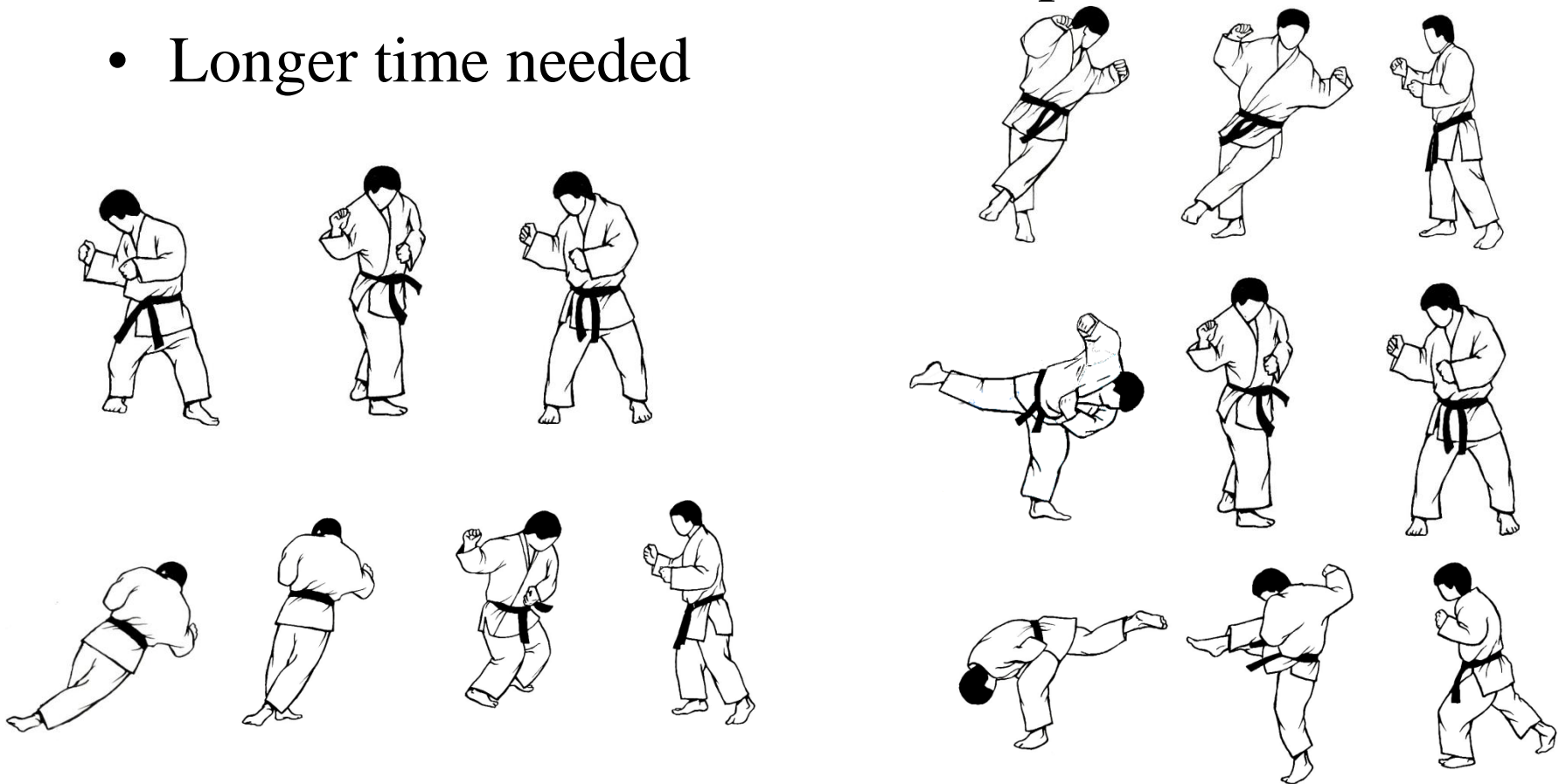
Why do we restrict drops at an early stage of learning?

- Fundamental skills are more complex
- Longer time needed



Why do we restrict drops at an early stage of learning?

- Fundamental skills are more complex
- Longer time needed



Why do we restrict sutemi-waza at an early stage of learning?



Tori – simple entry ; Uke – most difficult falling pattern

LTAD and APPROVED METHODOLOGY

PROGRESSION IN LEARNING ATTACK-DEFENCE SKILLS



- 1. Defence:** Avoidance, Manoeuvre
Attack: Ashi-waza



- 2. Defence:** control of a space
Attack: Seoi-nage



- 3. Defence:** lower centre of mass
Attack: Seoi-Nage



- 4. Defence:** Hip block
Attack: Koshi-waza

- 5. Defence:** Sutemi-waza
Attack: Koshi-waza

Why 12?

- AGE 12 : Maturation border line
- AGE 12 : Beginning of performance structure /WCSP

Insurance issues (FRA)

High Performance issues (RUS)

RESULTS 2007-2008

- **Age-banded events - 45 %**
- **Grade-banded events – 43 %**
- **Mixed-events age 8-15 with U12 Rules – 12 %**

164 events

18,500 – 20,000 participants

0 injuries

**Technical
Quality**

?