

No-Gi Event

The below information documents the minimum requirements to run a No-Gi event and the basic rule set. The format offers judoka an alternative way to develop their skills and further their understanding of the three principles of judo: Seiryoku-zenyo (best use of energy), Jita-Kyoei (mutuality) and the 3 stages of technique kuzushi - (break balance), tsukuri (set up) and kake (finish).

This No-Gi format is not designed to replace or alter judo; in the spirit of Kano, we are finding methods to train the jutsu (technique) and provide greater opportunity for time on task. Further to this, No-Gi can also provide a better opportunity to develop throwing and transition.

Level 1 tournament licence criteria must be met for a one mat event (mat size, tournament director and referee in charge, etc...).

Event Format:

This event is a British Judo Association level 1 licensed event for No-Gi Judo. This event is open for Seniors only (Players aged 14 & above). Players will be put into pools of 3, 4, 5 or 6 based upon their age, grade, weight & competition experience with the aim to create meaningful contests and provide fighters with as much contest time as possible. This event aims to introduce fighters to a new way of practicing judo without the Judogi. Players must wear a t-shirt or rash guard, shorts & their judo belt. A 30–45-minute training session will be run before contests start to help fighters to become accustomed to the new rule set and accumulate scoring system.

If an event would like to run the event on 2 contest areas or more, then they may a different tournament licence. In this case, please contact the British Judo events team for advice: events@britishjudo.org.uk.

Rule Set:

Fighters must wear shorts, T-shirt / rash guard & their judo grade belt.

Contest time: 4 minutes

Scoring will be accumulative.

1 point wazari throw or hold.

3 points ippon throw or hold.

A submission from a hold down, arm lock, strangle/choke will be a direct win.

A win will be awarded when a player is 6 points ahead or when there is a direct win.

Shidos awarded as normal; 3 shidos equals disqualification.

Leg grabs are allowed.

Shido will be given if a player attempts a poor/ dangerous morote-gari, where tori lifts with the head in the middle, causing bad posture for lifting. Tori must put their head to either side of uke to throw.

BRITISH JUDO ASSOCIATION

Walsall Campus, University of Wolverhampton, Gorway Road, Walsall, West Midlands, WS1 3BD

T 0121 728 6920 E bjja@britishjudo.org.uk W britishjudo.org.uk

RESPECT | MODESTY | FRIENDSHIP | COURAGE | COURTESY | HONOUR | HONESTY | SELF-CONTROL



**LOTTERY
FUNDED**



**SPORT
ENGLAND**

CIMAC
EST. 1975



howden