

This is JUDO

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No-Gi Judo Pilot Event
Sunday 31 May 2026



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Introduction	<p>This is the second pilot event for No-Gi Judo in Wales. There will be a one hour technical session on No-Gi Judo highlighting the rules and regulations this will be followed by a competition.</p> <p>This trail event of No-Gi Judo is being run and facilitated by Alan Jones MBE IJF 8th Dan for Welsh Judo Association & British Judo Association.</p> <p>Further details regarding the British Judo No-Gi can be found on the British Judo website link.</p>
Venue Address	<p>Sport Wales National Centre, Cardiff, Wales, CF11 9SW</p>
Event Dates	<p>Sunday 31 May 2026</p>
Event Level & Tournament Licence	<p>This event will operate under a Pilot Event tournament licence and will be operate differently to the British Judo Tournament Handbook and British Judo Contest Rules.</p>
Entry process	<p>Online entry is via Welsh Judo website: https://welshjudo.com/event/nogi26/</p> <p>Telephone, postal or email entries will not be accepted. Late entries will not be accepted.</p> <p>All entries must be received by 13:00 on Friday 22 May 2026</p>
Participation	<p>Competitors must hold current Welsh Judo, BJA or affiliate membership. All competitors must bring their valid judo membership card and book to registration.</p>
Categories: Male & Female	<p>Players must be minimum of 14 years of age or older.</p> <p>Contest Duration: 4 minutes</p> <p>Players will be put into pools of 3, 4, 5 or 6 based upon their gender, age, grade, weight & competition experience with the aim to create meaningful contests and provide fighters with as much contest time as possible.</p>
Competition Format and Uniform Rules	<p>A mandatory one hour introduction session will be run before contests start to highlight the rules and allow players to become accustomed before the competition. Players must attend the session to able to take part in the pilot event.</p> <p>This event aims to introduce fighters to a new way of practicing judo without the Judogi. Players must wear a t-shirt/rash guard, shorts & their judo belt.</p> <p>T-Shirts/Rash guards: Both genders must wear a shirt of elastic material (skintight) long enough to cover the torso all the way to the waistband of the shorts, coloured blue or white,</p> <p>Shorts : Board shorts coloured black, white, black and white, and/or the colour of the rank (belt) to which the athlete holds, without pockets, buttons, exposed drawstrings, zippers or any form of plastic or metal that could present a risk to the opponent, long enough to cover at least halfway down the thigh, and no longer than the knee. Also permitted are compression shorts made of elastic material (skin tight) coloured black, white, black and white, and/or the colour of the rank (belt) to which the athlete holds. The shorts must not have pockets, must not have buttons, zippers or any kind of plastic or metal that could present a risk to the opponent, and must be long enough to cover halfway down the thigh and no longer</p>

	<p>than the knee.</p> <p>Accessories: The Judo belt will be worn with first name called in White and second name in blue. Footwear or wrestling boots are not permitted. Knee or elbow pads are permitted in line with British Judo competition rules, they must not contain any metallic or hard plastics.</p>
Event Pilot Rules	<p>Both competitors will Rei at the beginning and end of the match. The match will start with Hajime and stop with Matte. Hansoku-make will be called for disqualification.</p> <p>No-Gi Judo rules emphasise the importance of traditional and modern judo awarding points for shoulder throws, sacrifice throws, sweeps, hooks, leg grabs and take downs with good control, hold downs, armlocks & strangles. It allows a limited time for each match, of four minutes. During that time, judges award points for certain techniques and control positions:</p> <ul style="list-style-type: none"> • 1 point for waza-ari throw or osaekomi. • 3 points for ippon throw or osaekomi. • A shime-waza (strangle) or kansetsu-waza (armlock) will be a direct win. <p>Points system which accumulates, the first player to gain 6 points clear wins the match. No golden score; the last person that scored is the winner. Judges award points only if the players can keep the position with full control.</p> <p>Negative Points or Penalties: There are some instances when a competitor may receive negative points - each penalty gives your opponent 2 points. The most important things you need to note to avoid penalties are the following:</p> <ul style="list-style-type: none"> • Stalling tactics. • Stepping out of the area will give you a penalty. • No ankle, knee or leg locks are permitted • No neck cranks or head locks • No supplex backwards throw • There are also other conditions that may get result in hansoku-make, such as restricted attacks. The list of illegal moves is pretty extensive and will be covered in the coaching session. <p>In the event that nobody has completed a submission in the allotted time frame, or hasn't scored 6 points clear of opponent , the point system comes into play to identify the winner.</p>
Registration & Weigh-In	<p>Players will weigh-in prior to the coaching and rules session. Players must weigh-in wearing t-shirt and shorts.</p>
Day Timings	<p>Sunday 31 May 2026: 09:00 – Registration 09:30 – Introduction and Rules Session 11:00 – Competition Start</p>
Closing Date for entries	<p>13:00 on Friday 22 May 2026 E-mail or telephone entries will not be accepted. Late entries will not be accepted.</p>
Entry Fee	<p>Single Entry £15 per person</p>

Photography/Filming

By entering the event, all participants and parents or guardians of participants are consenting to photography/filming which may be taken by the BJA/WJA or an official BJA/WJA contractor at the event. You also accept that these photographs or video may be used in future BJA publications or published by the contractors. If you wish to opt-out of the above please contact competitions@welshjudo.com.

Mat side photographers & film makers must be accredited. Photographers & film makers must register for accreditation by 24 May 2026 by contacting competitions@welshjudo.com. Photographers & film makers must be able to provide proof of valid DBS.

Venue Facilities

Venue information including catering, parking and travel can be found on the [Sport Wales National Centre website](#).

ENTRY FEES ARE NOT REFUNDABLE UNDER ANY CIRCUMSTANCES (including injury).

PARTICIPATION IN THE TOURNAMENT WILL NOT BE ALLOWED IF THE TOURNAMENT ENTRY FEE HAS NOT BEEN RECEIVED.