

# Competition Rules for Youth in the German Judo-Federation

# 2026

	U11 / U13	U 15	U 18 / U 21
Minimum graduation	<b>8. Kyu<sup>4)</sup></b>	<b>7. Kyu</b>	<b>7. Kyu</b>
Competition: girls vs. boys	allowed	forbidden	forbidden
Procedure for prohibited acts in the case of tactical infringements (inactivity, blocking, etc.)	Matte / Sono mama Explanation -> Shido		according to IJF refereeing rules
Shime-Waza: Strangle techniques in Ne-waza	MATE - Explanation - Repetition: Shido <sup>5), 6)</sup>		
Kansetsu-Waza: Armlocks in Ne-waza	MATE - Explanation - Rep.: Shido <sup>5), 6)</sup>	according to IJF refereeing rules	
Differentiation of "High Risk/Low Risk" for Kansetsu-waza going from Tachi-Waza to Ne-Waza	With Throw no differentiation: HANSOKU-MAKE <sup>12)</sup> Without Throw + no danger for Uke: MATE - Explanation - SHIDO		
Tani-Otoshi as a counter as well as similar countering-techniques	not scoreable <sup>6) 8)</sup>	according to IJF refereeing rules	
Application of Reverse-Seoi-Nage seoi-nage turning "outside" with both hands on one side of the collar	MATE - Explanation - Repetition: SHIDO <sup>5), 6)</sup>		
Throwing using the Head The athlete is allowed to continue in the competition	MATE - Explanation - HANSOKU-MAKE	MATE - Explanation - Rep.: SHIDO <sup>5), 6)</sup>	
Head Defense	MATE - Explanation - HANSOKU-MAKE <sup>12)</sup>		
Bear-Hug: without prior Kumi-Kata, also without closing the "anatomical circle"	MATE - Explanation - Repetition: SHIDO <sup>5), 6)</sup>		
Landing on one or both knees at the start of the throw Only Drop-Seoi-Nage / Seoi-otoshi need to be interrupted collapsing or going down after kuzushi is permitted.	MATE - Explanation - Rep.: SHIDO <sup>5), 6)</sup>	MATE NO SHIDO <sup>6)</sup>	
Diving techniques <i>f.e. Laats techniques, etc. when diving under the center of gravity of the opponent while passing the grip (allowed are classical techniques such as Uki-Waza, Yoko-Otoshi)</i>	MATE - Explanation - Rep.: SHIDO <sup>5), 6)</sup>	MATE NO SHIDO <sup>6)</sup>	
Grip in/around neck with grip of the Judogi respectively Grip over shoulder or arm on the back <small>(If grip happens about when Uke reaches under the arm, it shouldn't be stopped. Actions resulting from this are valid. MATE<sup>9)</sup> must be announced in the event of a standstill or frontal position.)</small>	MATE - Explanation - Rep.: SHIDO <sup>5), 6)</sup>	according to IJF refereeing rules	
Grip in/around neck without gripping Judogi	MATE - Explanation - Rep.: SHIDO <sup>5), 6)</sup>	MATE - Explanation - Rep.: SHIDO <sup>5), 6)</sup>	
Counter rotation against throws going forward (e.g. Uchi-mata, O-goshi, Harai-goshi)	not scoreable <sup>6) 8)</sup>		
Ne-waza techniques with kata-sankaku-grip, applying pressure on Uke's neck	MATE - Explanation - Repetition: SHIDO <sup>6), 9)</sup>		
Closing the legs for "Sankaku" techniques	MATE - Explanation - Rep.: SHIDO <sup>6), 9)</sup>	allowed <small>for Osae-Komi and Kansetsu-Waza</small>	
re-tying or arranging the belt or hair is allowed.	Allowed	according to IJF refereeing rules	
irregular Judogi <sup>11)</sup> / Sokuteiki control	changing judogi is allowed	one change allowed: No Coaching allowed Rep.: HANSOKU-MAKE <sup>11), 12)</sup>	
Application of Art. 20 IJF-Rules <sup>16)</sup> <small>(injury/illness/accident)</small>	Youth Regularities <sup>13)</sup>		according to IJF refereeing rules <sup>21)</sup>
Procedure for HANSOKU-MAKE <sup>12)</sup> for "Diving" or "Head Defense"	Exclusion from Competition <sup>14)</sup>	Exclusion from Competition <sup>14)</sup>	according to IJF refereeing rules
Transition from Ne-waza to Tachi-waza without a "Face-to-Face" position or contact between Uke and Tori	MATE	MATE	according to IJF refereeing rules
Competition Time	2:00 Minutes	3:00 Minuten	4:00 Minuten
Break between contests	According to State-Federation	6 Minutes	10 Minutes
Application of Golden Score	No Application (HANTEI)	3 Minutes (Then: HANTEI)	according to IJF refereeing rules
Contest Area	Minimum Contest Area	5 m * 5 m	6 m * 6 m <sup>15)</sup>
	Maximum Contest Area	8 m * 8 m	10 m * 10 m
	Safety area regularly	3 m <sup>17) 18) 19)</sup>	3 m <sup>17)</sup>
	Safety Area between to Contest Areas	3 m	3 m

## Anmerkungen

### **General information on youth protection and weighing procedures:**

Weigh-ins up to and including U15 are conducted for all athletes wearing judo pants and a T-shirt; a 500g tolerance is allowed. In U18 and up to legal adulthood, weigh-ins are done in underwear (male) and underwear plus T-shirt (female); 100g is deducted from the gross weight. Judoka (male and female) are allowed to wear a T-shirt during matches up to and including U18.

- 1) Nationality can be found in the Judo passport
- 2) In the last 12 months, no competition representing a foreign association/club
- 3) Those who have been based in Germany for at least one year and are members of a judo club of the respective national association (obligation to prove this) - **does not apply to the U21**
- 4) Anyone who takes an exam according to the old examination system (attention: examination mark in the judo passport) for the 8th Kyu may start at a U11 or U13 measure. Those who have been awarded the 8th Kyu according to the new graduation system (attention: number in the judo passport) are not allowed to start.
- 5) If Uke is incapacitated by the action, Tori loses the fight in accordance with Article 20 IJF refereeing rules.
- 6) The technique is not to be regarded as KINSA, attack, activity or positive judo in Hantei decisions.
- 7) For all events: If Shime-Waza causes unconsciousness, the unconscious fighter is excluded for the rest of the competition day
- 8) The continuation into Ne-waza is allowed.
- 9) No consideration of a possible Osai-komi time.
- 10) For the U15 and younger, there is a 5cm range of tolerance from the sleeve to the hand. At EJU/IJF level, official backpatches are required, as well as at all German championships from the U21 as well as in the Bundesligas.
- 11) This direct HANSOKU-MAKE follows the exclusion from the rest of the competition day due to the intention o
- 12) In the case of a direct Hansoku make, the judoka does not lose his placement (or qualification to the next level). This can only be done on the basis of a decision of the competition management in the case of deliberate unsportsmanship.
- 13) Bleeding injuries may be treated twice (unless it is a new injury). / The doctor may twice do an examination on the mat. (In case of injuries to the head or spine, this examination is not counted.)
- 14) Even in league events the competitor is excluded for the rest of the competition.
- 15) 7 m \* 7 m at the U21
- 16) Deviating from the doctor, the regulation refers to the specialist staff deployed on site
- 17) The distance to a solid object must be at least 0.5 m.
- 18) For competitions in U11 it's allowed to use 2m safety area. In these cases, call Mate if either Uke or Tori leaves the contest area with both feet.
- 19) In case of 2m safety area in U11: If Uke and Tori both lose contact to the contest-area in Osai-komi --> Mate + possible Score