



Source: Thomas Lovelock for @IS/IOC

JUDO

The objective of judo is to take advantage of the strength and movement to unbalance the opponent by using a technique to score a point. There are two competitors and they are called judokas. The rules are the same as in conventional judo, only the two judokas start gripped up. Combat duration: 4 minutes

TYPE OF IMPAIRMENT



Visual

CATEGORIES

Judokas are divided into weight categories and compete for a medal.

WEIGHT CATEGORY

WEIGHT

	
-60 KG	-48 KG
-66 KG	-52 KG
-73 KG	-57 KG
-81 KG	-63 KG
-90 KG	-70 KG
-100 KG	
+100 KG	

SCORING



The judokas can score points by throwing and ground techniques (strangleholds, armholds or joint locks):

- 1 Throwing technique.** Control and speed to pin an opponent on their back.
- 2 Strangling technique.** An ippon may be scored when a contestant gives up by tapping twice on the mat or on the opponent.
- 3 Joint locks.** Pressure is applied to the elbow joint and an ippon is scored when a contestant gives up.
- 4 Holding technique.** Hold the opponent's shoulders against the mat for 20 seconds.

The winner is the athlete who scored an ippon or who scored the greater number of points.

