



No-Gi Pilot Event

If you are interested in running a No-Gi pilot event please contact events@britishjudo.org.uk The below information documents the minimum requirements to run the 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...). If you are interested in running a multi mat No-Gi event please contact the events team.

Event Format:

This event is a British Judo Association licensed pilot 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.

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.

6 points for ippon by submission (hold down, arm lock, strangle/choke techniques only).

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

Shidos awarded as normal; 3 shidos equals disqualification.

Leg grabs are allowed.

BRITISH JUDO ASSOCIATION

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