



## Irish Judo Association – Event Safety Guidelines

### Introduction

The Irish Judo Association (IJA) is the National Governing Body for judo in Ireland. This document has been designed to provide safety information to competition organizers for Club, Provincial & National events. The IJA has a separate Tournament Guide which discusses all aspects of hosting an event. In Judo competition the objective is to score an *ippon* (one full point). Once such a score is obtained the competition ends. An *ippon* can be scored by one of the following methods:

- Executing a skilful throwing technique which results in one contestant being thrown largely on the back with considerable force or speed
- Maintaining a pin for 20 seconds
- One contestant cannot continue and gives up
- One contestant is disqualified for violating the rules (*hansoku-make*)
- Applying an effective armbar or an effective stranglehold (for persons over 14 years only)
- Earning two *waza-ari* (half point). A *waza-ari* can be earned by: 1) a throwing technique that is not quite an *ippon* (for example the opponent lands only partly on the back, or with less force than required for *ippon*); 2) holding one contestant in a pin for 20 seconds; or 3) when the opponent violates the rules (*shido*) three times.

The Rules of Judo are set down by the International Judo Federation and are available at [www.ijf.org](http://www.ijf.org)

### Planning your Event

A competition or tournament is defined as an event where players have contests adjudicated by referees and where there are prizes or medals at stake. Randori sessions and friendly contests for practice only are not within the definition. The IJA notes events held are within the following categories: Club, Provincial or National. Please note National Grading examinations are not competitions and are organised under the National Grading Commission, but safety guidelines should be applied. In all cases, the overriding concern must be for the safety, welfare, benefit and enjoyment of the participants.

When sourcing event locations, please note the ideal competition area is 14m x 14m. The national contest area is 8m x 8m, the surrounding safety area is 3m and the safety area between two contest areas (adjoining) is 3m. Smaller events reduce in size accordingly.

For your information, the Olympic Games, World Championships and IJF World Masters the contest area must be 10m x 10m and the surrounding and adjoining safety area is 4m.



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A competition may cater for different abilities & ages of players, the levels i.e. Club, Provincial, National should be clearly displayed on the competition information/entry form.

If a competition organiser wants to reduce/increase mat areas for an event, they will need to satisfy themselves that the mat area requirements have been calculated based on the level of their event.

It is always best practice to have three referees per mat. One referee on the mat, two judges positioned at edge of competition area. When using the CARE system (or similar), one of the two judges may be shared between mats. It is best practice for there to be three officials per mat when training or mentoring of officials is being undertaken.

## Levels - Guidelines

Event Level	Club 1*	Club 2*	Provincial Open/National Grading*	All Ireland Schools/ Veterans Open/Veterans Championships*	National All Irelands/ National Open*
<b>Maximum Entries</b>	100	200	250/80	200/150/150	250/300
<b>Tournament Director (Minimum Qualification)</b>	Level 1 or Level 2 Coach	Level 2 Coach & Competition Controller	Level 2 Coach & Competition Controller	Tournament Organiser & Competition Controller	Tournament Organiser & Competition Controller
<b>Referee in Charge (Minimum Qualification)</b>	Level 2 Coach or IJA 'B'	IJA 'A' & IJA 'B'	IJA 'A' & IJA 'B'	IJF Continental & IJA 'A'	IJF Continental & IJA 'A'
<b>Referees per event</b>	3	7	9	12	16
<b>Table Officials per mat</b>	2	2	3 – 1 must be CR or above	3 – 1 CR or above and 1 SR or above	3 – 1 CR or above and 1 SR or above
<b>Medical Requirements (Minimum per event)</b>	1 first aider per mat	1 first aider per mat	1 first aider per mat	1 Lead First Aid Responder 1 first aider per mat 1 medical station per venue	1 Lead First Aid Responder 1 first aider per mat 1 medical station per venue



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<b>Competition Area (Minimum Size)</b>	Club Mat Area (contact IJA if smaller than 5x5m contest area & 3m safety area)	6x6m per contest area with 3m safety area	7x7m per contest area with 3m safety area	7x7m per contest area with 3m safety area	8x8m per contest area with 3m safety area
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**\* Risk Assessments are required for all events – contact the IJA office for a Risk Assessment Template**

### Medical Requirements/Equipment

As part of the IJA Level 1, 2 & 3 Coaching Programmes, First Aid is a requirement for every IJA Level 1, 2 & 3 coach, First Aid must be updated every 3 years.

Whilst Club Coaches hold valid up to date First Aid certification as part of their coaching qualifications, when hosting events, it is imperative that those who attend a Judo Event as First Aid Responders do not act as coach/referee/official on the same day. It is recommended that Event Organisers engage an established First Aid Provider for their event.

First Aid Responders must be available throughout the event to administer First Aid.

1. Each First Aid Responder should be clearly identifiable
2. Each First Aid Responder should be assigned a chair to sit on at the assigned mat area where clear sight to the mat is available without interfering with role of the Referee/Table Official/Judoka
3. First Aid Kits must be accessible at all times and contain at a minimum, the following items:

- |                               |                           |
|-------------------------------|---------------------------|
| Adhesive bandages, 2 rolls    | Rubbing alcohol, 50 ml    |
| Rubbing ointment, 1 tube      | Band-Aid 1 X 3", 4 doz.   |
| Cotton swabs, 20              | Bags of chemical ice, 2   |
| Nail clippers, 1              | Elastic bandages, 2 rolls |
| Triangular bandages, 3        | Vaseline, 50 ml           |
| Gauze pads, 10 cm X 10 cm, 12 | Disinfectant, 125 ml      |
| Bandage scissors, 1 pair      | Towels, 2                 |
| Sanitary napkins, 6           | Tweezers, 1               |
| Plastic bags, 4               | Pocket mask               |
| Accident report record        |                           |



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4. First Aid Stations are required at National Events and must be clearly identifiable & their location announced to the participants & spectators at the venue. Access to an Emergency Exit for injured judoka to be transported out of the arena must be identified at the venue in use.
5. At present, there is no requirement to have a Qualified Medical Practitioner or Paramedic in attendance at National Events as part of the Medical Team. With a clear medical plan in place with the First Aid Provider on site, the requirement for same is not currently a priority based on injuries that may arise at an event when taking into consideration the rules of sport.
6. The IJA recommend that all serious injuries be transported to hospital using the Emergency Services dialling 999/112, use of private ambulances is not recommended.

Signed: Mr. Sean Fleming – *Irish Judo Association President*

A handwritten signature in cursive script that reads "Sean Fleming".

**Policy Updated:** 02.11.2022

**Next policy review:** 02.11.2025