

JUDO

Boys & Girls U/16 years.

Up to: - 25KGS, 30 KGS, 35 KGS,
40 KGS, 50 KGS, 55 KGS, OPEN

1. All competitions will be under International Judo Federation Rules except where amended by Community Games rules.
2. The competition will be on a knockout basis with repechage.
3. Contests will be of 3-minute duration.
4. Strangles and arm locks are not permitted.
5. The score will be displayed after each fight.
6. All competitors must weigh in at each competition level before being permitted to fight. The weigh-in must take place on the day of the competition. In area and county competitions the competitor must weigh in to his correct category. In the provincial competition the competitor will be allowed a tolerance of 0.5kg and at National Finals a tolerance of 1 kg will be allowed.
7. Judo is an individual activity with provincial elimination.