

## Age-Specific (PSO) Regulations for Judo Ontario Tournaments

Issued (Rev0): November 2nd 2025

Regulations are in effect for the "1 September to 31 August 2025-26 Competition Season"

Division	U8 <sup>(1)</sup>	U10 <sup>(1)</sup>	U12	U14	U16	U18/CADET	U21/JUNIOR	Seniors	Veterans
Match Time	2 Min. continuous time or 2 Ippon		2 Minutes	3 Minutes		4 Minutes			M/F 1 - 6 = 3 min. M/F 7 - 11 = 2 min.
Rest period	Rest between bouts will be at a minimum of double the time of the maximum length of the bout for a given age group.								
Golden Score (GS) <sup>(2)</sup> and award	No				Yes				M/F 1-6 = Yes (Full)
	No loser		Hantei						M/F 7-11 = 1 min. Max.
Medical Examination <sup>(3)</sup>	Allowed						IJF		
Grip to the front of judogi only <sup>(4)</sup>	Mandatory		All grips allowed except headlock grips		All Grips Allowed				
Headlock grip over/around the neck (Tachi-waza AND Ne-waza)		Prohibited :		Prohibited :					
Counter rotational waza vs single leg waza (E.g.: Uchimata, harai goshi)	Prohibited :	Free warning & explanation for the 1st offence,		Shido for all infractions	Allowed				
Drop down throws on 1 or 2 knees.		Shido for each subsequent							
Makikomi Waza (Winding-in Techniques)	Mate to explain	infraction		Yes-					
Sutemi Waza (Sacrifice Techniques)	No Shido			Green +					
Tani Otoshi (Valley Drop)									
Shime Waza (Choking Techniques)					No shime waza for MF7-11				
Sankaku Waza (Triangulation Techniques) <sup>(5)</sup>				Hansoku Make	(allowed for Green belts and higher but are prohibited for yellow and orange belts)				
Kansetsu Waza (Arm-locking Techniques)									
Head (Defense or Attack)	Shido						Allowed		
Reverse Seoi Nage									

- For U8 (yellow or above):** Modified Shiai competition is allowed only in an inter club environment and a "Judo festival" format is recommended in which there is no formal judging. U8 yellow belts may participate in randori (free throwing) demonstrations, **not judged**  
**For U10 (yellow or above):** The bouts may be judged by one referee. There is no need for accurate scorekeeping.
- U8 & U10 :** All participants should be awarded a prize at the end of the presentation - **U12 & U14 :** if there is a Shido penalty the winner of the bout is the competitor with no Shido or fewer Shidos; if there is no difference in Shidos, the winner is determined by a decision of the referee(s) - **Veteran M/F 7-11:** If a tie exists at the end of the one minute Golden Score, the referee awards a decision.
- All U10 to U18** competitors are allowed two free 1-minute medical examinations per competitor per match. Blood situations & minor injuries per current IJF Rules.  
Any competitor **U10 to U18** who loses consciousness for any reason will be no longer able to continue for that day.
- A grip only to the front of the judogi is mandatory for all U8 & U10 competitors, except that a grip behind the back around the shoulder or lower back is allowed provided that it is followed by an immediate attack.
- The prohibited actions include Sankaku-jime, Sankaku-gatame and any Sankaku-type turn-overs.