

Paralympic Judo

Paralympic judo is an adaptation of the Japanese martial art of judo for visually impaired competitors. The rules of the sport are only slightly different from regular judo competitions. Judo has been a Paralympic sport since Seoul 1988, with the women's events being introduced at Athens 2004.

There are seven men's weight categories, from under 60kg to over 100kg; and six women's categories, from under 48kg to over 70kg.

Paralympic judo competition is governed by the International Judo Federation (IJF) rules with some modifications specified by the International Blind Sports Association (IBSA). The major rule difference is that contests always start with the 2 competitors in a loose grip on each other's Judo suits (grip called "Kumikata") and if contact is broken, "matte" (Wait), or stop, is called and the competitors return to center and regrip.



Eligibility:

Blindness	Visual Impairment
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Classification:

B1	Totally or almost totally blind; from no light perception up to light perception but inability to recognise the shape of a hand.
B2	Partially sighted; able to recognise the shape of a hand up to a <u>visual acuity</u> of 2/60 or a visual field of less than 5 degrees.
B3	Partially sighted; visual acuity from 2/60 to 6/60 or visual field from 5 to 20 degrees

Note: All the sight classes compete together and eye masks are not used.