



JUDO

JUDO has been part of the Paralympic Games since the 1988 Games in Seoul, with women's events being added in Athens in 2004. The sport has quickly grown in the number of countries and competitors. In Seoul, nine countries and 33 athletes competed in six weight classes. The last Games in Rio de Janeiro saw 36 participating countries and 129 competitors in 13 weight classes.

SPORT OVERVIEW

Judo is a dynamic combat sport that demands both physical prowess and great mental discipline.

Paralympic judo follows all standard judo rules and regulations with the following modifications:

- At the beginning of a match, both competitors start with a loose grip on each other's judo suits (as opposed to able-bodied judo in which the competitors are not touching at the start of a match).
- Judges will shout out when contestants get too close to the edge of the mat.
- Competitors must attack, defend, and maintain balance during a match in order to score points by using certain attack and counterattack techniques.

TIMING AND SCORING

Combats last five minutes for men and four for women. The aim is to either gain more points than the rival by skillful attacks, or score the "ippon" by skillfully throwing an opponent with his or her back on the ground, immobilizing them or forcing a submission.

GETTING STARTED

We encourage you to start by connecting with a local adaptive sports organization that offers judo or getting involved with a local judo club. To find a list of clubs in your area, please visit

<https://www.TeamUSA.org/USA-Judo/about-us/find-a-club>.

CLASSIFICATION

Classification determines which athletes are eligible to compete and how athletes are grouped together for competition. If an athlete has a Paralympic eligible impairment, the athlete may be eligible for a classification appointment. Once an athlete is ready to compete regionally or nationally, an athlete should seek national classification.

For more information on Judo, please visit their website at <https://www.TeamUSA.org/USA-Judo>.

PARALYMPIC ELIGIBLE IMPAIRMENTS

- Visual Impairment

PARALYMPIC CLASSIFICATIONS

- **B1:** These athletes have a very low visual acuity and/or no light perception.
- **B2:** Athletes with a B2 sport class have a higher visual acuity than athletes competing in the B1 sport class and/or a visual field of less than five degrees radius.
- **B3:** Athletes with a B3 sport class have the least severe visual impairment eligible for Paralympic sport.

PARALYMPIC WEIGHT CLASSES

Athletes compete in weight categories independent of their vision impairment.

Men Classes

- 60kg
- 66kg
- 73kg
- 81kg
- 90kg
- 100kg
- Over 100kg

Women Classes

- 48kg
- 52kg
- 57kg
- 63kg
- 70kg
- Over 70kg