



JUDO FOR DEAF ATHLETES – GUIDELINES

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INTRODUCTION

Judo Canada embraces an environment where equity, diversity and inclusion are cultural norms and where all individuals, regardless of race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status or disability are respected and valued.

This document provides guidelines for deaf athletes who wish to take part in any judo activities whatever their age and level. It also provides insight on possible pathways for deaf athletes who would like to compete in local through to international competition.

This document was established based on information provided by the Canadian Deaf Sport Association (CDSA) and the International Committee of Sport for the Deaf (ICSD).

ADAPTED TRAINING AND INCLUSION IN DOJO

Judo Canada promotes the benefits, principles and opportunities of equity, diversity and inclusion within provincial/national partners and judo clubs.

Judo Canada wishes to build relationships with established organizations and deaf judoka in order to understand and address the barriers faced by them engaging in the sport of judo, so that we can identify opportunities for mutual benefit and/or mutual support and encourage participation of these deaf judoka in judo in Canada.

Inclusion of deaf individuals in community sports usually comes with communication issues, for instance a lack of accessibility to interpreting services and equal opportunities. The above can be achieved if children and parents have complete accessibility, accommodations and equal opportunities. Deaf cultural sensitivity training, role modeling and parent support/education should be provided in order to increase the participation and involvement of deaf children in judo. In this context, Judo clubs will need to create a positive environment for deaf judokas to feel welcome regardless of their backgrounds.

Judo teachers play a critical role in the development of deaf judokas. They must take the time to help deaf children feel included and understand what is going on during the judo session. For that, they need to know what to do and be aware of the knowledge about deafness and modes of communication.

For the majority of deaf children, there is no barrier to the development of movement skills other than communication. As such the program and the judo teacher should strive to impart the same skills and level of mastery as for any child. Therefore, Judo teacher should have adequate skills and be well informed about deaf culture and awareness. The e-module "[Coaching Athletes with a Disability](#)" provided by the Coaches Association of Canada is a minimum requirement for judo teacher who wishes to teach to deaf judokas.

Training deaf children in the sport of judo means creating conditions, designing and implementing lessons that ensure the active involvement of all participants. The first step should be to further develop fundamental movement skills and introduce motor abilities as well as judo specific skills acquisition through modified games. Further steps should be the same as any other children but by keeping in mind the following guiding principles:

- Create a stimulating and learning environment
- Ensure practices are fun by helping the child improve his/her skills

- Help children build confidence and positive self-esteem
- Help children to move skillfully and enjoy being active
- Recognize being active should be fun and a part of the child’s daily life
- Limit the information communicated to the participant to what is essential
- Judo teachers should be knowledgeable about child development
- Judo teachers need to be patient and understand the cognitive level of deaf judoka and ensure they are treated equally with hearing athletes.
- Training needs to be visual for deaf judokas and tools should be developed to accommodate each person.
- Judo teachers should be aware that certain deaf children are kinesthetic learners (learn by doing).
- Being creative to integrate a deaf individual into group activities where physical literacy and judo skills are developed means having/finding alternative approaches.

CLASSIFICATION

Based on the ICSD classification rules, “Deaf” is defined as a hearing loss of at least 55dB per tone average (PTA) in the better ear (3-tone frequency average at 500, 1000 and 2000 Hertz, air conduction, ISO 1969 Standard). Critical hearing levels between 55-65dB shall be carefully examined.¹

To prove one’s deafness and be considered as a deaf judoka, one needs to provide a certificate of hearing loss stipulating the above conditions in order to participate at any deaf judo competitions.

Further information concerning ICSD rules can be found in the following link:

- <http://www.deaflympics.com/pdf/AudiogramRegulations.pdf>

LONG TERM ATHLETE DEVELOPMENT (LTAD) MODEL FOR DEAF SPORTS

The Canadian Deaf Sports Association (CDSA), a non-profit organization, along with Provincial Deaf Sports Associations (PDSA) contributes to the development of amateur and high-performance deaf athletes for local participation through to international competition.

The CDSA developed a Long Term Athlete Development (LTAD) model for deaf sports in order to build and meet the needs of deaf participants. The LTAD is one of the key elements in strengthening the Canadian sport system. This model dedicated to deaf sport supports deaf athletes to pursue sport, whether it is for being active for life or to compete.

This model includes the talent identification and development stages and promotes a barrier-free environment for deaf athletes. It ensures that deaf athletes have the tools to train and compete in their desired sports.

The CDSA supports excellence from athletes competing at the Deaflympics, Pan-American Games for the Deaf, and World Deaf Championships.

¹ International Committee of Sport for the Deaf – Audiogram regulations (Version 5 - Revised - 14 March 2018)

Further information concerning CDSA and the LTAD can be found in the following links:

- <https://assc-cdsa.com/en/>
- <http://assc-cdsa.com/wp-content/uploads/2017/07/CDSA-LTPA.pdf>

COMPETITION CIRCUIT & DEAFLYMPICS

It is required that judo tournaments held in Canada meet or exceed standards that are presented in Judo Canada's latest *Sanctioning Policy and Tournament Standards*.

Based on this document, rules applying to deaf judokas during competition in Canada are as follows:

1. If a deaf judoka enters a competition, the deaf athlete should expect to compete under the deaf judo rules but may consent to compete under the able-bodied rules. This change would be consistent with the next clause;
2. If an able-bodied judoka does not consent to compete against the deaf judoka according to the Deaf Judo rules, the deaf judoka wins by Fusen-Gachi;
3. The rules for deaf judo are presented in this document (see section "Official refereeing rules")

Apart from the above rules, the following ICSD competition rules will also be applied:

- It is strictly forbidden for a competitor to use any kind of hearing aid(s)/amplification or external cochlear implant parts during the warm-up and competition within the restricted zone area.
- The individual competitor solely carries the full responsibility to ensure he/she is not wearing any hearing aid(s)/amplification or external cochlear implant parts during the warm-up and competition within the restricted zone area.

The ICSD organizes many major competitions such as the World Deaf Championships, Regional Championships and the Summer/Winter Deaflympics (held every four years). Only deaf and hard of hearing athletes are allowed to compete in those ICSD sanctioned events.

OFFICIAL REFEREEING RULES

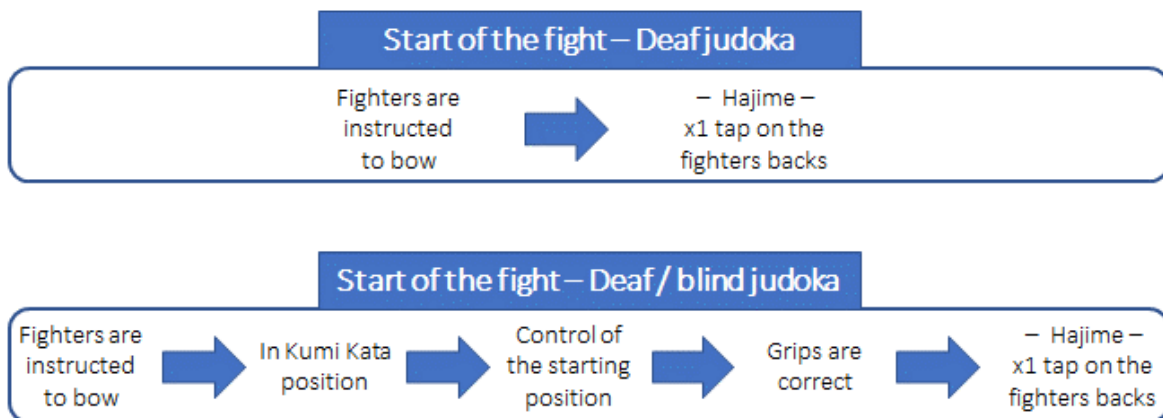
The rules presented hereafter will be applied during judo competitions in Canada for deaf athletes. They are based on the official refereeing rules for judo competition established by the International Committee of Sport for the Deaf (ICSD).

In general, the rules used during deaf judo competition will follow the rules of the IJF. The main amendments are listed hereafter (*associated signs are shown in Appendix 1 - Signs*):

- It is strictly forbidden for a competitor to use any kind of hearing aid(s)/amplification or external cochlear implant parts during the warm-up and competition within the restricted zone area.
- The Centre Referee will be placed in the visual field of judoka to communicate to them as much as possible.
- All bows, commands, awards, penalties, and orders to begin the contest must be done with the Centre Referee oriented to face Jo-seki, and the two players facing one another, also oriented respectively to Jo-seki.

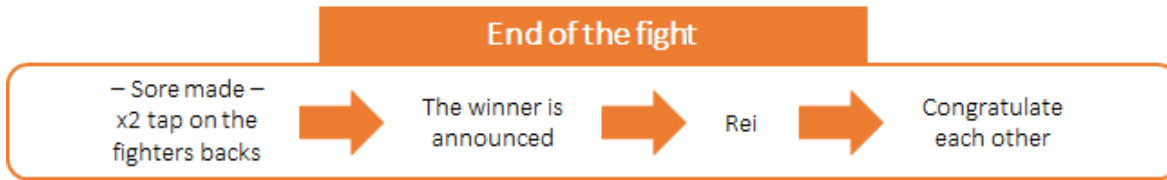
– **Start of the fight – Hajime:**

- The Centre Referee positions him or herself, facing Jo-seki, such that blue (Ao) is to their left arm, and white (Shiro) is to their right arm.
 - The Centre Referee points the fighters to their designated area on the tatami. This announces that the fight will start and that they have to “get ready”.
 - The Centre Referee instructs fighters to bow simultaneously by saying “Rei”.
 - The Centre Referee will then announce “Hajime” and at the same time tap once with his/her hand on the backs of both contestants to begin the contest
 - For Deaf / blind (double handicap) judoka:
 - Before starting the bout, the fighters are instructed to take neutral grips in natural posture with the verbal command of “Kumi-kata”.
 - When the fighters are positioned correctly, the Centre Referee will then announce “Hajime” and at the same time tap once with his/her hand on the backs of both contestants to begin the contest
- Notes to Kumi kata:
- If there is a problem with Kumi Kata, the Centre Referee shall instruct:
 - First the white (Shiro) contestant to obtain their grip, then instruct the blue (Ao) contestant to obtain their grip.
 - The order will be reversed the next time before Hajime.
 - If any contestant changes the grip again – the Centre Referee will cancel the Kumi Kata and give Shido for this contestant
 - The grip can be moved and changed only after the “Hajime”



– **End of the fight – Sore made:**

- At the conclusion of the contest, the Centre Referee announces “Sore made” and at the same time taps twice with his/her hand on the backs of both contestants to end the contest. The athletes are reoriented to one another in the centre of the contest area, one metre apart.
- The Centre Referee will then award the contest by indicating the winner using a straight arm and open palm, while simultaneously announcing the winner's Gi color blue (Ao) with their left arm, and white (Shiro) with their right arm, respectively.
- Immediately after the decision has been rendered by the Centre Referee, the Centre Referee gives the command to “Rei”.
- Athletes are encouraged to congratulate each other/shake hands.











- **Break/stop during the fight – Matte:**
 - When the Centre Referee announces "Matte", he must warn both judokas by tapping them twice on the backs of both contestants with both hands (one for each fighter).
- **Grounding during the fight – Osae-Komi:**
 - The Centre Referee will announce "Osae-komi" in the traditional way and announce shiro (white) or ao (blue). While maintaining the arm gesture, the Centre Referee must have eye contact with the fighter and ensure he has been seen by him.
 - If a penalty should be given, he will follow the usual steps with the announcement of "shiro" or "ao" as appropriate.
 - After Matte, in case of a score, for the deaf / blind judoka (double handicap), the Centre Referee will trace an "I" or a "W" on the palm of the hand
 - turning it towards his/her chest, if the advantage is attributed to him/her,
 - turning it towards the opponent, if the advantage is attributed to the opponent.
 - If the "Osae-Komi" is broken following an escape from Uke, the Centre Referee must call "Toketa" and at the same time wave his arm. The Centre Referee must have eye contact with the fighter and ensure he has been seen by him.
- **Choking and Joint locks techniques – Shime-Waza and Kantestu Waza:**
 - For safety reason, when Uke submits, the Centre Referee must first call "Sore made" and then announce the score.
- **The score during the fight:**
 - The Centre Referee announces the score orally and with a gesture. After the "Matte", the referee announces again the color of judoka who has scored.
 - For deaf / blind judoka (double handicap), the Centre Referee writes a letter of the initial score in the palm of fighter's hand: "W" for a Waza-ari or "I" for one Ippon:
 - The one who scored: The Centre Referee writes the appropriate letter in the palm of the fighter's hand who scored, then leads that palm to his chest.
 - The score is for the opponent: The Centre Referee will use the same procedure but lead the palm to the opponent.
- **Penalty during the fight – Shido:**
 - When a penalty is given, the Centre Referee uses the conventional gesture and announces the colour of the fighter.
 - For deaf / blind judoka (double handicap), the Centre Referee approaches the penalized judoka, grabs the arm of the judoka and pulls it forward, palm down, and with the help of his fingers touches the top of the hand to indicates the "Shido":
 - One finger tap (in the case of first Shido)
 - Two fingers tap (in the case of second Shido)
 - In the case of a third penalty the athlete will receive Hansoku-make

- **Signs for going outside – for deaf / blind judoka (double handicap) only:**
 - The Centre Referee turns his fist in the palm of the fighter's hand for a first warning. Next time there will be a penalty.
 - Thereafter, the Centre Referee takes the flat hand of the competitor between the thumbs and index fingers and guides them along a line to indicate to a fighter who is going outside of the contest area repeatedly direct and without attack.
 - If the fighter goes outside the area again, the Centre Referee will give the standard sign for Shido and additionally on the back of the hand with one finger drawing a vertical line upwards.
- **Sono-Mama and Yoshi during the fight:**
 - In the case of “Sono-Mama”, the Centre Referee should also give a quick pressure with his open palm on the fighter’s head.
 - When the Centre Referee announces “Yoshi”, so that the contest may continue, he will quickly give another pressure on the fighter’s head with his open palm.
- Note:
 - Attention: It is sometimes necessary to control the fighter with two hands to hold him still. One on the back and one on the head.

SOURCES

- *The Canadian Deaf Sport Association (CDSA):*
 - <https://assc-cdsa.com/en/>
 - <http://assc-cdsa.com/wp-content/uploads/2017/07/CDSA-LTPA.pdf>
- *The International Committee of Sport for the Deaf (ICSDF):*
 - <http://www.deaflympics.com/pdf/AudiogramRegulations.pdf>
- *Judo Canada – Sanctioning Policy and Tournament Standards*
 - <https://www.judocanada.org/tournament/>
- *International Blind Sport Federation (IBSA) – Judo rules for deaf athletes*
 - <https://www.ibsasport.org/sports/files/852-Rules-IBSA-Judo-rules-2018-June---explanatory-guide.pdf>

APPENDIX 1 – SIGNS

INSTRUCTIONS	SIGNS			
<p>Start/Stop/End of the fight</p>	<p>Start/Hajime= 1x tap on the backs of both contestants</p>			<p>Stop/Matte= 2x tap End/Sore made= 2x tap → On the backs of both contestants</p>
<p>Scores * <i>Writing a letter of the initial score</i></p>	 <p>Waza-Ari</p>	 <p>Ippon</p>	 <p>Cancel the score or penalty</p>	 <p>Hansoku-Make</p>
<p>Penalties – Shido *</p>	<p>One finger tap (in the case of first shido)</p> 	<p>Two fingers tap (in the case of second shido)</p> 		
<p>Penalty – Going outside *</p>	<p>One finger drawing a vertical line upwards</p> 			

* For deaf / blind judoka (double handicap) only