



2019 年香港柔道形錦標賽

技術規則



1. 競賽內容

1.1 日期,時間 和地點

日期: 2019 年 11 月 3 日 (星期日)
時間: 上午十一時開始 (參賽者登記時間 : 上午十時三十分)
地點: 蒲崗邨道體育館

截止報名日期: 2019 年 10 月 21 日 (星期一)

1.2 年齡和等級

1.2.1 兒童組:

參賽者應為 8 歲至 12 歲, 中國香港柔道總會會員, 不限柔道級別。
可兩男、兩女或一男一女組成一組。

1.2.2 少年組:

參賽者應為 15 歲或以下, 持有中國香港柔道總會一級或以下者。
可兩男、兩女或一男一女組成一組。

1.2.2 青年組:

參賽者應為 18 歲或以下, 持有中國香港柔道總會初段或以下者。
可兩男、兩女或一男一女組成一組。

1.2.2 公開組:

參賽者不限年齡, 持有中國香港柔道總會初段或以上者。
可兩男、兩女或一男一女組成一組。

1.3 柔道形

公開組賽事競賽項目:

- 投之形
- 極之形
- 固之形
- 講道館護身術
- 柔之形

兒童組、少年組、青年組賽事競賽項目:

- 投之形

兒童組於投之形的競賽條例:

- 展示三個技術動作: (1) 背負投; (2) 浮腰; (1) 支釣進足;
- 運動員展示的動作可選擇左方或右方, 惟三個動作必須相同方向。

評判員會根據講道館柔道形的標準和講道館的官方錄像 (任何官方的修訂條款均被接受) 作為評判參賽者柔道形的依據。

1.4 報名

報名費:

每名柔道形比賽參加者的報名費用為港幣 60 元。報名費用繳納後, 即使參賽者未能參加比賽, 報名費用也不獲退還。

1.5 服裝

- 由棉或類似質料製成, 質量良好 (無破損或撕裂)
- 參賽者須穿著白色柔道袍。
- 上衣的長度應能覆蓋大腿, 或雙手下垂放到身體兩邊時能達到拳頭的位置。上衣的主體部分應能從左到右包裹身體, 肋骨底部寬度的間隙最小應為二十厘米。
- 上衣的袖口最大可達到腕關節, 最小也應距離腕關節五厘米以上。袖口到整段手臂的距離應為十到十五厘米。
- 褲子的長度應能覆蓋小腿, 最長可達腳踝關節, 距離腳踝關節之上最小為五厘米。整個褲腿與小腿之間應有十到十五厘米的距離。

- 腰帶寬度為四到五厘米，長度足以環繞腰部兩周。系綁後，每條腰帶一端留有二十到三十厘米的延伸。
- 女參賽者應穿著合適的白色圓領短袖汗衫在內。

合適的標記

- 徽標可在上衣胸前的左邊，最大尺寸為一百平方厘米
- 製造商標可在上衣底部前方，左褲腳底部前方，或者腰帶上，最大尺寸為二十平方厘米
- 上衣兩邊從衣領，肩膀到手臂的相同廣告標記或色彩的最大長度為二十五厘米而最寬為五厘米。

衛生：

- 柔道袍應保持清潔，乾爽無異味。
- 手腳的指甲應剪短。
- 運動員應保持個人衛生。
- 長髮應用膠圈捆綁。
- 禁止佩戴配飾和首飾。
- 禁止化妝。

2. 評判

2.1 比賽形式

2.2.1 兒童組：

在相同一套柔道形的展示中，凡總分達到 18 分，頒予金牌；凡總分達到 12 至 17 分，頒予銀牌；凡總分達到 8 至 11 分，頒予銅牌。

2.2.2 少年組、青年組、公開組：

若相同一套柔道形的參賽組別逾六組，將以抽籤形式分為兩組進行初賽；初賽每組最高分的前三組進入決賽。決賽將在一個柔道賽場上進行。若相同一套柔道形的參賽組數為六組或不足六組，則將合併為一組：直接進入決賽。決賽每套柔道形獲得最高分的一組可獲授予金牌，獲得第二高分數的一組可獲授予銀牌；以此類推，第三名可獲授予銅牌。經初賽進入決賽而最終獲第四高分者授予銅牌。

2.2 評分體系

2.2.1 兒童組：

每個技術最高得分為 10 分總分最高為 30 分，評判將根據動作的完美度、流暢度評分標準。

2.2.2 少年組、青年組、公開組：

評判將根據亞洲柔道聯盟的官方評分標準給分。每個技術將按下列的方法評分：

每個技術及開始和結束動作都以最大正分十分開始計算。

正分會因為下列的錯誤而扣取：

- 小錯誤：
錯誤值-1
最大誤差-2
- 一般錯誤：
錯誤值-3
最大誤差-1
- 大錯誤：
錯誤值-5
最大誤差-1
必要時，可加上小錯誤和一般錯誤
- 技術忘記：
技術分-0

柔道形總分值減半

若有一個以上的技術忘記，技術分數為零，但總的分數不會再次減半。如果減半後出現小數，分數應四捨五入。

總的柔道形評分將根據下列情況給予零到十分的得分：

流暢度，過程和節奏

投之形左右的技術將予合併評分（只有一個分數）

萬一各組的分數相同，可能出現了下面的情況：

大錯誤的總值- 獲勝方較少錯誤

如果各組仍存在相同的分數：

一般錯誤的總值- 獲勝方較少錯誤

如果各組仍存在相同的分數：

小錯誤的總值- 獲勝方較少錯誤

如果各組仍存在相同的分數：

流暢度，過程和節奏的分數將取決於- 獲勝方取得了較好的分數

2.3 評判體系

每個柔道形將由三個評判在香港柔道形委員會的監督下進行評分。三名評判將坐在參賽者的正面進行觀察，座位距離相距約一米。每場比賽中，三人的位置不變。當一名評判的位置暫時改變，他/她應重新回到原來的位

置。評判不能作為該次比賽的參賽者。

一對參賽者到達比賽區域前，評判應保持在其座位上。

兩名參賽者自正對面兩邊進入比賽區域，之後到達他們的角落。在中央的評判站立，舉手手掌向上邀請兩位參賽者進入比賽區域。之後，雙方到達其位置。

完成柔道形，鞠躬後，雙方離開比賽區域步行至原來進入的位置。

2.4 比賽區域

比賽區域的範圍是十乘以十平方米，地面由榻榻米或類似合適的材料鋪設。

比賽區域應為彈性地板。當需要使用到鄰近的比賽區域時，一般的安全區域為兩米。

一條大約寬十厘米，長五十厘米的可辨識彩帶應貼在比賽區域中心之外的六米處，標明取方和受方的起始位置。比賽區域的中央也應貼上相同顏色的彩帶。

2.5 受傷，疾病和意外

當取方或受方在展現柔道形時由於受傷，疾病或意外而無法繼續進行時，該組參賽者將被要求退出比賽。

萬一出現小的傷患，例如，出血，斷指甲，或有關隱形眼鏡的問題，將根據評判的決定，暫停柔道形的展示，而受傷運動員由醫生護送出比賽區域。

之前受傷的一組參賽者將安排在最後一組繼續比賽，且將重新展示全套的柔道形。萬一同一組運動員在第二次柔道形展示時出現了新的傷患，該對參賽者將被要求退出比賽。

一旦小的傷患出現在忘記技術的情況下，該組參賽者將被要求退出比賽。



1. Technical Information

1.1. DATE , TIME & VENUE

Date : November 3, 2019 (Sunday)

Time : Commence at 11:00am (Participants Registration time : 10:30am)

Venue : Po Kong Village Sports Centre

Deadline of Entry : October 21, 2019 (Monday)

1.2. AGE & GRADE

1.2.1 Children Division

Participants are to be between 8 - 12 years of age, with no requirements on belt.

Couples can be composed of either 2 males, 2 females, or a male and a female.

1.2.2 Cadets Division

Participants are to be 15 years of age and below, with 1st Kyu (Brown Belt) or under

Couples can be composed of either 2 males, 2 females, or a male and a female.

1.2.3 Junior Division

Participants are to be 18 years of age and below, with 1st Dan or under

Couples can be composed of either 2 males, 2 females, or a male and a female.

1.2.4 Open Division

No Age Limits, minimum 1st Dan or above

Couples can be composed of either 2 males, 2 females, or a male and a female.

1.3. KATA

The Kata recognized for Open Division will be five:

- Nage-no-Kata;
- Kime-no-Kata;
- Katame-no-Kata;
- Kodokan-Goshin-Jitsu;
- Ju-no-Kata

The Kata recognized for Children, Cadets and Junior Divisions will be one:

- Nage-no-Kata;

For the Children Division Nage-no-Kata, the following format will be used:

- 3 techniques will be performed – 1) Seoinage, 2) Uki-Goshi, and 3) Sasae-Tsui-Gomi-Ashi
- The players can perform the techniques on the left side or the right side, however, all 3 techniques must be of the same side

The Judges will evaluate these Kata on the basis of the official Kodokan Kata standard according and with reference to the official Kodokan edition of video (official amendment only should be considered if any)

1.4. Entry

Entry fee is HK\$60 per competitor and non-refundable under any circumstances.

1.5. CLOTHING

Uniform:

- Strongly made in cotton or similar material, in good condition (without rent or tearing).
- The competitions will be held in white judogi only.
- The jacket shall be long enough to cover the thighs and shall at a minimum reach to the fists when the arms are fully extended downwards at the sides of the body. The body of the jacket shall be worn with the left side crossed over the right and shall be wide enough to have a minimum overlap of 20 cm. at the level of the bottom of the rib-cage.
- The sleeves of the jacket must reach to the wrist joint at the maximum and 5 cm above the wrist joint at the minimum. A space of 10-15 cm. shall exist between the sleeve and the arm, along the entire length of the sleeve.
- The trousers shall be long enough to cover the legs and shall at the maximum reach the ankle joint

and at the minimum 5 cm. above the ankle joint. A space of 10-15 cm. shall exist between the trouser leg and the leg along the entire length of the trouser leg.

- The belt is 4 to 5 cm wide and long enough to go twice around the waist and leave 20 to 30 cm protruding from each side of the knot when tied.
- Female competitors shall wear under the jacket a plain white T-shirt, with short sleeves, rather strong, long enough to be worn inside the trousers.

Acceptable markings:

- National emblem on left breast of jacket maximum size 100 cm².
- Manufacturer's trade mark on bottom-front of the jacket, on bottom front of the left leg of the trousers and on the belt. Maximum size 20 cm².
- Shoulder markings from collar, across shoulder down the arm on both sides of the jacket with the same advertising or national colours on both sides. Maximum length = 25 cm – Maximum width 5 cm.

Hygiene:

- The judogi shall be clean, dry and without unpleasant odour.
- The nails of the feet and hands shall be cut short.
- The personal hygiene of the athletes shall be of a high standard.
- Long hair has to be bound with an elastic band.
- Spectacles, jewellery pieces are prohibited.
- Make up is not allowed.

2. Judges

2.1. COMPETITION FORMULA

2.1.1 For Children Division

For each Kata, the pairs with 18 points or above will be awarded the gold medal. The pairs with 12-17 points will be awarded the silver medal; and the pairs with 8-11 points will be awarded the Bronze medal. All pairs meeting the above criteria will be awarded the respective medal. All participants will receive a certificate for participation.

2.1.1 For Cadets, Junior, and Open Divisions

Each Kata will be divided in two groups by draw if the entries of any kata are over six pairs: the top three pairs with the maximum points from each group will compete in the finals. The finals will be done on one mat. If the number of pairs is 6 or below, there will be only one group and will compete in final. For each Kata the pair with the maximum points will be awarded the gold medal, the couple with the second least points will be awarded the silver medal; and the third, the Bronze medal. For Kata with number of pairs more than six, the couple with the fourth least points will also awarded the Bronze medal. All the participants will receive a certificate for participation.

2.2. POINT SYSTEM

2.2.1 For Children Division

Each technique is evaluated with a maximum positive score of 10 points for a total of 30 points.

2.2.2 For Cadets, Junior, and Open Divisions

Each judge will award points on the official JUA scoring sheet. Each technique is evaluated with the following method:

Each technique and open and closing ceremonies are evaluated with a maximum positive score of 10 points. The positive score is decreased according to the following mistakes:

- Small:
 - Value of mistake - 1
 - Maximum number of crosses - 2
- Medium:
 - Value of mistake - 3
 - Maximum number of crosses – 1
- Big:
 - Value of mistake - 5
 - Maximum number of crosses – 1
 - Small and Medium mistakes can be added if necessary
- Forgotten Technique:
 - Score of the technique – 0
 - Total score of the Kata is halved
 - If there is more than 1 forgotten technique, the score of the technique is 0 but the total score will not be halved again. If the halved value is decimal, the score is rounded up.

A global evaluation of the Kata will be given from 0 to 10 according to:

- Fluidity, Course and Rhythm

Right and Left techniques for Nage-No-Kata will be evaluated globally (only one score). In case of equal score between the pairs, the following criteria will be applied:

- Total value of big mistakes – wins who does less mistakes

If couples still have equal score:

- Total value of medium mistakes – wins who does less mistakes

If couples still have equal score:

- Total value of small mistakes – wins who does less mistakes

If couples still have equal score:

- The score of fluidity, course and rhythm will decide – wins who has a better score

2.3. SYSTEM OF JUDGING

Each Kata shall be evaluated by three judges under the supervision of the Kata Commission of The Judo Association of Hong Kong, China. The three judges will be positioned on the Shomen side and they will seat at about 1 m. distance each other.

The position of the three judges will be the same for all the competitions. If one judge is temporary replaced, he/she will take place in the same original position when he/she Re-enters the competition. A Judge cannot be a competitor.

The judges shall always be in their position before the arrival of the couple in the competition area.

The couple enters the competition area at the opposite side of shomen in the centre, and then they reach their corner. The judge in the centre at shomen side gets up and, with tense arms and palms of the hands turned upward, invites the couple to enter the competition area. Each competitor reaches their position.

After the bow, at the end of the Kata, the couple leaves the competition area walking until they reach the same side they entered.

2.4 COMPETITION AREA

The Competition area has dimensions 10 x 10 meters and shall be covered by Tatamis or similar acceptable material.

The Competition area must be fixed to a resilient floor. When more adjoining competition areas are used, a common safety area of 2 meters is necessary.

A strip of visible color adhesive tape, approximately 10 cm. wide and 50 cm. long, shall be fixed on the centre of the competition area 6 m. apart, to indicate the starting position of Tori and Uke. The centre of the Competition area shall be indicated with a strip adhesive tape of the same color.

2.5 INJURY, ILLNESS and ACCIDENT

When Tori or Uke is unable to continue because of injury, illness or accident during the execution of the Kata, the couple will be considered out of competition.

In case of Minor injury like bloody wound, broken nail or a problem with contact lenses, according to the decision of the judges, the Kata execution will be stopped and the athlete will be assisted by a Doctor out of the competition area.

The competition will continue and the couple will repeat entirely the Kata soon after the last called couple. In case a new Minor injury happens at the same athletes during the second execution of Kata, the couple will be considered out of competition.

In the case that Minor injury happens after a forgotten technique, the couple will be considered out of competition.



2019 年香港柔道形錦標賽報名表
 Hong Kong Judo Kata Championships 2019 Entry Form
 截止報名日期：2019 年 9 月 23 日（星期一）
 Deadline of Entry : September 23, 2019 (Monday)



屬會 Club:	
聯絡電話 (1) Tel. No. (1):	聯絡電話 (2) Tel. No. (2):
電郵 Email:	

參加組別 Category	取 Tori			受 Uke		
	中文姓名	Name	性別 Sex	中文姓名	Name	性別 Sex
投之形 Nage no Kata						
柔之形 Ju no Kata						
講道館護身術 Kodokan Goshin Jitsu						
固之形 Katame no Kata						
極之形 Kime no Kata						

負責人簽署 Signature of Person-in-Charge	屬會印章 Official Stamp
日期 Date	