

中國香港柔道總會  
The Judo Association of Hong Kong, China



活動大綱

Event Outlines for Enrollment

2023年香港柔道形錦標賽

Hong Kong Judo Championships Kata 2023

(2023年世界柔道形香港代表隊選拔賽)

(Selection Tournament of World Championships Kata 2023 )

2023年9月17日 (星期日)

17 th September 2023 (Sunday)

蒲崗村道體育館

Po Kong Village Road Sports Centre

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Email: [competition@hkjudo.org](mailto:competition@hkjudo.org)

Address: Room 1024, Olympic House,

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資助機構：  
Subvented by:



康樂及文化事務署  
Leisure and Cultural  
Services Department

## 比賽詳情

### 年齡和等級

兒童組：參賽者應為 8 歲至 12 歲，不限柔道級別。

少年組：參賽者應為 13 至 16 歲，持有中國香港柔道總會一級啡帶或以下者。

青年組：參賽者應為 17 至 23 歲，持有中國香港柔道總會初段或以下者。

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。

\*所有組別可兩男、兩女或一男一女組成一組。

### 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。

青年組於投之形的競賽條例：展示全套技術動作（手技、腰技、足技、前捨身技、橫捨身技）。

少年組於投之形的競賽條例：展示九個技術動作（手技【肩車不需要落蓆】、腰技、足技）。

兒童組於投之形的競賽條例：展示三個技術動作（背負投、浮腰、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。

**報名費：**每位**港幣六十元正**，每一組別**港幣一百二十元正**，在任何情況下均不可退還。

**服裝：**參賽者需自備符合柔道比賽的白色（及、或藍色）柔道袍，女運動員必須穿著純白圓領 T-恤在內。

**衛生：**參賽者手腳的指甲應剪短，長髮應用膠圈捆綁，比賽期間禁止佩戴配飾和首飾。

**報名：**只接受 <https://forms.gle/VT6gGEdTQVkWkgTU7> 網上報名。（**不接受逾期報名**）

**賽程：**有關當天賽事詳細程序，請於比賽期間留意大會公佈。

**比賽規例：**比賽將根據國際柔道聯合會體育及組織規例、國際柔道聯合會裁判規例及亞洲柔道聯盟技術指引進行。

### 參賽者須知：

1. 參加者需要負責自己的身體狀況及健康，並考慮是否適宜申請參加本賽事。如有疑問，請徵詢醫生的意見。
2. 報名經確實後，參加者有責任繳付所需費用。
3. 除情況特殊外，所有項目一經報名，不得申請退款、轉組或由他人代替參加。
4. 本會有權決定接受或拒絕任何申請。
5. 活動舉行期間，參加者須顧及自身安全，並須遵從工作人員之指示，如遇意外事故，包括財物遺失、身體損傷等，本會概不負責。如有任何不適，須立即向有關工作人員尋求協助。
6. 活動負責人及本會職員有權拒絕不守紀律之參加者繼續參與活動，所繳之費用概不發還。
7. 本賽事不設上訴，以現場裁判判決為最終裁決。
8. 當天文台懸掛八號或以上颱風訊號或黑色暴雨訊號，是次活動將自動取消。如在活動舉行前兩小時已取消八號或以上風球或黑色暴雨訊號，並在場地許可的情況下，是次活動照常舉行。參加者應考慮實際天氣及交通情況來判斷是否參加活動。
9. 若活動舉行前兩小時，天文台懸掛雷暴警告訊號、黃色暴雨戒備訊號、紅色暴雨警告訊號、三號或以下颱風訊號，是次活動將依天氣情況及場地許可的情況下，活動負責人決定是否繼續進行，如參加者收不到任何通知，則活動按原定時間、地點舉行。
10. 本條款如有未完善之處，本會有最終修改權。

### \*注意：

1. 所有報名單位必須填妥網上報名表格全部所需的資料並完成報名費繳付手續。任何資料不全的報名將不獲接納。
2. 本賽事可能有殘疾人運動員參與。
3. 請留意參賽者須知。

**截止報名日期：2023 年 9 月 8 日(星期五)**





## **比賽詳情**

### **比賽形式**

兒童組：在相同一套柔道形展示中，金牌頒予總分達到 18 分；銀牌頒予總分達到 12 至 17 分；銅牌頒予總分達到 8 至 11 分組合。

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；如此類推，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。

### **評分體系**

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。

少年組、青年組、公開組：評判將根據國際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。

- (1) 小錯誤：錯誤值- 1，最大誤差- 2
- (2) 一般錯誤：錯誤值- 3，最大誤差- 1
- (3) 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
- (4) 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。

\*評判可就每個技術動作予運動員額外 0.5 分的加減，流暢度、過程及節奏的評分將會包含在每一個技術動作的分數裡。

\*投之形左右的技術將予合併評分（只有一個分數）。

\*若各組的分數相同，可能出現的情況：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

### **評判體系**

每個柔道形將由五個評判在香港柔道形委員會的監督下進行評分。五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，五人的位置不變。當一名評判的位置暫時改變，他/她應重新回到原來的位罝。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。

### **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。當需要使用鄰近的比賽區域時，一般的安全區域為兩米。一條大約寬十厘米，長五十厘米的彩帶應貼在比賽區域中心外的六米處，標明取方和受方的起始位置，而中央區域也應貼上相同顏色的彩帶。

### **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。

若出現小的傷患，例如，出血，斷指甲，或有關隱形眼鏡等，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。若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。

**截止報名日期：2023 年 9 月 8 日(星期五)**



## Competition Details

### AGE & GRADE

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

Cadets Division : Participants are to be between 13 - 16 years of age , with 1<sup>st</sup> Kyu (Brown Belt) or under.

Junior Division : Participants are to be between 17 - 23 years of age, with 1<sup>st</sup> Dan or under.

Open Division : No Age Limits, minimum 1<sup>st</sup> Dan or above.

\*All divisions can be composed of either 2 males, 2 females, or a male and a female.

### KATA

The Kata recognized for Open Division will be five:Nage-no-Kata, Kime-no-Kata, Katame-no-Kata, Kodokan-Goshin-Jutsu, Ju-no-Kata

The Kata recognized for Children, Cadets and Junior Divisions will be one: Nage-no-Kata

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

All techniques will be performed (Te-Waza, Goshi-Waza, Ashi-Waza, Ma-Sutemi, Yoko-Sutemi)

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

9 techniques will be performed(Te-Waza [Kata-Guruma does not require throwing], Goshi-Waza, Ashi-Waza)

For the Children Division Nage-no-Kata, the format will be used: 3 techniques will be performed

(Seoinage, Uki-Goshi, 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 accordingly and with reference to the official Kodokan edition of video (official amendment only should be considered if any).

**Entry Fee :** HK\$60 per competitor, HK\$120 per team and non-refundable under any circumstances.

**Uniform of Competition :** White (and/or Blue) Judo-gi must be used and suitable for judo competition, female players must wear a white collar T-shirt inside.

**Hygiene :** The nails of the feet and hands shall be cut short, the long hair has to be tied up, and spectacles and jewellery pieces are prohibited.

**Entries :** Only online enrollment through (<https://forms.gle/VT6gGEdTQVkvKgTU7>) is accepted. **(Late entry will not be accepted)**

**Competition Schedule :** Please pay attention to the organizing committee's announcements during competitions.

**Rules & Regulations of Competition :** Competition is conducted in accordance with the IJF Sport and Organization Rules, IJF Refereeing Rules, JUA Technical Code.

### Notes to Participants:

1. Participants should be aware of their health conditions and consider whether it is suitable for them to enroll in this competition. In case of doubt, please consult a doctor prior to the enrollment of competition.
2. All entry fees must be settled once enrollment is confirmed.
3. Unless under special circumstances, no application for refund, change of category or making substitution will be allowed after enrollment.
4. The Judo Association of Hong Kong, China reserves the right to accept or reject any application.
5. Participants should be responsible for their own safety and should follow the instructions from our staff. Our Association is not liable for any loss of personal belongings or harm caused to the participants during the activities. A participant should report to a member of staff if he/she feels unwell.
6. Instructors and staff of The Judo Association of Hong Kong, China can disallow anyone who fails to observe instructions to continue his/her participation of the activities during the competition. No refund is entertained.
7. No appeal for this competition. The referee at that match makes the final decision..
8. In case the typhoon signal No.8 or above or black rainstorm warning signal is issued, all activities will be cancelled. (In case that the No.8 or above or black rainstorm warning signal is cancelled two hours before an activity commences and that the venue condition permits, all activities will be held as scheduled. Participants should consider the actual weather and traffic conditions when deciding whether or not to attend the activity.)
9. In case the thunderstorm warnings or amber rainstorm warning or red rainstorm warning signals, typhoon signal No.3 or below is issued two hours before an activity commences and the venue condition permits, the championship will be held as scheduled or cancelled. The activity will be held as scheduled without further notice.
10. The Judo Association of Hong Kong, China reserves the right to amend the terms and conditions without advance notice.

### \*Attention:

1. Application will not be accepted if there is insufficient entry input and/or incomplete payment of entry fee.
2. Physical disabled judokas are allowed for this competition.
3. Participants should read thoroughly the respective notes.

**Deadline for Entry: 8<sup>th</sup> September 2023 (Friday)**



## Competition Details

### Competition Formula

**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.

**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 be awarded the Bronze medal. All participants will receive a certificate for participation.

### Point System

**For Children Division :** Each technique is evaluated with a maximum positive score of 10 points for a total of 30 points.

**For Cadets, Junior, and Open Divisions :** Each judge will award points on the official IJF scoring sheet. Each technique is evaluated with the following method. Each technique and opening and closing ceremonies are evaluated with a maximum positive score of 10 points respectively.

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.

\*For every technique an evaluation of 0.5 can be added (+) or subtracted (-), Score for fluidity, course and rhythm are included in each technique

\* 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: (1) Total value of big mistakes – wins who does less mistakes.  
(2) Total value of medium mistake – wins who does less mistakes.  
(3) Total value of small mistakes – wins who does less mistakes.

### System of Judging

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

The position of the five 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 his/her 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.

### 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.

### 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.

**Deadline for Entry: 8<sup>th</sup> September 2023 (Friday)**