

# Paralympics Fact File

## All About Judo

Judo is one of two martial arts featured in the Paralympics. It combines strength, tactical skill and forceful movement. The rules are the same as Olympic Judo; only the two fighters start gripping each other.

### About Judo

Each competition is based on weight divisions. There are seven divisions for men, ranging between -60kg and +100kg and six for women, ranging between -48kg and +70kg.

The men's contest takes place over a maximum of five minutes and women's contests take place over four minutes.

Scores are based on various movements such as throws, holding techniques or submissions. Judokas (judo competitor) can score the highest score possible, known as an 'ippon' to end the contest.

However, if neither of the fighters achieve an ippon during the contest, the player who has scored the greatest number of points, through throws and holds, is declared the winner. If both judoka are tied on scores at the end of the contest, it goes to a 'golden score'. A golden score has no time limit and takes place until someone scores. The person who scores first is declared the winner.



### Judo Scoring

**Ippon** is the worth largest score in judo. It is shown on the scoreboard as 100.

**Waza-ari** is shown on the scoreboard as a score of 10.

**Yuko** is shown on the scoreboard as a score of 1.

### Olympic Debut:

Seoul 1988