

Adler Cup

Youth Special Rules 2025



	U13	U15	U18	U21
(straight) diving, head defence	prohibited HANSOKU-MAKE with exclusion from the tournament	prohibited HANSOKU-MAKE with exclusion from the tournament	prohibited HANSOKU-MAKE with exclusion from the tournament	Diving: HSM mit Ausschluss Head-defence: gem. IJF-Regel
Using the head to throw (except 'diving')	prohibited HANSOKU-MAKE without exclusion from the tournament	prohibited MATE + SHIDO	prohibited MATE + SHIDO	according to IJF Rules
Joint locks in tachi-waza with throwing intention	prohibited HANSOKU-MAKE with exclusion from the tournament	prohibited HANSOKU-MAKE with exclusion from the tournament	High risk: HANSOKU-MAKE mit Turnerausschluss Low risk: SHIDO	High risk: HANSOKU-MAKE mit Turnerausschluss Low risk: SHIDO
Joint locks in tachi-waza without throwing intention	prohibited MATE + SHIDO	prohibited MATE + SHIDO		
Shime-waza in ne-waza (1)	prohibited MATE + SHIDO	prohibited MATE + SHIDO	permitted	permitted
Joint locks in ne-waza	permitted (2)	permitted (2)	permitted (2)	permitted (2)
Diving techniques	prohibited, MATE -> in case of injury: HANSOKU-MAKE with exclusion from the tournament	permitted	permitted	permitted
Initiating technique from one or two knees (3)	prohibited, MATE -> in case of injury: HANSOKU-MAKE with exclusion from the tournament	permitted	permitted	permitted
Hand around the neck without a grip (in particular a 'headlock')	MATE	permitted	permitted	permitted
Grip over the shoulder or arm onto the back without having gripped with at least one hand	MATE	permitted	permitted	permitted
Riding technique	MATE	permitted	permitted	permitted
Reverse seoi-nage	prohibited MATE + SHIDO	prohibited MATE + SHIDO	prohibited MATE + SHIDO	permitted
Tani-otoshi and similar techniques	permitted	permitted	permitted	permitted
Counter-rotation techniques	according to the IJF Contest Rules			
Gripping/blocking with the hand/arm below the belt	prohibited MATE + SHIDO	prohibited MATE + SHIDO	prohibited MATE + SHIDO	prohibited MATE + SHIDO
Application of the new gripping rules	SHIDO	SHIDO	SHIDO	SHIDO
OSAE-KOMI at the boundary of the contest area	Ippon as soon as TORI or UKE touches the hall floor with any part of their body.			
Turning the back in tachi-waza or when rising from ne-waza	MATE	MATE	action continues	action continues
Non-compliant judogi	The judogi may be changed once (per day). In case of repetition: HANSOKU-MAKE with exclusion from the tournament.			
Weigh-in	Boys: 100 g tolerance; Weigh-in in shorts Girls: 200 g tolerance; Weigh-in in shorts and T-shirt			
Check at the scales	A valid judo licence (digital or analog) must be presented. For licence books without a photograph: proof of identity must be provided by other means.			
Contest duration	3 minutes	3 minutes	4 minutes	4 minutes
Golden Score	YES (4)	YES (4)	YES (4)	YES (4)
Injury	two medical examinations permitted (5)	two medical examinations permitted (5)	according to the IJF Contest Rules	according to the IJF Contest Rules
Contest area dimensions	5 m x 5 m contest area 3 m safety area	5 m x 5 m contest area 3 m safety area	6 m x 6 m contest area 3 m safety area	6 m x 6 m contest area 3 m safety area

0.) The following applies to all prohibited acts:

If, due to a prohibited act, the opponent—following the decision of the medical staff—can no longer continue the contest,
the athlete who committed the prohibited act shall be penalised with HANSOKU-MAKE and is excluded from further participation in the event.

- 1.) If an athlete loses consciousness as a result of a strangulation (shime-waza), they are prohibited from continuing the competition.
- 2.) Ippon when Uke taps, or when the success of the joint-lock (kansetsu-waza) is clearly evident.
- 3.) Continuation of a correct attack is permitted.
- 4.) Golden Score time is unlimited.
- 5.) Upon the third medical examination, the injured athlete loses the contest by kiken-gachi.