# South African National Amateur Judo Association (SANAJA)

# **Rival body led by Jack Robinson**



## SAAJA CONTEST RULES AND COMMENTARIES

## Article 1

## COMPETITION AREA

The competition area shall be divided into two zones. The demarcation between these two zones shall be indicated by a band, generally red approximately 7cm wide attached to the mat, parallel to the four sides of the competition area.

The area within and including the band shall be called the contest area and shall be always of a minimum of 8m x 8m or a maximum of 10m x 10m. The area outside the red demarcation band shall be called the safety area and shall be 1m wide.

The above competition area must be mounted on a resilient platform.

## COMMENTARY

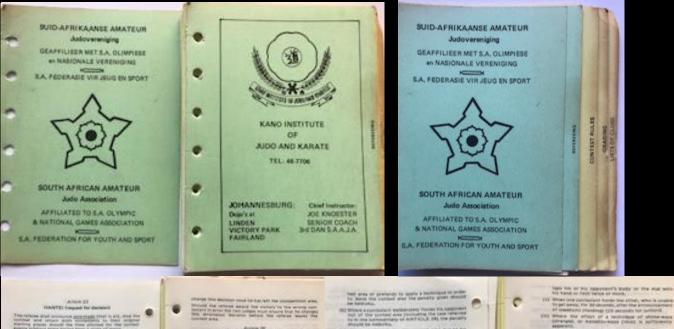
Should two or more competition areas be placed on the same resilient platform as mentioned above it is permissible for such adjoining safety areas to utilise mate common to both areas.

## Article 2 COSTUME

The contestants shall wear judogi (Judo costume) and generally as directed shall also wear a red or white tape or ripbon tied over the regulation belt.

The judogi (judo costume) to be worn by the contestants shall comply with the following conditions:-

- (a) The jacket shall be long enough to cover the hips and be tied at the waist by the belt,
- (b) The sleeves shall be loose and long enough to cover more than half of the forearm (there should be an opening of between 3 and 5cm between the cuff and the largest part of the forearm; a sap of 12cm between the arm and the sleeve at the armpit),
- (c) The trousers shall be loose and long enough to cover more than half of the lower leg (there should be an opening of between 6 and 8cm between the bottom of the trousers and the largest part of the calf),



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## GRADING AND CLASSIFICATION OF REFEREES AND JUDGES

Referees and Judges are divided, according to proficiency. into the following four categories:

- 1. Local
- 2. Provincial
- 3. National
- 4. International

All Referees and Judges will start as Local Referees and Judges, and will work their way up.

L. Requirements for Local Referent/Judgesr

	Experience: Minimum Grade:	less than 3 years. 3rd Kyu
	Time in logbook:	minimum of 30 hours (1.9 months),
2.	Requirements for P	rovincial Weferees/Judges

Experience:	3 - 5 years,
Minimum Grade:	1st Kyu,
Time In logbook:	minimum of 80 hours
	[1 2 years].

3. Requirements for National Referens/Judges:

Experiences 5-7 years. Minimum Grades 1st Dan. Time in togoook: minimum of 130 hours,

4. International Referees/Judges:

These will be appointed from the available panel of Referees and Judges, A National Referee or Judge is any judoka who has been appointed by the Technical Board to officiate at any international contest and who has officiated at such a context.

RULES AND REGULATIONS:

- I. A Referee/Judge will assist at meetings, contests or championships when called upon to do so. If he is unable to assist he will be required to submit valid VERSONS.
- 2. The finals of all championships and all interprovincial mutches must be referred in judgel.
- 3. Every Referen/Judge will receive a togbook, This logbook will serve as the official record of his practical

## REQUIREMENTS FOR COACHES

## ENTRANCE FOR CLUB INSTRUCTOR

- 1. Minimum grade 3rd kyu.
- Minimum age 18 years. 2. 3.
- Syllabus up to and including 3rd kyu, 4.
- Know and show the difference between:

## (a) warming up exercises; (b) strengthening exercises. (c) finishing (relaxing) exercises.

- 5. Knowledge of conducting and controlling a class.
- 6. Knowledge of Katsu for shocks.
- General rules of conducting a contest. 7.
- 8. Attend a Club Instructors course and pass examinatio

## ENTRANCE FOR COACH

- 1. Minimum grade 1st Dan,
- 2. Minimum of two years qualified club instructor.
- 3. Attend Coaching course and pass examination.
- 4. Must be able to teach special exercises for specif. techniques.
- 5. Syllabus up to and including 1st Dan.
- Knowledge of Nage-no-kata and Katami-no-kata. 6.
- Must have certificate of Provincial referee. 19
- 8. Some knowledge of katsu.

## ENTRANCE FOR SENIOR COACH

- 1. Minimum grade 2nd Dan.
- 2. Minimum of three years as coach.
- Certificate of National Referee. 3.
- 4. Knowledge of Ju-no-kata.
- 5. Kaeshi-waza (knowledge of go-no-sen).
- 6. Syllabus up to and including 2nd Dan.
- 7. Must have understanding of Nage-no-kata and Katami
- no-kata.
- 8. General knowledge of Katsu,

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### FIRE - PREVENTION

You can prevent fires in and around your house by taking the following precautionary measures :

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- Prevent the accumulation of refuse and rubbish in and around your home.
- Do not overburden the electric current by connecting numerous implements to one power-point.
- Ensure that irons are switched off after use.
   Do not use old and worm electric cords and do not lead electric cords under floor covers.
- Watch for short-circuits in the electrical system have the system checked thoroughly at regular intervals by a qualified electrician.
- Switch off the electric current in your house at the main switch when you leave on holiday.
- . Do not allow electric bulbs to get into direct contact with
- inflammable tamp-shades. • Do not use inflammable liquids for dry-cleaning purposes
- In the house. • Place matches and cigarette-lighters out of reach of small
- children.
- Smoke your last sigarette for the day before you go to bed.
- Do not drop burning matches and cigarette-ends into westepaper baskets

For further particulars in connection with free first-aid, fire prevention and fore fighting courses, please contact the neurost Regional Representative/Area Controller, Directorate of Civil Defence, Privershorg, Pretoris, Johannesburg, Roodbesoort, Germiaton, Springs, Verseniging, Bioemfontain, Cape Town, Port Bizeboth, East London, Durban, Pietermeitzhung or the Director of Civil Defence, Privete Bag 297

## FIRST-AID ACTION - EMERGENCY CASES

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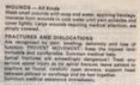
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