

Para Judo Information Sheet

About the sport

Para judo was first added to the program at the Seoul 1988 Paralympic Games. The sport is open to athletes with a vision impairment across seven weight categories for men and six categories for women.

Para judo requires athletes to employ a mix of attack and defence. Contests last five minutes and the athletes (judokas) gain points for throws, holds, armlocks and strangles in a bid to beat their opponent. The judoka who scores the higher amount of points wins.

Who can compete?

Para judo is open to athletes with a vision impairment. Athletes are required to submit medical reports and meet the minimum impairment criteria in order to compete.

Eligible impairments	Description	Minimum Impairment Criteria
Vision Impairment	Impairment of the eye structure, optic nerves or pathways, or vision area of the brain, resulting in a loss of vision in both eyes. Caused by conditions such as albinism, macular degeneration, macular or cone rod dystrophy and retinitis pigmentosa.	Vision loss in both eyes. <i>Binocular</i> visual acuity (how far they can see with best correction) logMAR 1.30 - 2.50 (6/120 - 6/1900); or <i>Binocular</i> visual field restriction (how wide they can see) to less than or equal to 60 degrees diameter.

Para Judo Sport Classes

Although Para judo players are allocated a sport class based on their level of vision, they all compete together in weight categories.

Sport Class	Description (Guide Only)
Athletes with Vision Impairment	
J1	Players are blind or have minimal vision. <i>Binocular</i> visual acuity (how far they can see) is less than or equal to logMAR 2.60 (6/2400).
J2	Players have very low vision in both eyes. Binocular visual acuity (how far they can see) ranges from logMAR 1.30 - 2.50 (6/120 - 6/1900) inclusive; or <i>Binocular</i> visual field is restricted to 60 degrees or less in diameter.
Not Eligible (NE)	Players do not meet the minimum criteria for the Para sport classes but may still be able to compete. Contact Judo Australia for more information.

Find out more

To get involved or for more information contact:

Judo Australia

W: www.ausjudo.com.au

P: 02 6160 0528

Blind Sports Australia

W: Blind Sports Australia

E: admin@blindsportsaustralia.com.au

Note: The classification information provided is intended as a guide only. Only authorised classifiers are able to provide a formal classification in accordance with the rules of the sport.