



Dear Parents and Competitors,

This is Sensei Shawn, one Goltz Judo's Official Coaches. I am looking forward to seeing you at judo shiais (tournaments).

Please be sure to **check your Gi or child's Gi to ensure that it meets regulations**. Gi's must have the appropriate sleeve, pant, and skirt lengths and be clean and serviceable (see above photo). For more details go to this [IJF JudoGi Rules Link](#) and or this [IJF JudoGi Regulation Video](#).

For your convenience I've made a list of bullet points listed below. Please note that for non-IJF Division competition they aren't required to have a "Full IJF Certified Gi" but the sleeve, pant, and skirt length do need to be in compliance.

- The distance between the sternum top and the lapel crossing point must be less than 10 cm.
- Sleeves must always reach the base of the wrist, the maximum tolerance is 1 cm.

- The jacket must cross over with a width of at least 25 cm above the belt. The belt should be worn just above the hip bone and be tied tightly. The jacket must cover the buttocks completely (plus 5 to 10 cm).
- The pants should have a length necessary to not let appear more than 5 cm above the external ankle bones.
- Once tied, each belt end must be between 20 and 30 cm from the knot to the end.
- Patches must be sewn down on your Gi's completely.
- Gi sleeves and pants legs **cannot** be rolled up. They must fit properly (this is important. If pants are too long please have them tailored. They may not be "cut" to fit.)
- Competitors must **have both a white and blue belt** for the competition.
- Competition **Gi's must be white**. And clean. No stains (dirt, blood, etc.). Having a blue gi is optional unless specified as required.
- Girls **must wear** a plain white T-shirt or rash guard under their GI jacket.

We are all using Smoothcomp now, and it is an excellent tool for us all to use to more efficiently track our match times. But, **please, please, show up at least one hour before your child's scheduled match.**

Many tournaments require the athlete to check in at least an hour or an hour and a half before their match), and I advise that you do. Judo matches can move very quickly, and times can change dramatically. I don't want to see anyone disqualified for not showing up when their match is called. Arriving early also allows the athlete to warm up, meet with their coach, and have some time to prepare mentally for their match.

Here are more links which cover the IJF Judo Contest Rules:

- [IJF Olympic Judo Rules - Video](#)
- [Simple Version of IJF Judo Rules](#)
- [Judo Spectator Guide](#)
- [Latest IJF Rule Changes for 2025](#)

Again, I am looking forward to seeing you and congratulate all those who are stepping into the arena. Shiai (tournament competition) is worth at least six months of regular training. Remember It's not about winning or losing; it's about getting better, developing resilience, building character, and honing your skills (both mental and physical).



Sensei Shawn Gregory