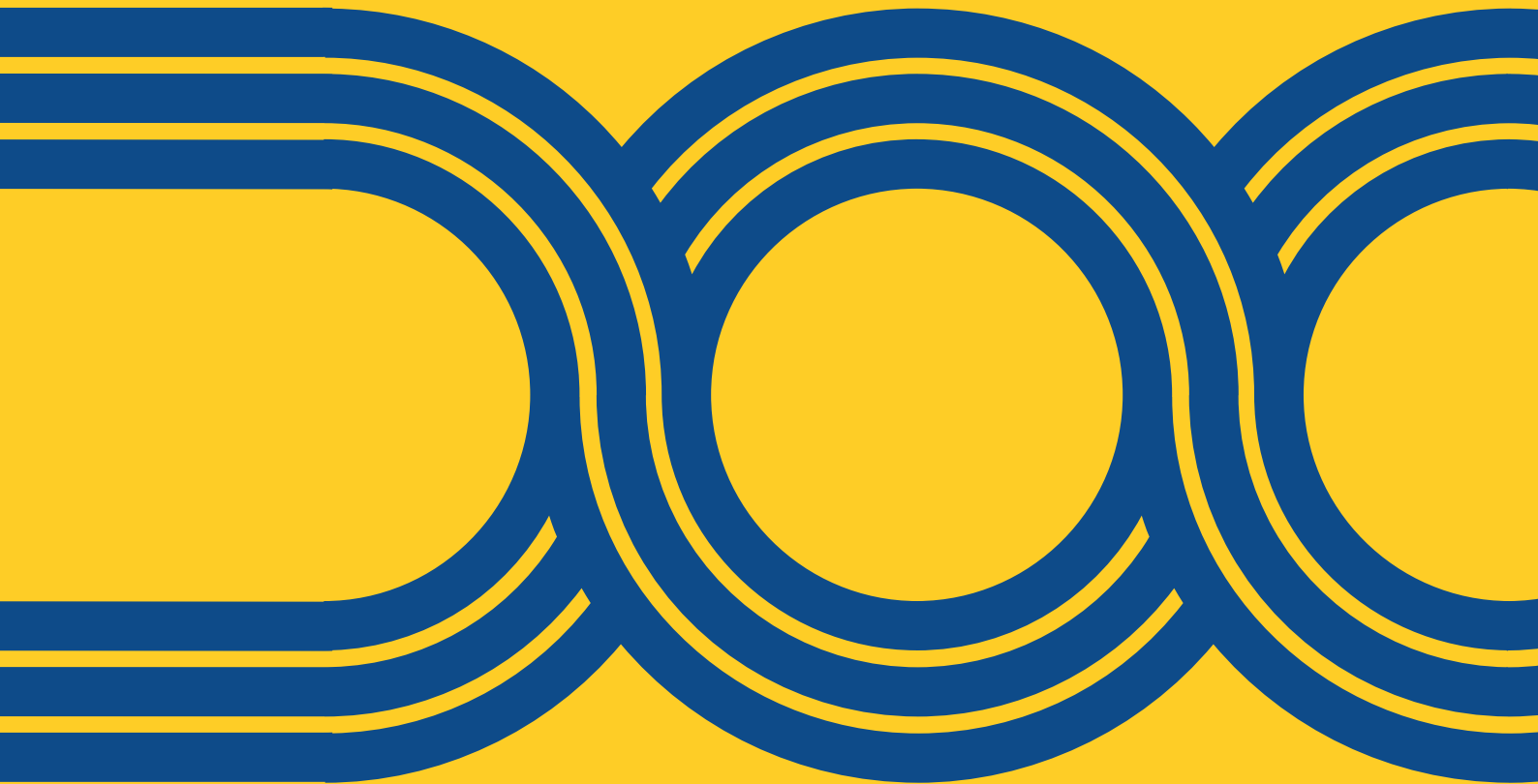




4–6 September 2026 in Malmö

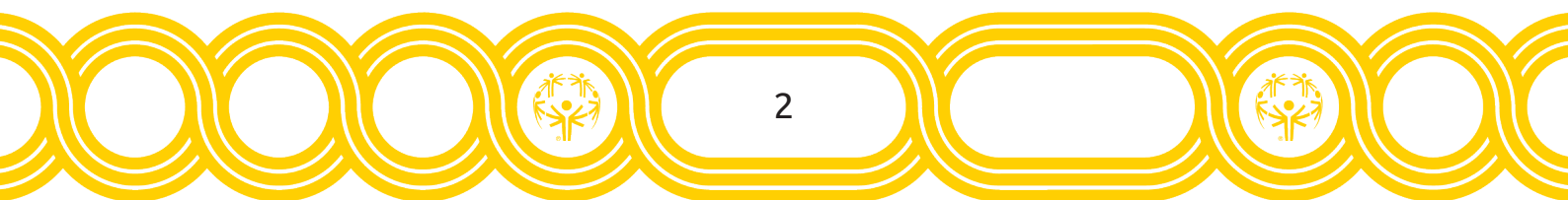
Competition Guide: **Judo**



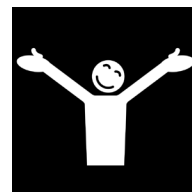
**SPECIAL
OLYMPICS
SWEDEN**
INVITATIONAL
GAMES 2026

Content

3	Welcome to SOSIG!
4	Competition Information
5	Before the Competition
6	Competition Matches
7	How a Match Works
8	Packing List
9	Speci-Lo
10	General



Welcome to SOSIG!



We are so happy that you will participate.

Here you will meet new friends, experience exciting competitions and feel the joy of competing together with others.

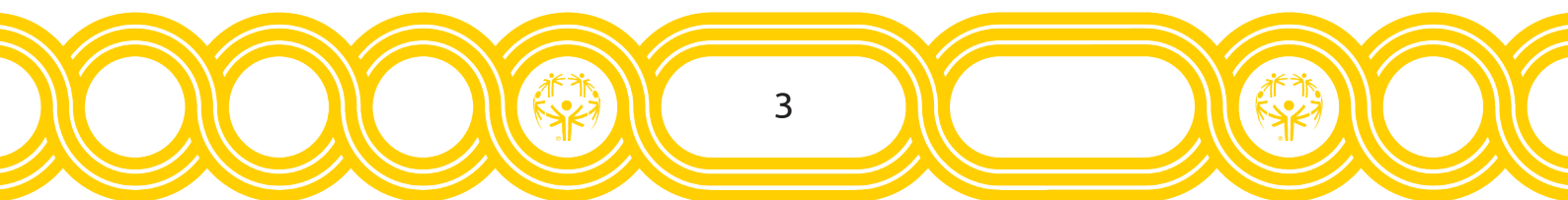
There will be athletes from Sweden and 25 other countries who will be competing in Malmö!

The most important thing to remember is to:

- **Have fun**
- **Do your best**
- **Be part of the community with all the athletes and leaders**

We at Special Olympics Sweden really look forward to meeting you!

Best regards,
Special Olympics Sverige



Competition Information

Judo Sport Organizers:

- Staffanstorp Judo Club
- The Swedish Judo Federation



Contact Details

Johan Orrbo
+46 (0)702 37 14 45



Competition Venue:

Kombihallen, Stadium area
Address: Eric Perssons väg 1



Changing Rooms:

There are changing rooms at the Stadium area.



Information session for coaches

30 minutes prior to the competition start on saturday at the arena.



Other Important Information

- Do not wear jewellery during matches.
- Keep your fingernails and toenails short.
- Make sure your judo uniform is tied correctly.
- Always listen to coaches and officials.
- Safety always comes first.
- Be ready when your name is called.
- Rest, drink water, and eat between matches to keep your energy up.



Before the Competition

What to bring:

- White judo uniform (gi)
- Belt
- Flip-flops or sandals
- Towel
- Water bottle



Registration

You must check in at least 30 minutes before the divisioning starts.

Check-in: Checking in means telling the officials that you are there and ready to play.



What happens after check-in?

After you have checked in, you have time to change clothes and get ready for the competition.

When you know which mat you will compete on - go there.

If you are not competing right away, stay close to your mat so that you are ready when it is your turn.



Greeting Ceremony

The day starts with a greeting ceremony.

The athletes line up in a row, from the highest belt rank to the lowest.

The coaches line up opposite them in the same order.

The greeting ceremony can be done standing or sitting.

The greeting is an important part of judo tradition. It shows respect for coaches, fellow competitors, and the sport.



Divisioning

After the greeting ceremony, the divisioning begins. The divisioning consists of a simple judo session where you have the opportunity to warm up.

You will show your judo skills and become familiar with the competition environment.

The divisioning helps the organizers create fair and balanced competition groups.



Lunch break

After the divisioning, there is a lunch break. The competition continues after lunch.



Competition Matches

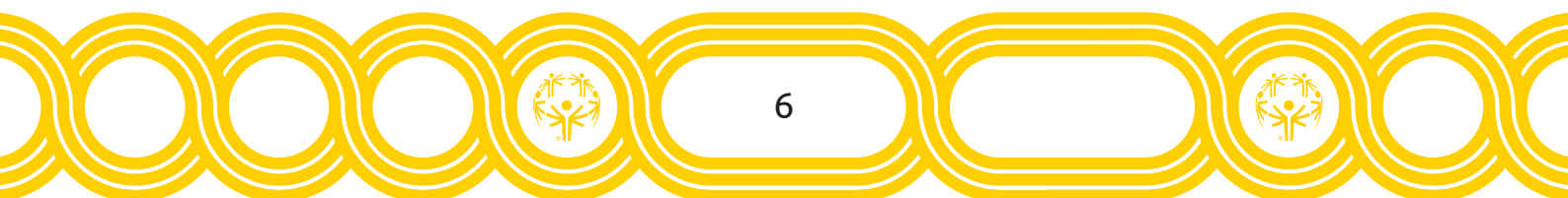
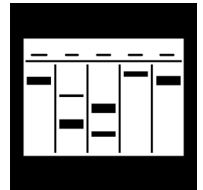
Before the match

A large screen in the venue shows the match order, time, and which mat you will compete on.

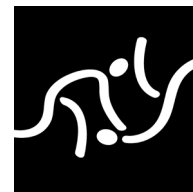
Each mat has a score board.

If your name is shown at the top of the screen, you wear a white competition belt.

If your name is shown at the bottom, you wear a red competition belt.



How a Match Works



During the match

1. Always bow before entering the competition area.
Bow again when you stand at your starting position.
2. The referee starts the match by saying "Hajime".
3. The goal is to throw or control your opponent.
The match lasts 3 minutes.
4. If there is no winner, there is "Golden Score":
1 extra minute
First point wins
5. If there is still no winner:
The referee decides the winner
The most active athlete wins
6. The referee says "Soremade" and shows the winner.

After the match

The competitors bow to each other again at the starting position.
After the match, always thank your opponent.
You can do this with a handshake or a hug.
When leaving the competition area, bow again.
Always show respect and appreciation during the whole match.



One competition day

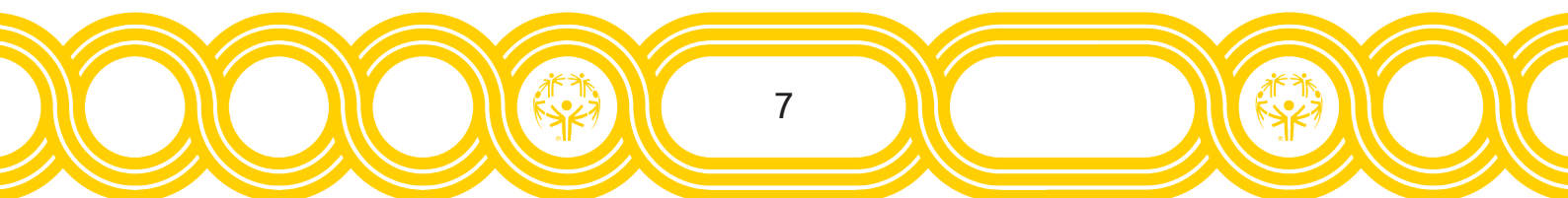
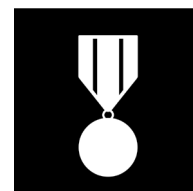
In judo, you only compete on Saturday.
On Sunday, there will be a training session/workshop in the competition venue.
More information is available on the website:
<https://www.sogames2026.se/>

Award Ceremony

The ceremony takes place on Saturday.

Medals are awarded for 1st, 2nd, and 3rd place.

All participants receive a participation plaque.



Packing List

Here are tips on things to pack and bring to Malmö and the competitions.

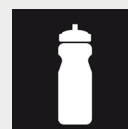
Match clothes

Clothes you play in.



Water bottle

Marked with you name.



Sports equipment

For your sport.



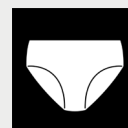
Non-match clothes

Clothes for when you are not competing.



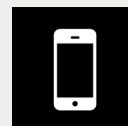
Underwear and socks

Underwear and socks that lasts your whole stay.



Phone

Don't forget the charger.



Rain wear

If it rains during the opening ceremony for example.



Toiletry bag

Examples of items for your toiletry bag: deodorant, soap, shampoo, conditioner, toothbrush, toothpaste.



Medicine

If you are taking medicine, it's important to bring it yourself.



Speci-Lo

Speci-Lo is Special Olympics Sweden's mascot.

She is a brave lynx who loves sports almost as much as she loves giving hugs.

Speci-Lo will be at SOSIG and is the athletes' very best friend.

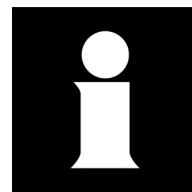
She cheers and encourages and helps the athletes bring out their inner lynx, just as a good friend should.



General Questions

If you have any questions you can e-mail us.

E-mail address: info@specialolympics.se



Website

At <https://www.sogames2026.se/> you find all the information about:

- Competition
- Event
- Peripheral activities



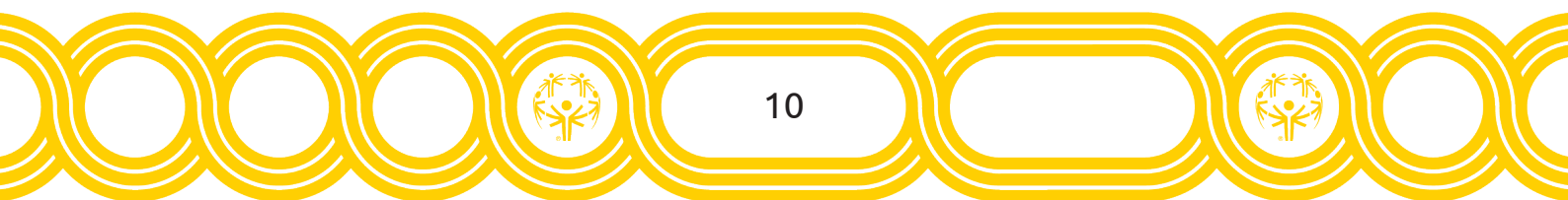
There is always the latest information with updated times.

See you in Malmö!

We are very much looking forward to meeting you at
Special Olympics Sweden Invitational Games.

We wish you a great good luck!

Best regards,
Special Olympics Sweden





SPECIAL OLYMPICS SWEDEN

INVITATIONAL GAMES 2026

EVENT HOSTS

**Special
Olympics**
Sweden



VISIT | **skåne**



MAIN PARTNERS



PARTNERS



Scandic



Folksam

boet

SIEMENS
Healthineers

SUPPORTERS

hemma.
com/
together

VINGE



HEAR



ULLMAX

**GRAND
TRAVEL
GROUP**

