

Organisation / Entries:	BJA Eastern Area - events@bjaeasternarea.co.uk							
Venue:	Breckland Leisure Centre, Croxton Road, Thetford, Norfolk, IP24 1JD							
Date:	Sunday 7 <sup>th</sup> December 2025							
Entry Process:	Entry form available below. Please return via email (scanned copy). This is an online entry event; postal entries will not be accepted.							
Participation:	<p>This is</p> <ul style="list-style-type: none"><li>• a Level 2 Development event for Academic Years 4 to 7</li><li>• a Level 3 Development event for Academic Years 8 to 13</li></ul> <p><b><u>It is not open to the following:</u></b></p> <p><b>Years 4 - 7:</b> No eligibility restrictions.</p> <p><b>Years 8 – 9:</b> Any player who has won a medal at last year’s British Pre-Cadet or Cadet Championships (December 2024). EXCEPTION: any player who won less than two contests at either event <b>IS</b> eligible.</p> <p><b>Years 10 – 13:</b> Any player with 100 points or more on the British Cadet, Junior or Senior Ranking Lists.</p> <p>This event is open to all school children who comply with the criteria above and hold a current valid licence of the BJA, Judo Scotland, NIJF, WJA, AJA, or BJC.</p> <p>Players can change weight categories between this event and the British Schools Championships (7/8 March 2026).</p> <p><b>NO VALID LICENCE - NO CONTEST – NO EXCEPTIONS – NO JUDO</b></p>							
Competition Format:	<p><b>Technical restrictions will apply in Academic Years 4, 5, 6, and 7. Armlocks and strangles are permitted in Academic Years 10, 11, 12, and 13 and will be points scoring for eligible players.</b></p> <p><u>Method of Elimination</u> BJA rules will apply throughout the competition. The method of competition will be compound knockout in categories of 8 or more players and pools and knockout in categories of 7 players or less. The Tournament Director reserves the right to combine or alter categories should entries dictate. In the event of any dispute, the decision of the Tournament Director will be final.</p> <p><u>Contest Duration</u></p> <table><tr><td>Years 4 – 7</td><td>3 minutes, 3 minutes Golden Score, Referees Decision</td></tr><tr><td>Years 8 – 9</td><td>3 minutes, unlimited Golden Score</td></tr><tr><td>Years 10 – 13</td><td>4 minutes, unlimited Golden Score</td></tr></table>		Years 4 – 7	3 minutes, 3 minutes Golden Score, Referees Decision	Years 8 – 9	3 minutes, unlimited Golden Score	Years 10 – 13	4 minutes, unlimited Golden Score
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Years 8 – 9	3 minutes, unlimited Golden Score							
Years 10 – 13	4 minutes, unlimited Golden Score							
Seeding:	There is no seeding.							

<b>Weight Categories:</b>	<p><b>Academic Years 4 and 5</b> (born 1 September 2015 to 31 August 2017) Minimum grade 4<sup>th</sup> Mon Male: -27kg, -30kg, -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, +55kg Female: -28kg, -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, +57kg</p> <p><b>Academic Years 6 and 7</b> (born 1 September 2013 to 31 August 2015) Minimum grade 4<sup>th</sup> Mon Male: -27kg, -30kg, -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, +55kg Female: -28kg, -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, +57kg</p> <p><b>Under 12 years technical restrictions will be used in Academic Years 4 - 7</b></p> <p><b>Academic Years 8 and 9</b> (born 1 September 2011 to 31 August 2013) Minimum grade 6<sup>th</sup> Mon Male: -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, -60kg, -66kg, +66kg Female: -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, +63kg</p> <p><b>Academic Years 10, 11, 12, and 13</b> (born 1 September 2007 to 31 August 2011) Minimum grade 9<sup>th</sup> Mon or 4<sup>th</sup> Kyu Male: -42kg, -46kg, -50kg, -55kg, -60kg, -66kg, -73kg, -81kg, -90kg, +90kg Female: -44kg, -48kg, -52kg, -57kg, -63kg, -70kg, +70kg</p> <p>Please note that the minimum grades for regional competitions are lower than the minimum grade for the British Schools Championships. Ranking list eligibility for the British Schools Championships will go by the ranking list on December 31<sup>st</sup> 2024.</p>				
<b>Registration &amp; Weigh In:</b>	<p>As a high number of competitors will be under 18, an open weigh-in will take place for all players. All competitors <b>MUST</b> present themselves to the weigh-in wearing competition acceptable judogi trousers and must wear a plain crew neck t-shirt/rash guard for weigh-in.</p> <p><b>All competitors will receive a 0.8kg allowance.</b></p> <p>Weigh-in times</p> <table border="0"> <tr> <td>Years 4/5: 09:00 to 09:30,</td> <td>Years 6/7: 10:00 to 10:30</td> </tr> <tr> <td>Years 8/9: 10:00 to 10:30,</td> <td>Years 10-13: 11:00 to 11:30</td> </tr> </table>	Years 4/5: 09:00 to 09:30,	Years 6/7: 10:00 to 10:30	Years 8/9: 10:00 to 10:30,	Years 10-13: 11:00 to 11:30
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**Safeguarding:**

Competitors who are entering a category which is different to their sex assigned at birth are requested to contact: [safeguarding@britishjudo.org.uk](mailto:safeguarding@britishjudo.org.uk)

If an athlete is considered visually impaired, has a lower leg prosthetic, or stoma bag, please contact the organisers when entering, and copy in the events and safeguarding team at British Judo – [events@britishjudo.org.uk](mailto:events@britishjudo.org.uk) and [safeguarding@britishjudo.org.uk](mailto:safeguarding@britishjudo.org.uk)

By reporting the above to the appropriate teams reduces chances of complications or disappointments on the day of the event.

**British School  
Championships  
guidelines – for judoka  
and parents:**

**Judoka**

- Help beginners or lower grades, if you can.
- Follow all judo rules throughout the event.
- Bow correctly at the beginning and end of a contest. It is not whether you win or lose, but how you play the game.
- Accept decisions; let your coach ask any necessary questions.
- Control your temper, do not shout or abuse other judoka or officials.
- Be a good sport, cheer all good play, and respect all of your fellow judoka
- Remember that the aims of the British Schools Championships are to have fun, help you develop as a judoka, improve your skills, and conduct yourself in a sportsperson-like manner.
- Represent the ideals, disciplines, and etiquette of British Judo to the highest level.
- Treat all judoka as you would like to be treated, do not take unfair advantage of any judoka.
- Co-operate with your coach and opponents; without them you do not have a game.
- Contestants must, without instruction, adjust their judogi so that the front and back of the jacket are inside the belt after every mate.

**Parents / Coaches**

- Please be aware that children develop differently, at different rates, and react differently to the same pressures.
- Children and young people are involved in organised sport for their enjoyment as well as yours and so please always respect this at all times.
- Always encourage your child to train and compete by the rules of judo.
- Teach your child that effort and teamwork are as important as victory, so that the result of each contest is accepted without unnecessary disappointment and with a positive sporting attitude.
- Never ridicule or shout at your child/judoka for making a mistake or losing a contest.
- Children learn best by example. Applaud good play by your team and by members of the opposing team.
- Do not question publicly the officials' judgement and never their honesty
- Support all efforts to remove verbal and physical abuse from children's sporting activities.
- Set an example by being friendly to the parents of the opposition, emphasise enjoyment and fun, praise and reinforce effort and improvement.
- Coaching is allowed throughout competition.
- Please remind your child/judoka that without instruction, they should adjust their judogi, so that the front and back of the jacket are inside the belt after every mate.

<b>Closing Date for Entries:</b>	See below
<b>Entry Fee:</b>	<p>Entries received before 17:00 Friday, 14<sup>th</sup> November 2025 - £20.00 per person  Entries received after 17:00 Friday, 14<sup>th</sup> November 2025 - £25.00 per person</p> <p>Entry will be deemed as accepted once full payment has been received.  Confirmation emails will be sent to the provided email address once the entry has been processed.</p> <p>Event fees should be paid directly to the BJA Eastern Area  Sort Code 30-99-08      Account Number 22971468</p>
<b>Entry Refunds:</b>	<p>Refunds may be available for entries received BEFORE the first closing date listed on the entry form.  To apply for a refund, please contact <a href="mailto:events@bjaeasternarea.co.uk">events@bjaeasternarea.co.uk</a>  Note that proof may be required in order to process any refund</p> <p>Applications received after the first closing date will not be refundable under any circumstances</p> <p>If the event is cancelled or postponed, we will contact you to arrange a full refund</p>
<b>Spectators:</b>	In line with BJA Eastern Area commitment, there is no fee for spectators
<b>Coaching Passes/group leader:</b>	<p>Coaches MUST produce a VALID BJA Coach Card in person to be eligible for the following:</p> <ul style="list-style-type: none"> <li>To gain mat-side access with their player at a BJA centrally administered National Event (Only one coach per player will be permitted at any one time). Minimum Level 1 Coach Award.</li> </ul> <p>If you are attending the event but will not have a coach with you (for example you are travelling with your PE teacher) please include this information on the entry form.</p>
<b>Catering:</b>	<p>The cafeteria at Breckland Leisure Centre is now closed  Outside catering vans providing hot and cold food may be in attendance  Vending machines are available on site</p>

The information provided here may be updated.  
The latest version, including versions in Word format, can be found on the BJA Eastern Area website  
<https://bjaeasternarea.co.uk/documents/>

## Entry Form

<b>School Name</b>	
<b>Contact Name</b>	
<b>Telephone Number</b>	
<b>Email Address</b>	
<b>Payment Reference</b>	For all BACS payments, please confirm payment reference used below

Name	M/F	Weight	Age	Grade	Year /Group

Completed entry forms to be sent, via email to [events@bjaeasternarea.co.uk](mailto:events@bjaeasternarea.co.uk)

Document Last Updated Thursday 11 September 2025