



COMMANDO TEMPLE JUDO



BJA Level 0.5 Catch Weight Event

XMAS NEWAZA TOURNAMENT AND UNDER 8's FESTIVAL

ENTRY	TEL: 07837742830 IUDO@BESTSTRONGER.CO.UK
ORGANISATION	Commando Temple, 16 Resolution Way, Deptford, SE8 4NT
DATE	Saturday 13th December: 10am Start ages 5+ 12.30pm Start Ages 14+
PARTICIPATION	This event is open to all players with a valid BJA or associate License.
BASIC RULES	<p>This is a Judo Ne-waza competition; a minimum of one knee (or equivalent) must remain on the tatami at all times. If a technique requires momentary simultaneous removal of both knees from the tatami onto both feet, then it is left to the referee's discretion to determine if in his/her opinion this is a legitimate removal of both knees from the tatami.</p> <ol style="list-style-type: none">1. When their names are announced the contestants will Rei onto the mat.2. When the referee beckons them forward, they will walk to the middle of the side edge of mat and Tachi-rei (standing bow) to each other.3. When the referee is sure the table officials are ready, s/he will beckon the competitors to middle of mat, when they are 1 metre apart, they will kneel down on their left knee and right knee up, with foot flat and take a collar & sleeve grip on one another.4. If competitors become locked together with no one appearing to be able to gain an advantage then Matte should be called. The competitors are brought back to the centre of the mat.7. Osaekomi, 20 Secs Ippon, 10 Secs Waza-ari, 5 Secs Yuko.8. Shimewaza (Strangles) & Kansetsuwaza (Arm Locks) are allowed. For Sho and Mon Grades Osaekomi Only. As well a Submission being awarded Ippon to the attacking player; if a fighter attempts to stand up or to leave the allotted mat area to escape shimewaza or kansetsuwaza Ippon will be awarded.9. Upon Termination of fight either by the referee's call of Ippon, and/or Sore-made both competitors will stand and tidy themselves up and return the standing start positions.10. The Referee will indicate the winner as shown by the scores on the scoreboard. (If no score is shown on the scoreboard or if the scores are equal then Newaza golden score will occur- see below.)11. In Newaza Golden Score (14 years +) fighters will take it in turns to hold one another down in a recognised kodokan hold down technique. The player in white will start with their hold down applied on blue before blue has their turn at holding down white.12. The player with the best score in will win the contest. For example if white holds blue down for wazari (10-19 second hold down) but Blue then holds white down for the full 20 seconds; blue would win the contest.13. If after each player has a turn both the scores are equal I.e white holds blue for Ippon and blue holds white for Ippon, a second round of hold downs will begin.14. Players must choose a different kodokan hold down for each round of golden score.15.3 Minutes Time Limit all contests (5-7 years 2 minutes) Golden Score Is implemented for Seniors, younger players can fight to a draw.
CATEGORIES	<p>This tournament is for men and women aged 14 years and above. The Development event is for players, 5-7 years, and 8 years and above.</p> <p>Across all ages, players will be put into pools of 4 grade, weight & competition experience with the aim to create meaningful contests and provide fighters with as much contest time as possible.</p> <p>As tournament organiser and with the agreement of the players & their coaches we reserve the right to combine the categories where necessary to provide our participants with meaningful contests.</p>
	<p>This tournament aims to provide players with as much mat time as possible allowing them to gain competitive experience</p>