



Organiser Details:	Eastern Area Judo Email: events@britishjudo.org.uk
Venue Address:	Breckland Leisure Centre, Croxton Rd, Thetford IP24 1JD
Key Event Dates:	<p>Entry Close: Friday 3rd April 2026</p> <p>Saturday 25th April 2026:</p> <ul style="list-style-type: none"> - Minor - Pre Cadet - Adaptive Divisioning <p>Sunday 26th April 2026:</p> <ul style="list-style-type: none"> - Veteran - Adaptive and Visually Impaired <p>Entry via BJA website: LINK</p>
Participation Criteria:	<p>Competitors must hold current BJA or affiliate membership. All competitors MUST have a VALID judo membership, and their grade must be correctly registered with BJA or affiliate. Please have your phone with you to show your digital membership card and grade.</p> <p>International competitors must produce proof of membership and grade to their federation (email/letter from their IJF recognised federation to the events team is the accepted method).</p>
Registration and Weigh Ins:	<p><u>Saturday 25th April 2026</u></p> <p>Minor Female: 08:15AM - 09:00AM Minor Male: 08:45AM - 09:15AM Competition start: 10:00AM Pre Cadet Female: Estimated 11:00AM-11:30AM Pre Cadet Male: Estimated 11:30AM - 12:00PM Adaptive and VI: 18:00PM-18:45PM Adaptive and VI Divisioning: 18:45PM-20:00PM Veteran: 19:00PM-20:00PM</p> <p><u>Sunday 26th April 2026</u></p> <p>Veteran: 08:00AM - 09:00AM Competition start: 10:00AM</p> <p>All competitors will take part in an OPEN Weigh in wearing competition acceptable judogi trousers and crew neck t-shirt/ rash guard (0.8kg allowance). If there are any changes to weigh in times, entrants will be contacted by email.</p> <p>Please note: Test scales will be available at registration (The organisers must be notified of any weight category changes prior to stepping on the official scales).</p> <p>Timetable showing start times of different age and weight groups will be sent out by email to all entrants following entry close.</p>



Minors	<p><u>Minors: (Technical restrictions apply)</u></p> <p>Year of birth: 2014, 2015 or 2016</p> <p>Minimum grade: 4th Mon or 5th Kyu</p> <p>Contest duration: All contests will be 3 minute duration with 3 minute Golden Score followed by referee/judge decision.</p> <p>Minor Male: -27kg, -30kg, -34kg, -38kg, -42kg, -46kg, -50kg, +50kg Minor Female: -28kg, -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, +52kg</p> <p>Competition Format: Shime-waza, Kansetsu-waza and Kata-sangaku are <u>NOT</u> permitted in all categories for Minors. This competition will follow BJA Contest Rules (LINK) and BJA Tournament Handbook (LINK). The intended method of elimination for this event will be Compound Knockout with double Repechage for 8 players or more, 7 players or less will be pools.</p>
Pre Cadets	<p><u>Pre Cadets: (NO Armlocks and Strangles allowed)</u></p> <p>Year of birth: 2012 or 2013</p> <p>Minimum grade: 7th Mon or 4th Kyu</p> <p>Contest duration: All contests will be 4 minute duration and unlimited Golden Score.</p> <p>Pre-Cadet Male: -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, -60kg, -66kg, -73kg, +73kg Pre-Cadet Female: -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70kg, +70kg</p> <p>Competition Format: Shime-waza, Kansetsu-waza and Kata-sangaku are <u>NOT</u> permitted in all categories for Minors. This competition will follow BJA Contest Rules (LINK) and BJA Tournament Handbook (LINK). The intended method of elimination for this event will be Compound Knockout with double Repechage for 8 players or more, 7 players or less will be pools.</p>
Veterans	<p><u>Veterans:</u></p> <p>Minimum age: 30 years plus</p> <p>Minimum grade: 3rd Kyu</p> <p>Contest duration: Contest times will be 3 minutes with unlimited golden score for M1-M6 and F1-F6. M7/F7 and above, contest times are 2.5 minutes with 1 minute golden score.</p> <p>Veteran Male: -60kg, -66kg, -73kg, -81kg, -90kg, -100kg, +100kg Veteran Female: -48kg, -52kg, -57kg, -63kg, -70kg, -78kg, +78kg</p> <p>Age Categories: The minimum age for participation in the Veterans is to be 30 years or over in the year of the event. This defines the age at which athletes first become eligible to compete. Once an athlete has become eligible, they will be allocated into their</p>



	<p>appropriate age category e.g., M1/F1 will consist of athletes who have their 30th, 31st, 32nd, 33rd or 34th birthday and the M2/F2 will consist of athletes who have their 35th, 36th, 37th, 38th or 39th birthday at any date during the year of the event.</p> <p>F1/M1 30-34 (1996-1992) F2/M2 35-39 (1991-1987) F3/M3 40-44 (1986-1982) F4/M4 45-49 (1981-1977) F5/M5 50-54 (1976-1972) F6/M6 55-59 (1971 – 1967) F7/M7 60 - 64 (no shime-waza / strangles) (1966-1962) F8/M8 65 - 69 (no shime-waza / strangles) (1961-1957) F9/M9 70+ (no shime-waza / strangles) (1956 or earlier)</p> <p>Competition Format: Contest times will be 3 minutes with unlimited golden score for M1-M6 and F1-F6. M7/F7 and above, contest times are 2.5 minutes with 1 minute golden score. The method of the competition will be Pools/ Compound Knockout/ Pools to Knockout, the tournament director has final decision.</p>
Adaptive and Visually Impaired	<p><u>Adaptive and Visually Impaired</u> Minimum age: 14 years or above (on the day) Min grade: 7th Mon or 4th Kyu Adaptive Level: 1, 2 or 3</p> <p>Saturday 25th April Registration and Weigh In: Adaptive and VI: 18:00PM-18:45PM Divisioning: 18:45PM-20:00PM</p> <p>Sunday 26th April Competition start: 10:00AM</p> <p>When entering the Contest Level Help Sheet can be used to help determine the Adaptive player level. The guide can be found at the end of this document.</p> <p>Divisioning: Prior knowledge of judoka and mat assessments will determine the players ability and groups. Communication between Coaches/Carers and Organisers to determine appropriate categories for new judoka The Tournament Director will decide the groups based upon historic information and player entry forms. Consideration of pools will be given within Divisioning and the discretion of the Tournament Director, whose decision is final.</p> <p>Adaptive and VI note on Judogi and Aids:</p> <ol style="list-style-type: none"> 1. Only white judogi can be used. 2. Aids are considered outside the standard Judo uniform as described in the IJF Tournament Regulations.



	<ol style="list-style-type: none"> 3. The Judogi must be adjusted to the physical limitations of the judoka; however, it must not hinder the opponent from performing proper judo technique. 4. Wearing white socks with rubber grip dots in Ne-waza is allowed for medical reasons. 5. Wearing a plain white round-neck T-shirt under the judogi is mandatory for female athletes. For male athletes, plain white T-shirts may be worn. 6. Wearing a mouthguard is allowed and meets regulations. 7. Aids must be safe for both the wearer and the opponent and cannot contain hard substances or surfaces, to be decided at the discretion of the main referee. 8. The opponent may not be disadvantaged, nor may the wearer have an unreasonable advantage from the aid. Glasses cannot have hard surfaces and must fit flush to the face. Sports glasses are allowed once authorised by the tournament director and under the condition that they do not present a risk to either athlete.
Judogi Rules and Point Scoring:	<p>The following IJF Rules will be in operation. Please note the following:</p> <ul style="list-style-type: none"> • No 30 second rule (see page 81 of IJF SOR – LINK) • Judogi measurements as per 2024 IJF rules (see sections C1.3-10 of IJF SOR – LINK) • 2024 IJF Red/Blue/Green label judogi rules or the requirement to wear judogi of specific suppliers will not apply at this competition. <p>The wearing of white & blue judogi is NOT COMPULSORY for this event, but any player wearing a blue suit must also have a white suit.</p> <p>This Tournament qualifies for points scoring for promotion purposes.</p>
Entry Fee:	<p><u>Entry Fee Prior to 9th March 2026</u> Single entry £30 per person</p> <p><u>Entry Fee After 9th March 2026</u> Single Entry £40 per person</p>
Photography/ Filming:	<p>By entering the event, all participants and parents or guardians of participants are consenting to photography/filming which may be taken by the BJA or an official BJA contractor at the event. You also accept that these photographs or video may be used in future BJA publications or published by the contractors.</p>
Coaching Passes:	<p>Coaches will automatically be registered for the event when listed by their players. Their registration is subject to checks that their coach licence is valid. If coaches are not listed against a player, then coaches MUST be a VALID BJA Coach to be eligible for the following:</p> <ul style="list-style-type: none"> • To gain matside access with their player (Level 1 & matside) <p>If your coach licence is not valid there is no matside coaching. (Only one coach per player will be permitted at any one time).</p> <p>Coaching checks are carried out against the online registers only.</p>



Final Notes	<p>By entering and/or attending this event you agree to abide by all British Judo Association policies and codes of conduct. This includes but is not limited to:</p> <ul style="list-style-type: none"> • Transgender policy LINK • Codes of conduct LINK • Contest rules LINK • Stoma bags: LINK • Prosthetic limbs: LINK <p>You must contact the organisers and events@bririshjudo.org.uk if you require any support at the event or have any questions regarding the above points. Please note that failure to comply with these policies and codes of conduct may result in not being able to compete/attend this event, or removal from the event, and notification to the British Judo</p>
<p>ENTRY FEES ARE NOT REFUNDABLE UNDER ANY CIRCUMSTANCES (including injury).</p> <p>PARTICIPATION IN THE TOURNAMENT WILL NOT BE ALLOWED IF THE TOURNAMENT ENTRY FEE HAS NOT BEEN RECEIVED.</p> <p>ONLINE ENTRIES ONLY.</p> <p>Queries regarding bulk entries (10+) should be sent to the organiser by email.</p>	
Adaptive Contest Level Help Sheet	<p>LEVEL 1 ('Good' level player) This judoka can train and compete with mainstream players. This competitor has a good understanding of the meaning and goal of the competition. All visually impaired players will be divisioned in Level 1 unless they have additional needs. If there are insufficient VI players to make up VI pools they will be allocated to appropriate Level 1 SN pools. (CRITERIA: This judoka is very capable of taking part in competition).</p> <p>LEVEL 2 ('Medium-good' level player) This judoka can train and take part in randori with mainstream players. This judoka mostly understands the meaning and goal of the competition. (CRITERIA: This judoka is capable of taking part in competition).</p> <p>LEVEL 3 (Medium' level player) This judoka can take part in training with mainstream players (CRITERIA: This judoka understands the rules, meaning and goal of the competition.)</p> <p>LEVEL 4 ('Medium-weak' level player) This judoka may only be capable of taking part in special training and competitions. This judoka needs guiding during the competition but generally understands the rules and goal of a competition. (CRITERIA: This judoka needs guiding during the competition but understands the rules and goal of a competition).</p> <p>LEVEL 5 ('Weak' level player) This judoka may only be capable of taking part in special training and competitions with specialist care. This judoka needs a lot of guidance during the competition. (CRITERIA: This judoka needs a lot of guidance during the competition. The competition may need to be adjusted to suit the judoka's capabilities.)</p>