



Higham and Rushden Judo Club

Mon Grades white & red, Yellow & orange competition

Sunday 12th April

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| Venue | Higham and Rushden Judo Club, Unit 5 Factory 2, Sanders Lodge Industrial Estate, Rushden, Northamptonshire, NN10 6BQ |
| Groups <i>(All ages relate to the day of competition)</i> | Group 1: Girls aged 8-14, white and red belts Group 2: Girls aged 8-14, yellow and orange belts Group 3: Boys aged 8-14, white and red belts Group 4: Boys aged 8-14, yellow and orange belts |
| Participation | All competitors MUST hold a current BJA, BJC or AJA license. NO LICENSE NO JUDO! Players must have graded within the last 9 months. |
| Judogi Rules | All competitors will wear a judogi, if you're in a BJJ or other martial arts suit you will be turned away from the competition. ALL COMPETITORS MUST WEIGH IN IN A T-SHIRT AND GI BOTTOMS (optional to fight in white t-shirts under judogi, please use the changing rooms to get changed) All Judogi must fit correctly. |
| Contest Rules | ALL categories will be run with technical restrictions . Contests shall be 3mins. See BJA contest rules for details. |
| Competition Format | All competitors will be weighed on the day and grouped into Pools depending on gender, age, weight, and grade . Using the index system (Age x2+grade+weight). All efforts will be made to find a suitable group for each competitor, the Tournament Director will consult coaches if any suitable matches can't be found (anyone without a group will be informed and refunded). Contents will be 3 minutes. |
| Weigh-in Times | WEIGH IN TIMES WILL BE CONFIRMED IN THE WEEK OF THE COMPETITION ON OUR FACEBOOK PAGE AS WELL AS VIA EMAIL- PLEASE ENSURE WE HAVE THE CORRECT EMAIL ADDRESS FOR YOU BY ENTERING IT CORRECTLY ON OUR COMPETITION ENTRY PAGE. |
| Spectators, coaches and officials. | Entry is free of charge for spectators. Remember children are watching your behaviour for examples how to behave. Some table officials may be in training so please bear with them. Seating is limited therefore be respectful of others and do not reserve with bags etc. There will be a tuck shop selling food and drinks throughout the day (cash only). If any over 11's would like to try their hand at timekeeping they would be welcome, competitions can't run without table officials and there is a real shortage throughout the country, so where better to try it out than at a development event, please speak with Rob on the day. |
| Closing date | Entries will be accepted up to Sunday 5 th April or before if full. Coaches- please keep your eye on our Facebook page (www.facebook.com/HRJUDOCLUB) as we may request some late entries to fill categories or attempt to find a group for someone who has entered. |
| Cost | £25 – Early bird fee will be applied for entries received before 28 th February: £20, after this date the fee will be £25 All participants will receive a medal. |



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| Entries | <p>All Entries to be applied for via the following link www.hrjc.co.uk/competitions Club's may enter a larger list of competitors to hrjudoclub@hotmail.com Please make payments to: HIGHAM AND RUSHDEN JUDO CLUB LTD ACC: 51519977 SC: 60-83-71 BACS REFERENCE FORMAT: Your child's name followed by Comp e.g. JOE BLOGS COMP</p> <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 https://www.britishjudo.org.uk/what-we-do/policies/transgender-eligibility-and-participation-in-competition-policy/• Codes of conduct https://www.britishjudo.org.uk/membership-terms-conditions/• Contest rules https://www.britishjudo.org.uk/compete/organising-a-competition/contest-rules/<ul style="list-style-type: none">◦ https://www.britishjudo.org.uk/roles-and-clubs/roles/referees/resources/• Stoma bags: https://www.britishjudo.org.uk/participation-in-competition-with-stoma-bags/ <p>Prosthetic limbs: https://www.britishjudo.org.uk/participation-in-competition-with-prosthetic-limbs/</p> |
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