



BritishSchoolsJudo

2023/24 Eastern Area Regional Schools Championships



Organisation / Entries:	BJA Eastern Area events@bjaeasternarea.co.uk
Venue:	Breckland Leisure Centre, Croxton Road, Thetford, Norfolk, IP24 1JD
Date:	21 st January 2024
Entry Process:	Entry form available below Please return via email (scanned copy)
Participation:	<p>This is a level 2 Development event for Academic Years 6 and 7. This is a Level 3 Development event for Academic Years 8, 9, 10, 11, 12, and 13 and is not open to the following:</p> <p>Years 6 and 7: No eligibility restrictions.</p> <p>Years 8 and 9: Any player who has won a medal at the British Pre-Cadet or Cadet Championships in December 2022. <u>EXCEPTION:</u> any player who won less than two contests at either event IS eligible.</p> <p>Years 10, 11, 12, and 13: Any player with 100 points or more of the British Cadet or Junior Ranking Lists as of 31st December 2022.</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.</p> <p>NO VALID LICENCE - NO CONTEST – NO EXCEPTIONS – NO JUDO</p>
Competition Format:	<p>Armlocks and strangles are permitted in Academic Years 10 to 13. This category will be points scoring for eligible players.</p> <p><u>Method of Elimination</u> The British Judo Association 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 Times</u> Years 6 and 7: 3 minutes, 3 minutes Golden Score, Referees Decision. Years 8 and 9: 3 minutes, Unlimited Golden Score. Years 10,11, 12, and 13: 4 minutes, Unlimited Golden Score.</p>
Seeding:	There is no seeding.



<p>Weight Categories:</p>	<p>Years 6 and 7 (born 1 September 2011 to 31 August 2013) Minimum grade 4th mon (bottom yellow belt). Male: -27kg, -30kg, -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, and +55kg. Female: -28kg, -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, and +57kg.</p> <p>Under 12 years technical restrictions will be used in Years 6 and 7</p> <p>Years 8 and 9 (born 1 September 2009 to 31 August 2011) Minimum grade 6th mon (top yellow belt). Male: -34kg, -38kg, -42kg, -46kg, -50kg, -55kg, -60kg, -66kg and +66kg. Female: -32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg and +63kg.</p> <p>Years 10, 11, 12, and 13 (born 1 September 2005 to 31 August 2009) Minimum grade 9th mon (top orange belt) or 4th kyu (senior orange belt). Male: -42kg, -46kg, -50kg, -55kg, -60kg, -66kg, -73kg, -81kg, -90kg and +90kg. Female: -44kg, -48kg, -52kg, -57kg, -63kg, -70kg and +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 as of December 31st 2023.</p>
<p>Registration & Weigh In:</p>	<p>As a high number of competitors will be under 18, an open weigh-in will take place for all players. All female and male competitors MUST present themselves to the weigh-in wearing competition acceptable judogi trousers and must wear a plain crew neck t-shirt/rash guard for weigh ins.</p> <p>All competitors will receive a 0.8kg allowance.</p> <p>Weigh-in times should be decided by hosts, but we recommend as follows:</p> <p>Years 6 and 7: 9.00 to 9.30</p> <p>Years 8 and 9: 10.00 to 10.30</p> <p>Years 10, 11, 12, and 13: 11.30 to 12.00 noon</p>



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<p>British School Championships guidelines – for judoka and parents:</p>	<p>Judoka</p> <ul style="list-style-type: none"> • 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 sportsman-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 without instruction, adjust their judogi, so that the front and back of the jacket are inside the belt after every mate. <p>Parents/ Coaches</p> <ul style="list-style-type: none"> • 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 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 (see new BJA rules).
<p>Closing Date for Entries:</p>	<p>7th January 2024</p>
<p>Entry Fee:</p>	<p>£25</p>
<p>Spectator Fee:</p>	<p>In line with BJA Eastern Area commitment, there is no fee for spectators</p>



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Coaching Passes/group leader:	<p>Coaches MUST produce a VALID BJA Coach Card in person to be eligible for the following:</p> <ul style="list-style-type: none"> • To gain entry free of charge to BJA centrally administered National Events. This excludes EJU and IJF events. • 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). <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>
Payment:	<p>Event fees should be paid directly to the BJA Eastern Area Sort Code 30-99-08 Account Number 22971468</p> <p>Entry fees are not refundable under any circumstances (including injury) unless the event is cancelled or postponed due to Covid-19 restrictions</p>
Confirmation:	Entry confirmation will be emailed once full payment has been received and a corresponding scanned entry form sent via email.

The information provided here may be updated.
The latest version can be found on the BJA Eastern Area website

