COMMANDO TEMPLE
XMAS NEWAZA TOURNAMENT 2026

ENTRY	TEL: 07837742830 JUDO@BESTRONGER.CO.UK
ORGANISATION	Commando Temple, 16 Resolution Way, Deptford, SE8 4NT
DATE	Sunday 13th December: 12.30pm Start Ages 14+
PARTICIPATION	This event is open to all players with a valid BJA or associate License. Weigh in with Judo bottoms and T-shirt. Judogi only: BJJ Gi are not accepted.
BASIC RULES	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. 1. START POSITION: When approximately 1 meter apart, competitors will kneel down with one knee up and one knee down, with foot flat and take a collar & sleeve grip on one another. Opposite stances are allowed 2. 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. 3. Out of contest area play such as Osaekomi may be frozen (Sonomama) and repositioned to continue. 4. Osaekomi, 20 Secs Ippon, 10 Secs Waza-ari, 5 Secs Yuko. 5. Shimewaza (Strangles) & Kansetsuwaza (Arm Locks) are allowed. 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. 6. 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. 7. 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.) 8. NEWAZA GOLDEN SCORE: fighters will take it in turns to Start in turtle/All fours, with the other player in a near position. Players have 30 seconds to score. 9. 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; Ippon Is counted equal. 10. EQUAL SCORE: 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, Hantai decision is made in discussion with other referees and officials, based upon who has displayed positive action. 11. 4 Minute Time Limit all contests. Golden Score Is implemented in a draw.
CATEGORIES	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. 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.
	This tournament aims to provide players with as much mat time as possible allowing them to gain competitive experience

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:

- 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/
    - https://www.britishjudo.org.uk/roles-and-clubs/roles/referees/resources/
- Stoma bags: https://www.britishjudo.org.uk/participation-in-competition-with-stoma-bags/
- Prosthetic limbs: https://www.britishjudo.org.uk/participation-in-competition-with-prosthetic-limbs/

You must contact the organisers and events@britishjudo.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 Association.
These policies and codes of conduct are in place to ensure everyone attending the event have a good experience.