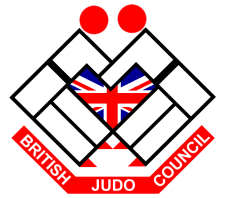


THE BJC SENIOR NATIONAL CHAMPIONSHIPS

Grade & Weight Banded

20th November 2011



Including Kyu Grades, Dan Grades, Veterans

Over 40 Categories on 4 mats

Hereford Leisure Centre, Holmer Road, Hereford HR4 9UD

This year's BJC Senior Nationals has been revamped. The event will be by both grade and weight which we hope will give participants greater opportunity.

All competitors must be at least 16 years of age and minimum grade of 4th Kyu (Orange belt). To ensure that each competitor has adequate personal insurance, they will need to produce a valid **BJC or BJA** licence at the weigh in.

All competitors must register online before the closing date at www.bjcjudoevents.org.uk

The BJC hope to offer the categories listed below; however they reserve the right to withdraw, split or combine any categories. Where a category is split or combined, the medal allocation will be adjusted accordingly. This has been done to give us more flexibility in producing pools that, where possible, will enable better balanced categories. We intend pools will run with not less than four contestants per category.

Please note; you must enter your EXACT weight on the entry form in order that we can allocate your pool. As far as possible, we will be working within the BJC weight groups i.e.

Male: U 60Kg U 66Kg U 73Kg U 81Kg U 90Kg U 100Kg O 100Kg Open
Female: U 48Kg U 52Kg U 57Kg U 63Kg U 70Kg U 78Kg O 78Kg Open

As a guide, there will be no more than 12% weight difference between competitors in any group (excepting the Open).

CATEGORIES (weights will be sorted on the day, in line with the above guidelines)

Male Kyu Grade Orange & Green belt

Female Kyu Grade Orange & Green belt

Male Kyu Grade Blue & Brown belt

Female Kyu Grade Blue & Brown belt

Male Dan Grade 1st Dan and above

Female Dan Grade 1st Dan and above

Male Veteran Dan Grades 35 and above grouped by age if numbers allow

Female Veteran Dan Grades 30 and above grouped by age if numbers allow

Male Open Kyu Grade Open weight and Dan Grade Open weight

Female Open Kyu Grade Open weight and Dan Grade Open weight

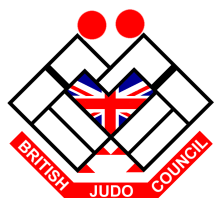
If there are insufficient entries to run a category, we will do our utmost to inform you by Email before the event whereupon you will receive a refund.

Please note that this event is run under the current BJC contest rules (excepting for weights). A copy can be viewed on the event webpage.

WEIGHING IN TIMES

Saturday 19th November 6:00pm to 7:00pm All categories

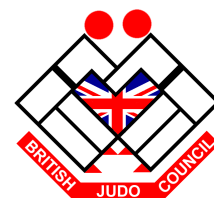
Sunday 20th November 9:00am to 10:00am All categories



THE BJC SENIOR NATIONAL CHAMPIONSHIPS

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Enrolment Procedure

Online registration

All competitors wishing to enter this event must register online by the end of **Tuesday 15th November**. No late entries will be accepted.

Register at www.bjcjudoevents.org.uk

(We do not wish to restrict entry to anyone who may not have internet access. If you have difficulty with this please call the BJC for on 01692 580900 Monday to Friday 9am - 2pm.)

NO ENTRIES WILL BE TAKEN ON THE DAY

Pay and confirm

- Once you have registered you will be sent by email a unique reference / Pay number.
- You then have until Tuesday 15th to confirm and pay for your entries.
- During this period you can add / replace or remove entries from your list.
- Once you have paid for your finalised entry you will receive a confirmation by email.
- The closing date for all amendments and final payment is Tuesday 15th Nov 2011

How to pay for entries

Your entries can be paid by:

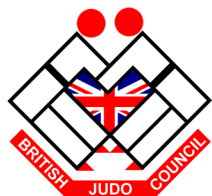
1. Online using debit / credit card. Enter your card details on the form and we will charge your card. If you make any amendments we will credit or debit as appropriate. Your card details are not stored so you must enter them again with each change of entry
2. Telephone using debit / credit card (charges apply) contact BJC HQ on 01692 580900 (Monday to Friday 9am - 2pm)
3. By cheque, made payable to BJC and sent to:
British Judo Council, 37 High Street, Stalham, Norfolk NR12 9AH
(All cheques must be received by the closing date 15th Nov)

ENTRY FEE £19.00 per person

BJC Licence holders are entitled to a £2 per entry reduction (ie. £17)

**There is a further CLUB discount of 10% if the BJC entries are done via a BJC
Registered Club**

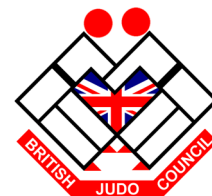
Spectators £3.00



THE BJC SENIOR NATIONAL CHAMPIONSHIPS

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20th November 2011



Conditions of Entry

1. Entrants must produce a current BJC or BJA licence on registration
2. Members with dual licence **MUST** enter under their highest grade.
3. Entrants licence must include a photograph and date of birth
4. All Entrants must be 16 years and above on the day of the Tournament
5. Closing date for all entries is the 15th November, payment must be made by the 15th November.
6. We reserve the right to restrict any category, merge any category with an adjacent category or cancel any category (a refund will be given on cancellation)
7. The event, or part thereof may be videoed and/or photographs taken. If you object to your image being used please notify the Mat Marshall and all reasonable steps will be taken to ensure that this does not happen
8. The Weigh-in will be strictly controlled. One 'weigh' per competitor with removal of jacket only, is permitted
9. It is a condition of entry that entrants, their parents, and their coaches satisfy themselves that the entrant is in a physical condition to participate in the event. Any doubts should be referred to Head Office at least one week before the tournament (or the Tournament Director, on the day, if something has arisen immediately prior to the event.

Competition Regulations

1. The event will be run under BJC Contest Rules. These can be found at: <http://tinyurl.com/bjcrules2010>
2. No coaching during the course of the contest will be allowed, either matside or from the crowd. An infringement of this rule can result in a penalty or in extreme cases, a disqualification.
3. For reasons of safety, no refreshments, drinks etc. to be taken to the side of the mat. Drinking water will be available from the table
4. For reasons of safety, all competitors must comply with the regulations regarding footwear ie. Zoris only to be worn to the side of the mat. Trainers, Crocs or everyday shoes are not permitted
5. For reasons of safety, any competitor deemed to not be sufficiently competent technically, physically or mentally to compete will be withdrawn by the presiding official in his/her absolute discretion
6. No person at all is permitted to encroach upon the competition or official's area without permission.

Restricted and Prohibited Techniques

The following techniques are not permitted.

1. Kata Guruma may be used but Tori must stay on his/her feet throughout the course of the throw.
2. Drop Knee Seoi Nage may be used, but three non-scoring attempts in a row will incur a penalty.
3. Leg or ankle grabs are permitted only as a counter or combination technique not as a primary attack. You can take and use the leg if it is off the ground eg. as a response to a Hiza Guruma attack. You may not hook the leg into the air (eg. in a Ko Uchi Gari or similar style) with the express intent to then use it for a leg grab technique.
4. Contestants are expected to take a grip within a reasonably short period of time, any extended grip fighting or unnecessary breaking of grips, will be discouraged with a penalty.