



AGE:

Pre-cadet age 13-14 years old (competitors must be born between 2007 and 2008).

WEIGHT CATEGORIES:

Girls: -40kg; -44kg; -48kg; -52kg; -57kg; -63kg; +63 kg

Boys: -42kg; -46kg; -50kg; -55kg; -60kg; -66kg; -73kg; +73kg

The team contest will be fought in weight order starting with light weight.

The weight of the competitors has to fall within the category in which they are enrolled. Each competitor is entitled to compete in his/her own weight category and CANNOT be moved to the next higher category.

During the contest those non competing must stay within a marked area on the FOP behind the coaches' chair. Reserve competitors must not enter the Field of Play.

WEIGH-IN

The official weigh-in takes place on the competition day or the evening before - depending on local situation. The official scales should be available in the official hotel for unofficial weight control at least two hours before the start of the official weigh-in.

The weight of the competitors has to fall within the category in which they are enrolled.

The competitors...

- are not allowed to weigh-in naked. Boys must wear at least underwear and girls at least underwear and a T-shirt. Additional 100g will be allowed for their weight category limits.
- can present themselves only one time on the scales during the official weigh-in.
- must present their **official identification document with photo** at the official weigh-in.

Important Note to coaches and officials: any cases of excess weight loss must be avoided and reported.

DURATION OF CONTEST:

The duration of each contest will be of 3 minutes and 1 minute Golden Score. In case of "hiki wake" (a draw), then referee's decision.

PARTICIPATION:



The majority of the competitors entered must be current members of the declared judo club (sport school). No more than 2 invited competitors of the same nationality can take part in the event.

Boys: a team should have minimum 5 (five) competitors.

Girls: a team should have minimum 4 (four) competitors.

Each team can have up to 3 (three) reserves.

Composition of a delegation: Each club team can have a maximum of 4 officials: a head of the delegation (a team representative), a coach, a referee, a doctor/physiotherapist.

In the interest of all judoka and spectators attending we recommend to organise a master class and a training together. This would promote a valuable exchange between new partners, clubs and regions.

COMPOSITION OF A TEAM / LINE-UP:

Before each match the team leader must select the competitors for each contest. They have the right to replace one or several competitors by other competitors of the corresponding weight category.

If the team has no competitor in a category they should select the “no competitor” option. If the team has the possibility to put a competitor in a category they must do so. A competitor cannot be rested for one match and return for the next unless they are replaced by a reserve competitor.

For the first round the team lists must be returned at least 30 minutes before the start of the competition. For other rounds it must be returned 5 minutes after receiving the list from Sport Director. Once it is returned to Sport Director it cannot be changed.

Coaches: two coaches are allowed with FOP with the team.

After the team bow the byes are displayed on the scoreboard and wins are given.

Example: If blue team has one category empty: 1:0

Example: if both teams have a different category empty: 1:1

Example: if both teams have the same category empty: 0:0 (this is the only case when we stop a match when a team has reached 3 wins).

These byes are skipped later, no player needs to return to the tatami to bow again if there is no contest to be fought.



INSCRIPTION:

All participants and delegates must be registered for this event in the Judo Youth League:
<http://www.judoyouthleague.com>.

DRAW:

The draw will take place before the first day of contests after the accreditation.

The competition is held in two rounds:

Preliminary (qualifying) round is held to define 8 teams that will take part in the final round of JYL.

Final round defines four medallists (one gold, one silver, two bronze) among 8 participating teams. The teams compete in Round Robin System in subgroups: the first place in subgroup qualifies to Finals, the second place in subgroup becomes a bronze medallist.

DECISION:

It is compulsory that all competitors listed for the match compete until the team reaches the winning result. If a competitor refuses to compete the team will be disqualified.

If one team does not arrive for a match, the other team will be declared the winner.

In case of equal wins in the end, a draw is done from all categories, regardless if the team has a player or not (if both teams don't have a player in the same category, this category will be not included in draw). The draw is done by computer and displayed on the competitor and public (big screen) scoreboards.

AWARDS:

Example proposal - to be adjusted according to local situation:

The organizer shall provide a certificate of participation for each competitor (given to head of delegation) and the following for the medal ceremony:

The Winners of the Judo Youth League will receive a Certificate for 100 judogi.

The Silver medallists will receive a certificate for 50 judogi.

The Bronze medallists will receive a certificates for 25 judogi for each club.

NUMBER OF TATAMI:

The competitions will be held in one day on 4 or 5 mats.



JUDOGI:

Regional events: white only judogi.

European/national level events where Live Stream is operated: necessarily blue and white judogi.

REFEREEING:

- Positive, reinforcing, and educational not punitive unless necessary.
- Analyse positive or negative situations corresponding to the objectives of this age group (not just black or white).
- Sanction only when errors are persistent.

Referees must be of a high national level, including young referees.

CONTEST RULES:

SAFETY OF UKE

- Avoid techniques where tori lands on uke with a grip around the neck.
- Avoid attacks from one or two knees (avoid also falling on knees after attack) which causes reduced space for uke to make ukemi.
- Avoid counters (kaeshi waza) which can cause uke to fall on the neck.
- Other situations that make it difficult for uke to make ukemi.

DEVELOPMENT OF TORI

This stage of a "competitor's career" is still at development phase. Competition rules should reflect and encourage this.

KUMI KATA

- Take 2 hand grip as quick as possible and keep the grip when attacking.
- No cross gripping as a main grip for attacking.
- No double sleeve grip as main grip.

ATTACKING SYSTEM

- Attack from the foot or feet rather than attacking on knee or knees.
- Full commitment to attack using principles of judo; kuzushi, posture, timing, acceleration, preparation.
- Avoid maki komi and attacks that only try to pull down uke without breaking balance.
- No attack from right grip and attack to left eg sode tsuru komi goshi.

SELF ESTEEM, CONFIDENCE, RETENTION

- Develop an environment of process rather than outcome goals and objectives. (How to win) not "just win".

SHIME WAZA AND KANSETSU WAZA

- No application in competition BUT it is important to introduce into the training environment at the appropriate moment depending on individual maturity.



IMPORTANT: coaches need to have a LONG TERM VISION for their competitors/students. The aim is for the competitors to become independent, make decisions for themselves, and fulfil their potential at SENIOR level. The coach is instrumental in the process but the competitor is at the centre.

JUDO RULES:

Concerning Kumi Kata:

- Must take hold with two hands immediately;
- Grip with two hands must be kept during the attack and the throw;
- No bear hug;
- No grip breaking;
- Attacks from 2 hands except Ippon seoi nage and o goshi BUT must start from 2 hands on judogi;
- No cross grip (other side of head) (even if attack immediately);
- No two sleeve attacks (sode for example);
- High grip is allowed only behind uke's neck (not other side) and mustn't bend uke (keep hold to attack).

Concerning Techniques:

- No shime waza or kansetsu waza;
- No Sutemi waza (including tani otoshi and tomoe nage);
- No turn overs that endanger the spine/neck of uke (ne waza);
- No attacks on two knees;
- No maki komi;
- No kubi nage (koshi guruma).