



INVITATION TO
SÖDRA JUDO OPEN 2
 AND JUDO4LIFE WEEKEND



EVENT: SATURDAY 13 APRIL 2019 IN HANINGE

Venue: Torvalla Arena in Haninge, a little south of Stockholm. Dalarövägen 66.

Weigh-in: Friday 12/4: 19.00-20.00 Torvalla Arena: All categories

Saturday 13/4: 8.00-8.45 B/GU15, M/WU21
 9.30-10.30 U9, U11
 10.30-11.30 Men, Ladies, B/GU13
 12.00-13.00 B/GU18, Veteran

All attendees in U9, U11, U13 and U15 will weigh-in in judo pants and t-shirt and need to pass the weight with the clothes on. No deduction will be made.

Male or female attendee in U18 and older may choose if they want to weigh-in nude, in underwear or in judo pants and t-shirt. It is not permitted to weigh-in in other clothes or in any other way than this.

Competition start:	9.30	B/GU15, M/WU21
Approximate times	11.30	U9, U11
	12.30	Men/Ladies, B/GU13
	14.00	B/GU18, Veterans

Exact start time depends on the number of attendance in respective categories. We do our best to make the competition as smooth as possible for all attendees. Depending on the number of attendees the competition will be on 5 or 6 tatamis.

Categories:

U9 Boys and Girls Mix (born 2011-2012): Classification into classes of 3 or 4 depending on weight and grade. All receive medal.

U11 Boys and Girls Mix (born 2009-2010): Classification into classes of 3 or 4 depending on weight and grade. All receive medal.

Boys U13 (born 2007-2008): Classification into classes of 5 depending on weight and grade. Medal to 1,2,3 min 4 kyu.

Girls U13 (born 2007-2008): Classification into classes of 5 depending on weight and grade. Medal to 1,2,3 min 4 kyu.

Girls U15	(born 2005-2006)	-36, -40, -44, -48, -52, -57, -63, +63 kg	min 4 kyu
Boys U15	(born 2005-2006)	-38, -42, -46, -50, -55, -60, -66, -73, +73 kg	min 4 kyu
Girls U18	(born 2002-2004)	-40, -44, -48, -52, -57, -63, -70, +70 kg	min 4 kyu
Boys U18	(born 2002-2004)	-46, -50, -55, -60, -66, -73, -81, -90, +90 kg	min 4 kyu
Female U21	(born 1999-2002)	-44, -48, -52, -57, -63, -70, -78, +78 kg	min 4 kyu
Men U21	(born 1999-2002)	-55, -60, -66, -73, -81, -90, -100, +100 kg	min 4 kyu
Ladies	(born -2002)	-48, -52, -57, -63, -70, -78, +78 kg	min 4 kyu
Men	(born -2002)	-60, -66, -73, -81, -90, -100, +100 kg	min 4 kyu
Veterans	(born 1950-1989)	Men: -60, -66, -73, -81, -90, -100, +100 kg Ladies: -48, -52, -57, -63, -70, -78, +78 kg	

A-class (Blue belt and higher)
M/L12 30-39 Years (born 1980-1989)
M/L56 50-59 Years (born 1960-1969)

B-class (Yellow- green belt)
M/L34 40-49 Years (born 1970-1979)
M/L78 60-69 Years (born 1950-1959)

In the case of few enrolment, the classification is divided into classes by weight and age according to the principle 10 years / 10 kg difference.

Register with year of birth, grade and weight class.

U9: 2 min; U11: 2 min; U9 and U11 is it Golden Score for 1 min, then judgments
U13; 3 min; U15: 3 min; U18: 4 min; U21: 4 min; M+L: 4 min. Then Golden Score until a winner is appointed.

Registration:

At the latest Friday, 5/4 2019, only via web form at www.iksodra.com/sjo

NOTE! Only clubs can register, not individuals.

You will automatically receive confirmation in the mail.

We ask all clubs to do their utmost to register all participants with the correct year of birth, in the correct category and in the correct weight class.

It makes it a lot easier when we create each group.

Registration fee:

Contest: 200 SEK/starters, **after the 5/4 double charge.**

Camp: 200 SEK/participant, includes lunch. Extra lunch, for coaches, is 50 SEK per person

Fee is invoiced after last date for registration. Invoice must be paid before weigh in. Information on way of payment is included on invoice.

Refunds will only be made if 1) club removes the registration before 5/4 or 2) if a competitor is not allowed to compete because of that there are no opponents.

Contest rules:

According to IJF's competition rules and SJF's competition regulation. Insurance for Swedish clubs through SJF.

Contest system:

Pool competition or in large weight classes SWE Direct Repechage.

Everyone is guaranteed at least two matches.

The organizer reserves the right to assemble classes if necessary.

Double only allowed for last year's U13 in U15, U15 in U18, U18 in U21, U21 in Senior.

Camp for competition active:

On Sunday 14/4, a training camp with two training sessions for competition active will be organized, with a focus on randori. Both camps and competitions are part of the national team's annual planning in 2019 and both activities will be under observation with representatives from the national team in place.

The activities are mainly aimed at U13, U15 and U18. However, we wish everyone a warm welcome to both competition and camp. Those who are more interested in technology training during Sunday are welcome to attend Judo4All training in Torvalla Dojo between 09: 00-10: 30.

Accommodations:

IK Södra dojo in Skarpnäck. Notify it in connection with the application. Cost 100 SEK per person per night. Breakfast included. Max 50 people (so hurry up if you want a space)

Quality Hotel Haninge: Located approximately 2.5 km from the competition arena.

For booking please contact the hotel directly. Specify that you will use the sports agreement to get a discount on accommodation and food during your stay.

g.group.winnhaninge@choice.se or call 08-745 75 00

Other:

Registered participants agree that their names may be published on

www.iksodra.com

and

www.judo.se.

This competition is the basis of the ranking of the Swedish Judo Federation in the categories concerned.

For direct questions, changes in categories, weight classes, etc. Email tavlingar@iksodra.com

Activities (all times during Saturday are preliminary)

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Friday								
Weigh-in (ALL)	Torvalla Arena 19:00-20:00							
Saturday								
Category	U9	U11	U13	U15	U18	U21	Senior	Veteran
Weigh-in	9:30	9:30	10:30	8:00	12:00	8:00	10:30	12:00
	10:30	10:30	11:30	8:45	13:00	8:45	11:30	13:00
Start	11:30	11:30	12:30	9:30	14:00	9:30	12:30	14:00
Sunday								
Camp U13-U18	Torvalla Sporthall A/B-hall. 09:00 – 10:30							
Lunch for camp participants	11:00 – 12:00							
Camp U13-U18	Torvalla Sporthall A/B-hall. 13:00 – 14:30							
Judo4Life Exercis	Torvalla Sporthall C-hall. 09:00 – 10:30							
Judo4All Exercis	IK Södras Doja in Skarpnäck 10:00 – 12:00							