

## **Junior Player's Information Pack OR Everything you wanted to know about competitions and more. (If in doubt – ask your coach!)**

### **Judo Competitions**

Judo competitions can be great fun and really give junior club members a sense of achievement and team spirit. Below are a few details for parents of first-time competitors.

### **Competition Entry**

Please speak to the competitions secretary or coaches with regards to entering competitions – they will give you details of how to enter online – or you may be able to enter competitions in a group booking organised by the club.

Competitions are often set up for particular grades (belt colour) – so it is worth checking if your child is the correct grade to enter a competition.

In order to register you will need your child's licence number and their weight (in kg). Make sure that you find out the registration and weigh-in time for your child's weight and age category.

### **Competition Day Check List**

When you attend a competition, you will need to bring the following items with you:

- Judo License (in date)
- White Judo suit (and belt). If you only have a blue suit, talk to the coaches, you should be able to borrow one for the day
- White short-sleeved T-shirt (girls only – this should not have any embellishments that stick out from the fabric – such as sequins etc.)
- Flip flops or similar
- Long hair must be tied up and not touching the collar

## **Weigh In**

Competitors weigh in at set times and must take their licences with them to weigh in.

Boys are weighed in wearing only trousers. Girls weighed in wearing trousers and t-shirts. Jackets and belts are not worn for the weigh in.

## **Warm Up**

Before the competition starts – all competitors will be given the opportunity to warm up on the mat.

## **Groups**

Your child will be put into a group (pool) for the competition. When it is their turn to compete – the group will be called, and all the competitors' names will be called out. Your child then goes to the waiting area, ready to compete.

Only club coaches are allowed in the waiting area and will look after the child throughout the contest.

## **Competition**

Boys compete wearing jackets only (gi).

Girls wear a white t-shirt underneath their judo jacket (gi).

Your child will be given a white or blue belt to wear for their contest.

## **Judo Terminology**

All judo players are taught the names of techniques in Japanese together with the English translation. During contests, referees will call out instructions in Japanese.

Below is reminder for competition day.

## **TERMINOLOGY**

Rei - bow

Hajime - begin

Matte - stop

Sono Mama - stop/freeze

Osaekomi - hold down on

Toketa - hold down broken

Yoshi - continue

Sore Made - finish / time up

Hiki-wake - a draw

Hantei - referees call for a judge's decision

Yusei Gachi - win by judge's decision

## **SCORES**

Yuko - 1 point

Waza Ari - 10 points

Waza ari Awasete Ippon - two waza-ari for the win

Ippon - 100 points (win)

## **PENALTIES**

Shido - slight infringement

Hansoku-make - most serious penalty / disqualification

At the end of the competition – your child will need to wear their own belt and suit to receive any medals.

It is a good idea to take food and drink to competitions as they can last several hours.

Children's judo contests last up to 3 minutes or sooner if a player wins by maximum score.