Higham and Rushden Judo Club
This Girl Can Event and Under 8's festival
Saturday 10th May 2025

Venue	Higham and Rushden Judo Club, Unit 5 Factory 2, Sanders Lodge Industrial Estate, Rushden, Northamptonshire, NN10 6BQ
Groups *(All ages relate to the day of competition)*	Group 1: Girls and boys under 8 Group 2: Girls Novice to Yellow aged 8-14 Group 3: Girls Orange to Green aged 8-14 Group 4: Ladies Novice to Red and Yellow to Green aged 15 plus (Technical restrictions)
Participation	All competitors **MUST** hold a current BJA, BJC or AJA license. **NO LICENSE NO JUDO!** **Players must have graded within the last 9 months.**
Judogi Rules	All competitors will wear a judogi; BJJ and Karate etc uniforms will not be accepted. **ALL COMPETITORS MUST WEIGH IN IN A T-SHIRT AND GI BOTTOMS** (optional to fight in white t-shirts under judogi, please use the changing rooms to get changed) All Judogi must fit correctly.
Contest Rules	**ALL** categories will be run with **technical restrictions**. Contests shall be 3mins for under 16's. See BJA contest rules for details.
Competition Format	All competitors will be weighed on the day and grouped into Pools depending on **gender (Under 8's), age, weight, and grade**. Using the index system (Age x2+grade+weight). All efforts will be made to find a suitable group for each competitor, the Tournament Director will consult coaches/parents if any suitable matches can't be found (anyone without a group will be informed and refunded). If required age groups may be merged (within reason), coaches and competitors will be consulted the week of the competition date of any issues.
Seniors Comp	Contests shall be 4min in the Senior categories. Group 5 will be run with technical restrictions (no drops, armlocks or strangles) as a trial. The hope is to encourage some people into competing that may be concerned about injuries. (Group 4 will be run as a normal adult competition) See BJA contest rules for details.
Weigh-in Times	Group 1: 0830hrs – 0900hrs Group 2: 1130hrs – 1200hrs Groups 3&4: 1400hrs – 1430hrs
Spectators, coaches and officials.	Entry is free of charge for spectators, however, please remember this is a development event and it's about learning. Some of the referees and table officials will also be developing, so please bear with them. **Remember children are watching your behaviour for examples how to behave.** Seating is limited therefore be respectful of others and **do not** reserve with bags etc. There will be a tuck shop selling food and drinks throughout the day (***cash only***). **If any over 11's would like to try their hand at timekeeping they would be welcome, competitions can't run without table officials and there is a real shortage throughout the country, so where better to try it out than at a development event, please speak with Rob on the day.**
Closing date	Entries will be accepted up to Monday 1st May 2025 or before if full. **Coaches** please keep your eye on our Facebook page (www.facebook.com@HRJUDOCLUB) as we may request some late entries to fill categories or attempt to find a group for someone who has entered.
Cost	Festival £15, competition £25- early bird Entry before 30th March is £20 All participants will receive a medal.

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Entries	All Entries to be sent to HRJudoclub@hotmail.com, Or applied for via the following link www.hrjc.co.uk/competitions Please make payments to: HIGHAM AND RUSHDEN JUDO CLUB LTD ACC: **51519977** SC: **60-83-71** BACS REFERENCE FORMAT: Your child's name followed by Comp e.g. ***JOE BLOGS COMP***