



Judo – more
than sport!

Updated version: 29.06.2021:
No retesting during the event needed.

EVENT OUTLINES

Junior European Judo Cup

Coimbra – Portugal

July, 03rd – 04th 2021



Federação Portuguesa

de **Judo**

1. Organizer

Portuguese Judo Federation

Address: Rua Alves Redol, 1 - Lojas A/B, 2675-285 Odivelas

Tel: 21 393 1630

Email: portugalevents@fpj.pt

Website: <https://fpj.pt>

Emergency contacts:

Ms. Inês Ribeiro (General Matters)

+351 934 127 355; ines.ribeiro@fpj.pt

Mr. Sergiu Oleinic (Accommodation)

+351 961 969 799; portugalevents@fpj.pt

Ms. Linda Campos (Transfers)

+351 912 303 640/+351 939 024 760;

2. Regulations to minimize COVID-19 related risks

Anyone not complying with the conditions of participation described in these outlines will not be eligible to take part in the event and will be subject to disciplinary action.

The fundamental principle throughout all EJU events during the Covid-19 era is to protect and be protected by wearing a mask, sanitising, distancing and respecting the recommendations of the IJF protocol. All participants have the mutual responsibility to protect one-another.

Each National Federation delegation participant (athlete, coach, team official, physiotherapist, doctor, President etc.) must have read and understood the latest version of the Protocol for resuming IJF events during the Covid-19 pandemic which can be found here: covid.ijf.org.

PLEASE NOTE:

- **Each National Federation taking part must nominate a Covid-19 Manager who is fluent in English.**
- **There can only be ONE (1) COVID-19 MANAGER PER FEDERATION!**

Before Travelling

1. Check if you need a visa, and if yes request it from the organiser. Please send a good quality passport copy (PDF) to portugalevents@fpj.pt

2. Book accommodation and send a detailed rooming list. Last minute changes can be accommodated whilst the delegation waits in the bus or outside the hotel.

3. Present on arrival, at least two (2) Covid-19 negative individual medical certificates. Please make sure the certificate also has an English version.

These PCR tests MUST be made a maximum of five (5) days before arrival and taken 48 hours apart. During this 5-day period you should stay isolated and limit contact with other people as much as possible. If you experience any kind of symptoms do not start to travel (even with two negative PCR tests).

5. Present upon arrival an individual declaration of honour on the absence of symptoms for at least 14 days per delegate and Liability Release Waiver fully filled in and signed.

6. **2 PCR tests, Declaration of honour and Liability Release Waiver must be uploaded to the platform my.ijf.org by NF administrator well in advance before arrival of the delegation. The instructions for the platform can be found under the link: <https://drive.google.com/drive/folders/1h5MGCTAJLTsWYHdBQ3gxW3mzaazfBadn?usp=sharing>**

Entering Portugal

The following must be brought/at hand for border control:

1. Passport, ID, and applicable visas, as required.

- All regular border-crossing regulations must be followed regarding the validity of passports and visas, as applicable for each respective country
- Border control officers will check documents (passports or other documents that contain similar information to those in passport)

2. Official Invitation from the Portuguese Judo Federation

All participants must present a PRINTED invitation letter from the Portuguese Judo Federation.

3. Negative PCR test

All participants must be ready to present a negative PCR test.

This rules can change, please verify the following link <https://travel.sef.pt/Forms/Default.aspx>

Entering a bubble

The event venues (hotels, sport hall, training hall etc.) will be classified as bubbles and to reduce risk a “bubble to bubble” concept will be used. People are NOT allowed to leave their bubble as contamination could occur endangering the safety of the event and the health of the participants.

1. At least one (1) PCR test per participant will be performed immediately upon arrival. The test will be held at the official Hotels. Until test results are obtained, all participants must remain in their hotel rooms, where water and any paid meals will be ensured until the receipt of the test results.

2. **Second PCR test (re-testing): is not needed during EJU Junior Cups.**

Important: Athletes competing on Saturday MUST arrive on Thursday before 16:00.

Athletes competing on Sunday MUST arrive on Friday before 16:00!

Due to testing logistics NO EXCEPTIONS are possible.

2. Cost per test is 100€ Euro, which has to be paid by the participating federation prior the arrival.

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08:00				Ref. Meet.																										
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09:00		Delivery results tests Thursday	Delivery results tests Friday																											
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10:00	Arrival Covid-19 Manager & Athletes Day 1	Arrival Athletes Day 2	Training (Athletes Day 1)	Training (Athletes Day 2)	Departure Athletes Day 1																									
10:30						Sample taking for PCR test All persons must wait in the hotel room for the result	Accreditation	PCR Testing (all day long possible)	Competition Day 1																					
11:00										Sample taking for PCR test All persons must wait in the hotel room for the result	Weigh-in Day 1	Competition Day 2																		
11:30													Sample taking for PCR test All persons must wait in the hotel room for the result	Draw	Delivery results Re-tests															
12:00																Sample taking for PCR test All persons must wait in the hotel room for the result	Weigh-in Day 2	Delivery results Departure												
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21:00							Sample taking for PCR test All persons must wait in the hotel room for the result	Delivery results Departure	Departure Athletes Day 2																					

Testing: Sample taking 14:00 - 17:00 --> result by 8 am next day, Sample taking later than 17:00 --> result by 1 pm next day

Persons arriving on Thursday and staying until Sunday must be retested Saturday morning (no waiting in room needed)

Entries & registration: No entries by clubs can be accepted - every participating Federation must have a Covid-19 Manager handling all entries and bookings! **NO EXCEPTIONS**

3. If any other conditions and requirements will arise till the start of the event - they will be informed additionally.

Throughout your stay

1. Wash/sanitise your hands regularly, especially if you have had contact with a person or an object. Competitors should wash and disinfect their hands and feet regularly, especially before the warm-up and the contest.

2. No handshake - greet each other with a bow.

3. Wear a mask at all times (change it at least twice a day). Exceptions: masks are not obligatory on the Field of Play tatami, on the warm-up tatami whilst warming up or on the training tatami whilst training. Masks may be removed while eating in dining areas.

4. Maintain 1.5 m distance at all times, except for competitors during training, their contests and during warming up with ONE PARTNER.

5. Submit yourselves to contactless temperature measurement by the organiser on arrival at the point of entry in the country, at accommodation premises, throughout the competition venue and at any official venue of the event, to be accepted by all accredited population.

Anyone registering a high temperature will be asked to remain outside and their Delegation COVID-19 Manager, the LOC COVID-19 Manager and the EJU COVID-19 Manager will be contacted. An opportunity to recheck their temperature will be given, if it is still high a final decision will be made by the LOC COVID-19 Manager and the EJU COVID-19 Manager.

In case of positive result

Full procedure is on covid.ijf.org

Quarantine period: 10 days

Quarantine hotel: the same hotel where they are accommodated

Hotel address: See Official Hotels

Rates: 160€ Full Board single room during time of the event. From Monday after the event, at regular rate can be adjusted.

Anyone with a positive test MUST stay in the quarantine hotel provided by the organiser. The cost must be paid by the National Federation.

Insurance

It is the responsibility of the National Federation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs. The organiser of the event and the EJU accept no liability for any claims relating to cancellation of the event due to COVID-19 or medical costs for any COVID-19 related illness that may affect a National Federation delegation member during the event.

Symptoms after arrival

Anyone who experiences symptoms after arrival must immediately contact their Team COVID-19 Manager

Local Covid Manager: Dr. Marcos Carvalho - marcosfernandescarvalho@gmail.com - +351 916 972 937

Exit tests

Exit tests may be booked with the organiser, if required.

Where to book: portugalevents@fpj.pt

Price: 100€

3. Competition Place

Pavilhão Desportivo do Colégio da Imaculada Conceição - CAIC

3044-519, Cernache

40° 8.4580'N 8° 28.1050'O

<http://maps.google.com/maps?q=40.14098%2C-8.46842>

4. Age

15 to 20 years old (Born 2001 - 2006)

5. Participation

This Junior European Judo Cup is open for all EJU Member Federations. To avoid overcrowding and to ensure safety in the event, quotas per NF have been set based on the participation in 2019 (See EJU EUROPEAN CUPS - Update of rules during Covid pandemic). Every EJU Member Federations can enter athletes according to the quota. Within the quota there are no further requirements regarding gender or weight category. The Organising Federation has 25 extra places in addition to the quota mentioned.

If some quota remains unused by the Judobase deadline (14 days before Accreditation Day), reallocation of places will be done by EJU together with the Organiser.

The quota of Federation is regarded unused, if the hotel payment is not done by the Judobase deadline!

National Federations from other continents can participate upon request, if there is unused quota.

The competitors must be of the same nationality as the National Federation, which enters them.

Quota for team officials

Up 6 athletes: 3 coaches/officials; 8-12 athletes: 4 coaches/officials; 16-20 athletes: 5 coaches coaches/officials; 24

athletes: 6 coaches coaches/officials.

6. Categories & Duration

Male: -60kg, -66kg, -73kg, -81kg, -90kg, -100kg, +100kg
 Female: -48kg, -52kg, -57kg, -63kg, -70kg, -78kg, +78kg
 Duration: 4 minutes Golden Score: No time limit

7. Entry Fee

The EJU entry fee of 10€ per athlete must be paid.

8. Deadlines

Visa Application:	Thursday, 10 th June 2021
Hotel Reservation & payment:	Thursday, 10 th June 2021
Travel details & rooming list:	Friday, 18 th June 2021
JUDOBASE Registration:	Friday, 18 th June 2021

9. Program

Attention: The schedule may be modified according to total number of entries and circumstances of competition.

Thursday, July 01 st 2021		
Not later than 16:00	Arrival of Covid Managers and athletes competing on Saturday	Official Hotels
24 hours available	PCR testing	Official Hotels
Friday, July 02 nd 2021		
Not later than 16:00	Arrival of athletes competing on Sunday	Official Hotels
10:00 – 17:00	Accreditation	Hotel D.Luís
24 hours available	PCR testing	Official Hotels
18:00 – 18:30	Unofficial weigh-in	Official Hotels
18:30 – 19:30	Official weigh-in Women: -63, -70, -78, +78 kg Men: -60, -66, -73 kg	Official Hotels
20:00	Draw	To be held online
Saturday, July 03 rd 2021 Women: -63, -70, -78, +78 kg Men: -60, -66, -73 kg		
24 hours available	PCR testing	Official Hotels
08:00	Referee Meeting	Sports Hall
9:00	Eliminations/Repechage/Semi finals	Sports Hall
After	Final Block: Bronze Medal Contests, Finals	Sports Hall
18:00 – 18:30	Unofficial weigh-in	Official Hotels
18:30 – 19:30	Official weigh-in Women: -48, -52, -57 kg Men: -81, -90, -100, +100 kg	Official Hotels
Sunday, July 04 th 2021 Women: -48, -52, -57 kg Men: -81, -90, -100, +100 kg		
24 hours available	PCR testing	Official Hotels
9:00	Eliminations/Repechage/Semi finals	Sports Hall
After	Final Block: Bronze Medal Contests, Finals	Sports Hall

10. JUDOBASE Registration

All participants and delegates must be registered for this event in the IJF Registration System (JUDOBASE): <https://admin.judobase.org/> .

Deadline for JUDOBASE Registration is Friday June 18th 2021

	NO IJF Official ID Card	Late entry	Replacement IJF Official ID Card: YES
Athletes	<ul style="list-style-type: none"> • ENTRY NOT POSSIBLE • REPLACEMENT NOT POSSIBLE 	ENTRY NOT POSSIBLE	0€
Other delegates (Head of delegation, Coaches, Physios, Doctors, ...)			0€

Please note:

- **Late entries are NOT POSSIBLE for Junior Cup Coimbra 2021, only replacements 1:1.**
- Persons without IJF ID Card can only be entered on spot, if IJF ID Card will be ordered until end of Accreditation.
- Persons, who are banned by their Federation or IJF cannot be entered as late entry or replacement.

11. Accreditation & Control of Nationality

At least one team delegate (and not more than 2) who have been tested on spot and received negative results must attend the accreditation on **Friday from 10:00 - 17:00** on time in order to confirm the entries of all athletes and officials with his signature on the delegation confirmation list. A delayed appearance or no-show may result in the exclusion of all participants from the draw and the event. In case of unforeseen delay of arrival, the National Federation must immediately contact both the organiser and the EJU (headoffice@eju.net). Passports or photocopies of passports from all competitors must be available on request (national ID Card showing nationality, picture and date of birth or a copy is also accepted). The competitors must not be present at the nationality control.

Very important: Each National Federation must be represented by a team leader or coach responsible for registration of ALL athletes from the respective National Federation, regardless club or other membership. Every National Federation will be accepted for accreditation only once, when all entries and payments can be confirmed at the same time.

For each official team member from a delegation (athletes, coach, team official, doctor etc.) an accreditation card is issued by the EJU during the official registration. A delegate should never wear another delegate's accreditation card. The accreditation card remains the property of the EJU and can be withdrawn, with immediate effect, at the EJU's sole discretion.

12. Competition Mode

The competition will be conducted in accordance with the latest IJF SOR and IJF Refereeing Rules.

Competition systems according to number of participants:

- 6 and more entries: Double repechage
- 3,4,5 entries: Round robin
- 2 entries: better of 2 fights, if 1-1 the third match will decide

In order for an athlete to obtain points for the IJF Junior Ranking List, her/his weight category should have participants from at least 2 different countries. If this is not the case, the competition can still be held, according to the organiser's decision. If, by the nominal deadline, there is only one country inscribed in any weight category, the organiser is obliged to inform immediately the National Federation concerned.

Due to Covid pandemic the allocation of WRL points is subject to approval by IJF. In any case, a European Ranking will be set up as basis for seeding at the European Junior Championships.

13. Draw

The draw will be held ONLINE.

Seeding: The top eight (8) from the entered competitors in each weight category will be seeded according to the current IJF Juniors World Ranking List.

14. Weigh-in

Official weigh-in for each weight category is held the evening before the competition day (see program). **Athletes must present their EJU accreditation card and their passport** (National ID Cards showing nationality, picture and date of birth are also accepted).

Official scales or test scales will be available for test weigh-in on Friday and Saturday from 08:00 - 22:00 (except during official weigh-in from 18:30-19:30).

15. Refereeing

Each federation may enter 2 referees. The organizing federation may enter as many referees as required for the realization of the tournament but giving priority to their own Continental/International referees first and then their national referees with the highest national license with at least 2 years of experience.

However, due to the Covid 19 Pandemic, only 7 referees per mat can be inscribed and will be handled on the principle of "First come, First served".

If enough Continental/International referees are inscribed in Judobase, the organizing federation has to limit its number of national referees to 1 per mat..

JUDOBASE registration deadline for referees: Friday, 18th June 2021

The bow:

- The contestants must not shake hands BEFORE the start of the contest.
- When the athletes are leaving the mat they must wear judogi in proper way and are not allowed to take out any part of the judogi or the belt before leaving the field of play.

16. Coaching

All coaches must fully adhere to the Code of Conduct for Judo Coaches.

Dress Code	Elimination rounds:	National track suit with trousers reaching down to shoes or jacket suit with tie
Final block:		Jacket suit with tie

17. Transport

Airport:

- Lisbon International Airport (200km from Coimbra)
- Oporto International Airport (130km from Coimbra)

The organizer will provide transfers between the airport and official hotels, between the official hotels and competition venue, draw, accreditation and official weigh-in places. **During pandemic time ONLY official transportation can be used. No other transportation, including taxis and own cars can be used when in the bubble.**

The transfer from Official Airports to Coimbra will be arranged for a cost of **30 € per person/per journey.**

Please book your transfers together with the inscription.

18. Accommodation

All delegations, who inscribe for an EJU event, must reserve their accommodation in the official hotels published in the event outlines. The reservation must be made with the local organising committee (not directly with the hotel).

Due to the COVID-19 situation ALL participants must stay in the official hotel for the entire period of their stay, as the bubble-to-bubble concept is used at this event.

Best Western Hotel D. Luís; Address: Rotunda Ponte Rainha Santa Isabel, 3040-091 Coimbra

<http://www.hoteldluis.pt/>

Distance to the sports hall: 7,8 km (10 min. driving)

Check-in time: 14:00; check-out time: 12:00

Hotel Dona Inês; Address: Rua Abel Dias Urbano, 12; 3000-001 Coimbra

<http://www.hotel-dona-ines.pt/>

Distance to the sports hall: 10,2 km (13 min. driving)

Check-in time: 14:00; check-out time: 12:00

Prices per person/night	Full Board
Single room	160 €
Double/triple room	140 €

Hotel booking and transfers have to be made directly with the organiser: portugalevents@fpj.pt

Hotel reservation deadline: Thursday, 10th June 2021

Hotel payment deadline: Thursday, 10th June 2021

Cash payment upon arrival is not allowed. Credit cards are not be accepted on spot.

Cancellation policy

Before June 18th - full refund

After June 18th - no refund

In case of tournament cancellation by the EJU or the Portugal authorities full payment will be refunded.

Important: Injuries, visa problems or sickness are not valid reasons for cancellation of rooms.

In case of any damage to hotel property or competition venue caused by members of a delegation, their national federation will be charged by the organizing committee.

19. Payment

Kindly complete the payment for accommodation and entry fee to our bank account:

Name of bank: NOVO BANCO - Balcão LX -LAPA
Bank address: R. Buenos Aires 5, 1200-732 Lisboa
Account No.: 041035060007
IBAN: PT50 0007 0041 0003 50600077 9
SWIFT address: BESCPTPL
Purpose of payment: "Country" EJCup2021

All bank fees and money transfer costs must be paid by the sender federation. The person attending accreditation must bring proof of the bank transfer.

20. Judogi Control

Approved Judogi

All Judoka must compete in IJF Approved Judogi (only red label allowed) and Judogis from all IJF suppliers are allowed (see www.ijf.org □ Official Supplier List).

Please note: Matsuru and SFJAM Noris are no IJF suppliers anymore and will not be accepted.

Judogi Control

It will be operated with a Sokuteiki prior to the fight. Judogi must have an IJF Official Label "APPROVED JUDO GI" with an optical code which cannot be falsified. The label will be controlled with an optical lamp. Each of the competition clothing articles (jacket, trousers and belt) must have an IJF official label.

Backnumber

Each competitor taking part in the EJU events is obliged to have sewn on the back of his Judogi the official backnumber (both EJU and IJF are allowed) bearing his surname and his National Olympic Committee abbreviation. The backnumber can

be ordered from www.mybacknumber.com or www.officialbacknumber.com (Attention: production and delivery may take around 4 weeks).

The SPONSOR part (if needed) will be given to the head of delegation during registration, and the athletes can stick it themselves using the special glue on the back number.

Markings and Advertising

The space on the **shoulder stripes** (25cm x 5 cm on both right and left side) and on the **upper arms** (10cm x 10cm on both right and left side) can be either used for own sponsors of the Federation or Judoka or EJU Suppliers, **BUT not for any other Judogi supplier**.

The space on the **right chest** (5cm x 10cm) can be used by the Judoka for his/her own sponsor. The logo of a Judogi brand can only be used, if it corresponds with the brand of the Judogi itself and if it is an EJU Supplier. Further, no logo of a competing brand of the advertising reserved for the Federation can be used (unless approval granted by the Federation).

Please note: On all advertising spaces it is strictly prohibited to promote tobacco, alcohol, any substances listed in the doping code, or any product or service contrary to public morals.

The space on the **left chest** (10cm x 10cm) can be used for the national colours or the national emblem corresponding with the IOC code on the backnumber (regional emblems are not allowed).

All other markings on the Judogi, like Judogi brand logos, name of Judoka, etc. have to comply with the IJF Judogi Rules.

Detailed information is available on <http://www.eju.net/statutes>.

Important:

- If an athlete does not respect the Judogi rules, the athlete will not be permitted to pass the Judogi Control, and the coach who is responsible for the athlete will be suspended for the rest of the competition day.
- The organiser is not obliged to provide reserve Judogi at Judogi Control, but the athlete is allowed to present himself in another IJF Approved Judogi, complying with the Sokuteiki rule (and without backnumber) - in this case no coach can go with this athlete to the mat!
- In the case of a repeated offence the coach will be suspended for the rest of the competition.

21. Responsibility of Federations

The competitors will compete under the full responsibility of their federations. Insurance: Each national federation is responsible for insuring its competitors against “injury and third part risk (public liability)” during the period of the event. The European Judo Union and the organiser decline all responsibility.

Consent for Photography/Videos/Filming

Delegates inscribed by their National Federations for EJU events consent to the EJU and its media partners to use content of them, including data, live results, photographs and/or video recordings (hereafter referred to as Media). This media may be obtained from National Federations and EJU. It will also be acquired by the EJU and its media partners from in and around all EJU event venues. Media could be used in print and digital media formats including print publications, websites, e-marketing, posters banners, advertising, film, broadcast, social media, education purposes and other purposes. The National Federation must ensure that they have the permission of each delegate or in the case of a minor the permission of the parent/guardian. If a delegate does not give consent, then the National Federation must inform the European Judo Union by writing to headoffice@eju.net.

22. Anti-Doping

Anti-doping tests might be executed according to the IJF MEDICAL AND ANTI-DOPING HANDBOOK (IJF SOR - Appendix E).

23. Media

Journalists can apply for Media accreditation online using the following link: www.eju.net/accreditation

Due to the Covid-19 situation the restrictions for Media attendance may apply.

24. Visa

For nations who need VISA to enter Portugal, please send the enclosed “Visa Application Form” fully filled not later than Thursday, 10th June 2021

25. TRAINING

Tatami for training will be available at nearby dojo.

Friday, July 2nd, 2021: from 10:00 till 17h00

Saturday, July 3rd, 2021: from 10:00 till 17:00

Booking of training sessions will be done by the organiser on spot on first come first served basis.

Training on competition days in the sports hall warm up arena is NOT ALLOWED due to Covid19 restrictions.