



*Judo – more
than sport!*

Updated version: 23.08.2022

Testing upon arrival (only antigen)

Start of the competition (10:00 both days)

EVENT OUTLINES

Coimbra Senior European Cup 2022

August, 27th – 28th 2022



1. Organizer

Portuguese Judo Federation

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

Email: portugalevents@fpj.pt
Tel: +351213931630

Emergency Contacts:

General matters:	Mr. Sergiu Oleinic	tel: +351961969799	portugalevents@fpj.pt
Accommodation:	Ms. Joana Fernandes	tel: +351911105185	portugalevents@fpj.pt
Transfers:	Mr. Jorge Alberto Fernandes	tel: +351960342339	portugalevents@fpj.pt

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](https://www.ijf.org/covid).

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) and filled in Visa Application form to Sergiu Oleinic by the email: portugalevents@fpj.pt. Please, see visa form uploaded.
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: 1 PCR test which is not older than 96 hours (no matter vaccinated or not).
During the period when the test is done 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 negative PCR test).
4. Present upon arrival IJF Liability Release Waiver which is uploaded to [my.ijf.org](https://www.ijf.org) once and is valid through the whole year 2022. The document can be found under the link: <https://www.ijf.org/covid19/2663> and on EJU homepage for every event.
5. **PCR test and Liability Release Waiver must be uploaded to the platform [my.ijf.org](https://www.ijf.org) by NF administrator well in advance BEFORE TEAM ARRIVAL.**

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).
2. Invitation letter from the Portugal Judo Federation.
3. Fill in the form found under the link: <https://portugalcleanandsafe.pt/en/passenger-locator-card>
4. Present valid vaccination or recovery certificate or PCR test (not older than 72h) or antigen (not older than 24h).
5. Rules to enter the country can be found under the link: <https://reopen.europa.eu/pt/from-to/DEU/PRT>; <https://www.visitportugal.com/pt-pt>.

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. Upon entering the bubble **rapid antigen will be done (irrespective of vaccination/recovery status). If the rapid antigen test is negative - the participant is authorised to take part. If the rapid antigen test is positive - PCR test will be done to confirm the positivity. Until the PCR test results arrive - the person needs to be isolated in the hotel room.**

The tests will be held at the **Official Hotels**

2. Cost of the tests: **80 €** PCR and **40 €** rapid antigen which has to be paid by the participating federation prior the arrival.

Important: All athletes can arrive the day of weigh-in.

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. Mask wearing is optional*, unless it is mandated by the host country's government with the exceptions of: competing/refereeing/coaching/medal ceremonies, on/at the Field of Play tatami, on the warm-up tatami whilst warming up or on the training tatami whilst training, or while eating in designated 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

In case of a positive test result we will follow the Portugal Government/National Public Health Authorities and IJF Protocol.

Quarantine period: 7 days

Quarantine hotel: Official hotels

Rates: Usual rate during time of event. After the event room can be booked directly with hotel at regular rate.

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

Close contacts will also be traced and may be isolated/quarantined depending on the LOC National Public Health Authorities of Portugal procedure. Please note their definition of close contact may differ from that described in the IJF protocol.

Symptoms after arrival

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

Local Covid Manager: Dra. Maria Da Luz Ferreira, e-mail: testes@fpj.pt, +351911105185

Exit tests

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

Where to book: at the infodesk at the hotels or at the accreditation.

Price: PCR - 80 €; antigen 25 €.

3. Competition Place

Competition venue: Pavilhão Multidesportos Dr. Mário Mexia,

Address: Praça Heróis do Ultramar 3030-327 Coimbra

4. Age

15 years old and over (born in 2007 and before)

5. Participation

This Senior European Cup is open for all EJU/IJF Member Federations. **There is no limit** in the number of athletes for each weight category for every federation. The competitors must be of the same nationality as the National Federation, which enters them.

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. Deadlines

Visa Application:

Monday, 25th July 2022

Hotel Reservation & payment:

Monday, 25th July 2022

Travel details:

Monday, 08th August 2022

Rooming List:

Monday, 15th August 2022

JUDOBASE Registration:

Friday, 19th August 2022

8. Program

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

Thursday, August 25th 2022		
08:00 – 21:00	Testing	Official Hotels
Friday, August 26th 2022		
10:00 – 17:00	Accreditation	Hotel D. Luis
08:00 – 21:00	Testing	Official hotels
18:00 – 18:30	Unofficial weigh-in	Official hotels
18:30 – 19:30	Official weigh-in Women: -48, -52, -57, -63 kg Men: -60, -66, -73 kg	Official hotels
20:00	Draw	online
Saturday, August 27th 2022		
Women: -48, -52, -57, -63, kg Men: -60, -66, -73 kg		
08:00 – 12:00	Testing	
09:00	Referee Meeting	Sports Hall
10:00	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: -70, -78, +78 kg Men: -81, -90, -100, +100 kg	Official hotels

Sunday, August 28 th 2022		
Women: -70, -78, +78 kg Men: -81, -90, -100, +100 kg		
08:00 – 12:00	Testing (Exit tests)	
10:00	Eliminations/Repechage/Semi finals	Sports hall
After	Final Block: Bronze Medal Contests, Finals	Sports Hall

9. 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, August 19th 2022

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

Please note:

- **Late entries are NOT POSSIBLE, only replacements 1:1.**
- Persons, who are banned by their Federation or IJF cannot be entered as late entry or replacement.

10. Entry Fee

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

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/team list confirmation 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.

12. Competition Mode

The competition will be carried out according to the rules and sporting codes of the IJF and EJU.

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 European 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.

13. Draw

The draw will be held ONLINE.

Seeding: The top four (4) from the entered competitors in each weight category will be seeded according to the current EJU European 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.

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, 19th August 2022

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)

Train station: Coimbra-B

Bus Station: Rodoviaria Coimbra

The transfer from Official Airports to Coimbra will be arranged for a cost of 30 € per person/per journey. If the team book the individual transfers the price it's different, once we contract private transfer.

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.

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.

Hotel Vila Galé Coimbra (Cat. A)

Address: R. Abel Dias Urbano 20, 3000-001 Coimbra

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

Distance to the airport: 200 km Lisbon / 130km Oporto; distance to the sports hall: 7,8 km

Prices per person	BB/1 night	Lunch	Dinner
Single room	113€	20 €	20 €
Double room	93 €		

Best Western Hotel D. Luís (Cat. B)

Address: Rotunda Ponte Rainha Santa Isabel, 3040-091 Coimbra; <http://www.hoteldluis.pt/>

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

Distance to the airport: 200 km Lisbon / 130km Oporto; distance to the sports hall: 7,8 km

Prices per person	BB/1 night	Lunch	Dinner
Single room	93€	20 €	20 €
Double room	73 €		

Hotel booking and transfers have to be made directly with the organiser: Joana Fernandes, +351911105185, portugalevents@fpj.pt

Hotel reservation & payment deadline: Monday, July 25th, 2022. **After this date, the price increase 10%.**

Credit cards CAN be accepted on spot. Cash payment CAN be done on spot.

Cancellations Till July 15th, 2022: - full refund

Till - August 15th, 2022: - 50 % refund

After August 15th, 2022 no refund, 100% of the hotel costs must be paid

In case of tournament cancellation by 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:

Bank NOVO BANCO - SANTOS
 Address: Largo Conde Barão N°9, 1200-118 Lisboa
 IBAN : PT50 0007 0041 0003 50600077 9
 SWIFT: BESCPTPL

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).

Judogi Control

It will be operated with a Sokuteiki prior to the fight. Judogi must have an IJF Official Label “APPROVED JUDOGI” 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

Doping control 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: <https://www.eju.net/media/>
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 Monday, 25th July 2022.

25. TRAINING

Tatami for training will be available at the official hotels.

Thursday-Saturday, August 25th-27th: 08:00 - 22:00

Booking of training sessions should be done at the welcome desk after the teams will receive the PCR results.