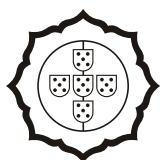




REGULATION

2021

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ

CENTRO PARA O
DESENVOLVIMENTO DO JUDO

CPDJ - CENTER FOR THE DEVELOPMENT OF JUDO, as its name indicates, is an association whose objective is the development of this sport, and that, in the current context of a pandemic that is causing an increasing absence of competitions, transversal to all age groups, nationally and internationally, seeks, with a new online format, to provide a competitive experience to judokas who since March 2020 have been without competing.

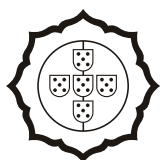
In this sense, we believe that there is a unanimous urgent need to motivate young judokas to continue training and to take advantage of all the stimuli so that they can continue to develop, both at a technical level, in terms of physical and mental conditions. And we call for the motto that the International Judo Federation designated for this year, "Stronger Together", to be present in everyone mind and that everyone not only wants to be part of this event, but also helps to share it, so that all young judokas of the most remote clubs have an incentive not to stop doing judo.

We are certain that some Associations will be able to find a way to support their clubs and their athletes who are going through a very delicate moment, through a partial payment or an internal selection or in other way that, for their reality, is the best. We are certain because they have done so in the recent past and because they are increasingly aware of their importance, their role and the needs of their clubs.

Aware of this reality that we are going through, we faced a dilemma. We defend that the right to do sport should not be conditioned by economic issues, we try to make this competition open to everyone. But, on the other hand, we wanted the medal to be different from all the others, since the moment we live in is different from all the others. Plus, all those who until now have not given up and continue to do judo with all the difficulties and fears they had to overcome, deserve a medal.

The online format allows that despite being apart, we can be united. And in this particular format, what is evaluated is the quality of the execution of fundamental judo movements and the speed of the judoka.

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ

CENTRO PARA O
DESENVOLVIMENTO DO JUDO

1 - PARTICIPANTS

1.1 - The competition is divided into 4 groups:

U18 – 2004/2005/2006

U15 – 2007/2008/2009

U12 – 2010/2011/2012

U9 – 2013/2014/2015

1.2 - Since each one performs the movements alone, there are no weight categories or gender divisions.

1.3 - Judokas of any nationality may participate. However, at first, each country competes internally. The first 3 nationally will have access to a second international competition.

1.4 - If a country does not have more than 10 participants in an age group, the participants in that group and that country will be placed in a "country" designated as "Friendland".

2 - PRESENTATION

2.1 - All athletes must present themselves in white or blue judogi and with the belt of their graduation.

2.2 - Despite the context, since the exercises are performed without a partner and are physically demanding, we advise that no one is within a 3 m radius of the judoka and that he does not wear the mask during the exercise.

3 - COMPETITION

3.1 - CALENDAR

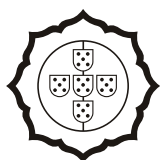
National Competition - February 14th to March 14th

Results and Medals - from March 24th to March 31st

International Competition - April 1st to April 10th

Results and Awards - April 15th

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ
CENTRO PARA O
DESENVOLVIMENTO DO JUDO

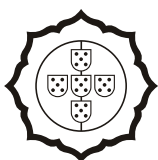
3.2 - PROCESS

- _ Before the start of the National Competition period, the organization will communicate the exercises that comprise each of the 3 “fights”, as well as the duration time for each age group, and the evaluation criteria for the movements to be counted, or not. This information is also included in this Competition Regulations (point 6 - duration; point 7 - exercises of the 3 “fights”; point 8 - evaluation criteria).
- _ To simplify the process and so that all the information is concentrated, the registration is done through a form, the proof of payment is to be sent attached in it, the athlete’s link and the score are also submitted in this form.
- _ If you want to submit more than one entry, you can download the excell document and after filling it out, send it to info@cpdj.org with the payment receipt attached.
- _ When the National Competition period ends, the referee team will check the return data, determining which 3 representatives from each country will pass to the International Competition.
- _ Only the top 3 in each step at national level have access to the International Competition.
- _ Before the start of the International Competition period, an organization will communicate the exercises that make up each of the new 3 “fights”, as well as the duration time for each step, and what are the evaluation criteria for the movements to be counted, or do not.
- _ Again, to simplify the process and so that all the information is concentrated, the link (s) of the athlete (s) race (s) and registration are submitted.
- _ When the International Competition period ends, the referee team checks the registration data, thus determining which are the four winners of the International Competition.

3.3 PROOFS PRESENTATION

- _ The proofs / videos must be Youtube links sent via the National Competition entry form or the International Competition form, or in the excell document.
- _ The privacy of Youtube videos may be limited to people who have the link, and removed after the competition.
- _ Videos sent by any means other than the form or excell document will not be accepted.
- _ The videos can only be edited to join the 3 “fights” in a single video. Since each “fight” cannot have any type of editing (audio changes, overlays, cuts, increase or decrease speed) and must have a unique plan.
- _ Each participant is responsible for ensuring a good plan for a good evaluation of the movements of his/her performance, otherwise he/she may not be allowed to access the International Competition. If this happens in the International Competition, your performance will not be taken into account for the purpose of electing the winner.
- _ The test can be filmed where the participant understands, but must ensure what is mentioned in the previous point.

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ
CENTRO PARA O
DESENVOLVIMENTO DO JUDO

- _ If the test is not done in a dojo, all security conditions must be ensured.
- _ It is allowed to draw a reference square on the floor/mat, in levels U9 and U12.

3.4 EVALUATION / SCORING

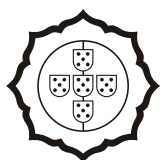
- _ The scoring system of this competition is made by counting the number of correct movements in the time period defined for the age group: 1 movement = 1 point.
- _ There is no penalty for a wrong move, it just is not counted.
- _ It is enough that one of the evaluation criteria is not met so that the movement is considered wrong and as such is not accounted for.
- _ In the registration form or in the excell document and then in the International Competition form, the athlete him/herself communicates his/her score.
- _ Verification of the records will be the responsibility of the international referee João Guerra.
- _ In case of a tie in the repetition number, the youngest judoka will be ahead, if they are still tied, whoever signed up first will be ahead.
- _ The evaluation criteria will be detailed in point 8 of the regulation and will be complemented with video.

4 - REGISTRATION

- _ Registrations are made through the form <https://forms.gle/JYbxsQrgGfeVsPxu7> or via info@cpdj.org with the excell document for multiple registrations.
- _ Registration and payment of the registration fee must be made within the period of the National Competition.
- _ The registration fee is 15 € for Portugal and 20 € for other countries, due to shipping costs of the medal.
- _ Payments must be made by bank transfer to:
CPDJ – CENTRO PARA O DESENVOLVIMENTO DO JUDO ASSOCIAÇÃO
IBAN PT50 0033 0000 4544 3685 6860 5
Proof will be sent on the registration form.

- _ If you do not wish to authorize the use of the videos for the purpose of promoting / publicizing the event on CPDJ's social networks or communication channels, check the registration form.
- _ Entries are limited to the first 100 registrants.
- _ PRE-RESERVATIONS - Due to the limit of registrations, pre-reservations can be made by paying 50% of the registration. In this case, the form must be filled out and the excell document with the links and punctuation sent to info@cpdj.org.

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ

CENTRO PARA O
DESENVOLVIMENTO DO JUDO

5 - AWARDS

_ MEDAL - We believe that, with all the obstacles that the pandemic has already put in front, those who continue to do judo should be rewarded. In this sense, for their passion and resilience, all subscribers will receive a medal.

_ DIPLOMA - The 3 finalists of each age group at national level will receive a Diploma.

_ WHITE JUDOGI + BLUE JUDOGI - The winners of each age group of the International Competition will win a white judogi and a blue judogi.

6 - "FIGHTS" DURATION

2min _ U18 - 2004/2005/2006

2min _ U15 - 2007/2008/2009

1min _ U12 - 2010/2011/2012

1min _ U9 - 2013/2014/2015

7 - COMPOSITION OF THE 3 "FIGHTS"

7.1 - "FIGHT" 1

HAJIME →

- 1) Uchikomi Han Goshi (Base 1) 5x to the right
- 2) Uchikomi Han Goshi (Base 1) 5x to the left
- 3) Ushiro Ukemi (posição de pé) 3x

(repeat points 1, 2 and 3 until the time set for the age group ends)

7.2 - "FIGHT" 2

HAJIME →

- 1) Uchikomi Ushiro Mawari Sabaki (Base 2 - Recuar) 5x to the right
- 2) Uchikomi Ushiro Mawari Sabaki (Base 2 - Recuar) 5x to the left
- 3) Zempo Kaiten Ukemi 2x to the right
- 4) Zempo Kaiten Ukemi 2x to the left

(repeat points 1, 2, 3 and 4 until the time set for the age group ends)

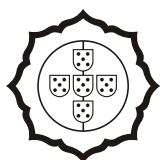
7.3 - "FIGHT" 3

HAJIME →

- 1) Uchikomi Kaiten Jiku (Base 3 - Pivô) 5x to the right
- 2) Uchikomi Kaiten Jiku (Base 3 - Pivô) 5x to the left
- 3) Uchikomi Kesa Gatame 10x one to the right - one to the left - one to the right - one to the left - one to the right - one to the left - ...

(repeat points 1, 2 and 3 until the time set for the age group ends)

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ

CENTRO PARA O
DESENVOLVIMENTO DO JUDO

8 - EVALUATION CRITERIA

8.1 - "FIGHT" 1

8.1.1 - Uchikomi

- _ The weight must remain on both feet. If only the tip of the foot touches the ground, without the judoka putting weight on it, the movement will not be counted.
- _ The feet must be kept apart. If the feet are together, the movement will not be counted.
- _ Hands and elbows should be at or above shoulder height. If not, the movement will not be counted.

8.1.2 - Ushiro Ukemi

- _ The head cannot touch the ground. If you touch, the movement will not be counted.
- _ The arms should hit approximately 45 degrees from the body. If they are at 90 degrees or more, the movement will not be counted.
- _ The legs should be together and straight. If not, the movement will not be counted.
- _ Between each fall, when the judoka gets up, he/she must do the full extension of his/her legs. If not, the movement will not be counted.

8.2 - "FIGHT" 2

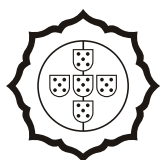
8.2.1 - Uchikomi

- _ When the judoka starts the movement by withdrawing his foot, the hand on the same side must raise at shoulder level, as if he/she were pulling the opponent. If not, the movement will not be counted.
- _ The weight must remain on both feet. If only the tip of the foot touches the ground, without the judoka putting weight on it, the movement will not be counted.
- _ The rotation of the entire body must be 180 degrees, both to start the movement and to end it. If not, the movement will not be counted.
- _ The hand of the "collar" can be held at the shoulder like a Morote Seio Nage or have the movement of throwing an ax or a stone. If neither option is verified, the movement will not be counted.
- _ The movement must always be made in the same direction, and the judoka must return to the starting position to start a new movement. If not, the movement will not be counted.
- _ The legs should be slightly flexed.

8.2.2 - Kempo Kaiten Ukemi

- _ The judoka must be clear on the forward foot and the hands must be correctly placed. If not, the movement will not be counted.
- _ The judoka must only hit the ground with the correct hand. If not, the movement will not be counted.

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ

CENTRO PARA O
DESENVOLVIMENTO DO JUDO

_ The judoka must stand up without placing any knee on the ground and only in the U9 will not be penalized for crossing the legs. If not, the movement will not be counted.

8.3 - "FIGHT" 3

8.3.1 - Uchikomi

_ When the judoka starts the movement by advancing the foot, the hand on the same side must raise at shoulder level, as if pulling the opponent. If not, the movement will not be counted.

_ The hand of the "collar" can be held at the shoulder like a Morote Seio Nage or have the movement of throwing an ax or a stone. If neither option is verified, the movement will not be counted.

_ The weight must remain on both feet. If only the tip of the foot touches the ground, without the judoka putting weight on it, the movement will not be counted.

_ The rotation of the entire body must be 180 degrees, both to start the movement and to end it. If not, the movement will not be counted.

_ The movement must always be made in the same direction, and the judoka must return to the starting position to start a new movement. If not, the movement will not be counted.

_ The legs should be slightly flexed.

8.3.2 - Kesa Gatame Uchikomi

_ The judoka must start the movement on a plank or, in the case of step U9, with arms outstretched. If not, the movement will not be counted.

_ The most advanced foot should cross the line of the elbow or supporting hand. If not, the movement will not be counted.

9 - CLARIFICATIONS

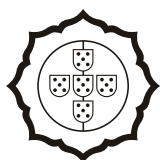
_ All questions and doubts can be asked through the following email: info@cpdj.org

_ Any situation that is not clear, CPDJ reserves the right to make a decision.

_ Due to the pandemic situation and the innovative format of the competition, CPDJ reserves the right to make changes that aim at the better functioning of the competition and the well-being of the participants.

WE WISH ALL OF YOU AN EXCELLENT TIME FOR JUDO AND UNION
STRONGER TOGETHER

SUPPORTED BY:



Federação Portuguesa
de **Judo**

CPDJ

CENTRO PARA O
DESENVOLVIMENTO DO JUDO