



# LYG Judo 2025

## Entry Information & Rules

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### Event Overview

**Date:** Saturday 31<sup>st</sup> May 2025.

**Venue:** UEL SportsDock, University Way 4-6, London E16 2RD

**Contact:** [ali@londonyouthgames.org](mailto:ali@londonyouthgames.org)

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### Entry Information

**Squad Entry Deadline:** **Friday 9th May 2025.**

**Squad Nomination Size:** **50** (Section A = 10, Section B = 10, Section C = 10, Section D = 10, Section E = 10, 5 per weight category) per gender.

**Squad on the Day:** Same as above.

**Competitions:** Boys & Girls (compete separately).

**Eligibility Criteria:** Competitors must be members of the British Judo Association, British Judo Council or Amateur Judo Association. To obtain a BJA license please visit [www.britishjudo.org.uk](http://www.britishjudo.org.uk).  
Recreational / licences will not be accepted.

### Age Categories

Event	Graded Groups	Age Category	Oldest DOB	Youngest DOB
GROUP A	4 <sup>th</sup> Mon (yellow) and above	9 – 11 year olds on day of competition	01/09/2013	31/08/2015
GROUP B	4 <sup>th</sup> Mon / 5 KYU (yellow) – 9 <sup>th</sup> Mon /4 KYU (orange)	12 – 15 year olds on day of competition	01/09/200	31/08/2013
GROUP C	10 <sup>th</sup> Mon / 3rd KYU (green) - 18 <sup>th</sup> Mon /1st KYU (brown)	12 – 15 year olds on day of competition	01/09/2009	31/08/2013
GROUP D	4 <sup>th</sup> Mon / 5th KYU (yellow) – 9 <sup>th</sup> Mon /4th KYU (orange)	16 – 18 year olds on day of competition	01/09/2006	31/08/2008
GROUP E	10th Mon / 3rd KYU (green) - 18th Mon /1st KYU (brown)	16 – 18 year olds on day of competition	01/09/2006	31/08/2008

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<b>GROUP A</b> 9 to 11 years	<b>BOYS: U24, U27, U30, U34, U38, U42, U46, U50, U55, O55</b> <b>GIRLS: U25, U28, U32, U36, U40, U44, U48, U52, U57, O57</b>
<b>GROUP B</b> 12 to 15 years	<b>BOYS: U34, U38, U42, U46, U50, U55, U60, U66, U73, O73</b> <b>GIRLS: U36, U40, U44, U48, U52, U57, U63, U70, O70,</b>
<b>GROUP C</b> 12 to 15 years	<b>BOYS: U34, U38, U42, U46, U50, U55, U60, U66, U73, O73</b> <b>GIRLS: U36, U40, U44, U48, U52, U57, U63, U70, O70,</b>
<b>GROUP D</b> 16 to 18 years	<b>BOYS: U50, U55, U60, U66, U73, U81, U90, O90</b> <b>GIRLS: U48, U52, U57, U63, U70, U78, O78</b>
<b>GROUP E</b> 16 to 18 years	<b>BOYS: U50, U55, U60, U66, U73, U81, U90, O90</b> <b>GIRLS: U48, U52, U57, U63, U70, U78, O78</b>

## Full Rules & Regulations

**JUD 1** The London Youth Games Judo competition will run in accordance with [British Judo Association rules](#).

**JUD 1.1** The London Youth Games Judo competition will follow the Transgender guidance outlined by British Judo [Transgender Inclusion Policy - British Judo](#)

**JUD 1.2** Should any rules listed below contradict those outlined by the British Judo Association, these rules will supersede those.

**JUD 1.3** It will be at the sole discretion of the Competition Director as to the application of these rules, and any subsequent decision made as a result will be final.

**JUD 1.4** Any incomplete entries will not be accepted and will be returned to sender. All entries must be completed in full.

### JUD 2 Age Category

**JUD 2.1** The following age groups / weight groups and respective maximum date of births will apply to the London Youth Games Judo Competition;

**JUD 2.2** Competitors must be full members of the British Judo Association, British Judo Council or Amateur Judo Association. To obtain a BJA license please visit [www.britishjudo.org.uk](http://www.britishjudo.org.uk).  
*Recreational licences & Pathway licences will **not** be accepted.*



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**JUD 2.3** Competitors are not permitted to enter this competition if they are ineligible. No exceptions will be made.

**JUD 2.4** It is the responsibility of competitors/parents/team managers/local authority staff to ensure all competitors details are entered correctly at the time of submission, and that they are eligible to compete for their borough under the [London Youth Games Games Rules](#), and in accordance with the age groups outlined for the competition.

**JUD 2.4.1** In the instance a competitor is found to be ineligible, they will be disqualified from the competition entirely, and the borough will receive a points penalty as per the Games Rules.

### JUD 3 Squad Size and Team Managers

Boroughs are permitted to enter a minimum of 1 competitor and a maximum of 25 competitors per gender.

**JUD 3.1** Boroughs can enter a maximum of 5 competitors per group per gender.

**JUD 3.2** Boroughs can enter a maximum of 5 competitors per weight category per group per gender.

**JUD 3.3** Boroughs are required to nominate a maximum of TWO team managers. These two nominated team managers are required to sign the borough team into the event at team registration.

**JUD 3.4** Boroughs are permitted to nominate a maximum of 4 coaches on the day of the event. Coaches must hold a L1 coaching qualification and have completed the BJA Matside coaching qualification and be able to supply evidence of this to officials on the day of the event. Once qualifications have been validated, coaches will be issued a wristband that allows them to go mat side.

### JUD 4 Kit & Equipment

**JUD 4.1** All competitors must provide a clean **White Judogi**.

**JUD 4.2** Female competitors must wear a **plain white** t-shirt or borough team t-shirt under their judogi. Male competitors can have the option to wear a **plain white** t-shirt or borough team t-shirt under their judogi.

**JUD 4.3** All competitors must wear judogi trousers and a **Plain White t-shirt** when weighing in and for medal presentations.

### JUD 5 Competition Format

**JUD 5.1** Each competitor will compete as an individual in their respective weight category and age group and will gain points for the borough.

**JUD 5.2** Contest duration will be three minutes for sections A, B & C. Section D & E contests will be four minutes. Golden score will follow the BJA Technical Restrictions Format for Section A & B. Golden Score is unlimited for sections C, D & E.

**JUD 5.3** There will be no seeding from previous results. Seeding will be carried out using the BJA competition manual rules and we will try and separate players from the same borough.

**JUD 5.4** The Tournament Director will decide the competition system on the day. The competition system will be compound knockout for categories with more than 8 athletes. For categories with less than 8 athletes, a pool system will be used.

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### **JUD 6 Competition Rules**

**JUD 6.1** Armlocks and strangles are only permitted in section D & E

**JUD 6.2** Each player will have a minimum of two contests where possible.

**JUD 6.3** Weight categories may be merged due to low numbers. When a competitor is merged with another category, they will receive points for their original category only e.g., if a competitor is the only person in the under 52kg weight and are merged with the under 57kg category then they will receive the gold medal and points regardless of contest result.

**JUD 6.4** Only one coach to be mat side with a Judoka at one time. Please refer to rule **JUD 3.4**.

**JUDO 6.5.1** Tolerance of 0.8KG (800g) per weight category i.e 52.8 maximum weight for U52

#### **GROUP A**

Age 9,10,11, years old on the day of the tournament

Minimum Grade 4<sup>th</sup> MON / Yellow Belt and above – NO Exceptions

***BJA Technical Restrictions will apply to this group***

#### **GROUP B**

Age 12 – 15 years old on the day of the tournament

Minimum Grade 4<sup>th</sup> Mon (Yellow) – 9<sup>th</sup> Mon (Orange)

***\*\*\*\*\*BJA Technical Restrictions will apply to this group\*\*\*\*\****

#### **GROUP C**

Age 12 – 15 years old on the day of the tournament

Minimum Grade 10<sup>th</sup> Mon (Green) and above

***No Technical Restrictions***

#### **GROUP D**

Age 16 – 18 years old on the day of the tournament

Minimum Grade 4<sup>th</sup> Mon (Yellow) – 9<sup>th</sup> Mon (Orange)

***No Technical Restrictions***

#### **GROUP E**

Age 16 – 18 years old on the day of the tournament

Minimum Grade 4<sup>th</sup> Mon (Yellow) – 9<sup>th</sup> Mon (Orange)

***No Technical Restrictions***



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### JUD 7 Scoring

Points awarded according to player position;

**JUD 7.1** Gold – 10 points, Silver – 7 points, both Bronze – 4 points, 5<sup>th</sup> – 1 point.

**JUD 7.2** All results 5<sup>th</sup> place and above will be counted.

### JUD 8 Medals & Trophies

Medals and trophies will be awarded as follows:

**JUD 8.1** Medals awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed competitors in each category and trophy awarded to the winning team per gender.