



Projekt współfinansuje m.st. Warszawa



# V Judo Tournament for the Cup of Białoleka Mayor

Tournament dedicated to the memory of Coach Sławomir Pacholak

**Warsaw, 3.11.2018**

**U14 / U12 / U10**

ORGANISERS: JUDO LEMUR CLUB, BIAŁOLEKA DISTRICT OFFICE	<b>www.zawodylemur.pl</b>
TIME AND PLACE OF THE TOURNAMENT:	<b>3.11.2018 SATURDAY</b> <b>SPORTS HALL OF THE BIAŁOLEKA SPORT CENTRE</b> <b>ul. Strumykowa 21, 03-138 Warsaw</b>
CORRESPONDENCE ADDRESS: PHONE NUMBERS TO THE ORGANISERS:	<b>LEMUR JUDO CLUB</b> ul. Głębocka 102 m 24, 03-287 Warsaw phone number: 608 523 545 –Coach Mariusz Rowicki phone number: 608 306 346 –Coach Mateusz Pacholak phone number: 505 893 551 –Coach Łukasz Zatyka biuro@judo-lemur.pl / judo-lemur@judo-lemur.pl / mariuszrowicki@gmail.com
TOURNAMENT OFFICE DETAILS:	<b>SPORTS HALL OF THE BIAŁOLEKA SPORT CENTRE</b> ul. Strumykowa 21, 03-138 Warsaw 3.11.2018 from 7.00 till 6pm
TOURNAMENT MANAGER:	Mariusz Rowicki phone number: 608 523 545
TOURNAMENT REGISTRATION:	Only clubs can register the competitors (registrations made by parents will be invalid) till 31.10.2018, 11 pm <b>AFTER THE ABOVE DEADLINE THE COMPETITOR WILL BE OBLIGED TO PAY AN ENTRY FEE – PLN 50</b> The clubs register online on: <b>www.judostat.pl</b> <b>The registration must contain the following information:</b> Name and surname of the competitor, year of birth, weight category The competitors have the right to start in a higher weight category after paying the second entry fee, the coach's and parents' consent is also required.
ENTRY FEE:	<b>ENTRY FEE (PLN 35 PER HEAD / 8€).</b> <b>The competitors of the beginners' tournament may only start in one weight category. THE COMPETITOR WILL RECEIVE A SET WHILE BEING WEIGHED- A SANDWICH, AN APPLE, WATER 0,5L.</b>
OFFICIAL WEIGHT:	<b>03.11.2018 ( Saturday)</b> <b>MU10</b> - . 8:00 -8:30, <b>FU10</b> - 10:00 - 10:30 <b>MU12</b> - 11:00 - 12:00, <b>FU12</b> - 2pm-2.30pm <b>MU14</b> – 3.30pm- 4pm, <b>FU14</b> – 5pm- 5.30pm <b>YOU ARE REQUESTED TO ARRIVE AT THE BEGINNING OF WEIGHING, NOT AT THE END!</b>
MEDICAL TESTS:	Valid medical tests are required, every competitor needs to have accident insurance The competitor may also participate in the tournament after a written consent from a parent or legal guardian
SYSTEM OF CONDUCTING THE TOURNAMENT:	<b>SYSTEM OF FIGHTS:</b> 2 competitors – up to two wins, 3-5 everyone against everyone, 6-8 Brussels system above 8-the French system. In categories U14, U12 and U10 using body lock and choking is forbidden, It is allowed to use knee drops and Sutemi-waza throws.

<b>DISTINCTIONS AND PRIZES:</b>		GREAT PRIZES can be won in the tournament! CUPS AND MEDALS for places 1 <sup>st</sup> to 3 <sup>rd</sup> in particular weight categories! Diplomas for all competitors registered on time. After every played out age category great prizes will be drawn- BIKES and JUDOGI!!! For the first three teams cups and financial rewards- €1000 for the 1 <sup>st</sup> place, €700 for the 2 <sup>nd</sup> place, €500 for the 3 <sup>rd</sup> place.			
<b>WEIGHT CATEGORIES:</b>					
Category:	Year:	Weight:	Fights	Weight categories	Fighting
MU10 Boys	2009/10	Boys 8:00 - 8:30	Boys 9:00	20/22/24/27/30/33/36/+36kg	2min
FU10 Girls		Girls 10:00 - 10:30	Girls 11:00	22/25/28/31/34/37/+37kg	
MU12 Boys	2007/08	Boys 11:00 - 12:00	Boys 12:30	27/30/33/36/39/42/46/50/+50kg	2min
FU12 Girls		Girls 2pm - 2.30pm	Girls 3pm	25/28/31/34/37/40/44/48/+48kg	
MU14 Boys	2005/06	Boys 3.30pm-4pm	Boys 4.30pm	30/33/36/39/42/46/50/55/60/+60kg	3min
FU14 Girls		Girls 5pm-5.30pm	Girls 6pm	31/34/37/40/44/48/52/56/+56kg	
		<ul style="list-style-type: none"> <li><b>WE REQUEST PUNCTUALITY; PLEASE ARRIVE FOR THE BEGINNING OF THE WEIGHING NOT AT THE END!</b></li> <li><b>WE REQUEST UNDERSTANDING; IF THERE IS A DELAY IN THE FIGHTS, THE WEIGHING WILL BE CERTAINLY ON TIME .</b></li> <li><b>ONLY WHITE AND BRAIDED JUDOGI ARE ALLOWED, COMPETITORS IN KARATE ATTIRE WILL NOT BE ALLOWED TO PARTICIPATE!</b></li> <li><b>THE BLUE JUDOGI IS ALLOWED ONLY WHEN THE COMPETITOR IS CALLED OUT AS THE SECOND ONE AND ENTERS A FIGHT IN A RED WAISTBAND.</b></li> <li><b>FOR HYGENIC REASONS WE REQUEST THAT THE COMPETITORS HAVE FLIP FLOPS.</b></li> <li><b>IN CASE OF TOO MANY REGISTRATIONS WE RESERVE THE RIGHT TO CLOSE THE REGISTRATION PROCESS EARLIER THAN OCTOBER, 31<sup>ST</sup></b></li> <li><b>WE RESERVE THE RIGHT TO JOIN CATEGORIES IN CASE OF TOO FEW COMPETITORS</b></li> <li><b>THE AWARD CEREMONY WILL TAKE PLACE AFTER THE PLAYOUT OF EACH AGE CATEGORY</b></li> <li><b>PARENTS MAY CHEER FOR THEIR CHILDREN ONLY FROM THE FAN ZONE</b></li> </ul>			
<b>CAMP</b>		For the competitors starting on Saturday we have planned two workouts with a Polish judo superstar on Sunday (4.11.2018), payable PLN20/€5. They will take place in the sports hall next to the tournament hall. The first practice starts at 9.30, the second at 1pm. We provide transportation from the tournament hall. First will be at 9:30, and second at 13:00. We provide transport from the competition hall.			
<b>BLOOD DONATION:</b>		During the tournament there will be blood donation for a girl suffering from cancer. A special coach, where you can donate blood, will be provided by "Judo- the martial art that fights with cancer!" foundation. LET'S ALL HELP!			
<b>ADDITIONAL INFORMATION:</b>		Both on the first and second day of the tournament there is a possibility to order lunch- PLN15/€4 per meal. Orders should be send to: <a href="mailto:biuro@judo-lemur.pl">biuro@judo-lemur.pl</a> If you want to make hotel reservations through the organiser, please contact us at: <a href="mailto:biuro@judo-lemur">biuro@judo-lemur</a>			

