



*Judo – more
than sport!*

EVENT OUTLINES

Coimbra Junior European Cup 2022

March, 19th – 20th 2022

Coimbra EJU Junior Training Camp 2022

March, 21st – 24th 2022



IJF Junior World Ranking Event

1. Organizer

Portuguese Judo Federation

Address: Rua Alves Redol, 1 - Lojas A/B, 2675-285 Odivelas
Email: portugalevents@fpj.pt
Phone : +351213931630

Emergency Contact:

General matters:	Mr.Sergiu Oleinic	+351961969799	portugalevents@fpj.pt
Accommodation:	Ms.Joana Fernandes	+351911105185	portugalevents@fpj.pt
Transport:	Mr.Jorge Alberto Fernandes	+351960342339	portugalevents@fpj.pt
Covid manager:	Dr. Maria Da Luz Ferreira	+351911105185	testes@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 Covid-19 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 IJF Covid-19 Protocol 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 the email: portugalevents@fpj.pt. Please, see visa form uploaded.
2. Book accommodation and send a detailed rooming list. Last minute changes can be arranged whilst the delegation waits in the bus or outside the hotel.
3. Present on arrival:

If you are FULLY vaccinated or recovered from Covid-19 disease in last 6 months before event:

1 PCR test which is not older than 72 hours before entering the bubble and vaccination certificate or recovery certificate

If you are not vaccinated (or not fully vaccinated):

two (2) Covid-19 negative individual medical certificates (PCR tests) done maximum eight (8) days before entering the bubble and taken at least (minimum) 48 hours apart (can be more than 48 hours).

Please make sure that all documents have also has an English version.

A person is considered fully vaccinated or equivalent to fully vaccinated if:

- has received 2 doses (or 1 dose of Janssen vaccine)
- has received 3 doses (in any vaccine combination)
- has been infected in the past 6 months (to the competition day*)
- has been infected in the past 6 months and has received 1 dose
- has received 1 dose and then got infected in the past 6 months

All vaccine types are accepted (not just EMA approved).

Validity of protection is 1 year from the last shot received, subject to change according to WHO recommendation.

*Recovery from infection passports is valid only for 6 months from the date of the positive test.

During the period when the tests are 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 two negative PCR tests).).

4. Present upon arrival IJF Liability Release Waiver which is uploaded to my.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 tests, Vaccination Certificate/Recovery Certificate, Liability Release Waiver must be uploaded to the platform my.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. All travellers must complete their passenger locator form before entering the country found under the link: <https://portugalcleanandsafe.pt/en/passenger-locator-card>
3. Vaccination or recovery certificates or PCR (not older than 72h) or antigen (not older than 24h)

All information regarding entering the county can be found here: <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. One (1) PCR test per participant will be performed immediately upon arrival. The test will be held in 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.

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.

	Thursday	Friday	Saturday	Sunday	Monday	
07:30						
08:00				Ref. Meet.		
08:30						
09:00						
09:30						
10:00	Arrival Covid-19 Manager & Athletes Day 1					
10:30						
11:00						
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21:00						

Testing: Sample taking 14:00 - 17:00 --> result by 8 am next day, Sample taking 17:00 - 20:00 --> result by 1 pm next day
Sport hall: access only for athletes competing that day (access for warm-up partner can be granted upon request in case of special circumstances)
Entries & registration: No entries by clubs can be accepted - every participating Federation must have a Covid-19 Manager handling all entries and bookings!

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

In case of a positive test result we will follow the Portuguese Government/National Public Health Authorities

Quarantine period: 7 days

Quarantine hotel: accommodation hotel

Rates: 150 Euro Board single room/per night during the event. After the event the regular hotel price.

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.

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. Maria Da Luz Ferreira; +351911105185 testes@fpj.pt.

Exit tests

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

Where to book: at the welcome desk on spot or during the accreditation

Price: PCR tests - 100€; antigen - 25 Euro

3. Competition Place

Pavilhão Desportivo do Colégio da Imaculada Conceição - CAIC

3044-519, Cernache; <http://maps.google.com/maps?q=40.14098%2C-8.46842>

4. Age

15 to 20 years old (Born 2002 - 2007)

5. Participation

This Junior European Judo 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, 28 th February 2022
Hotel Reservation:	Monday, 28 th February 2022
Hotel Payment:	Monday, 28 th February 2022
Travel details:	Monday, 07 th March 2022
Rooming List:	Monday, 07 th March 2022
JUDOBASE Registration:	Friday, 11th March 2022

8. Program

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

Thursday, March 17th 2022		
Not later than 16:00	Arrival of Covid Managers and athletes competing on Saturday	Official Hotels
08:00 – 22:00	PCR testing	Official Hotels
Friday, March 18th 2022		
Not later than 16:00	Arrival of athletes competing on Sunday	Official Hotels
10:00 – 17:00	Accreditation	Hotel D. Luis
08:00 – 22:00	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	online
Saturday, March 19th 2022 Women: -63, -70, -78, +78 kg Men: -60, -66, -73 kg		
tbc	PCR testing (Exit PCR)	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, March 20th 2022 Women: -48, -52, -57 kg Men: -81, -90, -100, +100 kg		
tbc	PCR testing (Exit PCR)	Official Hotels
9:00	Eliminations/Repechage/Semi finals	Sport Hall
After	Final Block: Bronze Medal Contests, Finals	Sport 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 March 11th 2022

	NO IJF Official ID Card	Late entry IJF Official ID Card: YES	Replacement IJF Official ID Card: YES
Athletes		30€	0€
Other delegates (Head of delegation, Coaches, Physios, Doctors, ...)	<ul style="list-style-type: none"> • ENTRY NOT POSSIBLE • REPLACEMENT NOT POSSIBLE 	0€	0€

Please note:

- Above mentioned late entry fee has to be paid in cash on spot.
- 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.

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 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 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 Cadet 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 eight (8) from the entered competitors in each weight category will be seeded according to the current IJF Junior 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.

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, 11th March 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

Airports: Lisbon International Airport (200km from Coimbra); Oporto International Airport (130km from Coimbra)

Train Station: Coimbra-B

Bus station: Rodoviaria 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.

Group transfer from/to Official Airports to Coimbra will be arranged for a cost of 30 € per person/per journey. For private transfers - the price is upon request to the organiser.

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 (additional hotel can be proposed depending on the participation numbers)

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

Distance to the airport: 200 km Lisbon & 130 km Porto; distance to the sportshall: 7,8 km

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

<i>Prices/person/nights</i>	<i>Full board/2 nights/per person</i>	<i>Full board/3 nights/per person</i>	<i>1 night/per person</i>
<i>Single room</i>	<i>300 Euro</i>	<i>450 Euro</i>	<i>150 Euro</i>
<i>Double room</i>	<i>260 Euro</i>	<i>390 Euro</i>	<i>130 Euro</i>

Please, forward the hotel reservation form to the email address: Joana Fernandes - portugalevents@fpj.pt

Hotel reservation deadline: Monday, 28th February 2022

Hotel payment deadline: Monday, 28th February 2022

Cancellation policy:

- Up to 21 days before arrival: no charge
- 20 - 7 days before arrival: 50% refund
- Less than 7 days: no refund

Cash payment upon arrival is allowed. Credit cards can be accepted on spot.

In case of tournament cancellation by the Portuguese 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

All payments (including EJU entry fee) should be transferred to the following bank account:

Name of bank	NOVO BANCO - Balcão LX -LAPA
Bank address	R. Buenos Aires 5, 1200-732 Lisboa
Account No.	41035060007
IBAN	PT50 0007 0041 0003 50600077 9
SWIFT address	BESCPTPL
Purpose of payment	“Country” EJCup2022”

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 JUDOGLI” 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, 28th February 2022

25. TRAINING

Tatami for training will be available in the official hotels

Thursday -Saturday March 17-19: from 08:00 till 22:00

Booking of training sessions will be done by the organiser on spot at the welcome desk on first come first served basis after teams receive the PCR test results.

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

26. TRAINING CAMP

Safety rules for participation in the Training Camp:

- All athletes and officials that have entered the bubble for the tournament, can participate in the Training Camp.
- No new athletes and officials from other countries can participate.
- Domestic athletes and officials can enter the bubble for the Training Camp with the same testing requirements as for the tournament (see #2). They also need to remain in the bubble for their whole stay (they are not allowed to sleep at home / at another accommodation).

Coimbra EJU Junior Training Camp will be held from 21.03.2022 until 23.03.2022 (24.03.2022 departure of delegations).

The camp will take place in the Best Western Hotel D. Luís

Accommodation price per person/per night FB is 85 Euro in Single room and 70 Euro double/twin room. During the Training camp it will not be possible to leave the bubble

Morning trainings starts at 10:00; afternoon training starts at 17:00

Schedules may change depending on the final number of participants.