



Judo – more
than sport!

Updated version: 07.10.2022

Pre-arrival testing

New Sports Hall

EVENT OUTLINES

Riga Cadet European Cup 2022

October 22nd – 23rd 2022

Riga EJU Cadet Training Camp

October 24th – 26th 2022



IJF Cadet World Ranking Event

1. Organizer

Latvian Judo Federation

Address: E. Birznieka-Upisa street no.21E, LV-1011, Riga

Email: info@judo.org.lv

Tel: +37128353012

Emergency Contacts:

General matters	Ms. Julija Lescinska	info@judo.org.lv ;	+371 28353012
Accommodation:	Ms. Kristine Cekstere	info@judo.org.lv ;	+371 29169811
Transport	Mr. Raivis Cakstins	info@judo.org.lv ;	+371 27721218

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.

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: Ms. Kristine Cekstere- info@judo.org.lv. 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: either 1 PCR test which is not older than 96 hours or 1 laboratory antigen test not older than 72 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 if you have a negative test result).

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 test and Liability Release Waiver must be uploaded to the platform my.ijf.org by NF administrator well in advance BEFORE TEAM ARRIVAL.

Entering Latvia

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

Rules to enter the country can be found under the link (please, have a look if any other documents are required for your team): <https://covid19.gov.lv/en/support-society/how-behave-safely/covid-19-control-measures>

Arrival to the official hotel

1. Upon arrival to the official hotel 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 Bellevue Park Hotel Riga.

2. Cost of the tests: 100 € PCR and 45 € 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.

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 Latvian Government/National Public Health Authorities procedure.

Quarantine period: 7 days

Quarantine hotel: the same as the competition hotel.

Rates: hotel price indicated in the outlines during the competition days and regular hotel price after the competition.

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 Latvia 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: Ms. Krista Brigita Cerpakovska; tel: +371 28762523; kbcerpakovska@gmail.com.

Exit tests

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

Where to book: Before to the arrival by the email together with accommodation form.

Price: PCR 100€, antigen: 45 €

3. Competition Place

Rimi Olympic Centre"

Address: Grostonas iela 6B, Vidzemes priekšpilsēta, Rīga, LV-1013, Latvia/

4. Age

15, 16 and 17 years old (Born in 2005, 2006 and 2007)

5. Participation

This Cadet European Cup is open for all EJU/IJF Member Federations Due to pandemic restrictions for the number of participants may apply. The competitors must be of the same nationality as the National Federation, which enters them.

6. Categories & Duration

Male: -50kg, -55kg, -60kg, -66kg, -73kg, -81kg, -90kg, +90kg

Female: -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70kg, +70kg

Duration: 4 minutes Golden Score: No time limit

7. Entry Fee

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

8. Deadlines

Visa form:
 Hotel Reservation:
 Hotel payment:
JUDOBASE Registration for delegations & referees:
 Travel details:
 Rooming List:

Tuesday, 27th September 2022
 Friday, 07th October 2022
 Friday, 14th October 2022
Friday, 14th October 2022
 Friday, 14th October 2022
 Friday, 14th October 2022

9. Program

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

Thursday, October 20th 2022		
14:00 – 19:00	Covid testing	Bellevue Park Hotel Riga
Friday, October 21st 2022		
10:00 – 17:00	Accreditation	Bellevue Park Hotel Riga
09:00 – 19:00	Covid testing	Bellevue Park Hotel Riga
18:00 – 18:30	Unofficial weigh-in	Bellevue Park Hotel Riga
18:30 – 19:30	Official weigh-in Girls: -40, -44, -48, -52 kg Boys: -50, -55, -60, -66 kg	Bellevue Park Hotel Riga
20:00	Draw	Online
Saturday, October 22nd 2022 Girls: -40, -44, -48, -52 kg Boys: -50, -55, -60, -66 kg		
09:00 – 10:30	Covid Testing	Riga Sports Arena "Arkadija"
08:00	Referee Meeting	Riga Sports Arena "Arkadija"
09:00	Eliminations/Repechage/Semi finals	Riga Sports Arena "Arkadija"
After	Final Block: Bronze Medal Contests, Finals	Riga Sports Arena "Arkadija"
18:00 – 18:30	Unofficial weigh-in	Bellevue Park Hotel Riga
18:30 – 19:30	Official weigh-in Girls: -57, -63, -70, +70 kg Boys: -73, -81, -90, +90 kg	Bellevue Park Hotel Riga
Sunday, October 23rd 2022 Girls: -57, -63, -70, +70 kg Boys: -73, -81, -90, +90 kg		
09:00	Eliminations/Repechage/Semi finals	Riga Sports Arena "Arkadija"
After	Final Block: Bronze Medal Contests, Finals	Riga Sports Arena "Arkadija"
Monday-Wednesday, October 24th- 26th, 2022 – Riga EJU Cadet Training Camp (see details in Par. 25)		

10. 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, October 14th 2022**

	NO IJF Official ID Card	Late entry	Replacement IJF Official ID Card: YES
Athletes	<ul style="list-style-type: none"> • ENTRY NOT POSSIBLE • REPLACEMENT NOT POSSIBLE 	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.

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 Cadets World Ranking List.

14. Weigh-in

Official weigh-in for each weight category is held the evening before the competition day (see program).

Athletes are not allowed to weigh-in naked. Boys must wear at least underwear and girls at least underwear and a T-shirt.

Additional 100g will be allowed for their weight category limits.

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, 14th October 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: Riga International airport

Railway station: Riga International Railway station

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.

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

Bellevue Park Hotel Riga

Address: Slokas street no.1, Riga, LV-1048; <https://hotelbellevue.lv/lv>

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

Distance to the airport: 8,3 km; distance to the sports hall: 5 km

Prices per person	B&B	Lunch	Dinner
Single room	115 €	20 €	20 €
Double room	90 €		

Hotel booking and transfers have to be made directly with the organiser: Ms. Kristine Cekstere; info@judo.org.lv; +371 29169811

Hotel reservation deadline: Friday, 07th October 2022 (hotel reservation after the deadline will be charged with penalty)

Hotel payment deadline: Friday, 14th October 2022

Cash payment upon arrival is allowed. Credit cards are not accepted on spot.

Cancellations: Till October 01, 2022 - full refund

Till October 14, 2022 - 50% refund

After October 14, 2022: - no refund, 100% of the hotel costs must be paid

In case of tournament cancellation by the EJU or the Latvian 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

Bank:	AS SWEDBANK
Address:	Balasta dambis 15, Riga, LV - 1048, Latvia
Beneficiary	Latvian Judo federation
IBAN :	LV56HABA0551047438605
SWIFT:	HABALV22

After the reservation a document with a number reference will be send to the National Federation, please use this number as reference of payment and for the accreditation.

Credit cards can not be accepted on spot.

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 → <https://www.ijf.org/supplier-list>).

Judogi Control

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

Anti-doping tests 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 Latvia, please send the enclosed “Visa and Invitation Application Form” fully filled not later than Thursday, 27th September 2022

25. TRAINING

Tatami for training will be available in the judo club at the address Birznieka-Upisa street no.21E, LV-1011.

Thursday, October 20th, 2022: from 12:00 till 20:00

Friday-Saturday, October 21st - 22nd, 2022: from 12:00 till 17:30

Booking of training sessions will be done by the organiser on spot at the information desk of the hotels.

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

25. 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).

Hotel: IBIS Riga Centre hotel. Single FB per person/per 3 nights 360.00 EUR; Double FB per person/per 3 nights 310.00 EUR

Morning training time 09:00 - 10:30 (girls); 10:00 - 11:30 (boys)

Afternoon training time 16:00 - 18:00 (girls); 17:00 - 19:00 (boys).