

**BRITISH JUDO COUNCIL (MAC)**  
**ANGLIA REGION**  
**INVITATION JUDO CHAMPIONSHIP**  
**SUNDAY 11<sup>th</sup> October 2009**

**VENUE:** Stalham Sports Hall at Stalham High School, Norfolk  
**WEIGH-IN TIMES:** Under 8 and Under Yellow Belts 0900-0930  
All other Juniors 0930-1000  
Intermediates/Seniors 1000-1030  
**COST:** Under 8 and Under Yellow £6.00 All other Juniors £7.00  
Intermediates/Seniors £8.00  
*(family discount £1.00 off entry per extra child)*  
**SPECTATORS:** £1.00 paid at the door (under 16's free with an adult)  
**CLOSING DATE:** Wednesday 7<sup>th</sup> October 2009.  
**ENTRIES ON THE DAY WILL BE £1.00 EXTRA PER ENTRY.**

Dear Club Instructor/Secretary

The Anglia Region BJC (MAC) warmly invites you, your club members and supporters to the above Championship. At this event the following rules have been discussed and agreed upon.

- 1). NO ARMLOCKS, STRANGLES, OR CHOKES ARE ALLOWED. **(ALL JUNIORS)**
- 2). SACRIFICIAL TECHNIQUES ALLOWED **(ALL JUNIORS Yellow Belt and above.)**
- 3). HOLDOWNS: **Under 8s ( 10, 15, 20 seconds)**  
**Juniors (15, 20, 25 seconds)**  
**Seniors (15, 20, 25 seconds)**
- 4). CONTEST TIMES: Juniors Under 8 and Under yellow 1&Half mins. All other Juniors 3 mins.  
Seniors/Intermediates 4 mins.
- 5). **THE ORGANISERS RESERVE THE RIGHT TO AMALGAMATE/DELETE ANY CATEGORY THEY MAY CHOOSE IN THE INTERESTS OF SAFETY. Medals will only be presented in weight groups available on the day.**
- 6). THERE WILL BE GOLD, SILVER AND TWO BRONZE FOR EACH CATEGORY.
- 7). **Footwear is to be worn at all times off the Mat.**
- 8). **The wearing of gum shields with braces is optional.**
- 9). **Refreshments will be available throughout the day; no food or drink is allowed in the main hall.**
- 10). **Judokas are allowed push top bottle water only in the main hall.**
- 11). **The competition is under BJC MAC 2009 Contest Rules.**

THE ANGLIA REGION BJC (MAC) ACCEPTS NO RESPONSIBILITY FOR INJURY OR LOSS OF PROPERTY AT THIS EVENT. EACH CLUB WILL BE TOTALLY RESPONSIBLE FOR THE BEHAVIOUR OF ITS COMPETITORS AND SUPPORTERS.

ANY CLUBS WHO CAN HELP WITH SAT AND SUN SET-UP AND CLEAR UP PLEASE PUT SOME NAMES FORWARD.

Please note: \* **Licenses will be checked on the day.**  
The Region reserves the right to refuse admission.  
There will be First Aid in attendance.  
Senior Referee: Roy Kirby (6<sup>th</sup> Dan)  
Senior Recorder: Diane Brooks

**WE ASK THAT EACH CLUB PROVIDES AT LEAST 2 OFFICIALS!!**

Please complete Sheet attached and send with your entries to:

MARSHALL BROOKS, 55 BLACK STREET, MARTHAM, NORFOLK NR29 4PR  01493 740751  
e-mail: marshallleebrooks@hotmail.com Mobile: 07870955037  
Please make cheques payable to: **BJC (MAC) ANGLIA REGION**

**The British Judo Council (Mac) Anglia Region  
Invitation Championship 2009  
Weight Groups**

**Note \***

**ALL UNDER EIGHT AND UNDER YELLOW BELTS  
WILL BE SIZED ON THE DAY INTO POOLS OF 4  
WHERE POSSIBLE.**

**JUNIOR (BOYS)**

UN27, UN30, UN34, UN38, UN42, UN46, UN50, UN55, UN60, UN72  
UN78  
NO OPEN

**JUNIOR (GIRLS)**

UN25, UN28, UN32, UN36, UN40, UN44, UN48, UN52, UN57  
UN 63, UN72  
NO OPEN

**INTERMEDIATES: (16 to un18 YRS.) MEN**

To be grouped on the day

**INTERMEDIATES: (16 to un18 YRS.) WOMEN**

To be grouped on the day

**SENIOR (MEN)**

UN66, UN73, UN81, UN90, 90 AND OVER

**SENIOR (WOMEN)**

UN57, UN63, UN70, 70 AND OVER

**SENIOR MEN / SENIOR WOMEN OPEN ON THE DAY  
(KNOCK-OUT) COST: £2.00**

