



COMMONWEALTH JUDO CHAMPIONSHIPS 2024

HOSTED BY MALTA JUDO FEDERATION

PROGRAMME

| Date | Time | Activity | Location |
|---------------------------|---------------|---|----------------------------------|
| Thursday, 4 April 2024 | 11:00 – 13:00 | Commonwealth Judo Congress | Malta Judo Academy |
| | 13:00 – 18:00 | Accreditation | National Sports School, Pembroke |
| | 14:30 – 16:00 | Commonwealth International Conference | Malta Judo Academy |
| | 17:30 – 18:00 | Unofficial Weigh in – Veterans | Malta Judo Academy |
| | 18:00 – 18:30 | Official Weigh in – Veterans | Malta Judo Academy |
| | 19:00 | Draw for Veterans Championships | Malta Judo Academy |
| | 18:45 – 19:15 | Unofficial Weigh in – Ne-waza | Malta Judo Academy |
| | 19:15 – 19:45 | Official Weigh in – Ne-waza | Malta Judo Academy |
| | 20:00 | Draw for Ne-waza Championships | Malta Judo Academy |
| Friday, 5 April 2024 | 09:30 (TBC) | Commonwealth Judo Championships for Veterans | National Sports School, Pembroke |



| | | | |
|------------------------|---------------|--|----------------------------------|
| | 15:00 (TBC) | Commonwealth Judo Championships in Newaza | National Sports School, Pembroke |
| | 10:00 – 15:00 | Accreditation | National Sports School, Pembroke |
| | 17:30 – 18:00 | Unofficial Weigh in – Pre-Cadets & Cadets | National Sports School, Pembroke |
| | 18:00 – 18:30 | Official Weigh in – Pre-Cadets & Cadets | National Sports School, Pembroke |
| | 19:00 | Draw: Pre-Cadets, Cadets, Juniors & Seniors | Malta Judo Academy |
| Saturday, 6 April 2024 | 09:30 (TBC) | Commonwealth Judo Championships for Pre- Cadets | National Sports School, Pembroke |
| | 12:00 (TBC) | Commonwealth Judo Championships for Cadets | National Sports School, Pembroke |
| | 17:30 – 18:00 | Unofficial Weigh in - Juniors & Seniors | National Sports School, Pembroke |
| | 18:00 – 18:30 | Official Weigh in - Juniors & Seniors | National Sports School, Pembroke |
| Sunday, 7 April 2024 | 09:30 (TBC) | Commonwealth Judo Championships for Juniors | National Sports School, Pembroke |
| | 13:00 (TBC) | Commonwealth Judo Championships for Seniors | National Sports School, Pembroke |



WELCOME

The Malta Judo Federation is proud to welcome you, the Commonwealth Judo Association family, to Malta for the 2024 Commonwealth Judo Championships.

INFORMATION REGARDING PEMBROKE, MALTA

Malta, officially the Republic of Malta, is an island country in Southern Europe, located in the Mediterranean Sea. It consists of an archipelago between Italy and Libya, 80 km (50 mi) south of Sicily (Italy), 284 km (176 mi) east of Tunisia, and 333 km (207 mi) north of Libya. The official languages are Maltese and English, and the nation's capital is Valletta. Malta has been inhabited since approximately 5900 BC. Its location in the centre of the Mediterranean has historically given it great strategic importance as a naval base, with a succession of powers having contested and ruled the islands, including the Phoenicians and Carthaginians, Greeks, Romans, Arabs, Normans, Aragonese, Knights of St. John, French, and British. The country became a republic in 1974. It has been a member state of the Commonwealth of Nations and the United Nations since independence, and joined the European Union in 2004; it became part of the eurozone monetary union in 2008.

Pembroke is a town in the Northern Region of Malta, and it is considered to be the country's newest locality. To the east is Paceville, the nightlife district of Malta. The coastal town and tourist hub of St. Julian's lies to the southeast, and the residential area of Swieqi lies to the south. The hilltop village of Madliena is to its west, and Baħar iċ-Ċagħaq lies to the northwest. Pembroke covers an area of 2.3 km² (0.89 sq mi). The area hugs a coastal zone with a rocky beach. The highest point lies at 64 meters (210 feet) above sea level (at Suffolk Road, exit to St. Andrew's Rd). Pembroke was formerly a British military base from the 1850s to 1979. Pembroke is named after Robert Henry Herbert, the 12th Earl of Pembroke, and was authorised by Sidney Herbert, younger half-brother of Robert and Secretary at War in 1859. Pembroke was formerly part of St. Julian's. Pembroke officially became a town by virtue of the Local Councils Act, as one of the 68 localities in Malta.

The Championships will be conducted in accordance with the latest IJF SOR and IJF Refereeing Rules will incorporate the following:

- Commonwealth Championships in Ne-waza
- Commonwealth Championships for Veterans
- Commonwealth Championships for Pre-Cadets
- Commonwealth Championships for Cadets
- Commonwealth Championships for Juniors
- Commonwealth Championships for Seniors

1. COMMONWEALTH JUDO ASSOCIATION CONFERENCE

- 1.1 The Commonwealth Judo Association Conference will take place at the Malta Judo Academy (Malta Judo Federation National Dojo), Pembroke on Thursday, 4 April 2024



- 1.1 Any questions regarding the Conference, please contact Professor Mike Callan CJA Education Director at mikecallan@judospace.com

2. COMMONWEALTH JUDO CHAMPIONSHIPS FOR VETERANS

2.1 DATE

The veterans' competition will be held on Friday, 5 April 2024

- 2.2 All the following conditions must be met in full for an individual to be considered eligible to participate in this championship.

2.2.1 **Minimum age of 30 as at 31 DECEMBER 2024**

- 2.2.2 Hold a current and valid licence (membership) issued by a National Federation currently affiliated to the Commonwealth Judo Associations

- 2.2.3 Pay the appropriate entry fees in full within the deadline time outlined in this document.

- 2.2.4 Meet the specific weigh-in requirements as applicable.

- 2.2.5 Provide photographic proof of your identity and date of birth using a valid current passport or a current National Identification Card.

- 2.2.6 A Competitor must not have represented a National Team in any competition at international senior level at any time in the twelve-month period before the Championships.

- 2.2.7 It is recommended that all competitors should have had a recent medical check-up prior to the championship.

- 2.2.8 There is no limit on the maximum number of competitors each delegation may enter per category. The competitors can only be entered in one weight category, the one in which they are enrolled.

- 2.2.9 The competitors must be of the same Nationality as the country, which enters them. Competitors who have double nationality can only represent 1 country. After having represented a country in the Olympic Games, in Continental or Regional Games or in World of Regional Championships, recognised by the CJA, he or she may not represent another country unless he or she meets the conditions set forth in the next paragraph.

- 2.2.10 When a competitor changes nationality, he or she must wait 3 years before he can represent the new country, unless the two countries concerned (the old country and the new country) agree to authorise his entry for the new nationality and this is accepted by the CJA (according to the Olympic Charter Article 42)



2.3 AGE

Age divisions – how age is determined:

Players will be allocated an age division based on the following criteria:

| <i>Age Divisions</i> | <i>Actual age in year of event</i> |
|----------------------|------------------------------------|
| F1/M1 | 30-34 |
| F2/M2 | 35-39 |
| F3/M3 | 40-44 |
| F4/M4 | 45-49 |
| F5/M5 | 50-54 |
| F6/M6 | 55-59 |
| F7/M7 | 60 - 64 |
| F8/M8 | 65 - 69 |
| F9/M9 | 70+ |

2.4 WEIGHT CATEGORIES

Women : -48kg -52kg -57kg -63kg -70kg - 78kg +78kg
 Men : -60kg -66kg -73kg -81kg - 90kg -100kg +100kg

2.5 COMPETITION FORMULA

- 2.5.1 The Competition format for the Veteran categories will of course depend on the number of entries received, and the outcome of any category combining that may take place. It is the intention of the organisers to try to ensure that players have at least two fights. However, we are not able to make a final decision on the format until after the entry closing date.
- 2.5.2 The Event Director reserves the right to alter the competition format depending upon the numbers of entries received.
- 2.5.3 Preliminaries of the individual contents and the fight for the bronze medals and the finals for the most categories will be held on 1 to 2 mats. Selected finals will be part of the evening show, on 1 to 2 mats.
- 2.5.4 All medallists in the selected finals must attend the evening medal ceremony in white judogi. Medals will only be presented during the ceremonies.
- 2.5.5 No shime-waza is allowed for F7/M7, F8/M8, F9/M9 competitions.

2.6 DURATION OF CONTESTS

- 2.6.1 Duration (minutes) for individual events will be as follows:
- M1/F1 to M6/F6: three (3) minutes. No limit to Golden Score



- M7/F7 and over: two and a half (2.5) minutes.1 minute Golden Score. If a tie exists at the end of the one (1) minute golden score time, the referee, in consultation with the table jury will determine the winner without calling hantei.

2.7 WEIGH IN

2.7.1 Unofficial weigh-in takes place just before the official weigh in. The weigh-in takes place on the night before at the National Sports School as the competition for the category concerned.

2.7.2 Exact times for weigh-in can be found in the detailed program published. The weight of the competitors has to fall within the category in which they are enrolled.

2.7.3 The competitors

- Presenting them after the closing of the weigh-in, cannot participate at the competition.
- Can present themselves only once at the official weigh-in
- Must present their accreditation card and passport at the official weigh-in

2.8 DRAW

Note : Before the draw, the lists of each category are hung in the draw room/in the corridor outside the draw room. Each Head of Delegation should check that all his inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

2.8.1 The draw will take place at the Malta Judo Academy.

2.9 CATEGORY COMBINING

2.9.1 A Technical Official from the Commonwealth Judo Association will delegate responsibility to suitable individuals, in order to operate of the category combining policy.

2.9.2 Category combining may only be applied to categories where there are less than three entrants. If category combining cannot be achieved safely and according to the guidelines, then a pool of two (2) elimination system may be considered. The best of three contests between the two (2) athletes, if the result is 2-0 then the third contest will not be fought.

2.9.3 Players should remain within their age division if possible



2.9.4 Combining using weight categories – athletes should only be combined with other athletes who are no more than one weight category lighter or one weight category heavier. Special consideration should be given to the actual weight differences when dealing with the lightest and the heaviest female and male categories (as a guideline a maximum of 10 kg actual difference when combining the lightest weight category and a maximum of 20 kg actual difference when combining the heaviest weight category should be considered as a limit unless there are other compensatory factors such as experience etc.). Weight should be the primary consideration when moving players about within their own age division or combining them with other age divisions in accordance with the age division's guidelines below.

2.9.5 Athletes in age divisions M7 or F7 and above (M8/F8 and M9/F9) may only be combined with other athletes who are no more than one age division higher or more than one age division lower i.e., athletes in M7/F7 may only be combined with athletes from M6/F6 or M8/F8. Athletes in divisions M6 or F6 may be combined with athletes no more than one age division higher or two age divisions lower. i.e., M7/F7, M5/F5 and M4/F4. Athletes in divisions M5 or F5 may be combined with athletes no more than one age division above or two age divisions below i.e., M6/F6, M4/F4 and M3/F3. Athletes in divisions M4 or F4 may be combined with athletes no more than two age divisions above or two age divisions below i.e., M5/F5, M6/F6, M3/F3 and M2/F2. Athletes in divisions M3 or F3 may be combined with athletes no more than two age divisions above or two age divisions below i.e., M4/F4, M5/F5, M1/F1 and M2/F2. Athletes in age divisions M2 or F2 may only be combined with athletes two age divisions above and one age division below i.e., M3/F3, M4/F4 and M1/F1. Athletes in age divisions M1 or F1 may only be combined with athletes in two age divisions above i.e., M2/F2 and M3/F3

| Age Division | Higher Age Division | Lower Age Division | Age Span |
|--------------|---------------------|--------------------|----------|
| F1/M1 | F2/M2, F3/M3 | Not applicable | 30-44 |
| F2/M2 | F3/M3, F4/M4 | F1/M1 | 30-49 |
| F3/M3 | F4/M4, F5/M5 | F1/M1, F2/M2 | 30-54 |
| F4/M4 | F5/M5 65-69 | F2/M2, F3/M3 | 35-59 |
| F5/M5 | F6/M6 | F3/M3, F4/M4 | 40-59 |
| F6/M6 | F7/M7 | F4/M4, F5/M5 | 45-64 |
| F7/M7 | F8/M8 | F6/M6 | 55-69 |
| F8/M8 | F9/M9 | F7/M7 | 60-70+ |
| F9/M9 | Not applicable | F8/M8 | 65-70+ |

3. COMMONWEALTH JUDO ASSOCIATION CHAMPIONSHIPS IN NEWAZA

3.1 DATE

The Ne-waza competition will be held on Friday, 5 April 2024



3.2 All the following conditions must be met in full for an individual to be considered eligible to participate in this championship.

3.2.1 **Minimum age of 30 as and a maximum of 60 at 31 DECEMBER 2024**

3.2.2 Hold a current and valid licence (membership) issued by a National Federation currently affiliated to the Commonwealth Judo Associations

3.2.3 Pay the appropriate entry fees in full within the deadline time outlined in this document.

3.2.4 Meet the specific weigh-in requirements as applicable.

3.2.5 Provide photographic proof of your identity and date of birth using a valid current passport or a current National Identification Card.

3.2.6 A Competitor must not have represented a National Team in any competition at international senior level at any time in the twelve-month period before the Championships.

3.2.7 It is recommended that all competitors should have had a recent medical check-up prior to the championship.

3.2.8 There is no limit on the maximum number of competitors each delegation may enter per category. The competitors can only be entered in one weight category, the one in which they are enrolled.

3.2.9 The competitors must be of the same Nationality as the country, which enters them. Competitors who have double nationality can only represent 1 country. After having represented a country in the Olympic Games, in Continental or Regional Games or in World of Regional Championships, recognised by the CJA, he or she may not represent another country unless he or she meets the conditions set forth in the next paragraph.

3.2.10 When a competitor changes nationality, he or she must wait 3 years before he can represent the new country, unless the two countries concerned (the old country and the new country) agree to authorise his entry for the new nationality and this is accepted by the CJA (according to the Olympic Charter Article 42)

3.3 AGE

All competitors must be 30 – 60 years old in the year of the event.

3.4 WEIGHT CATEGORIES

| | | |
|-------|---|---|
| Women | : | -48kg -52kg -57kg -63kg -70kg -78kg +78kg |
| Men | : | -60kg -66kg -73kg -81kg -90kg -100kg +100kg |



3.5 COMPETITION FORMULA

- 3.5.1 The Competition format for the Ne-waza categories will of course depend on the number of entries received, and the outcome of any category combining that may take place. It is the intention of the organisers to try to ensure that players have at least two fights. However, we are not able to make a final decision on the format until after the entry closing date.
- 3.5.2 The Event Director reserves the right to alter the competition format depending upon the numbers of entries received.
- 3.5.3 Preliminaries of the individual contents and the fight for the bronze medals and the finals for the most categories will be held on 1 to 2 mats. Selected finals will be part of the evening show, on 1 to 2 mats.
- 3.5.4 All medallists in the selected finals must attend the evening medal ceremony in white judogi. Medals will only be presented during the ceremonies.
- 3.5.5 When a judo competition starts, the judokas enter the competition area; when the referee calls them, they bow and kneel on one leg before each other. Upon hearing the referee's "Hajime," they move into ne-waza.
- 3.5.6 In the Ne-waza Competition, the winner during the Golden Score is determined by SOR rules, which means that the first judoka to score wins the match. The scores from the previous rounds are carried forward during the Golden Score.
- 3.5.7 If a golden score occurs, and during this time, the judoka in white (Tori) applies a Kodokan osaekomi-waza technique against the judoka in the blue judogi (Uke) in the middle of the contest area, and the referee announces "Osaekomi," then the judoka in blue will try to escape the hold. The hold-downtime limit is 20 seconds, and if the hold-down lasts for more than 10 seconds, it results in a Wazari as per SOR rules. Both judokas are considered equal until a score difference appears or a direct/indirect Hansokumake is given.
- 3.5.8 According to SOR, the referee may issue Shido and Hansokumake during a Judo competition. If a Judoka stands up without attacking, the referee will stop the match and announce "matte" while giving a shido. Both contestants will then kneel to restart. If a Judoka stands up while being strangled or under an armlock, the referee will consider it a submission and award an ippon. If both judokas move out of the contest area during a hold-down, they will not be interrupted. Instead, the hold-down will continue in the danger area until the time runs out or they reach the end of the danger area, where ippon is awarded. If the hold is broken,



the referee will announce "Matte" and both judokas will return to the kneeling position. If a judoka leaves the contest area, the referee will announce "Matte" and give a shido to the judoka who left the contest area. The competition will continue from the kneeling position.

3.6 DURATION OF CONTESTS

The duration of each contest will be that of 4 minutes for men and women and the golden score is unlimited.

3.7 WEIGH IN

3.7.1 Unofficial weigh-in takes place just before the official weigh in. The weigh-in takes place on the night before at the National Sports School as the competition for the category concerned.

3.7.2 Exact times for weigh-in can be found in the detailed program published. The weight of the competitors has to fall within the category in which they are enrolled.

3.7.3 The competitors

- Presenting them after the closing of the weigh-in, cannot participate at the competition.
- Can present themselves only once at the official weigh-in
- Must present their accreditation card and passport at the official weigh-in

3.8 DRAW

Note : Before the draw, the lists of each category are hung in the draw room/in the corridor outside the draw room. Each Head of Delegation should check that all his inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

3.8.1 The draw will take place at the Malta Judo Academy.

3.9 CATEGORY COMBINING

3.9.1 A Technical Official from the Commonwealth Judo Association will delegate responsibility to suitable individuals, in order to operate category combining.



4. COMMONWEALTH JUDO ASSOCIATION CHAMPIONSHIPS FOR PRE-CADETS

4.1 DATE

The individual competition will be held on Saturday, 6 April 2024

4.2 PARTICIPATION

4.2.1 No maximum entries for this division.

4.2.2 The competitors can only compete in one weight category, the one in which they are enrolled.

4.2.3 The competitors must be of the same nationality as the country, which enters them.

4.3 AGE

All competitors must be born in the years 2010 – 2011 (13 – 14 Years)

4.4 WEIGHT CATEGORIES

Girls: -32kg; -36kg; -40kg; -44kg; -48kg; -52kg; -57kg; - 63kg; +63kg

Boys: -30kg; -34kg; -38kg; -42kg; -46kg; -50kg; -55kg; -60kg; -66kg; +66kg

4.5 COMPETITION FORMULA

4.5.1 The competition will run on full repechage system. All participants can compete at least twice, athletes are divided into two (2) tables (pools), A and B, by means of a draw, and then into two (2) groups (sub-pools) within each table: A1, A2, B1 and B2. The elimination system will be used to produce two (2) finalists. All athletes defeated after each round of competition will take part in the repechage of their respective table according to the elimination system. The winner of each repechage will compete against the loser of the final of the opposite table for the two (2) bronze medals. The winners of table A and table B compete for the gold and silver medals.

4.5.2 The Event Directors reserves the right to alter this competition format depending upon the number of entries received.

4.5.3 It is the intention of the organisers to try to ensure that players have at least two fights. However, we are not able to make a final decision on the format until after the entry closing date.

4.5.4 Preliminaries of the individual contests & the fight for the bronze medals will be held on 1 - 2 mats.



4.5.5 The finals will be part of the evening show, on 1-2 mats.

4.5.6 All medallists must attend the evening medal ceremony in white judogi. Medals will only be presented during the ceremonies.

4.6 DURATION OF CONTESTS

The duration of each contest will be that of 3 minutes for boys and girls.

4.7 WEIGH IN

4.7.1 Unofficial weigh-in takes place just before the official weigh in. The weigh-in takes place on the night before at the National Sports School as the competition for the category concerned.

4.7.2 Exact times for weigh in can be found in the detailed program. The weight of the competitors has to fall within the category in which they are enrolled.

4.7.3 The competitors:

- Presenting them after the closing of the weigh-in, cannot participate at the competition.
- Can present them only one time at the official weigh-in.
- Must present their CJA accreditation and an official piece of identity (identity card or passport) at the official weigh-in.
- Are not allowed to weigh in naked. Boys must wear judogi trousers and will be given 0.5kg allowances; girls must wear judogi trousers and T-shirt and will be given 0.6kg allowance.

4.8 DRAW

Note : Before the draw, the lists of each category are hung in the draw room/in the corridor outside the draw room. Each Head of Delegation should check that all his inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

4.8.1 Before the draw the lists of each category will be displayed in the draw room or in the corridor outside the draw room.

4.8.2 Each head of delegation should check that all their inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

4.8.3 The draw will take place at the Malta Judo Academy.



5. COMMONWEALTH JUDO CHAMPIONSHIPS FOR CADETS

5.1 DATE

The individual competition will be held on Saturday, 6 April 2024

5.2 PARTICIPATION

- 5.2.1 Each delegation may enter up to a maximum of 2 competitors per category, totalling up to 32 competitors.
- 5.2.2 The competitors can only be entered only in one weight category, the one in which they are enrolled.
- 5.2.3 The competitors must be of the same nationality as the country, which enters them. Competitors who have double nationality can only represent 1 country. After having represented a country in the Olympic Games, in continental or regional games or in world or Regional Championships, recognised by the CJA, he may not represent another country unless he meets the conditions set forth in the next paragraph.
- 5.2.4 When a competitor changes nationality, he must wait 3 years before he can represent the new country, unless the two countries concerned (the old country and the new country) agree to authorize his entry for the new nationality and this is accepted by the CJA (according to the Olympic Article 42)

5.3 AGE

Competitors must be under the age of 18 that is born in the year 2007, 2008, 2009

5.4 WEIGHT CATEGORIES

Girls : -40kg; -44kg; -48kg; -52kg; -57kg; - 63kg; -70kg; +70kg
Boys : -50kg; -55kg; -60kg; -66kg; -73kg; -81kg; -90kg; +90kg

5.5 COMPETITION FORMULA

- 5.5.1 The competition will run on full repechage system. All participants can compete at least twice, athletes are divided into two (2) tables (pools), A and B, by means of a draw, and then into two (2) groups (sub-pools) within each table: A1, A2, B1 and B2. The elimination system will be used to produce two (2) finalists. All athletes defeated after each round of competition will take part in the repechage of their respective table according to the elimination system. The winner of each repechage will



compete against the loser of the final of the opposite table for the two (2) bronze medals. The winners of table A and table B compete for the gold and silver medals.

- 5.5.2 The Event Directors reserves the right to alter this competition format depending upon the number of entries received.
- 5.5.3 It is the intention of the organisers to try to ensure that players have at least two fights. However, we are not able to make a final decision on the format until after the entry closing date.
- 5.5.4 Preliminaries of the individual contests & the fight for the bronze medals will be held on 1 - 2 mats.
- 5.5.5 The finals will be part of the evening show, on 1-2 mats.
- 5.5.6 All medallists must attend the evening medal ceremony in white judogi. Medals will only be presented during the ceremonies.
- 5.5.7 A competitor who has lost consciousness due to Shime-waza is not allowed to continue the competition

5.6 DURATION OF CONTESTS

The duration of each contest will be that of 4 minutes for boys and girls and the golden score is unlimited

5.7 WEIGH IN

- 5.7.1 Unofficial weigh-in takes place just before the official weigh in. The weigh-in takes place on the night before at the National Sports School as the competition for the category concerned.
- 5.7.2 Exact times for weigh in can be found in the detailed program. The weight of the competitors has to fall within the category in which they are enrolled.
- 5.7.3 The competitors
 - Presenting them after the closing of the weigh-in, cannot participate at the competition.
 - Can present them only one time at the official weigh-in
 - Must present their CJA accreditation and an official piece of identity (identity card or passport) at the official weigh-in



- Are not allowed to weigh in naked. All athletes must wear underwear (men – underpants, women – underpants and bra) to compensate an additional 200 grams will be allowed i.e., for the category -44 kg the limit will be -44.2 kg.

5.8 DRAW

Note : Before the draw, the lists of each category are hung in the draw room/in the corridor outside the draw room. Each Head of Delegation should check that all his inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

- 5.8.1 Before the draw the lists of each category are hung in the draw room / in the corridor outside the draw room.
- 5.8.2 Each head of delegation should check that all his inscribed.
- 5.8.3 Competitors are on these lists and that they are under the right category. No corrections can be made after the draw.
- 5.8.4 The draw will take place at the Malta Judo Academy.
- 5.8.5 Due to time frame of previous championships, no seeding will take place. For the rest of the draw separation by nation will be respected.

6. COMMONWEALTH JUDO CHAMPIONSHIPS FOR JUNIORS

6.1 DATE

The individual competition will be held on Sunday, 7 April 2024.

6.2 PARTICIPATION

- 6.2.1 Each delegation may enter up to a maximum of 2 competitors per category, totalling up to 32 competitors.
- 6.2.2 The competitors can only be entered only in one weight category, the one in which they are enrolled.
- 6.2.3 The competitors must be the same nationality as the country, which enters them.
- 6.2.4 Competitors who has double nationality can only represent 1 country.
- 6.2.5 After having represented a country in the Olympic Games, in Continental or Regional games or in World or Regional Championships, recognised by the CJA, he may not represent another country unless he meets the conditions set forth in the next paragraph.



- 6.2.6 When a competitor changes nationality, he must wait 3 years before he can represent the new country, unless the two countries concerned (the old and the new country) agree to authorize his entry for the new nationality and this is accepted by the CJA (According to the Olympic Charter Article 42).

6.3 AGE

Competitors must be under the age of 21 that is born the years 2004 – 2009.

6.4 WEIGHT CATEGORIES

Women : -44kg; -48kg; -52kg; -57kg; -63kg; -70kg; -78kg; +78kg
 Men : -55kg; -60kg; -66kg; -73kg; -81kg; -90kg; -100kg; +100kg

6.5 COMPETITION FORMULA

- 6.5.1 The competition will run on full repechage system. All participants can compete at least twice, athletes are divided into two (2) tables (pools), A and B, by means of a draw, and then into two (2) groups (sub-pools) within each table: A1, A2, B1 and B2. The elimination system will be used to produce two (2) finalists. All athletes defeated after each round of competition will take part in the repechage of their respective table according to the elimination system. The winner of each repechage will compete against the loser of the final of the opposite table for the two (2) bronze medals. The winners of table A and table B compete for the gold and silver medals.
- 6.5.2 The Event Directors reserves the right to alter this competition format depending upon the number of entries received.
- 6.5.3 It is the intention of the organisers to try to ensure that players have at least two fights. However, we are not able to make a final decision on the format until after the entry closing date.
- 6.5.4 Preliminaries of the individual contests & the fight for the bronze medals will be held on 1 - 2 mats.
- 6.5.5 The finals will be part of the evening show, on 1-2 mats.
- 6.5.6 All medallists must attend the evening medal ceremony in white judogi. Medals will only be presented during the ceremonies.

6.6 DURATION OF CONTESTS

The duration of each contest will be that of 4 minutes for men and women and the golden score is unlimited.



6.7 WEIGH IN

- 6.7.1 Unofficial weigh-in takes place just before the official weigh in. The weigh-in takes place on the night before at the National Sports School as the competition for the category concerned.
- 6.7.2 Exact times for weigh-in can be found in the detailed program published. The weight of the competitors has to fall within the category in which they are enrolled.
- 6.7.3 The competitors :
- Presenting them after the closing of the weigh-in, cannot participate at the competition.
 - Can present them only one time at the official weigh-in
 - Must present their CJA accreditation and an official piece of identity (identity card or passport) at the official weigh-in
 - Athletes who are cadet age category but competing in juniors are NOT allowed to remove their underclothing (men – underpants, women – underpants and bra); to compensate an additional 200 grams

6.8 DRAW

Note : Before the draw, the lists of each category are hung in the draw room/in the corridor outside the draw room. Each Head of Delegation should check that all his inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

- 6.8.1 Before the draw the lists of each category are hung in the draw room / in the corridor outside the draw room.
- 6.8.2 Each head of delegation should check that all his inscribed competitors are on these lists and that they are under the right category.
- 6.8.3 No corrections can be made after the draw.
- 6.8.4 The draw will take place at the Malta Judo Academy.
- 6.8.5 Due to time frame of previous championships, no seeding will take place. For the rest of the draw separation by nation will be respected.



7. COMMONWEALTH JUDO CHAMPIONSHIPS FOR SENIORS

7.1 DATE

The individual competition will be held on Sunday, 7 April 2024.

7.2 PARTICIPATION

- 7.2.1 Each delegation may enter up to a maximum of 2 competitors per category, totalling up to 32 competitors.
- 7.2.2 The competitors can only be entered only in one weight category, the one in which they are enrolled.
- 7.2.3 The competitors must be the same nationality as the country, which enters them. Competitors who have double nationality can only represent 1 country.
- 7.2.4 After having represented a country in the Olympic Games, in Continental or Regional Games or in World or Regional Championships, recognised by the CJA, he may not represent another country unless he meets the conditions set forth in the next paragraph.
- 7.2.5 When a competitor changes nationality, he must wait 3 years before he can represent the new country, unless the two countries concerned (the old and the new country) agree to authorize his entry for the new nationality and this is accepted by the CJA (According to the Olympic Chapter Article 42).

7.3 AGE

Competitors must be born 2009 and before. Juniors can enter Senior categories as well.

7.4 WEIGHT CATEGORIES

Women : -48kg; -52kg; -57kg; -63kg; -70kg; -78kg; +78kg
Men : -60kg; -66kg; -73kg; -81kg; -90kg; -100kg; +100kg

7.5 COMPETITION FORMULA

- 7.5.1 The competition will run on full repechage system. All participants can compete at least twice, athletes are divided into two (2) tables (pools), A and B, by means of a draw, and then into two (2) groups (sub-pools) within each table: A1, A2, B1 and B2. The elimination system will be used to produce two (2) finalists. All athletes defeated after each round of competition will take part in the repechage of their respective table according to the elimination system. The winner of each repechage will compete against the loser of the final of the opposite table for the two (2)



bronze medals. The winners of table A and table B compete for the gold and silver medals.

- 7.5.2 The Event Directors reserves the right to alter this competition format depending upon the number of entries received.
- 7.5.3 It is the intention of the organisers to try to ensure that players have at least two fights. However, we are not able to make a final decision on the format until after the entry closing date.
- 7.5.4 Preliminaries of the individual contests & the fight for the bronze medals will be held on 1 - 2 mats.
- 7.5.5 The finals will be part of the evening show, on 1-2 mats.
- 7.5.6 All medallists must attend the evening medal ceremony in white judogi. Medals will only be presented during the ceremonies.

7.6 DURATION OF CONTESTS

The duration of each contest will be that of 4 minutes for men and women and the golden score is unlimited.

7.7 WEIGH IN

- 7.7.1 Unofficial weigh-in takes place just before the official weigh in. The weigh-in takes place on the night before at the National Sports School as the competition for the category concerned.
- 7.7.2 Exact times for weigh-in can be found in the detailed program published. The weight of the competitors has to fall within the category in which they are enrolled.
- 7.7.3 The competitors :
- Presenting them after the closing of the weigh-in, cannot participate at the competition.
 - Can present them only one time at the official weigh-in
 - Must present their CJA accreditation and an official piece of identity (identity card or passport) at the official weigh-in
 - The competitor may be requested to remove his underclothing to ensure he reaches the minimum weight limit of the weight category in which he is entered



7.8 DRAW

Note : Before the draw, the lists of each category are hung in the draw room/in the corridor outside the draw room. Each Head of Delegation should check that all his inscribed competitors are on these lists and that they are under the right category. No corrections can be made after the draw.

7.8.1 Before the draw the lists of each category are hung in the draw room / in the corridor outside the draw room.

7.8.2 Each head of delegation should check that all his inscribed competitors are on these lists and that they are under the right category.

7.8.3 No corrections can be made after the draw

7.8.4 The draw will take place at the Malta Judo Academy.

8. INFORMATION RELATING TO ALL CHAMPIONSHIPS

8.1 FEES

8.1.1 The individual **entry fee** for each Championship is **Euro 100**

8.1.2 **Entry fee** must be paid per EFT by closing date of entries and the proof of payment must be forwarded to the following:

Official Email - events@maltajudo.com

8.1.3 Proof of payment must be submitted at Accreditation.

8.1.4 Each National Federation will be emailed a login to JUDOMANAGER. All inscriptions will have to be registered in the system by the National Federation.

8.1.5 Individual entering more than one Championship must pay a **separate entry fee** for each Championship.

8.1.6 References to use are:
Country and category, e.g., MLT Seniors.

Bank Information:

Account Holder: Malta Judo Federation

Account Number: 17314550019

IBAN: MT78VALL22013000000017314550019

SWIFT: VALLMTMT

Currency: Euro

Address: Bank of Valletta, Paola, Malta



Bank: Bank of Valletta

8.1.7 Payments must be made by Countries and not by individuals.

8.2 CLOSING DATES

8.2.1 Closing date for Final Entry Number: 4 March 2024.

8.2.2 Final Entry by Name: No Later than 17 March 2024

9. CONTROL OF NATIONS

- 9.1 The times for check-in and registration for accreditation at the National Sports School will be specified in the final detailed program.
- 9.2 Federations must arrive and check-in within the time limit of the check-in and registration for accreditation.
- 9.3 Identity: Nationality and age of the participants. (Each competitor's passport or copy of the passport in case the competitors are still travelling has to be presented to the CJA official. The competitors must not be present at the nation control.)
- 9.4 List of entries: The list entries is confirmed with the CJA official. No inscription will be accepted after the end of the nation control.

10. FINANCES

- 10.1 The Federation must be in order with the annual fee and other financial obligations to the CJA.
- 10.2 In order to take part at the competition the National Federation must have fulfilled the necessary payments to the organiser and the CJA. **NO PROOF OF PAYMENT, NO PARTICIPATION!**

11. ACCREDITATION

- 11.1 A list of all the inscribed competitors is generated by the booking system, which is confirmed by the head of delegation that it is the final list.
- 11.2 The CJA accreditation cards for the Championships must be presented at the official weigh-in and before each contest.



- 11.3 Registration should be done via judo manager. The accreditation card will be issued to the participant upon arrival at the National Sports School and should be carried at all times.

12. GENDER CONTROL

- 12.1 The gender control is placed under the responsibility of the National Federations nevertheless the CJA keeps the right to request under certain circumstances the communication of the documentation to the CJA Medical Director

13. MINOR ATHLETE

- 13.1 The National Federation is responsible to obtain all necessary legal approvals and permissions for the minor athlete to take part in the CJA competition. This also applies for Anti-Doping testing.
- 13.2 The National Federation is to ensure that the minor athlete has the parent/guardian permission to undergo these tests.

14. MEDICAL CERTIFICATE

- 14.1 The medical certificate of the competitors is not required.
- 14.2 The competitors will compete under the full responsibility of the federations.

15. INSURANCE

- 15.1 Each National Federation is responsible for insuring its competitors against 'injury and third part risk (public liability)' during the period of the championships.
- 15.2 The Commonwealth Judo Association declines all responsibility.

16. IMAGE OF ATHLETES

- 16.1 The Federations are responsible to have obtained the rights for the CJA to use the competitor's image in whichever way considers it necessary for the promotion of the sport.
- 16.2 Neither the organiser of the event, nor Judo South Africa (nor any of its officials or members) will be liable or responsible for any personal injury nor any loss or damage to your property arising out of your participation and travelling in connection with these events.



17. JUDO GI

- 17.1 The competitions will be held in white and blue judogi for Veterans, Ne-waza, Pre-Cadets, Cadets, Juniors and Seniors.
- 17.2 Competitors may make use of Judogi from **all manufacturers**, as long as they comply with the standard IJF sizing regulations. It is not allowed to tape or cover any part of the judogi as this would affect the judogi design and grip of the opponent.
- 17.3 Judogi markings must be in accordance with the standard IJF Regulations. In order to enforce the proper size and measurements of judogi as defined by the Competition Rules and fair conditions for athletes, the special measuring devices SOKUTEKI will be used.

18. WOMEN PLAYERS

Female competitors must wear a white short sleeved non-transparent T-shirt. The bra must not have any hard pieces. Long hair has to be bound in order that it does not come loose during contests. Make-up and jewellery are prohibited, and nails must be cut short.

19. BACK NUMBERS

- 19.1 The top part of the back number consists of the Surname and Country of the competitors.
- 19.2 These back numbers can be ordered from www.mybacknumber.com or <https://www.officialbacknumber.com/>.
- 19.3 It is important to note that production and delivery takes around 4 weeks.
- 19.4 It is the duty of the participating federation / competitors to order this part of the back number in time.

20. ACCEPTABLE MARKINGS

- 20.1 On the visible part of the jacket the advertising can appear in 4 advertising spaces:
- On the sleeves, inside the surface of maximum 10 cm x 10 cm, situated at 25 cm from the lower part of the collar.
 - On the shoulders, a stripe of 25 cm x 5 cm. The stripe must be calculated from the lower part of the collar down the sleeve.
 - A maximum of 4 different publicities are permitted. Only one publicity is allowed per space.



21. SELECTION & REGISTRATION OF REFEREES

- 21.1 The Malta Judo Federation Referee Director, in conjunction with CJA Head Referee, will choose the Referees by name, who can take part at the CJA Championships. The Federations will get the information in time together with the classification of the referees.
- 21.2 The costs for travelling of the Referees are at the costs of the member Federation.
- 21.3 After the nomination of the Referees, the Federation must confirm the participation by returning the nomination form to the CJA Head Referee care of the CJA General Secretariat (ronnie.saez@sky.com) by the deadline stipulated in the letter.

22. REFEREE MEETING

- 22.1 A referee meeting is scheduled on Thursday, 4 April 2024, the evening before the first competition day at 19:30 at the Malta Judo Academy. Meeting is strictly compulsory.

23. REFEREEING RULES

- 23.1 The Refereeing rules are the IJF rules.
- 23.2 It is obligatory to take a decision at the end of each contest.
- 23.3 For each contest, three Referees will be appointed. Referee draw will be done by the Malta Judo Federation Referee Director in conjunction with the Commonwealth Head Referee.

24. CJA REFEREE JURY

- 24.1 The Jury is not an Appeals Jury.
- 24.2 It can be consulted by the Referees in case of any difficulty.
- 24.3 In no circumstances can the competitors or their delegation consult the Jury.
- 24.4 No protest against the Referees' decisions will be accepted.



25. WITHDRAWAL BY INJURY

During Eliminations:

- 25.1 If the responsibility of the injury cannot be attributed to one of the competitors, the injured fighter shall lose the contest.
- 25.2 If the responsibility of the injury is attributed to one of the competitors, the other will be declared winner.
- 25.3 The competitor responsible for the injury will not be able to participate at the repechage.
- 25.4 In case of withdrawal, the competitor cannot present himself for the following contests.

During Semi-finals or Finals :

- 25.5 If the responsibility of the injury cannot be attributed to one of the competitors, the injured competitor shall lose the contest.
- 25.6 If the responsibility of the injury is attributed to one of the competitors, the other will be declared winner.
- 25.7 **Note : A competitor who has been declared as a loser by injury can continue the competition. A competitor, who received a direct Hansokumake as the penalty against the spirit of our sport, will not be authorised to continue the competition.**

26. ATTITUDE OF THE COMPETITORS

- 26.1 The federations are responsible for the general attitude and behaviour of their competitors.

27. POSITION OF COACHES

- 27.1 Chairs for two Coaches per each competition mat, for white and the blue side, will be provided.

28. CONDUCT OF BEHAVIOUR OF COACHES

- 28.1 The Coaches are responsible for his competitors' conduct from entering the competition venue until leaving it, before and after each contest.
- 28.2 Coaching will be strictly limited to communication with the competitors, tactical advice, encouragement, instructions in unexpected situations, such as injury, etc.



28.3 The coach will remain seated on his chair throughout the contest.

Forbidden behaviour of a Coach :

28.4 Any comment on or criticism of the referees' verdicts.

28.5 Demanding correction of the referees' decisions.

28.6 Any abusive gestures towards referees, officials, or public

28.7 Touching, hitting, kicking, etc. the advertising panels or any equipment

28.8 Any kind of behaviour showing disrespect to the opponents, Referees, Officials, opponent's Coach, his own athlete, the public, etc.

Dress code :

28.9 Draw: Long pants, jackets and tie OR suit and tie

28.10 Elimination rounds: national track suit with trousers reaching down to shoes.

28.11 For the final block program (Evening Show): Long pants, jackets and tie OR suit and tie.

28.12 The following are forbidden at any time: shorter trousers, sleeveless tops, undressed upper body, any kind of head caps and cover, jeans, sweaters or similar sports unrelated dress, flip-flops.

Penalties:

28.13 Any coach who infringes upon these rules will be disqualified from accompanying his competitors into competition zone and taking up coach's chair until the end of event (not only for particular day).

29. ANTI-DOPING (IF APPLICABLE)

29.1 Selection of Athletes

- The gold medal winner and another draw medallist from the rest.
- Two tests per weight category contested will be selected.

29.2 The summons for the doping test is handed by an escort chief of chaperone or CJA doctor to the competitor selected to the doping control after her/his last contest, when the competitor is leaving the restricted area.

29.3 Another system to give the notification to the competitor can be used if CJA Doctor, Sport Director in charge and Chief of Chaperone so decides.

29.4 The notification form to the competitor has to be handed latest when the competitor comes down from the podium after the award ceremony.



- 29.5 The escort writes the time on the form.
- 29.6 The competitor must sign the form and have a copy.
- 29.7 The escort gives the original one to the doping control staff, who records the actual time of arrival on the summons, signs it and verifies the identity of the competitor (ID card, passport).
- 29.8 The competitor has to register by maximum 60 min.
- 29.9 After he/she has signed the notification form (including press) at the doping control station, the escort has to be physically beside the competitor and keep the competitor under observation (visible) all the time and accompany her/him to the waiting room at the Doping Control Station (DCS).
- 29.10 Interruption of the doping control procedure is allowed only for victory ceremonies.
- 29.11 During the interruption of the competitor have to be under observation of the escorts at all times.
- 29.12 A person may accompany the competitor to the Doping Control Station and may watch all procedures except urination.

Sample taking procedures

- 29.13 Only one competitor at a time shall be called into the test room (working room, consulting area).
- 29.14 The competitor shall select by her/himself a urine collection vessel and check it.
- 29.15 After that she/he goes into the toilet accompanied by DCO. She/he has to wash her/his hands without soap and dry them.
- 29.16 Then he/she urinates a minimum of 90 ml into the collection vessels under observation of the Doping Control Officer who must be of the same gender as the competitor.
- 29.17 After the collection vessel is full or minimum 90 ml urine has been produced, she/his urinary bladder. Any clothing preventing the direct observation of the urination shall be removed.
- 29.18 When requested urine volume of 90ml (minimum) has been provided, the competitor shall select a urine control kit, open and check it and pour by her/himself 30 ml (minimum) first into bottle B and then 60 ml (minimum) into bottle A.



- 29.19 Few drops of urine shall remain in the collection vessel to check specific gravity. The competitor shall close the A and B bottles hermetically.
- 29.20 The remaining urine is to be destroyed after sealing of bottles A and B. If the amount of urine is less than 75 ml, partial samples kit or temporary sealing is needed.
- 29.21 If the amount of urine is less than 90 ml, partial sample kit or temporary sealing is needed.
- 29.22 The specific gravity must be 1.010 or higher (stick) or 1.005 or higher in case of refract meter has been used. If not, another sample is needed.
- 29.23 It is the responsibility of the Athlete to provide a Sample with a Suitable Specific Gravity for Analysis.
- 29.24 If his/her first Sample is too dilute, he/she should not need further hydration and therefore should avoid drinking as far as possible until a Sample with a suitable Specific Gravity for Analysis is provided.
- 29.25 The DCO should continue to collect additional Samples until the requirement for Suitable Specific Gravity for Analysis is met, or until the CJA doctor determines that there are exceptional circumstances, which mean that for logistical reasons it is impossible to continue with the Sample Collection Session.
- 29.26 Such exceptional circumstances shall document accordingly by the EJU doctor. (According to WADA IST: Number of urine samples is as many as needed to get suitable SG. There is no time limit, either)
- 29.27 If it is determined that none of the competitors Samples meets the requirement for Suitable Specific Gravity for Analysis and the CJA doctor determines that for logistical reasons it is impossible to continue with the Sample Collection Session, the EJU doctor may end the Sample Collection Session. In such circumstances, if appropriate **the ADO may investigate a possible anti-doping rule violation.**
- 29.28 The competitor shall declare any medications, vitamins, herbal products, food supplements that were ingested in the previous 7 days. The competitor shall certify, by signing the protocol form, that the procedure has been performed according to the rules of CJA. Any irregularities e.g., problems to keep order, etc. identified for the competitor, accompanying person, officers or CJA doctor shall be recorded.
- 29.29 The Doping Control Officer, accompanying person (if present) and CJA doctor (if present and seen the whole procedure) sign the Doping Control Record.
- 29.30 The competitor shall be given a copy of the Form, and CJA doctor an original and rest of the copies of the form.



29.31 After the test procedure he/she and the accompanying person must leave the station.

30. LOCAL INFORMATION

30.1 VENUE

The Championships (Veterans, Ne-Waza, Pre-Cadets, Cadets, Juniors, Seniors) will be held at the National Sports School, Sir L. Prezios, Pembroke.

Google map Link: <https://maps.app.goo.gl/3LvqgZp6ggBz8vz57>

30.2 AIRPORT

Malta International Airport (MLA) is the official airport for the Championships. A transfer for those booking the Official Hotel via the organiser will be available.

30.4 OFFICIAL HOTELS

It is not obligatory for participants to stay at the Official Hotels. Participants wishing to book their own accommodation may do so but will have to make their own way from / to the airport and from / to the sport hall.

* Official hotels will be available on first come first served basis.

OFFICIAL HOTEL – The Vivaldi Hotel, St Julians
Address: Triq Dragonara San Ġiljan, STJ 06, Malta

| | Bed & Breakfast per person |
|---------------|----------------------------|
| Single | € 150 |
| Double / Twin | € 90 |

Sea view rooms, Half Board, and Full Board may be available upon request. These prices are for bookings of minimum 3 nights.

Government imposed eco tax of € 0.50 per day is not included and should be paid during check in, directly at the hotel.

Should you like to book, kindly email info@ultramarmalta.com.

31. VISA

31.1 The federations are responsible for arranging their own visas. Visa letters will be issued on request by the official National Federation. Please contact the organisers on events@maltajudo.com for further information.

31.2 In order to ensure the smooth issuance of visas, each country / region is asked to contact the nearest Maltese Embassy or Consulate for necessary paperwork and begin proceeding three months prior to departure at the latest.



- 31.3 The Organising Committee will send necessary documents upon request, such as an invitation letter. **Closing date for requests is 31 January 2024.**
- 31.4 Information for the documentation must provide without delay.
- 31.5 Each country is also asked to pay attention to the validity of passport for each delegation member. (It must be valid until the date of re-entry into each country).
- 31.6 For more information, all member Federations & Associations of Commonwealth Judo Association :
- The citizenship of the competitors must be verified by persons appointed by the CJA Executive. Evidence of citizenship will be accepted by the production of a valid passport issued by the country for which the competitor wishes to compete.
 - For the host Federation Team if competitors do not hold a valid passport, a birth certificate or Certificate of Citizenship will be acceptable proof of the competitor's residency in that country.
 - Where a valid passport covers several countries e.g., a UK passport for England, Scotland, Wales etc. A letter or certificate from the competitors National Sport Authority confirming the competitor's residence in that Country will be required. For any dispute on this matter, it shall be arbitrated on by, and the decision subsequently declared by the CJA Executive President.
 - Each competitor will be issued with accreditation card this will become the competitor's pass for the duration of the championship.

32. TRAINING REQUIREMENT

Training venue will be made available to participating Teams. More details will be provided at Accreditation for Teams to book their training slots.



ENTRY FEES : ALL COMPETITIONS

CLOSING DATE FOR ENTRIES BY NUMBER : 4 March 2024

FEES : 100 Euro – payable per EFT by due date. Proof of payment to be emailed to events@maltajudo.com

COUNTRY : _____

| CATEGORY | NO OF ENTRIES | ENTRY FEE | ENTRY FEE |
|--------------------|---------------|-----------|-----------|
| Veterans – Men | | R | R |
| Veterans - Women | | R | R |
| Pre-Cadets – Boys | | R | R |
| Pre-Cadets – Girls | | R | R |
| Cadets – Boys | | R | R |
| Cadets – Girls | | R | R |
| Juniors – Men | | R | R |
| Juniors - Women | | R | R |
| Seniors – Men | | R | R |
| Seniors – Women | | R | R |
| Kata – Men | | R | R |
| Kata - Women | | R | R |
| TOTAL | | R | R |
| SIGNATURE | | | |
| DATE | | | |

FEDERATION STAMP: _____

