



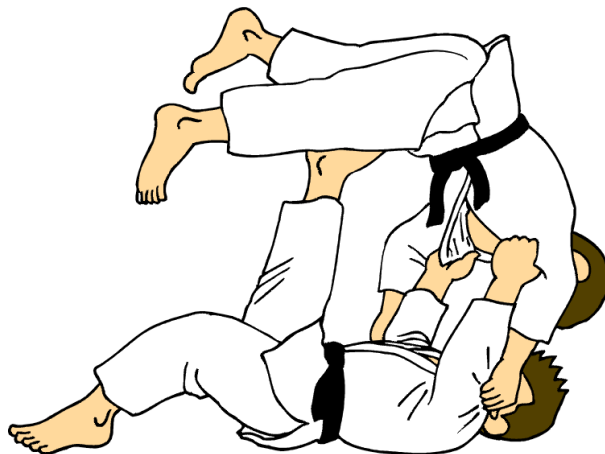
The Amateur Judo Association is affiliated to the British Judo Association the National Governing Body for Judo

THE AMATEUR JUDO ASSOCIATION EAST MIDLAND AREA

Sunday 13th September 2026

**East Midlands Area
Open
Championship**

**(Juniors, Seniors
and Espoirs)**



Venue: Heath Lane Academy, Heath Lane, Earl Shilton,
Leicester, LE9 7PD

Weigh-in: Juniors 9.30am Espoirs 11.00am
Seniors 12.00 noon

Entry Fees: Juniors - £12.00 Seniors - £12.00

Players entering Espoirs events in addition to either Junior or Senior events will pay an additional £6.00. Those entering Espoirs events only will pay £12.00. Open to players from any association with valid membership and insurance.

Closing Date: Saturday 5th September 2026

JUNIOR, SENIOR AND ESPOIRS CHAMPIONSHIP

Entry forms to be sent to: Paul Turner
Telephone: 07818877985
Email: emacompetition@outlook.com

Payment Details: East Midlands Area of the AJA
Sort Code 60-60-06
Acc. 55672760

Payment for entries to be by Bank Transfer in advance. We ask that the club coach make a single payment for all entries on behalf of their club. Individual payments are not accepted. Please put the club's name in the bank reference. If you don't have the facility to pay by Bank Transfer, then please call to discuss alternative options.

General Rules

- Mat side coaching is only permitted with a valid coaching pass. These can be requested on the day by providing proof of an appropriate coaching qualification.
- Contests will take place under A.J.A. rules. Armlocks and strangles are not allowed in any category within the Junior event.
- Junior contestants must be under the age of 16 on the day of the championship and must not have competed or graded at any Senior Judo Event.
- Competitors must wear their highest grade.
- The use of inhalers will be strictly monitored throughout the event.
- First aid decisions will be the decision of the first aider on the day and will not be overruled.
- The organisers will decide the method of elimination.
- The decision of the senior referee of the day will be final.
- All contestants enter at their own risk. The organisers accept no responsibility for any injuries sustained during the championship however caused.
- The organisers will decide any point not covered by these rules.

FREQUENTLY ASKED QUESTIONS ABOUT AJA EVENTS

Q. How does the AJA scoring system work?

A. Unlike other associations, the AJA has four alternative scores. These are ippon, waza-ari, yuko and koka.

- Ippon is awarded if uke is thrown so that they land fully on the back. The throw must be performed with skill and control.
- Waza-ari is awarded for a throw which is close to ippon in quality but in which some element is missing. For example, uke lands mainly, but not fully, on his/her back.
- Yuko is awarded for a throw which is close to waza-ari in quality. For example, a throw in which uke lands only partially on his/her back.
- Koka is awarded for a throw which is close to yuko in quality. For example, uke is clearly thrown to the mat but lands on his/her hips rather than the back.

A contest can be won by ippon or by two waza-ari scores (waza-ari awasete ippon), in which case the contest ends immediately. If neither of these occurs during the contest period, then the player with the highest score at the end of the contest period is awarded the win. Note that yuko and koka are not cumulative. A single waza-ari will outweigh any number of yuko and/or koka scores and a single yuko will outweigh any number of koka scores. If scores are equal at the end of the standard contest period, then the contest may go to 'golden score' (see below).

The score awarded depends on the judgement of the referee(s).

Q. How long does osaekomi need to be maintained for a score to be awarded?

A. If the referee calls osaekomi then ippon will be awarded after 30 seconds, unless tori has already scored a waza-ari in which case the referee will call waza-ari awasete ippon if the osaekomi is held for 25 seconds.

- If osaekomi is broken after 15 seconds but before 20 seconds, the referee will award koka.
- If osaekomi is broken after 20 seconds but before 25 seconds, the referee will award yuko.
- If osaekomi is broken after 25 seconds but before 30 seconds, the referee will award waza-ari.

Q. Does entangling a leg stop and or break osaekomi?

A. To put osaekomi on the holding player must be clear of BOTH Legs. To break osaekomi the person being held must catch BOTH legs.

Q. Does the AJA allow leg grabs?

A. The AJA permits leg grabs which satisfy the following conditions.

- Taking hold of uke's leg is only permitted as part of a throwing technique. If tori holds uke's leg for a period longer than three seconds without attempting a throwing technique then the referee will award a shido.
- If uke raises his or her leg from the mat, then tori may take hold of the leg either above or below the knee as part of a throwing technique.
- If uke's leg is grounded, then tori may take hold of the leg above the knee as part of a throwing technique. However, taking hold of the leg below the knee is not permitted.

Q. Does the AJA award penalties?

A. As per other associations penalties are given for infringements to the rules, however in the AJA all shidos result in points being awarded to your opposition i.e.

1st SHIDO against RED is equivalent to 3 points to WHITE

2nd SHIDO against RED is equivalent to 5 points to WHITE

3rd SHIDO against RED is equivalent to 7 points to WHITE

4th SHIDO HANSOKU-MAKE against RED is equivalent to 10 points to WHITE

Shido is given for a minor Infringement. (a 4th shido = Hansoku-make) Hansoku-Make is given straight away for a serious infringement.

Q. What does 'golden score' mean?

A. If a contest is level at the end of the standard period the referee(s) may call for a 'golden score' period. The contest then continues for a maximum time equal to half the original contest time. It will end immediately if either player is awarded a score of any kind in favour of the player making the score. It will also end if a penalty

(such a shido) is awarded against a player, in which case the contest will go to the non-offending player. If the scores are level at the end of the golden score period, then the referee(s) must make a decision on the basis of which player has demonstrated the better-quality judo.

Q. Are 'sacrifice' throws allowed?

- A.** In general, the answer is yes, providing, in the judgement of the referee, they are performed safely.

Q. Is drop seoi nage allowed?

- A.** Drop seoi nage is allowed only if tori drops to their knee(s) during the execution of the throw and only after achieving a clear break of balance, resulting in a distinct forward movement in the intended direction of the throw. If tori drops to their knee(s) and then tries to pull uke over for a throw, it will result in a Hansoku-make (disqualification). Due to the high risk of disqualification, we advise all coaches to discourage players from attempting this technique in AJA competitions.

Q. Is coaching allowed during a contest?

- A.** One coach per fighter is allowed to sit in the coaching chair at mat side and can offer coaching advice during matte periods. However, they are not allowed to offer advice when the contest is in progress.

Spectators are allowed to give encouragement during a contest, but coaching by spectators is not allowed at any time during the contest, including periods in which matte has been called. If spectators are heard giving advice on techniques or strategies during a contest, then the referee will ask them to stop. If coaching by spectators continues after the referee has warned them, then penalties can be awarded against the player.

Please note – Juniors over 50K will be weighed and sorted out on the day to suit the entry – Players will be grouped with players of a similar weight (as far as practically possible)

Junior Boys (under 16 years old)		Please put X in correct weight category								
	Name	22K	25K	28K	32K	36K	40K	45K	50K	+50K
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										

Junior Girls (under 16 years old)		Please put X in correct weight category								
	Name	22K	25K	28K	32K	36K	40K	45K	50K	+50K
1										
2										
3										
4										
5										
6										
7										
8										
9										

Male Espoirs (aged 14-17)				
	Name	Weight	Age	Grade
1				
2				
3				
4				
5				
6				
7				
8				

Female Espoirs (aged 14-17)				
	Name	Weight	Age	Grade
1				
2				
3				
4				
5				
6				
7				

	Senior Men (16+)			
	Name	Weight	Age	Grade
1				
2				
3				
4				
5				
6				
7				
8				

	Senior Ladies (16+)			
	Name	Weight	Age	Grade
1				
2				
3				
4				
5				
6				
7				

Please note – All Seniors and Espoirs will be weighed and categories sorted out on the day.

Club Name

Address

Contact Details

Email

Mob

Tel

Entry Fees Please pay by Bank Transfer	Entry		
	Qty	@	Sub-Total
Junior Entries		£12.00	£0.00
Senior Entries		£12.00	£0.00
Espoirs Entries		£12.00	£0.00
Junior + Espoir or Senior + Espoir Joint Entries		£18.00	£0.00
TOTAL			£0.00

Please make sure that all competitors have membership books/cards with their photograph and up to date contact information for presentation when registering.