

# 20TH NIKKEI GAMES BUDO TOURNAMENT

SUNDAY | AUG 21, 2022

10:00AM

## JUDO TEAM SHIAI

CYPRESS COLLEGE | BIG GYM #2

9200 VALLEY VIEW ST | CYPRESS CA

Tournament Director | Richie Endow | [teachnjudo@gmail.com](mailto:teachnjudo@gmail.com)

Head Referee | Gary Takemoto | IJF-A Olympic Referee



### Registration Information

**Eligibility** All TEAM members must have a valid USJF, USA Judo/United States Judo, Inc. or USJA card. Registered TEAM members must be from the same club/dojo.

3 MEMBER TEAMS - ALL DIVISIONS

Maximum of three (3) members | Minimum of two (2) members is needed to participate. In the event of two (2) member TEAM, THE LIGHTEST POSITION WILL BE FORFEITED.

No substitutions are allowed on any TEAMS participating in the tournament.

Medal awarded to all 1st, 2nd and 3rd Place TEAM members.

NOTE: For age and weight requirements for each division, see page 2.

**Entry Fee** \*PRE-REGISTRATION ONLY\* \$100 per TEAM

All entry fees are non-refundable. Please make checks or money orders payable to: SAN GABRIEL JUDO DOJO. Any returned checks will be charged a \$25.00 service fee. Email Registration forms and weights to Richie Endow at [teachnjudo@gmail.com](mailto:teachnjudo@gmail.com) by **August 19, 2022**. ALL competitors will receive an official Nikkei Games T-shirt. (Please provide T-shirt size in section.)

**Weigh-ins** Each Dojo will be allowed to do their own weigh-ins. Please text or email weights into Richie Endow by August 19th.

**Team Check-in** All TEAM members MUST BE PRESENT at Check-in:

Yonen Advanced (5-12 years) & Senior Brown & Black Belts | 7:30 am to 8:30 am

Shonen Advanced (13-16 years) & Masters (All ranks; 35 and over) | 12:00 pm to 1:00 pm

Yonen Novice (5-12 years), Shonen Novice (13-16 years) & Senior Novice | 2:00 pm to 3:00 pm

Coaches check-in with David Davis. (USA Judo, USJF, and USJA Certified Coaches Only) | 7:30 am to 4:00 pm

**Coaches** Make sure your club/dojo only has 4 coaches.

Make sure your parents, affiliates, etc. spectate from the bleachers.

Make sure your TEAM clean-up after themselves. Leave the venue cleaner than it was when we got there.

Make sure your TEAM, parents, affiliates, etc. follow the USA Judo Code of Conduct at all times.

After 3 warnings, we will ask TEAM to forfeit all matches and all members, coaches, parents, affiliates will be asked to peacefully vacate the premises.

The tournament committee reserves the right to make any necessary changes in the best interest of the sport and the competitors.



SANSEI LEGACY

## Divisions

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TEAM DIVISIONS: All divisions are three (3) member teams. However, you can compete with a two (2) member team. Weight Division Formulas: Each Team will have a LIGHT, MEDIUM, and HEAVY competitor.

Advanced = All Ranks; Yonen & Shonen Novice = White & Yellow Belts only; Seinen Novice = All ranks below Brown Belt (Please keep in mind that it is very rare to have a 5-6yo Advanced Team, so most of 5-6yo teams will begin at 2-3pm.)

5-6 years old (Combined Boys and Girls teams).

7-8 years old, 9-10 years old, 11-12 years old (Separate Boys and Girls).

13-14 years old (Chokes allowed, even if a younger player "moves up.")

15-16 years old (Chokes ok. No Armlocks regardless of Rank. Even if a younger player "moves up.")

Seniors & Masters (35+) (Chokes ok. Armbars ok in Brown/Black Divisions. No Armbars in Novice divisions) \*Players are allowed to be on multiple teams of different age groups (ie. Player can be on 11-12yo Team, and 13-14yo Team)

### YONEN - AGES 6-12 YEARS OLD

Match Time: 3:00 Minutes (No Golden Score) No Shime-waza (chokes)

No Kansetsu-waza (armlocks)

5 - 6: Boys and Girls Combined

Light Weight (Average team weight must be under 50.0 lbs; No player may exceed 65 lbs.)

Medium Weight (Average team weight must be under 60.0 lbs; No player may exceed 80 lbs.)

Heavy Weight (Average team weight must be over 60.1 lbs; No player may exceed 100 lbs.)

7 - 8: Boy's Teams and Girl's Teams

Light Weight (Average team weight must be under 65.0 lbs; No player may exceed 75 lbs.)

Medium Weight (Average team weight must be between 65.1 to 75.0 lbs; No player may exceed 90 lbs.)

Heavy Weight (Average team weight must be over 75.1 lbs; No player may exceed 180 lbs.)

9 - 10: Boy's Teams and Girl's Teams

Light Weight (Average team weight must be under 70.0 lbs; No player may exceed 90 lbs.)

Medium Weight (Average team weight must be between 70.1 to 85.0 lbs; No player may exceed 120 lbs.)

Heavy Weight (Average team weight must be over 85.1 lbs; No player may exceed 200 lbs.)

11 - 12: Boy's Teams and Girl's Teams

Light Weight (Average team weight must be under 85.0 lbs; No player may exceed 125 lbs.)

Medium Weight (Average team weight must be between 85.1 to 105.0 lbs; No player may exceed 165 lbs.)

Heavy Weight (Average team weight must be over 105.1 lbs; No player may exceed 250 lbs.)

### SHONEN - AGES 13 TO 16 YEARS OLD (Up to & including BLACK BELTS)

Shonen - Male and Female (13-16 years old) Match Time: 3:00 Minutes (No Golden Score) No Kansetsu-waza (armlocks)

13 - 14: Boy's Teams and Girl's Teams

Light Weight (Average team weight must be under 120.0 lbs; No player may exceed 140 lbs.)

Medium Weight (Average team weight must be between 120.1 to 140.0 lbs; No player may exceed 160 lbs.)

Heavy Weight (Average team weight must be over 140.1 lbs; No player may exceed 300 lbs.)

15 - 16: Boy's Teams and Girl's Teams

Light Weight (Average team weight must be under 125.0 lbs; No player may exceed 150 lbs.)

Medium Weight (Average team weight must be between 125.1 to 150.0 lbs; No player may exceed 175 lbs.)

Heavy Weight (Average team weight must be over 150.1 lbs; No player may exceed 350 lbs.)

### SEINEN & MASTERS: Men's Teams and Women's Teams

Match Time: 3:00 Minutes (No Golden Score)

Shime-waza (chokes) and Kansetsu-waza (armlocks) in all Advanced divisions (no Kansetsu-waza in Novice Divisions). All Non-Black Belts must sign NON-BLACK BELT WAIVER! Full IJF Rules regardless of Age or Rank

Light Weight (Average team weight must be under 140.0 lbs; No player may exceed 160 lbs.)

Medium weight (Average team weight must be between 140.1 to 180.0 lbs; No player may exceed 200 lbs.)

Heavy Weight (Average team weight must be over 180.1 lbs; No player may exceed 450 lbs.)

## Tournament Rules

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All matches will be conducted using current International Judo Federation contest rules with the following modifications:

- Modified Double Elimination and Pool System will be used for 4 teams or more, and Round Robin for groups of 3 teams or less.
- **WHITE JUDOGI IS MANDATORY. NO BLUE JUDOJI.** Each Club/Dojo MUST provide Blue and White belts for your Competitors.
- All matches will be 3 minutes. Regulation Times only. No Golden Score. Referee and Mat Supervisor will decide winner at the end of regulation.
- HIKI WAKE (draw) will not be used. Referee and Mat Supervisor will decide winner at the end of regulation.
- Pre-2003 modified injury rules will be used for all divisions.
- Seinen and Masters: Shime-waza (chokes) and Kansetsu-waza (armlocks) in all Advanced divisions (no Kansetsu-waza in Novice Divisions). All Non-Black. Belts must sign NON-BLACK BELT WAIVER! Full IJF Rules regardless of Age or Rank
- Contest Areas will be 6 meter by 6 meter with 3 meter safety zones, therefore we will use article 9 rulings of the 2003 modified IJF rules regarding the valid areas of competition.
- ARTICLE 9 - Location (Valid Areas) The contest shall be fought in the contest area. Any technique applied when one or both contestants are outside the contest area shall not be recognized. For example if one contestant has at least one of his feet, hands or knees outside the contest area while standing or more than half of his body outside the contest area while doing Sutemi-waza, he shall be considered as being outside the contest area. Exceptions: a) When one contestant throws his opponent outside the contest area, but he himself stays within the contest area long enough for the effectiveness of the technique to be clearly apparent the technique shall be recognized. When a throw is started with both contestants inside the contest area, but during the action, the contestant being thrown moves outside the contest area the action may be considered for point scoring purposes if the throwing action continues uninterrupted and the contestant executing the throw stays within the contest area long enough for the effectiveness of the action to be clearly apparent. b) In Newaza the action is valid and may continue so long as either contestant has some part of his body touching the contest area. c) If during the course of an attack such as Ouchi-gari or Kouchi-gari the foot or leg of the thrower leaves the contest area and moves over the tatami in the safety area, the action shall be considered valid for scoring purposes so long as the thrower does not place any weight upon the foot or leg while it is outside the contest area. APPENDIX Article 9 - Location (Valid Areas) In the case of Osaekomi on the edge if the one part of the contestant still touching the contest area becomes airborne (i.e. it is raised up and loses contact with the Tatami) the Referee must announce Mate. As the red danger zone is part of the contest area, any contestant whose feet are still touching the red danger zone in the standing position shall be considered as being within the contest area. When performing Sutemi-waza, a throw is considered valid if the thrower has one half or more of his body within the contest area. (Therefore, neither foot of the thrower shall leave the contest area before his back or hips touch the Tatami.) Once the contest has started, the contestants may only leave the competition area if given permission to do so by the Referee. Permission will only be given in very exceptional circumstances, such as the necessity to change a Judogi which does not comply with Article 3 or which has become damaged or soiled. non-Black Belt contestants must submit a completed and signed Non-Black Belt waiver form.
- Team members must be in good standing with the individual Dojo/Club they represent.
- All team members must register and weigh-in TOGETHER during the designated time.
- NO TEAM WILL BE ALLOWED IN AFTER THEIR DESIGNATED REGISTRATION AND WEIGH-IN TIME.
- NO CHANGES IN LINE-UP AFTER REGISTRATION AND WEIGH-INS HAVE BEEN COMPLETED.
- A contestant or a coach can forfeit an individual match, if he/she so desires, in cases of a weight difference, and will not lose his/her chance of competing in the next round if his/her team has not been eliminated from the competition.
- Team order will be determined by weight, not by rank, in all divisions. Lightest first, heaviest last.
- Maximum weights per individual are listed on page 2.
- If an entire team forfeits a match, that team will be eliminated for the remainder of the tournament.
- In cases of ties after the entire team has completed their matches, (1) representative per team will compete to break the tie. There will be No Point System Tie Breaker, strictly by competition.
- Violation or disregard of any of the rules may result in the disqualification of a team at any time during the tournament, and forfeiture of any awards following competition.
- Contestants moving up in age division will be allowed, only upon written consent of the Contestant's Parent(s), Instructor, and a duly signed CERTIFICATE OF AGE/WEIGHT CHANGE CONSENT and if applicable, the CERTIFICATE REGARDING NON-BLACK BELT WAIVER. The Tournament Director must also be informed and have approved this condition, prior to competing. (Note: The contestant moving up in division is also subject and not exempt from the rules of said division.)
- A contestant cannot compete on two teams in the same weight category & division. However that same contestant can move up to the next age category or up in weight category, provided that he/she qualifies as detailed above.
- NO SUBSTITUTES WILL BE USED ON ANY TEAMS.
- ALL TEAM MEMBERS MUST BE A CURRENT REGISTERED MEMBER OF THE USJF, USA JUDO (USA JUDO, INC.), OR USJA. THERE MUST BE A SIGNED WAIVER AND RELEASE OF LIABILITY FORM FOR ALL TEAM MEMBERS. PLEASE READ ALL RULES CAREFULLY.

Please contact Gary Takemoto ([hbrjudo@gmail.com](mailto:hbrjudo@gmail.com)) or Richie Endow ([teachnjudo@gmail.com](mailto:teachnjudo@gmail.com)) to request to place yourself on the Referee List for 2022 Nikkei Games Budo Tournament Judo Team Shiai.

# O F F I C I A L T E A M R E G I S T R A T I O N F O R M

ENTRY FORMS MUST BE COMPLETE - INCOMPLETE FORMS WILL NOT BE PROCESSED

\*\* FOR TOURNAMENT OFFICIALS USE ONLY \*\* DO NOT WRITE IN THIS AREA \*\*

GENDER	AGE	OFFICIAL WEIGHT	DIVISIONS		PAYMENT	REGISTRATION STAMP
			JUNIOR AGE	SENIOR	CASH/CHECK \$	
		Official's Initials	HIGH SCHOOL	MASTERS	CHECK #	Registrar's Initials

## CLUB/DOJO NAME

If you have more than one team in the same division, please list (A or B): TEAM \_\_\_\_\_

List TEAM members from lightest to heaviest

NAME (FULL FIRST & LAST)	RANK (BELT COLOR)	BIRTH DATE	AGE	TSHIRT SIZE <small>YS   YM   YL AS   AM   AL AXL   2XL   3XL</small>	OFFICIAL WEIGHT	LW   MW   HW

I hereby certify the contestants listed above and entered in this team represent:

Club/Dojo Name \_\_\_\_\_

Sensei/Coach Signature \_\_\_\_\_

TEAM ORDER WILL BE DETERMINED BY TOURNAMENT OFFICIALS ACCORDING TO WEIGHTS.

Tournament Official Signature \_\_\_\_\_

Date \_\_\_\_\_

### IMPORTANT!

- Each member of the TEAM must complete and sign the WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE form for each division entered. If the participant is under the age of 18, a parent or guardian signature is required.
- AGE/WEIGHT/RANK CONSENT form must be completed and signed by 15 and 16 years olds to compete in the Seinen Brown/Black Belt Divisions. This form must be signed by a parent or guardian and the instructor.
- Players wanting to compete in an older and/or heavier and/or higher rank division must complete and sign the PLAYERS WANTING TO COMPETE IN AN OLDER AND/OR HEAVIER DIVISION AND/OR HIGHER RANK DIVISION form. This form must be signed by parent or guardian and the instructor.
- All non-black belts must complete the NON-BLACK BELT WAIVER form. This form must be signed by a judo instructor who has been awarded the judo Rank of Shodan or higher, under the auspices of one of the following organizations: United States Judo Federation, United States Judo Association, or United States Judo, Inc.

# OFFICIAL TEAM REGISTRATION FORM

ENTRY FORMS MUST BE COMPLETE - INCOMPLETE FORMS WILL NOT BE PROCESSED

## COMPETITOR #1

LAST NAME	FIRST NAME	EMERGENCY CONTACT	CELL #
ADDRESS	CITY   STATE   ZIP	EMAIL	
TSHIRT SIZE (CIRCLE) YS   YM   YL AS   AM   AL   AXL   2XL   3XL	ORGANIZATION	MEMBERSHIP #	EXPIRATION DATE
DATE OF BIRTH	AGE	WEIGHT	GENDER

## COMPETITOR #2

LAST NAME	FIRST NAME	EMERGENCY CONTACT	CELL #
ADDRESS	CITY   STATE   ZIP	EMAIL	
TSHIRT SIZE (CIRCLE) YS   YM   YL AS   AM   AL   AXL   2XL   3XL	ORGANIZATION	MEMBERSHIP #	EXPIRATION DATE
DATE OF BIRTH	AGE	WEIGHT	GENDER

## COMPETITOR #3

LAST NAME	FIRST NAME	EMERGENCY CONTACT	CELL #
ADDRESS	CITY   STATE   ZIP	EMAIL	
TSHIRT SIZE (CIRCLE) YS   YM   YL AS   AM   AL   AXL   2XL   3XL	ORGANIZATION	MEMBERSHIP #	EXPIRATION DATE
DATE OF BIRTH	AGE	WEIGHT	GENDER

If assistance/accommodation is needed (check off appropriate item):

Vision Loss/Blindness       Hearing Loss/Deafness       Other: Specify \_\_\_\_\_

Please specify the type of assistance/accommodation requested or name of person assisting:

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All waivers/releases of liability, consent, authorization and agreement to participate, which are part of this official entry form, must be duly signed and turned in by all contestants PRIOR to the start of the competition.

**\*\*MUST BE COMPLETED BY ALL INSTRUCTORS/SENSEIS FOR EVERY CONTESTANT\*\***

**NON-BLACK BELT WAIVER**

(Must be completed by ALL Non-Black Belts competing in Black Belt Division)

I, \_\_\_\_\_, a judo instructor, who has been awarded the judo rank of Shodan or higher, under the auspices of one of the following organizations: United States Judo Federation (USJF), United States Judo Association (USJA), or USA Judo (United States Judo, Inc.), hereby certify that participant, \_\_\_\_\_, although not having been awarded the judo rank of Shodan or higher is of sufficient aptitude and skill in judo to compete in the 2022 Nikkei Games Budo Tournament Judo Team Shiai.

\_\_\_\_\_  
Signature of Instructor

\_\_\_\_\_  
Rank

\_\_\_\_\_  
Date

**LIABILITY RELEASE**

(For participants under 18 years of age, if parents are not present at the tournament)

I authorize the following person(s) \_\_\_\_\_ to act in my behalf in any and all matters requiring parental consent for my child during the 20th Nikkei Games Budo Tournament Judo Team Shiai or travel to and from it. I agree to accept all financial obligations incurred as a result of any medical assistance, hospitalization and related expenses provided to my child. If an act of vandalism causing damage to personal or real property associated or related in any way to this tournament occurs, the involved will be dismissed from competition. The participant or parent(s) of a minor involved agree to indemnify and pay for all such losses and damages.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Parent's Signature

\_\_\_\_\_  
Date

**CONSENT FOR AGE/WEIGHT CHANGE**

(For participants under 18 years of age)

We/I, the undersigned parent of \_\_\_\_\_ have been informed of the method of competition for the 20th Nikkei Games Budo Tournament Judo Team Shiai.

- We/I express our/my consent that \_\_\_\_\_ MAY be moved up into:
- another WEIGHT bracket of competition of the same age.
  - another AGE bracket of the same weight.

- We/I express our consent that \_\_\_\_\_ MAY NOT be moved into another weight bracket.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
Participant's Parent Signature

\_\_\_\_\_  
Date

**WARNING!**  
**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**  
**(Including Limited Co-Ed Competition for Age 10 and Under for USJF Sanction)**

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., Nanka Judo Yudanshakai, Inc., San Fernando Valley Judo Club, San Gabriel Judo Club, Cypress College,** and the officers, employees, volunteers, and agents, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.
2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.
3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, including United States Judo Federation, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event (Releasees), the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.
4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.
5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., Nanka Judo Yudanshakai, Inc., San Fernando Valley Judo Club, San Gabriel Judo Club, and the Cypress College,** together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. CONSISTENT WITH THE BY-LAWS OF USJF, THIS TOURNAMENT MAY INCLUDE CO-ED COMPETITION FOR AGES 10 AND UNDER IN COMPARABLE AGE/WEIGHT DIVISIONS WHERE THERE IS AN INSUFFICIENT NUMBER OF GIRLS FOR NON-CO-ED AGE/WEIGHT DIVISIONS. I HAVE READ AND UNDERSTAND THE TOURNAMENT ANNOUNCEMENT CONCERNING THESE SPECIAL DIVISIONS. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.**

Participant \_\_\_\_\_

Participant's Signature \_\_\_\_\_

Date \_\_\_\_\_

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE**  
**(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian \_\_\_\_\_

Parent/Legal Guardian's Signature \_\_\_\_\_

Date \_\_\_\_\_

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# REFEREE, COACH & JUDO PARENT'S CLINIC | Dr. Gregory Moore, IJF-A 2x Paralympic Referee

Date: August 20, 2022  
Time: 1:00pm to 3:30pm  
Purpose: To provide an overview of the refereeing for the Visually and Hearing Impaired, and general information and interpretations of current International Judo Federation Competition Rules & Scoring.  
Clinician: Dr. Gregory Moore, IJF-A 2x Paralympic Referee  
Costs: \$25 Clinic Fee  
Where: San Gabriel Judo Dojo  
5019 Encinita Ave, Temple City, CA 91780  
Attire: Business Casual  
Hosted by: San Gabriel Judo Dojo



## USJF Sanction #22-08-09

- Covid Protocols will be in place. Please stay home if you're feeling any illness.
- Limited Capacity. Please pre-register by August 19th to teachnjudo@gmail.com

### Name of Participant:

FIRST MIDDLE LAST

Female  Male Date of Birth \_\_\_\_\_ Age \_\_\_\_\_

ADDRESS CITY STATE ZIP

CELL PHONE EMAIL

USJF# \_\_\_\_\_ USA JUDO# \_\_\_\_\_ USJA# \_\_\_\_\_ EXP DATE \_\_\_\_\_

JUDO CLUB

EMERGENCY CONTACT CELL|EMAIL

ADDRESS CITY STATE ZIP

If assistance/accommodation is needed (check appropriate box):

Vision Loss/Blindness  Hearing Loss/Deafness  Other: Specify \_\_\_\_\_

Please specify the type of assistance/accommodation requested or name of person assisting:

TOTAL AMOUNT DUE: \_\_\_\_\_  25 for 1 participant  \$40 for 1 Family

CASH  CHECK # \_\_\_\_\_  VENMO @teachnjudo  Paypal to sangabrieljudo@gmail.com





# UNITED STATES JUDO FEDERATION

## National Office

**Mailing Address:**

P. O. Box 338  
Ontario, OR 97914-0338

**Telephone:**

(541) 889-8753

**Fax:**

(541) 889-5836

**Internet:**

[www.usjf.com](http://www.usjf.com)  
[no@usjf.com](mailto:no@usjf.com)

## COVID-19 PANDEMIC 2020-2021

**(Update #20 - December 31, 2021)**

Updates added on December 31, 2021, are highlighted in **LIGHT BLUE**

Thank you very much to Dr. Eric Chen, Dr. Jeffrey Fujimoto, Dr. Steven Isono, and Dr. Ricardo Joseph of the USJF Medical Committee for their time and expertise in helping to put together this information along with recommendations for our community. This will be helpful for everyone as we all work through the trying & difficult times ahead.

- We strongly recommend that members of the judo community consider getting vaccinated and obtaining the booster when eligible.
- Keep yourself informed with the latest information, developments, and situation by visiting the CDC's COVID-19 page at <https://www.cdc.gov/coronavirus/2019-ncov/> and your state's health department website.
- These are general recommendations. It is NOT our intent to circumvent or replace the advice or directives from your primary care physician/doctor/medical professional.
- We encourage compliance with government recommendations, regulations, requirements, and laws. • Though some states may have relaxed their restrictions and moved into higher phases and more allowable activities, please be vigilant for any changes in the emergence of new cases and variants. This may lead to a return to lower phases and renewed restrictions. Please keep abreast of the latest developments in your area/jurisdiction and maintain proper observance and compliance with the phase status and guidance. You must be sure to move with the change in phases and adjust activities accordingly.
- **These guidelines DO NOT SUPERCEDE your local/county/state health guidelines.** You must make sure that your operations comply with your local/county/state health guidelines. Please ensure compliance by keeping up-to-date with your situation. **Non-compliance with your local/county/state health guidelines means non-compliance with the warranty provisions of insurance coverages = no insurance coverage = everyone participates at their own risk.**
- COVID-19 Liability: **Our liability policies DO NOT provide liability coverage for epidemic & pandemic diseases.**
- COVID-19 Accident Medical: **Our accident medical policy DOES NOT provide coverage for any COVID-19 pandemic related: infection, illness, injury, disability, death, economic loss, and etc.**

### Dojo Reopening Guidelines:

Please read through thoroughly the updated Dojo Reopening Guidelines document by visiting the webpage. The latest version of the document will always be posted there.

**USJF Liability & Accident Medical Coverage:** USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

Reminder: you must check and be current in your compliance with local health regulations on whether or not direct contact activities are allowed. Some direct contact may be allowed if certain conditions are met. **REGULATIONS ARE VERY STATE DEPENDENT.** Know your state/local rules and regulations and carefully adhere to and implement them.

### **Insurance Coverage Update:**

On September 1, 2020, our new insurance policies for the new 2021 Fiscal Year, become effective. There are some major changes and they are briefly outlined here.

**COVID-19 Liability:** Our liability policies **DO NOT provide liability coverage** for epidemic & pandemic diseases. The current COVID-19 crisis has been declared a pandemic by both the US Center for Disease Control (CDC) and the World Health Organization (WHO). Therefore, any claims/lawsuits brought against you due to COVID-19: infection, illness, injury, disability, death, economic loss, and etc. **WILL NOT BE DEFENDED BY THE LIABILITY INSURANCE POLICIES.**

**COVID-19 Accident Medical:** Our accident medical policy does not provide coverage for any COVID-19 pandemic related: infection, illness, injury, disability, death, economic loss, and etc. The policy is intended to respond to **accidental injuries** incurred while doing sanctioned or approved judo. For example: sprains, broken limbs, dislocations, and etc. It does **NOT respond to claims arising from allergies, usual colds & flu, COVID-19, chickenpox and other communicable disease illness. The accident medical policy is NOT a replacement for your own health insurance/coverage. It is NOT a primary coverage policy and responds on a secondary basis in conjunction with your own health insurance.**

**USJF Liability & Accident Medical Coverage:** USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.

### **Return To Activity/Training After COVID-19 Infection:**

There can be many lingering side effects of having had a COVID-19 infection. Athletes should consult with their healthcare provider before returning to physical activity after COVID-19 infection. Depending on the severity of infection, additional testing may be indicated before initiating a strenuous exercise program.

Myocarditis, or inflammation of heart muscle is a known complication of COVID-19 infection. However, the need for additional cardiac testing is controversial and any additional testing that is performed should be decided by the athlete's healthcare provider after a careful evaluation and discussion with the athlete and athlete's family if they are a minor or have other serious medical comorbidities.

We recommend athletes receive COVID-19 vaccination when eligible after known infection.

We suggest athletes follow these guidelines:

- 1. Asymptomatic or mild COVID-19 infection:** (i.e., athlete had positive Covid-19 and was without symptoms or had only minor symptoms such as low-grade fever (<100.40F or 380C), cough, mild fatigue, nasal congestion, loss of smell or taste, or sore throat) At least 10 days of isolation (no judo activity) with gradual return to judo activities thereafter assuming final 7 of 10 days without more than minor symptoms. If the athlete develops unusual chest pain, dizziness, lightheadedness, passes out, or other concerning symptoms we recommend cessation of judo activities and seek additional evaluation by healthcare provider. Minors should consult with a pediatrician prior to returning to play.
- 2. Moderate or Severe COVID-19 infection: e.g., athlete with persistent fever (<100.40For 380C), persistent fatigue > 7 days, pneumonia, hypoxia (SpO2 <94% on room air), hospitalization, chest pain not associated with cough, edema, palpitations, or other concerning symptoms).** We highly recommend consultation with a healthcare provider prior to returning to judo activities. We recommend at least 10 days of rest (no judo activity) with at least 7 consecutive days of being asymptomatic or only with minor symptoms (e.g., nasal congestion, loss of smell or taste) with medical consultation thereafter. Decreased exercise tolerance is common after COVID-19 infection, but chest pain, lightheadedness, dizziness, passing out, or other concerning symptoms, may be red flags for a more serious condition. Athletes should monitor symptoms closely as they return to more strenuous activity and seek medical consultation for concerning symptoms.

### **Return To Training Phases:**

Please be current and cognizant of the situation in your locale to ensure proper compliance with current rules and requirements.

**Phase 1:** Public health authorities require shelter in place, public training facilities are closed **Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.**

**Phase 2:** Public health authorities lift shelter in place requirements, but continue to prohibit group activities and public training facilities remain closed **Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.**

**Phase 3:** Public health authorities allow small group activities (< 10 people), but public training facilities remain closed **Dojos/clubs remain CLOSED. Individual home training & Virtual coaching ONLY.**

**Phase 4:** Public health authorities allow public training facilities to open WITH limitations on group size. **Dojos/clubs may OPEN for individual training in small groups ONLY if social distancing and masking are maintained.** Check with state and local health authorities if direct contact may be allowed. Continue infection prevention methods.

**Phase 5:** A vaccine or cure for COVID-19 is developed and distributed to the public at large.

Dojos resume large group training in accordance with local public health regulations. Athletes with prior COVID-19 infection may resume direct contact following the guidelines above. Continue infection prevention as previously. Continue infection prevention methods.

Please know the current phase in your local area/jurisdiction, apply, and adhere to it.

### **Regarding COVID-19 Testing:**

There are now many different COVID-19 testing protocols and kits available. There are huge variations in pricing with little detailed information available regarding the accuracy and validity of these tests. Also, not all tests are available everywhere. This being so, though testing is important, it is difficult to recommend a particular protocol/test for people to take. Therefore, WE ARE NOT MAKING TESTING A REQUIREMENT for return to training.

### **Mandatory Temperature Checks:**

Temperature checks are MANDATORY for everyone prior to entering the dojo/club/training facility. The maximum acceptable temperature for entry is 100.4°F/38° C. Someone with a temperature that is higher than this is considered to have a fever and should seek medical advice.

### **Visitor Log:**

If your dojo/club is OPEN or hosting/conducting any activities, please use a visitor log to have a listing of everyone who comes into the dojo/club. This includes: vendors, guests, visitors, parents, friends, relatives, potential students, students, athletes, and instructional staff. Basically, ANYONE who walks in the door. You should capture: the date that they were there, the person's name, a contact telephone number, and their temperature. A sample visitor log can be found on the last page of this document. Please feel free to make copies and use it.

If someone in the dojo tests positive for COVID-19, you should call everyone who has been exposed to let them know of the exposure so that they can take appropriate action. Please follow CDC guidance on quarantine intervals and tracing. Exposure is defined as any individual within 6 feet of an infected person for a cumulative total of 15 minutes or more over a 24 hour period.

Here's a link to the CDC page on contact tracing:

<https://www.cdc.gov/coronavirus/2019-ncov/php/contact-tracing/contact-tracing-plan/contact-tracing.html>

### **Personal Hygiene & New Habits:**

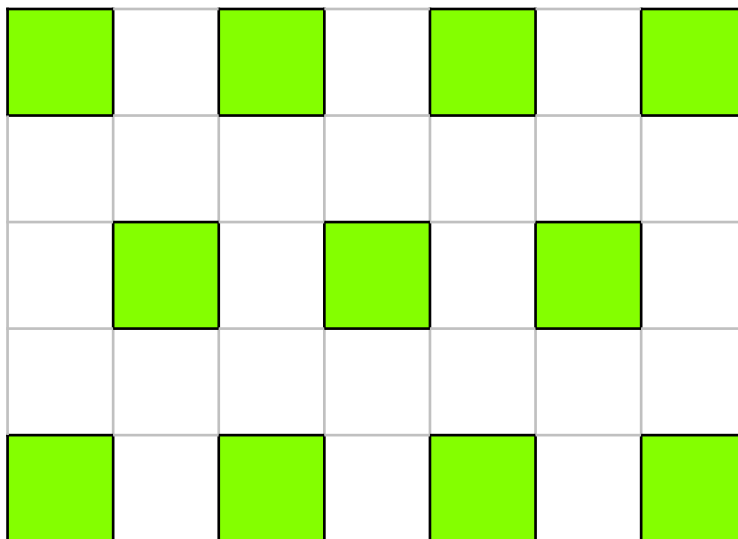
Now is a great opportunity to develop some great personal hygiene habits. Of critical importance is hygiene both before and after any training session.

1. All judogi's and belts should be completely clean and laundered before any training session.
2. Athletes should shower, lather up, and scrub vigorously before and after training sessions that involve close personal contact with a training partner.
3. There should be **NO SHARING** of towels, water bottles, liquids, food, snacks, supplements, and etc.
4. Weights, machines, and other training aids should be wiped down using an appropriate cleaning solution between users.
5. Use hand sanitizer every time one enters or exits the dojo.
6. Clean feet with antibacterial/antiviral wipes every time one steps on to the mat.

### **Maintaining Social Distancing & Spacing:**

A good way to maintain some social distancing and spacing is to give your athletes their own 6' x 6' space to work in...

1. Envision your mat space as a grid with 6' x 6' squares (modified checker/chess board)
2. Use removable tape on your mat surface to define the 6'x6' grid
3. Tear the tape and remove them in between the light or odd squares
4. Skip over a row (leave empty) and go to the next row
5. Tear the tape and remove them in between the dark or even squares
6. Repeat steps 3-5 until you are complete
7. This should leave you with 6'x6' squares that are surrounded by 6' of free space for your athletes to work in



### **Use Face Masks:**

We encourage the use of face masks. Especially during the times when appropriate to do so: bowing in and out at the start and end of the class/practice, during times when there is group instruction, during lectures/talks. Furthermore, we encourage the use of face masks by all family, friends, guests, and visitors while they are inside of the dojo.

is certainly reasonable to require the wearing of face masks when engaged in less than rigorous activities. It helps to keep everyone mindful of the current pandemic and public health guidelines. The additional efforts to be diligent will likely be helpful in creating a safer and thoughtful environment for your current and potentially new members.

It can be a bit problematic to require the wearing of face masks while engaged in tachiwaza or newaza randori. It is certainly reasonable to require the wearing of face masks when engaged in less than rigorous activities. It helps to

keep everyone mindful of the current pandemic and public health guidelines. The additional efforts to be diligent will likely be helpful in creating a safer and thoughtful environment for your current and potential new members.

### **Dojo Cleaning:**

For dojos, best practice would be to:

1. **Disinfect mats before and after training with a diluted bleach solution.** Mixing these proportions of bleach and water can make the bleach cleaning solution:  
5 tablespoons or 1/3rd cup of bleach per gallon of water  
**OR** 4 teaspoons of bleach per quart of water
2. **Disinfect high touch areas such as doorknobs, handrails, benches and lockers.**
3. If possible, **place hand sanitizer at entrances and exits.**

The bleach solution is very effective and the most economical, but here is a link to a list of commercially available disinfectants that should have antiviral activity against COVID-19 and other pathogens:

<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>

The key for any of this to work is that you **must allow the solution to dry for at least 5 minutes for the full antiviral/antimicrobial effect.**

#### **BLEACH CAUTIONS:**

1. As the bleach solution does contain bleach, it may affect the color/finish of whatever comes into contact with the bleach solution. It may also bleach-out or cause colors to fade, burn materials. Adversely affected items may include and not be limited to things like: clothing, painted objects, furniture, furnishings, cloth materials, leather, colored items, cloth, materials, metals, plastics, rubber, carpets, rugs, wood, paper, and etc.
2. **Do NOT MIX the bleach or bleach water with any other chemicals or cleaning products. Mixing bleach with products containing acid or ammonia will result in the creation and release of HIGHLY TOXIC CHLORINE GAS and other dangerous by-products.** Exposure to chlorine gas can cause serious permanent long-term injury and can be lethal.
3. It would be prudent to use appropriate protective clothing & devices such as safety eyewear & gloves to protect your eyes and avoid any/prolonged contact with your skin.
4. Be sure that there is adequate ventilation when using bleach or the bleach solution.
5. Please be sure to take appropriate precautions to avoid any accidents, spills, and other foreseeable problems and dangers.

### **USJF Sanctioned Events:**

The National Office is accepting applications for sanctioned events. Sanctions will be granted and approved only for jurisdictions where the state and local regulations allow the activity. Should those public health regulations prohibit the activity, the sanction for the event is automatically cancelled. The event organizer/director agrees to implement the rules and protocols described in the USJF COVID Event Guidelines. Please read through thoroughly the updated USJF COVID Event Guidelines document by visiting the webpage. The latest version of the document will always be posted there.

**USJF sanction and insurance coverage is contingent upon compliance with USJF guidelines, local, and state regulations. Failure to do so automatically VOIDS the sanction and all insurance coverages.**

### **USJF National Office Update:**

In compliance with government recommendations and mandates, the USJF National Office will continue to operate with the staff generally working remotely from home as much as possible. Though we will continue to answer the telephone, we strongly encourage you to communicate with us via email during these times. The National Office will continue operations in the current manner until local mandates/restrictions are completely lifted.

**Next Update On February 28, 2022.**

At this time, we plan to issue an update on February 28, 2022. Should conditions change/worsen to an extent that further restrictions on elite athletes or any other actions are advisable, we will issue updated pertinent guidance at that time.

**Additional:**

Again, this is a very unique and dynamic situation and these recommendations may need to be modified as new information and national guidelines become available. Please do not hesitate to contact either Dr. Chen, Dr. Fujimoto, Dr. Isono, or Dr. Joseph, if you have any additional questions or concerns. Our contact information is listed below.

Best Regards,  
USJF National Medical Committee

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