



**EUROPEAN  
JUDO  
UNION**

# **EVENT OUTLINES**

**HOULGATE**

**Get Together Tournament 2025**

**France**

**December 5th-6th, 2025**





## **1. ORGANISER**

### **French Judo Federation / Fédération française de Judo (FFJDA)**

Address: 21-25 Avenue de la Porte de Châtillon, 75014 PARIS, France

Contact: M. Julien PAROT - [parajudo@ffjudo.com](mailto:parajudo@ffjudo.com)

### **Ligue de Normandie de Judo**

Address: 5 Rue Guyon de Guercheville, 14200 HEROUVILLE SAINT-CLAIR, France

Contact: Mme Bérengère MOUCHARD - [parajudo@ffjudo.com](mailto:parajudo@ffjudo.com)

### **Accommodation (Competition venue)**

#### **Centre Sportif de Normandie**

Address: Route de La Vallée, 14510 HOULGATE, France

Contact: Mme Marion Duval - 02 31 28 80 13 - [m.duval@sport-normandie.fr](mailto:m.duval@sport-normandie.fr)

### **Emergency Contacts :**

General matter: Julien PAROT, Bérengère MOUCHARD (phone number will be send after registration)

Accommodation: Mme Marion Duval - 02 31 28 80 13 - [m.duval@sport-normandie.fr](mailto:m.duval@sport-normandie.fr)

Transport: Bérengère MOUCHARD

## **2. IMPORTANT INFORMATION**

### **Before Travelling**

Passports must be valid for at least 6 months from the date of arrival.

- Check host country entry requirements and airline requirements (if applicable).
- Check if you need a visa, and if yes, request it from the LOC according to the details in the "Entering host country" section.
- Send travel information (arrival and departures) to the LOC.
- Book accommodation either on your own or by the organiser (see Accommodation section).

### **Entering host country**

Each individual/Delegation is responsible to ensure they follow the entry rules (passport validity, visas, entry permission letter, etc.) for the host country. Entry rules may be subject to change, current rules can be found under the link: <https://www.diplomatie.gouv.fr/fr/venir-en-france/>

## **3. PARTICIPATION**

EJU Get Together Adapted Judo Tournaments are open to all clubs and EJU/IJF Member Federations (NF); athletes must be of the same nationality as the NF or Club, with the exceptions mentioned in the IJF "Sport and Organisation Rules".

### **3.1. AGE**

Athletes are divided into two age classes:

- under 15 (Born in 2011 until 2016)
- over 15 (Born in 2010 and older)

### **3.2. ELIGIBLE ATHLETES**

**Only athletes with a minimum eligible impairment**, that meets the requirements described in the "Eligibility Criteria for Athletes with Disabilities in European Judo Union Adapted Judo Tournaments" **can take part in the EJU Get Together Adapted Judo Tournaments.**



## 4. COMPETITION VENUE

**Centre Sportif de Normandie (CSN)**  
**Route de la Vallée, 14510 Houlgate**  
**02 31 28 80 00**

[www.sport-normandie.fr](http://www.sport-normandie.fr)

## 5. PROGRAM

Attention: The schedule may be modified according to total number of entries and circumstances of competition. The start time will be confirmed once the final number of athletes is known.

TIME	PROGRAM	PLACE
Friday, Décembre, 5 <sup>th</sup> 2025 / Vendredi 5 décembre 2025		
13:00 – 14:00	Registration and Weigh-in (L4, L5)	<b>Centre Sportif de Normandie (CSN)</b>  <a href="http://www.sport-normandie.fr">www.sport-normandie.fr</a> <b>Route de la Vallée, 14510 Houlgate 02 31 28 80 00</b>
14:00 – 15:00	Divisioning (L4, L5)	
14:00 – 15:00	Registration and Weigh-in (L1, L2, L3, VI)	
15:20 – 16:20	Divisioning L1, L2, L3, VI	
16:30 – 17:30	Draw	
17:30 – 18:00	Referee meeting (coaches are welcome to join)	
Saturday, Décembre 6 <sup>th</sup> 2025 / Samedi 6 décembre 2025		
9.30	Opening ceremony	<b>Centre Sportif de Normandie (CSN)</b>  <a href="http://www.sport-normandie.fr">www.sport-normandie.fr</a> <b>Route de la Vallée, 14510 Houlgate 02 31 28 80 00</b>
9:45 – 12:30	First block of competition (L4, L5)	
12:30 – 13:00	Awarding ceremony (L4, L5)	
13:30 – 15:30	Second block of competition (L1, L2, L3, VI)	
15:30 – 16:00	Awarding ceremony (L1, L2, L3, VI)	
19:00	Gala evening (see 11 Accommodation)	

## 6. EVENT REGISTRATION

All participants and delegates must be registered for this event via: [parajudo@ffjudo.com](mailto:parajudo@ffjudo.com).

**No Judobase registration is needed for this event.**

**The entry form must be filled out on a computer; manual entries will not be accepted. Both sheets of the entry form must be completed!**

Deadline for Competition Registration is **November 15<sup>th</sup> 2025**. Late entries can be done until **December 1<sup>st</sup> 2025** after payment a late entry fee (60 €).

## 7. DEADLINES / DATES LIMITES

<b>Pre-registration:</b>	<b>October 1<sup>st</sup> 2025</b>
<b>Competition Registration:</b>	<b>November 15<sup>th</sup> 2025</b>
<b>Entry fee payment:</b>	<b>November 15<sup>th</sup> 2025</b>
<b>CSN Accommodation Reservation:</b>	<b>November 15<sup>th</sup> 2025</b>



## 8. ENTRY FEE / FRAIS D'INSCRIPTION

All athletes must pay an entry fee of **30 euro** per participating competitor. Late entry fee is **60 euro** per athlete. The organizer will directly collect the entry fee.

## 9. PAYMENT

Kindly complete the payment for entry fee to our bank account:

Bank Address	QUARTIER KOENIG 87 R ELISEDEROCHE 14760 BRETTEVILLE SUR ODON
Bank Name	SG BRETTEVILLE ODON ENT
Name of account holder:	FED FRANC JUDO DISCIPLINE ASSO LIGUE NORMANDIE DE JUDO
IBAN:	FR76 3000 3036 1800 0500 1052 861
SWIFT:	SOGEFRPP
Payment reference	EJU Get Together + name of the club or federation

**The deadline for paying the fee is 15<sup>th</sup> November 2025.**

All bank fees and money transfer costs must be paid by the sender club or federation. The person attending the Registration must bring proof of the bank transfer.

**Please, be careful with fraudulent emails: always check the bank details from the outlines!**

## 10. REGISTRATION / INSCRIPTION

The Registration/Accreditation operations of the participants will take place in Centre Sportif de Normandie (CSN) before the divisioning, according to the above-mentioned Program.

At least one delegate per Delegation (Club/NF) must attend the Registration on time to confirm the entries of all athletes and officials. A delayed appearance or no-show may result in the exclusion from the event. In case of unforeseen delay of arrival, the club must immediately contact both the organizer and the EJU (headoffice@eju.net). **At the Registration Team Leaders must sign the EJU Adapted Judo Disclaimer form.**

## 11. ACCOMMODATION

**NO official accommodation for participants is required.**

The organizer has secured a special 'Get Together Rate,' valid for all reservations received no later than November 15th, 2025 in Centre Sportif de Normandie (CSN) not requiring transport. The reservation and payments must be made directly with the CSN, via e-mail: - m.duval@sport-normandie.fr through the reservation form provided by CSN.



Double room	Per person: 3 nights, 3 breakfasts, 2 lunches, 2 dinners	From Thursday 7 PM to Sunday 9 AM	Per person 235 €
	Per person: 2 nights, 2 breakfasts, 2 lunches, 1 dinner	From Friday 12pm to Sunday 9am	Per person 165 €
Single room	Per person: 3 nights, 3 breakfasts, 2 lunches, 2 dinners	From Thursday 7 PM to Sunday 9 AM	Per person 280 €
	Per person: 2 nights, 2 breakfasts, 2 lunches, 1 dinner	From Friday 12pm to Sunday 9am	Per person 195 €
Closing evening	2 free drinks Food available for purchase: Food truck	Saturday 7 PM	0 €

**For competition day, it is possible to have lunch in the venue by foodtruck.**

### **Booking and Payment Conditions – Accommodation at the CSN**

Rooms at the CSN must be reserved before November 15th, 2025.

- Upon receipt of the request, an invoice will be issued. Payment must be made no later than November 15, 2025.





- In the absence of payment by this date (November 15), the CSN reserves the right to cancel the reservation and not accommodate the concerned individuals.

#### **Cancellation conditions:**

- For any cancellation notified before November 15, 2025, 50% of the accommodation amount will remain due.
- For any cancellation notified before December 1, 2025, 100% of the accommodation amount will remain due.

#### **Accommodation capacity – alternatives:**

In case of saturation of our accommodation capacity, a list of nearby establishments will be provided to the participants, who will need to handle their own reservations, payments, and any possible transportation. No transfers will be provided by the CSN.

#### **Individual information sheet:**

Once the reservation is confirmed, each participant will receive an information sheet to fill out (contact details, dietary requirements, arrival and departure times, transportation needs, etc.). This sheet must be returned completed within the specified deadlines to ensure proper organization of the welcome.

#### **Internal regulations and responsibilities:**

Participants must sign and adhere to the internal regulations of the CSN, which outline the rules of conduct on the site as well as the financial and disciplinary consequences in case of damages, inappropriate behavior, or failure to comply with the instructions.

The organizer takes no responsibility if the rooms or belongings are damaged by the guests during their stay, and also accepts no responsibility for delays, cancellations, or costs incurred with the CSN.

## **12. TRANSPORT**

### **NO official transfer for participants is required.**

The organiser will provide transfers between Paris airports and the Centre Sportif de Normandie only for delegations accommodated at the CSN.

The round trip fare is 80 EUR per person, based on full-capacity buses (50 seats).

For smaller shuttles, the cost will be 80 EUR per person each way (i.e. 80 EUR for the outbound trip and 80 EUR for the return).

Delegations must send their travel schedules (arrival and departure times and airport – e.g. Paris Charles de Gaulle, Beauvais, etc.) to the Local Organising Committee (parajudo@ffjudo.com) as soon as possible.

Transportation must be reserved through the LOC and paid together with the competition fee.



## 13. VISA

The organizers will assist in obtaining entry visas for participants and officials if necessary, but the responsibility for obtaining the correct visa lies with each participant.

## 14. TECHNICAL INFORMATION

### 14.1. CATEGORIES

- U15 Boys: -26kg; -30kg; -34kg; -38kg, -42kg, -46kg, -50kg, -55kg, -60kg, -66kg, -73kg, +73kg;
- U15 Girls: -24kg; -28kg; -32kg; -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70, +70kg;
- O15 Men: -60 kg, -66kg, -73kg, -81kg, -90kg, -100kg, +100kg;
- O15 Women: -48 kg, -52kg, -57kg, -63kg, -70kg, -78kg, +78kg.

The weight categories according to the IJF SOR are strictly observed with Levels 1, 2 and VI. With athletes Levels 3, 4 and 5 weight categories, experience and abilities are considered when creating the pools. In general, it is allowed to combine the various classes and weights and make the matches more equal and meaningful competition: where levels/groups are merged an allowed weight margin of 5% is permitted.

### 14.2. DURATION OF THE CONTESTS / TEMPS DES COMBATS

- L1 - U15: 2-3' + Referee decision; O15: 3'+ Golden Score
- L2 - U15: 2-3' + Referee decision; O15: 3'+ Golden Score
- L3 - U15: 2-3' + Referee decision; O15: 2-3'+ Referee decision
- L4 - U15: 2-3' + Referee decision; O15: 2-3'+ Referee decision
- L5 - U15: 2-3' + Referee decision; O15: 2-3'+ Referee Decision

The contest duration for of L1-L2 U15 and L3-L4-L5 U15 and O15 can be addressed by the Competition Director, according to the running of the event and the ability of the athletes.

### 14.3. COMPETITION FORMULA / FORMULE DE COMPETITION

EJU Adapted Judo Rules rule the competition, using the following systems, according to the number of participants:

- 1-5 competitors: Round robin
- 6-10 competitors: Full Repechage
- Over 10 competitors: Double Repechage.

When forming competition groups, special attention will be given to ensure that in the U15 and O15 (up to 21 years old) categories, the age difference within each pool does not exceed three years.

### 14.4. DIVISIONING / REPARTITION DES COMPETITEURS

*Divisioning* is mandatory for all competitors and held the day before the competition. All competitors are required to attend the divisioning process; those who fail to participate will not be permitted to compete on the following day.

Judoka are encouraged to have back numbers displaying their last name and country code to ensure easy identification on the mat during divisioning.

**The involvement of all coaches is essential to the success of the divisioning process. Therefore, we kindly ask all coaches to actively participate in the divisioning alongside their athletes on the mat.**



Official EJU Adapted Judo Expert will hold the *Divisioning* process giving the final decision in assessing the competitor's level.

#### 14.5. WEIGH-IN / PESEE

The official weigh-in takes place the day before the competition, before the divisioning according to the schedule (see program).

The competitors:

- **are not permitted to weigh-in naked:** underwear for men, underwear and t-shirt for women are mandatory with the allowance of additional 200g.
- **must present their passport** (National ID Cards showing nationality, picture and date of birth are also accepted).

Competitors with motor disability that can't stand stable on the scale and competitors in wheelchair, can do the weigh-in with the assistance of a coach/personal assistant, including the possibility to stand on the scale with them; in that case the final weigh-in will be calculated subtracting the assistant's weigh to the total.

There is no random weigh-in for Adapted Judo Athletes.

#### 14.6. DRAW / TIRAGE AU SORT

For L1 and L2 over 15, the draw will be held at the CSN after *Divisioning* according to the Official Program. For L3, L4, L5 under and over 15 and L1 and L2 under 15, pools will be created ad hoc, considering weight categories, experience and abilities to make the matches more equal and competition meaningful.

### 15. JUDOGI AND AIDS

Athletes must wear their WHITE judogi: blue judogi is suggested but not mandatory. Judogi must only comply with the Sokuteiki rule (no labels obligatory, IJF label recommended). Adaptations to the judogi are allowed for L3-L4-L5 athletes.

When both athletes wear white judogi, the first called will wear a white belt, the second called a red/blue belt.

IJF official backnumbers are suggested but not mandatory.

The following rules for aids must be followed:

- Aids are considered all attributes outside the standard Judo uniform as described in the IJF Tournament Regulations.
- Aids must be safe for both the wearer and the opponent and cannot contain hard substances or surfaces, to be decided at the discretion of the main referee.
- The opponent may not be disadvantaged, nor may the wearer have an unreasonable advantage from the aid.





- Glasses cannot have hard surfaces and must fit flush to the face. Sports glasses are allowed once authorized by the tournament director and under the condition that they do not present a risk to either athlete.
- It is permitted to wear a mouth guard.
- When fighting in Ne-shisei, it is permitted to wear white socks (with or without rubber dots) for medical reasons.
- Female athletes must wear a plain white round-neck T-shirt under the judogi. For male athletes, plain white T-shirts may be worn.

## 16. COACHING

Rules for adapted judo are applied for coaches. For what is not covered by these rules the Code of behavior of coaches as defined in the IJF Sports and Organization Rules will be strictly observed. Any coach not adhering to these rules could be subject to disciplinary actions.

Dress Code for Elimination rounds and Final Block: Club or National track suit with trousers reaching down to shoes.

## 17. MEDIA

Official or EJU recognized media can apply online for a Media accreditation not later than Monday, 10<sup>th</sup> November (<https://www.eju.net/media/>).

## 18. FUNDAMENTAL PRINCIPLES / PRINCIPE FONDAMENTAUX

All National Federations, clubs, officials, coaches and competitors participating in this event have to respect and accept the authority of the EJU officials, the rules and statutes of the International Judo Federation and European Judo Union. Individuals deemed to have acted against the EJU or IJF, their principles or purposes shall be subject to suspension or expulsion from the event. For this specific event, Adapted Judo Rules are applied.

### 18.1. RESPONSIBILITY OF CLUBS & NFS / RESPONSABILITE DES PARTICIPANTS

The competitors will compete under the full responsibility of their clubs & federations.

Clubs and National Federations are responsible for insuring their competitors against "injury and third part risk (public liability)" during the period of the event; each Club or National Federation must assume all responsibility for accident and health insurance as well as civil liabilities during the event for everyone under their charge.

The European Judo Union and the organizer of the event decline all responsibility.

The LOC of the event and the EJU have no liability for any claims of injury, illness or death arising from the travelling to and the participation in this event.

### 18.2. MEDICAL CERTIFICATES & ADAPTED JUDO EVENT DISCLAIMER

To compete, athletes must have a medical certificate, showing that they are fit and healthy to take part in the competition, issued by an authorized body of the country they represent. It must be valid for the day(s) of participation in the competition and not older than one (1) year. Clubs or National Federation have the responsibility to collect the hard copies/digital version of these documents and to show the EJU official *if requested*. The person in charge of every participating delegation must signing the Adapted Judo Event Disclaimer (AJED) on behalf of their Club or National Federations, ensuring



that they got the consent of each delegate or in the case of a minor, the consent of the parent/guardian to take part in EJU Adapted Judo Events.

### **18.3. ATTITUDE OF COMPETITORS / ATTITUDE DES COMPETITEURS**

The Clubs or Federations are responsible to the EJU concerning the general attitude of their competitors.

### **18.4. CONSENT FOR PHOTOGRAPHY/VIDEOS/FILMING**

Delegates inscribed by their Clubs or National Federations for EJU events consent to the EJU and its media partners to use content of them, including data, live results, photographs and/or video recordings (hereafter referred to as Media). This media may be obtained from National Federations and EJU. It will also be acquired by the EJU and its media partners from in and around all EJU event venues. Media could be used in print and digital media formats including print publications, websites, e-marketing, posters banners, advertising, film, broadcast, social media, education purposes and other purposes. The National Federation and Clubs must ensure that they have the permission of each delegate or in the case of a minor the permission of the parent/guardian. If a delegate does not give consent, then the National Federation or Club must inform the European Judo Union by writing to [headoffice@eju.net](mailto:headoffice@eju.net).

### **18.5. CONSENT FOR USE OF DATA AND DATA PROTECTION / CONSENTEMENT À L'UTILISATION DES DONNÉES ET PROTECTION DES DONNÉES**

Delegates inscribed by their Club or National Federations for this event consent to the EJU processing their personal data with the application of GDPR principles by signing the Adapted Judo Disclaimer Form (AJDF). Clubs or National Federations must ensure that they have the permission of each delegate or in the case of a minor, the permission of the parent/guardian.



Join the EJU Adapted Judo  
Telegram Channel,  
for all the updated information  
about the EJU adapted judo  
competitions!

EJU Adapted Judo  
Telegram Channel



SCAN ME

