

 **lenssen advies**

HELDEN TOURNAMENT

**SUNDAY
MARCH 30
2025**



**SPORTHAL PIUSHOF
PANNINGEN**

U8-U10-U12-U15-U18



Dear judo friends,

After the great success during the first edition of the Lenssen Advies Helden Tournament in 2024, we have decided to give a sequel to the Helden Tournament.

The 2nd edition of our tournament is scheduled **for Sunday, March 30, 2025.**

Our goal is to keep judo accessible to everyone. We think it is important that young judokas can get acquainted with our great competitive sport. A tournament where judokas at any level can do what they love so much. In recent years, the number of tournaments, especially for novice judokas or judokas, who occasionally want to participate in a tournament at their own level, has decreased sharply. Judo club Helden wants to put a tournament on the calendar again where everyone can participate regardless of his/her level.

Location

Sporthal Piushof

Piushof 137

5981 VW Panningen

Parking around the sports hall is free. Parking is available at Piushof and Minister Calstraat.

Match information

The intention is that the judokas are divided into groups taking into account the age, weight and level.

The level will have to be indicated at the time of registration.

A: - Judokas with competition experience

B: - Judokas who have little or no competition experience.

The matches will be fought on a minimum of 4 mats. For the age categories up to and including -12 years, a group system with half competition will be placed. In the age categories -15 years and -18 years, depending on the number of participants, they will be assigned to a group system or to a double resit. If there are less than 5 participants per pool, we as an organization can decide to merge groups. The merging of weight classes is only done when necessary. If this is the case, we will inform the participating judo clubs in good time via the weighing schedule. In some cases, we will contact the coaches of participating clubs in advance.

In the age categories up to and including -12 years we strive for groups of at least 5 participants, so that each participant can compete in judo at least 3 matches. The duration of the competition is as follows:

Judokas up to -12 years : 2 minutes

Judokas up to -15 years : 3 minutes

Judokas up to -18 : 4 minutes



Register for Lenssen Advies Helden Tournament

Registration will open from 1 November 2024 and close on 9 March 2025.

Are you a member of a Dutch judo club?

Then register via Judo Bond Nederland (toernooi.nl). If this is not possible, you can also register by sending a completed registration form to heldentournament@judoclubhelden.nl.

If you are a member of a foreign judo federation, you can also register by sending a completed registration form to heldentournament@judoclubhelden.nl.

The registration form (Excel file) can be requested by e-mail from the tournament organization.

To participate in the tournament, the judoka must be a member of a National Judo federation. For categories up to and including -12 years old, the attached Excel file with the indicated levels must be completed. If no completed registration form is received before March 9, registered judokas will be classified under level A.

After registration, the participant agrees to ;

1. Results are posted on websites and social media channels connected to the Lenssen Advies Helden tournament.
2. Photos and videos taken can be published on websites and social media channels connected to the Lenssen Advies Helden tournament.

Payment Registration Fee

The registration fee is € 12.50 per participant per category. The entry fee applies to all categories.

Your registration will not be accepted until you have paid the registration fee.

Information for coaches

During a match, a maximum of one coach may give instructions to the judoka at the same time. To this end, the coach takes place in a designated position. The coach must behave correctly and may not try to influence the referee under any circumstances. The coach is recognizable by a coach strap on the wrist. Coach wristbands will be provided once with the participants' weigh-in cards. Only people with a coach wristband are allowed in the room. A coach card will be issued for every 6 participants. No more coach cards will be issued per club than the number of mats present in the hall.

Weighing information

No later than one week before the **Heroes tournament**, we will announce the weighing times by e-mail. The weigh-in times will also be published on jbn.toernooi.nl and on our website www.judoclubhelden.nl. As a participant, you will be admitted to the weigh-in if you have a valid judo passport and weighing card. The weight indicated on the scale is binding. The weight classes are in accordance with standards set by the JBN.

If the specified weight is exceeded at the 2nd weigh-in, the participant will be transferred to another weight class. The costs for this overrun are 2.50 and can be paid to the main jury.

Judokas can be transferred to another weight class free of charge until 16 March. Changes received by the organization after March. 16 will no longer be processed. In that case, as a participant, you must transfer to the Heroes Tournament.



Regulations Lenssen Advies Helden Tournament

All matches during the tournament will be judged according to the JBN regulations in force on the match day. If you have any questions about the contest rules, please send an email to heldentournament@judoclubhelden.nl .

Liability

The organization is not responsible for damage due to accidents, theft, etc.

Information

For more information, please refer to our website: www.judoclubhelden.nl

If you have any questions, please send an email to heldentournament@judoclubhelden.nl