The British Judo Council
WELSH JUNIOR NATIONALS
Sunday 13th July 2008

Judo Club name……..

Contact Name & Address……..

Male Junior

Name	Under 30KG	Under 35KG	Under 40KG	Under 45KG	Under 50KG	Under 55KG	Under 60KG	Under 65kg	Over 65kg

Female Junior

Name	Under 30KG	Under 35KG	Under 40KG	Under 45KG	Under 50KG	Under 55KG	Under 60KG	Under 65kg	Over 65kg

Additional weigh-in facilities will be available on Saturday (one weigh only) between 7-8 pm in the centre.

Armlocks & strangles are not permitted in categories U25kg, U30kg, U35kg, U40kg & U45kg.

BJC Contest Rules 2008 1.1 THE STARTING AND RE-STARTING PROCEDURES

All Contestants must engage with the natural grip i.e. one lapel and one sleeve. At the start and restart of a Contest the Referee is to instruct the competitors to 'Take Hold', then 'Hajime'.