



Uczniowski Klub Sportowy
JUDO SENSEI Płock

"Strive for Self-Improvement" (Kana Jigoro)

DOFINANSOWANO
ZE ŚRODKÓW
MIASTA PŁOCK



**X International Tournament
Judo Sensei Płock**

ORGANIZERS	UKS Judo Sensei Płock, City of Płock Office
DATE	19th September 2026 (Saturday)
VENUE	Orlen Arena Płock plac Celebry Papieskiej 1, 09-400 Płock, Poland
COMPETITION DIRECTOR	Łukasz Smorzewski, tel. 503-153-789, smorzewskijudo@wp.pl
COMPETITION REGISTRATION	Registration is only possible until Wednesday, 16th September 2026, at 10:00 p.m. Registration is accepted exclusively through the online registration platform: https://turniejjudo.pl Only club coaches or other club-authorized representatives may register competitors. Instructions for creating a user account and registering athletes are available in the "Help" section of the registration platform. Questions or issues regarding registration can be submitted through the platform's Contact Form or by email to: rejestracja@turniejjudo.pl
ENTRY FEE	100 PLN, payable at the sports hall on the day of the competition. It is also possible to pay by bank transfer: Account number: 32 2030 0045 1110 0000 0278 6630 Proof of payment must be emailed to smorzewskijudo@wp.pl by 16 September. Please note: The organizer reserves the right not to refund the entry fee if a registered competitor does not attend.
Age Category U15 (2012-2013)	Boys: 38, 42, 46, 50, 55, 60, 66, 73, 81, 90, +90 Girls: 36, 40, 44, 48, 52, 57, 63, 70, +70
Age Category U13 (2014-2015)	Boys: 30, 33, 36, 39, 42, 46, 50, 55, 60, 66, +66 Girls: 34, 37, 40, 44, 48, 52, 57, 63, +63
Age Category U11 (2016)	Boys: 25, 27, 30, 33, 36, 39, 42, 46, 50, 55, +55 Girls: 25, 28, 31, 34, 37, 40, 44, 48, 52, +52
Age Category U10 (2017)	Boys: 24, 26, 28, 30, 33, 36, 39, 42, 46, 50, +50 Girls: 25, 27, 29, 31, 34, 37, 40, 44, 48, +48
Age Category U9 (2018)	Boys: Up to 9 weight categories, determined after the official weigh-in. Girls: Up to 9 weight categories, determined after the official weigh-in.
Awards	• Gold, silver, and bronze medals plus diplomas for all competitors finishing 1st–3rd. • Trophies for the top five teams. • A participation prize for every competitor.

RULES AND CONTEST DURATION	U15 Contest duration: 3 minutes + Golden Score (GS) IJF Competition Rules apply.
	U13 – Contest duration: 2 minutes + Golden Score (maximum 1 minute) Arm locks and strangle/choke techniques are prohibited.
	U11 – Contest duration: 2 minutes + Golden Score (maximum 1 minute) Arm locks, strangle/choke techniques, throws using only the head, and sacrifice throws are prohibited.
	U10, U9 – Contest duration: 2 minutes. In the event of a tie, the winner will be decided by Hantei (referees' decision). Arm locks, strangle/choke techniques, knee-drop throws, throws using only the head, and sacrifice throws are prohibited.
COMPETITION SYSTEM	• 2 competitors: Best of three contests (first to two wins). • 3–5 competitors: Round-robin system (everyone fights everyone). • 6–8 competitors: Brussels system (two pools). • More than 8 competitors: French knockout system with double repechage.
REFEREES	One referee per contest area (tatami).
COMPETITION SCHEDULE SATURDAY 19.09.2026	08:15–09:00 Official weigh-in for U10 & U9 09:00–09:30 Warm-up, registration verification, and draw for U10 & U9 10:00 Competition begins for U10 & U9 10:15–11:30 Official weigh-in for U11 & U13 12:15 Planned start of competition for U11 & U13 13:00–14:00 Official weigh-in for U15 14:45 Planned start of competition for U15
CONDITIONS OF PARTICIPATION	1. Registration must be completed before the deadline. No entries will be accepted after registration closes (16 September, 22:00). 2. All competitors must have accident insurance (personal injury insurance). Responsibility for insurance lies with the competitor's coach, guardian, or club. 3. There is no weight allowance. An additional 100 g is permitted for underwear only. Competitors must wear underwear during the weigh-in. 4. Competitors must have a valid sports medical certificate or a declaration confirming there are no medical contraindications to participation. 5. Payment of the 100 PLN entry fee is required.
ADDITIONAL INFORMATION	1. The organizers reserve the right to close registration early if the entry limit is reached. 2. Medal ceremonies will take place immediately after each age category has finished. 3. Early weigh-in will be available on Friday evening at the competition venue from 18:30 to 19:30. 4. With the agreement of the coaches, weight categories may be combined if there are too few competitors. 5. The tournament is planned to be conducted on eight tatami (competition mats). 6. The scheduled starting times for individual age categories may be subject to change.

Welcome to Plock! We wish you a pleasant and enjoyable stay