



**EUROPEAN  
JUDO  
UNION**

**EUROPEAN JUDO TOUR  
VETERAN 2026**

## **EVENT OUTLINES**

**Warsaw Veteran European Cup 2026  
& Ne-Waza Competition**

**April 18<sup>th</sup>, 2026**



## 1. ORGANISER

### Polish Judo Association

**Address:** Fosa 31, 02-768 Warsaw, Poland

**Email:** [pzjudo@pzjudo.pl](mailto:pzjudo@pzjudo.pl)

**Telephone:** +48530546520

### Emergency Contacts:

General matters: Mr. Stanislaw Pazgan; +48603861963; [stanislaw.pazgan@pzjudo.pl](mailto:stanislaw.pazgan@pzjudo.pl)

Accommodation: Ms. Karolina Koszela; +48792080083; [veterans\\_kata@pzjudo.pl](mailto:veterans_kata@pzjudo.pl)

Transport: Ms. Karolina Koszela; +48792080083; [veterans\\_kata@pzjudo.pl](mailto:veterans_kata@pzjudo.pl)

## 2. IMPORTANT INFORMATION

Communication during the event will be done through dedicated Telegram Channel "EJU Veteran Tour". Please, join the channel using the link: <https://t.me/+AJ46hrm xmmQ3ZTQ0> or scan the QR Code:



### 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 THE HOST COUNTRY** section.

- Send travel information (arrival and departures) to the LOC if book an official hotel.
- Book accommodation either on your own or by the organiser.
- Upload medical certificate to my.ijf.org well in advance

### Entering host country

Each individual is responsible to ensure they follow the entry rules (passport validity, visas, entry permission letter, etc.) for the host country. Entry rules are subject to be changed, the current rules can be found here: <https://www.gov.pl/web/mswia-en/entry-and-residence-conditions-for-foreign-nationals-in-poland>

### Insurance

It is the responsibility of each participant to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any pandemic related costs, including repatriation. The LOC of the event and the EJU accept no liability for any claims relating to cancellation of the event due to any pandemic or medical costs for any illness that may affect them during the event.



### 3. COMPETITION PLACE

#### OSiR Włochy

**Address:** Gładka 18, 02-172 Warszawa; <https://sport.um.warszawa.pl/waw/osir-wlochy/-/hala-sportowa-glodka>

### 4. AGE

Athletes will be allocated to the age division based on:

- Meeting the entrance criteria of a minimum of 30 years of age within the year of the event and,
- Their date of birth in line with the following age ranges:

|          |        | Age division |        | Female   | Male               |
|----------|--------|--------------|--------|----------|--------------------|
| Age from | Age to | YOB from     | YOB to | Category | Category           |
| 30       | 34     | 1996         | 1992   | F1       | M1                 |
| 35       | 39     | 1991         | 1987   | F2       | M2                 |
| 40       | 44     | 1986         | 1982   | F3       | M3                 |
| 45       | 49     | 1981         | 1977   | F4       | M4                 |
| 50       | 54     | 1976         | 1972   | F5       | M5                 |
| 55       | 59     | 1971         | 1967   | F6       | M6                 |
| 60       | 64     | 1966         | 1962   | F7       | M7 (no shime-waza) |
| 65       | 69     | 1961         | 1957   | F8       | M8 (no shime-waza) |
| 70+      | 70+    | 1956         |        | F9       | M9 (no shime-waza) |

### 5. PARTICIPATION

This Veteran European Cup is open for **all EJU/IJF Member Federations**.

**To participate in the event each participant is responsible to follow:**

- The rules to enter the host country and the local government health measures.

**Any participant is eligible to inscribe in the competition provided he/she is:**

- Not under a disciplinary suspension.
- Not under suspension for anti-doping rule violation.
- Not carrying any communicable diseases that may risk other delegates' health.

**In addition to the above athletes must:**

- Not be under medical suspension.
- Be healthy and fit for competition.
- Hold a current and valid licence (membership) issued by a national federation currently affiliated to the IJF.
- Pay the appropriate entry fees in full before the deadline set in the event outlines.
- Check in at accreditation (see schedule of accreditation in the event outlines).
- Meet the weigh-in requirements.
- Provide photographic proof of their identity and date of birth using a valid current passport or a current national identity card.
- All athletes must have obtained the minimum grade of first kyu.
- Have sufficient technical knowledge (know the terminology and can execute all the techniques in the IJF **SOR** Appendix H) and understand fully the IJF sport and refereeing rules.

IJF nationality rules (IJF SOR, section 1.7) must be respected and athletes must be of the same nationality as the national federation for which they have been entered for the competition. The evidence of nationality shall be the production of a valid passport issued by the represented country. Special rules for veteran foreign athletes who want to compete for the host country without holding the Passport of the country can be found in SOR 1.7.2.4.

During the registration, athletes must present their medical certificate to compete, issued by an authorised body of the country they represent.

Certificates must be issued in or translated to English.

The minimum age for participation in the European Judo Cup Veterans is to be 30 years or over in the year of the event. This defines the age at which players first become eligible to compete. Once a player has become eligible, they will be allocated into their appropriate five-year age category i.e. M1/F1 will consist of competitors who have their 30th, 31st, 32nd, 33rd or 34th birthday and the



M2/F2 will consist of players who have their 35th, 36th, 37th, 38th or 39th birthday at any date during the year of the European Cup.

## MEDICAL CERTIFICATES

To compete, athletes must have a medical certificate, showing that they are fit and healthy to take part in the competition, issued by an authorised 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.

Certificates must be issued in or translated to English, bilingual documents are also accepted.

The medical certificate must be uploaded to my.ijf.org by the athlete's national judo federation.

Athletes may be asked to present the hard copy of their certificate upon request.

For information about the medical certificate contact headoffice@eju.net.

## 6. CATEGORIES & DURATION

Women: -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg

Men: -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg

**M1/F1 to/including 3 minutes and Golden Score without a limit.**

**M6/F6:**

**M7/F7 and over: 2,5 minutes and Golden Score of max. 1 minute.** \*If a tie exists at the end of the one (1) minute golden score time, the referee, in consultation with the table jury will determine the winner without calling hantei.

## 7. ENTRY FEE

The entry fee is

**90 Euro** per competitor if participating in one competition (either Ne-Waza or Tachi-Waza)

**135 Euro** per competitor if participating in both competitions (Ne-Waza and Tachi-Waza)

This fee must be paid to the organiser (see Par. 20 Payment).

## 8. DEADLINES

Visa form:

Friday, 20<sup>th</sup> March 2026

Hotel Reservation:

Friday, 27<sup>th</sup> March 2026

Hotel payment:

Tuesday, 31<sup>st</sup> March 2026

**JUDOBASE Registration:**

**Friday, 10<sup>th</sup> April 2026**

Travel details:

Tuesday, 31<sup>st</sup> March 2026

## 9. 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

| Friday, April 17 <sup>th</sup> 2026                                                                   |                                            |                       |
|-------------------------------------------------------------------------------------------------------|--------------------------------------------|-----------------------|
| 10:00 – 17:00                                                                                         | Accreditation all categories               | Hotel Golden Tulip    |
| 18:00 – 18:30                                                                                         | Unofficial weigh-in all categories         | Hotel Golden Tulip    |
| 18:30 – 19:30                                                                                         | Official weigh-in all categories           | Hotel Golden Tulip    |
| 20:00                                                                                                 | Technical draw                             | <b>Technical Draw</b> |
| Saturday, April 18 <sup>th</sup> 2026 – M1 – M9; F1 – F9; Ne-Waza Competition                         |                                            |                       |
| TBC                                                                                                   | Referee Meeting                            | OSiR Włochy           |
| TBC*                                                                                                  | Eliminations/Repechage/Semi finals         | OSiR Włochy           |
| After                                                                                                 | Final Block: Bronze Medal Contests, Finals | OSiR Włochy           |
| Sunday, April 19 <sup>th</sup> 2026 – Training Sessions: 11:00-13:00 at Koncertowa 4, 02-787 Warszawa |                                            |                       |



## 10. EVENT REGISTRATION

Entries will be accepted from a national federation and a national club or individual athlete (with the permission of the national federation). There is no limit to the number of athletes from the same country that can be inscribed in a category. All entry fee's are non-refundable.

All participating delegates must have a valid IJF card either IJF veteran/kata or IJF international card. Inscription must be done in judobase by the **10<sup>th</sup> April 2026**, 23:59 CET. For assistance, please contact [registration@ijf.org](mailto:registration@ijf.org) before the end of the deadline.

## 11. ACCREDITATION & CONTROL OF NATIONALITY

The times and place for check-in and accreditation are specified in the programme. Participants must arrive and check-in within the time limits provided. For each competitor, passport or national ID card (indicating nationality and date of birth) or a copy of one of these documents must be presented to the EJU official. Name and category, as registered in JUDOBASE, must be confirmed with the EJU official. No inscription will be accepted after the end of the accreditation (see programme).

For participants, booked with the organiser, the organiser checks that all payments for hotel accommodation have been settled. Any pending invoices with the organiser should be settled here. The delegations' departure date, time, number of people and travel details are also confirmed at this stage. A contact name and number for each delegation should be given.

Accreditation cards are handed over after finishing the whole accreditation process. The EJU accreditation cards must be presented at the official weigh-in and before each contest

## 12. COMPETITION MODE

The type of competitions system to be applied in the competition will depend on the number of entries as follows:

Competition systems according to number of participants:

- 6 and more entries: double repechage
- 3, 4, 5 entries: round robin
- 2 entries: best of 2 contests, if 1-1 the third contest will decide.

In case the number of participants in a category is not sufficient, (age and/or weight) categories will be combined according to IJF SOR. All the contests in any one age division will be held on the same day.

## 13. DRAW

The technical draw for the individual weight categories will take place at 20:00 hours on the day before the competition.

Information on the exact location of the individual weight category draws will be displayed on the event official notice board.

A complete list of athletes who have successfully fulfilled the weight requirements will be displayed outside the room where the technical draw will take place a minimum of 15 minutes prior to the draw starting.

Participants must check this list to ensure that all they are on the list in the correct age division and weight category. The EJU takes no responsibility for someone who is not included in the draw because they were missing from the list, and no one from the delegation checked.

**The seeding will be done according to EJU Veterans Ranking Rules**

**(<https://www.eju.net/eju/documents/>)**

## 14. WEIGH-IN

The official weigh-in takes place the day before the competition for the age division concerned. The official scales are available the whole day for unofficial weight control.

Exact times and place for weigh-in can be found in the programme. The weight of the competitors must fall within the category in which they are enrolled. The competitors

- presenting themselves after the closing of the weigh-in, cannot participate at the competition.
- can present themselves only one time on the scales during the official weigh-in.
- must present their EJU Accreditation and Passport (or national ID card indicating nationality and date of birth) at the official weigh-in.



- There is no random weigh-in for veterans.

**Filming and taking photos is strictly prohibited during weigh-in.**

## 16. REFEREEING

Each federation may enter 3 referees. In case National Federation wants to inscribe more Referees, the reasonable application has to be applied to the EJU Referee Commission. The organizing federation may enter as many referees as required for the realization of the tournament but giving priority to their own Continental/International referees first and then their national referees with the highest national license with at least 2 years of experience.

If enough Continental/International referees are inscribed in Judobase, the organizing federation has to limit its number of national referees to 1 per mat.

**JUDOBASE registration deadline for referees: Friday, 10<sup>th</sup> April 2026**

**The bow:**

- The contestants must not shake hands BEFORE the start of the contest.
- When the athletes are leaving the mat they must wear judogi in proper way and are not allowed to take out any part of the judogi or the belt before leaving the field of play.

## 17. COACHING

Code of behaviour of coaches as defined in the IJF Sports and Organization Rules, Annex 4 will be strictly observed. Any coach not adhering to these rules could be subject to disciplinary action. One coach is allowed within the competition area.

A registered athlete can use their athlete accreditation to coach. An additional coach accreditation is not required. Any athlete that chooses also to coach their colleagues and then doesn't follow Coaches' Code of Conduct risk being removed from the competition (i.e., no longer allowed to compete if applicable).

Dress code during preliminaries and Final Block: track suit or suit & tie.

- Coaches are not allowed to give indications to the competitors while they are fighting.
- Only during the pause time (after matte), will coaches be permitted to give indications to their athletes.
- After the pause is finished, and the fight continues (hajime), coaches must keep silent.
- a coach doesn't follow these rules, she/he can be expelled from the competition area.
- If coaches persist with such behaviour the EJU Accreditation will be taken away for the day. If the coach persists with this behaviour from outside the competition area, she/he could be penalised further tie.

## 18. NE-WAZA COMPETITION

- **Age**
  - The athletes are divided in three age groups
  - M1-3 /F1-3: 30-44 years old;
  - M4-6 /F4-6: 45-59 years old;
  - M7-9/F7-9: 60-74 years old;
  - From 60+ years old is prohibit shime waza.
- **Weight Categories**
  - Men: -66, -81, -100, + 100 kg
  - Women: -52, -63, -78, +78 kg
- **Duration of the competition** is 4 minutes. The competition proceeds to Golden Score if there is no clear winner by the end of 4 minutes.
- **Competition System**
  - The type of competitions system to be applied in the competition will depend on the number of entries as follows:
  - Competition systems according to number of participants:
  - 6 and more entries: double repechage
  - 3, 4, 5 entries: round robin
  - 2 entries: best of 2 contests, if 1-1 the third contest will decide.



- **Participation**
- The athletes can take part in both competitions:  
Veteran Cup (standard judo competition Tachi-waza)  
AND Ne-Waza competition
- Registration in Judobase is obligator

For more information see the "European Ne-waza Judo Competition Rules":  
<https://www.eju.net/eju/documents/>

## 19. TRANSPORT

**Airport:** Warsaw Chopin Airport

**Train station:** n/a

**Bus station:** n/a

The organiser will provide transfer services from airport to the official hotels and back, from the official hotels to the venue for those competitors who booked the official hotels through the organiser and only for the dates which were booked by the organiser.

## 20. ACCOMMODATION

The participants may book accommodation and catering of their choice (no obligation to book official hotels!).

The official hotels offered by organiser are:

### Golden Tulip Hotel

**Address:** Aleja Krakowska 235, 02-180 Warszawa; <https://warsaw-airport.goldentulip.com/pl/>

check-in time: 14:00; check-out time: 12:00

Distance to the airport: 4 km; distance to the sports hall: 0,5 km

| Prices per person/per night | B&B   |
|-----------------------------|-------|
| Single room                 | 110 € |
| Double room                 | 80 €  |

**If you book the hotel offered by the organiser, please, contact:** Ms. Karolina Koszela;  
+48792080083; [veterans\\_kata@pzjudo.pl](mailto:veterans_kata@pzjudo.pl)

**Hotel reservation deadline:** Friday, 27<sup>th</sup> March 2026

**Hotel payment deadline:** Tuesday, 31<sup>st</sup> March 2026

### Deadlines and cancellation policy:

Cancellations 30 days before arrival: full refund.

Cancellations 29-15 days before arrival: 50% refund

Cancellations less than 15 days before arrival: no refund. 100% of the hotel costs must be paid.

**In case of tournament cancellation by the local authorities full payment will be refunded.**

Important: Injuries, visa problems or sickness are not valid reasons for cancellation of rooms.

In case of any damage to hotel property or competition venue caused by members of a delegation, their national federation will be charged by the organizing committee.

## 21. PAYMENT

Kindly complete the payment for accommodation and entry fee to the following account:

|                         |                                    |
|-------------------------|------------------------------------|
| Bank Name:              | Santander                          |
| Name of account holder: | Polish Judo Association            |
| IBAN:                   | PL21 1090 2011 0000 0001 3384 2846 |
| SWIFT:                  | WBKPPLPP                           |
| Payment reference:      | VETERANS Warsaw + "NUMBER INVOICE" |



After the reservation a document with a number reference will be send – please use this number as reference of payment and for the accreditation.

All bank fees and money transfer costs must be paid by the sender. The person attending accreditation must bring proof of the bank transfer. No cash payments can be accepted, only bank transfer.

**Please, be careful with the fraudulent emails. Always check the bank details from the outlines.**

## 22. JUDOGI CONTROL

### Approved Judogi

All Judoka must compete in IJF Approved Judogi (only red and green label allowed). In particular sponsors of the European Judo Union Danrho Kwon KG ([www.kwon.com](http://www.kwon.com)), Essimo ([www.essimo.nl](http://www.essimo.nl)), Ippon Gear ([www.ipp-on-shop.com](http://www.ipp-on-shop.com)), Double D Adidas (<https://combat-sports.net>), Mizuno ([mizuno.com](http://mizuno.com)) and other IJF suppliers are allowed (see <https://www.ijf.org/supplier-list>

### Judogi Control

It will be operated with a Sokuteiki prior to the fight. Judogi must have an IJF Official Label "APPROVED JUDOGI" with an optical code which cannot be falsified. The label will be controlled with an optical lamp. Each of the competition clothing articles (jacket, trousers and belt) must have an IJF official label.

### Backnumber

Each competitor taking part in the EJU events is obliged to have sewn on the back of his Judogi the official backnumber bearing his surname and his National Olympic Committee abbreviation. The backnumber can be ordered from sponsors of the European Judo Union: Judo Backnumber (<https://judobcknmbr.com/>), mybacknumber (<https://www.mybacknumber.com>) or Official Backnumber (<https://www.officialbacknumber.com>) and others IJF suppliers are allowed (see <https://www.ijf.org/supplier-list>)

Attention: production and delivery may take around 4 weeks!!!.

The SPONSOR part (if needed) will be given to the head of delegation during registration, and the athletes can stick it themselves using the special glue on the back number.

### Markings and Advertising

The space on the **shoulder stripes** (25cm x 5 cm on both right and left side) and on the **upper arms** (10cm x 10cm on both right and left side) can be either used for own sponsors of the Federation or Judoka or EJU Suppliers, **BUT not for any other Judogi supplier.**

The space on the **right chest** (5cm x 10cm) can be used by the Judoka for his/her own sponsor. The logo of a Judogi brand can only be used, if it corresponds with the brand of the Judogi itself and if it is an EJU Supplier. Further, no logo of a competing brand of the advertising reserved for the Federation can be used (unless approval granted by the Federation).

**Please note:** On all advertising spaces it is strictly prohibited to promote tobacco, alcohol, any substances listed in the doping code, or any product or service contrary to public morals.

The space on the **left chest** (10cm x 10cm) can be used for the national colours or the national emblem corresponding with the IOC code on the backnumber (regional emblems are not allowed).

All other markings on the Judogi, like Judogi brand logos, name of Judoka, etc. have to comply with the IJF Judogi Rules.

Detailed information is available on <http://www.eju.net/statutes>.



**Important:**

- If an athlete does not respect the Judogi rules, the athlete will not be permitted to pass the Judogi Control, and the coach who is responsible for the athlete will be suspended for the rest of the competition day.
- The organiser is not obliged to provide reserve Judogi at Judogi Control, but the athlete is allowed to present himself in another IJF Approved Judogi, complying with the Sokuteiki rule (and without backnumber) - in this case no coach can go with this athlete to the mat!

In the case of a repeated offence the coach will be suspended for the rest of the competition.

## 23. GENERAL INFORMATION

The competitors will compete under the full responsibility of their federations. **Insurance:** Each national federation is responsible for insuring its competitors against "injury and third part risk (public liability)" during the period of the event. The European Judo Union and the organiser decline all responsibility.

### Consent for Photography/Videos/Filming

Delegates inscribed by their 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 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 must inform the European Judo Union by writing to [headoffice@eju.net](mailto:headoffice@eju.net).

## 24. MEDIA

Journalists can apply for Media accreditation online using the following link:

<https://www.eju.net/media/> or per email: [media@eju.net](mailto:media@eju.net).

## 25. VISA

For nations who need VISA to enter Poland, please send the enclosed "Visa Application Form" fully filled not later than Friday, 20<sup>th</sup> March 2026 and submit to Ms. Alicja Bogusz; [pzjudo@pzjudo.pl](mailto:pzjudo@pzjudo.pl). The LOC will assist with visas where possible but having the correct visa is the responsibility of each participant. Visa applications will only be accepted for people who are inscribed in judobase for the event.

## 26. AWARDS

Each athlete who has won a medal must be present at the ceremony to receive their medal personally. Any who is absent from the awarding ceremony without a good reason may forfeit the medal.

Athletes must attend the medal ceremony barefoot, without any hat, cap or any similar head covering and wearing their IJF approved white judogi that conforms to the IJF judogi rules with special attention being paid athlete to the publicity rule. If it is not clean, then they must wear a reserve judogi.

It is strictly prohibited for athletes on the podium to have national flags or similar items other than those on their judogi. Any demonstration with religious, political, personal or commercial connotation is prohibited.

Medals will only be awarded to athletes who fought in the category. The number of athletes competing determines the eventual medal allocation.

Medals will only be awarded to athletes who fought in the category. The number of athletes competing determines the eventual medal allocation.

The medal distribution rule is as follows:



- One athlete - no medal will be awarded (the athlete may receive a participation medal. There will be no flag, national anthem during this awarding ceremony)
- Two athletes – two medals awarded.
- Three athletes – three medals will be awarded
- Four athletes – four medals awarded
- Five athletes – four medals awarded
- Six or more athletes – four medals awarded

If a category has been combined the only medals awarded will be the one set of medals for the athletes in that combined category.

Awards for the recognition of exemplary behaviour that promotes the spirit of judo and/or fair play may be awarded at the discretion of the EJU Veterans Commission

## **27. SOCIAL EVENT**

Information on social program will be communicated before the event.