



Associação de  
Judo do Distrito de

# SANTARÉM

[geral@judoajdsantarem.com](mailto:geral@judoajdsantarem.com) / <http://www.judoajdsantarem.com/>

## Open Internacional de Cadetes AJDS

10 Julho ▪ 2022  
Início 10h30

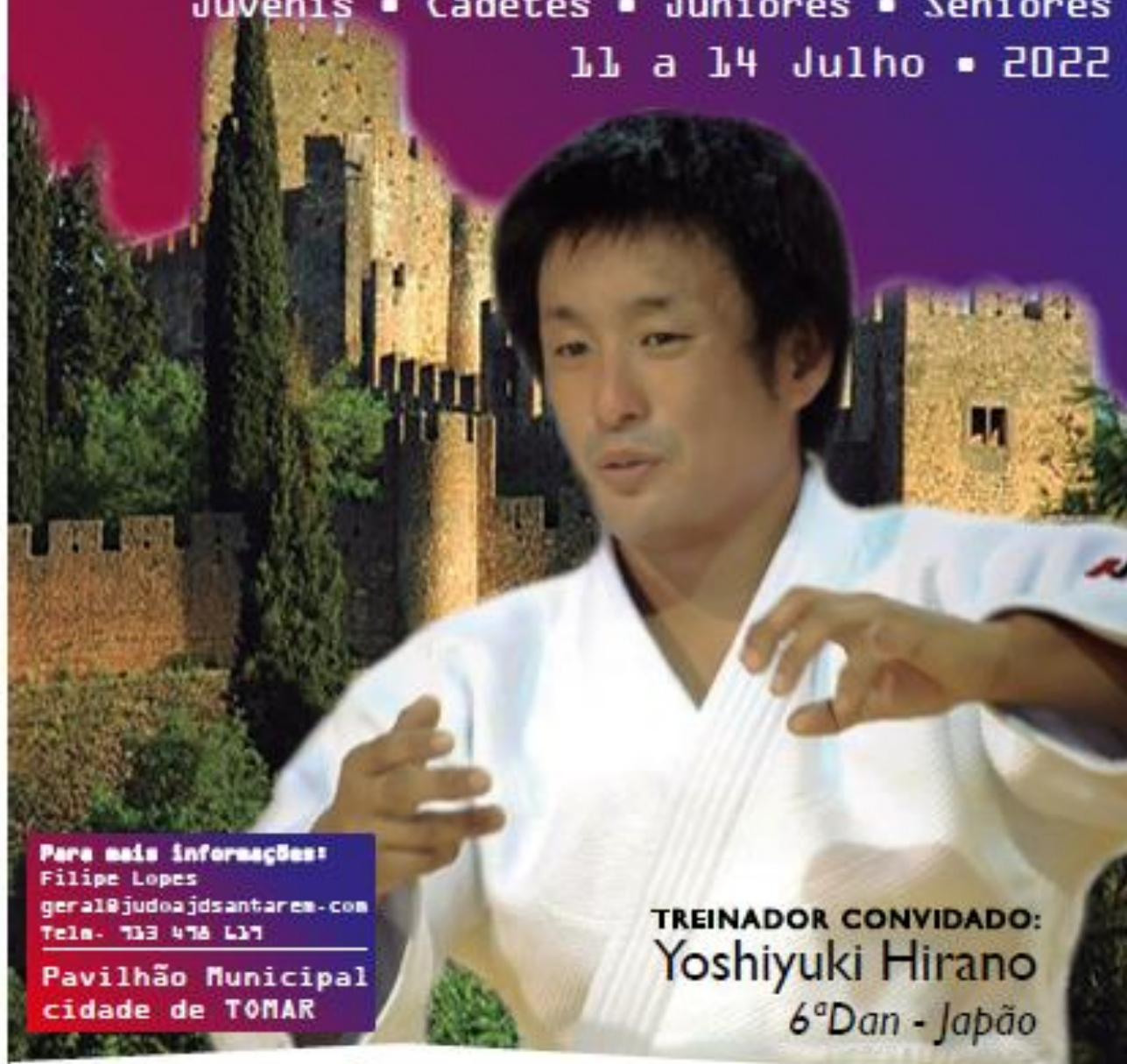
Organização



## XVI Estágio Internacional

Juvenis ▪ Cadetes ▪ Juniores ▪ Seniores

11 a 14 Julho ▪ 2022



Para mais informações:

Filipe Lopes

[geral@judoajdsantarem.com](mailto:geral@judoajdsantarem.com)

Tela. 713 476 117

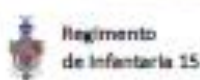
Pavilhão Municipal  
cidade de TOMAR

TREINADOR CONVIDADO:

Yoshiyuki Hirano

6<sup>ª</sup>Dan - Japão

Apelo 201



União das Freguesias de  
São João Baptista e Santa Maria  
da Ovelha de Tomar



## Invitation from the President of AJDS

*Dear Judokas and Friends,*

*In each season, we renew our firm will to make Judo de Santarém grow, contributing to international events that bring us closer to the Judoka family.*

*We are convinced that, in addition to growing with opportunities, we enrich the knowledge of all participants and their technical added value, essential for our collective development.*

*The city of Tomar, stage of the last editions of the AJDS International Internship, has in its local agents the support that allows it to guarantee the already high success.*

*To all the participants who visit us annually and who already make up our heritage of friendships, we express our thanks.*

*Be welcome*



*António Manuel Pedroso Leal*

President of AJDS



## Tournament Rules

Date	10 July 2022							
Sports hall	Municipal Cidade Tomar							
Age	Cadet (2005/2006/2007)							
	Weight Categories							
Male	-46kg	-50kg	-55kg	-60kg	-66kg	-73kg	-81kg	+81kg
Female	-42kg	-44kg	-48kg	-52kg	-57kg	-63kg	-70kg	+70kg
Duration	4 Minutes				Golden Score		No time limit	
Comments	The rules allows, in addition to the categories of the upper or lower ends to create one or two categories, provided there is a minimum of 2 athletes in the categories to be created.							
Documentation	All athletes at the moment of weighing must bear the identification document (B.I / C.C / Passport)							
Refereeing	The Arbitration Committee is responsible for the arbitration, applying the rules in force adopted by the Portuguese Judo Federation.							
Competition System	<p>The competition will be conducted in accordance with the latest IJF SOR and IJF Refereeing Rules. Competition system according to number of participants:</p> <ul style="list-style-type: none"> <li>• 9 and more entries: Double repechage;</li> <li>• 3,4,5,6,8 entries: Round robin;</li> <li>• 2 entries: better of 2 fights, if 1-1 the third match will decide</li> </ul>							
Equipment	Is required the use of White and Blue Judogi;							
Draw	The draw will take da Sport's Hall after Official weigh-in;							
Deadlines	<p>Entries submitted until 4/07</p> <p>To the Link: <a href="https://judoajdsantarem.com/xvi-estagio-internacional-ajds/">https://judoajdsantarem.com/xvi-estagio-internacional-ajds/</a></p> <p>Entries will be posted on the Wednesday before the Tournament.</p>							
Participation Fee	<p>Tournament participation fee within deadlines will be € 7.50;</p> <p>Tournament participation fees out of time will be € 10.00;</p> <p>Athletes who participate in the Training Camp, do not pay participation fees in the competition.</p>							
Acomodation	For clubs that need accommodation, the organization has accommodation in the Infantry Regiment 15 and will facilitate if clubs understand, residential contacts at low cost prices, and for that, just contact AJDS for the contacts already presented.							
Tournament director	Filipe Lopes – 00351 913 498 619							





## Tournament Schedule

### 9 July 2022

17h00 – 19h00	Accreditation and reception of Portuguese and International delegations; (Tournament and Training Camp)
18h30 – 19h00	Unofficial weigh-in
19h00 – 20h00	Official weigh-in
Sport's Hall	Municipal Cidade de Tomar;

### 10 July 2022 (Competition)

08h00 – 09h00	Accreditation of athletes and coaches;
08h00 – 09h00	Official weigh-in
09h00 – 09h45	Draw;
10h00	Start of the competition

Note: Only athletes who present in addition to the documents (CC / Passport), accreditation at the event will be able to weigh;



### **Conduct of Coaches and Delegates:**

1. The coach and the delegate to the test will be responsible for the conduct of the Judocas at the beginning, during and at the end of the competition, namely before and at the end of each match;
2. Avoid any gesture of disrespect towards the referees, organization and public;
3. There will be no block of finals, so it will not be necessary Suit and Tie.
4. It is forbidden for coaches to guide their athletes with inappropriate footwear (Slippers), Caps, Jeans, among others.
5. If an infraction is detected, the offender will be sanctioned with the prohibition of sitting in the coach chair.





## Information on the XVIth International Training Camp AJDS

Date	De 11 a 14 de Julho de 2022
Local	Cidade de Tomar;
Organization	Associação Judo Distrito Santarém;
Technical manager	  <b><u>Yoshiyuki Hirano – 6ºDan</u></b> 1984 – 1990: Takata Dojo / Nishinomiya, Japon. Me Takata ; 1990 – 1993: Mikage Junior High School / Kobe, Japon. Me Kimura ; 1993 – 1996 : Mikage Technical High School / Kobe, Japon. Me Fujiki; 1996 – 2000 : Université de Tenri, faculté d'éducation physique, spécialisation de Budo / Nara, Japon. Me Masaki, Me Fuji, Me Hosokawa, Me. Yamamoto, Me Tosa; 2000: Entraîneur du Judo Club Romont ; 2002: Enseignant de l'école des métiers et ERACOM de Lausanne ;
Equipment needed for training	Judogi / Equipamento desportivo (Calções, T-Shirt, Sapatilhas, Fato Banho...)
Technical director	Filipe Lopes: +351 913 498 619;





## Training Camp Program

Horários	11/07	12/07	13/07	14/07
09h00 – 09h30	Acreditation			
09h45 – 10h00	Opening Cerimony			
10h00 – 12h00	1º Training	3º Training	5º Training	7º Training
12h 00 – 12h30				Closing Ceremony
12h30 – 14h00	Lunch Time			
14h00 – 16h30	Free Activity	Free Activity	Free Activity	
17h00 – 19h00	2ª Training	4º Training	6º Training	
19h30 – 20h30	Dinner Time			

### other activities



Swimming pool



Tourism



Other games





## Sport's Hall

Rua Centro Republicano, n.º50

2300 Tomar

GPS:

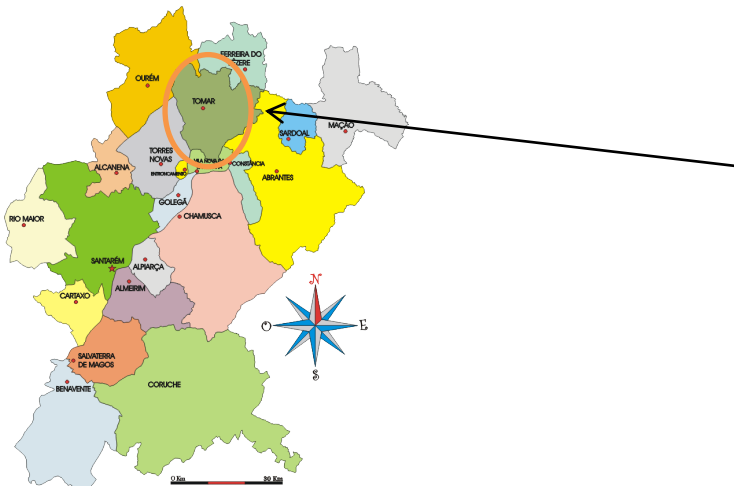
Latitude: 39.60515640000001

Longitude: -8.4098969000000035

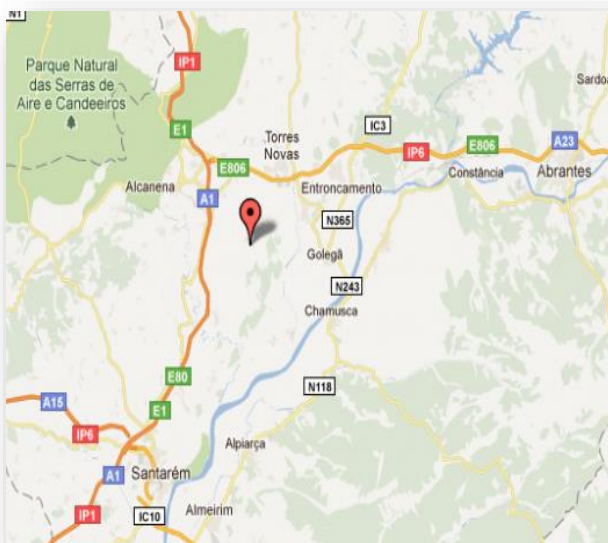
Altitude: 57 m



## Map, directions and access to Tomar



Location of Tomar on  
the map of Santarém  
District



### Main access:

By car –

A1 (Lisbon/Porto) Exit in  
Torres Novas, km 94;

A23 (Tomar / Coimbra)

A13 (Tomar West)

By Train: Northern Line,  
Exit in Entroncamento,  
and interconnection Line  
to Tomar;





## Accommodation

### Sponsored by the Organization

Place	Regimento Infantaria 15
Dress	Rua de Coimbra, n.º10, 2300 – 471 Tomar
Breakfast	Between 08h30 às 9h00
Limited spots	250 participants



### Other Accommodation

Hotel	<b>Residencial União e Cavaleiros de Cristo</b>		
Contact	249321203	Email:	<a href="mailto:hotelcavcristo@gmail.com">hotelcavcristo@gmail.com</a>
Website	<a href="https://www.tomarhoteiscavcristoeuniao.com/">https://www.tomarhoteiscavcristoeuniao.com/</a>		

Hotel	<b>Hotel Kamanga</b>		
Contact	249 311 555	Email:	<a href="mailto:mail@hotelkamanga.com">mail@hotelkamanga.com</a>
Website	<a href="https://www.hotelkamanga.com/">https://www.hotelkamanga.com/</a>		

Hotel	<b>Hotel Trovador</b>		
Contact	249 322 567	Email:	<a href="mailto:hoteltrovador@hotmail.com">hoteltrovador@hotmail.com</a>
Website	<a href="https://www.facebook.com/Hotel-Trovador-560594841128084/">https://www.facebook.com/Hotel-Trovador-560594841128084/</a>		

Hotel	<b>Residencial Luanda</b>		
Contact	249323200	Email:	<a href="mailto:pensaoluanda@gmail.com">pensaoluanda@gmail.com</a>
Website	<a href="https://www.residencialuanda.com/">https://www.residencialuanda.com/</a>		

Hotel	<b>Hostel 2300 Thomar</b>		
Contact	927 444 144	Email:	<a href="mailto:geral@hostel2300thomar.com">geral@hostel2300thomar.com</a>
Website	<a href="http://hostel2300thomar.com/">http://hostel2300thomar.com/</a>		

Hotel	<b>Hotel Bonjardim</b>		
Contact	249 313 195	Email:	<a href="mailto:residencial.sinagoga@clix.pt">residencial.sinagoga@clix.pt</a>
Website	<a href="https://bonjardim.centro-portugal-hotels.com/pt/">https://bonjardim.centro-portugal-hotels.com/pt/</a>		

Hotel	<b>Hotel Sinagoga</b>		
Contact	249 323 083	Email:	<a href="mailto:hotelsinagoga@gmail.com">hotelsinagoga@gmail.com</a>
Website	<a href="https://sinagoga.centro-portugal-hotels.com/pt/">https://sinagoga.centro-portugal-hotels.com/pt/</a>		

#### **Important note:**

All participants must make their reservation as soon as possible so that they can guarantee their accommodation.

The organization is not responsible for the lack of accommodation, however it can collaborate to solve any problem that occurs with it.





## Food Place:

Local	Campus do Instituto Politécnico de Tomar
Dress	Quinta do Contador – Estrada da Serra, 2300 – 313 Tomar
Lunch Time	Das 12h30 às 14h00;
Dinner Time	Das 19h30 às 20h30;



## Participation prices:

Pack	Training Camp	Accommodation	Food			Internal Transfers	Price		
			Breakfast	Lunch	Dinner		1 <sup>a</sup> Phase	2 <sup>nd</sup> Phase	3 <sup>rd</sup> Phase
Gold	X	X	X	X	X	X	175,00€	190,00€	210,00€
Silver	X			X		X	100,00€	110,00€	120,00€
Bronze	X						70,00€	80,00€	90,00€

1st Phase – Subscription	2nd Phase – Subscription	3rd Phase - Subscription
31 May 2022	15 June 2022	1 July 2022

- The registration for the 1st phase must be paid by midnight on 31 May 2022;
- The registration for the 2nd phase must be paid until midnight on June 15, 2022;
- The registration for the 3rd phase must be paid until midnight on 1 July 2022;
- Registration must be done through the link:

<https://judoajdsantarem.com/xvi-estagio-internacional-ajds/>

- The registration will only be validated, after payment, within the deadline established for the registration phase;

## Conditions for Coaches

Free when:	
Coach with 5 or more athletes offer a Gold Pack, when enrolled in the 1st Phase;	Coach with 2 to 4 athletes, offer of 50% of the Gold Pack, when enrolled in the 1st Phase;



## Transfer:

- The organization provides transfers on the day of accreditation, on the route between the station of Tomar (Train/Bus) to the place of accreditation and later to the accommodation;
- During the Training Camp, the organization will provide transfers between the accommodations, training place and food place;
- We advise you to send the travel plan to the email: [geral@judoajdsantarem.com](mailto:geral@judoajdsantarem.com) in order to coordinate the necessary logistics;
- For international teams/clubs wishing to transfer from Lisbon Airport to Tomar, they must send an email requesting the transfer;

## Documentation required

- The necessary documentation can be consulted through the AJDS website at: <https://judoajdsantarem.com/xvi-estagio-internacional-ajds/>
  - All participants must Download the Liability Term, and sign;
  - The Liability Term must be delivered at the time of Accreditation;
  - For accreditation purposes it is necessary to present the Citizen Card, or Passport, or Residence Permit / Vaccination Certificate, or Recovery Certificate with a minimum of 60 days, or if not vaccinated, Test certificate with a minimum of 24 hours;

## Technical Responsibilities in other editions:



Katsuiko  
Kashiwasaki  
2017



Tiago Camilo  
2018



Darcel Yandzy  
2019



Michel Almeida  
2021

