

2015 ARIZONA STATE OPEN JUDO CHAMPIONSHIP

Sponsored by: Desert Judo and Tucson Dojo

DATE: Friday February 6th and Saturday February 7th 2015

LOCATION: Highland Lakes School, 19000 N 63rd Ave., Glendale, AZ 85308

REGISTRATION and WEIGH-INS: At tournament site

Friday February 6th from 6:00-8:00pm and Saturday February 7th from 7:00-8:30am

COACH / REFEREE MEETING: Saturday February 7th from 9am - 10am

TOURNAMENT START: Saturday February 7th, 10am Junior and Masters divisions

JUDO GIS: Please have a white Judo gi. You are encouraged to bring your own blue belt and white belts. A blue Judo gi may be used when the player is on the blue side.

ENTRY FEES: Make checks payable to **Desert Judo / Judy Gaines**

JUNIORS (age 16 and under) \$30 first division

ADULTS (age 17 and older) \$40 first division

ADDITIONAL DIVISIONS: \$20 each

REFEREE and TABLE STAFF TRAINING: Thanks to those of you that come out and volunteer your time to run Arizona Judo tournaments! We look forward to seeing you at this event!

ELIGIBILITY: Proof of current insurance membership in USJA, USJF or USA Judo required. Foreign players must provide current insurance membership in their country's recognized national Judo organization. *Membership applications for US organizations will be available at registration.* **THERE IS NO AZ RESIDENCY REQUIREMENT.**

DIVISIONS: All divisions are determined at time of weigh-ins and are subject to modification based on entries. Each skill, gender and age category will be separated into weight divisions, generally: light, middle and heavy. All decisions by the tournament director are final. **Men and Women Novice** are defined as players: who hold a rank of yonkyu or below; who have NOT won any advance divisions; who have NOT won 2 novice divisions; who have no more than 1-year of Judo experience. **Men and Women Brown** are defined as players who hold a rank of sankyu, nikyu or ikkyu. **Junior Novice** are defined as players who hold a rank of yellow belt or below.

Boys Divisions

Novice	boy	5-6 years
Novice	boy	7-8 years
Novice	boy	9-10 years
Novice	boy	11-12 years
Novice	boy	13-14 years
Novice	boy	15-16 years
Junior	boy	5-6 years
Junior	boy	7-8 years
Junior	boy	9-10 years
Junior	boy	11-12 years
Junior	boy	13-14 years
Junior	boy	15-16 years

Girls Divisions

Novice	girl	5-6 years
Novice	girl	7-8 years
Novice	girl	9-10 years
Novice	girl	11-12 years
Novice	girl	13-14 years
Novice	girl	15-16 years
Junior	girl	5-6 years
Junior	girl	7-8 years
Junior	girl	9-10 years
Junior	girl	11-12 years
Junior	girl	13-14 years
Junior	girl	15-16 years

Adult Divisions

Novice	men
Brown-belt	men
Black-belt	men
Masters	men 30-39 years
Masters	men 40-49 years
Masters	men 50+ years
Novice	women
Brown-belt	women
Black-belt	women
Masters	women 30+ years

RULES: All matches will be conducted using the current IJF Contest Rules with the following modifications:

1. No shime-waza (chokes) under 13 years old
2. No shime-waza (chokes) in any junior novice division
3. No kansetsu-waza (armlocks) in senior brown belt or any novice divisions
4. No kansetsu-waza (armlocks) under 17 years old
5. No kanibasmi (flying scissors) in any division

TOURNAMENT DIRECTORS: Larry Gaines and Steve Owen

INFORMATION: Judy Gaines at 602 439 4343 or Cheri McKeown at 602 430 5361, cheri.mckeown@gmail.com

SANCTION: USJA# 14-065

SEX:	AGE:	WEIGHT:	DIVISION:
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2015 ARIZONA STATE OPEN JUDO CHAMPIONSHIP ENTRY FORM

USJA Membership (circle one)	USJF Other:	USA Judo	Membership Number	Insurance Expires
First Name			Last Name	
Address			City	State Zip
Phone			Email	
Birth Date		Age	Judo Club	
Judo Rank		Weight	Judo Coach	

<input type="checkbox"/> JUNIOR	BOY GIRL Gender (circle one)	yellow-belt and below NOVICE Division (circle one)	orange-belt and above REGULAR
<input type="checkbox"/> SENIOR	MEN WOMEN Gender (circle one)	yonkyu and below NOVICE Division (circle one)	sankyu, nikyu & ikkyu BROWN BLACK
<input type="checkbox"/> MASTER	MEN WOMEN Gender (circle one)	Age groupings will be adjusted to provide safe and fair competition with maximum number of matches.	

Waiver Regarding Non-Black Belt Contestants	
I, _____, a Judo Instructor who holds the rank of Shodan or higher which was awarded under the auspices of the USJA, USJF, USA Judo or another country's recognized national Judo organization hereby certify that,	
_____ (contestant) although not having been awarded the rank of Shodan or higher, is of sufficient aptitude and skill to compete in any higher division at this Judo Tournament.	
Instructor Signature	Instructor Rank

<input type="checkbox"/> Junior (\$30)	<input type="checkbox"/> Cash	Amount \$
<input type="checkbox"/> Senior/Masters (\$40)	<input type="checkbox"/> Check # _____	
<input type="checkbox"/> Additional Division (\$20)	<input type="checkbox"/> Scholarship by _____	
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PLEASE READ AND SIGN THE WAIVER OF RELEASE & LIABILITY FORM ON REVERSE SIDE

Parent/Athlete Concussion Information Sheet

A concussion is a type of traumatic brain injury that changes the way the brain normally works. A concussion is caused by bump, blow, or jolt to the head or body that causes the head and brain to move rapidly back and forth. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

WHAT ARE THE SIGNS AND SYMPTOMS OF CONCUSSION?

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury.

If an athlete reports **one or more** symptoms of concussion listed below after a bump, blow, or jolt to

Did You Know?

- Most concussions occur *without* loss of consciousness.
- Athletes who have, at any point in their lives, had a concussion have an increased risk for another concussion.
- Young children and teens are more likely to get a concussion and take longer to recover than adults.

the head or body, s/he should be kept out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it’s OK to return to play.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETES
Appears dazed or stunned	Headache or “pressure” in head
Is confused about assignment or position	Nausea or vomiting
Forgets an instruction	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (<i>even briefly</i>)	Feeling sluggish, hazy, foggy, or groggy
Shows mood, behavior, or personality changes	Concentration or memory problems
Can’t recall events <i>prior</i> to hit or fall	Confusion
Can’t recall events <i>after</i> hit or fall	Just not “feeling right” or “feeling down”

CONCUSSION DANGER SIGNS

In rare cases, a dangerous blood clot may form on the brain in a person with a concussion and crowd the brain against the skull. An athlete should receive immediate medical attention if after a bump, blow, or jolt to the head or body s/he exhibits any of the following danger signs:

- One pupil larger than the other
- Is drowsy or cannot be awakened
- A headache that not only does not diminish, but gets worse
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Cannot recognize people or places
- Becomes increasingly confused, restless, or agitated
- Has unusual behavior
- Loses consciousness (*even a brief loss of consciousness should be taken seriously*)

WHY SHOULD AN ATHLETE REPORT THEIR SYMPTOMS?

If an athlete has a concussion, his/her brain needs time to heal. While an athlete's brain is still healing, s/he is much more likely to have another concussion. Repeat concussions can increase the time it takes to recover. In rare cases, repeat concussions in young athletes can result in brain swelling or permanent damage to their brain. *They can even be fatal.*

Remember

Concussions affect people differently. While most athletes with a concussion recover quickly and fully, some will have symptoms that last for days, or even weeks. A more serious concussion can last for months or longer.

WHAT SHOULD YOU DO IF YOU THINK YOUR ATHLETE HAS A CONCUSSION?

If you suspect that an athlete has a concussion, remove the athlete from play and seek medical attention. Do not try to judge the severity of the injury yourself. Keep the athlete out of play the day of the injury and until a health care professional, experienced in evaluating for concussion, says s/he is symptom-free and it's OK to return to play.

Rest is key to helping an athlete recover from a concussion. Exercising or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games, may cause concussion symptoms to reappear or get worse. After a concussion, returning to sports and school is a gradual process that should be carefully managed and monitored by a health care professional.

It's better to miss one game than the whole season. For more information on concussions, visit: www.cdc.gov/Concussion.

Student-Athlete Name Printed

Student-Athlete Signature

Date

Parent or Legal Guardian Printed

Parent or Legal Guardian Signature

Date