

WELCOME AT THE HEIDE JUDO TOURNAMENT

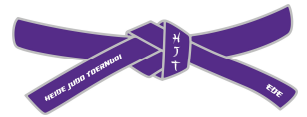
At June 5, 2021 the Heide Judo Tournament in Ede will be organised for the 27th time. Since 2018 our tournament is hosted in the brand new venue: Van der Knaap topsportshal. More than 800 national and international judoka will take part in four age groups.



We offer a strong field for athletes in U15 and U18 category and obviously the +18 athletes are more than welcome as well as new talent coming from the Netherlands and abroad.

We welcome participants from The Netherlands, Germany, Belgium, the United Kingdom, Norway among other nations. Unfortunately due to the coronavirus we weren't allowed to organise the 2020 edition but we're back with new innovations, improvements and lots of energy to offer you a fantastic tournament.





SIMON SCHUUR TOURNAMENT PRESIDENT



Dear judo friends,

"I would like to wish you a warm welcome at our tournament. It has a long history of over 25 years. The new venue in the Van der Knaap top sports hall has as proven reputation to host top sports and the air condition is good, it is ready to host athletes, coaches and friends and family in our tribunes and facilities for a one day event in the city of Ede."

We are proud that we need to limit the number of participants, so we can offer a high quality field. Good enough to give everyone a few contests, so we can improve our skills.

As the founder of judo, Jigoro Kano, taught us: "It is not about winning but to be better than yesterday."

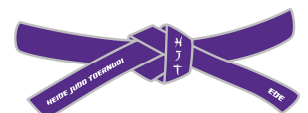
Our tournament is always scheduled at the first Saturday of June and we have been receiving a lot of positive reactions after the switch the new hall. Many coach guaranteed us to be back in our next edition and we hope to welcome all of you at 5 June in Ede."

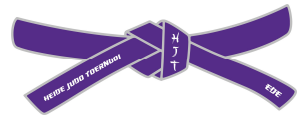
Simon Schuur



"It is not important to be better than someone else, but to be better than yesterday."

- Jigoro Kano



**ALL ABOUT EDE**

Ede is a municipality and a city in the center of the Netherlands, in the province of Gelderland with a population of over 110,000.

It consists of Ede as heart of the valley region and smaller towns as Bennekom, De Klomp, Deelen, Ederveen, Harskamp, Hoenderloo, Lunteren, Otterlo (including the Kröller-Müller Museum) and Wekerom. The topsportshall is close to the forest, 2 kms from the city centre and 2kms from the town of Bennekom with 15,000 people.



The town itself is situated halfway between the larger cities of Arnhem and Utrecht, with direct rail and road connections to both cities. There are no connections to any water nearby; however, there also is a direct road connection to the city of Wageningen which hosts a small industrial port on the river Rijn and a direct road and rail connection to the city of Arnhem, which features a larger port at a greater distance. The environment is clean and green due to the fact that Ede is partly built in a forest and partly on the central Dutch plains in the national park called Nationaal Park "De Hoge Veluwe".

Transportation

Ede is situated along the A12 motorway and has a direct link to the A1 via the A30.

Ede-Wageningen railway station

There are two railway stations in Ede: Ede-Wageningen railway station and Ede Centrum railway station. Ede-Wageningen is the main station with services to Amsterdam, Amsterdam Airport Schiphol, Arnhem, Utrecht and Rotterdam.

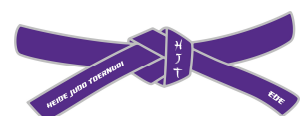
Ede Centrum is served by trains from Amersfoort and Barneveld to Ede-Wageningen.



Ede has a university of applied sciences, the Christian University of Applied Sciences Ede all close to the Top Sports Hall

Heideweek

Each year, in the last week of August, there is a municipality-wide celebration called Heideweek (Week of the heather). It largely involves traditional Dutch festivities, along with local customs. During the week, a Queen of the heather and a Princess of the heather are elected from several candidates and will be the representative for the municipality of Ede on various other festivities, until next year when a new queen and princess are elected.



ENTRY AND ENTRANCE CLOSING DATE

This tournament is intended for girls and boys, men and women, born in or before 2013.

The judoka will be divided into poules, depending on age, weight and grade. The organisation reserves the right to combine or rearrange weight and / or age classes if necessary.



Application can be done by filling in the application form..

The closing date will be Saturday, May 15th 2021 - or earlier if we reached the maximum number of participants (750)

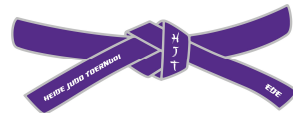
The registration fee must be paid by bank. Your registration will be valid once the fee is received.

Modifications can be sent by e-mail until Saturday May 22rd 2021. On the day itself, weight changes can be passed without any costs.

Incorrect registration of Name, Weight or Age or unacceptable behavior can lead to disqualification from the tournament.

The tournament is registered with the JBN (National Dutch Judo Union) nr JBN2021-0054





WEIGH-IN SCHEDULE

Group 1:

Weigh-in: 07:30 – 08:30h

Start time: 09:00h

Boys: 2010, 2011, 2012, 2012, 2013, 2014 and 2015

Group 2:

Weigh-in: 09:30 – 10:30h

Start time: 11:00h

Girls: 2010, 2011, 2012, 2012, 2013, 2014 and 2015

Men: 2005 and older (TAKE CARE: -21, -23 and seniors are merged)

Group 3:

Weigh-in: 11:30 – 12:30h

Start time: 13:00h

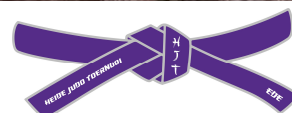
Women: 2009 and older

Group 4:

Weigh-in: 13:30 – 14:30h

Start time: 15:00h

Men: 2007, 2008 and 2009



Judoka with overweight can be transferred to another poule. An overweight of max 0.5 kg is allowed.

The organisation has the right to drop or merge weight classes in the case where too little registered judoka can form a decent poule.

Please be in tie at the weigh-in and be present at the right tatami so we can start in time.

We are looking forward to meeting you on June 5th 2021 at our 27th Heide Judo Tournament in Ede. We can offer you a brand new quality location since last year which was highly appreciated by coaches, clubs, judoka and parents.



Dutch Top athlete Tornike Tsjkadoea witnessed the 2019 edition as his brother participated.

COMPETITION SYSTEM

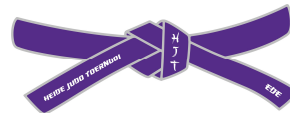
Judoka younger than twelve: 2 minutes match time

Judoka >12: 3 minutes match time

For judoka older than twelve a poule system will apply.

For judoka older than twelve we will use the golden score.





RULES OF THE GAME

Please respect the mat, keep it clean and don't leave any food, drinks, shoes nor bags close to the mat.

Bring your own red and white belt or buy one at the stand.

Respect your coach and the referee decisions as they are decisive. Coaches wear your accreditation in the hall.

TAKING PART IN ANY JUDO TOURNAMENT REQUIRES COURAGE

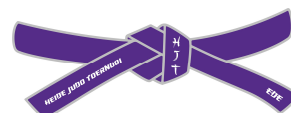
The International Judo Federation launched series of film to illustrate the Judo moral code values. One of the values that fits our tournament is **COURAGE**.

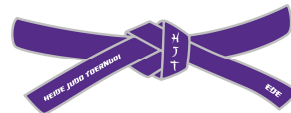
Kano said in substance that it is important to observe oneself carefully as well as one's own situation, while attentively observing the others and the environment. After careful consideration, it is time to act decisively: **DO WHAT IS RIGHT!**

Training on the tatami and repeating exercises, uchi-komi and the basic principles of judo, until they become an automatic behaviour, will not only help you to become a better judoka, able to perform, but it will help you to face your most intimate fears, to act correctly. In short, it will guide you on the path of courage!



Check the IJF website for the great 8 values of judo





WE THANK OUR SPONSORS FOR THEIR ANNUAL SUPPORT

