

IPPON CUP



13-14.MARS 2021

13.Mars	Ippon Cup: U9 - Senior
14.Mars	Training camp: U13 - Senior. Led by Tron Gubberud.
Place of competition:	Nadderudhallen - Close to Oslo Haukeveien 12, 1357 Bekkestua
Contact:	post@ippon.no
Register and information	http://www.ippon.no/ipponcup.html



NORGES JUDOFORBUND



Welcome to Ippon Cup: 13-14.Mars 2021

Attendee fee	Ippon Cup: 200 NOK pr person and category Training Camp: 200 NOK including lunch
Payment	Ippon Judoklubb IBAN: NO1378740615822 BIC (Swift-adresse): DNBANOKKXXX
Register deadline	Sunday 28.february
Accommodation	Hotel: Nordic Choice Hotels Use this link: Deal - Norwegian Judo federation Or https://www.nordicchoicehotels.no/ and code: 65484 Dojo Possible to sleep in Ippon dojo - NOK 100,- pr night.
Competition rules	According to IJF and EJU rules and Norwegian Judo Federation's competition regulations.
Doubling	Kids from 11 years old can participate in U15. From U15-Senior it's allowed to participate in two age groups.
Ippon Cup on Facebook	Follow on FB for information about IpponCup

Category	Born	Weight class	Time
U9-U13	2009 - 2014	Floating - Groups of 3-6 persons according to age, weight and belt	2 min
U15	2007 - 2008	F: -32, -36, -40, -44, -48, -52, -57, -63, +63 kg M: -34, -38, -42, -46, -50, -55, -60, -66, +66 kg	3 min
U18	2004 - 2006	F: -40, -44, -48, -52, -57, -63, -70, +70 kg M: -42, -46, -50, -55, -60, -66, -73, -81, -90, +90 kg	4 min
U21	2001 - 2003	F: -48, -52, -57, -63, -70, -78, +78 kg M: -55, -60, -66, -73, -81, -90, -100, +100 kg	4 min
Senior	2000 and earlier	F: -48, -52, -57, -63, -70, -78, +78 kg M: -60, -66, -73, -81, -90, -100, +100 kg	4 min



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Competition

SATURDAY - 13.MARS			
Category	U9-U13	U15 + U21	U18+Senior
Weigh-in	KI: 07:30 - 08:15	KI: 11:00 - 11:30	KI: 11:00 - 11:30
Start	KI: 09:00	KI: 13:00	KI: 15:30
Finish	KI: 12:00	KI: 15:00	KI: 18:00

*** Schedule will be updated after registration ***

*** Weight in for U15-Senior: Friday 19:00 - 20:00 ***

*** Weight in for U9-U13: only saturday and in judogi ***

*** For U21 and Senior: Blue and white judogi ***

Training camp

SUNDAY - 14.MARS	
Category	U13 - Senior. Min 4.mon/kyu
Training 1	KI 09:00 - 11:00
Lunch	KI 11:00 - 12:00
Training 2	KI 12:30 - 14:00

