2020 USA Judo Senior National Championship
Senior, Visually Impaired, Veterans, Brown Belt, Novice
&
Kata Championship

IJF and Cadet World Championships Team Trials
IJF and Cadet Pan American Team Trials

May 16-17, 2020
Daytona Beach, Florida

<table>
<thead>
<tr>
<th>Host</th>
<th>USA Judo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Event Headquarter Hotel</td>
<td>Hilton-Daytona Beach</td>
</tr>
<tr>
<td></td>
<td>100 North Atlantic Avenue</td>
</tr>
<tr>
<td></td>
<td>Daytona Beach, FL 32118</td>
</tr>
<tr>
<td>Competition Site</td>
<td>Ocean Center-Daytona Beach</td>
</tr>
<tr>
<td></td>
<td>101 North Atlantic Avenue</td>
</tr>
<tr>
<td></td>
<td>Daytona Beach, FL 32118</td>
</tr>
<tr>
<td>Check In</td>
<td>Friday, May 15, 2020</td>
</tr>
<tr>
<td></td>
<td>See Schedule of Events for details</td>
</tr>
<tr>
<td>Weigh-In</td>
<td>See Schedule of Events</td>
</tr>
<tr>
<td>Competition Dates</td>
<td>Saturday, May 16, 2020 All Shiai</td>
</tr>
<tr>
<td></td>
<td>Sunday, May 17, 2020 Kata</td>
</tr>
<tr>
<td>Tournament Director</td>
<td>Corinne Shigemoto 719-201-6176</td>
</tr>
<tr>
<td></td>
<td><a href="mailto:corinne.shigemoto@usajudo.us">corinne.shigemoto@usajudo.us</a></td>
</tr>
<tr>
<td>Chief Referee</td>
<td>Gary Berliner</td>
</tr>
</tbody>
</table>
## SCHEDULE OF EVENTS

### Friday May 15  
**Hilton Hotel**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00am-5:00pm</td>
<td>USA Judo Board of Directors Meeting</td>
</tr>
<tr>
<td>10:00am-5:00pm</td>
<td>USA Judo Subcommittee Meetings</td>
</tr>
<tr>
<td>9:00am-12:00pm</td>
<td>Event Check In/Registration all shiai categories. Kata may check in.</td>
</tr>
<tr>
<td>9:00am-12:00pm</td>
<td>Weigh-In for all shiai categories except Senior, IJF and Cadet shiai</td>
</tr>
<tr>
<td>12:15pm-1:00pm</td>
<td>Veteran Athletes Meeting</td>
</tr>
<tr>
<td>2:00pm-3:00pm</td>
<td>Posting of Categories for Review</td>
</tr>
<tr>
<td>5:00pm-6:00pm</td>
<td>Technical Officials Meeting</td>
</tr>
<tr>
<td>6:00pm-7:00pm</td>
<td>Coach Meeting</td>
</tr>
<tr>
<td>6:00pm-7:00pm</td>
<td>Event Referee Meeting</td>
</tr>
<tr>
<td>7:00pm-8:00pm</td>
<td>Official weigh-in for all Senior, IJF and Cadet Shiai categories</td>
</tr>
<tr>
<td>8:00pm</td>
<td>Draw posted</td>
</tr>
</tbody>
</table>

### Saturday May 16  
**Ocean Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00am</td>
<td>Doors Open</td>
</tr>
<tr>
<td>8:00am</td>
<td>Welcome Ceremony</td>
</tr>
<tr>
<td>8:15am</td>
<td>Competition start for IJF and Cadet shiai categories. All other shiai</td>
</tr>
<tr>
<td></td>
<td>categories will start at the conclusion of the IJF and Cadet categories</td>
</tr>
<tr>
<td>10:00am-11:00am</td>
<td>Kata registration/check in</td>
</tr>
</tbody>
</table>

### Sunday May 17  
**Ocean Center**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30am</td>
<td>Kata judges check-in</td>
</tr>
<tr>
<td>10:00am</td>
<td>Kata competition start</td>
</tr>
<tr>
<td>TBD</td>
<td>Kata clinic immediately following awards presentation</td>
</tr>
</tbody>
</table>
The Tournament Committee reserves the right to make all final decisions regarding this event.

REGISTRATION DATES - ENTRY FEES

<table>
<thead>
<tr>
<th>Number of Categories</th>
<th>On Line by 4/13/20</th>
<th>On Line 4/14-5/4</th>
<th>Walk Up Registration</th>
</tr>
</thead>
<tbody>
<tr>
<td>1,2</td>
<td>$85</td>
<td>$100</td>
<td>$150</td>
</tr>
<tr>
<td>3,4,5</td>
<td>$60</td>
<td>$75</td>
<td>$95</td>
</tr>
<tr>
<td>6,7,8,9,10</td>
<td>$40</td>
<td>$45</td>
<td>$65</td>
</tr>
<tr>
<td>Open</td>
<td>$50</td>
<td>$60</td>
<td>$70</td>
</tr>
</tbody>
</table>

Entry fees are per category and are nonrefundable, credits will not be issued

- Open category price above is if open is second category entered. If entered as first category, then full fees apply
- Online registrations will not be accepted after 5/4.
- Entry into additional categories must be for same athlete
- Athletes may also register during event check in as a walk up
- Entry fees are non-refundable and credits will not be issued
- Absolutely no entries will be accepted after 12:00pm ET Friday May 15 for all categories except kata. No entries accepted after 11:00am ET on Saturday May 16 for kata categories.
- Entry fee is waived for defending 2019 Senior Shiai Champion and 2020 NCJA National Champion if competing in the same weight in which won. Entry must be postmarked no later than 4/13. If entry is postmarked after 4/13, all fees above apply. Online entry is not available for defending champions requesting waiver; must be mailed in.

ONLINE ENTRIES
Your rank, date of birth and citizenship must be verified in the USA Judo database prior to being allowed access to register. For verification please email a copy of birth certificate, passport and a copy of your USA Judo, USJF or USJA rank certificate to Austin.leath@usajudo.us. Verifications will only be processed during normal business hours (8am-4pm MTN).

CHAMPIONSHIP HEADQUARTERS

<table>
<thead>
<tr>
<th>Headquarter Hotel</th>
<th>Hilton Hotel</th>
</tr>
</thead>
<tbody>
<tr>
<td>100 North Atlantic Avenue</td>
<td></td>
</tr>
<tr>
<td>Daytona Beach, Florida 32118</td>
<td></td>
</tr>
</tbody>
</table>

| Rate | $129.00 single, double, triple or quad room |

<table>
<thead>
<tr>
<th>Parking</th>
<th>Valet: $24 per car, per night</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Self-Parking: $17 per car, per night</td>
</tr>
</tbody>
</table>

| Deadline | April 13, 2020 |

| For Reservations | 866-536-8477 |
TRANSPORTATION

Nearest airport is Daytona Beach Airport (DBA) which is approximately a 15 minute drive to the hotel. Orlando International (MCO) is approximately a 1.5 hour drive to the hotel. No transportation is provided between airports and hotel. No transportation will be provided between the Hilton Hotel and the Ocean Center as it is within walking distance of each other.

United Airlines is USA Judo’s partner for air travel. As a member of USA Judo you are eligible to receive discount flights to USA Judo sanctioned events on United Airlines. Book now by calling the United Olympic Desk at 1-800-841-0460 and receive up to 10% off the retail fare price. Use code UO27 for discount.

SPECTATOR ADMISSION

<table>
<thead>
<tr>
<th>Age Group</th>
<th>One Day</th>
<th>Two Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 &amp; up</td>
<td>$12.00</td>
<td>$20.00</td>
</tr>
<tr>
<td>9-12 yrs.</td>
<td>$6.00</td>
<td>$14.00</td>
</tr>
<tr>
<td>Under 8 yrs. old</td>
<td>free</td>
<td>free</td>
</tr>
</tbody>
</table>

COACHES DRESS & CREDENTIALS

- All coaches must register for the event through the event online entry system to receive wristbands. There is no charge for registering. Log into your USA Judo profile and click on National Events to register.
- All coaches must have a coach’s wrist band to enter the championship. Wrist bands will be distributed at the coaches meeting.
- Coaches must have all certifications current
- USJA and USJF coach certification is accepted with current certifications

REFEREE INFORMATION

All referees must first commit to work the event using the USA Judo Referee Information System. The individuals rostered will be approved by the USA Judo Referee Commission to work the event. Once approved, you must register using the USA Judo online event registration. There is no cost to do this.

Log into your USA Judo profile and click on National Events to register. Wristbands will be issued for all approve referees. Wristbands can be picked up either during the event check-in/registration process or at the referee meeting.

If you do not commit to work using the Referee Information System and then register online, you may not be allowed to participate in the event and USA Judo will not be responsible for any expenses associated with your stay/travel to the event.
ELIGIBILITY
Athletes may compete in Senior Shiai, IJF Shiai, Cadet Shiai, Visually Impaired Shiai, Veterans, Brown Belt, Novice and Kata Categories if they meet the eligibility requirements, submit the required documentation, pay the required fees and there is no conflict regarding weigh in and competition schedules.

- All athletes must be current USA Judo members.
- Must have been born December 31, 2005 or earlier or have obtained the appropriate Age Waiver. See https://go.teamusa.org/2HWt8ra for more information
- All Age Waiver applications must be sent to Jim Hrbek at judolym@aol.com by April 1, 2020.
- All ranks must be verified through USA Judo, USJA or USJF only
- U.S. Citizens and athletes with Green Cards or VISA’s are eligible to complete in the following categories. Also, athletes who meet the criteria of the International Judo Federation’s (IJF) refugee program, and are currently approved with proof of documentation/acceptance from the IJF to participate in the refugee program, may compete in the following categories. Please provide a copy of the necessary documents to Corinne.shigemoto@usajudo.us
  - Senior Shiai Open Weight Category
  - Brown Belt
  - Novice
  - Veterans
  - Visually Impaired
  - Kata categories
- U.S. Citizens OR athletes who meet the criteria of the International Judo Federation’s (IJF) refugee program and are currently approved with proof of documentation/acceptance from the IJF to participate in the refugee program are eligible to complete in the following categories. Please provide a copy of the necessary documents to Corinne.shigemoto@usajudo.us.
  - Senior Shiai (except open weight)
  - IJF Shiai
  - Cadet Shiai
- USA Judo point roster matrix for junior athletes can be found at https://www.teamusa.org/usa-judo/athletes/juniors
- USA Judo point roster matrix for senior athletes can be found at https://www.teamusa.org/usa-judo/athletes/seniors

Senior Shiai Category (except Open Category)
1. Minimum rank of senior sankyu.
2. Athletes participating in the Senior Shiai divisions must not have represented another country Senior Continental Championship or higher level within the past three years from the date of the Senior Nationals.
Open Category
1. Minimum rank of senior sankyu.

IJF and Cadet Categories
1. No minimum rank required.

Visually Impaired Category
1. Must have been classified as visually impaired at an IBSA or IPC event in the past 10 years or provide a letter from an optometrist or ophthalmologist verifying visual acuity.
2. No minimum rank required.

Classifications of Visual Impairment
Class B1
No light perception in either eye up to light perception, but inability to recognize the shape of a hand at any distance or in any direction.

Class B2
From ability to recognize the shape of a hand up to visual acuity of 20/600 and/or a visual field of less than 5 degrees in the best eye with the best practical eye correction.

Class B3
From visual acuity above 20/600 and up to visual acuity of 20/200 and/or a visual field of less than 20 degrees and more than 5 degrees in the best eye with the best practical eye correction.

Visual groups B1, B2 and B3 will compete together.

Veterans Category
1. Age is determined by year of birth. Minimum year of birth is 1990.

<table>
<thead>
<tr>
<th>Age from</th>
<th>Age to</th>
<th>YOB from</th>
<th>YOB to</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>30</td>
<td>34</td>
<td>1990</td>
<td>1986</td>
<td>F1</td>
<td>M1</td>
</tr>
<tr>
<td>35</td>
<td>39</td>
<td>1985</td>
<td>1981</td>
<td>F2</td>
<td>M2</td>
</tr>
<tr>
<td>40</td>
<td>44</td>
<td>1980</td>
<td>1976</td>
<td>F3</td>
<td>M3</td>
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<td>45</td>
<td>49</td>
<td>1975</td>
<td>1971</td>
<td>F4</td>
<td>M4</td>
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<td>50</td>
<td>54</td>
<td>1970</td>
<td>1966</td>
<td>F5</td>
<td>M5</td>
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<td>1956</td>
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<td>M7</td>
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<td>65</td>
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<td>1951</td>
<td>F8</td>
<td>M8</td>
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<td>70</td>
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<td>1946</td>
<td>F9</td>
<td>M9</td>
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<td>75</td>
<td>79</td>
<td>1945</td>
<td>1941</td>
<td>F10</td>
<td>M10</td>
</tr>
<tr>
<td>80</td>
<td>+</td>
<td>1940</td>
<td></td>
<td>F11</td>
<td>M11</td>
</tr>
</tbody>
</table>
2. Athletes who are not citizens of the United States may participate by meeting one of the following conditions:
   If a non-U.S. citizen is a permanent, legal, resident of the United States (green card, etc.), then that person may compete either: For the Country of which he/she is a citizen with proof of membership in that country’s Judo Federation and the Country’s permission to compete, OR,
   As a member of USA Judo, affiliated with a USA Judo registered club. If a person is not a permanent resident of the United States, that person can only compete under criteria 2a, above.

3. Minimum rank of senior sankyu.

**Brown Belt Category**
1. No dan ranks allowed (all other belts allowed).

**Novice Category:**
1. Only ranks other than black or brown belts.

**Kata Category**
1. Competition is open to any U.S. citizen, permanent resident of the USA (green card, white card, etc.), full time student residing in the USA or person holding a long-term work visa in the USA.
2. Foreign athletes who are not United States citizens, not residing in the U.S., must compete for the country of which they are a citizen, and must present a letter from their country’s federation stating that they are a member in good standing and have the Federation’s permission to compete. This letter must be included with your application or presented at Registration/Check-in.
3. For foreign, non-resident teams composed of non-U.S. citizens, both Uke and Tori must be citizens of the same country. Foreign athletes residing in the U.S. do not need to be from the same country.
4. There will be three Kata categories: Same Gender Male (both partners must be male); Same Gender Female (both partners must be female); and Mixed Gender (one partner must be male, the other must be female.) For further details, please refer to the kata section under Rules, elsewhere in this package.
5. Proof of citizenship/permanent residency must be presented to USA Judo.
6. Passports are mandatory for all citizens of countries other than the United States.

Kata Championships will be conducted in accordance with the current procedures of USA Judo. Entry rules are as follows:

A. There are five events in each category: Nage-no-kata, Kime-no-kata, Katame-no-kata, Ju-no-kata, and Goshin-jutsu.
B. A contestant may enter only one Kata event once i.e. cannot enter the same Kata Event with a different partner.
C. To qualify for the All-Around award in each Category, the same Kata team contestants must enter and compete in any three kata's, within the same Category. The role of Uke and Tori may vary but the contestants must be the same.
CHECK IN
Only check in if you have a change to your weight or category. Please proceed directly to weigh-in if you have no changes. **No changes will be allowed at weigh-in.** Once an athlete’s official weight is recorded, no changes will be accepted.

CLUB AFFILIATION
1. Only current USA Judo clubs, at the time of registration, will be listed with the athletes’ event registration.
2. Non-USA Judo clubs WILL NOT be affiliated with a registered athlete. USA Judo club membership will NOT be available during the check in process.
3. Club affiliation is not required to compete in these championships.

WEIGH IN
1. A calibrated practice scale will be available prior to, and during, the weigh-in periods.
2. Contestants may check weight as many times as desired prior to the official weigh-in on the official scale.
3. No athlete will be allowed on the Official Scale during Official Weigh-in for the purpose of checking weight.
4. A contestant is given only one chance on the official scale during official weigh-in.
5. Open division contestants do not need to weigh in.
6. No refunds or credits for missed weights.
7. Athletes will not be moved to a higher/lower weight category if declared weight is missed.

IDENTIFICATION
Senior, IJF, Cadet and VI categories athletes must show a government issued ID at weigh in.

EVENT CREDENTIALS
Event credentials will be distributed during the weigh in process or during registration for walk up athletes.

JUDO GI COLOR
1. Both blue and white judo gi’s are mandatory for all shiai categories.
2. White judo gi only for KATA

PRELIMINARY POSTINGS OF ATHLETES
1. Preliminary brackets will be posted at the Hilton Hotel on Friday 5/15 from 2:00pm-3:00pm ET.
2. During this time you will have a chance to review and make a correction if you find an error to a change that was made during the check in process. Change forms will be provided.
3. **IMPORTANT:** This period is for corrections/confirmations only of changes made during the check in/registration time period. **NO NEW CHANGES WILL BE ACCEPTED.**
4. At 3:00 pm ET all changes will need to be completed. No change forms will be accepted after 3:00 ET pm.
5. After corrections are made, the final draw will be performed, mats assigned, fight sheets generated and all posted online at [www.usjudo.us](http://www.usjudo.us).
6. Failure to make corrections during the preliminary posting will result in the athlete not competing in the championship.
7. Draws will be conducted using USA Judo approved software.
8. See Rules and Method of Competition for all seeding information. With the exception of seeding, the draw will be random.

9. If two or more athletes fail to make weight or report to weigh in’s in the same category, the division may be redrawn.

10. Once the draw is complete, there will be no changes except to redraw as in the case above.

RULES AND METHOD OF COMPETITION

1. Points will be awarded in Senior, Veteran and Visually Impaired categories only as outlined in the respective criteria. Criteria can be found at www.usjudo.org.

2. Championships will be conducted in accordance with the Contest Rules, Organization Code and Sporting Code of the International Judo Federation. The exception to the IJF rules will be the usage of the competition methods for Veterans, IJF and Cadet categories and the match time for Veterans.

3. Athletes may only enter one weight per eligible category with the exception of Open weight, if applicable.

4. Shime-waza is allowed for all shiai categories.

5. Kansetsu-waza is allowed for all categories except novice category.

Match Lengths

Senior, IJF, Cadet, Visually Impaired, Brown Belt and Novice Categories:

- Male 4 minutes
- Female 4 minutes
- No golden score time limit

Veteran Categories:

- M1/F1-M6/F6 3 minutes with 2 minutes’ golden score
- M7/F7-M10/F10 2 minutes with 1-minute golden score

COMPETITION METHODS

Senior, VI, Brown Belt, Novice and Veterans categories:

A. Categories having six (6) competitors or greater: Knockout System with Double Repechage (sometimes referred to as Crossover Repechage). Players are divided into two pools, A and B which are further subdivided into A1, A2, B1, B2. Determination of 1st and 2nd place: The “Knockout” (single elimination) system in then used to produce two finalists, one from pool A, the other from pool B, who will compete for 1st and 2nd place. Determination of 3rd – 5th place: All contestants who were defeated by the winners of pools A1, A2, B1, and B2 (semi-finalists) will take part in the repechage of their respective pools in the order in which they were defeated. For example, for pool A1, the loser from Round 1 will meet the loser from Round 2; the winner of that match will meet the loser from Round 3, etc. The winner of repechage pool A1 will meet the winner of repechage pool A2; similarly, for B1 and B2. The winner of the repechage pool A will meet the loser of the semi-final of knockout pool B. The winner of repechage pool B will meet the loser of the semi-final of knockout pool A. The winners (2) are placed 3rd, the losers (2) are placed 5th.

IJF and Cadet categories:

B. Categories having six (6) competitors or greater: Standard (true) Double Elimination System with winner’s and loser’s brackets will be used. The winner of the loser’s bracket will compete against the
2020 Senior National Championships

winner of the winner’s bracket for 1st and 2nd place. The first one of these two contestants to have two (2) losses will be placed second; the other will be placed first. The loser of the loser’s bracket will be placed 3rd.

All Categories:

1. Categories having five (5) Competitors or less: Round Robin Pool (every competitor competes against every other competitor). The order of finish is determined by number of wins, then, if tied, by total points. If tied in wins and points, the winner of the head-to-head competition between the two who are still tied determines the winner. If three or more are still tied in wins and points for any place (first, second, or third), those contestants involved must contest again to determine the order of finish. Points are given to the winner only and shall be based on the highest single score of the winner, after factoring out scores that cancel out each other. Point values are Ippon= 10, Waza-ari= 1, win by shidokan=0. If a contestant withdraws from a division prior to beginning of his or her final match, the results of all that person’s previous matches shall be discarded.

Round Robin Clarification:
- If Athlete A pulls out before finishing competition against other athletes in the category and does not go out onto the mat, all points won or lost associated with Athlete A are removed. No medal is awarded to Athlete A
- If Athlete A cannot finish competing but goes out onto the mat (field of play), then Athlete B wins and is awarded Ippon points. Athlete A receives 0 points.
- If Athlete A, who did not finish competing but went out onto the mat, they are eligible to medal.

SEEDING
Senior only: The top eight athletes in attendance will be seeded in accordance with their listing on the National Roster maintained by USA Judo, provided they are ranked at A through D levels, as follows: A (or B) side: #1 and #8 in one half, #5 and #4 in the other half. B (or A) side: #2 and #7 in one half; and #6 and #3 in the other half.

IJF and Cadet only: The top four athletes will be seeded in each division. If seeded athlete is not present, the other athletes will move up in seeding.

Seeded athletes will be separated as far as possible in their sections of the draw and will receive byes if available. A higher seeded athlete will always receive a bye before a lower seeded athlete.

INJURY RULE
The following rule was approved by the Board of Directors of USA Judo on October 22, 1998: Decisions as to whether an athlete may continue if injured while on the mat, are to be resolved in accordance with IJF rules; such decisions occurring off the mat or not covered by the IJF rules, are to be made by the coach, the athlete, and the event Doctor. If there is not a unanimous opinion among these three individuals, the athlete may not continue.

MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)
USA Judo defines “regular contact with minors” as meaningful or direct contact or oversight with minors that would be considered frequent, repeated or consistent. By way of example, an adult who will often assist with coaching/leading classes including minors would be considered “regular contact” with minors and is required
to complete the SafeSport Online Training/Certification Course. An adult who may “drop in” to coach and/or practice with minors on occasion would not be considered frequent, repeated or consistent and would not need to complete the SafeSport Online Training/Certification Course. In the spirit of the moral code of judo, USA Judo requires adult members to self-certify whether or not they considered having “regular contact” with minors based on the aforementioned description. If an adult member is unsure whether or not they have “regular contact” with minors, USA Judo encourages those individuals (and their clubs) to err on the side of caution and complete the SafeSport Training and Certification. USA Judo, in cooperation with USA Judo Clubs, has the right to randomly review and assess members who may have regular contact with minors and require compliance if/when considered necessary by USA Judo Leadership. The USA Judo SafeSport Handbook can be found at www.usjudo.org.

TEAM AWARDS
Athletes will be awarded points for all categories based on the event as follows:

Youth Nationals, Junior Olympics and junior categories at the President’s Cup:
- 1st place 5 points
- 2nd place 3 points
- 3rd place 1 point

Senior Nationals and senior/veterans/VI categories at President’s Cup:
- 1st place 7.5 points
- 2nd place 4.5 points
- 3rd place 1.5 points

The team with the most points at the conclusion of the event will be named Team Champion for the 2020 Senior National Championships.

Criteria:
1. Club affiliation will be club listed with athlete’s entry in event (as confirmed in their USA Judo profile).
2. Athletes who change club affiliation at event then change back after the event has finished will not be counted.
3. No club will be allowed to register at the event.
4. Trophies will be presented to the top three teams after competition. If club is not present, award can be picked up at future USA Judo national event or shipped to club at their expense.

USA JUDO TEAM AWARD
1. Totals will be comprised from the 2020 Youth National, Senior Nationals, Junior Olympics and Presidents Cup Championships.
2. The award will be presented to the winning team at the 2021 Youth Nationals.

NOTICE OF POSSIBLE TESTING FOR BANNED SUBSTANCES
Senior and Visually Impaired Shiai only: Testing, in accordance with the Anti-Doping Rules and Procedures of the IJF, USOC, and the United States Anti-Doping Agency (USADA), may be conducted to determine whether an athlete is utilizing a substance forbidden by the International Olympic Committee.
As an athlete, before taking any medication or supplement, it is your responsibility to find out if any substance in the product is prohibited or restricted.

The Drug Reference Hotline is 1.800.233.0393. You can send correspondence and inquiries to: United States Anti-Doping Agency; 555 Tech Center Drive, Colorado Springs, CO 80919 or visit USADA’s website: http://www.usantidoping.org/