

U8 Festival Guidance

Overview:

This document outlines guidelines for hosting fun events for judo players under 8 years of age. The BJA encourages a positive ethos, fostering social skills and meeting new people. The registration process ensures BJA insurance coverage and rule compliance, emphasising an active and skill-developing environment.

Registration:

Organisers must register these non-competitive festivals with the head office to prioritise safety and positive engagement. The registration form is available on the BJA website and should mention the event as a "Judo Festival" or "Fun Day" for players aged 5 to 7.

Event Format:

Events last around one to two hours, providing opportunities for various educational activities beyond contests. Coaches lead warm-ups, ukemi practice, light randori, and technical tuition suitable for young participants, promoting physical coordination and creativity. Engaging games and activities are encouraged.

Randori:

Randori may be held for players over six, fostering skill development and friendly interaction. Girls can compete against boys if suitable, promoting inclusivity. Informal refereeing with junior and unqualified referees, under supervision, ensures positive engagement. Coaching emphasises general judo improvement rather than competition, fostering a supportive environment.

Group Organisation:

Participants are grouped into small pools for randori, without an emphasis on winners. Each player receives a minimum of two-three match ups, prioritising fun and skill development. Grouping is done by age and weight.

Presentations:

Commemorative medals or awards may be presented to all players, promoting positivity. No differentiation is made between winners and losers, except for recognising outstanding performance or sporting attitude.

Aims of the Event:

The event aims to develop and educate participants and parents, encouraging social skills and an enjoyable experience. Participants leave happy, eager to engage in future events or suitable competitions, fostering a love for judo as they turn eight.

Medical Cover:

Safety is paramount, with medical cover provided by at least one first aider per mat area, equipped with a first aid kit. Serious injuries are reported as required.

Officials:

A qualified BJA Level Two Coach or Contest Recorder serves as the Festival Director, ensuring a fun and engaging event. An adult qualified referee or BJA Level Two Coach acts as the Referee in charge. Junior officials are encouraged under supervision to support their personal development.

Participants:

Children aged 5 to 7, with the assistance of older juniors under supervision or the coaches, participate in these active and skill-building events. Randori can be recommended for players aged 6 or 7. All participants must hold current BJA or affiliate memberships to ensure safety and compliance.

Additional Example Activities:

Below are some development activities suitable for under 8-year-olds in judo. These activities aim to promote basic physical proprioception, balance, coordination, mental challenges, and skill development:

1. Balance Beam Practice: Set up a low balance beam using padded mats or a wooden beam close to the ground. Let the young judokas walk, hop, or jump along the beam, encouraging them to maintain their balance.
2. Obstacle Courses: Create fun obstacle courses that involve jumping over hurdles, crawling under obstacles, and zigzagging between cones. This will challenge their coordination and motor skills.
3. Agility Ladder Drills: Utilise an agility ladder to practice footwork patterns, such as high knees, lateral steps, and quick jumps. This will improve their foot coordination and agility.
4. Climbing Challenges: Set up a climbing wall, monkey bars or use ropes to create climbing challenges. Climbing helps with proprioception and upper body strength.
5. Judo Balloon/ Feather Dance: Tie a balloon or feather to each participant's ankle. The objective is to steal the others' balloons or feathers while protecting their own. This game encourages movement, strategy, and body awareness.
6. Mirror Games: Pair up participants and have them imitate each other's movements, like a mirror. This fosters coordination and awareness of body movements.
7. Shadow Judo: Divide the group into pairs. One partner performs a series of simple judo movements, and the other partner tries to mimic the movements exactly. This helps with proprioception and skill development.
8. Memory Cards: Create memory cards with pictures of different judo techniques. Lay them face down and have the children turn over two cards at a time to find matching pairs. This game enhances memory and cognitive skills.
9. Judo Storytelling: Engage the participants in storytelling where they act out different judo techniques or movements as part of the story. This encourages creativity and reinforces technique learning.
10. Volleyball: Set up a net using a rope or low barrier, and use a balloon as the ball for volleyball. This game improves hand-eye coordination and teamwork.



11. Animal Movement Mimicry: Have the children imitate animal movements like crab walks, bear crawls, and frog jumps. This enhances their gross motor skills and introduces fun challenges.
12. Judo Tag: Play a version of tag where participants can only tag others using specific judo techniques like light touches with their hands. This adds a mental aspect to the game, encouraging them to strategise and use their knowledge of techniques.

Remember to keep the activities age-appropriate, fun, and safe. Encourage participation and celebrate their efforts, as these activities are designed to help them develop their physical, mental, and judo skills in an enjoyable manner.



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REGISTRATION FORM

Name of organizer:

Address:

Email:.....

Telephone:

Name of event: Date of event:

Venue:.....

Referee in charge (if randori is planned):.....

Qualification:.....

Number of players expected:.....

STATEMENT: I have read and understood the Under 8 Years "Judo Festivals" Guidelines and agree to run this event in accordance with them. I have informed our Area or Home Country secretary that the event is taking place.

Signed:

Please send a copy of the event information sheet with this application.

Do you want this information sheet uploading to the BJA events page?

Yes / No

This application should be emailed to: events@britishjudo.org.uk

There is no licence fee for an Under 8 Festival.

RETURN INFORMATION

After the completion of the tournament the tournament organiser is to email events@britishjudo.org.uk with the following details:

I confirm that this event was run in accordance with the Under 8 Years "Judo Festivals" Guidelines.

- Any feedback received
- Any other comments



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