



*Judo – more  
than sport!*

## **EVENT OUTLINES**

### **Coimbra Cadet European Cup**

**May 28<sup>th</sup> – 29<sup>th</sup> 2022**

### **Coimbra EJU Cadet Training Camp**

**May 30<sup>th</sup> – June 01<sup>st</sup> 2022**



**IJF Cadet World Ranking Event**

## 1. Organizer

### Portuguese Judo Federation

Address: Rua Alves Redol, 1 - Lojas A/B, 2675-285 Odivelas

Email: [portugalevents@fpj.pt](mailto:portugalevents@fpj.pt)

Tel: +351213931630

### Emergency Contacts:

General matters Mr. Sergiu Oleinic [portugalevents@fpj.pt](mailto:portugalevents@fpj.pt); +351961969799

Accommodation: Ms. Joana Fernandes [portugalevents@fpj.pt](mailto:portugalevents@fpj.pt); +351911105185

Transport Mr. Jorge Alberto Fernandes [portugalevents@fpj.pt](mailto:portugalevents@fpj.pt); +351960342339

## 2. Regulations to minimize COVID-19 related risks

**ANYONE NOT FOLLOWING THE LOCAL GOVERNMENT AND IJF COVID-19 PROTOCOLS WILL BE REMOVED FROM THE EVENT AND SUBJECT TO DISCIPLINARY ACTION!**

The fundamental principle throughout all EJU events during the COVID-19 era is to Protect and Be Protected by wearing a mask, sanitising, distancing and respecting the recommendations of the "Protocol for resuming IJF events during the COVID-19 pandemic" hereafter referred to as the IJF COVID-19 Protocol. All participants have the mutual responsibility to protect each other.

Each National Federation delegation participant (athlete, coach, team official, physiotherapist, doctor, President etc.) must have read and understood the latest version of the IJF COVID-19 Protocol which can be found here: [covid.ijf.org](https://covid.ijf.org)

The COVID-19 vaccines provide protection to the vaccinated only against seriously falling ill, but not against getting infected or transmitting the virus to somebody else, even if the chances of the latter is very low. Therefore, until vaccination reaches a high level among the judo family and there are other effective preventive methods available, or until it is globally accepted to conduct activities without safety measures, all the participants of any EJU event must follow the same protocol (being PCR tested before the event, upon arrival, during the event (if necessary), wear a mask, wash hands, follow the bubble system, etc.) to protect and be protected, in the spirit of unity and solidarity which is in our community's moral code.

### COVID-19 DOCUMENTS

All pre-event COVID-19 documents must be uploaded on the IJF platform: [my.ijf.org](https://my.ijf.org) before travelling. If assistance is required please contact [covid@ijf.org](mailto:covid@ijf.org). Fourteen (14) days after the event, all data will be deleted.

### EVENT PARTICIPATION

To participate in an EJU event each delegate is responsible to follow:

- The rules to enter the host country
- The Local Organising Committee's (LOC) Government COVID-19 measures
- The IJF COVID-19 Protocol rules

The LOC Government measures may be stricter than those detailed in the IJF COVID-19 protocol or vice versa, the stricter rules MUST be followed.

### INSURANCE

It is the responsibility of the National Federation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs, including repatriation. The LOC of the event and the EJU accept no liability for any claims relating to cancellation of the event due to COVID-19 or medical costs for any COVID-19 related illness that may affect a National Federation delegation member during the event.

### PLEASE NOTE:

**Each National Federation taking part must nominate a Covid-19 Manager who is fluent in English.**

**There can only be ONE (1) COVID-19 MANAGER PER FEDERATION!**

## Before Travelling

1. Check if you need a visa, and if yes - request it from the organiser. Please send a good quality passport copy (PDF) and filled in Visa Application form to the email: [Sergiu Oleinic, portugalevents@fpj.pt](mailto:Sergiu.Oleinic@portugalevents@fpj.pt). Please, see visa form uploaded.
2. Book accommodation and send a detailed rooming list. Last minute changes can be accommodated whilst the delegation waits in the bus or outside the hotel.
3. Present on arrival:

If you are FULLY vaccinated or recovered from Covid-19 disease in last 6 months before event:

1 PCR test which is not older than 72 hours before entering the bubble and vaccination certificate or recovery certificate

If you are not vaccinated:

two (2) Covid-19 negative individual medical certificates done maximum eight (8) days before entering the bubble and taken at least (minimum) 48 hours apart (can be more than 48 hours).

Please make sure that all documents have also has an English version.

To maintain the required safety level at the EJU events, the following variants of vaccination are recognised as complete vaccination and the bearers as “fully vaccinated” within the validity period. In case the validity expires during an event, the status is upheld until the last day of the event.

All vaccination types are accepted, not only EMA or WHO approved products to take part in the competition.

Type of protection	Minimum time elapsed	Maximum time elapsed
1 dose of and 1 dose vaccines (Janssen, Sputnik Lite, or other)	Minimum 28 days from receiving the dose	Maximum 6 months from receiving the dose
2 doses of any 2 dose vaccines	Minimum 14 days from the 2nd dose	Maximum 6 months from the 2nd dose
Booster doses: 3rd or additional dose (2nd dose after a 1 dose vaccine)	Minimum 7 days from the last dose	To be determined by the WHO, currently no end of validity
Recovery from infection and 1 dose	Minimum 14 days from receiving the dose	Maximum 6 months from receiving the dose
1 dose and recovery from infection	Minimum 11 days from the positive PCR test	Maximum 6 months from the positive PCR test
Recovery from infection	Minimum 11 days from the positive PCR test	Maximum 6 months from the positive PCR test

**Minors (under 18) are considered fully vaccinated after completing the first series of vaccination with no end of validity until further decision.**

During the period when the tests are done you should stay isolated and limit contact with other people as much as possible. If you experience any kind of symptoms do not start to travel (even with two negative PCR tests).).

4. Present upon arrival IJF Liability Release Waiver which is uploaded to my.ijf.org once and is valid through the whole year 2022. The document can be found under the link: <https://www.ijf.org/covid19/2663> and on EJU homepage for every event.

5. **PCR tests, Vaccination Certificate/Recovery Certificate, Liability Release Waiver must be uploaded to the platform my.ijf.org by NF administrator well in advance BEFORE TEAM ARRIVAL.**

### Entering Portugal

The following must be brought/at hand for border control:

- Passport, ID, and applicable visas, as required.
  - All regular border-crossing regulations must be followed regarding the validity of passports and visas, as applicable for each respective country
  - Border control officers will check documents (passports or other documents that contain similar information).
- All travellers to Portugal have to fill in the online form found here: <https://portugalcleanandsafe.pt/en/passenger-locator-card>.
- Vaccination or recovery or PCR (not older than 72h) or antigen (not older than 24h).

**4. All Covid regulations to enter Portugal can be found under the link <https://reopen.europa.eu/pt/from-to/DEU/PRT>; <https://www.visitportugal.com/pt-pt>**

### Entering a bubble

The event venues (hotels, sport hall, training hall etc.) will be classified as bubbles and to reduce risk a “bubble to bubble” concept will be used. People are NOT allowed to leave their bubble as contamination could occur endangering the safety of the event and the health of the participants.

- At least one (1) PCR test per participant will be performed immediately upon arrival. The test will be held at all official hotels. Until test results are obtained, all participants must remain in their hotel rooms, where water and any paid meals will be ensured until the receipt of the test results.

**Important: Athletes competing on Saturday MUST arrive on Thursday before 16:00.**

**Athletes competing on Sunday MUST arrive on Friday before 16:00!**

**Due to testing logistics NO EXCEPTIONS are possible.**

	Thursday	Friday	Saturday	Sunday	Monday	
07:30						
08:00				Ref. Meet.		
08:30		Delivery results tests Thursday	Delivery results tests Friday			
09:00			PCR Exit-test	PCR Exit-test		
09:30						
10:00	Arrival Covid-19 Manager & Athletes Day 1					
10:30		Arrival Athletes Day 2				
11:00						
11:30						
12:00			Training (Athletes Day 1)	Training (Athletes Day 2)		
12:30	Sample taking for PCR test All persons must wait in the hotel room for the result	Sample taking for PCR test All persons must wait in the hotel room for the result	Accreditation			
13:00						
13:30						
14:00						
14:30				Competition Day 1		
15:00					Competition Day 2	
15:30						
16:00						
16:30						
17:00						
17:30						
18:00						
18:30						
19:00			Weigh-in Day 1	Weigh-in Day 2		
19:30						
20:00			Draw			
20:30						
21:00						

**Testing:** Sample taking 10:00 - 17:00 --> result by 8 am next day, Sample taking 17:00 - 20:00 --> result by 1 pm next day

**Entries & registration:** No entries by clubs can be accepted - every participating Federation must have a Covid-19 Manager handling all entries and bookings!

- Cost per test is 100 €, which has to be paid by the participating federation prior the arrival.
- If any other conditions and requirements will arise till the start of the event - they will be informed additionally.

## Throughout your stay

- Wash/sanitise your hands regularly, especially if you have had contact with a person or an object. Competitors should wash and disinfect their hands and feet regularly, especially before the warm-up and the contest.
- No handshake - greet each other with a bow.
- Wear a mask at all times (change it at least twice a day). Exceptions: masks are not obligatory on the Field of Play tatami, on the warm-up tatami whilst warming up or on the training tatami whilst training. Masks may be removed while eating in dining areas.
- Maintain 1.5 m distance at all times, except for competitors during training, their contests and during warming up with ONE PARTNER.
- Submit yourselves to contactless temperature measurement by the organiser on arrival at the point of entry in the country, at accommodation premises, throughout the competition venue and at any official venue of the event, to be accepted by all accredited population.

Anyone registering a high temperature will be asked to remain outside and their Delegation COVID-19 Manager, the LOC COVID-19 Manager and the EJU COVID-19 Manager will be contacted. An opportunity to recheck their temperature will be given, if it is still high a final decision will be made by the LOC COVID-19 Manager and the EJU COVID-19 Manager.

## In case of positive result

In case of a positive test result we will follow the Portugal Government/National Public Health Authorities procedure.

Quarantine period: 7 days

Quarantine hotel: the same as the competition hotel.

Rates: hotel price indicated in the outlines during the competition days and regular hotel price after the competition.

Anyone with a positive test MUST stay in the quarantine hotel provided by the organiser. The cost must be paid by the National Federation.

Close contacts will also be traced and may be isolated/quarantined depending on the LOC National Public Health Authorities of Portugal procedure. Please note their definition of close contact may differ from that described in the IJF protocol.

## Insurance

It is the responsibility of the National Federation to ensure that in addition to their normal insurance they have sufficient insurance in place to cover any COVID-19-related costs. The organiser of the event and the EJU accept no liability for any

claims relating to cancellation of the event due to COVID-19 or medical costs for any COVID-19 related illness that may affect a National Federation delegation member during the event.

## Symptoms after arrival

Anyone who experiences symptoms after arrival must immediately contact their Team COVID-19 Manager  
Local Covid Manager: Dr Maria Da Luz Ferreira; tel: +351911105185; testes@fpj.pt

## Exit tests

Exit tests may be booked with the organiser, if required.  
Where to book: on spot at the info desk or at the accreditation.  
Price: PCR 100€, antigen: 25€

## 3. Competition Place

Pavilhão Desportivo do Colégio da Imaculada Conceição - CAIC  
Address: 3044-519, CERNACHE; <http://maps.google.com/maps?q=40.14098%2C-8.46842>

## 4. Age

15, 16 and 17 years old (Born in 2005, 2006 and 2007)

## 5. Participation

This Cadet European Cup is open for **all EJU/IJF Member Federations** Due to pandemic restrictions for the number of participants may apply. The competitors must be of the same nationality as the National Federation, which enters them.

## 6. Categories & Duration

Male: -50kg, -55kg, -60kg, -66kg, -73kg, -81kg, -90kg, +90kg  
Female: -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, -70kg, +70kg  
Duration: 4 minutes Golden Score: No time limit

## 7. Entry Fee

The EJU entry fee of 10€ per athlete must be paid.

## 8. Deadlines

Visa, Invitation Application and entry form:	Monday, 02 <sup>nd</sup> May 2022
Hotel Reservation:	Monday, 02 <sup>nd</sup> May 2022
Hotel Payment:	Monday, 02 <sup>nd</sup> May 2022
JUDOBASE Registration for delegations & referees:	<b>Friday, 20<sup>th</sup> May 2022</b>
Travel details:	Monday, 09 <sup>th</sup> May 2022
Rooming List:	Monday, 09 <sup>th</sup> May 2022

## 9. Program

Attention: The schedule may be modified according to total number of entries and circumstances of competition.

Thursday, May 26 <sup>th</sup> 2022		
<b>Not later than 16:00</b>	Arrival of Covid Managers and athletes competing on Saturday	Official hotels
08:00 – 21:00	PCR testing	Official hotels
Friday, May 27 <sup>th</sup> 2022		
<b>Not later than 16:00</b>	Arrival of athletes competing on Sunday	Official hotels
10:00 – 17:00	Accreditation	Hotel D.Luis
08:00 – 21:00	PCR testing	Official hotels
18:00 – 18:30	Unofficial weigh-in	Official hotels
18:30 – 19:30	Official weigh-in Girls: -40, -44, -48, -52 kg Boys: -50, -55, -60, -66 kg	Official hotels
20:00	Draw	<b>Online</b>
Saturday, May 28 <sup>th</sup> 2022 Girls: -40, -44, -48, -52 kg Boys: -50, -55, -60, -66 kg		
<b>08:00 – 21:00</b>	<b>Exit tests</b>	TBC
08:00	Referee Meeting	Sports Hall
09:00	Eliminations/Repechage/Semi finals	Sports Hall
After	Final Block: Bronze Medal Contests, Finals	Sports Hall
18:00 – 18:30	Unofficial weigh-in	Official hotels
18:30 – 19:30	Official weigh-in Girls: -57, -63, -70, +70 kg Boys: -73, -81, -90, +90 kg	Official hotels
Sunday, May 29 <sup>th</sup> 2022 Girls: -57, -63, -70, +70 kg Boys: -73, -81, -90, +90 kg		
<b>08:00 – 21:00</b>	<b>Exit tests</b>	<b>TBC</b>
09:00	Eliminations/Repechage/Semi finals	Sports Hall
After	Final Block: Bronze Medal Contests, Finals	Sports Hall
Monday-Wednesday, April May 30 <sup>th</sup> -June 01 <sup>st</sup> , 2022 – Coimbra EJU Cadet Training Camp (see details in Par. 25)		

## 10. JUDOBASE Registration

All participants and delegates must be registered for this event in the IJF Registration System (JUDOBASE):

<https://admin.judobase.org/> .

Deadline for JUDOBASE Registration is **Friday, May 20<sup>th</sup> 2022**

	NO IJF Official ID Card	Late entry	Replacement IJF Official ID Card: YES
<b>Athletes</b>			0€
<b>Other delegates (Head of delegation, Coaches, Physios, Doctors, ...)</b>	<ul style="list-style-type: none"> <li>ENTRY NOT POSSIBLE</li> <li>REPLACEMENT NOT POSSIBLE</li> </ul>	<b>ENTRY NOT POSSIBLE</b>	0€

Please note:

- Late entries are **NOT POSSIBLE**, only replacements 1:1.



- Persons, who are banned by their Federation or IJF cannot be entered as late entry or replacement.

## 11. Accreditation & Control of Nationality

At least one team delegate (and not more than 2) who have been tested on spot and received negative results must attend the accreditation on **Friday from 10:00 - 17:00** on time in order to confirm the entries of all athletes and officials with his signature on the delegation confirmation list. A delayed appearance or no-show may result in the exclusion of all participants from the draw and the event. In case of unforeseen delay of arrival, the National Federation must immediately contact both the organiser and the EJU ([headoffice@eju.net](mailto:headoffice@eju.net)). Passports or photocopies of passports from all competitors must be available on request (national ID Card showing nationality, picture and date of birth or a copy is also accepted). The competitors must not be present at the nationality control.

**Very important: Each National Federation must be represented by a team leader or coach responsible for registration of ALL athletes from the respective National Federation, regardless club or other membership. Every National Federation will be accepted for accreditation only once, when all entries and payments can be confirmed at the same time.**

## 12. Competition Mode

The competition will be conducted in accordance with the latest IJF SOR and IJF Refereeing Rules.

Competition systems according to number of participants:

- 6 and more entries: Double repechage
- 3,4,5 entries: Round robin
- 2 entries: better of 2 fights, if 1-1 the third match will decide

In order for an athlete to obtain points for the IJF Cadet Ranking List, her/his weight category should have participants from at least 2 different countries. If this is not the case, the competition can still be held, according to the organiser's decision. If, by the nominal deadline, there is only one country inscribed in any weight category, the organiser is obliged to inform immediately the National Federation concerned.

## 13. Draw

The draw will be held ONLINE.

Seeding: The top eight (8) from the entered competitors in each weight category will be seeded according to the current IJF Cadets World Ranking List.

## 14. Weigh-in

Official weigh-in for each weight category is held the evening before the competition day (see program).

Athletes are not allowed to weigh-in naked. Boys must wear at least underwear and girls at least underwear and a T-shirt. Additional 100g will be allowed for their weight category limits.

**Athletes must present their EJU accreditation card and their passport** (National ID Cards showing nationality, picture and date of birth are also accepted).

Official scales or test scales will be available for test weigh-in on Friday and Saturday from 08:00 - 22:00 (except during official weigh-in from 18:30-19:30).

## 15. Refereeing

Each federation may enter 2 referees. The organizing federation may enter as many referees as required for the realization of the tournament but giving priority to their own Continental/International referees first and then their national referees with the highest national license with at least 2 years of experience.

If enough Continental/International referees are inscribed in Judobase, the organizing federation has to limit its number of national referees to 1 per mat.

**JUDOBASE registration deadline for referees: Friday, 20<sup>th</sup> May 2022**

The bow:

- The contestants must not shake hands BEFORE the start of the contest.
- When the athletes are leaving the mat they must wear judogi in proper way and are not allowed to take out any part of the judogi or the belt before leaving the field of play.

## 16. Coaching

All coaches must fully adhere to the Code of Conduct for Judo Coaches.

Dress Code	Elimination rounds:	National track suit with trousers reaching down to shoes or jacket suit with tie
	Final block:	Jacket suit with tie

## 17. Transport

**Airport:** Lisbon International Airport (200km from Coimbra); Oporto International Airport (130km from Coimbra)

The transfer from Official Airports to Coimbra will be arranged for a cost of 30 € per person/per journey. For private(separate) transfers the price will be agreed additionally.

**Railway station:** Coimbra-B

**Bus station:** Rodoviaria Coimbra

The organizer will provide transfers between the airport and official hotels, between the official hotels and competition venue, draw, accreditation and official weigh-in places. **During pandemic time ONLY official transportation can be used.**

**No other transportation, including taxis and own cars can be used when in the bubble.**

## 18. Accommodation

All delegations, who inscribe for an EJU event, must reserve their accommodation in the official hotels published in the event outlines. The reservation must be made with the local organising committee (not directly with the hotel).

Due to the COVID-19 situation ALL participants must stay in the official hotel for the entire period of their stay, as the bubble-to-bubble concept is used at this event

### Best Western Hotel D. Luís

Address: Rotunda Ponte Rainha Santa Isabel, 3040-091 Coimbra; <http://www.hoteldluis.pt/>

Check-in time: 14:00; check-out time: 12:00

Distance to the airport: 200 km Lisbon / 130km Oporto; distance to the sports hall: 7,8 km

Prices per person	Bed & Breakfast	Lunch	Dinner
Single room Cat. A	113€	20 €	20 €
Twin rom Cat. A	93 €		
Single room Cat. B	93 €		
Twin room Cat. B	73 €		

Extra nights (Full board): Single: 150 €; Twin/ Triple: 130 €

**Hotel booking and transfers have to be made directly with the organiser:** Joana Fernandes ;+351911105185, [portugalevents@fpj.pt](mailto:portugalevents@fpj.pt)

**Hotel reservation deadline:** Monday, 02nd May 2022 (hotel reservation after the deadline will be charge with 10%)

**Hotel payment deadline:** Monday, 02nd May 2022

Cash payment upon arrival is allowed. Credit cards are not accepted on spot.

**Cancellations**

Till May 01, 2022:	full refund
Till May 15, 2022:	50% refund
After May 15, 2022:	no refund, 100% of the hotel costs must be paid

**In case of tournament cancellation by the EJU or the Portuguese authorities full payment will be refunded.**

Important: Injuries, visa problems or sickness are not valid reasons for cancellation of rooms.

In case of any damage to hotel property or competition venue caused by members of a delegation, their national federation will be charged by the organizing committee.

## 19. Payment

Name of bank: NOVO BANCO - Balcão LX -LAPA  
 Bank Address: R. Buenos Aires 5, 1200-732 Lisboa  
 Account No.: 41035060007  
 IBAN: PT50 0007 0041 0003 50600077 9  
 SWIFT address: BESCPTPL  
 Purpose of payment: "Country" ECCup2022

After the reservation a document with a number reference will be send to the National Federation, please use this number as reference of payment and for the accreditation.

Credit cards can be accepted on spot.

All bank fees and money transfer costs must be paid by the sender federation. The person attending accreditation must bring proof of the bank transfer.

## 20. Judogi Control

Approved Judogi



All Judoka must compete in IJF Approved Judogi (only red label allowed) and Judogis from all IJF suppliers are allowed (see [www.ijf.org](http://www.ijf.org) → <https://www.ijf.org/supplier-list>).

### Judogi Control

It will be operated with a Sokuteiki prior to the fight. Judogi must have an IJF Official Label “APPROVED JUDOGEI” with an optical code which cannot be falsified. The label will be controlled with an optical lamp. Each of the competition clothing articles (jacket, trousers and belt) must have an IJF official label.

### Backnumber

Each competitor taking part in the EJU events is obliged to have sewn on the back of his Judogi the official backnumber (both EJU and IJF are allowed) bearing his surname and his National Olympic Committee abbreviation. The backnumber can be ordered from [www.mybacknumber.com](http://www.mybacknumber.com) or [www.officialbacknumber.com](http://www.officialbacknumber.com) (Attention: production and delivery may take around 4 weeks).

The SPONSOR part (if needed) will be given to the head of delegation during registration, and the athletes can stick it themselves using the special glue on the back number.

### Markings and Advertising

The space on the **shoulder stripes** (25cm x 5 cm on both right and left side) and on the **upper arms** (10cm x 10cm on both right and left side) can be either used for own sponsors of the Federation or Judoka or EJU Suppliers, **BUT not for any other Judogi supplier**.

The space on the **right chest** (5cm x 10cm) can be used by the Judoka for his/her own sponsor. The logo of a Judogi brand can only be used, if it corresponds with the brand of the Judogi itself and if it is an EJU Supplier. Further, no logo of a competing brand of the advertising reserved for the Federation can be used (unless approval granted by the Federation).

**Please note:** On all advertising spaces it is strictly prohibited to promote tobacco, alcohol, any substances listed in the doping code, or any product or service contrary to public morals.

The space on the **left chest** (10cm x 10cm) can be used for the national colours or the national emblem corresponding with the IOC code on the backnumber (regional emblems are not allowed).

All other markings on the Judogi, like Judogi brand logos, name of Judoka, etc. have to comply with the IJF Judogi Rules.

Detailed information is available on <http://www.eju.net/statutes>.

### Important:

- If an athlete does not respect the Judogi rules, the athlete will not be permitted to pass the Judogi Control, and the coach who is responsible for the athlete will be suspended for the rest of the competition day.
- The organiser is not obliged to provide reserve Judogi at Judogi Control, but the athlete is allowed to present himself in another IJF Approved Judogi, complying with the Sokuteiki rule (and without backnumber) - in this case no coach can go with this athlete to the mat!
- In the case of a repeated offence the coach will be suspended for the rest of the competition.

## 21. Responsibility of Federations

The competitors will compete under the full responsibility of their federations. Insurance: Each national federation is responsible for insuring its competitors against “injury and third part risk (public liability)” during the period of the event. The European Judo Union and the organiser decline all responsibility.

### Consent for Photography/Videos/Filming

Delegates inscribed by their National Federations for EJU events consent to the EJU and its media partners to use content of them, including data, live results, photographs and/or video recordings (hereafter referred to as Media). This media may be obtained from National Federations and EJU. It will also be acquired by the EJU and its media partners from in and around all EJU event venues. Media could be used in print and digital media formats including print publications, websites, e-marketing, posters banners, advertising, film, broadcast, social media, education purposes and other purposes. The National Federation must ensure that they have the permission of each delegate or in the case of a minor the permission of the parent/guardian. If a delegate does not give consent, then the National Federation must inform the European Judo Union by writing to [headoffice@eju.net](mailto:headoffice@eju.net).

## 22. Anti-Doping

Anti-doping tests might be executed according to the IJF MEDICAL AND ANTI-DOPING HANDBOOK (IJF SOR - Appendix E).

## 23. Media

Journalists can apply for Media accreditation online using the following link: <https://www.eju.net/media/>  
Due to the Covid-19 situation the restrictions for Media attendance may apply.

## 24. Visa

For nations who need VISA to enter Portugal, please send the enclosed “Visa and Invitation Application Form” fully filled not later than Monday, 02nd May 2022.

## 25. TRAINING

Tatami for training will be available at the official hotels.

Thursday-Saturday, May 26<sup>th</sup> - 28<sup>th</sup> 2022: from 08:00 till 22:00

Booking of training sessions will be done by the organiser at the welcome desk after the teams will receive the PCR results.  
Training on competition days in the sports hall warm up arena is NOT ALLOWED due to Covid19 restrictions.

## 25. TRAINING CAMP

Safety rules for participation in the Training Camp:

- All athletes and officials that have entered the bubble for the tournament, can participate in the Training Camp.
- No new athletes and officials from other countries can participate.
- Domestic athletes and officials can enter the bubble for the Training Camp with the same testing requirements as for the tournament (see #2). They also need to remain in the bubble for their whole stay (they are not allowed to sleep at home / at another accommodation).

**Place:** Best Western Hotel D. Luís , Address: Rotunda Ponte Rainha Santa Isabel, 3040-091 Coimbra.

**Morning training time:** 10:00-12:00

**Afternoon training time:** 17:00-19:00

**Hotel prices:** 85€ single room / 70€ twin room per person per night