



British Judo Council

It's that time of year again!



BJC Open National Championships 2026
BJC, BJA, AJA, JudoScotland, NIJF & WJA Members



**Sunday
3rd May
2026**

**Kettering Arena Sports
Thurston Drive
Kettering
Northamptonshire NN15 6PB**



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What Makes This Event Special?

Most Judo competitions see contestants organised into male/female and by weight. The result is that low grades either know not to enter or do so for the experience, without any real expectation.

Further, because of the limited graduation, there is no allowance for the developmental difference between pre-adolescent and adolescent Juniors where there is a considerable difference in strength, even at the same weight.

The BJC understands this crucial difference and to allow for it, we run separate categories for ages 8-9, 10-12 and 13-15 year olds.

We also know that Senior Kyu grades would like to compete with an opportunity to win and not just lose to the Black belts. So not only do we separate them out, but also the Orange/Green from the Blue/Brown belts.



This is what we are about. An Open Championships where contestants from the major Judo organisations (BJC, BJA, AJA, JudoScotland, NIJF, & WJA) can enter and test themselves against their peers, with the knowledge that they have had a fair chance to prove themselves and to then return to their club with the experience that will help them take their Judo to the next stage.

If that is what you are interested in, then THIS is the event for you. Enter the British Judo Council Open Nationals Championships and be the best that YOU can be!

So how do I enter? Just visit:
www.bjcjudoevents.org.uk

You can enter the event for your club or as an individual. You must enter via this website. The deadline is midday Wednesday 29th April. No entries are accepted on the day.

Tickets for the BJC Open Nationals 2026 are £30. Once you have entered, you can pay by:

- * Online at the time of registration by PayPal, credit or debit card using our secure system
- * With debit/credit card. Contact BJC HQ on 01692-580900 Monday to Friday 9am-2pm (use this method to take advantage of a 10% discount if you are a BJC club entering 10 members or more)

Spectator Tickets are £5:

- * They can be pre-purchased from BJC HQ (contact details above) and collected at the weigh-in.
- * They can be purchased on the day by cash or credit card at the weigh-in
- * Can be purchased at the entrance to the contest hall by cash or credit card.



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What Do I Need To Know?

Please read this document carefully. It contains important information that relates to this event.

This event is for contestants of 8 years and over who will be split into categories by age and weight for primaries and juniors. Seniors will be by grade and weight. The intention is to allow participants greater opportunity to compete in fairly matched categories. **Seniors must be a minimum grade of 4th Kyu (Orange belt).** All Competitors must produce a valid BJC, BJA or AJA licence at the weigh-in.

To enter this event please visit: www.bjcjudoevents.org.uk

Registration for this event WILL close at noon on Wednesday 29th April. Please ensure that you have entered and paid prior to that time. No late entries can be made.

Weight Categories

Junior Age & Weight Categories (age on the day of the competition)	
8 - 9 years (less than 10 on the day)	Boys; -24, -27, 30, 34, -38, -42, -46, -50 over 50Kg Girls; -28, -32, -36, -40, -44, & over 44Kg
10 - 12 years (less than 13 on the day)	Boys; -27, -30, -34, -38, -42, -46, -50, -55 over 55Kg Girls; -32, -36, -40, -44, -48, -52, & over 52Kg
13 - 15 years (less than 16 on the day)	Boys; -38, -42, -46, -50, -55, -60, -66, -73 & over 73Kg Girls; -36, -40, -44, -48, -52, -56, -61, -65 & over 65Kg
Senior Age & Weight Categories (over 16 years on the day of the competition)	
4th - 3rd Kyu Grade Orange & Green belts	Male; -60, -66, -73, -81, -90, -100 & over 100Kg Female; -48, -52, -57, -63, -70, -78 & over 78Kg
2nd - 1st Kyu Grades Blue & Brown belts	Male; -60, -66, -73, -81, -90, -100 & over 100Kg Female; -48, -52, -57, -63, -70, -78 & over 78Kg
Dan Grades Black belts	Male; -60, -66, -73, -81, -90, -100 & over 100Kg Female; -48, -52, -57, -63, -70, -78 & over 78Kg

Note: You MUST enter your EXACT weight on registering in order to be allocated to the correct pool.

If your weight at the weigh-in is greater or less than the weight that you entered upon registration, to such a level as to cause you to change category, you will be charged an administrative fee of £3 to transfer you into the correct category for your weight on the day of the event.

As far as possible, we will apply the advised weight categories in the BJC Contest Rules 2019.

Weighing In Times

Saturday 2nd May	All Categories	4:30pm to 6pm	For allowance see below	
Sunday 3rd May	Primaries 8-9 years	Juniors 10-15 years	Seniors 16+ (4th-3rd)	Seniors 16+ (2nd, 1st & Dan)
	8:30am to 9:15am	9:30am to 10:15am	10:30am to 11:15am	11:30am to 12:15pm
An allowance of 0.5Kg will be made for Judogi bottoms	Must wear T-shirt at weigh-in 0.2Kg a allowance will be made		May wear T-shirt at weigh-in 0.2Kg a allowance will be made	



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Conditions of Entry

- * At registration, you must show a current BJC, BJA, AJA, JudoScotland, NIJF or WJA licence with photo & DoB.
- * Closing date for entries is 29th April 1pm by which time payment must be made. We reserve the right to restrict any category, merge any category with an adjacent category or cancel any category without prior notice (in which event the entry fee will be refunded). All reasonable efforts will be taken to notify entrants prior to the event date to avoid unnecessary travel.
- * The weigh-in will be strictly controlled. One 'weigh' per competitor with removal of jacket only, is permitted (a 0.5Kg allowance will be made for Judogi bottoms).
- * Weight changes are generally upwards only into the next heavier category. However it may be necessary to move competitors down if insufficient entries in a category or to avoid mismatch.
- * It is a condition of entry that entrants, their parents and their coaches satisfy themselves that the entrant is in a physical condition to participate in the event. Any doubts should be referred to Head Office at least one week before the tournament (or the Tournament Director, on the day, if something has arisen immediately prior to the event).
- * Contestants who belong to more than one Judo association must enter and wear the belt of their highest grade.
- * The BJC have strict Judogi requirements of a white Judogi with no shoulder stripes, back patches, commercial advertising or other embellishments. It is not permissible to cover infringements with tape or to reverse the jacket. It is recommended that you read the BJC Contest Rules 2019 rules 2-4.

Competition Regulations

The event will be run under the BJC Contest Rules 2019. These can be found at: http://www.bjcjudoevents.org.uk/bjc_contest_rules.pdf

- * No coaching of active contestants will be allowed during the competition.
- * Competitors are welcome to bring their own water matside providing that the container is plastic. Metal containers are prohibited.
- * For reasons of safety, all competitors must comply with the regulations regarding footwear; Zori (flip flops) only to be worn to the side of the mat. Trainers, Crocs or everyday shoes are not permitted.
- * For reasons of safety, any competitor deemed to not be sufficiently competent technically, physically or mentally to compete will be withdrawn by the presiding official at his/her absolute discretion.
- * No contestant, parent, spectator or coach is permitted to encroach upon the competition or official's area without permission.
- * All those under the age of 18 years must be supervised whilst using the warmup area.

Restricted & Prohibited Techniques

The following techniques are not permitted for Juniors (anyone under 16 years of age):			
Armlocks	Strangles	Maki komi (winding throw)	Kata Guruma
Any Leg or Ankle Grabs	Sacrifice throws (inc. Tani Otoshi)	Drop Knee Seoi-Nage	Kubi Nage (neck throw with one or both arms)
The following techniques are prohibited for all categories:			Leg or Ankle Grabs (As an initiated attack)
Special Note for Seniors:			
Drop Knee Seoi-Nage	May be used but three consecutive non-scoring attempts will incur a Shido		
Taking Grip	Contestants are expected to take grip within 10 seconds. Extended grip fighting will incur a Shido as will unnecessary breaking of grips		
Kata Guruma	Kata Guruma with a leg grab is allowed as long as Tori stays on their feet		