

# 3ème TOURNOI INTERNATIONAL DE JUDO METZ - MOSELLE

Label A   
FF Judo

- > Cadets Féminines et Masculins
- > Juniors Féminines et Masculins



COMPLEXE SPORTIF SAINT-SYPHORIEN

LES JOURNÉES - METZ - 19 et 20 Octobre 2013

Plus d'info sur [www.metzjudo.com](http://www.metzjudo.com)



in cooperation with the Ligue Lorraine de Judo

# **3rd INTERNATIONAL JUDO TOURNAMENT METZ-MOSELLE (France)**

*Saturday 19 October 2013  
Cadets (U17) Men and Women*

*Sunday 20 October 2013  
Juniors (U20) Men and Women*

**Attention :**

~~**Les Arènes - METZ**~~

**Complexe Sportif Saint-Symphorien  
Longeville-les-Metz**

**Registration before 17 October 2013**

For further details please contact

METZ JUDO JUJITSU  
Les Arènes  
Avenue Louis le Débonnaire  
F-57000 METZ  
Tel : +33 6 64 37 16 06

email : [contacteznous@metzjudo.com](mailto:contacteznous@metzjudo.com)  
web : <http://www.metzjudo.com>

**INTERNATIONAL JUDO TOURNAMENT  
METZ - MOSELLE  
CADETS AND JUNIORS / Men and Women  
Saturday 19/ Sunday 20 October 2013 in METZ (FRANCE)**

Article 1: The International Judo Tournament "METZ - MOSELLE" is an individual competition by weight categories, certified "Label A" by the FFJDA (French Judo Federation). It is opened to all the Cadets judokas (women and men) and Juniors judokas (women and men), minimum green belt.

Article 2: All participants must be registered by organisations affiliated to the FFJDA or by organisations affiliated to a national federation member of the IJF/EJU.

Article 3: Years of birth:  
Juniors: 1994 - 1995 - 1996  
Cadets: 1997 - 1998 - 1999

Article 4: Weight categories:  
Juniors men: 55 kg, 60 kg, 66 kg, 73 kg, 81 kg, 90 kg, 100 kg, +100 kg.  
Juniors women: 44 kg, 48 kg, 52 kg, 57 kg, 63 kg, 70 kg, 78 kg, +78kg.  
  
Cadets men : 46 kg, 50 kg, 55 kg, 60 kg, 66 kg, 73 kg, 81 kg, 90 kg, +90 kg.  
Cadets women: 40 kg, 44 kg, 48 kg, 52 kg, 57 kg, 63 kg, 70 kg, +70 kg.

No weight tolerance. No weight outplacement.

Article 5: Contest duration: four (4) minutes. Rest time between two contests: ten (10) minutes.

Article 6: Method of competition:  
- 3 to 7 judokas: 2 pools + final board.  
- 8 to 64 judokas: Compound knock-out and double repechage.

Registrations are limited to 64 judokas by weight category.

Article 7: The competition will take place on a minimum of 6 competition mats + 1 secondary dojo used as room of warm-up.

Article 8: The judokas have to present a valid 2013/2014 license.

Article 9: FFJDA rules to date of the tournament will apply throughout the event. Referees are members of the FFJDA refereeing commission.

Article 10: The Registration Form and the Entry List must be returned by mail or email before **17 October 2013**.

Registration fee : ~~10€~~**competitor** (non-refundable) to be payed to Metz Judo no later than 48 hours before the beginning of the tournament by bank transfer. Registration is validated on reception of payment.

Bank account of Metz Judo  
**IBAN: FR76 1513 5005 0008 0024 8544 896**  
**BIC: CEPAFRPP513**

Please indicate "Metz-Moselle 2013" and the team's name in comments.

No admission fee for spectators and trainers.

# **PROGRAM**

**Attention:**  
**For reasons independent from our will, the tournament is moved to**  
**Complexe Saint-Symphorien, Longeville-lès-Metz**

**METZ-MOSELLE CADETS: SATURDAY 19 OCTOBER 2013**

## **SCHEDULE: Cadets Men**

Fee control/Weigh-in + License Control:	<b>7:30am – 8:30am</b>
Draw:	<b>8:30am – 9:30am</b>
Beginning of the competition:	<b>9:30am</b>

**Ceremony of awards after each final**

## **SCHEDULE: Cadets women**

Fee control/Weigh-in + License Control:	<b>12:30am – 1:30pm</b>
Draw:	<b>1:30pm – 2:30pm</b>
Beginning of the competition:	<b>2:30pm</b>

**Ceremony of awards after each final**

**Estimated end: 6:30pm**

The schedule is liable to modification depending on the number of competitors.

# **PROGRAM**

**Attention:**  
**For reasons independent from our will, the tournament is moved to**  
**Complexe Saint-Symphorien, Longeville-lès-Metz**

**METZ-MOSELLE JUNIORS: SUNDAY 20 OCTOBER 2013**

## **SCHEDULE: Juniors Men**

Fee control/Weigh-in + License Control:	<b>7:30am – 8:30am</b>
Draw:	<b>8:30am – 9:30am</b>
Beginning of the competition:	<b>9:30am</b>

**Ceremony of awards after each final**

## **SCHEDULE: Juniors women**

Fee control/Weigh-in + License Control:	<b>12:30am – 1:30pm</b>
Draw:	<b>1:30pm – 2:30pm</b>
Beginning of the competition:	<b>2:30pm</b>

**Ceremony of awards after each final**

**Estimated end: 5:30pm**

The schedule is liable to modification depending on the number of competitors.

## Travelling to Metz

### Attention:

**For reasons independent from our will, the tournament is moved to  
Complexe Saint-Symphorien, Longeville-lès-Metz**



**Complexe sportif Saint-Symphorien  
Boulevard Saint-Symphorien, Longeville-lès-Metz  
GPS coordinates 49.1117N / 6.1605E**

### By road:

From Paris (Highway A4 and A31) and from Luxembourg, Nancy (Highway A31)

Exit "Metz Centre", stay on the right lane "Montigny / Longeville" then follow "Complexe sportif Saint-Symphorien / Parking Plan d'eau"

From Strasbourg (Highway A4 and A314)

Pass through the city center of Metz (avenue Foch, avenue Joffre) and follow "Montigny" and "Complexe Sportif Saint-Symphorien / Parking Plan d'eau"

Free parking before the sport hall.

### By airplane, 3 Airports:

Airport Metz-Nancy-Lorraine: 18 km

Airport Luxembourg: 75 km

Shuttles from these 2 airports to Metz or contact us if you need a ride.

Airport Frankfurt-Hahn (Ryanair): 175 km

Shuttles from Frankfurt-Hahn to Metz.

### By train, 2 Railway stations:

From Paris "Gare de l'Est": TGV(HST) to "Metz Ville" (Railway station is 500 m from the sport hall)

From other departures including airport Paris-Roissy-CDG: TGV(HST) to station "Lorraine-TGV" (15 km of Metz)

Shuttles from "Lorraine-TGV" to Metz or contact us if you need a ride.

### By bus from railway station "Metz Ville":

Bus N°11 : Gare SNCF → Palais des Sports (15 mn)

## Selection of low-cost hotels

### **Campanile Metz Sud**

Actisud Saint-Jean Lieudit La Polka  
57130 Jouy-Aux-Arches  
+33 3 87 38 39 69  
<http://www.campanile.com>  
8 km to sport hall Saint-Symphorien

### **Kyriad**

8 Rue du Père Potot  
57000 Metz  
+33 3 87 36 55 56  
<http://www.kyriad.com>  
2 km to sport hall Saint-Symphorien

### **Ibis Metz Centre Cathédrale**

47 Rue Chambières  
57000 Metz  
+33 3 87 31 01 73  
<http://www.ibis.com>  
2 km to sport hall Saint-Symphorien

### **HotelF1 Metz Actipole**

13 Rue des Selliers  
57070 Metz  
+33 8 91 70 53 14  
<http://www.hotelf1.com>  
9 km to sport hall Saint-Symphorien

### **Ibis Budget Metz Sud**

13 rue des Gravières - Pôle Actisud  
57685 Augny  
+33 8 92 70 12 69  
<http://ibisbudgethotel.ibis.com/>  
8 km to sport hall Saint-Symphorien

### **Première Classe Metz Sud**

Actisud Saint-Jean  
57130 Jouy-Aux-Arches  
+33 3 87 38 42 52  
<http://www.premiereclasse.com>  
8 km to sport hall Saint-Symphorien

### **Ibis Metz Centre Gare**

3bis Rue Vauban  
57000 Metz  
+33 3 87 21 90 90  
<http://www.ibis.com>  
2 km of sport hall Les Arènes

### **HotelF1 Metz Centre Devant les Ponts**

9 Rue Périgot  
57050 Metz  
+33 8 91 70 53 17  
<http://www.hotelf1.com>  
3 km to sport hall Saint-Symphorien

### **B&B Hôtel Metz Augny**

Rue des Becottes - Zone Les Gravières  
57685 Augny  
+33 8 92 78 80 62  
<http://www.hotel-bb.com>  
8 km to sport hall Saint-Symphorien

### **Ibis Budget Metz Technopole**

3 rue des Dinandiers - ZAC de Sébastopol  
57000 Metz  
+33 8 92 70 12 55  
<http://ibisbudgethotel.ibis.com/>  
6 km to sport hall Saint-Symphorien

# REGISTRATION FORM

« TOURNOI METZ - MOSELLE » 19 and 20 October 2013

## INFORMATION

Delegation's name: .....

National Team

Club

Other  (specify) : .....

Address: .....

.....

Zip: ..... City: .....

Country: .....

Telephone: .....

email : .....

## OFFICIAL REPRESENTANT OF THE DELEGATION

Name : .....

Telephone: .....

email : .....

Number of cadets (1997/98/99) : .....

Number of juniors (1994/95/96) : .....

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Total : ..... Judokas x 10 € = .....€

Fee must be paid by bank transfer to Metz Judo 48 hours before the beginning of the tournament

**IBAN FR76 1513 5005 0008 0024 8544 896**

**BIC CEPAFRPP513**

please indicate "Metz-Moselle 2013" and the team's name in comments

Done at ..... this (date) .....

Signature



