

Sixty-seventh Palo Alto Judo Tournament

The Sixty-fifth Palo Alto Judo Tournament will be held in Ayers Gym at Menlo-Atherton High School on **Sunday, November 12, 2023**. The school address is 555 Middlefield Rd, Atherton, CA; use the student parking lot at the corner of Middlefield and Ringwood. For information and a campus map, visit www.mabears.org, or see the campus map below.

Registration information

Sanction: USA Judo (#00429)

Eligibility: Open to all individuals with current USJF, USJA, or USA Judo registration. Competitors who do not have a USA Judo registration are required to sign the additional **USA Judo/ATJA Membership Confirmation & No Insurance Event Participation Waiver** (included in the registration packet).

Entry fee: \$60

Registration deadline: Monday, November 6, 2023

Register on the tournament page at SmoothComp (smoothcomp.com/en/event/13715). No in-person registration will be provided.

Contest information

The tournament will start at 9:30am. The officials meeting will be held at 8:30am.

We will be using SmoothComp to manage pooling and schedule matches. However, note that SmoothComp time estimates may not be accurate. We highly recommend that competitors be at the tournament site by the following times:

- Juniors: 9:30am
- Intermediates: 11:00am
- Seniors: 12:30pm

Match times

Juniors: 2 minutes Intermediates: 3 minutes Seniors: 3 minutes Black belts: 4 minutes

Contest rules

We will be using current IJF contest rules, modified as follows:

- The size of the contest areas is 6 by 6 meters. Borders between contest areas are 4 meters; outside borders are 3 meters.
- Golden score match times are ½ the regular match time. Black belt pools will use an unlimited golden score time.
- The following techniques are prohibited:
 - No double knee drop seoinage for 12 & under.
 - No shimewaza (choking) for 12 & under.
 - Kansetsuwaza (join locks) are allowed in the Black Belt divisions only.
- Any application of the above prohibited techniques will result in direct Hansoku-make loss in the match; however, competitors will be allowed to continue the tournament.
- White Judo gis are required; competitors will provide a white belt and a blue belt to wear during the match. You may wear a blue Judo gi in lieu of white and blue belts; however, **you will not be allowed to wear a blue gi if fighting on the white side.**

- CARE systems will be in use on all mats.

Medical rule

All competitors except for those in the Black Belt pools will be allowed to receive appropriate medical examination and care during the match. Determination of cause and match winners will remain with the referee and judges.

Black Belt divisions will use the current IJF rules concerning medical examination and care.

Competition divisions

Competitors will be grouped based on age, weight, and rank to optimize fairness and safety. If a division has only one contestant, we will attempt to move them up or down a weight or age division; if that still does not result in matches for the competitor, we will contact them or their coach to discuss the situation.

Weight

The listed weight are the group breakpoints; all weights are in lbs.

Male

Junior 5-6 years old: 42, 51, 62, 62+

Junior 7-8 years old: 51, 59, 68, 77, 77+

Junior 9-10 years old: 57, 66, 75, 84, 95, 95+

Junior 11-12 years old: 62, 68, 75, 84, 92, 103, 114, 114+

Intermediate 13-14 years old: 79, 88, 97, 106, 117, 128, 141, 141+

Intermediate 15-17 years old: 110, 121, 132, 145, 161, 178, 198, 198+

Senior 18 years old and older: 132, 145, 161, 178, 198, 220, 220+

Female

Junior 5-6 years old: 42, 51, 62, 62+

Junior 7-8 years old: 51, 59, 68, 77, 77+

Junior 9-10 years old: 57, 66, 75, 84, 95, 95+

Junior 11-12 years old: 62, 68, 75, 84, 92, 103, 114, 114+

Intermediate 13-14 years old: 79, 88, 97, 106, 117, 128, 141, 141+

Intermediate 15-17 years old: 88, 97, 106, 114, 125, 139, 154, 154+

Senior 18 years old and older: 106, 114, 125, 139, 154, 172, 172+

Rank

Use the following guidelines when selecting your registration class:

Junior white, yellow: Junior Novice

Junior orange and above: Junior

Intermediate white, yellow: Intermediate Novice

Intermediate orange and above: Intermediate

Senior white, green: Senior Novice

Senior brown: Senior

Adjustments

- We will attempt to have a minimum pool size of 3 competitors.
- All pools will use the round robin competition format. We will make an attempt to give competitors four matches in their pool.
- Divisions may be combined, at the discretion of the tournament committee, to keep age, rank, and weight as close as possible for safety.
- New divisions may be created, at the discretion of the tournament committee, to keep age, rank, and weight as close as possible for safety.

MAAP Policy

The Center for SafeSport has developed the Minor Athlete Prevention Policies (MAAPP) which USA Judo has adapted to our own sport. The MAAPP is a collection of proactive and training policies comprised of two parts; Education & Training Policy that requires training for certain Adult Participants and the Required Prevention Policies, focused on limiting one-on-one interactions between Adult Participants and Minor Athletes to prevent abuse. The full MAAPP policy and the reporting mechanism for SafeSport infractions can be found at https://www.usajudo.com/events/event-sanctioning#MAAPP_Policy.

SIXTY-SEVENTH ANNUAL
PALO ALTO JUDO CLUB, INC.
INVITATIONAL TOURNAMENT
NOVEMBER 12, 2023
MENLO-ATHERTON HIGH
SCHOOL Sanction: USA Judo #00429

OFFICIAL USE ONLY – DO NOT WRITE INSIDE THIS BOX

WEIGHT

OFFICIAL ENTRY FORM

Please enter information in all applicable fields. INCOMPLETE FORMS WILL NOT BE PROCESSED!

NAME: _____
Last First MI

BIRTHDATE: ____/____/____ AGE: ____ GENDER: MALE FEMALE
Month Day Year DIVISION: JUNIOR INTERMEDIATE SENIOR

BELT COLOR: _____ (Brown and Black belts MUST check a rank below)

Brown Rank: SANKYU NIKYU IKKYU

Black Rank: SHODAN NIDAN SANDAN YONDAN GODAN OR HIGHER

CHECK TO COMPETE IN BLACK BELT POOL IF NOT A BLACK BELT:

CHECK IF THIS IS YOUR FIRST TOURNAMENT:

CELL NUMBER AT TOURNAMENT (in case we have questions about your entry): _____

CLUB/DOJO NAME: _____

SENSEI/COACH: _____

CONTESTANT ADDRESS: _____
Street City State Zip

USJF NO: _____ USJI NO: _____ USJA NO: _____ EXPIRATION DATE: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE NUMBER: _____

If assistance/accommodation is needed, check appropriate box: Vision Loss/Blindness Hearing Loss/No Hearing

Type of assistance/accommodation requested, or name of person assisting: _____

Certificate Regarding Non-Black Belt Contestants

I, _____
(Print name of instructor)

a Judo instructor, who has been awarded the Judo rank of Shodan or higher, under the auspices of the USJI, USJF, USJA, or a Nationally recognized Judo organization hereby certify that,

_____,
(Print name of contestant)

although not having been awarded the Judo rank of Shodan or higher, is of sufficient aptitude and skill in Judo to compete in this competition.

Judo Instructor (print)

Signature of Judo Instructor

Date

Rank

Organization rank obtained through

WARNING!

WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Central Coast Judo Yudanshakai, Inc., Palo Alto Judo Club, Menlo-Atherton High School, and the Sequoia Union High School District**, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Central Coast Judo Yudanshakai, Inc., Palo Alto Judo Club, Menlo-Atherton High School, and the Sequoia Union High School District**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant

Participant's Signature

Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE
(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

Parent/Legal Guardian

Parent/Legal Guardian's Signature

Date



**USA Judo/ATJA Membership Confirmation &
No Insurance Event Participation Waiver**
(one waiver per individual per event required)

With the recent March 14, 2023, expiration of the American Judo Alliance Agreement, U.S. Judo Association (USJA) and U.S. Judo Federation (USJF) members were not permitted to compete at USA Judo sanctioned events. In response to this dilemma, with the signed acceptance of this waiver, USA Judo will allow current "USJA/USJF-only" members to participate ONLY in the **(insert USA Judo Sanctioned Event Name here)** for the dates of **(insert month, day and year or event here)**

If you are a current USA Judo or American Traditional Judo & Jujutsu Member in good standing, your signing of this waiver acknowledges that the items outlined below will not pertain to you and that your respective membership benefits will be honored by your respective member organizations.

If you are a "USJA or USJF-only" member, by completing and signing this waiver in its entirety you are acknowledging that YOU WILL NOT RECEIVE ANY USA JUDO INSURANCE BENEFITS INCLUDING BUT NOT LIMITED TO SECONDARY PARTICIPANT ACCIDENT AND GENERAL LIABILITY COVERAGES.

I, _____, understand and acknowledge that I am legally agreeing to the
(JA/JF Member Name)

statements in the following paragraphs of this Waiver and Release of Liability agreement by affixing my signature below and that these statements are being accepted by United States Judo, Inc., dba USA Judo (USJI) in consideration of allowing me to participate in the USJI sanctioned event mentioned above WITHOUT ANY insurance coverage provided by USJI. I further acknowledge that my statement is being relied upon by USJI event directors, officials, volunteers, sponsors, administrators, and other parties who may be deemed "Released Parties."

1. I acknowledge that the sport of Judo carries with it the potential for death and serious injury. I acknowledge and agree that it is my responsibility to determine whether I am sufficiently fit and healthy enough to safely participate in Judo, and I attest and certify that I am or will be sufficiently fit and physically trained to participate in any event which I elect to participate in. I have no physical or medical condition which would endanger myself or others if I participate or would interfere with my ability to safely participate. I accept responsibility for the condition and adequacy of the facility the event is being conducted in. I assume responsibility for the condition of my equipment and/or apparel for which I will be participating in.
2. On behalf of myself, my executors, administrators, heirs, next of kin, successors and assigns, and anyone else who might sue on my behalf, I HEREBY WAIVE, RELEASE AND FOREVER DISCHARGE USJI, its clubs, event sponsors, staff, administrators, officials, volunteers and any and all other persons or entities involved with an event, including states, cities, towns and other governmental bodies where an event takes place and the officers, directors, employees, agents, insurers, other participants and representatives of all of the above (collectively, the "Released Parties") from any and all claims, causes of action, damages, losses (economic and non-economic), and liabilities of every kind (collectively "Claims") alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations, for death, personal injury, or property damage, which may arise out of, result from, or relate to my participation in, or my traveling to or from any USJI sanctioned event, including but not limited to any Claims for theft, damage to any equipment, negligence, partial or permanent disability, Claims relating to providing or failure to provide first aid, medical

care, medical treatment, or medical decisions (at an event site or elsewhere), and any Claims for medical or hospital expenses.

3. I acknowledge and ASSUME ALL OF THE RISKS associated with participation in Judo. I acknowledge that the sport of Judo may be dangerous and I understand that I will be participating in any Event at my own risk, **without insurance coverages provided by USA Judo**, and that **I am responsible for the risk of participation in an Event and that I am waiving and releasing my legal right to sue for any injury or damages arising out of or resulting from my participation in an Event. I further understand that any injury or damages incurred may be the result of negligence, omission or carelessness by the Release Parties.**
4. I FURTHER COVENANT AND AGREE NOT TO SUE any of the Released Parties for any of the Claims that I have waived, released or discharged herein. I AGREE TO INDEMNIFY AND HOLD HARMLESS the Released Parties from any and all expenses incurred, Claims made or liabilities assessed against them, including but not limited to attorney's fees and litigation expenses, arising out of or resulting from, directly or indirectly, in whole or in part, my breach or failure to abide by any part of this Waiver and Release Agreement, my breach or failure to abide by any of USJI's Rules, and my actions or inactions which cause injury or damage to any other person.
5. I agree and give permission to be filmed and photographed under conditions approved and authorized by USA Judo, to include the use of my name, biographical information, public appearances, interviews, photographs, portrait and motion pictures and television recordings of my judo performance/participation and grant to USA Judo and Organizers the right to record and make use of the same, and to authorize others to do so in promoting the competition and the success of the judo team on which I compete, to promote the image of USA Judo, its sponsors and advertisers, and the sport of amateur judo, and to fund the activities of the USA Judo.
6. The parent or legal guardian who signs the Waiver and Release Agreement on behalf of a Minor hereby acknowledges that he or she has the legal capacity and authority to act on behalf of the Minor and to legally bind the Minor to the Waiver and Release Agreement. The parent or legal guardian who signs and agrees to the Waiver and Release Agreement agrees to indemnify, and hold harmless, the Released Parties for any expenses incurred, Claims made, or liabilities assessed against them, as a result of any injury, death, or insufficiency of legal capacity or authority to act on behalf of the Minor in the execution of the Waiver and Release Agreement.
7. If any provision of this Waiver and Release Agreement shall be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Waiver and Release Agreement and shall not affect the validity and enforceability of any remaining provisions.
8. I have read this agreement, fully understand its terms, understand that that I (or the Minor's parent and/or legal guardian) have given up substantial rights by agreeing to the terms of this Waiver and Release, and have agreed to its terms freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Name: _____

Parent/Guardian Name: _____
(if participant under 18 year of age)

Address: _____

City: _____ State: _____ Zip Code: _____

Telephone: _____ E-mail: _____

Signature of individual or parent/guardian: _____ Date: _____

TO BE COMPLETED BY ATJA, USJA AND USJF MEMBERS ONLY – USA JUDO MEMBERS HAVE ALREADY AGREED TO THE CODE OF CONDUCT AGREEMENT & DON'T NEED TO SIGN AGAIN.

As a participant in this USA Judo sanctioned event, you must also read and provide your signature agreeing to abide by USA Judo's Code of Conduct as follows:

In order to assist all members and to better serve the interests of those who participate in judo, USA Judo has adopted this Code of Conduct. The Code of Conduct (the "Code") is intended to provide standards of ethical conduct that can be applied by United States Judo to its members, volunteers, and staff. The Code is intended to provide general principles to cover most situations encountered. The primary goal is the welfare and protection of the individuals and groups involved in USA Judo sanctioned events, clinics, or camps. The code provides a common set of values, but it is the individual's responsibility to aspire to the highest possible standards of conduct and performance.

USA Judo grants the privilege of membership; therefore, any member or prospective member of USA Judo may be denied membership, censured, placed on probation, suspended for a definite or indefinite period of time with or without terms of probation, fined or expelled from USA Judo if such manner violates the provisions of the USA Judo Code of Conduct, or through direct action or lack of action, aids, abets or encourages another person to violate any of the provisions of the USA Judo Code of Conduct.

I pledge to uphold the spirit of the USA Judo Code of Conduct (the "code"), which offers a general guide to my conduct as a member (athlete, coach, referee, etc.), volunteer, or staff of USA Judo. I recognize that this code does not establish a complete set of rules that prescribes every aspect of appropriate behavior.

As a member, volunteer, or staff of USA Judo I agree I will:

1. Refrain from conduct detracting from my ability or that of my teammates, colleagues, or coworkers to attain peak performance
2. Respect the property of others whether personal or public
3. Accept appropriate responsibility for my behavior
4. Act in a way that will bring respect and honor to myself, USA Judo, and the United States
5. Respect members of my team, other teams, spectators, officials, volunteers, staff, and engage in no form of verbal, physical, or sexual, harassment or abuse
6. I, a prospective or current member/licensee/participant of USA Judo or USA Judo event agree to abide by and be bound by the applicable USA Judo Bylaws, Code of Conduct, competition rules and the SafeSport rules, policies and procedures promulgated by the U.S. Center for SafeSport as they may be amended from time to time. I agree to be subject to the jurisdiction of the U. S. Center for SafeSport and agree that any sanctions imposed by the Center extend to my participation in all USA Judo events or activities and may be posted publicly and include information regarding the misconduct involved. The USA Judo SafeSport Handbook can be found at www.usjudo.org.
7. 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, as 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.

8. I understand and agree that the International Judo Federation Anti-Doping Rules and U.S. Anti-Doping Agency Protocol for Olympic and Paralympic Movement Testing (USADA Protocol) and all other policies and rules adopted by the IJF, USADA and the USOPC apply to me and that it is my responsibility to comply with those rules. I agree to submit to drug testing at any time and understand that the use of methods or substances prohibited by the applicable anti-doping rules would make me subject to penalties including, but not limited to, disqualification and suspension. If it is determined that I may have committed a doping violation, I agree to submit to the results management authority and processes of USADA, including arbitration under the USADA Protocol, or to the results management authority of the IJF and /or my national federation, if applicable or referred by USADA.
9. Act in a sportsmanlike manner consistent with the spirit of fair play and responsible conduct
10. Follow my individual sport rules, including by way of example, rules regarding curfew and required attendance of meetings or functions, and such other rules as may be in force during the time I am representing USA Judo, provided these rules have been distributed to me in advance in written or electronic form
11. Not engage in discrimination based on age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, language, socioeconomic status, or any basis proscribed by law
12. Remember that at all times I am an ambassador for my sport, my country, USA Judo and the Olympic movement
13. Not engage in any conduct that is criminal under any laws applicable to me, including but not limited to laws governing the possession and use of drugs and alcohol and providing of drugs to any person and of alcohol to minors
14. Not participate or assist in any gambling or betting activities associated with any event related to my sport or my participation
15. Agree to be filmed and photographed by the official photographer(s) and network(s) of USA Judo under conditions authorized by USA Judo and give event organizers and USA Judo the right to use my name, picture, likeness, and biographical information before, during, and after the period of my participation in these activities to promote the activity in which I participate or to promote the success of the team on which I compete; in no event may USA Judo or the event organizers use or authorize the use of my name, picture, likeness voice and biographical information for the purpose of trade, including any use in a manner that would imply an endorsement of any company, product, or service, without my written permission.
16. Understand that if I require legal representation because I am accused of a doping violation or am accused of criminal misconduct, or if for any reason I require the services of an attorney, I will be personally responsible for payment of such legal fees and expenses.
17. Not use or authorize the use of photographs, films, videos of myself in my USA Judo apparel or equipment or the use of the USA Judo logos for the purpose of trade, without the prior written consent of USA Judo
18. Respect and protect human civil rights, and should not knowingly participate in or condone unfair discriminatory practices.
19. Guard against personal, financial, social, organizational, or political factors that might lead to misuse of influence.
20. Not make public statements about USA Judo that are false, deceptive, misleading, or fraudulent

21. Have an obligation to be familiar with the Code of Conduct. Lack of awareness or misunderstanding of the code of conduct is not itself a defense to a charge of unethical conduct
22. Not file or encourage the filing of ethics complaints that are frivolous and are intended to harm the respondent rather than to protect the public.
23. The following are considered, but not limited to violations of the Code of Conduct:
24. Discrimination in violation of any section of the USA Judo Rules and Regulations, or in violation of section 220522(a)(9) of the Ted Stevens Olympic and Amateur Sports Act.
25. Conviction of, imposition of a deferred sentence for, or any plea of guilty or no contest at any time, past or present, or the existence of any pending charges, for (i) any felony, (ii) any offense involving use, possession, distribution or intent to distribute illegal drugs or substances, or (iii) any crime involving sexual misconduct
26. Any sexual contact or advance directed towards a USA Judo member, volunteer, or staff member.
27. Violation of any of the anti-doping provisions set forth by USA Judo, United States Olympic Committee (USOPC), or the United States Anti-Doping Agency(USADA)
28. The sale, distribution or possession of illegal drugs or the illegal sale, distribution or possession of any substance listed on the USOPC, or USADA recognized list of banned substances.
29. The distribution or administration of any illegal or controlled substance either orally or by injection, of any substance listed on the USOPC, or USADA recognized list of banned substances.
30. The administration of any substance by injection, whether legal or illegal, unless it is done so by a licensed, medical professional for the purpose of health maintenance or due to illness.

I have read this agreement, fully understand its terms, understand that that I (or the Minor's parent and/or legal guardian) have given up substantial rights by agreeing to the terms of this Code of Conduct, and have agreed to its terms freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature: _____

Printed Name: _____

Date: _____

Both of the above releases must be signed for a JA/JF-only member to participate in noted USA Judo event.