



# **SUDS 2025 EUROPEAN CHAMPIONSHIPS For Athletes with Down Syndrome**

**Lindesberg, Sweden**

**10–13 July**

**Invitation and Team handbook**

## **Invitation to SUDS 2025 EUROPEAN CHAMPIONSHIPS For Athletes with Down Syndrome**

We welcome you to Sweden and the beautiful city of Lindesberg the Judo “capital” of Sweden. Here you will find Lindesberg Arena the holds one of the biggest and most beautiful dojos in north of Europe!

The arrival day for this event is Thursday 10<sup>th</sup> of July 2025 and we wish that you book your flights so you arrive early on the 10<sup>th</sup> so we can arrange for an effective transportation service from Arlanda to Lindesberg. The bus takes about 2,5 hours each way. And for departure day we wish you book flights home as late as possible.

### **Organization and sanctioned by**

- Local organizing committee Frövi Judo
- Swedish Judo federation
- SU-DS
- Judown
- City of Lindesberg

### **Visas**

Each participating national delegation is responsible for arranging for the necessary visas for own delegation. If it needed, the LOC will issue a letter of invitation to participating national delegation. We ask you to inform us as soon as possible if you need to apply visa.

## **SPORT RULES AND REGULATIONS**

JUDOWN – Down Syndrome International Judo Organization

### **ELIGIBILITY AND ACCREDITATION**

All athletes entering the event should already be registered with the SU-DS. Please visit the [www.su-ds.org](http://www.su-ds.org) website for the SU-DS Registration Policy. We ask you to send us a passport photo for each member of your delegation. The photos must adhere to the following requirements: • JPEG format (.jpg, .jpeg extensions) • Dimensions must be in a 1:1 ratio • The background must be as homogeneous as possible • The minimum resolution must be 600 x 600 px • The filename must be in the [Country]\_[Surname]\_[Given name].jpg format

### **INSURANCE**

The Organizing Committee ensures satisfactory arrangements in respect of public liability and professional indemnity. Participating member organizations are responsible for their own insurance requirement for travel, personal accident, liability, and medical matters.

REGISTRATION DEADLINES

## REGISTRATION DEADLINES

Intention of Participation: 31 December 2024

Entry by numbers and first 30% down payment: 31 March 2025

Entry by names, competition forms, travel info and final payment: 30 April 2025

*In case the event is cancelled for health/pandemic reasons, or if the Delegation withdraws its entry before or on 10 May 2025, the Organization will keep 10% of the total entry fee; after that deadline, the Organization will keep 100% of the total entry fee.*

## How to enter

Fill out the excel file with all information we ask for.

Send it before 2025-04-30 to [johan.orrbo@judo.se](mailto:johan.orrbo@judo.se)

## Entry fee competition and Team event

- Included in the cost for both packages.

## Accommodation options and cost for participating.

This entry fee per person for all delegation members (athletes and officials) includes 3 nights' accommodation, airport transfer and all meals mentioned below. All social activities are included in the cost.

### PACKAGE "A":

- Transfer from and to Arlanda Airport
- One bedroom, two bed room, three bed room or four bedrooms.
- Breakfast on Friday, Saturday, and Sunday.
- Lunch on Friday and Saturday
- Dinner on Thursday, Friday, and Saturday
- Participating fee

**625€ per person**

### PACKAGE "B":

- Transfer from and to Arlanda Airport
- 1 Bed in a 4-room hostel with bunk beds
- Breakfast on Friday, Saturday, and Sunday.
- Lunch on Friday and Saturday
- Dinner on Thursday, Friday, and Saturday
- Participating fee

**425€ per person**

Single rooms are subject to availability; therefore, we cannot guarantee we will be able to satisfy all requests for single rooms. Requests will be treated on a first come, first serve basis.

If you need extra nights, please contact us at [info@frovijudo.se](mailto:info@frovijudo.se); we will be glad to provide you with a customized quote.

## Supporters

Family members, supporters etc. will have to take care of their accommodation needs by themselves; they may contact us at [info@frovijudo.se](mailto:info@frovijudo.se), where we will be glad to help them with their bookings. They may travel on the Delegation's bus to and from the Airport at an additional cost of € 60,00 per person for the round trip.

## Preliminary Schedule

Times may change and will be announced via WhatsApp group.

Day	Time	Type	Place
10 <sup>th</sup>	-	Arrival day	Lindesberg
10 <sup>th</sup>	18:00-20:00	Dinner	Arena Restaurant
11 <sup>th</sup>	10:00-10:45	Technical meeting	Venue, Lindesberg Arena
11 <sup>th</sup>	11.00-12.00	Weigh-In	Venue, Lindesberg Arena
11 <sup>th</sup>	12:00-13:00	Lunch	Arena Restaurant
11 <sup>th</sup>	14:00-15:30	Training	Main dojo, Lindesberg Arena
11 <sup>th</sup>	18:00-20:00	Dinner	Arena Restaurant
11 <sup>th</sup>	20:00-22:00	Movie Night	Venue, Lindesberg Arena
12 <sup>th</sup>	09:00-10:00	Opening ceremony	Lindesberg Arena
12 <sup>th</sup>	10:00-12:00	Competition	Lindesberg Arena
12 <sup>th</sup>	12:30-13:30	Lunch	Arena Restaurant
12 <sup>th</sup>	14:30-16:30	Team competition	Lindesberg Arena
12 <sup>th</sup>	18:00-20:00	Dinner	Arena Restaurant
12 <sup>th</sup>	20:00-23:00	Disco	Main dojo
13 <sup>th</sup>	-	Departure day	Lindesberg

## Travels and transportation

### Airport arrival

Volunteers will meet up with your team after you pass customs and guide you to the bus, it is about a 2,5-hour drive from Arlanda airport to the town of Lindesberg.

All accommodation options are within walking distances in Lindesberg, if you need assistance, please contact the LOC and we will provide you with transportation.

### Departure

On the departure day the bus will take you back to Arlanda Airport depending on what time your flight departs.

## **Competition**

The Judo competition both individual and team will be held at the venue Lindesberg Arena. The individual competition will be held in the morning of the 12<sup>th</sup> of July and the Team competition in the afternoon the same day, the competition will be livestreamed on the competition platform Smoothcomp, and it will be pay per view.

Coaches and audience at home can in real time follow the judokas with live match order and results on the same platform.

Award ceremony will be held after the individual competition and then again after the team competition.

## **Flags and national anthems**

Every delegation will have to bring a suitable flag: • the suggested size is 80 x 120 cm. All delegation must send to the LOC their National Anthem in .mp3 format before they arrive in Lindesberg. The Anthem must not be longer than 1 minute and 20 seconds.

## **Social program**

Friday we will have an excursion and take a beautiful walk around the lake and the city center.

And on Friday night we will have a movie night in the venue, we will show a movie, and the cafeteria will be open for buying snacks, the main dojo will also be available for free play.

Saturday evening we will have a barefoot disco in the main dojo for the judokas.

## **Closing ceremony**

Will be held after the Team event on Saturday evening.

## **Official Language**

The official language of the event is English. All materials and information will be available in English.

## **Useful contacts**

Event manager Johan Orrbo, +46702371445 (also WhatsApp number)

Emergency numbers in Sweden

112 for urgent emergencies

114 14 for the Police