



NEWFOUNDLAND & LABRADOR
JUDO ASSOCIATION

TECHNICAL PACKAGE

**“Tillie Alexander Memorial Judo Tournament 2010”
NLJA Provincial Spring Championship Judo Tournament
& Technical Clinics
March 26-28, 2010
West Coast Training Centre
Stephenville, Newfoundland & Labrador**

The Eagle Point Judo Club is pleased to host the 2010 NLJA Provincial Spring Championship Judo Tournament & Technical Clinics.

Dates:

Tuesday, March 23, 2010 – Deadline for receipt of advance club registration information by Tournament Director

Friday, March 26, 2010

1800-1900 In-person Registration & weigh-in West Coast Training Centre (LTC), Stephenville

1900-2030 Referee clinic

1900-2000 Canada Winter Games meeting for athletes and coaches

2000-2030 Coaches meeting

Saturday, March 27, 2010 – All activities at the West Coast Training Centre

0800-0945 Tournament setup

0900-0945 Referee meeting

0945-1000 Tournament Opening Ceremonies

1000-1700 Provincial Tournament

After tournament Pizza and Pop for all competitors, officials and volunteers

1930-2100 Coaching Clinic – location TBA

Sunday, March 28, 2010

0930-1130 and 1300-1500 Technical Clinics – West Coast Training Centre

PLEASE DIRECT ALL QUESTIONS and Advance Registration to:

George Beckett - Tournament Director

55 Dogberry Hill Road Ext.

Portugal Cove-St. Philips, NL

A1M 1C7

E-mail: georger@mun.ca

Phone: (709)777-6670 (w) / (709)895-6716 (h)

Fax: (709)777-6866

Tony Corbin, Assistant Tournament Director

E-mail: paulacorbin@yahoo.com

Phone: 709-646-2332

Newfoundland & Labrador Judo Association
2010 NLJA Provincial Championship Judo Tournament
March 26-28, 2010

Eligibility

Open to all **currently registered** members of the NLJA or Judo Canada. The **minimum rank** for eligibility to register is Yellow belt for competitors in all categories. The **minimum age** for any competitor is nine (9) years of age.

Tournament Organization

Pre-registration through submission of club entry forms by Tuesday, March 23, 2010 is required in order to avoid delays in the tournament. No competitors will be registered who have not pre-registered or made special arrangements with the Tournament Director.

The new **Judo Canada 2009 Tournament Standards Policy** will be followed. The major impact of the new mandated Judo Canada tournament policy are:

Category	Age Group	Time Duration	Forbidden Actions/Waza
U11	9-10	2 minutes – no Golden Score	Kansetsu & shime waza Head locking with grip over/around neck Koshi guruma - NLJA Leg grabbing techniques All drop down techniques Tani otoshi Makikomi waza Sutemi waza
U13	11-12	2 minutes – no Golden Score	Kansetsu & shime waza Head locking with grip over/around neck Koshi guruma - NLJA Leg grabbing techniques All drop down techniques Tani otoshi Makikomi waza
U15 (Juvenile)	13-14	3 minutes – no Golden Score	Kansetsu & shime waza Sankaku gatame or roll
U17 (Cadet)	15-16	4 minutes	Kansetsu waza
U20 (Junior)	16-19	4 minutes	IJF regulations
Senior	16-	5 minutes	IJF regulations

Weight categories will be sub-divided into categories for White/Yellow/Orange/Green and Blue/Brown/Black competitors except where deemed appropriate by the Tournament Director. Mixed belts will normally compete in the lower applicable category (i.e. green/blue belt will compete in the Yellow/Orange/Green category).

The registration and tournament will take place in the West Coast Training Centre in Stephenville.

The order of competition will be U11, U13 and U20, followed by the U15, U17 and Senior categories. Medals for the categories will be awarded after the completion of the U11, U13 and U20 categories and again following the completion of the other categories. A demonstration session for non-competitors will be held between the morning and afternoon sessions.

Rules and Systems

IJF rules will be used along with categories, bout times and forbidden techniques as in the above table. Medals will not be awarded in categories where there is only one competitor.

Note that the **new IJF** rules will be applied (i.e. no Koka, etc.). Medical Intervention and “Golden Score” rules will be applied to U17 and older categories only.

The Tournament Director, with permission of all involved coaches, reserves the right to move competitors to another category if there are less than 3 competitors in their category.

Awards

1st, 2nd, and 3rd place medals will be awarded in all age categories. U11 and U13 competitors that do not place will receive a participation medal. The *Sensei Burt Memorial Trophy* will be presented to the most spirited judoka in the tournament as selected by the club coaches.

Entry Fees

The registration fee for all competitors is **\$30**. Payment may be made by cash, cheque or money order. Please make cheques or money orders payable to **Eagle Point Judo Club**. Fees are non-refundable except by arrangement with the Tournament Director.

Entry Forms

Entry forms for competitors and clubs are provided in this package and may be copied as needed. **Club entry forms listing all competitors participating in the tournament MUST be delivered to George Beckett by 5 P.M, Tuesday, March 23, 2010.** Club lists may be delivered by fax or e-mail.

Individual competitor entry forms must be submitted at the tournament registration on Friday, March 26th. **Ensure that all of the desired competition categories (to a maximum of two) are marked on the club entry forms and individual registration forms.** *Entry forms for competitors under the age of nineteen must have the section for parental consent completed or the competitor will not be allowed to compete.*

Registration & Weigh-In

In-person registration will take place on Friday, March 26, 2010 from 6:00 – 7:00 P.M. in the West Coast Training Centre. Tournament fees must be paid at the time of registration.

The weigh-in will take place from 1900-1930.

Competitors must register before proceeding to the weigh-in.

The scales to be used for the weigh-in will be designated by the Tournament Director. The readings of the official scales are final and not open to appeal

Canada Winter Games

There will be a **mandatory** meeting for all CWG team applicants, coaches and parents on Friday from 1900-2000 hours. There will not be a separate CWG category during the tournament but the CWG leadership team will track applicant performance against other CWG applicants. CWG applicants are required to participate in the technical clinic on Sunday and any other designated CWG activities.

Information for Coaches

Coaches are required to have a club entry sheet completed for all of their competitors delivered to the Tournament Director by March 23, 2010. Particular care should be given to ensuring that the weight and year of birth recorded for competitors is accurate and indicate all of the categories in which they wish to compete. Note that no late entries will be accepted.

Please ensure that your competitors are on time for activities and that they are ready to compete when their match is announced. A warm up opportunity will be provided on the competition mat. Coaches are asked to accompany their competitors to the weigh-in.

One coach from each participating club is required to attend the Coaches meeting that will review the draw. No changes will be made to the draw after the meeting.

Schedule

Tuesday, March 23, 2010. Deadline for receipt of club entry lists by Tournament Director (c/o George Beckett)

Friday, March 26, 2010

1800-1900 Registration & weigh-in, West Coast Training Centre
1900-2030 Referee clinic, LTC
1900-2000 Canada Winter Games Meeting for candidates and coaches
2000-2030 Coaches meeting & review of tournament draw

Saturday, March 27, 2010

0830-0930 Set up competition area
0900-0945 Referee meeting
0930-0945 Competitor warm up - tournament mat area
0945-1000 Tournament Opening Ceremonies
1000 Start of Tournament Competition
Estimated 1230-1300 Break and award of medals for U11, U13, U20 categories
Estimated 1230-1315 Skills demonstration
1330-1600 Competition continues
Estimated 1600 Tournament Closing Ceremonies, awarding of medals
Estimated 1600-1700 Pizza meet and greet for all athletes, tournament officials and volunteers
Return mats
1930-2100 Coaching clinic

Sunday, March 28, 2010

0930-1130 and 1300-1500 -Technical clinic - LTC

Miscellaneous Information

Change room and shower facilities are available in the West Coast Training Centre

Accommodation Information

Recommended accommodation is the Holiday Inn Stephenville at a rate of \$89 / room + tax per night.

Holiday Inn Stephenville

44 Queen Street Stephenville, NL A2N 2M5

Tel: (709) 643-6666

Toll Free: (800) 465-4329

Fax: (709) 643-3900

Hotel E-Mail: holinn.sville@nf.sympatico.ca

Newfoundland & Labrador Judo Association
2010 NLJA Provincial Championship Judo Tournament
COMPETITOR ENTRY FORM

Fill in all information requested on the Entry Form. Place an (X) in the desired division(s)

<p><u>Categories:</u> Indicate all categories in which you wish to compete (maximum of two)</p> <p style="text-align: center;">U11 (born 2000-2001)</p> <p>Male _____</p> <p>Female _____</p> <p style="text-align: center;">U13 (born 1998-1999)</p> <p>Male _____</p> <p>Female _____</p> <p style="text-align: center;">U15 (born 1996-1997)</p> <p>Male _____</p> <p>Female _____</p> <p style="text-align: center;">U17 (born 1994-1995)</p> <p>Male _____</p> <p>Female _____</p> <p style="text-align: center;">U20 (born 1991-1993)</p> <p>Male _____</p> <p>Female _____</p> <p style="text-align: center;">Senior (born 1994+)</p> <p>Male _____</p> <p>Female _____</p>	<p>Sex: Male _____ Female _____</p> <p>Name: _____</p> <p>Yr. Born _____ Rank _____</p> <p>Weight: _____ KG</p> <hr/> <p>Mailing Address: _____ _____ _____</p> <p>Phone #(_____) _____</p> <p>Club Name: _____</p> <p>Instructor: _____</p> <hr/> <p>Health Card # _____</p> <p>Judo Canada Passport # _____</p> <p>Will attend pizza reception after Tournament: YES NO</p>
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In consideration of your acceptance of my entry, I hereby for myself, my heirs, executors, administrators and assigns (hereinafter referred to as the 'contestant') do hereby remise, release and forever discharge, *Judo Canada* , the *Newfoundland & Labrador Judo Association*, *Eagle Point Judo Club*, their agents, participating in or connected with this competition (hereinafter referred to as the competition) of all manner of actions, cause of actions, claims or demands which against this competition, I, the contestant, ever had, now have or can, shall or may hereafter have, for or by reason of entering this competition, or for any loss, damage or injury sustained by the contestant, or in respect of the loss of any equipment used by the contestant during the competition.

Signature of Competitor _____ Date: _____

Signature of Parent / Guardian _____

**ENTRY SHEETS - CLUB
FEUILLE D'INSCRIPTION – ASSOCIATION**

****Must be returned to Tournament Director by Tuesday, March 23, 2010****

**Event: Tillie Alexander Memorial
2010 NLJA Provincial Championship Judo Tournament**

**Date: March 27, 2010
Location: Stephenville, Newfoundland & Labrador**

	Last Name/Nom*	First Name*	Date of Birth*	Rank Grade*	Exact Weight (kg)*	Sex Male/Female*	Competition Categories (max. of 2)	Provincial Medical #	Emergency Contact Name	Tel. No.
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										

*** = Required data**

**Newfoundland & Labrador Judo Association
2010 NLJA Provincial Winter Judo Tournament**

Tournament Weight Categories (kg)

U11*

Male and female 23, 25, 27, 30, 33, 36, 39, 42, 45, 49, 53, 58, +58 kg

*Note: U11 weight categories will be adjusted as appropriate for the registered competitors

U13

Male 30, 34, 38, 42, 46, 50, 55, 60, +60 kg

Female 28, 32, 36, 40, 44, 48, 52, 57, +57 kg

U15 (Juvenile)

Male 34, 38, 42, 46, 50, 55, 60, 66, +66 kg

Female 32, 36, 40, 44, 48, 52, 57, 63, +63 kg

U17 (Cadet)

Male 46, 50, 55, 60, 66, 73, 81, 90, +90

Female 40, 44, 48, 52, 57, 63, 70, +70

U20 (Junior)

Male 55, 60, 66, 73, 81, 90, 100, +100 kg

Female 44, 48, 52, 57, 63, 70, 78, +78 kg

Senior

Male 55, 60, 66, 73, 81, 90, 100, +100kg, Open –Blue/Brown/Black only

Female 44, 48, 52, 57, 63, 70, 78, +78kg