



**NEWFOUNDLAND & LABRADOR**  
**JUDO ASSOCIATION**

**TECHNICAL PACKAGE**

**Newfoundland & Labrador Judo Association**

**2022 NLJA Provincial Fall Judo Tournament, October 28<sup>th</sup>-30<sup>th</sup>**

**Kokoro Judo Club, 68 McNamara Rd. Paradise, NL**

**Dates:**

**Friday, October 21st, 2022** - Deadline for online registration. Any registration after this date is subject to a late registration fee of \$20.

**Friday, October 28<sup>th</sup>, 2022**, All activities at the Paradise Rec Complex

1830 – 1930 - In-person weigh in

1930 – 2100 - Referee clinic

2100 – 2200 - Coaches meeting

1900 – 2100 – Tournament setup at **Paradise Rec Complex**.

**Saturday, October 29<sup>th</sup>, 2022** – All tournament activities at **the Paradise Rec Complex**, St. John's.

0800 – 0900 - Tournament setup

0815 – 0900 - Referee Meeting

0845 – 0900 - Tournament Opening Ceremony

0900 – 1145 - Shiai (age groups TBD)

1145 – 1200 - Awards presentation for morning session (depending on tournament size)

1200 – 1220 - Judo kids' skills demonstration

1245 – 1300 - Warm up for afternoon session

1300 – 1500 - Shiai (age groups TBD)

1515 – 1530 – Awards presentation and closing ceremonies

1530 – 1700 NLJA AGM. All Members Welcome

\*\*Scheduling subject to change based on registration numbers. Final schedule will be determined after the coach's meeting Friday night.

**Sunday, October 30<sup>th</sup>, 2022** - ALL activities at **Paradise Rec Complex**

Provincial Dan Grading (time and location TBD)

0900 – 1100 - Training Camp

1100 – 1145 – Mat removal

Training camp times and content subject to change.

Please direct all questions to:

**Gerard Humber – Tournament Director Email: [fluidpower@hotmail.com](mailto:fluidpower@hotmail.com) Phone: 709 743 1081**

**Newfoundland & Labrador Judo Association**  
**2022 NLJA Fall Judo Tournament October 28<sup>th</sup>-30<sup>th</sup>**

**Eligibility**

Open to all **persons that have been registered** members of the NLJA, Judo Canada, & Saint Pierre et Miquelon Judo for at least 30 days. The **minimum rank** for eligibility to register is **yellow belt for**

**competitors in U12 and older categories.** The **minimum age** for competitors in the U12 and older categories is ten (10) years of age. Children in the U8 and U10 categories may participate in a skills demonstration or randori demonstration for the U10 age category. Please email Gerard Humber, fluidpower@hotmail.com if you have children interested in participating in the skills demonstration.

**\*\*NOTE: For this tournament, age category is determined by the age as of December 31, 2023\*\***

### **Tournament Organization**

Registration through the online registration form on at <http://www.trackiereg.com/JudoNL-2022Fall>

by **Friday, October 21st, 2022**, is required in order to avoid delays in the tournament. **No registration will be accepted after October 21st without prior arrangement with the Tournament Director.** **Registration requests received after October 21st will be subject to a \$20 late registration fee.** There will be a weigh-in for this tournament. **NOTE: Clubs are asked to encourage athletes to register early to help planning by other clubs.**

<b>Category</b>	<b>Age Group</b>	<b>Time Duration</b>	<b>Forbidden Actions/Waza</b>
<b>U8 &amp; U10 Demonstration</b>	6 - 9	Demonstration skills and/or randori for U10 and under.	Kansetsu & shime waza Head locking and grip over/around neck Koshi guruma – NLJA All drop down techniques from knees or standing Tani otoshi Makikomi waza Sutemi waza
<b>U12</b>	10-11	2 minutes fixed time or up to 3 ippons - no Golden Score	Kansetsu & shime waza Head locking and grip over/around neck Koshi guruma – NLJA All drop down techniques Tani otoshi Makikomi waza Sutemi waza
<b>U14</b>	12-13	3 minutes – no Golden Score	Kansetsu & shime waza Head locking and grip over/around neck in tachi waza Koshi guruma – NLJA All drop down techniques Tani otoshi Makikomi waza Sankaku gatame/roll-over
<b>U16 (Juvenile)</b>	14-15	3 minutes – Golden Score no limit	Kansetsu waza Kansetsu & shime waza for Yellow/Orange
<b>U18 (Cadet)</b>	15-17	4 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange
<b>U21 (Junior)</b>	15-20	4 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange
<b>Senior</b>	15-	4 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange
<b>Masters</b>	30+	3 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange

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

Medals for the categories will be awarded after the completion of the morning session and again following the completion of the other categories depending on the tournament estimated length. U8/U10 categories will do a demonstration only during the lunch break 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 **IJF** 2022 rules will be applied (i.e. no Koka, etc.). Medical Intervention and “Golden Score” rules will be applied to U16 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 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place medals will be awarded in U12 and older age categories. U8 and U10 competitors will all receive a participation medal, and no formal placing will take place. U14 and younger competitors that do not place will receive a participation medal.

### **Entry Fees**

The registration fee for U12 and older registrants is **\$40 (No Fee for demonstration in U8/U10 categories)** for those registered by October 21st. Payment will be made along with the online registration at <http://www.trackiereg.com/JudoNL-2022Fall>. Other wise, arrangements must be made through the tournament director. Fees are non-refundable except by arrangement with the Tournament Director. Any registration received **after October 21st** will be subject to a **\$20 late registration fee**.

### **Entry Forms**

Entry Forms for competitors and clubs are provided in this package and may be copied as needed and submitted at the weigh in, Friday night. **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**

In-person registration and weigh-in will take place on Friday, October 28th, 2022, from 6:30 – 7:30 P.M. at the Paradise Rec Complex

### **Information for Coaches**

Please ensure that your competitors are on time for activities and that they are ready to compete when their match is announced. A warmup area will be provided next to 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 and review the draw. No changes will be made to the draw after the meeting.

Registration, weigh-in and referee/coach meetings will take place at the Paradise Rec Complex on Friday evening, October 28th, 2022.

**Newfoundland & Labrador Judo Association  
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**COMPETITOR ENTRY FORM**

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

<p>Categories: Indicate <b>ALL</b> categories in which you wish to compete (maximum of two).</p> <p><b>U8/U10 demonstration</b> (born 2015 &amp; after) _____</p> <p><b>U12 (born 2012-2013)</b> Male _____ Female _____</p> <p><b>U14 (born 2010-2011)</b> Male _____ Female _____</p> <p><b>U16 (born 2008-2009)</b> Male _____ Female _____</p> <p><b>U18 (born 2006-2007)</b> Male _____ Female _____</p> <p><b>U21 (born 2003-2005)</b> Male _____ Female _____</p> <p><b>Senior (born 2002 or earlier)</b> Male _____ Female _____</p> <p><b>Veterans (born 1993 or earlier)</b> Male _____ Female _____</p>	<p>Sex: Male _____ Female _____</p> <p>Name: _____ Year _____</p> <p>Born: _____ Rank: _____</p> <p>Weight: _____ KG</p> <p>Home Phone #: _____</p> <p>Club: _____</p> <p>Instructor: _____ MCP # _____</p> <p>Emergency Contact Information: _____</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*, *Kokoro 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 \_\_\_\_\_

**Newfoundland & Labrador Judo Association  
2022 NLJA Provincial Fall Judo Tournament  
Tournament Weight Categories (kg)**

**U10 Randori Demonstration** – None

**U12 –**

No weight classes, children are paired with closest weight with a maximum of 15% weight difference

**U14**

<b>Male</b>	<b>Female</b>
<b>For the season 2022/23 children born in 2010 and 2011</b>	
Up to and including 32 kg	Up to and including 30 kg
+32 kg up to and including 35 kg	+30 kg up to and including 33 kg
+35 kg up to and including 38 kg	+33 kg up to and including 36 kg
+38 kg up to and including 42 kg	+36 kg up to and including 40 kg
+42 kg up to and including 46 kg	+40 kg up to and including 44 kg
+46 kg up to and including 50 kg	+44 kg up to and including 48 kg
+50 kg up to and including 55 kg	+48 kg up to and including 52 kg
+55 kg up to and including 60 kg	+52 kg up to and including 57 kg
+60 kg up to and including 66 kg	+57 kg up to and including 63 kg
more than 66 kg	more than 63 kg

**U16 (Juvenile)**

<b>Juvenile Male</b>	<b>Juvenile Female</b>
<b>For the season 2022/23 children born in 2008 and 2009</b>	
up to 38 kg	up to 36 kg
more than 38 kg and up to 42 kg	more than 36 kg and up to 40 kg
more than 42 kg and up to 46 kg	more than 40 kg and up to 44 kg
more than 46 kg and up to 50 kg	more than 44 kg and up to 48 kg
more than 50 kg and up to 55 kg	more than 48 kg and up to 52 kg

more than 55 kg and up to 60 kg	more than 52 kg and up to 57 kg
more than 60 kg and up to 66 kg	more than 57 kg and up to 63 kg
more than 66 kg and up to 73 kg	more than 63 kg and up to 70 kg
more than 73 kg	more than 70 kg

## U18 (Cadet)

Cadet Male	Cadet Female
<b>For the season 2022/23 athletes born in 2006, 2007 and 2008</b>	
up to 50 kg	up to 40 kg
more than 50 kg and up to 55 kg	more than 40 kg and up to 44 kg
more than 55 kg and up to 60 kg	more than 44 kg and up to 48 kg
more than 60 kg and up to 66 kg	more than 48 kg and up to 52 kg
more than 66 kg and up to 73 kg	more than 52 kg and up to 57 kg
more than 73 kg and up to 81 kg	more than 57 kg and up to 63 kg
more than 81 kg and up to 90 kg	more than 63 kg and up to 70 kg
more than 90 kg	more than 70 kg

## U21 (Junior)

Junior Male	Junior Female
<b>For the season 2022/23 athletes born in 2003, 2004, 2005, 2006, 2007 and 2008</b>	
up to 60 kg	up to 48 kg
more than 60 kg and up to 66 kg	more than 48 kg and up to 52 kg
more than 66 kg and up to 73 kg	more than 52 kg and up to 57 kg
more than 73 kg and up to 81 kg	more than 57 kg and up to 63 kg
more than 81 kg and up to 90 kg	more than 63 kg and up to 70 kg
more than 90 kg and up to 100 kg	more than 70 kg and up to 78 kg
more than 100 kg	more than 78 kg

## Senior

Senior Male	Senior Female
<b>For the season 2022/23 athletes born in 2008 and earlier</b>	
up to 60 kg	up to 48 kg
more than 60 kg and up to 66 kg	more than 48 kg and up to 52 kg

more than 66 kg and up to 73 kg	more than 52 kg and up to 57 kg
more than 73 kg and up to 81 kg	more than 57 kg and up to 63 kg
more than 81 kg and up to 90 kg	more than 63 kg and up to 70 kg
more than 90 kg and up to 100 kg	more than 70 kg and up to 78 kg
more than 100 kg	more than 78 kg
OPEN weight division	OPEN weight division

## Veterans

<b>2022/23 Season — Age Divisions</b>	
<b>Divisions</b>	<b>Years born</b>
F1/M1	1993-1989
F2/M2	1988-1984
F3/M3	1983-1979
F4/M4	1978-1974
F5/M5	1973-1969
F6/M6	1968-1964
F7/M7	1963-1959
F8/M8	1958-1954
F9/M9	1953-1949
F10/M10	1948-1944
F11/M11	1943 and earlier
<b>2022/23 Season — Weight Divisions</b>	
<p>Time Duration 3 minutes for age divisions 1 through 6 2 minutes for age division 7 and older no limit Golden score. 1-minute GS for M7 and older age divisions. This age division is not conducted at the National Championships. In case athletes of this and older age group enter the event and the fight is not concluded within 1 minute of the Golden Score, the winner will be declared as per the following IJF suggested solution: "If a tie exists at the end of the one-minute Golden Score the Central Referee in consultation with the Table Jury will agree on a final decision to select the winner (without calling Hantei)" Minimum Rank for a national level event is a blue belt.</p>	
<b>Veteran Men</b>	<b>Veteran Woman</b>
up to 60 kg	up to 48 kg
more than 60 kg and up to 66 kg	more than 48 kg and up to 52 kg
more than 66 kg and up to 73 kg	more than 52 kg and up to 57 kg
more than 73 kg and up to 81 kg	more than 57 kg and up to 63 kg
more than 81 kg and up to 90 kg	more than 63 kg and up to 70 kg
more than 90 kg and up to 100 kg	more than 70 kg and up to 78 kg



more than 100 kg	more than 78 kg
OPEN weight division	OPEN weight division