



NEWFOUNDLAND & LABRADOR
JUDO ASSOCIATION

TECHNICAL PACKAGE

Newfoundland & Labrador Judo Association
2019 NLJA Provincial Spring Judo Tournament & Training Camp,
April 26th-28th, 2019
Knights of Columbus, 49 St. Clare Ave., St John's N.L.

Dates:

Friday, April 19th, 2019 - Deadline for online registration. Any registration after this date is subject to a late registration fee of \$20.

Friday, April 26th, 2019 All activities at the Knights of Columbus

1830 – 1930 - In-person registration and weigh in

1930 – 2100 - Referee clinic

2100 – 2200 - Coaches meeting

1900 – 2100 – Tournament setup at **Knight's of Columbus.**

Saturday, April 27th, 2019 – All tournament activities at Knights of Columbus

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

1200 – 1230 - Judo kids' skills demonstration

1230 – 1300 - Warm up for afternoon session

1300 – 1530 - Shiai (age groups TBD)

1530 – 1615 – awards ceremony for afternoon session

1615 – 1645 – Pizza Party

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

Sunday, April 28th - ALL activities at Knights of Columbus

0830 – 0930 Provincial Grading (If required)

0930 – 1130 - Training Camp

1130 – 1200 – Mat removal

Training camp times and content subject to change.

Please direct all questions to:

George Gillett – Tournament Director Email: Gillett-33@hotmail.com Phone: 709-691-3034

Newfoundland & Labrador Judo Association
2019 NLJA Provincial Spring Judo Tournament April 26th-28th, 2019

Eligibility

Open to all **currently registered** members of the NLJA & Saint Pierre et Miquelon Judo. 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 George Gillett (Gillett-33@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, 2019****

Tournament Organization

Pre-registration through the online registration form on www.judonl.ca by **Friday, April 19th, 2019** is required in order to avoid delays in the tournament. **No registration will be accepted after April 19th without prior arrangement with the Tournament Director.** **Registration requests received after April 19th, 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.**

Category	Age Group	Time Duration	Forbidden Actions/Waza
U8 & U10 Demonstration	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
U12	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
U14	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
U16 (Juvenile)	14-15	3 minutes – Golden Score no limit	Kansetsu waza Kansetsu & shime waza for Yellow/Orange
U18 (Cadet)	15-17	4 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange
U21 (Junior)	15-20	4 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange
Senior	15-	4 minutes – Golden Score no limit	IJF Regulations Kansetsu & shime waza for Yellow/Orange
Masters	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. 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** 2018 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

1st, 2nd, and 3rd 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 **April 19th, 2019**. Payment must be made online, at the time of registration. Fees are non-refundable except by arrangement with the Tournament Director. Any registration received **after April 19th, 2019** will be subject to a **\$20 late registration fee**.

Registration

Registration must be done online at www.judonl.ca, under “upcoming events”. Weigh-in will take place on Friday, April 19th, 2019 from 6:30 – 7:30 P.M. in the Knights of Columbus.

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 warm up 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.

Weigh-in and referee/coach meetings will take place at Knights of Columbus on Friday evening, April 19th.

Hotel

Sheraton Hotel Newfoundland, 115 Cavendish Square, St. John's, (709) 726-4980
\$119 per night. Just ask for the Newfoundland & Labrador Judo rate.

**Newfoundland & Labrador Judo Association
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Tournament Weight Categories (kg)**

U10 Randori Demonstration – weight categories will be adjusted as needed for the registered competitors

Male and Female: 23, 26, 29, 32, 35, 38, 41, 44, 48, +48

U12 – weight categories will be adjusted as needed for the registered competitors

Male and Female: 25, 27, 30, 33, 36, 39, 42, 45, 50, 55, +55

U14

Male: 31, 34, 38, 42, 46, 50, 55, 60, 66, +66

Female: 29, 32, 36, 40, 44, 48, 52, 57, 63, +63

U16 (Juvenile)

Male: 38, 42, 46, 50, 55, 60, 66, 73, +73

Female: 36, 40, 44, 48, 52, 57, 63, 70, +70

U18 (Cadet)

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

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

U21 (Junior)

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

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

Senior

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

Female: 48, 52, 57, 63, 70, 78, +78

Masters

Male: 60, 66, 73, 81, 90, 100, +100

Female: 48, 52, 57, 63, 70, 78, +78