

***2022 Judo Alberta Provincial  
Championship***  
**March 26 & 27, 2022**



**judo  
alberta**  
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

**SANCTION #2022 - 4**

Hosted by

**LETHBRIDGE KYODOKAN JUDO CLUB**



Supported by volunteers from the Lethbridge Kyodokan Judo Club

**In accordance with Judo Alberta, Judo Canada, and the government of Alberta, all participants must comply with COVID-19 restrictions. All participants must complete and submit the attached Covid Self-Declaration.**

**Tournament Director: Trevor Hazell**  
**Tournament Coordinator: Angie Gallant**  
**Tournament Registrar: Angie Gallant**  
**Head Referee: Tammy Thornton**

email: [tdhazell@gmail.com](mailto:tdhazell@gmail.com)  
email: [lethjudo@gmail.com](mailto:lethjudo@gmail.com)  
email: [lethjudo@gmail.com](mailto:lethjudo@gmail.com)  
email: [mrst@telus.net](mailto:mrst@telus.net)

Referees' Meeting: Saturday, March 26 @ 8:00 AM at the Lethbridge Kyodokan Judo Club. Coaches are invited. Please do not be late!

**WEIGH IN:**

**Friday, March 25 - 6:30 - 8:30 PM (for those competing on Saturday or both Saturday AND Sunday only; Sunday only competitors must weigh in on Saturday)**

**U10 & U12 Check in March 25 5:00-7:00 PM**

**Saturday, March 26 – 3:00-4:00 PM (for those competing only on Sunday)**

@ Lethbridge Kyodokan Judo Club  
2775 28<sup>th</sup> Ave S Lethbridge, AB

**REMOTE WEIGH IN:**

**Friday, March 25 - 6:30 - 8:30 PM (for those competing on Saturday or both Saturday AND Sunday only)**

**U10 & U12 Check in March 25 5:00-7:00 PM**

@Hiros Judo Club – Calgary, AB  
1919 27 Ave NE, Calgary, AB

@Tokugawa Judo Club – Edmonton, AB  
9647-62 Avenue, Edmonton, AB

U14, U18, U21 & Veteran athletes who fight in the same weight category in U16 or Senior division on Sunday, will NOT have to weigh in twice **BUT Check-in is required on Saturday from 3:00-4:00 PM for Sunday divisions. Athlete, coach or another designate can confirm Sunday competition attendance at Registration.**

**U10 & U12 WEIGH IN**

**U10 & U12 are not required to weigh in; BUT the submitted weight on Trackie is required to be checked by the club Sensei. It is the Sensei's responsibility to ensure athletes' weights are properly submitted and if not, notify the Tournament Registrar of the correct weight before March 20, 2022.**

Athletes will be grouped by their submitted ages and weights. Submission of incorrect or guessed weights could eliminate judoka from participating.

**REGISTRATION** (until March 13, 2022 @ 23:59 MST)

- U10, U12 - \$50
- U14, U16, U18, U21 - \$60
- Seniors & Veterans - \$70
- \$25/additional division
- \$30 per kata per team. Cannot be combined with shiai. **ONLY 1 kata team member registers the team on Trackie. A separate link will be sent to the 2nd team member to complete their waiver and Covid documents.**

**LATE REGISTRATION** (March 14-20 @ 23:59 MST)

- \$30 late registration

Registration fees are non-refundable unless the event is cancelled, no entry substitutions.

**NO entries accepted after Sunday, March 20, 2022. No on-site registrations.**

Registration at: [www.TrackieReg.com/2022JudoABChamps](http://www.TrackieReg.com/2022JudoABChamps)

**U10 Girls** (born 2013-2014) yellow belt & up  
**U12 Girls** (born 2011-2012) yellow belt & up  
**U14 Girls** (born 2009-2010\*) yellow belt & up  
 -30, -33, -36, -40, -44, -48, -52, -57, -63, +63  
**U16 Juvenile Girls** (born 2007-2008\*) yellow belt & up  
 -36, -40, -44, -48, -52, -57, -63, -70, +70  
**U18 Cadet Women** (born 2005-2007\*) yellow belt & up  
 -40, -44, -48, -52, -57, -63, -70, +70  
**U21 Women** (born 2002-2007\*) yellow belt & up  
 -48, -52, -57, -63, -70, -78, +78  
**Senior Women** (born 2007\* or earlier) yellow belt & up  
 -48, -52, -57, -63, -70, -78, +78  
**Veteran Women** (born 1992 & earlier) yellow belt & up  
 Categories will be determined after weigh in

**U10 Boys** (born 2013-2014) yellow belt & up  
**U12 Boys** (born 2011-2012) yellow belt & up  
**U14 Boys** (born 2009-2010\*) yellow belt & up  
 -32, -35, -38, -42, -46, -50, -55, -60, -66, +66  
**U16 Juvenile Boys** (born 2007-2008\*) yellow belt & up  
 -38, -42, -46, -50, -55, -60, -66, +66, -73, +73  
**U18 Cadet Men** (born 2005-2007\*) yellow belt & up  
 -46, -50, -55, -60, -66, -73, -81, -90, +90  
**U21 Men** (born 2002-2007\*) yellow belt & up  
 -60, -66, -73, -81, -90, -100, +100  
**Senior Men** (born 2007\* or earlier) **yellow-blue belt**  
 -60, -66, -73, -81, -90, -100, +100  
**Senior Men** (born 2005 & earlier) **brown & black belt only**  
 -60, -66, -73, -81, -90, -100, +100  
**Veteran Men** (born 1992 & earlier) yellow belt & up  
 Categories will be determined after weigh in

**Kata** Nage-no kata Ju-no-kata Kime-no-kata  
 Katame-no-kata Goshin-jitsu

\* In the U14, U16, U18, U21 and Seniors divisions, the Judo Canada Early Bloomer policies may apply to approved younger competitors, as implied by the Judo Canada age designations. The application form to qualify under the Early Bloomer classification is included in package.

**TOURNAMENT SCHEDULE:** (scheduled blocks are to allow cleaning and sanitation of mats)

Times are approximate, dependent on number of competitors. Time block start times may be altered after registrations close.

**ONLY ARRIVE 30 MINUTES BEFORE YOUR DESIGNATED TIME BLOCK.**

**Saturday, March 26**

- **9:00 AM Block 1** - U10 Girls and Boys
- **11:00 AM Block 2** - U12 Girls and Boys
- **1:00 PM Block 3** - U14 Girls and Boys
- **3:00 PM Block 4** - U18 Women and Men
- **5:00 PM Block 5** - U21 Women & Men

**Sunday, March 27**

- **8:00 AM Block 1** - Kata
- **10:00 AM Block 2** - U16 Girls and Boys
- **12:30 AM Block 3** - Veterans & Senior Women and Men
- **THE GRAND CHAMPIONSHIP**

**Awards will be presented at the completion of each age division.**

**SHIAI:** Judo Canada and IJF regulations as of the tournament date to be enforced. The Tournament Director reserves the right to make any changes in the best interest of the tournament and contestants.

**MATCH TIMES:**

**U10 & U12:** 2-minute non-stop matches; mixed gender & combined weight divisions may occur.

**U14** – 3-minute match

Divisions of 2 – best 2 out of 3

**U16** – 3-minute match

Divisions of 3, 4 or 5 – round robin

**U18, U21** – 4-minute match

Divisions of 6 or 7 – double pool

**Senior Men & Women** – 4-minute match

8 or more – true double knockout

**Veterans** – 3-minute match

**All competitors must be a member in good standing with Judo Alberta, or other affiliated province or state judo organization. JUDO CANADA MEMBERSHIP REQUIRED at Weigh In.**

**International Tournament Rules (IJF rules will apply, except for these specific exceptions)**

- I:** Fighting areas will be 8m x 8m with a 3 metre common safety area.
- II:** Blue judogi optional for U10, U12, and U14 divisions. White judogi is **mandatory for first name** called for a match. Judoka **must** have a white judogi available.

Division	Rear Grip*	Tani-Otoshi	Sutemi or Makikomi		Kubinage	Drop Tech	Sankaku Gatame		Shime Waza		Kansetsu Waza	
U10/U12	N	N	N		N	N	N		N		N	
U14	Y	Y	N	Y	N	N	N		N		N	
U16	Y	Y	Y		Y	Y	N	Y	N	Y	N	
U18	Y	Y	Y		Y	Y	N	Y	N	Y	N	Y
U21	Y	Y	Y		Y	Y	N	Y	N	Y	N	Y
Senior	Y	Y	Y		Y	Y	N	Y	N	Y	N	Y
Masters	Y	Y	Y		Y	Y	N	Y	N	Y	N	Y
U10-U12	Grip behind the back around the shoulder or lower back is allowed as long as it is followed by an immediate and continuous attack. In U12, actions that start with an allowed technique and only then, as a result of reaction of the opponent, end up as makikomi waza, should be scored											
U14	Sutemi or Makikomi waza not permitted unless both competitors are at least full Green Belt											
U16-Masters	Shime or Kansetsu waza not permitted unless both competitors are at least full Green Belt											

- III:** Judo Canada rules will apply to all divisions. The table above indicates techniques which are prohibited in each age group. Some techniques are prohibited unless both competitors are at least green belt.
- IV:** As indicated above, no shime waza or kansetsu waza will be allowed in **any** category unless both competitors are at least green belt
- V:** Females must wear a plain **white** tee shirt under judogi.
- VI:** For divisions where there is only one competitor the Tournament Chairman or Director may permit exhibition matches provided the separation of the contestants is no more than one weight division higher or lower.
- VII:** As per Judo Canada guidelines, where numbers warrant, weight divisions may be combined. Competitors may only be combined with other competitors who are no more than one weight category lighter or one weight category heavier. Actual weights will be considered when divisions are combined, as per Judo Canada policies. As this is a Points Event for the Provincial Team, there will be no combining of weight divisions for the U16, U18 or U21 categories
- VIII:** The tournament director reserves the right to make changes where necessary.

**Note to Parents of U10 and U12 Athletes:**

In keeping with the directions of Sports Canada and Judo Canada, Judo Alberta is following the Long-Term Athlete Development (LTAD) model.

This model states that athletes in the U10 and U12 divisions should be at the stage of **skill development**, and not at a competitive phase of their development.

In the U10 and U12 categories the tournament will consist of randori sessions of two minutes duration. If one participant completely dominates the match, by throwing the other for multiple ippon-level techniques in a row, the referee may stop the match. Otherwise, the match will continue for the full two minutes.

All athletes in these U10 and U12 divisions will be recognized for their skill level.

Note that in both the U10 and U12 division, mixed gender matches are allowed and may occur if there are inadequate numbers for single gender competition.

**RELEASE, INDEMNITY, WARRANTY, REGISTRATION AND ASSUMPTION OF RISK  
EARLY BLOOMER DECLARATION OF SKILL LEVEL  
AND SUPPLEMENTAL WAIVER**

In consideration of the acceptance of the entry of \_\_\_\_\_ born \_\_\_\_\_ (year of birth) to compete in and/or being permitted to participate in the U16 U18 U21 Senior division (circle one that applies).

As Head Coach/Instructor/Sensei and Parent/Guardian for the participant, I declare that the participant has the appropriate physical ability and skill level to compete in the aforementioned division.

I further declare that the participant is familiar with any and all rule modification differences that may exist between their standard and early bloomer divisions.

Tournament: **2022 Provincial Championship**

Head Coach/Instructor/Sensei Name: \_\_\_\_\_

Head Coach/Instructor/Sensei Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**JUDO CANADA EARLY BLOOMER RULES FOR 2021 - 2022 SEASON:**

- U14 born in 2009 can also compete in U16 with completion of this waiver.
- U16 born in 2008 can also compete in U18 with completion of this waiver.
- Born 2007 or earlier can compete in U18, U21 and Senior without waiver, maximum 2 divisions per tournament



**2022 JUDO ALBERTA PROVINCIAL CHAMPIONSHIP**

**Club Entry List for U10 (Born 2013-2014) and U12 Categories (Born 2011-2012) only**

**All U10 and U12 competitors must check in at the tournament site by Friday, March 25 8:00 PM, so we can confirm their attendance.**

Name of Club:			Location of Club:	
Name	Year Born	Category (U10/U12)	Sex	Actual Weight

**Weights MUST be confirmed by a Club Sensei**

Signature of Club Sensei \_\_\_\_\_

Please forward this no later than March 20, 2022 to [lethjudo@gmail.com](mailto:lethjudo@gmail.com)

## **COVID-19 Requirements (March 11, 2022)**

The following changes apply to sanctioned Level A and Level B events as contained in the Judo Canada SANCTIONING POLICY & TOURNAMENT STANDARDS for the 2021 - 2022 season.

The organizers of sanctioned events Levels A and B must add to the entry requirements and standards the following mandatory Coronavirus mitigating strategies: For athletes and referees:

- 1) All athletes and referees must submit a written Coronavirus declaration in the approved form, signed, and in the case of minors, signed by the participant's parent or legal guardian.
- 2) Wear a mask at all times, except when warming up and competing, or when refereeing.

For all other participants (including but not limited to, coaches, organizers, volunteers, medical team, etc.)

- 1) All other participants must submit a written Coronavirus declaration in the approved form, signed, and in the case of minors, signed by the participant's parent or legal guardian.
- 2) Always wear a mask.

**Note: These requirements apply in addition to any provincial public health measures already in place. These measures are implemented immediately and will be maintained until the circumstances permit their variation or removal.**

As Covid protocols change frequently, any modifications to these protocols will be issued as soon as they become available.

**ONLY 2 SPECTATORS PER REGISTERED ATHLETE or PER FAMILY ALLOWED IN DOJO (whichever is less).**

# COVID-19 Self-Declaration

Must complete self-declaration before entering the tournament site

Event name and location: **2022 JUDO ALBERTA PROVINCIAL CHAMPIONSHIP @ LETHBRIDGE KYODOKAN JUDO CLUB**

Event date: MARCH 26 & 27, 2022

Participant's Full Name: \_\_\_\_\_

Participant's Club: \_\_\_\_\_

Age group(s): \_\_\_\_\_ Weight Class: \_\_\_\_\_

## RISK ASSESSMENT SCREENING QUESTIONS

**IF YOU ANSWER YES TO QUESTIONS #1-3 YOU CANNOT ENTER.**

1) Do you have any new onset or worsening of any of the following symptoms?

- |   |        |
|---|--------|
| • Fever                                       | YES NO |
| • Cough                                       | YES NO |
| • Shortness of breath / difficulty breathing  | YES NO |
| • Runny nose                                  | YES NO |
| • Sore throat                                 | YES NO |
| • Chills                                      | YES NO |
| • Painful swelling                            | YES NO |
| • Nasal congestion                            | YES NO |
| • Feeling unwell / fatigued                   | YES NO |
| • Nausea / vomiting / diarrhea                | YES NO |
| • Unexplained loss of appetite                | YES NO |
| • Loss of sense of taste or smell             | YES NO |
| • Muscle / joint aches                        | YES NO |
| • Conjunctivitis (commonly known as pink eye) | YES NO |

2) Are you or anyone in your household waiting on Covid-19 test results? YES NO

3) Have you tested Covid positive in the last 5-10 days? YES NO

**I UNDERSTAND THAT ALBERTA HEALTH SERVICES HAS ASKED INDIVIDUALS TO MAINTAIN A PHYSICAL DISTANCE OF AT LEAST 2 METERS (6 FEET) AND IT IS NOT POSSIBLE TO MAINTAIN THIS DISTANCE AND COMPETE OR ATTEND THIS EVENT.**

**NOTE:** Thanks for taking all necessary precautions to keep all of us safe.

Signature\*: \_\_\_\_\_ Print Name: \_\_\_\_\_

Date: \_\_\_\_\_

\*Athlete (if 18 or older) OR parent, caretaker, authorized person to sign a consent on of a minor.



# Grand Championship

This event is held only at the Provincial Championships. For men, the Grand Championship is for Ikkyu and Yudansha only. For women, the Grand Championship is for ranks of gokyu and up. Each contestant in the Grand Championship must be 18 years of age or older. If the winner of a weight division is under the age of 18 years, there will be no contestant in that weight division.

Some concern has been expressed over the safety factor in having individuals competing against each other whose weights vary widely. The Technical Committee is also aware that for at least 85 years of its 130-year history, judo was without weight divisions. To preserve the traditions and to consider the safety of the contestants, the Committee has adopted a procedure whereby men in the -60, -66 and -73 weights compete as a group; the -81, -90, -100 and +100 men compete as a group. Then, the two group winners compete for the title of "Grand Champion". The matches are to be straight elimination.

Where a female Grand Championship is to be held, the winners of the -48, -52 and -57 kg categories will fight as a group; the winners of the -63, -70, -78, and +78 kg categories will fight as a group. The two group winners will then fight for the title of "Grand Champion". The matches are to be straight elimination.

## HOTELS CLOSE TO LETHBRIDGE KYODOKAN JUDO CLUB

### **HOLIDAY INN**

2375 Mayor Magrath Dr S  
Lethbridge, AB T1K 7M1  
(403) 380-5050

### **SURESTAY PLUS HOTEL BY BEST WESTERN**

2225 Mayor Magrath Dr S,  
Lethbridge AB T1K 7M1  
(403) 380-6677

### **COMFORT INN**

3226 Fairway Plaza Rd S  
Lethbridge, AB T1K 7T5  
(403) 320-8874