



TECHNICAL PACKAGE

DECEMBER 1, 2024,
PROVINCIALS

*Sanctioned by Judo
Manitoba*



Dear Participants,

Judo Manitoba is pleased to invite you to compete at the annual Manitoba Open Provincials in Winnipeg, Manitoba, Dec 1, 2024

Milton Good
President Judo Manitoba

Organizing Committee

Judo Manitoba

311-145 Pacific Ave

Winnipeg MB

R3B 2Z6

Email: judo@sportmanitoba.ca

Tournament Director / Emergency or Questions

Milton Good – mgood@shaw.ca

IT Management, Registration and Draw

James Colp – james.colp@outlook.com

Chief Referee

Miguel Rueda – mig0405@gmail.com

Medical

Nancy Ewachewski

Schedule

*** The official schedule is subject to change at the discretion of the Tournament Director in consultation with the Organizing Committee ***

Sunday, Dec 1, 2024		
9:00 to 10:00	Weigh-ins for U14, U16, U18, U21, Seniors at the tournament site	Sport Manitoba Gymnasium
11:00	Referee Meeting	
11:30	Competition begins	

Tournament Venue

Sport Manitoba Gymnasium

145 Pacific Ave

Winnipeg MB

Registration

THIS IS A PRE-REGISTRATION ONLY TOURNAMENT:

Registration Closes: Friday November 29th

- **Coach Registration:** (Minimum NCCP 2 (DI) Trained)
 - Online registration is mandatory for all coaches:
 - Trackie- <https://registration.judocanada.org/event/2024-manitoba-provincials-coaches-referee-signup/1001100/>
 - Only 4 coaches per team/dojo allowed.

- **Referee Registration:**
 - Online registration is mandatory for all referees:
 - **Provincial C minimum to referee,**
 - Trackie - <https://registration.judocanada.org/event/2024-manitoba-provincials-coaches-referee-signup/1001100/>

- **Athlete Registration:**
 - Online registration for all athletes:
 - Trackie - <https://registration.judocanada.org/event/2024-manitoba-provincials-athlete-registration/1001087/>

Divisions

U14 – Born in 2012 and 2013 (Yellow belt min.)	
Match Time: 3 minutes; No Golden score; No Shime-waza OR Kansetsu-waza	
Female	-30kg; -33kg; -36kg; -40kg; -44kg; -48kg; -52kg; -57kg; -63kg; +63kg
Male	-32kg; -35kg; -38kg; -42kg; -46kg; -50kg; -55kg; -60kg; -66kg; +66kg
U16 – Born in 2010 and 2011 (Yellow belt min.)	
Match Time: 3 minutes; Golden score: No Limit; No Kansetsu-waza	
Female	-36kg; -40kg; -44kg; -48kg; -52kg; -57kg; -63kg; -70kg; +70kg
Male	-38kg; -42kg; -46kg; -50kg; -55kg; -60kg; -66kg; -73kg; +73kg
U18 – Cadet – Born in 2008, 2009 and 2010 (Yellow belt min.)	
Match Time: 4 minutes; Golden score: No Limit	
Female	-40kg; -44kg; -48kg; -52kg; -57kg; -63kg; -70kg; +70kg
Male	-50kg; -55kg; -60kg; -66kg; -73kg; -81kg; -90kg; +90kg
Senior – Novice (Yellow – Blue) and Advanced (Brown – Black) Born in 2010 and earlier	
Match Time: 4 minutes; Golden score: No Limit	
Female	-48kg; -52kg; -57kg; -63kg; -70kg; -78kg; +78kg
Male	-60kg; -66kg; -73kg; -81kg; -90kg; -100kg; +100kg

** The organizers reserve the right to modify or combine weight divisions in case of an inadequate number of participants.

Fees

Division	Cost
First Divisions	\$50
Second Division	\$20

Fees are payable by eTransfer, cheque or cash at the time of weigh-in.

Competition Format

U14, U16, U18, Senior

- The modified double elimination format will be used for eight (8) or more competitors.
- In weight categories with six (6) or seven (7) competitors, the double pool format will be used
- In weight categories with five (5) or fewer competitors, the round-robin/pool format will be used.
- In the event of a double or triple tie in the round-robin/pool format, tied competitors compete again in a round robin/pool. Each tie-breaker bout will be fought in the Golden Score format.
- Tournament regulations as per Judo Canada's Sanction Policy and Tournament Standards – 2024-2025.

All issues/cases(s) that are unexpected or deemed exceptional circumstances will be solved by decisions taken by the Judo Manitoba designated Chief Official in cooperation with the Organizing Committee.

Medal Ceremony

Medal winners must attend the medal ceremony in their WHITE judogi

Medals: Gold, Silver and Bronze are awarded for First, Second and Third place, respectively.

For Provincials: Medals are only awarded if an athlete has won a match

Key Competition Rules & Clarifications

The rules below are in addition to, or are clarifications of, the IJF rules.

- Tournament Regulations as per Judo Canada's Tournament Standards and Sanctions manual will be applied, unless otherwise specified in this document.

AGE/DIVISION SPECIFIC RULES

- See Appendix

COMPETITION

- Call to Mat
 - o Any competitor not on the mat area after having been called 3 times at 1-minute intervals will automatically lose the bout.
- Rest Periods
 - o Rest between bouts will be at a minimum of double the time of the maximum length of the bout for a given age group.
- Hygiene
 - o The judogi shall be clean, dry and without unpleasant odor.
 - o The nails of the feet and hands shall be cut short.
 - o Long hair must be bound with an elastic band (no metal) done up and off the collar.
 - o Glasses, watches and jewelry, body piercings, etc. are prohibited.
 - o Make up and strong scents are not allowed.

SCORING

- Hansoku-make
 - o Any competitor disqualified by Hansoku-make for an action dangerous to the opponent or any unethical action contradictory to the spirit of sport will be disqualified from the entire event (all age groups, on all days) and will lose standing earned in the division in which they were disqualified.
 - o A competitor disqualified by Hansoku-make for any other reason loses the match but can continue in the repechage round and other divisions of the event.
- Kiken-gachi
 - o Any competitor submitting by Kiken-gachi (injury) will not be allowed to resume competition without permission of the medical officer appointed by the tournament organizing committee.

COMPETITION UNIFORM

Competitors shall wear either a blue or white Judogi (The first competitor called shall wear the white Judogi; the second shall wear the blue). Competitors may also both wear white but in that case are required to wear the provided white and blue sashes respectively.

If a competitor presents themselves as the White fighter in a Blue gi, they will be asked to change into a White gi – there are no exceptions to this rule.

Female contestants shall wear a short sleeved white shirt under their jacket that is long enough to be worn inside the trousers.

Appendix

Judo Manitoba Quick Reference Rules

	U10	U12	U14	U16	U18	U21	Senior	Veteran	Ne-Waza
Kansetsu Waza (Arm Bars)	No	No	No	No	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above
Shime Waza (Chokes)	No	No	No	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above
Sankaku Gatame	No	No	No	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above	Yes - Green Belt and Above
Drop Techniques	No	No	No	Yes	Yes	Yes	Yes	Yes	N/A
Tani Otoshi	No	No	Yes	Yes	Yes	Yes	Yes	Yes	N/A
Sutemi Waza	No	No	Yes - Green Belt and Above	Yes	Yes	Yes	Yes	Yes	N/A
Makikomi Waza	No	<i>Yes - if started with allowed technique then Uke's reaction results in Makikomi</i>	<i>Yes - if started with allowed technique then Uke's reaction results in Makikomi</i>	Yes	Yes	Yes	Yes	Yes	N/A
Head Locking, Koshi-Guruma/Kubi-Nage	No	No	No	Yes	Yes	Yes	Yes	Yes	N/A
Counter-rotation against One legged throws ie. Uchi-mata, Harai-goshi	No	No	No	Yes	Yes	Yes	Yes	Yes	N/A
Gripping	Standard Grips - No crossing the front plane of opponent except on immediate throw	Standard Grips - No headlocking in Tachi-waza or Ne-waza	Standard Grips - No headlocking in Tachi-waza	IJF Rules	IJF Rules	IJF Rules	IJF Rules	IJF Rules	IJF Rules
Medical Rules	Unlimited	Unlimited	Unlimited	Unlimited	Unlimited	IJF Rules	IJF Rules	IJF Rules	IJF Rules
Prohibited actions	Mate and Explain	Warning for the 2nd same infraction. Shido for 3rd subsequent infractions	Shido for prohibited actions	IJF Rules	IJF Rules	IJF Rules	IJF Rules	IJF Rules	IJF Rules
Time	2 mins. Non-stop No Golden Score	2 mins. Reg time No Golden Score	3 mins. Reg time No Golden Score	3 mins. Reg time Unlimited Golden Score	4 mins. Reg time Unlimited Golden Score	4 mins. Reg time Unlimited Golden Score	4 mins. Reg time Unlimited Golden Score	3 mins. Reg time Unlimited Golden Score	4 mins. Reg time Unlimited Golden Score