



NEWFOUNDLAND & LABRADOR
JUDO ASSOCIATION

TECHNICAL PACKAGE

Newfoundland & Labrador Judo Association

2025 NLJA Provincial Spring Judo Tournament, April 25th – 26th
College of the North Atlantic (gym), 1 Prince Philip Drive, St. John's, NL

Dates:

Friday, April 18th, 2025 - Deadline for online registration. Any registration after this date is subject to a late registration fee of \$20.

Friday, April 25th, 2025, All activities are at the College of the North Atlantic, St. John's, PPD Campus.

1830 – 1930 - In-person weigh in

1930 – 2030 - Referee clinic

2030 – 2130 - Coaches meeting

1900 – 2130 – Tournament setup at College of the North Atlantic, St. John's, PPD Campus.

Saturday, April 26th, 2025 – All tournament activities at the College of the North Atlantic, St. John's, PPD Campus.

0730 – 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

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

Please direct all questions to:

David Banko – Tournament Director Email: dave.banko@gmail.com Phone: 709-765-5573

Newfoundland & Labrador Judo Association
2025 NLJA Spring Judo Tournament April 25th-26th

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 David Banko, dave.banko@gmail.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, 2025****

Tournament Organization

Registration will be done through the online registration form at www.trackie.com as soon as it's made available and shared.

Registrations received after April 11th will be subject to a \$20 late registration fee

No registration will be accepted after April 18th without prior arrangement with the Tournament Director. There will be a weigh-in for this tournament. NOTE: Clubs are asked to encourage athletes to register early to help planning and co-ordinating with other clubs.

Weight categories will be subdivided 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.

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 **\$60 (No Fee for demonstration in U8/U10 categories)** for those registered by April 11th. Payments will be made along with the online registration at www.trackie.com

when it is posted. Otherwise, arrangements must be made through the tournament director. Fees are non-refundable except by arrangement with the Tournament Director. Any registration received after April 11th 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, April 25th, 2025, from 1830 – 2130 at the College of the North Atlantic gymnasium, PPD Campus, St. John's.

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 College of the North Atlantic gymnasium at the PPD campus on Friday evening, April 25th, 2025.

**Newfoundland & Labrador Judo Association
2025 NLJA Provincial Spring Judo Tournament**

COMPETITOR ENTRY FORM

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

<p>Categories: Indicate ALL categories in which you wish to compete (maximum of two).</p> <p>U8/U10 demonstration _____</p> <p>U12 Male _____ Female _____</p> <p>U14 Male _____ Female _____</p> <p>U16 Male _____ Female _____</p> <p>U18 Male _____ Female _____</p> <p>U21 Male _____ Female _____</p> <p>Senior Male _____ Female _____</p> <p>Veterans Male _____ Female _____</p>	<p>Sex: Male _____ Female _____</p> <p>Name: _____</p> <p>Date of Birth: _____</p> <p>Rank: _____</p> <p>Weight: _____ KG</p> <p>Home Phone : _____</p> <p>Club: _____</p> <p>Instructor: _____</p> <p>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*, College of the North Atlantic, 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
2025 NLJA Provincial Spring 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

Male

Up to and including 32 kg
+32 kg up to and including 35 kg
+35 kg up to and including 38 kg
+38 kg up to and including 42 kg
+42 kg up to and including 46 kg
+46 kg up to and including 50 kg
+50 kg up to and including 55 kg
+55 kg up to and including 60 kg
+60 kg up to and including 66 kg
more than 66 kg

Female

Up to and including 30 kg
+30 kg up to and including 33 kg
+33 kg up to and including 36 kg
+36 kg up to and including 40 kg
+40 kg up to and including 44 kg
+44 kg up to and including 48 kg
+48 kg up to and including 52 kg
+52 kg up to and including 57 kg
+57 kg up to and including 63 kg
more than 63 kg

U16 (Juvenile)

Juvenile Male

up to 38 kg
more than 38 kg and up to 42 kg
more than 42 kg and up to 46 kg
more than 46 kg and up to 50 kg
more than 50 kg and up to 55 kg
more than 55 kg and up to 60 kg
more than 60 kg and up to 66 kg
more than 66 kg and up to 73 kg
more than 73 kg

Juvenile Female

up to 36 kg
more than 36 kg and up to 40 kg
more than 40 kg and up to 44 kg
more than 44 kg and up to 48 kg
more than 48 kg and up to 52 kg
more than 52 kg and up to 57 kg
more than 57 kg and up to 63 kg
more than 63 kg and up to 70 kg
more than 70 kg

U18 (Cadet)

Cadet Male

up to 50 kg
more than 50 kg and up to 55 kg
more than 55 kg and up to 60 kg
more than 60 kg and up to 66 kg
more than 66 kg and up to 73 kg
more than 73 kg and up to 81 kg
more than 81 kg and up to 90 kg
more than 90 kg

Cadet Female

up to 40 kg
more than 40 kg and up to 44 kg
more than 44 kg and up to 48 kg
more than 48 kg and up to 52 kg
more than 52 kg and up to 57 kg
more than 57 kg and up to 63 kg
more than 63 kg and up to 70 kg
more than 70 kg

U21 (Junior)

Junior Male

up to 60 kg
more than 60 kg and up to 66 kg
more than 66 kg and up to 73 kg
more than 73 kg and up to 81 kg
more than 81 kg and up to 90 kg
more than 90 kg and up to 100 kg
more than 100 kg

Junior Female

up to 48 kg
more than 48 kg and up to 52 kg
more than 52 kg and up to 57 kg
more than 57 kg and up to 63 kg
more than 63 kg and up to 70 kg
more than 70 kg and up to 78 kg
more than 78 kg

Senior

Senior Male

up to 60 kg
more than 60 kg and up to 66 kg
more than 66 kg and up to 73 kg
more than 73 kg and up to 81 kg
more than 81 kg and up to 90 kg
more than 90 kg and up to 100 kg
more than 100 kg
OPEN weight division

Senior Female

up to 48 kg
more than 48 kg and up to 52 kg
more than 52 kg and up to 57 kg
more than 57 kg and up to 63 kg
more than 63 kg and up to 70 kg
more than 70 kg and up to 78 kg
more than 78 kg
OPEN weight division

Veterans

Divisions

F1/M1
F2/M2
F3/M3
F4/M4
F5/M5
F6/M6
F7/M7
F8/M8

Years born

1993-1989
1988-1984
1983-1979
1978-1974
1973-1969
1968-1964
1963-1959
1958-1954

F9/M9	1953-1949
F10/M10	1948-1944
F11/M11	1943 and earlier

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.

Veteran Men

- up to 60 kg
- more than 60 kg and up to 66 kg
- more than 66 kg and up to 73 kg
- more than 73 kg and up to 81 kg
- more than 81 kg and up to 90 kg
- more than 90 kg and up to 100 kg
- more than 100 kg
- OPEN weight division

Veteran Woman

- up to 48 kg
- more than 48 kg and up to 52 kg
- more than 52 kg and up to 57 kg
- more than 57 kg and up to 63 kg
- more than 63 kg and up to 70 kg
- more than 70 kg and up to 78 kg
- more than 78 kg
- OPEN weight division