



NAKAMURA JUDO CLUB OPEN

2025 Technical Package

Saturday, May 3rd, 2025

West Kildonan collegiate

101 Ridgecrest Ave, Winnipeg, MB R2V 4T6

Organizing Committee

Tournament Director

Philip O'Gorman

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IT Management, Registration and Draw

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James Colp

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Emergency / Questions

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Schedule

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

Thursday, May 1st, 2025		
Before 11:59 PM	Club Coaches send U10 and U12 weights in kg. and names to the tournament director	
Friday, May 2nd, 2025		
6:00 to 8:00 PM	Weigh-in for U14 and older	West Kildonan collegiate
Saturday, May 3rd, 2025		
8:15 to 10:00 AM	Weigh-in for U14 and older	Multi Purpose Room
10:00 AM	Referee Meeting	TBA
10:30 AM	Opening Ceremony / Bow-in	West Kildonan collegiate
10:30 AM	Competition Starts Beginning with U10 / U12	

Tournament Venue

West Kildonan collegiate

101 Ridgecrest Ave, Winnipeg, MB R2V 4T6

Registration

THIS TOURNAMENT IS PRE-REGISTRATION ONLY:

Registration Opens: March 24th, 2025

Early registration discount ends: April 24th 2025

Registration Closes: April 30th, 2025

– Referee Registration:

- Open to all levels of referee and beginners This will be a learning experience for junior Referee's. All referee's just arrive with a white polo shirt and dark pants. For this tournament, Suit is optional!
- Please sign up via trackie:
- Trackie – <https://registration.judocanada.org/event/2025-NakamuraReferee>

– Athlete Registration:

- Online registration for all athletes:
- Trackie – <https://registration.judocanada.org/event/2025-NakamuraJudoOpen>
- Athletes must have a valid Judo Canada membership
- Athletes may compete in up to two regular divisions if eligible
- All competitors except for U10 and U12 must be present at the weigh-in
- **New Requirement for 2024/2025 Judo Season:** U10 and U12 athletes must check in at the weigh-in table. A Parent, Guardian, or Coach must attest to the accuracy of the weight which has been provided by the club coach

Coaches, please send U10 and U12 weights in kg. and names to the tournament director by end of day Thursday, May 1st.

Registration Fees

Early registration discount: Register before 25th April:

\$40 for the first division

\$20 for a second division

Late registration: April 25th – April 30th

\$50 for the first division

\$20 for a second division

Fees are payable:

- by cheque, cash or at the time of weigh-in. U10/U12 please check-in.
- Anytime by e-transfer. e-transfers should be sent to nakamurajudo.paa@gmail.com please include the athlete name in the message.

Divisions

All athletes must be minimum rank of Yellow Belt

Ne-Waza minimum rank of Green Belt

U10	
Athletes born in 2016 and 2017	
Match Time: 2 minutes non-stop time; No Golden score	
No weight classes + Mixed Gender	
Athletes are grouped with closest weight in round robin format of ideally 3-4 competitors.	
U12	
Athletes born in 2014 and 2015	
Match Time: 2 minutes; No Golden score	
No weight classes + Male/Female OR Mixed Gender – dependant on entries.	
Athletes are grouped with closest weight in round robin format of ideally 3-4 competitors.	

U14	
U14 MALE	U14 FEMALE
Athletes born in 2012, 2013 and 2014*	
Match Time: 3 minutes; No Golden score No Shime-waza or Kansetsu-waza	
-32 kg; -35 kg; -38 kg; -42 kg; -46 kg; -50 kg; -55 kg; -60 kg; -66 kg; +66 kg	-30 kg; -33 kg; -36 kg; -40 kg; -44 kg; -48 kg; -52 kg; -57 kg; -63 kg; +63 kg
U16	
U16 MALE	U16 FEMALE
Athletes born in 2010, 2011 and 2012*	
Match Time: 3 minutes; Golden score: No Limit; No Kansetsu-waza	
-38 kg; -42 kg; -46 kg; -50 kg; -55 kg; -60 kg; -66 kg; -73 kg; +73 kg	-36kg; -40 kg; -44 kg; -48 kg; -52 kg; -57 kg; -63 kg; -70 kg; +70 kg
U18	
U18 MALE	U18 FEMALE
Athletes born in 2008, 2009, 2010 and 2011*	
Match Time: 4 minutes; Golden score: No Limit	
-50 kg; -55 kg; -60 kg; -66 kg; -73 kg; -81 kg; -90 kg; +90 kg	-40 kg; -44 kg; -48 kg; -52 kg; -57 kg; -63 kg; -70 kg; +70 kg;

Years with an asterisk (*) are considered Judo Canada Early Bloomers.

SENIOR	
Novice Yellow to Green, Advanced Blue to Black	
SENIOR MALE	SENIOR FEMALE

Athletes born in 2010 and earlier	
Match Time: 4 minutes; Golden score: No Limit	
-60 kg; -66 kg; -73 kg; -81 kg; -90 kg; -100 kg; +100 kg	-48 kg; -52 kg; -57 kg; -63 kg; -70 kg; -78 kg; +78 kg
VETERAN	
VETERAN MALE	VETERAN FEMALE
Athletes born 1995 or earlier	
Match Time: 3 minutes; Golden score: No Limit	
Veteran divisions will be determined depending on entries	

NE-WAZA	
Athletes born in 2010 or earlier	
Minimum rank (Green Belt)	
Match Time: 4 minutes; Golden score: No Limit	
Ne-Waza divisions will be determined depending on entries	

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

Competition Format

U10/U12

- o Athletes closest in weight will be grouped together in divisions of (ideally) 3 – 4 competitors and will compete in a round robin format.

U14, U16, U18, Senior, Veteran. Ne-Waza

- o In weight categories with eight (8) or more competitors, the modified double elimination format will be used.
- o In weight categories with six (6) or seven (7) competitors, the double pool format will be used
- o In weight categories with five (5) or fewer competitors, the round-robin/pool format will be used.
- o In the event of a double or triple tie in the round-robin/pool format, tied competitors compete again in a best of three or round robin/pool respectively. Each tie-breaker bout will be fought in the Golden Score format.
- o Tournament regulations as per Judo Canada's Sanction Policy and Tournament Standards – 2023-2024.

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

U10s are not awarded place medals, they are given a participation award.

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

Medal presentations will take place shortly after the conclusion of each age category.

Key Competition Rules & Clarifications

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

- The 2025 changes to the IJF Rules will apply
- 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 Makeup 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	Yes - if started with allowed technique then Uke's reaction results in Makikomi	Yes - if started with allowed technique then Uke's reaction results in Makikomi	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