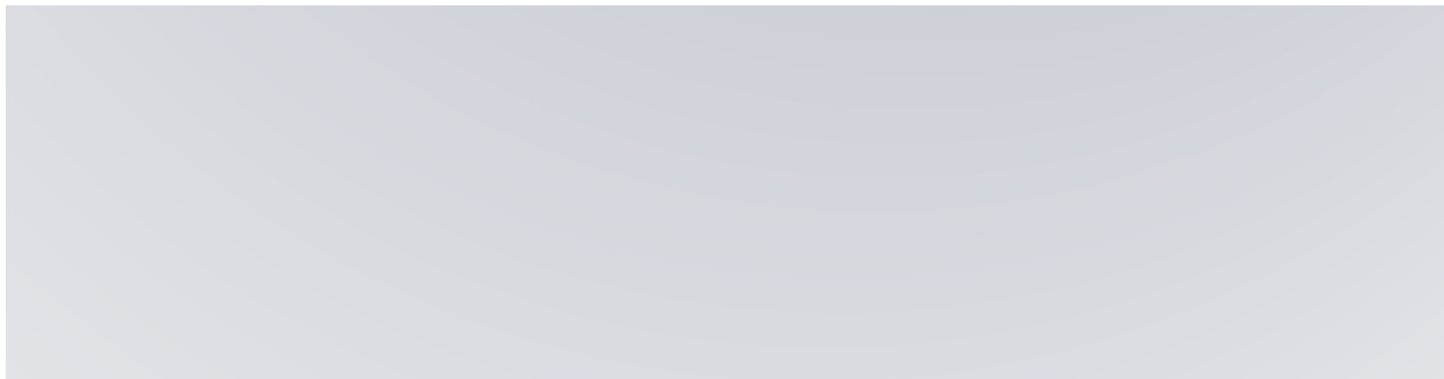




**ST BONIFACE JUDO CLUB OPEN (U10/U12)
&
MANITOBA PROVINCIALS (U14, U16, U18,
SENIORS)**

2025 TECHNICAL PACKAGE

SATURDAY NOVEMBER 22, 2025



Organizing Committee

Tournament Director / Emergency or Questions

Pierre Plourde – pplourde@wrha.mb.ca

IT Management, Registration and Draw

Pierre Plourde and James Colp – james.colp@outlook.com

Chief Referee

Milton Good

Medical

Nancy Ewachewski

Schedule

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

Thursday, November 20, 2025		
Before 11:59 pm	Club coaches send U10 and U12 weights in kg, and names to the tournament director	
Friday, November 21, 2025		
6:30 to 8:30 pm	Weigh-ins for Provincials U14, U16, U18, Seniors (Winnipeg athletes)	Churchill High School Gym
Saturday, November 22, 2025		
8:15 to 10:00 am	Weigh-in for Provincials U14, U16, U18, Seniors <i>Check-in registration U10 and U12</i>	Churchill High School Gym
10:00 am	Weigh-in and registration closed (no exceptions)	
10:00 am	Referee Meeting	
10:30 am	Competition begins with U10/U12, followed by Provincials starting with U14	

Tournament Venue

Churchill High School

510 Hay Street

Winnipeg MB

(parking lot available)

Registration

THIS IS A PRE-REGISTRATION ONLY TOURNAMENT:

Registration Closes: Thursday November 20th 2025

- **Coaches:** (Minimum NCCP 1/DA trained)
 - Only 4 coaches per team/dojo allowed
- **Referee Registration:**
 - **Online registration is mandatory for all referees**
 - **Provincial C minimum to referee Manitoba Provincials (U14 and above)**
 - Our tournament success heavily depends on great participation of volunteer referees; please sign up via Trackie:
 - Trackie – <https://registration.judocanada.org/event/2025-stbprovincialsReferee>
- **Athlete Registration:**
 - Online registration for **all** athletes:
 - Trackie – <https://registration.judocanada.org/event/2025-stbprovincials>
 - Athletes must have valid Judo Canada membership
 - U10 and U12 divisions will be open to any eligible judoka
 - **U14 and above will be “closed” Provincials competition to Manitoba judoka only**
 - Athletes may compete in up to two regular divisions if eligible
 - All Winnipeg-based competitors are encouraged to weigh in on Friday November 21st
 - All out of town competitors may weigh in on Saturday morning November 22nd
 - All U10 and U12 athletes must check in at the weigh-in table. Parent, Guardian or Coach must attest to the accuracy of the weight (in kilograms) which has been provided by the club coach
 - **Coaches must send U10 and U12 weights (kg) and names to the tournament director by 11:59 pm Thursday November 20th**

Important Dates

- October 22nd, 2025 Trackie Registration Opens
- November 20th, 2025 Trackie Registration Closes
- November 21st, 2025 Weigh-ins Friday evening (Winnipeg-based athletes)
- November 22nd, 2025 Competition Day

Fees

Division	Cost
U10/U12	\$40
Provincials U14/U16/U18/Senior – First Divisions	\$50
Provincials U14/U16/U18/Senior – Second Division	\$25

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

Or payment may be made anytime prior to the tournament via e-Transfer sent to shanehartry@gmail.com; please include the athlete name in the e-Transfer message

Divisions

U10 – Born in 2017 and 2018 (Yellow belt min.)	
Match Time: 2 minutes non-stop time; No Golden score; No weigh classes and mixed gender	
Athletes are grouped with closest weigh in round robin format of ideally 3-5 competitors	
U12 – Born in 2015 and 2016 (Yellow belt min.)	
Match Time: 2 minutes; No Golden score; No weigh classes and male/female or mixed gender	
Athletes are grouped with closest weigh in round robin format of ideally 3-5 competitors	
U14 – Born in 2013 and 2014 (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 2011 and 2012 (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 2009, 2010 and 2011 (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 2011 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.*

Competition Format

U10/U12

- o Athletes are grouped with closest weight in round robin format of ideally 3-5 competitors.

Provincials U14, U16, U18, Senior

- o The modified double elimination format will be used for eight (8) or more competitors.
- 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 round robin/pool. 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 – 2025-2026.

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

Medals: Gold, Silver, and Bronze are awarded for First, Second, and Third places respectively; for U12 and above

Participation awards for U10

For the Provincials categories (U14 and above), medals are only awarded if contests have been fought and the contestant won a minimum of one bout. The allocation of medals is determined by the number of competitors competing in a category as follows:

- One competitor: no medal
- Two competitors: 2 medals providing that both won a bout
- Three competitors: 3 medals providing that three won at least one bout
- Four competitors: 3 medals
- Five competitors: 3 medals
- Six or more competitors: 4 medals (2 bronze)

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

Medal winners must receive their medal in their judogi.

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

SCORING

- Hansoku-make

- 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.
 - 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
- 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

For Provincial divisions (U14 and above), 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.

U10 and U12 may wear white Judogi and use white and blue sashes.

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.

WEIGH-INS

Competitors must register based on their estimated competition weight; however the competitor may be placed in a lighter or heavier weight class based on actual weight during weigh-in. ALL competitors except for U10 and U12 MUST be present at the weigh-in.

Please send U10 and U12 weights (in kg) and names to the tournament director by 11:59 pm Thursday November 20th

Canteen

- A canteen will be available on-site, open from 9:00 am to 1:00 pm
- Complimentary meal for referees and volunteers

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