



NEWFOUNDLAND & LABRADOR
JUDO ASSOCIATION

TECHNICAL PACKAGE

Newfoundland & Labrador Judo Association

2025 NLJA Provincial Fall Judo Tournament, November 21st – 23rd

Knights of Columbus, 49 St. Clare Ave, St. John's, NL

Dates:

Friday, November 14th, 2025 - Deadline for online registration. Any registration after this date is subject to a late registration fee of \$20.

Friday, November 21st, 2025, All activities are at the **Knights of Columbus, St. John's**.

1830 – 1930 - In-person weigh in

1930 – 2030 - Referee clinic

2030 – 2130 - Coaches meeting

1900 – 2130 – Tournament setup at **Knights of Columbus**.

Saturday, November 22nd, 2025 – All tournament activities at the **Knights of Columbus, St. John's**.

0800 – 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

1530 – 1700 - NLJA AGM - All Members Welcome

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

Sunday, November 23rd, 2025 - ALL activities at **Knights of Columbus, St. John's**.

Provincial Dan Grading (time and location TBD)

0900 – 1100 - Training Camp

1100 – 1145 – Mat removal

Training camp times and content subject to change.

Please direct all questions to:

George Gillett – Tournament Director Email: Gillett-33@hotmail.com Phone: 709-691-3034

**Newfoundland & Labrador Judo Association
2025 NLJA Fall Judo Tournament November 21st-23rd**

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 Gerard Humber, fluidpower@hotmail.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 through the online registration form on www.trackie.org by **Friday, November 14th, 2025**, is required in order to avoid delays in the tournament. There will be a weigh-in for this tournament. **NOTE: Clubs are asked to encourage athletes to register early to help planning by 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.

Note that the most recent **IJF** rules will be applied (i.e. no Koka, etc.). 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 November 14th. Payment will be made along with the online registration at trackie.org. Otherwise, arrangements must be made through the tournament director. Fees are non-refundable except by arrangement with the Tournament Director. Any registration received **after November 14th** 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, November 21st, 2025, from 6:30 – 7:30 P.M. at the Knights of Columbus, St. Clare Ave, 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 warm up 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 Knights of Columbus on Friday evening, November 21st, 2025.

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

COMPETITOR ENTRY FORM

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

Categories: Indicate ALL categories in which you wish to compete (maximum of two). U8/U10 demonstration _____ U12 Male _____ Female _____ U14 Male _____ Female _____ U16 Male _____ Female _____ U18 Male _____ Female _____ U21 Male _____ Female _____ Senior Male _____ Female _____ Veterans Male _____ Female _____	Sex: Male _____ Female _____ Name: _____ Year Born: _____ Rank: _____ Weight: _____ KG Home Phone #: _____ Club: _____ Instructor: _____ MCP: _____ Emergency Contact Information: _____
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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*, *Knights of Columbus*, 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
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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

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 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

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
F9/M9
F10/M10
F11/M11

Years born

1993-1989
1988-1984
1983-1979
1978-1974
1973-1969
1968-1964
1963-1959
1958-1954
1953-1949
1948-1944
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