



HIRO'S JUDO CLUB
ESTABLISHED IN 1957 BY HIRO KANASHIRO

**The 45th
Rocky Mountain Invitational Shiai**

Saturday, February 7, 2026



Judo Alberta Sanction #2026-4

**Location: Shane Homes YMCA at Rocky Ridge
11300 Rocky Ridge Rd NW
Calgary, AB**

**U10, U12, U14, U16, U18, U21 (Female and Male)
Senior Women and Senior Men
Veteran Men and Women**

**This is a pre-registration tournament only.
This is a points tournament for the 2025 National Championships**

**Tournament Chairman: Mr. Garry Yamashita
Tournament Director: Mr. George Tesanovic
Chief Referee: Mr. Erwan Goasdoue, IJF Continental Referee**

**Gradings for Provincial C, B, and A level Referees will be held at the tournament.
Club Sensei should submit the names of candidates to Steven Norris (stevenorris69@gmail.com) by January 26, 2026.
Candidates for Provincial C can put their own names forward.**

Supported by volunteers from the Airdrie Judo Club, Hiro's Judo Club and the Ishi Yama Institute of Judo

Entry Fees: \$70.00 per judoka
Additional Division \$10
Entries will be accepted until February 4, 2026

Online Registration: <https://registration.judocanada.org/event/RMIJT2026>

Note: All competitors must sign the appropriate waiver form attached to the Trackie registration form, or for minors, have a authorized (responsible) person sign on their behalf.

No phone entries. No registrations accepted at weigh-ins. No refunds.

PLEASE HELP US BY GETTING YOUR REGISTRATION IN EARLY - THANK YOU.

For judoka in U10 and U12, **use the attached club entry form.** A club sensei **needs** to confirm the listed weights to eliminate the need for these judoka to attend weigh-in. Submit these entry forms to Garry Yamashita at gee_why2@yahoo.com by February 4th. However, all U10 and U12 competitors will need to check in at the tournament site, so we can confirm their attendance.

Eligibility: Judoka must be in the designated age and weight parameters using the year born.
Changing weight divisions will result in a \$10.00 charge.
Minimum rank - Yellow Belt (Gokyu)

Location: Shane Homes YMCA Rocky Ridge Gymnasiums #1 and 2
11300 Rocky Ridge Rd NW, Calgary, AB

Awards: First, Second and Third Place medals for Shiai
In U10 and U12 'Participation' Categories, each judoka will receive a recognition award
Judokas are required to wear their judogis or an official team tracksuit to receive their awards.

IJF, Judo Canada and Judo Alberta rules will apply.

- Blue judogi optional for U10, U12, and U14 divisions. White judogi is **mandatory for first name** called for a match. Judoka **must** have a white judogi available.
- Judoka must be paid-up member of provincial, state or country association.
- Females must wear a plain **white** tee shirt under judogi.
- For divisions where there is only one competitor the Tournament Chairman or Director may permit exhibition matches provided the separation of the contestants is no more than one weight division higher or lower.
- Weight divisions may be combined. Competitors may only be combined with other competitors who are no more than one weight category lighter or heavier, and groupings must abide by the 15% rule. Actual weights will be considered when divisions are combined. There will be no combining of weight divisions for the U16, U18, U21 or senior categories
- The tournament director reserves the right to make changes where necessary.

Format: 2 competitors – Best 2 out of 3
3-4 competitors – Round Robin
5 & more competitors – True Double Knock Out

Weigh-In - Friday February 6, 2026 (no weigh-in will be held on the Saturday)
Hiro's Judo Club (#115 1919 – 27th Avenue NE) 6 pm to 8:30 pm

Remote Weigh-ins – Friday February 6, 2026 (6-7 PM)
Barracuda Judo Club, 1373 B Hunter Street, Pincher Creek, AB
Kodokwai Judo Club, 7121–104 Street NW, Edmonton, AB
Kyodokan Judo Club, 2775 28th Avenue South Lethbridge, AB

Tournament Schedule: (Approximate times dependent on # of competitors; but will *not* start before the listed time)

Check-in - 8:30AM. All U10 and U12 must check-in at the tournament site

Block 1 - 9:00 AM

U10 and U12 Girls and Boys

Block 2 - 11:30 AM

U14 Girls and Boys, U18 Women and Men (Cadet), Veterans (born 1995 and earlier)

Block 3 - 2:00 PM

U16 Girls and Boys (Juvenile), U21 (Junior) and Senior Women and Men

WEIGHT DIVISIONS (per Judo Canada's policies as of August 30, 2025): For the U10 and U12 divisions, there are no specific weight classes, and children are paired with closest weight with a maximum of 15% weight difference.

In the U12 age group, yellow belts can compete against orange belts (maximum), while orange belts can compete against green belts (maximum).

U14 Girls (Born 2013, 2014): -30 kg, -33 kg, -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -57 kg, -63 kg, +63 kg
U16 Girls (Born 2011, 2012): -36 kg, -40 kg, -44 kg, -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, +70 kg
U18 Women (Born 2009-2012*): -40 kg, -44 kg, -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, +70 kg
U21 Women (Born 2006-2011*): -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg
Senior Women (Born 2011* or earlier): -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg
Veteran Women (all ranks)
(Weight divisions to be decided based on entries)

U14 Boys (Born 2013, 2014): -32 kg, -35 kg, -38 kg, -42 kg, -46 kg, -50 kg, -55 kg, -60 kg, -66 kg, +66 kg
U16 Boys (Born 2011, 2012): -38 kg, -42 kg, -46 kg, -50 kg, -55 kg, -60 kg, -66 kg, -73 kg, +73 kg
U18 Men (Born 2009-2012*): -50 kg, -55 kg, -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, +90 kg
U21 Men (Born 2006-2011*): -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg
Senior Men Yellow to Blue (Born 2011* or earlier): -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg
Senior Men Brown and Black (Born 2011* or earlier): -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg
Veteran Men Yellow to Blue Brown and Black
(Weight divisions to be decided based on entries)

Strangulation (shime-waza) and armlocks (kansetsu-waza) techniques are not allowed in any age division for yellow and orange belts. Similarly, drop techniques, makikomi-waza, and sutemi-waza are not allowed in the U14 novice (yellow and orange belt) divisions.

Novice divisions for the U14, U16, U18 and U21 groups will be as outlined in the Judo Canada Tournament Sanction Policy. The novice divisions for senior men are explicitly listed in this invitation. Due to the expected number of senior women and veteran competitors, no separate novice divisions are listed, but the restrictions on allowed techniques will apply.

* In the U16, U18, U21 and Seniors divisions, the Judo Canada Early Bloomer policies may apply to approved younger competitors, as derived from the Judo Canada age designations. Early Bloomer applications must be submitted and approved by Judo Canada at <https://judocanada.org/early-bloomer-form-formulaire-pour-athlete-precoce/>

JUDO CANADA EARLY BLOOMER RULES FOR 2025 - 2026 SEASON:

U14 born in 2015 can also compete in U16 with completion of this waiver.

U16 born in 2013 can also compete in U18 with completion of this waiver.

Born 2011 or earlier can compete in U18, U21 and Senior without waiver, maximum 2 divisions per tournament



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THE 45th ROCKY MOUNTAIN INVITATIONAL

Note to Parents of U10 and U12 Athletes:

In keeping with the directions of Sports Canada and Judo Canada, Judo Alberta is following the Long-Term Athlete Development (LTAD) model.

This model states that athletes in the U10 and U12 divisions should be at the stage of **skill development**, and not at a competitive phase of their development.

In the U10 category the tournament will consist of randori sessions of two minutes duration. The match will continue for the continuous two minutes, unless the referee calls for a pause to explain something to the competitors. However, if one competitor completely dominates the match, the match may be stopped at that point – the Judo Canada rule of ending the match after two ippons will not be applied at this tournament. Participants will be allowed to attempt standing and ground techniques, however, after an ippon throw, transition to groundwork will be permitted but will not be considered for scoring purposes. After the throw, or a transition to ne-waza, *matte* will be called to allow the person being thrown to recover and start again in a standing position. *Shido* penalties will not be called for a first offense, but an explanation will be provided as to why the action is not allowed (with the time stopped).

In the U12 category the tournament will consist of contests of two minutes duration. Time will be stopped when there is a break (*matte*). When an ippon is scored, the match will be stopped. Infractions and use of disallowed techniques will not be penalised on the first instance, but an explanation will be given to the judoka. On a second such action, the judoka and the coach will get an explanation and a *shido* or other appropriate penalty will be given.

In the U10 and U12 categories, winners will not be declared after each match as scores will not be recorded and all participants will be recognized for their skill and performance.

Note that in both the U10 and U12 division, there will be no specified weight divisions, and children are paired with closest weight with a maximum of 15% weight difference. Mixed gender matches are allowed and may occur if there are inadequate numbers for single gender competition.

Division	Rear Grip*	Counter Rotation techniques	Kubinage	Sutemi or Makikomi	Drop Tech	Sankaku Gatame	Shime Waza	Kansetsu Waza
U10/U12	N	N	N	N	N	N	N	N
U14	Y	N	N	N Y	N Y	N	N	N
U16	Y	Y	Y	Y	Y	N Y	N Y	N
U18	Y	Y	Y	Y	Y	N Y	N Y	N Y
U21	Y	Y	Y	Y	Y	N Y	N Y	N Y
Senior	Y	Y	Y	Y	Y	N Y	N Y	N Y
Veterans	Y	Y	Y	Y	Y	N Y	N Y	N Y
U10-U12	<p>1: Grip behind the back around the shoulder or lower back is allowed for U12 as long as it is followed by an immediate and continuous attack. In U12, actions that start with an allowed technique and only then, as a result of reaction of the opponent end up as makikomi-waza, should be scored</p> <p>2: Counter-rotation techniques against one-legged throws will not be scored – i.e against Uchi-mata or Harai goshi</p> <p>3: For all ranks in this age group head locking with a grip over or around the neck, both in Tachi-waza (no Kubinage) and Ne-waza – i.e. no neck squeezing is allowed in Kesa-gatame. Proper application of Kesa-gatame requires that tori's arm surrounds the neck, and the other arm controls the arm of the opponent – this is not considered a neck squeeze. The squeezing happens when tori is in Kesa-gatame or another position and connects both hands in order to apply more pressure on uke's neck</p>							
U14	<p>1: Counter-rotation techniques against one-legged throws will not be scored – i.e against Uchi-mata or Harai goshi</p> <p>2: Sutemi or Makikomi waza not permitted unless both competitors are at least full Green Belt</p> <p>3: Drop techniques, which start on one or both knees are prohibited unless both competitors are at least full Green Belt</p>							
U16-Vet	Shime or Kansetsu waza not permitted unless both competitors are at least full Green Belt							

Division	Time Duration	Winning criterion Or Golden Score Time	Medical Visits Allowed (Excluding blood)	Medical - Blood
U10	2 Min	N/A	Unlimited	2 - Same location
U12	2 Min	Fewer Shido, or Hantei by ref	Unlimited	2 - Same location
U14	3 Min	Fewer Shido, or Hantei by ref	Unlimited	2 - Same location
U16	3 Min	No Time Limit	Unlimited	2 - Same location
U18	4 Min	No Time Limit	Unlimited	2 - Same location
U21	4 Min	No Time Limit	0	2 - Same location
Senior Women	4 Min	No Time Limit	0	2 - Same location
Senior Men	4 Min	No Time Limit	0	2 - Same location
Veterans Div 1-6	3 Min	No Time Limit	0	2 - Same location
Division 7-11	2 min	1 Min GS, then Hantei	0	2 - Same location
<p>Any U18 (or younger) competitor who loses consciousness, as a result of a Shime Waza, is not allowed to continue in the tournament and will not be eligible for repechage or entry in another division taking place on the same day, due to a medical withdrawal.</p> <p style="text-align: right;">September 2024</p>				