



WINNIPEG INNER CITY JUDO OPEN

Technical Package

Saturday February 7 2026
Calvin Christian Collegiate Gym
706 Day Street
Winnipeg, Manitoba

Organizing Committee

Tournament Director

Gary Sova - garysova81@gmail.com 1-(204) 479-8571

IT Management, Registration and Draw

Wayne Ewonchuk & James Colp - james.colp@outlook.com

Chief Referee

Milton Good - mgood@shaw.ca

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 February 5, 2026		
Before 11:59 PM	Club Coaches send U10 and U12 weights in kilograms and names to the tournament director	
Friday February 6, 2026		
6:00 to 8:30 PM	Weigh-in for U14 and older	Calvin Christian Collegiate High School Gym
Saturday February 7, 2026		
7:15 to 8:30 AM	Weigh-in for U14 and older <i>Check-in U10/U12</i>	Calvin Christian Collegiate High School Gym
8:30 AM	Canteen Opens	
8:30 AM	Weigh-ins close	
	Referee Meeting	
9:30 AM	Competition begins Starting with U10, U12 & Veterans	

Tournament Venue

Calvin Christian School Gym

706 Day Street
(located at the/)
Winnipeg, Manitoba

Registration

THIS IS A PRE-REGISTRATION ONLY TOURNAMENT:

Registration Opens: January 1st

Registration Closes: January 31st

– **Referee Registration:**

- Our tournaments success depends upon the great participation of the volunteer referees, please sign up via trackie:
- **Trackie** – <https://registration.judocanada.org/event/2026-InnerCityReferee>
- Referees of all levels welcome

– **Athlete Registration:**

- Online registration for all athletes:
- **Trackie** – <https://registration.judocanada.org/event/2026-InnerCityOpen>
- Athletes must have a valid Judo Canada membership
- Athletes may compete in up to two regular divisions if eligible
- All competitors must be present at the weigh-in.
- **New Requirement for 2025/2026 Judo Season:**
U10 and U12 athletes must check in at the weigh-in table. 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 and names to the tournament director by end of day Thursday Feb 5st.

Divisions

All athletes must be minimum rank of Yellow Belt

U10	
Athletes born in 2017 and 2018	
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 2015 and 2016	
Match Time: 2 minutes; No Golden score	
No weight classes + Male/Female	
Athletes are grouped with closest weight in round robin format of ideally 3-4 competitors.	

U14	
U14 MALE	U14 FEMALE
Athletes born in 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 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 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;
No U21 Division. U21 athletes are encouraged to fight in Senior Novice or Advanced	

SENIOR	
Novice Yellow to Green, Advanced Blue to Black	
SENIOR MALE	SENIOR FEMALE
Athletes born in 2011 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 1996 or earlier – Green belt min.	
Match Time: 3 minutes; Golden score: No Limit	
Veteran divisions & age rules will be determined depending on entries	

Early bloomers for U16 [2013] U18+ [2012] can be allowed if approved Early Bloomers by Judo Canada as per sanctioning policy: <http://judocanada.org/early-bloomer-form-formulaire-pour-athlete-precoce/>

Early Bloomer applications must be approved by January 31st

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

Registration Fees

Deadline: January 30, 2026

Late fee is \$20.00

Division	Cost
U10/U12	\$40
U14/ U16/U18	\$50
Senior / Veteran	\$60
<u>Second age category</u>	\$25
Athletes may compete in up to two regular divisions for which they are eligible	

Payment due upon registration either by cheque or e-transfer:

- Cheque to be mailed to Gary Sova 107 Meadow Ridge, Winnipeg, Mb. R3T 5M9
- E-transfer to garysova81@gmail.com at time of registration. Please remember to add name of Athlete and Club for e-transfers

Canteen

Canteen will be available on-site, Opens at 8:30 AM

**Complimentary meals for referees*

Competition Format

- **U10/U12**
 - o Athletes are grouped with closest weight in round robin format of ideally 3-4 competitors.
- **U14, U16, U18, Senior, Veteran**
 - o 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 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 tournament director in cooperation with Judo Manitoba designated chief official

Medal Ceremony

AWARDS & TROPHIES

- Winnipeg Inner City Judo Open large custom-made medals. 1st, 2nd, 3rd and participation medals for U10
- Two very large **Fastest Ippon Throw Trophies** for the fastest throw executed in the **U14 Male/Female** and the **U16/ U18 Male/Female** divisions
- An award of **\$200** to the outstanding **Senior** competitor
- Plaque and annual trophy for outstanding Inner City Judo Club Athlete

Key Competition Rules & Clarifications

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

- Tournament Regulations as per Judo Canada's Sanctioning policy and Tournament Standards 2025-2026.
- The Tournament Director and Judo Manitoba reserve the right to revoke the accreditation of anyone showing blatant disrespect for the rules and procedures of the competition or unethical behavior.

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 (Fusen Gashi).
- 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. If an athlete is fighting two divisions on two mats at a time, rest period does not apply, though efforts will be made by tournament organizers to avoid this scenario.
- 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 has to 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 Make up and strong scents are not allowed.

SCORING

- Hansoku-make
 - o Any competitor disqualified by Hansoku-make 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 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.

Accommodations

Hotels close to Calvin Christian School

Best Western East
900 Regent Avenue West
Toll free: 1-800-780-7234

Canada Destination Transcona
826 Regent Avenue West
Call: 1-877-402-1156

Please contact Gary Sova at 1-(204) 479-8571 or email: garysova81@gmail.com for further information.



	U10	U12	U14	U16	U18	U21	Senior	Veteran	Ne Waza
Common designation				<i>Juvenile</i>	<i>Cadet</i>	<i>Junior</i>	<i>Senior</i>		<i>Groundwork</i>
Kansetsu Waza (arm locks)	No	No	No	No	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher
Shime Waza (chokes)	No	No	No	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher
Sankaku Gatame (considered as Shime Waza)	No	No	No	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher	Yes - green belt and higher
Drop techniques (1 or 2 knees)	No	No	Yes - green belt and higher	Yes	Yes	Yes	Yes	Yes	n/a
Sutemi Waza (incl. Tani Otoshi) note 1	No	No	Yes - green belt and higher	Yes	Yes	Yes	Yes	Yes	n/a
Makikomi Waza note 2	No	No	Yes - green belt and higher	Yes	Yes	Yes	Yes	Yes	n/a
Head support (to attack or defend)	Not permitted - warning	Not permitted – Shido / explain	Not permitted - Shido	Not permitted - Shido	Not permitted - Shido	Yes	Yes	Yes	n/a
Reverse Seoi-Nage	Not permitted - warning	Not permitted – Shido / explain	Not permitted - Shido	Not permitted - Shido	Not permitted - Shido	Yes	Yes	Yes	n/a
Head Locking (in Koshi Guruma, Kubi Nage, Kesa Gatame)	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes
Counter-rotation against one-leg throws (e.g., against Uchi Mata)	No	No	No	Yes	Yes	Yes	Yes	Yes	n/a
Gripping (Kumi-kata) note 3	Frontal plane (cannot go over the middle of the upper shoulder)	Frontal plane (cannot go over the middle of the upper shoulder)	Standard	Standard	Standard	Standard	Standard	Standard	Standard
Medical	Permitted (referee discretion)	Permitted (referee discretion)	Permitted (referee discretion)	Permitted (referee discretion)	Permitted (referee discretion)	IJF rules	IJF rules	Permitted (referee discretion)	Permitted (referee discretion)
Prohibited actions	Matte and explain to both the athlete and coach	1st infraction: matte and explain 2nd: Shido	Standard	IJF rules	IJF rules	IJF rules	IJF rules	IJF rules	Judo Canada rules
Time	2 minutes non-stop. No Golden Score	2 minutes regular. No Golden Score	3 minutes regular. No Golden Score	3 minutes regular. Unlimited Golden Score	4 minutes regular. Unlimited Golden Score	4 minutes regular. Unlimited Golden Score	4 minutes regular. Unlimited Golden Score	3 minutes regular. Unlimited Golden Score	4 minutes regular. Unlimited Golden Score



NOTES (UPDATED):

1. Sutemi Waza. Please see the list of sutemi waza techniques (sacrifice your balance to throw your opponent): Daki wakare, Hikikomi gaeshi, Sumi gaeshi, Tani otoshi, Tawara gaeshi, Tomoe nage, Uki waza, Ura nage, Yoko gake Yoko gumura, Yoko otoshi, Yoko wakare.

2. Makikomi. For U10, U12 and U14 (orange belt and below): actions starting with Makikomi or Sutemi are not counted and are penalized accordingly. Actions that start with an authorized technique and end with Makikomi-waza due to the opponent's reaction must be counted.

3. Kumi kata. The frontal plane is the front of the judogi, and the hand at the collar may not extend beyond the middle of the upper shoulder. Standard rules means that the hands can be placed according to the normal rules of kumi kata.

4. Categories with no golden score (U12, U14). If the match is tied at the end of regulation time, the winner is the competitor with no Shidos or with fewer Shidos. If there is no difference in Shidos, the winner is determined by a decision of the referee after having confirmed with the mat Chief.

OTHER:

Coaching: for circuit level tournaments, e.g., Manitoba Open, coaching during the contest will be permitted for U12 and under. For U14 and above: IJF coaching rules will apply (coaches only allowed to coach during matte).

Judogi: mandatory white gi. Blue is optional and accepted only if called second (i.e., to the left of the central referee). For circuit level tournaments, e.g., Manitoba Open: U16 and above (including Ne-waza): mandatory white gi (when called first) and mandatory blue gi (when called second). Exceptions to mandatory blue gi: Veterans and Novice divisions (regardless of age).