



BALMORAL JUDO CLUB OPEN

2026 Technical Package

Saturday, March 28th, 2026

Stonewall Collegiate

5th Street West

Stonewall, Manitoba

Organizing Committee

Tournament Director

Jason Rogowsky

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IT Management, Registration and Draw

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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, March 26th, 2026		
Before 11:59 PM	Club Coaches send U10 and U12 weights in kg. and names to the tournament director	
Friday, March 27th, 2026		
6:30 to 8:30 PM	Weigh-in for U14 and older	Stonewall Collegiate Gym
Saturday, March 28th, 2026		
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	Stonewall Collegiate Gym
10:30 AM	Competition Starts Beginning with U10 / U12	

Tournament Venue

Stonewall Collegiate

5th Street West

Stonewall, Manitoba

Registration

THIS TOURNAMENT IS PRE-REGISTRATION ONLY:

Registration Opens: March 3rd, 2026

Registration Closes: March 25th, 2026

– 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/balmoral-judo-club-open-referee-registration/1004486/>

– Athlete Registration:

- Online registration for all athletes:
- Trackie – <https://registration.judocanada.org/event/balmoral-judo-club-open/1004485/>
- 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

Coaches, please send U10 and U12 weights in kg. and names to the tournament director by end of day Thursday, March 26th.

Registration Fees

\$40 for the first division

\$20 for a second division

Fees are payable by cheque, cash or e-transfer at the time of weigh-in. U10/U12 please check-in.

CANTEEN ON SITE

Divisions

All athletes must be minimum rank of Yellow Belt

Ne-Waza minimum rank of Green 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 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 2013, 2014 and 2015*	
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, 2012 and 2013*	
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, 2011 and 2012*	
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 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	
Match Time: 3 minutes; Golden score: No Limit	
Veteran divisions will be determined depending on entries	
NE-WAZA	
Athletes born in 2011 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

- Athletes closest in weight will be grouped together in divisions of (ideally) 3 – 4 competitors and will compete in a round robin format.
- U10/U12 athletes are only allowed to compete in their respective age category (exception would be a U12 athlete that meets the early bloomer criteria could compete in U14 but must pick either U12 or U14 not both divisions)

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

- In weight categories with eight (8) or more competitors, the modified double elimination format will be used.
- In weight categories with six (6) or seven (7) competitors, the double pool format will be used
- In weight categories with five (5) or fewer competitors, the round-robin/pool format will be used.
- 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.

- Tournament regulations as per Judo Canada's Sanction Policy and Tournament Standards – 2025-2026.
- U14 born in 2015 and meets the early bloomer criteria of Judo Canada can enter U16

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 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.

- 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
 - 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.

J Judo Manitoba – Quick reference for modified rules per age division

2025 – 2026 season



	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

Technical package – 2026 Balmoral Open

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
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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).