



**NEWFOUNDLAND & LABRADOR**  
**JUDO ASSOCIATION**

**TECHNICAL PACKAGE**

**Newfoundland & Labrador Judo Association**

**2026 NLJA Provincial Spring Judo Tournament, April 24th – 26th  
Paradise Recreation Centre, 28 McNamara Drive, Paradise, NL**

**Dates:**

**Friday, April 17th, 2026** - Deadline for online registration. Any registration after this date is subject to a late registration fee of \$20.

**Friday, April 24th, 2026**, All activities are at the Paradise Recreation Centre, Paradise.

1830 – 1930 - In-person weigh in

1930 – 2030 - Referee clinic

2030 – 2130 - Coaches meeting

1900 – 2130 – Tournament setup at Paradise Recreation Centre, Paradise.

**Saturday, April 25th, 2026** – All tournament activities at the Paradise Recreation Centre, Paradise.

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 – 1615 - Mat removal

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

**Sunday, April 26th, 2026**

Provincial Dan Grading (time and location TBD)

0830 – 1200 - Training Camp (Alex Foley's Martial Arts – 1288 Topsail Rd, Paradise)

Training camp times and content subject to change.

Please direct all questions to:

**Dave Banko – Tournament Director Email: [dave.banko@mail.com](mailto:dave.banko@mail.com) Phone: 709-765-5573**

**Newfoundland & Labrador Judo Association**  
**2026 NLJA Spring Judo Tournament April 24<sup>th</sup>-26<sup>th</sup>**

### **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.

**\*\*\*\*\* This tournament is a pre-requisite for Canada Winter Games athletes \*\*\*\*\***

**\*\*NOTE: For this tournament, age category is determined by the age as of December 31, 2026\*\***

### **Tournament Organization**

Registration through the online registration form on [www.trackie.org](http://www.trackie.org) by **Friday, April 17th, 2026**, 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

1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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](http://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 April 17th** 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, April 24th, 2026, from 6:30 – 7:30 P.M. at the Paradise Recreation Centre, Paradise

## **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 Paradise Recreation Centre on Friday evening, April 24th, 2026.

**Newfoundland & Labrador Judo Association  
2026 NLJA Spring Judo Tournament April 24<sup>th</sup>-26<sup>th</sup>**

**COMPETITOR ENTRY FORM**

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

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

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*, 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**  
**2026 NLJA Spring Judo Tournament April 24<sup>th</sup>-26<sup>th</sup>**  
**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