



NAKAMURA JUDO CLUB OPEN

2026 Technical Package

Saturday, May 2nd, 2026

West Kildonan collegiate

101 Ridgecrest Ave, Winnipeg, MB R2V 4T6

Organizing Committee

Tournament Director

Philip O’Gorman

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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, April 30th, 2026 | | |
|--|---|--------------------------|
| Before 11:59 PM | Club Coaches send U10 and U12 weights in kg. and names to the tournament director | |
| Friday, May 1st, 2026 | | |
| 6:00 to 8:00 PM | Weigh-in for U14 and older | West Kildonan collegiate |
| Saturday, May 2nd, 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 | West Kildonan collegiate |
| 10:30 AM | Competition Starts Beginning with U10 / U12 | |

Tournament Venue

West Kildonan collegiate
101 Ridgecrest Ave, Winnipeg, MB R2V 4T6

Registration

THIS TOURNAMENT IS PRE-REGISTRATION ONLY:

Registration Opens: March 23rd, 2026

Registration Closes: April 29th, 2026

– Referee Registration:

- o 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!
- o Please sign up via trackie:
- o Trackie – <https://registration.judocanada.org/event/nakamura-judo-club-open-referee-registration/1004555/>

– Athlete Registration:

- o Online registration for all athletes:
- o Trackie - <https://registration.judocanada.org/event/nakamura-judo-club-open/1004554/>
- o Athletes must have a valid Judo Canada membership
- o Athletes may compete in up to two regular divisions if eligible
- o All competitors except for U10 and U12 must be present at the weigh-in
- o U10 and U12 athletes must check in at the weigh-in table. A 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 in kg. and names to the tournament director by end of day Thursday, April 30th.

Registration Fees

Early registration discount: Register before 22nd April:

\$40 for the first division

\$20 for a second division

Late registration: April 23rd – April 29th

\$50 for the first division

\$20 for a second division

Fees are payable:

by cheque, cash or at the time of weigh-in. U10/U12 please check-in.

Anytime by e-transfer. e-transfers should be sent to nakamurajudo.paa@gmail.com please include the athlete name in the message.

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 2010 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 – 2023-2024.

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

U10s are not awarded place medals, they are given a participation award.

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.

- The 2026 changes to the IJF Rules will apply
- 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
 - o Any competitor not on the mat area after having been called 3 times at 1-minute intervals will automatically lose the bout.
- 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.
- 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 must 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 Makeup 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.

- 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
 - 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.

Appendix

Judo Manitoba Quick Reference Rules

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).

Technical package – 2026 Nakamura Open

| | U10 | U12 | U14 | U16 | U18 | U21 | Senior | Veteran | Ne Waza |
|---|-------------------------|---------------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|-----------------------------|
| Common designation | | | Juvenile | Cadet | Junior | Senior | | Groundwork | |
| 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 |

Technical package – 2026 Nakamura Open

| | | | | | | | | | |
|---|---|---|------------------------------------|---|---|---|---|---|---|
| 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 nonstop. 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 |