

Provincial Judo Tournament

Major Sponsor: **The City of Melfort** Host: **Melfort Judo Club**

Location: **Kerry Vickar Centre 206 Bemister Avenue East Melfort**
From "The 7-11" on Highway 3, go North on Main Street 5 blocks &
east on Bemister Ave E for 2 blocks

Date: **Saturday March 6, 2010**

Tournament Co-ordinator: Dan Hunt dan.r.hunt@gmail.com 306-275-2068

Weigh In Times: Friday 7:30 p.m.-9:00 p.m. Saturday: 8:00 a.m.-10:00 a.m.

Competition Start Time: 10:30 a.m. for U9 to U15 (Approximate time)

Order of competition: U9 > U11 > U13 > U15 > Senior Novice > U17 >
U20 > Senior.

Registration fee: \$30.00 Additional division: \$5.00

Accommodations:

Melfort Travel Lodge while they last or until February 5 2010. Call No Charge (800) 578-7878 or (306) 752 5592 the group code is JUDO. Rate for 2 adults (and children) is \$98.95 plus taxes in the rooms with two double beds, mini-refrigerator, microwave, additional 1 or 2 adults would be another \$10.00

Mount Forest Farm Bed'n & Breakfast, Trent & Shelley Zwingli PO Box 3775 Melfort, Sask. S0E-1A0 306-752-4224 szwingli@hotmail.com

Carra Valla Inn <http://www.carravalla.com> E-Mail : carravalla@sasktel.net /
Phone : (306) 752-2828 or 1- 877- 664-6690 / Fax : (306) 752-5686

Tournament Guidelines:

- **IJF** rules to be used.
- Members in good standing of Judo Saskatchewan
- No white belt participation. Yellow belt or higher.
- **MUST** be at least **7 years old**.
- The tournament committee reserves the right to make any changes necessary in the best interest of the athletes.
- Weight classes may be combined if unsuitable numbers of athletes are registered in a particular weight division.
- All weights are exact weight. No allowances for clothing.
- Females must wear a plain white shirt under their judogi.

- **U7** -No Shiai competition is allowed for this age group
- **U9** The grip is allowed only at the front of the judogi.
The following actions are forbidden:
 - o Head locking with a grip over or around the neck
 - o Leg grabbing techniques
 - o All drop down techniques, which start on one or both knees.
 - o Tani otoshi
 - o makikomi waza
 - o sutemi waza.
- **U11** The grip is allowed only at the front of the judogi.
The following actions and waza are forbidden
 - o Head locking with a grip over or around the neck
 - o Leg grabbing techniques
 - o All drop down techniques, which start on one or both knees.
 - o Tani otoshi
 - o makikomi waza
 - o sutemi waza.
- **U 13** The grip is allowed only at the front of the judogi.
The following actions and waza are forbidden
 - o Head locking with a grip over or around the neck
 - o Leg grabbing techniques
 - o All drop down techniques, which start on one or both knees.
 - o Tani otoshi
 - o makikomi waza

- **U 15** IJF regulations; NO Kansetsu or Shime waza are allowed.

Weight Categories

U9		U11		U13		U15		Senior Novice Y/O/ G	
Born 02/03		Born 00/01		Born 98/99		(Born 1996/97)		(Born 1994 and before)	
Time: 2 min fixed or 3 Ippons (No golden score) May be mixed gender		Time: 2 min fixed or 3 Ippons (No golden score) May be mixed gender		Time: 2 min No golden score		Time: 3 min No golden score		Time: 4 min No golden score	
M	F	M	F	M	F	M	F	M	F
-23 kg	-20 kg	-26 kg	-23 kg	-30 kg	-28 kg	-34kg	-32kg	-73kg	-63kg
-26 kg	-23 kg	-30 kg	-26 kg	-34 kg	-32 kg	-38kg	-36kg	-90kg	-70kg
-30 kg	-26 kg	-34 kg	-30 kg	-38 kg	-36kg	-42kg	-40kg	+90kg	+70kg
-34 kg	-30 kg	-38 kg	-34 kg	-42 kg	-40 kg	-46kg	-44kg		
+34 kg	-34 kg	-42 kg	-38 kg	-46 kg	-44 kg	-50kg	-48kg		
	+34 kg	+42 kg	-42 kg	-50 kg	-48 kg	-55kg	-52kg		
			+42 kg	-55 kg	-52 kg	-60kg	-57kg		
				+55 kg	+52 kg	-66kg	-63kg		
						+66kg	+63kg		

U17		U20		Senior		Canada Games	
(Born 1994/95)		(Born 1991/92/93/94)		(Born 1994 and before)		(Born 1992/93/94/95)	
Time: 4 minutes		Time: 4 minutes		Time: 5 minutes		Time: 4 minutes	
M	F	M	F	M	F	M	F
-46kg	-40kg	-55kg	-44kg	-55kg	-44kg	-55kg	-44kg
-50kg	-44kg	-60kg	-48kg	-60kg	-48kg	-60kg	-48kg
-55kg	-48kg	-66kg	-52kg	-66kg	-52kg	-66kg	-52kg
-60kg	-52kg	-73kg	-57kg	-73kg	-57kg	-73kg	-57kg
-66kg	-57kg	-81kg	-63kg	-81kg	-63kg	-81kg	-63kg
-73kg	-63kg	-90kg	-70kg	-90kg	-70kg	-90kg	-70kg
-81kg	-70kg	-100kg	-78kg	-100kg	-78kg	-100kg	-78kg
-90 kg	+70kg	+100kg	+78kg	+100kg	+78kg	+100kg	+78kg
+90 kg							

Little Leaders Training: 9:00 – 10:00 a.m.

Team Training: 10:00 a.m. – 12:15 p.m.

on Sunday March 7, 2010 at

Kerry Vickar Centre 206 Bemister Avenue E Melfort SK

Ewan Beaton

Saskatchewan High Performance Coach and Director of Development,
will lead the training.

