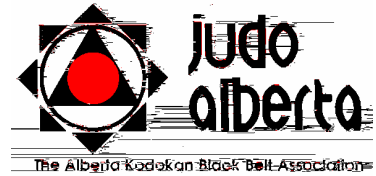




TECHNICAL PACKAGE  
2010  
U15, U17 & U20 CANADIAN  
JUDO CHAMPIONSHIPS  
Lethbridge, Alberta  
July 2<sup>nd</sup> to 4<sup>th</sup>, 2010



You can access this document at [www.judocanada.org](http://www.judocanada.org)  
To contact Judo Canada from July 1-5, please call this tournament contact  
number 613-867-9715.



## GENERAL TOURNAMENT INFORMATION

1. The 2010 event will host for the second time in a National Championships history, three different age groups. For this reason pay particular attention to the NEW schedule and tournament regulations.
2. A minimum of 2 competitors must be registered in a weight category for the competition to take place.
3. The training camp after this is event is mandatory for potential participants of the World Championships.
4. Entries for the tournament must be submitted to Judo Canada **by Friday, June 4th, 2010, by 4:00 pm.**
5. Blue judogis are obligatory for all competitors. Reversible judogis will be accepted.
6. Each team (including officials and staff) is responsible for reserving its own accommodation.
7. Immediately after you register at the hotel, proceed to tournament accreditation. All necessary information will be provided there.
8. **DOPING CONTROL.** Each participant in the National Championships is subject to doping control according to regulations by the Canadian Centre for Ethics in Sport. Athletes and coaches must be familiar with these regulations. You can access the CCES Policy at: [www.cces.ca](http://www.cces.ca). If you have no access to the Internet, request a hard copy of the CCES Policy from Judo Canada.
9. National Training Camp will take place after the tournament (July 5<sup>th</sup> to 8<sup>th</sup>, 2010).. Refer to the Camp registration form included in this Package. Indicate participation in the Training Camp on the official Entry Form.

## **TOURNAMENT DIRECTOR**

**Mr. Ralph VanWerkhoven**

Tel: 403-345-5755

E-mail: [ralph.vanwerkhoven@albertahealthservices.ca](mailto:ralph.vanwerkhoven@albertahealthservices.ca)

## **ORGANIZING COMMITTEE**

**Mr. Wayne Tsukishima** Tel: 403-320-9182 E-mail : [wtsukishima@shaw.ca](mailto:wtsukishima@shaw.ca)

**Mr. Ben Kwan** Tel: 403-331-3085 E-mail: [canadiankwan@gmail.com](mailto:canadiankwan@gmail.com)

**Mrs. Vickie Nakagama** Tel: 403-381-8994 E-mail: rnc1947@yahoo.ca

## **ACCOMMODATIONS for officials and VIP's only**

The Coast Lethbridge Hotel & Conference Centre  
(Formerly the El Rancho Hotel)  
526 Mayor Magrath Drive South  
Lethbridge, Alberta; T1J 3M2

Phone: 403-327-5701

Fax 403-327-5075

Room rate is \$139.00 – \$159.00 plus taxes / night (Superior/Premium)  
33 rooms available

Please quote “2010 Canadian National Youth Judo Championships”

## **TOURNAMENT HEADQUARTERS**

### **ACCOMMODATIONS for Athletes, Coaches and Managers**

The Coast Lethbridge Hotel & Conference Centre

526 Mayor Magrath Drive South  
Lethbridge, Alberta ; T1J 3M2  
Phone: 403-327-5701  
Fax 403-327-5075

Room rate is \$109.00 – \$120.00 plus taxes / night (Standard/Comfort)  
47 rooms available.

Please quote “2010 Canadian National Youth Judo Championships”

## **ALTERNATE ACCOMMODATIONS**

Sandman Hotel Lethbridge  
421 Mayor Magrath Drive South  
Lethbridge, Alberta  
T1J 3L8

Phone: 403-328-1111

Fax 403-329-9488

[www.sandmanhotels.com/en/hotel/alberta/lethbridge](http://www.sandmanhotels.com/en/hotel/alberta/lethbridge)

Room rate is \$109.00 plus taxes / night (Standard)  
Approx. 100 rooms available.

Please quote “2010 Canadian National Youth Judo Championships”

Thriftlodge Lethbridge  
2210 7<sup>th</sup>. Ave. South  
(Corner of 7<sup>th</sup> Ave and Mayor Magrath Drive South)  
Lethbridge, Alberta  
T1J 1M7

Phone: 403-329-0100

Fax 403-327-3600

Room rate is \$85.00 plus taxes / night single or double. \$10.00 per extra person  
(Standard/Comfort)  
91 rooms available.

Please quote “2010 Canadian National Youth Judo Championships”

Other hotels in the area of Mayor Magrath Drive South

[www.travelinalberta.com/Lethbridge.cfm](http://www.travelinalberta.com/Lethbridge.cfm)

Note: Transportation from alternate accommodation to either the headquarter hotel or the shiai-jo is NOT provided by the organizing committee.

## ACCREDITATION

**Thursday July 1<sup>st</sup>, 2010 from 2:00pm to 6:00 pm**  
**The Coast Lethbridge Hotel & Conference Centre**  
**Southern Meeting room**

One Team Leader per province is asked to verify the team registration and to pick up the participants packages for their team, including accreditation badges. Certified accreditation is required for access to the weigh-in room and the shiai-jo.

**NOTE:**      **The tournament Chair reserves the right to revoke the accreditation of anyone showing blatant disrespect for the rules and procedures for the competition as established by the Organizing Committee. There will be a zero tolerance alcohol policy (automatic revocation of accreditation) for all athletes.**

## OFFICIAL & UN-OFFICIAL WEIGH-INS

**The Coast Lethbridge Hotel & Conference Centre**  
**Male Weigh-in: Southern Meeting room**  
**Female Weigh-in: Southern Meeting room (Access through Foothills Meeting room)**

Un-official Weigh-in	Thursday, July 1 <sup>st</sup> , 2010	9:00am to 2300
Un-official Weigh-in	Friday, July 2 <sup>nd</sup> , 2010	6:00am to 7:00 am
Official Weigh-in	Friday, July 2 <sup>nd</sup> 2010	7:00am to 8:00 am
Un-official Weigh-in	Friday, July 2 <sup>nd</sup> , 2010	AT SHIAI_JO
Un-official Weigh-in	Saturday, July 3 <sup>rd</sup> , 2010	6:00am to 7:00 am
Official Weigh-in	Saturday, July 3 <sup>rd</sup> , 2010	7:00am to 8:00 am
Un-official Weigh-in	Saturday, July 3 <sup>rd</sup> , 2010	AT SHIAI_JO
Un-official Weigh-in	Sunday, July 4 <sup>th</sup> , 2010	6:00am to 7:00 am
Official Weigh-in	Sunday, July 4 <sup>th</sup> , 2010	7:00am to 8:00 am

## TEAM TRAINING

Contact the Organizing Committee to reserve a training time for your Provincial Team. 50 minute sessions will be made available during the afternoon of Friday, July 1<sup>st</sup>.

Contact Ben Kwan at: [canadiankwan@gmail.com](mailto:canadiankwan@gmail.com)

## TOURNAMENT SITE

Lethbridge College  
Val Matteotti Gymnasium  
3000 College Drive South  
Lethbridge, AB.

## **HOSPITALITY SUITE**

There will be a hospitality suite on Thursday evening.  
All Officials, Coaches and VIPs are welcome.  
Southern Meeting room

## **BANQUET**

Banquet and dance will be held on July 4<sup>th</sup>, 2010, Sunday evening at 7:00 pm at the Coast Hotel.

Tickets are \$35.00 per person. The order form included is to be forwarded by your provincial association along with a cheque payable to: **Lethbridge Judo Club**

**Banquet tickets must be ordered in advance and payment received by June 11<sup>th</sup>, 2010.**

Note: Banquet offers alcohol-free environment for all athletes.

## **NATIONAL TRAINING CAMP**

The National Training Camp will take place from July 5-8, 2010 at the competition site. The schedule will be determined by Judo Canada coaches. Please see the camp registration form included in this package.

## **TRAINING CAMP ACCOMMODATIONS**

Lethbridge College Residence  
3010 College Drive South  
Lethbridge, Alberta  
Canada T1K 8A2  
Phone: 403-329-7218

Most units are townhouses with four bedrooms (single beds). Some are two bedroom suites (single beds) and all have linens and towels. Units include full kitchen amenities, High-Speed Internet hook-up and Shaw basic cable hook-ups.

Guests can have access to barbecues and picnic tables.

Restaurants, grocery stores and the training camp are with-in walking distance.

Daily rates are \$33.35 including taxes per bedroom/night.

Approximately 230 beds will be available, on a first book, first serve basis.

To book rooms, please contact::

[Ursula.smolenski@lethbridgecollege.ca](mailto:Ursula.smolenski@lethbridgecollege.ca)

## **ADDITIONAL TRAINING CAMP ACCOMMODATIONS**

Ramada Hotel  
2375 Mayor Magrath Drive South  
Lethbridge, Alberta  
T1K 7M1  
Phone: (403) 380-5050  
Toll Free: 1-877-233-1233  
Fax: (403) 380-5051

Premier Inn and Suites  
2225 Mayor Magrath Dr. South  
Lethbridge, Alberta T1K 7M1  
Fax: 1-403-320-2945  
Phone: 1-403-380-6677  
[www.premierinnsandsuites.com](http://www.premierinnsandsuites.com)

## **COACHES MEETINGS AND DRAWS**

### **Thursday, July 1, 2010 – draws for the U17 and U15**

The Coaches Meeting will be held at the headquarters hotel (Southern room) from 7:00 pm to 9:00 pm. Only these divisions will be drawn on that day. In the U15 and U17 seeding only of 2009 returning medalists who compete in the same weight class.

**Saturday, July 3, 2010 – draws for the U20** will be held at the competition venue, after the conclusion of the medal ceremonies for the U15 age division. Seeding as per Judo Canada's Junior Ranking list updated on June 15<sup>th</sup>, 2010.

## **REFEREE CLINIC**

There will be a referee clinic held on Thursday July 1, 2010 to review new rule changes. Times and location will be determined by the referee committee of Judo Canada.

## COMPETITION SCHEDULE

	Thursday, July 1 <sup>nd</sup>	Friday, July 2 <sup>rd</sup>	Saturday, July 3 <sup>th</sup>	Sunday, July 4 <sup>th</sup>
6h00	Unofficial scales open (9h00-23h00)	Unofficial Weigh-in	Unofficial Weigh-in	Unofficial Weigh-in
7h00		U17 - Official Weigh-in (7h00-8h00)	Official Weigh-in (7h00-8h00)	Official Weigh-in (7h00-8h00)
8h00		End of Weigh-in	End of Weigh-in	End of Weigh-in
9h00		Draw Posted	Draw Posted	Draw Posted
9h30		Athletes oath ceremony		
		<b>Preliminary &amp; Repechage</b>	<b>Preliminary &amp; Repechage</b>	<b>Preliminary &amp; Repechage</b>
		<b>U17 MALE      U17 FEM</b>	<b>U15 MALE      U15 FEM</b>	<b>U20 MALE      U20 FEM</b>
10h00		-46 kg      -40 kg -50 kg      -44 kg -55 kg      -48 kg -60 kg      -52 kg -66 kg      -57 kg -73 kg      -63 kg -81 kg      -70 kg -90 kg      -70 kg +90 kg      +70 kg	-34 kg      -32 kg -38 kg      -36 kg -42 kg      -40 kg -46 kg      -44 kg -50 kg      -48 kg -55 kg      -52 kg -60 kg      -57 kg -66 kg      -63 kg +66 kg      +63 kg	-55 kg      -44 kg -60 kg      -48 kg -66 kg      -52 kg -73 kg      -57 kg -81 kg      -63 kg -90 kg      -70 kg -100 kg      -78 kg +100 kg      +78 kg
14h00	Accreditation for athletes; coaches; referees and officials (14h00-18h00)			
16h00		Official Opening	30 minutes after the end of preliminaries	30 minutes after the end of preliminaries
18h00	End of Accreditation	Immediately after the Opening Ceremony ▪ Finals & Awards ▪ <b>Doping control</b>	▪ Finals & Awards ▪ <b>Doping control</b>	▪ Finals & Awards ▪ <b>Doping control</b>
19h00	Coaches meeting & draw for U17 and U15 Referee clinic		Immediately after awards Coaches meeting & draw for U20	▪ Banquet/Dance
21h00	Social activity			

\* Schedule is subject to change. Please check [www.judocanada.org](http://www.judocanada.org) for updates.

## ORDER OF FINAL MATCHES & AWARDS

All bronze medal matches will take place on all mats simultaneously prior to the gold medal matches. Gold medal matches will follow on two mats or on one mat if the time allows for it. Personal coaches of Gold medal winners will be awarded gold medals.

## WEIGHT & AGE DIVISIONS.

Note: age as of December 31, 2010

<u>JUNIOR MEN</u>	<b>U20</b>	<u>JUNIOR WOMEN</u>
Age Minimum                      16* years (Born in 1991, 92, 93, 94 and younger*)		Age Minimum                      16* years (Born in 1991, 92, 93, 94 and younger*)
Age Maximum                      19 years		Age Maximum                      19 years
Rank Minimum                      Nikyu (Blue)		Rank Minimum                      Sankyu (Green)
Time Duration                      4 minutes		Time Duration                      4 minutes
up to 55 kg (not an IJF weight division) 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 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		up to 44 kg (not an IJF weight division) 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 and up to 78 kg more than 78 kg

<u>CADET MEN</u>	<b>U 17</b>	<u>CADET WOMEN</u>
Age Minimum                      15 years    and younger* Age Maximum                      16 years		Age Minimum                      15 years    and younger* Age Maximum                      16 years
Born in                                  1994 & 1995		Born in                                  1994 & 1995
Rank Minimum                      Sankyu (Green)		Rank Minimum                      Sankyu (Green)
Time Duration                      4 minutes		Time Duration                      4 minutes

<p style="text-align: center;">up to 46 kg</p> <p>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 and up to 81 kg  more than 81 kg and up to 90 kg  more than 90 kg</p>
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<p style="text-align: center;">up to 40 kg</p> <p>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</p>
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<u>JUVENILE MEN</u>		<b>U 15</b>	<u>JUVENILE WOMEN</u>	
Age Minimum	13 years		Age Minimum	13 years
Age Maximum	14 years		Age Maximum	14 years
Born in	1996 & 1997		Born in	1996 & 1997
Rank Minimum	3 <sup>rd</sup> kyu (Green)		Rank Minimum	3 <sup>rd</sup> kyu (Green)
Time Duration	3 minutes		Time Duration	3 minutes
<p style="text-align: center;">up to 34 kg</p> <p>More than 34 kg and up to 38kg  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</p>			<p style="text-align: center;">up to 32 kg</p> <p>more than 32 kg and 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</p>	

**\* a younger athletes will be allowed as per the “early bloomer clause” which states: “an athlete who wins a medal at the U17 National Championships and wishes to enter a National Championships in an older age group (Junior, Senior) despite the fact that he/she still is a juvenile, such athlete will be allowed to move to the older age division” – subject to the Technical Committee approval on a case by case basis.**

## ELIGIBILITY

Athletes must compete for the provincial association of which they are a member in good standing. All participants must have the 2010 Judo Canada membership proof. All athletes must be Canadian Citizens or Landed Immigrants.

**NOTE:**                    **Judo Canada passports are mandatory for all competitors and must be presented at the weigh-in. In case no passport is available, another proof of identity with a picture must be presented at the weigh-in.**

## REGISTRATION

The National Office on the official entry must receive all provincial entries and names of substitute's forms no later than **Friday, June 4<sup>th</sup>, 2010 16:00 (EDT)** along with the following:

- Registration forms;
- Completed and signed release forms;
- A cheque for entry fees (non-refundable), \$70.00 per participant;
- Judo Canada passport #;
- Medical summary form.

### **NEW! Special Regulation for the U20 age division!**

All athletes who compete in the U17 event on July 2, who win medals on that day, will have the opportunity to enter the U20 event, providing that:

1. They are registered for that new event by their provincial/territorial coach on time
2. They have paid the entry fee for this new registration
3. They have met the required weight standards for this new registration (both upper and lower limits), during the official Weigh-in on Sunday, July 4<sup>th</sup>.

### **Substitution Rules**

- Up to two substitutes per weight category will be permitted.
- A substitute will be eligible **only** in the category as **indicated previously** on the provincial entry form.
- Substitutes in the age divisions U17 and U15 must be declared by 18:00, Thursday July 1, 2010; Substitutes and additions to the U20 age divisions must be declared by 18:00, Saturday, July 3, 2010.
- No exceptions will be made.

### **Late Entry for National Championships**

The deadline for entries is Thursday, June 4<sup>th</sup>, 009, 16:00 (EDT). After this date any further entries will be deemed late and charged an additional \$50. Late entries that are within provincial quotas will be accepted up to 18h00, Thursday July 1<sup>st</sup>, 2010.

## **Change of an athlete entry from one weight division to another**

Must be made by the end of accreditation (18h00, Thursday July 1<sup>st</sup>, 2010). A charge for such change is \$ 50.00. Provincial Quotas must be respected.

Entries of U17 athletes who qualify for entry into the U20 based on the early bloomer clause, will require an entry fee of \$35 to be paid by the time of the draw of the U20 events on Saturday July 3<sup>rd</sup>, 2010

## **Provincial/Territorial Registration Quotas Per Weight Category**

### U15 WOMEN & MEN

- 3 athletes

### U17 WOMEN & MEN

- The Canadian Champion of the previous year in the same category.
- Plus 3 other athletes

### U20 WOMEN & MEN

- The Canadian Champion of the previous year in the same category.
- Plus 3 other athletes
- Plus the entered medal winners of the U17 age division.
- Plus athletes who were/are carded in season 2009/10 or 2010/11

## **WILD CARD ENTRY**

In exceptional circumstances the Technical Committee of Judo Canada reserves the right to enter an athlete to the National Championships above any quota.

## **SEEDING**

The seeding will be done by the Judo Canada's officer. There will be a maximum of four seeds ranked according to the following priority criteria.

1. U20 - Junior athletes seeded according to the National Ranking. Only athletes on the National Ranking list will be seeded.
2. U15 and U17 - only returning medalists in the same weight class, in a consecutive order: champion, silver, 3rd place and 4th place of the particular weight class.

Seeding formula      #1 seed - position in pool A1  
                                 #2 seed - position in pool B2  
                                 #3 seed - position in pool B1  
                                 #4 seed - position in pool A2

## **DRESS CODE DURING THE COMPETITION**

- Athletes who wish to access the competition and/or warm up area of a shiai-jo must wear a tracksuit or a judogi.
- Judo Canada strongly recommends that coaches wear their respective Official Provincial Tracksuits.

## **COACHES MEETINGS & DRAWS**

The draw meetings will be conducted by the Technical Committee Chairperson or designee, the Tournament Director and Judo Canada's designated officer. One team leader per province is permitted to speak on behalf of their province at the meeting. Others may attend as observers providing there is room. For the U17 and U15 age divisions the draw is conducted on Thursday evening. For the U20 age division the draw is conducted on Saturday evening at the competition venue.

1. Welcome by Tournament Director
2. Role Call to record provincial team leaders.
3. A short explanation of the draw format that will be used. A modified double elimination system is used for U20; U17 and U15 events. Non-seeded athletes are drawn at random into the draw sheet, either by a randomized computer program, or manually, using numbered ping pong balls.
4. Review of Athlete Registration and the Draw.
  - the list of entries and seeding for each weight class will be reviewed prior to the draw of that weight class.
  - team leaders are requested to verify spelling of names, weight class, rank, etc
  - last chance for Team leaders to submit substitutions and withdrawals
  - the Result Co-ordinator / Sport Director will record changes
  - the draw is conducted and accepted.
5. The draw is posted and distributed as soon as possible.
6. For National Championships, an athlete that fails to make weight the next morning is eliminated. Judo Canada reserves the right to redraw the pools if the pools become unbalanced.

For example: A weight class with seven athletes is drawn the night before so that Pool "A" has 4 athletes and Pool "B" has 3 athletes. If an athlete in Pool "B" does not make weight then the weight class will be redrawn. If an athlete in Pool "A" does not make weight the Pools are balanced at three athletes each and there is no need to redraw.

## WEIGH-IN

Weigh-in procedure will be conducted according to the IJF rules unless noted below or in the Technical Package. The Judo Canada Officer and Tournament Director attend to ensure order and control.

1. A set of trial scales must be available at the athlete's accommodations at least one full day before the weigh-in. The trial scales should be calibrated to read identical to the official scales. The required accuracy is the first decimal digit. If the display shows more digits, these must be covered by non-transparent tape. In case there is a discrepancy in reading by the scales placed in the same room, the scale that reads the lowest will be used for the official weigh-in.
2. There must be separate weigh-in rooms for male and female athletes that shall remain locked except for the weigh-ins and one hour prior to weigh-in.
3. All weigh-in room attendants must be of the same gender as the athletes.
4. The official scales must be calibrated and available to the athletes one hour prior to the start of weigh-in.
5. The official weigh-in must be held a minimum of two hours prior to the start of competition.
6. The order of weight classes at weigh-in must follow the order of weight classes for the competition.
7. Each weight class is assigned to a specific scale. Contestants must weigh on the assigned scale only and cannot change.
8. Each athlete is required to present a Judo Canada passport (or equivalent) at the official weigh-in.
9. The athletes shall weigh-in naked or wearing only underclothing, under the supervision of the weigh-in official; the athlete may be requested to remove his/her underclothing to ensure he/she reaches the minimum weight limit of the weight class in which he/she entered.
10. No weight tolerance is accepted. Contestant's weight must be within the lower and upper limits of the class for which he/she is registered, with the exception of the lightweight and heavyweight classes. **Each athlete is allowed to step on the scale only once, generally for no more than 60 seconds or as instructed by the official.** I.e. A brief step-down from the scale to remove clothing is allowed.
11. The exact weight of the contestants, **including the heaviest weight events and all age groups** must be entered on the weigh-in sheet, together with the signatures and initials of the officials.
12. Under the remarks section the names and exact weight of any contestant who does **not** make weight must be recorded and signed by the official and the athlete or the athlete's coach.
13. Any athlete who does not show up at the weigh-in, or who does not meet the weight requirements, will be disqualified. No refunds will be made for not making the weight requirements. Athletes not making weight will be fined.

## COMPETITION RULES

1. IJF rules will be applied in full unless noted elsewhere in the official technical package.
2. Golden Score rule will apply in this competition for U20 and U17, but not for the U15.
3. The U15 will not be allowed to use Shime or Kansetsu Waza. Sankaku gatame is not allowed for it is impossible to determine whether it is applied as a Katame or a Shime waza.
4. Golden Score regulation will be applied as per the IJF regulations. U20 and U17 – 2 minutes and no Golden Score for the U15.
5. Judo Canada Code of conduct, Discipline Procedure and Coaching Code of Ethics will be enforced.
6. Any competitor not on the mat area after having been called three (3) times, at 1 minute intervals, will be automatically eliminated and subject to a fine.
7. Any competitor disqualified by direct hansoku-make for action dangerous to the opponent or action contradictory to the spirit of judo will not be eligible for repechage and will lose his/her standing. A competitor disqualified by direct hansoku-make for any other reason simply loses the match but can continue in the repechage round.
8. Any competitor submitting by kiken-gachi (injury) will not be allowed to resume competition without permission from the medical officer appointed by the tournament organizing committee.
9. All judoka must have a second T-shirt (female) and judogi available by the mat ready to be used.
10. Competitors must wear shoes or sandals while not on the mat.
11. Medal winners must attend the medal ceremony in their judogi or provincial uniform. Medal winners that refuse to participate in the ceremony will be removed from the result list and will not place. (Carding points may be removed)
12. Rest between bouts will be 10 minutes minimum.
13. Coaches will be allowed in the vicinity of the mat as per the IJF rule.
14. At the National Championships, the Provincial coaches must be certified Level III. If there is no Level III certified in the province, the next highest level coach in province must be the head coach. Teams may have other floor coaches, however they must be registered and fully accredited.
15. Judo Canada's Anti-doping Policy will be applied in full.
16. No alcoholic beverage or non-medical drugs will be permitted on the premises of the tournament.
17. Judo Canada may levy \$200 fine against any provincial/territorial athlete disqualified on the following grounds:
  - (a) failure to show up at the official weigh-in
  - (b) failure to meet the weight requirements
  - (c) failure to respect the schedule
18. Coaches must be appropriately dressed.

## POINT SYSTEM

Call	Equivalent	Points	Abr.	Explanation
Ippon		10	IPO	Full point
Waza-Ari		7	WAZ	Not quite Ippon
Yuko		5	YUK	Note quite Waza-ari
Hansoku make	Ippon	10	HAN	Disqualification
3 Shido	Waza-ari	7	3SH	Penalty
2 Shido	Yuko	5	2SH	Penalty
Yusei gachi		1	YUS	Decision
Fusen gachi		10	FUS	Default
Kiken gachi		10	KIK	Withdrawal or Injury
Sogo gachi		10	SOG	Compound win (3 Shido+ Waza-ari)

## COMPETITION SYSTEM

- **MODIFIED DOUBLE ELIMINATION** - for weight categories fielding eight (8) or more than eight (8) athletes.
  1. The winner of each match advances to the next round until only 1 undefeated athlete remains in championship tables A and B. These athletes will meet to determine the gold and silver medals.
  2. After a first loss in the championship tables A or B, the losing athlete is moved to the corresponding repechage table according to the bout number just fought. Bout numbers in the championship table, a1, a2, a3 and so on, have a corresponding match in the repechage tables which indicates the next position for the loser of the bout.
  3. A loss in the repechage table eliminates the athlete from further competition.
- **POOL SYSTEM:** Weight categories fielding seven (7) or less entrants
  1. Preliminaries will consist of pools of three (3), four (4), or five (5) competitors as necessary. Two (2) competitors will be selected by addition of wins. In case of a tie in wins, the highest point score will determine the winner. In case of a tie in points, the competitor having won his/her fight in the pool will be declared the winner.
  2. In weight categories fielding 2 entrants, the competitors will fight twice. In case of a tie in victories, a third fight will be held. Judo Canada reserves the right to cancel a weight category should there be less than two competitors in that weight category.

3. Competition will be by direct elimination after the pools. Winners of "A" will fight the second place of Pool B and the winner of pool B will fight a second place from pool A. Winners of these bouts will meet for a gold medal and losers will be awarded bronze medals and "B" tables will fight for first and second place.

### **Tie breaking criteria for a pool system**

In case the tie in the pool persist the following tie breaking criteria will apply  
**(IMPORTANT *the time of each bout must be correctly recorded*)**

1. The tournament director will decide whether the competition schedule allows conducting the round robin involving tied competitors for the second, third time. (i.e. minimum time required in pool of 3 competitors is 45 minutes).
2. In case the tie persists after the second round (or third if such was conducted), the total time of bouts won in the competition, by each of the participants, will be added. The judoka with the shortest total time will be place first; the judoka with the second shortest time will place second; etc.
3. In case the tie persists after the step (2), the weight of the competitors recorded during the official weigh-in will determine their placing. The lightest will place first, second lightest second; etc.

In case the tie persists, the Technical Committee designate will make a decision on further action.

**NOTE: As per IJF regulations, in a pool tournament format, when an athlete is withdrawn (Medical or Direct Hansoku-make) from the tournament prior to the commencement of his/her last bout in the pool, all the points received by this competitor or against him/her are erased.**

**ENTRY SHEET - TEAM OFFICIALS**  
**FEUILLE D'INSCRIPTION - OFFICIELS D'ÉQUIPE**  
**2010 CANADIAN U15, U17 & U20 CHAMPIONSHIPS**  
**CHAMPIONNATS CANADIENS U15, U17 & U20 2010**

Province: \_\_\_\_\_

	<i>Name/Nom</i>	<i>First Name/Prénom</i>	<i>Function/Fonction</i>	<i>Grade /Certification**</i>
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*Provincial Official*  
*Responsable Provincial*

Date \_\_\_\_\_

**Deadline - Date limite: June 4 juin 2010, 16:00 (EST)**

**NOTE: Coaches and referees must give their certification level - Les entraîneurs et arbitres doivent indiquer leur niveau de certification.**

**ENTRY SHEETS - COMPETITORS  
FEUILLE D'INSCRIPTION - COMPÉTITEURS**

**Event/Evenement:** 2010 U15 CHAMPIONSHIPS

**Date:** July 2-4 juillet 2010

**Province:** \_\_\_\_\_

**CHAMPIONNATS NATIONAUX U15 2010**

**Location:** Lethbridge, AB

**MEN/HOMMES**

	<i>Name/Nom</i>	<i>First Name/ Prénom</i>	<i>Club/Training centre/ Centre d'entraînement</i>	<i>Date of Birth Date de Naiss.</i>	<i>Rank Grade</i>	<i>Weight Poids (kg)</i>	<i>Training Camp d'entraîn ement Y/N</i>	<i>Judo Canada Passport No. Passeport</i>	<i>Provincial Medical #</i>	<i>Emergency Contact En cas d'urgence Name/Nom No. Tél.</i>	
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**Deadline - Date Limite:** June 4 juin 2010, 16:00 (EST)

**ENTRY SHEETS - COMPETITORS  
FEUILLE D'INSCRIPTION - COMPÉTITRICES**

**Event/Evenement:** 2010 U15 CHAMPIONSHIPS  
CHAMPIONNATS NATIONAUX U15 2010

**Date:** July July2-4juillet 2010  
**Location:** Lethbridge, AB

**Province:** \_\_\_\_\_

**WOMEN/FEMMES**

	<i>Name/Nom</i>	<i>First Name/ Prénom</i>	<i>Club/Training centre/ Centre d'entraînement</i>	<i>Date of Birth Date de Naiss.</i>	<i>Rank Grade</i>	<i>Weight Poids (kg)</i>	<i>Training Camp d'entraîn ement Y/N</i>	<i>Judo Canada Passport No. Passeport</i>	<i>Provincial Medical #</i>	<i>Emergency Contact En cas d'urgence Name/Nom Téléphone. No.</i>	
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*Deadline - Date limite: June 4 juin 2010, 16:00 (EST)*

**ENTRY SHEETS - COMPETITORS  
FEUILLE D'INSCRIPTION - COMPÉTITEURS**

**Event/Evenement:** 2010 U17 CHAMPIONSHIPS  
CHAMPIONNATS NATIONAUX U17 2010

**Date:** July July2-4juillet 2010  
**Location:** Lethbridge, AB

**Province:** \_\_\_\_\_

**MEN/HOMMES**

	<i>Name/Nom</i>	<i>First Name/ Prénom</i>	<i>Club/Training centre/ Centre d'entraînement</i>	<i>Date of Birth Date de Naiss.</i>	<i>Rank Grade</i>	<i>Weight Poids (kg)</i>	<i>Training Camp d'entraîn ement Y/N</i>	<i>Judo Canada Passport No. Passeport</i>	<i>Provincial Medical #</i>	<i>Emergency Contact En cas d'urgence Name/Nom Téléphone. No.</i>
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**Deadline - Date limite:** June 4 juin 2010, 16:00 (EST)

**ENTRY SHEETS - COMPETITORS  
FEUILLE D'INSCRIPTION - COMPÉTITEURS**

**Event/Evenement:** 2010 U17 CHAMPIONSHIPS  
CHAMPIONNATS NATIONAUX U17 2010

**Date:** July July2-4juillet 2010  
**Location:** Lethbridge, AB

**Province:** \_\_\_\_\_

**WOMEN/FEMMES**

	<i>Name/Nom</i>	<i>First Name/ Prénom</i>	<i>Club/Training centre/ Centre d'entraînement</i>	<i>Date of Birth Date de Naiss.</i>	<i>Rank Grade</i>	<i>Weight Poids (kg)</i>	<i>Training Camp d'entraîn ement Y/N</i>	<i>Judo Canada Passport No. Passeport</i>	<i>Provincial Medical #</i>	<i>Emergency Contact En cas d'urgence Name/Nom Téléphone. No.</i>
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*Deadline - Date limite: June 4 juin 2010, 16:00 (EST)*

**ENTRY SHEETS - COMPETITORS  
FEUILLE D'INSCRIPTION - COMPÉTITEURS**

**Event/Evenement:** 2010 U20 CHAMPIONSHIPS  
CHAMPIONNATS NATIONAUX U20 2010

**Date:** July July2-4juillet 2010  
**Location:** Lethbridge, AB

**Province:** \_\_\_\_\_

**MEN/HOMMES**

	<i>Name/Nom</i>	<i>First Name/ Prénom</i>	<i>Club/Training centre/ Centre d'entraînement</i>	<i>Date of Birth Date de Naiss.</i>	<i>Rank Grade</i>	<i>Weight Poids (kg)</i>	<i>Training Camp d'entraîn ement Y/N</i>	<i>Judo Canada Passport No. Passeport</i>	<i>Provincial Medical #</i>	<i>Emergency Contact En cas d'urgence Name/Nom Téléphone. No.</i>
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**Deadline - Date limite:** June 4 juin 2010, 16:00 (EST)

**ENTRY SHEETS - COMPETITORS  
FEUILLE D'INSCRIPTION - COMPÉTITEURS**

**Event/Evenement:** 2010 U20 CHAMPIONSHIPS **Date:** July July2-4juillet 2010 **Province:** \_\_\_\_\_  
**CHAMPIONNATS NATIONAUX U20 2010** **Location:** Lethbridge, AB

**WOMEN/FEMMES**

	<i>Name/Nom</i>	<i>First Name/ Prénom</i>	<i>Club/Training centre</i>	<i>Date of Birth Date de Naiss.</i>	<i>Rank Grade</i>	<i>Weight Poids (kg)</i>	<i>Training Camp d'entraîn ement Y/N</i>	<i>Judo Canada Passport No. Passeport</i>	<i>Provincial Medical #</i>	<i>Emergency Contact En cas d'urgence Name/Nom Téléphone. No.</i>	
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**Deadline - Date limite:** June 4 juin 2010, 16:00 (EST)

# 2010 U15, U17 & U20 Judo Championships

## BANQUET/DANCE

### Formulaire de commande – Order form

NOTE : Includes transportation to and from the venue, the meal and entertainment. Le transportation, le repas, et les activités sont inclus.

Nom/Name : \_\_\_\_\_

- Athlète / Athlete  
 Entraîneur / Coach  
 Arbitre / Referee  
 Officiel / Official  
 Autre / Other : \_\_\_\_\_

Province : \_\_\_\_\_

Athelets/Coaches/Managers :

Nombre de billets: \_\_\_\_\_ x \$ 35 total: \$ \_\_\_\_\_  
Number of tickets: \_\_\_\_\_ x \$ 35 total: \$ \_\_\_\_\_

Officials/VIPS:

Nombre de billets: \_\_\_\_\_ x \$35 total: \$ \_\_\_\_\_  
Number of tickets: \_\_\_\_\_ x \$35 total: \$ \_\_\_\_\_

- **Les billets seront remis à la personne responsable de la délégation lors de l'accréditation.**
- **The tickets will be handed to the team leader during the accreditation.**

Please make your cheque payable to Lethbridge Judo Club It must be received with this form before June 11<sup>th</sup> 2010.

Veillez faire votre chèque payable à Lethbridge Judo Club Il doit être joint à ce formulaire de commande et reçu avant le 11 juin 2010.

Please send to :

Lethbridge Judo Club  
2775 28<sup>th</sup> Ave. S.  
Lethbridge, AB.  
T1K 7L6

**National Training Camp 2010**  
**Camp national d'entraînement 2010** Lethbridge, AB  
5 - 8 July/juillet 2010  
Declaration of Participation/Déclaration de Participation

1. Entries to the training camp must be submitted by **June 4<sup>th</sup>, 2010, 16:00 (EDT)**. **Indicate participation in the Camp on the official Nationals entry sheet which must be sent in to Judo Canada.**
2. Each team (including officials) is responsible for reserving its own accommodations. The Training Camp will take place at the competition site in Lethbridge.
3. One Chaperone (coaches, managers) is recommended for every **10** underage athletes.
4. Training sessions will be conducted by Judo Canada designated Coaches.
5. Depending on the number of participants in the camp, training sessions will be conducted for all participants at once or the sessions will be split between categories or between Males and Females. Specific schedule will be produced once the numbers of participants are known. Each participant is guaranteed a minimum of 2 training sessions/day.
6. An entry fee of **\$35**/participant is charged to cover expenses of rental of the training facility. Athletes, who are not members of the National Team or participants in the Junior/Juvenile National Championships, may attend training sessions at the National Training Camp only if they are members of Judo Canada, Team of a Provincial Judo Association and pay the entry fee for the camp.

Provincial Association: \_\_\_\_\_

# d'Athlète / # of Athletes: \_\_\_\_\_

# Entraîneur (s)/ Coach (es): \_\_\_\_\_

# Officiel / Official; Chaperone \_\_\_\_\_

Please make your cheque payable to Lethbridge Judo Club. It must be sent with this form before June 4<sup>th</sup> 2010 to:

Veillez faire votre chèque payable à Lethbridge Judo Club. Il doit être joint à ce formulaire de commande et envoyé avant le 4 juin 2010 à :

Lethbridge Judo Club  
2775 28<sup>th</sup> Ave. S.  
Lethbridge, AB.  
T1K 7L6

# 2010 U20, U17 & U15 National Training Camp Camp d'Entraînement National U20, U17 & U15 2010

Head Coach of the camp/ Entraîneur chef du camp: Sergio Pessoa

<b>Days / Jour</b>	<b>Monday / Lundi 05 juillet, 2010 July 05, 2010</b>	<b>Tuesday / Mardi 06 juillet, 2010 July 06, 2010</b>	<b>Wednesday / Mercredi 07 juillet, 2010 July 08, 2010</b>	<b>Thursday / jeudi 08 juillet, 2010 July 08, 2010</b>
<b>AM</b>	10:00AM- 11:30AM	10:00AM- 11:30PM	10:00AM- 12:00PM	10:00PM- 12:00PM
<b>Lunch/ Dîner</b>	<b>Lunch/ Dîner</b>	<b>Lunch/ Dîner</b>	<b>Lunch/ Dîner</b>	<b>Lunch/ Dîner</b>
<b>PM</b>	4:00PM- 6:00PM	4:00PM- 6:00PM	4:00PM- 6:00PM	Departure / Départ
<b>Curfew / Couvre-feu</b>	11:00PM	11:00PM	11:00PM	

## Judo Canada Training Camp Rules:

1. Be on time for all training & meetings
2. Respect all coaches, managers, therapists and chaperones from all provinces
3. No destruction of property, equipment, beds, etc...
4. No breaking curfew
5. No alcohol
6. Please come to 30 minutes prior to practice to be taped or treated by the therapist
7. Report all injuries to coaches and therapist – extra pre caution with head injuries

## Judo Canada Règlements:

1. Être à temps aux entraînements et réunions
2. Respect de tous les entraîneurs, gérants, thérapeutes et chaperons de toutes les provinces
3. Ne pas détruire les équipements, lits, etc...
4. Respecter le couvre-feu
5. Pas d'alcool
6. S.V.P. Arriver 30 minutes avant les pratiques et pour être traité.
7. Rappporter toutes blessures aux entraîneurs et thérapeutes – extra précaution avec les blessures à la tête

**À noter : Le camp est obligatoire pour participer au Championnat du Monde U20.**

**Note: This camp is mandatory to be selected to the World Championships U20.**



**NOTICE: This is a legal document which must be properly completed and signed or your entry will not be accepted. PLEASE READ CAREFULLY. It eliminates your right to sue under all circumstances. If you do not understand it, obtain legal advice before signing.**

**RELEASE, INDEMNITY, WARRANTY,  
AND ASSUMPTION OF RISK**

*In consideration of the acceptance of the entry to compete in and/or my being permitted to participate in the 2010 Canadian U20, U17, U15 Judo National Championships and the National Training Camp (hereinafter referred to as "this event"), I hereby release, remise and forever discharge, and agree to indemnify and save harmless the Canadian Kodokan Black Belt Association (Judo Canada), Judo Alberta (AKBBA), Lethbridge Kyodokan Judo Club, the organizers of this event, their respective officers, executives, directors, officials, agents, servants and representatives (hereinafter referred to as "the releases") from and against all claims, actions, costs, expenses and demands in respect of death, injury, loss or damage to my person or property, howsoever caused, arising out of or in connection with my competing or participating in this event and notwithstanding that the same may have been caused by, contributed to or occasioned by the negligence, breach of contract, breach of a common duty of care as an occupier of premises, or otherwise, of or by the releases or any of them.*

*I agree to assume all risks, both known and unknown, and all consequences thereof, arising out of or in connection with my competing or participating in this event. I agree to adhere to all rules, regulations and conditions of this event.*

*I certify that:*

- 1) I am in good physical condition and I have no injury, disease or disability nor have I injected or ingested anything that would impair or enhance my performance or physical condition or increase the likelihood of injury in competing or participating in this event.*
- 2) No physician, nurse, therapist, trainer, coach, manager or other person has advised me not to compete or participate in a body contact sport or in this event.*
- 3) I am familiar with the sport of judo and the nature of a judo contest. I am aware that there is a high risk of injury by the very nature of the sport.*

4) *Parent(s) or legal guardian(s) of minor participants under 18 years of age additionally agree that they will instruct the minor participants to the above warnings and conditions and their ramifications, and that they consent to the minor's participation.*

*I further agree that Judo Canada has the right to use, in such form plus for such time period as Judo Canada may in its sole discretion choose, without payment of any fee or charge, photographs, images, likeness, video tapes or any other recordings or reproductions of me, to further the objectives of Judo Canada, including without limiting the generality of the foregoing*

a) *the training, education, development of judoka, coaches, officials and*

b) *for Judo Canada promotional purposes*

*This document shall be binding upon myself, my heirs, executors, administrators, assigns and personal representatives.*

*I have read this document, understand that I give up substantial rights by signing it and knowing this, sign it voluntarily. I agree to participate knowing the risks and conditions involved and do so entirely upon my own free will.*

\_\_\_\_\_  
*Participant's Name (please print)*

\_\_\_\_\_  
*Participant Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Witness Signature*

\_\_\_\_\_  
*Parent/Guardian Signature*

\_\_\_\_\_  
*Date*

\* Use of high quality mouth guards are recommended during competition and other forms of sparring.  
 \* L'utilisation d'un protège buccal synthétique de qualité est recommandée lors de la compétition et autres formes d'entraînement.

Revised / Révision  
 16/01/2009

**MEDICAL SUMMARY FORM**  
**FORMULAIRE DU SOMMAIRE MÉDICAL**

\* Information to be used for medical screening and emergency.  
 \* L'information ne sera utilisée que pour dépistage ou en cas d'urgence médicale.

**Personal Information**  
**Renseignements personnels**

Family name – Nom

Name – Prénom

Address – Adresse

City – Ville

Province **DJ / MM / YAAA** Postal code - Code postal ( ) -

D.O.B. - Date de naissance

Phone # Téléphone

Male  Homme

Female  Femme

Gender – Sexe

Age division  
 Division d'âge

Weight category  
 Catégorie de poids

Province of registration  
 Province d'affiliation

# Judo Canada #

**Emergency Contact**  
**Personne à contacter en cas d'urgence**

Emergency contact name - Nom et prénom

Relationship - Lien de parenté ( ) -

Home phone # - Téléphone à la maison ( ) -

Work phone # - Téléphone au travail

**Significant injuries or treatments in the last 6 months**  
**Blessures ou traitements importants dans les 6 derniers mois**

Details

Détails

**Medical Information**  
**Renseignements médicaux**

Medicare # Assurance maladie Province

**DJ / MM / YAAA**

Expiry date d'expiration

Blood type - Type sanguin

N Y - O

Do you wear glasses/contacts?    
 Portez-vous des lunettes/verres correcteurs?

Medication - Médication

Details

Allergies

Détails

Recent weight loss - Perte de poids récente

Kg

Recent concussion - Commotion récente

Date

**DJ / MM / YAAA**

**Medical History**  
**Problèmes médicaux**

N Y - O

Head injury - Blessure à la tête

Seizure/Convulsion - Convulsion

Heart problems - Troubles cardiaques

High blood pressure - Haute tension

Blood problems/Bruising - Problèmes sanguins/Ecchymoses

Asthma - Asthme

Diabète

Menstrual problems - Problèmes menstruels

Abdominal problems - Problèmes abdominaux

Heat/Dehydration

Bouffées de chaleur/Déshydratation

Anaphylaxis - Anaphylaxie

Skin disorders/lesions

Problèmes cutanés/lésions

If yes - Si oui ...

Details

Détails

Athlete signature – Signature de l'athlète

Witness - Témoin

Parent signature (if under 18) – Signature d'un parent (si moins de 18 ans)

Date