



SPORT INFORMATION PACKAGE

JUDO



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A. HISTORY OF SPORT

The roots of judo can be traced to Japan's Samurai warriors. Nearly 1,300 years ago they developed the most ancient of martial arts, jiu-jitsu, as a way of fighting. In the 19th century, due to changes in Japanese society, judo emerged as an alternative to the older jiu-jitsu styles. It is the legacy of Jigoro Kano (1860-1938) who combined different styles of jiu-jitsu in a new approach to martial arts that would allow to practice it in educational and not only military institutions. Judo disallows techniques that aim on killing or injuring the opponent.

The system developed by Kano is based on two key principles: maximum efficiency and mutual welfare and was meant to serve as a physical education system for newly formed public education system.

The original school where Kano taught his first students called Kodokan still exists. Now a vibrant seven-story building in Tokyo, Kodokan is regarded as the world Mecca for judo. Every day it attracts thousands of practitioners.

Judo gained popularity quickly after its birth. Many liked its emphasis on subduing rather than overpowering an opponent or causing injury. A myth grew that small men armed with the knowledge of judo could easily defeat much larger men. That changed somewhat when big men began to practice the sport. It was then that Kano implemented ranking system to ensure the skills of opponents were fairly matched.

After World War II the judo spread rapidly all over the World. It is practiced today in 200 countries members of the International Judo Federation, making it one of the world's most popular sports. Since 1964 Judo has been included in the Olympic Games program. In many countries of the world, Judo champions are as popular as hockey stars in Canada. Women's judo is growing ever since the 1st Women's World Judo Championships were held in New York in 1980. Since 1988 women's judo has been an Olympic Sport.

The first dojo in Canada was opened in Vancouver in 1924, but it was not until the 1930's that more numerous judo schools began to appear. During World War II, the Japanese and Canadians of Japanese origin were relocated to the east of the Rocky Mountains. As a result of this relocation judo spread across the country.

The Canadian Kodokan Black Belt Association, known as Judo Canada, was incorporated on October 25th, 1956. Judo Canada is recognized by the International Judo Federation, the Pan American Judo Union, the Canadian Olympic Association and Sport Canada as the official governing body for the sport of Judo in Canada. Today more than 40,000 Canadians participate in judo including 23,000 registered as provincial association members. Approximately 400 clubs are spread through all provinces and territories. We are part of a world-wide judo community of eight million people.

In the Tokyo Olympic Games, Canadian Doug Rogers won a silver medal in the over 80 kilograms category. While his performance was a great surprise to many, Rogers, in fact, had been training for four years in Japan preparing for this challenge. Canada's next medal in

Olympic competition came at the 1984 Los Angeles Games. Mark Berger won a bronze in the over 95 kilogram (heavyweight) category.

In 1992, 20 year old Nicolas Gill from Montreal, while still a junior, stunned the judo world with a bronze medal in the under 86 kilo class. Nicolas did not stop there, in 1993 he won silver medal in the World Championships and captured the bronze in the 1995 and again in 1999 Worlds and then silver at the 2000 Sydney Games. Only 3 other Canadians stood on the World Championships podium - In 1965 Doug Rogers and in 1981 Kevin Doherty and Phil Takahashi. Since 2009 World Championships in Judo take place every year (prior to that every second year). Today's top competitors are predominantly coming from Japan, Korea, France and other European Nations.

B. CANADA GAMES SPORT HISTORY AND PAST RESULTS

Judo was first contested at the Canada Games in 1971 in Saskatoon, Saskatchewan.

Below are the ranking of the Provinces/Territories since the inaugural games:

	1971*	1975*	1979	1983	1987		1991		1995		1999		2003		2007		2011		2015	
	M	M	M	M	M	F	M	F	M	F	M	M	M	F	M	F	M	F	M	F
AB	-	-	3	5	5	2	6	8	5	4	5	5	3	6	5	8	6	6	5	7
BC	2	3	4	1	3	3	3	3	3	3	3	3	4	3	3	3	2	7	7	7
MB	-	-	5	9	6	10	4	7	7	7	4	4	5	8	4	5	3	5	7	4
NB	-	-	8	8	8	5	5	5	2	6	6	6	6	7	6	4	5	3	7	5
NL	-	-	7	10	9	8	9	-	10	9	11	11	10	11	11	11	10	10	5	-
NWT	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	-	1	-
NS	-	-	6	4	7	7	7	6	9	8	8	8	9	9	8	10	6	8	5	5
NU	-	-	-	-	-	-	-	-	-	-	10	10	-	-	10	-	11	11	-	-
ON	1	2	2	3	2	4	1	2	4	1	2	2	2	2	2	2	4	2	7	7
PEI	-	-	9	7	-	-	10	-	8	10	9	9	7	4	9	7	9	8	5	4
QC	3	1	1	2	1	1	2	1	2	2	1	1	1	1	1	1	1	1	7	7
SK	-	-	10	6	4	6	8	4	6	5	6	6	7	5	6	6	8	4	6	4
YK	-	-	11	11	10	9	-	-	-	-	12	12	11	10	12	9	12	11	1	-

C. NUMBER OF ATHLETES PER TEAM

Competitors: 7 Males and 7 Females

D. EVENT FORMAT AND RULES OF PLAY

Competition Rules

1. IJF Rules will be applied unless otherwise noted in this technical package.

2. Any competitors that are not on the mat area after having been called three times, at one minute intervals, will be automatically eliminated and subject to a fine.
3. Hansoku make
 - 3.1. 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.
 - 3.2. Any competitor disqualified by direct hansoku-make for any other reason, loses the match but can continue in the repechage round.
4. 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.
5. All competitors must have 2 sets of white and 2 sets of blue judogis; or 2 sets of reversible judo gis.
6. All female competitors must have a second white T-shirt and second judogi available by the mat ready to be used.
7. Competitors must wear shoes or sandals while not on the mat.
8. Medal winners must wear their Provincial/Territorial uniform during medal presentations. No head covering of any kind is allowed on the podium; no display of flags or any other symbols is allowed on the podium.
9. Medallists who refuse to participate in the medal ceremony will be removed from the result list and will not place.
10. The rest period between bouts will be a minimum of 10 minutes.
11. Coaches will be allowed in the vicinity of the mat as per the IJF rule and must wear the official Provincial Team uniform.
12. Duration of a bout - 4 minutes.

Weight Categories:

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
 more than 66 kg and up to 73 kg
 more than 73 kg and up to 81 kg
 more than 81 kg

Female

Up to 44 kg
 more than 44 kg and up to 48 kg
 more than 48 kg and up to 52kg
 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

Each province/territory can enter one or two competitor(s) per weight category providing that the maximum size of a team is no larger than 7 athletes.

Weigh-Ins

Competitors will weigh-in, according to the published schedule of the event. Weigh-in will be conducted according to the 2018 edition of Judo Canada Tournament Standards and Sanctioning Policy.

Weigh-in for the individual and team events will be conducted in the evening on the day prior to the competition.

Weigh-in for the team event: Competitors who competed in the individual event and are competing in the same weight division during the team event, will have 1kg weight tolerance allowance.

The Provincial Referee Director appoints a referee team to conduct the weigh-in according to IJF rules. The Judo Canada Technical Advisor and the Tournament Director also attend to ensure order and control.

1. A set of trial scales must be available within the athletes' village from the day of arrival of the first team. The trial scales should be calibrated to read identical to the official scales.
2. There shall 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. The referees and weigh-in room attendants must be of the same gender as the athletes.
4. The official scales shall be calibrated and shall be available to the competitors for one hour before the official weigh-in.
5. The official weigh-in will begin at least 3 hours before the start of the competition on the day of the competition
6. The order of weight for the weigh-in must follow to the order of weight categories for the competition.
7. Each weight category is assigned a specific scale, and each competitor must weigh-in 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 categories. Each athlete is allowed to step on the scale only once for no more than 60 seconds or as instructed by the official. I.e. A brief step-down from the scale is allowed to remove clothing.
11. The exact weight of the competitors, including the heavyweight categories, will be registered on the weigh-in form, along with the signatures and initials of the referees.
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 referee and athlete.
13. Any athlete who does not show up at the weigh-in, or who does not meet the weight requirements, will be disqualified.

Duration of a bout – 4 minutes

Format

The 2019 Canada Games Judo competition will feature both an individual competition *and a team - dual meet format.*

Individual Competition

In the individual competition maximum of 56 medals will be awarded for medal winners in 14 weight classes (1st, 2nd, and two 3rds).

- individual competition will take place on the first two days of the judo tournament.

Day one:	females -44; -48; -52	males -50; -55; -60; -66
Day two:	females -57; -63; -70; +70	males -73; -81; +81

- double elimination system of competition will be used for weight categories of 8 and more athletes, 2 pool system for weight categories with 6 and 7 entries and a round robin system in weight categories with 5 or less entries.
- no seeding will be applied.

NOTE: in a pool tournament format, when an athlete is withdrawn (*Direct Hansoku-make*) from the tournament, the future opponent(s) receive points for *fusen gachi*.

Team - Dual Meet Competition Format

The team competition will feature teams composed of 5 weight classes.

Male: - 55; 60; -66; -81; +81

Female: -44; -48; -52; -63; +63

The IJF Team Competition guideline will be followed.

A Provincial/Territorial Team must have at least 3 judoka to enter the team tournament. Each competitor is entitled to fight in his/her own weight category or in the next higher category.

In the team competition 4 medals will be awarded for 1st, 2nd, and two 3rds (up to 28 individual medals per gender) for each member of the team placing 1st through 3rd (athletes of the Provincial/Territorial Team who are not competing in the team tournament but are substitutes in their respective teams, will also receive medals).

Men and women will compete as separate teams.

The team tournament will be conducted on the 4th day of the judo event, after a day of rest that will follow the individual tournament.

A repechage system of competition will be used with the teams losing to the eventual finalists will compete for bronze medals.

Based on the results of provincial athletes in the 2019 Winter Games Individual competition, Provincial/Territorial teams will be ranked. Rankings are based on a 6,4,3,3,1,1 point system for 1st, 2nd, 3rd, 3rd, 5th, 5th, respectively, in the individual competition.

As per IJF standards Teams ranked #1 & 4 will be seeded in pool A as A1 and A2 respectively, and teams ranked #2 & 3 will be seeded in pool B as B1 and B2 respectively. The other of the participating teams will be assigned to pool A or B by a random draw.

In case of a tie in the ranking points the following steps will be used in consecutive order to break the tie and determine seed position:

- Number of individual gold medals won
- Number of individual silver medals won
- Number of individual bronze medals won
- Number of individual wins within the teams tied
- Number of individual wins by ippon within the teams tied
- Number of individual wins by wazari
- Etc.

Only teams that have a theoretical chance to win a dual meet will be allowed into the team - dual meet competition (i.e. male or female teams must have a minimum of *three* competitors).

A team match for a true 3rd place (bronze medal) will be held.

All contested bouts must be decided. If at the end of the regulation time the score is tied, the bout continues as per the Golden Score regulation.

For each individual win within a dual meet contest, the winner receives one point. Judo specific points for a quality win (as per IJF regulations) are recorded. For a win by Fusen Gachi one point and 10 judo specific points are awarded.

After all the bouts in the dual meet contest are concluded, the team that accumulated the higher number of points wins.

TEAM EVENT POINTS

Teams that participated in the tournament but did not place in the top 4 will receive equal points for placing 5th through 8th providing that each placing was accomplished by a won dual meet (i.e. two of the teams placing in the top 8 earned their standing with a win in a preliminary round, while the other two placed in the top 8 without winning a dual meet; in such case the two teams will share points for places 5th and 6th, while the other two will share points for 7th and 8th. Teams placing in positions 9 to 12 will share points according to the same process as described above for teams placing 5 through 8.

In case teams are not able to compete in the team-dual meet competition, due to inadequate number of athletes, such teams will receive points for last place. In case more than one team cannot compete, points for placing 11th-13th will be added together and shared equally between the tied teams, etc.

Points will be awarded on the following basis:

1 point for a win (in the case when a round robin system or pool system is used in individual competition and in the case of the dual meet by teams);

Specific points as per IJF regulations:

- 10 points for IPPON (or equivalent - fusen gachi, kiken gachi)
- 7 points for WAZA-ARI (or equivalent)
- 1 point for YUSEI GACHI (win by penalty is recorded as 1 point)
- 0 for the loser and for HIKIWAKE in the team competition

That is, win by ippon recorded as 1/10; waza-ari recorded as 1/7; by less than waza-ari: 1/1, etc.

E. EQUIPMENT & TERMINOLOGY

EQUIPMENT

A judogi, or gi for short, can be white, off-white or blue. It has continuous strengthened lapels and reinforced stitching in the armpits and below the waistline. The belt, coloured according to the competitor's level, fastens the jacket at the waist and is long enough to go around the body twice. It is tied with a large square knot. Female judoka wear a white t-shirt under their jacket.

True to its origins, Judo still uses Japanese terms. Listed below are words commonly used by judoka all over the world:

Dojo	- the place where judo is practiced
Hajime	- begin
Judo	- way of non-resistance, (the gentle way)
Judogi	- judo suit consisting of a two-piece suit and a belt
Kata	- a pre-set sequence of technical moves that allows an individual to demonstrate his/her knowledge and technical understanding of the judo principles
Katame waza	- grappling techniques
Kumi kata	- a method of gripping the opponent's judogi
Mate	- stop
Nage waza	- throwing techniques
Ne waza	- groundwork techniques
Obi	- belt
Osaekomi waza	- holding techniques
Randori	- free training
Rei	- bow
Ritsu rei	- standing bow
Sensei	- teacher
Shiai	- competition
Shihan	- master
Tatami	- straw or foam mat on which judo is practised
Tori	- attacker
Uke	- person being attacked
Ukemi	- technique of breaking a fall
Za rei	- kneeling bow

Zori

- sandals worn when moving outside the tatami area

F. ELIGIBILITY

Athletes born 2001 to 2004 inclusive; plus younger athletes identified as per Judo Canada Early Bloomer Clause, which states:

**** To allow young but exceptionally mature athletes to gain an adequate competitive experience, Judo Canada will apply an “early bloomer” clause in the case when Provincial/Territorial associations nominate athletes younger than born in 2004. Such Provincial/Territorial nominations must be accompanied by the nominee’s competitive history in Judo Canada’s sanctioned tournaments and will be subject to approval on a case-by-case basis by Judo Canada’s designated Sport Committee.***

G. JUDGING/SCORING SYSTEM

A bout is judged on the basis of throwing techniques (nage-waza) or grappling techniques (katame-waza). When one of the competitors succeeds in throwing his opponent, he is awarded a decision of ippon, or wazari.

IPPON (full point - a competitor who scores ippon wins immediately):

- when a competitor throws his opponent largely on his/her back with considerable force and speed;
- when a competitor scores a waza-ari and then subsequently scores a second waza-aris, it will constitute an ippon;
 - when one competitor holds the other for 20 seconds after the referee calls osaekomi (hold down is on);
- when a competitor gives up by tapping his own or opponent's body or the mat with his hand or foot twice or more;
- when a competitor says “maitta” (I give up);
- when the arm lock or stranglehold is effective;

WAZA-ARI (almost an ippon):

- when a throwing technique does not quite merit an ippon (lack of force, speed or opponent not completely on their back);
- when a hold last more than 10 but less than 20 seconds;

Points will be awarded on the following basis:

1 point for a win (in cases when a round-robin system or pool system is used in the individual competition, or in case of the dual meet by team);

Specific points as per IJF regulations:

- 10 points for IPPON (or equivalent)
- 7 points for WAZA-ARI (or equivalent)
- 1 point for YUSEI GACHI (win by penalty is recorded as 1 point)

- 0 point for the loser at all times

I.E. A win by ippon is recorded as 1/10, wazari is recorded as 1/7 etc.

Provincial/Territorial Ranking:

Team Tournament

first	20 points
second	15 points
third	11 points
fourth	9 points
5 th	8 points
6 th	7 points
7 th	6 points
8 th	5 points
9 th	4 points
10 th	3 points
11 th	2 points
12 th	1.5 points
13 th	1 point

or

as per the formula described above in the TEAM EVENT POINTS section.

Individual Tournament

In each weight category, participants will receive for their team the following points:

- first in his/her weight category 7 points
- second in his/her weight category 6 points
- the two thirds in their weight category 5 points

PROVINCIAL/TERRITORIAL RANKING

Men and women will be ranked separately. Points from each weight category will be added to the points from the team competition to give an overall ranking of teams from first to last, and points for the Games Flag will be awarded as follows:

1st place - 10 points	8th place - 3 points
2nd place - 9 points	9th place - 2.5 points
3rd place - 8 points	10th place - 2 points
4th place - 7 points	11th place - 1.5 points
5th place - 6 points	12th place - 1 point
6th place - 5 points	13th place - 0.5 point
7th place - 4 points	

H. TIE-BREAKING RULE

Competition

Individual competition

According to Judo rules, no match can end in a tie in individual competition.

In the case of a tie in a *Pool or Round Robin*:

- In a tie between two athletes, the winner of the match between the two will be declared the winner;
- In a tie between three, or more, athletes, a round robin will take place between those athletes to determine a winner;
- In the case the tie persists the following tie breaking criteria will apply;

NOTE: It is extremely important that the time of each bout must be correctly recorded

1. The tournament director will decide whether the competition schedule allows conducting this competition for the 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 participant, will be added, and then divided by number of bouts actually competed (no fusen gachi wins can be considered). The judoka with the shortest *average* time will be placed first, the judoka with the second shortest *average* time will be placed second, etc.
3. In case a tie persists after 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.
4. In the case the tie still persists, the Technical committee designate will make a decision on further action.

Dual meets – Team competition

In case of a tie, (which in this case may happen only if both competing teams have the same weight division(s) vacant), one bout will be repeated and decide the outcome of the dual meet. The choice of the bout will be done by a random draw from amongst the divisions that were contested and not decided by fusen gachi or kiken gachi.

Provincial/Territorial Ranking:

If a tie occurs in the final Provincial/Territorial team standing, the province/territory with the greater number of event first places will be assigned the higher rank; if the tie persists, the procedure is repeated for event second places, then third places, etc.

If the tie persists, the Province/Territory with the higher standing in the last event completed will be assigned the higher rank. If necessary, the procedure is repeated for the second last event completed and the third last, etc.

I. TECHNOLOGY OF SPORT

Judo today uses the same basic equipment from the day it started. Uniforms worn for Judo competition are produced by a variety of manufacturers using cotton as a base fabric. The number of stitches and thickness of the judogi is regulated as this area could in fact impact the outcome of the bout.

The mats used during competition (tatami) are produced from compounds that improve shock absorption.

J. ROLE OF OFFICIALS IN SPORT

The judo referees and judges all practice the sport actively and are continually kept updated on rule revisions. They are also upgraded through provincial, national and international examinations. Many, if not all, have a variety of personal experience in competition.

A referee and two judges form a team for the duration of the match, and there must be a "majority of two" to award points and assess penalties on technical results. In other words, two of the three officials must agree to render a valid decision. The referee wears a radio earpiece to maintain communication with the two judges who sit at the judges table. The judges monitor the play action and can review the video replay to confirm the correct score or penalty was assessed.

K. FACILITY DESCRIPTION

At the 2019 Canada Games, Judo will be competed at the Westerner Park Pavilion in Red Deer. With only two mat areas fans will have no trouble following the action throughout the day and will get a great view of the athletes participating.

L. SPORT MEMBERSHIP NUMBERS AND STRUCTURE

Judo Canada has a registered membership of over 21,000* across Canada. The sport is practiced in every Province and Territory.

**Membership based on the last season.*

M. ATHLETES TO WATCH FOR

N. NOTABLE PAST ATHLETES/ALUMNI

Nicolas Gill – Nicolas attended the 1987 Canada Games where he won a gold. He then became a double Olympic medalist and triple world championships medalist. He is the current Judo Canada High Performance Coach.

Antoine Valois Fortier – Antoine attended the 2007 Canada Winter Games in Whitehorse where he won a gold medal. Since then he has gone on to international success with a Bronze medal at the 2012 Olympics in London.

O. ATHLETE/TEAM MATCH-UPS (RIVALRIES)

Traditional rivalries have been between representatives of the Provinces of Quebec and Ontario as well as between Alberta and BC. However, during the last Open National Championships, Alberta came second overall with BC in third and Ontario falling to fourth place. Now each of these provincial teams are featuring athletes who can reach for gold.