

2026 Judo Saskatchewan Provincial Championships

April 25, 2026

Hosted by:



3355 6th Avenue
Regina, SK



Tournament Director: AIDAN SKAF - aidanskaf@gmail.com
Tournament Registrar: KIM BERGEY - bergeykaip@gmail.com
Chief Referee: ROBB KARAIM - referee@judosask.ca
Chief Kata Judge: DALE BERGLUND - kata@judosask.ca

Athlete Registration & Fees

Link: <https://registration.judocanada.org/event/2026JSProvincials>

* All competitors must be a member in good standing with Judo Saskatchewan

*All competitors must be minimum Yellow belt

Regular Registration – March 20 - April 17, 2026 (23:59 MST)

- U10, U12, U14, U16, Senior, Ne-waza, Kata team - \$40
- Additional divisions - \$20 (\$10/Kata member OR \$20/team)

Processing fees will be added at checkout. All registration fees are non-refundable unless the event is cancelled; no substitutions.

No entries accepted after Saturday, April 18, 2026.

No registrations at the tournament.

Weight Change registration error after April 18th, 2026 is subject to a fee.

Kata Exemption for Grading

If you intend to use your performance for Judo Sask grading, please email the Provincial Grading Committee - grading@judosask.ca

Request for exemption MUST be approved by PGC at time of registration.

Referee & Kata Registration & Meeting

All Referee & Kata Meetings take place at:
mâdawâyatitân centre, 3355 6th Ave, Regina

Link: <https://registration.judocanada.org/event/2026JSProvOfficialsRegistration>

- **Referee Seminar** - Friday, April 24 - 7 to 9 pm
 - Clinician - TBD
- **Referee Meeting** - Saturday, April 25 - 8:15 am
 - Topics: Hand signals, scores, shiai matrix for U8, U10, U12 divisions
- **Kata Judges Meeting** - Saturday, April 25 - 11:30 am
 - Topic: Guidelines for judges, scoring system
- **Referee Meeting** - Saturday, April 25 - 1:30 pm
 - Topic: Match management, coach ethics, ne-waza rules & shiai matrix

Coach Registration

Link: <https://registration.judocanada.org/event/2026JSProvCoachRegistration>

ALL coaches MUST apply for coaching accreditation by April 18, 2026 (no exceptions).

Coaches are welcome to attend the Referee meeting.

Weigh-in

All weigh-ins take place at:
mâdawêyatitân centre, 3355 6th Ave, Regina.

Friday, April 24, 2026 - 6:30 - 8:00 PM

Saturday, April 25, 2026 - 8:30 - 10:30 AM

Age & Weight Divisions (in kg)

- must be minimum Yellow Belt

U8	Born 2019 or later
U10	Born 2017, 2018
U12	Born 2015, 2016
U14	Born 2013, 2014 (Early bloomer 2015)
	Male -32, -35, -38, -42, -46, -50, -55, -60, -66, +66 kg Female -30, -33, -36, -40, -44, -48, -52, -57, -63, +63 kg
U16	Born 2011, 2012 (Early bloomer 2013)
	Male -38, -42, -46, -50, -55, -60, -66, -73, +73 kg Female -36, -40, -44, -48, -52, -57, -63, -70, +70 kg
Seniors	Born 2010 and earlier (Early bloomer 2011)
	Male -60, -66, -73, -81, -90, -100, +100 kg Female -48, -52, -57, -63, -70, -78, +78 kg
Ne-Waza	Born 2010 or earlier (Early bloomer 2011)
	Male -66kg, -81kg, +81kg Female -52kg, -63kg, +63kg
Kata	Kodokan Goshin-jutsu, Jun-no-Kata, Katame-no-Kata, Kime-no-Kata, Nage-no-Kata, Itsutsu-no-kata, Koshiki-no-kata, Kodomo-no-kata 1-7

Match Times & Brackets

U8	1-min 30-sec non-stop match
U10	2-min non-stop match
U12	2-min match
U14, U 16, Veteran, Ne-waza	3-min match
Senior Men & Women	4-min match

Division 2 - best 2 out of 3

Division 3, 4, or 5 - round robin

Division 6 or 7 - double pool

8 or more - true double knockout

Provincial Club Champion

Every participant at the Judo Saskatchewan Provincial Championship can gain points for their club towards a 1st/ 2nd / 3rd place banner and trophy.

You must win 1 match to receive points.

Points will accumulate as follows:

	1st	2nd	3rd
U8	5 points for each participant		
U10	5 points for each participant		
U12	20 points	15 points	10 points
U14	20 points	15 points	10 points
U16	20 points	15 points	10 points
Senior	20 points	15 points	10 points
Ne-waza	15 points	10 points	5 points
Kata	10 points	5 points	2.5 points

Competition Schedule

Saturday, April 25, 2026

Block 1 (Start time 9 AM) - U8, U10, U12

Block 2 (Start time no earlier than 12 NOON) - Kata Competition

Block 3 (Start time no earlier than 2 PM) - U14 & Senior

Block 4 (Start time no earlier than 4 PM) - U16 & Ne Waza

Competition Rules

- IJF, Judo Canada and Judo Saskatchewan regulations as of the tournament date to be enforced. The Tournament Director reserves the right to make any changes in the best interest of the tournament and contestants.
- Blue judogis are mandatory for U16, Senior & Newaza divisions.
- All competitors must be members in good standing with Judo Saskatchewan.
- U8 & U10 may be mixed genders. Groups will comprise 4 judoka (max. 5) or fewer. Submitting incorrect weights may eliminate a judoka from participating with no refund.
- Club Senseis are required to confirm their club's U10 and U12 entry weights. If inaccurate, the correct weight needs to be submitted to this event's registrar before the late registration date.

Guide to Competition Weigh-in

What are weigh-ins?

Every athlete who is U16 or older will weigh prior to competition (U10, U12 and U14 are discretionary on the tournament technical package). This may be the day/night before or even the morning of the event. There should be a 'trial' scale available prior to the 'official' weigh-in for you to check to see if you are on track for making weight. Weigh-ins ensure that athletes will be competing against other athletes of the same weight.

What happens at weigh-ins?

You may be required to 'check in' for a weigh-in card or accreditation before entering the weigh-in room. At official weigh-ins, athletes will go into a weigh-in room with athletes of the same gender. If you are U16 and older: At some events, you are required to have a picture ID (ex. School ID, passport, driver's license, etc.). Weigh-ins are 'strip weight', which means clothing other than undergarments (as described below) is not allowed, even for open weight categories.

Judo Canada Policy 5.3.2.8. Removal of Clothing

All athletes of the age group U12 and younger shall weigh in with judogi pants and t-shirts, no exceptions, and no weight tolerance is granted.

The athletes of age U14 and older shall weigh in wearing only underclothing (men/boys – underpants and optional t-shirt, women/girls – underpants and bra and optional t-shirt). Any socks, jewelry or body piercings must be removed. For these age groups, a tolerance of 0,2 kg is applied to account for the weight of the underclothing and optional T-shirt. Athletes of these age divisions are NOT allowed to remove their underclothing.



Guide to Competition Weigh-in

What should athletes bring with them to weigh-ins?

When an athlete checks in at a competition, they will be given a weigh-in or accreditation card. They must bring this card with them to the weigh-in room and provide it to the weigh master just prior to stepping on the scale.

If an athlete is U16 or older: At some events, they are required to bring a piece of photo ID (driver's license, school ID, passport, etc.) as proof of identity. Athletes will need to have the undergarment clothing they are comfortable wearing during weigh-ins, as laid out above.

What happens if an athlete is lighter or heavier than the division they registered for?

Athletes who do not meet their registered weight division may be moved to the category of their weight (there may be a charge, or, in some higher-level events, they will be disqualified from competing).

Unless otherwise specified in the tournament technical package, the athlete will be able to compete. Athletes' weight can fluctuate as they grow, age and mature. The health, safety and well-being of all athletes is a priority.



Recommended Hotels

Double Tree by Hilton Hotel & Conference Centre-1975 Broad Street, Regina SK

Website: [ReginaDoubleTree.com](https://www.reginadoubletree.com)

Rate: \$153.47 per night + taxes. Includes breakfast & parking.

Book By: Thursday, March 26, 2026

Reservations can be made by calling the hotel directly at:

306.525.6767 and press option #2

Reference: Judo Sask Provincials

Quote Code: 94A or

Link: <https://www.hilton.com/en/attend-my-event/yqrcctd-94a-eb76b27f-d604-4d53-ad71-9dd57a0aa5e0/>

Four Points by Sheraton Regina-2415 Dewdney Ave, Regina, SK

Website: [Four Points by Sheraton Regina](https://www.fourpointsbysheraton.com/regina)

Rate: \$134.00 per night + taxes.

Deadline: 5 pm Monday, March 23, 2026

Call the hotel directly at (306) 789-8008, selecting option #1 for the front desk

Reference: Judo Provincials or group code JU2756

Link: <https://app.marriott.com/reslink?id=1772226476491&key=GRP&app=resvlink>