



## Shiai Competition Rules – U14 & U16 Combined Division

Due to the complexity of combining U14 and U16 athletes into one division for the 2026 Saskatchewan Winter Games, the following technical restrictions will apply.

### Prohibited Techniques (Penalty: Shido)

- Drop techniques that start on one or both knees are prohibited.
- Head locking with a grip over or around the neck in Tachi-waza is prohibited (no Kubi-nage).
- All Sutemi-waza and Makikomi-waza are prohibited. Actions that start as a Sutemi-waza or Makikomi-waza will not be scored. Actions that begin as an allowed technique and, due to the opponent's reaction, end as a Makikomi-waza may be scored.
- Kansetsu-waza (joint locks) are prohibited.
- Shime-waza (strangulation techniques) are prohibited, including Sankaku-gatame and Sankaku rollovers.
- Counter-rotation techniques against one-legged throws will not be scored (e.g., counters to Uchi-mata or Harai-goshi).

## Ne-Waza Competition Rules

Ne-waza competition will follow the Judo Canada Sanctioning Policy & Tournament Standards 2025–2026, with the following exception:

- Strangulation techniques (Shime-waza) and arm locks (Kansetsu-waza) are prohibited and will be penalized by Shido.

## Kata Competition Rules

- Kata is mandatory for all Games participants.
- Required kata: : [Kodomo no Kata #3, #4, and #5.](#)
- Each district may enter up to five teams and must enter one team in each set before entering a second team in a set.
- Teams consist of any combination of two athletes. There are no gender divisions.
- Kata rules will follow the [2026 Judo Technical Package for the Saskatchewan Winter Games.](#)

## References & Source Documents

[2026 Judo Tech Package – V3.0](#)

[SANCTIONING POLICY & TOURNAMENT STANDARDS 2025–2026 \(Judo Canada\)](#)

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