



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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