



focus your energy!

Prince George Open Judo Tournament
April 24, 2010

Prince George Civic Center
808 Civic Plaza
Prince George, BC
(downtown PG, next to Four Seasons Pool)

For further information, contact Aline Strasdin at (250) 964-1618

Map to tournament site available on request

The Prince George Judo Club invites Novice, Junior and Senior Judoka to participate in the
ANNUAL PRINCE GEORGE OPEN JUDO TOURNAMENT
April 24, 2010

- LOCATION:** **Prince George Civic Center**
808 Civic Plaza (downtown PG next to Four Seasons Pool, map available on request)
- ENTRY FEE:**
- \$40 for first division entered (includes tournament souvenir) and \$20 for second division if entries received *before* April 15, 2010
 - If received after April 15, \$45 for all divisions
 - **No entries accepted on day of competition**
 - Athletes may enter their own category and **one** category higher (eg. white belt boy may enter novice boys and junior boys **not** two weight classes in the same category)
 - Please asterisk (*) each name that is entered in two categories on entry list
- WEIGH-IN:**
- All weigh-ins will be held at the Civic Center
 - **All competitors** weigh-in Friday, April 23, 2010 between 5:00-7:00 pm
 - **Athletes who miss weigh-in will not be compete**
- ELIMINATION:** Modified double knock out or Round Robin (round robin for 1-5 competitors)
- **Coaches please note:** depending on # of people in each division, athletes may have more than two matches even if they do not win their matches.
 - Novice boys and girls, Divisions 1 & 2 – continuous match time, 2 Ippon maximum
- REFEREE CLINIC:**
- 8:30 am. It would be appreciated if brown and black belts would assist with refereeing.
 - Referee evaluation to Provincial “C” and “D”. Please contact Seiko Ouchi at ntryplc@telus.net to pre-register for an evaluation.
- START TIME:**
- 9:00 am
- ENTRY LIST:**
- Entry list must state name, age, year born, rank, weight in kilograms, division #'s entered
 - Please submit entry lists by April 15, 2010 to:

PRINCE GEORGE OPEN JUDO TOURNAMENT
38-7100 Aldeen Road
Prince George BC V2N 5R5
e-mail: aline.strasdin@gov.bc.ca

Please make cheques payable to the Prince George Judo Club

- CONCESSION:**
- There will be a concession available at the tournament site
- RULES:**
- IJF rules will govern, as well as the following:
 - “Head lock” throw **not permitted** in divisions 1-6. Matte will be called and a penalty will be awarded if uke is injured
 - No chokes or armlocks in divisions 1-10, or any novice categories
 - minimum rest period between matches will be 5 minutes
 - competitors must wear indoor shoes or slippers on their feet **whenever** they are not on the mats
 - All competitors must have a white gi. Blue gis are recommended for juveniles and older. First name called wears a blue gi or blue sash.

2010 PRINCE GEORGE OPEN JUDO TOURNAMENT

April 24, 2010

All divisions will be divided into light, middle and heavy weight categories. Novice and Junior Girls and Boys' categories will match competitors of equal weight, rank and age **wherever** possible, with 3-5 competitors in each category. Other categories will be divided primarily by weight, with 4-8 competitors in each category.

****Notes to parents and coaches:**

- All divisions will be divided by weight and age whenever possible
- all ranks are as per "old" standards (6th kyu – white belt to 1st kyu – brown belt)
- novice girls and boys categories (divs 1 and 2) will run with continuous time and a 2 Ippon maximum

DIVISION #

1. Novice Girls (white and yellow belts only) 7-11 years old
2. Novice Boys (white and yellow belts only) 7-11 years old
3. Junior Girls (orange belts and higher) 7-11 years old
4. Junior Boys (orange belts and higher) 7-11 years old
5. U15 Novice Juvenile Girls (white, yellow and orange belts only) ages 12-14 (no chokes or armlocks)
6. U15 Novice Juvenile Boys (white, yellow and orange belts only) ages 12-14 (no chokes or armlocks)
7. U15 Juvenile Girls ages 12-14 (no chokes or armlocks)
8. U15 Juvenile Boys ages 12-14 (no chokes or armlocks)
9. U17 Novice Cadet Women (white, yellow and orange belts) ages 15-16 (no chokes or armlocks)
10. U17 Novice Cadet Men (white, yellow and orange belts) ages 15-16 (no chokes or armlocks)
11. U17 Cadet Women ages 15-16 (no armlocks)
12. U17 Cadet Men ages 15-16 (no armlocks)
13. U20 Novice Junior Women 19 years and younger (no chokes or armlocks)
14. U20 Novice Junior Men 19 years and younger (no chokes or armlocks)
15. U20 Junior Women 19 years and younger
16. U20 Junior Men 19 years and younger
17. Novice Senior Women (white, yellow and orange belts) (no chokes or armlocks)
18. Novice Senior Men (white, yellow and orange belts) (no chokes or armlocks)
19. Senior Men (blue belt and below)
20. Senior Women Open (all ranks)
21. Masters Women (all ranks) 35 years+
22. Masters Men (all ranks) 35-40 years
23. Masters Men (all ranks) 40-45 years
24. Masters Men (all ranks) 45 years+
25. Senior Men (blue belts-black belts)
26. Senior Men Open (minimum rank blue belt, no weight restrictions, single elimination)



Downtown Prince George

444 George Street, Prince George, BC, V2L 1R6 • Phone (250) 563-0055 • Fax: (250) 563-6042 • Toll-Free: 1-800-830-8833

Attention: Provincial Judo Clubs

The Ramada Hotel Downtown Prince George is excited to once again offer exceptional hospitality to the many judokas travelling to our city to participate in the **Prince George Open Judo Tournament**. Our location works perfectly for this event as we are located three blocks from the Prince George Civic Centre, a five minute walk. We have a long and successful history of hosting sports groups. Many football teams, swim clubs, figure skating clubs and youth hockey teams call The Ramada home while they are in Prince George. We are the host to several WHL and BCHL hockey clubs annually, and we also host athletes participating in Judo, Karate and mixed martial arts events.

In the event that your clubs members' plans include participating in the Prince George Open Judo Tournament this coming April 24th, we are pleased to offer your athletes our special **SPORTS TEAM** Standard room rate of **\$79.00** per night, up to quadruple occupancy. Cots are \$12.00 per day, based upon availability.

The above rate is subject to GST and hotel tax.

Classic Standard Rooms: Guest rooms are located in our original tower and come in three variations: two double beds, two queen beds, or a queen bed and a pullout sofa. They have spacious desk areas and the 3-piece bathrooms contain heated floors.

The following value added amenities are included in the quoted rate.

- ✓ Complimentary local, 1-800 and credit card access phone calls
- ✓ Complimentary high-speed, wireless internet access
- ✓ Free daily newspaper
- ✓ Free covered parkade parking and valet service
- ✓ Free use of our indoor pool and whirlpool
- ✓ Voice mail
- ✓ In-room coffee maker
- ✓ State-of-the-art fitness facility

Please do not hesitate to contact us should you require any further information on this very attractive sports rate. We hope that the Ramada Hotel, Downtown Prince George can help your team with your accommodation needs while in town.

Regards,

Dan Gutwillinger
Sales Executive
(250) 561-5679