

# 2019 CAPITAL OPEN

## SACRAMENTO JUDO CLUB, INC. 84TH ANNIVERSARY INVITATIONAL TOURNAMENT SHIAI AND KATA

Your Judo Club is cordially invited to participate in the 2019 Capital Open Judo tournament sanctioned by the United States Judo Federation (# 19-10-01). The Sacramento Judo Club, Inc., Hokka Yudanshakai, Los Rios Community College District and Cosumnes River College look forward to your participation.

**DATE:** Sunday, October 13, 2019      **LOCATION:** Cosumnes River College      **Parking fee: \$2**  
**START:** 9:30 AM  
8401 Center Parkway  
Sacramento, California 95823

**ELIGIBILITY:** All individuals with current USJF, USA Judo/USJI, or USJA registration card (Must present valid card at time of registration). If a contestant is unable to present their valid registration card, he or she will be required to purchase a membership of one of the three organizations at the tournament site. Responsibility for reimbursement of membership fees for those who have previously registered remains that of the individual. All contestants must be familiar with the rules of the sport Judo and have enough ability to safely compete in the tournament. Contestants, parents and guardians (in the case of minor contestants) and their instructors and coaches have the responsibility of insuring that the contestants meet this requirement.

**ENTRY FEE:** The entry fee is \$40 per contestant for **Shiai competition**. Entry fee is payable the time of registration. Checks will be made payable to **Sacramento Judo Club**. If you wish to compete in another division or additional divisions, please see the Tournament Director. A \$20 fee will be charged for all returned checks.  
**Kata team:** One kata entry fee is \$60 per team. Two Kata entry fee is \$90 per team. The two kata entry fee is based on the same team members participating. The katas will be Nage and Katame no kata.

**REGISTRATION**      **Kata Team** (Please mail fee and application postmarked by October 4, 2019 to the Sacramento Judo Club at 2875 Fruitridge Road, Sacramento, California 95820). **Kata competition will begin at 9 AM.**      7:30 AM to 8:30 AM

**& WEIGH-IN:**      **Junior and Intermediate Divisions** (5 to 14 years of age)      7:30 AM to 9:00 AM  
**Intermediate Division** (15 & 16 years) and **Masters** (35+ years)      Not later than 10:00 AM  
**Senior Men and Women** (17+ years of age)      Not later than 11:00 AM

**REQUIRED FORMS:** Must be completed in-order to compete in the tournament.  
1. Official Entry Form.  
2. Waiver and Release of Liability and Agreement to Participate.  
3. Parental Consent form for competitors under 18 years old.  
4. Instructor Consent form for all non-black belt competitors.  
5. Instructor Consent form for non-black belt competitors wishing to compete in black belt division.

**JUDOGI:** The following requirements must be met for competition  
1. Wearing a blue judogi, you must also bring a white judogi  
2. Wearing only a white judogi, you must bring a white and blue belt with you in-order to compete. There are a limited number of belts available for loaning at the tournament.  
3. All competitors must meet the January 1, 2014 Judogi requirements. Some allowances will be allowed.

**OFFICIALS MEETING:** 9:00 AM      **Referee attire:** dressed in black socks, grey slacks, and a white polo shirt. New beginning referees are welcome.

---

**FORMAT:** Pool system in various age and weight categories to be determined by the Tournament Director to optimize competition and safety. All matches "Stop Time" clock stops on mat.

**MATCH TIME:** 3 MINUTES JUNIORS  
3 MINUTES GOLDEN SCORE IF TIE

3 MINUTES INTERMEDIATES, SENIORS AND MASTERS  
NO TIME LIMIT GOLDEN SCORE IF TIE

4 MINUTES BLACK BELTS  
NO TIME LIMIT GOLDEN SCORE IF TIE

**CONTEST RULES:** Current IJF Contest Rules Modified as follows:

1. No *Double Knee Drop Seoinage* will be allowed for contestants 12 years old and under.
2. No *Shime Waza* (choking techniques) for 12 years old and under. If a 12 year old or younger contestant is pooled with 13 years old or older contestants, choking techniques will not be allowed for all contestants in that pool.
3. *Kansetsu Waza* (Joint lock techniques) will be allowed in the Black Belt division only. They must be 15 years and older in order to do kansetsu waza. **Sankyus, Nikyus and Ikkyus** may compete in this division if their black belt Judo instructor signs waiver to allow them to compete in black belt division.
4. *Waki Gatame* will not be allowed from a standing position.
5. *Coed* matches will be conducted for 10 years and under if insufficient players in the division.
6. Injury Rule: Pre-2003 medical rules will be used except for the black belt division.
7. January 1, 2014 rules for judogi control will be used in all divisions.
8. Golden Score will be used if there is a tie. No time limit in Black belt division and 3 minutes for all others.
9. CARE system will not be in use. Matches will be officiated by referee assisted by 2 judges on the mat.
10. Contest area will be 7m x 8m (4 mats) with 4m between mat and 3m area safety
11. January 2017 IJF rules for the competition will apply except for the exceptions that have been made.

**MEDICAL RULE:**

1. All contestants except Black Belts will be allowed to receive appropriate medical examination and treatment during their matches in case of injury. Determination of cause and match winner will remain with the referee and judges,
2. Matches involving Black Belt division contestants will involve the use of current IJF rules concerning medical examinations and treatments.

**SCORING SYSTEM:** Places will be determined according to the following criteria, in this order:

1. The most wins;
2. If the number of wins is tied, the most points;
3. If two contestants are tied in wins and points- then revert to result of head to head match; whoever won the match between them will be given the higher place or if the two contestants have not competed, they will be given the option to compete, if the sizes are not that different. If this situation arises and there is a question about this, consult with the Tournament Director;
4. In all other cases not covered by these rules, consult with the Tournament Director.

**POINT SYSTEM:** IPPON- 5 PTS., WAZA ARI- 4 PTS., DECISION (win by Shido or hantei)- 1 PT.

**AWARDS:** Each pool will be awarded first, second and third places.

**For Further Information or Clarification Contact:**

Tournament Director: Mac Takeda at (916) 893-7080 or Email: mmtakeda@msn.com

---

**2019 CAPITAL OPEN**  
**Sacramento Judo Club, Inc.**  
**USJF Sanction # 19-10-01**

**Sunday, October 13, 2019**

**Cosumnes River College, 8401 Center Parkway, Sacramento, CA 95823**

**OFFICIAL ENTRY FORM**

(Please type or print)

This form must be approved and stamped by REGISTRATION before going to weigh-in.

Name			1
	(first)	(mi)	(last)
Address			2
	(number & street)	(city)	(state & zip)
<i>For Official Use</i>	Card Number		3
	Issued by	___USJF ___USJI (USA Judo) ___USJA	4
	Expiration Date		5
	Date of Birth		6
	Age		7
	Sex	__Male __Female	8
	Division (check one)	__Junior __Intermediate __Senior __Master __Black	9
	Judo Rank (belt color)		10
	Kyu Level		
	Dan Level		
	Number of years / months in judo	_____ Years / _____Months	11
Emergency Contact			12
Telephone Number			13
Address			14

If assistance or accommodation is needed (check appropriate line)	_____Vision Loss/Blindness _____Hearing Loss/Deafness	◀
“Type of assistance/accommodation requested or name of person assisting”.		

Club / Dojo Name		15
Sensei / Coach		16

**MUST BE COMPLETED BY ALL COMPETITORS EXCEPT BLACK BELT**

I, a Judo instructor who has been awarded the Judo rank of Shodan or higher by the (circle one) <u>USA /USJI</u> , <u>USJF</u> , or <u>USJA</u> , hereby certify that (name of contestant) _____, although not having been awarded the rank of Shodan or higher, is of sufficient aptitude and skill in Judo to compete safely in this competition.	17		
	18		
	19		
Judo Instructor (print)	Signature of Judo Instructor	Date	Black Belt Judo Rank

**2019 CAPITAL OPEN**  
**Sacramento Judo Club, Inc.**  
**USJF Sanction # 19-10-01**

**Sunday, October 13, 2019**

**Cosumnes River College, 8401 Center Parkway, Sacramento, CA 95823**

**OFFICIAL KATA ENTRY FORM**

(Please type or print)

This form must be approved and stamped by REGISTRATION before going to weigh-in.

Name			1
	(first)	(mi)	(last)
Address			2
	(number & street)	(city)	(state & zip)
<i>For Official Use</i>	Card Number		3
	Issued by	___USJF ___USJI (USA Judo) ___USJA	4
	Expiration Date		5
	Date of Birth		6
	Age		7
	Sex	__Male __Female	8
	Division (check one)	__Junior __Intermediate __Senior __Master __Black	9
	Judo Rank (belt color)		10
	Kyu Level		
	Dan Level		
	Number of years / months in judo	_____ Years / _____Months	11
Emergency Contact			12
Telephone Number			13
Address			14

If assistance or accommodation is needed (check appropriate line)	_____Vision Loss/Blindness _____Hearing Loss/Deafness	◀
“Type of assistance/accommodation requested or name of person assisting”.		

Club / Dojo Name		15
Sensei / Coach		16

**MUST BE COMPLETED BY ALL COMPETITORS EXCEPT BLACK BELT**

I, a Judo instructor who has been awarded the Judo rank of Shodan or higher by the (circle one) <u>USA/USJI</u> , <u>USJF</u> , or <u>USJA</u> , hereby certify that (name of contestant) _____, although not having been awarded the rank of Shodan or higher, is of sufficient aptitude and skill in Judo to compete safely in this competition.		17	
		18	
		19	
Judo Instructor (print)	Signature of Judo Instructor	Date	Black Belt Judo Rank

**Parent/Legal Guardian Consent for Competitors under 18 Years of Age**  
(Must be completed by all competitors under 18 years of age)

I, the undersigned parent or legal guardian of the named contestant (print) \_\_\_\_\_  
, have read and understand the method of competition for this competition. Including contested weight  
category and possible changes deemed necessary by the Tournament Director for the safety of the sport  
and competitors involved. I have agreed to allow my child to participate in this event.

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Date

**CERTIFICATION OF NON-BLACK BELT CONTESTANTS**  
**WISHING TO COMPETE IN THE BLACK BELT DIVISION**

Sankyu, Nikyu or Ikkyu may compete if this certification is completed by their black belt instructor.

I, the undersigned Judo instructor who has been awarded the Judo rank of Shodan or higher, by (circle one) the USA Judo /USJI, USJF, or  
USJA hereby certify that, (name of contestant) \_\_\_\_\_ although not having been awarded the rank of  
Shodan or higher, is of sufficient aptitude and skill in Judo to complete safely in this competition.

Judo Instructor (print)	Signature of Judo Instructor	Date	Black Belt Judo Rank

**WARNING!**  
**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**  
**(Including Limited Co-Ed Competition for Age 10 and Under for USJF Sanction)**

In consideration of being permitted to participate in any way, including travel to and from, in any Judo tournament, practice, clinic, and related events and activities ("Activity") of the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Northern California Judo Association, California Judo, Inc., Los Rios Community College District, Cosumnes River College, and the Sacramento Judo Club, Inc.**, I agree:

1. I understand the nature of Judo activities and believe I am qualified to participate in such Activity. I also understand the rules governing the sport of Judo.

2. I further acknowledge that prior to participating, I will inspect the mats, equipment, facilities, competition pools or divisions, and the elimination or scoring system to be used, and if I believe anything is unsafe or beyond my capability, I will immediately advise my coach, supervisor, and/or a tournament official of such conditions and refuse to participate.

3. I acknowledge and fully understand that I will be engaging in a contact sport that might result in serious injury, illness or disease, including permanent disability or death, and severe social and economic losses due not only to my own actions, inactions or negligence, but also to the actions, inactions, or negligence of others, the rules of the sport of Judo, or conditions of the premises or of any equipment used. Further, I acknowledge that there may be other risks not known to me or not reasonably foreseeable at this time.

4. Knowing the risks involved in the sport of Judo, I assume all such risks and accept personal responsibility for the damages following such injury, illness, disease, permanent disability, or death.

5. I hereby release, waive, discharge and covenant not to sue the **United States Judo Federation, Inc., USA Judo/United States Judo, Inc., United States Judo Association, Inc., Northern California Judo Association, California Judo, Inc., Los Rios Community College District, Cosumnes River College, and the Sacramento Judo Club, Inc.**, together with their affiliated clubs, their respective administrators, directors, officers, agents, coaches, and other employees or volunteers of the organization, event officials, medical personnel, other participants, their parents, legal guardians, supervisors and coaches, sponsoring agencies, sponsors, advertisers, and if applicable, owners, lessors, and lessees of premises used in conducting the event, all of whom are hereinafter referred to as "Releasees", from any and all litigation expenses, attorney fees, loss, liability, damage or costs on account of injury, illness, disease, including permanent disability and death or damage to property, caused or alleged to be caused in whole or in part by the negligent acts or omissions of the Releasees or otherwise to the fullest extent permitted by law.

**I HAVE READ THE ABOVE WARNING, WAIVER, AND RELEASE, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND KNOWING THIS, SIGN IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE. CONSISTENT WITH THE BY-LAWS OF USJF, THIS TOURNAMENT MAY INCLUDE CO-ED COMPETITION FOR AGES 10 AND UNDER IN COMPARABLE AGE/WEIGHT DIVISIONS WHERE THERE IS AN INSUFFICIENT NUMBER OF GIRLS FOR NON-CO-ED AGE/WEIGHT DIVISIONS. I HAVE READ AND UNDERSTAND THE TOURNAMENT ANNOUNCEMENT CONCERNING THESE SPECIAL DIVISIONS. I AGREE TO PARTICIPATE KNOWING THE RISKS AND CONDITIONS INVOLVED AND DO SO ENTIRELY OF MY OWN FREE WILL. I AFFIRM THAT I AM AT LEAST 18 YEARS OF AGE, OR, IF I AM UNDER 18 YEARS OF AGE, I HAVE OBTAINED THE REQUIRED CONSENT OF MY PARENT/LEGAL GUARDIAN AS EVIDENCED BY THEIR SIGNATURE BELOW. I INTEND THIS TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THAT THE BALANCE, NOTWITHSTANDING SHALL CONTINUE IN FULL FORCE AND EFFECT.**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Date

**FOR PARENTS/LEGAL GUARDIANS OF PARTICIPANTS OF MINORITY AGE**  
**(UNDER AGE 18 AT TIME OF REGISTRATION)**

This is to certify that I, as parent/legal guardian with legal responsibility for this participant, do consent and agree to his/her release, as provided above, of all the Releasees, and, for myself, my heirs, assigns, and next of kin, I release and agree to indemnify and hold harmless the Releasees from any and all liabilities incident to my minor child's involvement or participation including litigation expenses, attorney fees, loss, liability, damage or costs which may incur as the result of the minor child's participation in these programs as provided above, even if arising from their negligence, to the fullest extent permitted by law. I have instructed the minor participant as to the above warnings and conditions and their ramifications.

\_\_\_\_\_  
Parent/Legal Guardian

\_\_\_\_\_  
Parent/Legal Guardian's Signature

\_\_\_\_\_  
Date

# 2019 CAPITAL OPEN JUDO INVITATIONAL

USJF Sanction# 19-10-01

## COMPETITION DIVISIONS

Anyone over 10 lbs of his/her age group will be placed in the next higher age and weigh group up to 14 years of age.

### Boys & Girls Divisions Novice (White/Yellow)

5 to 6 yrs	LW	LMW	MW	MHW	HW
7 to 8 yrs	LW	LMW	MW	MHW	HW
9 to 10 yrs	LW	LMW	MW	MHW	HW
11 to 12 yrs	LW	LMW	MW	MHW	HW
13 to 14 yrs	LW	LMW	MW	MHW	HW
15 to 16 yrs	LW	LMW	MW	MHW	HW

### Boy's & Girl's Divisions Advance (Orange/Green/Blue/Purple/Brown)

5 to 6 yrs	LW	LMW	MW	MHW	HW
7 to 8 yrs	LW	LMW	MW	MHW	HW
9 to 10 yrs	LW	LMW	MW	MHW	HW
11 to 12 yrs	LW	LMW	MW	MHW	HW
13 to 14 yrs	LW	LMW	MW	MHW	HW
15 to 16 yrs	LW	LMW	MW	MHW	HW

### Men's & Women's Senior Novice Divisions: (White/Green/Blue)

17 & Above	LW	LMW	MW	MHW	HW
------------	----	-----	----	-----	----

### Men's & Women's Master's Divisions

30 to 34 yrs	LW	LMW	MW	MHW	HW
35 to 44 yrs	LW	LMW	MW	MHW	HW
45 to 49 yrs	LW	LMW	MW	MHW	HW
50 +	LW	LMW	MW	MHW	HW

### Senior Men's & Women's Brown & Black Belt Divisions

(All non-black belt competitors must complete the non-black waiver form if competing in the black belt divisions)

Men	LW	LMW	MW	MHW	HW
Women	LW	LMW	MW	MHW	HW

**Divisions may be combined at the discretion of the tournament committee. Coaches, Instructors & Parents will have an opportunity to review the categories and confirm their child's/athlete's suitability for participation.**

# KATA COMPETITION

USJF Sanction# 19-10-01

Please submit with your Kata applications and entry fee.

## *NAGE NO KATA*

Name of Tori: \_\_\_\_\_ Name of Uke: \_\_\_\_\_

## *KATAME NO KATA*

Name of Tori: \_\_\_\_\_ Name of Uke: \_\_\_\_\_

Please check Male, Female or Mixed Team in the kata that you wish to compete based on your age group.

### **Nage No Kata**

- Male Team**
- Female Team**
- Mixed (Male and Female) Team**

#### **Junior Division: (Born 2007 – 2011)**

- First Three Sets of Nage-No-Kata (Te-waza, Koshi-waza, Ashi-waza)
- Full Set of Nage-No-Kata

#### **Intermediate Division: (Born 2003-2006)**

- First Three Sets of Nage-No-Kata
- Full Set of Nage-No-Kata

#### **Sr. Division: (Born 2002 and earlier)**

- First Three Sets of Nage-No-Kata
- Full Set of Nage-No-Kata

### **Katame No Kata**

- Male Team**
- Female Team**
- Mixed (Male and Female) Team**

#### **Junior Division: (Born 2007 – 2011)**

- First Set of Katame No Kata

#### **Intermediate Division: (Born 2003-2006)**

- First Two Sets of Katame No Kata
- Full set of Katame No Kata

#### **Sr. Division: (Born 2002 and earlier)**

- First Two Sets of Katame No Kata
- Full set of Katame No Kata



# KATA COMPETITION

USJF Sanction#19-10-01

Please submit with your Kata applications and entry fee.

## JU-NO-KATA

Name of Tori: \_\_\_\_\_ Name of Uke: \_\_\_\_\_

## GOSHIN-JUTSU

Name of Tori: \_\_\_\_\_ Name of Uke: \_\_\_\_\_

Please check Male, Female or Mixed Team in the kata that you wish to compete based on your age group.

### Ju-No- Kata

- Male Team
- Female Team
- Mixed (Male and Female) Team

#### Junior Division: (Born 2007 - 2011)

- First Set of Ju-No-Kata (Ikkyo)

#### Intermediate Division: (Born 2003-2006)

- First Two Sets of Ju-No-Kata (Ikkyo and Nikyo)
- Full Set of Ju-No-Kata (Ikkyo, Nikyo and Sankyo)

#### Sr. Division: (Born 2002 and earlier)

- First Two Sets of Ju-No-Kata (Ikkyo and Nikyo)
- Full Set of Ju-No-Kata (Ikkyo, Nikyo and Sankyo)

### Goshin-Jutsu No Kata

- Male Team
- Female Team
- Mixed (Male and Female) Team

#### Intermediate Division: (Born 2003 -2006)

- Full set of Goshin Jutsu

#### Sr. Division: (Born 2002 and earlier)

- Full set of Goshin Jutsu

# Lodging Locations near Cosumnes River College

## **Comfort Suites (near I-5)**

2460 Maritime Drive  
Elk Grove, California 95758  
916-478-4000

## **Holiday Inn Express (near Highway 99)**

9175 W. Stockton Blvd.  
Elk Grove, California 95758  
916-478-9000

## **Fairfield Inn and Suites Sacramento Elk Grove**

8058 Orchard Loop Lane  
Elk Grove, California 95624  
916-681-5400  
Toll Free- 1-877-933-5400

## **Hampton Inn & Suites**

2305 Longport Court  
Elk Grove, California 95758  
916-683-9545

## **Hilton Garden Inn**

9241 Laguna Springs Drive  
Elk Grove, California 95758  
916-691-1900

## **Extended Stay America (ESA)**

2201 Longport Court  
Elk Grove, California 95758  
916-683-3753

Less expensive Lodging located in Sacramento area

## **DIRECTIONS TO Cosumnes River College, 8401 Center Parkway, Sacramento, California 95823**

### **From San Francisco:**

Take I-80 East across the Bay Bridge towards Sacramento. Keep left to take I-80 Business East/US-50 E toward Sacramento/South Lake Tahoe. Merge onto CA-99 South via exit 6A toward Fresno.. Take Calvin Road exit, Exit 289 toward Cosumnes River Blvd. Turn right onto Cosumnes River Blvd. Take a left onto Center Parkway. The college entrance is on the left. The college is on the West side of CA-99.

### **From Reno:**

Take I-80 West towards Sacramento. Merge onto CA-99 South via exit 6A toward Fresno.. Take Calvin Road exit, Exit 289 toward Cosumnes River Blvd. Turn right onto Cosumnes River Blvd. Take a left onto Center Parkway. The college entrance is on the left. The college is on the West side of CA-99.

### **From the East on US 50 from South Lake Tahoe:**

Take US-50 towards Sacramento. Merge onto CA-99 South via exit 6A toward Fresno.. Take Calvin Road exit, Exit 289 toward Cosumnes River Blvd. Turn right onto Cosumnes River Blvd. Take a left onto Center Parkway. The college entrance is on the left. The college is on the West side of CA-99.

### **From the South on CA 99 North:**

Take CA 99 north toward Sacramento until you get to Sheldon Road after you passed Elk Grove Blvd and Laguna Blvd. Turn left on Sheldon Road which becomes Center Parkway. The college entrance is on the right. The college is on the West side of CA-99

### **From the South on I-5 North:**

Take I-5 North toward Sacramento. Take CA-4 East/Ort J. Lofthus freeway East toward downtown/Stockton. Merge onto CA-99 North on left toward Sacramento. Turn left on Sheldon Road which becomes Center Parkway. The Cosumnes River college entrance is on the right. The college is on the West side of CA-99

Cosumnes River College will be charging a fee of \$2 for parking on their Campus. Parking Kiosks are located in the parking lots. Parking is permitted in student parking areas only.



Medals will be awarded to the top three place winners in each division