



2026 NEW ZEALAND NATIONAL JUDO CHAMPIONSHIPS

Barfoot and Thompson Stadium

203 Kohimarama Road

Auckland 1071

Saturday 17 October 2026 – Cadets and older (veterans in the morning)

9:00 am start

Sunday 18 October 2026 - Kata

8am – 10am

Sunday 18 October 2026 – Girl's and Boy's categories

9:30am start

Closing Date for Entries including Opens and Kata: 7 October 2026

Entries to Opens will NOT be accepted on the day of competition.

RIGHT OF ENTRY

National Championships may only be contested by Judo New Zealand registered players that have been registered for a minimum of two months prior to the tournament

DIVISIONS Min 5 kyu (Yellow) for ALL divisions. All players must be registered with JNZ.

Junior Boys & Girls (7-10 years @ 31/12/26)

Senior Boys & Girls (11-14 years @ 31/12/26)

Cadet Men & Women (14-17 years @ 31/12/26)

Junior Men & Women (15-20 years @ 31/12/26)

Senior Men & Women (16 years and over @ 31/12/26)

Veterans (30-39 years @ 31/12/26)

(40-49 years @ 31/12/26)

(50-59 years @ 31/12/26)

(60+ years @ 31/12/26)

WEIGHT CATEGORIES

Senior Men Junior Men	-60kg, -66kg, -73kg, -81kg, -90kg, -100kg, +100kg & OPEN
Senior Women Junior Women	-48kg, -52kg, -57kg, -63kg, -70kg, -78kg, +78kg & OPEN
Cadet Men	-50kg, -55kg, -60kg, -66kg, -73kg, -81kg, +81kg & OPEN
Cadet Women	-44kg, -48kg, -52kg, -57kg, -63kg, -70kg, -78kg, +78kg & OPEN
Veteran Men	-66kg -73kg, -81kg, -90kg, - 100kg, +100kg & OPEN
Veteran Women	-57kg, -70kg, +70kg & OPEN
Senior Boys	-32kg, -36kg, -40kg, -45kg, -50kg, -55kg, -60kg, -66kg, +66kg & OPEN
Senior Girls	-32kg, -36kg, -40kg, -44kg, -48kg, -52kg, -57kg, -63kg, +63kg & OPEN
Junior Boys	-24kg, -28kg, -32kg, -36kg, -40kg, -45kg, +45kg & OPEN
Junior Girls	-24kg, -28kg, -32kg, -36kg, +36kg & OPEN

ENTRY FEES AND ENTRY PROCESS

Senior Men and Women	NZ \$70.00
Junior Men and Women	NZ \$70.00
Cadet Men and Women	NZ \$70.00
Senior Boys and Girls	NZ \$50.00
Junior Boys and Girls	NZ \$50.00

The first entry will be to the eligible age division. An additional entry to other eligible divisions will be NZ \$20.00 per division (including Open entries).

KATA

Entry fee is \$120.00 for the first kata entered. This is \$60.00 per person.

Additional Kata \$30.00 per person.

Kata entries close on Wednesday 7 October 2026.

KATA ENTRIES

Kata entries from New Zealand registered players are to be made using the Online Kata Entry Form (link below).

[Online form](#)

PAYMENT

ENTRIES WILL NOT BE CONFIRMED UNLESS PAYMENT IS RECEIVED BY 13 October 2026

Internet payments to Auckland Judo Association 12-3073-0181192-00

New Zealand clubs use 'Club Code' as reference.

WEIGH-IN

All weigh-ins will take place at the venue. At the National Championships, contestants in the Senior & Junior Men's and Women's divisions who cannot come within the requirements at the official weigh-in shall be disqualified from that category and may NOT be re-entered in another individual weight category.

Friday 16 October Cadets, Juniors, Seniors and Veterans

Official only weigh-in 6:30pm – 7:30pm

Scales will be available from 5.30 pm

Note: We hold the right to recheck your weight on the day of competition.

Saturday 17 October Cadets, Juniors, Seniors and Veterans

Un-Official weigh-in: 7:00am

Official / Unofficial weigh-in 7:30am

Official only weigh-in: 8:00am

Sunday 18 October Boys and Girls

Un-Official weigh-in: 7:30am

Official / Unofficial weigh-in 8:00am

Official only weigh-in: 8:30am

PROGRAMME & REGULATIONS

- ❖ The sequence of competition will be from heavy to lightweight categories, and youngest categories starting first. (with the exception of Veterans Categories starting before the Cadet Category).
- ❖ A draft timed programme will be advised once entries are finalized. Players are advised they should be available in the stadium at least one hour prior to the scheduled time.

- ❖ Golden Score will apply to ALL age categories.
- ❖ Arm locks and strangles for Junior Men/Women categories and above.
- ❖ Strangles permitted for Cadet Men/Women (no arm locks)

JUDO GI REGULATIONS

All Junior Men/Women and Senior Men/Women are required to have both a blue and a white Gi. Players must wear a white Gi on the medal podium.

COACHES ATTIRE

Coaches are requested to wear their club tracksuit / club attire when mat side with their players competing on the mat.

PRESENTATIONS

Competitors who have won a medal must receive the medal personally. A white Gi is to be worn on the medal podium.

WEIGHT CHANGE

Contestants in individual weight categories who cannot come within the requirements at the official weigh-in shall be disqualified from that category but these players may have their name entered into the appropriate category for their weight, on payment of the Administration Fee, of \$10.00 with the following exception:

At National Championships, contestants in the Senior & Junior Men's and Women's divisions who cannot come within the requirements at the official weigh-in shall be disqualified from that category and may NOT be re-entered in another individual weight category.

WITHDRAWALS

By Thursday 15 October 5:00 pm – A player may be withdrawn, and the entry fee will be refunded. Please advise as soon as possible if a player is withdrawing.

After the athlete's weigh-in – Withdrawals will be accepted only from Club Coaches or the Official Club Representative. Refunds of entry will be at the discretion of the Judo New Zealand Sports Director and application must be made in writing within a month of the competition.

KATA COMPETITION

- ❖ Start time will be 8:00 am running until all katas are presented.
- ❖ Please ensure you (and uke) are onsite at 7:30 am. Mixed gender competition is permitted in Kata competition.
- ❖ Individuals may only enter once as Tori and twice as Uke in any one Kata.

- ❖ NZ Dan Examination Points for Kata will be awarded in accordance with Teaching & Grading Syllabus.
- ❖ An individual may only claim one lot of examination points for any one Kata in accordance with Teaching & Grading Syllabus.

Eligible Kata:

Nage no Kata
 Katame no Kata
 Kime no Kata
 Goshin Jutsu
 Ju no Kata

DAN EXAMINATION POINTS

Are available in Kata, JW, SW, JM, SM and Veterans Divisions, provided the number of entries and standards are acceptable to the National Technical Director.

BOYS & GIRLS (-14) TECHNICAL RESTRICTIONS

For contests involving players 14 years and under as at 31st December, the following techniques are NOT permitted and shall incur a straight Hansoku maki penalty: -

- ❖ Shime-waza (chokes)
- ❖ Kansetsu-waza (armlocks)

For contests in the Junior boys/girls and Senior boys/girls divisions, the following techniques will not be awarded a score:

- ❖ Any throws where tori drops directly to both knees.
- ❖ When this occurs in a contest, the referee shall immediately call "Matte" and resume the contest from a standing position (i.e., no transition into ne-waza occurs).
- ❖ The technique shall not be penalized UNLESS it constitutes the awarding of a penalty under the existing contest rules (e.g. persistent infringing constituting preventing opponent from attacking, false attack).

Note that the intention of these restrictions is mainly to encourage the development of sound, safe Judo fundamental techniques in young players.

RULES ON GRIPS

- ❖ Tsurite (lapel grip) must be taken at the collarbone or below and must remain there for the duration of the throw when executing forward techniques.

- ❖ Techniques where the Tsurite (lapel grip) is released and the arm of Tori passes below the shoulder of uke are allowed. These grips can go around the upper arm but must be below the shoulder when gripping the belt or the back of the Gi.
- ❖ No Makikomi techniques where the arm goes across the body and over the arm of Uke are allowed and will result in no score and matte being called.
- ❖ The result of any sanctionable action will not be allowed to continue into Ne Waza.
- ❖ Sanctions when Junior Boys and Girls grip above the collarbone matte will be called and the player reminded where they should grip. If they persist with an incorrect grip then Shido will be awarded.
- ❖ When Senior Boys and Girls grip beyond the collar bone matte will be called and the player reminded to keep it down below the collarbone. The second time it occurs Shido will be awarded.

CADET DIVISION

- ❖ Kansetsu-waza (Arm locks) are NOT permitted in Cadet Categories. If used, Kansetsu-waza will incur a straight Hansoku Maki penalty.
- ❖ Cadets competing in older age divisions may use arm locks in these divisions.
- ❖ Cadets aged 16 and above will be permitted to enter the Senior category in addition to Junior category.
- ❖ All other Cadets will only be allowed to enter the Junior category in addition to the Cadet category.
- ❖ Senior Boys/Girls in their final year as a boy/girl (i.e. year they turn 14) will be permitted to enter the Cadet category.

VETERANS 60 plus DIVISION

Shime-waza (chokes) not permitted

Golden Score for over 60 Male and Female Veterans, will be limited to 1 minute.

The 60 plus shimewaza is within a safety code of care. If players 60 plus are competing in the 50 to 59 age group, the 50 to 59 players will need to be made aware of the 60 plus rules.

Contact: Christine Robson

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