



# PESTA SUKAN CHAMPIONSHIPS 2026

## COMPETITION INFORMATION & REGULATIONS CHILDREN

### 1. Event Organizer

This event is organized by the Singapore Judo Federation (SJF). We are also taking this opportunity to evaluate our infrastructural capabilities in preparation for the upcoming major competitions, and to identify potential athletes for regional participation and moving on the right track in our long-term development Judo plans. This championship is an SJF Ranking event.

This event also aims to promote judo as a sport that is beneficial to both mental and physical health and also an activity that fosters social bonding.

### 2. Date & Venue

Date	Venue
1 August 2026 (Day One)	<b>Delta Sports Hall</b> 900 Tiong Bahru Road Singapore 158790

### 3. Eligibility

Participants must meet the following criteria:

- Minimum grade of 2<sup>ND</sup> MON (White Two-Bar belt)
- Minimum grade of 5<sup>th</sup> Kyu (Yellow Belt)
- Meet age requirements (Calendar year)

Category	Age Division	Born in
Children (MON)	U9 – Ages 7 & 8	2019 and 2018
Children (MON)	U11 – Ages 9 & 10	2017 and 2016
Children (MON)	U13 – Ages 11 & 12	2015 and 2014
Children (KYU)	U15 – Ages 13 & 14	2013 and 2012

- All participants must register through their respective SJF-affiliated school/club or National Judo Federation (proof required).  
\*All registrations must be endorsed by an NROC certified coach (local) / club convener / national federation.
- Individual Divisions and Weight Categories
- Parental consent is compulsory.

### 4. Competition Regulation

The competition will be contested on 2 mat areas, in accordance with the 2025 International Judo Federation (IJF) Sports Rules and Regulations.

### 5. Judo Uniform

White judo uniform is compulsory.



## 6. Contest Times

Match duration for the respective divisions shall be:

Age Division	Match Duration	Golden Score Duration
U9 – Ages 7 & 8	2 minutes	1 min
U11 – Ages 9 & 10	3 minutes	1 min
U13 – Ages 11 & 12	3 minutes	1 min
U15 – Ages 13 & 14	3 minutes	2 min

## 7. System of Contest

The matches will be contested in the 'League system' and/or the 'knock-out' system, depending on the number of entries received.

- If there is only one (1) participant registered for the category, the organizer shall cancel the category.
- If there are two (2) athletes it will be the best of two (2) contests and if the wins are equal (1-1), a third contest will decide.

The International Judo Federation (IJF) scoring system will apply. In the event of a draw, the Golden Score rule will apply, and the match will continue until one winner is declared.

## 8. Modified Competition Rules

The modified rules with additional safeguards and educational aspects will be added in this competition.

1. The “Golden Score” has a limit of 1 or 2 minutes. Referees will call for “Hantei” at the end of Golden Score time limit.
2. Both Shime-Waza (Chokes / Strangulations), Tomoe-Nage (Stomach Throws), Maki-Komi (Winding Throws) and Kansetsu-Waza (Arm Locks) are not allowed to execute. Judokas who applied the above techniques mentioned will be given “Hansoku make” (immediate disqualification) by the referees.
3. Judokas (Tori) are not allowed to execute diving technique and Judokas who fail to comply will be given “Hansoku make” (immediate disqualification) by the referees.
4. Leg grab techniques mentioned in the IJF rules 2024 are not allowed. Judokas found using the technique will be penalized with “Shido” and subsequent penalties will be enforced by the referees.
5. The use of any series “Sankaku Gatame or Jime” (Triangular neck /arm lock) is also not allowed to be executed by all Judokas. The referees will stop the bout immediately when a Judoka is found to be using this technique, however, no penalty will be issued.
6. Judo movements where Judokas (Tori) landed directly onto the mat on their knee(s) is not allowed. Judokas who execute such movements will be issued “Shido” for the first instance and repeating this move would lead to “Hansoku make” (immediate disqualification)

## 9. Participation Fees

SGD10.00 per participant per category.

### Note for Payment:

1. Payment by fund transfer to Standard Chartered Bank account number: 12-0-830381-0.
2. Payment via PayNow by UEN: S65SS0037A
3. For payment via fund transfer and PayNow, please email screenshot transaction details and amount to:



# PESTA SUKAN CHAMPIONSHIPS 2026

- a. treasurer@sjf.sg (Attn. Mr David Kong)
- b. singaporejudofederation@gmail.com (Attn. Admin Manager)
- c. [sportsdirector.sjf@gmail.com](mailto:sportsdirector.sjf@gmail.com) (Attn: Sports Director)

Please indicate a payment code: "PSC26-ClubID (Refer to Appendix for ClubID)

Payment to be made by 3 July 2026 2200h.

## 10. Age Limit and Waiver

- a. Clubs / Federations must ensure participants meet the competition requirements
- b. All participants must complete the online indemnity form on this given link.

<https://form.gov.sg/6a1408ba5c3394d11a72bdf4>

- c. Children who do not have Singpass should complete the online indemnity/consent form using their parent's Singpass using the same link given in Item 10(b).
- d. Parent's signature is required in the link given in Item 10(b) for participants below 19 years old.
- e. Participants are advised to have insurance coverage (including 3rd party liability).
- f. SJF shall not be responsible for incidents arising from this event.

## 11. Registration and Payment

- a. No limit of number per category.
- b. An athlete may only be registered in (1) division/category.
- c. Individual entries will not be accepted.
- d. To register, clubs are to complete the Entry Form and other necessary documents.
- e. Clubs are required to submit Entry forms and all other documents using this link : <https://forms.gle/Vy7FLf6yuEekMJ4Z7>
- f. Registration closes at 2200h on 3 July 2026. No entries will be accepted after the closing date.
- g. No refunds will be entertained due to cancellation or withdrawal from the club.
- h. Draw of the Bouts will be on 24 July 2026 2000h at SJF office.
- i. Registration documents should only be submitted only via email.

## 12. Team Officials & Coaches

- a. Each club/federation should nominate 1 personnel as the Team Manager(s).
- b. The name of the nominated personnel should be submitted in the registration form.
- c. The name of the coach should also be submitted in the registration form.
- d. Team officials, including managers and coaches must be attired in collared tees/shirt, slacks and covered shoes when accompanying their athlete at the mat for matches.

## 13. Championship Schedule (Tentative) on 1 August 2026

Activity	Timing
Trial Weigh-In	0730h - 0830h
Official Weigh-In	0830h - 0900h
Warm-up	0900h - 0915h
Competition Commences	1000h - 1300h



Medal Presentation	1300h - 1330h
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## 14. Weigh-In

- Weigh-in will be held at the venue indicated in the schedule. Current IJF regulations will apply.
- Participants must be fully clothed during weigh-in. Both male and female participants should wear round neck T-shirts and shorts or exercise tights.
- To compensate, an additional 0.2kg weight allowance is allowed. For example, for the category -44 kg, the limit will be -44.2 kg.
- Participants who are not present at call time will be disqualified.

## 15. Prizes and awards

- There will be 3 or 4 medals awarded for each individual category: 1st, 2nd and 3rd or joint 3rd.
- Athletes must attend the medal ceremony with their white judo uniform.

## 16. Medical Coverage

Immediate first aid will be provided on site. An ambulance will be available to transport athletes requiring further attention to the nearest medical facility (treatment at own cost).

## 16. Divisions and Weight Categories

Boys & Girls U9 Years Old	
Category	Weight Range
Feather Weight	below 23.0kg
Extra-Light Weight	23.1kg to 26.0kg
Half-Light Weight	26.1kg to 30.0kg
Light Weight	30.1kg to 33.0kg
Half-Middle Weight	33.1kg to 37.0kg
Middle Weight	37.1kg to 41.0kg
Half-Heavy Weight	41.1kg to 45.0kg
Heavy Weight	45.1kg to 50.0kg
Extra-Heavy Weight	50.1kg to 55.0kg
Ultra-Heavy Weight	Above 55.1kg

Boys & Girls U11 Years Old	
Category	Weight Range
Feather Weight	below 23.0kg
Extra-Light Weight	23.1kg to 26.0kg
Half-Light Weight	26.1kg to 30.0kg
Light Weight	30.1kg to 33.0kg



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Half-Middle Weight	33.1kg to 37.0kg
Middle Weight	37.1kg to 41.0kg
Half-Heavy Weight	41.1kg to 45.0kg
Heavy Weight	45.1kg to 50.0kg
Extra-Heavy Weight	50.1kg to 55.0kg
Ultra-Heavy Weight	Above 55.1kg

<b>Boys &amp; Girls U13 Years Old</b>	
Category	Weight Range
Feather Weight	Below 30.0kg
Extra-Light Weight	30.1kg to 33.0kg
Half-Light Weight	33.1kg to 37.0kg
Light Weight	37.1kg to 41.0kg
Half-Middle Weight	41.1kg to 45.0kg
Middle Weight	45.1kg to 50.0kg
Half-Heavy Weight	50.1kg to 55.0kg
Heavy Weight	55.1kg to 60.0kg
Extra-Heavy Weight	60.1kg to 66.0kg
Ultra-Heavy Weight	Above 66.0kg

<b>U15 Years Old</b>		
Category	Girls Weight Range	Boys Weight Range
Feather Weight	Below 36.0kg	Below 38.0kg
Extra-Light Weight	36.1kg to 40.0kg	38.1kg to 42.0kg
Half-Light Weight	40.1kg to 44.0kg	42.1kg to 46.0kg
Light Weight	44.1kg to 48.0kg	46.1kg to 50.0kg
Half-Middle Weight	48.1kg to 52.0kg	50.1kg to 55.0kg
Middle Weight	52.1kg to 57.0kg	55.1kg to 60.0kg
Half-Heavy Weight	57.1kg to 63.0kg	60.1kg to 66.0kg
Heavy Weight	63.1kg to 70.0kg	66.1kg to 73.0kg
Extra-Heavy Weight	70.1kg and above	73.1kg and above

## 17. Amendments & Addendums



# PESTA SUKAN CHAMPIONSHIPS 2026

The organizing committee reserves the rights to add, delete, or amend the championship instructions without notice, to ensure the safe and successful conclusion of the championship.

We look forward to your support and participation. See you at the championship!

Warmest Regards,  
Sports Director  
Singapore Judo Federation



# PESTA SUKAN CHAMPIONSHIPS 2026

## COMPETITION INFORMATION & REGULATIONS CADET & JUNIOR

### 1. Event Organizer

This event is organized by the Singapore Judo Federation (SJF). We are also taking this opportunity to evaluate our infrastructural capabilities in preparation for the upcoming major competitions, and to identify potential athletes for regional participation and moving on the right track in our long-term development Judo plans. This championship is an SJF Ranking event.

This event also aims to promote judo as a sport that is beneficial to both mental and physical health and also an activity that fosters social bonding.

### 2. Date & Venue

Date	Venue
1 August 2026 (Day One)	<b>Delta Sports Hall</b> 900 Tiong Bahru Road Singapore 158790

### 3. Eligibility

Participants must meet the following criteria:

- Minimum grade of 5<sup>th</sup> Kyu (Yellow Belt)
- Meet age requirements (Calendar year)

Category	Age Division	Born in
Cadet	Ages 15, 16 & 17	2011, 2010, 2009
Junior	Ages 18, 19 & 20	2008, 2007, 2006

- All participants must register through their respective SJF-affiliated school/club or National Judo Federation (proof required).  
\*All registrations must be endorsed by an NROC certified coach (local) / club convener / national federation.
- SJF booklet or national federation issued evidence must be presented during weigh-in to prove current grade.

### 4. Competition Regulation

The competition will be contested on 2 mat areas, in accordance with the 2025 International Judo Federation (IJF) Sports Rules and Regulations.

### 5. Judo Uniform

White judo uniform is compulsory (2025 IJF Specifications)

### 6. Contest Times

Match duration for the respective divisions shall be:

Category	Match Duration
U18 – Cadet (Boys & Girls)	4 minutes
U21 – Junior (Men & Women)	4 minutes



## 7. System of Contest

The matches will be contested in the 'League system' and/or the 'knock-out' system, depending on the number of entries received.

- If there is only one (1) participant registered for the category, the organizer shall cancel the category.
- If there are two (2) athletes it will be the best of two (2) contests and if the wins are equal (1-1), a third contest will decide.

The International Judo Federation (IJF) scoring system will apply. In the event of a draw, the Golden Score rule will apply, and the match will continue until one winner is declared.

## 8. Competition Rules

1. U18 Cadet Category:  
Both Shime-Waza (Chokes) and Kansetsu-Waza (Arm Locks) are **not allowed**.
2. U21 Junior Category:  
Shime-Waza (Chokes) is **allowed** while Kansetsu-Waza (Arm Locks) is **not allowed**.

## 9. Participation Fees

SGD10.00 per participant per category.

### Note for Payment:

1. Payment by fund transfer to Standard Chartered Bank account number: 12-0-830381-0.
2. Payment via PayNow by UEN: S65SS0037A
3. For payment via fund transfer and PayNow, please email screenshot transaction details and amount to:
  - a. treasurer@sjf.sg (Attn. Mr David Kong)
  - b. singaporejudofederation@gmail.com (Attn. Admin Manager)
  - c. [sportsdirector.sjf@gmail.com](mailto:sportsdirector.sjf@gmail.com) (Attn: Sports Director)

Please indicate a payment code: "PSC26-*ClubID* (Refer to Appendix for *ClubID*)

Payment to be made by 3 July 2026 2200h.

## 10. Age Limit and Waiver

- a. Clubs / Federations must ensure participants meet the competition requirements
- b. All participants must complete the online indemnity form on this given link.

<https://form.gov.sg/6a1408ba5c3394d11a72bdf4>

- c. Children who do not have Singpass should complete the online indemnity/consent form using their parent's Singpass using the same link given in Item 10(b).
- d. Parent's signature is required in the link given in Item 10(b) for participants below 19 years old.
- e. Participants are advised to have insurance coverage (including 3rd party liability).
- f. SJF shall not be responsible for incidents arising from this event.



## 11. Registration and Payment

- a. No limit of number per category.
- b. An athlete may only be registered in (1) division/category.
- c. Individual entries will not be accepted.
- d. To register, clubs are to complete the Entry Form and other necessary documents.
- e. Clubs are required to submit Entry forms and all other documents using this link : <https://forms.gle/Vy7FLf6yuEekMJ4Z7>
- f. Registration closes at 2200h on 3 July 2026. No entries will be accepted after the closing date.
- g. No refunds will be entertained due to cancellation or withdraw from the club.
- h. Draw of the Bouts will be on 24 July 2026 2000h at SJF office.
- i. Registration documents should only be submitted only via email.

## 12. Team Officials & Coaches

- a. Each club/federation should nominate 1 personnel as the Team Manager(s).
- b. The name of the nominated personnel should be submitted in the registration form.
- c. The name of the coach should also be submitted in the registration form.
- d. Team officials, including managers and coaches must be attired in collared tees/shirt, slacks and covered shoes when accompanying their athlete at the mat for matches.

## 13. Championship Schedule (Tentative) on 1 August 2026

Activity	Timing
Trial Weigh-In	0730h - 0830h
Official Weigh-In	0830h - 0900h
Warm-up	0915h - 0930h
Competition Commences	1000h - 1800h
Medal Presentation	1800h - 1830h

## 14. Weigh-In

- a. Weigh-in will be held at the venue indicated in the schedule. Current IJF regulations will apply.
- b. Participants must be fully clothed during weigh-in. Both male and female participants should wear round neck T-shirts and shorts or exercise tights.
- c. To compensate, an additional 0.2kg weight allowance is allowed. For example, for the category -44 kg, the limit will be -44.2 kg.
- d. Participants who are not present at call time will be disqualified.

## 15. Prizes and awards

- c. There will be 3 or 4 medals awarded for each individual category: 1st, 2nd and 3rd or joint 3rd.
- d. Athletes must attend the medal ceremony with their white judo uniform.

## 16. Medical Coverage

Immediate first aid will be provided on site. An ambulance will be available to transport athletes requiring further attention to the nearest medical facility (treatment at own cost).



## 17. Divisions and Weight Categories

Categories	Boys U18 Cadet	Men U21 Junior
Feather	50 kg and under	55 kg and under
Extra Light	55 kg and under	60 kg and under
Half-Light	60 kg and under	66 kg and under
Light	66 kg and under	73 kg and under
Half-Middle	73 kg and under	81 kg and under
Middle	81 kg and under	90 kg and under
Half-Heavy	90 kg and under	100 kg and under
Heavy	Over 90 kg	Over 100 kg

Categories	Girls U18 Cadet	Women U21 Junior
Feather	40 kg and under	44 kg and under
Extra Light	44 kg and under	48 kg and under
Half-Light	48 kg and under	52 kg and under
Light	52 kg and under	57kg and under
Half-Middle	57 kg and under	63 kg and under
Middle	63 kg and under	70 kg and under
Half-Heavy	70 kg and under	78 kg and under
Heavy	Over 70 kg	Over 78 kg

## 18. Amendments & Addendums

The organizing committee reserves the rights to add, delete, or amend the championship instructions without notice, to ensure the safe and successful conclusion of the championship.

We look forward to your support and participation. See you at the championship!

Warmest Regards,  
Sports Director  
Singapore Judo Federation



# PESTA SUKAN CHAMPIONSHIPS 2026

## COMPETITION INFORMATION & REGULATIONS SENIOR (INDIVIDUAL)

### 1. Event Organizer

This event is organized by the Singapore Judo Federation (SJF). We are also taking this opportunity to evaluate our infrastructural capabilities in preparation for the upcoming major competitions, and to identify potential athletes for regional participation and moving on the right track in our long-term development Judo plans. This championship is an SJF Ranking event.

This event also aims to promote judo as a sport that is beneficial to both mental and physical health and also an activity that fosters social bonding.

### 2. Date & Venue

Date	Venue
2 August 2026 (Day 2)	<b>Delta Sports Hall</b> 900 Tiong Bahru Road Singapore 158790

### 3. Eligibility

Participants must meet the following criteria:

- Minimum grade of 4th Kyu (Orange belt).
- All participants must register through their respective SJF-affiliated school/club or National Judo Federation (proof required).

\*All registrations must be endorsed by an NROC certified coach (local) / club convener / national federation.

- Individual Divisions and Weight Categories
- Participant must be at least 21 years old in the year 2026.

### 4. Competition Regulation

The competition will be contested on 2 mat areas, in accordance with the 2025 International Judo Federation (IJF) Sports Rules and Regulations.

### 5. Judo Uniform

White and Blue judo uniforms are compulsory.

### 6. Contest Times

Match duration for the respective divisions shall be:

Match	Duration
Individual Men	4 minutes
Individual Women	4 minutes



## 7. System of Contest

The matches will be contested in the 'League system' and/or the 'knock-out' system, depending on the number of entries received.

- If there is only one (1) participant registered for the category, the organizer shall cancel the category.
- If there are two (2) athletes it will be the best of two (2) contests and if the wins are equal (1-1), a third contest will decide.

The International Judo Federation (IJF) scoring system will apply. In the event of a draw, the Golden Score rule will apply, and the match will continue until one winner is declared.

## 8. Participation Fees

SGD15.00 per participant per category.

### Note for Payment:

1. Payment by fund transfer to Standard Chartered Bank account number: 12-0-830381-0.
2. Payment via PayNow by UEN: S65SS0037A
3. For payment via fund transfer and PayNow, please email screenshot transaction details and amount to:
  - a. treasurer@sjf.sg (Attn. Mr David Kong)
  - b. singaporejudofederation@gmail.com (Attn. Admin Manager)
  - c. sportsdirector.sjf@gmail.com (Attn: Sports Director)

Please indicate a payment code: "PSC26-*ClubID* (Refer to Appendix for *ClubID*)

Payment to be made by 3 July 2026 2200h.

## 9. Age Limit and Waiver

- a. Clubs / Federations must ensure participants meet the competition requirements
- b. All participants must complete the online indemnity form on this given link

<https://form.gov.sg/6a1408ba5c3394d11a72bdf4>

- c. Participants are advised to have insurance coverage (including 3rd party liability).
- d. SJF shall not be responsible for incidents arising from this event.



## 10. Registration and Payment

- a. No limit of number per category.
- b. An athlete may only be registered in (1) division/category.
- c. Individual entries will not be accepted.
- d. To register, clubs are to complete the Entry Form and other necessary documents.
- e. Clubs are required to submit Entry forms and all other documents using this link : <https://forms.gle/Vy7FLf6yuEekMJ4Z7>
- f. Registration closes at 2200h on 3 July 2026. No entries will be accepted after the closing date.
- g. Registration closes at 2200h on 3 July 2026. No entries will be accepted after the closing date.
- h. No refunds will be entertained due to cancellation or withdraw from the club.
- i. Draw of the Bouts will be on 24 July 2026 2000h at SJF office.
- j. Registration documents should only be submitted only via email.

## 11. Team Officials & Coaches

- a. Each club/federation should nominate 1 personnel as the Team Manager(s).
- b. The name of the nominated personnel should be submitted in the registration form.
- c. The name of the coach should also be submitted in the registration form.
- d. Team officials, including managers and coaches must be attired in collared tees/shirt, slacks and covered shoes when accompanying their athlete at the mat for matches.

## 12. Championship Schedule on 2 August 2026

Activity	Timing
Trial Weigh-In	0730h - 0830h
Official Weigh-In	0830h - 0900h
Warm-up	0900h - 0915h
Competition Commences	1000h - 1300h
Medal Presentation	1300h - 1330h

## 13. Weigh-In

- a. Weigh-in will be held at the venue indicated in the schedule. Current IJF regulations will apply.
- b. Participants must be fully clothed during weigh-in. Both male and female participants should wear round neck T-shirts and shorts or exercise tights.
- c. To compensate, an additional 0.2kg weight allowance is allowed. For example, for the category -44 kg, the limit will be -44.2 kg.
- d. Participants who are not present at call time will be disqualified.

## 14. Prizes and awards

There will be 3 or 4 medals awarded for each individual category: 1st, 2nd and 3rd or joint 3rd. Athletes must attend the medal ceremony with their white judo uniform.

## 15. Medical Coverage



# PESTA SUKAN CHAMPIONSHIPS 2026

Immediate first aid will be provided on site. An ambulance will be available to transport athletes requiring further attention to the nearest medical facility (treatment at own cost).

## 16. Divisions and Weight Categories

<b>SENIOR MEN (INDIVIDUAL)</b>
Over 50 kg up to and including 55 kg (-55 kg)
Over 55 kg up to and including 60 kg (-60 kg)
Over 60 kg up to and including 66 kg (-66 kg)
Over 66 kg up to and including 73 kg (-73 kg)
Over 73 kg up to and including 81 kg (-81 kg)
Over 81 kg up to and including 90 kg (-90 kg)
Over 90 kg up to and including 100kg (-100 kg)
Over 100 kg (+100 kg)

<b>SENIOR WOMEN (INDIVIDUAL)</b>
Over 40 kg up to and including 44 kg (-44 kg)
Over 44 kg up to and including 48 kg (-48 kg)
Over 48 kg up to and including 52 kg (-52 kg)
Over 52 kg up to and including 57 kg (-57 kg)
Over 57 kg up to and including 63 kg (-63 kg)
Over 63 kg up to and including 70 kg (-70 kg)
Over 70 kg up to and including 78 kg (-78 kg)
Over 78 kg (+78 kg)

## 17. Amendments & Addendums

The organizing committee reserves the rights to add, delete, or amend the championship instructions without notice, to ensure the safe and successful conclusion of the championship.

We look forward to your support and participation. See you at the championship!

Warmest Regards,  
Sports Director  
Singapore Judo Federation



# PESTA SUKAN CHAMPIONSHIPS 2026

## COMPETITION INFORMATION & REGULATIONS TEAM

### 1. Event Organizer

This event is organized by the Singapore Judo Federation (SJF). We are also taking this opportunity to evaluate our infrastructural capabilities in preparation for the upcoming major competitions, and to identify potential athletes for regional participation and moving on the right track in our long-term development Judo plans. This championship is an SJF Ranking event.

This event also aims to promote judo as a sport that is beneficial to both mental and physical health and also an activity that fosters social bonding.

### 2. Date & Venue

Date	Venue
2 August 2026 (Day Two)	<b>Delta Sports Hall</b> 900 Tiong Bahru Road Singapore 158790

### 3. Eligibility

#### Team Composition

- This team event is open to affiliated clubs of the SJF.
- Each club may submit two teams for Male and two teams for Female Division.
- Each must consist of a minimum of three athletes and maximum of five.
- Each team may have up to five reserves.
- An athlete may only be registered in one Team division.

Participants must meet the following criteria:

- Minimum age is 17 (according to birth year)
- Minimum grade of 4th Kyu (Orange belt).
- All participants must register through their respective SJF-affiliated school/club or National Judo Federation.  
\*All registrations must be endorsed by an NROC certified coach (local) / club convener / national federation.
- SJF booklet or national federation issued evidence must be presented during weigh-in to prove current grade.

### 4. Competition Regulation

The competition will be contested on 2 mat areas, in accordance with the 2025 International Judo Federation (IJF) Sports Rules and Regulations.

### 5. Judo Uniform

White and Blue judo uniforms are recommended.



## 6. Contest Times

Match duration for the respective divisions shall be:

Match	Duration
Team Men & Women	4 minutes per bout

## 7. System of Contest

The matches will be contested in the 'League system' and/or the 'knock-out' system, depending on the number of entries received.

- If there is only one (1) participant registered for the category, the organizer shall cancel the category.
- If there are two (2) athletes it will be the best of two (2) contests and if the wins are equal (1-1), a third contest will decide.

The International Judo Federation (IJF) scoring system will apply. In the event of a draw, the Golden Score rule will apply, and the match will continue until one winner is declared.

### Team Contest Rules

- During the contests the non-competing athletes must stay within a marked area on the contest area behind the coaches' chair. Reserve athletes must not enter the contest area.
- Before each match the Team Manager or Captain must present to the event organizer the team line-up and they have the right to replace one or several athletes by other athletes of the corresponding weight category. If the team has no athlete in a category, they should select the "No Competitor" option.
- A minimum of three (3) athletes MUST be on the team line-up list.
- All competitors presented for the team match at the official bow on the mat must compete. If one competitor does not compete in their contest the team will lose by disqualification.
- If one team does not arrive for a match, the other team will be declared the winner by 5-0.
- The number of contests won will decide the winning team. We stop a match when a team has reached 3 wins.
- If for any reason there is an equal number of wins and an equal number of score points, a draw will be made, and one couple will refight a golden score contest where the first score or penalty of any kind decides the winning team.
- Before each match the team leader must select the athletes for each contest. From the maximum of two (2) athletes inscribed in each category they can select one (1). If the team has the possibility to put an inscribed athlete in a category; they must do so. An athlete cannot be rested for one (1) match and return for the next match.

### Team Contest tolerance

If the team event is same day as an individual competition, the following rules apply:

- Athletes competing on the 2nd day of the individual event, who are registered in the team categories, do not need to weigh in for the Individual teams.
- All athletes in the team categories MUST weigh in. A +5% weight tolerance will be given for athletes who competed in the 1st day individual event competition (they must have passed the weigh-in for the individual competition).
- No** tolerance for athletes who are only inscribed for the Individual team competition or who did not inscribe any of the preceding Individual event competition.



## 8. Participation Fees

SGD45.00 per team

### Note for Payment:

1. Cheque only. All cheque payments to be made in favour of "Singapore Judo Federation."
2. Payment by fund transfer to Standard Chartered Bank account number: 12-0-830381-0.
3. Payment via PayNow by UEN: S65SS0037A
4. For payment via fund transfer and PayNow, please email screenshot transaction details and amount to:
  - a. treasurer@sjf.sg (Attn. Mr David Kong)
  - b. singaporejudofederation@gmail.com (Attn. Admin Manager)
  - c. sportsdirector.sjf@gmail.com (Attn: Sports Director)

Please indicate a payment code: "PSC26-*ClubID* (Refer to Appendix for *ClubID*)

Payment to be made by 3 July 2026 2200h.

## 9. Age Limit and Waiver

- a. Clubs / Federations must ensure participants meet the competition requirements
- b. All participants must complete the online indemnity form on this given link

<https://form.gov.sg/6a1408ba5c3394d11a72bdf4>

- c. Young participants who do not have Singpass should complete the online form using their parent's Singpass.
- d. Parent's signature is required in the link given in Item 10(b) for participants below 19 years old.
- e. Participants are advised to have insurance coverage (including 3rd party liability).
- f. SJF shall not be responsible for incidents arising from this event.

## 10. Registration

- a. Registration closes at 2200h on 3 July 2026. No entries will be accepted after the closing date.
- b. No refunds will be entertained due to cancellation or withdrawal from the club.
- c. Draw of the Bouts will be on 24 July 2026 2000h at SJF office.
- d. Clubs are required to submit Entry forms and all other documents using this link : <https://forms.gle/Vy7FLf6yuEekMJ4Z7>

## 11. Team Officials & Coaches

- a. Each club/federation should nominate 1 personnel as the Team Manager(s).
- b. The name of the nominated personnel should be submitted in the registration form.
- c. The name of the coach should also be submitted in the registration form.
- d. Team officials, including managers and coaches must be attired in collared tees/shirt, slacks and covered shoes when accompanying their athlete at the mat for matches.



## 12. Championship Schedule (Tentative) on 2 August 2026

Activity	Timing
Official Weigh-In	1300h - 1330h
Warm-up	1345h - 1400h
Competition Commences	1400h - 1700h
Medal Presentation	1700h - 1730h

## 13. Weigh-In

- Weigh-in will be held at the venue indicated in the schedule. Current IJF regulations will apply.
- Participants must be fully clothed during weigh-in. Both male and female participants should wear round neck T-shirts and shorts or exercise tights.
- To compensate, an additional 0.2kg weight allowance is allowed. For example, for the category -44 kg, the limit will be -44.2 kg.
- Participants who are not present at call time will be disqualified.
- The athlete must be within the weight limits of the category in which they are inscribed.
- There is NO tolerance for athletes who are inscribed for the team competition.
- Before the start of the official weigh-in, the coach can update the Team List.
- Each athlete competes in the weight category on the submitted Team List.

## 14. Prizes and awards

There will be 5 medals for each Team category: 1st (5 medals), 2nd (5 Medals) & 3rd (5 medals). For the reserves there will be 5 Reserve medals.

Athletes must attend the medal ceremony with their white judo uniform.

## 15. Medical Coverage

Immediate first aid will be provided on site. An ambulance will be available to transport athletes requiring further attention to the nearest medical facility (treatment at own cost).

## 16. Divisions and Weight Categories

- Each team shall comprise of 5 athletes within the stipulated weight, from lightest to heaviest.
- Refer to Item 13 for weigh-in rules

Team	Half-Light	Light	Half-Middle	Middle	Half-Heavy
Male	-66kg	-73kg	-81kg	-90kg	+90kg
Female	-52kg	-57kg	-63kg	-70kg	+70kg

## 17. Amendments & Addendums

The organizing committee reserves the rights to add, delete, or amend the championship instructions without notice, to ensure the safe and successful conclusion of the championship.



# PESTA SUKAN CHAMPIONSHIPS 2026

We look forward to your support and participation. See you at the championship!

Warmest Regards,  
Sports Director  
Singapore Judo Federation