

# Event

- DATE: Sunday May 24, 2009
- PLACE: [Polyvalente Saint- Jérôme](#)  
  
535 rue Filion  
Saint-Jérôme, Québec  
Ends May, 22<sup>nd</sup>, 2009  
On site 8:00 to 9:00am.  
9:15 AM. Sharp!
- REGISTRATIONS: \$60.00 Can.
- REGISTRATIONS CONTROL: \$70.00 Can.
- COMPETITION: \$35.00 Can.
- TOURNAMENT COST: \$20.00 Can.
- LATE REGISTRATION:
- BANQUET
- BANQUET CHILDREN UNDER 12:
- PAYMENTS: Certified check or money order  
(One week before the competition)  
Money (day of the competition)
- PAYABLE TO: [Gilles Labelle](#)
- RETURN ADDRESS: [Alain Courville](#)  
268 Bl. Ste Adele  
Sainte Adèle (Québec) Canada  
J8B 1A8  
(450) 229-7535
  
- SPECTATORS: \$5.00
- CHILDREN 7 TO 12 \$2.00
- CHILDREN UNDER 6 FREE
  
- FOR LODGING CALL: [Gilles Labelle](#) (450) 432-4570

# General Rules

« Applying to all categories »

- 1) The participant must confirm his presence the morning of the competition
- 2) To compete in combat, you must be registered and participate in kata's
- 3) All recognized techniques shall be permitted.
- 4) A match will be deemed over when one contestant has scored an Ippon.
- 5) In the event that an Ippon has not been accorded, the contestant with the highest number of waza-ari will be declared the winner.
- 6) A contestant with a five waza-ari spread will be declared the winner.
- 7) Regarding ties:
  - a) The match will be extended by one minute (Total scores wins).
  - b) Regarding a second tie. (First score wins).
- 8) Throws and sweep will be permitted only if tatami (mats) are used.
- 9) It is interdict to grip the bogu
- 10) Absolutely no contact will be permitted to the back of the head, neck, back, knees, legs, thighs or groin.
- 11) All forbidden actions are subject to:
  - a) First action: a warning
  - b) Second action: a warning and a point to opponent
  - c) Third action: disqualification
- 12) Excessive contact to a non-contact area will result in a disqualification.
- 13) Excessive contact to the head protector shall result in automatic disqualification.
- 14) Disrespect or poor sportsmanship will not be tolerated and will result in disqualification.
- 15) An exit from the fighting area will give a wasa-ari to opponent at the second warning.
- 16) A contestant may score as long as he has one foot in bounds.
- 17) Groin cups and mouth guards are mandatory. (recommended with the men)
- 18) Will be allowed, only the protections approved by the organizers of the competition
- 19) No jewelry is to be worn by any contestant.
- 20) No Karateka may leave during black belt events.
- 21) White tee shirts may be worn under the gi.
- 22) Full uniforms are to be worn at all times.
- 23) Food and drinks must be kept outside the gym.
- 24) Absolutely no coaching is permitted during combat.
- 25) All must follow proper dojo etiquette.
- 26) The main referee shall not be the competitor's coach where possible.
- 27) An Ippon will be awarded
  - a) When a powerful technique, efficient and well controlled, is executed with correct form, synchronization, distancing (maii), and is terminated correctly (zanshin).
  - b) If a sweep or a throw is immediately followed by a technique that satisfies all criteria mention in A
  - c) If a contestant successfully realizes three uninterrupted techniques with no interruption from is opponent.

For more information please call [Shihan Gilles Labelle](#) at (450) 432-4570

# Rules

## Black Belt « Adults »

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body.
- 3) There will be two contact areas: the head gear and the chest protector.
  - a) Full contact to the chest protector is permitted.
  - b) Controlled contact to the head protector will be permitted.
  - c) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to the chest protector.
  - a) No Ippon will be awarded for contact to the head protector.
  - b) See Ippon description in the general rules. #27
- 5) Sweeps and throws are permitted but require a follow up technique. (Requires tatami)
- 6) Every competitor must wear the chest and head protector.
  - a) No safety kick and safety punch will be permitted.
- 7) Matches will be 3 minutes running time.

# Rules

## Brown and Blue « Adults »

### 1 Kyu, 2 Kyu, 3 Kyu, 4 Kyu

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body.
- 3) There will be two contact areas: the head gear and the chest protector.
  - a) Full contact to the chest protector is permitted.
  - b) Controlled contact to the head protector will be permitted.
  - c) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to the chest protector.
  - a) No Ippon will be awarded for contact to the head protector.
  - b) See Ippon description in the general rules. #27
- 5) Sweeps and throws are permitted but require a follow up technique (Requires tatami)
- 6) Every competitor must wear the chest and head protector.
  - a) No safety kick and safety punch will be permitted.
- 7) Matches will be 2 minutes running time.

# Rules

## Green and Orange « Adults » 5 Kyu, 6 Kyu, 7 Kyu, 8Kyu

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body
- 3) There will be one contact area: the chest protector.
  - a) Full contact to the chest protector is permitted.
  - b) No contact to the head protector will be permitted
  - c) Control to the head protector will be permitted
  - d) Any contact to the head protector will result: (see gen. rules #11)
  - e) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to the chest protector.
  - a) See Ippon description in the general rules. #27
- 5) Sweeps are permitted but require a follow up technique (Requires tatami)
- 6) Every competitor must wear the chest and head protector
  - a) Safety kick and safety punch will be permitted.
- 7) 2 minute fighting running time.

# Rules

## White and yellow « Adults » 9 Kyu, 10 Kyu

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body.
- 3) There will be only one contact area: the chest protector.
  - a) Full contact to the chest protector is permitted.
  - b) No contact to the head protector will be permitted.
  - c) Control to the head protector will be permitted.
  - d) Any contact to the head protector will result: (see gen. rules #11)
  - e) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to the chest protector.
  - a) See Ippon description in the general rules. #27
- 5) Sweeps and throws are not permitted.
- 6) Every competitor must wear the chest and head protector.
  - a) Safety kick and safety punch will be permitted.
- 7) 2 minute fighting running time.

# Rules

## Black belt « Junior 12 to 16 »

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body.
- 3) There will be two contact areas: the head and the chest protector.
  - a) Full contact to the chest protector is permitted
  - b) Controlled contact to the head protector will be permitted
  - c) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to chest protector
  - a) See Ippon description in the general rules. #27
- 5) Sweeps and throws are not permitted.
- 6) Every competitor must wear the chest and head protector
  - a) Safety kick and safety punch will be permitted.
- 7) 2 minute fighting running time

# Rules

## Brown and Blue « Juniors 12 to 16 » 1 Kyu, 2 Kyu, 3 Kyu, 4 Kyu

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body.
- 3) There will be one contact area: the chest protector.
  - a) Full contact to the chest protector is permitted.
  - b) No contact to the head protector will be permitted.
  - c) Control to the head protector will be permitted.
  - d) Any contact to the head protector will result: (see gen. rules #11)
  - e) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to the chest protector.
  - a) See Ippon description in the general rules. #27
- 5) Sweeps and throws are not permitted.
- 6) Every competitor must wear the chest and head protector
  - a) Safety kick and safety punch will be permitted.
- 7) 2 minute fighting running time.

# Rules

Green to White « Junior 12 to 16 »  
5<sup>th</sup> to 10 Kyu's

- 1) One Waza-ari will be awarded for a single technique to the chest protector
- 2) There will be only one contact area: the chest protector.
  - a) Full contact to the chest protector is permitted
  - b) No contact to the head protector will be permitted
  - c) No control to the head protector will be permitted
  - d) Any contact to the head protector will result: (see gen. rules #11)
  - e) Excessive contact to the head protector will result in automatic disqualification.
- 3) Ippons are permitted only to the chest protector.
  - a) See Ippon description in the general rules. #27
- 4) Sweeps and throws are not permitted
- 5) Every competitor must wear the chest and the head protector
  - a) Safety kick and safety punch will be mandatory.
- 6) 2 minute fighting running time.

# Rules

Black belt « 11 and under »

- 1) A wasa-ari will be awarded for a punch to the body or the face.
- 2) Two wasa-aris will be awarded for a kick to the face and **one** to the body.
- 3) There will be one contact areas: the chest protector.
  - a) Full contact to the chest protector is permitted
  - b) No contact to the head protector will be permitted
  - c) Excessive contact to the head protector will result in automatic disqualification.
- 4) Ippons are permitted only to chest protector
  - a) See Ippon description in the general rules. #27
- 5) Sweeps and throws are not permitted.
- 6) Every competitor must wear the chest and head protector
  - a) Safety kick and safety punch will be permitted.
- 7) 2 minute fighting running time

# Rules

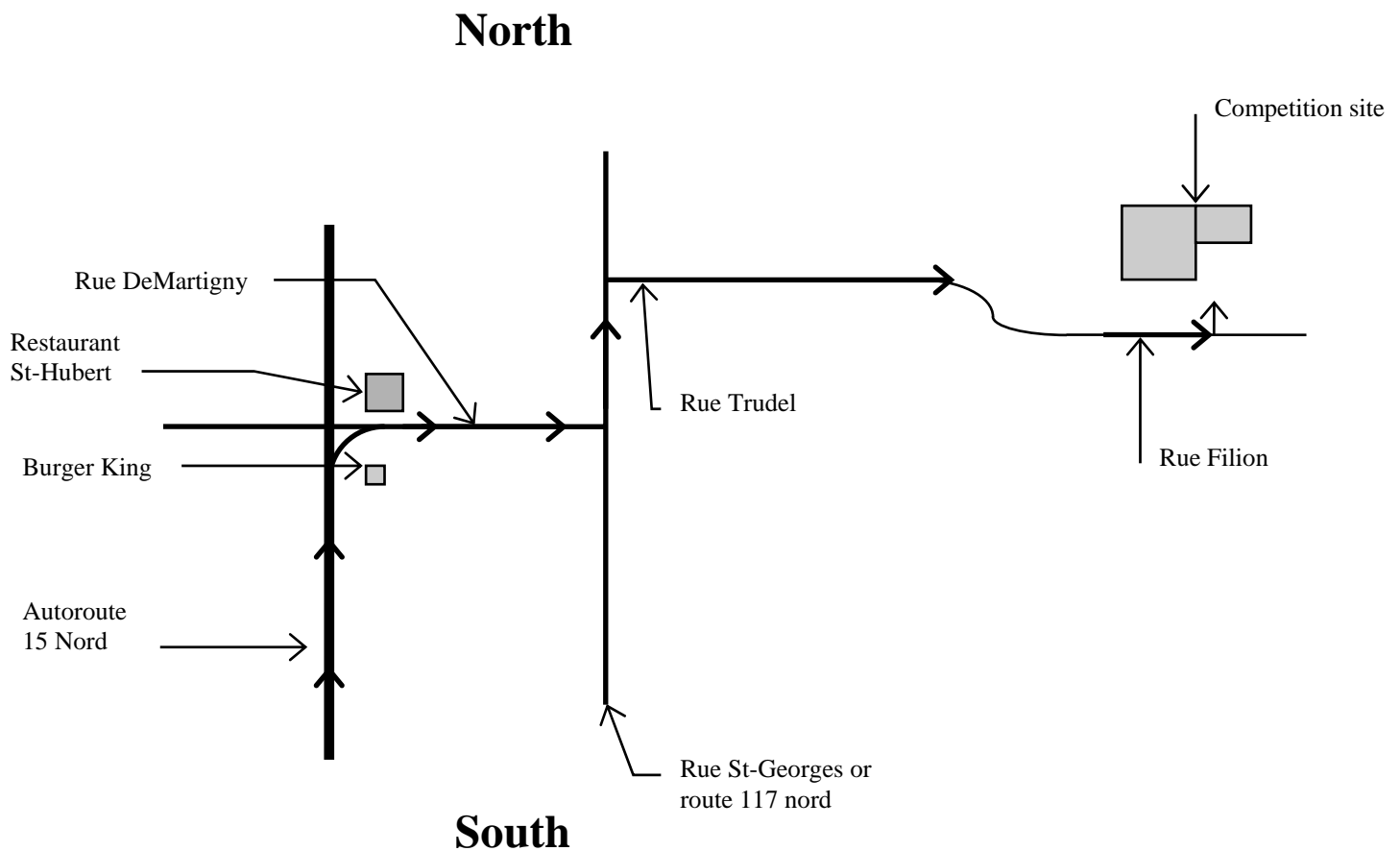
## Black belt and colors belts

### « 11 and under »

- 1) One Waza-ari will be awarded for a single technique to the chest protector.
- 2) There will be one contact area: the chest protector.
  - a) Controlled contact to the chest protector is permitted
  - b) No contact to the head protector will be permitted
  - c) No control to the head protector will be permitted
  - d) Any contact to the head protector will result: (see gen. rules #11)
  - e) Excessive contact to the head protector will result in automatic disqualification
- 3) Ippons are permitted only to chest protector
  - a) See Ippon description in the general rules. #27
- 4) Sweeps and throws are not permitted
- 5) Every competitor must wear the chest and the head protector
  - a) Safety kick and safety punch will be mandatory.
- 6) 2 minute fighting running time.

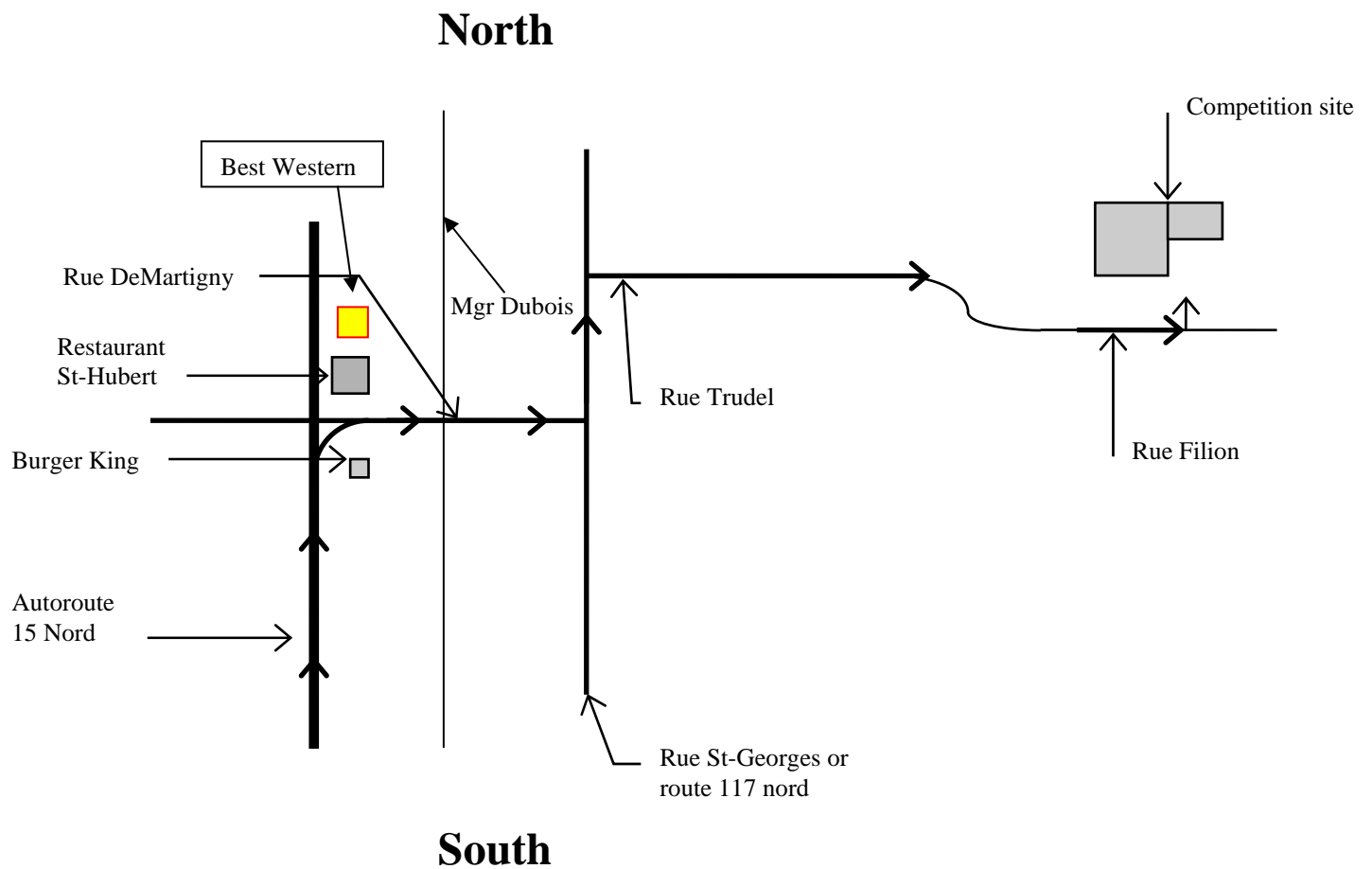
# DIRECTION from USA

- Cross border from highway 87 north to 15 Nord.
- Always follow 15 Nord (North)
- Arriving to Montreal Exit Pont Champlain, 15 Nord
- Be careful check all exit and follow 15 Nord
- Exit 43 Est, Saint Jérôme centre ville, rue De Martigny to the end
- Left on Rue St-Georges
- (3rd Light) Right on Filion
- (1st Light) Dojo Shindo Budo Kwai Corner Trudel and Fournier
- For Competition site stay on Trudel and follow the signs, Competition, 535 rue Filion



# DIRECTION from Montréal

- From 40 est
- Arriving in Montreal from 40 EST (East) Exit, 15 Nord
- From 15 Nord exit 43 EST Saint Jerome, centre ville, rue De Martigny to the end
- Left on rue St-Georges
- (3rd Light) Right on Filion
- (1st Light) Dojo Shindo Budo Kwai Corner Trudel and Fournier
- For Competition site stay on Trudel and follow the signs, Competition, 535 rue Filion





# COMPETITION INSCRIPTION

Instructeur: \_\_\_\_\_  
 Style: \_\_\_\_\_  
 Adress: \_\_\_\_\_  
 Zip: \_\_\_\_\_

School: \_\_\_\_\_  
 Tel: (\_\_\_\_\_) \_\_\_\_\_  
 City: \_\_\_\_\_  
 prov. / state: \_\_\_\_\_

Name	First Name	M/ F	Age	Weight	Height	Belt /Kyu	Buffet	Fight	Kata	Kata Weapon
1-										
2-										
3-										
4-										
5-										
6-										
7-										
8-										
9-										
10-										
11-										
12-										
13-										
14-										
15-										

- **Please make sure that all information's are correct concerning all participants.**
- **Please use this sheet to gather information to be filled on web site:**
- [www.shorinjiryu.net](http://www.shorinjiryu.net)

Cost / At the Competition:      \$70.00  
 Cost / Competition:              \$60.00  
 Cost / Buffet:                      \$35.00  
 Cost / Buffet 12 under:         \$20.00

**Total :** \_\_\_\_\_