

**PACIFIC SOUTHWEST JUDO ASSOCIATION**  
**INTER-CLUB WORKOUT**

**Date: Oct. 14, 2023**

**Start: 12:00 – 2:00 p.m.**

**Location:**

**San-Shi Judo Club**

**150 Cedar Rd.**

**Vista, CA 92083**

**PSJA will be hosting our quarterly inter-club work out for all area clubs. This event is free and open to all judokas with current USJF/USJA Judo membership.**

**For more information contact:**

**Robert Gonzales, VP Development**

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**Temujin Matsubara, President**

**Cell: (760) 458-3129**

**[tmsanshi@gmail.com](mailto:tmsanshi@gmail.com)**



## PSJA NOVICE TOURNAMENT

- Hosted by:** Pacific Southwest Judo Association
- Date:** Sunday, Oct. 15, 2023
- Time:** Registration and weigh-ins; Yonen and Shonen  
7:15 - 8:30 a.m.  
Seinen 8:30 - 10 a.m.  
Tournament starts 9 a.m.
- Location:** Japanese-American Cultural Center of Vista  
150 Cedar Road, Vista CA 92083
- Sanction:** This tournament is sanctioned by the USJF  
United States Judo Federation  
Sanction # 23-10-01
- Awards:** First, Second and Third place awards in each  
division
- Entry:** \$25.00 (non-refundable) to all contestants.  
Cash or check acceptable.  
Open to current members of the United States  
Judo Federation or United Stated Judo  
Association. Must present membership card.
- Officiated:** Referee volunteers. No CARE system used.
- Information:** Tournament Director: Bernie Truax  
(760) 949-290-3653  
Email: bltx3@msn.com  
Secondary: Temujin Matsubara  
(760) 458-3129  
Email: tmsanshi@gmail.com

## Tournament Rules 10-15-2023

Current IJF rules with the following modifications:

- No drop knee throws.
- Using Article 9 (attached) due to the reduction of the mat size. Mat size is 6 meters x 6 meters with a 3 meter out of bounds area Article 9 attached.
- Coed competition 10 years and younger.
- No chokes and no armbars in yonen; chokes allowed in shonen and seinen. No armbars in all divisions.
- pre-2003 IJF medical rules
- White judogi; blue and white obi required (for sale at venue).
- Reasonable latitude for judogi decorations and size at director's discretion.
- No CARE system used
- The director reserves the right to make ANY NECESSARY CHANGES in the best interest of the sport and the competitors.

### Divisions:

- Yonen; White to Orange belts (10 years and younger coed)  
5-6yrs / 7-8yrs / 9-10yrs / 11-12yrs
- Shonen; White to Green belt (Male and Female)  
13-16yrs
- Seinen; White to Green belt (Male and Female) 17yrs & up
- Weight Categories: Light / Middle / Heavy in all age groups
- Match times and elimination system: 3 Minutes (1 Minute Golden Score)
- Full double elimination system will be used in pools of 6 or more, round robin for 5 players or fewer.

**WARNING!**  
**WAIVER AND RELEASE OF LIABILITY AND AGREEMENT TO PARTICIPATE**

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., United States Judo Association, Inc., Pacific Southwest Judo Association, Inc., California State Judo, Inc., Art of Takedown**, 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, United States Judo Association, Inc., Pacific Southwest Judo Association, Inc., California State Judo, Inc., Art of Takedown**, 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. 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