



BALTIC OPEN JUDO CHAMPIONSHIPS AND TRAINING CAMP 2026

24 - 25 JANUARY

Riga, Latvia
Sport Hall Arkadia — Kojusalas street 9, Riga

Organized by:
Latvian Judo Federation



LATVIJAS
DŽUDO
FEDERĀCIJA

Competition Regulations

1. Introduction

The Baltic & Nordic Judo Championships 2026 is an international judo competition that aims to promote the development of judo and popularize it in the Baltic and Nordic region. The competition serves as a platform for athletes from different countries to demonstrate their skills and win awards.

2. Organizers

Latvian Judo Federation

Address: Kojusalas street 9, Riga

Emergency contacts: Mrs. Julija Lescinska +371 28353012

Mr. Gatis Milenbergs +371 27844118

3. Venue and date

24 January - Competition day

25 January - Training day

Location: Sport Hall Arkadia, Kojusalas street 9, Riga

Date: January 24-25, 2026

4. Participants and age groups

The competition is open to members of the Baltic and Nordic Judo Federations. Participants must be citizens of the country they represent.

Age groups:

U16: born 2011—2012

U18: born 2009—2011

U21: born 2006—2011

5. Application procedure

Registration takes place through the UF electronic system:

sportists.info/judo/login.php

Application deadline: January 21, 23 00

6. Competition program

FRIDAY, January 23th	Weight in 19.00-20.00 for ALL AGE GROUPS (ARKADIA, Kojusalas street 9, Riga)		
SATURDAY, January 24th			
U16 (2011.-2012.)	BOYS -46, -50, -55, -60, -66, -73, -81, -90, +90 GIRLS -36, -40, -44, -48, -52, -57, -63, -70, +70	Weight in at sport venue g:ao-9:00	Start of competitions to:00
U18 (2009.-2011.)	BOYS -50, -55, -60, -66, -73, -81, -90, +90 GIRLS -40, -44, -48, -52, -57, -63, -70, +70	Weight in at sport venue 11:30-12:00	Start of competitions 13:00
U21 (2006.-2011.)	MENS -60, -66, -73, -81, -90, -100, +100 WOMENS -48, -52, -57, -63, -70, -78, +78	Weight in at sport venue 14:30-15:00	Start of competitions 16:00
SUNDAY, January 25th	Training camp (time will be coordinated with the coaches on Saturday and will be held on E.Birznieka Upiša 21e, Riga)		

7. Hotel

Use this promo code "BalticJudo" and get a discount at the Welton Riverside SPA Hotel (3 km from the venue)

<https://www.secure-hotel-booking.com/d-edge/Hotel-Operator-VVM/2Y6C/en-US/HotelSelection?availableHotelsOnly=true&arrivalDate=2026-01-23&departureDate=2026-01-25&selectedAdultcount=2&selectedChildcount=0&PromoCode=BalticJudo>

8. Weighing procedure

The official weigh-in will take place on January 23rd for all age groups and on the day of the competition. U16 and U18 are allowed to weigh in with a 200g tolerance. Passport or ID card is required.

9. Competition format

The competition will use a double elimination system. The duration of the fights is 4 minutes, with an unlimited "Golden Score" period.

10. Participation fee and payment details

Participation fee: 50 EUR per participant (competition + training camp)

Bank details: "Latvian Judo Federation"

LV40008023336

Swedbank AS

LV59HABA0551044257436

11. Judogi requirements

There will be a sokuteiki test; white and blue judogi are required.

12. Refereeing and Coaches' Code of Conduct

The judges' meeting will take place 1 hour before the start of the competition. UF and EJU rules will apply during the competition. Coaches are only allowed to communicate during the mat breaks.

13. Rewarding

Gold, silver and two bronze medals, as well as diplomas, will be awarded. Medalists are required to attend the awards ceremony; no national flags or political or commercial symbols are allowed.

14. Contact

For further information, please contact:

Mrs. Julija Lescinska +371 28353012

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