



Program of the 7th Tournament of the 5 Continents

Friday, June 5: Senior Individual Night Tournament (Men & Women, born 2008 and before)

Boys weigh-in: 5:30–6:30 p.m. Delegation parade: 7:20 p.m. Fights: 8:00 p.m. Finals: 11:30 p.m.

Girls weigh-in: 6:00–7:00 p.m. Delegation parade: 7:20 p.m. Fights: 9:30 p.m. Finals: 11:30 p.m.

Saturday, October 6: Cadets Individual Tournament (Men & Women, born 2009–10–11)

Boys (-46, -50, -55, -60): weigh-in 8:30–9:15 a.m. Parade: 10:15 a.m. Fights: 10:30 a.m.
Finals: 1:00 p.m.

Boys (-66, -73, -81, -90, +90): weigh-in 12:00–1:00 p.m. Parade: 2:00 p.m. Fights: 2:15 p.m.
Finals: 4:30 p.m.

Girls: weigh-in 3:00–4:00 p.m. Parade: 5:00 p.m. Fights: 5:15 p.m. Finals: 7:30 p.m.

Weigh-ins for Minimes Boys (born 2012–13): 8:00–9:00 p.m. (-34 to +73 kg)

Weigh-ins for Minimes Girls (born 2012–13): 9:00–10:00 p.m. (-36 to +70 kg)

8:00 p.m.–2:00 a.m.: *Grand Free Concert by Epsilone Orchestra*

Sunday, June 7: Minimes Individual Tournament (Men & Women, born 2012–2013)

Doors open: 9:00 a.m.

Boys parade: 10:00 a.m. Fights: 10:15 a.m. Finals: 1:00 p.m.

Girls parade: 2:00 p.m. Fights: 2:15 p.m. Finals: 5:00 p.m.

Monday, June 8 / Tuesday, June 9:

Training Camps : 6:30–8:45 p.m.

Regulations :

Each participating judoka must:

- Hold a valid ID or passport.
- Be medically insured.
- Be in good administrative standing:
 - **French judokas:** FFJDA license + sports passport (checked on-site)
 - **Foreign judokas:** License from a national federation affiliated with the **International Judo Federation (IJF)**.
The list of foreign clubs will be sent to the FFJDA.

Refereeing will follow **French Judo Federation rules** (FFJDA sports code).

Registration fees:

- **Free** for all foreign participants and those from outside mainland France
- **€10 per French competitor (mainland only)**

Each participant will receive **one back number and a participation diploma.**

At least **2 fights guaranteed for everyone** (full repechage).

Registration deadline: May 3, 2026 (strict deadline).

Send registrations by email to: judo.ours@gmail.com

A confirmation email will be sent. **No exceptions** after May 3.

Note: Fronton is a 30-minute drive from Toulouse airport and train station.

Additional information:

- A full medical staff will be available, including free **osteopathy** and **kinesiology** services.
- Each delegation receives **2 coach badges**.
- Meals and refreshments available on-site at **very reasonable prices**.
- **Free entry, free back numbers, free parking.**

Entertainment:

- “Top Ippon” awards
 - Cheerleaders
 - DJ (sound, lights, smoke effects)
 - Photographers, journalists, and media
 - National anthems, delegation parades with flags
 - Star Wars actors
 - Famous judo champions
 - At least 2 guaranteed fights for everyone
- Grand Free Concert** on Saturday night (8:00 p.m.–2:00 a.m.)

Acknowledgements

This tournament is made possible thanks to our partners: The Occitanie Judo League, Departmental Judo Committee 31, Ministry of Sports (SDJES), as well as the Regional Council of Occitanie, Departments of Haute-Garonne and Tarn-et-Garonne, the Community of Municipalities of Frontonnais, the towns of St-Sauveur, Fronton, and Grisolles, and the 50 volunteers who contribute to this success.

For delegations outside France and overseas territories:

- Free registration, entry, back numbers, shows, concert, and training camps (Thursday, Monday, Tuesday).
- Free accommodation available upon request (one month in advance): family or dormitory.

We hope to see you at this UNIQUE event held only once every four years.

Patrick Ferrara