



NORDIC JUDO CHAMPIONSHIPS LEMPÄÄLÄ 2026

Ideapark Lempäälä, Bläk Boks 13. – 14.6.2026

Nordic Judo Championships 2026 Outlines

Venue

Ideapark Lempäälä, Bläk Boks -arena. Ideaparkinkatu 4, 37570 Lempäälä, Finland.

Ideapark Lempäälä shopping mall: <https://lempaala.ideapark.fi/>

Bläk Boks arena web pages: <https://lempaala.ideapark.fi/blakboks/>

Date

Competition 13th – 14th June 2026

Training camp 15th – 16th June 2026

Organizer

Finnish Judo Association in cooperation with Ideapark Lempäälä.

Contact details

Payments and registration: toimisto@judo.fi

General enquiries: Otto Favén +358503847030

Competition office: Soile Kutila +358408218019 Mari Heikkinen +358503847563

Official competition webpage: www.judo.fi/nordicjudochampionships2026

Competition office is open on following times:

Friday June 12th 14:00 – 21:00 Original Sokos Hotel Ilves

Saturday June 13th 8:00 – 20:00 Bläk Boks competition venue

Sunday June 14th 8:00 – 12:00 Bläk Boks competition venue

Participation

Representatives of Denmark, Faroe Islands, Finland, Iceland, Norway, Sweden, Åland are allowed to participate in the Championships. Minimum belt grades are 3. kyu for Cadets and 2. kyu for older. The athlete must turn 15 years old during the competition year and therefore belong to the under-18 age group based on their age, no exceptions are made. Non-Nordic citizens can also participate, but they must be a member of some Nordic judo club, represent that country and put suchlike backnumber on judogi.

Public tickets

On competition days, tickets cost €19 for adults and €10 for children (ages 2–16). Both days for adult 25€ and children 15€. Tickets are available for purchase only at the venue and can be paid for by card.

Weight categories

Saturday June 13th

U18 Cadet women -44, -48, -52, -57, -63, -70, +70 (4 min + GS)

U18 Cadet men -50, -55, -60, -66, -73, -81, -90, +90 (4 min + GS)

Senior Women -48, -52, -57, -63, -70, -78, +78 (4 min + GS)

Senior Men -60, -66, -73, -81, -90, -100, +100 (4 min + GS)

Sunday June 14th

U21 Junior women -48, -52, -57, -63, -70, -78, +78 (4 min + GS)

U21 Junior men -60, -66, -73, -81, -90, -100, +100 (4 min + GS)

Veteran Women -48, -52, -57, -63, -70, -78, +78 (30-59 years old 3min + GS, 60+ years old 2,5min + GS)
Veteran Men -60, -66, -73, -81, -90, -100, +100 (30-59 years old 3min + GS, 60+ years old 2,5min + GS)
U18 Cadet Mixed-team (Women: -52, -63, +63, Men: -66, -81, +81 (4min + GS)
Senior Mixed-team (W-57, W-70, W+70, M-73, M-90, M+90 (4min + GS)

Payment and registration

Entry fee

50 euro. 25 euro additional category.

Payment and registration for international participants

Clubs or federations make entry to competition using excel form found <https://judo.fi/nordicjudochampionships2026/>. Send filled excel form to toimisto@judo.fi. Invoice will be sent for payment.

Deadline for registration is 31th May 2026.

Deadline for payment is 5th June 2026.

Payment and registration for Finnish Judo Association members

Finnish Judo Association members payment through Suomisport and registration via judokisa.fi.

Suomisport link for payment: <https://www.suomisport.fi/events/b137249b-5b41-442e-8790-c402b1c484b3>

Competition rules

According to IJF rules and Finnish Judo Association's competition regulations.

Competition system:

6 and more entries: Double repechage

3, 4, 5 entries: Round robin

2 entries: best of 2 fights, if 1-1 the third match will decide

Mixed-team competition: There can be only one team per country. All countries head coach announce mixed-team athletes list one hour before competition starts.

Judogi

IJF judogi regulations regarding judogi dimensions are applied. However, the judogi is not required to bear an IJF Approved label. Judogi compliance will be checked using a Sokuteiki measurement before the matches. Veterans may also compete wearing only a white judogi.

Accreditation

Accreditation takes place on Sokos Hotel Ilves (Friday) and Bläk Boks competition venue (Saturday). Passports, ID cards or photocopies of mentioned must be available if requested for verification of nationality, identity and age. **Notice: Category changes are only possible in accreditation. Not in weigh-in.**

Friday June 12th accreditation:

14.00 – 21.00 Original Sokos Hotel Ilves

Saturday June 13th accreditation:

10.00 – 18.00 Bläk Boks competition Venue

Weigh-in

Weigh-in takes place on Sokos Hotel Ilves (Friday) and Bläk Boks competition venue (Saturday). Nationality, identity and age of the participants will be verified for each athlete's valid passport or ID, during weigh-in.

No random weigh-in on competition days. An excess weight of 200 grams from underwear is taken into account. One weigh-in is sufficient during the competition weekend. However, note that a separate weigh-in is required for each different weight class.

Friday June 12th Cadets and Senior:

Sokos Hotel Ilves.

Unofficial: 18.00 – 19.00.

Official: 19.00 – 20.00.

Saturday June 13th Juniors, Veterans, Cadet & Senior Mixed-team:

Bläk Boks competition venue.

Unofficial: 18.00 – 19.00.

Official: 19.00 – 20.00.

Saturday June 13th Senior

Bläk Boks competition venue.

Unofficial: 11.30 – 12.00.

Official: 12.00 – 13.00.

Draw

Draw will be arranged before competition day after the official weigh-in.

Accommodation

Original Sokos Hotel Ilves

Hatanpään valtatie 1

33100 Tampere

Prices:

Single room 140 EUR

Double room 150 EUR

Online reservation:

www.sokshotels.fi

Bookingcode: BJUDOPM26

Reservations via email or phone:

+358 300 870 000

sokos.hotels@sok.fi

Bookingcode: BJUDOPM26

Limited number of rooms, first-come, first-served basis. Deadline for hotel reservation with special price is 5.6.2026 before 16.30.

Program

Competition office is open on following times:

Friday June 12th 14:00 – 21:00 Original Sokos Hotel Ilves

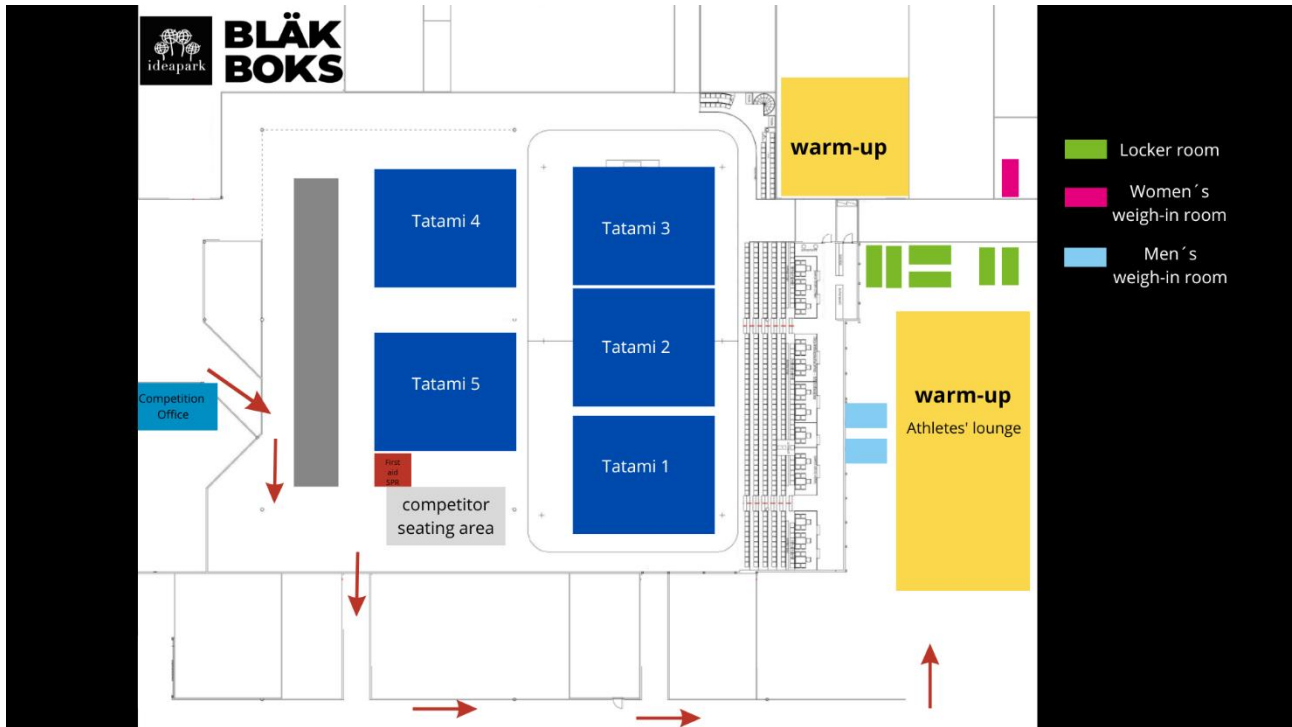
Saturday June 13th 8:00 – 20:00 Bläk Boks competition venue

Sunday June 14th 8:00 – 12:00 Bläk Boks competition venue

Date	Time	Activity	Location
Friday June 12 th	14:00 – 21:00	Accreditation	Original Sokos Hotel Ilves
	18:00 – 19:00	Unofficial weigh-in Cadets and Seniors	
	19:00 – 20:00	Official weigh-in Cadets and Seniors	
Saturday June 13 th	10:00 – 18:00	Accreditation	Bläk Boks arena
	11.30 – 12.00	Unofficial weigh-in: Seniors	
	12.00 – 13.00	Official weigh-in: Seniors	
	9:00 – 12:30	Cadet preliminaries	
	12:45 – 14:00	Cadet final block	
	14:30 – 14:45	Opening Ceremony	
	15:00 – 17:30	Senior preliminaries	
	17:45 – 19:00	Senior final block	
	18:00 – 19:00	Unofficial weigh-in Juniors, Veterans, Mixed-team	
	19:00 – 20:00	Official weigh-in Juniors, Veterans, Mixed-team	
Sunday June 14 th	9:00 – 13:00	Veteran preliminaries and finals	Bläk Boks arena
	9:00 – 14:30	Junior preliminaries and finals	
	14:00	Final athlete lists of mixed-team competitions	
	15:00 – 17:30	Cadet mixed-team competition	
	15:00 – 17:30	Senior mixed-team competition	
Monday June 15 th	10:00 – 12:00	Judo trainings	Bläk Boks arena
	14:30 – 16:30	Judo trainings	
Tuesday June 16 th	9:00 – 11:00	Judo trainings	Bläk Boks arena

Bläk Boks venue

Map of Bläk Boks competition venue.

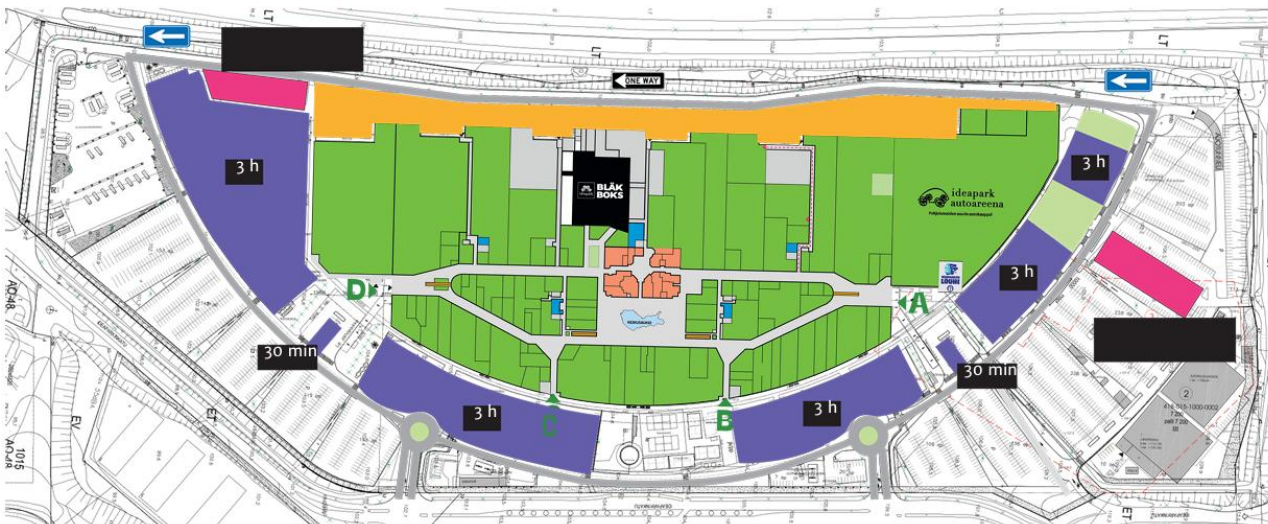


Parkin in Ideapark

There is plenty of parking available in the area that is not subject to a time limit.

Ideaparkin pysäköintialueet

- Henkilökuntapysäköinti
- Pysäköinninvalvotut alueet



- Pysäköinninvalvotut alueet sisäkaarella:**
- Pysäköintikiekon käyttövelvoite
 - Aikarajoitetut asiakaspysäköintipaikat

Travel Instructions

TRAIN

When you arrive at Helsinki–Vantaa Airport, you should travel by train:

To Tampere if you are going directly to the competition hotel (Original Sokos Hotel Ilves), or

To Lempäälä if you are going directly to the competition venue (Ideapark Lempäälä).

From the airport, take the P train to Tikkurila, and at Tikkurila change to a train going to Tampere or Lempäälä.

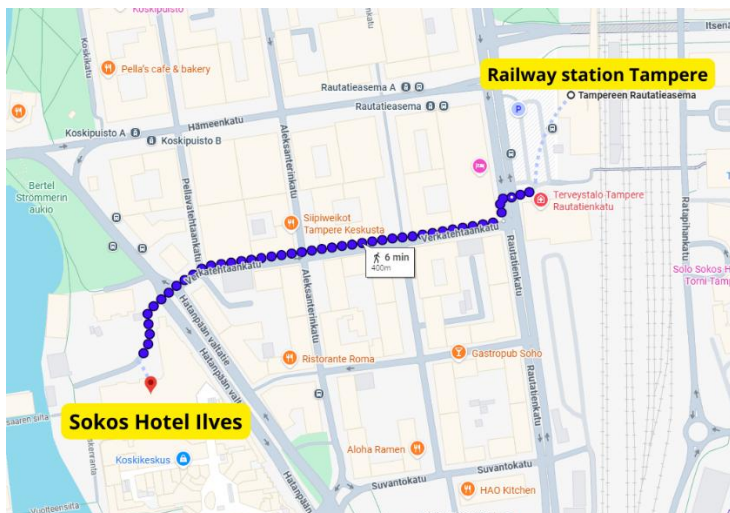
You can book both train tickets at the same time via:

<https://www.vr.fi/en>

Booking instructions:

- If travelling directly to the hotel, choose Helsinki Airport as your departure station and Tampere as your destination. Select a combination of P train + InterCity or Pendolino.
- If travelling directly to the competition venue, choose Helsinki Airport as your departure station and Lempäälä as your destination. Select a combination of P train + InterCity or Pendolino.
- The train journey takes just under two hours.
- Train tickets must be booked in advance.

When you arrive at Tampere Railway Station, Original Sokos Hotel Ilves is within walking distance (approx. 6 minutes). Address: Hatanpään valtatie 1, 33100 Tampere, Finland.



If you arrive at Lempäälä Railway Station, Ideapark Lempäälä is about 7 km away, so you will need to continue by bus. Bus route and ticket instructions are provided below.

The competition venue, Ideapark Lempäälä (Bläk Boks Arena), is located approximately 17 km from the hotel. Address: Ideaparkinkatu 4, 37570 Lempäälä, Finland.

BUS

Buses to Ideapark Lempäälä depart near the competition hotel. Timetables and tickets are available here:

<https://www.nysse.fi/en/front-page.html>

You can also download the mobile app Nysse Mobiili.

Route planning:

Enter Original Sokos Hotel Ilves as the departure point and Ideapark Lempäälä as the destination. You will see departure times and two possible bus stops on the map: Koskipuisto D (closer to the hotel), or Central Bus Station.

Three bus lines run directly from Tampere to Ideapark, stopping close to the B entrances of Ideapark: lines 50, 55, and 60.

If travelling from Lempäälä Railway Station to Ideapark, use bus lines 50 or 55.

Buying a Bus Ticket (Nysse)

Via the Nysse Mobiili app:

Select Buy from the bottom menu. Choose the ticket type (single ticket, day ticket, or season ticket). Select the passenger category (adult, youth, or child). Select the travel zones (minimum two). Choose the payment method.

On the bus using contactless payment: Select contactless payment. Choose the travel zones for your trip. Follow the payment instructions.

Buy a ticket for Zones A, B, and C.

The price depends on age and is approximately €2.00 – €4.70 per direction.