



JUDO ONTARIO

Athletes' Handbook

2018-2019

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SECTION I

1.0 PREAMBLE

The “Athletes’ Handbook” is to serve as both the Technical Package and the Handbook for athletes who have aspirations to be a member of the Ontario Judo Team.

2.0 MISSION STATEMENT OF JUDO ONTARIO HIGH PERFORMANCE COMMITTEE

To provide superior coaching and training sessions that give the opportunity to athletes to reach their maximum level of excellence by fostering their growth and commitment in competitive Judo.

To promote the growth of Ontario athletes to Provincial, National and International levels of competitions.

3.0 HIGH PERFORMANCE COMMITTEE (also referred to as “HPC”)

3.1 Members

Steven Sheffield – HPC Chair

Kevin Doherty – Committee Member

James Millar – Committee Member

Leandro Cunha – Committee Member

3.2 High Performance Committee Roles and Responsibilities

- Provide support to both the provincial program and Judo Ontario High Performance Program.
- Assist the HPP and Regional Training Centre.
- Be a liaison between the HPP/RTC and the National Training Centre
- Participate in the development of Strategic Plans for Judo Ontario.
- Review and assist in monitoring point calculations for team selection.
- Rule on appeals from athletes.
- Rule on exemptions.

4.0 GOALS AND OBJECTIVES OF THE HIGH PERFORMANCE COMMITTEE

- Develop an Athletes’ Handbook outlining all the criteria and information to make the Ontario Team.
- Coordinate provincial trainings, training camps and clinics.
- To produce athletes who can compete successfully at the Provincial, National and International levels.
- To raise the performance level of Judo and judokas in Ontario.
- To have Ontario athletes medal at Provincial, National and International events.
- To provide a systematic approach to athlete development in accordance with the national LTAD program.

5.0 TECHNICAL/COACHING DIRECTOR

James Millar (Technical/Coaching Director)

5.1 Technical/Coaching Director Responsibilities

- Conduct and Oversee all Technical/Coaching Responsibilities
- Develop and update the Athletes Handbook.
- Identify potential high performance athletes.
- Participate in updating the Ontario High Performance Program.
- Participate in updating the calendar of Provincial Trainings, Training Camps and Tournaments.
- Participate in the development of Strategic Plan for Judo Ontario.
- Team Selection (Judo Ontario Point System).
- Conduct Monthly Provincial Trainings for U18, U21, Senior and Veterans.
- Conduct Monthly Open Mat Trainings for U18, U21, Senior and Veterans.
- Conduct daily trainings for the Judo Ontario High Performance Program.
- Conduct Training Camps for the Judo Ontario High Performance Program.
- Review individual training plans and competitive schedules.
- Serve as a resource to the Judo Ontario Board of Directors and the coaching staff.
- Serve as Judo Canada Regional Training Centre Coach.

6.0 Judo Ontario Development Coach

Judo Ontario Development Coach Leandro Cunha

6.1 Judo Ontario Development Coach Responsibilities

- To Conduct and Oversee all Development Coaching Responsibilities
- To conduct Monthly U14/U16 Provincial training sessions
- Identify potential Youth Academy athletes.
- Participate in updating the Ontario High Performance Program.
- Participate in updating the calendar of Provincial Trainings, Training Camps and Tournaments.
- Participate in the development of Strategic Plan for Judo Ontario
- Conduct weekly trainings for the Judo Ontario Youth Academy
- Conduct daily trainings for the Judo Ontario High Performance Program.
- Conduct Judo Ontario Talent Development Training Camps
- To coach U16 Provincial Team at National and International tournaments and camps if funding allows.
- Assist Team Ontario at Provincial and National events.
- Review individual training plans and competitive schedules.
- Serve as a resource to the Judo Ontario Board of Directors and the coaching staff.

SECTION II

7.0 QUALIFYING AND SELECTION CRITERIA for U14, U16, U18, U21 and Senior

7.1 DIVISIONS for U14

Born in 2006 & 2007

7.2 DIVISIONS for U16

U16 Born in 2004 & 2005 (minimum green belt)

And earlier as per the Early Bloomer clause

7.3 DIVISIONS for U18

U18 Born in 2002, 2003 & 2004 (minimum green belt)

And earlier as per the Early Bloomer clause

7.4 DIVISIONS for U21

U21 Born in 1999, 2000, 2001, 2002, 2003, & 2004 (minimum blue belt)

In National Championships and the Elite Invitational as per Early Bloomer clause and respecting the restriction of a max. of 2 age divisions per event.

7.5 DIVISIONS for Senior

Born in 2004 and before (minimum blue belt for females and brown belt for males)

In National Championships and the Elite Invitational as per Early Bloomer clause and respecting the restriction of a max. of 2 age divisions per event.

7.6 Qualifiers for U14

If a selection is needed Judo Ontario will use the same qualifying tournaments as for U16, U18, U21.

7.7 QUALIFIERS for U16, U18, U21, and Senior

Senior: Ontario Open (mandatory) and two of the following: Asahi, Ajax Budokan, Tora, & Thunder Bay
U16, U18 & U21: Ontario Open (mandatory), Ontario Youth (mandatory), and one of the following: Asahi, Ajax Budokan, Tora, Thunder Bay

The following Tournaments will be used for qualifying points for the 2017-2018 Season

SHIAI RANKING	Ontario Youth February 2 nd /19 Mandatory U16, U18 & U21 only	Ontario OPEN November 10 th & 11 th 2018 Mandatory	<u>ONTARIO TOURNAMENTS:</u> ASAHI, AJAX BUDOKAN, TORA, THUNDER BAY
1 st Place	50 Points	50 Points	10 Participation Points
2 nd Place	35 Points	35 Points	10 Participation Points
3 rd Place	25 Points	25 Points	10 Participation Points
5 th Place	10 Points	10 Points	10 Participation Points

7.8 SELECTION CRITERIA

(a) **Point Accumulation & Selection Criteria for Nationals:**

Senior selection will be based on point accumulation at the Ontario Open (mandatory) and two of the following: Asahi, Ajax Budokan, Tora, Peel and Thunder Bay.

U16, U18 & U21 selection will be based on point accumulation at the Ontario Open (mandatory) Ontario Youth (mandatory) and one of the following: Asahi, Ajax Budokan, Tora, Peel and Thunder Bay.

Should an athlete change divisions throughout the year they will only bring half of their accumulated points to their new division. **The last division an athlete competes in will be the division in which they will qualify** to participate at the Open National Championships (unless with prior HPC approval). To make the Provincial Team, athletes must participate in a minimum of 3 qualifiers including the mandatory Ontario Open and Ontario Youth (for U16, U18 and U21 only).

Athletes selected by Judo Ontario or Judo Canada to participate with the National Team at a tournament that conflicts with a qualifier will be credited with the equivalent of 1st place points. The athlete is exempt from participation if, during travel with the national team, they arrive in Ontario within 24 hours of the qualifier tournament start time.

(b) **Provincial Team Trainings** will be held monthly from September to April. You can find the list of Provincial trainings at www.judoontario.ca or under calendar of events 17.0 below. Only Athletes, Ontario Provincial Coaches, High Performance Members, Personal Club Coaches and Invited Guests will be permitted on the mat

Athletes are recommended to attend the Provincial Team Trainings to qualify for the Provincial Team.

(c) **Judo Ontario High Performance Program**

1. Attendance at mandatory trainings on Tuesdays, Thursdays and Saturdays in addition to club trainings.
2. Selection to this Program will be based on Judo Canada Point System, tournament results, training commitment and the discretion of the High Performance Committee.
3. Acceptance in the Judo Ontario High Performance Program must have the authorization from the personal coach and the parents if the athlete is a minor.
4. All athletes selected for the Judo Ontario High Performance Program will be asked to sign an athlete contract to be co-signed by their coach and parent if they are a minor.

The Judo Ontario High Performance Program will be monitored by the Technical Coach Director, Judo Ontario Development Coach and the Judo Ontario HPC.

(d) **Quest for Gold Candidates** must refer to the Quest-for-Gold Criteria and meet their obligations under the Quest-for-Gold criteria and the Athlete Agreement.

7.9 LTAD Recommendation: Tournaments attended per year

Based on the **LTAD** available on www.judoontario.ca, Judo Ontario strongly recommends the clubs and their athletes increase the number of the tournaments attended during the season/year.

8.0 HPC Right to review the selection of athletes

The HPC reserves the right to review the selection of athletes on a case-by-case basis and make changes where necessary.

8.1 Early Bloomer Clause:

As per the Judo Canada guidelines.

8.2 *QUALIFYING AND SELECTION CRITERIA FOR VETERANS

BORN 1989 AND BEFORE

- (a) Veterans must compete in a minimum of two Ontario tournaments during the 2018-19 season.
- (b) **Provincial Team Trainings** will be held monthly from September to April. You can find the list of Provincial trainings at www.judoontario.ca or under calendar of events 17.0 below. Athletes, Ontario Provincial Coaches, High Performance Members, Personal coaches and Invited Guests will be permitted on the mat.
- (c) **Weekly Judo Ontario Veterans Training led by the Judo Ontario coaching staff at the Toronto Pan Am Sports Centre** will be held on Friday's 5pm-6:30pm from September to June.

Athletes are recommended to attend the Provincial Team Trainings to qualify for the Provincial Team

9.0 QUALIFYING AND SELECTION CRITERIA FOR KATA

Kata competitors must participate in a minimum of two Ontario Kata tournaments during the 2018-19 season and must have competed in the Kata in which they wish to compete at the National Championships.

10.0 QUALIFYING AND SELECTION CRITERIA FOR NE-WAZA

Ne-Waza competitors must participate in a minimum of two Provincial "A" tournaments in either Ne-Waza or regular Shiai.

11.0 REQUIREMENT FOR CANADIAN CITIZENSHIP OR PERMANENT RESIDENT STATUS:

Athletes must be Canadian Citizens or Permanent Residents of Canada to participate at the National Championships. Proof of Canadian Citizenship or Permanent Resident Status must be provided upon registration at the last Ontario tournament at which the athlete competes.

11.1 Selection Criteria for International Tournaments & Training Camps:

Selection of athletes for International competition & training camps will be based on the past (previous year) and present results, ability and training commitment. An athlete who competes at an international tournament or attending a Judo Ontario or Judo Canada training camp that is funded by Judo Ontario or Judo Canada is obligated to attend associated training camps when deemed mandatory by the Technical/Coach Director.

Athlete's must contact Judo Ontario's' HPC before registering for any International competition and/ or training camp including Judo Canada training camps.

11.2 Failure to meet Selection Criteria for National Championships due to Injury or Health-related Reasons

Athletes who may not qualify for the National Championships due to illness, injury or pregnancy in 2019 and who believe they should be selected for the Provincial Team may appeal to the HPC directly. These athletes must submit a rationale for selection including a description of the injury or illness, documents from the attending certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, the prognosis for recovery and the athlete's results from January 2018 to present. All other conditions hereto set forth must be met and a full application form must be submitted.

Athletes may be considered for selection under the following circumstance:

The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy.

HPC approval, based on its technical judgement and with the prognosis of a Judo Ontario team physician or equivalent, who indicates in writing the expectation that the athlete will achieve at least the minimum standards required for participation in the remainder of the season.

The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.

If an Ontario Team athlete (i.e. an athlete selected to for the National Championships in a previous year) became injured and was unable to compete in part of the previous competitive season due to injury, the athlete could be considered for selection, based on prior seasons' ranking up to the time of the injury, so long as they meet the following:

Notification - They must have sent written notification and proof to the Judo Ontario office as soon as they became injured, and before September 1 of each season. This notification must include the projected date by which the athlete is able to return to competition, and must include proper documentation from a Judo Ontario approved medical doctor.

Data Ranking Process– Once it has been determined an athlete is eligible to use this injury clause, the athlete in question would receive no points for the missed tournament(s) and only a notation of "injured".

NOTE: First year (U16) candidates must notify the Provincial Coach and the HPC of the injury or illness. Candidates will be assessed case by case if injured or illness occurs during a qualifier.

11.3 Failure to Meet Selection Criteria for funding due to Injury or Health-related Reasons:

Athletes who may not qualify for funding due to illness, injury or pregnancy in 2019 and who believe they should be funded may appeal to the HPC directly. These athletes must submit a rationale for selection including a description of the injury or illness, documents from the attending certified physician and/or therapist detailing the nature of the illness or injury, the rehabilitation program, the prognosis for recovery and the athlete's results from January 2018 to present. All other conditions hereto set forth must be met and a full application form must be submitted.

Athletes may be considered for nomination under the following circumstance:

The athlete has fulfilled all reasonable training and rehabilitation requirements aimed at a speedy return to full high-performance training and competition during the period of his or her injury, illness or pregnancy.

HPC approval, based on its technical judgement and with the prognosis of a Judo Ontario team physician or equivalent, who indicates in writing the expectation that the athlete will achieve at least the minimum standards required for Quest-for-Gold carding or team placement during the upcoming carding period.

The athlete has demonstrated and continues to demonstrate his or her long-term commitment to high-performance training and competition goals, as well as his or her intention to pursue full high-performance training and competition throughout the carding period for which he or she wishes to be renewed despite not having met the carding criteria.

If an Ontario Team athlete became injured and was unable to compete in part of the previous competitive season due to injury, the athlete could be considered for nomination, based on prior seasons' ranking up to the time of the injury, so long as they meet the following:

Notification - They must have sent written notification and proof to the Judo Ontario office as soon as they became injured, and before September 1 of each season. This notification must include the projected date by which the athlete is able to return to competition, and must include proper documentation from a Judo Ontario approved medical doctor.

Eligibility – To be considered under the Injury, Illness or Pregnancy clause, an athlete MUST have been either Nationally Carded or on the Quest for Gold program 2017-2018. Athletes cannot be carded under the Injury, Illness or Pregnancy clause two years in a row.

Data Ranking Process– Once it has been determined an athlete is eligible to use this injury clause, the athlete in question would receive the same number of points that he or she received in (2017-2018) the previous year's point table tournaments.

NOTE: First year (U18) candidates must notify the Provincial Coach and the HPC of the injury or illness. Candidates will be assessed case by case if injured or illness occurs during a qualifier.

12.0 Judo Ontario Youth Academy

Judo Ontario Youth Academy is for talented U14 & U16 athletes orange belt and up. The Youth Academy directly targets the next group of athletes entering the Judo Ontario HPP. The classes will be run at the Toronto Pan-Am Sports Centre 875 Morningside Ave. M1C 0C7 from September to June. Training times will be Saturdays from 1pm-3pm. Athletes in the Youth Academy are actively competing at regional and provincial competitions and will be ready to enter the HPP within 1 to 4 years.

13.0 Judo Ontario Talent Development Training Camps

Judo Ontario will endeavor to hold four U14/U16 training camps. The camps will be open to athletes born in 2003 to 2007 orange belt and up.

Location	Date
Toronto Pan Am Sports Centre	September 15-16
Toronto Pan Am Sports Centre	December 27-30
Toronto Pan Am Sports Centre	March 11-14
Toronto Pan Am Sports Centre	May 04-05

Calendar subject to change without notice – please verify on web site prior to scheduled training

14.0 All Women Training

There will be 4 All Women training held at TPASC. The trainings will be open to women from U12 up to and including Veterans.

Location	Date	Time
Toronto Pan Am Sports Centre	October 20 th	11:30am-1pm
Toronto Pan Am Sports Centre	January 19 th	11:30am-1pm
Toronto Pan Am Sports Centre	March 16 th	11:30am-1pm
Toronto Pan Am Sports Centre	April 13 th	11:30am-1pm

Calendar subject to change without notice – please verify on web site prior to scheduled training

15.0 Ne waza Night

To Be Confirmed

16.0 Veteran's Training

Judo Ontario will hold weekly Veteran training classes. The classes will be held at the Toronto Pan Am Sports Centre on Friday nights from 5pm-6:30pm from September to June. The training will be open to 25 year olds and up with a minimum of green belt.

17.0 PROVINCIAL TRAINING CALENDAR 2018-2019

17.1 Provincial Team Trainings:

The Provincial Team Trainings will be split in 2 sessions, one for U14/ U16 (born in 2004 to 2007, orange belt and up), and one session **U18/U21/SR/Veterans** (born 2003 and before, green belt and up).

Dates	Time	Place
Sunday, September 30 th , 2018	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday, October 28 th , 2018	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday, November 25 th , 2018	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday, January 27 th , 2019	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday, February 24 th , 2019	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday, March 31 th , 2019	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday, April 28 th , 2019	09.00-10.30 U14/U16 10.30-12.30 U18/U21/SR	Tora Judo Club
Sunday June 23 rd , 2019	10am-12pm	Tora Judo Club

Calendar subject to change without notice – please verify on web site prior to scheduled training

17.2 OPEN MAT TRAININGS

The Open Mat trainings will be ONLY for U18 and up (green belt and up) and is open for all Judo Ontario members in a good standing. Personal coaches are allowed on the mat.

Dates	Time	Place
Saturday, September 15 th , 2018	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, October 13 th , 2018	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, November 17 th , 2018	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, December 08 th , 2018	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, January 5 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, February 9 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, March 9 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, April 13 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, May 11 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, June 15 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, July 13 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan
Saturday, August 17 th , 2019	4pm-5.30pm U18/U21/SR	Ajax Budokan

Calendar subject to change without notice – please verify on web site prior to scheduled training

18.0 PRICE CHART

Event	Cost
HPP-RTC	\$250.00 per year
Judo Ontario Youth Academy	\$100.00 per year
Veteran's class	\$100.00 per Year
All Women's Training	\$10.00 per class
Ne Waza night	\$100.00 per year
JOTDC Training Camps	\$50.00 per camp
Provincial Training	Free
Open Mat Training	Free

SECTION III

19.0 **JUDO ONTARIO CODE OF CONDUCT**

Purpose

The purpose of this Code of Conduct is to ensure a safe and positive environment by instituting a Zero Tolerance Policy. Judo Ontario (JO) is committed to providing a sport environment in which all individuals are treated with respect and dignity. All Individuals will be aware that there is an expectation, at all times, of appropriate behaviour consistent with the values of JO. Conduct that violates this Code may be subject to disciplinary action enforced by JO's Dispute and Resolution committee and Board of Directors.

Application of this Code

This Code of Conduct applies to conduct that may arise during the course of JO business, activities and events. This includes but is not limited to its office environment, competitions, practices, training camps, tryouts, travel and any meetings of Judo Ontario.

Responsibilities

All Individuals have a responsibility to:

- a) Maintain and enhance the dignity and self-esteem of JO members and other Individuals by:
 - i. Demonstrating respect to individuals regardless of body type, physical characteristics, athletic ability, gender, ancestry, colour, ethnic or racial origin, nationality, national origin, sexual orientation, age, marital status, religion, political belief, disability or economic status.
 - ii. Focusing comments or criticism appropriately and avoiding public criticism of athletes, coaches, officials, organizers, volunteers, employees and members.
 - iii. Consistently demonstrating the spirit of sportsmanship, sport leadership and ethical conduct.
 - iv. Consistently treating individuals fairly and respectfully.
- b) Refrain from any behaviour that constitutes harassment, where harassment is defined as comment or conduct directed towards an individual or group, which is offensive, abusive, racist, sexist, degrading, or malicious.
- c) Refrain from any behaviour that constitutes sexual harassment, where sexual harassment is defined as unwelcome sexual comments and sexual advances, requests for sexual favours, or conduct of a sexual nature.
- d) Comply at all times with the bylaws, policies, procedures, rules and regulations of Judo Ontario.

Conduct Policy for Member Clubs

Definition

A member club is a registered organization with Judo Ontario running judo programming for youth or adults. It is a requirement of all member clubs with Judo Ontario to assume responsibility for the conduct of all athletes, coaches and spectators under their jurisdiction.

Goal Statement

Any member club participating within Judo Ontario will be expected to adhere to JO principles of Fair Play and this Code of Conduct Policy.

Actions

In addition to the responsibilities of the JO Code of Conduct, member clubs of Judo Ontario will:

- Conduct organization as an ambassador of Judo Ontario.
- Follow all Judo Ontario policies and procedures.
- Refrain from negative communications with or against any other member club.
- Support the game of judo.

- Ensure that all athletes and coaches participating in sanctioned competitions are registered members in good standing with JO
- Avoid spectator-imposed pressures to win.
- Be supportive of the athlete, team, coach, opponents and officials.
- Maintain a supportive, constructive environment for all participants.
- Be a Leader, a positive influence and role model.

Conduct Policy for Coaches

Definition

Anyone who participates as a teacher, leader or instructor to train, educate or motivate athletes to compete in an athletic activity.

Goal Statement

Any coach participating in Judo Ontario sanctioned events will be expected to adhere to Judo Ontario's principles of Fair Play and the Conduct Policy for Coaches.

Actions

In addition to the responsibilities of the JO Code of Conduct, Coaches have added accountability. The coach-athlete relationship is a privileged one and plays a critical role in the personal, sport, and athletic development of the athlete and must not abuse this relationship. Coaches of Judo Ontario will:

- Be a leader, a positive influence and a role model.
- Meet all requirements set out by Judo Ontario, Judo Canada and the National Coaching Certification Program (NCCP) in order to be a certified coach.
- Reward effort, Fair Play and commitment.
- Recognize and respect the differences in your athletes.
- Demonstrate respect for all individuals involved in the sport.
- Always consider the physical and emotional well being of the athletes.
- Communicate in a positive and rational manner, and use inoffensive language.
- Respect and coach within the spirit of the game.
- Always attempt to contribute to the betterment of the sport of judo.

Conduct Policy for Athletes

Definition

Anyone who participates in an athletic activity, including but not limited to practices, training camps and tournaments, is considered an athlete.

Goal Statement

Any athlete participating in Judo Ontario sanctioned events will be expected to adhere to Judo Ontario principles of Fair Play and the Conduct Policy for Athletes.

Actions

Athletes will always model mature behaviour consistent with that of Judo Ontario guidelines. In addition to the responsibilities of the Code of Conduct, athletes of JO will:

- Adhere to all Fair Play principles.
- Participate to one's best abilities in all competitions, practices, training sessions, events, or activities.
- Properly represent oneself and not attempt to enter a competition for which one is not eligible, due to age, classification, or other reason.
- Participate for the love and enjoyment of the game.
- Respect the efforts and accomplishments of your teammates and your opponents.
- Respect officials, coaches, spectators and event organizers.

- Respect the facility you visit or in which you play.
- Respect the rules of the game.

Conduct Policy for Spectators

Definition

Anyone watching an athletic or judo activity or event whether sitting or standing is considered a spectator. A spectator may be a parent, a relative, friend, teammate, opposing player, administrator or coach not directly involved in the game. Spectators are an important part of any athletic activity; however, they are not essential. Spectators should never influence the outcome of an event and must never pose a distraction to players, other spectators, timers, score keepers and referees.

Goal Statement

Any spectator watching a JO sanctioned event will be expected to respect and adhere to the Spectator Code of Conduct Policy.

Actions

In addition to the responsibilities of this JO Code of Conduct, spectators of athletes and spectators at events will:

- Support the sport of judo.
- Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence
- Stress the importance of participation.
- Avoid spectator-imposed pressures to win.
- Be supportive of the athlete, coach, opponents and officials.
- Respect the decisions and judgments of officials and encourage athletes to do the same.
- Maintain a supportive, constructive atmosphere conducive to the athletes' personal development.
- Refrain from negative communications with judokas, coaches, the scorers' table or game officials.
- At no time, should spectators go on to the judo mats.

20.0 DISCIPLINARY SANCTIONS

Members of Team Ontario who fail to adhere to the Code of Conduct may give rise to disciplinary procedures in accordance with Judo Ontario's Discipline, Appeals and Disputes Policy.

As stipulated in the Discipline Policy, the Head Coach has the authority to impose immediate disciplinary sanctions for minor infractions occurring within the context of Team Ontario activities, where such sanctions may include:

- verbal or written reprimand;
- verbal or written apology;
- service or other voluntary contribution to Team Ontario or Judo Ontario;
- suspension from the current activity or competition;
- cash fine or penalty
- any other similar sanction considered by the Head Coach to be appropriate for the offense.

Major infractions occurring during competition may be or will be dealt with by the Head Coach. Other major infractions will be investigated and decided by a Discipline Panel in accordance with the provisions of the Discipline Policy.

Fines will be levied by Judo Ontario for any athletes failing to make weight or failing to appear at any National Championships. The fine levied by Judo Ontario will be in the amount of any expenses incurred by Judo Ontario to accommodate the athlete's failure to make weight or to appear.

21.0 APPEALS

Members of Team Ontario wishing to challenge a disciplinary decision of the Head Coach or of a disciplinary panel. May do so in accordance with Judo Ontario's policy on Discipline, Appeals and Disputes also available from the Judo Ontario web site www.judoontario.ca

22.0 DOPING CONTROL

All athletes and coaches of athletes who are members of Team Ontario are subject to the provisions of the Canadian Anti-Doping Program (June 2004). Information on banned substances, doping control testing, and anti-doping rule violations can be found on the website of the Canadian Centre for Ethics in Sport (CCES) [www.cces.ca]

23.0 For Additional Information

CCES - <http://cces.ca/>

SDRCC - <http://www.crdsc-sdrcc.ca/>