



Judo Ontario Safe Weight Management Policy

Approval Authority	Board of Directors	June 25 th , 2023
Next Review	2026	



POLICY STATEMENT

1. Judo Ontario understands the dangers associated with weight cuts prior to each tournament. As such, Judo Ontario highly discourages young athletes (i.e. those under 18 years old) from cutting weight.
2. This safe weight management policy provides guidelines for young athletes wishing to compete under Judo Ontario.

GUIDELINES

3. Judo Ontario contestants are required to submit their desired weight class on competition registration forms. Using this form, Judo Ontario will approve the young athlete to a specific weight class. Furthermore, guardians of the young athlete are reminded of dangers of weight cuts during the membership registration process as they sign off on the registration form. As a guiding principle, athletes should not lose more than 5% of their body weight in 24 hours.
4. The registration form must be submitted by published deadlines & allowing Judo Ontario to ensure the listing of athletes in the weight class.
5. Should the young athlete wish to change weight class, he/she must notify Judo Ontario at least two days prior to the tournament or before brackets are drawn.
6. Judo Ontario performs weigh-ins 1 day in advance or on the day of the competition before the first contest but discourages athletes from rapid weight loss, which will impact both their health and performance. Judo Ontario understands the misrepresentation of weight when using a different scale or fluctuations of weight that may occur on the day of the tournament, as such, all young athletes are allowed the opportunity to be bumped up to the next category at Club level competitions.
7. The official weigh-in should end a minimum of one hour prior to the start of the division. It is understood however, that from time to time exceptional circumstances, such as inclement weather causing a delay in competitor arrival, may require the weigh-in period to be extended.
8. It is recommended that all competitors U12 and below are accompanied to the weigh-in by a coach, parent or guardian.
9. For all divisions U14 and below the maximum weight difference between the lightest and heaviest competitor must not be greater than 15% of the lightest competitor.
10. Provincial Events may permit weight class changes with an administrative fee/fine.
11. Additional details concerning Judo Ontario weigh-in procedures can be found in the Judo Ontario Tournament Standards.