



JUDO ONTARIO

ATHLETE HANDBOOK

2025-26

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Published: August 29th, 2025 (Version 1)

SECTION 1 – PROGRAM OVERVIEW

PURPOSE

The Athlete Handbook serves as the technical package and the handbook for athletes engaged in Judo Ontario High Performance and Development programs.

Any Judo Ontario member selected to a Judo Ontario Program (Regional Training Centre (RTC), High Performance Program (HPP), Ontario High Performance Sport Initiative (OHPSI), Quest For Gold, Judo Ontario Youth Academy (JOYA) or attending a Judo Ontario led event (including Open Nationals) is a member of Team Ontario.

OVERVIEW OF JUDO ONTARIO OBJECTIVES

Judo Ontario Mission Statement

Judo Ontario is a community-driven association where dedicated volunteers and professional staff work together to lead, develop athletes, and promote judo as a lifelong sport. We are committed to creating positive judo experiences for all Ontarians.

Judo Ontario Vision

To cultivate a vibrant Judo community through inclusive membership, strong support systems, and a commitment to high-performance excellence.

OVERVIEW OF HP OBJECTIVES (MISSION, GOALS, HP COMMITTEE MEMBERS)

Mission

- To provide superior coaching and training sessions that give the opportunity for 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.

Goals And Objectives Of The High Performance Committee (HPC)

- Develop an athlete handbook outlining all criteria and information to make Team Ontario.
- Coordinate provincial trainings, training camps and clinics.
- Support the development of athletes who can successfully compete at Provincial, National & International levels, winning medals at all levels.
- Raise the performance level of judo and judokas in Ontario.
- Provide a systematic athlete development approach in accordance with Judo Canada's Long-Term Athlete Development (LTAD) program guidelines.

HPC Members

- Steven Sheffield - HPC Chair
- James Cunningham – Executive Director

- An Jeong-Hwan – Head Provincial Coach
- Yoshiki Ono – Provincial Development Coach
- Kevin Doherty – VP Technical
- Jessica Klimkait - Athlete Representative

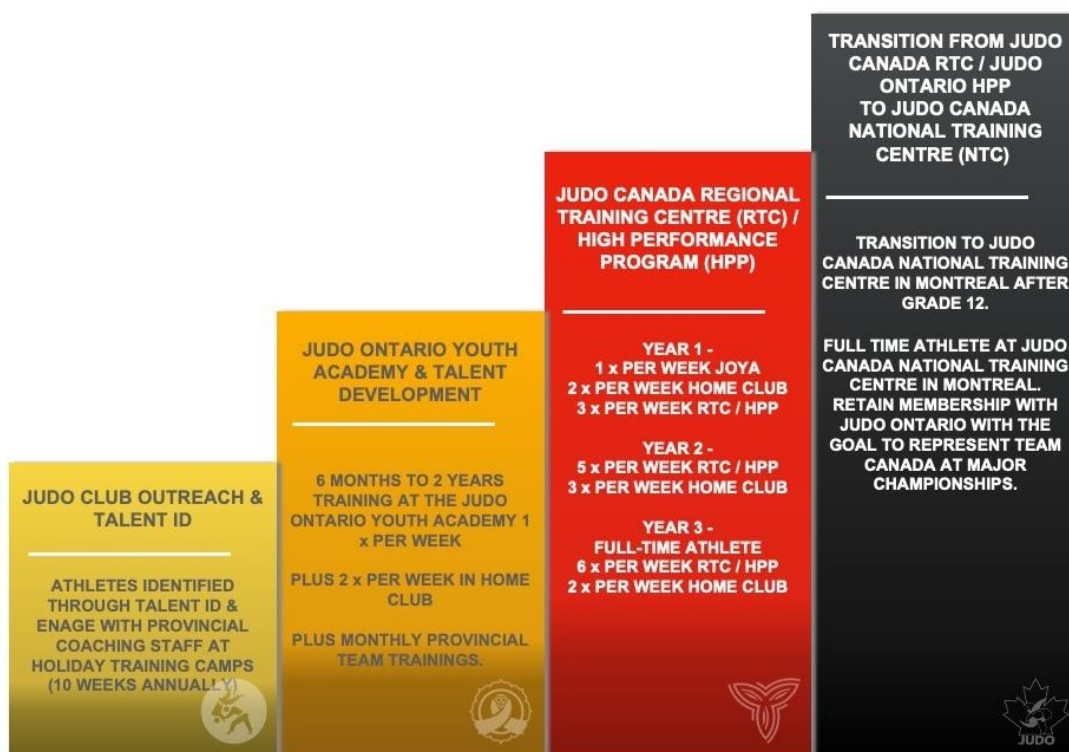
HPC Roles and Responsibilities

- Provide support to the Judo Ontario High Performance Program (HPP).
- Be a liaison between the HPP/RTC and the National Training Centre (NTC).
- Participate in the development of strategic plans for Judo Ontario.
- Review and assist in monitoring point calculations for team selection.
- Develop selection criteria and make adjustments to criteria as necessary.
- Rule on appeals and exemptions.

JUDO ONTARIO PATHWAY TO EXCELLENCE

The Judo Ontario Pathway to Excellence details the framework for athlete development and progression toward international success for Ontario athletes. This model is informed by Judo Canada's Long-Term Development Model (LTDM) and High-Performance Plan, drawing on a proven track record of success in the province. Funding and support will align with this pathway, mirroring the alignment of Judo Canada's funding with their own developmental strategy.





OVERVIEW OF JUDO ONTARIO HP & ATHLETE DEVELOPMENT PROGRAMS

Regional Training Centre (RTC)

Based in Scarborough, and in partnership with Judo Canada, Judo Ontario operates one of Canada's Regional Training Centres. The RTC program provides a centralized world class training environment in Ontario for aspiring high performance U16 to U21 athletes who wish to transition onto the international competitive circuit and to the National Training Centre in Montreal. The following programs form the basis of the RTC, additional details including criteria, costs and expectations are included in subsequent sections:

- **High Performance Program**
 - The Judo Ontario High Performance Program (HPP) is designed for aspiring full-time U16 to U21 competitive athletes, as part of Judo Canada's athlete pathway.
 - The HPP provides enhanced training and competition support, to supplement what is provided at each athlete's home club.
 - The ultimate goal of the RTC is to support athletes that have the motivation and commitment to excel on the international circuit, starting at the Cadet/Junior World Championships and on to the Senior World Championships and Olympic/Paralympic Games.
- **OHPSI (Ontario High Performance Sport Initiative)**
 - Judo Ontario is once again part of the OHPSI program, which provides additional funding and support for a targeted group of aspiring high-performance athletes.
 - Working in collaboration with the Canadian Sport Institute Ontario and under the guidance of the High-Performance Coaching staff, athletes will have access to world class coaches and experts across various fields including Strength & Conditioning, Nutrition, Physiotherapy and Mental Performance.

Judo Ontario Youth Academy (JOYA)

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.

- Training will be at the Toronto Pan Am Sports Centre.
- Training times:
 - Fall/Winter: Saturdays from 10:30am-12:00pm (check JO events calendar for updates)
 - Summer: Monday & Wednesday 9:00am-12:00pm, Saturday 10:30am-12:00pm
- Program Fee:
 - All training sessions, including summer weekday sessions.
 - Judo Ontario Training Camps are discounted 50%
- Athletes in the Youth Academy are actively competing at regional and provincial competitions and will be ready to enter the HPP within 1 to 3 years.
- Judo Ontario will also look at holding regional JOYA weekend training camps and expanding to 2 sessions per week, pending space and interest.

**** NEW ** Judo Ontario U14 Provincial Team**

Judo Ontario will select talented U14 athletes' green belt and up to form a Provincial team. This team will have the opportunity to travel with the Provincial coaches to a pre-determined tournament(s) and training camp(s). The team will consist of up to a maximum of 5 girls and 5 boys. Judo Ontario will supply coaching support, and partially subsidized travel and hotel expenses.

- Tournament and Camp (Tentative)
 - 2026 Sask Open, Regina Saskatchewan January 24th-25th, 2026
 - 2026 Easter Next Gen Camp, Montreal Quebec, April 3rd-5th. 2026
- Selection Process
 - Team will be selected from the athletes with the best 2 out of 3 results from the 2025 Ontario Open, and the Judo Ontario Club A sanctioned tournaments listed in the chart below.
 - Points will be calculated as of December 1st, 2025.

Tournament	Gold	Silver	Bronze	5th
2025 Ontario Open U14	60	40	20	10
2025 Ontario Open U16	80	60	40	20
2025 Club A Sanctioned Tournaments - Tora Annual, Peterborough Hatashita Open, Kaiju Outdoor Open, Asahi Open, Golden North Open	30	20	10	5

NOTES:

- Must be eligible to compete in U14 for the 2025/2026 season in the green belt and up division.
- Only one result can be counted per tournament (either U14 green belt and up or U16).
- Must have defeated at least one person to collect points.
- Tie breaker
 - a) Best result 2025 Ontario Open U16
 - b) Best result 2025 Ontario Open U14
 - c) Most total wins

Provincial Training & Open Mat Training

- Regular monthly opportunities for athletes and coaches to join the Judo Ontario HP coaches for open training sessions with athletes from different clubs and regions.
- Trainings will be held monthly from September to June. You can find the tentative lists below, please review the calendar at www.judoontario.ca for any updates.
- Only Athletes, Ontario Provincial Coaches, High Performance Members, Personal Club Coaches and Invited Guests will be permitted on the mat. All must be members in good standing of Judo Ontario.
- Trainings will be split in 2 sessions, one for U14 and U16 (born 2009 to 2012, orange belt and up), and one session for U18, U21, SR and Veterans (born 2008 and before, green belt and up).

Provincial Training		
Dates	Time	Place
Sunday, October 26 th , 2025	9:00-10:30 -- U14/U16 10:30-12:30 -- U18+	Tora, Brampton
Sunday, November 30 th , 2025		
Sunday, February 1 st , 2026		
Sunday, February 22 nd , 2026		
Sunday, March 29 th , 2026		
Sunday, May 3 rd , 2026		

Open Mat Training		
Dates	Time	Place
Saturday, October 4 th , 2025	10:30-12:00 -- U14/U16 12:00-2:00 -- U18+	Ajax Budokan
Saturday, November 15 th , 2025		
Saturday, December 13 th , 2025		
Saturday, January 10 th , 2026		
Saturday, February 7 th , 2026		
Saturday, April 11 th , 2026		
Saturday, May 9 th , 2026		

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

Girls Only Training

- Biweekly sessions for female judoka, run by female coaches. Focus on developing your judo skills in an open and inclusive environment.
- There will be Girl's Only training held at Toronto PanAm Sport Centre (TPASC). The trainings will be open to women from U12 up to and including Veterans.
- *Calendar subject to change – please verify on web site prior to scheduled training*

Veterans Training

- Training sessions focused on veteran athletes (age 25+), providing an opportunity to train with your peers.
- Held every week from October to May at Ajax Budokan.
- *Check the Judo Ontario events calendar for specific dates*

Judo Ontario Training Camps

- Judo Ontario will plan multiple training camps for U14 and up. More details on each camp will be shared on the website/social media and newsletters.
- For camps held in the GTA, fees will be reduced by 50% for any athletes travelling more than 250km

Camp	Focus	Location	Date
Fall Camp	U14+ athletes	Save Max Centre (Brampton)	September 20 th and 21 st
Winter Camp	U14+ athletes	Ajax Budokan	December 27 th to 29 th
March Break Camp	U14-U21 athletes	Ajax Budokan	March 17 th to 19 th
Spring Camp	U14+ athletes	TBD	April 11 th to 12 th (TBC)
Summer Camp	U14-U21 athletes	Ajax Budokan	TBD
Regional JOYA Camps	U14-U16	TBD	TBD

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

Team Ontario – Open Nationals

- Open Nationals provides an opportunity to compete against the top athletes in the country. Judo Ontario provides overall support in terms of logistics and communications to assist athletes and coaches attending Open Nationals.
- It is expected that most athletes will attend with their personal Coach/Sensei, however, Judo Ontario can provide coaching support and guidance on an as needed basis.
- Athletes are expected to have current Judo Ontario team clothing.
- There is a mandatory registration process and team fee for all athletes attending Open Nationals.

Program Fees

Program	Cost
High Performance Program / Regional Training Centre	\$1500 per year
	\$750 per year (non-GTA 200+ km from TPASC)
Judo Ontario Youth Academy	\$300 per year
Judo Ontario Women's Only Training	\$50 per year
Judo Ontario Veterans Training	\$150 per year
Judo Ontario Training Camps <i>* fee reduced by 50% for those residing over 250km from the camp location</i>	\$60 (weekend camp)
	\$80 (3-4 day camp)
	\$100+ (guest instructors)
Judo Ontario Provincial Training	Free
Judo Ontario Open Mat Training	Free
Open Nationals	\$20 Team Fee (mandatory)
	Clothing: \$95 – Top / \$85 - Pants

REGIONAL TRAINING CENTRE (RTC) PROGRAM

RTC-HP 2025/26 Updates

- New application process and selection process
- Increased international competition and camp opportunities
- Revised expectations for non-GTA based athletes
- Updated camp and competition funding aligned with new athlete tiering process.

RTC – HP Program Outline

- The Judo Ontario High Performance Program (HPP) is designed for aspiring full-time U16 to U21 competitive athletes, as part of Judo Canada's athlete pathway. The HPP provides enhanced training and competition support, to supplement what is provided at each athlete's home club.
- Acceptance into the HPP is at the discretion of the Judo Ontario HPC in consultation with the RTC Head Coach and Provincial Development Coach.
- The RTC (HPP & JOYA) is heavily subsidized by grant funding that Judo Ontario secures from Ontario's Ministry of Sport (SPORT), Judo Canada and the Canadian Sport Institute Ontario (CSIO). The program fees paid by athletes are not intended to cover the full cost of coaching, facility rental and other costs involved in the operation of the program.

RTC – HP Program Benefits

- Access to all RTC training sessions (500+ hrs/year)
- Coaching by Judo Ontario HP coaching staff at RTC sessions and designated competitions and training camps
- Access to all Judo Ontario training camps located in Ontario at no additional cost
- CSIO Days - testing, sport science/sport medicine education
- Eligible for selection to the OHPSI targeted athlete list, providing the following potential benefits:
 - Funding support to specific camps & competitions (covering a portion of expenses for each trip – up to max 50%)
 - CSIO sport science/sport medicine (based on needs/availability)
- Team clothing package
 - Judogi (blue & white)
 - Team track suit
 - Additional items as available
 - **Gi and track suit provided when first joining the program and replaced every other year.**

RTC – HP Program Expectations

- Full commitment to training and progressing as a high-performance Judo athlete
- Regular attendance at training sessions (based on agreement with RTC Head Coach)
- Regular attendance at home club training sessions – minimum 2x per week (pending HPP schedule)
- Regular attendance at Provincial Training and/or Open Mat Training
- Attendance at planned competitions (based on agreement with RTC Head Coach)
- Attendance at planned testing sessions at CSIO
- Attendance at Judo Ontario training camps (Fall Camp, Winter Camp, March Break Camp & Summer Camp)
- Wear team supplied clothing at all competitions and travel, as directed by RTC coaches

- Non-GTA athletes are expected to have regular communication with the RTC Coaches and club coach (minimum 1x per month)
- Non-GTA Athletes living less than 200km from Toronto:
 - Attend at least 1 RTC training session per week
 - Attend Fall/Winter training camps
 - Attend planned testing sessions at CSIO
- Athletes living over 200km from Toronto
 - Attend RTC training sessions when possible
 - Attend training camps when possible
 - Monthly meeting with RTC coaches and club coaches
 - Attend competitions with the RTC group (based on agreed upon schedule)
 - Optional: attend planned testing sessions at CSIO

Acceptance to the RTC – HPP

- Selection to the RTC – HP Program will be based on Judo Canada rankings, tournament results, training commitment and the discretion of the High Performance Committee and RTC Coaches.
- Acceptance in the RTC – HP Program must have the authorization from the personal coach. If the athlete is a minor, approval from their parents/guardians is also required.
- All athletes selected for the Judo Ontario High Performance Program will be asked to sign an athlete agreement to be co-signed by their coach and parent if they are a minor.
- Selection Process:
 - All athletes must submit an application to the program in order to be considered.
 - Only athletes who meet eligibility criteria (age, belt and results) will be considered for the program.
 - All athletes currently in RTC will be considered eligible for selection for the following year, and performance and suitability for the program will be reviewed by the High Performance Committee.
 - Athletes who have applied to the RTC will be evaluated based on the criteria listed below and informed of the decision by the High Performance Committee.
 - Space in the program is limited and dependent on training venue and coach capacity.
- Eligible Athletes:
 - Overall Eligibility:
 - Existing athletes: All U16/U18/U21 athletes currently in the program
 - New athletes: must meet age guidelines and minimum results threshold
 - Age Groups & Belt:
 - Primary focus – U16 & U18 athletes (including early bloomer athletes)
 - 2009-2012 (U16/U18)
 - 2013 for exceptional early bloomers
 - Belt level: U16/U18 - blue belt and up (exceptional circumstances, including U14 athletes, green belt and up)
 - Secondary focus – U21 athletes performing at an international level
 - 2007-2008 (1st/2nd yr U21)
 - 2006 under exceptional circumstances
 - Belt level: black/brown belt (exceptional circumstances blue belt)
 - Additional athletes may be eligible pending program capacity and training group needs

- **Results Criteria:**
 - Results for the most recent season will be considered (exception for U18/U21 athletes with documented injuries in the most recent season).
 - The results listed below are a minimum threshold to be eligible for selection but not guaranteed a spot in the program.
 - **U16/U18**
 - Judo Canada Domestic Ranking Grid (Policy 4) is used as follow:
 - Medal in Level 3 Domestic Event
 - Senior SK/MB/East
 - U21 ON/QC/AB/BC
 - U18 Nationals
 - U18 Canada Cup
 - Medal in Canada Cup U18
 - Medal in Open Nationals U16
 - Medal in U18/U16 at Circuit A event
 - Selected to World Cadet or Pan Am Championships by Judo Canada
 - **U21**
 - Judo Canada Domestic Ranking Grid (Policy 4) is used as follows:
 - Gold Medal in Level 3 or Gold at Canada Cup u18
 - Senior SK/MB/East
 - U21 ON/QC/AB/BC
 - U18 Nationals
 - Gold or Silver medal in Level 2 or at Canada Cup u21
 - Senior ON/QC/AB/BC
 - U21 Nationals
 - Medal in Level 1 or at Canada Cup Senior
 - Senior Nationals
- **Selection Factors:**
 - Results: including current season and previous sessions, domestic and international competitions (considering progression of results and ability to compete in higher level age category and level of competition)
 - Training: Commitment to training and continuous improvement in all areas surrounding performance (# of weekly judo session, # of physical training sessions, # of yearly competitions, attendance at training camps, open mat/provincial training sessions and national camps)
 - Attitude: positive, dedicated, resilient, growth mindset
 - Technical ability: objective assessment by RTC Coaches including skills in training and competition, ability to learn and adapt

RTC-HP Training Schedule

Day	Time	Location	Session
Monday	5:00-6:30 PM	CSIO (TPASC)	Physical Training
Tuesday	7:00-9:00 PM	TPASC	Technical/Randori
Wednesday	5:00-6:30 PM	CSIO (TPASC)	Physical Training
Thursday	7:00-9:00 PM	TPASC	Technical/Randori

Friday	5:00-6:30 PM or 7:00-9:00 PM	CSIO (TPASC) TPASC (Studio)	Physical Training
Saturday	12:00-2:00 PM	TPASC	Technical/Randori

Final training schedule and locations to be confirmed.

RTC-HP Camp & Competition Schedule

Event	Dates	Location	RTC-HP Attendance
CSIO Testing Weekend	Sept 13-14	Toronto	Required
Fall Training Camp	Sept 20-21	Toronto	Required
Asahi Open	Sept 27	Waterloo	Optional
Ontario Open	Oct 18-19	Toronto	Required
Manitoba Open	Oct 31-Nov 2	Winnipeg	Recommended
Quebec Open	Nov 8-9	Montreal	Required
Quebec Open - Camp	Nov 10-12	Montreal	Required
Canada Cup	Nov 13-16	Montreal	Recommended
Winter Training Camp	Dec 27-30	Ajax	Required
NextGen Winter Camp	TBD	Montreal	Recommended
Sask Open	Jan 24-25	Regina	Recommended
Edmonton International	Mar 6-8	Edmonton	Required (Pac and/or Edm)
Edmonton Camp	Mar 9-11	Edmonton	Recommended
Pacific International	Mar 13-15	Richmond	Required (Pac and/or Edm)
March Break Camp	Mar 17-19	Toronto	Optional
Eastern Canadians	Apr 17-19	Edmundston	Recommended
Tora Annual	Apr 25-26	Brampton	Optional
Open Nationals	May 14-17	Calgary	Required
Open Nationals Camp	May 18-20	Calgary	Required
Summer Training Camp	TBD	Toronto	Required
Valencia Cadet Camp	Aug 5-14	Spain	Selected Athletes
NextGen Summer Camp	TBD	Montreal	Recommended
Cadet World Champs	TBD	TBD	Selected Athletes
Junior World Champs	TBD	TBD	Selected Athletes

Individual competition schedule will be determined with each athlete based on age, performance level and season goals.

Travel Logistics & Rules

- Travel to camps and competitions with the RTC will be available on a priority basis to the RTC-HP & OHPSI athletes, with JOYA athletes included if space is available.
- Logistics will be managed by the Judo Ontario staff, including booking hotel and transportation.
- Athletes will be expected to confirm attendance in advance of trips, including paying a trip fee.

- Registration and payment of entry fees for the competitions is the responsibility of the athlete/parents and/or club.
- Trip fees:
 - Trip fees are expected to cover the full cost of the trip. If there are unexpected costs or price increases, these may need to be paid by the athletes. This will be communicated prior to the trip.
 - Any funding support from Judo Ontario/Judo Canada will be communicated prior to the trip.
 - Coach/chaperone travel costs are covered by Judo Ontario.
- Estimated trip fees for 2025-26 (based on 2024-25 costs):
 - Manitoba: \$550
 - Quebec Open/Canada Cup: \$550 (1 event) / \$750 (both events)
 - NextGen Winter Camp: \$300
 - Sask Open: \$600
 - Pacific/Edmonton: \$850 (1 event) / \$1100 (both events)
 - Eastern Canadians: \$400
 - Nationals: \$1100
 - Valencia Cadet Camp: \$2500-2700
 - NextGen Summer Camp: \$300
- Flights:
 - Judo Ontario always looks for the best prices. Comparing flight bookings for one person cannot be compared to team travel bookings due to the size of the group and need to travel at specific dates/times.
 - Athletes are responsible for being aware of the airline baggage allowances and rules. Costs incurred by athletes for excess baggage are the responsibility of the athlete.
 - Athletes are responsible for ensuring travel documentation is up to date and meets the requirements of the airlines and destination countries as well as return to Canada.
 - Travel is typically booked from Toronto (YYZ) and arrangements will be made for athletes based in regions outside the GTA (North, Northwest, East) to travel to Toronto or directly from their home city/airport to the destination.
- Refunds:
 - There will be no refunds for cancelled trips unless Judo Ontario can obtain a refund from the travel vendor (flight, hotel, etc). Flights are typically booked as non-refundable to allow for the most economical options.
 - Cancellations due to injury or illness will be handled on a case-by-case basis.

SECTION 2 – SELECTION CRITERIA

AGE CATEGORIES FOR 2025-2026

Division	Year of Birth	Notes
U12	2015-2016	
U14	2013-2014	
U16	2011-2012	Early Bloomer clause
U18	2009-2010	Early Bloomer clause
U21	2006-2008	Early Bloomer clause @ Open National Championships
Senior	2004 & before	Early Bloomer clause @ Open National Championships

Note: For U21/Senior early bloomer clause - respecting the restriction of a max of 2 age divisions per event.

NATIONAL CHAMPIONSHIPS

Open Nationals

- Overview
 - Open Nationals provides an opportunity to compete against the top athletes in the country and where reasonable, Judo Ontario and Judo Canada are encouraging as many athletes to participate as possible.
 - For 2025-26, qualifications for Team Ontario at Open Nationals will only apply to athletes competing in the U16, U18 & U21 categories. For Senior/Veteran age athletes, anyone who meets the Judo Canada entry requirements is eligible to compete at Open Nationals.
 - Athletes that don't meet the minimum expectations listed below should contact the HPC Chair for a possible exemption.
 - All athletes are required to register with Judo Ontario for Open Nationals, including any mandatory team and clothing fees.
- Eligibility for U16/U18/U21 athletes
 - **** UPDATED for 2025/26 ****
 - Athletes are expected to participate in a minimum of 4 competitions prior to Open Nationals. This must include either the Ontario Open or an Ontario Club A tournament and at least 3 other sanctioned tournaments (Ontario, Canada, International).
 - Competition requirements must be completed by the end of March 2026. Tournaments between April 2025 and March 2026 are eligible for qualification for 2026 Open Nationals.

Kata Nationals & Ne-Waza Nationals

- Any athlete that is eligible based on the entry requirements from Judo Canada will be able to compete at the Kata National Championships and/or Ne-Waza National Championships.
- It is expected that athletes planning to compete at National Championships will participate in regional and provincial competitions and clinics/camps as part their preparations.

QUEST FOR GOLD

Overview

- The intent of the Quest for Gold program is to provide funding to individual athletes in the Train to Train through Train to Win categories based on their demonstrated commitment to high performance sport, allowing them to continue to pursue athletic excellence at the highest levels of national and international competition.
- Only those athletes that meet the required minimum performance standard detailed in this Selection Criteria will be considered for this program.

2025/26 Updates

- Rankings expanded to include international competitions and align with JC handbook.
- Expectations updated to require attendance at Open Mat/Provincial training sessions for athletes within 200km of either location (when not out of province for training/competition).

Selection Criteria - <https://www.judoontario.ca/quest-for-gold>

FUNDING FOR INTERNATIONAL COMPETITIONS

Overview

- Funding for international competitions will be based on financial capacity of Judo Ontario in the given year, all amounts listed below are the maximum available and may be reduced or eliminated.
- Funding is only available for athletes who are on the Judo Ontario/Judo Canada pathway towards senior international success.
- Funding is only available for eligible competitions, listed below.
- Funding will be reduced if also receiving funding from Judo Canada for the identified competition.

Funding for Shiai Athletes:

- **Eligible Athletes**
 - Athletes must meet one of the listed criteria.
 - Cadet
 - ON/QC Open Gold U18/U21/Senior (current year).
 - Can Cup Medal U18/U21/Senior (current year).
 - Open Nationals Medal U18/U21/Senior (current/previous year).
 - Junior
 - ON/QC Open Gold Senior (current year).
 - Can Cup Medal U21/Senior (current year).
 - Open Nationals Medal U21/Senior (current/previous year).
- **Eligible Competitions and Funding Amounts**
 - World Cadet Championships – up to \$2000 per athlete
 - World Junior Championships – up to \$2000 per athlete
 - Pan Am Championships (Cadet & Junior) – up to \$500 per athlete

Funding for Kata Athletes

- **Eligible Athletes**
 - Athletes must be selected by Judo Canada to attend an international competition listed below.
- **Eligible Competitions and Funding Amounts**
 - Total available funding for 2026 = \$6000.
 - Total funding will be determined on a yearly basis by the Board of Directors.
 - Funding will be split evenly between teams attending the listed events.
 - World Kata Championships
 - Pan Am Kata Championships

SELECTION FOR INTERNATIONAL EVENTS

Overview

- As per Judo Canada's National Team Handbook – Policy 7: Participation and funding in international events ([Judo Canada - National Team Handbook](#))
 - Only members in good standing with Judo Canada and their respective provincial associations are eligible to represent Canada at international judo events. An athlete's eligibility is determined by Policy 6, for events without specific selection policy, or by a specific selection policy (see Policy 11).
 - For certain events, the High-Performance Committee may invite provinces to apply to represent Canada. For such events, once permission is granted, selection of athletes, coaches, and officials is the responsibility of the province. A minimum of one coach must be funded by the Province. Judo Canada's permission is not required for international club tournaments and club exchanges.
 - All participants who represent Canadian judo fall under the jurisdiction and discipline code of Judo Canada, regardless of the source of support.
 - All coaches associated with teams representing Canada must meet the minimum coaching certification standards as defined in Judo Canada Tournament Sanctioning Policy.
- Selection of athletes for international competition and 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 attends a Judo Ontario or Judo Canada training camp, funded by Judo Ontario or Judo Canada, is obligated to attend associated training camps when deemed mandatory by the Head Coach and/or HPC.
- Clubs are not permitted to register to attend IJF events, only national and provincial organizations can register for such events. Clubs and/or Athletes may apply to Judo Ontario for IJF event attendance in accordance with selection policies below and must contact Judo Ontario's High Performance Committee before any international IJF registration is approved.

U18 & U21 Provincially led international events.

- Athletes training full-time at the Regional Training Centre will be automatically considered for events.
- To attend provincially led international events, athletes must meet minimum criteria stipulated below:

Ontario Open	Register & compete at event	Mandatory
Winter Training Camp	Participate in full camp	Mandatory

Provincial Training	Minimum 75% attendance and participation at available trainings prior to international event	Mandatory
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U18 Non-provincially led international events.

- To attend non-provincially led international events, athletes must meet minimum criteria stipulated below.
- Athletes who are minors must also be accompanied by their registered club coach who holds the minimum NCCP qualification listed below:

Judo Canada Athlete Minimum Standard	Judo Canada Standard - H
NCCP Coach Minimum Standard	Comp-Dev (Certified) or higher

U21 Non-provincially led international events.

- To attend non-provincially led international events, athletes must meet minimum criteria stipulated below.
- Coaches who wish to attend in a coaching capacity to these events must hold the minimum NCCP qualification listed below:

Judo Canada Athlete Minimum Standard	Judo Canada Standard - G
NCCP Coach Minimum Standard	Comp-Dev (Certified) or higher

EXEMPTIONS AND EXCEPTIONS

Selection to Nationals

- Athletes who may not qualify for the National Championships due to illness, injury or pregnancy in 2025/26 and who believe they should be selected for Team Ontario may appeal to the HPC directly. 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, and the prognosis for recovery. For cases of pregnancy, athletes must submit a timeline of missed competitions and confirmation they are cleared to return to competition.
- 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 a physician, therapist 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.
- Notification - athletes must send written notification and proof to the Judo Ontario office as soon as they became injured. This notification must include the projected date by which the athlete is able to

return to competition and must include proper documentation from a certified physician and/or therapist

Selection for Funding

- Athletes who may not qualify for funding due to illness, injury or pregnancy in 2025/26 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, and the prognosis for recovery.
- 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 – athletes must have sent written notification and proof to the Judo Ontario office as soon as they became injured. This notification must include the projected date by which the athlete is able to return to competition and must include proper documentation from a certified physician and/or therapist.
- Eligibility – To be considered under the Injury, Illness or Pregnancy exemption, an athlete MUST have been either Nationally Carded or on the Quest for Gold program 2024-25. Athletes cannot be supported 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 the previous year's (2024-25) point table tournaments.

Conflict/International Events

- 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 attendance for that qualifying event.
- The athlete is exempt from participation if, during travel with the national team, they arrive in Ontario within 72 hours of the qualifying event start time.

CANADIAN CITIZENSHIP

Requirements

- 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 to Judo Ontario prior to registering for National Championships
- NOTE: in the U18 and U16 events, as well as in the Ne Waza event, athletes who are not Canadian citizens or permanent residents residing in Canada, with a minimum of two years of membership with Judo Canada, are eligible to compete.

SECTION 3 – GENERAL POLICIES RELATED TO JUDO ONTARIO PROGRAMS

CODE OF CONDUCT

Judo Ontario Code of Conduct - [Judo Ontario Code of Conduct 2023_06_25.docx](#)

PURPOSE

1. 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

2. 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

3. 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

4. Definition

- a) 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.

5. Goal Statement

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

6. Actions

- a) In addition to the responsibilities of the JO Code of Conduct, member clubs of Judo Ontario will:
 - i. Conduct organization as an ambassador of Judo Ontario.
 - ii. Follow all Judo Ontario policies and procedures.
 - iii. Refrain from negative communications with or against any other member club.
 - iv. Support the game of judo.
 - v. Ensure that all athletes and coaches participating in sanctioned competitions are registered members in good standing with JO
 - vi. Avoid spectator-imposed pressures to win.
 - vii. Be supportive of the athlete, team, coach, opponents and officials.
 - viii. Maintain a supportive, constructive environment for all participants.
 - ix. Be a Leader, a positive influence and role model.

CONDUCT POLICY FOR COACHES

7. Definition

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

8. Goal Statement

- a) 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.

9. Actions

- a) 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:

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

CONDUCT POLICY FOR ATHLETES

10. Definition

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

11. Goal Statement

- a) 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 Athlete

12. Actions

- a) 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:
 - i. Adhere to all Fair Play principles.
 - ii. Participate to one's best abilities in all competitions, practices, training sessions, events, or activities.
 - iii. Properly represent oneself and not attempt to enter a competition for which one is not eligible, due to age, classification, or other reason.
 - iv. Participate for the love and enjoyment of the game.
 - v. Respect the efforts and accomplishments of your teammates and your opponents.
 - vi. Respect officials, coaches, spectators and event organizers.
 - vii. Respect the facility you visit or in which you play.
 - viii. Respect the rules of the game.

CONDUCT POLICY FOR PARENTS & SPECTATORS

13. Definition

- a) A parent/legal guardian of anyone who participates in a judo program, including but not limited to practices, training camps and tournaments.
- b) 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.

14. Goal Statement

- a) Any parent/spectator watching a JO sanctioned event will be expected to respect and adhere to the Parent & Spectator Code of Conduct Policy.

15. Actions

- a) In addition to the responsibilities of this JO Code of Conduct, parents/spectators at events will:
 - i. Support the sport of judo.
 - ii. Encourage athletes to play by the rules and resolve conflicts without resorting to hostility or violence
 - iii. Stress the importance of participation.
 - iv. Avoid parent/spectator-imposed pressures to win.
 - v. Be supportive of the athlete, coach, opponents and officials.
 - vi. Respect the decisions and judgments of officials and encourage athletes to do the same.
 - vii. Maintain a supportive, constructive atmosphere conducive to the athletes' personal development.
 - viii. Refrain from negative communications with judokas, coaches, the scorers' table or game officials.
 - ix. At no time, should parents/spectators go on to the judo mats.

DISCIPLINARY SANCTIONS FOR TEAM ONTARIO MEMBERS

- 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.

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 available from the Judo Ontario web site www.judoontario.ca
- Members of Judo Ontario wishing to appeal a decision for team selection or funding should first reach out to the respective person in charge (HPC and/or Head Coach) for clarification. Following that, appeals can be submitted in accordance with Judo Ontario's policy on Discipline, Appeals and Disputes available from the Judo Ontario web site www.judoontario.ca

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

ATHLETE, COACH & PARENT RESOURCES

Safe Sport Complaints

- Judo Ontario has a partnership with ITP Sport, an Independent Third Party that will handle concerns related to conduct and safety within our sanctioned activities. ITP Sport provides a neutral and impartial service to ensure that all reports are managed professionally and fairly.
- Safe Sport – Complaints - <https://www.judoontario.ca/safe-sport-complaints>

Safe Sport, Health & Wellness resources

- Safe Sport Resources - <https://www.judoontario.ca/safe-sport-overview>
- Mental Health Resources - <https://www.judoontario.ca/mental-health>
- Concussion Awareness - <https://www.judoontario.ca/rowan-s-law>

Full list of Judo Ontario Policies - <https://www.judoontario.ca/codes-of-conduct>

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| ▪ Discipline, Appeals & Disputes Policy | ▪ Confidentiality Policy |
| ▪ Harassment Policy | ▪ Conflict of Interest Policy |
| ▪ Concussion Policy | ▪ Anti-Doping Policy |
| ▪ Inclusion Policy | ▪ Social Media Policy |
| ▪ Gender Equity Policy | ▪ Membership Policy |
| ▪ Accessibility Policy | ▪ Screening Policy |
| ▪ Privacy Policy | |