

# Wearing t-shirts / rash guards in competition and replacing damaged or soiled garments procedure



## Introduction

British judo has found it necessary to review the wearing and replacement of t-shirts / rash guards / trousers at competition in the weigh in phase, pre / post contest time and the actual contest.

## Process

- All genders of all ages in all British events are entitled to wear a t-shirt / rash guard at both the weigh in and during the contest should they wish to do so.
- Female categories must wear a t-shirt / rash guard during the contest and open weigh ins.
- Any athlete who was assigned female at birth and is in the process of change must wear a t-shirt rash guard for all competition (irrespective of category entered) and during open weigh ins until they have successfully gone through gender reassignment.
- Any athletes competing in male categories (and not referenced above) may choose to wear a t-shirt / rash guard should they wish.
- All weigh ins for -18s are open weigh ins and the minimum dress for this is a t-shirt / rash guard and judo competition trousers, irrespective of gender.

## T-shirt / rash guard criteria

The standard t-shirt / rash guard worn in all categories will be plain white with a round neck collar and have a maximum sleeve length up to 5cm above the wrist joint.

There will be no advertising on the t-shirt / rash guard of any description other than the standard manufacturers label, maximum size of manufacturers label will be 3cm x 15cm and not visible when the jacket is tied in its normal position.

## Changing of the t-shirt / rash guard / trousers

Should a t-shirt / rash guard or trousers be unsuitable, become damaged or soiled to such a degree that the referee decides it requires changing, an appropriate official of the same category gender will accompany the athlete to the changing room to do so. A parent or designated adult may accompany also if required.

Protocol if players need to change an item of clothing whilst competing (not at mat side):

1. Player escorted to private room (u18 with parent or designated adult if required) by designated official of category gender.
2. Designated official goes into the room on their own and checks suitability ensuring there is nothing that could be realistically consumed or of danger to the athlete.
3. Designated official leaves the room and the player enters to change the applicable garment, designated official and U18 designated person / parent / carer (if applicable) waits outside.
4. Player indicates to designated official when clothes change is completed by exiting room where designated person / parent / carer etc and / or only designated official are waiting outside.
5. Player is then escorted back to the mat they are competing on by the designated official.

## T-shirt / rash guard weight allowance

Athletes wearing a t-shirt / rash guard during the weigh in process will be entitled to a 0.1kg weight allowance. This is in addition to the 0.7kg allowance for the trousers / underwear.