



England Programme Weight Control Guidance

As a sport where competitors are categorised in weight groups the England Programme recognise that there may be the need for judoka to control their body weight at some stages of their performance judo career.

There are a few terms frequently used however we are going to focus on the terms:

- Weight Management
- Weight Cutting

Weight management is the phrase used to describe both the techniques and underlying physiological processes that contribute to a person's ability to attain and maintain a certain weight. Most weight management techniques encompass long-term lifestyle strategies that promote healthy eating and daily physical activity.

Weight cutting is the practice of fast weight loss prior to a sporting competition. It most frequently happens in order to qualify for a lower weight class.

At the **Pre-Cadet**, the England Programme **do not condone any weight management strategies** and advise that judoka compete in whichever category that they sit in naturally.

At the **Cadet**, the England Programme understand that players may use weight management strategies for a short period of time to maintain a healthy weight. Cadet athletes should not be undertaking any weight cutting practices in order to compete in a judo event. Any Cadet seen to be weighing over 5% above their fighting category will be expected to move up to next category and **will not** be considered for selection at the weight below.

At the **Junior**, England Programme understand that players may use weight management strategies to maintain their competition weight. Junior athletes are advised that any weight cutting practices should be restricted to a maximum of 5% of their category weight and should only be undertaken by athletes who are fully hydrated before any weight cutting process begins.

Please also be advised that the British Judo Association details that it is the responsibility of each player to manage their weight in a controlled and safe manner.

Excessive food & fluid restriction, training, heat stress and other methods to make weight before competition result in underperformance and place athletes health at significant risk.

Short-term risks include (but not limited to):

- Underperformance, illness & injury due to fatigue and cardiac complications and increased risk of concussion both associated with severe dehydration.

Long-term risks include (but not limited to):

- Mental health issues, eating disorders, bone disease, reproductive disorders, impaired growth & development, impaired renal function and overuse injuries.

ENGLAND JUDO

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