



## IJA Weight Management Policy

### Weight management:

- JUDO is a weight managed sport and therefore making weight for competition performance is a crucial element of a performance programme.
- Weight management is also a key aspect to the health and well-being of any athlete.
- A weight management policy is in place to ensure that a player is given the best possible advice to compete in an appropriate weight category.
- The following IJA policy has been developed with and supported by Sport Ireland Sports Nutrition professionals. The policy details the agreed training weight zones and also weight making protocols to ensure safe and effective weight loss prior to competition.

### Performance Programme Focus

The focus of the Performance Programme is as follows for the respective age groups:

PRE-CADET:	Long Term Development, Development of Performance, and associated Behaviours
CADET:	Long Term Development, continuing Development of Performance Behaviours & Safety of appropriate weight management.

*\*Pre Cadet & Cadet Athletes who weigh more than 5% above the weight category, must compete in the weight category above until their natural training weight is within the 5% when fully hydrated.*

JUNIOR (18+):	Long Term Development, Transition into Senior level, Performance, Performance Behaviours, and strategic weight management
TRANSITION /U23:	Competition Performance, adherence to agreed performance behaviours, including agreed weight management



# IRISH JUDO ASSOCIATION

## Weight management table:

	1 Week (Monday Pre Comp)	2 Weeks	3 Weeks	4 Weeks	5 Weeks	Weekly Weight Loss
<b>MEN</b>	<b>3%</b>					
<b>55</b>	56.7	57.2	57.7	58.2	58.7	0.5kg
<b>60</b>	61.8	62.3	62.8	63.3	63.8	0.5kg
<b>66</b>	68.0	68.5	69.0	69.5	70.0	0.5kg
<b>73</b>	75.2	75.8	76.4	77.0	77.6	0.6kg
<b>81</b>	83.4	84.0	84.6	85.2	85.8	0.6kg
<b>90</b>	92.7	93.4	94.1	94.8	95.5	0.7kg
<b>100</b>	103.0	103.7	104.4	105.1	105.8	0.7kg
<b>+100</b>	<b>HEALTHY NUTRITION &amp; TAILORED STRATEGIES</b>					

	1 Week (Monday Pre Comp)	2 Weeks	3 Weeks	4 Weeks	5 Weeks	Weekly Weight Loss
<b>WOMEN</b>	<b>3%</b>					
<b>44</b>	45.3	45.8	46.3	46.8	47.3	0.5kg
<b>48</b>	49.4	49.9	50.4	50.9	51.4	0.5kg
<b>52</b>	53.6	54.1	54.6	55.1	55.6	0.5kg
<b>57</b>	58.7	59.2	59.7	60.2	60.7	0.5kg
<b>63</b>	64.9	65.4	65.9	66.4	66.9	0.5kg
<b>70</b>	72.1	72.7	73.3	73.9	74.5	0.6kg
<b>78</b>	80.3	80.9	81.5	82.1	82.7	0.6kg
<b>+78</b>	<b>HEALTHY NUTRITION &amp; TAILORED STRATEGIES</b>					

Weight table showing:

Training weight zones per weight category (5-6% tolerance)

Competition weight targets per weight category 5 weeks before competition (0.5kg, 0.6kg or 0.7kg loss per week)

## Weight management safety protocols:

1. If a player is training above the agreed training weight management zone, a player will be advised to meet with a coach and/or Nutrition Professional.
2. If a player is outside of their weight management zone 3-5 weeks prior to a selection competition, a player's situation will be referred to the Nutrition Lead. If the player's weight is too high to make safe and effective weight loss 3-5 weeks pre competition, the National Programme Staff has the right to withdraw the player from the identified competition or consider the player competing at the weight category above. This decision will be made at the discretion of the Performance Programme.
3. If a player is outside of their weight management zone 0-2 weeks prior to a selection competition, a player may be deselected due to the program's commitment to ensure the player's health, well-being and impact of rapid weight loss on Performance. Alternatively, consideration may be given to the player competing at the weight category above. This decision will be made at the discretion of the Performance Programme.
4. If a player's weight is outside the training weight management zone on 3 separate occasions over 3 consecutive months (for example at squad training), the Performance Programme will only consider selecting the player in the above weight category for following 6 months, unless the Nutrition Lead can provide evidence to show the player can make the weight category training zones safely.



# IRISH JUDO ASSOCIATION

---

Signed: Mr. Sean Fleming – *Irish Judo Association President*

A handwritten signature in cursive script that reads "Sean Fleming".

**Policy Updated: Version 1 – 01.02.2022**

**Next policy review: 01.02.2025**