

A GUIDE TO COMPETITION WEIGH-INS



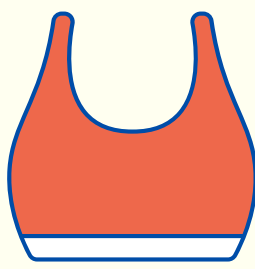
WHAT ARE WEIGH-INS?



Before we compete in Judo, everyone U14 or older has to weigh themselves the night before at 'Weigh-Ins.' This ensures we are competing against other athletes of a similar size.



WHAT HAPPENS AT WEIGH-INS?



At weigh-ins, you will be in a closed room with other people of the same gender. Any socks, jewelry or body piercings must be removed. U18 or younger weigh-in wearing only underclothing (male – underpants and t-shirt (optional), female – underpants and bra and/or t-shirt). For this age group, a tolerance of 0.2 kg is applied to accommodate the weight of the underclothing and optional T-shirt. Athletes of these age divisions are NOT allowed to remove their underwear. This is a Judo Canada policy that ensures each athlete's weight is as accurate as possible. If there is anything the weigh-in attendant can do to help you feel comfortable, let them or your coach know.



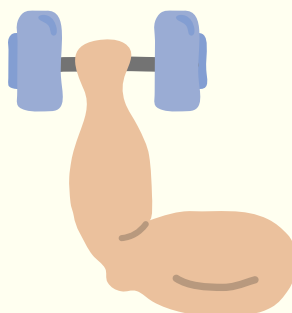
WHAT SHOULD I BRING WITH ME TO WEIGH-INS?



When you check in at the competition, you will be given a weigh-in card to bring with you when you weigh-in. If you are U16 or older, you will need to bring a piece of photo ID. This can be a driver's licence, school ID, passport, etc. You will also need clothing you are comfortable wearing during weigh-ins.



WHAT HAPPENS IF I AM HEAVIER THAN THE WEIGHT DIVISION I REGISTERED FOR?



No problem! Muscle is heavy, meaning our weight can increase as we get bigger and stronger. It is healthy and normal to gain weight as we get older. You will be moved to a different weight category with other people who are a similar size as you- You still get to fight the next day!