



WEIGH-IN GUIDELINES

SANCTIONING POLICY & STANDARDS 2025-2026

TOURNAMENT: 2025 Steveston Juniors Tournament	
TOURNAMENT DIRECTOR: Tavis Jamieson & Lisa Nakajima	PHONE #: 778 828 9509
TOURNAMENT DIRECTOR DELEGATE:	PHONE #:

IN CASE OF A PROBLEM/QUESTION/DISCUSSION

Refer to the tournament director or their delegate for a final decision, for all problem cases, issues, and/or questions.

Once your weigh-in is done, please send your spreadsheet to tavis.w.r.jamieson@gmail.com

ROOM SETUP

- Clear the room and keep only the number of athletes/categories that you want.
- No person of the opposite sex (parent, coach, official, athlete) is allowed at any time.
- The scale(s) should only show up to one decimal, eg. 48.0 kg, not 48.01 kg. There is no rounding up or down. A piece of tape can be used on the scale to cover the additional decimal place.
- Each scale is serviced by a minimum of two designated officials. One official is checking the identity documents of the athlete prior to the stepping on the scale; The second official ensures that the weigh-in is done without interference from other athletes or coaches, reads and announces the exact weight, which is then recorded by the first official on an official weigh-in document.
- The official scales must also be available to the athletes for unofficial weigh-in, one hour prior to the start of the official weigh-in. The unofficial scales are also available for the athletes to check their weight prior to their official weigh-in.

VERIFICATION OF IDENTITY

- Each athlete must present identification. This includes accreditation card, if provided by tournament organizers, and proper ID. Photo ID is required for athletes U18 and older.
- Examples of proper ID: drivers' licence, Canadian passport, citizenship card, permanent resident card, medical card, student card. Photocopies and digital copies of proper ID are acceptable.



REMOVAL OF CLOTHING

- **U12 AND YOUNGER ATHLETES:** must be in judogi pants and t-shirt – **no exceptions**. No weight tolerance. U12 and younger, are only required to weigh-in at the tournament site if a weight spot check is required due to safety concerns.
- **U14 AND OLDER:** must be in underwear (underpants and bra; t-shirt optional). Athletes of these age divisions are **NOT** allowed to remove their underclothing. **0.2 kg weight tolerance is allowed.**
- **FOR EVERYONE:** no socks, jewelry or body piercings allowed.

OFFICIAL WEIGH-IN

- Each athlete is allowed to step on the scale **only once** for no more than 60 seconds.
- A brief stepdown from the scale to remove clothing or to cut hair is allowed if so instructed by the official.
- When weight is stabilized, the weight should be announced to the athlete and recorded (to one decimal, no rounding up or down) on the weigh-in document.
- Only include numbers when entering the weight into the computer system. Do not include kg. For example an athlete weighing 62.9 kg should be entered into the system as 62.9.
- Record the athlete's weight even if the athlete's weight is under their category minimum or over their category maximum. Always record the exact weight of the athlete's weigh-in into the computer system.
- **U14 and older athletes** are allowed a 0.2 kg weight tolerance. Record their weight exactly as it is shown on the scale. For example 63.2 kg should be recorded as 63.2 and they will be given the 0.2 kg weight tolerance and included in the -63 kg weight category.
- Weigh-in documents will likely include entry into a computer, as well as recording on paper.
- Athletes have the option to request the room be cleared for their weigh-in; only athlete and officials present during their weigh-in.
- Parent of the same gender of their minor aged athlete are allowed to be present during their weigh-in if requested. Parent of opposite gender of their minor aged athlete are not allowed in the weigh-in room.

MULTIPLE ENTRIES

- Athletes competing in the same weight category on two consecutive days do not need to weigh-in again.
- Athletes competing in the same weight category but not on consecutive days need to weigh-in again. A tolerance of 5% of the maximum weight of the category is allowed.

IF ATHLETE DOES NOT MAKE WEIGHT

- Weigh-in Officials: always record the exact weight of the athlete's weigh-in into the computer system and weigh-in documents and direct athletes to the Judo BC representative to pay the penalty.
- Athletes are updated (by Judo BC) into the category according to their weight at weigh-in, and they are required to pay the penalty in order to participate in the tournament.
- Payment is required immediately - please see the Judo BC representative at the check-in table to make payment.

