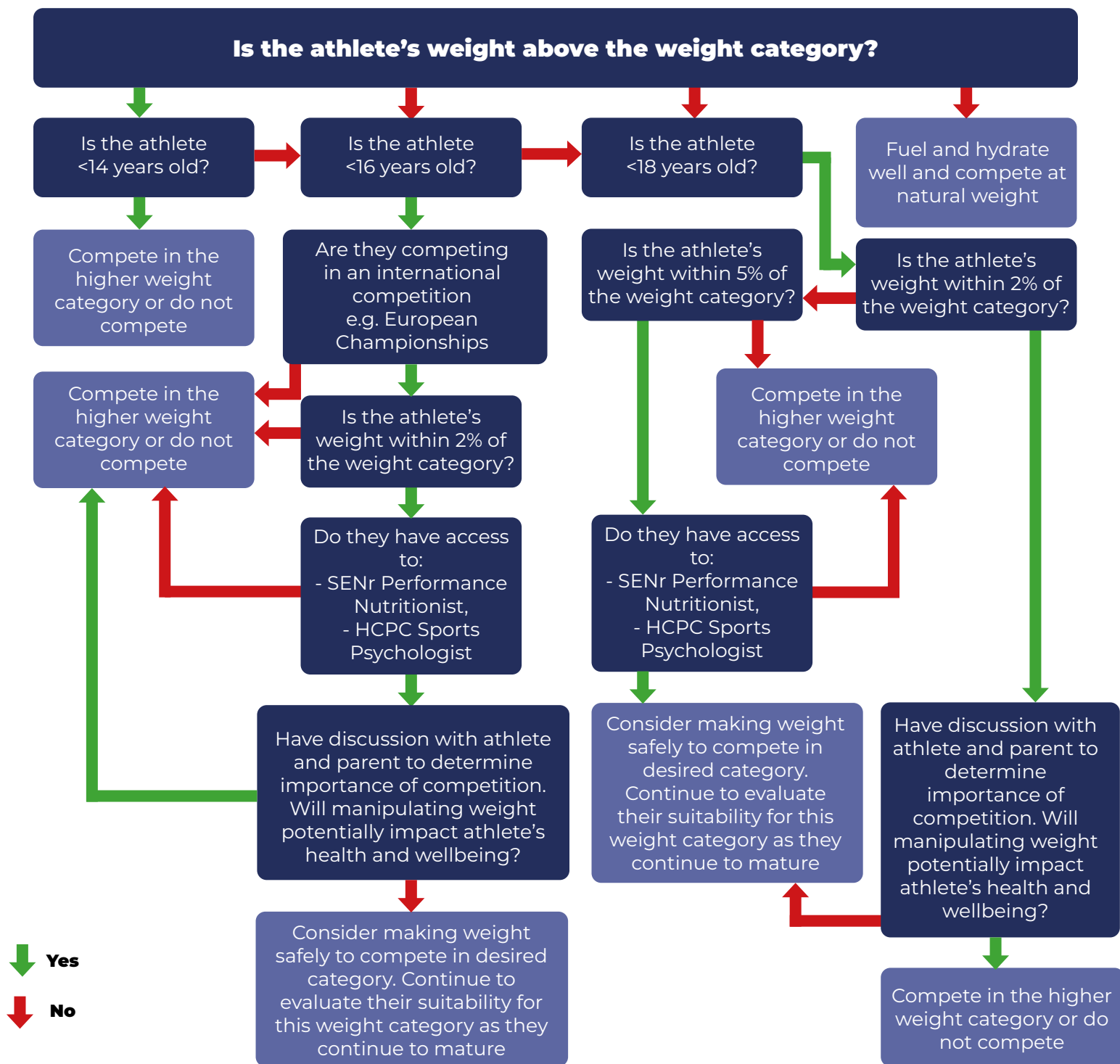


WEIGHT CONTROL GUIDANCE DECISION TREE

This decision tree is to help you navigate the Weight Control Guidance for Youth Athletes.

Please be aware that British Judo advocate that judoka on the Performance Pathway should compete in the weight category in which they naturally fall at the time of the weigh-in. Weight should naturally increase with growth and development. Therefore, it is natural for adolescent judoka to move up multiple weight categories. Weight will also fluctuate daily, and, in females, during their menstrual cycle.



At any time where these guidelines are applied, a conversation between athlete, parent and coach is advised so an informed decision which safeguards the health and wellbeing of the athlete can be made.