## 2022 USA JUDO Youth National Championships
March 19-20, 2022

Cadet and IJF Pan American Championships Team Trials

**EVENT INFORMATION PACKET**
IMPORTANT COVID19 SAFETY INFORMATION ON PAGE 3

<table>
<thead>
<tr>
<th>Hosted by:</th>
<th>Lansing Sports Authority</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sanctioned by:</td>
<td>United States Judo Inc., dba USA Judo</td>
</tr>
<tr>
<td>Tournament Headquarters Hotel</td>
<td>Radisson Lansing at the Capitol 111 North Grand Avenue Lansing, Michigan 48933</td>
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<tr>
<td>Competition Site:</td>
<td>Lansing Center 333 E. Michigan Avenue Lansing, Michigan 48933</td>
</tr>
<tr>
<td>Check-in</td>
<td>Friday, March 18</td>
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<tr>
<td>Weigh In</td>
<td>See Schedule of Events</td>
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</tbody>
</table>
| Competition Date:  | Saturday, March 19: regular Bantam, Cadet and Intermediate  
Sunday, March 20: regular Juvenile, IJF, and all novice categories |
| Tournament Director: | Contact the National Office for questions at 719.866.4730 |
| Chief Referee      | David Smith |
SCHEDULE OF EVENTS

Friday, March 18

8:00am – 12:00pm  Tournament check-in and registration for all competitors at Radisson Hotel

*Check in only if there is a change in category or weight

Official Weigh-ins for regular Bantam, Intermediate and Cadet Categories

Approx. 4:00pm  Categories posted for confirmation

4:30 pm  Technical Officials Meeting at Radisson

6:00 pm  Referee Meeting at Radisson

7:00 pm  Coaches Meeting at Venue

8:00 pm  Draw for all categories

Saturday, March 19

Competition at Lansing Center

7:30 am  Doors open

8:00 am  Referees meeting at venue

8:45 am  Opening Ceremonies

9:00 am  Competition begins for regular Bantam, Intermediate and Cadet Categories

11:00am - 1:00pm  Weigh-ins for regular Juvenile, IJF, and all novice categories

Sunday, March 20

Competition at Lansing Center

7:30 am  Doors open

8:00 am  Referees meeting at venue

9:00 am  Competition begins – regular Juvenile, IJF, and all novice categories

NOTE: ATHLETES DO NOT NEED TO WEIGH IN FOR SECOND CATEGORY IF SAME WEIGHT. IF A DIFFERENT WEIGHT CATEGORY, ATHLETE DOES NEED TO REWEIGH

The Tournament Committee reserves the right to make all final decisions regarding this event
COVID PANDEMIC SAFETY REQUIREMENTS

USA Judo will be following the jurisdictional COVID-19 guidelines provided by the local/state health department and/or appropriate government entities (https://www.michigan.gov/coronavirus/0,9753,7-406-98178_98455---,00.html) As such, neither COVID testing or COVID vaccinations will be required for these Championships. We do, however, recommend that you wear a mask, social distance and use hand sanitizer/wipes during the activities in Irving.

USA Judo asks any individuals who have a fever and/or experiencing COVID-like symptoms to NOT attend the Youth Nationals.

Any international competitors from outside the United States will need to follow COVID-19 Testing and other protocols as required by the US State Department/CDC

REGISTRATION, ENTRY FEES, TOURNAMENT CHECK-IN

Registration Dates/Entry Fees:

<table>
<thead>
<tr>
<th>Due Date</th>
<th>1st Category</th>
<th>2nd Category</th>
<th>3rd and each subsequent category</th>
</tr>
</thead>
<tbody>
<tr>
<td>Online registration by February 17</td>
<td>$85.00</td>
<td>$70.00</td>
<td>$55.00</td>
</tr>
<tr>
<td>Online registration February 18-March 10</td>
<td>$100.00</td>
<td>$80.00</td>
<td>$70.00</td>
</tr>
<tr>
<td>Walk up registration after March 10</td>
<td>$150.00</td>
<td>$150.00</td>
<td>$75.00</td>
</tr>
</tbody>
</table>

- All registrations must be completed online, no mail in registration
- Online registrations will not be accepted after March 10. Walk up registrations will be accepted on Friday March 18.
- Athlete’s date of birth, citizenship, and rank, if applicable, must be verified in the USA Judo database prior to using the online event registration system. Send copies of athlete’s birth certificate or passport and rank certificate to Austin.leath@usajudo.us. Verifications will only be processed during normal business hours Monday through Friday 8:00am-4:00pm MT.
- Entry into second or third category must be for same athlete
- Entry fees are non-refundable, and credits will not be issued if athlete does not compete
- Absolutely no entries will be accepted after 12:00 p.m. Friday March 18

HOTEL

Headquarter Hotel: Radisson Lansing at the Capitol
111 North Grand Avenue
Lansing, Michigan 48933

Rates: $132.00 per night plus tax

Deadline Date: Book by February 24, 2022

Reservations: Call 1-800-333-3333 or online at www.radisson.com/lansingmi

Discount Code: JUDO22
**SPECTATOR ADMISSION FEE**

<table>
<thead>
<tr>
<th>AGE</th>
<th>ONE DAY</th>
<th>TWO DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 and under</td>
<td>Free</td>
<td>free</td>
</tr>
<tr>
<td>9-12</td>
<td>$10.00</td>
<td>$15.00</td>
</tr>
<tr>
<td>13 and above</td>
<td>$12.00</td>
<td>$20.00</td>
</tr>
</tbody>
</table>


**TRANSPORTATION**

Air Transportation: Nearest airport is Capital Region International Airport (Code LAN)

Ground Transportation: No ground transportation will be provided.

**ELIGIBILITY FOR ATHLETES**

- Contestants may participate if they meet the following eligibility requirements:
- U.S. Citizens and athletes with Green Cards or VISA's are eligible to complete in the categories below. Also, athletes who meet the criteria of the International Judo Federation’s (IJF) refugee program and are currently approved with proof of documentation/acceptance from the IJF to participate in the refugee program, may also compete in the following categories. Please provide a copy of the necessary documents to Corinne.shigemoto@usajudo.us
  - All Regular and/or Novice Bantam categories
  - All Regular and/or Novice Intermediate categories
  - All Regular Juvenile and/or Novice Juvenile
  - IJF-Open weight only
- U.S. Citizens only, or athletes who meet the criteria of the International Judo Federation’s (IJF) refugee program and outlined above are eligible to compete in the following categories
  - IJF
  - Cadet
- A current member in good standing of USA JUDO (United States Judo, Inc.) for all athletes regardless of citizenship.
- Point Roster criteria can be found at [https://www.teamusa.org/usa-judo/athletes/juniors](https://www.teamusa.org/usa-judo/athletes/juniors)
- Eligibility selection criteria for the Cadet and IJF Jr. Pan Am Championship, team selection can be found at [www.usjudo.org](http://www.usjudo.org)
- Rank requirements for junior categories:
  - Regular categories-all ranks eligible
  - Novice categories-white, yellow or orange belts only

**JUNIOR AGE CATEGORIES OF COMPETITION AND WEIGHT DIVISIONS**

Please note that each Category is based on the year in which the contestant was born. All weights are in kilograms. For each weight division, the weight range will be over the next lower weight and up to and including the weight listed. Example: Bantam 1, 28 kg – over 23 kg and up to and including 28 kg. ONLY ONE WEIGHT PER CATEGORY IS ALLOWED WITH THE EXCEPTION OF IJF WHERE OPEN WEIGHT CAN BE A SECOND ENTRY OR AS OUTLINED BELOW FOR REGULAR BANTAM CATEGORIES.

For all regular bantam categories only: athletes must select their true age/weight category as their first entry. They may also select as a “bonus” category one weight up in their true age category and/or move up one age category in their true weight. For example:
- First category is Bantam 2 female 19kg (true age/weight)
- Second category is Bantam 2 female 23kg
- Third category is Bantam 3 female 21kg

The above would be considered entry into three categories and three entry fees must be paid as outlined in the fee matrix above.
For all Novice categories only, athlete ages and weights will be reviewed and grouped into light, middle and heavy brackets after official weigh in closes. All efforts will be made to group athletes so that there is increased number of competitors while maintaining safe competition considering ages and weights.

The following age/weight categories will be in use for this year’s event (2022):

**CATEGORIES ARE BASED SOLELY ON YEAR OF BIRTH**

### Regular Categories:

<table>
<thead>
<tr>
<th>Category</th>
<th>Age/Weight Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bantam 1 (Born 2017):</td>
<td>Female and Male: 18, 22, +22 kg</td>
</tr>
<tr>
<td>Bantam 6 (Born 2012):</td>
<td>Female and Male: 27, 31, 35, 39, 44, 44+kg</td>
</tr>
<tr>
<td>Bantam 2 (Born 2016):</td>
<td>Female and Male: 19, 23, +23kg</td>
</tr>
<tr>
<td>INTERMEDIATE (Born 2010-2011):</td>
<td>Female and Male: 28, 31, 34, 38, 42, 47, 52, +52kg</td>
</tr>
<tr>
<td>Bantam 3 (Born 2015):</td>
<td>Female and Male: 21, 25, 29, +29kg</td>
</tr>
<tr>
<td>JUVENILE (Born 2008-2009):</td>
<td>Female and Male: 36, 40, 44, 48, 53, 58, 64, +64 kg</td>
</tr>
<tr>
<td>Bantam 4 (Born 2014):</td>
<td>Female and Male: 22, 26, 30, 34, 38, +38 kg</td>
</tr>
<tr>
<td>CADET (Born 2005-2007):</td>
<td>Female: 40, 44, 48, 52, 57, 63, 70, +70 kg</td>
</tr>
<tr>
<td></td>
<td>Male: 50, 55, 60, 66, 73, 81, 90, +90 kg</td>
</tr>
<tr>
<td>Bantam 5 (Born 2013):</td>
<td>Female and Male: 25, 29, 33, 37, 41, 41+kg</td>
</tr>
<tr>
<td>IJF-Junior (Born 2002-2007):</td>
<td>Female: 48, 52, 57, 63, 70, 78, +78 kg, Open</td>
</tr>
<tr>
<td></td>
<td>Male: 60, 66, 73, 81, 90, 100, +100 kg, Open</td>
</tr>
</tbody>
</table>

### Novice Categories (for pre-planning purposes only, categories will be determined light, middle and heavy):

<table>
<thead>
<tr>
<th>Category</th>
<th>Age/Weight Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bantam 1 (Born 2016-2017):</td>
<td>Female and Male: 23, +23 kg</td>
</tr>
<tr>
<td>JUVENILE (Born 2008-2009):</td>
<td>Female and Male: 36, 40, 44, 48, 53, 58, 64, +64 kg</td>
</tr>
<tr>
<td>CADET (Born 2005-2007):</td>
<td>Female: 40, 44, 48, 52, 57, 63, 70, +70 kg</td>
</tr>
<tr>
<td></td>
<td>Male: 50, 55, 60, 66, 73, 81, 90, +90 kg</td>
</tr>
<tr>
<td>Bantam 3 (Born 2012-2013):</td>
<td>Female: 27, 32, 37, +37 kg</td>
</tr>
<tr>
<td></td>
<td>Male: 25, 30, 36, 42, +42kg</td>
</tr>
<tr>
<td>INTERMEDIATE (Born 2010-2011):</td>
<td>Female and Male: 28, 31, 34, 38, 42, 47, 52, +52kg</td>
</tr>
</tbody>
</table>

The IJF-Junior Category is the same as the International Judo Federation Junior World Championships Category. Athletes may enter if they are born in 2002 through 2007 only.

The Tournament Committee reserves the right to make changes in the highest and lowest weight classes in all age divisions as necessary for safety purposes. When such adjustments are made, only the highest weight sub-category will be pointable.
RULES AND METHOD OF COMPETITION

The Championships will be conducted in accordance with the Contest Rules, Organization Code and Sporting Code of the International Judo Federation, as revised for the USA JUDO Youth National Judo Championships.

Competition Method: The standard (“true”) Double Elimination System with winner’s and loser’s brackets will be used. The winner of the loser’s bracket will compete against the winner of the winner’s bracket for 1st and 2nd place. The first one of these two contestants to have two (2) losses will be placed second; the other will be placed first. The loser of the loser’s bracket will be placed 3rd. For categories of five and under contestants, round robin will be the method of competition.

Round Robin Clarification:
- If Athlete A pulls out before finishing competition against other athletes in the category and does not go out onto the mat, all points won or lost associated with Athlete A are removed. No medal is awarded to Athlete A.
- If Athlete A cannot finish competing but goes out onto the mat (field of play), then Athlete B wins and is awarded ippon points. Athlete A receives 0 points.
- If Athlete A, who did not finish competing but went out onto the mat, they are eligible to medal.

Seeding: There will be no seeding except for the IJF-Junior and Cadet categories. The top four athletes will be seeded in each division. If seeded athlete is not present, the other athletes WILL move up in seeding. Players having the same state affiliation will be placed as far apart in the bracket as possible.

Points: Juniors winning medals in the regular IJF-Junior, Juvenile, Cadet, Intermediate, and all Bantam divisions will be awarded points as outlined in the USA Judo Junior Event Point Matrix found at www.usjudo.org.

All athletes must compete in their true age/weight category.

Shime-waza rule: allowed in regular Juvenile, Cadet, and IJF categories only.
Kansetsu-waza rule: allowed in regular Cadet, and regular IJF only.

Injury Rule: Decisions regarding on mat injuries, are to be resolved in accordance with IJF rules; such decisions occurring off the mat or not covered by the IJF rules, are to be made by the coach, the athlete, and the Team Doctor. If there is not a unanimous opinion among these three individuals, the athlete may not continue (Board-approved October 22, 1998)

Match lengths:
- Bantam
  - 3 minutes/ 2-minute golden score
- Intermediate and Juvenile
  - 3 minutes/no golden score limit
- Cadet and IJF
  - 4 minutes/ no golden score limit

Multiple category entries
For those athletes who elect to compete in multiple categories, all efforts will be made to separate the competition times, however if categories are competing at the same time, the athlete must move from one category (on mat) to their waiting category with no rest time. They will not lose the match due to the 30 second call, but they must move to the waiting mat and begin competition immediately with no 10 minute rest.
EXHIBITION MATCHES

Exhibition matches may be offered for those athletes who are uncontested in their true age/weight category. Only those athletes who are uncontested may request an exhibition match. All efforts will be made to find one or two athletes within appropriate age/weight willing to participate. No points or medals will be awarded for exhibition matches. Request for exhibition matches must be made to the event director no later than 10am on the day that their uncontested category was scheduled to compete. Blue and white gi’s will still be required.

WEIGH-IN

See Schedule of Events for times of weigh in. A calibrated practice scale will be available prior to, and during, the weigh-in periods. However, in no case will contestants be allowed on the Official Scale during Official Weigh-In for the purpose of checking weight. Contestants may check weight as many times as desired prior to the designated time of the official weigh-in on the official scale. A contestant is given only one chance on the official scale during official weigh-in. At weigh-in, athletes in the regular Cadet, and regular IJF- Junior categories must present a government issued photo ID or school ID.

Naked weigh-in is no longer allowed for any category. To compensate, 0.1kg will be allowed. For example, in the 44kg category, the limit will be 44.1kg. This is a clothing allowance only and the 0.1kg will only be added to the true weight.

IMPORTANT: Athletes must make their declared weight as registered in their true weight category unless a change is made during the check in/registration process prior to getting on the official scale. Athlete may change weight category during check in/registration. Failure to make declared weight will result in the athlete not competing. Athlete will not be moved to next weight category automatically. Once official weight is recorded, no changes to weight category will be accepted.

Athletes who neglected to change their weight during the check in process and missed weight during official weigh in, may enter an additional category by registering (and paying) for the new category as a walk-up registration.

NO CHANGES WILL BE ACCEPTED AT WEIGH IN.

ATHLETES COMPETING IN TWO CATEGORIES (SAME WEIGHT) ON SEPARATE DAYS NEED ONLY TO WEIGH IN ONCE

CHECK IN

Only check in if you have a change to your weight or category. Please proceed directly to weigh-in if you have no changes. No changes will be allowed at weigh-in.

CREDENTIALS

Pre-registered athletes can pick up their credentials during the weigh in process. All others at registration.

CLUB AFFILIATION

Only current USA Judo clubs, will be listed with athletes event registration. Club changes/additions will not be accepted after 12:00pm ET on Friday March 18. Non-USA Judo clubs will not be affiliated with a registered athlete. Club affiliation is not required to compete in these championships.

***CONFIRMATION OF CATEGORIES/DRAW***

A preliminary list of athletes by category/weight will be posted at the Radisson Hotel on Friday March 18 at approximately 4:00pm ET for one hour. Athletes/coaches/representative for the athlete is required to check the list to ensure the athlete is in the correct category/weight as declared.
Any corrections should be reported immediately to staff but no later than the 1 hour posting deadline. A correction form will be provided to record the correction. Corrections WILL NOT be accepted after the 1 hour.

Corrections will be processed then the draw will be run. Draw brackets and fight sheets will be posted online at www.usjudo.org.

IMPORTANT: This period is for corrections /confirmations only, of changes made during the check in/registration time period. NO CHANGES WILL BE ACCEPTED

A representative for each athlete must review the posted preliminary list to ensure the athlete is in the correct category. Failure to confirm or make corrections during the Confirmation of Categories period may result in the athlete NOT COMPETING IN THESE CHAMPIONSHIPS.

All draws will be conducted using USA Judo approved software. See Rules and Method of Competition for all seeding information. With the exception of seeding, the draw will be random. Once the draw is complete, there will be no changes.

If two or more athletes fail to make weight or report to weigh-ins in the same category, the division may be redrawn.

**COACH INFORMATION**

All Coaches must adhere to the following dress code during the event. Failure to adhere will be grounds for removal of coaching credentials.

Acceptable apparel: national or club team track suit (sweat suit) with polo shirt; business casual attire; dress jeans (no holes or markings); button down shirts or polo shirts. Dress shoes, sneakers (tennis shoes). Forbidden apparel: flip flops, sandals, shorts, tee-shirts, hats, head coverings.

All coaches must be current/active USA Judo, USJA or USJF coach certified to receive coaching credentials at this event.

All coaches must register for the event through the event online entry system to receive wristbands. There is no charge for registering. Log into your USA Judo profile and click on National Events to register.

Credentials will be issued at the coaches meeting.

**NEW: ALL COACHES MUST HAVE A PICTURE ID COACH CREDENTIAL TO RECEIVE A WRISTBAND FOR THE EVENT**

NOTE: Only one coach is allowed to coach mat side inside the barricade. Coaches who fail to comply with this rule may lose their coach wristband for the day/event and may be removed from the venue.

**COACH LIASION**

Five coach liaisons will be assigned to this event and will be announced at the coaches meeting. An area for the coach liaisons will be made available at the operations table for ease of coach overview on the floor as well as location of coach liaisons.

**REFEREE EVENT REGISTRATION**

All referees must first commit to work the event using the USA Judo Referee Information System. The individuals rostered will be approved by the USA Judo Referee Commission to work the event. Once approved, you must register using the USA Judo online event registration. There is no cost to do this.

Log into your USA Judo profile and click on National Events to register. Wristbands will be issued for all approve referees. Wristbands can be picked up either during the event check-in/registration process or at the referee meeting.

If you do not commit to work using the Referee Information System and then register online, you may not be allowed to participate in the event and USA Judo will not be responsible for any expenses associated with your stay/travel to the event.
EVENT CONDUCT

EVENT CODE OF CONDUCT FOR ALL ATTENDEES
(To include but not limited to ATHLETES, COACHES, SPECTATORS, OFFICIALS, VOLUNTEERS, PARENTS)

1. I will not engage in unsportsmanlike conduct
2. I will not engage in any behavior which would endanger the health, safety, or well-being of any attendee.

3. **I will not engage in the use of profanity**
4. I will treat any coach, parent, athlete, volunteer, official or any other attendee with respect.
5. I will not engage in verbal or physical threats or abuse aimed at any attendee.
6. I will not initiate a fight or unauthorized physical contact with any attendee
7. I will obey all facility and organization rules
8. The concluding decision of the officials or event director is final.
9. Accept the decision of the officials or event director with respect and grace.
10. Be responsible for the sportsmanship of myself and teammates while assisting in maintaining a respectful environment for all participants.

It is agreed that if I fail to conform to the above while attending a USA Judo event through coaching, officiating, or participating in any capacity, I may be subject to the following disciplinary actions, including but not limited to the below in any order or combination:

1. Verbal warning issued by organization/event director
2. Immediate removal from event for the duration of the event
3. Removal of coach credentials for the duration of the event
4. Suspension of USA Judo membership, coach certification credentials, or official certification credentials.
5. If individual is removed from an event for failure to conform to the above CODE, their respective club will be immediately eliminated from the Team Award consideration (all loss of points) for that specific event.

TEAM AWARDS

Athletes will be awarded points for all categories based on the event as follows:

1. Regular Categories
   a. 1st place  5 points
   b. 2nd place  3 points
   c. 3rd place  1 point
2. Novice Categories
   a. 1st place  3 points
   b. 2nd place  2 points
   c. 3rd place  1 point

The team with the most points at the conclusion of the event will be named Team Champion for the 2022 Youth National Championships.

Criteria:
1. Athletes must declare their USA Judo club no later than 12:00pm ET on March 18.
2. Athletes must be affiliated with the club during the previous 30 days to the event registration close. If previously unaffiliated, they may affiliate with a club within 30 days of the event registration close.

Trophies will be presented to the top three teams after competition. If club is not present, award can be picked up at future USA Judo national event or shipped to club at their expense.

NOTE: IF A MEMBER OF YOUR CLUB (ATHLETE, COACH, OFFICIAL, SPECTATOR, PARENT, ATTENDEE.) IS REMOVED FROM THE VENUE FOR VIOLATION OF EVENT CODE, YOUR CLUB WILL NOT BE ELIGIBLE FOR THE TEAM AWARD FOR THIS EVENT.
ANNUAL USA JUDO TEAM AWARD

Totals will be comprised from the 2022 Youth National, Senior Nationals, Junior Olympics and National Presidents Cup Championships. The award will be presented to the winning team at the 2023 Youth Nationals.

JUDO GI/UNDERGARMENTS/CHANGING

For all categories, regardless of age, blue and white gi requirement is mandatory. IJF approved labeled gi’s are not required but must meet fit requirements. Back patches are not required.

Appropriate undergarments must be worn by all athletes. Female athletes shall wear under the jacket either, a plain white or off-white tee-shirt, with short sleeves, long enough to be worn inside the trousers, or a plain white or off-white leotard with short sleeves. The white Tee-shirt should be round necked. No marking can be visible when the judogi is done up.

Athlete’s needing to change clothes/judo gi should do so in a restroom, locker room or other area specifically designated for changing.

AWARDS

Individual Awards: Gold, Silver and Bronze (one bronze) medals will be awarded for first, second and third places for all divisions.

Athletes must wear either a clean full white judo gi or full team sweats on the awards podium. No additional items may be taken/worn on the podium (flags, hats, pictures, flowers, stuffed animals, etc.).

MINOR ATHLETE ABUSE PREVENTION POLICY (MAAPP)

USA Judo defines “regular contact with minors” as meaningful or direct contact or oversight with minors that would be considered frequent, repeated or consistent. By way of example, an adult who will often assist with coaching/leading classes including minors would be considered “regular contact” with minors and is required to complete the SafeSport Online Training/Certification Course. An adult who may “drop in” to coach and/or practice with minors on occasion would not be considered frequent, repeated or consistent and would not need to complete the SafeSport Online Training/Certification Course. In the spirit of the moral code of judo, USA Judo requires adult members to self-certify whether or not they are considered having “regular contact” with minors based on the aforementioned description. If an adult member is unsure whether or not they have “regular contact” with minors, USA Judo encourages those individuals (and their clubs) to err on the side of caution and complete the SafeSport Training and Certification. USA Judo, in cooperation with USA Judo Clubs, has the right to randomly review and assess members who may have regular contact with minors and require compliance if/when considered necessary by USA Judo Leadership. The USA Judo SafeSport Handbook can be found at www.usjudo.org.

NOTICE OF POSSIBLE TESTING FOR BANNED SUBSTANCES

I understand and agree that I may be drug tested at any time, that I am subject to and will abide by the USADA Protocol for Olympic and Paralympic Movement Testing, its Annexes, and the USOPC National Anti-Doping Policies, and that any dispute related to the foregoing will be resolved exclusively in arbitration pursuant to the USADA Protocol. Before taking any medications, check the prohibited status at GlobalDRO.com. Also, be sure to download the Supplement 411 app or visit Supplement411.org to learn how to recognize and reduce the risks related to supplement use. If you have any anti-doping questions, please don't hesitate to call Athlete Express at (866) 601-2632.

The tournament committee reserves the right to make all final decisions on events related to and surrounding these championships.