



## OFFICIAL WEIGH IN PROCEDURES For USA Judo Sanctioned Events

The guidelines below are to be followed for all USA Judo sanctioned events except for USA Judo National events and all awarded point event categories:

### **SCALES**

- Scales to be provided by the respective event director. The scales should be digital.

### **WEIGH-IN**

- During Unofficial Weigh-In's, ALL scales will be designated as PRACTICE SCALES
- During Official Weigh-In's, if multiple scales are available, they should be designated as OFFICIAL SCALE and UNOFFICIAL SCALE in each room.
- Determination of OFFICIAL SCALES: The scale that registers the lowest weight will be chosen as OFFICIAL SCALE
- If only one scale available during official weigh-in, athlete should state prior to stepping on if they are testing their weight or if they are officially weighing in. If officially weighing in, that weight will be recorded for event purposes.

### **PROTOCOLS**

General Protocols for all Weigh-In's:

- Athletes presenting themselves for weigh-in may undress down to:
  - For males, briefs or boxer shorts, t-shirts, bathing suits
  - For females, bathing suits, under pants and bra and/or tee-shirt/leotards
  - Naked weigh in is NOT ALLOWED\*

\*to compensate, an additional .1kg will be allowed, i.e., for the 44kg weight, the limit will be 44.1 for any categories using true weight divisions. This is a clothing allowance only and the 0.1kg will only be added to the true weight.

- The scale must register a static standing weight.
- Once an athlete steps onto the scale, a weight should be registered.
- An athlete may not step off the scale until a weight is registered.
- An athlete may stay on the scale for a reasonable amount of time.
- All athletes must register a weight.
- Staff/volunteer must ensure that the scale registers zero weight before the athlete gets on the scale.
- No one may touch an athlete while an athlete is weighing in, i.e., lift hair, etc. The athlete must stand alone with no contact with any person or object such as a table, furniture, etc.
- For events that are sanctioned by IJF or PJC or trial categories, athletes must weigh in within the official category and are not allowed to be over the category or under the category. For example, an athlete weighing 52 kg may weigh 48.1 kg up to 52 kg.

### **PERSONNEL**

- Male staff and female staff only will be allowed in the gender-appropriate weigh-in rooms or areas
- A minimum of two observers must be always present in the weigh in rooms
- A minimum of one volunteer/referee must serve in a supervisory position in each room that has current SafeSport Certification and clean background screen on file with USA Judo.