

Team BC Handbook

For Judo BC Athletes, Parents, Club Coaches and Clubs involved with the Provincial Team Program and/or Team BC Activities.



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Introduction

The following handbook contains information you need to know about being a competitive Judo BC athlete at the Provincial and National level. It is important for you to read and understand the enclosed material. If you are unclear about anything, please contact your club coach. Club coaches can reach out to Judo BC staff if they don't have the information or the answers to any questions you may have.

Modifications may be made to the material provided in this handbook. Any changes will be posted online and/or emailed directly to you. Periodically, Judo BC and Provincial Team Coaches will communicate special notices to clubs, coaches and athletes involved in our provincial programs.

Email and [SLACK](#) (free communication app) are the primary modes of communication for Judo BC with athletes, parents, and club coaches. Please download the SLACK app and ensure we have your current email address, your parents, and your club coaches email addresses.

This handbook is designed to be a user-friendly source of information for athletes, their parents, and their club coaches. It is not a replacement for the Judo BC Bylaws & Constitution and/or the Judo BC Policies and Procedures. If there is any conflict between the handbook and the Judo BC Bylaws & Constitution and/or Policies and Procedures, the latter takes precedence.

Various acronyms and sport specific language are used throughout this document in reference to different organizations or concepts. These acronyms and concepts are listed and/or described in the next section.

Acronyms and Sport Specific Terminology

AGE DIVISIONS

The competitive age divisions in Canada at the National level are:

- U16 (Juvenile)
- U18 (Cadet)
- U21 (Junior)
- Senior (Adult)
- Veterans (30+)

The age is based on the year in which the season ends. For example, a U16 athlete in 2024-25 season is an athlete that is under the age of 16 as of December 31, 2025.

Additional competitive age categories are part of club, regional and provincial programs, i.e. U10, U12

BCWG

BC Winter Games. These multi-sport games are held every two years and athletes are selected by their regional zone to attend based on selection criteria created by the [BC Games Society](#) and Judo BC.

Athletes pay a fee to attend the games. For example, in 2024 the fee was \$250. This fee covers transportation (bus or flight depending on the zone), accommodations (dorms in schools), meals, entertainment, ceremonies, and a zone hoodie.

CAC

The [Coach Association of Canada](#) educates and certifies coaches, and celebrates their achievements at all levels of sport.

CSI Pacific

The [Canadian Sport Institute Pacific](#) provides world-leading Olympic and Paralympic daily training environments to elite athletes and coaches in British Columbia. With the support of our partners, our team of experts deliver sport science and medicine, coaching and life services to Power Podium Performances and help Canada win more medals.

CCES

[Canadian Centre for Ethics in Sport](#), As Canada's national anti-doping agency, the CCES is responsible for implementing the Canadian Anti-Doping Program (CADP) and offers related services for partners and clients, such as international sport federations and major games.

Team BC athletes are responsible for their own awareness of CCES policies and procedures. Please refer to the [CCES](#) for all Ethics and Anti-Doping related information. For an updated list of banned methods and substances refer to the [World Anti-Doping Agency \(WADA\)](#).

CWG

[Canada Winter Games](#). These multi-sport games are held every four years and the top 7 female and top 7 male judo athletes from each province are selected to attend. The next CWG are taking place in 2027 in Québec City and based on the selection criteria from the 2019 and 2023 games, we anticipate that athletes born in 2009 to 2012 will be eligible. Athletes and Coaches selected for CWG are fully funded by [TEAM BC](#) for this event including travel, accommodations, meals, entertainment, ceremonies, and the [TEAM BC](#) uniform.

Early Bloomer

An early bloomer in sports, is an athlete that is exceptionally mature for their age, physically, socially, mentally, and emotionally, making them eligible to compete in an older age division. Eligibility is determined by the club coach in conjunction with the provincial coach and approval is required by Judo Canada and/or the local tournament organizing committee. A declaration of skill and waiver form is required from the parents/guardians and club coach. For more information, please reach out to your club coach.

IJF

[International Judo Federation](#) is the international governing body for judo, founded in July 1951. Today the IJF has 200 National Federations on all continents. There are over 20 million people around the globe who practice judo, according to the IJF.

Judo Canada (JC) Number

Judo Canada membership number. Each member of Judo Canada is assigned a unique number. This number is required for registration for all provincial and national events and competitions. All members of Judo BC are automatically members of Judo Canada. You can find your Judo Canada number on the Judo Canada card you receive from your club each year.

Kata Competition

The Katas are technical demonstrations of a series of codified movements mimicking a fight. Katas are used to demonstrate an understanding of the fundamental principles of judo and mastery of their

application. There are nine katas recognized by the Kodokan and typically there are five kata events offered at the Canadian National Open Championships in U21 and Senior. For more information, please refer to the [Judo Canada Handbook for Veterans and Kata](#)

Kodokan

The [Kodokan Judo Institute](#), or Kodokan, is the headquarters of the worldwide judo community. The Kodokan was founded in 1882 by Dr. Jigoro Kano, the founder of judo.

NCCP

[National Coach Certification Program](#). This program is run by the Coaches Association of Canada (CAC) and Judo Canada. Judo BC partners with Judo Canada and the CAC to deliver judo coach education in BC.

Ne Waza Competition

A competition that involves only ne waza (ground) techniques. Please refer to the [Judo Canada Ne Waza Competition Rules](#) for more information.

NSO

National Sport Organization. [Judo Canada](#) is an NSO and is the National governing body for Judo in Canada, recognized and partially funded by Sport Canada.

NTC

The Judo Canada [National Training Centre](#) is located in Montreal. This centre is in the [Institut National Du Sport Du Québec](#) (INS).

PTP

Judo BC's Provincial Team Program.

PTC

Provincial Training Centre. Currently the PTC is the Abbotsford Judo Club and is classified by Judo Canada as a regional training centre. aPTC stands for an athlete that trains regularly at the PTC.

PTSO

Provincial/Territorial Sport Organization. Also referred to as PSO (Provincial Sport Organization). These are the governing bodies of sport, accredited and partially funded by the BC Government. Judo BC is one of 53 PSOs in BC.

Safe Sport

Safe Sport is a worldwide movement to protect the health, safety, and physical and mental well-being of every participant in organized sport. Judo Canada and Judo BC are dedicated to creating a safe, welcoming, and inclusive sport environment and to prevent and address maltreatment in sport. See the Health and Wellness section for more information.

[SLACK](#)

Free communication app that can be used on your smart phone, tablet or computer.

Sport BC

[Sport BC](#) is a federation of Provincial Sport Organization in BC. Judo BC is a member organization, and

this allows our members access to the KidSport Program, the BC Amateur Sport Fund and Judo BC to access payroll services and sport liability insurance.

Team BC (Judo BC)

All athletes and coaches selected for the Provincial Team Program are automatically members of Judo BC's Team BC for the entire season (Sept to August).

TEAM BC (BC Government)

Team BC is also the name of separate provincially funded organization that coordinates the trips to Canada Games for all BC athletes and coaches from all the different sports.

Team Staff

This term refers to all coaches, chaperones and team managers that travel with the Team BC on trips. A club coach that travels to a competition separate from the team and doesn't stay with the team at the hotel would not be considered team staff.

TRACKIE

[Trackie](#) is the online membership management and event registration platform used by Judo BC and Judo Canada.

True Sport

[True Sport](#) is a series of programs and initiatives designed to give people, communities, and organizations the means by which to leverage the many benefits of sport from a platform of shared values and principles. This national organization promotes the [True Sport Principles](#) including excellence, fair play, respect, fun, health, and inclusivity. Judo BC and Judo Canada are members of True Sport.

Weight Categories

The standard weight categories are posted on the Judo Canada website.

Judo Lexicon

Judo Canada has a great document that provides explanations and/or translation of the many Japanese words used in judo.

VI Judo

Visually Impaired Judo. This is the judo Paralympic sport. For more information about VI Judo please visit the [Judo Canada Judoka with a Disability](#) webpage.

ViaSport BC

[ViaSport BC](#) is the government agency that is responsible for supporting, funding, and leading the amateur sport system in BC. They are funded by the Sport Branch of the Ministry of Multiculturalism, Arts, Tourism and Sport. Judo BC receives approximately 40% of our annual funding from ViaSport BC. This currently includes \$60,000 of Enhanced Excellence funding to support our provincial team program. As a ViaSport BC accredited and funded PSO, Judo BC is required to adhere to all the regulations and requirements as outlined in our funding agreement with the government. This includes following all of the Provincial Health regulations and health orders.

Mission Statement of Judo BC

Through leadership, programs, and activities, in cooperation with its member clubs and its partners, Judo BC promotes, support, and develops Kodokan Judo as a sport, martial art, self-defence, recreation, fitness and health activity, and as a way of life.

Judo BC Values

Mutual Welfare and Benefit

- Strive for fair play, integrity, and personal excellence.
- Demonstrate respect for self and others.

Maximum-Efficiency

- Practice excellence in service through all facets of the organization.

Cooperation

- Support equality and fairness for all members.
- Ensure equity and access in programs and services.
- Maintain open communication with members and partners.

Judo Moral Code

The judo moral code is a set of ethics and values invented by the founder of Judo, Professor Jigoro Kano. Judoka should uphold the moral code both on and off the mat.

The code is made up of eight values: **courtesy, courage, honesty, honour, modesty, respect, self-control, and friendship.**

Codes of Conduct

All participants in our athlete programs are required to agree to the [Judo BC Athlete Code of Conduct](#) that upholds the judo moral code, Judo BC values, True Sport Principles, the Judo Canada and the Judo BC policies and procedures. Older athletes U18+, coaches, chaperones, team managers and adult volunteers must also agree to the [BC Universal Code of Conduct](#). Parent of athletes in the Provincial Team Program and parents of athletes traveling with Team BC are required to sign the [Judo BC Parents Code of Conduct](#).

Equity, Diversity & Inclusion

Equity, Diversity, and inclusion (EDI) are terms used to describe policies and programs that promote the representation and participation of different groups of individuals, including people of different race, ancestry, place of origin, colour, ethnic origin, citizenship, creed, sex, sexual orientation, gender identity, gender expression, age, marital status, family status and levels of ability.

Judo BC embraces an environment where equity, diversity and inclusion are cultural norms and strives to create welcoming environments that encourage and support engagement in the sport of judo.

Principles:

Equity is demonstrated by treating people fairly. This requires the removal of barriers and the creation of accessible and respectful environments, including any accommodations required to allow equal

opportunities, equal access, and equal benefits to participate so that people can achieve their personal potential in the sport of judo.

Valuing **diversity** means respect and appreciation of differences in individuals and in groups and honoring and upholding human rights. It also means valuing various points of view and being open to new and different ideas.

Inclusion ensures that everyone feels welcome, comfortable and that they belong.

If you have any questions, comments, feedback or need support related to EDI, please contact equity@judobc.ca

Selection Criteria & Policies

There are a handful of Judo BC athlete selection criteria including:

1. Provincial Team Program
2. CSI Pacific Targeted Athletes
3. Open National Championships
4. BC Winter Games – held every 2 two years
5. Canada Winter Games – held every 4 years

It is the responsibility of the athlete and their coach to be aware of each specific selection criteria. For more information about the different requirements, expectations and benefits for these different programs and events, please see the comparison charts at the end of this handbook.

These policies are posted in the [Athlete & Parent/Team BC section](#) of the Judo BC website. Notifications of updates are included in our e-newsletter and posted in our social media.

Judo Canada also has selection criteria for U18, U21 and Senior athletes for international competitions. This criterion is included in the Judo Canada [National Team Handbook](#).

CSI Pacific Sport Targeted Athletes and Coaches

Canadian Sport Institute Pacific assists selected athletes (targeted athletes) and their coaches in their ongoing commitment to training and pursuit of athletic excellence. Targeted athletes and coaches gain access to a variety of athlete support and training services including: GymWorks (gym access at selected facilities); FoodStuff (discounts on food at selected outlets); Sport Information and Career Track Seminars (professional and personal development workshops) and SportHealth (low-cost sport medicine insurance). A full menu of services available from the various centres can be viewed www.csipacific.ca.

Athletes are recommended to become CSI targeted by our Sport Development Director based on criteria that is established by CSI Pacific with input from Judo BC. These athletes are generally the top performers for their age division, competing at National series events and have medaled or are expected to medal at National Championships. For more information, please refer to the CSI Pacific Athlete Selection Criteria.

Dispute Resolution

Although we all like to avoid disputes Judo BC is committed to transparent policies and procedures that are aligned with the best practices in sport, disputes still happen. We have various structures in place to assist with solving disputes, including team selection disputes. For more information, please see the [Judo BC Policies and Procedures](#). In addition, ViaSport BC offers [dispute resolution services](#) at the Provincial level and the [Sport Dispute Resolution Centre of Canada](#) offers services at the National level.

Athlete Health and Wellness

The health and wellness of athletes and all judo participants is paramount to Judo BC. Below is information about some of the programs and resources available within the judo and sport community in BC and Canada.

Body Sense

[BodySense](#) an interactive e-learning course that includes self-reflection and self-assessment activities as well as tools, resources, and useful links for athletes to explore. This resource was developed by the [Canadian Centre for Ethics in Sport](#) with researchers and sport leaders.

Concussion Reporting Requirements and Protocols

Judo BC and Judo Canada requires all concussions, or suspected concussions, that occur during a judo related activity (training or competition) be reported online. [Click here](#) to go to the online reporting form.

All participants with confirmed concussions must follow specific return to activity protocols posted on the [Judo Canada website](#). Also, there are specific templates for concussion assessment letters and concussion clearance letters that must be completed by a medical profession. These templates are also posted on the Judo Canada website.

Long Term Development in Sport and Physical Activity

Judo BC follows the Judo Canada Long Term Development Model. The concept of Long-Term Development in Sport and Physical Activity is a framework for the optimal development of every child, youth and adult to enable optimal participation in sport and physical activity. The objective of the framework is to promote both sporting excellence at the highest international level and life-long engagement in health-enhancing physical activity. For more information about Long Term Development please see the [Athlete Development](#) section of the Judo BC website.

Mental Health in Sport

Athletes, just like all human beings, are not immune to mental health issues. Various resources are available to coaches to empower them to provide support and information to their athletes and families about mental health. These resources for coaches include:

[Buddy Check for Jesse](#)

[NCCP Mental Health in Sport Training](#)

There are also resources available that youth athletes and their families can access directly including:

The Foundry

The Foundry is a province-wide network of integrated health and wellness services for young people ages 12-24.

Kids Help Phone

Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

Youth in BC Crisis Line

YouthInBC.com is first and foremost an **on-line crisis chat service**, where you can chat 1-on-1 with a [trained volunteer](#) from the [Crisis Centre](#), where our service is based.

Other Support Services in BC

VictimLinkBC

A toll-free, confidential, multilingual telephone and online service available across B.C. 24 hours a day, 7 days a week which provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence.

Resilience BC

Anti-Racism Network provides information about how to report incidences of racism and hate crimes if you are a victim or witness such incidences.

Nutrition and Weight Management

Judo is a complex sport that requires a combination of speed, strength, a strong anaerobic capacity, and endurance. Added to these unique physiological requirements is the challenge to compete in a specific weight class. Providing the right "fuel" (food and hydration) in the appropriate amounts is vital to maintaining the energy required for both training and competition.

While many top-level adult age judo players compete in a weight category that is slightly below their normal weight, this is not something that is recommended for youth age athletes for a variety of reasons including affects on growth, negative impacts on performance, fatigue, increased risk of injury and the potential negative long term impacts including bone density, disordered eating, menstrual disorders, kidney problems and heart problems.

If you have questions about weight management, please talk to your club coach, regional coach, the Team BC coaches and/or visit the [BodySense](#) website.

Judo BC offers nutrition seminars for Team BC athletes regularly and recommends and pays for support from a nutritionist to Team BC athletes on an as needed basis.

Responsible Coaching Movement

The [Responsible Coaching Movement](#) (RCM) is a call to action for sport organizations, parents, and coaches to enact responsible coaching across Canada – on and off the field.

The Coaching Association of Canada and the Canadian Centre for Ethics in Sport support the Canadian sporting community in improving practices that ensure the health, safety, and well-being of all participants. Judo BC and Judo Canada have signed the pledge to support this movement.

The RCM involves 3 steps for all coaches and clubs:

1. Rule of Two

The goal of the [Rule of Two](#) is to ensure all interactions and communications are open, observable, and justifiable. Its purpose is to protect participants, especially minors and vulnerable adults, and coaches in potentially vulnerable situations by ensuring **more than one adult is present at all times**. There may be exceptions in specific and/or emergency situations.

2. Background Screening

[Background screening](#) ensures that coaches meet the important requirements to coach. Screening tools include comprehensive job postings, criminal record checks, interviews, and reference checks.

3. Ethics Training

[Ethics training](#) prepares coaches to effectively handle situations that arise from ethical dilemmas or even legal challenges that concern individuals, teams, and their sports organizations.

Ethics training includes the [NCCP Make Ethical Decisions \(MED\)](#) module within the [National Coaching Certification Program](#) (NCCP), as well as training in abuse and harassment prevention, such as the [Respect in Sport](#) training.

Safe Sport

Judo BC's goal is to assure that all athletes, coaches, officials and volunteers participate in a safe and inclusive training and competitive atmosphere that is free of abuse, harassment and discrimination.

1. Training

Judo BC and Judo Canada require all coaches and volunteers that work with youth and/or vulnerable adults to take Safe Sport Training. There are several groups that offer various levels of training including:

- a. [NCCP Safe Sport Training](#)
- b. [Respect in Sport](#) for Coaches
- c. [Respect in Sport](#) for Parents
- d. Canadian Centre for the Protection of Children – [Commit to Kids](#)

2. Policies

Judo BC is in the process of updating our Safe Sport Policies and Requirements. For now, all coaches and volunteer must follow the [Judo Canada Safe Sport Policies](#) and parents of athletes in the Provincial Team Programs can see the requirements in the Requirements Chart at the end of the document.

3. Reporting

For more information or to report a violation of the Judo BC Code of Conduct or maltreatment, please visit the Safe Sport page of the Judo BC website - <https://www.judobc.ca/safe-sport/>

Sleep and Recovery

Quality sleep and recovery are as important to performance as proper training and nutrition. For more information about sleep here are some resources:

[Sleep – Why it is Important During the Teen Years](#)

[15 Tip & Tricks for Health Sleep Hygiene](#)

Proper recovery periods will be included in the club and/or provincial team program training plans created for the athletes based on the [Judo Canada Long Term Development Model](#) and the [Judo BC High Performance Pathway](#).

Team BC App

Athletes selected for the Provincial Team Program will be required to track their training, conditioning, competitions, sleep habits, mood etc... on the Team BC App. In addition to providing valuable information to the coaches regarding the athletes' training activities, strength & fitness levels this app helps the coaches monitor and adjust activities to help safeguard the overall health and wellness of the athletes in the program.

Athletes that apply for Team BC will be expected to start using this App. The login information for the App will be sent out to individuals once they have submitted their application for the Provincial Team Program.

Financial Information

Judo BC Funding

Judo BC provides partial funding to athletes that are part of the Provincial Team Program (PTP). This funding is provided as discounts on the costs of trips. More information is provided in the PTP Selection Criteria. Funding is dependent on Judo BC's financial position, the amount of grants we receive on an annual basis, the number of athletes selected to the PTP, the number of team trips and how many athletes travel on each trip.

Overall Judo BC spends approximately \$100,000 per year on our athlete development program. This does not include staff salaries, or the fees we collect for services, events, or team trips.

Judo BC annually applies for funding to support to our Provincial Team Program including Enhanced Excellence funding from ViaSport BC, Community Gaming Grants from the BC Government and any other funding opportunities that we are eligible for.

Self-Funding

For various trips through the year, athletes that are not part of the PTP, are invited to attend tournaments and training camps as members of Team BC on a fully self-funded basis. Notification of these opportunities are sent to clubs, posted on the Judo BC website, social media and included in the e-newsletter. Eligibility to participate on a self-funded basis is determined by the technical rules for the tournament/training camp the team is attending. These rules are included in the technical packages for the tournaments and links to these packages are provided in the notifications.

Deposits and Payments

We require participants to pay deposits for team travel upon registration so that we have the cash on hand to pay deposits on hotels, airfare and ground transportation. Final payments can be required as earlier as 5 weeks ahead of departure so that we can make our final payments on airfare 30 days prior to travel. We appreciate timely payments as chasing down payments takes up significant staff time that could be better spent on things like grant applications and program development.

Refunds

Any costs incurred by Judo BC due to the withdrawal of an athlete from a Team BC trip, no matter what the reason, will be the responsibility of the athlete. To offset these nonrefundable costs, a cancellation contingency fee will be charged for all trips that required travel by airlines.

KidSport™ British Columbia

KidSport™ Canada is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under for families in need. Through a confidential application process KidSport™ provides grants so kids can play a season of sport. For more information on how to apply visit [KidSport™ British Columbia](#).

Additional Judo BC Funding

Athletes receiving support from KidSport BC, or who relocated to Abbotsford to training full time at the PTC, may be eligible for additional support from Judo BC. Please contact the Judo BC Executive Director if you think you are eligible.

Athlete Sponsorship & Donations

If you have friends, family or know of a business that may want to sponsor you, we have an Athlete Sponsorships Information sheet that you can provide to potential sponsors. We also have a program set up with the BC Amateur Sports Fund to accept donations to our Athlete Development Program.

Athletes can also solicit donations via platforms such as [MAKEACHAMP.COM](#) (leading crowd-funding platform) or by asking friends, family and businesses directly.

Please keep in mind the following:

- Sponsorships are based on reciprocity – where cash or in-kind gifts are contributed, usually in exchange for marketing or advertising consideration. They are typically bound by a written agreement between the two parties stating the value of the sponsorship and the benefits for all involved.
- A donation is an altruistic gift, without the need for anything in exchange from the organization or athlete.
- Donations made directly to Judo BC, a judo club or individual are not eligible for tax receipts.
- The BC Amateur Sport Fund (BCASF) is a Registered Canadian Amateur Athletic Association (RCAAA) with the Canada Revenue Agency (#88938 6868 RR0001) and can issue an official tax receipt for all qualifying donations of \$20 or greater.

School Credits Program

The [External Sport Credentials Program](#) (ESCP) of the BC Ministry of Education is administered and monitored by the BC Ministry for Ministry of Tourism, Arts, Culture and Sport. It gives secondary school students the opportunity to earn graduation credits for approved levels of competition as an athlete, coach and/or official. Judo athletes are eligible to receive credits for the following:

	Level 1	Level 2	Level 3
Athlete	UXSA 10 (4 credits) BC Winter Games Team	UXSA 11 (4 credits) Provincial Team Program Member participating at the National Championships	UXSA 12 (4 credits) U16 or U18 Provincial Team Program Member at Provincial A level or higher
Coach	UXSC (2 credits) NCCP Dojo Assistant Trained or Certified	UXSC (2 credits) NCCP Dojo Instructor Trained or Certified	
Official (Referee)	UXSA 10 (2 credits) Provincial D Certificate Provincial C Certificate	UXSA 11 (4 credits) Provincial B Certificate	UXSA 12 (4 credits) Provincial A Certificate

Please email the Judo BC office, general@judobc.ca to request a letter confirming your involvement. Please provide details of your involvement in the email, i.e. Competed at 2024 BC Games as a member of the zone 6 team, Provincial C Referee – referred at Peak Internationals, Steveston and 3 mini shiais, Dojo Assistant Trained and coaching twice a week at the Prince George Judo Club etc...

Travel

When participating in out-of-province events as part of Team BC, all travel arrangements including air, ground, and hotel will be booked by Judo BC for minor aged athletes (18 and under). Registration and payment of entry fees for the competitions is the responsibility of the athlete/family and/or club. Reminders will be sent to athletes to complete the competition registration.

Initial flight itineraries are sent out once an athlete has registered to participate in a BC Team event and the final details are sent approximately one week prior to departure.

It is the responsibility of the athlete to ensure they have the appropriate photo identification required by the airline and to ensure the name on their ticket matches the name on their photo identification. Athletes are also responsible for being aware of the airline baggage allowances and rules. Costs incurred by athletes for excess baggage are the responsibility of the athlete.

Team Travel

When traveling with Team BC, all minor aged athletes are required to travel and stay with the team, as arranged by Judo BC. The reasons for this are numerous and include supervision of minors, providing learning experiences and creating an environment team bonding.

Parents are reminded that if they travel to an event as spectators, they must get permission from the team staff prior to taking their child away from the team at any time for any reason (i.e., taking the child to a medical clinic or giving them a ride to the hotel from the tournament site). Parents are strongly encouraged to stay at a separate hotel from the team whenever possible. This allows the athletes to experience the event as a member of the team, relying on their team members and the team staff for support rather than their parents.

For some tournaments, especially those with many youth athletes attending, one or more adult chaperones travel with the team to assist the coaches with the supervision and organization of the athletes. The chaperone's role involves coordinating nightly curfew checks, communicating with team regarding daily schedules, coordinating airport and hotel check-in plus other tasks to assist the coaches and help support the athletes under the direction of the Provincial Head Coach.

Meals

Participants are responsible for paying for their own meals when traveling as a member of the Team BC. We recommend approximately \$55 per day for food (\$10 for breakfast, \$20 for lunch and \$25 for dinner). To reduce these costs Team Staff, whenever possible, will arrange for athletes to purchase food at a local grocery store once they arrive at their destination. Fridges and microwaves for the rooms are requested when the accommodation is booked, but not always available.

Judogis

For most Provincial level competitions and all National level competitions, competitors are required to have a minimum of 2 judogis, one blue and one white (we recommend four judogis for National competitions). When travelling by air, we recommend athletes include one blue and one white gi, their judo belt and a white t-shirt (females) in their carry-on baggage along with any medications in case your checked luggage is lost or delayed. Athletes should check with their club coach or club referee to ensure their judogi fits properly as some athletes can grow several inches a year.

Team Travel Rules

All Team members (and their parents if they are at an event) will be expected to follow the rules listed below while on a trip with the team. These rules are in addition to the Judo BC Code of Conduct and additional rules may be added by the Team Staff during an event.

Codes of Conduct

All participants traveling with the team are expected to always follow the [Judo BC Codes of Conduct](#). Failure to comply may lead to disciplinary action. Disciplinary sanctions can include, but aren't limited to, written reprimand, service or other voluntary contribution to Judo BC and/or suspension from the current activity or competition.

Curfew and Room Checks

Please be advised that there will be an 10 pm or earlier curfew for all athletes regardless of their age when travelling with Judo BC. At any time, coaches and/or chaperones may change curfew time to better suit competition performance. Nightly room checks of all minor aged athletes will be done by the team staff. Minor athletes are expected to be in their rooms 15 minutes prior to the curfew times and be ready for bed (teeth brushed, pajamas on, bag packed for tomorrow and ready for lights out).

Team Events

Athletes are required to attend all team events while traveling. This includes, but isn't limited to, watching teammates compete, team meetings, team outings and team trainings. More information for each trip will be provided by the Head Coach.

Be on Time

All athletes and coaches are expected to arrive 5 mins early for all team events or meeting times. This allows time for role call prior to departing on a bus or walking to an event. On time is considered late!

Free Time – Groups of 3/4

When minor athletes have free time and want to leave their hotel rooms or the competition/training venue they must:

- If U16 and older- always be in a group of 3 (if one individual is U14, the group must have 4 people)
- If U14 – always be in a group of 4

The rules for where the athletes are allowed to go during their free time will be given on each trip and will vary depending on the location.

Parents are discouraged from taking their child away from the team during free time and may only do so with permission from the Head Coach or Team Manager. This ensures that the Team Staff are always aware of the location of the athletes.

Weigh-In

All athletes are required to have ID for weigh-in. Picture ID is expected for all athlete high school age and older. This can be a school ID card. Athletes should also have a digital copy of their current Judo Canada card if they have a smart phone. This will help ensure an efficient weigh-in process for all involved.

Accreditation

If accreditation (name badge) is provided at a competition, athletes are expected to always have the accreditation with them when they are outside of their hotel room.

Travel Uniform

Athletes and coaches traveling with Team BC will be given instructions prior to each trip as to what they are expected to wear for the travel days i.e., Team BC jersey and/or Team BC tracksuit.

Team Travel vs. Travel with Family

Team BC travel activities cannot be combined with family holidays unless the family holidays take place before the team will be arriving at its destination or after the team departs for home. The focus of team trips must be judo and the team.

Coaching vs. Parenting & Spectating

Parents attending competitions outside of BC are reminded that they need to behave as spectators only and are not allowed to coach from the stands and they are not allowed to criticize the athletes or coaches' performances. The team staff is responsible for the supervision, guidance, health and well-being for the athletes while traveling.

Issues, Concerns, and Questions

Athletes are expected to raise any issues, concerns, problems, or questions they may have during trips directly to the team staff. The team staff don't want to hear about issues from parents or club coaches that aren't on the trip. This will help teach the athletes to rely on their teammates and the team staff for support, assistance, and guidance, which is an important aspect of being an athlete and being part of a team.

Annual Competitions

Judo Canada National Series Competitions

These annual competitions allow U18, U21 and Senior athletes to gain points towards selection to the National Team and selections for international competition opportunities. These events include Manitoba Open (Oct), Ontario Open (Oct), Quebec Open (Nov), Canada Cup (Nov), Saskatchewan Open (Jan), Edmonton International (March), Pacific International (March) and Open Nationals (May). For more information, please refer to the domestic tournament ranking grid in the [Judo Canada Team Handbook](#).

Canadian Judo Championships

The Canadian Championships take place each year for U16, U18, U21, Senior, Masters (Veterans) and Kata. BC athletes are selected to represent TEAM BC based on the Judo BC Open Nationals selection criteria.

Please see the [Provincial Team Program](#) and/or the [Open Nationals Selection criteria](#) for more information.

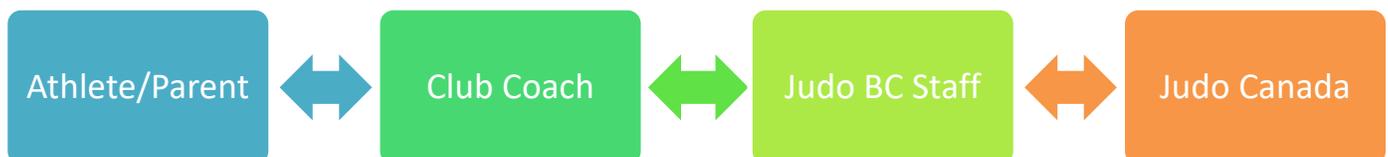
Provincial Competitions

Each year we have a series of provincial level competition in BC. Attendance at one or more of these competitions is required for selection to the Provincial Team Program and/or selection to Team BC for Open Nationals. Traditionally these tournaments include the Peak International (Burnaby – October), Steveston Shiai (Richmond – November), Youth Provincials (April) and the BC Open (Vernon – April).

Please see the Provincial Team Selection and Open Nationals for more information about which events will be required for the season.

Communications

Have a question, and can't find the answer in this handbook or on the Judo BC website? Who should you contact? The answer depends on your role. Here is a chart showing the most efficient and effective communication channels for most questions.



Judo BC and Judo Canada will also communicate directly with participants and clubs as needed and via social media and our e-newsletters with general information and updates.

Please note that at certain times of the year, the Judo BC staff receive hundreds of emails and phone calls a week making it hard to respond in a timely manner. This is the main reason for the communication pathway outlined above.

Additional Information

Judo Canada Passport

The passport's purpose is to track your career in judo and to demonstrate your activities for your belt promotions. You are required to have a [Judo Canada Passport](#) prior to grading for Shodan and should apply once you've received your brown belt. Please note this passport is not a proof of membership, of identity, or of citizenship and is not required at competitions.

Judo Canada Membership Card

Judo Canada membership cards can now be downloaded from Trackie and Judo Canada no longer sends hard copies of the card out to members. Please bring your card to every provincial and national event. Alternatively you can bring a photo of your card on your smart phone.

Grading (Judo Rank Promotions)

Grading for colour belts (mudansha) is done by the clubs and is based on the [Judo Canada Mudansha Grading Syllabus](#).

Black Belt grading for 1st degree black belt (shodan) to 5th degree black belt (godan) is under the jurisdiction of Judo Canada and Judo BC. In January 2021 Judo Canada introduced a new black belt (yudansha) grading stream for competitive athletes.

For more information about black belt grading please see the [Judo Canada Yudansha Grading Syllabus](#).

Athletes can apply and be evaluated for **Kodokan Black Belt** recognition at the same time as they attend a technical or competition stream grading. The application form is separate from the online Judo Canada grading form and the fees for Kodokan black belt recognition are approximately \$400. This is in addition to the Judo Canada grading fees. For more information, please discuss the Kodokan grading with your club head sensei prior to applying for black belt grading.

Appreciation

Behind every good athlete is a team of supporters. As a member of Judo BC, we would like to remind you to take the time to thank the people who have helped you get to where you are. It only takes a minute, but it will mean a lot to those people who are your biggest fans. Who are these people? Coaches, officials, tournament organizers, volunteers, club board members, family and of course your fellow athletes.

Communication

Email and [SLACK](#) (communication app) are the primary mode of communication for Judo BC. Please ensure the Provincial office (general@judobc.ca) has your current email address. It is strongly

encouraged that all athletes (and parents & coaches) sign up for (and read!) the [Judo BC E-newsletters](#) which are emailed approximately twice a month and includes all the latest news, upcoming deadline & events, rule updates, reminders and stories featuring our members.

If you have a story or pictures to share with the Judo BC community, please send them to communications@judobc.ca anytime.

Social Media

Social media is invaluable to amateur athletes, their coaches, and clubs, and we encourage you to engage fans, partner sport organizations and potential sponsors via social media platforms. It is important to remember that when you use social media, you do so as an athlete/coach/club, a member of Judo BC, and a representative of Judo Canada. Local, national, and international media all use social media platforms to connect directly to athletes, this means your post(s) are being used as direct quotes in news articles whether you like it or not. Along with tracking Judo BC in the news, Judo BC monitors and promotes your social media channels.

Judo BC always encourages participants to exercise self-control and show respect for peers, opponents, officials, spectators, and volunteers and at all times be respectful, professional, and responsible. This applies to every post you share. Nothing you post is completely private – regardless of privacy settings.

Judo BC is currently updating its Social Media and Communications Policy. For now, please be sure to read and adhere to the [Judo Canada Social Policy](#).

Provincial Team Program Expectations, Requirements & Benefits

Charts and summaries outlining the benefits, expectations and requirements for athletes, parents and clubs are provided in the following pages.

Expectations Chart	Team BC							
	Provincial Team Program						Team for Open Nationals	BCWG
	Elite A	Elite B	Provincial A	Provincial B	Provincial C	CWG		
Expectations of Athletes								
Train full time at the NTC	Yes							
Train full time at the PTC		Yes						
Train a minimum 1/ month at PTC			Yes					
Train full time at a BC RTC				Yes				
Train a minimum 1/ month at RTC					Yes			
Attend all PTP Activities	Yes	Yes	Yes	Yes	Yes	Yes		
Complete online training log consistently – Team BC App	Yes	Yes	Yes	Yes	Yes	Yes		
Meet all PTP requirements	Yes	Yes	Yes	Yes	Yes	Yes		
Follow PTP training program	Yes	Yes	Yes	Yes	Yes	Yes		
Maintain healthy eating & sleep habits	Yes	Yes	Yes	Yes	Yes	Yes		
Timely communication	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Complete registrations on time	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Complete required forms on time	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Uphold the Judo BC values, the Judo moral code	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Read the relevant selection criteria	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Read the Team BC Handbook	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Read the Judo BC e-newsletter	Yes	Yes	Yes	Yes	Yes	Yes		
Download and use the SLACK communication app	Yes	Yes	Yes	Yes	Yes	Yes	During Nationals	

Expectations of Parents								
Support & Assist Athletes with requirements and expectations	Yes							
Read the Team BC Handbook	Yes							
Attend all parent meetings in person or via zoom	Yes	Yes	Yes	Yes	Yes	Yes		
Timely communication	Yes							
Pay invoices on time	Yes							
Communicate with Prov. Head Coach	Yes	Yes	Yes	Yes	Yes	Yes		
Communicate with Club Coach	Yes							

Expectations of Club Coaches								
Communication directly with Provincial Head Coach	Yes	Yes	Yes	Yes	Yes	Yes		
Read the Team BC Handbook	Yes							
Ensure parents are aware of the parent and athlete expectations	Yes							
Download and use the SLACK communication app	Yes							

Expectations of Clubs								
Ensure coaches & parents are aware of expectations and requirements	Yes							
Ensure coaches and parents receive necessary communication	Yes							
Encourage continually development of coaches, athletes, and parent	Yes							

TEAM BC

Requirements Chart	Provincial Team Program (PTP)	CSI Pacific Targeted Athlete	Open Nationals	2027 Canada Winter Games	BC Winter Games
Athlete Requirements					
Age categories	U16, U18 & U21	U16, U18, U21 & Senior	U16, U18, U21, Senior & Veterans	U18	U16
Judo BC Application	Yes - August	must be part of the PTP to be eligible	Yes - February	must be part of the PTP in the years prior to the games	TBD
NCCP Safe Sport (U18 and older)	Yes	Yes	Yes	Yes	
CCES True Sport Clean - untracked	Yes	Yes	Yes	Yes	
Minimum benchmarks	Yes	Yes		Yes	
Follow the Judo Canada concussion protocol	Yes	yes	Yes	Yes	Yes
Use the Team BC App to record training, sleep, mood etc...	Yes	Yes		Yes	
Sign the Code of Conduct	Yes	Yes	Yes	Yes	Yes
Sign in to every regional and provincial level practice and camp	Yes	Yes	Yes	Yes	Yes

Parent Requirements					
NCCP Safe Sport	Yes	Yes			
Respect in Sport for Parents	Yes	Yes	Yes	Yes	
Follow the Judo Canada concussion protocol	Yes	Yes	Yes	Yes	Yes
Agree to the Judo BC Code of Conduct & the BC Universal Code of Conduct	Yes	Yes	Yes	Yes	Yes

Club Coach Requirements					
NCCP Safe Sport	Yes	Yes	Yes	Yes	Yes
CCES True Sport Clean - untracked	Yes	Yes	Yes	Yes	
Respect in Sport for Activity Leaders	Yes	Yes	Yes	Yes	
Follow the Judo Canada concussion protocol	Yes	Yes	Yes	Yes	Yes
Current First Aid Certificate	Yes	Yes	Yes	Yes	recommended
NCCP Dojo Instructor Certified	Yes	Yes	Yes	Yes	recommended
NCCP Comp Dev Certified	Recommended	Yes		Yes	
Agree to the Judo BC Code of Conduct	Yes	Yes	Yes	Yes	Yes

Club Requirements					
Follow the Judo Canada concussion protocol	Yes	Yes	Yes	Yes	Yes
Follow Judo Canada Safe Sport Policies	Yes	Yes	Yes	Yes	Yes
Coaches and Volunteers to take Safe Sport Training	Yes	Yes	Yes	Yes	Yes
Register all volunteers with Judo BC	Yes	Yes	Yes	Yes	Yes

Provincial Team Program Requirements Summary

1. Athlete Requirements:

- Volunteer: 8 hours over the year
- NCCP Safe Sport training (U18 and older): Mandatory
- CCES True Sport Clean training – (untracked version): Mandatory
- Minimum Fitness & Judo Benchmarks: Must be met
- Concussion Protocol: Must follow Judo Canada guidelines
- Team BC App: Use to record training, sleep, mood, etc.
- Code of Conduct: Must agree to and sign
- Practice/Camp Sign-In: Required at every regional and provincial level
- Registered member of a Judo BC Member Club. Judo BC Independent members are not eligible.

2. Parent Requirements:

- Member of the Organizing Committee for Pacific International and/or Provincial Championships
- NCCP Safe Sport training: Mandatory
- Respect in Sport for Parents training: Mandatory
- Concussion Protocol: Must follow Judo Canada guidelines
- Code of Conduct: Must agree to Judo BC and BC Universal Code of Conduct

3. Club Coach Requirements:

- NCCP Safe Sport: Mandatory
- CCES True Sport Clean - untracked: Mandatory
- Respect in Sport for Activity Leaders: Mandatory
- Concussion Protocol: Must follow Judo Canada guidelines
- First Aid Certificate: Mandatory
- NCCP Dojo Instructor Certified: Mandatory
- NCCP Comp Dev Certified: Recommended
- Code of Conduct: Must agree to Judo BC and BC Universal Code of Conduct

4. Club Requirements:

- Concussion Protocol: Must follow Judo Canada guidelines
- Safe Sport Policies: Must adhere to Judo Canada policies
- Safe Sport Training: Mandatory for coaches and volunteers

Summary of Difference between the Elite and Provincial Teams

Training

Elite A – must train full time at the Judo Canada National Training Centre in Montreal

Elite B – must train 2- 3 weekly at the Judo BC Provincial Training Centre, plus 2 – 3 times weekly at your club

Provincial A - must train at least once a month at the Provincial Training Center AND train 2- 3 weekly at an approved BC Regional Training Centre (BC RTC).

Provincial B - must train 2 – 3 times weekly at an approved BC RTC, plus 2 – 3 times weekly at your club

Provincial C – must train 2 – 3 times weekly at a BC RTC or if this isn't possible, they must train at least once a month at BC RTC plus 2 – 3 times weekly at your club

Funding & Support

All Provincial Team Program members will receive funding towards the cost of attending the Open National Championships. Athletes that are part of the Elite A, B and Provincial A teams will receive the most amount, Provincial C will receive the smallest funding.

Elite A & B – eligible for the highest level of funding from Judo BC, free team uniforms and judogis

Provincial A – eligible for the 2nd highest level of funding from Judo BC, free team uniform and discount on judogis

Provincial B – eligible for median amount of funding form Judo BC, discounts on judogis and team tracksuit

Provincial C – not eligible for CSI benefits or funding for international travel

Volunteering

All parents of athletes on the Provincial A, B and Elite B teams are expected to be members of the organizing committee for either of the 2 largest events held in BC annually, Pacific International and Provincial Championships. Other volunteer opportunities are available if volunteering at these events is not possible for a parent. Athletes are also required to volunteer for a minimum of 8 hours. This can be done at Provincials and/or Pacific International or by refereeing at and Provincial Level tournament. Parents and Athletes that are part of the Provincial C team are strongly encouraged to volunteer but it isn't a requirement at this level.

Calendar of Events for the Judo BC Provincial Team Program

For the exact dates see the Events Calendar on the Judo BC website -

<https://www.judobc.ca/events-calendar/>

DATE	EVENT	LOCATION	Elite A	Elite B	Prov A	Prov B	Prov C
August	Summer Camp	UBC Vancouver		Required	Required	Required	Required
September	Fall Camp	Vernon		Required	Required	Required	Required
October	Rainier Cup	Lakewood		Recommended	Recommended	Recommended	Recommended
October	Ontario Open	Toronto	Recommended	Required	Recommended	Recommended	Recommended
October	Manitoba Open	TBC	Recommended	Recommended	Recommended		
October	Peak International	Burnaby				Required	Required
November	Quebec Open	Montreal	Required	Required	Required	Recommended	Recommended
November	Training Camp	Montreal	Required	Required	Required	Recommended	Recommended
November	Canada Cup	Montreal	Required	Required	Required		
December	Steveston Shiai	Richmond		Recommended	Recommended	Required	Required
Dec 27 to 30	Winter Camp	Multiple locations	Recommended	Required	Required	Required	Required
January	Saskatchewan Open	Regina		Recommended	Recommended	Recommended	Required
January	Black Belt Grading	TBA					
February	BC Provincials	Abbotsford		Required	Required	Required	Required
March	Pacific International	Abbotsford	Required	Required	Required	Required	Required
March	Pacific International Training Camp	Abbotsford		Required	Required	Required	Required
March	Edmonton International	Edmonton		Recommended	Recommended	Required	Required
April	Spring Camp	Alberta		Required	Required	Required	Required
April	BC Open	Vernon		Recommended	Recommended	Recommended	Recommended
April	PG Open	Prince George					
April	Tristan Alexander Open	Vancouver Island		Recommended	Recommended	Recommended	Recommended
May	Open Nationals		Required	Required	Required	Required	Required
May	Open Nationals Training Camp		Required	Required	Required	Required	Required
June	Black Belt Grading	TBD					
August	Summer Camp	UBC		Required	Required	Required	Required

Estimated Costs for Out of Province Events

For each event, the total includes flight, ground transportation, accommodation, coach support fees and travel administrative fees. These costs do not include the registration fees for competitions & training camps or meals. Athletes on the Elite A & B and Provincial A & B Teams will receive some direct funding to help offset the costs of travel. The funding amounts per athlete are determined based on the following:

- overall funding for athlete assistances as budgeted by the Judo BC Board of Directors in the fall
- amount of grants received
- number of athletes selected to the different levels of the Provincial Team Program
- number of athletes traveling to each event

Estimated Costs*	Event	Event Dates	Location
\$650	Manitoba Open	October	Winnipeg
\$850	Ontario Open	October	Toronto
\$550	Saskatchewan Open	January	Regina
\$1400	Quebec Open & Canada Cup	November	Montreal
Depends on location	Spring Camp	April	TBC
\$1500	Open National Championships & Training Camp	May	Calgary

*Based on the average travel costs for each event in 2023-24

Please note the following regarding travel costs:

- Airlines do not offer discounts for group bookings; however, they will combine any seat sales (limited number of seats per flight) with their regular fares to provide the best available rates on the day of booking.
- Airlines adjust flight costs based on a real time price algorithm, designed to boost revenue for the airline. This means flights can vary hour to hour and as demand increases so does the cost.
- Judo BC has to book specific flight times in order to accommodate the following:
 - a large number of athletes traveling on the same day
 - arrival times for athletes traveling from multiple locations.
 - tournament weight in times
This limits our options which can mean higher flight costs.

- Hotels are selected based on:
 - recommendations from local organizers,
 - the hotels' ability to accommodate a large group
 - allowing 4 athletes per room without additional costs
 - location in relation to the competition or training venue
 - onsite amenities such as microwaves, fridges, washing machines etc.
This selection process can limit the available options and increase cost.
- Judo BC always looks for the best prices. Comparing flight and hotel booking for one person should not be compared to team travel bookings due to the above considerations.
- Additional travel costs include:
 - A \$40/per trip administrative fee to cover the costs of the travel planning and booking.
 - A coach support fee of \$20/per day to help cover the costs of the coaches travelling, staying and chaperoning the minor aged athletes
 - A contingency cancellation fee to cover any nonrefundable travel costs incurred if an athlete withdraws from a trip once the travel has been booked.
 - Fees for any extra events that are organized by Judo BC. For example, a team dinner or a visit to a tourist attraction.