



## CODE OF CONDUCT

March 30<sup>th</sup>, 2025

EJU Sport & Education Commission

### 1. Introduction

The European Judo Union is committed to promoting the values of judo as a way of life. This Code of Conduct provides a framework for ethical, respectful, and safe behaviour for athletes, coaches, parents, and all participants at the U15/U13 (EJU Hopes Tournament), cadet (U18), and junior (U21) levels. It aims to ensure a positive and developmental environment for young judoka during competitions, centralised training camps, and other activities within the EJU system.

At the **EJU Hopes Tournament**, weight management practices such as "making weight", "cutting weight", or "running off weight" are not acceptable and should not be encouraged. Judoka should compete in the weight category in which they naturally fall at the time of the weigh-in. Test scales will not be provided at these events to reinforce this approach, ensuring young athletes do not engage in unhealthy practices that could negatively affect their growth and development.

At **Cadet** level, some initial education around weight management may be introduced, but it should always follow principles of long-term athlete development. Any such approach must focus on maintaining a healthy weight and supporting the athlete's well-being and progression. Excessive restriction of food and fluids, extreme training, or other drastic methods to influence weight should not be used or encouraged. Parents, coaches, and athletes should work together in a well-informed and supportive environment.

At **Junior** level, more structured weight management practices may be used. These should be implemented responsibly, prioritising the athlete's health. Any weight reduction process should start from a fully hydrated state and must not exceed 5% of the athlete's body weight, in line with EJU random weigh-in procedures.

The EJU encourages collaboration with qualified professionals to provide accurate, evidence-based education on nutrition and athlete wellbeing. Clear communication with all stakeholders - athletes, coaches, and parents - is essential to safeguard the health and performance of judoka at all levels. At cadet and junior levels, judoka expected to follow weight management strategies consistent with high performance judo, given the elite level of participation at European and World Championships, as well as the European and Youth Olympic Games. However, excessive or dangerous weight loss practices are discouraged, and athletes should be provided with appropriate nutritional and physical guidance to ensure long-term wellbeing and sustainability of performance.

### 2. Code of Conduct for Athletes

#### a) Show Respect

- Treat opponents, teammates, coaches, referees, and organisers with respect at all times.
- Demonstrate good sportsmanship, regardless of the outcome.
- Speak and act respectfully, avoiding any gestures or language that may offend others.





## **b) Practice Responsibility**

- Arrive prepared and on time for training, competitions, and any other events.
- Follow the rules and instructions of your coaches and tournament officials.

## **c) Promote Integrity**

- Compete fairly and honestly to uphold the integrity of judo.
- Avoid cheating, doping, match-fixing or unsportsmanlike conduct.

## **d) Prioritise Safety**

- Engage in judo techniques with care for your partners' and your own safety.
- Inform your coach about any injuries, health concerns, or limitations. If you are travelling without a coach, the team manager or the event organiser to be informed without delay.

## **e) Represent the Judo Moral Code**

- Uphold values such as courage, courtesy, friendship, honesty, honour, modesty, respect, and self-control.

## **f) Conduct on the Tatami**

- Display focus, discipline, and respect during training and competition.
- Bow appropriately at the beginning and end of each session, competition, or interaction on the tatami.
- Avoid unnecessary talking, distractions, or disruptive behaviour during practice or competition.
- Accept referees' decisions gracefully, showing humility in victory and self-control in defeat.

## **g) Conduct Off the Tatami**

- Maintain respectful and polite behaviour with colleagues, coaches, parents, and officials.
- Represent your club, country and judo itself with dignity and honour.
- Use social media responsibly, refraining from harmful comments about others.
- Avoid actions that may harm judo's reputation, such as bullying, misconduct or inappropriate behaviour.
- Commit to a healthy lifestyle, including proper nutrition, rest and a positive mindset.

## **h) Safeguarding Standards**

- Report any observed or experienced incidents of bullying, harassment, or abuse to a coach or safeguarding officer.
- Protect younger or more vulnerable athletes by fostering an inclusive and supportive environment.

## **i) Respect for Hygiene and Appearance**

- Maintain cleanliness and a neat appearance, including wearing a clean judogi as per competition regulations.
- Wear footwear off the mat and avoid stepping onto the tatami with shoes.

## **j) Respect for Facilities**

- Take care of venues and equipment, ensuring no damage or misuse.
- Leave all facilities in the condition they were found, respecting shared spaces.



## 3. Code of Conduct for Coaches

### a) Promote a Positive Environment

- Encourage athletes to enjoy judo while striving for personal growth.
- Avoid favouritism or bias in training and competition.

### b) Lead by Example

- Demonstrate judo values through your behaviour and decisions.
- Communicate respectfully with athletes, parents, officials and colleagues.

### c) Prioritise the Well-being of Athletes

- Place the physical and emotional well-being of athletes above performance.
- Address bullying, harassment or misconduct immediately.

### d) Promote Ethical Conduct

- Do not encourage unsportsmanlike behaviour or unhealthy weight loss practices.
- Encourage fairness, respect and integrity for all participants.

### e) Commit to Safeguarding

- Implement and enforce safeguarding measures to protect athletes.
- Ensure appropriate supervision during training, travel and competitions.

### f) Commit to Development

- Continuously improve coaching skills and knowledge.
- Ensure athletes compete in their natural weight category without pressure.
- Provide appropriate guidance for the athlete's long-term well-being.

## 4. Code of Conduct for Parents / Tutors / Supporters

### a) Support Without Pressure

- Encourage your child to enjoy judo and develop at their own pace.
- Avoid placing undue pressure on performance or weight categories.

### b) Demonstrate Respect

- Show respect for all athletes, coaches, referees and officials.
- Refrain from arguing with referees or engaging in disruptive behaviour.

### c) Promote Positive Values

- Encourage your child to embody the moral codes of judo.
- Lead by example with respectful and positive behaviour at events.

### d) Safeguard Your Child

- Inform coaches of any health or personal concerns that may affect your child.
- Advocate for your child's safety and well-being by reporting concerns.

### e) Engage Constructively

- Participate in team activities and events positively and constructively.
- Respect the decisions of coaches and officials.



## 5. Enforcement and Accountability

Adherence to this Code of Conduct is mandatory for all participants at all EJU events, including competitions, training camps and all other activities organised by the European Judo Union.

Violations may result in:

1. Verbal and written warnings.
2. Temporary or permanent suspension from participation.
3. Expulsion from all tournaments, technical sessions, training camps, and any other events or activities organised, endorsed, or supported by the EJU.
4. Referral to external authorities if necessary.

Additionally, a White Card Award may be presented during the Awarding Ceremonies to recognise exceptional sportsmanship, respect for opponents and positive contributions to the judo community.

By participating in EJU events, all athletes, coaches, parents and supporters agree to abide by this Code of Conduct and to contribute to the long-term development of judo values.