



ONTARIO JIU-JITSU



ONTARIO JIU JITSU ASSOCIATION

Safe weight Management Policy. – 2017

ASSOCIATION

Ontario Jiu Jitsu Association

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SAFE WEIGHT MANAGEMENT

The Ontario Jiu Jitsu Association understands the dangers associated with weight cuts prior to each tournament. As such, the OJA highly discourages young athletes (i.e. those under 18 years old) from cutting weight. This safe weight management policy provides guidelines for young athletes wishing to compete under the Ontario Jiu Jitsu Association.

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Ontario Jiu Jitsu Association tournaments perform their weigh-ins approximately 1-1.5 hours before your registered start time, to discourage athletes from rapid weight loss, which will impact both their health and performance. The OJA understands that fluctuations of weight may occur on the day of the tournament, as such, all athletes are allowed to be within 1 lb of their registered weight should they not meet their weight class during the weigh-in.

Furthermore, guardians of the young athletes are reminded of dangers of weight cuts during the membership registration process as they sign off on the membership form. As a guiding principle, athletes should not lose more than 5% of their body weight in 24 hours.

For the purposes of weight loss, the coach is deemed to be responsible for the weight loss practices of his/her athletes. The phrase "I didn't know" is not acceptable - it is the coach's responsibility to be aware and prevent excess and dangerous weight loss. Coaches are advised to monitor their athletes' weight and overall physical condition on a regular basis. Enforcement at tournaments is the responsibility of the event Chief Official.

At all OJA events, the use of extreme measures of weight loss is not advised. Athletes 17 years of age and under, the same following measures are not permitted. Extreme measures of weight loss include:

- The use of diuretics and other medications
- The use of saunas.
- The use of rubber suits or other vapour impermeable clothing, as well as the use of excessive clothing.

Coaches found to be contravening this policy will be subject to disciplinary action under the OJA's Code of Conduct . Failure to comply with this policy will be considered abuse under the Code of Conduct.