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# THE GB JUDO WAY

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We are Invincible On and Off the Mat  
Together #WeAreGBJudo

## Athlete Performance Award Policy

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Paris Cycle

Olympic Judo

Version 3.0 NOV 2023



## Introduction

This document outlines the process for nominating British Judo fighters to UK Sport for an Athlete Performance Award (APA) in alignment to UK Sport's Athlete Performance Award Policy for the Paris cycle.

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Training & working hard with intensity, quality and passion. Delivering everything you can on and off the mat.



THE NATIONAL LOTTERY™

**WILL TO WIN**

...with belief and inevitability.  
Never give in!

**GOT EACH OTHER'S BACK**

Respect and support for everyone and our physical environment

**GOOD VIBES**

Positive energy.  
Proud of self, Judo and GB

This policy outlines the framework for ATHLETE PERFORMANCE AWARDS (APAs) in the Paris Olympic Games investment cycle and is aimed at summer National Governing Bodies of Sport (NGBs) in receipt of UK Sport investment.

This document is not a selection policy in its own right, but a framework to be applied by British Judo in the selection of fighters for inclusion of the British Judo high-performance programme and consequently, for APA support.

This policy will come into effect from **1 October 2021**.

British Judo reserves the right to amend this policy and will review the policy prior to the start of the Los Angeles cycle (by 31 March 2025).

All APAs will continue to be administered centrally by UK Sport. APAs are a **National Lottery** funded grant award aimed at *enabling athletes to pursue medal success in the Olympic or Paralympic Games* and in other major championship events. The APA system continues to be aligned to investment in sports' high-performance programmes, with APA funding designed to enable athletes to fully engage with these programmes and meet the demands associated with progression towards the Olympic and Paralympic podium.

A fighter' eligibility to receive an APA. is subject to them meeting, and continuing to meet, the criteria set out in the UK Sport Eligibility Policy - <https://www.uk sport.gov.uk/resources/eligibility>

**British Judo's Athlete Performance Awards (APA's) are an annual award that begins on the 1 December and ends on the 30 November of the following year.**



Fig 1. below, shows the Paris Olympic cycle UK Sport APA Framework and captures the relationship to NGB investment programmes. Funding levels will be determined by British Judo’s Performance Standards against each level of award.

Fig 1.

£28,000					A+
£26,500					A
£23,000					B+
£21,500					B
£19,000					PARIS POTENTIAL
MAX £18,000					C
MIN £7,500					D
UP TO £7,500	ENTRY				
APA AWARD	ENTRY LEVEL APAs		PODIUM POTENTIAL APAs		PODIUM APAs
NGB AWARD	CONFIRMATION		ACADEMY		PODIUM

**APA Places**

UK Sport have confirmed a number of places for British Judo and fighters will be nominated for an APA against the British Judo Performance Matrix and Policy.

**PODIUM APA’s**

Podium APA’s are designed to support fighters whose profile indicates a strong prospect of achieving medal winning performances at the Olympic Games within the cycle. UK Sport set the performance standard for Podium APA’s at A and B level and have determined that in the Paris cycle, a fighter cannot move back down to Podium Potential level. A **Paris Potential** level is provided to support fighters that have been in receipt of a Podium level award, but do not meet the competition outcomes at A and B level, yet remain a strong prospect for Paris. This award can only be for **ONE YEAR** only and the performance standard is determined by the British Judo Performance Programme.

**PODIUM POTENTIAL APA’s**

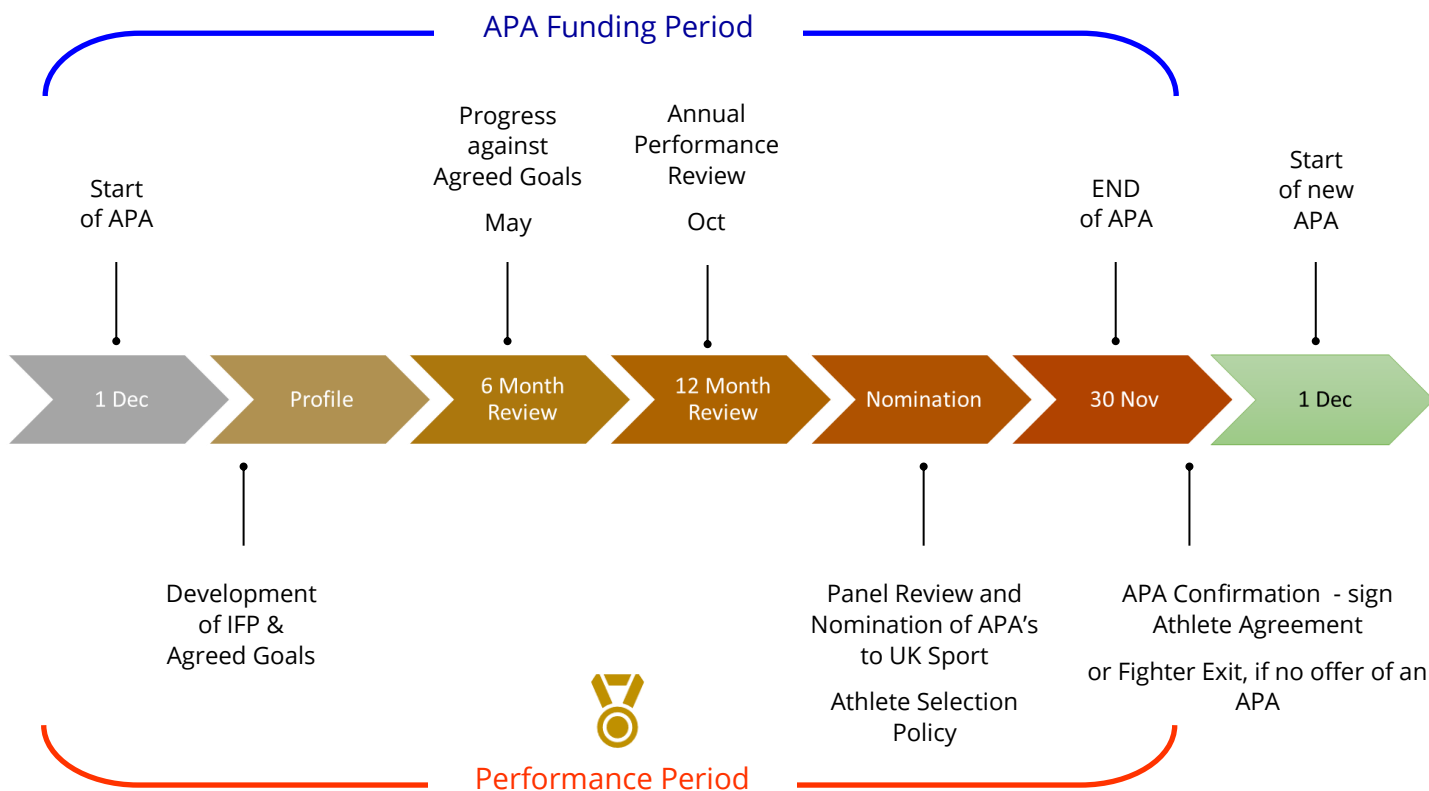
Podium Potential APA’s are designed to support fighters who have been identified and confirmed as having the potential to bridge the gap to Olympic medal success and have made the commitment to the British Judo Performance programme to achieve this goal. The Performance Standard for Podium Potential is determined by the British Judo Performance Programme.

**Entry Level APA’s**

Entry Level APA’s are designed to support fighters in their first 1 - 2 years of inclusion in the British Judo Performance Programme, to provide a period through which the potential of the fighter is explored and confirmed.

The British Judo Athlete Performance Awards are scheduled to run on an annual basis from the 1 December through to the 30 November of the following year.

Throughout the funding period, each fighter will have a 6 month review to discuss progress against each fighters agreed goals within their IFP (Individual Fighter Plan) and finally, a 12 month annual review a minimum 1 month prior to the end of the current award period.



Following the 12 month review process, the Selection Panel will review all fighters, both currently on programme and fighters not on programme, against the British Judo Athlete Performance Matrix as outlined in this document. For the selection of fighters for an APA, see the [British Judo Athlete Performance Award Selection Process](#).

## APA's

British Judo has been allocated 20 APA places by UK Sport in the Paris cycle. Where the number of fighters exceed the performance requirements as outlined in the APA Framework of more than 20, British Judo reverses the right to decide which fighters will be nominated to UK Sport for APA support.

## British Judo Performance Programme - Centralised Programme

All fighters nominated for an APA, upon acceptance if not already so, will be expected to commit to the British Judo Performance Programme based fulltime at the British Judo Centre of Excellence - the Olympic and Paralympic National Training Centre.

British Judo would only consider any modification to our centralised programme in exceptional circumstances e.g. the recent Global Pandemic.

Fighters successfully nominated for an APA will have normally achieved a level of Performance as outlined below, in the British Judo Performance Matrix, at levels A+ down to D.

PODIUM	Funding	Performance Requirement	On Track for Paris
A+	£28,000	Two or more performances at A Level in the current cycle	WRL Top 8
A	£26,500	Olympic Games Top 3      World Championships Top 3	WRL Top 8
B+	£23,000	Two or more performances at B Level in the current cycle	WRL Top 16
B	£21,500	Olympic Games Top 8      World Championships Top 8	WRL Top 16
Paris Potential	£19,000	IJF WRL Top 16 ranking (see Paris Potential conditions for funding)	

## PODIUM POTENTIAL

C Level	Performance Requirement 1	Performance Requirement 2	Performance Requirement 3
C1: £18,000	Grand Slam Top 3 and/or	IJF WRL Top 36 Ranking	35% of all fights won by scoring at least Wazari at Grand Prix level and above by TFI/WIN
C2: £16,500	European Championships Top 3 and/or	IJF WRL Top 36 Ranking	
C3: £15,000	IJF World Masters Top 8		

D Level	Performance Requirement 1	Performance Requirement 2	Performance Requirement 3
D1: £12,000	Grand Slam Top 8 and/or Grand Prix Top 3 and/or	IJF WRL Top 50 Ranking	55% overall win ratio at Grand Prix level and below
D2: £10,000	European Championships Top 5	IJF WRL Top 50 Ranking	
D3: £8,000	One or more performances of; Grand Prix Top 5 IJF SNR European Open Top 3 U23 European Championships Top 3 JNR World Championships Top 8 JNR European Championships Top 5		

The British Judo Performance Programme will utilise a number of data sources to track performance against the British Judo Performance Matrix to ensure there is accuracy in the data set that will be used as part of the APA Selection process.

The data set will be displayed in various dashboard formats for presentation purposes and will be available to all fighters post event for all international events as follows; JNR Ecups, SNR Ecups, JNR EC, JNR WC, u23 EC, European Open, Grand Prix, Grand Slam, European Championships, World Championships and Olympic Games.

See Appendix 1 Performance Requirement Standards



PODIUM	Funding	Performance Requirement	On Track for Paris
A+	£28,000	Two or more performances at A Level in the current cycle	WRL 8
A	£26,500	Olympic Games Top 3      World Championships Top 3	WRL 8
B+	£23,000	Two or more performances at B Level in the current cycle	WRL16
B	£21,500	Olympic Games Top 8      World Championships Top 8	WRL 16
Paris Potential	£19,000	IJF WRL Top 16 ranking (see Paris Potential conditions for funding)	

### Podium A and A+

- A fighter will have achieved a medal winning performance at the Olympic Games or a medal winning performance at a senior world championships.
- To be eligible to receive the A+ level APA, fighters must have achieved **more than one** performance at this level. The two A level performances must be achieved in different competitive years.
- **Olympic medallists** can, in principle, remain eligible to receive an A and A+ level APA for up to a maximum of three years (the equivalent of the Paris Olympic), provided they remain on track to achieve a medal winning performance in Paris, by maintaining a WRL Top 8 and qualifying for Paris in a seeded position -WRL top 8.
- Fighters receiving an A and A+ level APA that has been triggered through performance at a Senior **World Championships** can, in principle, remain eligible to receive an APA at this level for two years provided they remain on track to achieve a medal winning performance in Paris, by maintaining a WRL Top 8 and qualifying for Paris in a seeded position - WRL top 8.

### Podium B and B+

- As a minimum, a fighter will have achieved a top 8 placing at the Olympic Games or Senior World Championships.
- To be eligible to receive the B+ level APA, fighters must have achieved more than one performance at this level. The two B level performances must be achieved in different competitive years.
- Fighters receiving a B and B+ level award can, in principle, remain eligible to receive an award at this level for two years, provided they remain on track to achieve a medal winning performance in Paris, by maintaining a WRL Top 16 and qualifying for Paris in a seeded position - WRL top 8.

### Paris Potential - previously in receipt of Podium A and B Level

- A fighter will only be considered at this level where they have previously been in receipt of a Podium A or B level award and there are **exceptional circumstances** that have prevented them retaining an award at that level.
- Despite not meeting the competition outcome standard to remain at A or B level, there will be strong evidence that the athlete is capable of bridging the gap to medal success in Paris, **by maintaining a WRL Top 16 and qualifying for Paris in a seeded position - WRL top 8.**
- Paris Potential awards are made for **no more** than one year.

\*\*\*Fighters who have previously received an award at Podium level will **not be** considered eligible for a Podium Potential Award\*\*\*

## Podium Potential C Level - maximum of 3 years to progress to A or B Level

C Level	Performance Requirement 1	Performance Requirement 2	Performance Requirement 3
C1: £18,000	Grand Slam Top 3 and/or European Championships Top 3 and/or	IJF WRL Top 36 Ranking	35% of all fights won by scoring at least Wazari at Grand Prix level and above by TFI/WIN
C2: £16,500	IJF World Masters Top 8	IJF WRL Top 36 Ranking	
C3: £15,000			

Podium Potential C level fighters should be on the trajectory to progress to Podium A or B level withing 3 years and the Performance Requirements at C3 to C1, reflect this.

Fighters will be funded at the basic level of C3, based on a level of performance in one or more of the events as stated in Performance Requirement 1.

However, if the fighter is ranked in the top 36 of the IJF WRL, then they will be funded at C2.

For a fighter to be funded at C1, they must have achieved Performance Requirements 1 and 2 and have won a minimum of 35% of their contests at Grand Prix Level and above by TFI and WIN in the Performance period as set out in the funding timeline (1 Dec - 30 Nov).

## Podium Potential D Level - maximum of 3 years to progress to C Level

D Level	Performance Requirement 1	Performance Requirement 2	Performance Requirement 3
D1: £12,000	Grand Slam Top 8 and/or Grand Prix Top 3 and/or	IJF WRL Top 50 Ranking	55% overall win ratio at Grand Prix level and below
D2; £10,000	European Championships Top 5	IJF WRL Top 50 Ranking	
D3: £8,000	One or more performances of; Grand Prix Top 5 IJF SNR European Open Top 3 U23 European Championships Top 3 JNR World Championships Top 8 JNR European Championships Top 5		

There are 3 levels of funding at D Level, however, given the limited number of APA places available, fighters who achieve a higher performance level against the APA Performance Matrix will be prioritised over D Level fighters and the same process will be applied, where APA places are available, within Podium Potential D Level.

For a fighter who is considered to be funded at D3, they must have achieved a minimum of one performance within Performance Requirement 1.

Fighters who are considered for funding at D2, will have achieved a minimum of one performance at Performance Requirement 1 and be ranked in the top 50 of the IJF WRL.

Fighters will be allocated funding at D1, where they have achieved both Performance Requirements 1 and 2 and have a 55% win ratio at Grand Prix level and below in the Performance period as set out in the funding timeline (1 Dec - 30 Nov).



At Entry level:

- Fighters will have been identified as having the attributes to pursue success in the Olympic Games and have committed to the performance programme by relocating and training fulltime at the British Judo Centre of Excellence - the Olympic and Paralympic National Training Centre.
- Entry level awards will be offered for no more than two years.
- Fighters who have previously received an APA at D level or above will not be eligible for an Entry level award.
- Fighters who are identified at Entry Level will be in collaboration with the Home Nation programmes and will be aged between 18 - 22years old.

Entry Level Funding £7500

**An Entry Level fighter will only be supported for a maximum of 2 years.**

Entry Level	Performance Requirement 1	Performance Requirement 2	Performance Requirement 3
£7,500	One or more of the following performances; European Open Top 3 placing 2x SNR Ecup top 3 placings U23 European Championships Top 8 placing Junior World Championships Top 8 Placing Junior European Championships Top 8 placing 3x JNR Ecup Top 3 placings	50% of all fights won by scoring at least Wazari, at BELOW Grand Prix level, by TFI/WIN	An 'Air Profile' (driven by a set of PCDEs) which enables fighters to transition from a Home Programme to the full time WCPP

An Entry Level fighter will only be considered for British Judo funded APA support, should they have achieved Performance Requirements 1, 2 and 3.

British Judo has developed a process to track progress of performance in competition other than the result that will be used to evidence performance against Performance Requirement 3 at both C and D Level.

Event Ranking (Descending Order)	C LEVEL	D LEVEL
Olympic Games	<b>Technical Superstrengths</b>  35% of all fights won by scoring at least Wazari at Grand Prix level and above by TFI/WIN	
World Championships		
IJF World Masters		
Grand Slam		
European Championships		
◆ Grand Prix	Trademark TFI/Win will be tracked at all levels of events to present in each fighters Trademark and Performance Dashboard that will be used as a measure to review and monitor progress, other than just a placing.	<b>Performance Profile</b>  55% overall win ratio at Grand Prix level and below
European Continental Open		
SNR European Cup		
U23 European Championships		
JNR World Championships		
JNR European Cup		

At all of the above listed events, Performance Requirement 3 will be determined by capturing the following data;

Trademark Superstrengths - *who you beat by TFI or WIN in the level of event*

- Level of Event
- World Ranking of Opponent going into the event
- Score of Wazari or Ippon for TFI or WIN Performance Profile - *who you beat by what score in the level of event*
- Level of Event
- World Ranking of Opponent going into the event
- Winning Score - Wazari or Ippon



## Appendix 1

### Performance Requirements and Standards

It will be expected that a fighter contributes to **their own** annual Competition and Training Camp Programme.

Following the Profiling Process, an Individual Fighter Plan (IFP), will be developed in collaboration with the fighter and a level of international competition and training camp offered to support the development and achievement of the agreed goals.

The fighter will be expected to **supplement their own** international competition and training camp programme that is offered by the British Judo Performance Programme.

Should a fighter receive an injury that restricts their attendance to their international competition and training camp programme, they would be expected to contribute to any additional rehabilitation Return to Play costs outside of the National Training Centre, for example - residential attendance at the IRU (Independent Rehabilitation Unit).

All major championships at Junior and Senior level will be fully covered by the British Judo Performance Programme and selection for major championships will be in accordance to the published selection procedure.

Major Championships will be as follows;

- Junior European Championships
- Junior World Championships
- U23 European Championships
- Senior European Championships
- Senior World Championships

In the event of injury/illness (both physical and mental), and in cases where a fighter is considered likely to recover to full fitness for training and competition, the fighter will continue to receive their full APA for up to three months from the point the injury/illness occurred or was identified.

If after three months the fighter remains unavailable for full selection or training, an expert review will be undertaken to confirm the likelihood that the fighter remains able to pursue success in the Olympic/Paralympic Games, and to agree a programme of rehabilitation and plot a timetable for return to full training and competition. The expert review will include medical personnel relevant to the fighters condition.

Each case will be considered on its own merit, and further expert advice may be sought where the long-term impact of the injury/illness is unclear (such as referral to the mental health panel). The fighter's progress against the timetable will need to be reported to UK Sport every three months thereafter, until the fighter has either fully resumed training and competition or left the programme.

Subject to satisfactory evidence of the likelihood of return, the APA will continue to be paid at the existing award level for up to a year, but will only be extended beyond this in **exceptional** circumstances.

Where there is medical evidence that the injury/illness will affect the long-term potential of the fighter, or where the fighter has shown neither progress nor commitment to the agreed rehabilitation programme, the fighter will be removed from APA support and will be provided with an appropriate period of notice given.



- Up to **3 months** and return to training and competition — full APA support.



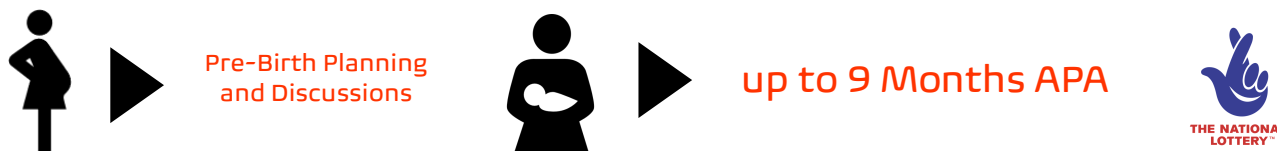
- **+3 months** and unavailable for full selection or training - full Review.
- APA funding will only be supported for a maximum of 1 year at current level.



- **Lack of engagement** to rehabilitation programme or long-term potential affected - potential removal from the British Judo Performance Programme.

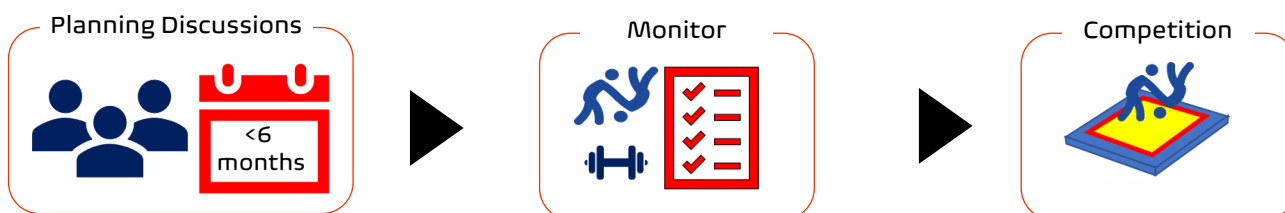
Being pregnant and an elite fighter is not mutually exclusive, so therefore, to ensure support is provided for fighters who wish to have a child whilst they are a member of the British Judo Performance Programme and in receipt of an APA, the following policy will apply:

A fighter in receipt of APA funding will remain eligible to access their full APA (subject to means testing) for the duration of the pregnancy at the APA level they were on at the time of becoming pregnant and for up to nine months post childbirth.



**Continued access to the APA, post childbirth will be dependent on:**

- The fighter’s intention to return to the sport and the programme being discussed and confirmed no later than six months post childbirth
- At the point where the intention of the fighter is clear, forming a mutually agreed plan/timetable for return to training and competition – this plan should acknowledge the fighter’s experience of pregnancy, the impact on them physically and mentally and the nature of the event they are returning to
- Monitoring, reviewing and confirming that the fighter has made the necessary commitment to this plan and is on track to return.



- If the level of commitment and or progress against this plan are not demonstrated, the fighter will be given notice and offered a period of transition before the APA funding stops (see Athletes Leaving the Programme).
  - At nine months post childbirth, the potential of the fighter will be assessed and confirmed to UK Sport in order to continue to access the APA. It is important to note that this assessment will indicate the fighter’s future medal potential and not necessarily performance outcomes.
  - An fighter who announces retirement from their sport during pregnancy or in the initial six months post childbirth, will not be given a further period of notice before the APA terminates.
  - In the event of complications either during the pregnancy or post childbirth, this policy will be flexed as is reasonable to accommodate these circumstances on a case by case basis.
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- UK Sport has commissioned further research into athletes’ experiences of pregnancy, with the aim of providing further guidance about how athletes should be supported through pregnancy and post childbirth.
  - UK Sport reserves the right to adjust this pregnancy policy where the findings of this research suggest the policy should change.

### Fighters Leaving the British Judo Performance Programme

- See Appendix 2 for the Fighter Exit and Strategy process
  - Athletes can receive transitional support from the Performance Lifestyle advisor for 6 months after leaving the British Judo Performance Programme.
  - A **minimum of a one-month** notice period will be provided to all fighters that are no longer nominated at Podium or Podium Potential level or will receive a reduction in APA funding as a consequence of the level at which they have been nominated.
  - This period of notice will be within an fighter's current award term, i.e. fighter reviews will be conducted before APAs are due to expire to allow for this notice period and paperwork to be turned around. **Annual reviews will normally take place in October of each year and new APA's will commence on the 1 December of each year.**
  - Additional transitional funding will be offered at the current grant level for a period of time dependent on the total continuous period of programme membership. This additional transitional funding will be provided as follows:
    - >1 year but <2 years = 1 month transitional award
    - >2 years but <3 years = 2 months transitional award
    - >3 years = 3 months transitional award
  - Once an fighter leaves the programme, they will no longer receive access to medical cover through AMS. However, AMS cover will continue for up to a **maximum three months** after the month the fighter's funding ceases for an existing medical claim and treatment to finish. No new claims can be opened within this three-month extension period.
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- **To note**, where a fighter is leaving the programme for disciplinary reasons, or due to a lack of engagement in the programme, British Judo and UK Sport in consultation, have the discretion to revoke any transitional



Appendix 2

Fighter Exit and Strategy Process



## Fighters Joining the British Judo Performance Programme

Fighters will participate in a comprehensive induction process when joining the high-performance programme or when changing between levels of the Performance Pathway. Where fighters are new members of the British Judo Performance Programme and are receiving an APA for the first time, British Judo will ensure the fighter(s) are provided with sufficient support and opportunity to effectively transition into the programme.

Following selection, British Judo will submit the fighter nominations onto the UK Sport Athlete Nominations Portal.

UK Sport will review the nominated athletes and will either accept or challenge these nominations. If agreed (and after the British Judo has communicated the outcome of selection to the fighter), the fighter will be contacted directly by UK Sport to initiate the process of application after which an APA offer is made.

Once the fighter nomination is successful, British Judo are required to enter into a Performance Athlete Agreement with the fighter, which sets out what the fighter can expect from the programme and conversely what is expected of the fighter during the period of high-performance programme membership.

## Fighter Inductions

A fighter transitioning onto the Performance Programme for the first time at Entry Level or Podium Potential Level, will go through an induction process to support in the relocation to the National Training Centre and outline support available as part of their Relocation and Welcome Programme which will include, but not limited to - getting to know the environment, managing a budget and living away from home, career development and profiling that will inform the fighters Individual Fighter Plan.



## UK Sport and APA Numbers

Alongside the programme budget, UK Sport will award each sport that is in receipt of Podium or Academy Investment a defined number of APA places. Athletes nominated for APAs should be within this allocated number. UK Sport, entirely at its own discretion, may choose to allow a sport to exceed the number of APA places utilised for a time limited period (for example to help facilitate the talent transfer of an athlete from one sport to another). UK Sport accepts that NGBs will seek to adjust athlete numbers up and down during the cycle. In the event of a variation in the number of athletes selected to the programme and the APA places allocated, UK Sport will manage any variations as follows:

- UK Sport will review places utilised versus places allocated across the cycle to ensure that a neutral position is realised over the four years
- Where there is a sustained and significant difference between APA places awarded and the number of athletes meeting selection standards, a review of investment in the sport will be triggered.

Where an APA funded athlete that is ill, injured or pregnant plays a critical role as part of a team, UK Sport will consider by exception providing an additional athlete place for the period the athlete is unavailable. This will only be considered where this period extends beyond three months and only in cases where it is necessary to temporarily replace the athlete in order to enable other athletes in receipt of an APA to train and compete.



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# THE GB JUDO WAY

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Performance Requirements  
and Pathway Standards

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Olympic

Appendix 1

## Olympic Men & Women

### Introduction

The Performance Requirements and Pathway Standards related to the Olympic programme.

Of note, the terminology within the GB Judo Programme no longer refers to athletes. Judo is a combat sport and consequently athletes are consistently referred to as "Fighters".

### Performance Requirements Olympic Men and Women

<b>PR 1</b>	The results to demonstrate a fighters ability to deliver their best performance at the most prestigious events on one day when it counts.
<b>PR 2</b>	Demonstration of a fighters ability to consistently perform over time to get into the world's top 8 providing greater confidence and evidence to suggest that a fighter is likely to medal now or in the future including - tracking of performance against the strength of opposition and significance of competition.
<b>PR 3</b>	Trademark profiling - the technical ability to score a minimum Wazari score for 'Throw for Ippon' (TFI) and 'Win in Newaza' (WIN) against the strength of opposition and significance of competition.
<b>PR 4</b>	Contest Management - Win ratio against the strength of opposition and significance of competition in profiling the ability to win a contest by any means from leading the contest, trailing the contest or in Golden Score.
<b>PR 5</b>	AIR Profile - a fighter's ability to overcome key psycho-behavioural challenges (common & individual) on their way to performing when it counts, fulfilling their potential, and wider personal development on and off the mat.

### Analysis and Evidence for both Clusters - Individual Men and Individual Women

#### PR1 Fighter "on the mat" Results Profile

British Judo have a well established evidence base around a results profile at (age and stage relevant) major milestone events that a fighter must deliver on the day at the most prestigious events throughout their career through the Judo pathway to FMWS that gives confidence that a fighter will go on to deliver a World Championship or Olympic medal. For both **male & female fighters at Academy** level, a Senior fighter must deliver a top 8 placing at the IJF World Masters or have had a top 5 placing at the European Championships or a Grand Slam top 3 placing for Women and top 8 for Men, or Grand Prix top 3 placing. For Academy fighters at u23 level they must deliver a medal at U23 European Championships; IJF Senior European Open Top 3; Top 5 at Junior European Championships or Top 8 at Junior World Championships.

At **Podium level, male & female** fighters should have delivered a top 8 place at either the Olympic Games, Senior World Championships. **FMWS male & female fighters** would be expected to deliver a top 3 medal place at either the Olympic Games or Senior World Championships.

#### PR2 Fighter "on the mat" Performance Consistency Profile

GB Judo has systematically analysed the performance history of Judo medallists from the 2012 & 2016 Olympic Games as well as the World Championships since 2011 with a focus on the 2017, 2018 and 2019 World Championships during the current Olympic cycle. While GB Judo accepts that predicting future performance is incredibly complex and far from certain; by looking at the performance history of particular medallists, we have been able to identify a specific performance profile that British Fighters should strive to achieve, as closely as possible through their careers, in order to suggest that they will be more, rather than less likely to become future medal winning fighters

Our analysis of the milestone events identified above shows a very strong correlation of being ranked in the Top 8 fighters and going on to medal at World Championships and Olympic Games. Our aim is for British fighters at **FMWS** to qualify for the Olympic Games ranked in the Top 8 of the Olympic Qualification List and in a seeded position. At the Rio 2016 Olympic Games, **89% of female medallists** and **86% of male medallists where seeded**. The seeded position will provide a favourable draw in the early rounds, which is underpinned by consistent performances throughout the 2-year qualification period. To **achieve Top 8 seed**, all Rio 2016 Olympic Games medallists had won a **minimum of a Grand Slam, a Continental and/or World Championships** medal with **53% of all medallists havig won all 3 medals in the current cycle** leading up to the Olympic Games. This re-enforces the fact that to achieve a Top 8 seeded position, the Judo Fighter must consistently perform at key IJF tour events and major championships throughout the Olympic cycle. Our 2017 - 2019 World Championships analysis also strongly confirms that 86% of the female medallists and 75% of male medallists had won a Grand Prix, Grand Slam, Continental and/or World medal in medalling at these World Championships.

In order to qualify for the Olympic Games in a seeded position, **Podium** fighters must be ranked in the **Top 36 of the IJF World Ranking List** at the start of Olympic qualification and won a Grand Prix medal. This position in the WRL offers realistic trajectory to qualification over the following 2 years with the potential to achieve a Top 8 WRL and a seeded position at the Olympic Games. The specificity of a Grand Prix medal signifies the calibre of result contributing to current ranking. In our 2017 – 2019 World Championships analysis, 93% of the female medallists and 100% of male medallists had won a Grand Prix medal, thus confirming the minimum performance standard. (This may change in the next cycle and we will continue to monitor IJF modifications to the IJF World Tour and adapt appropriately).

For **Academy** fighters, the performance standard is to consistently medal at EJU Junior/Senior European Cups confirming their ability to be competitive on the international stage. Our analysis of the 2017 – 2018 Junior European and Junior World Championships confirms that, 93% of the female medallists and 94% of male medallists who won a Junior European Championships medal, went on to win a Junior World Championships medal of which, 63% of the female medallists and 51% of male medallists have gone on and won a Grand Prix medal within the first two years of being a Senior fighter. The progression for an Academy fighter transitioning to Podium, would also be medalling at IJF European Open WR Events.

### PR3 Technical Trademark Profiling

The GB Judo Hajime-Matte model outlines 4 key trademarks – Throw for Ippon (TFI), Win in Newaza (WIN), Dominate Kumikata and Contest Management. The most efficient ways to win a Judo contest are through Throw for Ippon or Win in Newaza as the contest ends immediately. However, fighters may attain significant scores by throwing an opponent for Wazari that leads to fighters winning contests (although the fight does not end immediately).

The identified thresholds are minimum requirements of both male and female GB Fighters at the stated levels of competition. These percentages were set based on how current GB Fighters have performed over the period of the Tokyo Olympic cycle and cross-referenced against the results these fighters have achieved against our Performance Requirements. It is recognised that this data is based mainly on the current knowledge of British fighters. The clear aim for the program is to collect similar data on the level of current World Ranking List Top 3 fighters for future analysis, with the goal of having a measure of true world-class standard.

From the data currently held, British Judo believe **that both male and female fighters must demonstrate the following minimum technical requirements**

FMWs - 50% of all fights won by scoring at least Wazari at minimum Grand Prix Level  
Podium - 35% of all fights won by scoring at least Wazari at minimum Grand Prix Level  
Academy- 50% of all fights won by scoring at least Wazari Below Grand Prix Level

### PR4 Contest Management

Super strengths in Technical Trademarks represent the most efficient way to secure the win, failing this, the fighter must be able to secure a win from three distinct situations: 1) Leading the fight - scoring lower than ippon and maintaining the advantage to the end of the fight, 2) Behind in the fight - being scored on (lower than ippon) and overcoming their opponent to Throw for Ippon or Win in Newaza or score or force the disqualification of opponent, 3) Sudden death - in the absence of these two situations (equal or no score at full time) securing the win in Golden Score. Whether ahead, behind or in a sudden death situation, each fighter must be able to assess their opponents strategy, make quick decisions adapting in the moment in readiness to execute a plan and manage the contest in real time.

As per the data on technical trademarks, the identified thresholds of win/loss ratio are minimum requirements of both male and female GB Fighters at the stated levels of competition. These percentages were set based on how current GB Fighters have performed over the period of the Tokyo Olympic cycle and cross-referenced against the results these fighters have achieved against our Performance Requirements. It is recognised that this data is based mainly on the current knowledge of British fighters. The clear aim for the program is to collect similar data on the level of current World Ranking List Top 3 fighters for future analysis with the goal of having a measure of true world-class standards.

From the data currently held, British Judo believe that **both male and female fighters must demonstrate the following minimum win/loss ratios at different levels of the pathway.**

FMWP - 55% overall win ratio at a minimum of Grand Prix Level  
Podium- 45% overall win ratio at a minimum of Grand Prix Level  
Academy- 55% overall win ratio below Grand Prix Level

### PR5 Air Profile

In order to develop sufficient physical, technical and tactical capabilities, then make the most of these, GB fighters must also develop high levels of 'AIR'; or, 'Adaptability', Independence and Resilience' (Webb, Collins, & Cruickshank, 2016). More specifically, the 'GB Judo AIR Fighter' is driven by a set of Psychological Characteristics for Developing Excellence (PCDEs) that help them to experience and negotiate a series of psycho-behavioural tests and challenges throughout their GB Judo journey to FMWS in order to deliver performance when it counts, fulfil their potential, and achieve wider personal development on and off the mat.

The collective capacities and skills that make up the 'GB Judo AIR Fighter' encompass those required to successfully transition onto and through the GB Judo program overall; and help fighters to overcome specific psycho-behavioural tests and challenges along the way – such as: successfully developing the physical capacity to tolerate a critical volume of weekly domestic randori; global randori on international training camps; as well as developing critical competition-day performance behaviours.

While many of these tests and challenges are unique to individuals, many others are considered to be uniform for both male and female fighters at different stages of their GB Judo journey, and some examples of these are detailed specifically here.

## Olympic Performance Requirements and Pathway Standards

FMWS	WOMEN	MEN
PR 1	OG Top 3 WC Top 3	OG Top 3 WC Top 3
PR 2	Top 8 seed/WRL Top 8 IJF Masters Top 3 Paris Grand Slam Top 3 Tokyo Grand Slam Top 3 1-3 medals won during an Olympic cycle at Super Strength events - <b>minimum level of Grand Slam Top 3</b>	Top 8 seed/WRL Top 8 IJF Masters Top 3 Paris Grand Slam Top 3 Tokyo Grand Slam Top 3 1-3 medals won during an Olympic cycle at Super Strength events - <b>minimum level of Grand Prix Top 3</b>
PR 3	50% of all fights won by scoring at least Wazari at a minimum of Grand Prix level by TFI/WIN	50% of all fights won by scoring at least Wazari at a minimum of Grand Prix level by TFI/WIN
PR 4	55% overall win ratio at Grand Prix level and above	55% overall win ratio at Grand Prix level and above
PR 5	An 'AIR Profile' (driven by a set of PCDEs) which enables fighters to aspire to be the best they can be	

PODIUM	WOMEN	MEN
PR 1	OG Top 8 WC Top 8	OG Top 8 WC Top 8
PR 2	Ranked in the Top 36 of the IJF World Ranking List	Ranked in the Top 36 of the IJF World Ranking List
PR 3	35% of all fights won by scoring at least Wazari at Super Strength Event Level by TFI/WIN	35% of all fights won by scoring at least Wazari at a minimum of Grand Prix level by TFI/WIN
PR 4	45% overall win ratio at Grand Prix level and above	45% overall win ratio at Grand Prix level and above
PR 5	An 'AIR Profile' (driven by a set of PCDEs) which enables fighters to take responsibility for getting better	

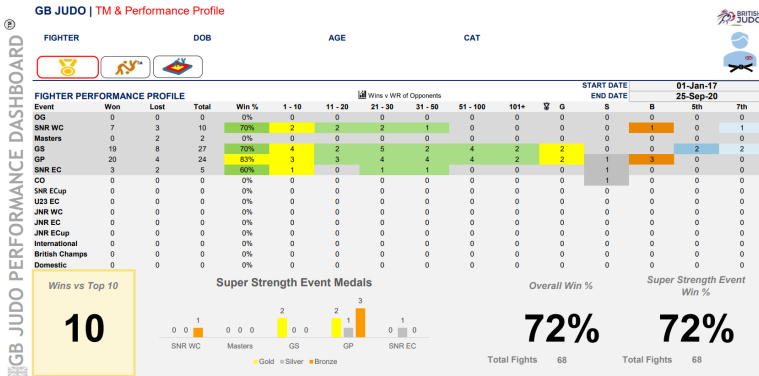
ACADEMY	WOMEN	MEN
PR 1	IJF Masters Top 8 <b>Grand Slam (others) Top 3</b> Grand Prix Top 3 European Championships Top 5 IJF SNR European Open Top 3 U23 European Championships Top 3 Junior World Championships Top 8 Junior European Championships Top 5	IJF Masters Top 8 <b>Grand Slam (others) Top 8</b> Grand Prix Top 3 European Championships Top 5 IJF SNR European Open Top 3 U23 European Championships Top 3 Junior World Championships Top 8 Junior European Championships Top 5
PR 2	3x Junior European Cup Top 3	3x Junior European Cup Top 3
PR 3	50% of all fights won by scoring at least Wazari at BELOW Grand Prix level by TFI/WIN	50% of all fights won by scoring at least Wazari at BELOW Grand Prix level by TFI/WIN
PR 4	55% overall win ratio BELOW Grand Prix level	55% overall win ratio BELOW Grand Prix level
PR 5	An 'AIR Profile' (driven by a set of PCDEs) which enables fighters to transition from a Home Programme to the full time WCPP	

## Performance and Trademark Profiling Dashboard

British Judo has developed a Performance and Trademark Profiling tool to track GB performances from domestic to international competition for both Olympic and Paralympic programmes.

Below are dashboard examples that will present the data to evidence progress against Performance Requirements 1, 2, 3 and 4.

This tool will be evolved to track the world's best for GB comparison, opponent analysis and feedback down the pathway. It is intended through Research and Innovation support and working with the SI Team and EIS, this can be developed into a bespoke GB Judo Performance Data Management System.



## Performance Profile

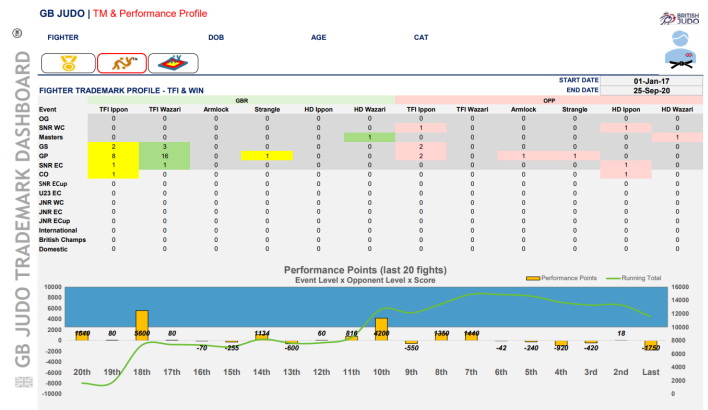
This dashboard presents a fighters Performance Requirements 1 and 2 profile showing casing results across all levels of competition and level of opposition.

In this example, the fighter consistently performs at super strength events and has 10 wins against high level opponents ranked in the top 10 of the IJF WRL.

## Performance Profiling

To evidence Performance Requirements 1 and 2, we will track the last 20 fights as a 'form guide', presenting wins and losses in the level of event against the strength of opposition that GB Fighters compete in.

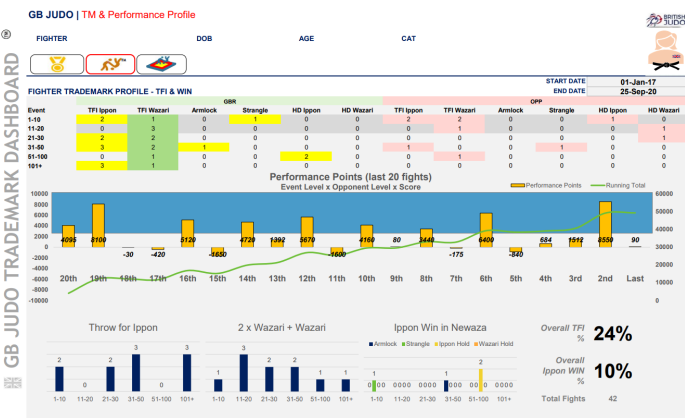
A performance formula has been determined to calculate the performance level utilising the WR of the opponent, factoring in the level/difficulty of the event and the winning score - Wazari or Ippon.



## Trademark Profile

It is critical that a fighter has the ability to execute their technical Judo - TFI and WIN at super strength events against high ranking opposition in order to perform at the highest level.

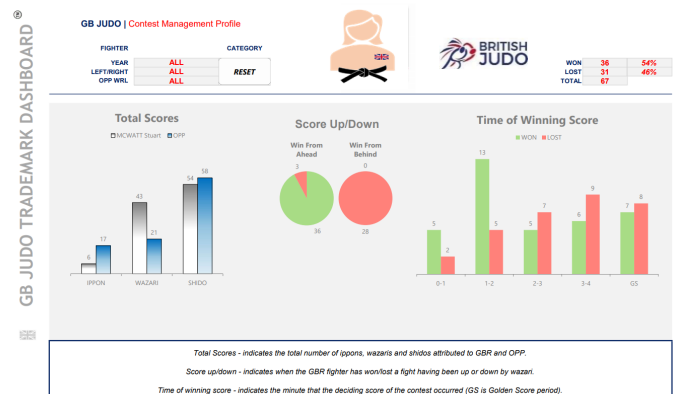
We will track the last 20 fights against all level of opponents across all level of events to determine Performance Requirement 3 - the technical level of a GB Fighter



## Contest Management

Performance Requirement 4 requires the fighter to have the ability to manage a fight to produce a winning outcome - from leading the fight, being a score down or in Golden Score.

This is about the fighter having the tactical skills in knowing how to manage the fight to win in any way and this dashboard presents a fighters winning/losing score across each minute of the fight and how fights are won or lost in being a score up/down and their success rate in Golden Score.





## The Psycho-Behavioural Tests and Challenges

As a fighter develops through the pathway, there will be a number of critical and common challenges that will provide necessary opportunity to develop, deploy and refine the mental skills required to 'pass the psycho-behavioural tests' on the way to performing at the top level.

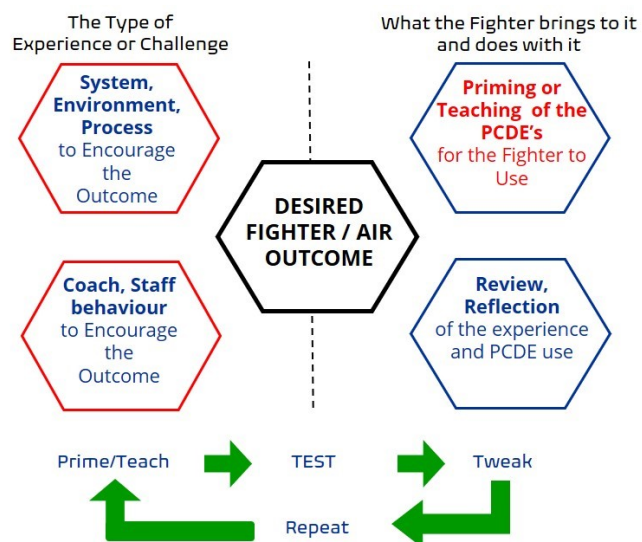
These mental skills - or PCDE's (Psychological Characteristics for Developing Excellence) will need to be 'Taught' or 'Primed' up-front in order for the fighter to maximise their engagement with these 'tests' and ultimately be able to perform on the day when it counts.

Over the coming months, a project led by our Performance Psychologist - Andrew Cruickshank, will work with the Coaching Team across the performance system, to identify the 'Psycho-Behavioural Tests and Challenges' at the varying stages of the pathway and the PCDEs required to be developed at each stage specific to the fighter's needs (in combination with the PCDEs that each fighter needs to overcome challenges that are more unique to them).

Below are some examples of the types of Psycho-Behavioural Tests and Challenges faced at the different stages of the pathway, which is not exhaustive to this list.

ACADEMY	PODIUM	FMWS
<p><b>An 'AIR Profile' (driven by a set of PCDEs) which enables fighters to transition from a Home Programme to the full time WCPP</b></p> <p>Potential Key PCDE's</p> <p>Commitment, Goal Setting, Planning &amp; Organisation</p> <p>Common Psycho-Behavioural Tests and Challenges</p> <p>Examples</p> <p>Have the Physical and Mental capacity to complete 200mins of Randori per week</p> <p>Have the Physical and Mental capacity to complete +50 Randori practices on international training camps</p> <p>Execute a best performance at u23 European Championships, Junior European and World Championships</p> <p>Early exposure to high level opposition</p> <p>Achieve the off the mat physical benchmarks</p> <p>Transition from club coach to work with different HN and GB coaches</p> <p>Transition off Campus into own accommodation</p> <p>Managing short and long term injury</p>	<p><b>An 'AIR Profile' (driven by a set of PCDEs) which enables fighters to take responsibility for getting better</b></p> <p>Potential Key PCDE's</p> <p>Quality Practice, Realistic Performance Evaluation, Focus &amp; Distraction Control</p> <p>Common Psycho-Behavioural Tests and Challenges</p> <p>Examples</p> <p>Have the Physical and Mental capacity to complete 60 – 80 days on Global Randori Camps per year – practice with the best and realistically evaluate performance</p> <p>Have the physical ability to execute your technical Judo – dominate the gripping phase with a +35% TFI/WIN scoring rate</p> <p>Be robust to consistently complete 15 – 20hrs of training per week</p> <p>Execute a best performance at the Senior European Championships</p>	<p><b>An 'AIR Profile' (driven by a set of PCDEs) which enables fighters to aspire to be the best they can be</b></p> <p>Potential Key PCDE's</p> <p>Creating &amp; Using Support Networks, Self Regulation, Effective &amp; Controllable Imagery</p> <p>Common Psycho-Behavioural Tests and Challenges</p> <p>Examples</p> <p>Perform 5 – 6 times on the day at OG, WC, Masters, GS</p> <p>Have the Physical and Mental capacity to complete 60 – 80 days on Global Randori Camps per year – thrive in the environment by honing technical and tactical skills against the World's best</p>

AIR Profiling: Andrew Cruickshank





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# THE GB JUDO WAY

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## Fighter Exit

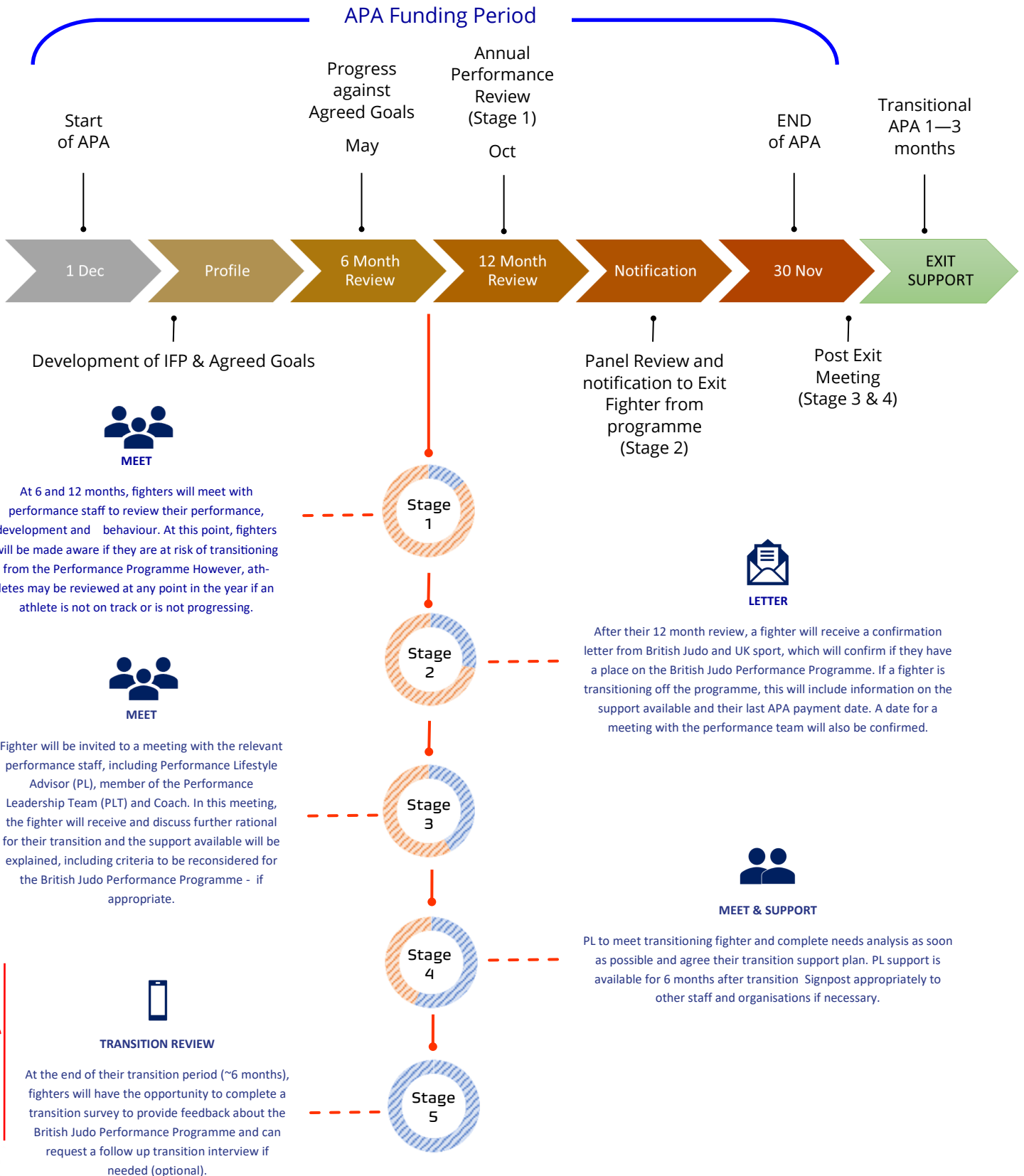
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### Strategy and Process

#### Appendix 2

A fighter’s journey/experience on the British Judo Performance Programme will inevitably include a transition at some point in their career; either through injury, retirement, limited progression, non-adherence to the programme or lifestyle choices.

The Fighter Transition Strategy and Process is designed to articulate the stages that lead to a fighter’s transition from the British Judo Performance Programme and to highlight the support that is available from British Judo and other key partners in conjunction with the British Judo – UK Sport APA Agreement



## ATHLETE TRANSITION PROGRAMME

British Judo has officially launched the Athlete Transition Mentoring programme designed to support members of the British Judo community as they make the transition from competing and supporting them into the next step of their lives,

This is available to all British Judo Membership fighters:

<https://www.britishjudo.org.uk/athlete-transition-programme-kicks-off/>

## APPENDIX 3

### UPDATE - Nov 2023

#### UK Sport - Sport Resolutions

1) The British Judo Association has amended all disciplinary and grievance/complaints policies to include the clause:

*The British Judo Association reserves the right to refer a matter to the Sport Integrity Service under the Rules of Procedure of that service. This may involve the commission of an independent investigation or disciplinary procedure into alleged grievances, or allegations of misconduct involving: i) athletes; ii) athlete support personnel; or iii) British Judo's office holders as defined within the Rules of Procedure;*

*(i) where an individual is deemed a 'Relevant Person' under the terms of the Sport Integrity Service Rules of Procedure; and*

*(ii) they are a respondent to allegations of misconduct as defined as a 'Relevant Matter' under the same regulations.*

*In such circumstances they are required to cooperate with any investigation conducted by Sport Integrity.*

*Relevant Persons are:*

*an Athlete who is selected to British Judo's WCP<sup>[3]</sup> funded by UK Sport;*

*athlete support personnel<sup>[4]</sup> who are either working on the UK Sport funded WCP (in whatever capacity) or working with Athletes; and office holders of the British Judo Association.*

2) All athletes and athlete support personnel on British Judo Performance Programmes have been informed of the role and purpose of Sport Integrity.

3) This agreement will last for the entirety of the Sport Integrity pilot (3 May 2022- 31 March 2025)

<sup>[3]</sup> NGBs in receipt of UK Sport funding at Progression, Academy and Podium levels.

<sup>[4]</sup> Any coach, trainer, manager, team staff, official, nutritionist, medical, paramedical personnel or other person working with, treating, or assisting an athlete as defined in sub-paragraph 1.i

*We believe in ourselves, we believe that we can compete with and beat the best in the world. We believe this because we continue to pursue excellence and evolve our system for the current and our future generations to become the best that they can be on and off the mat. We believe that our Performance System performs beyond medals and we are honoured to contribute to the wider British System, in fact we believe that we can become a flagship sport within the British Sporting System.*

*We believe that together, we can do it our way -*

***The GB Judo Way to become 'Invincible On and Off the Mat'.***



World Class Performance Programme

British Judo Centre of Excellence

University of Wolverhampton

Walsall Campus

Walsall

WS1 3BD

[www.britishjudo.org.uk](http://www.britishjudo.org.uk)