



**judo  
alberta**  
THE ALBERTA KODOKAN BLACK BELT ASSOCIATION

Judo Alberta – The Alberta Kodokan Black Belt Association  
11759 Groat Road NW  
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## Judo Alberta 5% Weight Limit Rule

Judo Alberta will be requesting all athletes who are representing Judo Alberta at events where Judo Alberta is making arrangements or has provided funding that they are weighing within 5% of their weight division 14 days before their weigh-in. Athletes can be asked several times to do a weight check within the 14 days period prior to weigh-in and should be maintaining or be below the 5% of their weight division.

Example of 5%: An athlete wishing to compete in 48kg weighs 50.4kg 14 days prior to the event.

If an athlete weighs in at more than 5% of their weight division 14 days before the competition they will be moved up a weight division when possible or removed from the event. In case of removal from an event the athlete will be responsible for all cost incurred with the cancellation.

The 5% rule is an attempt to protect the athlete from unhealthy weight cutting techniques that can compromise their long term health and undermine their performance. Judo Alberta is concerned with the safety and health of all of our athletes.

Judo Alberta requests athletes to stay within 7% of their weight division at the time of selection of the event. Selection to the event is defined as the athlete formally confirming their interest to participate as a member Judo Alberta for a specific event. The Judo Alberta Head Coach can request club coaches to report on selected athlete's body weight in efforts to track and monitor the athlete's weight. The Provincial Coaching staff can weigh-in athletes at Provincial Camps, Interprovincial Camps or Regional Training Camps.

Example of 7%: An athlete wishing to compete in 48kg weighs 51.36kg at the time of acceptance of the selection / confirmation to the event.





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### U16 Chart

Male	5%	7%	Female	5%	7%
<b>38kg</b>	39.9kg	40.66Kg	<b>36kg</b>	37.8kg	38.52kg
<b>42kg</b>	44.1kg	44.94kg	<b>40kg</b>	42kg	42.8kg
<b>46kg</b>	48.3kg	49.27kg	<b>44kg</b>	46.2kg	47.08kg
<b>50kg</b>	52.5kg	53.5kg	<b>48kg</b>	50.4kg	51.36
<b>55kg</b>	57.45kg	58.85kg	<b>52kg</b>	54.6kg	55.64kg
<b>60kg</b>	63kg	64.2kg	<b>57kg</b>	59.85kg	60.99kg
<b>66kg</b>	69.3kg	70.62kg	<b>63kg</b>	66.15kg	67.41kg
<b>73kg</b>	76.65kg	64.2kg	<b>70kg</b>	73.5kg	74.9kg
<b>O73kg</b>			<b>O70kg</b>		

### U18 Chart

Male	5%	7%	Female	5%	7%
<b>46kg</b>	48.3kg	49.27kg	<b>40kg</b>	42kg	42.8kg
<b>50kg</b>	52.5kg	53.5kg	<b>44kg</b>	46.2kg	47.08kg
<b>55kg</b>	57.45kg	58.85kg	<b>48kg</b>	50.4kg	51.36
<b>60kg</b>	63kg	64.2kg	<b>52kg</b>	54.6kg	55.64kg
<b>66kg</b>	69.3kg	70.62kg	<b>57kg</b>	59.85kg	60.99kg
<b>73kg</b>	76.65kg	64.2kg	<b>63kg</b>	66.15kg	67.41kg
<b>81kg</b>	85.05kg	86.67kg	<b>70kg</b>	73.5kg	74.9kg
<b>90kg</b>	94.5kg	96.3kg	<b>O70kg</b>		
<b>O90kg</b>					





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### U21 Chart / Senior Chart

Male	5%	7%	Female	5%	7%
<b>55kg</b>	57.45kg	58.85kg	<b>44kg</b>	46.2kg	47.08kg
<b>60kg</b>	63kg	64.2kg	<b>48kg</b>	50.4kg	51.36
<b>66kg</b>	69.3kg	70.62kg	<b>52kg</b>	54.6kg	55.64kg
<b>73kg</b>	76.65kg	64.2kg	<b>57kg</b>	59.85kg	60.99kg
<b>81kg</b>	85.05kg	86.67kg	<b>63kg</b>	66.15kg	67.41kg
<b>90kg</b>	94.5kg	96.3kg	<b>70kg</b>	73.5kg	74.9kg
<b>100kg</b>	105kg	107kg	<b>78kg</b>	81.9kg	83.46kg
<b>O100kg</b>			<b>O78kg</b>		

