



SINGAPORE JUDO FEDERATION
(National body for Judo in the Republic)
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www.sjf.sg

Sports Excellence (SPEX) Carding and SPEX Training Assistance Grant (TAG) Policy

The Singapore Judo Federation(SJF) has overall responsibility to select and nominate Judo athletes for Sport Singapore's SpexCarding Scheme. This scheme is targeted at high performance athletes to provide them with training and competition support. More details of this scheme can be found in the SportSG website.

This document spells out the guidelines governing SJF's management of SpexCarding matters.

Nomination by Affiliate Clubs/Schools/Coaches

1. As and when SportSG opens the window for SpexCarding applications, SJF will invite affiliate clubs, schools and coaches to nominate athletes for SpexCarding to the SJF Selection Committee.
2. The following are minimum criteria for athletes to be considered for the scheme:
 - a. Placed at least 3rd in an SJF-sanctioned local ranking competition (National Championship, Singapore Open, etc.) within the timeframe stipulated by SportSG.
 - b. Placed at least 3rd in the 'Advanced' category of the Inter-Tertiary Competition (ITC) within the timeframe stipulated by SportSG.
 - c. Athletes who have shown outstanding performance at other competitions (eg. National School Games) within the past 1 year and display commitment to improve may be considered for Provisional carding (L4P).
3. Athletes are to fill up the SJF Carding Application Form together with their full competition record for the past 1 year and submit it through their clubs. Submissions can be made in hardcopy to the SJF office, or via e-mail through hpm@sjf.sg.
4. Only submissions by affiliate clubs,schools or coaches will be accepted – athletes are not allowed to submit applications individually.
5. All submissions must be endorsed and signed by the respective affiliate club,school or coach.

Results of SpexCarding Applications

6. Upon the announcement of in-principle results of the SpexCarding exercise, athletes must acknowledge their acceptance by completing the online Athlete's Agreement and Induction Quiz form within the deadline given by SportSG. Failure to do so will result in withdrawal of their carding status.
7. Should an athlete fail to be selected for SpexCarding, their club/school/coach may write in to appeal through SJF within 5 days of the release of in-principle results. All appeals must be sent to hpm@sjf.sg.



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Training Attendance Requirements

8. Athletes who are SpexCarded form the core of the Judo National Team. As such, they are expected to be actively involved in SJF activities which includes Centralized Training, Selection Trials and National Competitions.
9. SpexCarded athletes must attend **at least** 50% of Centralized Training sessions each month. Failure to do so for 3 consecutive months may result in the withdrawal of their carding status.
10. SpexCarded athletes are also expected to attend SJF-organized training workshops, seminars and training camps.
11. Athletes who are unable to attend any training activity must provide valid reasons, with documentary proof (eg. MCs), to the High Performance Manager.

Spex Training Assistance Grant(TAG) Disbursement Policy

12. Athletes who are carded at the L4 level and above are eligible to receive Training Assistance Grant from SportSG. The grant amount will be disbursed in 2 payments within the financial year.
13. In order to receive SpexTAG, athletes must attend **at least 75%** of Centralized Training sessions each month for the past 6 months.
14. Absence from training for valid reasons will not count against SpexTAG disbursement requirements only if it is supported by documentary proof (eg. MCs).

SpexCarded Athletes Based Overseas

15. SpexCarded athletes who are based overseas are to submit their training plan/schedule to the SJF Selection Committee for endorsement.
16. Athletes based overseas will be exempt from the Training Attendance Requirements and SpexTAG disbursement requirement if the following conditions are met:
 - a. The SJF Selection Committee endorses their training plan/schedule
 - b. A training progress report is submitted every 6 months to update SJF on their training.

International Competitions and Major Games Representation

17. SpexCarded athletes are expected to actively compete for a place to represent SJF in International Competitions through Selection Trials/Events organized by SJF.
18. SpexCarded athletes who intend to represent Singapore in Major Games (eg. SEA Games, Asian Games) must fulfil SJF requirements as stipulated in the SJF Selection Policy, as well as meet the qualification criteria set by the Singapore National Olympic Committee(SNOC).