



SINGAPORE JUDO FEDERATION

(National Body for Judo in the Republic)

1 Guillemard Crescent, Singapore 399913

UEN S65SS0037A www.sjf.sg

Policy Name:	SG-Coach Programme - Technical accreditation policy				
Approval Authority:	Coaching Director	Adopted:	9 January 2025	Reviewed: 14 September 2025	

The Reason

The rational of this policy is to define applicants to receive SG-Coach Technical certificate accreditation based on their playing experience or prior coaching certification.

3. The Policy

3.1 To achieve Sport SG Coaching Certification and register under the National Registry of Coaches (NROC), all participants must achieve these four elements of certification. They are:

a. **Technical** – covers the sport specific considerations such as sport demands, specific training methodologies, techniques, and sport strategies. The course is conducted with a mixture of classroom-based and workshop-based teaching. Assessment may come in forms of assignment, demonstration, and/or examination. Technical courses are mainly organized by SBA and/or BWF.

b. **Theory** – covers the general principles of coaching such as sport pedagogy, fundamental movement skills, sport safety and management, effective communication, Singapore sports eco-system as well as impartation of values and principles. The course is conducted with a mixture of classroom-based and workshop-based teaching. Assessment comes in form of both assignment and examination. The theory courses are organized by Sport Singapore.

c. **Basic Sport Science – Sport Science** – Foundational Sports Science (FSS) Course is an introduction to various sports science concepts which will aid participants in their pursuit of other Sport Singapore Courses. Intermediate Sports Science (ISS) builds on the knowledge learnt from FSS. These courses are mainly conducted in a classroom format where participants are guided with theoretical knowledge and practical applications for the topics of Anatomy & Injury Prevention and Strength & Conditioning. The course is jointly organized by SportSG and Republic Polytechnic.

d. **Standard First Aid with AED** - During coaching, there could be incidences of emergency or injury, it is essential that coaches are trained in the knowledge and skills in Standard First Aid, Cardio Pulmonary Resuscitation (CPR) and usage of Automated External Defibrillator (AED). This will better prepare coaches for emergency situations and manage the risks involved in sports coaching. There is a list of Sport SG recognized first aid course provided.

e. The following categories of individuals will be allowed exemptions of attending Level 1 – 3 SG Coach Technical Coaching Course.

Category	SG Coach Level 1	SG Coach Level 2	SG Coach Level 3
NROC	Coach	Senior Coach	Master Coach
Pre-requisites	<ul style="list-style-type: none"> At least 18 years old 	<ul style="list-style-type: none"> At least 23 years old 	<ul style="list-style-type: none"> At least 28 years old



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Dan	<ul style="list-style-type: none"> • Must be a Dan-holder 	<ul style="list-style-type: none"> • At least a Second-Dan Holder 	<ul style="list-style-type: none"> • At least a Third-Dan Holder
Qualification	<ul style="list-style-type: none"> • Present an equivalent (foreign) coaching certificate or <ul style="list-style-type: none"> • Present International Judo Federation (IJF) Undergraduate Certificate as Judo Instructor or <ul style="list-style-type: none"> • Must have competed in at least a club-level competition • Must have been coaching Judo for at least 50 hrs within a year. 	<ul style="list-style-type: none"> • Present an equivalent (foreign) coaching certificate Or <ul style="list-style-type: none"> • Present International Judo Federation (IJF) Undergraduate Diploma as Judo coach or <ul style="list-style-type: none"> • Must have competed in at least one state/national competition. • Must have been coaching Judo for at least 300 hrs within three years. 	<ul style="list-style-type: none"> • Present an equivalent (foreign) coaching certificate or <ul style="list-style-type: none"> • Must have competed in at least one state/national/regional competition. • Minimum 5 consecutive years of coaching experience and documented proof of being primary coach of a state / province / national team • Coached an athlete to qualify for a Major Game (eg. 1 olympic cycle/ Asian Games/ regional level competition). • Subject to SJF approval
Documents required	<ul style="list-style-type: none"> • Proof of participation in a competition. • Resume or proof of coaching assignments must be presented. • Submission of a lesson plan / lesson observation • Present an equivalent 	<ul style="list-style-type: none"> • Proof of participation in a competition. • Resume or proof of coaching assignments must be presented. • Submission of a season plan / lesson observation 	<ul style="list-style-type: none"> • Proof of participation in a state/national/regional competition. • Resume or proof of coaching assignments must be presented. • Submission of seasonal plans



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	(foreign) coaching certificate (if applicable).	<ul style="list-style-type: none"> • Present an equivalent (foreign) coaching certificate (if applicable). 	<ul style="list-style-type: none"> • Present an equivalent (foreign) coaching certificate (if applicable).
Non-refundable administrative fees	\$100	\$100	\$100

Coach Development Framework

Certification Category	SG Coach Level 1	SG Coach Level 2	SG Coach Level 3
NROC	Coach	Senior Coach	Master Coach
Athlete Pathway	<ul style="list-style-type: none"> • Learn-To-Judo • Recreation and participation 	<ul style="list-style-type: none"> • Learn-To-Train • Clubs • School teams / CCA • National Competitive • Recreation and participation 	<ul style="list-style-type: none"> • Train-To-Train • Train-To-Compete • International Competitive
Target Groups	Clubs, CCA, Workshops	Clubs, School Teams	National Training Squads