

# **Singapore Judo Federation Athlete's Code of Conduct and Agreement**



**With effect from: 1st October 2025**

**Version 2**

**Edited as of 21st October 2025**

**Acronym**

**HPM**

**NDT**

**NS**

**NSF**

**NTS**

**SJF**

**Scheme**

**SEA Games**

**Spex**

**SportSG**

**SpexTAG**

**TPP**

**SNOC**

**Legend**

**Meaning**

High Performance Manager

National Development Team

National Service

Full-time National Serviceman

National Training Squad

Singapore Judo Federation

SportSG SpexCarding Scheme

South-East Asian Games

Sports Excellence (Carding(ed))

Sports Singapore

Spex Training Assistance Grant

Training Partner Program

Singapore National Olympic Council

## **Introduction**

The Athlete's Code of Conduct (ACC) serves as a preamble, setting the tone for the ethical and behavioral expectations that athletes are required to uphold. It will outline the values, principles, and standards that underpin training and competitions within the SJF framework. The ACC should serve as a guide for all Judo athletes within the national team (Includes SPEX Carded athletes, NTS and NDT).

## **General Code of Conduct**

1. Judo Athletes are required to uphold the spirit of fair play, honesty, and integrity in all competitions.
2. Judo Athletes must respect teammates, opponents, coaches, and other officials.
3. Abide by the rules and regulations of the sport, and compete within the spirit of those rules.
4. Judo Athletes must maintain a drug-free and clean sport environment, adhering to the anti-doping policies.
5. Demonstrate good sportsmanship in victory and defeat.
6. Comply with team policies (i.e., Singapore Judo Federation Athlete Selection Policy) and adhere to the training schedule set by the coaching panel and the HPM.
7. Judo Athletes are expected to be actively involved in SJF activities which includes Centralized Training, Selection Trials and National Competitions.
8. Take responsibility for personal conduct on and off the mats.
9. Judo Athletes are to ensure and maintain their own fitness to train with the national squad.

## **ACC for SPEXcarded athletes**

10. SpexCarded athletes must adhere to the following attendance requirements:
  - a. Attend at least 75% of Centralized Training sessions each month.
  - b. Failure to meet the attendance criteria for three consecutive months may lead to the withdrawal of carding status.
  - c. Failure to meet the attendance requirements over 2 consecutive months will result in the withholding of SpexTAG funding (75% of total training over 6 months period).

\* The attendance requirements may be changed from time to time by SJF. The National Coach and the HPM have the discretion to grant exceptions on a case-to-case basis (with or without conditions). The training schedule is also subject to change from time to time, including in connection with upcoming competitions.

11. For athletes expressing interest in or selected by SJF for international competitions, a commitment to 60% training attendance for two months prior to the competition is mandatory, irrespective of division (senior or junior), unless the National Coach and the HPM determine otherwise. Failure to comply will result in the athlete being ineligible for participation.

### **International Competitions and Major Games Representation**

12. SpexCarded athletes are expected to actively compete for a place to represent SJF/Singapore in International Competitions through Selection Trials/Events organized by SJF.

13. SpexCarded athletes who intend to represent Singapore in Major Games (eg. SEA Games, Asian Games) must fulfill SJF requirements as stipulated in the SJF Selection Policy, as well as meet the qualification criteria set by Singapore National Olympic Committee (SNOC).

14. Sanction for participation in international competitions must be granted by SJF, and athletes are required to exclusively represent Singapore in international competitions.

### **SpexCarded Athletes Based Overseas**

15. SpexCarded Athletes who are based overseas are to submit their training plan/schedule to the SJF, National Coach and HPM for endorsement (which endorsement may be subject to such conditions as the SJF, National Coach and HPM may deem fit).

16. Athletes based overseas will be exempt from the Training Attendance Requirements if the following conditions are met:

- a. The SJF, National Coach and HPM have endorsed their training plan/schedule.
- b. A training progress report is submitted every month to update SJF on their training and to be endorsed by the HPM (To be signed by the head coach).

### **Medical Considerations**

17. Athletes with medical conditions which prevent them from attending training have to declare to the SJF their conditions. Any athlete with a medical condition may be required to present a medical certificate issued by a recognised medical practitioner attesting to his/her medical fitness by SJF. In addition, where an athlete has recovered from an injury, SJF may impose a probation period for the athlete and require the athlete to undergo conditioning training.

### **Other Combat Sports**

**18. SpexCarded athletes are expected to be focused on judo and ARE NOT ALLOWED to participate in any competition of any other combat sport unless authorised by SJF. In the event of doubt on what constitutes a combat sport, the athlete is to check with SJF.**

### **ACC for NTS and NDT athletes**

19. This ACC outlines the requirements for all participating members of the NTS and the NDT. All members of the NTS and the NDT must adhere to the requirements set out in this policy. Failure to do so will subject the athletes to the consequences set out herein. All members must sign this ACC as an undertaking to the SJF to comply with this policy.

20. Entry into the NTS or the NDT is only by invitation by SJF after the relevant athlete attains a top three ranking in local competitions, eg. National, Pesta Sukan, Singapore Open, ITC, etc., and supported by the recommendation of an SJF Affiliate. Athletes are evaluated on their commitment level, demonstrated through training attendance (at least 50% per month for the next two months) and continued participation in local competitions.

**21. Athletes who are members of the NTS or the NDT are not allowed to take part in any competition of any combat sports (other than Judo), unless authorisation has been given by SJF. Non-compliance with this requirement will lead to expulsion from both NTS and NDT and (if applicable) other disciplinary action.**

#### **Attendance**

22. Members of the NTS and the NDT 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 (local competitions). Athletes are also expected to attend SJF-organized training workshops, seminars and training camps.

23. Athletes must adhere to the following Attendance Requirements:\*

- a. 50% per month for NDT and 50% per month for the remainder of NTS, in each case determined on a monthly basis.**
- b. Failure to meet these attendance criteria for two consecutive months may lead to the removal from the team.
- c. Only athletes with attendance of 60% and meet the requirement for the point system will only be eligible for selections.
- d. If an athlete fails to meet the attendance requirements, SJF has the right to decide in its sole discretion whether the athlete should remain in the team.

\* The attendance requirements may be changed from time to time by SJF. The National Coach and the HPM have the discretion to grant exceptions on a case-to-case basis (with or without conditions). The training schedule is also subject to change from time to time, including in connection with upcoming competitions.

Even if the athlete is absent with valid reasons for not attend training, the SJF reserves the right not to allow his/her participation in selection trials and local competition sanctioned by the SJF

24. Attendance will only be recorded if the athlete is physically present on time and for the full duration of training at the training venue and follow the training program ascribed to him/her.

Attendance must be reported by the athletes to the HPM. Valid reasons for absence\* include:

- a. Examinations (maximum of two months) i.e., N, O or A Levels, Bar examinations, end of year examinations, etc.
- b. Long-term medical certificate from a recognised medical practitioner with a memorandum specifying the date (maximum of two months) on which the athlete is fit to resume training (subject to SJF review for athlete safety and well-being)
- c. Pre-competition injuries subject to medical certificate from a recognised medical practitioner (subject to SJF review for athlete safety and well-being)

\*Note: Athletes who are absent without a valid reason or for more than two months may have their carding status revoked or be subject to further review by SJF (including imposing conditions thereon). Even if the athlete is absent with valid reasons, the SJF reserves the right not to allow his/ her participation in selection trials and competition sanctioned by SJF. This may result in the athlete not being able to participate in international competitions, as a result of their inability to participate in the selections.

25. Extended or repeated absence from training may trigger a two month probationary period (to be decided by the National Coach and the HPM) to assess the athlete's commitment to the team and/or fitness for training. In the cases of failure to meet attendance requirements without valid reasons, disciplinary measures may be applied, including the following:

- a. **First offence:** Issuance of a warning letter
- b. **Continued or repeated absence after issuance of warning letter:** A review will be undertaken by SJF to determine if the athlete should be removed from the team.\*

\*SJF reserves the right to prohibit such athletes from being a member of the NTS, the NDT and/or the TPP for such period of time as SJF deems fit.

26. Athletes who are in NS will have their attendance percentages adjusted as follows:

- a. NSFs are required to attain 50% attendance per month.\*
- b. Subject to review by SJF.

\* This is subject to the demands of their NS duties and can be further reduced depending on such demands (eg. military exercise, etc). The attendance requirements may be changed from time to time by SJF. The National Coach and the HPM have the discretion to grant exceptions on a case-to-case basis (with or without conditions).

Members of the NDT or the NTS who are currently based overseas will be exempt from the training attendance Requirements if the following conditions are met:

- a. The SJF, National Coach and HPM have endorsed their training plan/ schedule. (Such endorsement may be subject to such conditions as the SJF, National Coach and HPM may deem fit).
- b. A training progress report (to be signed by the overseas head coach) is submitted every month to update SJF on their training, and to be endorsed by the HPM.

## Weight management

27. SJF has a system of routine weight checks for athletes in both the NDT and the NTS. These checks may be conducted based on the schedule provided below. Weight checks must be supervised by an SJF official.

28. The frequency and weight allowances may be adjusted based on the competition calendar. The purpose of these regular weight checks is to provide early alerts to athletes who may be approaching their respective weight limits, allowing them ample time for necessary adjustments. Athletes will generally be granted an allowance from the weight limit based on the timing to a competition and the weight category.

29. The recommended frequency and allowance (subject to change at the discretion of the National Coach and the HPM) are as follows:

<b>Timeline</b>	<b>Frequency</b>	<b>Allowance</b>	<b>Remarks</b>
All NTS and NDT athletes	Once every week	$\leq 7\%$ above respective weight categories	Regardless of weight category.
Athletes who have registered for competitions	Once every week	$\leq 5\%$ above respective weight categories	Regardless of weight category.
Day of weigh in for selections	1 day before selections	0% Allowance	Athletes Must be weighed in their respective categories
2 weeks out from competition:	Once every training	$\leq 3-5\%$ above respective weight categories	Follow weight allowance chart
Final week out from competition:	Once every training	$\leq 1-2\%$ above respective weight categories	Follow weight allowance chart

### Weight allowance chart

Weight	Off-season for all NTS and NDT athletes	Athletes who have registered for competitions	Day of weigh in for selections	2 weeks out		Final week out from competition:
-60 kg	<math>\leq 7\%</math> above respective weight categories	<math>\leq 5\%</math> above respective weight categories	0% Allowance	<math>\leq 5\%</math> above respective weight categories	<math>\leq 5\%</math> above respective weight categories	<math>\leq 2\%</math> above respective weight categories
-66 kg					<math>\leq 3\%</math> above respective weight categories	<math>\leq 1\%</math> above respective weight categories
-73 kg						
-81 kg					<math>\leq 5\%</math> above respective weight categories	<math>\leq 2\%</math> above respective weight categories
-90 kg						
-100kg					<math>\leq 3\%</math> above respective weight categories	<math>\leq 2\%</math> above respective weight categories
-48 kg						
-52 kg						
-57 kg						
-63 kg						
-70 kg						
-78 kg						

#### 30. First Offense:

Immediate disqualification from the competition.

- a. Suspension from NTS and NDT, no waiver of participation fee for local competitions and/or no participation in international competitions for a period of up to 6 months.
- b. Offender is liable to cover 75% of competition expenses.

#### 31. Second Offense:

Immediate disqualification from the competition.

- a. Removal from the NTS and the NDT. Possible period where the athlete is banned from joining the NTS and the NDT.
- b. Offender is responsible for covering 100% of competition expenses.

## **Behavior on the Mats**

32. Athletes are required to attend all training sessions punctually. Failure to comply may lead to participants receiving a warning or facing expulsion from the team\*.

1st Offense: Verbal warning will be given

2nd Offense: A warning letter will be issued

3rd Offense: Expulsion from the team

33. Athletes are expected to stow their mobile devices in the designated athletes' corner and refrain from using them during training sessions. This policy is in place to ensure that athletes can fully concentrate on their training without distractions.

## **2 Athlete's high performance and athlete life development**

2.1 The Athlete will:

(a) Collaborate and take active ownership with the coach, NSA and/or SportSG for both their High Performance Sport development and athlete life development.

(b) For High Performance Sport development, ensure that their coach collaborates with the NSA's high performance personnel and SportSG to fulfill his High Performance plan.

(c) Comply with their High Performance Sport development plan to the best of his abilities.

(d) Provide regular updates on their performance progress and personal development to the NSA. This includes the submission of achievements and receipts where necessary.

(e) Promptly inform the NSA regarding any changes to personal and medical particulars, as well as training, competition and personal development plans.

(f) Represent the Republic of Singapore in all NSA designated training camps, competitions and events. If the Athlete is unable to attend, he must inform the NSA within 3 days of being notified of such camp, competition or event, citing reasons and documentary proof (exams, overseas, etc).

(g) Refrain from participating in any competition that is not permitted under the policies of the NSA.

### **3 Medical & Physical Fitness, Information and Research**

3.1 The Athlete agrees and consents to:

(a) Maintain the highest possible level of health and physical well-being. The Athlete should:

(i) Immediately notify the Coach and NSA as soon as they are injured or ill, if their training will be interrupted for three (3) or more consecutive days.

(ii) Keep NSA updated on changes to their health and physical condition for the duration of this Agreement.

### **4 Compliance with the World Anti-Doping Code**

4.1 The Athlete agrees to:

(a) Recognise Anti-Doping Singapore (ADS) as the national anti-doping organisation of Singapore possessing the primary authority to adopt and implement anti-doping rules, direct the collection of samples, manage test results, and conduct disciplinary hearings, at the national level.

(b) Be familiar with the rights and responsibilities of an athlete, in the context of anti-doping in sport as stipulated in Anti-Doping Policy of Singapore and the ADS Anti-Doping Rules adopted and implemented in pursuant to the Code.

(c) Submit to unannounced doping controls tests when required by ADS, the NSA, SportSG, the International Federation, the International Olympic Committee or any other anti-doping organisation.

(d) Provide prompt and accurate whereabouts information when included into the Testing Pools of ADS or their International Federation, or whenever required by any other anti-doping organisation.

(e) Submit timely Therapeutic Use Exemption applications to ADS or the International Federation, where relevant, as soon as a medical condition requiring the use of a Prohibited Substance or Prohibited Method for treatment is diagnosed.

(f) Take responsibility to ensure he receives anti-doping education by completing appropriate resources provided by ADS and/or other Anti-Doping Organizations. (eg. World Anti-Doping Agency (WADA)'s Anti-Doping Education & Learning (ADEL) platform.

4.2 The submission of personal and medical information and data to ADS in accordance with the ADS Anti-Doping Rules shall be deemed to have been made with the agreement by the Athlete that such information and data may be utilised by ADS, such organisation or person for the purposes of the implementation of the ADS Anti-Doping Rules.

4.3 The provisions of this section are in addition to and are in no way intended to limit the scope of the obligations set out in the Anti-Doping Policy of Singapore, the ADS Anti-Doping Rules or to define the ambit of the ADS Anti-Doping Rules.

## **5 Apparel & Equipment**

5.1 The Athlete agrees to:

(a) Wear and use designated team clothing and equipment whilst competing or carrying out any sports-related activities required by the NSA.

(b) Neither use nor permit the use of such designated team clothing and equipment for any commercial purpose without prior written consent of the NSA and SportSG.

(c) Not wear a political emblem when the Athlete may be identified as a national athlete of Singapore, or when the Athlete is participating in any sporting competition.

## **6 National Representative, Sports Ambassador & Role Model**

6.1 The Athlete recognises that his/her behaviour will reflect on the country, NSA and SportSG. The Athlete is expected to:

- (a) Display responsible and exemplary behaviour, at all times, on or off field.
  
- (b) Maintain good conduct and sportsmanship in training, competition or on duty as a sports ambassador in a manner that does not bring SportSG, the NSA or Singapore into disrepute and tarnish the image of the Sport.
  
- (c) Compete fairly and abide by rule and the spirit of his sport, and accept victory and defeat with dignity and grace.
  
- (d) Behave and dress in a respectable, professional and sporting manner when representing Singapore both in and out of competition.
  
- (e) Be responsible for maintaining an environment which is fair, supportive, equitable and free from harassment and abuse.
  
- (f) Not engage in any the sexual, physical and/or psychological misconduct under Article 4 of the Safe Sport Unified Code.
  
- (g) Not engage in activities that may violate the laws of Singapore or that of any other country where training or competition is held.
  
- (h) Obtain prior consent and approval of the NSA and SportSG before engaging directly/indirectly in any occupation, business or trade including product endorsements and sponsorship agreements.
  
- (i) Not make any public statement which is derogatory of SportSG, the NSA or any of the bodies working to promote sport in Singapore, nor make any critical statement or disparaging remarks in respect of another sporting competitor on a personal basis. Fair comment about a fellow competitor made honestly and without the use of offensive language and related to the sporting event/competition or the sport where the substance of the comment is known (or can be shown) to be true will not constitute a critical statement or disparaging remark for the purposes of this Agreement.

## **7 Compliance with the Safe Sport Unified Code**

7.1 In playing their part to maintain an environment that is free from abuse and harassment, the Athlete agrees:

(a) To be responsible for knowing the behaviours which constitute misconduct under the Safe Sport Unified Code, the Athlete's Code of Conduct and relevant Safe Sport policy (e.g. NSA, Singapore National Olympic Council, Singapore National Paralympic Council).

(b) To comply with his obligations and avoid any behaviours which would constitute misconduct under the codes and policies at Clause 7.1(a) above.

(c) To complete the Safe Sport training and education required from time-to-time by SportSG, the Singapore National Olympic Council and/or the Singapore National Paralympic Council.

(d) To submit to the processes for the resolution of any alleged breach of the Safe Sport Unified Code, which have been delegated by SportSG, NSA and/or the Singapore National Olympic Council to the designated investigative or disciplinary bodies under the Safe Sport Programme.

(e) That SportSG shall have the discretion to recognise decisions, measures and/or sanctions imposed through the processes set out in the Safe Sport Programme in determining the appropriate action to be taken in the event the Athlete breaches the Safe Sport Unified Code.

### **Athlete's Undertaking**

I, masked Singapore National Registration Identity Card (.....), full name (.....), hereby undertake to comply with the rules and regulations from time to time promulgated by Singapore Judo Federation (including, without limitation, the Singapore Judo Federation Athlete Selection Policy) and to accept the jurisdiction of Singapore Judo Federation over matters relating to my participation in Judo in Singapore or in representing Singapore overseas (including, without limitation, in respect of disciplinary matters).

Athlete  
Signature:

Official  
Signature:

Date:

Date:

Parent's  
Signature  
(Athletes below 21):

Date