



## WEIGH-IN POLICY

Document Owner: Referee Director ✓

Referee Committee Reviews: RC and OM ✓

IR Peer Reviewers: GE/DN ✓

BT Broad Approval: +SG ✓

# British Taekwondo Sport Referee Department

## 1. Purpose

The purpose of this policy is to maintain standards and best practice at Kyorugi competitions, and to ensure compliance with all BT Policies and Procedures including the latest BT Safeguarding Policy. To ensure compliance the following process must be followed during any BT Event Weigh-ins:

## 2. Weigh-in Teams

Event Weigh-in Teams are appointed by the BT Event Chief Referee prior to the event. Each Weigh-in station will be managed by an Accredited BT Centre Referee of Level 2.1 or above, and one other BT Referee of Level 3.0 or above to assist.

The BT Event Chief Referee must not include any BT Referee for Weigh-in who is currently under investigation by British Taekwondo under any Safeguarding issue, where it would be deemed inappropriate for them to be involved in a Weigh-in situation.

The Male and Female Weigh-in stations will each have 2 Team Members of the same gender as the Weigh-in to be performed e.g., Male in Male, Female in Female.

All Weigh-in Team Members must be 18 years old or above and have a current enhanced DBS Certificate validated through the BT Event Membership Audit Check carried out at the time of the Event Registration cut off.

If there are less than 2 Team Members for a Weigh-in station, then the Weigh-in does not take place and is postponed or cancelled.

If a Centre Referee of Level 2.1 or above is not present at a Weigh-in station, then the Weigh-in does not take place and is postponed or cancelled.

Volunteers assisting outside the Weigh-ins are not permitted to enter the Weigh-in stations at any time.

## 3. Procedure for Participating Teams

Upon arrival to the Weigh-in station, each Team must queue together as only 1 Team will be permitted to enter the Weigh-in station at any time.

Senior Players aged 18 years and above and Veteran athletes cannot weigh-in with any of their Team Members who are under the age of 18.

Each competitor should have their Event Registration ID Card ready for inspection prior to entering the Weigh-in station.

Only competitors from the same team can enter the Weigh-in station together and must be accompanied by an Event Accredited Coach from their own team.

Seniors (≥18) do not need to have a Coach or an appropriate adult present.

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All Pee Wee, Child, Cadet and Junior athletes must be accompanied by an Event Accredited Coach from their own Team. Alternatively, if an Event Accredited Coach is not available, athletes aged 17 or under must weigh-in individually with a Parent or Guardian present.

For clarity, appropriate adults can attend the Weigh-in with their own child only and cannot attend with any other children (including extended family members such as nephews/nieces/grandchildren etc).

Parents of other children, unaccredited Coaches for the event, players from other Teams and Coaches from other Teams are not permitted to enter the Weigh-in station under any circumstances while the Weigh-in is taking place.

## 4. Athletes requiring specific assistance

Athletes requiring specific assistance, such as Para Athletes or Athletes with additional learning needs may be accompanied into the Weigh-in station by a Parent or Guardian. If a Parent or Guardian is required for assistance, then the athlete must weigh-in individually.

Athletes requiring specific assistance must adhere to the Weigh-in procedure detailed in Section 6.

## 5. Trans Athletes

Trans athletes shall attend the Weigh-in station for the gender category in which they are competing. They may weigh-in individually (and therefore be accompanied by a Parent or Guardian) if they wish.

Trans athletes must adhere to the Weigh-in procedure detailed in Section 6. By exception, Trans Male athletes are permitted to weigh-in wearing briefs and a sports bra or equivalent chest covering, vests shall not be permitted.

## 6. Weigh-in Procedure

All athletes must weigh-in wearing underwear only. The male contestant shall wear briefs and the female contestant shall wear appropriate underwear (e.g., briefs, bra/sports bra). Vests, shorts and socks are not permitted.

Senior players ( $\geq 18$ ) and Veterans, as per WT Rules, may weigh-in in the nude if they wish to do so. No other athletes can be present during this process. Athletes under 18 are not permitted to weigh-in in the nude even with parental consent.

## 7. Allowances

Pee Wee, Child, Cadet and Junior athletes are permitted an allowance of 0.1kg over their weight category to take into account their underwear.

There is no tolerance given for Senior athletes ( $\geq 17$ ) and Veteran athletes.

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## 8. Weight Check

Athletes are permitted a test check (informal) on Test Scales if provided by the OC.

The Official Event Scales may be used for one test check (informal), by request, if Test Scales are not provided by the OC.

At the formal weight check the athlete's precise weight will be recorded. If it is within the weight category threshold then they will pass the weight check.

If an athlete is under the weight threshold (for example, for Cadet 33-37kg category, if the athlete weighs 32.9kg or under) then they have not made the correct weight for that category and are not permitted a second weight check.

If the athlete is over the weight threshold (for example, for Cadet 33kg-37kg category, if the athlete weighs more than 37.1kg – this includes underwear allowance) then they have not made the correct weight for that category.

In this case, the athlete will be permitted to attempt a second Weight Check provided they are not over the upper limit of the category by the following differences in weight (detailed in the table below). This is to protect the athlete from attempting excessive weight loss by dehydration.

(Please note: it is never BT's recommendation that athletes, particularly very young athletes, be encouraged to lose weight. The criteria below are aimed at limiting weight loss to reasonable levels)

Age Category	Criteria
Pee Wee	0.1kg (100 grams)
Child	0.2kg
Cadet	0.3kg
Junior	0.5kg
Senior	0.7kg
Veteran	0.7kg

If the athlete is over the upper limit of the category by more than the criteria listed in the table above, then they will not be permitted a second Weight Check and have not made the correct weight for that category.

For example, for Cadet 33kg-37kg category, if an athlete weighs 37.4kg then they are outside of the criteria for a second Weight Check. However, if the athlete weighs 37.3kg they are within the criteria and are permitted a second attempt (where they must weigh 37.1kg or under to make the correct weight for the category).

Athletes must complete their Second Weight Check during the same Weigh-in session. They are not permitted to attempt their Second Weight Check during a different Weigh-in session or time.

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Weights recorded at the Second Weight Check are final and cannot be altered. No further weight making attempts are permitted. If the athlete is still outside the weight threshold after their second weight check then they have failed the weigh-in for that category.

**PLEASE NOTE – THE ABOVE CRITERIA ARE NOT WEIGHT ALLOWANCES – THEY ARE THE MAXIMUM AMOUNT OF WEIGHT THAT ATHLETES ARE ALLOWED TO TRY TO LOSE IF THEY WISH TO TRY. ALL PLAYERS MUST MAKE WEIGHT IN LINE WITH THE WT RULES.**

### 9. Changing Weights

If the athlete is not able to make the required weight for their chosen category, then they must change category (at the discretion of the OC) or withdraw from competition. Athletes wishing to change category will be required to pay an Administration Fee (as per OC Outline Document).

If the weight change is not completed by the closure of the Weigh-in then the competitor will be marked as “Withdrawn” from the competition.

Athletes must compete in the category corresponding to their weight as recorded at the Weigh-in or withdraw from competition. Under no circumstances will an athlete be permitted to remain in their original category if they did not pass the weight check.