



# BRITISH TAEKWONDO

## Weigh In Policy

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**SOP031**

**STANDARD OPERATING PROCEDURE (SOP)**

**Weigh-in SOP**

**SECTION 1  
PROCEDURAL INFORMATION**

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## 1. **PURPOSE**

The purpose of this policy is to maintain standards and best practice at Kyorugi competitions, and to ensure compliance with all British Taekwondo Policies and Procedures including the latest British Taekwondo Safeguarding Policy.

## 2. **SCOPE**

To ensure that British Taekwondo Members and all Referees including the Sports Referee Department members are made aware of the processes and procedures when making weight at British Taekwondo events.

## 3. **DEFINITIONS AND ABBREVIATIONS**

### 1. **Definitions**

N/A

### 2. **Abbreviations**

BT	British Taekwondo
DBS	Disclosure and Barring Service
E.g.	Example
GAL	Global Athlete Licence
GOL	Global Official Licence
ID	Identification
KG	Kilogram
OC	Organising Committee
SOP	Standard Operation Procedure
WT	World Taekwondo

## 4. **APPLICABLE REGULATIONS AND POLICIES**

British Taekwondo Finance Policy  
Code of Conduct Policy  
British Taekwondo Safeguarding Policy



## 5. WHO WILL UNDERTAKE THE PROCEDURE?

All British Taekwondo Sport Referee Officials.

- Sport Referee Committee Members
- British International Referees (All Classes)
- BT Sport Officials (Who have completed Weigh in Module).
- BT affiliated Coaches, members, and guardians

## 6. PROCEDURE

### 6.1 Appointment of Weigh-in Officials

To be appointed as a weigh in official, you must be 18 years or over, have a current British Taekwondo DBS Certificate, have completed the weigh-in module, shadowed in a weigh-in and the training paperwork must be signed off by a Weigh-in Tutor or a Senior Weigh-in Official.

As part of the event audit, the Chief Referee of the event will nominate weigh-in officials who must have met the weigh-in official criteria which will be approved by the Education Manager or Administration & Finance Manager before it is submitted to the BT Membership Event Audit prior to the Event date.

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 and each team must consist of at least 1 senior weigh in official.

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.

If there are less than 2 team members for a Weigh-in station, then the Weigh-in must not take place and the Chief Referee must be immediately informed to either rearrange the weigh-in or substitute the team member.

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



## 6.2 Weigh in Procedure

Before the weigh in commences all scales must be checked to ensure they are in working order and the weigh in officials have all the correct paperwork.

All athletes under 18 years must weigh-in wearing underwear or permitted swimwear. The male athletes shall wear briefs or trunks and female athletes must wear appropriate underwear or permitted swimwear e.g., pants and either a vest, sports bra, crop top, bra, or bikini / swimming costume to weigh in.

Senior players over 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 in the weigh-in during this process. Athletes under 18 are not permitted to weigh-in in the nude even with parental consent. (This is why they are allocated 100 grams weight allowance)

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 and photo ID which includes date of birth 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 a BT Accredited Coach or BT Club Welfare Officer, of the same gender.

If a BT accredited coach is accompanying athletes from another club this must be done separately from their own athletes.

Seniors over 18 do not need to have a Coach or an appropriate adult present.

All Pee Wee, Child, Cadet and Junior athletes must be accompanied by an BT Accredited Coach or BT Safeguarding / Welfare Officer ideally from their own club.

Alternatively, if an BT Accredited Coach or BT Safeguarding / Welfare Officer from their own club is not available, then another BT Accredited Coach or BT Safeguarding / Welfare Officer from an alternative club may accompany the athletes aged 17 or under.

Athletes aged 17 or under may also weigh-in individually with a Parent or Guardian present.

**Parents of other children, non-BT accredited Coaches, players from other Teams and Coaches from other Teams are not permitted to enter the Weigh-in station under any circumstances once the doors to the weigh in have closed and the athletes are in a state of undress.**



### 6.3 Allowances

Athletes aged 17 or under are permitted an allowance of 0.1kg (100 grams) over their weight category to take into account their underwear.

**There is no tolerance given to Senior or Veterans athletes.**

### 6.4 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 the 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. The athlete must then either move down into the correct weight category or withdraw.**

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 safe levels)**

Age Category	Criteria
Pee Wee & Children	0.2kg
Cadet	0.3kg
Junior	0.5kg
Senior & 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 the Cadet 33kg-37kg category, if an athlete weighs 37.4kg (this is the total of the underwear allowance plus the 0.3kg weight threshold allowed for cadets) they are within the criteria and are permitted a second weigh in attempt. (Where they must weigh 37.1kg or under to make the correct weight for the category).

However, if the athlete weighs 37.45kg or over they are outside the criteria. They have not made weight and are not permitted a second attempt. The athlete must then either move up into the correct weight category or withdraw.

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.

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. The athlete must then either move up into the correct weight category or withdraw.

**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.**

## 6.5 Changing Weight

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 the competition. Athletes wishing to change category will be required to pay an Administration Fee (as per the 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.



## 6.6 Random Weigh in

The random weigh in takes place on the morning of the competition. It will follow WT protocol and the tolerance is 5% above the weight category excluding plus weight categories. It is at the OC and Chief Referees discretion if Random weigh in will take place at events.

Total Athletes Entered Per Weight Division	Amount selected for Random weigh in
Greater than 32	20% of total Athletes
Between 17-32	6 Athletes
Between 9-16	4 Athletes
Between 4-8	2 Athletes
Less than 4	0 Athletes

The random weight tolerance is 5% above the category weight (plus underwear allowance for Juniors and below), see example below:

Weight Division	5% + 100g	Weight	Pass / Fail
- 37kg Cadet	1.85kg + 100g	38.95kg	Pass
- 37kg Cadet	1.85kg + 100g	39.15kg	Fail
- 37kg Cadet	1.85kg + 100g	36.90kg	Pass
- 49kg Senior	2.45kg	51.60kg	Fail
- 49kg Senior	2.45kg	51.45kg	Pass

## 6.7 Random weigh in Publication

The list of athletes will be published at least 2 hours before the random weigh in starts but not the night before as per WT Protocol.

There is no 2<sup>nd</sup> weigh in attempt at a Random weigh in.

**If the athlete does not attend or fails the random weigh in, the athlete will be disqualified and under no circumstances will the athlete be allowed to compete.**