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ZENKAI JUDO CLUB

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Registered
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Code of Conduct for Players (Judoka)

The club expects all players to uphold the values of judo and maintain the highest standards of behaviour. This Code of Conduct is based on the Judo Moral Code: Courtesy, Courage, Friendship, Honesty, Honour, Modesty, Respect, and Self-control.

Membership & Safety

- All Judoka must hold a current or provisional (if new) JudoScotland Licence.
- Safety first:
 - Keep fingernails and toenails short and clean.
 - Long hair must be tied back, using hairbands without metal or clips.
 - Footwear (Zori) must be worn off the mat.
 - Girls are advised to wear a plain t-shirt under their Judogi.
 - Judogi must be clean and an appropriate size for training and competitions.

Behaviour During Sessions

- Line up quietly in grade order before class begins, with belts tied and Judogi tidy.
- Use the toilet before class begins.
- Always ask permission before leaving the tatami (mat area).
- Always bow on and off the tatami (mat area).
- Show respect to coaches (Sensei), fellow Judoka, and parents at all times.
- Do not talk over the Sensei; it disrupts teaching and learning.
- Accept constructive criticism with dignity and respect, using it to improve. Players are encouraged to ask for feedback after competitions.
- At the end of each session, thank coaches and fellow Judoka (e.g., fist pump or high five).
- Attend all sessions with a positive attitude and approach challenges with determination.

Judo Moral Code in Practice

- Courtesy: Be polite, listen, and show respect.
- Courage: Face challenges bravely.
- Friendship: Value the friendships and connections judo creates.
- Honesty: Speak and act truthfully; accept feedback openly.
- Honour: Compete and train with integrity, within the rules.
- Modesty: Avoid showing off; train and compete with humility.
- Respect: Demonstrate sportsmanship, respect coaches, opponents, and training areas.
- Self-control: Manage emotions, especially anger, on and off the mat.



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Personal Development Principles: 10 Things That Require Zero Talent

1. *Being on Time* – Arriving punctually to training sessions and competitions demonstrates respect for your coach, teammates, and the sport.
2. *Work Ethic* – Dedicate yourself to improvement by regularly attending practice and refining techniques.
3. *Effort* – Always give your best during every practice and match, regardless of the circumstances.
4. *Body Language* – Maintain positive posture and resilience, influencing both your mindset and opponent.
5. *Energy* – Bring high energy to sessions, motivating yourself and others to train harder.
6. *Attitude* – Embrace challenges, stay humble in victory, and learn from defeats.
7. *Passion* – Genuine passion for judo fuels your commitment to improvement.
8. *Being Coachable* – Be open to feedback, adapt, and learn new techniques.
9. *Doing Extra* – Go beyond the regular training regimen with drills, match study, and fitness work.
10. *Being Prepared* – Stay physically fit, mentally focused, and ready before stepping onto the mat

Off-the-Mat Responsibility

- Players are encouraged to seek self-improvement outside of regular sessions (e.g., shadow uchikomi, core exercises :- Push up's, sit up's, squats, burpees and running)

Consequences of Breach

- Not being graded.
- Suspension from competitive judo.
- Persistent breaches may result in being asked to leave the club.

Agreement

I, (players name),

agree to follow the rules within this Code of Conduct while training and representing the club.

players Signature:

Parent/Guardian Signature:

Date:

