

2026 JudoScotland National Squads and Performance Support Guidelines

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National Squads - Eligibility

In order to be eligible for JudoScotland Squads, a judoka should:-

1. be eligible to compete for Scotland at the Commonwealth Games and to satisfy eligibility requirements of the Commonwealth Games Federation (CGF) and Commonwealth Games Scotland (CGS)
2. be a current member of JudoScotland (JS)
3. not be serving a ban from competition as a result of any disciplinary action, being found guilty of a doping offence, or be in receipt of a lifetime funding ban from any of the Sports Councils.

National Squads - Composition

Minors	Academy Squad
Pre-Cadet	Academy Squad
U18	Academy Squad
U18	National Squad
U21	Academy Squad
U21	National Squad
U23	National Squad
SNR	National Squad
SNR	Commonwealth Squad (CMW)
VI	Academy Squad
VI	National Squad

National Squads – Principles

4. JS performance and pathway activity is funded by sportscotland to achieve the following sportscotland targets:
 - (a) Scots on GB World Class Performance Programme (WCPP)
 - (b) Scots on TeamGB and ParalympicsGB
 - (c) Scottish Olympic & Paralympic medallists
 - (d) Team Scotland Commonwealth Games medals
5. Whilst looking to achieve the above targets, judo principles of “Jita-Kyoei” (Mutual Welfare & Benefit) and “Seiryoku-Zenyo” (Maximum Efficiency) should apply and will be realised through:
 - (a) Appropriate opportunities to develop
 - (b) Efficient use of budget – with budget assigned to both development and performance outcomes
 - (c) Current results being recognised, long-term development being the focus and judoka welfare is prioritised
 - (d) The value of technical, physical and behavioural development
 - (e) Increasing programme ownership provided to judoka as they progress in age and performance level.

Minors Academy Squad Selection Criteria

6. This squad is for athletes who have shown the ability to perform at British events and who have the aspiration and potential to progress onto the JS Performance Programme.
7. The squad aims to provide athletes with opportunities to develop themselves, compete internationally and lay a foundation for future success.
8. This squad is for athletes in Age Bands A
9. To be selected to join this squad athletes must satisfy all of the following criteria:
 - (a) Be a resident in Scotland, born in Scotland or have a parent born in Scotland
 - (b) Hold a JS licence
 - (c) Hold a British passport
 - (d) Be able to participate in international competitions and training camps
 - (e) Be committed to attending a minimum of 50% of the JS Hub sessions and of a minimum of 9 JS ALL Hubs sessions
Athletes are encouraged to contact the JS Performance Coaching team with any scheduling questions or support required.
 - (f) Understand and agree to abide by the JS code of conduct.
10. Eligibility for this squad requires meeting at least one of the criteria listed below (2024/2025)
11. To be selected to join this squad athletes must satisfy at least one of the following criteria:
 - (a) Top Three at the Scottish National Closed Championship (2025)
12. The athletes meeting the above criteria, will be **considered** for selection to the Minor Academy Squad, with additional factors such as injury, illness, weight change and current engagement with the programme taken into consideration.
13. British Judo, together with JS and other Home Nations, has produced weight-cutting guidelines to ensure the protection, safety and welfare of young judoka.
14. Should these guidelines be breached and concerns arise regarding an athlete's health, **JS reserves the right to withdraw the athlete from JS activities in order to safeguard their wellbeing.**
15. If an athlete's wellbeing or safety is likely to be at risk by being on the Minor Academy Squad, the Performance Pathway Coach, Takafumi Kitahara, will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for the Academy Squad.
16. Being selected to join the JS Minor Academy Squad gives athletes access to the following:
 - (a) Weekly Hub sessions - one or more per week based on closest hub availability
 - (b) Introduction to some additional sports performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition.
 - (c) JS ALL Hubs session – 14 per year
 - (d) Opportunity for domestic and international training and competition exposure.
 - (e) Subsidised JS performance-wear (tracksuit or t-shirt).
17. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by 31st December 2025.**
18. Players have the right to appeal the decision of the Selection Panel.
19. The JS Appeals process can be found on the JudoScotland website - <https://www.judoscotland.com/>
20. Club coaches can recommend players for co-option to the Pre-Cadet Academy Squad from 24th April to 1st May 2026. These recommendations should be based on results dated from 1st Jan 2026 to 23rd April 2026.
21. Co-options will be considered on 1 May 2026 by the Selection Panel.

Pre-Cadet Academy Squad Selection Criteria

22. This squad is for athletes who have shown the ability to perform at British events and who have the aspiration and potential to progress onto the JS Performance Programme.
23. The squad aims to provide athletes with opportunities to develop themselves, compete internationally and lay a foundation for future success.
24. This squad is for athletes in Age Bands B1, B2 (Born in 2013/14)
25. To be selected to join this squad athletes must satisfy all of the following criteria:
 - (g) Be a resident in Scotland, born in Scotland or have a parent born in Scotland
 - (h) Hold a JS licence
 - (i) Hold a British passport
 - (j) Be able to participate in international competitions and training camps
 - (k) Be committed to attending a minimum of 50% of the JS Hub sessions and of a minimum of 9 JS ALL Hubs sessions
Athletes are encouraged to contact the JS Performance Coaching team with any scheduling questions or support required.
 - (l) Understand and agree to abide by the JS code of conduct.
26. Eligibility for this squad requires meeting at least one of the criteria listed below (2024/2025)
27. To be selected to join this squad athletes must satisfy at least one of the following criteria:
 - (b) Top Three at the Scottish National Closed Championship (2025)
 - (c) Top Five at the British Pre Cadet Championships (2024/5)
 - (d) Top Five of the Grand Prix Series (2025) Ranking.
 - (e) Attend three of the four Grand Prix Series (2025) and finish with 2 x top Three placings
28. The athletes meeting the above criteria, will be **considered** for selection to the Pre-Cadet Academy Squad, with additional factors such as injury, illness, weight change and current engagement with the programme taken into consideration.
29. British Judo, together with JS and other Home Nations, has produced weight-cutting guidelines to ensure the protection, safety and welfare of young judoka.
30. Should these guidelines be breached and concerns arise regarding an athlete's health, **JS reserves the right to withdraw the athlete from JS activities in order to safeguard their wellbeing.**
31. If an athlete's wellbeing or safety is likely to be at risk by being on the Pre-Cadet Academy Squad, the Performance Pathway Coach, Takafumi Kitahara, will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for the Academy Squad.
32. Being selected to join the JS Pre-Cadet Academy Squad gives athletes access to the following:
 - (f) Weekly Hub sessions - one or more per week based on closest hub availability
 - (g) Introduction to some additional sports performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition.
 - (h) JS ALL Hubs session – 14 per year
 - (i) Opportunity for domestic and international training and competition exposure.
 - (j) Subsidised JS performance-wear (tracksuit or t-shirt).
33. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by the 31st of December 2025.**
34. Players have the right to appeal the decision of the Selection Panel.
35. The JS Appeals process can be found on the JudoScotland website -
<https://www.judoscotland.com/>

36. Club coaches can recommend players for co-option to the Pre-Cadet Academy Squad from 24th April to 1st May 2026. These recommendations should be based on results dated from 1st Jan 2026 to 23rd April 2026.
37. Co-options will be considered on 1 May 2026 by the Selection Panel.

U18 Academy and National Squad Selection Criteria

38. This squad is for athletes who have shown the ability to perform at British events and who have the aspiration and potential to progress onto the JS Performance Programme. This squad aims to provide athletes with opportunities to develop themselves, compete internationally and lay a foundation for future success.
39. This squad is for athletes in Age Bands C1,C2,C3 (Born in 2010/11/12)
40. To be selected to join this squad athletes must satisfy all of the following criteria:
 - (a) Be a resident in Scotland, born in Scotland or have a parent born in Scotland.
 - (b) Hold a JudoScotland licence
 - (c) Hold a British passport
 - (d) Be able to participate in international competitions and training camps
 - (e) Be committed to attending a minimum of 60% of the JS Hub sessions and of a minimum of 9 JS ALL Hubs sessions
 - (f) Athletes are encouraged to contact the JS Performance Coaching team with any scheduling questions or support required.
 - (g) Understand and agree to abide by the JS code of conduct.

41. Eligibility for this squad requires meeting at least one of the criteria listed below (2024/2025): (all placing will be considered only with a minimum of 2 wins matches)

Academy Squad

- (a) Top Three at the Scottish National Closed Championship (2025)
- (b) Top Five GB Ranking
- (c) Top Five at the British Cadet Championships (2024/5)
- (d) Attend a minimum of three of the four Home Nation Opens (2025) with a minimum of 2 x top 5 placings

In all events, placings will be considered only with a minimum of 2 wins.

National Squad

- (a) Top Seven at a European Cup Cadet
- (b) Win Two matches at European Cup Cadet
- (c) Top Seven or one match win at European Cup Junior

42. The athletes meeting the criteria will be **considered** for selection to the U18 Academy and National Squads, with additional factors such as injury, illness, weight change, current engagement with the programme taken into consideration.
43. British Judo, together with JS and other Home Nations, has produced weight-cutting guidelines to ensure the protection, safety and welfare of young judoka.
44. Should these guidelines be breached and concerns arise regarding an athlete's health, **JS reserves the right to withdraw the athlete from JS activities in order to safeguard their wellbeing.**
45. If an athlete's wellbeing or safety is likely to be at risk by being on the U18 Academy and National Squads, the Performance Pathway Coach, Takafumi Kitahara, will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for these Squads.

46. Being selected to join the JS U18 Academy Squad, gives athletes access to the following:
 - (a) Weekly Hub sessions (one or more per week based on closest hub availability)
 - (b) Introduction to some additional sports performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition
 - (c) JS ALL Hubs session – 14 per year
 - (d) One Cadet European Cup and other opportunities for domestic and international training and competition exposure
 - (e) Subsidised JS performance-wear (tracksuit and t-shirt).
47. Being selected to join the JS U18 National Squad, gives athletes access to the following:
 - (a) Access to the U18 Academy Squad
 - (b) European Championship qualification path - European Cups, Training camps in order to meet the GB qualification criteria.
48. U18 National Squad judoka can access regional physiotherapy at an identified centre across Scotland (East, West, North) at a reduced rate with the ability to claim back a portion of the cost from JS (see page 18).
49. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by the 31st of December 2025.**
50. Players have the right to appeal the decision of the Selection Panel.
51. The JS Appeals process can be found on the JudoScotland website - <https://www.judoscotland.com/>
52. Club coaches can recommend players for co-option to the U18 Academy Squad from 24th April to 1st May 2026. These recommendations should be based on results dated from 1st Jan 2026 to 23rd April 2026.
53. Co-options will be considered on 1 May 2026 by the Selection Panel.

U21 Academy and National Squad Selection Criteria

54. This squad is for athletes who have shown the ability to perform at National and International events and who have the aspiration and potential to progress onto the World Class Performance Program.
55. To be selected to join this squad athletes must satisfy the following criteria:
 - (a) Be a resident in Scotland, born in Scotland or have a parent born in Scotland
 - (b) Hold a JudoScotland licence
 - (c) Hold a British passport.
 - (d) Be able to participate in international competitions and training camps.
 - (e) Be committed to attending a minimum of the 60% of the JS sessions and activities.
Athletes are encouraged to contact the JS Performance Coaching team with any scheduling questions or support required.
 - (f) Understand and agree to abide by the JS code of conduct.
56. Eligibility for this squad requires meeting at least one of the criteria listed below (2025): (all placing will be considered only with a minimum of 2 wins matches)
Academy Squad
 - (a) Top Three at the Scottish National Closed Championship (2025)
 - (b) Top Five GB Ranking
 - (c) Top Five at the British Junior Championships (2025)

(d) Attend a minimum three of the four Home Nation Opens (2025) with a minimum of 2 x top five placings.

National Squad

- (a) Top Seven at the European Cup Junior
- (b) Two match wins at European Cup Junior
- (c) Top Seven or one match win at European Cup Senior
- (d) Meeting the Commonwealth Games qualification Criteria

57. The athletes meeting the criteria will be **considered** for selection to the U21 Academy and National Squad, with additional factors such as injury, illness, weight change, current engagement with programme taken into consideration.
58. British Judo, together with JS and other Home Nations, has produced weight-cutting guidelines to ensure the protection, safety and welfare of young judoka.
59. Should these guidelines be breached and concerns arise regarding an athlete's health, **JS reserves the right to withdraw the athlete from JS activities in order to safeguard their wellbeing.**
60. If an athlete's wellbeing or safety is likely to be at risk by being on the U21 Academy and National Squad, the Performance Pathway Coaches and the Head of Performance, will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for the Academy/National Squad.
61. Being selected to join the JS U21 Academy Squad, gives athletes access to the following:
 - (a) All Judo and physical sessions at the National Training Centre
 - (b) One Junior European Cup and other opportunities for domestic and international training and competition exposure
 - (c) Introduction to some additional sports performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition
 - (d) Subsidised JS performance-wear (tracksuit and t-shirt).
62. Being selected to join the JS U21 National Squad, gives athletes access to the following:
 - (a) Access to the U21 Academy Squad
 - (b) European Championship qualification path - European Cups, Training camps in order to meet the GB qualification criteria
63. National Squad judoka can access regional physiotherapy at an identified centre across Scotland (East, West, North) at a reduced rate with the ability to claim back a portion of the cost from JS (see page 18).
64. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by the 31st of December 2025.**
65. Players have the right to appeal the decision of the Selection Panel.
66. The JS Appeals process can be found on the JudoScotland website - <https://www.judoscotland.com/>
67. Club coaches can recommend players for co-option to the U21 Academy Squad from 24th April to 1st May 2026. These recommendations should be based on results dated from 1st Jan 2026 to 23rd April 2026.
68. Co-options will be considered on 1 May 2026 by the Selection Panel.

U23 National Squad Selection Criteria

69. This squad is for athletes who have shown the ability to perform at National and International events and transition to the Senior age group. This squad aims to support the athletes to transition to the World Class Performance Programme (WCPP)
70. To be selected to join this squad athletes must satisfy the following criteria:
 - (a) Be a resident in Scotland, born in Scotland or have a parent born in Scotland
 - (b) Hold a JudoScotland licence
 - (c) Hold a British passport.
 - (d) Be able to participate in international competitions and training camps.
 - (e) Be committed to attending a minimum of the 60% of the JS sessions and activities
Athletes are encouraged to contact the JS Performance Coaching team with any scheduling questions or support required.
 - (f) Understand and agree to abide by the JS code of conduct.
71. Eligibility for this squad requires meeting at least one of the criteria listed below (2025): (all placing will be considered only with a minimum of 2 wins matches)
72. **U23 National Squad**
 - (a) Top 5 GB Senior ranking list
 - (b) Top five at the British Championships (2025)
 - (c) Top seven at a European Cup Senior
 - (d) Top seven at a Junior European Cup (2025)
 - (e) Meeting the Commonwealth Games qualification Criteria
(<https://www.teamscotland.scot/wp-content/uploads/2025/04/G2026-Team-Scotland-Judo-Selection-Policy-V2.pdf>)
73. The athletes meeting the above criteria, will be **considered** for selection to the U23 National Squad, with additional factors such as injury, illness, weight change, current engagement with the programme taken into consideration.
74. If an athlete's wellbeing or safety is likely to be at risk by being on the U23 National Squad, the Performance Pathway Coaches and the Head of Performance will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for the Squad.
75. Being selected to join the JS U23 National Squad, gives athletes access to the following:
 - (a) All Judo and physical sessions at the National Training Centre
 - (b) One Senior European Open and other opportunities for domestic and international training and competition exposure.
 - (c) Introduction to some additional sports performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition.
 - (d) Subsidised JS performance-wear (tracksuit and t-shirt).
 - (e) U23 European Championship qualification path - European Cups, Training camps in order to meet the GB qualification criteria.
76. National Squad judoka can access regional physiotherapy at an identified centre across Scotland (East, West, North) at a reduced rate with the ability to claim back a portion of the cost from JS (see page 18).
77. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by the 31st of December 2025.**

78. The nominated athletes list who met the criteria will be communicated after the British Championships 2025. The athlete must confirm/accept the nomination by the 31st of December 2025.
79. Players have the right to appeal the decision of the Selection Panel.
80. The JS Appeals process can be found on the JudoScotland website - <https://www.judoscotland.com/>

SNR National Squad and Commonwealth Games Squad Selection Criteria

81. This squad is for athletes who have shown the ability to perform at National and International events with the aim of transitioning to WCPP (World Class Performance Program).
82. To be selected to join this squad athletes must satisfy the following criteria:
 - (a) Be a resident in Scotland, born in Scotland or have a parent born in Scotland
 - (b) Hold a JudoScotland licence
 - (c) Hold a British passport
 - (d) Be able to participate in international competitions and training camps
 - (e) Be committed to attending a minimum of the 60% of the JS sessions and activities
Athletes are encouraged to contact the JS Performance Coaching team with any scheduling questions or support required.
 - (f) Understand and agree to abide by the JS code of conduct.
83. Eligibility for this squad requires meeting at least one of the criteria listed below (2025): (all placing will be considered only with a minimum of 2 wins matches)
84. **National Squad**
 - (a) Top Three GB Senior Ranking
 - (b) Top Three at the British Senior Championships (2025)
 - (c) Top Seven at the European Cup Senior
 - (d) Top Seven at European Open**Commonwealth Games Squad**
 - (a) Meeting the Commonwealth Games qualification Criteria
(<https://www.teamscotland.scot/wp-content/uploads/2025/04/G2026-Team-Scotland-Judo-Selection-Policy-V2.pdf>)
85. The athletes meeting the criteria will be considered for selection to the SNR National Squad, with additional factors such as injury, illness, weight change, current engagement with the programme taken into consideration.
86. If an athlete's wellbeing or safety is likely to be at risk by being on the SNR National Squad, the Performance Pathway Coaches and the Head of Performance will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for the Squad.
87. Being selected to join the JS SNR National Squad gives athletes access to the following:
 - (a) All Judo and physical sessions at the National Training Centre
 - (b) One Senior European Open and other opportunities for domestic and international training and competition exposure.
 - (c) Sport performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition
 - (d) Subsidised JS performance-wear (tracksuit and t-shirt).
 - (e) Commonwealth Games qualification path - Continental Opens
88. Being selected to join the JS CMW Games Squad, gives athletes access to the following:

- (a) International Training Camps and Competitions - European Cups, Opens, Continental Opens
- 89. National Squad judoka can access regional physiotherapy at an identified centre across Scotland (East, West, North) at a reduced rate with the ability to claim back a portion of the cost from JS (see page 18).
- 90. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by the 31st of December 2025.**
- 91. Players have the right to appeal the decision of the Selection Panel.
- 92. The JS Appeals process can be found on the JudoScotland website - <https://www.judoscotland.com/>

VI Academy and National Squad Selection Criteria

- 93. This squad is for athletes who have Visual Impairing conditions and want to improve their combativity with the aim to perform at National and International events and not less, who have the aspiration and potential to progress onto the World Class Performance Program.
- 94. To be selected to join this squad athletes must satisfy the following criteria:
 - (a) Be a resident in Scotland, born in Scotland or have a parent born in Scotland
 - (b) Hold a JudoScotland licence
 - (c) Hold a British passport
 - (d) Be able to participate in international competitions and training camps
 - (e) Showing commitment to attending training at the designated club, the closest Hub or the National Training Centre.
 - (f) Understand and agree to abide by the JS code of conduct.
- 95. Eligibility for this squad requires meeting at least one of the criteria listed below (2025): (all placing will be considered only with a minimum of 2 wins matches)
 - Academy Squad**
 - (a) Domestic events match wins
 - (b) IBSA International competitions match wins
 - National Squad**
 - (a) Top Seven placing at IBSA International events
- 96. The athletes meeting the above criteria, will be **considered** for selection to the VI Academy and National Squad, with additional factors such as injury, illness, weight change, current engagement with programme taken into consideration.
- 97. British Judo, together with JS and other Home Nations, has produced weight-cutting guidelines to ensure the protection, safety and welfare of young judoka.
- 98. Should these guidelines be breached and concerns arise regarding an athlete's health, **JS reserves the right to withdraw the athlete from JS activities in order to safeguard their wellbeing.**
- 99. If an athlete's wellbeing or safety is likely to be at risk by being on the VI Academy and National Squad, the Performance Pathway Coaches and the Head of Performance, will discuss these concerns with the parent(s) or guardian(s) and coach of the athlete and may choose not to select the athlete for the Academy/National Squad.
- 100. Being selected to join the JS VI Academy Squad, gives athletes access to the following:
 - (a) Weekly Hub sessions (one or more per week based on closest hub availability)
 - (b) Introduction to some additional sports performance aspects such as Anti-Doping, Physical Preparation, Performance Nutrition
 - (c) JS ALL Hubs session – 14 per year

- (d) IBSA International events and other opportunities for domestic and international training and competition exposure.
- (e) Subsidised JS performance-wear (tracksuit and t-shirt).

101. Being selected to join the JS VI National Squad, gives athletes access to the following:
 - (a) Access to the VI Academy Squad
 - (b) World Class Performance Paralympic Programme
102. National Squad judoka can access regional physiotherapy at an identified centre across Scotland (East, West, North) at a reduced rate with the ability to claim back a portion of the cost from JS (see page 18).
103. The list of nominated athletes who meet the criteria will be communicated after the British Championships 2025. **The athlete must confirm/accept the nomination by the 31st of December 2025.**
104. Players have the right to appeal the decision of the Selection Panel.
105. The JS Appeals process can be found on the JudoScotland website -
<https://www.judoscotland.com/>
106. Club coaches can recommend players for co-option to the VI Academy Squad from 24th April to 1st May 2026. These recommendations should be based on results dated from 1st Jan 2026 to 23rd April 2026.
107. Co-options will be considered on 1 May 2026 by the Selection Panel.

sportscotland Institute of Sport (SIS) Support for JS Judoka

108. SIS status will be identified for the judoka that have met the 2026 Criteria during the competing period of all 2025.
109. SIS judoka will be expected to be based at a recognised performance training environment and attend 60% of the activity provided by JS. The training centre may be discussed on a case-by-case basis and with individual athletes whenever needed
110. Additional support for those identified as SIS "Performance" is provided through access to SIS Performance Services
111. Please note that all support available is dependent on continued funding of the performance programme by our funding partners at sportscotland and therefore can change if funding/resource allocation changes.

Performance Service Support

112. Where a judoka is identified as an SIS supported athlete they will have access to centrally delivered performance services (Physical Preparation, Physiotherapy, Sports Medicine, Performance Psychology, Performance Physiology, Performance Nutrition, Performance Lifestyle) for the duration of Jan-Dec 2026 providing they continue to meet programme expectations.
113. Performance SIS supported judoka are encouraged to engage with the programme delivered at the JS NTC but on exception, can be based remotely at a recognised performance training centre. The training centre will be confirmed and discussed on a case-by-case basis and with individual athletes whenever needed
114. Performance judoka with significant international tour medal history who have been kept out of competition for a period greater than six months due to an identified medical condition can be named as "JS Performance" for a period of twelve months following their return to competition. Judoka identified in this way would be required to medal on the international tour within the twelve months to maintain their "JS Performance" status.

115. Where potential SIS judoka exceed places available, SIS support will be given to those deemed to have the most potential to achieve programme performance targets over the following year.

Age Group Performance Targets

(Blue = SIS support introduced at this level)

Cadet Judoka	Junior Judoka:	U23 Judoka:	Senior Judoka:	VI Judoka:
Progress Target	Progress Targets:	Progress Targets:	Progress Targets:	Progress Targets:
Match wins at JNR European Cup	Match wins at JNR European Cup	Match wins at SNR European Cup	Match wins at European Open / Top 7 placings at European Cup	Domestic event match wins / IBSA international competition match wins
↓	↓	↓	↓	↓
Top 7 Placings at Cadet European Cup	Top 7 Placings at JNR European Cup	Top 5 placings at SNR European Cup	Top 7 placings at European Open, Grand Prix and Grand Slam	Top 7 placings at IBSA Grand Prix events
↓	↓	↓	↓	↓
Medals at Cadet European Cup	Medals at JNR European Cup	Medals at SNR European Cup	Medals at European Open / Top 5 Grand Prix and Grand Slam	Medals at IBSA Grand Prix events
↓	↓	↓	↓	↓
Meet Cadet Championship selection criteria	Meet JNR Championship selection criteria	Meet U23/SNR Championship selection criteria	Medals on IJF Tour (GP & GS) / Meet SNR Championship selection criteria	Selections for VI Major Championships (European/Worlds)
↓	↓	↓	↓	↓
Overall Target	Overall Target:	Overall Target:	Overall Target:	Overall Target:
Cadet Championship (European/ EYOF/ World) Medal	Junior Championship (European/ World) Medal	U23 European Championship Medal	Senior Championship (European/World/ Olympic) Medal	VI (European/World/ Paralympic) Medal

Financial Support – JS and SIS

JS National Squad Financial Support*				
U18	U21	U23	SNR	VI
SUBSIDY				
Invited to Competition and Training Camp				
20% of accommodation cost for the training camp + entry fee (no travel)				
Invited to Competition Only				
20% of accommodation cost + entry fee (No Travel)				
Invited to Training Camp Only				
20% of the total cost (accommodation + travel + fee)				
REFUND/ CREDIT (only on EJU/IJF TOUR)**				
GOLD	SILVER & BRONZE	5TH	7TH	
100%	75%	50%	25%	
On the remaining balance Travel included	On the remaining balance Travel included	On the remaining balance Travel included	On the remaining balance Travel included	
* National Squads Only. Academy squads may be subsidised depending on funding.				
**The credit will be applied to future activity within the following 12 months				

SIS Supported Athletes Financial Support				
U18	U21	U23	SNR	VI
SUBSIDY				
Invited to Competition and Training Camp				
80% of accommodation cost for the training camp + entry fee (no travel)				
Invited to Competition Only				
30% of accommodation cost + entry fee (no Travel)				
Invited to Training Camp Only				
50% of the total cost (accommodation + travel + fee)				
REFUND/ CREDIT (only on EJU/IJF TOUR)*				
GOLD	SILVER & BRONZE	5TH	7TH	
100%	75%	50%	25%	
On the remaining balance Travel included	On the remaining balance Travel included	On the remaining balance Travel included	On the remaining balance Travel included	
*The credit will be applied to future activity within the following 12 months				

Physiotherapy Support Scheme

1. JS has implemented a regional physio support scheme, which consists of a network of regional physiotherapy clinics where JS Squad athletes can access high quality physiotherapy support at a subsidised rate.
2. To qualify for this subsidised support you will have been named as an athlete on any of the JS National Squads and only through consultation with the Head of Performance.
3. The establishment of this regional support network allows athletes to access physiotherapy regionally and will mean that athletes will pay a significantly subsidised rate per appointment.
4. The identified 3 clinics are shown below:
 - (a) East – FASIC, 46 Pleasance, Edinburgh
 - (b) West – Hampden Sports Clinic, Hampden Park, Glasgow G42 9ED
 - (c) North – SPEAR Physiotherapy, Aberdeen Sports Village, Linksfield Road, Aberdeen, AB24 5RU
5. To access the subsidised rate:
6. JS provide each Clinic with a list of JS qualifying athletes:
7. Athletes/parents book and pay full cost directly with the relevant Clinic **AND obtain a receipt**
8. Athletes can claim back £20 per appointment (to a maximum of 10 appointments per year) from JS via an expense claim form - with receipt(s)
9. JS process athlete appointment subsidy once approved by JS coaching team.
10. Should you have any questions regarding the above, contact Alberto Borin – albertoborin@judoscotland.com .