

# NSW Judo KATA Team

## Selection Guidelines for the NSW Judo KATA Team 2026

### 1. INTRODUCTION

1.1. Judo NSW has updated their selection guidelines for athletes wishing to compete at the 2026 Australian Championships.

1.2. These selection guidelines are for the “KATA” competition which encompasses the following:

- Nage no Kata and Junior Nage no Kata
- Katame no Kata and Junior Katame no Kata
- Kime no Kata
- Ju no Kata
- KDK Goshin Jutsu
- Itsuitsu no Kata
- Koshiki no Kata
- Adaptive Kata (TBD)

1.3. Selection for this event will be performed by the state KATA coaches.

1.4. The KATA coaches and Judo NSW CEO will have final approval of all selections.

1.5. Whilst this document attempts to identify all circumstances where an athlete is unable to fulfil the selection criteria, it is acknowledged there may be extraordinary circumstances where this does not occur. In such cases, the Kata Coaches in conjunction with the Judo NSW CEO, will have discretion to include an athlete.

1.6. In 2026, athletes selected for the NSW KATA team are acknowledged for their performance at:

- 2025 National Championships,
- 2026 Canberra and Sydney International Opens,
- 2026 State Championships

### 2. MINIMUM STANDARDS TO BE MET

2.1. To be eligible for consideration for selection to the 2026 NSW Judo Team, athletes must first satisfy the following requirements:

- Comply with Sections 5.9 and 5.10 of the Sporting Code which relates to residency of Australian athletes and non-Australian athletes,
- Reside in New South Wales,
- Be a financial member and be in good standing with Judo NSW and Judo Australia,
- Have signed the current Judo NSW Team Member Agreement.

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## 3. SELECTION GUIDELINES – COMPETITION COMMITMENT

3.1. There is no limit to the number of NSW athletes that can be selected in a Kata division.

3.2. **Athletes must compete in selection events as per Attachment A. (At end of document)**

3.3. The following exemptions will be given if an athlete does not compete in the 2026 NSW State Titles.

- The athlete is training overseas and provides timely communication of this to the Lead Coach,
- The athlete is representing Australia overseas,
- The athlete is soon to depart and represent Australia overseas and in the opinion of the relevant Australian Coach, competing at the NSW State Titles would be detrimental to the athlete's overseas preparation,
- The athlete is injured and/or sick and is unable to compete. In such case a Doctors Certificate would be required to be presented to the Team Manager,
- The athlete is overseas or interstate at the time of this event.

3.4. The following exemptions will be given if an athlete does not compete in an International Open in 2026.

- The athlete is training overseas during all 3 International Opens and provides timely communication of this to the Lead Coach,
- The athlete is representing Australia overseas during all three International Opens,
- The athlete is soon to depart and represent Australia overseas and in the opinion of the relevant Australian Coach, competing at the International Open would be detrimental to the athlete's overseas preparation. This would need to apply for all three International Opens,
- The athlete is injured and/or sick and is unable to compete. In such case a Doctors Certificate would be required. The injury would need to cover the period for all 3 International Opens,
- The athlete is overseas or interstate at the time of this event.

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## 4. SELECTION GUIDELINES – TRAINING COMMITMENT

**4.1.** All athletes must attend NSW training which commences with a training camp on the 28 - 29 MONTH 2026 (details to follow). From there, training will be every Saturday at the Judo NSW State Training Centre in Newington from 9:00am.

**Athletes are greatly encouraged to participate in all Saturday workouts from the beginning of the year.**

**4.2.** Athletes must commit to the following training attendance:

- Metropolitan athletes – 70% of all training sessions
- Greater Sydney (Blue Mountains, Wollongong, Central Coast) – 70% of all sessions
- Country NSW – Training camp weekend and follow a training plan and online review

**4.3.** The following exemptions will be given if an athlete does not attend the provided training sessions in 2026.

- The athlete is training overseas during this time and provides timely communication to the Lead Coach. (The athlete will be credited with the sessions missed during this time.),
- The athlete is representing Australia overseas during this time. (The athlete will be credited with the session missed during this time.),
- The athlete is soon to depart and represent Australia overseas and in the opinion of the relevant Australian Coach, attending training would be detrimental to the athlete's overseas preparation. (The athlete will be credited with this session and any others whilst overseas.),
- If an athlete is injured and/or sick they must provide the team manager with a Doctors Certificate. The athlete will be credited for the sessions missed whilst injured/sick,
- The athlete is a member of the Australian Defence Force or Emergency Services. The athlete will be credited for the session where they are rostered "on duty",

**4.4.** Athletes with extended illness or injury may be de-selected at the discretion of the Coach Lead and Judo NSW CEO.

**4.5.** Athletes with an extended period of injury may be required to undergo a medical examination (at their cost) to confirm their fitness to compete.

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## ATTACHMENT A: JUDO NSW STATE KATA TEAM SELECTION CRITERIA 2025

	<b>Comment</b>	<b>Sydney International</b>	<b>NSW State Championships</b>
<b>Kata (all categories)</b>	<b>Potential team members must attend the Sydney International Open and attend NSW State Championships</b>	<b>Compulsory</b>	<b>Compulsory</b>