



IJF

**TECHNICAL
SEMINAR**

**ISTANBUL • TÜRKİYE
14 • 15 DECEMBER 2024**





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Judo Values and Ethics



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I. INTRODUCTION

- Judo is deeply rooted in respect and discipline
- Values reflected in behaviour of officials, coaches, and athletes
- Core values: courage, respect, modesty, sincerity, friendship, honour, politeness, self-control



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II. BEHAVIOUR EXPECTED FROM ATHLETES

1. *Respect for the opponent*

- Bow properly to the opponent before and after contests
- Maintain respect regardless of contest outcome

2. *Sportsmanship*

- Celebrate wins modestly
- Accept defeat with dignity
- Violence/aggression is unacceptable



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3. *Self-Control*

- Avoid aggressive or dangerous behaviour

4. *Compliance with Rules*

- Follow referees' instructions
- No cheating or dishonest actions
- Respect decisions without complaints



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5. Judogi Compliance and Punctuality

- Wear proper judogi
- Arrive on time for judogi control and contests



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III. BEHAVIOUR EXPECTED FROM COACHES

1. Encouraging Respect

- Follow the IJF Code of Ethics
- Instil respect for opponents and referees

2. Supporting Athletes Positively

- Avoid negative criticism during contests



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3. Respect for Referees

- Do not argue with referees
- Use proper channels for disagreements

4. Professional Conduct

- Be a role model with a professional attitude



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5. Limiting interventions

- Speak only during pauses after Mate!



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IV. REFEREE'S ROLE

Referee's authority

- Manage contests and enforce behaviour expectations
- Emphasize respectful responses to penalties



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V. RESPECT FOR THE FACILITIES

- Care for equipment facilities
- Respect accommodations and event spaces



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VI. CONSEQUENCES OF MISCONDUCT

- Warnings, disqualification, and penalties for poor behaviour
- Repeated violations may lead to disciplinary action



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VII. ETHICAL BEHAVIOUR BEYOND JUDO

- Judo values extend beyond competitions
- Promote a healthy, positive sporting environment
- Positive behaviour helps to foster a good image of our sport



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VIII. CONCLUSION

- Maintain proper conduct in judo events
- Athletes and coaches are the showcase of our sport. They must act as role models
- Proper conduct is essential to safeguarding the integrity and reputation of our sport
- Respectful behaviour – whether on tatami or in interaction with referees sets the tone for fair competition



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VIII. CONCLUSION

- The core values of judo are life lessons that build character and foster personal growth
- The athletes, coaches, referees and officials share the responsibility of exemplifying judo values
- A call for action: ensure judo inspires, unite and promote excellence both on and off the mat.



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Thank you
Merci
Muchas gracias

