

MEDICAL COMMISSION



Chair: CASTRO Antonio

Members: BRONS Arnold, ELKETTANI Chafik, ELOKIURU Rauno, EMBER Andrea, HIDAS Peter, KAMIYA Nobuhiro, STROOBANTS Marine, SZOVERFI Zsolt

Since the 2023 International Judo Federation (IJF) Congress in Doha, the Medical Commission (MC) has undergone a reorganisation of its structure to achieve greater efficiency.

In 2024 the MC welcomed a new member, Dr Zsolt Szoverfi from Hungary, who, with his professional experience, is another great asset to our commission. Ms Marine Stroobants from the IJF General Secretariat is now the MC secretary, while Ms Andrea Ember, with her extensive experience in administering the MC, is responsible for all anti-doping issues.

The Paris 2024 Olympic Games were a success, both from sport and medical points of view, thanks to the attention and collaboration of the athletes, delegations, local organisers and the IOC Medical Commission. The same organisation and attention were applied to the IJF World Judo Tour (WJT) events held throughout the Olympic qualification period.

As part of our efforts to keep judo safe and clean, we continue to collaborate with the International Testing Agency (ITA) during IJF WJT events. In 2024 there were 168 in-competition doping tests. Besides these tests, the ITA commissioned 274 urine and 35 blood test out-of-competition doping tests.

We have been focusing more and more on engaging in anti-doping education processes for new generations, in collaboration with the International Testing Agency (ITA). We are happy to have held anti-doping education booths at various events and training camps where athletes, coaches and delegation members have had the chance to ask questions and learn more about various anti-doping matters. The ITA partnerships also provided several webinars covering different topics such as the doping control process, supplement use, the prohibited list, etc.

WEBINAR SERIES

9 Apr	INTRODUCTION TO ANTI-DOPING
16 Apr	THE DOPING CONTROL PROCESS
23 Apr	MEDICATIONS, SUPPLEMENTS, PROHIBITED LIST AND TUES
30 Apr	VALUES, CONSEQUENCES, AND REPORTING
7 May	OUT-OF-COMPETITION TESTING

All webinars from 14:00 to 15:00 CEST

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Examples of those activities were published on the IJF website:

<https://www.ijf.org/news/show/the-ijf-clean-sport-education-station>

<https://www.ijf.org/news/show/anti-doping-education-continues-ahead-of-paris-2024>

The MC members have actively participated in events, conferences and seminars, as well as in various discussions on medical topics which were brought to us by the IJF commissions or national federations. In co-operation with the IJF General Secretariat and the IJF commissions, we have participated in the elaboration of the Athlete Eligibility Regulations for IJF competitions.



*Dr Castro, Dr Smolders and Dr Brons
photo credit European Judo Union*

With Dr Arnold Brons (IJF MC) and Dr Peter Smolders (EJU MC), we had the opportunity to attend the Get Together adaptive judo tournament in Venray, the Netherlands, at the end of 2023. Guidelines and regulations required for the development of this type of event were discussed.

We are working in collaboration with the continental union presidents and executive committees to have a much more dynamic and close working relationship with their respective medical commissions.

Several research projects have also begun, such as those around the prevention of injuries and protection of the athletes by focusing on the use of injury statistics and video analysis, with the collaboration of the IJF Referee Commission; prevention on athlete mental health issues and what kind of support can be provided; study of the athletes' weight in different categories and the influence on their health, together with the IJF Sport Commission and Scientific Committee.

On behalf of the IJF Medical Commission, I would like to sincerely thank the IJF President, Mr Vizer, for his trust and continuous support, as well as the IJF Executive Committee, the IJF commissions, the continental unions and the national federations for their collaboration in making judo a clean and safe sport.