

LEVEL-I - TRAINER (Assistant Coach)

CERTIFICATION CRITERIA

GRASS-ROOT LEVEL, TRAINER (Assistant Coach).

- ❖ Having aptitude for coaching, knowledge of Kodokan Techniques & Nage-no-kata & Intended to train Judo athletes at Grass root level (District/Club)

ELIGIBILITY:

1. Minimum Age: 20 Years as on 1st January 2021
2. NIS / qualified from other recognized institutions (less than 5 years experience)
3. International competitions' medalists and participants, *Sr. National Medalists.
4. Minimum criteria: *Sr. National participants,*Jr. National medalists/*Black Belt/*3 time Inter university participation/ *Police Games medalist/* Sr. State medalist
5. PE teachers having JFI Sho-Dan
6. Sho-Dan (First degree black belt) certified by JUDO Federation of India
7. International players (sr./Jr.) of recognized competitions with 1 year Coaching experience.
8. Mandatory:
 - 1] Applicant has to attend whole course. At the end of course individual has to appear in Exam (Theory and Practical), has to give presentation on given topic and interview. On the basis of performance in exam, presentation and interview an individual will be considered for Level 1.
 - 2] Online Registration and payment of Fee Rs.6000/-.

Duration of Course

- ✓ Online theoretical classes for over a period of 12 weeks in which students will study Judo & Sports Science modules.
- ✓ 1 week assessment practical session for level-I will be organized by JFI Technical Experts at Common place/Zone/State, followed by theory & practical exam.



Contents for Online Classes

JUDO:

- History
- Judo terms
- Fundamentals
- Principles
- Coaching Philosophy & Principles
- Role of Trainer
- Application of Judo
- Psychology of Sport
- Basics of Training Methodology (Grass root level)
- Motor Abilities
- Judo Competitions
- Refereeing Rules
- Classification of Judo Techniques
- Nage-no-Kata

SPORTS SCIENCE:

- Exercise Physiology
- Nutrition & Hydration
- First Aid & Safety
- Sports Specific Terminology
- Recovery
- Sports Psychology & Mental Training
- Weight Management

Disqualification:

The applicant those who are falling in the following will be disqualified automatically:

- 1] **Sportspersons/ Applicant who have been penalized or against whom enquiry is pending/ ongoing for use of drugs/substances banned by the National Anti-doping Agency OR World Anti-Doping Agency (WADA) based on a sample collected by the National Anti-Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory or any other WADA accredited laboratory, will not be eligible for the Certification.**



- 2] **Sportspersons/ Applicant who are facing any criminal case also not eligible for the NDIC.**
- 3] **Sportspersons/ Applicant must submit an undertaking for the above two points that is about Dope and Criminal cases**

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LEVEL-II - COACH (Intermediate)

CERTIFICATION CRITERIA

COACH:

- ❖ Having aptitude for Coaching, intended to train Judo athletes at cadet National Level/ Jr. National Level / NCOEs / Recognized Academies / JFI Centres etc.

ELIGIBILITY:

- 1] Should have ability to plan & implement training sessions within the context of yearly plan.
- 2] Minimum Age: 22 Years as on 1st January 2021
- 3] Applicants must be fall in any of the following criteria:
 - A] Minimum Grade Ni-Dan. Good Knowledge of Katame-no-kata
 - B] Two Years' experience in Level - I as a trainer
 - C] Who has achieved minimum 75% in practical exams (Tachi-waza and Katame-waza) in Level -I.
If he/she does not score 75% he or she has to wait minimum 1 year to appear again.
 - D] Medal winners of:
*World Championships, *Commonwealth Games, *Asian Games, *Grand Slam, *Grand Prix medalists, OR
NIS / qualified from other recognized institutions (with minimum 5 years coaching experience).

Criteria Relaxation:

*NO need to appear for EXAM., only to submit PPT presentation and appear for interview; on the basis of Performance, Physical fitness and merit an individual coach would be upgraded to Level 1 or 2

Mandatory :

- 1] Have to attend whole course (theory and Practical classes)
- 2] Online Registration and payment of Fee Rs.8000/-

Duration of Course

- ✓ Online theoretical classes for over a period of 12 weeks in which students will study Judo & Sports Science modules.



- ✓ 1 week assessment practical session for level-II will be organized by JFI Technical Experts at Common place/Zone/State, followed by theory & practical exam.

Contents for Online Classes

JUDO:

- Coaching Principles (Teaching Methodology)
- Role of Judo Coach
- Training Methodology
- Periodization – (Basic)
- Sports Organization Rules of Judo
- Refereeing Rules
- Katame-no-kata
- Weight Management

SPORTS SCIENCE:

- Biomechanics of Techniques
- Sports Psychology & Mental Training
- Nutrition & Hydration (With anti-doping component)
- Injury Management
- Safety



Disqualification:

The applicant those who are falling in the following will be disqualified automatically:

- 1] **Sportspersons/ Applicant who have been penalized or against whom enquiry is pending/ ongoing for use of drugs/substances banned by the National Anti-doping Agency OR World Anti-Doping Agency (WADA) based on a sample collected by the National Anti-Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory or any other WADA accredited laboratory, will not be eligible for the Certification.**

- 2] **Sportspersons/ Applicant who are facing any criminal case also not eligible for the NDIC.**

- 3] **Sportspersons/ Applicant must submit an undertaking for the above two points that is about Dope and Criminal cases**



LEVEL-III - HIGH PERFORMANCE COACH (Elite Coach)

CERTIFICATION CRITERIA

HIGH PERFORMANCE COACH:

- 1] Minimum Age: 25 Years
- 2] Minimum Grade NI-DAN. Good Knowledge of Katame-no-kata
- 3] Three Years' experience in Level -II as a Coach
- 4] Who has achieved minimum 75% in practical exams (Tachi-waza and Katame-waza), in Level-II. If he/she does not score 75% he or she has to wait minimum 2 years to appear again.
- 5] Presentation on his/her experience and achievements in Level-I & Level-II
- 6] The Coach should be able to plan & implement a series of appropriate training sessions within the context of a 4 years (Olympics cycle) plan.
- 7] The National Awardees (i.e Dronacharya, Arjuna and Dhyanchand Awardees), Olympians and NIS or Equivalent Qualified coaches having minimum of 15 years coaching experience:

Criteria Relaxation:

*NO need to appear for EXAM., however to submit PPT presentation and appear for interview; on the basis of performance, Physical fitness and merit an individual coach would be upgraded to Level 2 or 3

Mandatory :

- 1] Have to attend whole course (theory and Practical classes)
- 2] Online Registration and payment of Fee Rs.10000/-

Duration of Course

- ✓ Online theoretical classes for over a period of 12 weeks in which students will study Judo & Sports Science modules.
- ✓ 1 week assessment practical session for level-III will be organized by JFI Technical Experts at Common place followed by theory & practical exam.



Contents for Online Classes

JUDO:

- Role of the High performance (Elite) Coach.
- Culture of Judo
- Leadership & Event Management
- Dual Career & Socialization
- Training Methodology-III
- Long Term Judoka Development
- Performance Analysis
- Periodization
- SOR Rules
- Refereeing Rules
- Talent Identification
- Strategies & Tactics in Judo

SPORTS SCIENCE:

- Exercise Physiology
- Psychological Preparation
- Nutrition & Hydration
- Anti-Doping Components
- Safety

Disqualification:



The applicant those who are falling in the following will be disqualified automatically :

- 1] **Sportspersons/ Applicant who have been penalized or against whom enquiry is pending/ ongoing for use of drugs/substances banned by the National Anti-doping Agency OR World Anti-Doping Agency (WADA) based on a sample collected by the National Anti-Doping Agency (NADA) or any other agency authorized by WADA and tested by National Dope Testing Laboratory or any other WADA accredited laboratory, will not be eligible for the Certification.**

- 2] **Sportspersons/ Applicant who are facing any criminal case also not eligible for the NDIC.**

- 3] **Sportspersons/ Applicant must submit an undertaking for the above two points that is about Dope and Criminal cases .**

