



KARATE CANADA CHAMPIONNAT NATIONAL CHAMPIONSHIPS

2022

JULY
1.2.3
JUILLET
2022

**ST. JOHN'S
NEWFOUNDLAND
AND LABRADOR
TERRE-NEUVE-
ET-LABRADOR**

KARATECANADA.ORG



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NEWFOUNDLAND AND LABRADOR



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Greetings from the President of Karate Canada

On behalf of the Board of Directors of Karate Canada I would like to invite you to the 2022 National Championships being held in St. John's, NL over the Canada Day weekend. The 2022 National Championships marks our first combined championship since 2019 and a full return to play since the start of the Covid shutdowns in March of 2020. As the entryway onto the national team programs this event will help us select for major events in the fall of 2022 and into 2023 including the Junior Pan American Championships in August, the Commonwealth Championships in September and the World Junior Championships in October. This event will also have a bearing on who is selected for the 2023 North American Cup and 2023 Senior Pan American Championships. While there will continue to be a transition back to 'normality' this event will be our first opportunity since 2019 to allow our full community to come together and celebrate the sport and art that we all love.



It is also very exciting to be returning to St. John's since we were last there in 2006. Having been born and raised in St. John's before leaving in my early 20's I can say that it is one of the most interesting and unique locations you will be able to visit in Canada. The character, history, and rugged beauty of St. John's will be on full display and, if the weather cooperates, there will be Canada Day fireworks over the harbour. The venue and HQ hotel is situated close to many restaurants, shopping and unique attractions. Signal Hill is a must-see and other opportunities abound for



those that have the opportunity and time to explore some more of this unique area. Whether you wish to go hiking, kayaking, whale watching, shopping or simply look at the stunning rugged beauty of the coastal hills and mountains everyone will find plenty to do and see in the region. Come for the Karate, stay for everything else!

I wish to conclude by acknowledging what a difficult time these past few years have been for all of us, particularly dojo owners and athletes. There is time and opportunity that will never come again for some of us. However, despite all the challenges Karate in Canada remains strong and vibrant. This is the start of a new and exciting time as we move forward to the new challenges that await us and, as we are karate-ka, we will meet these challenges head on.

I look forward to seeing everyone very soon.

Sincerely,

A handwritten signature in black ink, appearing to read 'Craig Vokey'.

Craig Vokey
President
Karate Canada

Greetings from the President of Karate Newfoundland & Labrador

On behalf of all the Karate Newfoundland & Labrador membership and the board of directors, I would like to welcome the country's top karate-ka from coast to coast to the 2022 Karate Canada National Championships in downtown St. John's, NL.

As with many sporting events, the national championships have been cancelled for the past two years due to the Covid-19 Pandemic. After a long hiatus from national level events, I am convinced that with the collaboration of all the participating provincial and territorial teams, the 2022 edition of the Karate Canada National Championships will become a true celebration of Canadian karate.



We look forward to sharing our beautiful city and province with all of you this summer and I wish you all the best of luck in your preparations leading up to the championships!

Cheers,



Nathaniel Besso
President
Karate NL



Greetings from the Mayor of St. John's

On behalf of Council, it is my pleasure to invite you to the City of St. John's for Karate Canada's National Championship, July 1-3 at the Mary Browns Centre.

St. John's is an exciting city with many wonderful places to eat, relax and explore and it is our hope that you get to experience all that we have to offer while you are here for your competition. Be sure to take a stroll through our Pedestrian Mall on Water Street, visit our beautiful and historic parks including Bannerman Park and Victoria Park – just a short walk from the Mary Browns Centre. Visit historic Signal Hill and take in the events planned by Parks Canada and be sure to have your picture taken at Cape Spear, the most easterly point in North America.



We wish you and the organizers of this important national championship success, fair play and fun and look forward to welcoming you to our beautiful city and province.

Best wishes –

Mayor Danny Breen



Greetings from the Karate Canada Event Manager

The purpose of this information bulletin is to assist PTSOs in their planning process by providing an overview of the event and outlining requirements for participation.

Covid-19 has forced us to reimagine what our events will look like, with the safety of all participants being paramount. As such, we will endeavor to keep you updated as we move closer to the event.

With that in mind, please know that we are here to offer you the best experience possible and ask for your patience and understanding as we navigate new these new processes.

I welcome you to reach out to me at cheryl.tataryn@karatacanada.org if you have any logistical questions regarding the event. Technical questions can be directed to rodney.hobson@karatecanada.org.

Looking forward to seeing everyone again!

Best wishes,

Cheryl Tataryn
Events Manager
Karate Canada

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1. GENERAL EVENT INFORMATION

1.1 DATES

Competition dates: July 1-3, 2022

1.2 VENUE

[Mary Browns Centre](#)

50 New Gower Street

St. John's, NL A1C 1J3

1.3 LIVE STREAMING

Karate Canada will be offering live streaming for this event. Stay tuned to social media/website postings for more information.

1.4 SPECTATOR TICKETS

For the convenience of PTSOs, participants, team supporters, friends and family, spectator tickets will be available for purchase online and at the door.

Tickets will be available in one-day and the more economical three-day package. Purchase early to take advantage of discounted pricing.

Children 9 and under will have complimentary entry to the event.

Tickets will be available for purchase through the [Mary Brown Centre Box Office](#).

Stay tuned for further ticket information.

1.5 COVID-19 RISK MITIGATION MEASURES

At the time of publishing this notice, Newfoundland's Public Health's COVID-19-related restrictions does allow for the competition to take place. Please note all information is subject to change.

The safety and well-being of all participants of this event is paramount. As such, Karate Canada has been consulting regularly with medical

experts to establish a protocol that will ensure adequate and reasonable hygiene and safety measures to mitigate the risks of transmission of COVID-19 during this event.

Measures will include full adherence to all provincial Public Health restrictions in place at the time of the competition. Up to date restrictions can be found here: [Home - COVID-19 \(gov.nl.ca\)](https://www.gov.nl.ca/covid19/)

REGISTRATION

- All participants including, athletes, coaches, officials, KC staff, PTSO representatives, volunteers, and third parties associated with the event must show proof of **DOUBLE VACCINATION**, with the second vaccine being administered no later than Wednesday, June 13, 2022. Any participant without this proof will be ineligible to register.

ARRIVAL IN NEWFOUNDLAND

- It is the responsibility of all participants arriving in Newfoundland by plane or ferry to be aware of the most current [Travel Restrictions - COVID-19 \(gov.nl.ca\)](https://www.gov.nl.ca/covid19/). **Please check often as this information is subject to change.**
- The [Travelling to Newfoundland and Labrador](https://www.gov.nl.ca/travelling-to-newfoundland-and-labrador/) government webpage provides a step-by-step outline of requirements to enter Newfoundland. **Please check often as this information is subject to change.**

GROUND TRANSPORTATION

- Karate Canada strongly recommends that teams arriving by air secure the services of a multi-passenger vehicle to transport participants from/to the airport to/from their host hotel.

HOST HOTEL

- All participants are required to adhere to any/all COVID-19 related risk mitigation protocols that may be unique to their respective properties. Team Managers can get this information from their primary hotel contact.

- Failure to do so will, without exception, result in the participant's accreditation privileges being terminated including the ability to participate in any component of the National Championships, including competition.

ACCREDITATION

- Karate Canada will ensure the provision of additional hygiene measures including hand sanitizing stations.

TRAININGS/WEIGH-INS

- Karate Canada will ensure the provision of additional hygiene measures including hand sanitizing stations and a mat sanitizer system.
- All team trainings, weigh-ins will be scheduled and staggered to reduce congregating.
- It is the responsibility of each team to sanitize the training space with the provided sanitation equipment before leaving the training area.

COMPETITION

- All participants are required to adhere to any/all COVID-19 related risk mitigation protocols that are noted by the [Mary Browns Centre](#), or as identified by Karate Canada's Event Manager.
- Karate Canada will ensure the provision of additional hygiene measures including hand sanitizing stations, frequent sanitizing of all common surface areas such as tables, and frequent sanitizing of the mats.

1.6 OUT-OF-PROVINCE INSURANCE - RECOMMENDATION

Karate Canada strongly recommends that all participants ensure they have out-of-province travel insurance to protect themselves should they require an extended stay for medical reasons.

1.7 PRIMARY CONTACTS

Non-Technical Event Support

Cheryl Tataryn

KC Event Manager

Email: cheryl.tataryn@karatecanada.org



Gillian Benson
KC Logistics and Gender Equity – Medical Forms
Email: gillian.benson@karatecanada.org

Technical Event Support

Stephane Rivets
Tournament Director
Email: riveststef@gmail.com

Rodney Hobson
Karate Canada, High-Performance Committee Chair
Email: rodney.hobson@karatecanada.org

2. NATIONAL COMPETITIONS CITIZENSHIP REQUIREMENTS AND ELIGIBILITY POLICY

Karate Canada wishes to remind all registrants of its current “National Championships (Competitions) Citizenship Requirements and Eligibility Policy”, as stated below also apply to for 2022 National Championships event:

2.1 DEFINITIONS

The following terms have these meanings in this policy:

- a) “Days” – Days irrespective of weekends and holidays.
- b) “Participant”- Any individual who is registered as an athlete with a provincial or territorial karate association that is a member in good standing of Karate Canada.

2.2 PURPOSE

The purpose of this Policy is to determine Participant eligibility for participation in Karate Canada’s National Championships

2.3 APPLICATION OF THIS POLICY

This Policy applies to all Participants defined in the Definitions.

This Policy only applies to eligibility matters that may arise before the National Championships.

Eligibility matters arising within the competition or events organized by entities other than Karate Canada, including its member associations, will be dealt with pursuant to the policies of those other entities unless requested and accepted by Karate Canada at its sole discretion.

2.4 ELIGIBILITY

Participants may only participate in National Championships if they meet the following requirement: The Participant is a Canadian citizen or a permanent resident of Canada.

2.5 PROVIDING PROOF OF ELIGIBILITY

All Participants will be required to provide proof of the eligibility requirement listed in Section 6 at the National Championships' on-site accreditation (ID pick up), on the days preceding the start of the competition. Such proof will consist in either one of the following:

- Valid Canadian passport
- Canadian citizenship certificate
- Canadian citizenship card
- Birth certificate from a Canadian province or territory,
- Canadian Permanent Resident card

After reviewing all applicable evidence, the Executive Director, or designate, will determine whether or not the Participant is deemed eligible in accordance with this Policy. If the Participant is deemed non-eligible, he /she may not take part in the competition.

Participants who give incorrect or misleading information may be disciplined in accordance with Karate Canada's Discipline and Complaints Policy.

3. AUTOMATIC INVITATIONS TO THE 2022 NATIONAL CHAMPIONSHIPS

Please note that Karate Canada will automatically invite athletes that meet one (1) of the following four (5) criteria to the 2022 National Championships:

1. All Senior athletes holding a status (International A, B or C or National A) on at the conclusion of the 2019 Karate Canada Summit regardless of any change in weight division within Senior kumite divisions.
2. All medalists from the 2022 Senior Team Trials.
3. All medalists from the previous (2019) Junior and Senior National Championships (including Youth division athletes), regardless of any change in age or weight divisions.
4. The two (2) top-ranked National Team Roster athletes in each division (at end of the 2019 season), regardless of any change in age or weight divisions.
5. Junior National Team Roster athletes* from the U21, Junior and Cadet divisions and Canadian Youth division athletes who, during the 2019-2020 Karate Canada season, achieved a 5th place or higher in a 2019 WKF Youth League event, in the 2019 Junior Pan American (PKF) Karate Championships or in the 2019 Junior World (WKF) Karate Championships, regardless of any change in age or weight divisions within Junior divisions (Youth, Cadet, Junior and U21).

Automatic invitations to the 2022 Junior and Senior National Championships, according to the above points, will only apply to the discipline in which the medal or rank was earned. That is, athletes automatically invited to compete in kata are not automatically invited to compete in kumite, and vice versa.

All automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (i.e. participation in provincial selection tournaments and / or training sessions, etc.)

Automatically invited Kumite athletes may register in any single weight division at the 2022 Junior and Senior National Championships regardless of the division in which they achieved their automatic invitation status.

All eligible athletes may compete in any age division they are eligible for.

Additionally, all automatically invited athletes must have been active and current members in good standing of the National Team Roster, according to Karate Canada's National Team Head Coaches and in accordance with published National Team Criteria.

Note: A list of athletes who are automatically invited has been provided to PTSOs and will also be made available on Karate Canada's website soon.

4. COMPETITOR ELIGIBILITY GUIDELINES

All participants must be members of their provincial or territorial karate Associations and Teams (declared and paid to Karate Canada), and participants may only be pre-registered online through their PTSO's Team Manager or designated representative.

Please note: All current Senior National Team Roster kumite athletes must participate as members of their respective Provincial / Territorial Teams, in both individual and team divisions, and must be deemed eligible for participation according to their provincial/territorial requirements.

4.1 MAXIMUM NUMBER OF ENTRANTS

4.1.1. Individual Kumite

Each Province/Territory is permitted to send a maximum of three (3) competitors per individual division, in addition to all automatically invited athletes. *Automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (in terms of participation in provincial selection tournaments and/or trainings, etc.).

4.1.2. Team Kumite

At this time, Karate Canada does not plan to offer PTSOs the option to register athletes in team kumite divisions for this competition. The event will only feature individual divisions in kumite.

4.1.3. Individual Kata

Each Province/Territory is permitted to send a maximum of four (4) competitors per individual division, in addition to all automatically invited athletes. These automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (in terms of participation in provincial selection tournaments and/or trainings, etc.).

4.1.4. Team Kata

Each Province/Territory is permitted to send a maximum of one (1) kata team.

Additionally, Karate Canada will accept registrations of Senior kata

teams comprised of athletes from different PTSOs (all details regarding the registration process for such teams will be provided in later versions of this bulletin).

*****IMPORTANT:** 2022 membership fees from each PTSO must have been paid in full and all required registrant information must have been provided to the Karate Canada office prior to the start of competition, in order for individual participant registrations of athletes and coaches from that Province / Territory to be considered valid.

4.1.5. Para-Karate

Each Province/Territory is permitted to send a maximum of four (4) competitors per individual division, in addition to all automatically invited athletes. Automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (in terms of participation in provincial selection tournaments and/or trainings, etc.).

5. MANDATORY EQUIPMENT

All equipment (including uniforms / gis) must perform like current WKF equipment, but it is not mandatory to be WKF-branded equipment. WKF-branded equipment will not be refused at the 2022 National Championships.

5.1 KARATE-GI

In alignment with current WKF rules of competition, please note that karate-gis including colored embroidery on the shoulders will be permitted in ALL divisions (kata and kumite) at the 2022 Karate Canada National Championships.

The wearing of karate-gis featuring blue, red or white shoulder embroidery by competitors will therefore be accepted. The wearing of karate-gis featuring gold shoulder embroidery is only permitted for current, reigning WKF world champions, where applicable (no other color will be permitted).



(Examples of red colour shoulder embroidery)

5.2 CHEST/BODY PROTECTOR

The use of approved body protectors is mandatory for all kumite participants. The use of approved female chest protectors is mandatory for all female kumite participants.

5.3 GROIN CUP / PROTECTOR

Mandatory for all male kumite athletes.

5.4 MASK

The use of facemasks is not permitted.

5.6 GLOVES

Participants must have both a blue and a red pair of gloves / hand protectors.

5.7 FOOT AND SHIN PROTECTORS

Participants must have both a blue and a red pair of foot and shin protectors.

5.8 MOUTH GUARD

Mandatory for all kumite athletes.

6. COACH ELIGIBILITY GUIDELINES

All participants must be members of their provincial or territorial karate Associations and Teams, and participants may only be pre-registered online through their PTSO's Team Manager or designated representative.

NCCP REQUIREMENTS

All NCCP (National Coaching Certification Program) training and certification requirements that will be in effect at this event can be found at Appendix 6 (requirements vary based on the number of Coaches per Provincial / Territorial Team).

Any higher NCCP level of training or certification than those listed in Appendix 6 will of course also be considered as valid. Karate Canada will verify all coach NCCP credentials and records via 'The Locker' (the Coaching Association of Canada's online database) after the registration deadline, and prior to the start of the competition. Extenuating circumstances for not satisfying the established requirements may be considered by Karate Canada, on an exceptional basis and with proper justification.

Recommendations for PTSOs from the NCCP Committee:

- Provincial/Territorial Karate organizations should verify Locker transcripts of their coaches to determine any gap in training and certification.
- Over the next 2 months, the NCCP committee can support PTSOs in scheduling and delivering any online sport-specific modules required.

7. AGE ELIGIBILITY

Please note the following information pertaining to age eligibility of participants in the 2022 Karate Canada National Championships:

7.1 JUNIOR KATA & KUMITE

Youth, Cadet, Junior and U21 athletes may compete in the age category for which they are age eligible as of the first day of the 2022 Junior Cadet & U21 Pan American (PKF) Karate Championships (expected to be August 25 2022) or 2022 Junior World (WKF) Championships (expected to be Oct 26, 2022) . However, athletes must be aged 12 or 13 years on the first day of the competition (July 1st, 2022) in order to compete in the Youth divisions at the 2022 National Championships. It will be allowed for age-eligible athletes to be registered and to compete in both Youth and Cadet divisions.

Participants in all divisions must be aware that unless they are of age to compete in a specific division at key international events taking place during the 2022-2023 season (on the dates of these events, such as the 2022 Junior Cadet & U21 Pan American (PKF) Karate Championships), they may NOT represent Canada (in such divisions) at these competitions.

See Age Eligibility Matrix in [LINK HERE](#)

7.2 SENIOR KUMITE

U21 can register to compete in Senior divisions.

17-year-old athletes may also register to compete in this event provided they will be of the correct age to compete in Seniors (turn 18 before or on the first day of the 2023 Senior Pan American (PKF) Karate Championships (expected to be May 1, 2023). See [Age Eligibility Matrix](#).

Participants must be aware that unless they are of age to compete in the Senior division at key international events taking place during the 2022-23 season (on the dates of these events), they may NOT represent Canada (in such divisions) at these competitions.

7.3 SENIOR KATA

Athletes aged 16, 17, 18, 19 and 20 years may compete in individual in Senior individual and Senior team divisions. (Please note that the minimum age for Senior individual and Senior team kata at international events is 16.)

15-year-old athletes may also compete in this event provided they will be of the correct age to compete in Seniors (turn 16 before or) on the first day of the 2023 Senior Pan American (PKF) Karate Championships (expected to be May 1, 2023). See [Age Eligibility Matrix](#).

Participants must be aware that unless they are of age to compete in a Senior division at key international events taking place during the 2022-23 season (on the dates of these events), they may NOT represent Canada (in such divisions) at these competitions.

8. REFEREE / OFFICIALS' ELIGIBILITY CRITERIA

Karate Canada will only accept registration of officials meeting the following criteria for the 2022 Karate Canada National Championships:

- a) Current international (WKF or PKF) license holder (judge and/or referee) or
- b) Current Karate Canada National License A holder (judge and/or referee)
- c) Referee and judge candidates and those with provisional licenses must confer with the Referee Commission for approval to participate at the event.

(Please note: Karate Canada will provide support to its member Provincial and Territorial Associations by reimbursing lodging fees for eligible officials at this event, on a double occupancy basis and for specific dates. Further details will be communicated and shared directly with member PTSOs...)

9. ONLINE PRE-REGISTRATION FOR ATHLETES, COACHES, REFEREES & DELEGATES

All participating athletes, coaches, referees and delegates must be pre-registered online through the Sportdata website.

All PTSO delegations must have an online username and password for access to the event and pre-registration. All teams should use the same usernames and passwords which they have used for online pre-registration to the 2019 National Championships. If you do not yet have a username and password, please submit an online request to Sportdata via their website.

For questions on how to pre-register your teams using the software, all team managers may contact the Sportdata software team directly at office@sportdata.org.

Provincial/Territorial Associations/Teams are responsible for the quality and accuracy of the entered registration data.

***PLEASE NOTE: No late registration permitted.**

10. REGISTRATION / ACCREDITATION

Official registration will take place on June 28 in the Bonavista Room at the **Delta St. John's Hotel & Conference Centre**.

Participant/registrant accreditation will then be provided to the team manager (or a designate) to disseminate to their team.

11. DIVISIONS – 2022 NATIONAL CHAMPIONSHIPS

The mainstream, or non-Para) divisions used at this event will be the following:

11.6 FEMALE & MALE INDIVIDUAL KATA

- Youth (12-13 years old)
- Cadet (14-15 years old*)
- Junior (16-17 years old*)
- U21 (18-20 years old*)
- Senior (16+ years old*)

11.7 FEMALE & MALE TEAM KATA

- Cadet / Junior (14-17 years old*)
- U21 (18-20 years old*)
- Senior (16+ years old*)

11.8 FEMALE INDIVIDUAL KUMITE

- Youth (12-13 years old*): -42 kg, -47 kg, +47 kg
- Cadet (14-15 years old*): -47 kg, -54 kg, +54 kg
- Junior (16-17 years old*): -48 kg, -53 kg, -59 kg, +59 kg
- U21 (18-20 years old*): -50 kg, -55 kg, -61 kg, -68 kg, +68 kg
- Senior (18+*): -50 kg, -55 kg, -61 kg, -68 kg, +68 kg

11.9 MALE INDIVIDUAL KUMITE

- Youth (12-13 years old*): -40 kg, -45 kg, -50 kg, -55kg, +55 kg
- Cadet (14-15 years old*): -52 kg, -57 kg, -63 kg, -70 kg, +70 kg
- Junior (16-17 years old*): -55 kg, -61 kg, -68 kg, -76 kg, +76 kg
- U21 (18-20 years old*): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg
- Senior (18+*): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg

(**=see possible exceptions in the [Age Eligibility](#) portion of this bulletin).

NOTE: Karate Canada will not hold Open Weight Kumite nor Team Kumite divisions at the 2022 Karate Canada National Championships.

12. PARA-KARATE ATHLETES

Karate Canada will host competitive Kata events for Junior female and male and Adult men and women at the 2022 Karate Canada National Championships.

All Para team members are to be included on Provincial / Territorial Rosters as full members and provided with the same opportunities for team training, team attire, and funding for Nationals. It is the responsibility of the Provincial / Territorial teams to register the Para-athletes through Sportdata along with their other athletes.

12.1 ELIGIBILITY

- Athlete's disability must be considered permanent.

	JUNIOR	SENIOR
	Birthdate between	Birthdate
Para-Kata	September 7 th , 2006 July 1 st , 2010	On or before September 6 th , 2006

Para-athletes must submit their medical form to their PTSO and include confirmation of disability as well as the designated code(s) of disability.

For more information on eligibility within each division and code of disability please see [Appendix 2](#).

12.2 PARA-KARATE SPORT CLASSES*

Karate Canada reserves the right to combine divisions to create a suitable level of competitiveness.

Athletes with more than one type of impairment will be allowed to compete in only one sport class. Athletes will be classified according to the impairment criteria of the category in which they are registered.

All athletes will compete even if there is only one participant per division.

1. **K-10 Visual Impairment** – must compete with blindfold a) Male b) Female

2. **K-21 Intellectual Impairment** - IQ of 75 or lower on standard tests, having originated before the age of 18. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. a) Male b) Female

3. **K-22 Intellectual Impairment** – Down Syndrome a) Male b) Female 19

4. **K-30 Physical Impairment** – Wheelchair – must compete in wheelchair a) Male b) Female

5. **K-40 SMI Physical Impairment** - Standing – compete without wheelchair a) Male b) Female

(*Remains subject to change. Karate Canada will advise its members of any such changes as soon as possible, if applicable.)

13. SEEDING OF DRAWS

Karate Canada will seed athletes in all individual division draw sheets of the 2022 Karate Canada National Championships in the following order of decreasing priority:

13.1 YOUTH DIVISIONS (12-13, KATA AND KUMITE)

- All 4 medalists from the 2019 Junior National Championships in the same division.

Seeded in decreasing priority according to respective placement; 1st place will be seeded higher than 2nd place, 2nd place higher than 3rd place, etc.

PLEASE NOTE: Seeding priorities indicated are only applicable if the athlete competes in the same division where she / he has previously earned the mentioned ranking points or medal.

13.2 JUNIOR DIVISIONS (CADET, JUNIOR AND U21, KATA AND KUMITE)

- Top 4 KC-ranked athletes in the same division, at the conclusion of the 2019-2020 competitive season **;
- All 4 medalists from the 2019 Junior National Championships in the same division.
- Gold seeded higher than silver; silver seeded higher than 3rd place; 3rd place seeded higher than 4th place.

**= applies regardless of whether the athlete is a National Team Roster member in good standing or not at the time of seeding / the event.

PLEASE NOTE: Seeding priorities indicated are only applicable if the athlete competes in the same division where she / he has previously earned the mentioned ranking points or medal.

13.3 SENIOR DIVISIONS (KATA AND KUMITE)

- International Status Holders in the same division (A, then B, then C, in decreasing order of KC ranking priority)**;

- National Status holders in the same division (in decreasing order of KC ranking priority)**;
- All 4 medalists from the 2022 Senior Team Trials in the same division.
- Gold seeded higher than silver; silver seeded higher than 3rd place; 3rd place seeded higher than 4th place.

**= Note: It is not necessary for athletes to be members in good standing of the National Team Roster at the time of these National Championships in order to benefit from seeding as described above.

PLEASE NOTE: Seeding priorities indicated are only applicable if the athlete competes in the same division where she / he has previously earned the mentioned status, ranking points or medal.

14. ELIMINATION FORMULA

Karate Canada will use the following elimination formulas / formats for the various individual divisions at the 2022 Karate Canada National Championships.

14.1 ALL INDIVIDUAL KUMITE DIVISIONS

The format of the competition will be confirmed within 5 days of close of registration.

Bronze medals to be awarded to both the 3rd place and 4th place athletes.

See example in [Appendix 4](#).

(For divisions featuring only 3 athletes, a "Round Robin" elimination formula will be used.)

14.2 ALL INDIVIDUAL KATA DIVISIONS

WKF point system; however, as was the case in past events, an additional match will take place (in each division comprised of 4 athletes or more), in which the winners of both repechage draws will face off, in order to determine a 3rd place winner and a 4th place winner.

Bronze medals to be awarded to both the 3rd place and 4th place athletes.

Note: Athletes facing off in this additional match for the 3rd place will be allowed to repeat a kata performed in earlier rounds..

15. VIDEO REPLAY

While this remains to be confirmed, Karate Canada intends to make Instant Video Replay available to coaches in elimination and medal rounds of all individual kumite divisions, to be managed in accordance with WKF rules.

16. COMPETITION RULES

Unless specified otherwise or elsewhere in the event's Information Bulletin, the competition rules which will be in effect at 2022 Karate National Championships will be the published Kata and Kumite Rules of Competition of the World Karate Federation, in effect as of January 1st, 2022 (accessible at: LINK HERE). (accessible at: https://www.wkf.net/pdf/WKF_Competition%20Rules_2020_EN.pdf).

17. WEIGH-IN RULES & PROTOCOL

17.1 RULES

17.1.1 U21 and/or Senior Kumite Athletes: Acceptable Weight Variance

U21 and/or Senior Kumite Athletes: Acceptable Weight Variance
Kumite athletes competing at the 2022 Karate Canada National Championships will be required to weigh within the weight limitations of the division in which they are registered. A 0.4 kg variance above or below the weight division range is acceptable.

Examples:

- U21 or Senior Male athletes (aged 18 years and above): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg
- U21 or Senior Male Kumite -75kg division: Target weight range acceptable is from 66.60 kg to 75.39 kg;
- U21 or Senior Male Kumite -67kg division: Target weight range acceptable is from 59.60 kg to 67.39 kg.
- 17.1.2 U21 and/or Senior Kumite Athletes: Not in Compliance with Weight Restrictions

17.1.2 U21 and/or Senior Kumite Athletes: Not in Compliance with Weight Restrictions

Athletes who exceed the upper or lower 0.4 kg variance in the weight range for a division will not be accepted. They will be permitted additional time to comply until the weigh-in process concludes at the end of the designated weigh-in day.

Weight categories must be respected with the 0.4 kg variance allowed as per item 1 above.

- a) Kumite athletes who surpass the maximal weight (including the variance) for a division may not compete in that weight division.
- b) Kumite athletes who are unable to meet the minimal weight (including allowed variance) for a division may not compete in that weight division.

17.1.3 Youth, Cadet and Junior Athletes: Weight Compliance

1. Athletes weighing in within 2 kg of the lower limit of the weight division for which they are registered will be allowed to compete in that weight division at the 2022 Junior National Championships.

2. The acceptable weight variance for all kumite athletes is 0.4 kg above the range for each weight division.

3. Kumite athletes who exceed 0.4 kg above or 2 kg below the weight range for a division will not be accepted. They will be permitted additional time to comply until the weigh-in process concludes at the end of the designated weigh-in day.

Kumite athletes who exceed the upper weight limit including the upper variance of 0.4 kg or the lower variance of 2 kg will not be allowed to compete in any division.

17.2 WEIGH-IN RULES & PROTOCOL

Weigh-ins will take place on Thursday, June 30th, 2022, at the Delta Hotels St. John's Conference Centre. Weigh-in rules and protocol are as follows:

1. The official weigh-in will take place one day before the commencement of competition.
 - a) Early Bird” weigh-in opportunity scheduled 7:15am – 8:00am. [see item# 14 for details].
 - b) Regular” weigh-in scheduled 8:00am-12pm (noon).
 - c) “Last Chance” weigh-in scheduled 4:00pm-4:45pm. [see item#16 for details]
 - d) Officer in charge of weigh-in will certify successful weigh-in results on the athlete’s identification credentials.
6. Once the weigh-in has been closed by the Chief Official, further access will require an appeal for exceptional consideration to be made to the executive director of KC.
7. All athletes are to initially weigh-in during the officially posted time period. The amount of time allotted for weigh-ins may be increased due to the increased number of athletes.
8. Athletes to weigh-in wearing shorts & t-shirt but may be permitted to reduce to under-garments or if they choose, to be nude.
9. Privacy screens will be provided around the scale/weighing area.

10. No spectators are allowed during the weigh in process.
11. One coach, or his or her designate, is required to attend the weigh in for each participating team. They are not permitted to interfere in the weigh-in process.
12. Athletes will be weighed by same-sex individuals. Without exception, opposite-sex individuals are not permitted in the official weigh-in area.
13. Upon arrival, athletes must present their official event accreditation. Without exception, athletes without accreditation will not be granted an opportunity to weigh-in.
14. Any athlete in excess of the 0.4 kg variance above or below the weight division range will not be accepted; he/she will be permitted additional time up to the closing time of weigh-in process at the end of the designated weigh-in day.
15. Early-bird weigh-in opportunity may be made available for those athletes identified by their coach as “cutting weight” and being no more than 2 kg over the weight division requirement.
16. Early-bird Weigh-in: maximum number of openings per province is determined using following ratio:

Team Size	<25	25-50	51-75	76-100	>100
Maximum number of Athletes Permitted for “Early-bird” weigh-in	3	4	5	6	7

17. “Last-chance window” for final weigh-in opportunity: There will be a final weigh- in opportunity for those struggling to make weight. No weight restriction on who may weigh-in at this final opportunity. It will be at the end of Weigh-in day at 4:00pm-4:45pm.

18. ENTRY FEES

Competitor fees are as follows:

- Individual entry: \$175.00 CAD
- Kata Team Division: \$200.00 CAD

NO LATE REGISTRATION IS PERMITTED. NO REFUNDS IN CASE OF CANCELLATION.

PLEASE NOTE:

Athletes canceling registration prior and up to June 4, 2022, for medical reasons only, and providing valid proof of injury or sickness (medical note) to Karate Canada before that date, may obtain a refund of the registration fees, minus a \$50.00 administrative fee.

Please note that registration fees are **non-refundable** for any other reason, and no refund will be issued for any reason whatsoever as of June 5, 2022.

19. PAYMENT OF FEES

BY ELECTRONIC TRANSFER:

Electronic payments (preferred option) must be sent to Karate Canada no later than **June 10, 2022**, with an email confirmation sent to ed@karatecanada.org.

The information to use for electronic payments is as follows:

Beneficiary: Karate Canada
Beneficiary Address: 500 boul. René Lévesque Ouest
Montreal, QC H2Z 1W7
Account #: 2058626
Transit #: 30015
Financial Institution #: 815
Bank Address: C.D. Coeur-de-l'Île
1080, rue Bélanger Est Montreal, QC H2S 1H2

BY CHEQUE:

Payments by cheque must be mailed to the Karate Canada head office, postmarked no later than **June 10, 2022**, at:

Karate Canada
(2022 Karate Canada National Championships)
PO Box 637 Montreal Branch B
Montreal, QC H3B 3K3

20. OFFICAL HOST HOTELS

DELTA ST. JOHN'S HOTEL & CONFERENCE CENTRE – PRIMARY HOTEL

Rate: \$159 - Double occ.

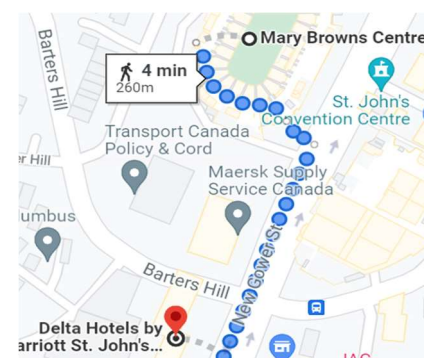
Additional pp \$15/night plus 15% HST & 4% Tourism Market Levy.

Contact: Marlene Power,
marlene.power@whg.com

Booking Deadline: May 27, 2022

Host hotel for accreditation, meetings and awards banquet. Beside the Mary Brown Centre.

- Spacious hotel
- Complimentary Wi-Fi in guestrooms
- Fitness centre, indoor heated pool, hot tub
- Location adjacent to the Mary Browns Centre.
- **Training Space On-site**



[DoubleTree by Hilton St. John's Harbourview Hotel](#)

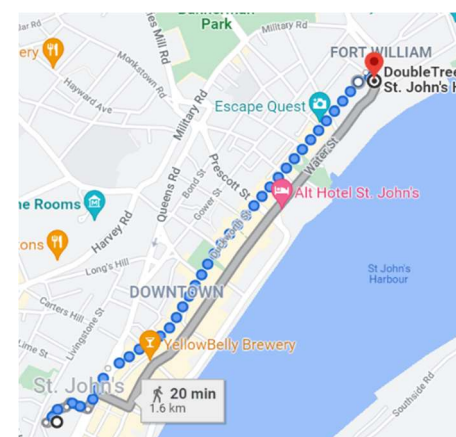
Rate: \$159 Double Occ. – Harbour view \$179
Additional pp \$10/night plus 15% HST & 4%
Tourism Market Levy

Contact: Kate Goodwin,
kate.goodwin@hilton.com

Booking Deadline: May 27, 2022

My favourite! Gorgeous boutique-style hotel. Perfect for small PTSOs.

- Complimentary Wi-Fi in guestrooms
- Fitness Centre
- 20-minute walk to Mary Browns Centre
- 5-minute walk to training at the Sheraton



[Holiday Inn St. John's Conference Centre](#)

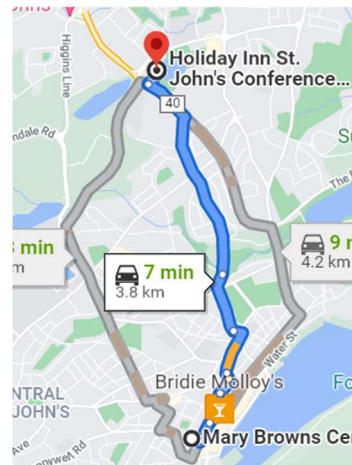
Rate: \$156 Double Occ.
Additional pp \$10/night plus 15% HST & 4%
Tourism Market Levy

Contact: Heather McNeill,
heather.mcneill@sunraygroup.ca

Booking Deadline: May 27, 2022

Set away from the downtown, this property is perfect for large teams, and teams traveling with families. HUGE waterslides!

- Indoor and outdoor pools
- Large fitness centre
- Eastside Mario's on-site
- In-room mini fridge
- 7-minute drive to Mary Browns Centre
- **On-site training**



21. GROUND TRANSPORTATION

Transportation from/to the airport is the responsibility of the participants.

22. SOCIAL MEDIA

The 2022 Karate Canada National Championships are quickly approaching, and we want to stay connected with you! Make sure you follow Karate Canada on Instagram, [Facebook](#) and [Twitter](#) for the entirety of the event.

Instagram & Twitter: @KarateCanada

Facebook: <https://www.facebook.com/Karate-Canada-459465044133223/?fref=ts>

The official hashtag of the 2022 Karate Canada National Championships is: #KCNationals2022 Be sure to use it in all posts!

23. BOOKING OF TRAINING AREAS FOR PROVINCIAL / TERRITORIAL TEAMS

Training rooms area will be available for all PTSOs at:

- The Delta Hotels St. John's Conference Centre (to be shared with athletes from Alt Hotel)
- Sheraton Hotel Newfoundland (to be shared with athletes from DoubleTree)
- Holiday Inn St. John's Conference Centre

Invitations to schedule your training times will be emailed closer to the event.

24. EVENTS SCHEDULE

24.1 SCHEDULE OF ACTIVITIES

A Schedule of Activities will be featured in a future edition of the bulletin.

24.2 COMPETITION SCHEDULE

Full details of the competition schedule should be available via SportData, as of Monday, June 27, 2022. A link to the competition schedule will be available and published by Karate Canada. Please note this schedule will remain subject to changes.

25. WAIVER & MEDICAL FORMS

Each competitor (kata, kumite and Para) must submit a completed and signed Waiver and Release Agreement as well as a Medical Report in order to be eligible to take part in this event.

Para-athletes competing in WKF recognized divisions must submit the [WKF Medical Diagnosis Form](#) as well as the Karate Canada Waiver and Release Agreement. Para- athletes competing in Standing Mobility Impairment division must submit the full Karate Canada Medical Form, including confirmation of disability and the designated code(s) of disability. All forms must be submitted to the athletes' PTSO.

The Karate Canada forms will soon be available on SportData, in the Download Section of the 2022 Karate Canada National Championships event page. Karate Canada will notify all member PTSOs via email once these forms are available and uploaded onto SportData. PTSOs must contact athletes about providing them with electronic versions of the completed forms. All PTSOs will be required to provide scanned signed copies for all competitors to Karate Canada by June 10, 2022.

Please note no forms will be accepted past the deadline or on-site. Incomplete forms may lead to ineligibility to compete.

APPENDIX 1 –WILD CARD SYSTEM

Karate Canada member PTSOs will receive an allocation of wildcards directly related to the size of the teams that each registers for the Championships.

The Wildcard system helps to address several potential issues, such as teams from provinces with larger populations that may have three or four top performers in one division. This also allows top performing athletes who move from one province / territory to another mid-selection process, or top performing athletes who were forced to miss crucial provincial / territorial selection events due to illness, injury or due to the demands of the international calendar, to have an avenue for entry into the National Championships that may otherwise be closed to them.

This has no detrimental effect on the selection process that PTSOs adopt for the selection of their own teams leading up to the 2022 National Championships. It is simply an additional option that provides more flexibility to the PTSOs and the opportunity to register additional athletes that each PTISO feels has the skill level required to compete in the National Championships and / or might derive a benefit from participation.

ALLOCATION RATIOS:

Wildcard allocations will be as follows:

Team Size	<25 athletes	25-50 athletes	51-75 athletes	76-100 athletes	>100 athletes
Wildcards	2 entries	3 entries	4 entries	5 entries	6 entries

ELIGIBILITY CRITERIA:

Selection of athletes for registration in the 2022 National Championships through the “Wildcard” system will be left to the discretion of each PTISO (subject to Karate Canada approval); All PTSOs will however be expected to abide by the following minimum requirements for the registration of wildcard athletes.

To register one or more athletes in the 2022 National Championships as (a) wildcards, PTSOs must submit the names and divisions of the athletes up to

the maximum number of athletes allowed, as per the PTSO team quota allocation above – one entry = one wildcard) to Karate Canada (by mail or email) no later than **midnight (EST), June 1st, 2022**, along with a written confirmation that each of these athletes meets **at least one of the following four criteria**:

1. The athlete has placed 4th in the final rankings of the 2021-22 provincial / territorial team selections in that individual kumite division (excluding automatically invited athletes); or
2. The athlete has placed 5th in the final rankings of the 2021-22 provincial / territorial team selections in that individual kumite division (excluding automatically invited athletes), and the 4th place athlete in the same division has previously been offered the wild card and has declined it; or
3. The athlete has placed 5th in the final rankings of the 2021-22 provincial / territorial team selections in that individual kata division (excluding automatically invited athletes); or
4. Or the athlete has placed 6th in the final rankings of the 2021-22 provincial / territorial team selections in that individual kata division (excluding automatically invited athletes), and the 5th place athlete in the same division has previously been offered the wild card and has declined it.

(Exceptional nominations of wildcards falling outside the criteria listed above may exceptionally be considered on a case-by-case basis. However, the general spirit of the criteria listed above will be respected in approving or rejecting such nominations.)

Only athletes who are members of their PTSO, who meet at least one of the two criteria listed above, and whose names are submitted to Karate Canada by the appropriate PTSO authority (President, Executive Director or Team Head Coach) **no later than June 1st, 2022** will be eligible to compete at the 2022 National Championships as wildcards. Karate Canada will review all submitted wildcard nominations and will confirm approval of these nominations with the PTSOs **no later than June 5th**.

*** Please note: PTSOs must also register approved wildcards online via SportData by the online event registration deadline.

APPENDIX 2 – DETAILS ON PARA-KARATE DIVISIONS

Karate Canada has based the para divisions on the World Karate Federation (WKF) and the International Paralympic Committee (IPC) current models of Eligible Impairments.

Detailed information can be referenced at this link: [WKF Para-karate Rules](#)

WKF DIVISIONS - IMPAIRMENT GROUPS WHICH COMPETE IN PARA KARATE

- An athlete must have a permanent eligible impairment type and provide medical documentation detailing their diagnosis and current health condition.
- Classes are detailed in the classification rules for the sport, and a classifier determines the Sport Class an athlete will compete in.
- Compensation Score in the form of extra points will be based on WKF PARA KARATE MASTER LIST. Athletes without a classification must submit all documents to determine Sport Class and attend and evaluation 1-2 days prior to competition to determine Compensation Score in the form of Extra Points. If only one athlete in division KC may chose not to complete the evaluation.

Impairment		Examples of health conditions
Intellectual Impairment		Must have a diagnosis of Intellectual Impairment by a psychologist, neurologist or psychiatrist.
Visual Impairment		Impairment of the eye structure, optic nerve / pathways, or visual cortex of the central brain: Includes albinism, retinitis pigmentosa, macular or rod cone dystrophy.
Physical Impairment	Hypertonia	Cerebral palsy, stroke, acquired brain injury, multiple sclerosis.
	Ataxia	Ataxia resulting from cerebral palsy, brain injury, Friedreich's ataxia, multiple sclerosis, spinocerebellar ataxia.
	Athetosis	Cerebral palsy, stroke, traumatic brain injury.
	Limb Deficiency	Amputation resulting from trauma or congenital limb deficiency.
	Leg Length Difference	Disturbance of limb growth or as a result of trauma. Leg length difference must be at least 7cm.
	Impaired Passive Range of Motion	Arthrogryposis, ankylosis, post-burn joint contractures.
	Impaired Muscle Power	Spinal cord injury, muscular dystrophy, brachial plexus injury.

CLASSIFICATION INFORMATION SHEET

Minimal Eligible Impairment Criteria

Specific criteria are applied to each sport to determine if a person's impairment results in sufficient limitation in their sport. These are called the minimal impairment criteria. For more information, please refer to the Para Karate Classification Rules on the World Karate Federation website.

Impairment		Minimal Disability – GUIDE ONLY
Intellectual Impairment		IQ of 75 or lower on standard tests, having originated before the age of 18. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. Athletes with Down Syndrome.
Vision Impairment		Visual acuity less than or equal to 6/18.
Physical Impairment	Hypertonia Ataxia Athetosis	The athlete must have evidence of at least hypertonia grade 1-2 in the ankle or elbow, ataxia, athetosis or dystonic movements.
	Limb Deficiency	Total or partial absence of bones or joints as a consequence of trauma (for example, traumatic amputation), illness (for example amputation due to bone cancer) or congenital limb deficiency (for example dysmelia).
	Leg Length Difference	Leg length difference must be at least 7cm.
	Impaired Passive Range of Motion	Arthrogyposis and/or contracture resulting from chronic joint immobilisation or trauma affecting a joint's mobility or function.
	Impaired Muscle Power	Spinal cord injury (complete or incomplete, tetra- or paraplegia or paraparesis), muscular dystrophy, spina bifida.

Sport Classes for Para-Karate

Classes	Examples (Guide Only)
Blind/visually impaired – BLINDFOLDS ARE REQUIRED (NOTE: Athletes will be classified according to the LESS-IMPAIRED eye.)	
K10	Athletes who have no sight in both eyes: – Blindness: No light perception
	Athletes who have limited vision in both eyes: – Visual acuity ranges from 3/60 to light perception in the less-impaired eye
	Athletes who have limited vision in both eyes: – Visual acuity ranges from 6/18 to 3/60 in the less-impaired eye

Intellectually impaired	
K21	Athletes must have an IQ of 75 or lower on standard tests, having originated before the age of 18. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills.
K22	Athletes who have an intellectual impairment and Down Syndrome as caused by extra genetic material in chromosome 21'.

Wheelchair users	
Athletes with hypertonia, ataxia, athetosis, limb deficiency, impaired range of movement, hemiplegia	
K30	Moderate involvement in both legs.
	Coordination issues or involuntary movements affecting all four limbs
	Moderate involvement on one side of their body
	Mild ataxia, athetosis, or dystonia in one arm and leg on the same side or both.
	Unilateral amputation above the knee up to the hip, or a combination of lower limb impairment/s with functional loss in one leg above the knee.
	Unilateral amputation below the knee and above or through the ankle, or a combination of lower-limb impairments with functional loss in one foot, ankle and/or lower leg, or a leg-length difference of more than seven (>7 cm).
	Wheelchair athletes with moderate to severe impairments (including coordination impairments) affecting all four limbs and the trunk. Upper limb strikes and wheelchair propulsion is difficult. Trunk control and muscle power is absent or poor.
	Trunk control is limited and there may be no lower abdominal/spinal activity.
	Hand grasp, release and wheelchair propulsion may be fairly symmetrical between the upper limbs, with little no limitation in execution of upper limb strikes. Trunk control is good.

Full information on WKF ParaKarate Rules: [Para-Karate Modality | WKF](#)

Non WKF eligible Division Karate Canada Division Standing Mobility Impaired (SMI) Athletes compete without wheelchair.

Standeers	
Athletes with restricted joints, muscle weakness or loss of limbs, co-ordination impairments (hypertonia, ataxia, athetosis) and short stature	
K40	Impairments in both arms in the shoulder and elbows
	Impairments in one arm at the elbow or shoulder
	Impairments in both arms in the elbows and wrists
	Impairments in one arm at the wrist or elbow or in the ankle and foot.
	Co-ordination impairment in both legs
	Coordination impairment or involuntary movements that affects both the arms and legs.
	Co-ordination impairments down one side of their body
	Mild coordination difficulties.
	Short stature (Adult standing height less than or equal to 145cm (males)/137cm (females); AND Arm length less than or equal to 66cm (males)/63cm (females); AND Standing height plus arm length less than or equal to 200cm (males)/190cm (females).

The following Medical Diagnoses Forms (MDF) and associated documents must be emailed to Gillian Benson - gillian.benson@karatecanada.org by June 1, 2022.

As per rule 6.5 in WKF ParaKarate Classification Rules
[ParaKarate_Classification_Rules.pdf \(wkf.net\)](#)

Medical Diagnostic Form for Athletes with Intellectual Impairments:
[Microsoft Word - 08-04-21 MDF II Athletes new.docx \(wkf.net\)](#)

Virtus Sport: [VIRTUS – World Intellectual Impairment Sport](#)

Athletes in K21 & K22 must apply and receive a classification as II1 or II2 from Virtus. This process takes about 2-3 months and is completed in conjunction with Karate Canada through a National Eligibility Officer.
Athletes may compete at KC Nationals if eligible, if athlete is medalist, they cannot be added to the Senior Team Roster until they are classified through Virtus. Contact Karate Canada for application for Virtus.

Medical Diagnostic Form for Wheelchair Athletes: [Microsoft Word - 08-04-21 MDF WC Athletes.docx \(wkf.net\)](#)

Medical Diagnostic Form for Athletes with Visual Impairments: [Microsoft Word - 18-07-20 MDF VI Athletes new.docx \(wkf.net\)](#)

Karate Canada Division Medical Diagnostic Form for Standing Mobility Impaired (SMI) Athletes: [KC-MDF-SMI-Athletes.docx \(live.com\)](#)



Karate Canada reserves the right to change or combine divisions for competitive experience. Athletes will be awarded points for the division they are registered for.

APPENDIX 3 – SCHEDULE OF ACTIVITIES

Note: Subject to change

TUESDAY, JUNE 28

Time	Activity
3:00 pm – 7:00 pm	Accreditation
12:00 pm – 9:00 pm	Team Training*

* Provincial training times to be booked in advance.

WEDNESDAY, JUNE 29

Time	Activity
8:00 am – 6:00 pm	NCCP Comp Dev
8:00 am – 9:00 pm	Team Training*
9:00 am – 5:00 pm	Accreditation
5:00 pm – 7:00 pm	HP Presentation (to be confirmed)

* Provincial training times to be booked in advance.

THURSDAY, JUNE 30

Time	Activity
8:00 am – 4:00 pm	Weigh-In – <u>Female</u>
8:00 am – 4:00 pm	Weigh-In – <u>Male</u>
8:00 am – 6:30 pm	NCCP Comp Dev Course
9:00 am – 12:00 pm	Accreditation
9:00 am – 12:00 pm	KC-PTSO Meeting (Morning Chat)
10:00 am – 9:00 pm	Team Training
2:00 pm – 6:30 pm	Dan Testing
6:00 pm – 7:00 pm	All Officials Meeting / Briefing
6:00 pm – 7:00 pm	Volunteer Training
6:00 pm – 8:00 pm	Coaches / Technical Meeting

FRIDAY, JULY 1

Time	Activity
8:00 am – 9:00 pm	Opening Ceremony
9:00 am – 7:00 pm	Competition
8:00 am – 9:00 pm	Team Training



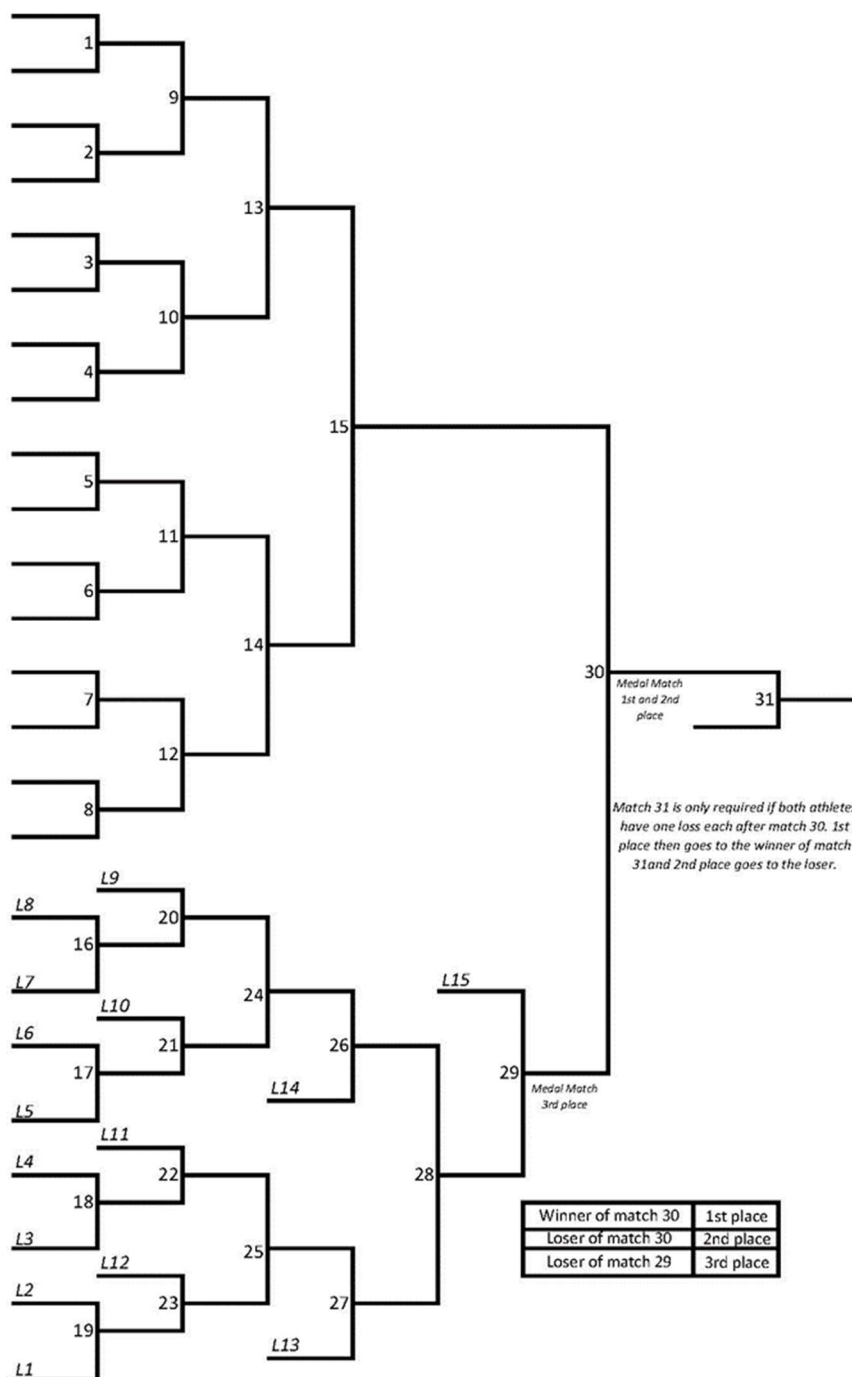
SATURDAY, JULY 2

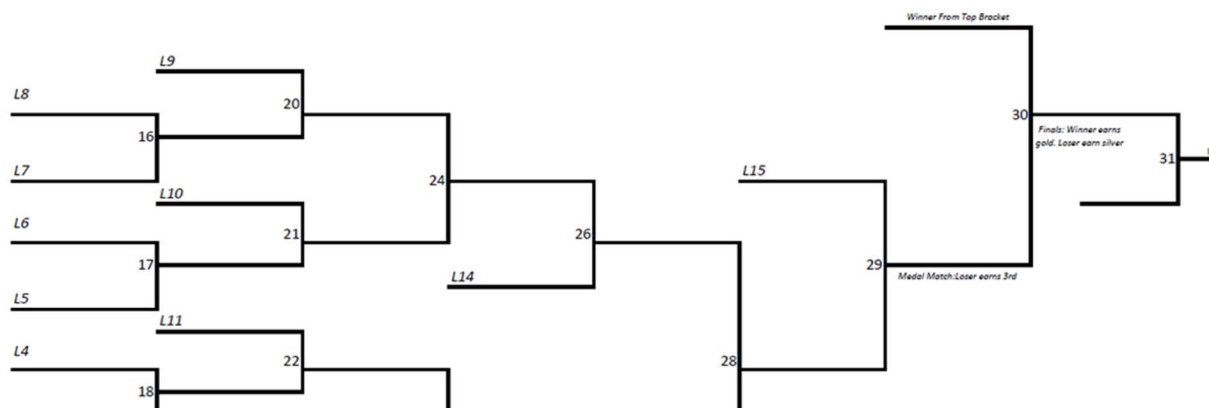
Time	Activity
8:00 am – 6:00 pm	Competition
8:00 am – 9:00 pm	Team Training

SUNDAY, JULY 3

Time	Activity
8:00 am – 3:00 pm	Competition
7:00 pm – 12:00 am	Karate Canada Awards Banquet

APPENDIX 4 – EXAMPLES OF “TRUE” DOUBLE ELIMINATION FORMAT





APPENDIX 5 – AGE ELIGIBILITY MATRIX

	YOUTH	CADET	JUNIOR	U21	SENIOR
	Birthdate between	Birthdate between	Birthdate between	Birthdate between	Birthdate
Kata	August 26th 2008 July 1st 2010	August 26th 2006 October 26th 2008	August 26th 2004 October 26th 2006	August 26th 2001 October 26th 2004	On or before May 1st 2007
Kumite	August 26th 2008 July 1st 2010	August 26th 2006 October 26th 2008	August 26th 2004 October 26th 2006	August 26th 2001 October 26th 2004	On or before May 1st 2005
Team Kata	N/A	August 26th 2004	October 26th 2008	August 26th 2001 October 26th 2004	On or before May 1st 2007
Parakarate	September 7th 2006 July 1st 2010		N/A		On or before September 6th 2006

01-Jul-22	KC Nationals start date
25-Aug-22	Anticipated start of 2022 Jr Pan Ams
06-Sep-22	Anticipated start date of 2022 Commonwealth Championships
26-Oct-22	Anticipated start date of 2022 Jr World Championships
01-May-23	Anticipated start of 2023 Sr Pan Ams

APPENDIX 6 – NCCP REQUIREMENTS FOR 2022 NATIONAL COMPETITIONS

Number of Coaches	Required Training/Certification											
1	Comp Dev Certified											
2	Comp Dev Certified	Comp Intro Trained										
3	Comp Dev Certified	Comp Intro Trained	Comp Intro Trained									
4	Comp Dev Certified	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained								
5	Comp Dev Certified	Comp Dev Certified	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained							
6	Comp Dev Certified	Comp Dev Certified	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained						
7	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained					
8	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained				
9	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained	Comp Intro Trained			
10	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	Comp Dev Trained	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained	Comp Intro Trained		
11	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	Comp Dev Trained	Comp Dev Trained	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained	Comp Intro Trained	
12	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	Comp Dev Trained	Comp Dev Trained	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Trained	Comp Intro Trained	Comp Intro Trained

Legend
CD = Competition Development
MSM = Multisport module
MED = Making Ethical Decision (module or evaluation)

* All the required training/certification has to be completed before Nationals.

** First time coaches can have an exemption as long as they do the Make Ethical Decision Training and/or online MED Evaluation + the Making Head Way online module. If you have, for example, 6 coaches and 2 of them are first timers, the new coaches will take the last 2 spots. See line below.

6	Comp Dev Certified	Comp Dev Certified	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	New Coach 1	New Coach 2
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APPENDIX 7 – AWARDS BANQUET

As was customary, Karate Canada is thrilled to return to hosting its Annual Awards Banquet after completion of the competition, on Sunday, July 3rd, at the **Delta St. Johns**.

Do not miss this celebration of friendship and excellence in Canadian Karate!

Tickets are \$85/pp which includes a meal, access to awards banquet and access to the dance party which begins immediately after the close of the awards banquet.

Stay tuned for information on how to purchase your tickets.

APPENDIX 8 – THINGS TO DO IN ST. JOHN'S

As they say, you don't get to Newfoundland by accident. Now that you're planning your trip to "The Rock", we encourage you to make the most of its unique sights, sounds and tastes.

The following are just small sample of activities that I recommend when visiting St. John's. For even more suggestions, please visit our partner **Destination St. John's** [website](#).



Rich and colourful, rugged and refined, St. John's is the creative capital, and the beating cultural heart of the province. Woven into our history and tradition is a new wave of art, architecture, music, and cuisine all waiting for you to discover.- Destination St. John's

[Signal Hill National Historic Site](#)

St. John's most popular landmark, Signal Hill recalls the town's historic past and communications triumph, as well as offering coastal hikes and colourful performances against sweeping views overlooking the Atlantic.



[Iceberg Quest](#)

Join Newfoundland's award-winning boat tour Iceberg Quest they depart from the heart of downtown St. John's. Walking distance from hotels and B&B's, our two hour fully narrated tour lets you experience Cape Spear, Cabot Tower and Fort Amherst from the sea. Other tour options available.



[Ocean Quest Zodiac Tour](#)

Just a short drive from St. John's these rigid-hulled inflatable boats provide you with a fast-paced interpretative tour that is sure to get your adrenaline flowing while teaching you a thing or two about the area.



[Quidi Vidi Village](#)

Quidi Vidi Village is nestled in the east end of downtown St. John's. Truly a small community within the city, Quidi Vidi is known for being one of the oldest fishing villages in North America.



[St. John's Fish Exchange](#)

Beautiful restaurant, with fantastic views of the St. John's harbour.

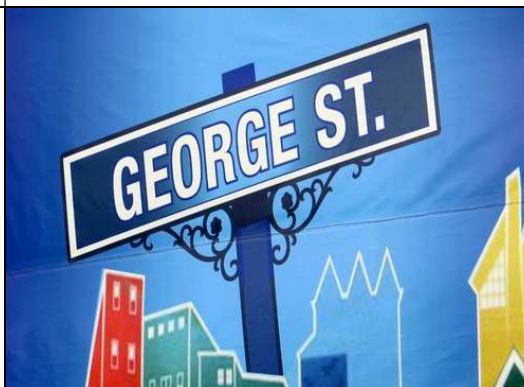
Don't worry, you can get cod tongues & scrunchion as an appetizer to your steak!



[George St. - Biggest Little Street in North America](#)

You can't go to St. John's without taking in the sights and sounds of the infamous George St.

From local eats to live local music at pubs like [O'Reilly's](#), there's something for everyone.



**PLEASE NOTE: CAR
RENTALS MAY PROVE
TO BE CHALLENGING,
SO BOOK NOW.**



We would encourage anyone interested in getting out and seeing the sights and sounds within and outside of St. John's to use a tour company such as [McCarthy's Party](#).

They offer 1 & multi-day tours, as well as structured social events that you may want to host for your team and/or friends and family.

