



**KARATE
CANADA**
CHAMPIONNAT
NATIONAL
CHAMPIONSHIPS
2023

Place Bell

July
7.8.9
Juillet
2023



PLACE BELL • LAVAL • QUÉBEC



カラテカナダ



Canada

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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 2023 National Championships to be held in Laval, Quebec.

The 2017 Championship in Quebec City was a fantastic event and featured excellent facilities, competition and location. I expect the Laval event to be the same, if not better.

In a Senior World Championship year, the 2023 National Championships will decide any open spots for the World Championship roster that will take place in Budapest in the fall. As always, the National Championship remains the entryway to the Karate Canada National Team for karate-ka hoping to represent Canada at the Pan American Junior Championships that will be held in Santiago, Chile in August 2023.

Besides being an excellent location for our competition, Laval also offers many opportunities to enjoy the local culture as well as numerous indoor and outdoor attractions.

I look forward to seeing you in Laval where we will once again celebrate the love of our sport and witness the best of Canadian karate.

Sincerely,



Craig Vokey
President
Karate Canada





Greetings from the President of Karate Québec

On behalf of Karaté Québec's Board of Directors and members, I am delighted to invite our extended Karate Canada family countrywide to the Karate Canada National Championships that will be held in Laval, Quebec from July 7 to 9, 2023.

Karaté Québec and Karate Canada have worked hard to secure quality facilities and ensure you'll have a wonderful experience whether you're attending for the first or umpteenth time. The Championships will be hosted at Place Bell, which boasts a 2,500-seat Olympic rink for competitions and a standard-size rink for warmups.

Laval is rife with culture, history, festivals, summer activities, culinary experiences and fun for the whole family. The CF Carrefour Laval, one of Quebec's largest malls, is also just steps away from the Championship hotels, so make sure to take advantage of your stay in Laval to enjoy everything the region has to offer.

The 2023 Championships give Canada's top athletes an opportunity to showcase their talent and compete for a chance to represent their country on the global stage. We look forward to seeing you there!

Stéphane Rivest

President
Karaté Québec



Greetings from the Mayor of Laval

Laval, an urban destination of nature

Laval stands out for its friendly neighbourhoods, its attractive city centre, its extraordinary activities, its transportation system, its agri-tourism offering and its many green spaces.

Our destination undoubtedly has all the necessary assets to please the different types of clientele, whether you are looking for corporate, family, cultural or sports events.

Choosing Laval for your events means choosing a dynamic, sustainable, safe, accessible and open to the world. A large urban city, Laval stimulates creativity, encourages innovation and promotes community engagement and mobilization.

Like you, we work tirelessly to ensure that the organizers and participants of events taking place in our territory have an exceptional experience.

Welcome to Laval!

Stéphane Boyer- Mayor of Laval
City of Laval





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.

PTSO's are asked to please pay particular attention to hotel payment structures as they are different from previous years and have a direct impact on fiscal planning.

I welcome you to reach out to me at cheryl.tataryn@karatacanada.org if you have any logistical questions regarding the event. High performance 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 7-9, 2023

1.2 VENUE



PLACE BELL

1950 Claude-Gagné Street
Laval, QC, H7N 0E4

Accredited participants will be shuttled to/from the venue on each competition day. Schedule to be provided closer to the event.

Food services are available within Place Bell. Participants are also welcome to try one of the many surrounding restaurants with the understanding that outside food is not permitted within the venue.

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.

Take advantage of early bird pricing on tickets purchased prior to Thursday, July 6th.

<https://buytickets.at/karatecanada/931442>

1.5 PUBLIC HEALTH RISK MITIGATION MEASURES

Karate Canada is committed to adhering to all municipal, provincial and federal public health guidelines.

At the time of publishing this information bulletin, there are no specific risk mitigation measures to be applied for Nationals in Laval, Québec, including those for COVID-19.

Please note that municipal, provincial and federal public health guidelines are subject to change. As such, Karate Canada will be diligent in advising participants of any change(s) if/as they become available.

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 medical services and/or an extended stay for medical reasons.

1.7 PRIMARY CONTACTS

Technical Event Support

Stéphane Rivest

Tournament Director

Email: riveststef@gmail.com

Non-Technical Event Support

Cheryl Tataryn



Events Manager

Email: cheryl.tataryn@karatecanada.org

Medical Forms & Event Support

Gillian Benson

Karate Canada Logistics and Gender Equity

Email: gillian.benson@karatecanada.org

High-Performance

Rodney Hobson,

Sport Technical Leader & High Performance Committee Chair

Email: rodney.hobson@karatecanada.org

2. PARTICIPANT CODE OF CONDUCT

Exemplary conduct is expected of all Nationals participants, from their departure from their home through to their return.

Any behaviour contrary to the spirit of the Nationals or any violation of any Karate Canada, hotel or venue rule or policy will result in appropriate disciplinary action.

Karate Canada is committed to providing a sport, work, and volunteer environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment which promotes equal opportunities and prohibits discriminatory practices. Karate Canada will not tolerate acts of harassment, abuse, bullying, hazing, or other such behaviours.

2023 Nationals participants, including athletes, coaches, team reps, officials, staff and volunteers will:

- Show the same level of respect they would want in return.
- Treat the National's host hotels and competition venue, as well as their staff and fellow patrons, with respect and care.

Any damages to these properties or infrastructure due to the actions of a participant(s) will result in disciplinary action and/or financial restitution by the participant(s) involved and/or their PTSO.

- Treat all other participants fairly, regardless of gender, ethnic background, color, sexual orientation, religion, political belief, or economic status.
- Conduct themselves in a manner consistent with the position as a positive role model, and as a representative of their sport and province.
- Respect and adhere to the rules and policies of Karate Canada and the WKF.
- Respect the privacy and dignity of others by not divulging confidential information without consent, except where required by law.
- Consistently display high personal standards and project a favourable image of karate and your respective province.

- Refrain from public criticism of athletes, coaches, team reps, officials, staff and volunteers.
- Refrain from the use of profane, insulting, harassing, or otherwise offensive language.
- Respect the dignity of others. Verbal or physical behaviours that constitute harassment or abuse are unacceptable.
- Not use or advocate or condone the use of drugs or other banned or performance enhancing substances.
- Not provide others with drugs and will not provide those who are underage with alcohol or tobacco products.
- Compete/participate in a spirit of fair play and honesty.
- Refrain from using tobacco products within the competition venue or other areas where prohibited.
- Address fellow athletes, coaches, officials, volunteers, event organizers, spectators, and others associated with the Nationals in a courteous and respectful manner.
- Act in a manner that will bring credit to the Nationals, the sport of karate, and themselves, both within and outside the competition venue and/or competition area.
- Ensure the safety of others and themselves.
- Conduct themselves in a positive and supportive manner.
- Abide by the laws of province and city in which the Nationals is taking place.
- Prepare themselves for the Nationals competition.
- Be responsible for all their personal items such as identification, personal belongings, and equipment.

Athlete's Oath

In the name of all competitors, I promise that we shall take part in these 2023 National Championships respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of karate-do, for the glory of sport and the honour of our teams.



Coach's Oath

In the name of all the coaches and other members of the athletes' entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and fair play is fully adhered to and upheld throughout these 2023 National Championships, in accordance with the fundamental principles of sport and in the true spirit of karate-do.

Official's Oath

In the name of all the judges and referees, I promise that we shall officiate in these 2023 National Championships with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of karate-do.

3. 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 2023 National Championships event:

3.1 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.

3.2 PURPOSE

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

3.3 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.

3.4 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.

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).

3.5 PROVIDING PROOF OF ELIGIBILITY

All Participants will be required to provide proof of the eligibility requirement listed in Section 6 no later than ten days preceding the start of the competition through the system or method that Karate Canada will communicate to the PTSOs. 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.

4. AUTOMATIC INVITATIONS TO THE 2023 NATIONAL CHAMPIONSHIPS

Karate Canada will automatically invite athletes that meet one (1) of the following four (4) criteria to the 2023 National Championships:

1. All Senior athletes holding a status (International A, B or C or National A) as of December 31, 2022 regardless of any change in weight division within Senior kumite divisions.
2. All medalists from the previous (2022) National Championships regardless of any change in age/weight division.
3. The two (2) top-ranked National Team Roster athletes in each division (at the end of the 2022 season), regardless of any change in age or weight divisions.
4. Age-eligible National Team Roster athletes from kata & kumite divisions who, during the 2022-23 Karate Canada season, achieved:
 - a) 5th place or higher in a 2022-23 WKF Youth League event or in the 2022 Junior Pan-American Karate Championships, or;
 - b) 7th placed or higher at the 2022 edition of the Junior World Championships, or;
 - c) 5th place or higher in a 2022-23 WKF Series-A event, or;
 - d) 7th place or higher in a 2022-23 K1 Premiere League event.

Automatic invitations to the 2023 National Championships, according to the above points, will only apply to the discipline in which the medal or rank was earned.

Automatically invited Kumite athletes may register in any single age &/or weight division at the 2023 National for which they are eligible, regardless of the division in which they achieved their automatic invitation status.

5. 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.

5.1 MAXIMUM NUMBER OF ENTRANTS

5.1.1 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.).

5.1.2 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.

5.1.3 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.).

5.1.4 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).

5.1.5 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.).

*****IMPORTANT: 2023 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 June 30, 2023 in order for individual participant registrations of athletes and coaches from that Province / Territory to be considered valid.**

6. 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 2023 National Championships. This section is aligned with the current WKF rules at time of publishing. It is expected that the WKF will issue new rules effective January 2023. As such this section will be updated once the new WKF rules are published.

6.1 KARATE-GI

In alignment with current WKF rules of competition, please note that karate-gis including colored embroidery on the shoulders will be permitted, but optional, in ALL divisions (kata and kumite) at the 2023 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)

6.2 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.

For U14 categories only:

- Chest protectors are optional for athletes in female categories.
- Body Protectors may be EITHER the over-the-gi OR the under-the-gi body protector for both male and female categories.

6.3 GROIN CUP / PROTECTOR

Mandatory for all male kumite athletes.

6.4 MASK

Face masks are not permitted in any category.

6.5 GLOVES

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

6.6 FOOT AND SHIN PROTECTORS

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

6.7 MOUTH GUARD

Mandatory for all kumite athletes.

6.8 ACCEPTED FLAGS ON GIS

PTSOs and athletes are reminded that only provincial flags are allowed to be presented on gis. **Canadian flags will not be accepted.**

6.9 MEDAL PRESENTATION ATTIRE PROTOCOL

Medalists must make their way to the medal presentation area as soon as directed and must be wearing their provincial tracksuit. Gis pants or PTSO-approved pants (black) with a tracksuit jacket are also acceptable.

Shorts or other manners of dress, including ballcaps and the carrying of cellphones and flags will not be accepted.

Athletes must be wearing proper footwear or be barefoot (sandals will not be accepted).

7. 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.
- PTSO Coach/NCCP leads should reach out to their NCCP Committee contact for scheduling and delivering any online sport-specific modules.

8. AGE ELIGIBILITY

Please note the following information pertaining to age eligibility of participants in the 2023 Karate Canada National Championships.

8.1 JUNIOR KATA & KUMITE

Youth, Cadet, Junior and U21 athletes must compete in the age category for which they are age eligible as of the first day of the 2023 Junior Cadet & U21 Pan American (PKF) Karate Championships (expected to be August 25, 2023). However, athletes must be aged 12 or 13 years on the first day of the competition (July 7th, 2023) in order to compete in the Youth divisions at the 2023 National Championships.

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 2023-2024 season (on the dates of these events, such as the 2023 Junior Cadet & U21 Pan American (PKF) Karate Championships), they may NOT represent Canada (in such divisions) at these competitions.

[See Age Eligibility Matrix.](#)

8.2 SENIOR KUMITE

Senior athletes must be minimum 18-years-old as of the first day of the 2023 Karate Canada National Championships.

U21 can register to compete in Senior divisions.

17-year-old athletes who turn 18 as of the first day of the 2024 Senior Pan American (PKF) Karate Championships (expected to be May 1, 2024) may **not** register in Senior Kumite divisions.

[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 2023-24 season (on the dates of these events), they may NOT represent Canada (in such divisions) at these competitions.

8.3 SENIOR KATA

Senior athletes must be minimum 16-years-old as of the first day of the 2023 Karate Canada National Championships.

Athletes aged 16, 17, 18, 19 and 20 years may compete 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 who turn 16 as of the first day of the 2024 Senior Pan American (PKF) Karate Championships (expected to be May 1, 2024) may not register in Senior Kata divisions.

[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 2023-24 season (on the dates of these events), they may NOT represent Canada (in such divisions) at these competitions.

9. REFEREES / OFFICIALS

9.1 ELIGIBILITY CRITERIA

Karate Canada will only accept registration of officials meeting the following criteria for the 2023 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.

9.2 ACCOMODATIONS

Karate Canada will not be assuming the rooming list or partial payment for officials' accommodations at the 2023 Nationals.

PTSOs will therefore be responsible for including their referees / officials on their respective hotel rooming list. Payment arrangements will be at each PTSOs' discretion.

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

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

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 2023 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 Sportdata technical event support 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.**



11. REGISTRATION / ACCREDITATION

Official registration will take place on July 5th in the **A-15** room at the **Sheraton Laval Hotel**.

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

12. DIVISIONS – 2023 National Championships

The mainstream and non-Para divisions offered at this event will be:

12.1 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*)

12.2 FEMALE & MALE TEAM KATA

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

12.3 FEMALE INDIVIDUAL KUMITE

- Youth (12-13 years old*): -42 kg, -47 kg, -52 kg, +52 kg
- Cadet (14-15 years old*): -47 kg, -54 kg, -61 kg, +61 kg
- Junior (16-17 years old*): -48 kg, -53 kg, -59 kg, -66 kg, +66 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

12.4 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 2023 Karate Canada National Championships.

13. PARA-KARATE ATHLETES

Karate Canada will host competitive Kata events for Junior female and male and Adult men and women at the 2023 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.

13.1 ELIGIBILITY

- Athlete's disability must be considered permanent.

	U16	SENIOR
Para	July 8, 2007 to July 7, 2011	On or before Oct 24 2007

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](#).

13.2 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.)

14. SEEDING OF DRAWS

Karate Canada will seed athletes in all individual division draw sheets of the 2023 Karate Canada National Championships in the following order of decreasing priority:

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

- All 4 medalists from the 2022 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.

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

- Top 4 KC-ranked athletes in the same division, as of June 15, 2023 **;
- All 4 medalists from the 2022 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.

14.3 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 National Championships 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.

15. ELIMINATION FORMULA

Karate Canada will use the following elimination formulas / formats for the various individual divisions at the 2023 Karate Canada National Championships.

15.1 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.

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

15.2 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 third places 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.

16. VIDEO REPLAY

Karate Canada intends to make Instant Video Replay available to coaches for the medal rounds of all individual kumite divisions, to be managed in accordance with WKF rules.

17. COMPETITION RULES

Unless specified otherwise or elsewhere in the event's Information Bulletin, the competition rules which will be in effect at 2023 Karate National Championships will be the published Kata and Kumite Rules of Competition of the World Karate Federation, in effect as of July 7, 2023.

18. WEIGH-IN RULES & PROTOCOL

18.1 RULES

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

U21 and/or Senior Kumite Athletes: Acceptable Weight Variance
Kumite athletes competing at the 2023 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

18.1.2 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.

18.1.3 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 2023 National Championships.
2. The acceptable weight variance for all kumite athletes is 0.4 kg above the range for each weight division.mdf
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.

18.2 WEIGH-IN RULES & PROTOCOL

Weigh-ins will take place on Thursday, July 6th, 2023, at the Sheraton Laval Hotel. 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.
1. 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.
2. 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.
3. Athletes to weigh-in wearing shorts & t-shirt but may be permitted to reduce to under-garments or if they choose, to be nude.
4. Privacy screens will be provided around the scale/weighing area.

5. No spectators are allowed during the weigh-in process.
6. 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.
7. Athletes will be weighed by same-sex individuals. Without exception, opposite-sex individuals are not permitted in the official weigh-in area.
8. Upon arrival, athletes must present their official event accreditation. Without exception, athletes without accreditation will not be granted an opportunity to weigh-in.
9. 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.
10. 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.
11. 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

12. “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.



19. 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 5, 2023, 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 6, 2023.



20. PAYMENT OF FEES

ALL PAYMENTS MUST BE MADE BY ELECTRONIC TRANSFER ONLY

Electronic payments must be sent to Karate Canada no later than **June 9th, 2023**, with an email confirmation sent to treasurer@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

21. OFFICIAL HOST HOTELS

All participants registered for the National Championships MUST stay in one of the official host hotels.

SHERATON LAVAL

2 Queens: \$199- Double occupancy

- For 3rd and 4th person a \$20.00 per person/per night fee will apply
- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

1 King: \$199- Double occupancy

- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

1 King Club: \$264 - Double occupancy. Access to Club Lounge included.

- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

Host hotel for accreditation, meetings and awards banquet.

- Spacious and modern hotel
- Free parking
- Complimentary Wi-Fi in guestrooms
- Fitness centre, indoor heated pool, hot tub
- **All pre-competition training is held here**

Reservations to be submitted by rooming list, per province, which is due on **May 29th, 2023**, subject to availability.

Hotel representative:
Clara Santos, csantos@ghgc.ca



ROOMING LIST PAYMENT TERMS

- **50% deposit of anticipated block: April 15th, 2023**
- **Final payment: June 15, 2023**

The regular check-in time is **3:00 p.m.** Early check-ins are subject to same-day availability and are not guaranteed.

HILTON MONTRÉAL-LAVAL

2 Queens: \$199- Double occupancy

- For 3rd and 4th person a \$20.00 per person/per night fee will apply
- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

1 King: \$199- Double occupancy

- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

1 King Club: \$264 - Double occupancy. Access to Club Lounge included.

- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

1 King Suite: \$269 - Double occupancy.

Spacious room with apartment-sized fridge, stove top and microwave included.

- Pull-out sofa can accommodate 1-2 people.
- For 3rd and 4th person a \$20.00 per person/per night fee will apply
- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

- Spacious and modern hotel
- Free parking
- Complimentary Wi-Fi in guestrooms
- Fitness centre, indoor heated pool, hot tub

Reservations to be submitted by rooming list, per province, which is due on **May 29th, 2023**, subject to availability.

Hotel representative:

Clara Santos, csantos@ghgc.ca



ROOMING LIST PAYMENT TERMS

- **50% deposit of anticipated block: April 15th, 2023**
- **Final payment: June 15, 2023**

The regular check-in time is **3:00 p.m.** Early check-ins are subject to same-day availability and are not guaranteed.

HOLIDAY INN LAVAL MONTRÉAL

2 Queens: \$199 - Quad occupancy

- Plus taxes: Lodging tax: 3.5%, Federal tax: 5% Provincial service tax: 9.975%

Booking Deadline: **May 27, 2023**

The regular check-in time is **4:00 p.m.**

- Indoor pool
- Fitness centre
- In-room mini fridge
- Quick walk to the Sheraton Laval

Reservations to be submitted by rooming list, per province, which is due on **May 29th, 2023**, subject to availability.

Hotel Representative:
Arly Cadan, Sales Coordinator
Tel: 450.682.2645
Fax: 450.682.2098
arly.cadan@investhotels.com



ROOMING LIST PAYMENT TERMS

Please refer to Arly Cadan for payment terms.

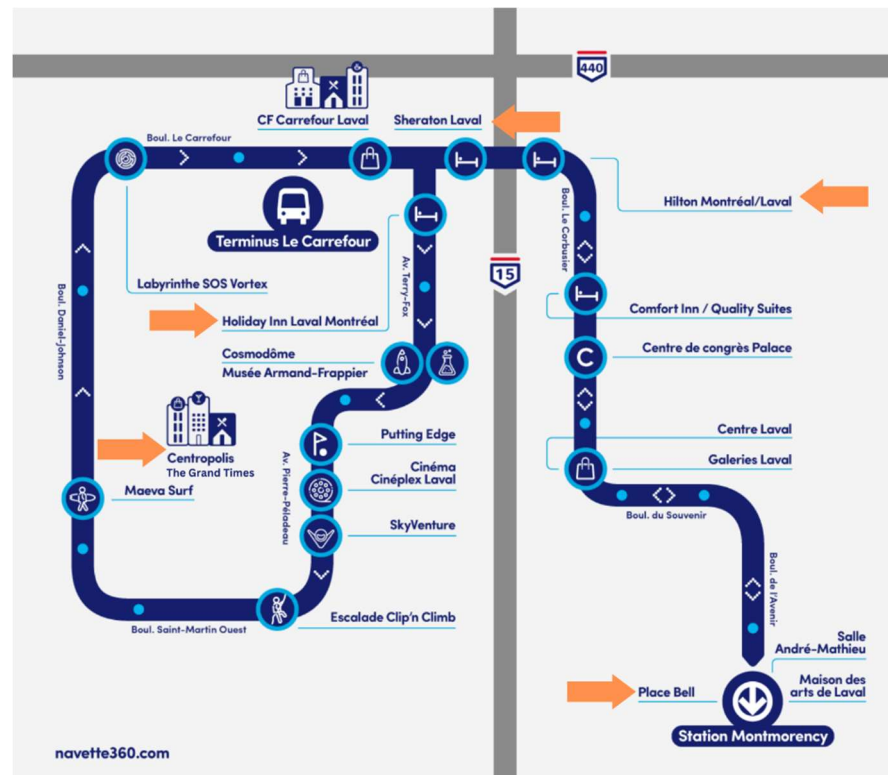
The regular check-in time is **4:00 p.m.** Early check-ins are subject to same-day availability and are not guaranteed.

22. GROUND TRANSPORTATION

Shuttles will be provided for accredited participants from official host hotels to the Sheraton Laval for Team Training (as per training schedule), as well as from/to official host hotels to/from Place Bell at the beginning and end of each day. A formal schedule will be shared with PTSOs closer to the event.

An option for non-accredited individuals or any participant that wants to explore Laval on their own time is the 360 shuttle which is a free transportation service that runs a loop past all official event hotels as well as Place Bell. For more information, visit:

<https://stlaval.ca/practical-info/deals/360-shuttle>



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

23. SOCIAL MEDIA

The 2023 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 2023 Karate Canada National Championships is: #KCNationals2023 Be sure to use it in all posts!

24. BOOKING OF TRAINING AREAS FOR PROVINCIAL / TERRITORIAL TEAMS

Information regarding the allocation of training time will be shared at a later date.

25. OPENING CEREMONY

The 2023 National Championships will be kicked off with an Opening Ceremony beginning at 8:30 am, Friday, July 7th.

Athletes should expect to be at the venue no later than 8:00 am for marshalling for the athlete march-in area. Athletes must be in their provincial track suits.

Ground transportation will be provided for accredited athletes and support staff, with the formal transportation schedule being sent out in advance of the event.

PTSOs must submit their chosen provincial flag bearer along with the rationale for their selection to cheryl.tataryn@karatecanada.org **no later than Monday, July 3rd, 2023.**

Your provincial flag and flagpole will be issued to your Team Manager at accreditation.

Please plan to iron and add flag to pole to present to your flag bearer in advance of the opening ceremony.

26. EVENTS SCHEDULE

26.1 SCHEDULE OF ACTIVITIES

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

26.2 COMPETITION SCHEDULE

Full details of the competition schedule should be available via SportData, as of Monday, June 27, 2023. A link to the competition schedule will be available and published by Karate Canada. Please note this schedule will remain subject to changes.

27. 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 medical waivers will be uploaded via Trackie, along with citizenship confirmation. Karate Canada will notify all member PTSOs via email once these forms are available, and will provide further information regarding the process at that time. PTSOs must contact athletes about completing the required forms. **PTSOs must ensure that all competitors have provided the required documentation to Karate Canada by June 12, 2023.**

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

28. NCCP COURSES (NEW)

Karate Canada will be offering the following NCCP modules in Laval:

- [Learning Facilitator](#)
Wednesday, July 5th, 2023 – 8:30 AM-5:00 PM
- [Coach Evaluator](#)
Thursday, July 6th 2023 – 8:30 AM-5:00 PM

For registration information, please contact gillian.benson@karatecanada.org.

Please note that there will not be any opportunities for NCCP Competition - Development evaluations during this event.

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 2023 National Championships. It is simply an additional option that provides more flexibility to the PTSOs and the opportunity to register additional athletes that each PTSO 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 2023 National Championships through the “Wildcard” system will be left to the discretion of each PTSO (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 2023 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), May 31st, 2023**, 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 2022-23 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 2022-23 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 2022-23 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 2022-23 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 four 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 May 31st, 2023** will be eligible to compete at the 2023 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 4th, 2023**

*** Please note: PTSOs must also register approved wildcards online via Trackie 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	Arthrogyposis, 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	Arthrogyrosis 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.

Standees	
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 12, 2023.

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 is 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 (UPDATED)

Note: Subject to change

WEDNESDAY, JULY 5 – SHERATON LAVAL

Time	Activity	Room
8:30 am – 5:00 pm	NCCP – Learning Facilitator CANCELLED	
9:00 am – 5:00 pm	Accreditation	A-15
11:00 pm – 9:00 pm	Team Training*	Laval 1-2-3

* Training times to be provided to PTSO Managers in advance of the event

THURSDAY, JULY 6 – SHERATON LAVAL

Time	Activity	Room
8:00 am – 4:00 pm	Weigh-In – <u>Female</u>	Laval Sur La Lac
8:00 am – 4:00 pm	Weigh-In – <u>Male</u>	A-440
8:30 am – 5:00 pm	NCCP – Coach Evaluator CANCELLED	
9:00 am – 12:00 pm	Accreditation	A-15
9:00 am – 12:00 pm	KC-PTSO Meeting (Morning Chat)	Auteuil
10:00 am – 12:00 pm	Volunteer Training (Ticketing only)	A-15
9:30 am – 6:30 pm	Team Training*	Laval 1-2-3
2:00 pm – 6:30 pm	Dan Testing	Vimont
6:00 pm – 6:45 pm	All Officials Meeting / Briefing	Laval 4
6:00 pm – 7:00 pm	Volunteer Training (Opening Ceremony only)	Place Bell
7:00 pm – 8:00 pm	Coaches / Technical Meeting	Laval 4

* Training times to be provided to PTSO Managers in advance of the event

FRIDAY, JULY 7 – PLACE BELL

Time	Activity
8:30 am – 9:00 am	Opening Ceremony
8:00 am – 6:00 pm	Team Training
9:30 am – 7:00 pm	Competition

SATURDAY, JULY 8 – PLACE BELL

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



SUNDAY, JULY 9

Time	Activity	Room
8:00 am – 5:00 pm	Competition – PLACE BELL	
8:00 am – 4:00 pm	Team Training – PLACE BELL	
7:00 pm – 12:00 am	Karate Canada Awards Banquet – SHERATON LAVAL	Laval 1-2-3

APPENDIX 4 – AGE ELIGIBILITY MATRIX

	U14*	CADET	JUNIOR	U21	SENIOR**
	Birthdate between	Birthdate between	Birthdate between	Birthdate between	Birthdate
Kata	Aug 26, 2009 July 7, 2011	Aug 26, 2007 Aug 25, 2009	Aug 26, 2005 Aug 25, 2007	Aug 26, 2002 Aug 25, 2005	On or before July 7 2007
Kumite	Aug 26, 2009 July 7, 2011	Aug 26, 2007 Aug 25, 2009	Aug 26, 2005 Aug 25, 2007	Aug 26, 2002 Aug 25, 2005	On or before July 7 2005
Team Kata	N/A	Aug 26, 2005 Aug 25, 2009		Aug 26, 2002 Aug 25, 2005	July 7 2007
	U16		SENIOR		
Para	July 8, 2007	to	July 7, 2011	On or before Oct 24 2007	

07-Jul-23 KC Nationals start date
 25-Aug-23 Anticipated start of 2023 Jr Pan Ams
 24-Oct-23 Anticipated start of 2023 Sr World Championships
 01-May-24 Anticipated start of 2024 Sr Pan Ams

*Athletes must be minimum of 12yrs old as of Nationals

**Senior Categories must be 18 (kumite) and 16 (kata) as of Nationals

(Revised Nov 17 2022)

APPENDIX 5 – NCCP REQUIREMENTS FOR 2023 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 Certified	Comp Intro Trained										
4	Comp Dev Certified	CD Karate Module + 3 MSM + MED	Comp Intro Certified	Comp Intro Trained									
5	Comp Dev Certified	Comp Dev Certified	CD Karate Module + 3 MSM + MED	Comp Intro Certified	Comp Intro Trained								
6	Comp Dev Certified	Comp Dev Certified	CD Karate Module + 6 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Certified	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 Certified	Comp Intro Trained						
8	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	CD Karate Module + 6 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Certified	Comp Intro Trained					
9	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	CD Karate Module + 6 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Certified	Comp Intro Trained	Comp Intro Trained				
10	Comp Dev Certified	Comp Dev Certified	Comp Dev Trained	Comp Dev Trained	CD Karate Module + 6 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Certified	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 + 6 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Certified	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 + 6 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	CD Karate Module + 3 MSM + MED	Comp Intro Certified	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 + 6 MSM + MED	CD Karate Module + 3 MSM + MED	New Coach 1	New Coach 2
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APPENDIX 6 – AWARDS BANQUET

Karate Canada is honoured to host its Annual Awards Banquet the evening of Sunday, July 9th, at the **Sheraton Laval Hotel**.

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

Tickets are \$89/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.

TICKETS WILL BE AVAILABLE FOR PURCHASE UNTIL JUNE 23RD OR UNTIL SOLD OUT, WHICHEVER COMES FIRST.

PTSOs will be responsible for purchasing their delegation's tickets using TicketTailor. Bracelets will be provided to PTSOs at accreditation. Friends and family can purchase using TicketTailor as well.

<https://buytickets.at/karatecanada/929692>

Please note that tickets can be transferred to other participants but are non-refundable once purchased.

Food sensitivities must be reported to the Event Manager by the PTSO Team Manager no later than June 28th.

IMPORTANT: FOOD SENSITIVITIES DO NOT WARRANT A REDUCTION IN THE AWARDS BANQUET TICKET PRICE.

JUNE 4

- Karate Canada to confirm approval of nominated wildcard athletes.

JUNE 5

- Online registration closes.

JUNE 9

- All payments due to Karate Canada by electronic transfer only.

JUNE 12

- Deadline for Para Medical Diagnoses Forms (MDF) and associated documents to be submitted to Gillian Benson - gillian.benson@karatecanada.org

JUNE 12

- PTSOs must ensure that all competitors have provided the required documentation to Karate Canada.

JUNE 15

- Final rooming list **payment** due to hotels.

JUNE 23 (or until sold out – whichever comes first)

- Banquet ticket purchase deadline

JUNE 27

- Full details of the competition schedule should be available via Sportdata.

JUNE 28

- Deadline for banquet food sensitivities to be reported to ctataryn@karatecanada.org

JULY 5

- Official registration/accreditation will take place at the Sheraton Laval Hotel.



JULY 6

- Weigh-ins will take place at the Sheraton Laval Hotel.

JULY 7

- Opening ceremony & start of competition at Place Bell.

JULY 9

- Awards banquet will take place at the Sheraton Laval Hotel.