



**KARATE
CANADA**
CHAMPIONNAT
NATIONAL
CHAMPIONSHIPS
2024



JULY 4-7 JUILLET
PLACE BELL • LAVAL • QUÉBEC

KARATECANADA.ORG



Avec la participation financière de
Québec

Funded by the
Government
of Canada

Financé par le
gouvernement
du Canada

Canada



Greetings from the President of Karate Canada

On behalf of the Board of Directors of Karate Canada I would like to welcome (welcome back) everyone to the 2024 Karate Canada National Championships to be held in Laval, Quebec.

The 2023 Championship held in Laval featured excellent facilities, competition venue and location with the only difference in 2024 being an extra day to accommodate the increased athlete registration and to ensure the tournament runs smoothly. Karate Quebec will once again co-host the event with Karate Canada which has always resulted in excellent events.

The next edition of the WKF World Junior, Cadet and Under 21 Championships will be held in October 2024 in Venice Italy. As always, the Karate Canada National Championships will select the athletes that will represent Canada to this important event. The National Championships is also important for selecting the Senior National Team as we transition to a new format for qualification to the WKF Senior World Championships in Cairo, Egypt, 2025.

The amateur sport world in Canada continues to evolve, and for the better. The Safe Sport initiatives, now known as Abuse Free Sport, continue to influence how Karate Canada conducts itself, how it expects athletes, coaches, and officials to conduct themselves, and how we all treat each other. A key tenet of Karate is that we begin, and end, with respect. This respect must not only be on the tatami, but must also permeate how we conduct our affairs internationally, nationally, provincially, and in our dojo's. Training (coaching, respect in sport, ethical decision making etc.) is key in helping us achieve what, essentially we should have been doing all along. Abuse in sport takes many avenues and many forms, from the obvious, to the very subtle. We must continue to stand against any and all forms of abuse in sport and to continue to educate ourselves to recognize that behaviours we may once saw as innocent, or acceptable, truly are not.





I look forward to seeing new and returning athletes, coaches and officials in Laval where we will once again celebrate the love of our sport and witness the best of Canadian karate in the spirit of competition and Abuse Free Sport.

Sincerely,

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

Craig Vokey
President
Karate Canada

Greetings from the President of Karate Québec

It is with great pleasure that Karate Québec's Board of Directors and Organizing Committee welcomes athletes and families to Laval's Place Bell for a second consecutive year for Karaté Canada's National Championships, July 4-7, 2024.

Building on last year's experience, we've put all our efforts into making this event a great success.

For those of you who are visiting Laval for the first time, you'll find that Place Bell is a great venue for sporting events of all kinds. Much more than just the home arena of the Laval Rocket, Montreal Canadiens' feeder club, Place Bell is a multi-sport venue located in the heart of Laval, surrounded by hotels, restaurants and a variety of shops, allowing you to take part in a variety of family activities.

The July 2024 Championships will select the best of Canadian athletes who will go on to become part of Team Canada. The entire team looks forward to seeing you in Laval for these Championships.

Best of luck to all,



François Désormeaux
President, Karate 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.

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!

Best wishes,

Cheryl Tataryn
Events Manager
Karate Canada

TABLE OF CONTENTS

1. GENERAL EVENT INFORMATION	1
1.1 DATES	1
1.2 VENUE	1
1.3 LIVE STREAMING	1
1.4 SPECTATOR TICKETS	2
1.5 PUBLIC HEALTH RISK MITIGATION MEASURES	2
1.6 OUT-OF-PROVINCE INSURANCE - RECOMMENDATION	2
1.7 PRIMARY CONTACTS	2
2. PARTICIPANT CODE OF CONDUCT	4
3. NATIONAL COMPETITIONS CITIZENSHIP REQUIREMENTS AND ELIGIBILITY POLICY	7
3.1 DEFINITIONS	7
3.2 PURPOSE	7
3.3 APPLICATION OF THIS POLICY	7
3.4 ELIGIBILITY	7
3.5 PROVIDING PROOF OF ELIGIBILITY	8
4. AUTOMATIC INVITATIONS TO THE 2024 NATIONAL CHAMPIONSHIPS	9
5. COMPETITOR ELIGIBILITY GUIDELINES	10
5.1 MAXIMUM NUMBER OF ENTRANTS	10
6. MANDATORY EQUIPMENT	12
6.1 KARATE-GI	12
6.2 CHEST/BODY PROTECTOR	12
6.3 GROIN CUP / PROTECTOR	13
6.4 MASK	13
6.5 HELMET	13
6.6 GLOVES	13
6.7 FOOT AND SHIN PROTECTORS	13
6.8 MOUTH GUARD	13

6.9	ACCEPTED FLAGS ON GIS	13
6.10	MEDAL PRESENTATION ATTIRE PROTOCOL	13
7.	COACH ELIGIBILITY GUIDELINES	15
8.	AGE ELIGIBILITY	16
8.1	JUNIOR KATA & KUMITE	16
8.2	SENIOR KUMITE	16
8.3	SENIOR KATA	17
9.	REFEREES / OFFICIALS	18
9.1	ELIGIBILITY CRITERIA	18
9.2	REFEREES/OFFICIALS ACCOMODATIONS	18
9.3	REFEREE BRIEFING	18
10.	ONLINE PRE-REGISTRATION FOR ATHLETES, COACHES, REFEREES & DELEGATES	19
11.	REGISTRATION / ACCREDITATION	20
12.	DIVISIONS – 2024 National Championships	21
12.1	FEMALE & MALE INDIVIDUAL KATA	21
12.2	FEMALE & MALE TEAM KATA	21
12.3	FEMALE INDIVIDUAL KUMITE	21
12.4	MALE INDIVIDUAL KUMITE	21
13.	PARA-KARATE ATHLETES	22
13.1	ELIGIBILITY	22
13.2	PARA-KARATE SPORT CLASSES*	22
13.3	ADDITIONAL PARA-KARATE INFORMATION	23
14.	SEEDING OF DRAWS	25
14.1	YOUTH DIVISIONS (12-13, KATA AND KUMITE)	25
14.2	JUNIOR DIVISIONS (CADET, JUNIOR AND U21, KATA AND KUMITE)	25
14.3	SENIOR DIVISIONS (KATA AND KUMITE)	25
15.	ELIMINATION FORMULA	27
15.1	ALL INDIVIDUAL KUMITE DIVISIONS	27
15.2	ALL INDIVIDUAL KATA DIVISIONS	27

16. VIDEO REPLAY	28
17. COMPETITION RULES	29
18. WEIGH-IN RULES & PROTOCOL	30
18.1 RULES	30
18.2 WEIGH-IN RULES & PROTOCOL	31
19. ENTRY FEES	33
20. PAYMENT OF FEES	34
21. OFFICAL HOST HOTELS	35
22. GROUND TRANSPORTATION	39
23. SOCIAL MEDIA	40
24. BOOKING OF TRAINING AREAS FOR PROVINCIAL / TERRITORIAL TEAMS	40
25. OPENING CEREMONY	40
26. EVENTS SCHEDULE	41
26.1 SCHEDULE OF ACTIVITIES	41
26.2 COMPETITION SCHEDULE	41
27. WAIVER & MEDICAL FORMS	42
APPENDIX 1 – WILD CARD SYSTEM	i
APPENDIX 2 – NATIONAL TEAM TRAINING CAMP	iii
APPENDIX 3 – SCHEDULE OF ACTIVITIES	v
APPENDIX 4 – AGE ELIGIBILITY MATRIX	vii
APPENDIX 5 – NCCP REQUIREMENTS FOR 2024 NATIONAL COMPETITIONS	viii
APPENDIX 6 – AWARDS BANQUET	ix
APPENDIX 7 – IMPORTANT DATES	x
APPENDIX 8 – MANDATORY KUMITE EQUIPMENT	xii
APPENDIX 9 – APPROVED KATA LIST	xiii

1. GENERAL EVENT INFORMATION

1.1 DATES

Competition dates: July 4-7, 2024

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 four-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 Wednesday, July 3rd.

<https://buytickets.at/karatecanada/1110774>

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 Program Manager

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.

2024 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 2024 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 2024 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 2024 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 2024 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 passport holder.

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 of the following:

- Valid Canadian passport

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.

PLEASE NOTE: passports must accurately reflect the participants' name, date of birth, and gender as they appear in Sportdata. If any athlete requires a new passport in order to fulfill these requirements, Karate Canada can provide a letter of support to expedite the process. All requests for letters of support will remain confidential. For more information please contact Gillian Benson at gillian.benson@karatecanada.org.

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 2024 NATIONAL CHAMPIONSHIPS

Karate Canada will automatically invite athletes that meet one (1) of the following four (4) criteria to the 2024 National Championships:

1. All Senior athletes holding a status (International A, B or C or National A) as of December 31, 2023 regardless of any change in weight division within Senior kumite divisions.
2. All medalists from the previous (2023) 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 2023-24 season), regardless of any change in age or weight divisions.
4. Age-eligible National Team Roster athletes from kata & kumite divisions who, during the 2023-24 Karate Canada season, achieved:
 - a) 5th place or higher in a 2023-24 WKF Youth League event or in the 2023 Junior Pan-American Karate Championships, or;
 - b) 7th placed or higher at the 2023 edition of the Senior World Championships, or;
 - c) 5th place or higher in a 2023-24 WKF Series-A event, or;
 - d) 7th place or higher in a 2023-24 K1 Premiere League event.

Automatic invitations to the 2024 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 age &/or weight division at the 2024 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: 2024 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 Friday, June 28, 2024 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) all equipment must be WKF-branded and approved. This section is aligned with the current WKF rules at time of publishing.

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 2024 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.
- The use of WKF approved External Chest Protector is compulsory.

6.3 GROIN CUP / PROTECTOR

Mandatory for all male kumite athletes.

6.4 MASK

Face masks are not permitted in any category.

6.5 HELMET

The use of WKF approved Helmet is compulsory for U14 divisions. Please note, U14 athletes who are unable to have their own helmet at the National Championship will be able to use a Karate Canada (WKF-approved) helmet on site.

6.6 GLOVES

Participants must have both a blue and a red pair of **WKF-approved** gloves / hand protectors.

6.7 FOOT AND SHIN PROTECTORS

Participants must have both a blue and a red pair of **WKF-approved** foot and shin protectors.

6.8 MOUTH GUARD

Mandatory for all kumite athletes.

6.9 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.**

6.10 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 2024 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 2024 Junior Cadet & U21 Pan American (PKF) Karate Championships (expected to be August 29, 2024). However, athletes must be aged 12 or 13 years on the first day of the competition (July 4th, 2023) in order to compete in the Youth divisions at the 2024 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 2024-2025 season (on the dates of these events, such as the 2024 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 2024 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 2025 Senior Pan American (PKF) Karate Championships (expected to be May 23, 2025) 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 2024-25 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 2024 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 2025 Senior Pan American (PKF) Karate Championships (expected to be May 23, 2025) 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 2024-25 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 2024 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 REFEREES/OFFICIALS ACCOMODATIONS

Karate Canada is pleased to support traveling referees/officials by providing accommodations during the 2024 Nationals.

This support will cover room rate and taxes and is based on double occupancy (2 per room) for the dates of July 3rd-8th inclusively.

More information will be provided to participating referees/officials through the Chair/Interim Chair of the Officials Committee.

Note: For officials who reside within 75km of Laval, a mileage subsidy will be provided for their daily travel, in place of the shared accommodation.

9.3 REFEREE BRIEFING

An in-person referee briefing will take place immediately before the start of competition at 8 AM on Thursday, July 4th at Place Bell.

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 2024 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.

PTSO registration for athletes, coaches, referees, and delegates closes on June 5th 2024. Entries may be modified until June 10, 2024; **all changes are subject to Karate Canada approval AND a surcharge of \$100/change.**

SPORDATA LINK FOR REGISTRATION:

https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=8244#a_eventhead

TRACKIE LINKS FOR REGISTRATION:

- **Athletes:** sent to PTSO team leadership
- **Coaches/Team Managers:**
<https://secure.karatecanada.org/club/CoachesLaval2024>
- **Referees:** <https://secure.karatecanada.org/club/RefereesLaval2024>
- **PTSO Delegates:**
<https://secure.karatecanada.org/club/PTSOLeaders>



11. REGISTRATION / ACCREDITATION

Official registration will begin on July 2nd 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 – 2024 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 2024 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 2024 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 5, 2008 to July 4, 2012	On or before July 4 2008

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

The following age categories (male/female in each para sport class) will be: U16 & Senior as identified in the age matrix.

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 (K-11 mild, K-12 severe)

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** – Trisomy 21 (Down Syndrome) a) Male b) Female
4. **K-23 Intellectual Impairment** – Autism a) Male b) Female
5. **K-30 Physical Impairment** – Wheelchair – must compete in wheelchair a) Male b) Female
6. **K-40 SMI Physical Impairment** - Standing – compete without wheelchair a) Male b) Female

Karate Canada will advise its members of any such changes as soon as possible, if applicable.

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](#)

13.3 ADDITIONAL PARA-KARATE INFORMATION

- 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.

- For additional information, including international representation and division specific requirements please visit: [The Para Karate Program Reference Guide](#)
- The Medical Diagnoses Forms (MDF), see Para Program Reference Guide) and associated documents must be emailed to Gillian Benson - gillian.benson@karatecanada.org by **June 12, 2024**.
- 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.

14. SEEDING OF DRAWS

Karate Canada will seed athletes in all individual division draw sheets of the 2024 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 2023 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, 2024 **;
- All 4 medalists from the 2023 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 2023 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 2024 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

The format of the competition will be confirmed within 5 days of close of registration; 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 2024 Karate National Championships will be the published Kata and Kumite Rules of Competition of the World Karate Federation, in effect as of July 4, 2024.

18. WEIGH-IN RULES & PROTOCOL

18.1 RULES

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

Kumite athletes competing at the 2024 Karate Canada National Championships will be required to weigh within the weight limitations of the division in which they are registered. A 0.2 kg variance for males and 0.5kg variance for females, above or below the weight division range is acceptable.

Examples:

- U21 or Senior Male Kumite -75kg division: Target weight range acceptable is from 66.80 kg to 75.19 kg
- U21 or Senior Female Kumite -61kg division: Target weight range acceptable is from 54.50 kg to 61.49 kg

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

Athletes who exceed the upper or lower 0.2 kg variance for males, or 0.5kg variance for females, 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 weight 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 2024 National Championships.
2. The acceptable weight variance for all kumite athletes is 0.2 kg above the range for males, and 0.5kg for females for each weight division.
3. Kumite athletes who exceed 0.2 kg/0.5kg 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 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 Wednesday, July 3rd, 2024, at the Sheraton Laval Hotel. Weigh-in rules and protocol are as follows:

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 0.2 kg variance for males, and 0.5kg variance for females 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: \$200.00 CAD
- Kata Team Division: \$225.00 CAD

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

PLEASE NOTE:

Athletes canceling registration prior and up to **June 7, 2024**, 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 8, 2024**.

Entries may be modified until June 10, 2024; **all changes are subject to Karate Canada approval AND a surcharge of \$100/change.**

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 10th, 2024**, 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: \$215 - 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: \$215 - Double occupancy

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

1 King Club: \$280 - 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
- **Pre-competition training will be held here**

Reservations to be submitted by rooming list, per province, which is due on **May 31, 2024**, subject to availability.

Hotel representative:
Clara Santos, csantos@ghgc.ca



ROOMING LIST PAYMENT TERMS

- **50% deposit of anticipated block: April 19th, 2024**
- **Final payment: June 18, 2024**

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: \$215 - 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: \$215 - Double occupancy

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

1 King Club: \$280 - Double occupancy. Access to Club Lounge included.

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

1 King Suite: \$340 - 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 31, 2024**, subject to availability.

Hotel representative:

Clara Santos, csantos@ghgc.ca



ROOMING LIST PAYMENT TERMS

- **50% deposit of anticipated block: April 19, 2024**
- **Final payment: June 18, 2024**

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: \$204 - Quad occupancy

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

1 King: \$204 - Double occupancy

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

Booking Deadline: **June 3, 2024**

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 **June 3, 2024**, subject to availability.

Hotel Representative:
Halima Diallo, Sales Coordinator
Tel: 450.682.2645
Fax: 450.682.2098
halima.diallo@investhotels.com



ROOMING LIST PAYMENT TERMS

Please refer to Halima 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.

A credit card or a deposit will be required for incidental charges at the front desk, upon check-in.

GRAND TIMES HOTEL – CENTROPOLIS

2 Queens: \$245 - Quad occupancy

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

1 King + 1 Queen Murphy Bed: \$245 - Quad occupancy

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

Final payment due: **June 18, 2024**

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

- Indoor pool
- Fitness centre

Reservations to be submitted by rooming list, per province, which is due on **June 3, 2024**, subject to availability.

Hotel Representative:
Sophie Ponte
Assistant Operations Director
450-639-5000
operationlaval@timeshotel.ca



ROOMING LIST PAYMENT TERMS

Please refer to Halima 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.

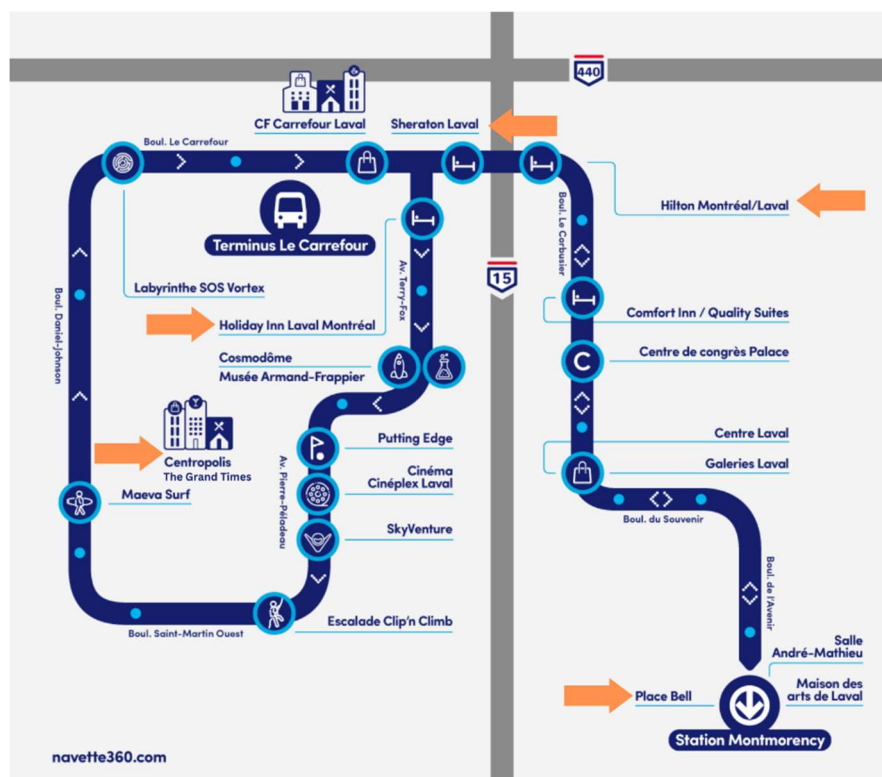
A credit card or a deposit will be required for incidental charges at the front desk, upon check-in.

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 2024 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 2024 Karate Canada National Championships is: #KCNationals2024 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 2024 National Championships will be kicked off with an Opening Ceremony beginning at 8:30 am, **Thursday, July 4th**.

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 1st, 2024**.

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, July 1, 2024**. 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 [via Trackie \(see section 10\)](#) 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, 2024.**

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 2024 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 2024 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 2024 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, 2024**, 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 2023-24 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 2023-24 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 2023-24 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 2023-24 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, 2024** will be eligible to compete at the 2024 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, 2024**.

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



APPENDIX 2 – NATIONAL TEAM TRAINING CAMP

On behalf of the National Team Coaches, it is my distinct pleasure to invite you all to the National Team Training Camp on **July 8, 2024** from 9:00–4:00 in Laval.

This camp will be held at the Place Bell, the same venue as the National Championships.

The camp is open to all athletes who are competing at the National Championships, as well as all PTSO Coaches to work together under the National Team program.

We desire to create a united team of support to allow our athletes the best opportunity for international success.

This year's camp will focus the junior program on technical development while the senior team will focus on tactical strategy. Each session will be built off of the gaps the National Team coaches have identified from the international events of 2023-24.

PTSO coaches will work alongside the National Team Coaches to assist athletes from every province.

We hope to see you all at this amazing opportunity to come together and develop skills after our signature National Championship event.

Register Now: https://www.trackie.com/event/NTC_CEN_Laval2024

Rodney Hobson
Sport Technical Leader
Karate Canada

NATIONAL TEAM TRAINING CAMP

JULY 8, 2024



LOCATION:
PLACE BELL, LAVAL, QC
(COMPETITION VENUE)

**OPEN TO ALL ATHLETES
AND COACHES ATTENDING THE
2024 NATIONAL CHAMPIONSHIPS**

- PHYSICAL PREPARATION
- TECHNICAL & TACTICAL TRAINING
- TEAM PHILOSOPHY
- AND MUCH MORE



**QR CODE FOR
REGISTRATION**



APPENDIX 3 – SCHEDULE OF ACTIVITIES

Note: Subject to change

TUESDAY, JULY 2 – SHERATON LAVAL

Time	Activity	Room
1:00 pm – 5:00 pm	Accreditation	A-15

WEDNESDAY, JULY 3 – SHERATON LAVAL + PLACE BELL

Time	Activity	Room
8:00 am – 4:00 pm	Weigh-In – <u>Female</u>	A-13
8:00 am – 4:00 pm	Weigh-In – <u>Male</u>	A-440
9:00 am – 12:00 pm	Accreditation	A-15
9:00 am – 12:00 pm	KC-PTSO Meeting (Morning Chat)	Vimont
10:00 am – 12:00 pm	Volunteer Training (Ticketing only)	A-15
9:30 am – 6:30 pm	Team Training*	Laval 1-2-3
1:30 pm – 4:30 pm	Dan Testing	Laval sur le Lac
4:45 pm – 5:30 pm	HP meeting with PTSOs	Vimont
5:45 pm – 7:00 pm	Coaches / Technical Meeting	Vimont
6:00 pm – 6:45 pm	All Officials Meeting / Briefing	Laval 4
6:00 pm – 7:00 pm	Volunteer Training (Opening Ceremony volunteers only)	Place Bell

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

THURSDAY, JULY 4 – PLACE BELL

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

FRIDAY, JULY 5 – PLACE BELL

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

SATURDAY, JULY 6 – PLACE BELL

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



SUNDAY, JULY 7

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

MONDAY, JULY 8 – PLACE BELL

Time	Activity
9:00 am – 4:00 pm	National Team Training Camp

APPENDIX 4 – AGE ELIGIBILITY MATRIX

	U14*	CADET**	JUNIOR**	U21**
	DOB/DDN	DOB/DDN	DOB/DDN	DOB/DDN
Kata	Aug 30, 2010 July 4, 2012	Aug 30, 2008 Oct 9, 2010	Aug 30, 2006 Oct 9, 2008	Aug 30, 2003 Oct 9, 2006
Kumite	Aug 30, 2010 July 4, 2012	Aug 30, 2008 Oct 9, 2010	Aug 30, 2006 Oct 9, 2008	Aug 30, 2003 Oct 9, 2006
Team Kata	N/A	Aug 30 2006 Oct 9, 2010		Aug 30, 2003 Oct 9, 2006
	U16		SENIOR***	
Para	July 5, 2008	to July 4, 2012	On or before July 4 2008	

04-Jul-24
29-Aug-24

KC Nationals start date
Anticipated start of 2024 Jr Pan Ams

APPENDIX 5 – NCCP REQUIREMENTS FOR 2024 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 ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED									
5	Comp Dev CERTIFIED	Comp Dev CERTIFIED	CD Karate ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED								
6	Comp Dev CERTIFIED	Comp Dev CERTIFIED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED							
7	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED						
8	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED					
9	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED	Comp Intro TRAINED				
10	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	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	Comp Dev TRAINED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	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	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATTP 6 MSM	CD Karate ATTP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED	Comp Intro TRAINED	Comp Intro TRAINED

ALL Provincial Coaches at Nationals must have completed:

- 1 – Making Ethical Decisions ONLINE Evaluation
- 2 – Make Headway in Sports ONLINE module
- 3 – Respect in Sport for Activity Leaders

FIRST TIME Coaches are counted in the total and fill the last spots on the line

ALL Required training must be completed BEFORE Nationals

LEGEND: CD – Competition Development
ATTP – Analyze Technical and Tactical Performance
MSM – Multisport Module

APPENDIX 6 – AWARDS BANQUET

Karate Canada is honoured to host its Annual Awards Banquet the evening of Sunday, July 7th at the **Sheraton Laval Hotel**.

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

Tickets are \$92.50 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 24th
OR UNTIL SOLD OUT, WHICHEVER COMES FIRST.**

PTSOs will be responsible for purchasing their delegation's tickets, including friends and family. Bracelets will be provided to PTSOs at accreditation.

<https://trackie.com/event/2024KCBanquet>

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 25th. Submit to cheryl.tataryn@karatecanada.org

Important: food sensitivities do not warrant a reduction in the awards banquet ticket price.

APPENDIX 7 – IMPORTANT DATES

MAY 19

- Last date to provide coach list to Ken Benson (kenkcncpp@gmail.com) and Gillian Benson (gillian.benson@karatecanada.org)
- Last date to provide referee list to Trevor Walmsley (trevor.karate@gmail.com) and Gillian Benson (gillian.benson@karatecanada.org)

JUNE 4

- Karate Canada to confirm approval of nominated Wildcard athletes.

JUNE 5

- Online registration closes (Sportdata). **Entries may be modified until June 10th; all changes are subject to Karate Canada approval AND a surcharge of \$100/change.**

JUNE 7

- Athletes canceling registration prior and up to June 7, 2024, 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.

JUNE 8

- Registration fees are **non-refundable** for any other reason, and no refund will be issued for any reason.

JUNE 10

- All payments due to Karate Canada by electronic transfer only. Registration fees have increased to \$200/individual division (Kata and Kumite) and \$225/Team Kata division. (\$)

JUNE 12

- Deadline for Para Medical Diagnoses Forms (MDF) and associated documents to be submitted to Gillian Benson - gillian.benson@karatecanada.org
- PTSOs must ensure that all competitors have provided the required documentation to Karate Canada.

JUNE 18

Final rooming list and payment due to hotels (\$).

JUNE 24 (or until sold out – whichever comes first)

Banquet ticket purchase deadline (\$)

JUNE 25

Deadline for banquet food sensitivities to be reported to cheryl.tataryn@karatecanada.org

JUNE 28

IMPORTANT: 2024 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 28, 2024 in order for individual participant registrations of athletes and coaches from that Province / Territory to be considered valid (\$).

JULY 1

Deadline for PTSO flagbearer information to be provided along with a brief rationale as to why they were chosen. Submit to: cheryl.tataryn@karatecanada.org

JULY 2

Official registration/accreditation will begin at the Sheraton Laval Hotel.

JULY 3

- Team training availability at Sheraton Laval Hotel (one day only).
- Weigh-ins will take place at the Sheraton Laval Hotel.
- Official registration/accreditation will continue at the Sheraton Laval Hotel.
- Dan Examinations will take place at the Sheraton Laval Hotel

JULY 4

Opening ceremony & start of competition at Place Bell.
Team training availability at Place Bell (through to Sunday, July 7).

JULY 7

Awards banquet will take place at the Sheraton Laval Hotel (\$).

JULY 8

National Training Camp (\$).

APPENDIX 8 – MANDATORY KUMITE EQUIPMENT

All kumite athletes must wear:

- Mouthguard (gum shield)
- WKF approved Groin protection for male competitors
- WKF approved Gloves (red/blue)
- WKF approved Shin & Foot protectors (red/blue)
- WKF approved body protector (respectively male and female design as applicable)

MANDATORY FOR CADET/JUNIOR/U21/SENIOR:

• Male divisions:

- WKF approved [Internal body protector](#)

• Female divisions:

- WKF approved Dual-purpose body/chest protector: Hard chest protector, half-length inner body protector.

OR

- WKF approved BOTH body/chest protector: [Hard chest protector](#), full length inner body protector.

MANDATORY FOR U14 ONLY:

- WKF approved [Helmet](#)
- WKF approved [External Chest Protector](#)

Reference: [WKF Kumite Competition Rules 2024](#), section 2.2.7. Valid as of January 1st 2024. PKF and WKF requirements for international events may be subject to change. Please note, U14 athletes who are unable to have their own helmet at the National Championship will be able to use a Karate Canada (WKF-approved) helmet on site.

Please note that all kumite equipment worn in elite divisions must be WKF-approved.

APPENDIX 9 – APPROVED KATA LIST

1	Anan	35	Jiin	69	Passai
2	Anan Dai	36	Jion	70	Pinan Shodan
3	Ananko	37	Jitte	71	Pinan Nidan
4	Aoyagi	38	Juroku	72	Pinan Sandan
5	Bassai	39	Kanchin	73	Pinan Yondan
6	Bassai Dai	40	Kanku Dai	74	Pinan Godan
7	Bassai Sho	41	Kanku Sho	75	Rohai
8	Chatanyara Kusanku	42	Kanshu	76	Saifa
9	Chibana No Kushanku	43	Kishimono No Kushanku	77	Sanchin
10	Chinte	44	Kousoukun	78	Sansai
11	Chinto	45	Kousoukun Dai	79	Sanseiru
12	Enpi	46	Kousoukun Sho	80	Sanseru
13	Fukyugata Ichi	47	Kururunfa	81	Seichin
14	Fukyugata Ni	48	Kusanku	82	Seienchin (Seiyunchin)
15	Gankaku	49	Kyan No Chinto	83	Seipai
16	Garyu	50	Kyan No Wanshu	84	Seiryu
17	Gekisai (Geksai) 1	51	Matsukaze	85	Seishan
18	Gekisai (Geksai) 2	52	Matsumura Bassai	86	Seisan (Sesan)
19	Gojushiho	53	Matsumura Rohai	87	Shiho Kousoukun
20	Gojushiho Dai	54	Meikyo	88	Shinpa
21	Gojushiho Sho	55	Myojo	89	Shinsei
22	Hakusho	56	Naifanchin Shodan	90	Shisochin
23	Hangetsu	57	Naifanchin Nidan	91	Sochin
24	Haufa (Haffa)	58	Naifanchin Sandan	92	Suparinpei
25	Heian Shodan	59	Naihanchi	93	Tekki Shodan
26	Heian Nidan	60	Nijushiho	94	Tekki Nidan
27	Heian Sandan	61	Nipaipo	95	Tekki Sandan
28	Heian Yondan	62	Niseishi	96	Tensho
29	Heian Godan	63	Ohan	97	Tomari Bassai
30	Heiku	64	Ohan Dai	98	Unshu
31	Ishimine Bassai	65	Oyadomari No Passai	99	Unsu
32	Itosu Rohai Shodan	66	Pachu	100	Useishi
33	Itosu Rohai Nidan	67	Paiku	101	Wankan
34	Itosu Rohai Sandan	68	Papuren	102	Wanshu

997. Seisan (Chito-Ryu)

998. Bassai (Chito-Ryu)

999. Sanshiryu (Chito-Ryu)