

KARATE CANADA

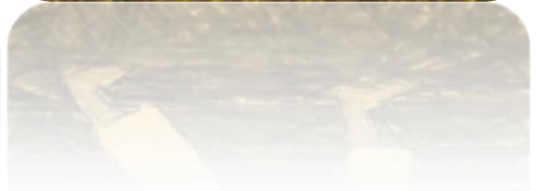
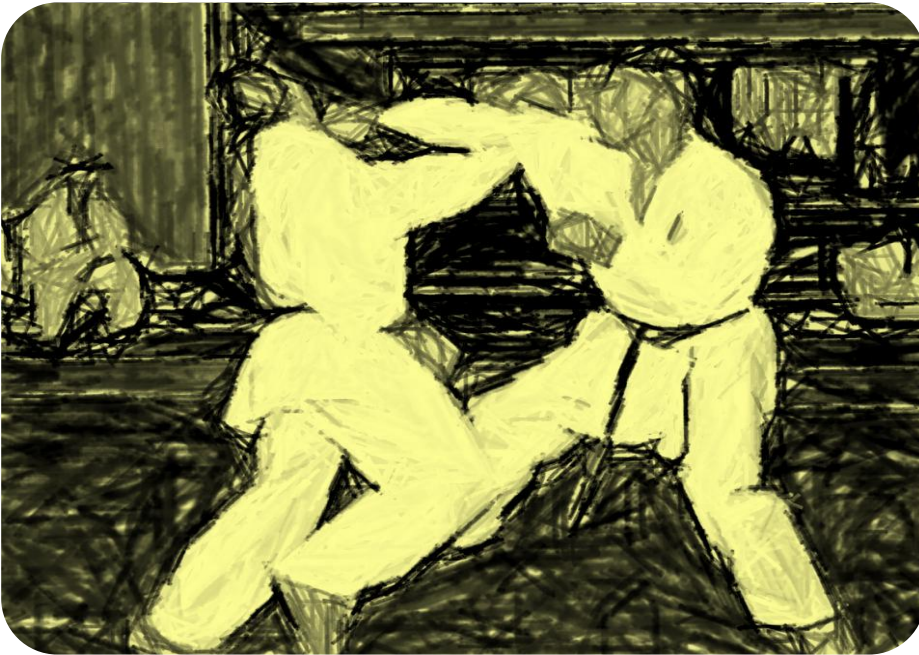
**2013
NATIONAL
CHAMPIONSHIPS**

March 15-17, 2013

**Sheraton Centre
Toronto Hotel,
Toronto ON**

INFORMATION BULLETIN #V2

JANUARY 2013





Welcome to the 38th Canadian National Karate Championships!

Karate Ontario is proud to co-host with Karate Canada this important event in the great city of Toronto. Karateka from all of our country will be competing to achieve success after facing many sacrifices along the way. Their parents, coaches and instructors will be carefully observing how this hard work has led to the highest podium of Canadian sport karate. The referees and judges of Karate Canada will make sure that fair play is observed and do their best to ensure that the best person always wins.

Our sport has developed to respectable heights and certainly deserves to be a rightful member of the Olympic group of sports. With this development, karate has become well known worldwide as an activity of peace, respect and friendship – beyond the self-evident physical and, even spiritual benefits that most karateka enjoy.

I sincerely hope that all of the Athletes will strive to achieve their best in reaching for the coveted Championship titles. I am sure that we will provide the best conditions available as well as fair opportunities to all.

Good luck to all, with my sincere wish that you have a safe and enjoyable tournament!

A handwritten signature in brown ink, appearing to read "Mim", with a small dot above the second 'i'.

Dragan Kljenak
President
Karate Ontario



Dear Friends in Karate,

I am delighted to invite you to the 38th Karate Canada National Championships, which will be held in the city of Toronto from March 15th to 17th, 2013.

This yearly rendez-vous will allow hundreds of athletes and coaches from across the nation to compete together, and to embody the values of sports excellence, friendship and respect which are at the very heart of Canadian karate-do.

I warmly welcome all athletes. I thank you for devoting so much time and effort in your preparation for this important event. I also wish to express my heartfelt gratitude to all those who have been working dedicatedly to ensure the event's success, as well as express my sincere gratitude to all the referees and officials who generously volunteer their time for the continued progress of karate-do. These Championships could not occur without your precious support.

To each and every one of you, I wish you a safe competition... and the very best of luck!

A handwritten signature in blue ink, appearing to be "R. Khoury", written in a fluid, cursive style.

Rébecca Khoury
President
Karate Canada

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GENERAL INFORMATION

CHAMPIONSHIP VENUE:

SHERATON CENTRE TORONTO HOTEL

123 Queen Street West

Toronto, ON M5H 2M9

Website: www.sheratontoronto.com

DATES:

March 15-17, 2013

WEIGH-IN:

Weigh-in for all kumite competitors will take place on Thursday March 14th, 2013. Specific times will be communicated upon team arrival.

CONTACT:

Geoffrey Théodule

Event Coordinator

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Stanley Janusas

Tournament Director

Email: Stanley_janusas@bell.net

Tel: 416-656-6653

Olivier Pineau

Karate Canada Executive Director

Email: Olivier@karatecanada.org

Tel: 514-252-3209

Christine Béchard

Karate Canada Events Committee Chair

Email: Christine@karatecanada.org

COMPETITOR ELIGIBILITY GUIDELINES

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

All participating athletes must also be Canadian Citizens or permanent residents (landed immigrants). Participating athletes must bring proof of citizenship (current valid Canadian passport or birth certificate) or permanent resident status (official permanent resident card) with them, and may be asked to provide such proof upon request.

KUMITE:

MAXIMUM NUMBER OF ENTRANTS PER KUMITE DIVISION:

Each province/territory is permitted to send a maximum of two competitors per individual division, excluding the returning champion (gold medalist from the 2012 National Championships, as long as they register to compete in the same division – full results are available on the Karate Canada website) of each division and all international status athletes from the National Teams (in all divisions, when applicable – see full list of current international status-holding athletes in Annex 2). Additionally, each province / territory may register extra athletes in either kata or kumite according to their wildcard allocation (see Annex 7).

Each province/territory is permitted to send a maximum of one (1) senior team in the Team Kumite division.

Masters Kumite Division:

This division has been excluded from the National championships.

KATA:

Cadet/Junior Team Kata Division:

Cadet and Junior Team Kata competition will be merged into one age division for 14- 17 year olds (male and female competitors remain in separate divisions).

Within this division, provinces may send a maximum of one male and one female team.

Under 21 (U21) Divisions:

Athletes aged 18, 19 and 20 years old may compete in individual events in both U21 as well as team senior divisions.

MAXIMUM NUMBER OF ENTRANTS PER KATA DIVISION:

INDIVIDUAL KATA DIVISIONS:

Each province/territory is permitted to send a maximum of three (3) competitors per individual kata division, excluding the returning champion (gold medalist at the 2012 National Championships, as long as they register to compete in the same division – full results are available on the Karate Canada website) of each division and all international status-holding athletes from the National Teams (in all divisions, when applicable – see full list of current international status-holding athletes in Annex 2).

Additionally, each province / territory may register extra athletes in either kata or kumite according to their wildcard allocation (see Annex 7).

TEAM KATA DIVISIONS:

Each province/territory is permitted to send a maximum of one (1) team kata per age division (Combined Cadet/Junior and Senior).

Masters Kata Division:

This division has been excluded from the National Championships.

IMPORTANT: 2013-2014 membership fees from each provincial / territorial association must have been paid in full prior to the start of competition, in order for individual participant registrations of athletes and coaches from that province to be considered valid.

Please note that all participating athletes must be Canadian Citizens or permanent residents (landed immigrants). Participating athletes must bring proof of citizenship (current valid Canadian passport or birth certificate) or permanent resident status (official permanent resident card) with them, and may be asked to provide such proof upon request.

AGE ELIGIBILITY

Please note the following information pertaining to age eligibility of participants in the 2013 Karate Canada National Championships (March 15-17, Toronto ON):

KUMITE:

Athletes aged 18, 19 and 20 years old may compete in individual U21 as well as Senior individual and Senior team divisions.

Please note that Cadet (14-15 year old), Junior (16-17 year old) and U21 (18-20 year old) athletes may compete in the age category for which they will be eligible at the time of the 2013 National Championships (as of March 15, 2013), and may ALSO register to compete in an older age category provided they reach the minimum age of this category within the year following the start of the 2013 National Championships.

Juniors must be aware that unless they have reached the minimum age of a given category before the start of Junior-Cadet Pan American Championships (August 2013, exact date to be confirmed), they may NOT represent Canada in this category at these Championships nor can they represent Canada at the 2013 Junior World Championships (November 7-10, 2013; exact dates to be confirmed). Likewise, should they be too old to represent Canada at either of these international events in the age category in which they have been selected at the 2013 National Championships, Karate Canada may consider athletes ranked lower at the 2013 National Championships in order to participate in these international events as National Team alternates.

>>> This is illustrated in the adjusted ANNEX 5

KATA:

Athletes aged 18, 19 and 20 years old may compete in individual U21 as well as Senior individual and Senior team divisions (see annex 5).

Please note that Cadet (14-15 year old), Junior (16-17 year old) and U21 (18-20 year old) athletes may compete in the age category for which they will be eligible at the time of the 2013 National Championships (as of March 15, 2013), and may ALSO register to compete in an older age category provided they reach the minimum age of the category within the year following the start of the 2013 National Championships.

Juniors must be aware that unless they have reached the minimum age of a given category before the start of Junior-Cadet Cadet Pan American Championships (August 2013, exact date to be confirmed), they may NOT represent Canada in this category at these Championships nor can they represent Canada at the 2013 Junior World Championships (November 7-10, 2013; exact dates to be confirmed). Likewise, should they be too old to represent Canada at either of these international events in the age category in which they have been selected at the 2013 National Championships, Karate Canada may consider athletes ranked lower at the 2013 National Championships in order to participate in these international events as National Team alternates.

(AN EXTRA NOTE ABOUT KATA: Please note that the minimum age for U21 kata at international events is 18. The minimum age for Senior individual and Senior team kata at international events is 16. So it is possible that an athlete qualifies for Senior kata, but not for U21 kata.)

>>> This is illustrated in the adjusted ANNEX 5

REGISTRATION OF TEAMS

All participating athletes, referees, coaches and delegates must be pre-registered online through the SportData website, at:

WWW.SPORTDATA.ORG

Opening of Online Registration: January 14th, 2013

Registration deadline: February 24th, 2013 **

All Provincial / Territorial delegations **must have an online user name and password** for access to the event and pre-registration. All Teams should use the same User Names and Passwords which they have used for online pre-registration to the 2012 National Championships. If you do not yet have a user name and password, please submit an online request to SportData via their website.

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

Provincial / Territorial Associations / Teams are responsible for the quality and accuracy of the entered registration data. Changes to online pre-registration entries are possible and free of charge **until Monday, February 24th, 2013**, inclusively.

**** CHANGES WON'T BE POSSIBLE AFTER WEDNESDAY MARCH 13th, 2013**

The official registration (where Team managers may obtain all badges and ID cards for their Team members) will take place on Wednesday, March 13th and Thursday, March 14th, at the Sheraton Centre Toronto Hotel.

Please note that exact rooms will be confirmed in a later version of the bulletin.

ATHLETE/COACH REGISTRATION DEADLINE : FEBRUARY 24th, 2013

****NOTE: A LATE REGISTRATION/LATE CHANGE FEE OF 50\$ PER ENTRY
WILL APPLY – NO EXCEPTIONS. ****

**PAYMENT OF ALL COMPETITORS FEES MUST BE MAILED TO THE KARATE CANADA HEAD
OFFICE, POSTMARKED NO LATER THAN MARCH 1ST, 2013, AT:**

**Karate Canada
4545 Av. Pierre-de-Coubertin
CP 1000, Succ M
Montreal, QC H1V 0B2**

REFEREE REGISTRATION DEADLINE : FEBRUARY 13th, 2013

CATEGORIES

The categories used at this event will be the following:

• **Kata individual female and male:**

- Cadet (14-15 year old*)
- Junior (16-17 year old*)
- Senior (18 year and older*)
- U21 (18-20 year old*)

• **Team Kata female and male:**

- Cadet / Junior (14-17 year old*)
- Senior (18 year and older*)

• **Kumite individual female:**

- Cadet (14-15 year old*): -47 kg, -54 kg, +54 kg
- Junior (16-17 year old*): -48 kg, -53 kg, -59 kg, +59 kg
- U21 (18-20 year old*): -53kg, -60 kg, +60 kg
- Senior (18 years and older*): -50kg, -55kg, -61 kg, -68 kg, + 68 kg, Open Weight

• **Kumite individual male:**

- Cadet (14-15 year old*): -52 kg, -57 kg, -63 kg, -70 kg, +70 kg
- Junior (16-17 year old*): -55 kg, -61 kg, -68 kg, -76 kg, +76 kg
- U21 (18-20 year old*): -68 kg, -78 kg, +78 kg
- Senior (18 years and older*): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg, Open Weight

- **Team Kumite female:**
- Senior (18 years and older*)
- **Team Kumite male:**
- Senior (18 years and older*)

(* = see possible exceptions in the Age Eligibility portion of this bulletin)

IMPORTANT: Please note that there will be NO CADET or JUNIOR TEAM KUMITE categories at the 2013 Karate Canada National Championships.

ENTRY FEES

COMPETITORS

The entry fees are:

- Each Individual entry: \$95.00 CAD
- Each Kata Team division entry: \$125.00 CAD
- Each Kumite Team division entry: \$150.00 CAD

****NOTE: A LATE REGISTRATION/LATE CHANGE FEE OF 50\$ PER ENTRY WILL APPLY – NO EXCEPTIONS****

COMPETITION RULES

The rules used at this event will be modified current WKF Competition rules (see Officials Tab in the Documents section of Karate Canada's official website www.karatecanada.org for a summary of recent WKF competition rule changes, and for Canadian Amendments to WKF competition rules.)

IMPORTANT: Please note that a DOUBLE ELIMINATION format will be used in all individual kumite categories for this event (see Annex 3 for an example of this type of draw), thus ensuring that each participant gets to participate in at least 2 matches (unless disqualified in a fashion which would prevent further bouts). As a result, there will be no repechage tree and **only one bronze medal per division** will be awarded in all individual kumite divisions.

Karate Canada will be implementing the new WKF Kata Competition Rules (version 8.0, available in the "Documents" tab of the Karate Canada website).

SEEDING:

All international status-holding athletes as well as gold and silver medalists from the 2012 National Championships (if competing in the same category in the 2013 National Championships) will be seeded in the draw.

Seeding will be allocated as follows (in decreasing order of priority):

- 1- International A Status-Holders, if any**
- 2- International B Status-Holders, if any**
- 3- International C Status-Holders, if any**
- 4- 2012 National Championship gold medalist in that category
- 5- 2012 National championship silver medalist in that category

(**= If more than one athlete holds an identical international status on March 14th, 2013, the athletes with the highest number of ranking points will be seeded higher than athletes holding an identical status but holding less ranking points. If two athletes have the same status and exact same number of points, they will be seeded at random higher than athletes with less points and lower than athletes with more points or higher statuses.)

MANDATORY EQUIPMENT

KUMITE:

Body Protector

The use of WKF-approved body protectors is mandatory **FOR ALL PARTICIPANTS**, including seniors.

Mask

Cadets: The use of face masks is optional, however, if worn, they must be WKF-approved.

Groin Cup / Protector

Mandatory for all male kumite athletes.

All other equipment will be as stipulated in current WKF Competition Rules.

Please note that WKF-approved protective equipment which does not show the 2012-2015 stamp will still be tolerated.

Religious Head Coverings – Important Changes!

Female athletes who wish to cover their head for religious reasons when competing may wear a black head covering until the WKF-approved version is commonly available.

Religious head coverings for **male** athletes may be tolerated, at the discretion of Karate Canada. Male athletes wishing to wear head coverings must submit advance notice by email to Karate Canada (info@karatecanada.org), no **later than February 24th**. Please also note that male athletes selected onto the National Team may or may not be allowed to wear such head coverings at subsequent international events of the season, in accordance with international federation rules.

Female athletes selected for the National Team **will be permitted to wear such head coverings at international events in accordance with WKF rules.**

AWARDS

Please note that (due to use of a double elimination format) there **will only be one bronze medal awarded in each individual kumite division.**

Furthermore, please note that the Aggregate Points Award is no longer being given, since 2012.

ACCOMMODATION

OFFICIAL HEADQUARTERS HOTEL

(for ALL TEAM MEMBERS, COACHES, OFFICIALS AND DELEGATIONS)

SHERATON CENTRE TORONTO HOTEL

123 Queen Street West

Toronto, ON M5H 2M9

Website: www.sheratontoronto.com

You may reserve directly

- **By Internet (individual/small groups' reservation):**
<https://www.starwoodmeeting.com/StarGroupsWeb/res?id=1212041872&key=6322E>
- **By phone (individual reservations):** 1800 325 3535
- **For larger groups of 10 or more rooms UNIQUELY:** please contact Mrs Sharon Lim at sharon.lim@starwoodhotels.com, or at 416 814 1344

Special rates per night (in CDN\$) for the 2013 National Championships:

Room	Single occupancy	Double occupancy
Double Doubles Non smoking	\$119	\$119

Rates do not include applicable state and local taxes, currently 13% HST.

If you would like specific rooms, please call at 416-814-1252 for assistance.

The "cut-off date" for reserving rooms at these rates and availability is **Monday, February 18, 2013 at 5:00pm.**

Please send your **rooming list** (with name, address, date and hours of arrival/ departure of the participants) **no later than the Cut-off date** to secure the number of rooms at the preferred rate and provide payment method, and a contact number/name. **By Fax:** 416 947 4801.

This information cannot be sent by email as the Sheraton Centre Toronto cannot receive emails with credit card information.

IMPORTANT: Please note that the competition will take place at the Headquarters Hotel.

LOCAL TRANSPORT

AIRPORT-HOTEL/SPORT VENUE

Transportation to/from Sheraton Centre Toronto Hotel

1) PACIFIC WESTERN TORONTO

Reservation:

Phone: **1-800-387-6787** (toll free in Canada)

(905) 564-3232

Email: **info@torontoairportexpress.com; sales@pwtontario.com**

- Toronto Airport Express (Recommended for small groups)

The Airport Express offers airport transportation by bus or van from Lester B. Pearson International Airport to Sheraton Centre Toronto and vice versa.

- It operates between 5:20am - 12:50am from the airport to downtown and between 4:25am - 10:55pm from downtown to the airport.
- Departures every 30 minutes via Highway Coaches to Downtown Toronto.
- Approximate travel time from Airport to downtown is 30 minutes to 1 hour, depending on traffic and weather.

One way fare: \$23 per adult (specific rates for the event)

Round Trip Fare: \$36 per adult (specific rates for the event)

Reservations are made through the online portal designed for the event:

<http://www.torontoairportexpress.com/reservation/portal.aspx?portal=karatecanada>

Schedule and reservations online through: **www.torontoairportexpress.com**

- 14 Passenger Van Sub-contracted / 11 passengers with luggage

One way fare: \$350.00 (Tax included)

-Rates would apply for Teams using Billy Bishop (Toronto Island) Airport as well-

- 29 Passenger Mini-Coach Charter Service / 21 passengers with luggage

Inbound Airport to Sheraton Centre Hotel Toronto fare: \$ 617.93 (Tax included)

Outbound Sheraton to Airport fare: \$ 529.93(Tax included)

-Rates would apply for Teams using Billy Bishop (Toronto Island) Airport as well-

- 56 Passenger Highway Coach Charter Service

Inbound Airport to Sheraton fare: \$739.36 (Tax included)

Outbound Sheraton to Airport fare: \$646.36 (Tax included)

-Rates would apply for Teams using Billy Bishop (Toronto Island) Airport as well-

IMPORTANT: Availability is limited for the Coaches/Vans. Please make sure to book as soon as possible to guarantee a vehicle.

2) COACH CANADA

Highway coach fare (56 passengers): \$515.00 + HST per transfer

Mini Coaches fare (26, 30 and 33 passenger capacity): \$427.00 + HST per transfer

Email: torontoairportvan@coachcanada.com;
canada-charter@coachcanada.com

IMPORTANT: Availability is limited for the Coaches/Vans. Please make sure to book as soon as possible to guarantee a vehicle.

3) TORONTO TRANSIT COMMISSION (public transport – Not recommended for groups)

There is no direct subway or train service to/from the airport, but regular, wheelchair-accessible city buses connect the airport with the subway system. The Toronto transit system is safe and provides frequent service 365 days a year from around 5:30 am (8:30 am on Sundays) to 1 am.

192 Airport Rocket is the fastest TTC route if you are heading downtown, since it runs express from the airport to Kipling subway station. It serves the airport every 8-15 minutes.

1. You can catch the 192 Airport Rocket bus on the lowest level of either terminal (column R4 in terminal 1, columns C8-C12 in terminal 3).

2. At Kipling subway station (the last stop on the bus), transfer to the eastbound Bloor/Danforth subway line (green line). Kipling has elevators and escalators. As Kipling is the end of the line, downtown trains leave from either side of the platform.

3. Transfer to the southbound subway line Yonge-University-Spadina (yellow line) at either St. George or Bloor-Yongé station. Elevators and escalators are available at both stations.

4. Stop at either Osgoode or Queen stations. The Sheraton Centre hotel is nearby those stations (123 Queen Street West).

192 Airport Rocket Schedule available at: www.ttc.ca/Riding_the_TTC/Airport_service.jsp

Subway map available at: <http://www.ttc.ca/Subway/interactivemap.jsp>

>>> SEE ANNEX 1 FOR THE MAP OF THE HOTEL

IMPORTANT: Please note that the competition will take place at the Sheraton Centre Toronto Hotel itself.

ADMISSION FOR SPECTATORS

Karate Canada Affiliate Members :

\$10.00 CAD per day

\$25.00 CAD for three (3) day pass

Non-Members :

\$15.00 CAD per day

\$40.00 CAD for three (3) day pass

Karate Canada Affiliate Club bulk purchase of tickets:

25 tickets sold for \$8.00 CAD each. Please contact Geoffrey Théodule at g.theodule@karatecanada.org

(Tickets may be purchased at the door)

BOOKING OF TRAINING AREAS FOR PROVINCIAL / TERRITORIAL TEAMS

Training rooms / areas will be available at the Headquarters Hotel for all Provincial / Territorial Teams on March 13, 14, 15 and 16. More details to come soon.

PROGRAM

SATELLITE ACTIVITIES, MEETINGS AND COURSES

Karate Canada will hold various workshops, seminars, courses and meetings in the days leading to this National Championship:

- a LF/E Training course – National Coaching Certification Program (NNCP),
- a short National Referee Refresher Course (mandatory for all Referees officiating at this event),
- a Technical Seminar,
- a series of “Mat Chats” with all PSOs / TSOs representatives.

>>> Please see ANNEX 4 for full schedule.

COMPETITION SCHEDULE

Full details of the competition schedule will be posted on Karate Canada website at a later date.

Competition is tentatively scheduled to begin at 9:00 AM and is expected to end no later than 7:00 PM (local time) on all 3 competition days (March 15, 16 and 17).

BANQUET

As is customary, Karate Canada will hold its Annual Banquet shortly after completion of the competition, on Sunday March 17th, at the Sheraton Centre Toronto Hotel. Do not miss this yearly celebration of friendships and excellence in Canadian Karate!

Tickets cost: \$75.00 CAD (full meal included)

More information regarding the reservations will be provided soon.

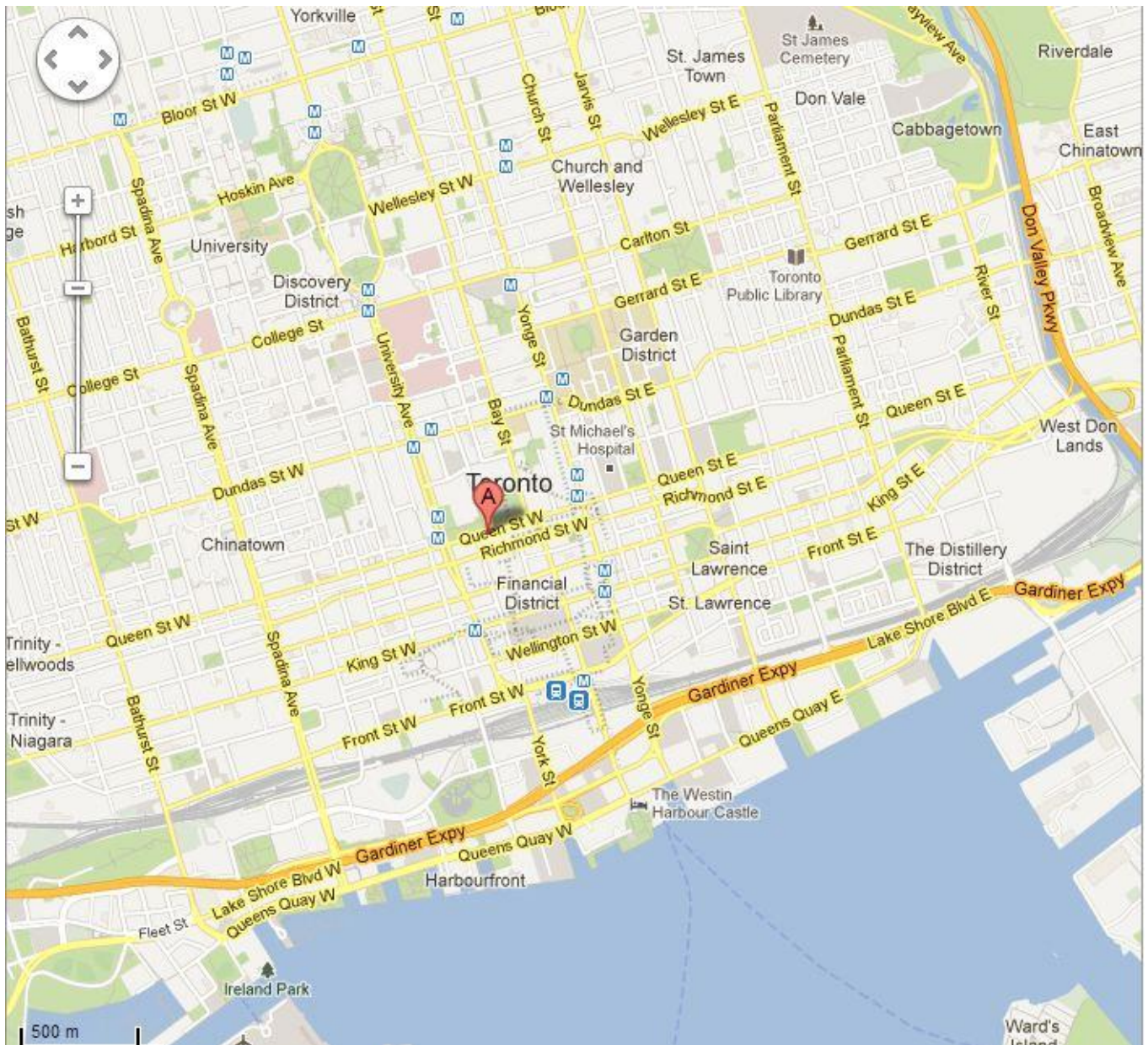
MEDICAL & WAIVER FORMS

Each competitor (both kata and kumite) must submit a completed and signed Waiver & **Medical History Form Part A and Medical Examination Form Part B (where required)** in order to be eligible to take part in this event.

A copy of this form can be found in Annex 6, and may also be downloaded from the SportData website. Team Managers must provide signed copies for all competitors at on-site registration, on March 13-14.

ANNEX 1

MAPS OF THE HOTEL & SPORTS COMPLEX



SHERATON CENTRE TORONTO
123 Queen Street West,
Toronto, ON M5H 2M9

ANNEX 2

ATHLETES WITH INTERNATIONAL STATUS - December 2012

SENIOR WOMEN		
Status	Name	Category
International A	Olivia Grant	68+ kg
International B	Vanessa Restrepo	-55 kg
International B	Roxanne Côté	-50 kg
International B	Jusleen Virk	-50 kg
International B	Maude L'Écuyer	-68 kg
International B	Kathryn Campbell	Open

SENIOR MEN		
Status	Name	Category
International B	Christopher De Sousa Costa	84+ kg
International B	Shaun Dhillon	84+ kg
International B	Sorin Alexandru	-84 kg
International C	Toshihide Uchiage	Kata

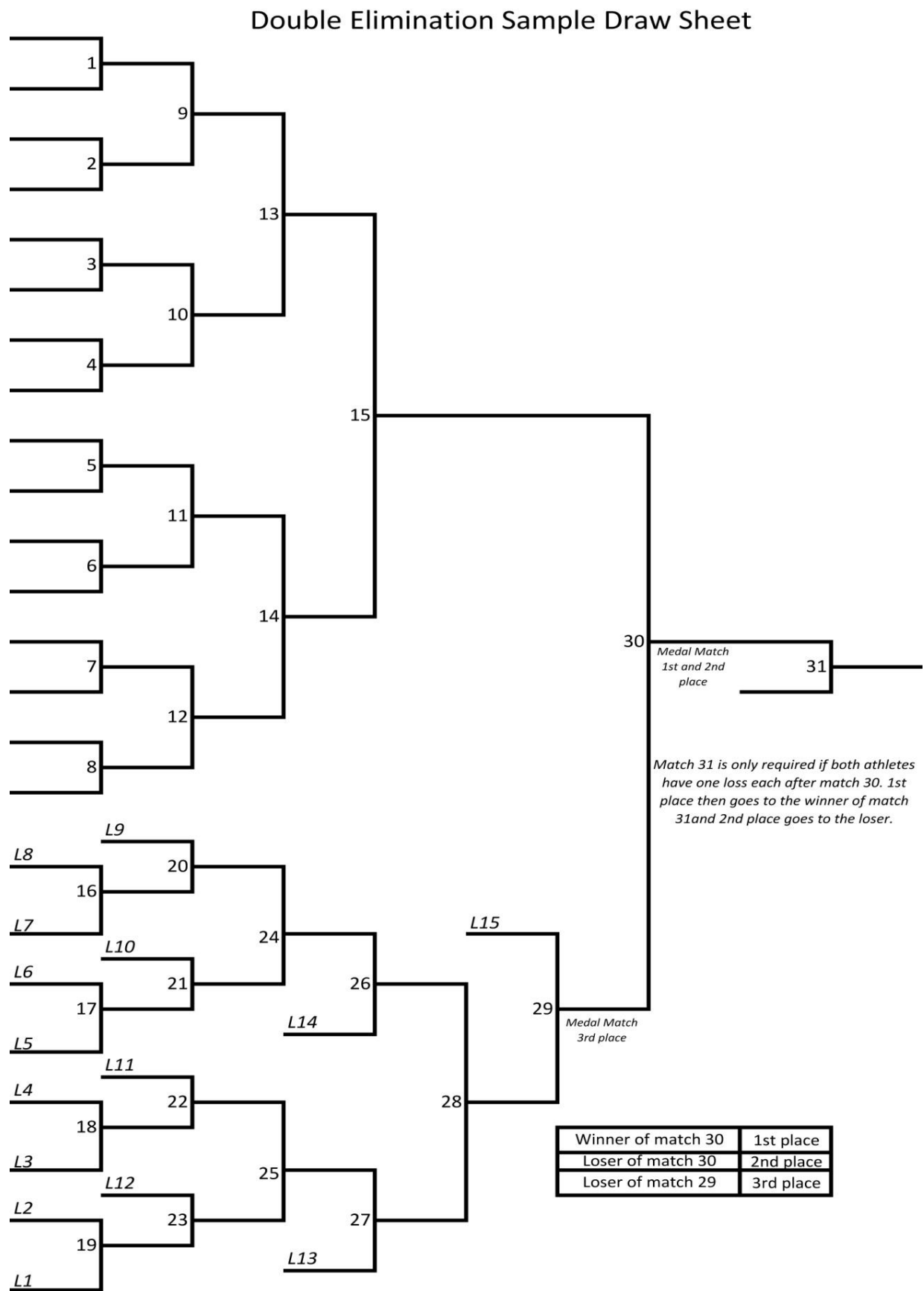
JUNIOR WOMEN		
Status	Name	Category
International A	Camélie Boisvenue	14-15 +54kg
International A	Kamille Desjardins	U21 -60kg
International B	Jusleen Virk	U21 -53kg

JUNIOR MEN		
Status	Name	Category
International A	Philippe Soucy	16-17 -76kg
International B	Nicolas Bisson	14-15 -52kg
International B	Jean-Daniel Fillion	14-15 -52kg
International B	Brendon Ly	14-15 +70kg
International B	Patrice Boily-Martineau	U21 -78kg

Please note that divisions displayed above are those in which these statuses were earned.

ANNEX 3

EXAMPLE OF A DOUBLE ELIMINATION TREE:



ANNEX 4

SCHEDULE OF ACTIVITIES

2013 NATIONAL CHAMPIONSHIPS - SCHEDULE OF ACTIVITIES							
DAY	ACTIVITIES						
	STAFF/OC	COACHES	PSO's/BOD	TECHNICAL COMMITTEE	OFFICIALS	ATHLETES/COMPETITION	
Tuesday March 12		LF/E TRAINING COURSE - NCCP InstBeg/Complnt 9:00 AM - 5:00 PM					
Wednesday March 13	ACCREDITATION 12:00 PM - 5:00 PM	LF/E TRAINING COURSE - NCCP InstBeg/Complnt 9:00 AM - 5:00 PM	MAT CHAT 8:00 AM - 9:30 AM	TECHNICAL COMMITTEE SEMINAR 6:00 PM - 9:00 PM			TEAM TRAININGS 9:00 AM - 8:00 PM
Thursday March 14	ACCREDITATION 10:00 AM - 4:00 PM		MAT CHAT 8:00 AM - 9:30 AM		OFFICIALS COMMITTEE MEETING 9:00 AM - 11:00 AM	WEIGH-IN 9:00 AM- 4:00 PM	TEAM TRAININGS 9:00 AM - 8:00 PM
				TC MEETING 9:00 AM - 12:00 PM	MEETING NATIONAL OC & PROVINCIAL OC COMMITTEE CHAIRS (working lunch) 12:00 PM- 1:45 PM		
		COACHES MEETING 4:00 PM- 5:30 PM		DAN TESTING 2:00 PM - 5:00 PM	NATIONAL OFFICIALS BRIEFING 2:00 PM - 5:00 PM		
					OFFICIALS DINNER 6:00 PM - 8:00 PM		
Friday March 15		COMPETITION (ALL DAY) Sunday until 3:00PM					TEAM TRAININGS 9:00 AM - 5:00 PM
Saturday March 16							
Sunday March 17		BANQUET - 7:00PM – 12AM					

ANNEX 5

COMPETITOR AGE ELIGIBILITY MATRIX

	CADET	JUNIOR	U21	SENIOR
	Birthdate between	Birthdate between	Birthdate between	Birthdate
Kata	March 18, 1997 - March 15, 2000	March 18, 1995 - March 15, 1998	March 18, 1992 - March 15, 1996	On or before March 15/98
Kumite	March 18, 1997 - March 15, 2000	March 18, 1995 - March 15, 1998	March 18, 1992 - March 15, 1996	On or before March 15/96
Team Kata	March 18, 1995-March 15, 2000		N/A	On or before March 15/98

ANNEX 6

INFORMATION FOR KARATE COMPETITORS

Instructions

All Karate Competitors must submit the following documents in order to be eligible to compete in a Karate Canada karate competition:

1. Waiver and Release Agreement
2. A Medical Report comprised of a Medical History (Part A) completed by the competitor and a Medical Examination (Part B) to be completed by a licensed physician. **If all the answers related to the Medical History are “No”, then the Medical Examination (Part B) is not required.** If you are taking certain medications and this was your only "Yes" answer in Part A, you may not be required to complete Medical Examination Form B. Please see list of exempt medications attached.
3. All Medical Reports must be submitted at the time of registration to the tournament director for review by the tournament doctor. The tournament doctor will have the sole discretion to determine if a competitor is or is not medically fit to compete in Kumite.

All competitors should be aware of the following:

1. Competitors will not wear bandages, padding or supports during Kumite matches unless approved by the referee in consultation with the tournament doctor.
2. A Competitor injured during a match and declared unfit to fight by the tournament doctor will not be eligible to further compete in the competition.
3. All finger and toe nails must be kept short.
4. Competitors will not wear metallic or other objects which may injure an opponent.
5. Competitors are advised to see their regular physician following a competition for follow-up examination of any injuries suffered during the competition. Note: The full extent of some injuries may not manifest themselves until sometime following the injury, e.g. abdominal or head injuries.

Acknowledgement

I UNDERSTAND AND AGREE that my signing of this document constitutes that:

1. I am registering willingly and participating voluntarily in the Karate Canada Karate Competition.
2. I am physically, emotionally and mentally able to participate in the Karate Canada Karate Competition.
3. I have expressly disclosed all illnesses, injuries, ailments, symptoms and/or medical conditions of any kinds whatsoever suffered or sustained as requested in the Medical Report.
4. I agree to consult my regular doctor should such an examination be requested by the Tournament Medical Doctor.
5. I agree that there are risks as described in the Waiver and Release Agreement and will be exposed to these risks and hazards.
6. I agree to **accept all these risks and hazards** and be responsible for any injury or other loss which I might receive while participating in the Karate Canada Karate Competition.
7. By participating in Karate Canada’s activities, I hereby consent to having any picture or video image taken of me during any activity in any edited material used for Karate Canada’s promotional activities, Web site and souvenir videos. I also accept that Karate Canada use any photomontage and videotape in which I appear for television purposes.
8. I have read the Waiver and Release Agreement and understand its terms and conditions.

I have read and understood the terms and conditions of this agreement, and by signing it voluntarily, I am agreeing to abide by these terms.

DATED this _____ day of _____, 2013.

TOURNAMENT COMPETITOR

Printed Name of Competitor

Signature of Competitor

Printed Name Parent/Guardian if under 18

Signature of Parent/Guardian

BLACK BELT INSTRUCTOR

Printed Name of Black Belt Instructor

Signature of Black Belt Instructor

RELEASE OF LIABILITY, WAIVER OF CLAIMS AND INDEMNITY AGREEMENT

WARNING!
By signing this document you will waive certain legal rights, including the right to sue. Please read carefully.

This is a binding legal agreement. As a Participant in the programs, activities and events of Karate Canada, the undersigned acknowledges and agrees to the following terms:

Disclaimer

1. Karate Canada, its respective directors, officers, members, employees, coaches, volunteers, officials, participants, agents, owner's/operator's of facilities, and representatives (collectively the "Organization") are not responsible for any injury, damage or loss of any kind suffered by a Participant during the sport of karate, or as a result of, any competition, program, activity or event, caused in any manner whatsoever including, but not limited to, the negligence of the Organization.

Description of Risks

2. In consideration of my participation in the programs, activities and events of the Organization, I hereby acknowledge that I am aware of the risks and hazards associated with or related to any such competitions, programs, activities and events. The risks and hazards include, but are not limited to, injuries from:
 - a) Physical contact with other participants;
 - b) Striking participants and objects with parts of the body;
 - c) Contact, colliding or being struck by other participants;
 - d) Tumbling falling or being thrown to the floor;
 - e) Executing strenuous and demanding physical techniques;
 - f) Vigorous physical exertion, strenuous cardiovascular workouts, rapid movements and quick turns and stops;
 - g) Exerting and stretching various muscle groups;
 - h) Falls due to uneven or irregular surfaces;
 - i) Failure to properly use any piece of equipment or from the mechanical failure of any piece of equipment;
 - j) Spinal cord injuries which may render me permanently paralyzed;
 - k) Travel to and from competitive events and associated non-competitive events which are an integral part of the Organization's activities.
3. Furthermore, I am aware:
 - a) That injuries sustained can be severe;
 - b) That I may experience anxiety while challenging myself during the competitions, activities, events and programs;
 - c) That my risk of injury is reduced if I follow all rules established for participation; and
 - d) That my risk of injury increases as I become fatigued.

Release of Liability

4. In consideration of the Organization allowing me to participate, I agree:
 - a) That my physical condition has been verified by a medical doctor;
 - b) To assume all risks arising out of, associated with or related to my participation;
 - c) To be solely responsible for any injury, loss or damage that I might sustain while participating; and
 - d) To release the Organization from liability for any and all claims, demands, actions and costs that might arise out of my participating, even though such risks, injuries, loss, damage, claims, demands, actions or costs may have been caused by the negligence of the Organization.

Acknowledgement

I acknowledge that I have read this agreement, that I have executed this agreement voluntarily, and that this agreement is to be binding upon myself, my heirs, executors, administrators and representatives.

Name of Participant (Please Print)

Signature of Participant

Date

Printed Name Parent/Guardian if under 18

Signature of Parent/GuardianPrinted

Medical Examination Report: HISTORY Part A - To be completed by all competitors

Name: _____ Date of Birth: _____ Age: _____ Male/Female

Address: _____

Club Affiliation: _____ Rank: _____

*NAME OF MEDICAL INSURANCE PLAN AND NUMBER (*please complete)

- | | | |
|-----|---|--------|
| 1. | Have you any disease of the eyes? | Yes/No |
| 2. | Do you have a hearing loss? | Yes/No |
| 3. | Do you have fainting spells, blackouts or epilepsy? | Yes/No |
| 4. | Have you had a recent head injury? | Yes/No |
| 5. | Do you have any active lung infection including TB? | Yes/No |
| 6. | Do you have bronchial asthma? | Yes/No |
| 7. | Do you have an active kidney disease, infection or failure? | Yes/No |
| 8. | Do you have any loss of all or part of a limb? | Yes/No |
| 9. | Do you have decreased movement in any limb, joint or spine? | Yes/No |
| 10. | Do you have any muscle or joint disease? | Yes/No |
| 11. | Do you have diabetes? | Yes/No |
| 12. | Do you have any heart disease or high blood pressure? | Yes/No |
| 13. | Are you taking any medication? | Yes/No |
| 14. | Have you had any recent operations, fractures or major illness? | Yes/No |
| 15. | Do you have any disease or disability not mentioned above? | Yes/No |

If answer was "Yes" to any of above questions, give details:

I hereby declare that I have read the above information and that, to the best of my knowledge, it is complete and correct.

Date: _____ Competitor's Signature (if under 18 - parent or guardian)

MEDICAL EXAMINATION REPORT

PART B - to be completed by examining physician

Name: _____

Weight: _____

Did you weigh?.....Yes/No

Height: _____

Did you measure?.....Yes/No

	NORMAL	ABNORMAL	Details of Positive Findings
1. Eyes (lids, conjunctiva, cornea, pupils, fundi)	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. Ears (auditory canals, tympanic membranes, patency of eustachian tubes)	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. Nose, throat (airway, speech impediment, tonsils, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. Respiratory system (Thorax, lung fields)	<input type="checkbox"/>	<input type="checkbox"/>	_____
5. Cardiovascular system (Heart size, rhythm, sounds, murmurs: peripheral circulation and varicosities)	<input type="checkbox"/>	<input type="checkbox"/>	_____
6. Gastro-intestinal system (abdominal scars enlarged organs or hernia, haemorrhoids)	<input type="checkbox"/>	<input type="checkbox"/>	_____
7. Genito-urinary system (Varicocele, hydrocele, particularly with hernia)	<input type="checkbox"/>	<input type="checkbox"/>	_____
8. Locomotor system (amputations, deformities, restriction of movement of limbs or spine)	<input type="checkbox"/>	<input type="checkbox"/>	_____
9. Nervous system (tendon reflexes, tremors, gait)	<input type="checkbox"/>	<input type="checkbox"/>	_____
10. Lymphatic system and thyroid	<input type="checkbox"/>	<input type="checkbox"/>	_____
11. Skin (including evidence of allergy)	<input type="checkbox"/>	<input type="checkbox"/>	_____
12. Blood pressure readings	1st	Additional	
	s. _____	_____	
	d. _____	_____	
13. Pulse: _____			

VISUAL EXAMINATION

	A) Distant Vision	B) Near Vision
Right Eye _____ /	corrected to _____ /	corrected to _____ /
Left Eye _____ /	corrected to _____ /	corrected to _____ /
Both Eyes _____ /	corrected to _____ /	corrected to _____ /

Examining physician's opinion:

The above Karate Student is fit /unfit to participate in competition which may or may not include competitive free sparring.

Physician's Signature

Date

ANNEX 7

ADOPTION OF “WILDCARD” SYSTEM FOR PROVINCIAL / TERRITORIAL TEAMS AT THE 2013 KARATE CANADA NATIONAL CHAMPIONSHIPS

Please note that as part of its constant endeavor to improve the format of our National Championships, Karate Canada has endorsed a recommendation emerging from its Competition Review Committee and which has later been refined by its High Performance Committee, thereby adopting a “Wildcard” system, whereby Provinces / Territories receive an allocation of wildcards directly related to the size of the teams which they register for the event.

The adoption of this “Wildcard” system will help address several potential issues, such as teams from provinces with larger populations which may have three of the nation’s top performers in one division, for instance. It will also allow 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 injury or due to the demands of the international calendar, to have an avenue for entry into the National Championships that may otherwise have been closed to them.

This in no way affects the selection process that PSOs / TSOs have adopted for the selection of their teams leading up to the 2013 National Championships thus far, as it is simply an additional option which offers more flexibility to the provinces / territories, as well as the opportunity to register additional athletes whom these PSOs / TSOs feel could be strong contenders at National Championships and / or may largely benefit from participation in this event.

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 athletes	3 athletes	4 athletes	5 athletes	6 athletes

ELIGIBILITY CRITERIA:

Selection of athletes to be registered at National Championships through the “Wildcard” system will be left to the discretion of each PSO / TSO; however all PSOs / TSOs will be expected to abide by the following minimum requirements for the registration of “wildcarded” athletes.

In order to register one or several athlete(s) in the 2013 National Championships as (a) “wildcard(s)”, a PSO / TSO must submit the name(s) and division (category) of the athlete(s) (up to the maximum number of athletes allowed, as per the team’s quota allocation above – one entry counts as one ‘wildcard’) to Karate Canada (by mail or email) no later than February 12th, 2013, along with a written confirmation that each of these athletes meets **at least one of the following 3 criteria:**

-the athlete has placed 3rd in the final rankings of the 2012-2013 provincial / territorial team selections in that division;

OR

-the athlete has placed 4th in the final rankings of the 2012-2013 provincial / territorial team selections in that division, and the 3rd place athlete in the same division has previously been offered the wild card and has declined it;

OR

-the athlete was a medalist in the same division at the 2012 National Championships.

Athletes who are members in good standing with their PSO / TSO, who meet at least one of the three criteria listed above and whose names are submitted to Karate Canada by the appropriate PSO / TSO authority (President, Executive Director or Team Head Coach) **no later than February 12th, 2013** will be eligible to compete at the 2013 National Championships. Karate Canada will review all submitted wildcard nominations and will confirm approval of these nominations no later **than February 19th, 2013**. Please note that the PSOs / TSOs must also register approved wildcards online via SportData by the **February 24th, 2013 deadline**.