



# KARATE BC

## Karate BC Provincial Team Handbook

2025 – 2026 Season

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### 1. Introduction

The Karate BC Provincial Team represents the Province of British Columbia at the **Karate Canada National Championships**, the highest level of national competition for our sport. Athletes who qualify for the BC Team demonstrate exceptional skill, commitment, and sportsmanship, and have the opportunity to compete against Canada's best. Strong performances at Nationals may also lead to selection for **Team Canada**, opening the door to prestigious international events such as the **Pan American Championships**, **World Championships**, and even the **Pan American Games**.

The BC Team program serves two groups:

- **Junior Team (Youth–U18)** – developing athletes who train to gain high-level experience and prepare for national and international competition, as well as potential Team Canada selection.
- **Senior / U21 Team (U21–Adult)** – advanced athletes competing for national titles and potential Team Canada selection.

Our program emphasizes excellence both on and off the mats. BC Team athletes are expected to maintain high technical standards, model respect and leadership, and represent Karate BC with integrity. The season includes regional and provincial training camps, selection events, and national competitions that help athletes refine their skills, build team unity, and reach their competitive goals.

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### 2. Registration & Eligibility

All athletes must:

- Hold a valid **Karate BC membership**.
- Be a **Canadian citizen** or provide proof of citizenship in process (passport required by Team Selection event).
- Complete the **BC Team Registration Form** and pay the **\$250 season fee** by the deadline.

#### Registration Deadlines:

- **Senior / U21 Team:** October 31, 2025
- **Junior Team:** November 15, 2025

Applications must be complete and submitted by the deadline. The **High-Performance Committee (HPC)** and **BC Team Coaches** will review all applications and notify athletes of eligibility.

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### 3. Team Schedule & Mandatory Events

Attendance at all mandatory events is required.

Event	Date	Location	Notes
BC/Canada Open	Nov 22-23, 2025	Richmond	All applicants must compete in their elite division
BC Team Selection & Training (Sr, U21, Jr)	Jan 10–11, 2026	Chilliwack Heritage Park	Mandatory for all athletes
BC Team Selection & Training (Jr)	Feb 7–8, 2026	Cloverdale Agriplex Surrey	Junior athletes only - mandatory Senior athletes – training day only (Regional Training – mandatory for Lower Mainland athletes)
BC Team Training (Jr)	Mar 28–29, 2026 Apr 18–19, 2026	Magee Secondary Vancouver	Junior athletes only – Lower Mainland Regional Training - Mandatory Senior athletes (optional)
Senior Nationals	Feb 2026	Halifax, NS	Senior/U21 athletes
Junior Nationals	May 2026	Edmonton, AB	Junior athletes

\*\*\*Regional Trainings to be announced.

#### 4. Grand Prix Points & Team Selection Criteria

Selection to the BC Team is based on a Grand Prix point system combined with overall performance, attitude, and commitment. Points are earned through designated qualifying events and are used by the High-Performance Committee (HPC) and BC Team Coaches to determine final team selection.

#### BC Team Points for 2025/2025 Season

Event	Placement	Points	Athletes
BC Team Selection at 2025 BC Open	1st - Gold	9	<ul style="list-style-type: none"> <li>Nov 2025: Sr/U21 Only</li> <li>Sr Athletes Only – Points will be awarded at the Canada Open (Sunday) for Carding Purposes only</li> </ul>
	2nd - Silver	5	
	3rd - Bronze	3	
	4th - Bronze	2	
BC Team Selection Events	1st - Gold	9	<ul style="list-style-type: none"> <li>Jan 2026: Sr/U21 &amp; Junior</li> <li>Feb 2026: Junior Only</li> </ul>
	2nd - Silver	5	
	3rd - Bronze	3	
	4th - Bronze	2	

Notes:

- Automatic invitees to Nationals must attend but are exempt from competing.
  - In case of a tie, results from the most recent event determine final placement. If still tied, coaches may request an additional match.
  - Kumite athletes must remain within 10% of their registered weight class throughout the season.
  - Conduct, attendance, and teamwork may influence final team selection.
  - The HPC and BC Team Coaches retain final discretion for all team selections.
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## 5. Exemptions

Exemptions from mandatory events may be approved for:

- Injury or illness (with a valid medical note)
- Bereavement in the immediate family
- Conflicting participation in a Karate Canada–sanctioned event
- Pregnancy; or
- Infectious disease

Requests must be made through the Online Exemption Request Form at least 7 days prior to the event. The HPC and BC Team Coaches will review and respond in writing. All decisions are final.

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## 6. Training Expectations

Athletes must maintain a high training standard both within their home dojo and at all team events.

Minimum Dojo Training Requirements:

- U14: 2x/week + 1 supplemental karate-specific session
- Ages 14–15: 3x/week + 2 supplemental sessions
- 16 & Up: 3–4x/week + strength & conditioning 3x/week

Athletes are expected to:

- Attend all sessions in full.
  - Follow their individualized Year Training Plan (YTP) that the athlete has developed with their dojo coach
  - Maintain proper conditioning, nutrition, and recovery routines.
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## 7. Equipment & Uniform

All athletes must bring the following to training sessions and competitions:

- WKF-approved gi (no club patches)
  - WKF-approved red & blue belts
  - Kumite gear: gloves, shin/foot guards, mouthguard, body/chest protector (as applicable), groin protector (males) All kumite gear must be WKF-approved - Please refer to Appendix C
  - BC Team tracksuit and crest for all team functions
  - Training attire, runners, water, snacks, and first-aid essentials
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## 8. Travel & Accommodation

- All team members must stay in the official BC Team Hotel during Nationals.
  - Under 14 athletes **must** room with a parent or guardian.
  - Athletes are responsible for their travel, food, and transportation costs.
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## 9. Fees & Financial Responsibilities

- Season Fee: \$250 (due at registration)
- Additional event costs
  - Nationals Registration
    - Individual Entry - \$200 per event
    - Kata Team Division - \$225
  - Team Jacket – Approx \$130 for new athletes or those needing a new jacket
  - Other Team Apparel - Optional
  - Hotel – Will be outlined before Nationals.
- All payments must be made on time to remain in good standing.
- Banquet Tickets – TBD (Banquet Ticket coverage will be reviewed in the 2025/2026 Budget)

### BC Team Application Fee Refund Policy

The BC Team application fee is \$250 and is non-refundable. This fee supports administrative processing, program planning, and resource allocation for both the Junior and Senior BC Team programs. Refunds will only be considered under exceptional medical circumstances when an athlete is injured and unable to participate ***before the first BC Team event of the season.***

Refunds may be considered only under the following conditions:

- Documented medical injury or illness occurring *prior to the first BC Team event*, which prevents the athlete from taking part in the BC Team program.
  - A written request must be submitted to the BC Team Manager along with supporting medical documentation.
  - Refund eligibility will be reviewed by the High-Performance Committee (HPC) and granted at their discretion.

Non-Refundable Situations Include (but are not limited to):

- Injuries or withdrawals occurring after the first BC Team event.
- Withdrawal due to scheduling conflicts, travel decisions, change of interest, or personal commitments.
- Removal from the team due to disciplinary reasons or violation of Karate BC policies.
- Failure to attend trainings, meetings, or competitions required by the BC Team program.

All refund decisions are final and made in alignment with the operational needs of the BC Team program.

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## 10. Athlete Agreement

All BC Team members agree to:

- Follow Karate BC policies and the Athlete Code of Conduct.
- Respect coaches, officials, and teammates.
- Represent BC with professionalism and sportsmanship.
- Complete all mandated waivers and certifications as per Karate Canada at time of Nationals Trackie registration
- Abstain from drugs, alcohol, and banned substances.
- Participate fully in all team activities.

Non-compliance may result in disciplinary action or removal from the team.

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## 11. Discipline & Conduct

Behavioural issues will be reviewed by the High-Performance Committee (HPC). Disciplinary actions may include warnings, suspension, or dismissal.

Examples include:

- Unexcused absences or lateness
- Disrespectful conduct
- Missed deadlines or payments
- Unsportsmanlike behaviour

Repeat or severe violations may result in permanent removal from the team. Please refer to Appendix B for complete details and the Karate BC Conduct & Discipline Policy (Oct 2021).

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## 12. Communication

All official communication will be distributed by the BC Team Manager and Karate BC Office via email and the Karate BC website. Parents and athletes are responsible for checking email regularly for updates, schedules, and notices.

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## 13. Appendices (Provided Separately)

- Appendix A: Karate BC Code of Conduct – Athletes
- Appendix B: Exemptions from Team Training or Competitions
- Appendix C: Karate Canada – Required Equipment in Elite Divisions as NSO-Sanctioned Events