



Karate BC Team

2019-20 Competitive Season Plan

Prepared by the High Performance Committee (HPC) updated September 10, 2019

Team Selection process for 2020 Karate Canada Junior National Championships

Juniors (Youth 12/13yrs, Cadet 14/15yrs, Juniors 16/17yrs, U21 18-20yrs)

Divisions

- a. Youth Girls 12/13 - Kata, Kumite -42kgs, -47kgs, +47kgs
- b. Cadet Girls 14/15 - Kata, Kumite -47kgs, -54kgs, +54kgs
- c. Junior Girls 16/17 - Kata, Kumite -48kgs, -53kgs, -59kgs, +59kgs
- d. Under 21 Girls 18/19/20 - Kata, Kumite -50kgs, -55kgs, -61kgs, -68kgs, +68kgs
- e. Youth Boys 12/13 - Kata, Kumite -40kgs, -45kgs, -50kgs, -55kg, +55kgs
- f. Cadet Boys 14/15 - Kata, Kumite -52kgs, -57kgs, -63kgs, -70kgs, +70kgs
- g. Junior Boys 16/17 - Kata, Kumite -55kgs, -61kgs, -68kgs, -76kgs, +76kgs
- h. Under 21 Boys 18/19/20 - Kata, Kumite -60kgs, -67kgs, -75kgs, -84kgs, +84kgs
- i. Cadet/Juniors Girls 14/17 - Team Kata
- j. Cadet/Juniors Boys 14/17 - Team Kata
- k. Para-Athlete: Blind & Visual Impairments, Intellectual Impairments, Standing Mobility (separate selection guidelines, contact Team Director)

Registration deadline - November 15, 2019

Junior team selection events are the Karate BC Provincial Championships and the BC Team Final Selections:

BC Provincials - Nov. 30 & Dec. 1, 2019 - 75% of total grand prix points

Final Team Selections - March 7, 2020 - 100% of total grand prix points

BC Team Grand Prix Points

	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
i. Provincials (75% of pts):	37.5 pts	18.5 pts	9.5 pts
ii. Selections (100% of pts):	50 pts	25 pts	15 pts



National Team members participating at international tournaments on the official Karate Canada calendar at the same time as a Karate BC grand prix tournament:

- i. Provincials 37.5 pts
- ii. Selections: 50 pts

Final Junior Team Selection (Saturday) & Full training & fitness test (Sunday) - March 7 & 8, 2020 - Richmond Oval

Regional team practice & fitness tests

Start of Season

- i. Interior: RHKA, Kelowna - February 1, 2020
- ii. Vancouver Island: Shima, Nanaimo - February 1, 2020
- iii. Lower Mainland: Richmond Oval - February 2, 2020

Mid Season

- i. Interior: RHKA, Kelowna - April 4, 2020
- ii. Vancouver Island: Shima, Nanaimo - April 4, 2020
- iii. Lower Mainland: BCIT, Burnaby - April 5, 2020

Karate Canada National Junior Championships - Toronto, ON, May 1-3, 2020

Athletes with national team status who participate in official international events on the Karate Canada calendar that occur at the same time as a BC grand prix tournament (Provincial Championships and Team Selections) will receive maximum first place points.

Wildcard criteria at Team selection: to be confirmed with the goal to align with Karate Canada wild card criteria

1. Previous WKF, PKF, KC medalists
2. Possible equal number of wildcards for males and females
3. Possible 25% quota for kata
4. Clear reasons why they are expected to perform will be confirmed

BC Team tryout fees due at registration in Fall 2019: Juniors \$90

1. \$20 per regional team training (Lower Mainland, Kelowna, Nanaimo)



2. \$50 Team selection (Seniors in October, Juniors in March)
3. Athletes or clubs directly register for the Provincial Championships via the event website

BC Team member fees

1. Karate Canada National Championships division registration fees: to be confirmed by KC
2. Karate Canada National Championships hotel costs: to be confirmed by KC
3. BC Team tracksuit: change of tracksuit not yet confirmed