



## KARATE BC 2016-2017 COMPETITION PLAN

***BC Team application process described from page 10 & to be added to the new BC Team Handbook from June 15, 2015.***

Updated: June 3, 2016

1. Revised the BC Team schedule and descriptions.
  - a. Removed the September & October mandatory full-team team training sessions
  - b. Added descriptions for the only 2 full team trainings: 1-day after BC Open and 1-day after final Team Selections
  - c. Added one Fall and one Winter regional 1-day only fitness test & training session for local team athletes.
  - d. Added club instructor PSO coach application description with the deadline in mid-January for instructors who want to coach their own club athletes at Nationals 2017.

Updated: April 13, 2016

### *Clarifications:*

1. *The non-elite athlete description includes advanced belt rank divisions. These are not elite divisions.*
2. *At the BC Provincials and the BC Open, recreational athletes holding brown belt and above may participate in recreational OR elite divisions. For example, a brown belt athlete may enter a non-elite advanced kata division and an elite kumite division, but not two different kata divisions.*
3. *All athletes must be registered in the same non-elite or elite divisions at Zone mandatory events as they will compete in at the BC Provincials.*
4. *Recreational athletes below brown belt may participate only in recreational divisions.*
5. *Club instructors directly register their club member athletes for all key events; the Zone mandatory non-elite tournament or practice, the Zone mandatory elite practice, the BC Provincials and the BC Open.*
6. *Elite athletes must participate in the mandatory Zone practice, as per the plan details. Only volunteering at a Zone non-elite tournament does not meet the Zone elite practice requirement.*
7. *Karate Canada National Championships new date; February 24-26, 2017, Quebec City*

### Competition Plan

The purpose of the 2016-2017 Competition Plan is to clearly outline Karate BC's official competition opportunities for all members in alignment with Karate Canada's long-term athlete development (LTAD) model for developing, high-performance and active for life athletes.

A key goal is to increase athlete development using four zone seasons. Each season has a 'goal' event of a provincial tournament or an open provincial training camp for zone athletes. Both recreational and elite karate athletes will have access to numerous competitive opportunities.

A "Recreational athlete" is defined herein as:



1. A non-elite athlete who competes in novice, intermediate and advanced belt rank divisions
2. Any child athlete aged up to 11 years competing in any division
3. An elite athlete who competes in elite divisions, but who does not try-out for the BC Team.

An “Elite athlete” is defined herein as;

1. An athlete holding a brown/black belt who competes in elite competitive divisions (not non-elite advanced divisions).
2. Athletes who wish to be selected for the BC team and participate in the 2017 National Championships as they **must** compete in BC Team elite division(s)
3. Recreational elite athletes who do not wish to be selected for the BC Team who compete in these divisions.

The minimum age to be considered for membership in the BC team is 12 years.

#### Notes:

1. **2016 Provincial Championships:** All recreational and elite athletes are eligible to participate in this event **only if they have participated in a prior mandatory Spring zone event.**

Allowing all athletes to attend the Provincial Championships provides Karate BC with a better understanding of the depth of athletes in each division from across the province, while providing every athlete an equal and fair evaluation of their competitive performances.

- *At the BC Provincials and the BC Open, a qualified athlete can compete in non-elite advanced divisions or elite divisions, but not in both.*
2. **Yearly Training Plan (YTP):** Elite athletes wishing to be selected for the BC Team will create a personal YTP in coordination with their club, zone and team coaches by the September training camp. More information will be sent out prior to the Provincial Championships.
  3. **Fitness Testing:** BC Team athletes will undergo “start of season” and “end of season” performance fitness tests to assess their physiological parameters. The ultimate goal is to develop an athlete database and physical profiles of BC karate athletes, with the consequent development of age- and sport-specific norms. This test is being developed together with Karate Canada to become the standard national fitness test.  
All Karate BC clubs will be provided with information on how to run “field fitness tests” to better prepare their members for both competition and/or improved recreational karate performance.
  4. **Zones:**
    - One zone system will be based on the current BC Games boundaries.
    - All zones will require a Karate BC zone representative and a BC Winter Games zone representative. This may be the same person or two different people.
    - Each zone will have a zone head coach and assistant coaches. A zone coach may also be a zone representative.

## 1. Spring Season

**Location:** Athletes train within zones

**Goal:** All zone athletes participate in the Provincial Championships.

## 1.1. Zone Tournaments (Previous Zone Qualifiers)

**Phase:** Preparatory to Competitive

**Notes:**

- Zones may charge participation fees for their events
- Zones will send a list of all athlete names for who actually attended the mandatory zone events to Karate BC upon completion of the event.
- *At the BC Provincials and the BC Open, a qualified athlete can compete in non-elite advanced divisions or elite divisions, but not in both. Therefore the same athlete must be registered in the same non-elite or elite divisions at Zone mandatory events.*

Recreational athletes	Elite athletes
<ol style="list-style-type: none"> <li>1. Mandatory for recreational athletes who wish to compete in Provincial Championships <u>in the same divisions.</u></li> <li>2. <i>Club instructors register their club athletes directly with their zone reps.</i></li> <li>3. Any athlete can participate in Provincial Championships, regardless of results.</li> <li>4. Zones may host a mandatory zone training session for recreational athletes instead of a zone tournament if the number of athletes is insufficient for a competition.</li> <li>5. Recreational athletes who are unable to attend a mandatory zone event must report such to the zone representative before the event.</li> <li>6. The zone representative will decide on an alternative event (such as an elective zone practice) that the athlete must attend to meet the criterion of participating in one mandatory zone event before participating in Provincial Championships.</li> </ol>	<ol style="list-style-type: none"> <li>1. No mandatory zone competition.</li> <li>2. <i>Club instructors register their club athletes directly with their zone reps.</i></li> <li>3. <b>Elite athletes must attend at least ONE zone training session to qualify for Provincial Championships.</b> Zones will decide when and where to hold this event(s).</li> <li>4. Elite athletes should volunteer at the recreational events as officials, coaches or staff.</li> <li>5. Zones may host a mandatory elite training session after a recreational tournament to allow elite athletes to gain experience in all aspects of competition.</li> <li>6. Elite athletes who are unable to attend a mandatory zone event must report such to the zone representative before event.</li> <li>7. The zone representative will decide on an alternative event (such as an elective zone practice) that the athlete must attend to meet the criterion of participating in one mandatory zone event before participating in Provincial Championships.</li> </ol>

## 1.2. Zone Training (Elective)

Zones may organize several optional, non-mandatory training sessions to prepare for the Provincial Championships that all athletes may attend. These training sessions must not be held on zone tournament days.

Organizing zone events is elective and is based on how much the zone rep, zone head coach and zone club instructors wish to interact together in their zone or with other zones.

Zones may charge participation fees for elective training sessions.

## 1.3. Target Tournaments and/or Training Camps

### 1.3.1. BC Provincial Championships

**Date:** May 28/29, 2016

**Location:** Richmond Olympic Oval

**Notes:**

- Club instructors or zone coaches may coach zone athletes. This system allows club instructors to officiate or volunteer at the tournament by having a zone head coach and assistant zone coaches provide coaching support to any club athletes who will not have their club instructor in the coach's chair. Zones should communicate internally how this system will work best for each zone.
- Karate BC will provide approved<sup>†</sup> club instructors with a floor pass.
- One zone coach per ring is required, if possible.
- *At the BC Provincials and the BC Open, a qualified athlete can compete in non-elite advanced divisions or elite divisions, but not in both. Therefore the same athlete must be registered in the same non-elite or elite divisions at Zone mandatory events.*

Recreational athletes	Elite athletes
1. Club instructors will directly register recreational athletes in their clubs with Karate BC for this event.	1. Club instructors will directly register elite athletes in their clubs with Karate BC for this event.
2. Club instructors have the right not to register a recreational athlete for the Provincial Championships if they feel the athlete lacks sufficient experience to participate in this event.	2. To ensure all registered elite athletes participated in a prior mandatory Zone event, the Tournament Committee may decide to compare the zone mandatory attendance documents received with the athletes registered in this event.
3. To ensure all registered recreational athletes participated in a prior mandatory Zone event, the Tournament Committee may decide to compare the zone mandatory	3. Elite athletes can compete only in elite divisions. 4. Elite athletes can compete in these

attendance documents received with the athletes registered in this event.

4. *Recreational athletes below brown belt may participate only in recreational divisions. Recreational athletes holding brown belt and above may participate in recreational OR elite divisions. For example, a brown belt athlete may enter a non-elite advanced kata division and an elite kumite division, but not two different kata divisions.*

5. Medalists in recreational divisions will not be awarded grand prix points required for eventual BC Team selection.

divisions regardless of whether or not their aim is to try-out for the BC Team later in the year.

5. Medalists will receive **minor grand prix points** that will be added to their grand prix point total if they wish to try-out for the BC Team later in the competition season.

## 2. Summer Season

**Location:** Athletes train within zones

**Goal:** All zone athletes may participate in the BC Team's September open training camp.

**Phase:** Transition to Preparatory

### 2.1. Zone Training (Elective)

Zones may organize several optional, non-mandatory training sessions to prepare recreational and elite for future competitions.

Zones may charge participation fees for training sessions.

### 2.2. Target Tournaments and/or Training Camps

#### 2.2.1. BC Summer Training Camp (BC Team Training #1)

**Date:** September 17/18, 2016

**Location:** TBA

**Notes:**

- **BC Team Application Deadline: September training camp**
- Elite athletes wishing to be selected for the BC Team must submit application ***no later than*** the September training camp.

Recreational athletes	Elite athletes
<ol style="list-style-type: none"> <li>1. Training sessions open to any member of KBC</li> <li>2. Content: high-performance, fitness, nutrition, officiating, coaching etc. Location may allow camping to reduce costs.</li> </ol>	<ol style="list-style-type: none"> <li>1. Camp includes: <ul style="list-style-type: none"> <li>• Start-of-season fitness test</li> <li>• Year training plan (YTP) preparation</li> <li>• BC Team coach led training sessions.</li> </ul> </li> </ol>

## 3. Fall Season

**Location:** Athletes train within zones

**Goal:** All zone athletes may participate in the BC Open Championships.

**Phase:** Preparatory to Competitive

### 3.1. Zone Training (Elective)

Zones may organize several optional, non-mandatory training sessions to prepare recreational and elite athletes for the BC Open Championships.

Zones may charge participation fees for training sessions.

### 3.2. Target Tournaments and/or Training Camps

#### 3.2.1. KBC Open (Major Grand Prix #1)

**Date:** December 3, 2016 – to be confirmed

**Location:** Fraser Valley

**Notes:**

- Club instructor registers participants in KBC Open directly with Karate BC.
- Club instructor or zone coach may coach zone athlete. Club instructor provided with a floor pass from Karate BC.
- Recreational and elite athletes are not required to participate in zone training sessions, but highly recommended to do so.
- One zone coach per ring required, if possible.
- *At the BC Provincials and the BC Open, a qualified athlete can compete in non-elite advanced divisions or elite divisions, but not in both.*

Recreational athletes	Elite athletes
<ol style="list-style-type: none"> <li>1. Regular Open tournament with recreational divisions.</li> <li>2. Club instructors will directly register recreational athletes in their clubs with Karate BC for this event.</li> </ol>	<ol style="list-style-type: none"> <li>1. Club instructors register their elite athletes.</li> <li>2. Major grand prix #1 for elite athletes wishing to be selected for BC Team.</li> <li>3. Elective event, but participation is highly recommended to earn major grand prix points.</li> <li>4. Athletes wishing to be selected for BC Team must attend the final Team Selection event in January.</li> <li>5. Exception: Elite athletes participating as a member of Canadian National Team in international events scheduled on the same date (as a KBC Open or Team Selection)</li> </ol>

	<p>and sanctioned by Karate Canada.</p> <p>6. Such exempted athletes will be awarded full major grand prix points.</p>
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### 3.2.2. BC Fall Training Camp (BC Team Training #2)

**Date:** December 4, 2016 (Day after KBC Open)

**Location:** Fraser Valley

Recreational athletes	Elite athletes
N/A	<b>*Mandatory</b>



## 4. Winter Season

**Location:** Athletes train within zones

**Goal:** Zone elite athletes aiming for the Final BC Team Selection Tournament & the National Championships in February 2017. Other zone athletes aim to improve over the season for future competitions.

**Phase:** Preparatory to Competitive

### 4.1. Zone Training (Elective)

Zones may opt to organize optional zone training sessions that include recreational athletes.

A zone may decide on participation fees for its events

### 4.2. Target Tournaments and/or Training Camps

#### 4.2.1. Final BC Selection Tournament (Major Grand Prix #2)

**Date:** January 7, 2017

**Location:** TBA

Recreational athletes	Elite athletes
N/A	<p style="text-align: center;"><b>*Mandatory</b></p> <ol style="list-style-type: none"> <li>1. Major <b>grand prix #2</b> - BC Team points determined from minor grand points (Provincials) and major grand prix points from the Open and this event.</li> <li>2. <u>Elite athletes wishing to be selected for the BC team must compete at this final team selection tournament.</u></li> <li>3. Only elite athletes whose applications to be considered for selection have been received by the September due date may participate in this event.</li> </ol> <p><b>Exception:</b> Elite athletes participating as a member of Canadian National Team in international events scheduled on the same date (as a KBC Open or Team Selection) and sanctioned by Karate Canada.</p> <p>Such exempt athletes will be awarded major grand prix points.</p>

## 4.2.2. BC Team Friendship Invitational

**Date:** January 8, 2017

**Location:** TBA (Same as team selection)

Recreational athletes	Elite athletes
1. Karate BC may choose to include recreational divisions.	1. Purpose: BC team elite preparation tournament for BC team. 2. Alberta, Washington & Oregon clubs will be invited. 3. This event plus Grand Prix #2 together allows team athletes to experience a two-day event similar to National Championships. 4. If out-of-province interest is insufficient, this day will become a team training camp.

## 4.2.3. BC Winter Training Camp (BC Team Training #3)

**Date:** February 11/12, 2017

**Location:** TBA

Recreational athletes	Elite athletes
N/A	<b>*Mandatory</b> 1. Includes end-of-season fitness tests

## 4.2.4. Karate Canada National Championships

**Date:** February 24-26, 2017

**Location:** Quebec City

Recreational athletes	Elite athletes
N/A	<b>BC Team wins Nationals!!</b>

## Review of BC Team Selection with 2016-2017 Grand Prix System

### Purpose

By participating in two major grand prix events closer to the February 2017 Nationals, athletes experience less changes in age and weight, especially among youth, juniors and cadets.

Providing elite athletes with several opportunities to perform establishes a fair system of evaluation for recognizing developing athletic talent and encouraging more athletes to consider becoming members of the BC Team.

Since the time between the Provincials to National 2017 is 9 months, minor grand prix points are awarded to elite athletes to encourage participation, but not overweight point values as the 2 events are too far apart which can cause age and weight issues in many divisions.

### Summary

<p><b>BC Provincial Championships</b> Date: May 28/29, 2016 Location: Richmond Oval</p>	<ol style="list-style-type: none"> <li>1. Club instructor directly registers with Karate BC, all club members who wish to participate.</li> <li>2. Elite athletes must be able to prove participation in at least ONE mandatory zone training session before this event.</li> <li>3. Medalists will receive minor grand prix points that will be applied to BC team selection total to encourage elite athlete participation.</li> </ol>
<p><b>Friday, Sept 16</b> Deadline for athletes interested in the BC Team</p>	<ol style="list-style-type: none"> <li>1. Athletes submit applications to the KBC office</li> <li>2. Athletes include initial 1-page YTP</li> <li>3. HPC reviews where all the athletes are from, determines who are returning champions, etc.</li> <li>4. All communication is with both an athlete's club instructor &amp; athlete, plus an athlete's parent if athlete is 18 years old or under.</li> </ol>

<p><b>October - mandatory performance fitness test (start of season) &amp; Fall regional training</b></p> <p>Locations: TBA</p>	<ol style="list-style-type: none"> <li>Any athlete trying out for the BC Team who lives within a 3 hour drive of the test location must attend.</li> <li>There will be a \$20 fee per person. Coaches will decide on a training session after the fitness test.</li> <li>Athletes will be able to return home on the same day.</li> <li>Extras - an athlete outside these groups will be tested on Sun Dec 4 as a side test group.</li> </ol> <p>Sat Oct 1 - Lower Mainland athletes - location tbc  Sun Oct 2 - Kelowna area athletes - location tbc  Sat Oct 8 - Vancouver Island athletes - location tb</p>
<p><b>KBC Open</b>  Date: Saturday, December 3  Location: tbc</p>	<ol style="list-style-type: none"> <li><b>Major grand prix #1</b> for elite athletes wishing to be selected for BC Team.</li> <li>This event is elective, but highly recommended as athletes can gain major grand prix points.</li> </ol> <p><b>Exception:</b> Elite athletes participating as a member of Canadian National Team in international events scheduled on the same date (as a KBC Open or Team Selection) and sanctioned by Karate Canada</p> <p>Such exempted athletes will be awarded major grand prix points.</p>
<p><b>BC Team training #1</b>  <b>Sun Dec 4,</b>  <b>Location: tbc</b></p>	<ol style="list-style-type: none"> <li>Athletes submit updated YTP and training logs for head coach and assistant head coach to review</li> <li>Team building and bonding exercises</li> <li>Test matches</li> <li>Outline of techniques, strategies for BC team athletes based off last year's performance</li> <li>End of day fitness workout plus performance fitness test for extra athletes missed in October (prior permission required).</li> <li>Athletes vote for retired athlete rep - team manager supervises - HPC reviews and informs the selected applicant</li> </ol>
<p><b>Final BC Team Selection Tournament</b>  Date: Sat Jan 7/17  Location: Lower Mainland</p>	<ol style="list-style-type: none"> <li><b>Major grand prix #2</b></li> </ol> <p>BC Team points decided from minor grand points (Provincials) and from major grand prix points (BC Open &amp; this Selection event).</p>

	<ol style="list-style-type: none"> <li>2. <u>Elite athletes wishing to be selected for the team must compete at this event.</u></li> <li>3. The event is open only to elite athletes wishing to be selected for the team.  Exception: Elite athletes participating as a member of Canadian National Team in international events scheduled on the same date (as a KBC Open or Team Selection) and sanctioned by Karate Canada.  Such exempted athletes will be awarded major grand prix points.</li> </ol>
<p><b>BC Team training #2</b> Date: Sunday, January 8, 2017 Location: Lower Mainland</p>	<ol style="list-style-type: none"> <li>1. Content of training similar as the Dec team training</li> <li>2. Extra; performance fitness test for extra athletes who will miss their end of season February test in Feb in the lower mainland, Kelowna or Vancouver Island (prior permission required).</li> <li>3. Team captains chosen by coaching staff based on performances with team over Dec &amp; Jan full-team events.</li> </ol>
<p><b>Mid-January club instructors may apply to the HPC for PSO coaching status at Nationals</b></p>	<ol style="list-style-type: none"> <li>1. A club instructor may coach their club's athletes at Nationals 2017 as long as they become Comp-Intro Trained.</li> <li>2. The instructor can only coach their club's athlete in the Nationals warm-up area and from the official coach's chair beside the tatami competition mats at Nationals</li> <li>3. Their athlete must still participate in all official BC Team events before and during Nationals including team warm-ups &amp; team practices (which the club instructor can observe).</li> <li>4. The instructor will be required to sign a code of conduct agreement with the BC Team.</li> </ol>
<p><b>February - mandatory performance fitness test (end of season) &amp; Winter regional training</b>  Locations: TBA</p>	<ol style="list-style-type: none"> <li>1. Any athlete trying out for the BC Team who lives within a 3 hour drive of the test location must attend.</li> <li>2. There will be a \$20 fee per person. Coaches will decide on a training session after the fitness test.</li> <li>3. Athletes will be able to return home on the same day.</li> <li>4. Extras - an athlete outside these groups will be tested on Sun Jan 8 as a side test group.  Sat Feb 4 - Lower Mainland athletes - location tbc Sun Feb 5 - Kelowna area athletes - location tbc Sat Feb 11 - Vancouver Island athletes - location tbc</li> </ol>

<b>National Championships</b> Date: <b>February 24-26, 2017</b> Location: Quebec City	<b>BC Team wins Nationals</b>

## \*BC Team Grand Prix Points

	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>
Provincials (minor):	15	12.5	10
Open & Selections (major):	50	25	12.5

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

Provincials	15
Open & Selections:	50

## †Approved club instructor

Approved club instructor: A club instructor who upholds Karate BC expectations of respectful behaviour towards staff, volunteers, parents, athletes and all processes involved in the competitive environment.