

**KARATE NL
ATHLETE AGREEMENT**



2022-2023

This document applies to the Provincial Team members only.

The following items are addressed:

Part I – Philosophy and Values

1. Overall Philosophy
2. Values
3. Code of Conduct

Part II – Selection and Team Requirements

1. Selection to the Provincial Team Roster/ Team Requirements
2. Exemptions from Provincial Team Trainings and Competitions

Part III – Rules and Guidelines

1. Coaches Authority and Responsibilities to You
2. Team Funding

Part IV – High Performance Status

1. Selection Requirements
2. Access to High Performance Benefits

Part V – Point Allocation Table and Criteria

Part I – Philosophy and Ethics

1.0 Overall Philosophy

1.1 The following criteria is designed to meet 3 objectives:

- To develop and field the strongest athletes possible to represent Newfoundland and Labrador nationally and internationally in the sport of karate.
- To ensure a paved future for the competitive career of the province.
- To promote positive moral values and encourage character development through sport.

1.2 The following are the values used by the Karate NL Coaching Committee in designing and implementing the selection criteria:

- **Transparency** – To ensure that all elements of this athlete agreement are clearly and fully communicated to all Karate NL athletes.
- **Performance Excellence** – Ensuring that all decisions and criteria are in the athlete’s best interests and focusing on always selecting the best possible team to represent Newfoundland and Labrador.
- **Athlete Safety and Well Being** – To ensure that athletes are not forced or coerced into over-competing and/or over-training.

2.0 Values

2.1 Six Moral Values:

- **Respectfulness** – Treating others as you wish to be treated by them. Respect applies to oneself as well as to others. Respectful athletes and coaches accept decisions by officials and superiors without arguing, avoid violence in and out of sport, act considerately toward all people, and seek resolve differences without anger and insults.
- **Responsibility** – Responsibility involves perseverance and doing the right thing. Responsible athletes and coaches are reliable, self-disciplined, and considerate; they do not act impulsively without first considering the consequences of their actions.
- **Caring** – Being caring involves compassion, gratitude, and empathy. It might sometimes seem incongruous that you are supposed to be caring while also trying your hardest to win. But you can be both highly competitive and caring at the same time. Athletes and coaches who are caring are gracious in both victory and defeat.
- **Honesty** - Honesty involves being truthful and forthright acting with integrity and loyalty. Athletes and coaches show their honesty by speaking and acting consistently and by always doing the right thing. The motives and actions of honest coaches and athletes are rarely questioned because their actions are backed up by a personal sense of integrity.
- **Fairness** - Fairness-playing by the rules and the spirit of the game whether you are winning or losing-is one of the key elements of sportsmanship.
- **Good Citizenship** - It encompasses attitudes and behavior outside of sport, good citizenship involves contributing positively to your community, whether local, regional,

or national. Athletes and coaches who are good citizens proudly represent their country in an international competition, volunteer their time and effort to worthwhile causes, follow the law, and act as positive role models.

3.0 Code of Conduct

- I will adhere to the rules.
- I will never argue with an official. If I disagree with a decision, I will inform the head coach during a break or after the competition.
- I understand that verbal abuse of officials and deliberately distracting or provoking an opponent are not acceptable or permitted behaviors.
- I will work equally hard for myself and my team.
- I will treat all players in my sport as I like to be treated. I will not bully or take unfair advantage of another competitor.
- I will cooperate with my coach, teammates, and opponents.
- I will display modesty in victory and graciousness in defeat.
- I will participate for my own enjoyment and benefit, not just to please parents and coaches.
- I will respect the rights, dignity and worth of all participants regardless of their gender, ability, cultural background, or religion.
- I will thank the opposition and officials at the end of the match.
- I will comply with anti-doping policies.
- I will inform the coaching staff of training and travel which may impact my provincial team training and competition goals no less than 2 weeks prior to the date of departure.

3.1 Cannabis Consumption Policy

- **Despite legalization, cannabis remains a banned substance for athletes who are subject to the Canadian Anti-Doping Program (CADP).**
- Domestic legalization will not affect the status of cannabis in sport and a positive test can still result in disciplinary action.
- The Karate NL coaching committee reserves the right to inform the CCES (Canadian Centre for Ethics in Sport) if they believe an athlete is consuming a banned substance.
- From there the CCES or other government agency will test the athlete.
- If an athlete does not comply with the testing protocol, then both the CCES and Karate NL will assume a positive test result and disciplinary action will be taken against the athlete in question.

****Please Note:** Athletes of all ages and skill levels can be tested by a recognized Canadian Anti Doping Agency. Karate NL cannot independently drug test an athlete and will call upon the CCES in the event that an athlete is suspected of using a banned substance.

3.2 Alcohol Consumption Policy

If an athlete would like to consume alcohol while attending any Karate NL affiliated event, the athlete must:

- Be 19 years of age or older.
- The athlete must inform a member of the Karate NL coaching staff.
- The athlete will not have or consume alcohol in a hotel room.
- No athlete regardless of age will provide a minor with alcohol.
- No athlete under the age of 19 will accept alcohol from any person(s).
- No alcohol permitted until the conclusion of the competitive event.
- Socially responsible drinking is acceptable unless in the judgment of the coach it would be inappropriate or detrimental to the best interest and management of the team.

****Please note:** The Head Coach reserves the right to deny the athlete to further consume alcohol if it is deemed in the best interest of the athlete to do so. Failure to abide by the requirements stated above will result in disciplinary action against the athlete in question.

Part II – Selection and Team Requirements

1.0 Selection to the Provincial Team Roster

1.1 To be a member of the Provincial Team Roster each athlete must:

- Sign and adhere to the Karate Newfoundland and Labrador Athlete Agreement.
- Demonstrate an appropriate maintenance of fitness and health level consistent with a high-performance athlete on a Provincial Karate Team. The Head Coach may call for an independent fitness or health assessment in cases of concern about fitness and health.
- Always report any performance limiting injuries or physical conditions to the Provincial Coaching Staff prior to every training and departure for competition, or within 1 (one) week of the occurrence of the illness or injury.
- Keep the Provincial Coaching Staff informed on the progress of their recovery plan and progress per that plan.
- Compete in all provincial tournaments through out the competitive season, placing in the top 3 (three) of the athlete's weight and age category. In the event an athlete is unable to compete he/she may apply for an exemption. If an exemption is denied, the athlete may appeal the decision.
- Attend all provincial training and try-out sessions through out the competitive season. In the event an athlete is unable to attend he/she may apply for an exemption. If an exemption is denied, the athlete may appeal the decision.
- Be in good standing with a recognized karate club under Karate NL.
- Be a member of Karate NL.

**** Please note:** Athletes can also be invited to train with the provincial team as invited guests or a coach's discretionary pick.

1.2 To be automatically selected onto the Provincial Team Roster each athlete must:

- Adhere to all the requirements in section(s) 1.1 and 1.2
- Had been selected to represent Newfoundland & Labrador at the 2022 Karate Canada National Championships.

1.3 Selection to compete at the Karate Canada National Karate Championships:

- Adhere to all the requirements in section(s) 1.1, 1.2, and 1.3.
- Be recommended by their club coach.
- All athletes must be selected by the coaching committee to compete at the Karate Canada National Karate Championships.
- Be within at least 10% of target weight (i.e. the weight in which the athlete will be competing) no later than 2 weeks from the competition.
- All athletes must compete at

1.4 Approval to represent Karate NL at any other competition:

- At the discretion of the Karate NL Board of Directors

2.0 Exemptions from Provincial Team Trainings and Competitions

2.1 Exemptions from provincial team activities due to exceptional circumstances may include, but are not limited to:

- Recent death in the immediate family
(within 1(one) month prior to the start of an event)
- Injury limiting participation and/or performance
- Pregnancy
- Infectious disease
- Work or Family commitments

** Please note, any and all exemptions due to work or family commitments, will only be permitted after every effort has been made to participate in the event for which the athlete is requesting exemption.

Request for exemption must be made no later than 24 (twenty-four) hours after the start of the event/activity, by notification in writing to the Karate NL coaching committee.

The Karate NL Coaching Committee will render its decision in writing no later than three days following the receipt of request for exemption.

2.2 Appeals

Appeals regarding team selection and the rejection of an exemption are limited to the incorrect application of criteria or development of new and previously unknown information relevant to the appeal. Appeals are to be submitted to the office of Karate NL.

Part III – Rules and Guidelines

1.0 Coaches Authority and Responsibilities to You:

- Coordinating all team activities with the Team Manager and coordinating all training and competition arrangements with the Event Coaches.
- Carrying the rulebook and all technical information relevant to the competition attended working with fellow coaches in preparing athletes to achieve their best performance at the event.
- Authorizing all entries and any necessary changes of athletes in the events.
- When necessary, impose disciplinary sanctions for minor infractions under the Karate NL Team Philosophy that might occur while the team is at a competition.
- Reporting to you within 2-7 days after the event with feedback.
- Handling all media requests on behalf of the team and association, working with the Head of Delegation and Media Liaison.
- Assisting the athletes in training and preparation sessions, competition warm-up, and competition whenever possible.
- Establishing the athlete's readiness and maintaining a close liaison with medical staff about existing problems.
- The Coaching Staff has the authority to remove any athlete from any competition, training camp, or venue when it is deemed necessary.
- A coach or a member of the KNL coaching staff will not consume alcohol or cannabis while attending KNL team events and/or supervising KNL team members.

2.0 Team Funding

- Any funds allocated to the provincial team will be dispersed by the coaching committee. Funding will be allocated for dispersal every quarter and will be dispersed per the below funding allocation table.

2.1 There are four categories in which athletes may fall under:

- WKF (Tier 1) – Attending the World Karate Championships.
- International (Tier 2) – Attending WKF sanctioned events as part of Team Canada.
- National (Tier 3) – Attending the Karate Canada National Championships.
- Rising Stars (Tier 4) – Potential athletes that may compete at the next Karate Canada National Championships.

2.2 Eligibility for funding:

- To qualify for High Performance / Elite funding the athlete must attend the event(s) designated in each tier.
- The athlete must participate in the team fund raising effort to receive any funding from that fundraiser.

2.3 Funding Allocation Table

Category	Percentage of HP Funding			
	WKF	International	National	Rising Stars
Tier 1	50%	50%	0%	0%
Tier 2	0%	75%	25%	0%
Tier 3	0%	0%	75%	25%
Tier 4	0%	0%	0%	100%

(Note: Funding is only available when it is in the Karate NL budget to offer such funding.)

Part IV – High Performance Status

1.0 Selection Requirements:

- Minimum of one year as member of Team NL Roster.
- Strong performance at WKF Events throughout the competitive season with a “Strength of Field Evaluation” by the coaching committee.
- Strong outlook for medal potential in national/ international tournaments.
- Adheres to all requirements in Part II sections 1.1, 1.2, and 1.3

Part V – Point Allocation Table and Criteria

1.0 Junior Team Point Allocation Table For the 2022-2023 Competitive Season:

	1 st	2 nd	3 rd	4 th – 5 th	Participation
Provincial Grand Prix'	40	30	20	10	0
Atlantic Championships	70	50	40	20	10
Karate Canada Junior Nationals	120	100	80	60	20
Sanctioned Open Tournaments (Atlantic, Canada, Montreal, Toronto)	80	70	60	40	10
Canada Games Qualifier	70	50	40	20	10
US Open 2023	100	80	70	60	10
Youth Premier League	200	170	150	120	10
Junior Pan American	200	170	150	120	30
Junior World Championships	500	400	300	250	40
Summit	0	0	0	0	5
Jr National Camp	0	0	0	0	10
Regional Camps	0	0	0	0	5

An athlete can only earn points from results, or participation, not both.

Full athlete ranking points listed in the Table above will only be considered and accumulated toward a ranking on the Karate NL Provincial Rankings (KNLPR).

All competitions listed on the table above and are occurring between September. 1st, 2022 and September.1st 2023 will be eligible for points.

Athletes who are not named onto the Provincial Team Roster before the 2023 Karate Canada Junior National Championships may still earn performance points and statuses at these events. It is the athlete's responsibility to provide Karate NL with proof of the results obtained within thirty days of the completion of the event where these points were earned. It is also the athlete's responsibility to ensure the rankings are correct and up to date.

All athletes who reside within the province of Newfoundland & Labrador are eligible to earn points and be ranked on the KNLPR.

Points accumulated will carry for a two (2) year duration, a reduction of 50% will occur on the 1st of September each year and continue at that reduced amount for the remainder of the second year.

**Please note: The Karate NL Coaching Staff and Coaching Committee do not base provincial team selection solely from the KNLPR. They only consider the athletes ranking when making a selection decision.

2.0 Senior Team Point Allocation Table For the 2022-2023 Competitive Season:

An athlete can only earn points from results, or participation, not both.

	1 st	2 nd	3 rd	4 th – 5 th	Participation
Provincial Grand Prix'	40	30	20	10	0
Atlantic Championships	70	50	40	20	10
Karate Canada Senior Nationals	120	100	80	60	20
Sanctioned Open Tournaments (Atlantic, Canada, Montreal, Toronto)	80	70	60	40	10
US Open 2023	200	180	150	100	10
Series A	250	220	190	160	10
K1 Premier League	300	270	240	210	50
Senior Pan American	250	220	190	160	30
Senior World Championships	500	400	300	250	40
Summit	0	0	0	0	5
Senior National Camp	0	0	0	0	10
Regional Camps	0	0	0	0	5

Full athlete ranking points listed in the Table above will only be considered and accumulated toward a ranking on the Karate NL Provincial Rankings.

All competitions listed on the table above and are occurring between September. 1st, 2022 and September.1st 2023 will be eligible for points.

Athletes who are not named onto the Provincial Team Roster before the 2023 Karate Canada Jr National Championships may still earn performance points and statuses at these events. It is the athlete's responsibility to provide Karate NL with proof of the results obtained within thirty days of the completion of the event where these points were earned. It is also the athlete's responsibility to ensure the rankings are correct and up to date.

Points accumulated will carry for a two (2) year duration, a reduction of 50% will occur on the 1st of September each year and continue at that reduced amount for the remainder of the second year.

Please note: The Karate NL Coaching Staff and Coaching Committee do not base provincial team selection solely from the KNLPR. They only consider the athletes ranking when making a selection decision.

Explanation of Ranking Based on Age vs Weight Class

The KNLPR ranks athletes based on their age rather than by weight class. When a provincial team selection is to occur. The overall rankings for every age group is broken down by weight class to assist the coaching committee in team selection. For example, if an athlete is ranked fourth (4th) on the KNLPR for an age category, this same athlete may be ranked second (2nd) in his or her weight category provincially.

Here is a diagram to further explain:

14 - 15 Male Elite Kumite (KNLPR)

Placement	Name	Total Points
1 st	John Doe	60
2 nd	Ryan Wolf	50
3 rd	Alex Watts	40
4 th	Dylan Oliver	30

14 – 15 Male Elite Kumite -52kg

1 st	John Doe	60
2 nd	Dylan Oliver	30

Although Dylan Oliver is ranked 4th on the KNLPR, he is ranked 2nd in his respective weight category.

By signing this document, you here by agree to and will adhere by all rules and regulations stated above.

Name of Athlete: _____

Signature of Athlete: _____

Date: _____

(If under the age of 19 please have a parent or guardian read and sign this document.)

Parent/ Guardian: _____

****Please Note:** Please signature the bottom right corner of every page to state you have read that page.