

KARATE NL ATHLETE AGREEMENT



2024-2025

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
4. Cannabis Consumption Policy
5. Alcohol Consumption Policy

Part II – Selection and Team Requirements

1. Selection to the Provincial Team Roster/ Team Requirements
2. Exemptions from Provincial Team Trainings and Competitions
3. Point Allocation Table for KNLPR

Part III – Rules and Guidelines

1. Coaches Authority and Responsibilities to You

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 Team 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 all Karate NL policies and procedures. This includes but is not limited to Karate NL's new Social Media Policy.
- I will adhere to the rules of competition.
- 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 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 all 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.

4.0 Cannabis Consumption Policy

- **In-Competition (IC) and Out-of-Competition (OOC) Testing:** Cannabis is a banned substance for athletes under the Canadian Anti-Doping Program (CADP) during in-competition periods. In-competition testing is typically conducted at the conclusion of an event. Out-of-competition (OOC) testing, which can occur at any time with little or no advance notice, does not screen for cannabis use.
- **Domestic Legalization:** The legalization of cannabis does not change its status in sports. A positive test for cannabis during in-competition periods can still result in disciplinary action.
- **Reporting and Testing:** The Karate NL coaching committee reserves the right to report suspected use of banned substances to the Canadian Centre for Ethics in Sport (CCES). The CCES or other relevant agencies may then test the athlete.
- **Non-Compliance:** If an athlete fails to comply with the testing protocols, both the CCES and Karate NL will assume a positive test result, leading to potential disciplinary action against the athlete.

Note: Athletes of all ages and skill levels can be tested by recognized Canadian Anti-Doping Agencies. Karate NL does not conduct independent drug tests and will refer suspected cases to the CCES.

5.0 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 throughout the competitive season. 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 throughout 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 a member in good standing with a recognized karate club under Karate NL.

**** Athletes can also be invited to train with the provincial team as invited guests.**

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 2024 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. The coaching committee makes their selection decisions based on the following criteria:
 - **Provincial Ranking System:** Athletes are ranked on the Karate NL Provincial Ranking based on their performance in sanctioned competitions. Points are awarded according to established criteria, reflecting achievements in various events.
 - **Team Selection:** The top 3 athletes in each age and weight category on the Provincial Ranking may be selected for the Provincial Team. Selection is based on the current standings and adherence to all relevant policies and regulations.
 - **Eligibility and Compliance:** Athletes must meet all Karate Canada eligibility requirements and comply with Karate NL's codes of conduct and standards. This includes maintaining a good standing within the organization and adhering to any relevant rules or guidelines.

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.

3.0 Point Allocation Table for KNLPR

Event	Placement	Point Allocation
Atlantic Karate Championships	1 st	60
	2 nd	50
	3 rd	40
	4 th – 5 th	30
Provincial Tournaments	1 st	50
	2 nd	40
	3 rd	30
	4 th – 5 th	20

3.1 Tie-Breaking Procedures

- Step 1: Number of First Place Finishes: If two athletes are tied, the athlete with the most 1st-place finishes across eligible events will rank higher.
- Step 2: Medal Count: If the tie persists, the athlete with the greater total number of medals in the specific division will rank higher.
- Step 3: Consistency of Performance: In cases where athletes are still tied, placements in higher-stakes events (e.g., Atlantic Karate Championships) take precedence over placements in Provincial Tournaments.

3.2 Points Accumulation Rules

- Points from all eligible events within a competition year contribute to an athlete's total ranking.
- If an athlete participates in multiple categories (e.g., kata and kumite) within the same event, points for each category are counted separately.
- Points do not carry over from previous years.

3.3 Attendance and Eligibility Requirements

- Athletes must participate in both events (set by KNLPR) to be eligible for selection based on point ranking.
- An athlete may miss an event due to extenuating circumstances (e.g., injury, illness) but will receive no points for that event. Supporting documentation may be required.

3.4 Disqualification and Penalties

- Athletes disqualified from an event for any reason will receive zero points for that event.
- Violations of the KNL Athlete Agreement Code of Conduct may lead to deduction of points or suspension from the ranking system.

3.5 Point Updates and Transparency

- Points are updated and published after each event for transparency.
- Athletes have a two-week period to appeal point calculations or tie-breaking decisions by submitting a written request 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 infractions by athletes of the athlete agreement.
- Reporting to you within 1-7 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.

By signing this document, you hereby 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: _____

**** Note:** Please sign the bottom right corner of every page to state you have read that page. If the athlete is under the age of 19 the parent or guardian must sign the bottom right corner of each page as well. Submit this document electronically to the Coaching Committee.