

2027 CANADA GAMES TEAM NL SELECTION PROCESS

“Be Legendary”

PHASE 3



QUÉBEC
2027
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GAMES





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Introduction

The Canada Games represent the pinnacle of amateur sport in Canada, bringing together the nation's top young athletes in a multi-sport environment that fosters competition, camaraderie, and personal growth. For Karate Newfoundland & Labrador (Karate NL), this event is an opportunity to showcase the dedication, skill, and fighting spirit of our province's karate athletes.

The Karate NL 2027 Canada Games Selection Process has been designed to ensure a fair, transparent, and structured pathway for athletes striving to earn a spot on Team NL. This document outlines the selection criteria, competition requirements, and athlete development pathway leading up to the 2027 Canada Games.

Our goal is not only to build a high-performance team but also to foster a culture of excellence, resilience, and provincial pride. Athletes who commit to this process will be expected to train with intensity, compete with integrity, and represent Newfoundland & Labrador with pride on the national stage.

This selection process ensures that every athlete has a clear opportunity to earn their place on Team NL. We encourage all eligible athletes to embrace this challenge, push their limits, and strive to be the best version of themselves.

We look forward to an exciting journey as we prepare to bring the strongest possible team to the 2027 Canada Games.



Canada Games 2027 Overview

The Canada Games Council has named Québec as the official Host city of the 2027 Canada Winter Games, marking a return to the birthplace of the Canada Games 60 years after the inaugural event held in 1967. From February 27 - March 14, the province of Quebec will host the Canada Games for a fourth time, after previously hosting the 2013 Canada Summer Games in Sherbrooke, the 1983 Canada Winter Games in Saguenay-Lac-St-Jean, and the first-ever Canada Games in Québec in 1967.

The 2027 Canada Games is sure to be a source of adrenaline and pride for our young athletes as they strive to exceed themselves, the Games will foster friendships that transcend provincial and territorial boundaries.

Karate – What We Know

Karate will be at its second Canada Games in 2027, as it made its first appearance in the 2023 Games program in PEI. An ancient discipline with brand new roots in the Olympic movement, karate made its Olympic debut at the 2020 Summer Olympics. Karate has also been featured on the Pan American Games program since 1995 with the hope of joining the Commonwealth Games in the coming years.

The 2027 Edition of the Games will host Karate at the beautiful Quebec City Convention Centre and is currently slated to take place between March 8th 2027 - March 13th 2027. This will include 2 days of onsite trainings with 4 days of high level competition!

Team NL will consist of 4 female athletes, 4 male athletes, 1 coach and 1 Team Manager showcasing both kata and kumite disciplines. All athletes must be a minimum of 16 years old and no older than 17 years old as of the first day of competition.



Selection Phases

Phase 1: Identification: June 1st 2025 - September 30th 2025

Phase 2: Preparation: September 30th 2025 - January 31st 2026

Phase 3: Selection: February 1st 2026 - August 31st 2026

Phase 3 marks a crucial transition in the preparation for the 2027 Canada Games, as Karate NL will officially select the athletes who will advance in the program. Running from February 1st to August 31st 2026, this phase will focus on evaluating athlete performance, refining competitive readiness, and finalizing the roster for the next stage of development.

During this phase our goals are:

1. Based on competition performance, technical evaluation, and progress over the previous phases, we will officially select the athletes who will represent Karate NL at the 2027 Canada Games.
2. Target specific training opportunities to enhance the level of readiness for the specific group of selected athletes.
3. Provide strength and conditioning training in preparation for the 2026 National Karate Championships.
4. Target specific competitive opportunities that will provide valuable competitive experience, exposure to high-level opponents, and opportunities to refine skills in a tournament setting. These events will be strategically selected based on their timing, competition level, and alignment with our athletes' developmental goals.
5. Provide direct financial support to identified athletes to limit barriers to participation in the 2027 Canada Games.

Phase 4: Intensive Preparation: September 1st 2026 - March 7th 2027



Eligibility Requirements – Phase 3

To be eligible for entry into Phase 3 of the Team NL selection process for the 2027 Canada Games, athletes must meet the following criteria:

1. Age Requirements

- *Athletes must be 16 or 17 years old as of the first day of competition (March 10th, 2027).*
- *OR : Athletes must be in the process of requesting an age dispensation.*

2. Residency & Membership

- *Athletes must be residents of Newfoundland & Labrador.*
- *Athletes must be registered members in good standing with Karate NL.*

3. Technical Ability

- *Athletes must demonstrate a strong technical foundation in kata and/or kumite.*
- *Athletes will be evaluated based on their performance in kata routines and kumite bouts.*

4. Sportsmanship & Commitment

- *Athletes must display exceptional sportsmanship both on and off the competition floor.*
- *A high level of commitment to the selection process, training camps, and competition schedule is required.*

5. Additional Athlete Responsibilities

- *Sign and adhere to the Karate Newfoundland and Labrador Athlete Agreement.*
- *Maintain a high level of fitness and health appropriate for a high-performance athlete.*
- *Report any injuries or health issues that may affect performance to the Provincial Coaching Staff prior to each training or competition, or within one week of the occurrence.*
- *Keep the Coaching Staff informed on the recovery progress if an injury or illness occurs.*
- *Attend all provincial events during the selection process. If unable to attend, the athlete may request an exemption. If the exemption is denied, the athlete has the right to appeal.*

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



Funding and Financial Support – Phase 3

In Phase 3, Karate NL will be prioritizing funding to support athlete development, focusing on reducing financial barriers that may otherwise limit participation for high-potential athletes. Unlike Phase 1, which focused solely on identification without direct funding, and Phase 2, which emphasized development and performance tracking without direct funding, Phase 3 introduces targeted financial assistance. This support is designed to ensure that all identified/selected athletes have access to key training and competitive opportunities necessary for Canada Games success.

Funding Priorities

1. Domestic Competition Support

Karate NL will allocate funds toward domestic competition expenses, such as:

- Tournament registration fees
- Travel (flights, ground transportation)
- Accommodations for selected events

These competitions will serve as critical development milestones, providing athletes with experience against top-tier national-level opponents and opportunities to apply their training in high-pressure environments. Events selected for funding will be strategically aligned with athlete progression goals and the long-term Canada Games preparation pathway.

2. Training & Development Costs Funding will also be directed toward essential training needs, including:

- Access to specialized coaching
- Facility rental costs for provincial team training
- Strength and conditioning programs tailored to karate athletes

This support ensures that athletes can continue progressing within a structured, high-performance environment, regardless of individual financial circumstances.



The Selection Process

Karate NL will select the athletes representing Team NL at the 2027 Canada Games by way of competition performance and utilizing a modified Karate NL Point Ranking system. Karate NL will host Canada Games selection competitions in the following months to determine its Canada Games Team.

Canada Games Selection Point Ranking Table

PLACEMENT	POINT ALLOCATION
1 ST PLACE	200
2 ND PLACE	150
3 RD PLACE	100
4 TH PLACE	50

*** If an athlete participates in multiple categories (e.g., kata and kumite) within the same event, points for each category are counted separately.*

Selection Event #1 - KNL Provincial Championships - April 2026

Selection Event #2 - KNL Canada Games Tournament - May 2026 (after the 2026 Jr Nationals)

Selection Event #3 - KNL Canada Games - June 2026

***Exact dates of each tournament are to be confirmed.*

Athletes will be required to compete in the age and weight division they wish to compete in at the 2027 Canada Games in these selection events. The Canada Games divisions are as follows:

- Female and Male individual kata (separate category's)
- Female -53 kg individual kumite
- Female -59 kg individual kumite
- Female +59 kg individual kumite
- Male -61 kg individual kumite
- Male -68 individual kumite
- Male +68 individual kumite

Tiebreaking Criteria for Selection onto Team NL

The tiebreaker process will be as follows for two or more athletes who hold the same number of points:

1. If the tie persists, the athlete with the higher placement at the Selection Event #3
2. If the tie persists, the athletes will compete in a tie breaker match, kata or kumite.
3. If the tie persists, final selection will be decided by the Karate NL Coaching Committee in consultation with the Team Coaches.



The Selection Process – Athlete Residency Requirements

Athletes wishing to be officially selected to the Canada Games Team must adhere to the following timeline/ deadlines:

Athlete Residency Requirements:

Per Article 6.3.1 of the Canada Games Athlete Eligibility Policy:

Athletes must meet at least one of the following requirements to be eligible for the Canada Games:

- are a Canadian citizen;
- are an Indigenous person (registered under the federal Indian Act);
- are a permanent resident;
- have status in Canada and are applying for permanent residency and:
 - have submitted an application to Immigration, Refugees and Citizenship Canada (IRCC);
-AND-
 - IRCC has confirmed they have reviewed the application and that you meet the eligibility requirements to apply;
-AND-
 - the application has not yet been denied;
- are a convention refugee or other protected person (as defined by
- Immigration and Refugee Board of Canada); Newcomers processed using temporary measures to facilitate them fleeing for safety due to a crisis.

Athletes must provide proof they meet at least one of the above requirements prior to May 31st 2026.

DEADLINE: May 31st 2026



The Selection Process – Age Dispensation Timeline

Athletes requesting age dispensation exemptions must provide the following documents prior to the assigned deadlines:

Athletes Requesting Age Dispensation Exemptions:

1. A waiver signed by the athlete's parents or guardians saving harmless Karate Canada and the Canada Games Council from any injury which might result from the athlete competing against older athletes. The blank waiver is attached as Appendix 4.

DEADLINE: APRIL 4th 2026

2. A letter from the athlete's physician confirming that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.

DEADLINE: APRIL 4th 2026

3. A letter from the athlete's coach confirming that the athlete is at the appropriate level of physical and mental development to handle the level and intensity of the Canada Games competition.

DEADLINE: June 30th 2026

4. A letter of support from Karate NL.

DEADLINE: June 30th 2026

5. A letter of support from the Team NL Chef de Mission for the 2027 Canada Games.

DEADLINE: July 31st 2026.

6. Recent competition results demonstrating that the athlete has obtained results comparable or superior to those of the age eligible athletes, which have been selected to the respective team for the Games.

DEADLINE: July 31st 2026.

APPENDIX 4 – AGE DISPENSATION WAIVER

WAIVER NOTICE AND FULL AND FINAL RELEASE

I acknowledge that participation in the event of karate competition carries with it potential hazards and I confirm _____ (Athlete) is physically fit to participate in karate competition at the Canada Games and has trained specifically for this purpose.

I hereby release and forever discharge Karate Canada and the CANADA GAMES COUNCIL, their Directors, Officials, Coaches and other employees, servants or agents on behalf of myself and _____ (Athlete) from any and all responsibility and liability for injuries sustained by the Athlete's participation in the Canada Games and hereby agree to assume full and complete responsibility for any injuries sustained by the Athlete during such participation.

I hereby waive any rights I and _____ (Athlete) may have to institute or prosecute an action or make any claim for damages or compensation against the said Karate Canada and CANADA GAMES COUNCIL, their Directors, Officials, Coaches and their employees, servants or agents, as a result of any injuries _____ (Athlete) may suffer.

Date

Signature of Parent / Legal Guardian

Name (print) of Parent / Legal Guardian

Signature of Witness

Name (print) of Witness

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