



KATA
ATHLETE'S
HANDBOOK
2023-24

September 1, 2023

TABLE OF CONTENTS

Contact Information.....	3
Introduction	3
Purpose	3
Limitations.....	3
Feedback	3
Athletes Covered by the Handbook.....	3
Kata Competition Access	4
Athlete’s Contact Information	4
Policy 1 – Definition of Kata Competition.....	4
IJF recognized:.....	4
Other Kodokan kata:	4
Policy 2 – Definition of a Kata Team	4
Policy 3 – Determination of an Eligible Kata Team.....	5
Eligibility Essentials	5
Policy 4 – Definition of a Selected Kata Team	5
Policy 5 – Determination of Kata Teams.....	6
Selection Procedure	6
Record of points:.....	6
U23 Selection Standards.....	6
Policy 6 – Points for National and International Events	7
Policy 7 – Determination of Ties	8
Policy 8 – National Team Notice	8
Policy 9 – Clarity of Selection Process.....	9
Policy 10 – Exemption Request Procedure.....	9
Policy 11 – Withdrawal Procedure	9
Policy 12 – Kata Team Commitment.....	9
Policy 13 – Medical Indemnity and Insurance	10
Policy 14 – Uniform and Weapons	10
Policy 15 – Athlete Funding	10
Other Documents:.....	10

Contact Information

National Kata Committee Chair

Mohamad Hassani: mohdia@sympatico.ca

National Kata Coach

Gord Okamura: gyokamura@gmail.com

High-Performance Manager

Marie-Hélène Chisholm: mh.chisholm@judocanada.org

Introduction

Purpose

The purpose of the Kata Athlete's Handbook (KAH) is not only to encourage the development of high-level Canadian kata competitors but also to keep kata competitors and instructors informed about Judo Canada's kata policies that are part of Judo Canada's selection policy for international tournaments which restricts the number of kata teams who can participate. This document outlines how competitors can become Eligible and then Selected athletes, and what opportunities follows. If you are unclear on a certain policy, please contact the National Kata Committee (NKC) for further explanation.

Limitations

This document will be reviewed yearly so certain policies may be changed from time to time. A policy change is considered effective upon its date of publication by Judo Canada or when emailed to the provincial kata associations/committees. Policy changes will also be posted on Judo Canada's website, and we encourage you to visit it regularly.

Feedback

If you have specific recommendations with respect to policies contained within this manual, please email the NKC. Written feedback is the only way to ensure full circulation of your ideas.

Athletes Covered by the Handbook

Policies specified in this handbook apply to all eligible athletes who wish to be selected to compete at kata tournaments with restricted entry, such as the Panamerican Kata Championships (PanAms) and the IJF World Kata Championships (Worlds).

Kata Competition Access

A list of national and international events will be published on Judo Canada's website. It is the responsibility of kata athletes and/or provincial associations to request registration by Judo Canada's High-Performance Manager before the indicated deadlines. For athletes who wish to participate in international tournaments that are not restricted in entry, they should inform the NKC and national coach of their intention, and report back results and official result sheets from the event.

Athlete's Contact Information

It is beneficial for athletes to provide the NKC, national kata coach, and Judo Canada with their email address and phone number in order to receive pertinent judo kata correspondence.

Policy 1 – Definition of Kata Competition

A kata competition is where tori and uke perform a kata in a competition setting, with five presiding judges, against other judoka who performs the same kata. All kata competitions are evaluated according to the *IJF Kata Competition – Criteria for the Evaluation*. Typically, kata competitors compete in one or more of the following kata – depending on the type of competition:

IJF recognized:

1. Nage-no-kata – forms of throwing
2. Katame-no-kata – forms of grappling or holding
3. Ju-no-kata – forms of gentleness and flexibility
4. Kodokan Goshin-jutsu – forms of Kodokan self-defence
5. Kime-no-kata – forms of decisive techniques

Other Kodokan kata:

6. Itsutsu-no-kata – forms of five (not currently competed outside of Japan)
7. Koshiki-no-kata – forms of classics (conducted at some international events)
8. Kodomo-no-kata – kata for the teaching of basics to young children (competed provincially)

At the Canadian Open National Kata Championships, there are currently five kata events (1-5 listed above) and each of the categories features a senior and U23 division (subject to change based on IJF guidelines) based on both the tori and uke's age. Within Canada, there is a U16 developmental category for orange belt and above.

Policy 2 – Definition of a Kata Team

The KAH defines a kata team as any two judoka who compete together in one or more judo kata regardless of age, gender, or level of competition. There are currently two age categories for kata competitors: U23 and Senior (age groups are subject to the changes made at the IJF and PJC level). The two judoka who compose and compete as a team may be reconfigured (introduce a new partner or

change roles) at the discretion of the team. It is recommended that the new pair compete provincially and/or nationally prior to competing internationally, but this is not required.

Policy 3 – Determination of an Eligible Kata Team

In order to be considered eligible to represent Canada at limited entry kata tournaments, athletes must participate in national and international kata tournaments to gain points in order to be Selected. Kata teams who wish to represent Canada at restricted entry tournaments should make their intention known to the national coach as well as the NKC. The term Eligible means not only being active and involved in training and competing in kata but also ranking at those events.

Eligibility Essentials

- A participant is eligible to register in an IJF/PanAm competition provided he/she is:
 - Not under disciplinary suspension.
 - Not under suspension for anti-doping rule violation.
 - Not carrying any communicable diseases that may risk other delegates' health.
- In addition to the above, athletes must:
 - Not be under medical suspension.
 - Be healthy and fit for competition.
 - Follow the IJF nationality rules.
 - Have sufficient technical knowledge (know the terminology and can execute all the techniques in the IJF Sports and Organization Rules) and understand fully the IJF sport and kata judging rules.
- For U23 categories, both the tori and uke must meet the maximum age requirement and minimum belt requirement.
- For U23 categories, teams are eligible to compete in more than one kata at PanAm Championships and World Kata Championships according to the PJC or IJF technical package.
- If a senior team member would like to compete in two categories at the PanAm Championships, they must request so in writing to the national kata coach who will determine a recommendation to the NKC which will then decide and approve/deny the request based on any past performance within the last year in the secondary kata. The same points system will be used as their primary kata.
- All judoka must abide by the [Code of Conduct and Ethics of Judo Canada](#).

Policy 4 – Definition of a Selected Kata Team

Selected Team members are chosen from Eligible Kata Teams to represent Canada at restricted entry-level tournaments based on their total points over the tournament year (June to May), their previous international tournament record, and in accordance with Policy 5 and 6. Teams are only considered "Selected" once they have met all criteria to be Eligible, they have obtained top points in their kata in accordance with Policy 5 and 6, they have been selected and approved by the national coach and the NKC, they have agreed and committed to attending the tournament, and the technical package for the tournament has been released.

Note, that the Selected Team is generally a maximum of two–three teams per kata (as guided by the tournaments technical package) however, there may be a “Reserve” Kata Team as well. The Reserve Teams will be chosen using the same processes but will not attend the event unless one of the Selected Teams in that kata cannot attend the event for any reason. This is at the discretion of the national kata coach and the NCK.

Policy 5 – Determination of Kata Teams

Selection Procedure

The focus of the NKC and national kata coach is to not only promote maximum kata participation by Canadian judoka in Canadian tournaments but to also make sure that Canadian judoka are well equipped and prepared for restricted entry international events. Selection for restricted entry events will be based on a points system outlined in Policy 6. Athletes with the highest points will be Eligible for Selection.

The process is as follows:

- Records for the tournament year are calculated by the national coach.
- Evaluation of top point earners is reviewed.
- When determining recommendations for teams, the national kata coach will also consider exemptions (see Policy 10).
- The national kata coach will consider points from tournaments where there was a limited number of competitors or where there were fewer than five judges. Low attendance tournaments will impact decision-making.
- In event of a tie, please see Policy 7 for determination.
- Recommendations are made to the NKC for Canadian Selected and Reserve Team members.
- The teams will be notified in accordance with Policy 8, and they must indicate their commitment to attend the tournament or decline.
- Once they have agreed and the technical package is out, names will be submitted to Judo Canada for registration.

Record of points:

The national kata coach will keep track of tournament records, but each kata team is encouraged to keep track of their tournament records as well (see Kata Tournament Record document on the Judo Canada website). If teams compete outside of Canada, they must provide all score sheets and a tournament report (see Kata Tournament Report document on the Judo Canada website). Records are kept yearly beginning in June and ending in May after the Canadian Open National Kata Championships.

U23 Selection Standards

At the time of publication, only Nage-no-kata, Katame-no-kata, and Ju-no-kata have U23 categories at the World Kata Championships and PanAm Championships. Under 2023 IJF guidelines, Canada can send a number of teams (determined by the Technical Package of the tournament) who can compete in up to two kata at these events. Please see EJU and IJF guidelines for up-to-date criteria as this is an evolving area of the sport. If a team would like to compete in two kata, they must have competed in both kata

KATA ATHLETE'S HANDBOOK 2024

sometime in the last two tournament years. If U23 competitors in Kodokan Goshin-Jutsu and Kime-no-kata wish to compete at Worlds or PanAms, they will have to qualify and compete in the senior categories, but they may or may not have to reach the minimum point scale – to be determined by the national kata coach. Points gained in U23 tournaments cannot be applied to senior level events unless approved by the national kata coach and the NKC.

Policy 6 – Points for National and International Events

The following table classifies provincial, national, and international kata points and is used for the determination of qualifications to attend restricted entry tournaments.

Canadian Tournaments	Gold	Silver	Bronze	Unranked	
Canadian Open National Kata Championships	250	200	150	50	
Western Canada Kata Championships	175	125	75	25	
Championnat ouvert de Kata de l'est du Canada	175	125	75	25	
Other Nationally A and B sanctioned kata tournaments (2 per year max)	50	35	25	10	
National Sanctioned Clinics Eastern / Western Championships / National / Summer training (2 per year max)	25				
International Tournaments	Gold	Silver	Bronze	Finals From two pools	Unranked
World Kata Championships	2000	1800	1600	750	75
IJF Judo Kata Grand Prix ¹	1500	1300	1100	500	75
EJU Belgium, Italy, France, Spain ²	800	600	400	300	50
Pan American Championships	800	600	400	N/A	50
International Kata Tournament	100	75	50	N/A	25
Approved International Clinics	50				

¹ EJU Belgium is in negotiations with the IJF to become the first Judo Kata Grand Prix tournament in 2024 or 2025.

² The EJU circuit may be expanded to include Germany in 2024.

KATA ATHLETE'S HANDBOOK 2024

Provincial and national level events allow for individuals to register online through Trackie. All international events must be registered by Judo Canada through JudoBase.

The World Kata Championship and PanAm Championships use the following procedures:

- Participants must apply online via Judo Canada registration portal;
- Judo Canada will make the arrangements as specified by the organizers of the event;
- A deposit is required when the online registration is completed; and
- Judo Canada will invoice all participants for the expenses incurred.

Policy 7 – Determination of Ties

In the unlikely event of teams who have tied for points within the same kata, the team with the highest previous results, in the last two competitive years, will be selected by the national kata coach and recommended to the NKC.

If a kata team determines that they will no longer work together at a restricted entry tournament, the athlete that continues to compete will take over the team's previous points. In the unlikely event that both athletes continue to compete with new partners, and there is a tie for points, the two teams will perform a tie-breaking performance for the national team coach and selected judges to determine selection. The NKC and participating athletes will accept the result as final.

Policy 8 – National Team Notice

For each restricted entry international event, the national kata coach will:

- 1) Clearly and transparently outline in writing the points used for selection to the NKC as well as Provincial Kata Committee(s).
- 2) Communicate in writing a selection notice to the successful teams outlining the following:
 - a) Eligible Team standing (including Selected and Reserve Team);
 - b) The kata team that is selected to compete;
 - c) Event's technical package;
 - d) Approximate cost of travel and accommodations (if applicable);
 - e) Dates of travel, passport / visa requirements;
 - f) Training camp or clinic dates (if applicable); and
 - g) Confirmation deadline and deposit amount (if applicable).
- 3) Choices for teams are only finalized and official after the tournament package is released.
- 4) Teams not selected may receive notification through the national kata coach or their provincial kata committees.
- 5) Discuss and attempt to resolve any questions about the selection of the teams (see Policy 9).

Policy 9 – Clarity of Selection Process

After an announcement has been made, teams are welcome to email the national kata coach, within one week, should they seek clarity on the selection process.

- Teams can contact the national coach in writing (via email) for a clear and transparent explanation of the decision based on the policies and procedures of the NKH.
- The national coach is obliged to respond in writing within two weeks of receiving notice.
- The team may contact the national coach for a discussion to ensure the email is clearly understood by the team, if they so desire.

If the parties cannot come to an understanding, in accordance with the KAH:

- The national coach will inform the NKC and present documentation of communication and numerical selection used for determination.
- The Chair of the NKC will call a special meeting to discuss the merits of the claim.
- The NKC and national coach will discuss and the NKC will determine if an alteration to team selection must be made.
- The NKC will contact the appellant team in writing with the rationale and decision made at the special meeting.

If the team does not find restitution in the above-listed discussion process, the athletes may make a formal appeal with Judo Canada based on Judo Canada's Policy on Grievance and Appeal which can be found on the Judo Canada website.

Policy 10 – Exemption Request Procedure

Exemptions from participation at important selection tournaments within Canada, such as Western or Eastern Kata Championships or Open National Canadian Championships, can be made. Please make the request as soon as the problem or issue is known by emailing the national kata coach. The national kata coach will provide exemptions once approved by the NKC. Once accepted, previous results, at the same tournament, that extend past the one tournament year limitation may be used in its place.

Policy 11 – Withdrawal Procedure

If a team chooses to withdraw from a restricted entry-level tournament, for any reason, they must inform the national kata coach and NKC as soon as possible. That way a Reserve Team member can be informed of an opening and registered for the event before the deadline. The NKC chair will inform Judo Canada of all changes made to the entry.

Policy 12 – Kata Team Commitment

Kata competitors, who are selected to compete at restricted entry international events, must attend a National Kata training camp and they will have access to the national kata coach for support in developing an annual self-directed training plan. The self-directed training plan could include, but not be limited to, the following details:

- Personal fitness regimen;
- Kata training plan;
- Incremental move-by-move improvement training goals;
- Planned tournament attendance; and
- Training camp participation goals.

It is recommended that all kata athletes, not just those selected for restricted entry international events, who wish to compete and succeed at the national and international level, develop a training plan for the year. This discipline helps develop a regimen to achieve goals and measure improvement needed to succeed at high levels.

Policy 13 – Medical Indemnity and Insurance

For each Judo Canada sanctioned or recognized international event, kata athletes must complete and sign a medical summary form and sign a release, indemnity, warranty, and/or assumption of risk form before any participation in the event is permitted. Kata competitors who compete in events abroad must ensure that they have an adequate out-of-country medical insurance and liability insurance. Details and proof of insurance may be required to be provided to Judo Canada upon request.

Policy 14 – Uniform and Weapons

For all kata competitions, athletes are required to wear a clean, properly fitted IJF approved white judogi. Tops and bottoms must have a matching approved manufacture logo. U23 competitors are allowed to wear a coloured belt unless it is specified that shodan or above is required. Senior athletes must wear an IJF approved black belt, as red and white belts are not permitted. Embroidery and insignia on judogi or belt is at the athlete's discretion but must meet IJF standards of size, location, and colour. Approved IJF back patches are required at all IJF events and must meet IJF standards for naming convention, size, and stitching.

For kata competitors who compete in a kata that require replica weapons, these replicas must meet IJF standards for size, colour, materials, and engraving. All replicas must be carried in a protective covering while being transported. Please note, airlines do not allow the transport of replica weapons onboard flights and therefore accommodation must be made to check your equipment as luggage. This may incur an extra cost that the athlete must anticipate and provide for.

Policy 15 – Athlete Funding

Any athlete or kata team may seek funding to help cover the costs of being a competitor. Athletes are highly encouraged to seek funding to support training and competing at the national and international level. Please note: the athlete or team must not state or imply that any solicitation request is being made on behalf of Judo Canada.

Other Documents:

Coaching Code of Ethics

KATA ATHLETE'S HANDBOOK 2024

<https://thecanadiancoach.ca/code-ethics/>

Judo Canada Policies

<https://judocanada.org/policies-and-fees/>