

BLACK SCORPION KARATE CIC CIC COMPETITION TEAM

Squad Expectations & Code of Conduct 2024 Tournament Season



Introduction

Welcome to the Black Scorpion Karate CIC Team! This document outlines the expectations and code of conduct for our tournament squad for the 2024 season. The tournament squad is not just a team, but an integral part of the wider Black Scorpion Karate CIC family. We are delighted to have you as part of our family.

At Black Scorpion, we believe in fostering a supportive and inclusive environment where everyone can thrive. As participants, it is important to remember that you are students first and squad members second. Our primary goal, as the BSK team, is to promote personal growth, discipline, and respect through karate, both within our dojo and at competitions.

Anyone who wants to have a go at competition training is welcome to join. You are not expected to compete if you decide it's not for you. We encourage everyone to try and enjoy the experience, regardless of their competitive aspirations.

By adhering to the guidelines in this document, we can ensure that Black Scorpion remains one big happy family where every member contributes positively to the team's success and upholds the values we cherish.

GENERAL SQUAD EXPECTATIONS:

1. **Commitment to Training:** Regular attendance at squad training sessions is not just encouraged, but essential for improving skills and fostering team cohesion. While it's not mandatory to attend every session, your commitment to regular participation is highly valued.
2. **Effort and Engagement:** Squad members are expected to give their best effort during training sessions. Maintaining focus, being willing to learn, and actively participating are essential to personal and team growth.
3. **Regular Training:** Squad training is in addition to regular Black Scorpion Karate CIC training sessions. Squad members must maintain their regular training schedule with the club to ensure overall development and readiness for competitions.
4. **Preparation for Competitions:** Students should ideally attend at least three squad training sessions to be eligible for competitions. Exceptions may be made for senior black belt competitors with previous experience or newcomers with a proven track record.
5. **Equipment:** Squad members should bring all necessary equipment to training sessions. This includes proper attire and any protective gear required for training and competitions.
6. **Respect and Sportsmanship:** Showing respect to coaches, fellow squad members, and opponents is fundamental. Disrespectful behaviour will be addressed, emphasising understanding and improvement rather than punishment.
7. **Personal Practice:** Students are encouraged to practice kata and kumite outside squad sessions to improve their skills continually.
8. **Health and Safety:** Adhering to health and safety guidelines, such as removing jewellery and maintaining proper grooming standards, is essential to prevent injuries during training and competitions.

KATA TRAINING:

1. **Foundation of Training:** Regular class training ensures that katas are technically correct and error-free. Squad training is intended to build on this foundation.
2. **Kata Selection:** Choosing the right kata for competition is essential. Refining a familiar kata can be more effective than learning a new one. Trust the guidance from your coaches and the BSK instructor team regarding kata choice as they aim to highlight your strengths and ensure your best performance in competitions.
3. **Personal Practice:** Consistent practice outside of squad sessions is encouraged. Focus on incorporating feedback from coaches and the BSK instructor team to make sustained progress and improvements.
4. **Kata Proficiency:** Keep all katas fresh in your memory. Some competitions require both an optional and a compulsory kata in different rounds. Practising a variety of katas to competition standards helps ensure readiness for these requirements.

KUMITE TRAINING:

1. **Assessment and Growth:** Students who wish to compete in kumite are encouraged to attend training sessions where the training coaches will assess them. This assessment during drills, sparring, and practice bouts helps identify strengths and areas for improvement, ensuring students are well-prepared for competition.
2. **Safety First:** The safety of our students is paramount. Where advised by the coaches, students will wear protective body armour and/or a helmet. This ensures everyone can train safely and confidently. Compliance with safety guidelines is essential to maintain a safe training environment.
3. **Respect and Control:** Mutual respect and control are key values in kumite training. Students are expected to treat each other with respect and use controlled force during drills and sparring. This fosters a supportive and safe environment where everyone can improve their skills.

TEAM TRAINING:

1. **Commitment to Team Events:** Participation in team events requires a strong commitment. Please ensure you are 100% committed and available before volunteering on the day of the competition.
2. **Maximising Training Opportunities:** If you commit to a kata pair or team, try to be available for as many training opportunities as possible. Utilise time before classes, during intervals, and after training to practice with your team.
3. **Personal Responsibility:** Ensure your readiness and competency on the mat by attending training and preparing to the best of your ability if you are part of a kumite team.
4. **Coach-Assisted Selection:** The training coaches will select kata pairs/teams based on preparation and teamwork. Established pairs/teams will be considered for competition to ensure a well-prepared and cohesive team.
5. **Kata and Kumite Assessments:** The training coaches must assess any kata pair/team before being allowed to compete. Kumite team selections are based on merit, ensuring the strongest team is fielded for competitions.

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TOURNAMENTS:

1. **Event Selection:** Selecting appropriate events for our students is a thoughtful process prioritising safety and readiness. Our training coaches will select events that suit each student's abilities and preparedness, ensuring a positive and safe competitive experience.
2. **Category Placement:** Entering different categories at tournaments will be advised by the training coaches. They will guide students and their parents on the best categories to enter based on their strengths and readiness. The aim is to provide the best possible competitive experience.
3. **Communication and Organisation:** We will use the BSK Tournament Squad Facebook Group for communication. Individual threads will be created for each competition to keep conversations organised. Any group chats related to competition organisation must include at least one BSK training staff member for monitoring and safeguarding purposes.
4. **Timely Payments and Support:** Please ensure that tournament fees are paid on time. If you need help paying, let us know as soon as possible so that we can explore how we can support you. We aim to ensure everyone has the opportunity to compete.
5. **Equipment Requirements:** WUKF rules stipulate that all competitors in kumite must have red and white belts (or a reversible belt) along with red and white mitts. It is vital to have the correct equipment and bring it to tournaments. Borrowing equipment may only sometimes be possible.
6. **Protective Gear:** In some tournaments, protective body armour and helmets are compulsory for younger competitors. We have a limited number of each and will allocate this equipment on a first-come, first-served basis. We recommend purchasing this equipment if your child regularly competes in kumite events. We can support you with payment plans or other arrangements if needed.
7. **Uniform Standards:** On both kata and kumite gis, 'WKF Approved' badges must be covered using WUKF badges, plain white cloth, or white tape.

CONDUCT AT TOURNAMENTS:

Maintaining Respect and Integrity: Our conduct at tournaments reflects the values and integrity of Black Scorpion Karate CIC. Treating all officials, competitors, and representatives from other clubs with the utmost respect is essential. Positive and respectful behaviour ensures a welcoming and fair competitive environment for everyone.

Consequences of Misconduct: While we strive for the highest standards of conduct, it is essential to be aware that any disrespectful or inappropriate behaviour can have serious consequences. This can include disqualification from events, loss of any medals won, and disqualification from future events.

Representing Our Club: Every team member represents Black Scorpion Karate CIC at tournaments. Misconduct by any individual can impact the entire team. In extreme cases, it could lead to the whole team being asked to leave a tournament or being banned from future competitions. Therefore, all members must uphold the values and standards of our club.

Affiliations and Wider Impact: Misconduct can have broader implications if the tournament organisers are affiliated with other competition bodies. This means bans or penalties may extend to other tournaments beyond the immediate event.

By adhering to these standards, we ensure a positive, respectful, and supportive environment for all competitors, maintaining the integrity and reputation of Black Scorpion Karate CIC.

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CONDUCT OF COACHES

1. Professional Appearance:
 - 1.1. Team Representation: Coaches must always wear the Black Scorpion team tracksuit unless they are competing themselves. This includes wearing the team tracksuit during breaks between events. If they are not actively competing, coaches should remove their gi jackets and switch to club t-shirts and tracksuit jackets.
 - 1.2. Personal Grooming: Coaches should maintain a clean and professional appearance, including neat hair and appropriate personal hygiene, to set a positive example for competitors.
2. Clear Communication:
 - 2.1. Pre-Event Briefing: Provide competitors with a detailed briefing about the tournament's rules and expectations. This includes specifics on kata choices, kumite regulations, and compulsory equipment.
 - 2.2. Event Information: Ensure that competitors and their parents/guardians know event schedules, category numbers, and any changes to the running order. Use clear and concise language to prevent misunderstandings.
 - 2.3. Ongoing Updates: Keep competitors and their parents informed of any updates or changes during the event, ensuring smooth coordination and preparation.
3. Ethical Behaviour:
 - 3.1. Sportsmanship: Demonstrate exemplary sportsmanship by showing respect to all tournament officials, competitors, and other coaches. Encourage competitors to uphold the same standards.
 - 3.2. Conflict Resolution: Address any disputes or concerns respectfully and professionally. Avoid confrontational behaviour with officials or other coaches. Handle any disagreements calmly and through appropriate channels.
 - 3.3. Integrity: Maintain honesty in all interactions. Do not engage in or condone any behaviour that undermines the integrity of the sport, such as unethical coaching tactics or unsportsmanlike conduct.
4. Competitor Support:
 - 4.1. Preparation: Assist competitors in preparing by ensuring they have all the necessary equipment and understand their event schedules. Provide mental and emotional support to help them manage competition stress.
 - 4.2. Coaching During Events: Offer strategic advice and encouragement without disrupting the competitor's focus. Ensure that instructions are clear and delivered calmly.
 - 4.3. Post-Event Review: Conduct a constructive review with competitors after their events. Focus on positive reinforcement and provide guidance for future improvement.
5. Interaction with Parents:
 - 5.1. Professional Boundaries: Maintain a professional relationship with parents. Address any concerns or questions they have with patience and respect. Keep communication open but focused on the well-being and development of the competitors.
 - 5.2. Managing Expectations: Set realistic expectations with parents about competition outcomes and the development of their children. Help them understand the importance of supporting their children positively.

- 5.3. Parent Representative Role: Collaborate with the elected Parent Representative to address parents' concerns. Ensure that communication with the Parent Representative is respectful and constructive.
6. Disciplinary Procedures:
- 6.1. Democratic Process: Major disciplinary decisions will be made through a democratic process. Coaches should not unilaterally make significant disciplinary decisions. All disciplinary matters should be discussed and decided upon by the coaching staff collectively and, if necessary, with input from the Parent Representative.
- 6.2. Transparency: Ensure all disciplinary actions are conducted transparently and fairly. Document any incidents and decisions to maintain clear records.
7. Emergency Procedures:
- 7.1. Health and Safety: Be aware of the health and safety protocols at the competition venue. Ensure that you know how to respond in an emergency and that competitors know any specific safety measures.
- 7.2. Incident Reporting: Report incidents or injuries promptly to the appropriate tournament officials and ensure that competitors receive medical attention.
8. Feedback and Development:
- 8.1. Self-Improvement: Seek feedback on your coaching performance from peers and superiors. Continuously strive to improve your coaching skills and knowledge.
- 8.2. Competitor Development: Work with competitors to set personal goals and develop their skills both technically and mentally. Celebrate their achievements and provide constructive feedback on areas for growth.
9. Compliance with Tournament Rules:
- 9.1. Adherence: Follow all tournament rules and regulations set by the event organisers. Ensure that competitors also adhere to these rules and assist them in understanding and following them.

CONDUCT OF STUDENTS

1. **Representing Black Scorpion:**
Wear your Black Scorpion team tracksuit to represent our club and be easily identifiable when arriving at a competition venue. After you have competed, change back into your team wear until you are ready to leave the venue.
2. **Preparedness:**
Ensure you have all necessary equipment (red and white mitts, red and white belts, gumshield, and where compulsory, body armour, helmets, and chest and groin protectors) for kumite events. Being well-prepared helps you perform your best.
3. **Focus During Events:**
During kata events, maintain focus and avoid chatting with other competitors within earshot of the judges. This demonstrates respect and professionalism.
4. **Respect for Officials:**
Always respect the decisions of tournament officials regarding kata scores or kumite points. If you have concerns, let your coach handle them. This shows maturity and sportsmanship.
5. **Respect for Competitors:**
Treat all other competitors with respect at all times. Be polite and behave maturely while waiting for your event or your name to be called. Positive behaviour enhances everyone's competition experience.
6. **Traditional Protocols:**
Follow traditional protocols in competitions. Bowing in at the start of events and being present to bow out at the end, even if you have been eliminated, shows respect to the winners and upholds our values.
7. **Communication with Officials:**
At the end of a kumite bout, if you have won, promptly give your name to the table judges to confirm your qualification for the next round. This ensures smooth progression in the competition.
8. **Honesty and Integrity:**
Maintain honesty and integrity in all aspects of competition. Avoid practices such as simulating injury, which do not reflect the true spirit of karate.
9. **Acknowledgement:**
When awarded a point in kumite, quickly bow to the chief referee and return to the ready position. Acknowledge any warnings or penalties with a bow, showing respect for the officials' decisions.
10. **Encouragement and Respect:**
DO NOT shout technical instructions to students when they are fighting. Positive encouragement, such as 'Come on...' or 'Keep going...' is helpful. Leave the technical advice to the coaches who are qualified to provide it. Avoid disrupting the communication between the coach and the fighter. Continued disruptions may result in your child being withdrawn from further events until reassurances of future good behaviour are received.

CONDUCT OF PARENTS

1. Respectful Behaviour:
 - 1.1. General Conduct: Treat all officials, coaches, competitors, and parents respectfully. Maintain a positive and supportive attitude towards all competitors, including those from other clubs.
 - 1.2. Abusive Behavior: Under no circumstances should parents be abusive to referees, officials, or competitors. Respectful conduct ensures a positive environment for everyone and upholds the event's integrity.
2. Careful Commentary:
 - 2.1. Constructive Comments: Be mindful of your comments while watching fights. Avoid making embarrassing or rude remarks that could be damaging or disruptive. Understand the rules and the reasons behind any decisions to provide constructive support rather than criticism.
 - 2.2. Venue Conduct: If a parent's comments are deemed disruptive or inappropriate, they may be asked to leave the venue. Non-compliance may lead to disciplinary procedures, which could impact their child's participation in future events.
3. Competition Area Boundaries:
 - 3.1. Area Restrictions: Parents are forbidden from entering the competition areas as it contravenes the organiser's safeguarding policy and violates tournament rules. This ensures the safety and integrity of the event.
4. Supportive Involvement:
 - 4.1. Encouragement: Offer positive encouragement to your child and other competitors. Please support their efforts and celebrate their achievements, regardless of the outcome.
 - 4.2. Managing Expectations: Set realistic expectations about competition outcomes and encourage your child to focus on personal growth and learning.
5. Encouragement and Respect:
 - 5.1. Avoid Technical Instructions: DO NOT shout technical instructions to students when they are fighting. Positive encouragement, such as 'Come on...' or 'Keep going...' is helpful. Leave the technical advice to the coaches who are qualified to provide it. Avoid disrupting the communication between the coach and the fighter. Continued disruptions may result in your child being withdrawn from further events until reassurances of future good behaviour are received.
6. Parent Representative Role:
 - 6.1. Collaboration: Work with the elected Parent Representative to address concerns or issues. Ensure that communication with the Parent Representative is respectful and aimed at resolving concerns constructively.

Note: Some parents train to support the squad at competitions as parent coaches. When acting in this capacity, their role will shift to that of a coach and thus be bound by the Coach Code of Conduct.

By following these guidelines, parents help create a supportive, respectful, and positive environment for all competitors, reflecting the values of Black Scorpion Karate CIC.

Student/Parent Declarations:

We agree to uphold the values and conditions of the Black Scorpion Karate CIC Team Code of Conduct 2024.

We understand that these guidelines help maintain the respectful and supportive environment that defines our Black Scorpion family. Adhering to these conditions ensures a positive experience for all members.

We agree to contribute positively to the reputation of the Black Scorpion Karate CIC Team and understand that inclusion in the squad is based on mutual respect and commitment. We also know that any violation of these conditions may result in appropriate consequences to maintain the integrity of our team.

Student:

Name: _____ Signed: _____ Date: __/__/__

Parent/Guardian:

Name: _____ Signed: _____ Date: __/__/__

Parent/Guardian:

Name: _____ Signed: _____ Date: __/__/__

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