



KARATE NOVA SCOTIA & KNSOA SANCTIONED

SOUTH SHORE

KARATE CHAMPIONSHIPS



2014-15 Tournament Season

Pre-Registration Available starting Oct. 29th!

www.karatens.org

Saturday, Nov. 15th, 8:30 am to 6 pm

*Centre Scolaire de la Rive-Sud
Bridgewater, N.S.*

*All karateka in Karate NS, NB, NFLD, PEI, QUE
and other Associations Under Karate Canada
and the WKF.*

*Questions? Clarification?
tournaments@karatens.org*



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Pre-Registration Starts **Oct. 29th** www.karatens.org Ends Midnight **Nov 13th**

- ✔ **Event Pre-Registration Fees: \$20 Kumite, \$15 Kata, \$10 Ninja Turtle, \$15 Team Kata (\$5 per Athlete)**
- ✔ **Family rates apply – after 2 events, \$5 off each additional event**
- ✔ **You did not pre-register! No Problem, an Additional \$5 fee will be applied to each event:** This is necessary to encourage pre-registration, so the draws for the tournament can be built in advance. This allows us to start on time and put out a schedule of events for the tournament. If you think you “**might**” go to tournament, it is far better to pre-register and take advantage of the reduced rate when you arrive, and cancel if you cannot make it, instead of waiting to last minute to register at the door and pay additional fees.

MAP TO CENTRE SCOLAIRE DE LA RIVE-SUD

20 Petite Evangeline Road, Cookville (Bridgewater), Nova Scotia



Leaving Halifax, take exit 1A to merge onto NS-103 W toward NS-333/Peggy's Cove/South Shore/Yarmouth; travel about 1 hour; take exit 12 toward NS-331/NS-332/Nova Scotia Trunk 3/Bridgewater; keep right at the fork, follow signs for NS-10 N/Northfield/New Germany/Middleton & merge onto NS-10 Trunk N.

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SOMETHING FOR EVERYONE!

DIVISION FORMAT

Divisions are based on the combination of karate **rank and experience**.

- ✓ **Novice** is any athlete who has just started and up to one year of training;
- ✓ **Intermediate** is based on 1 to 3 years of training and/or no competition experience;
- ✓ **Advanced** is any athlete with 3 plus years' experience or any athlete trying out for the Provincial Karate Team.

NOVICE (0 – 1 YEAR)	INTERMEDIATE (1 – 3 YEARS)	ADVANCED (3 YEARS +)
M/F 5 - 9 NINJA (ULTRA, MINI & MEGA, BASED ON SIZE) – FLAG KUMITE		
M/F 5 - 7 KATA	M/F 5 - 7 KATA	
M/F 8 - 9 KATA	M 8 - 9 KATA	
	F 8 - 9 KATA	
M 7 - 9 KUMITE	M 8 - 9 KUMITE	
F 7 - 9 KUMITE	F 8 - 9 KUMITE	
UNDER 10 TEAM KATA ⁽¹⁾		
M/F 10 - 11 KATA	M/F 10 – 11 KATA	M 10 - 11 KATA
		F 10 - 11 KATA
M 10 - 11 KUMITE	M 10 - 11 KUMITE	M 10 - 11 KUMITE
F 10 - 11 KUMITE	F 10 - 11 KUMITE	F 10 - 11 KUMITE
UNDER 12 SKILL CHALLENGE ⁽⁶⁾		
M/F 12 - 13 KATA	M/F 12 – 13 KATA	M 12 - 13 KATA
		F 12 - 13 KATA
M 12 - 13 KUMITE	M 12 - 13 KUMITE	M 12 - 13 KUMITE
F 12 - 13 KUMITE	F 12 - 13 KUMITE	F 12 - 13 KUMITE
M/F 14 - 15 KATA	M/F 14 – 15 KATA	M 14 - 15 KATA ⁽²⁾
		F 14 - 15 KATA ⁽²⁾
M 14 - 15 KUMITE	M 14 - 15 KUMITE	M 14 - 15 KUMITE ⁽²⁾
F 14 - 15 KUMITE	F 14 - 15 KUMITE	F 14 - 15 KUMITE ⁽²⁾
10 - 15 TEAM KATA ⁽¹⁾		
M/F 16+ KATA	M/F 16+ KATA	M 16+ KATA ⁽³⁾
		F 16+ KATA ⁽³⁾
M 16 - 17 KUMITE	M 16 - 17 KUMITE	M 16 - 17 KUMITE ⁽³⁾



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RULES AND REGULATIONS SUMMARY

NOVICE (0 – 1 YEAR)		INTERMEDIATE (1 – 3 YEARS)	ADVANCED (3 YEARS +)
F 16 - 17 KUMITE		F 16 - 17 KUMITE	F 16 - 17 KUMITE ⁽³⁾
			M 18 - 20 KUMITE ^{(4), (5)}
			F 18 - 20 KUMITE ^{(4), (5)}
M 18+ KUMITE	M 18+ KUMITE	M 18+ KUMITE ⁽⁴⁾	
F 18+ KUMITE	F 18+ KUMITE	F 18+ KUMITE ⁽⁴⁾	
M/F 36+ KATA	M/F 36+ KATA		
M 36+ KUMITE	M 36+ KUMITE		
F 36+ KUMITE	F 36+ KUMITE		
16+ TEAM KATA ⁽¹⁾			

- (1) **NEW! TEAM KATA – ALL TEAM MEMBERS MUST BE VALID FOR AGE GROUP OF DIVISION**
- (2) **AGE 13 – ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 14-15 KATA/KUMITE GROUP AS WELL**
- (3) **AGE 15 - ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 16-17 KUMITE & 16+ KATA GROUPS AS WELL**
- (4) **AGE 17 - ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 18+ KUMITE GROUPS AS WELL**
- (5) **18 TO 20 KUMITE – THIS DIVISION IS DEPENDENT ON AGREEMENT BY PROVINCIAL COACHES AND HEAD OFFICIAL. ONLY FOR ELITE ATHLETES WHO PLAN TO ATTEND NATIONALS.**
- (6) **UNDER 12 SKILLS CHALLENGE – THIS DIVISION IS A FUN, FREE SOMEWHAT ORGANIZED, OPPORTUNITY TO PREPARE THE YOUNG ATHLETES FOR THEIR UPCOMING DAY – GENERALLY RUN BY PROVINCIAL TEAM MEMBERS.**

GENERAL

1. The full rules of competition are based on the W.K.F with some Provincial adjustments. W.K.F rules and regulations are located at www.wkf.net
2. The competitor must be a registered athlete in a dojo that is a member in good standing of **KNS**. **Exceptions** are made for athletes registered in other associations affiliated with **KC or WKF**.
3. The tournament will begin as soon as possible based on advertised start time. In some circumstances we may run a bit late.
4. Errors on your registration form may mean that an athlete does not get to compete. It is the responsibility of the athlete/parent to double check that you have been correctly pre-registered and report any discrepancies to the Head Table, upon arrival at the tournament.
5. Please do not approach the head table other than to confirm your registration.
6. Schedule of events is based on readiness of a division and availability of officials. Please have patience, due to door registration and athlete's changing divisions at the last minute this may be difficult to achieve. Schedule will be posted if possible and or announced on speaker system.
7. Karate Nova Scotia reserves the right to combine, subdivide or cancel any event.
8. **Karate Nova Scotia reserves the right to adjust the 1st round matches if we feel size may cause an unfair advantage in kumite.**
9. An athlete may be approved to compete in a division higher or lower than their rank/experience with the approval from their Dojo Coach/Sensei and the Tournament Co-ordinator.

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10. Divisions are based on the combination of karate rank and experience. **Novice** is any athlete who has just begun and up to one year of training; **Intermediate** is based on 1 to 3 years of training and/or no competition experience; **Advanced** is any athlete with 3 plus years' experience or any athlete trying out for Provincial Karate Team.
11. If you plan to try-out for Karate Team Nova Scotia, you must compete in the Grand Prix tournaments in the age division you are trying out for. **NOTE:** To compete on the Junior National team you must have medaled and be of the same age of the division you competed at Nationals. An athlete of 13 yrs of age can participate at Nationals providing they turn 14 before first day of competition at Junior Pan Ams which is usually the last weekend of August every year.
12. Official's Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
13. Club coaches are permitted to sit in the coaching chairs provided in each ring; otherwise they must remain on the perimeter of the competition floor.
14. Competitors must wear a solid white traditional karate gi.
15. Repechage is applied for any division with more than 3 competitors, otherwise round robin applies.
16. No jewelry is allowed during competition
17. Toenails and fingernails must be trimmed short
18. **All announced match winners must report to ring's head table after each match to confirm proper name is moved forward to next match.**

KATA

19. **Team Kata members must register under a Team Name or Team Captain.**
20. Glasses are allowed only in kata.
21. All Kata divisions will be judged using flags.
22. **Under 14** Kata competitors will perform kata at the same time as opponent.
23. Kata will be judged by 5 officials when the number of available officials permits, otherwise the number will be 3.
24. **Kata Divisions will be mixed male/female for Novice and Intermediate divisions or where the amount of competitors is limited in numbers.**

KUMITE / NINJA

25. Ninja is permitted for **less than 10** years of age, any rank. You cannot do both ninja and Kumite
26. In kumite divisions you are expected to defend yourself, should you not, you will be penalized.
27. **Kumite is allowed for age 7 and up**
28. Kumite/Ninja match lengths. **Note:** Adjusted time for Medal rounds is not guaranteed:

Division	NON-Medal Matches (Stop Time)	Medal Match (Stop Time)	Ring Size
Ninja	1 min or 2 pts	1 min or 2 pts	6 m ²
Nov/Int 7-9 years	1 min 30 seconds	1 min 30 seconds	6 m ²
Nov/Int/Adv 10-17 years	2 mins	2 mins	Full
Nov/Int 18+ /36+	2 mins	2 mins	Full
Adv Female 18+	2 mins	3 mins	Full
Adv Male 18+	3 mins	4 mins	Full



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29. The **36+ division** is an open division to all male and female competitors regardless of rank. Kumite match duration is 2 mins and follows **Cadet/Junior** rules. You are also permitted to compete in the 18+ divisions, but you must inform the tournament coordinators.
30. Competitors must provide their own equipment for competition. KNS will not guarantee availability.
31. Head gear in all youth divisions is Optional.
32. WKF approved masks are optional for Cadet/Junior divisions.
33. All Kumite competitors must wear a mouth guard.
34. All **male kumite** athletes must wear a groin protector; recommended for **female kumite** athletes.
35. All Kumite competitors must wear WKF style vinyl or leather sparring mitts; no cloth or foam-dipped gear permitted. You are advised to have both Red & Blue gloves and Red & Blue belts.
36. **NEW! Shin and foot protection is required for all competitors. WKF or similar protectors are acceptable.**
37. **NEW! Chest protectors are mandatory for all male and female kumite age groups. WKF or similar protectors are acceptable.**

SCHEDULE:

8:30 – 9:00 a.m.	Registration / “Check in”
8:45 – 9:20 a.m.	Skills Challenge
9:00 – 9:20 a.m.	Official’s Meeting
9:20 a.m.	Opening Announcements
9:30 a.m.	Competition Begins,
11:30 a.m. to 12 p.m.	Registration / “Check in” for Kumite Only Athletes

APPROXIMATE ORDER OF EVENTS

- | | |
|-------------------------------|-------------------------------------|
| 1. TEAM KATA ALL DIVISIONS | 10. YOUTH KUMITE 5-7 |
| 2. NINJA KUMITE ALL DIVISIONS | 11. YOUTH KUMITE 8-9 |
| 3. YOUTH KATA 5-7 | 12. YOUTH KUMITE 10-11 |
| 4. YOUTH KATA 8-9 | 13. YOUTH KUMITE 12-13 |
| 5. YOUTH KATA 10-11 | 14. SENIOR KUMITE 36+ |
| 6. YOUTH KATA 12-13 | 15. JUNIOR KUMITE 14-15 |
| 7. JUNIOR KATA 14-15 | 16. JUNIOR KUMITE 16-17 |
| 8. SENIOR KATA 36 + | 17. SENIOR KUMITE 18-20 (TENTATIVE) |
| 9. SENIOR KATA 16+ | 18. SENIOR KUMITE 18+ |

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**VOLUNTEERS
NEEDED
- FIRST AID
- MINOR
OFFICIALS
(TABLES)**

If you can contribute in any way, please let us know as soon as possible at info@karatens.org

We would really appreciate support (parents, karateka, friends, and family)

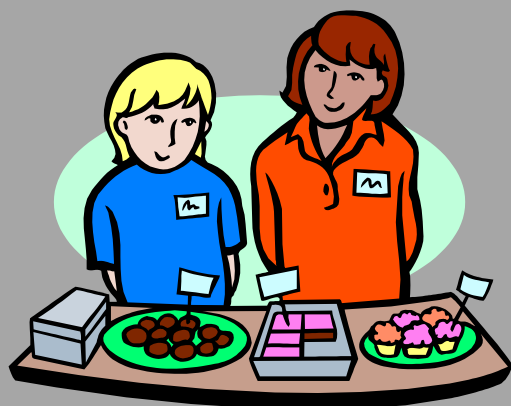
... Great Front Row Seats!

From 9 am until 5 pm, we need some help working the tables as minor officials; keeping track of the matches, announcing, etc.

Shift work is fine!

Sunday from noon to 5 pm, we are looking for some help with **First Aid** for the Kumite Divisions; if you are able to help out please let us know.

HUNGRY



The **NS Karate Team** will be serving breakfast and coffee. They will also have a large choice of hot lunch meals (hot turkey, chilli, pulled pork).



All funds raised go to support the trip to **Nationals (January 2015)**

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