

KARATE NOVA SCOTIA & KNSOA SANCTIONED



# NOVA SCOTIA

*KARATE CHAMPIONSHIPS*



2016-17 Tournament Season

*Pre-Registration Available March 13<sup>th</sup>*

*[www.karatens.org](http://www.karatens.org)*

*Saturday, April. 8<sup>th</sup>, 8:15 am to 6 pm*

*Horton High School, Wolfville, N.S.*

*Karateka associated with Karate NS, NB,  
NFLD, PEI, QUE and other Associations  
under Karate Canada and the WKF.*

*Sponsored by:*

 **Doctors**  
Nova Scotia

*More Info?*

*[tournaments@karatens.org](mailto:tournaments@karatens.org)*

[www.karatens.org](http://www.karatens.org)



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS

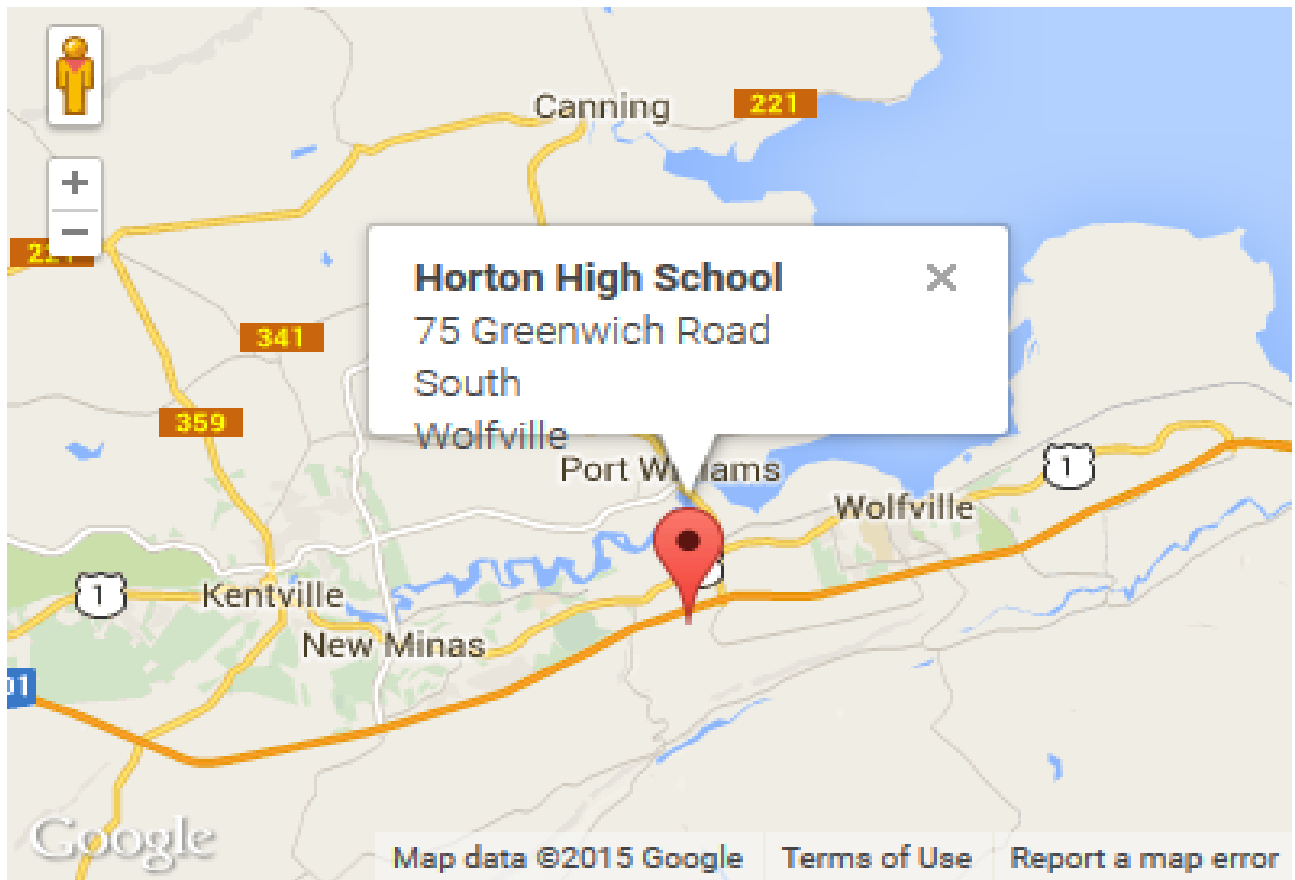


2016-17 Tournament Season

Pre-Registration Starts **Mar. 13<sup>th</sup>** [www.karatens.org](http://www.karatens.org) Ends Midnight **Apr. 5<sup>th</sup>**

- ✔ **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 service 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.
- ✔ **Referees/Judges Compete for FREE!**

**MAP TO HORTON HIGH SCHOOL, 75 Greenwich Road South, Wolfville, Nova Scotia**





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SOMETHING FOR EVERYONE!

### DIVISION FORMAT

Divisions are based on the combination of age, karate rank, training and experience.

- ✔ **Novice** is for any athlete who has just started karate, with up to one year of training, and has graded 3 or less times within their karate style;
- ✔ **Intermediate** is based on 1 to 3 years of training, more than 2 grading's within their karate style and/or limited or no competition experience;
- ✔ **Advanced** is any athlete with 3 plus years of training, competition experience, any dan rank or any athlete trying out for the Provincial Karate Team.

| NOVICE<br>(0 – 1 YEAR)  | INTERMEDIATE<br>(1 – 3 YEARS) | ADVANCED<br>(3 YEARS +)         | DIVISION<br>SERIES |
|---|-------------------------------|---------------------------------|--------------------|
| M/F 5 - 8 NINJA (ULTRA, MINI & MEGA, BASED ON SIZE) – FLAG KUMITE |                               |                                 | YOUTH              |
| M/F 5 - 7 KATA  | M/F 5 - 7 KATA                |                                 |                    |
| M/F 8 - 9 KATA  | M/F 8 - 9 KATA                | M 8 - 9 KATA                    |                    |
|   |                               | F 8 - 9 KATA                    |                    |
| M 8 - 9 KUMITE  | M 8 - 9 KUMITE                |                                 |                    |
| F 8 - 9 KUMITE  | F 8 - 9 KUMITE                |                                 |                    |
| 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 TEAM KATA  |                               |                                 |                    |
| UNDER 12 SKILL CHALLENGE <sup>(1)</sup>                           |                               |                                 |                    |
| M/F 12 - 14 KATA  | M/F 12 – 14 KATA              | M 12 - 14 KATA                  |                    |
|   |                               | F 12 - 14 KATA                  |                    |
| M 12 - 13 KUMITE  | M 12 - 13 KUMITE              | M 12 - 13 KUMITE <sup>(2)</sup> |                    |
| F 12 - 13 KUMITE  | F 12 - 13 KUMITE              | F 12 - 13 KUMITE <sup>(2)</sup> |                    |
| M/F 15 - 17 KATA  | M/F 15 – 17 KATA              | M 15 - 17 KATA <sup>(3)</sup>   |                    |
|   |                               | F 15 - 17 KATA <sup>(3)</sup>   |                    |
| M 14 - 15 KUMITE  | M 14 - 15 KUMITE              | M 14 - 15 KUMITE <sup>(4)</sup> |                    |
| F 14 - 15 KUMITE  | F 14 - 15 KUMITE              | F 14 - 15 KUMITE <sup>(4)</sup> |                    |
| M 16 - 17 KUMITE  | M 16 - 17 KUMITE              | M 16 - 17 KUMITE <sup>(5)</sup> |                    |
| F 16 - 17 KUMITE  | F 16 - 17 KUMITE              | F 16 - 17 KUMITE <sup>(5)</sup> |                    |
| 12 - 17 TEAM KATA   |                               |                                 | JUNIOR             |



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



# RULES AND REGULATIONS SUMMARY

| NOVICE<br>(0 – 1 YEAR) | INTERMEDIATE<br>(1 – 3 YEARS) | ADVANCED<br>(3 YEARS +)         | DIVISION<br>SERIES |
|------------------------|-------------------------------|---------------------------------|--------------------|
| M/F 18+ KATA           | M/F 18+ KATA                  | M 18+ KATA                      | <b>SENIOR</b>      |
|                        |                               | F 18+ KATA                      |                    |
|                        |                               | M/F 36+ KATA <sup>(7)</sup>     |                    |
| M 18+ KUMITE           | M 18+ KUMITE                  | M 18+ KUMITE                    |                    |
| F 18+ KUMITE           | F 18+ KUMITE                  | F 18+ KUMITE                    |                    |
|                        |                               | M 18 - 20 KUMITE <sup>(6)</sup> |                    |
|                        |                               | F 18 - 20 KUMITE <sup>(6)</sup> |                    |
|                        | M 36+ KUMITE                  | M 36+ KUMITE <sup>(7)</sup>     |                    |
|                        | F 36+ KUMITE                  | F 36+ KUMITE <sup>(7)</sup>     |                    |
| 18+ TEAM KATA          |                               |                                 |                    |

### ADVANCED DIVISIONS AGE ADDITIONS:

- (1) 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.
- (2) AGE 13 – ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 14-15 KUMITE GROUP AS WELL
- (3) AGE 15 – 17 - ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 18+ KATA GROUP AS WELL
- (4) AGE 15 - ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 16-17 KUMITE GROUP AS WELL
- (5) AGE 17 - ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 18+ KUMITE GROUP AS WELL
- (6) 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.
- (7) AGE 36+ - ADVANCED ATHLETES MAY COMPETE IN THE ADVANCED 18+ KUMITE/KATA GROUP AS WELL

**KNS Tournaments rules of competition are based on the W.K.F with some Provincial adjustments. W.K.F rules and regulations are located at <http://www.wkf.net/ksport-rules-regulations.php>**

### GENERAL

1. 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**.
2. The tournament will begin as soon as possible based on advertised start time. In some circumstances we may run a bit late.
3. 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.
4. Please do not approach the head table other than to confirm your registration.



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### RULES AND REGULATIONS SUMMARY

5. 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.
6. Karate Nova Scotia reserves the right to combine, subdivide or cancel any event.
7. **Karate Nova Scotia reserves the right to adjust the 1<sup>st</sup> round matches if we feel size may cause an unfair advantage in kumite.**
8. 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.
9. Divisions are based on the combination of karate rank, training and experience. **Novice** is for any athlete who has just started karate, with up to one year of training, and has graded 3 or less times within their karate style; **Intermediate** is based on 1 to 3 years of training, more than 2 grading's within their karate style and/or limited or no competition experience; **Advanced** is any athlete with 3 plus years of training, competition experience, any dan rank or any athlete trying out for the Provincial Karate Team.
10. 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 12 yrs of age can participate at Nationals providing they turn 13 before first day of competition at Junior Pan Ams which is usually the last weekend of August every year.
11. Official's Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
12. 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.
13. Competitors must wear a solid white traditional karate Gi. Girls can wear a plain white shirt under their Gis but boys cannot wear shirts under theirs.
14. Repechage is applied for any division with more than 3 competitors, otherwise round robin applies.
15. No jewelry is allowed during competition, but elastic headbands are permitted.
16. Toenails and fingernails must be trimmed short
17. **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

18. Glasses are allowed only in kata.
19. All Kata divisions will be judged using flags.
20. **Under 12 Kata** competitors will perform kata at the same time as opponent.
21. Kata will be judged by 5 officials when the number of available officials permits, otherwise the number will be 3.
22. Kata Divisions will be mixed male/female for Novice and Intermediate divisions or where the amount of competitors is limited in numbers.
23. Team Kata members must register under a Team Name or Team Captain.
24. Team Kata consists of 3 members each team
25. **The AGE of Team Kata members MUST be valid for Age group of the Division. In some cases a team may be placed in a disadvantage and permitted to compete in division of oldest team member.**



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### RULES AND REGULATIONS SUMMARY

26. Team Kata members can compete on one team only.

### KUMITE / NINJA

- 27. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and Kumite**
- 28. In kumite divisions you are expected to defend yourself, should you not, you will be penalized.
- 29. **Kumite is allowed for age 8 and up**
- 30. Kumite/Ninja match lengths.

| Division                | Match Length<br><i>(Stop Time)</i> | Ring Size        |
|-------------------------|------------------------------------|------------------|
| Ninja                   | 1 min or <b>3 pts</b>              | 6 m <sup>2</sup> |
| Nov/Int 8-9 years       | 1 min 30 seconds                   | 6 m <sup>2</sup> |
| Nov/Int/Adv 10-17 years | 2 mins                             | Full             |
| Nov/Int 18+ /36+        | 2 mins                             | Full             |
| Adv Female 18+          | 2 mins                             | Full             |
| Adv Male 18+            | 3 mins                             | Full             |

- 31. **NEW!** The **Nov/Int 18+ and all 36+ division kumite divisions follow Junior rules.** Advanced 36+ are also permitted to compete in the Advanced 18+ division, but you must inform the tournament coordinators.
- 32. Competitors must provide their **own WKF or similar style** equipment for competition.
- 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, but not required.
- 36. You are advised to have both Red & Blue belts, but not required.
- 37. Shin and foot protection is required for all competitors. WKF or similar protectors are **acceptable**.
- 38. **Body protectors are mandatory for all male and female kumite age groups. WKF or similar protectors are acceptable.**
- 39. **Chest Protectors are also mandatory in all Advanced female kumite divisions (Age 12+). WKF or similar protectors are acceptable.**
- 40. Head gear in all youth divisions is Optional.
- 41. WKF approved masks are optional for Youth/Junior divisions.



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

If you can contribute in any way, please let us know as soon as possible at [info@karatens.org](mailto:info@karatens.org)

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

... **Great Front Row Seats!**

**From 8:15 am until 5:30 pm**, we need some help working the tables as minor officials; keeping track of the matches; announcing; helping with registration, etc.

**Shift work is fine!**

**Saturday from 10:30 am to 5:30 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.

The **NS Karate Team** and their supporters will be on hand with some fundraising! Please support the team, as someday it may be for you!

All funds raised go to support **2018 Nationals, March 2018 in beautiful Halifax.**



[www.karatens.org](http://www.karatens.org)



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



### SCHEDULE AND APPROXIMATE ORDER OF EVENTS:

|               |   |
|---------------|---|
| 8:15 – 9:00   | <b>Youth/Junior (Under 18) Registration / “Check in at entrance”<br/>Senior (18+) can also register</b> |
| 8:30 – 9:00   | Organizing / Officials Meeting / Minor Official Instruction   |
| 8:45 – 9:15   | Skills Competition  |
| 9:15 – 9:30   | Opening Announcements   |
| 9:30          | <u>Competition Begins</u>   |
| 9:30 – 10:00  | Junior Team Kata (12-17) / Youth Team Kata (Under 12)   |
| 10:00 – 10:30 | Ninja Turtles (Under 9)   |
| 10:30 – 12:00 | Youth Kata (Under 12)   |
| 11:30 – 1:00  | Youth Kumite (Under 12)   |
| 12:00 – 1:30  | Junior Kata (12-17)   |
| 12:30 – 1:30  | Rotating Officials Lunch break  |
| 1:00 – 1:30   | <b>Senior (18+) Registration / “Check in at head table”</b>   |
| 1:30 – 3:30   | Junior Kumite (12-17)   |
| 2:00 – 2:30   | Senior Team Kata (18+)  |
| 2:00 – 3:30   | Senior Kata (18+)   |
| 3:30 – 5:45   | Senior Kumite (18+)   |
| 5:45 – 6:00   | Cleanup!  |
| 6:00          | <u>Competition Must End!</u>  |

**Only the registration times are 100% accurate.**

**Other times may differ based on usage of 2 or 3 rings and the number of Officials available.**