



KARATE NOVA SCOTIA

Competition Rules 23-24 Season v1.1

KNS Tournaments rules of competition are based on the World Karate Federation (WKF) with some Provincial adjustments. WKF rules and regulations are located at: [Statutes and rules of the World Karate Federation | WKF](#)



GENERAL

1. The competitor must be a **registered athlete** in a dojo that is a member in **good standing** of **Karate Nova Scotia (KNS)**. *Exceptions* are made for athletes registered in other associations affiliated with **Karate Canada or WKF**.
2. All attempts will be made to ensure the tournament flows as advertised but changes sometimes need to be made.
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. Once tournament commences, the 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.
5. Please do not approach the head table **other than to confirm** your registration.
6. KNS reserves the right to combine, subdivide or cancel any event.
7. KNS reserves the right to adjust the division format based on officials availability and/or technology challenges.
8. All announced match winners must report to ring's head table after each match to confirm proper name is moved forward to next match.
9. 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.

ATTIRE

10. Official's Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
11. Corner Judges: Head Official can approve gi pants and either t-shirt or jacket for newer officials.
12. 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. Gi's must be clean.
13. No jewelry is allowed during competition, but hairbands/clips are permitted, they must be plain black/brown only – no colour.
14. Toenails and fingernails must be trimmed short.
15. Glasses/Protective Eyewear are allowed only in kata.

DIVISION FORMAT

16. Division compositions are based on the combination of **age, karate rank, training, and experience**:
- Novice** is any athlete who has just started karate; has up to one year of training; has graded 3 or less times within their karate style;
 - Intermediate** is any athlete 1 to 3 years of training; has more than 3 grading's within their karate style; limited or no competition experience;
 - Advanced** is any athlete with 3 plus years of training; 1 year competition experience; all dan ranks; anyone trying out for **Provincial Karate Teams**.
17. If you plan to try-out for a **Provincial Karate Team, you must compete** in the Grand Prix tournaments in the age divisions **you are trying out for**, as per:

Age Matrix Advanced Divisions	12-13 (U14)	14-15 (Cadet)	16-17 (Junior)	18-20 (U21)	18+ (Senior)
	Birthdate between	Birthdate between	Birthdate between	Birthdate between	Birthdate between
Kata	August 23 rd , 2010 & July 4 th , 2012	August 23 rd , 2008 & October 9, 2010	August 23 rd , 2006 & October 9, 2008	August 23 rd , 2003 & October 9, 2006	On or before July 4, 2008
Kumite	August 23 rd , 2010 & July 4 th , 2012	August 23 rd , 2008 & October 9, 2010	August 23 rd , 2006 & October 9, 2008	August 23 rd , 2003 & October 9, 2006	On or before July 4, 2006

18. Age Matrix is based on the following events:

EVENT DATE (*ANTICIPATED)	EVENT
July 4 th , 2024	2024 Karate Canada Nationals
August 22 nd , 2024	2024 Cadet, Junior & U21 Pan American Championships
October 9 th , 2024	2024 World Cadet, Junior & U21 Championships

19. 17-year-old athletes competing in U21 may compete in Senior kumite divisions in the align with age matrix.
20. Advance Kumite Divisions may be split into light and heavy weight based on the number of competitors and approvals by Tournament Coordinator, Head Official and affected Coaches.
21. Advanced Kata and Kumite athletes 36+ must choose to compete in either 18+ or 36+, they cannot compete in both.
22. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and Kumite**.
23. **Kumite is allowed for age 7 and up.**
24. Kata divisions will be mixed male/female for Novice and Intermediate divisions or where the number of competitors is limited in numbers.
25. Team Kata consists of 3 members each team; members can compete on one team only.
26. The OLDEST AGE and HIGHEST SKILL LEVEL of Team Kata members dictates the Age/Level of their Division.
27. Team Kata members must register under a Team Name or Team Captain.
28. 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, the Tournament Coordinator and any other parties that are deemed to impact.
29. If you want to compete in both Kata and Kumite, but have a large skill gap between the two, you may register for separate levels. Only one level of separation is permitted, i.e. Intermediate Kata and Advanced Kumite, or Novice Kumite and Intermediate Kata; does not apply to Dan Ranks, they are Advanced. **Note:** Any selection may be changed by Tournament Coordinator in collaboration with Coaches and Head Official if deemed to be an unfair advantage for the other athletes in the division.
30. Karate NS tracks history with the Sport Data software and reserves the right to bump up a competitor from Novice to Intermediate, or Intermediate to Advanced, should their competition record dictate. For example, if you have registered for Novice but have won the last 3 competitions or have been competing for more than one year.

SOMETHING FOR EVERYONE!

NOVICE (0 - 1 YEAR) Athlete who has just started karate; up to one year of training; has graded 3 or less times within their karate style.	INTERMEDIATE (1 - 3 YEARS) Athlete 1 to 3 years of training; more than 3 grading's within their karate style; limited or no competition experience.	ADVANCED (3 YEARS +) Athlete with 3 plus years of training; 1 year competition experience; all dan ranks; trying out for Provincial Team.	DIVISION SERIES
M/F 5 - 8 NINJA (ULTRA, MINI & MEGA, BASED ON SIZE) - TARGET 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 7 - 9 KUMITE	M 8 - 9 KUMITE		
F 7 - 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 TEAM KATA	
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 F 14 - 15 KATA	
M 14 - 15 KUMITE	M 14 - 15 KUMITE	M 14 - 15 KUMITE	
F 14 - 15 KUMITE	F 14 - 15 KUMITE	F 14 - 15 KUMITE	
M/F 16 - 17 KATA	M/F 16 - 17 KATA	M 16 - 17 KATA F 16 - 17 KATA	
M 16 - 17 KUMITE	M 16 - 17 KUMITE	M 16 - 17 KUMITE	
F 16 - 17 KUMITE	F 16 - 17 KUMITE	F 16 - 17 KUMITE	
12 - 17 TEAM KATA		12 - 17 TEAM KATA	
M/F 18+ KATA	M/F 18+ KATA	M 18+ KATA F 18+ KATA M/F 36+ KATA	SENIOR
M 18+ KUMITE	M 18+ KUMITE	M 18+ KUMITE M 18 - 20 KUMITE	
F 18+ KUMITE	F 18+ KUMITE	F 18+ KUMITE F 18 - 20 KUMITE	
M 36+ KUMITE		M 36+ KUMITE	
F 36+ KUMITE		F 36+ KUMITE	
18+ TEAM KATA		18+ TEAM KATA	
INTELLECTUALLY IMPAIRED ATHLETES - ATHLETES WITH IQ LESS THAN 75 (K21) KATA			
ATHLETES WITH DOWN SYNDROME (K22) KATA			
INTELLECTUALLY IMPAIRED ATHLETES - ATHLETES WITH AUTISM (K23) KATA			

KATA

31. Kata will be judged by 3 or 5 officials when the number of available officials permits.
32. All Youth (U12) divisions will be judged using the flags scoring system and two competitors will perform kata at same time.
33. All Junior/Senior Kata divisions will be judged using a manual adaptation of the WKF Scoring System, considering the combined Technical and Athletic performances for one score.
34. In each Junior/Senior Advanced Kata division with 4 or less competitors only one round is required.
35. In each Junior/Senior Advanced Kata division with more than 4 competitors, the top % will proceed to subsequent rounds until the top 4 is decided.
36. "Kihon" Kata may be performed in Novice and Intermediate divisions; not permitted in Advanced.
37. Kata performance standards:

Division	Kata "Flags" <i>(Repetition of Kata can happen after performing)</i>	Kata "Scoring" 4 or Less Competitors	Kata "Scoring" More than 4 Competitors <i>(Repetition of Kata can happen after performing ...)</i>
Novice Individual	1 kata	1 kata	1 kata
Intermediate Individual	2 kata	1 kata	2 kata
Advanced Individual	3 kata	1 kata	3 kata
Novice/Intermediate Team	1 kata	1 kata	1 kata
Advanced Team	1 kata	1 kata	1 kata

PARA

38. In Para Karate competitions, Individual Kata only is performed. There are three general Categories for Individual Kata in Para Karate:
 - a. Intellectually Impaired Athletes - Athletes with IQ less than 75 (K21)
 - b. Athletes with Down Syndrome (K22)
 - c. Intellectually Impaired Athletes - Athletes with Autism (K23)
39. If there are no competitors to facilitate 3 separate categories, they will be combined.
40. Coaches are allowed to assist the athletes with their performance.
41. All other kata rules apply to this division.

NINJA

42. In Ninja Flags/belts/targets attached to back are worth 2 points.
43. In Ninja Flags/belts/targets attached to front are worth 1 point.
44. In Ninja once flag/belt/target is removed it remains off the competitor for duration of match.
45. The first athlete to grab all three belts or the highest score once time runs out is the victor.
46. To better understand "Ninja" follow this link to view matches from some previous events under similar format:
<http://karatens.org/wp-content/uploads/media/videos/New-Turtles-Sample.mp4>

KUMITE

47. KNS reserves the right to adjust the 1st round matches if we feel size may cause an unfair advantage in kumite.
48. Competitors must provide their **own WKF or similar style** equipment for competition:
 - a. WKF style vinyl sparring mitts; no cloth or foam-dipped gear permitted;
 - b. WKF style vinyl shin and foot protection is required;
 - c. Mouth guard;
 - d. Males must wear a groin protector;
 - e. Females are recommended to wear a groin protector;
 - f. Body protectors are mandatory for all male and female. WKF or similar protectors are acceptable; ***NEW*** U14 (13 and under) are recommend to use external body protectors. This will become mandatory in Fall of 2024.
 - g. Chest protectors are recommended in addition to body protectors for all females age 12+. WKF or similar protectors are acceptable.
 - h. ***NEW*** - WKF style head gear is recommended for U14 (13 and under) and below. This will become mandatory in Fall of 2024. Mask/shield is optional in all U14 (13 and under) divisions.

49. Competitors are advised to have both Red & Blue set of kumite equipment, but not required.

50. The **Nov/Int 18+ and all 36+ division kumite divisions follow Junior rules.**

51. Repechage applied for any kumite division with more than 3 competitors, otherwise round robin applies.

52. Match lengths and ring size:

Division	Match Length (Stop Time)	Ring Size
Ninja	1 min or 4 pts	36 m ²
Youth - Nov/Int 7-9 years	1 min 30 seconds	36 m ²
Youth - Nov/Int/Adv 10-13 years	1 min 30 seconds	Full
Junior - Nov/Int/Adv 14 -17 years	2 mins	Full
Senior - Nov/Int 18+ / 36+	2 mins	Full
Senior - Adv 18+	3 mins	Full