

KARATE NOVA SCOTIA & KNSOA SANCTIONED



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



2015-16 Tournament Season

*Pre-Registration Available starting Apr. 1<sup>st</sup>!*

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

*Saturday, Apr. 23<sup>rd</sup>, 8:30 am to 6 pm*

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

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

Sponsored by:



Questions? Clarification?

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

*Pre-Registration*

*ENDS Apr. 21<sup>st</sup>!*

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



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



2015-16 Tournament Season

- ✔ **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.

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





# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



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 +)	DIVISION 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 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			JUNIOR
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			



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



### RULES AND REGULATIONS SUMMARY

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

**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 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.



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



### RULES AND REGULATIONS SUMMARY

4. Please do not approach the head table other than to confirm your registration.
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 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.
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. Team Kata consists of 3 members on each team
19. Team Kata members must register under a Team Name or Team Captain.
20. 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.
21. Team Kata members can compete on one team only.
22. Glasses are allowed only in kata.
23. Kata will be judged by 5 officials when the number of available officials permits, otherwise the number will be 3.
24. All Kata divisions will be judged using flags.
25. Kata Divisions will be mixed male/female for Novice and Intermediate divisions or where the amount of competitors is limited in numbers.



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



# RULES AND REGULATIONS SUMMARY

Division	Matches	Kata	Judging
Under 12 Nov/Int	Perform kata at the same time as opponent	Can Repeat	Flags
Under 12 Adv	Perform kata at the same time as opponent	CanNOT Repeat	Flags
12+ Nov/Int	Individual kata performance	Can Repeat	Flags
12+ Adv	Individual kata performance	CanNOT Repeat	Flags

### KUMITE / NINJA

26. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and Kumite**
27. In kumite divisions you are expected to defend yourself, should you not, you will be penalized.
28. **Kumite is allowed for age 7 and up**
29. Kumite/Ninja match lengths. **Note:** Adjusted time for Medal rounds is **not guaranteed**:

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

30. The **36+ division** kumite match duration is 2 mins and follows **Youth/Junior** rules. You are also permitted to compete in the 18+ divisions, but you must inform the tournament coordinators.
31. Competitors must provide their **own WKF or similar style** equipment for competition.
32. All Kumite competitors must wear a mouth guard.
33. All **male kumite** athletes must wear a groin protector; recommended for **female kumite** athletes.
34. 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.
35. You are advised to have both Red & Blue belts, but not required.

KARATE NOVA SCOTIA & KNSOA SANCTIONED



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



**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 9 am until 5:30 pm**, we need some help working the tables as minor officials; keeping track of the matches, announcing, etc.

**Shift work is fine!**

**Saturday from 11 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 the trip to **Nationals** (**February 2017**)



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



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



### SCHEDULE AND APPROXIMATE ORDER OF EVENTS:

- 8:30 – 9:00** Youth (Under 12) Registration / “Check in”  
Junior (12-17) / Senior (18+) can also register
- 8:40 – 9:10 Skills Competition
- 9:00 – 9:30 Organizing / Officials Meeting / Minor Official Instruction
- 9:15 – 9:30 Opening Announcements
- 9:30 Competition Begins
- 9:30 – 11:00 Youth Kata (Under 12)
- 11:00 – 11:30** Junior (12-17) Registration / “Check in”  
Senior (18+) can also register
- 11:00 – 12:00 Youth Kumite (Under 12) / Ninja Turtles (Under 9)
- 12:00 – 12:30 Junior Team Kata (12-17) / Youth Team Kata (Under 12)
- 12:30 – 2:00 Junior Kata (12-17)
- 1:30 – 2:00** Senior (18+) Registration / “Check in”
- 2:00 – 3:30 Junior Kumite (12-17)
- 3:30 – 4:45 Senior Team Kata (18+) / Senior Kata (18+)
- 4:45 – 6:00 Senior Kumite (18+)
- 6:00 Competition Must End!

**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.



# NOVA SCOTIA

## KARATE CHAMPIONSHIPS



### ACCOMMODATION OPTIONS

- Slumber Inn, \$89 / night (plus tax), Continental Breakfast Included
- Old Orchard Inn, \$119 / night (plus tax)

In both cases individuals are asked to be sure to make reference to **Karate Nova Scotia**