

2023 ATLANTIC

KARATE CHAMPIONSHIPS



Saint Mary's
University



Version 2.1 (May 12, 2023)

Proudly hosted by



Atlantic's Tournament Event Page: <https://karatens.org/atlantics-tournament>
Atlantic's Clinic Page: <https://karatens.org/atlantics-clinics>

1. GENERAL EVENT INFORMATION

DATE

Friday May 19th, 2023 - Sunday May 21st 2023

VENUE

Saint Mary's University
Homburg Centre for Health & Wellness
920 Tower Road, Halifax, NS



LIVE STREAMING: Live Streaming will NOT be available at this event.

PRIMARY CONTACTS

Greg Da Ros

President: Karate Nova Scotia
info@karatens.org

Cary Hollett

Tournament Director | Accommodations
lemmycarybear22@hotmail.com

Peg Mumford – Payments

Treasurer, treasurer@karatens.org

Jeff Murphy

A/Technical Director, td@karatens.org

2. COMPETITOR ELIGIBILITY GUIDELINES

All participants must be members of their provincial karate associations.

Participants will be placed in a division in which they compete against other athletes who are relatively the same rank and age.

INDIVIDUAL KATA – Kata are the “forms” which display specific sequences of motion to demonstrate karate technique and execution.

- Participants will compete in groups divided by gender.
- Participants aged 5 years and older can compete in team kata.

TEAM KATA- This event is the same as Individual Kata except athletes now compete as a **team of three**. The three athletes must perform the same kata at the same time.

- Participants aged 5 years and older can compete in team kata.

NINJA KUMITE

- Participants aged 8 years and under can compete in individual Ninja (flag) kumite.

INDIVIDUAL KUMITE - Kumite is the physical combat side of karate. Two participants enter the ring and attempt to score points by striking scoring areas of their opponent.

- Participants will compete in groups divided by gender.
- Ages 7 years and older can compete in individual kumite.
- Advanced (Elite) Kumite, ages 12+, must weigh-in during available times noted in section 7.

3. MANDATORY EQUIPMENT

KARATE GI – Standard white gis are accepted, in addition red/blue markings on gi are accepted also on alignment with current WKF rules of competition.



BODY PROTECTOR - The use of body protectors is required for all kumite participants. Body protectors may be WKF approved, or “WKF Style”.

CHEST PROTECTORS - The use of chest protectors is required for all female kumite participants in Advanced (Elite) divisions 12 years and older. Chest protectors may be WKF approved, or “WKF Style”.

GROIN PROTECTOR - The use of groin protection is mandatory for all male kumite participants.

MOUTH GUARD - All kumite participants must have a mouth guard.

HEAD PROTECTOR - The use of head protectors or helmets is permitted but optional for under 14 years of age.

GLOVES - All kumite participants must have a blue and a red pair of gloves.

FOOT AND SHIN PROTECTOR - All kumite participants in Advanced (Elite) divisions must have a blue and a red pair of foot and shin protectors. Foot and shin protectors may be WKF approved or “WKF Style”. Participants in recreation divisions may, if they choose, wear white shin/foot protection.

BELTS - All Advanced (Elite) participants (12 and over) must have both red and blue belts. Novice and Intermediate – color belts are accepted.

All equipment (including uniforms/gis) must perform like current WKF equipment, but it is not mandatory to be WKF approved equipment. Non-WKF approved equipment will not be refused.

The wearing of glasses is **permitted** during the performance of kata only.

For Atlantic’s, we will permit the wearing of **sport goggles** underneath a helmet in kumite for Youth (U12) Divisions. Goggles need to be approved by the Head Official at the tournament. Should the athlete not wish to wear helmet, the Head Official must agree. Regardless, the athlete accepts any risks involved.

4. COACH ELIGIBILITY GUIDELINES

NCCP REQUIREMENTS

All coaching participants must be members of their provincial or territorial karate Associations and **must be pre-registered** online on the event page starting **April 14th** closing midnight **May 15th, 2023**.

All coaches should also be in proper attire, not in a Gi.

All coaches who wish to sit in a chair and coach ring side at this event must have the following **minimum** NCCP (National Coaching Certification Program) certifications:

- “Making Ethical Decisions” and “Making Headway in Sport”

Preferred Certifications:

- Novice/Intermediate Divisions: Instructor Beginner In-training plus “Making Ethical Decisions” and “Making Headway in Sport”.
- Advanced Divisions: Competition Introduction In-Training and must have taken “Making Ethical Decisions” and “Making Headway in Sport”

5. OFFICIAL ELIGIBILITY GUIDELINES

REFEREE / JUDGES

All officials who wish to officiate are **recommended to attend** the Karate Canada Officials Clinic being held on Saturday, **May 20th**. Please register online on the event page starting **April 14th** closing midnight **May 15th, 2023**. New / first-time officials are **NOT** eligible to officiate at the championships. Must have some experience.

MINOR OFFICIALS (Table Volunteers)

We are always looking forward to and WELCOME anyone who wishes to help. Please register online on the event page starting **April 14th**.

6. ONLINE PRE-REGISTRATION FOR ATHLETES

April 14th 2023 – **Mandatory** Online Pre-Registration will be made available for all athletes on the event page. Registration closes midnight **Monday May 15th, 2023**.

Wed., May 17th 2023 – Pre-registration entries will be posted on Karate NS Atlantic’s event page.

Thurs. May 18th 2023 – Changes to pre-registration entries are possible and free of charge. Registrants are responsible for the quality and accuracy of the entered registration data. Contact Cary Hollett (lemmycarybear22@hotmail.com) to make changes. **NO CHANGES** after midnight Thursday May 18th.

****NO LATE REGISTRATION** permitted.

7. ON-SITE REGISTRATION / WEIGH-IN

ON-SITE REGISTRATION

There will be **NO** onsite registration. Any athlete who does not complete the online pre-registration will not be allowed to compete at the event.

WEIGH-IN RULES – Saturday May 20th (9am-10am) and/or Sunday May 21st (8:00am-11:00am)

Advanced (Elite) participants, ages 12+, will be required to weigh within the weight limitations of the division in which they are registered.

If weight divisions are defined, a 1.5 kg variance above or below the weight division range is acceptable.

PROTOCOL

Weigh-in rules and protocol are as follows:

1. The official weigh-in will take place one day before the commencement of competition.
2. The Chief Official or designate is responsible for the operation of the weigh-ins.
3. Once the weigh-in has been closed by the Chief Official or designate, further access will require an appeal for exceptional consideration to be made to the President of Karate Nova Scotia.
4. One quality scale to the “male” weigh-in area and one quality scale to the “female” weigh-in area. Both scales will be calibrated to give the same readings within 0.1 kg (100 grams).
5. All participants are to initially weigh-in during the officially posted time. The amount of time allotted for weigh-ins may be increased due to the increased number of athletes.
6. Participants to weigh-in wearing shorts & t-shirt but may be permitted to reduce to under-garments.
7. Privacy screens will be provided around the scale/weighing area.
8. No spectators are permitted during the weight-in process.
9. One coach, or his or her designate, is required to attend the weigh-in for each participating team. They are not permitted to interfere in the weigh-in process.
10. Athletes will be weighed by same-sex individuals. Without exception, opposite sex individuals are not permitted in the official weigh-in area.

8. RULE SET

Tournament will be governed by the WKF rules as adopted by Karate Canada. Some variations may apply as noted here: <https://karatens.org/tournaments/rule-set>

9. DIVISIONS

Novice (Up to 1 year karate) & Intermediate (more than 1 year up to 3 years karate)

- Kumite – Separated by sex but no weight classes.
 - Youth - Ages 5 to 11
 - U14 – Ages 12 to 13
 - Cadet – Ages 14 to 15
 - Junior – Ages 16 to 17
 - U21 – Ages 18 to 20
 - Senior – Ages 18+
- Kata - Separated by belt rank and age, possibly sex depending on # of participants.

ADVANCE (ELITE) DIVISIONS

Competitors trying out or on Provincial Teams are only permitted to compete in the division that they will be eligible for at Nationals.

- Kumite – Separated by sex and weight where noted and # participant driven
 - Youth - Ages 8 to 11
 - U14 – Ages 12 to 13 (weight separation for Advanced)
 - Cadet – Ages 14 to 15 (weight separation for Advanced)
 - Junior – Ages 16 to 17 (weight separation for Advanced)
 - U21 – Ages 18 to 20 (weight separation for Advanced)
 - Senior – Ages 18+ (weight separation for Advanced)

- Kata
 - Kata Divisions are separated by sex and align with kumite age ranges; with exception:
 - Senior – Ages 16+

ELIMINATION FORMULA

ALL INDIVIDUAL KUMITE DIVISIONS

All Individual Kumite Divisions will use Modified Repechage format.

ALL INDIVIDUAL & TEAM KATA DIVISIONS

All individual and team kata divisions will use the Elimination format as set out in the WKF rules. Exception is Under 12 Kata, they will be using Flags and competing 2 at a time.

VIDEO REPLAY - No video replay will be available.

12. ENTRY FEES

Kumite: \$25 per participant per registered division

Kata: \$25 per participant per registered division

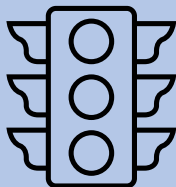
Ninja: \$15 per participant

Team Kata: \$10 per individual = \$30 per team

13. PAYMENT OF FEES

Payment of fees can be forwarded in advance to Karate Nova Scotia Treasurer Peg Mumford at treasurer@karatens.org. Please note the event, name of athletes on your e-transfer details.

We will also have on-site payment option 8-9am morning of Sunday May 21st (interact available).



Busy Weekend for Halifax!!

Please be advised while planning your journey to Saint Mary's University - Homberg Centre Gym that it is the Bluenose Marathon Race weekend, and there will be street closures that could impact getting to SMU. Check out the race site for more details:

<https://bluenosemarathon.com/uncategorized/streetclosures/>

14. EVENTS SCHEDULE

Friday, May 19th @ SMU – Homberg Centre Gym

- 6:00 PM: Setup Mats, chairs, tables, etc

Saturday, May 20th @ SMU – Homberg Centre Gym

- 9:00 AM to 4:30 PM Karate Canada Officials Clinic
- 9:00 AM to 10 AM Early Weigh-in **Advanced Kumite Divisions 12+**
- 10:00 AM to 12 PM Kumite Clinic (All levels, ages 7+)
- 1:30 PM to 3:30 PM Kata Clinic (All levels, ages 7+)
- 4:00 PM to 9:00 PM Gym available to be booked, email info@karatens.org

Sunday, May 21st @ SMU – Homberg Centre Gym

(Times are estimated, subject to change)

8:00 AM – 8:45 AM **Athletes Youth (Under 12)** Check in / Payment Required

8:00 AM – 11:00 AM Late Weigh-in Advanced Kumite Divisions 12+

8:30 AM – 8:45 AM Officials/Coaches Meeting

8:45 AM – 9:00 AM Opening Announcements

9:00 AM – 12:00 PM Ninja/Youth (Under 12) Events

- Youth Kata (Under 12)
- Youth Team Kata (Under 12)
- Ninja Turtles (Under 9)
- Youth Kumite (Under 12)

11:00 AM – 11:45 AM **Athlete Ages 12+** Check in / Payment Required

12:00 PM: Volunteers/Judges Lunch

12:45 PM – 3:00 PM Kata - U14 (12-13), Cadet, Junior, U21, Senior

- U14, Cadet, Junior Kata (12-17)
- U21/Senior Kata (18+)
- Junior Team Kata (12-17)
- Senior Team Kata (16+)

3:00 PM – 5:30 PM Kumite 12+

- U14 (12-13), Cadet, Junior Kumite (12-17)
- U21/Senior Kumite (18+)

HALIFAX


NOVA SCOTIA
NOUVELLE-ÉCOSSE

15. OFFICIAL HOST Residences OR Hotel

Residences at SMU CAMPUS (Breakfast Incl & parking)

\$70 + tax – Single bedrooms OR 2 beds per room.

(We will group rooms by club/province if you prefer)

Contact for bookings: lemmycarybear22@hotmail.com

Required Info: Spreadsheet preferred.

Single/ double	Full name	Club	Arrival date	Departure date	Contact email	Contact cell		Require parking	Licence plate #	Dietary restrictions



Westin Nova Scotian Hotel

1181 Hollis St, Halifax (about 20 min walk or 4 min drive from SMU)

\$214 for 2 doubles or \$189 for 1 Queen

Parking \$25-night, pool, fitness room, breakfast not incl.

Room Booking Process: (902)421-1000 – State attending **Sport Nova Scotia Atlantic Karate Tournament**
Or book on-line use **code S1487** @ [Book Your Group/Corporate Rate | Marriott International](#)



Enterprise Car Rental – *Airport* (823-4700) open 7-12 or at *Westin Lobby* (423-0227)

\$203 for 2 days – unlimited milage – Economy car

Use Quote # **T401408** for Sport NS – Karate Tournament

16.0 CLINIC INSTRUCTOR INFORMATION

KUMITE CLINIC - \$20 per participant

Mitchell German – Head Coach Karate NS / High Performance Coach Karate NS

- Began karate training in 1980
- Karate NS team member from 1990 to 2001 (competed in Kata and Kumite)
- 6 time Chito-ryu Soke cup world champion: 3 time Kumite (1995, 2010, 2013), 1 time team kumite (2013), 1 time Henshuho competition (1995), 1 time kata (2013)
- Kakedemeshi (full contact - Chito-Ryu) kumite champion (2008)
- Karate Canada National Team member from 1998 to 2001
- Former (Karate Canada) Canadian National Champion in -80kg category, vice-champion in Open weight Category
- Competed in 16 international competitions, including 2 World Karate Federation (WKF) World Championships
- Nova Scotia Karate Team Head Coach: years 2002 to date
- 3 times Karate Canada “Coach of the Year” recipient
- Karate Canada National Team Coach 2002 – 2007
- Karate Canada Regional Coach (Atlantic Canada) - 2016-2020
- 2019 recipient of Petro-Canada's Fueling Athlete and Coaching Excellence (FACETM) Program, first ever Karate Coach to win this award.
- Karate NS High Performance Coach – Feb 2021 to present.

KATA CLINIC - \$20 per participant

Shannon Doane – Head Kata Coach Karate NS

Shannon has been studying karate since 1996 and is currently a 5th degree (Godan) black belt in the style of Shotokan.

Currently head instructor of the Saint Mary’s University Karate Club, Shannon has been instructing in different capacities since 1997 when she started as an assistant in the children’s karate class. Over time, she started working with adults and was the head instructor of a club in Charlottetown PEI before moving back to Nova Scotia in 2002. In 2010 she took over as the lead instructor of the Shotokan club on the Saint Mary’s University campus where she continues to teach to this day.

Shannon started competing in 1996 shortly after she started karate and has participated in kata (forms), kumite (sparring) and team events at provincial, national and international tournaments where she medaled in many events over the years. In Karate Nova Scotia she received the Senior Kata Athlete of the Year designation three years in a row before retiring from competition in 2019.

Within Karate Nova Scotia, Shannon currently acts as the lead instructor for the provincial kata team along with serving on the Board of Directors as the Vice President of the organization.

Nathaniel Besso – Head Coach Karate Newfoundland & Labrador

Nathaniel Besso, Chito Ryu karate-do, is Newfoundland & Labrador's most decorated karate athlete. He has represented the province and country with Team Canada across the globe and has competed in over

40 countries. Nathaniel brings a wealth of knowledge and experience. Now retired from competition, Nathaniel focuses his efforts on training the next generation of athletes to follow in his footsteps. His goal is to provide a pathway for athletes to achieve the highest levels of competition possible. Whether that be provincially, nationally, internationally or at the Olympic Level.

Nathaniel is also the current president of Karate NL.

KARATE CANADA OFFICIALS CLINIC

Registration Deadline: May 19 at 6:00PM (AST)

\$100 to Audit. \$50 to Test.

Saturday May 20

- 9 am to 11 am - Revision of updated Kumite rules
- 11 am to 12 pm - Practical portion
- 12 pm to 1 pm - lunch
- 1 pm to 3 pm - Revision of Kata rules
- 3 pm to 4 pm - Practical portion
- 4 pm to 4:30 pm - Written exam (online)



Theoretical evaluation:

Everyone that is testing to upgrade or recertify their KC license must take the written exam and must have access to an electronic device to take the online test.

Practical Evaluation:

All practical evaluation will be done during the tournament on Sunday May 21.

Clinic Registration can be found here:

- ENG: http://www.trackiereg.com/RC_NB_May2023
- FR: http://www.trackiereg.com/RC_NB_May2023



Ryokō Martial Arts will be onsite during the Atlantic's selling equipment.

"We are thrilled to announce that Ryoko Martial Arts Supplies will be participating in the upcoming 2023 Atlantic Karate Championships as an official vendor! Our team will be showcasing a wide variety of high-quality martial arts equipment and supplies, including uniforms, belts, training gear, and much more. As a leading provider of top-notch martial arts gear, we are excited to be a part of this prestigious event and look forward to meeting and serving martial arts enthusiasts from all over the Atlantic region. Be sure to stop by our booth to check out our latest products! We can't wait to see you there!" - Ryoko Martial Arts Supplies