



KARATE NOVA SCOTIA

Competition Rules 19-20 Season

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

https://www.wkf.net/pdf/WKF_Compensation%20Rules_2020_EN.pdf



DIVISION FORMAT

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

Note: 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)	INTERMEDIATE (1- 3 YEARS)	ADVANCED (3 YEARS +)	DIVISION SERIES	
	Athlete who has just started karate; up to one year of training; has graded 3 or less times within their karate style	Athlete 1 to 3 years of training; more than 2 grading's within their karate style; limited or no competition experience;	Athlete with 3 plus years of training; 1 year competition experience; all dan ranks; trying out for Provincial Team.		
	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			

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 2 gradings 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 12 - 13 KATA	M/F 12 - 13 KATA	M 12 - 13 KATA (2) F 12 - 13 KATA (2)	JUNIOR
	M 12 - 13 KUMITE	M 12 - 13 KUMITE	M 12 - 13 KUMITE (2,5)	
	F 12 - 13 KUMITE	F 12 - 13 KUMITE	F 12 - 13 KUMITE (2,5)	
	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 (2,5)	
	F 14 - 15 KUMITE	F 14 - 15 KUMITE	F 14 - 15 KUMITE (2,5)	
	M/F 16 - 17 KATA	M/F 16 - 17 KATA	M 16 - 17 KATA (2) F 16 - 17 KATA (2)	
	M 16 - 17 KUMITE	M 16 - 17 KUMITE	M 16 - 17 KUMITE (2,5)	
	F 16 - 17 KUMITE	F 16 - 17 KUMITE	F 16 - 17 KUMITE (2,5)	
12 - 17 TEAM KATA (1)			12 - 17 TEAM KATA (1)	

	M/F 18+ KATA	M/F 18+ KATA	M 18+ KATA (3) F 18+ KATA (3) M/F 36+ KATA (3)	SENIOR	
	M 18+ KUMITE	M 18+ KUMITE	M 18+ KUMITE (2,3,5) M 18 - 20 KUMITE (4,5)		
	F 18+ KUMITE	F 18+ KUMITE	F 18+ KUMITE (2,3,5) F 18 - 20 KUMITE (4,5)		
	M 36+ KUMITE		M 36+ KUMITE (3,5)		
	F 36+ KUMITE		F 36+ KUMITE (3,5)		
	18+ TEAM KATA (1)				18+ TEAM KATA (1)

DIVISION FORMAT ADDITIONAL NOTES:

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| <ol style="list-style-type: none"> 1. THE HIGHEST SKILL LEVEL AND AGE OF A KATA TEAM MEMBER WILL DICTATE THE DIVISION THEY COMPETE IN. 2. ADVANCED ATHLETES IN THESE GROUPS ARE ALSO PERMITTED TO ADDITIONALLY COMPETE IN THE NEXT AGE GROUP CATEGORY 3. ADVANCED AGE 18+ OR 36+ MAY COMPETE IN BOTH DIVISIONS. APPROVAL MUST BE MADE BY TOURNAMENT CO-ORDINATOR AND YOU WILL BE CHARGED FEE, UNLESS TRYING OUT OR ON A PROVINCIAL TEAM. | <ol style="list-style-type: none"> 4. ADVANCED 18-20 KUMITE DIVISIONS MAY BE ADDED TO EVENT IF THERE IS INTEREST 5. ADVANCED KUMITE DIVISIONS MAY ADDITIONALLY BE SEPARATED BY WEIGHT IF THE TOURNAMENT DIRECTOR AND COACHES OF AFFECTED ATHLETES AGREE |
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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.

5. Karate Nova Scotia reserves the right to combine, subdivide or cancel any event.
6. Division compositions are based on the combination of karate rank and experience guidelines:
 - a. **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;
 - b. **Intermediate** is any athlete 1 to 3 years of training; has more than 2 grading's within their karate style; limited or no competition experience;
 - c. **Advanced** is any athlete with 3 plus years of training; 1 year competition experience; all dan ranks; anyone trying out for Provincial Karate Teams.
7. If you plan to try-out for a Provincial Karate **Team, you must compete** in the Grand Prix tournaments in the age division you are trying out for, at the time Nationals will take place. **NOTE:** You can also register for your current age group if it is different.
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, the Tournament Co-ordinator and any other parties that are deemed to impact.
9. **Advanced Kata and Kumite athletes 18+ and 36+ can compete in either division or both. If they do both they will be charged both event fees unless they are trying out or on a Provincial Team.**
10. 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 Co-ordinator in collaboration with Coaches and Head Official if deemed to be an unfair advantage for the other athletes in the division.
11. 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.
12. All announced match winners must report to ring's head table after each match to confirm proper name is moved forward to next match.
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.

ATTIRE

14. Official's Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
15. 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.
16. No jewelry is allowed during competition, but elastic headbands are permitted.
17. Toenails and fingernails must be trimmed short.
18. Glasses/Protective Eyewear are allowed only in kata.

KATA

19. **All Kata divisions will be judged using the WKF Scoring System, scoring each the Technical and Athlete performances for a combined score.**
20. **Kata will be judged by 3, 5 or 7 officials when the number of available officials permits; Advanced division will always be judged with either 5 or 7 officials.**
21. **In each Kata division with 4 or less competitors only one round is required.**
22. **In each Kata division with more than 4 competitors, the top % will proceed to subsequent rounds until the top 4 is decided.**
23. Kata divisions will be mixed male/female for Novice and Intermediate divisions or where the number of competitors is limited in numbers.
24. "Kihon" Kata may be performed in Novice and Intermediate divisions; not permitted in Advanced.
25. Kata performance standards:

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

26. Team Kata members must register under a Team Name or Team Captain.
 27. Team Kata consists of 3 members each team.
 28. The **OLDEST AGE** and **HIGHEST SKILL LEVEL** of Team Kata members dictates the Age/Level of their Division.
 29. Team Kata members can compete on one team only.

KUMITE / NINJA

30. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and Kumite**.
 31. In Ninja Flags/belts/targets attached to back are worth 2 points.
 32. In Ninja Flags/belts/targets attached to front are worth 1 point.
 33. To better understand Ninja Flags follow this link to view matches from some previous events under this format:
<http://karatens.org/wp-content/uploads/media/videos/New-Turtles-Sample.mp4>
 34. In kumite divisions you are expected to defend yourself, should you not, you will be penalized.
 35. **Karate Nova Scotia reserves the right to adjust the 1st round matches if we feel size may cause an unfair advantage in kumite.**
 36. Competitors must provide their **own WKF or similar style** equipment for competition.
 37. **Kumite competitors' equipment:**
 - WKF style vinyl or leather sparring mitts; no cloth or foam-dipped gear permitted;
 - WKF style vinyl or leather shin and foot protection is required;
 - Mouth guard;
 - Males must wear a groin protector;
 - Females are recommended to wear a groin protector;
 - Body protectors are mandatory for all male and female. WKF or similar protectors are acceptable.
 - Chest protectors are recommended in addition to body protectors for all females age 12+. WKF or similar protectors are acceptable.
38. Competitors are advised to have both Red & Blue set of kumite equipment, but not required.
 39. **Head gear is optional in all Youth divisions.**
 40. **Mask/shield is optional in all Youth divisions.**
 41. **Kumite is allowed for age 7 and up.**
 42. **The Nov/Int 18+ and all 36+ division kumite divisions follow Junior rules.**
 43. **Repechage is applied for any kumite division with more than 3 competitors, otherwise round robin applies.**
 44. Advance Kumite Divisions may be split into light and heavy weight based on the number of competitors and approvals by Tournament Co-ordinator, Head Official and affected Coaches.
 45. Kumite/Ninja match lengths and ring size:

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