



# KARATE NOVA SCOTIA

## Competition Rules 25-26 Season

KNS Tournaments rules of competition are based on the World Karate Federation (WKF) with some Provincially approved adjustments.

All WKF rules and regulations are located at: [Statutes and rules of the World Karate Federation](#)  
[| WKF](#)

### GENERAL

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1. Poor sportsmanship and lack of respect by everyone in attendance for those in attendance (athletes, volunteers, officials, coaches, parents, etc.) will not be tolerated.
2. Every competitor must be a **registered athlete** in a dojo that is a member in **good standing** with **Karate Nova Scotia (KNS)**. **Exceptions** are made for athletes registered in other associations affiliated with **Karate Canada** or **WKF**.
3. All attempts will be made to ensure the tournament flows as advertised but changes sometimes need to be made for several reasons, such as error in registration, athlete not available due to competing in a team event, injuries, protests, official's available, etc.
4. When possible, **schedules** will be posted onsite and maybe in advance online, divisions will be announced by marshal via speaker system or other verbal means.
5. There is **no registration at the door**, all tournament registration will have a deadline, and it needs to be done in advance as communicated by KNS.
6. All **registration fees must be paid in advance** as communicated by KNS. **NO Refunds**.
7. **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 registration table, upon arrival at the tournament.
8. Athletes and parents are **not permitted to approach the head table**. If you have questions and concerns address these with the marshalling team.
9. Registered coaches and officials may approach the head table.
10. Registered coaches are permitted to sit in the coaching chairs provided in each ring; otherwise, they must remain on the perimeter of the competition floor.



11. All attempts will be made to ensure we are providing male, female and gender-neutral spaces (changing areas, bathrooms, showers, etc.) in all venues.

## ATTIRE

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

## DIVISIONS

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18. KNS reserves the right to combine, subdivide or cancel any division or adjust the division format.  
19. 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 2 or less times within their karate style; no dan ranks permitted.
  - Intermediate** is any athlete with 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.
  - Advanced** is any athlete with 3 plus years of training; 7 plus gradings.
  - Elite** is for any competitor trying out for any Provincial Karate Team, or for those who wish to compete at higher level.
20. You must compete in your age category and level at the time of the tournament, unless you get approval from your coach, the Tournament Coordinator, Technical Director and Head Official to compete in a higher age group or level.  
21. Elite division athletes **may** qualify for more than one division, refer to the age matrix.  
22. **Elite** division must follow the following age matrix:

Age Matrix Elite Divisions	12-13* (Youth/U14)	14-15 (Cadet/U16)	16-17 (Junior/U18)	18-20 (U21)	18+** (Senior)
	Birthdate between	Birthdate between	Birthdate between	Birthdate between	Birthdate between
Kata	August 28, 2012 August 27, 2014	August 28, 2010 October 14, 2012*	August 28, 2008 October 14, 2010*	May 29, 2005 October 14, 2008*	On or before May 28, 2010
Kumite	August 28, 2012 August 27, 2014	August 28, 2010 October 14, 2012*	August 28, 2008 October 14, 2010*	May 29, 2005 October 14, 2008*	On or before May 28, 2008
Team Kata	N/A	May 15, 2010, to May 14, 2012		May 29, 2005 October 14, 2008	On or before May 28, 2010

\* Please note that athletes born between August 28<sup>th</sup> and October 14<sup>th</sup>, 2008, 2010, and 2012 may be eligible for more than one division at the 2026 National Championships. To participate in the JR and SR PKF and WKF JR, athletes must be age-eligible according to their age on the first day of each of these competitions.

\*\* Senior Categories must be 18 (kumite) and 16 (kata) as of May 28<sup>th</sup>, 2026.



23. Age Matrix is based on the following events:

EVENT DATE (ANTICIPATED)	EVENT
February 20th, 2026	2026 Senior & U21 Karate Canada Nationals
May 14th, 2026	2026 Junior Karate Canada Nationals
May 28th, 2026	2026 Senior & U21 Pan American Championships
August 27th, 2026	2026 U14, Cadet, & Junior Pan American Championships
October 14th, 2026	2026 Junior Worlds Championships

24. Advanced kata and kumite athletes 36+ must choose to compete in either 18+ or 36+, they cannot do both.

25. Kata divisions will be mixed male/female for Novice and Intermediate divisions or where the number of competitors is limited in numbers.

26. Team Kata consists of 3 members each; members can compete on one team only.

27. The OLDEST AGE and HIGHEST SKILL LEVEL of Team Kata members dictates the age/level of their division.

28. Team Kata members must register under a Team Name or Team Captain.

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 (or Elite) Kumite, or Novice Kumite and Intermediate Kata; does not apply to Dan Ranks, they are Advanced (or Elite).

**Note:** Any changes must be approved by your coach, the Tournament Coordinator, Technical Director and Head Official.

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.

31. All athletes must be available and ready to compete **1 hour prior to their division posted estimated start time**. Any athlete missing will be treated as kiken (disqualification); refund will not be given

32. All announced match winners must report to ring's head table after each match to confirm proper name is moved forward to next match.

### 33. Division/Category Series:

K=Kata, S=Sparing, N=Ninja, TK=Team Kata, E=Elite, F=Female, M=Male, Mixed=M&F

U12 SERIES		
NOVICE	INTERMEDIATE	ADVANCED
is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	is any athlete with 3 plus years of training; 7 plus gradings.
N01-N03-MIXED 5-8 NINJA (GROUPS BASED ON SIZE) – FLAG/TARGET KUMITE		
K01-MIXED 5-7 KATA	K02-MIXED 5-7 KATA	N/A
K03-MIXED 8-9 KATA	K04-MIXED 8-9 KATA	N/A



# U12 SERIES

NOVICE		INTERMEDIATE		ADVANCED	
is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.		is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.		is any athlete with 3 plus years of training; 7 plus gradings.	
S01-M 7-9 KUMITE		S02-M 8-9 KUMITE		N/A	
S03-F 7-9 KUMITE		S04-F 8-9 KUMITE		N/A	
K05-MIXED 10-11 KATA		K06-MIXED 10-11 KATA		K07-M 10-11 KATA	
				K08-F 10-11 KATA	
S05-M 10-11 KUMITE		S06-M 10-11 KUMITE		S07-M 10-11 KUMITE	
S08-F 10-11 KUMITE		S09-F 10-11 KUMITE		S10-F 10-11 KUMITE	
TK1-U12 TEAM KATA				TK2-U12 TEAM KATA	

# YOUTH | CADET | JUNIOR SERIES

<b>NOVICE</b> is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.		<b>INTERMEDIATE</b> is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.		<b>ADVANCED</b> is any athlete with 3 plus years of training; 7 plus gradings.		<b>ELITE</b> is for any competitor on or trying out for any Provincial Karate Team, or for those who wish to compete at higher level.	
K09-MIXED 12-13 KATA		K10-MIXED 12-13 KATA		K11-M 12-13 KATA		KE01-M 12-13 KATA	
				K12-F 12-13 KATA		KE01-F 12-13 KATA	
S11-M 12-13 KUMITE		S12-M 12-13 KUMITE		S13-M 12-13 KUMITE		SE01-M 12-13 KUMITE	
S14-F 12-13 KUMITE		S15-F 12-13 KUMITE		S16-F 12-13 KUMITE		SE02-F 12-13 KUMITE	
K13-MIXED 14-15 KATA		K14-MIXED 14-15 KATA		K15-M 14-15 KATA		KE03-M 14-15 KATA	
				K16-F 14-15 KATA		KE04-F 14-15 KATA	
S17-M 14-15 KUMITE		S18-M 14-15 KUMITE		S19-M 14-15 KUMITE		SE03-M 14-15 KUMITE	
S20-F 14-15 KUMITE		S21-F 14-15 KUMITE		S22-F 14-15 KUMITE		SE04-F 14-15 KUMITE	



# YOUTH | CADET | JUNIOR SERIES

<b>NOVICE</b> is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	<b>INTERMEDIATE</b> is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	<b>ADVANCED</b> is any athlete with 3 plus years of training; 7 plus gradings.	<b>ELITE</b> is for any competitor on or trying out for any Provincial Karate Team, or for those who wish to compete at higher level.
<b>K17-MIXED 16-17 KATA</b>	<b>K18-MIXED 16-17 KATA</b>	<b>K19-M 16-17 KATA</b>	<b>KE05-M 16-17 KATA</b>
		<b>K20-F 16-17 KATA</b>	<b>KE06-F 16-17 KATA</b>
<b>S23-M 16-17 KUMITE</b>	<b>S24-M 16-17 KUMITE</b>	<b>S25-M 16-17 KUMITE</b>	<b>SE05-M 16-17 KUMITE</b>
<b>S26-F 16-17 KUMITE</b>	<b>S27-F 16-17 KUMITE</b>	<b>S28-F 16-17 KUMITE</b>	<b>SE06-F 16-17 KUMITE</b>
<b>TK3-12-17 TEAM KATA</b>		<b>TK4-12-17 TEAM KATA</b>	

# SENIOR SERIES

NOVICE	INTERMEDIATE	ADVANCED	ELITE
is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	is any athlete with 3 plus years of training; 7 plus gradings.	is for any competitor on or trying out for any Provincial Karate Team, or for those who wish to compete at higher level.
K25-MIXED 18+ KATA	K26-MIXED 18+ KATA	K27-M 18+ KATA	KE07-M SENIORS16+ KATA
		K28-F 18+ KATA	KE08-F SENIORS16+ KATA
		K29-MIXED 36+ KATA	N/A
S29-M 18+ KUMITE	S30-M 18+ KUMITE	S31-M 18+ KUMITE	SE07-M 18+ KUMITE
			SE08-M U21 KUMITE
S32-F 18+ KUMITE	S33-F 18+ KUMITE	S34-F 18+ KUMITE	SE09-F 18+ KUMITE
			SE10-F U21 KUMITE
S35-M 36+ KUMITE		S36-M 36+ KUMITE	N/A
S37-F 36+ KUMITE		S38-F 36+ KUMITE	N/A



# SENIOR SERIES

NOVICE	INTERMEDIATE	ADVANCED	ELITE
is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	is any athlete 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	is any athlete with 3 plus years of training; 7 plus gradings.	is for any competitor on or trying out for any Provincial Karate Team, or for those who wish to compete at higher level.
TK5-18+ TEAM KATA		TK6-16+ TEAM KATA	

# PARA SERIES

P1 - INTELLECTUALLY IMPAIRED ATHLETES - ATHLETES WITH IQ LESS THAN 75 KATA
P2 - ATHLETES WITH DOWN SYNDROME KATA
P3 - INTELLECTUALLY IMPAIRED ATHLETES - ATHLETES WITH AUTISM KATA

## KATA

34. Kata will be judged by 3 or 5 officials when the number of available officials permits.
35. All U12 divisions will be judged using the flags scoring system and two competitors will perform kata at same time.
36. All Youth/Cadet/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.
37. In each Youth/Cadet/Junior/Senior kata division with 4 or less competitors only one round is required.
38. In each Youth/Cadet/Junior/Senior kata division with more than 4 competitors, the top % will proceed to subsequent rounds until the top 4 is decided.
39. "Kihon" kata may be performed in Novice and Intermediate divisions; not permitted in Advanced or Elite.
40. Kata performance standards:



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



## PARA

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41. 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
  - b. Athletes with Down Syndrome
  - c. Intellectually Impaired Athletes - Athletes with Autism
42. If there are no competitors to facilitate 3 separate categories, they will be combined.
43. Coaches are allowed to assist the athletes with their performance.
44. All other kata rules apply to this division.



## NINJA

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45. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and kumite.**
46. In Ninja Flags/belts/targets attached to back are worth 2 points.
47. In Ninja Flags/belts/targets attached to front are worth 1 point.
48. In Ninja once flag/belt/target is removed it remains off the competitor for duration of match.
49. The first athlete to grab all three belts or the highest score once time runs out is the victor.
50. 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

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51. **Kumite is allowed for age 7 and up.**
52. 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 athletes. U16+ are permitted to wear internal body protectors where U14 and below must wear external body/chest protectors. WKF or similar protectors are acceptable;
  - g. Chest protectors are recommended in addition to body protectors for all females age 12+. WKF or similar protectors are acceptable.
53. Competitors are advised to have both Red & Blue set of kumite equipment but not required.
54. **Head gear is mandatory** in all U14 and below divisions.
55. The **Nov/Int 18+ and all 36+ division kumite divisions follow Junior (16-17) rules.**
56. **Repechage applies for any kumite division with more than 3 competitors; otherwise round robin applies.**



57. Match lengths and ring size:

Division	Match Length (Stop Time)	Ring Size
Ninja – U9	1 min or 4 pts	36 m <sup>2</sup>
U10 - 7-9 years	1 min 30 seconds	36 m <sup>2</sup>
U12 / U14 (Youth) - 10-13 years	1 min 30 seconds	Full
U16 (Cadet) / U18 (Junior) - 14 -17 years	2 mins	Full
Senior - Nov/Int 18+, Nov/Int/Adv 36+	2 mins	Full
Senior – Adv/Elite 18+	3 mins	Full

## PROTESTS

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58. Only coaches or official representatives can file a protest.

59. Judgment calls cannot be protested.

60. Infractions of the rules can be protested (incorrect time being used, points being scored after time, etc.)

61. Protests will be filed to the head official via a protest form the officials will have.

62. Each protest must be accompanied by a \$50 protest fee. If the protest is successful, the \$50 will be returned.

63. Only coaches or official representatives can file a protest.



## COACHES

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64. All coaches must wear a club jacket/hoodie or a Provincial Coach jacket, track pants and sneakers.

65. All coaches must have at a minimum the Make Ethical Decisions (MED) course and evaluation, Making Headway in Sports and Safe Sport Training.

