



KARATE NOVA SCOTIA

Competition Rules 26-27 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

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. Only registered coaches are permitted to sit in the coaching chairs; non-registered coaches must remain outside the competition perimeter.



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

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. Coaches: Must wear track pants (jogging pants could be accepted); a club/provincial jacket; a hoodie or sweater; and sneakers.
15. Competitors must wear a solid white traditional karate Gi. Girls can wear a plain white t-shirt under their Gis but boys cannot wear t-shirts under theirs. Gi's must be clean.
16. No jewelry is allowed during competition; hair should be clean and away from the competitors eyes as to not obstruct vision and be a hazard, hairbands/clips are NOT permitted - elastic bands only.
17. Toenails and fingernails must be trimmed short.
18. Glasses/Protective Eyewear are allowed only in kata. Soft contact lenses are permitted at the athlete's own risk.

DIVISIONS

19. 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
20. All announced match winners must report to ring's head table after each match to confirm proper name is moved forward to next match.
21. KNS reserves the right to combine, subdivide or cancel any division or adjust the division format.
22. Division compositions are based on the combination of **age, karate rank, training, and experience**:
 - a. **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.
 - b. **Intermediate** is any athlete with 1 to 3 years of training; has 3 to 6 gradings within their karate style; no dan ranks permitted.
 - c. **Advanced** is any athlete with 3 plus years of training; 7 plus gradings.
 - d. **Elite** is designated for any athlete who is trying out for a Provincial Karate Team, has been a member of a Provincial or National Team within the past two years, or intends to compete at a higher performance level.
23. 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 an alternate age group or level. Exception is **Elite** division, athletes **may** qualify for more than one division, refer to the **Age Matrix**.
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 dictate 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. **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 <i>SR Nationals</i>	N/A			April 2, 2006 April 1, 2009	On or before October 8, 2011
Kata <i>Combined Nationals</i>	August 28, 2013 August 27, 2015	August 28, 2011 August 27, 2013	August 28, 2009 August 27, 2011	May 5, 2007 May 4, 2010	On or before May 4, 2012
Kumite <i>SR Nationals</i>	N/A			April 2, 2006 April 1, 2009	On or before October 8, 2009
Kumite <i>Combined Nationals</i>	August 28, 2013 August 27, 2015	August 28, 2011 August 27, 2013	August 28, 2009 August 27, 2011	May 5, 2007 May 4, 2010	On or before May 4, 2010
Team Kata <i>SR Nationals</i>	N/A			April 2, 2006 April 1, 2009	On or before October 8, 2011
Team Kata <i>Combined Nationals</i>	N/A	August 28, 2009 - August 27, 2011		May 5, 2007 May 4, 2010	On or before May 4, 2012
	U16			Senior	
Para <i>SR Nationals</i>	N/A			On or before November 11, 2011	
Para <i>Combined Nationals</i>	May 14, 2011 - May 13, 2013			On or before May 4, 2012	
* U18 Gold-medal winners from all categories from the May 2027 event will be invited to the 2028 Phase 2 U21 Team selection for the 2028 Junior World Championships IF their date of birth is between May 5th and October 25th 2010.					

32. Age Matrix is based on the following events:

EVENT DATE (ANTICIPATED)	EVENT	ALIGNED KARATE CANADA EVENT
January 27, 2027	KC SR Nationals start date (Senior & U21)	KC SR Nationals
April 1, 2027	2027 SR PKF (Senior & U21)	KC SR Nationals
May 13, 2027	KC Combined Nationals start date (U14, Cadet, JR, SR)	KC Combined Nationals
August 27, 2027	2027 JR PKF (U14, Cadet, Junior)	KC Combined Nationals
October 8, 2027	2027 SR WKF Qualifier	KC SR Nationals
November 11, 2027	2027 SR WKF Qualifier	KC SR Nationals
May 4, 2028	2028 SR PKF (Senior & U21)	KC Combined Nationals
October 25, 2028	2028 JR WKF (Cadet, Junior, U21)	KC Combined Nationals



33. Division/Category Series:

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

U12 SERIES		
NOVICE Any athlete 0 to 1 year of training; has graded 2 or less times within their karate style; no dan ranks permitted.	INTERMEDIATE Any athlete with 1 to 3 years of training; has 3 to 6 grading's within their karate style; no dan ranks permitted.	ADVANCED 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
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 U14 | CADET U16 | JUNIOR U18 SERIES

NOVICE Any athlete 0 to 1 year of training; has graded 2 or less times within their karate style; no dan ranks permitted.	INTERMEDIATE Any athlete with 1 to 3 years of training; has 3 to 6 gradings within their karate style; no dan ranks permitted.	ADVANCED Any athlete with 3 plus years of training; 7 plus gradings.	ELITE Any athlete on or trying out for any Provincial Karate Team, has been a member of a Provincial or National Team within the past two years, or intends to compete at a higher performance 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
K17-MIXED 16-17 KATA	K18-MIXED 16-17 KATA	K19-M 16-17 KATA	KE05-M 16-17 KATA
		K20-F 16-17 KATA	KE06-F 16-17 KATA
S23-M 16-17 KUMITE	S24-M 16-17 KUMITE	S25-M 16-17 KUMITE	SE05-M 16-17 KUMITE
S26-F 16-17 KUMITE	S27-F 16-17 KUMITE	S28-F 16-17 KUMITE	SE06-F 16-17 KUMITE
TK3-12-17 TEAM KATA		TK4-12-17 TEAM KATA	



SENIOR SERIES

NOVICE Any athlete 0 to 1 year of training; has graded 2 or less times within their karate style; no dan ranks permitted.	INTERMEDIATE Any athlete with 1 to 3 years of training; has 3 to 6 gradings within their karate style; no dan ranks permitted.	ADVANCED Any athlete with 3 plus years of training; 7 plus gradings.	ELITE Any athlete on or trying out for any Provincial Karate Team, a. has been a member of a Provincial or National Team within the past two years, or intends to compete at a higher performance 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
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. Either 3 or 5 judges will be seated in a row along the front, between the score table and the competition area, facing the competitors. After the competitor(s) complete their performance, Judge 1 will call “hantei” and blow their whistle. The remaining judges will indicate their vote (red/blue) by raising the appropriate flag. Once the vote is recorded, Judge 1 will blow the whistle again, and the judges will lower their flags.
35. All U12 divisions are judged using the flag-scoring system, with 2 competitors performing kata simultaneously.
36. In kata divisions where there are less than 4 competitors, the round robin system will be applied.
37. In divisions where there are 4 or more competitors, the standard elimination system will apply, with the use of repechage for consolation medals.
38. “Kihon” kata may be performed in Novice and Intermediate divisions; not permitted in Advanced or Elite.
39. Kata performance standards:

Division	Kata “Flags” 3 or Less Competitors (<i>Repetition of Kata can happen after performing ...</i>)	Kata “Flags” 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/Elite Individual	2 kata	3 kata
Novice/Intermediate Team	1 kata	1 kata
Advanced/Elite Team	1 kata	1 kata

PARA

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



NINJA

44. Ninja is permitted for **less than 9** years of age, any rank. You **cannot do both ninja and kumite.**
45. Flags/belts/targets attached to back are worth 2 points.
46. Flags/belts/targets attached to front are worth 1 point.
47. The winner is determined either when one athlete leads by 4 points or the score when the 1-minute match ends — whichever happens first.



48. 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



49. Kumite is allowed for age 7 and up.

50. Competitors must provide their **own WKF or similar style** equipment for competition:

- WKF style vinyl sparring mitts; no cloth or foam-dipped gear permitted;
- WKF style vinyl shin and foot protection is required;
- WKF approved equipment is mandatory for all Elite athletes;
- 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 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;
- Chest protectors are recommended in addition to body protectors for all females age 12+, but mandatory for all Elite athletes. WKF or similar protectors are acceptable.

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

52. **Head gear is mandatory** in all U14 and below divisions.

53. The **Nov/Int 18+ and all 36+ division kumite divisions follow Junior (16-17) rules.**

54. **Repechage applies for any kumite division with more than 3 competitors; otherwise, round robin applies.**

55. Match lengths and ring size:

Division	Match Length (Stop Time)	Ring Size
Ninja – U9	1 min or 4 pts margin	36 m ²
U10 - 7-9 years	1 min 30 seconds	36 m ²
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

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

57. Judgment calls cannot be protested.

58. Matters of procedure can be protested, refer to [Guidelines for Handling an official protest at WKF Events_180326.pdf](#)

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

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



COACHES

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

