

25th Annual Spring Tournament

March 12, 2023

South Calgary Karate Tournament

Sunday March 12



[Sunday March 12, 2023](#)

South Calgary Karate Tournament

WKF Rules – Crescent Point Regional Field House

Events: Recreational age 10+ & Elite Kata & Kumite, Team event if time permits

Details of Events & Registration LINKS

Events	Date(s)	Time	Location	Who
South Calgary Karate Tournament (WKF rules)LINK	Sunday March 12	7:30am- 3:30pm	Crescent Point Regional Field House	Ages 8+

Registration Options

- Online Registration - [Annual Spring Tournament LINK](#) - available until **March 6, 2023**
 - Last Registration –March 12 – 7:30am
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Volunteers

Set up* Take Down*Registration*Scorekeeping*Hospitality Room

- Sign up online [VOLUNTEER LINK](#)
 - Shintani Scorekeeping clinic online [LINK](#)
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Hotel Suggestions

- Best Western Plus Okotoks Inn & Suites (403) 995-6262
- Lakeview Inn & Suites (403) 938-7400
- Okotoks Inn (403) 938-4101

Location Addresses

- Crescent Point Regional Field House - 125 Field House Dr East, Okotoks, AB

Prices

- Tournament \$35 – Individual plus processing Fee – Sunday

Souvenir Tournament T-Shirt

- Must be pre ordered by March 1, 2023
- Cost \$15
- Complete order at time of tournament/workshop registration [LINK](#)
- [Order additional Shirts LINK](#)



March 12, 2023, South Calgary Karate Tournament Overview*

- 7:30 Officials Meeting, Coaches Meeting & Volunteer Meeting
- 7:30 Final Registration for Tournament
- 8:00 Registration Closed
- 8:15 Opening Ceremony – All competitors must bow in
- 8:30 **Novice & Intermediate Kata & Kumite Divisions U12 to Masters**
- 8:30 Female Advanced Kata U14, U16, U18, Senior
- 9:30 Male Advanced Kata U14, U16, U18, Senior
- 11:00 Female Elite Kumite U14, U16, U18, Senior
- 12:00 Male Elite Kumite U14, U16, U18, Senior
- 3:00 Clean up

**Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!*

Divisions

Recreational Intermediate Divisions – U10, U12, U14, U16, U18, Adult Black belts (not Elite)

- Kata & Kumite Novice (less than 2 years in Karate)
- Kata & Kumite Intermediate (more than 2 years but not Black belt)
- Kata & Kumite Recreational Black Belt Adults
- Male & Female divisions (maybe combined for U12)
- Age as per day of Tournament

Elite Divisions – Age as per day of Tournament or KC age Matrix (*not both*)

- U14 Youth ages 12-13 Female
 - Kata / Kumite -45kg / Kumite +45kg
- U16 Cadet ages 14-15 Female
 - Kata / Kumite -50kg / Kumite +50kg
- U18 Junior ages 16-17 Female
 - Kata / Kumite -55kg / Kumite +55kg
- Senior ages 18+ Female
 - Kata / Kumite -61kg / Kumite +61kg
- U14 Youth ages 12-13 Male
 - Kata / Kumite -50kg / Kumite +50kg
- U16 Cadet ages 14-15 Male
 - Kata / Kumite -63kg / Kumite +63kg
- U18 Junior ages 16-17 Male
 - Kata / Kumite -68kg / Kumite +68kg
- Senior ages 18+ Male
 - Kata / Kumite -75kg / Kumite +75kg

Para Divisions

- Kata Kyu Belt
- Kata Black Belt

Rules

Female Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules

Male Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules

Para Divisions

- WKF Rules

Coaches

- Club jacket, track pants, runners
- Appropriate conduct is expected

Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner

Modified WKF Rules

KATA:

Recreational

- May use any kata from their style curriculum
- Point system – less than 8 competitors (one kata, highest score wins), 8+ will have 2nd Kata for top 4 athletes
- Competitors may repeat katas as required

KUMITE:

Recreational

- Kumite events shall be 2 minutes run time or first to 8 points
 - No head contact – contact will result in penalty, penalties or DQ as assessed by referee
 - Drawsheet will be Single elimination - unless otherwise announced
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WKF Rules

KATA:

- May use any kata from their style curriculum
- Point system – less than 8 competitors (one kata, highest score wins), 8+ will have 2nd Kata for top 4 athletes
- Competitors may *not* repeat katas

KUMITE:

- Kumite events shall be 2 minutes stop time, and 3 minute stop time for Senior
- Drawsheet will be Repechage - unless otherwise announced

WKF Rules: [World Karate Federation \(wkf.net\)](http://www.wkf.net)

Safety Equipment

Recreational & Masters Kumite Divisions

- Hand & foot pads and mouth guard mandatory, addition equipment optional
- Male groin protection for males

Elite Kumite Divisions

- WKF Regulation
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Team Kumite Event

- Only if time allows
 - Teams will be created by draw from those choosing to participate on day of tournament
 - Rules will be WKF age based
 - Format at tournament director's discretion
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PRE-Registration Link

Link for detailed registration will be sent out mid-February. [Link](#)