Karate Alberta Provincial Tournament

May 31, 2025

Justice Joseph Kryczka Arena

2000 Southland Dr SW,
Calgary, AB T2V 1R2

Karate Alberta

Karate Alberta
Provincial Tournament

Saturday May 31, 2025

Joseph Kryczka Arena,
(Southland Leisure Centre)
2000 Southland Dr SW, Calgary, AB

Official's Clinics

May 24, 2025 9-5pm, Calgary, AB

Tournament Set Up

Friday May 30, 2025 - 6-9pm, Joseph Kryczka Arena

Message from the Tournament Committee:

The entire team at Karate Alberta (KA) is pleased to provide an official's clinic and tournament to kick off the 2025-2026 team selection year. The tournament features novice, intermediate and advanced/elite divisions. The tournament's advanced/elite division results are used as part of the qualification to the KA Provincial Team for Nationals 2026 for eligible KA members.

With 3-4 tatamis operating we are confident that the day will run smoothly and efficiently with the help of our dedicated volunteers and officials.

To ensure that our Tournament organizers are not overrun with last minute requests there will be a **FIRM registration deadline of MAY 25, 2025.** We cannot accept late registrations/withdrawals and/or changes (without a monetary penalty of $20/athlete), exceptions will only be made for medical reasons, doctor's note required for KA Team Prospects.

As always, we will need volunteers to help marshal competitors, keep score and time the matches at the tables.

Each dojo will be required to provide a minimum of 2 people for table work **AND** a minimum of 2 officials. VOLUNTEER LINK

Dojo Administration: The tournament is only open to Karate Alberta and Karate Canada Members. For KA members, confirm with your Dojo/Club that your membership is current in Martial Member. (Dojo level only)

We look forward to seeing you on May 31, 2025!

Ty Nyugen, Doug Taylor & Saad Rahim
Tournament Committee, Karate Alberta

Official's Clinic
May 24, 2025 Calgary

Time: 9-5pm with lunch break

Location: **Calgary Unitarian Church** 1703 1st Street NW, Calgary, AB, Canada

Registration for course: Register Officials Course

Registration for Tournament Officiating:
Karate Alberta Provincial Tournament Spring 2025

Officials, please complete the Screening Disclosure form (annually) LINK

Dress:

All participants and officials involved in the clinic can wear sport casual attire as per the Karate Alberta Officials Manual. Dress for the tournament will be as described in the WKF Rules of Competition. Please ensure that you are in the appropriate attire.

Theory Exam Preparation:

If you are taking the theory exam during the clinic, it is imperative to study ahead of time by reading the WKF rules of competition and practice with the WKF exam. Not all material in the exam will be covered by the course instruction. Come prepared with your mobile device as you will receive a link to the questions.

2024 WKF rules:
https://www.wkf.net/pdf/WKF_Kumite_Competition_Rules_2024.pdf
https://www.wkf.net/pdf/WKF_Kata_Competition_Rules_2024.pdf
https://www.wkf.net/pdf/WKF_Para_Karate_Competition_Rules.pdf

Sample Questions:
https://www.wkf.net/pdf/allquestionskumite_eng.pdf
https://www.wkf.net/pdf/allquestionskata_eng.pdf

Practical Exam:

If you are taking the kata and kumite practical exam, you will be evaluated during the tournament.

DATE	Saturday May 31, 2025 Tournament begins at 9:00 am sharp Set up Friday May 30, 2025 6:00pm
ELIGIBILITY	All Karate Alberta and Karate Canada members are invited to participate. Athletes, Officials & Coaches – must be registered members in *Good Standing* **Coaches must be NCCP CI – Trained status and receive Coach Accreditation at event to coach at Tournament** *Coaches will be provided a one-time exemption if they do not meet this status*
REGISTRATION DEADLINE	**May 25, 2025** *No registrations will be accepted on the day of the tournament*
TOURNAMENT SCHEDULE	Tournament Schedule will be available 2 days prior to Tournament
MANDATORY KUMITE EQUIPMENT	Refer to **Rules Summary** for details. Athletes without correct equipment will NOT be allowed to compete.
ENTRY FEES	• $50.00/person Single Event – Kata or Kumite • $20.00/person, For Second Events Kata or Kumite • $21.00 per Team, Team Kata Change fee after deadline $20 **Registration & Payment is made directly by participant**
AWARDS	• Four placements for each event
Tournament Registration For Athletes, Coaches, Officials	REGISTRATION LINK
Volunteer Link Volunteer Tracking Form	Friday 6:00pm set-up, AND end of day take down - all team prospects – remember to sign in with the Team Manager Marshals * Time keepers * Score keepers * Registration * Food Room Each dojo must provide a minimum of 2 volunteers for table work or officials. At the completion of your volunteer shift complete the Volunteer Tracking Form
Volunteer Tutorials	**Tutorials for Table Volunteers** Kihapp Training for Table Volunteers: Click Here
Hotel Block Booking	Holiday Inn Express 12025 Lake Fraser Drive, Calgary, AB Bookings must be completed by
Karate Vendor	Champ2champ & Goshindo sports will be on site for members wanting to purchase karate uniforms & equipment.

Registration & Information

Athletes

- *Competitors may only compete in one Kata and one Kumite division – exception – athletes who are eligible for two advanced divisions according to the age matrix.*
- *Advanced Divisions Only – 2026 KC Nationals, Jr. Pan American, and Jr Worlds date matrix[1].*
- Please ensure you are in the correct division prior to the tournament.
- Questions regarding the provincial team can be directed to Technical Director, Coach Gary Sabean.
- Divisions are shown on page 9. **Consolidation or Separation of divisions will occur at the discretion of the tournament organizers.**
- **Any changes for competitor's divisions after the deadline must come from the dojo coach.**
- In the event a competitor must withdraw after the registration deadline an email must be sent to the Tournament Technical Director, Doug Taylor, tournaments@karateab.org at least 48 hours prior to the tournament date.
- **Refunds** will only be given for medical reasons OR when the consolidation of divisions results in the cancellation of a match for the competitor.
- The tournament will be run following the rules established by the WKF with modifications allowed by Karate Alberta.
- Athletes and parents are not to approach the Head table without their Accredited Coach.

Provincial Team 2025-26 Prospects

- Athletes considering being part of the KA Provincial Team to attend Nationals in 2026 MUST register prior to May 30, 2025
- *REGISTRATION LINK*

Officials

- Officials please contact Gary Burniston (officials@karateab.org) to indicate your availability AND Register
- Each Club must provide a minimum of two Officials for the Tournament – they must attend the Officials Clinic May 24, 2025
- Officials Registration
  Karate Alberta Provincial Tournament Spring 2025

Coaches

- Only Accredited Coaches will be permitted at ringside and to coach.
- Coaches must attend Coach meeting prior to start of Tournament to receive accreditation.
- Coaches shall be in appropriate coaching attire: Dojo track suit and closed toe shoes.
- Coaches must be trained in Comp Intro*
- Coaches cannot interfere with the match.
- Coach Registration
  Karate Alberta Provincial Tournament Spring 2025
  *Coaches can receive a one time exemption to coach.

[1]Athlete Age Matrix Advanced Divisions Only

U12 *Youth (U14)* *Cadet* *Junior*	*10 as of August 27, 2026* *12 as of August 27, 2026* *14 as of August 27, 2026* *16 as of August 27, 2026*
U21/Senior Kumite	*18 as of Feb 19, 2026* *(U21 as of Worlds 2026)*
U21/Senior Kata	*16 as of Feb 19, 2026* *(U21 as of Worlds 2026)*

Novice & Intermediate - Age as of day of tournament

Rules Summary

4 – 7 Year Old Combined	• Kata – athletes will be paired and present their kata simultaneously – Hantei (judge's decision) for best kata • Kumite (Phantom) - Each participant will compete their best kumite against a stationary opponent - "BOB" or stand up bag - simultaneously – Hantei (judge's decision) for best performance based on technique, speed and spirit. • 2 matches for everyone: no single winner in Kata or Kumite, everyone receives One Medal

		Novice & Intermediate		Advanced & Para	
KATA		**Events A, B, C, D**	**Masters** (including advanced)	**U12, Youth, Cadet, Junior**	**Para (Kata only), Senior**
	Format	Flags - two at a time Draw – single elimination	Flags - one at a time Draw – single elimination	WKF Scoring Repechage	WKF Scoring Repechage
	Number of Kata	Novice: May repeat kata Intermediate and up: ABAB	Novice: May repeat kata Intermediate and up: ABAB	WKF rules	WKF rules 1 Kata - Para
KUMITE	**Format**	Repechage or single elimination	Repechage or single elimination	Repechage or Round Robin	Repechage or Round Robin
	Time	1 min. 30 sec. Stop time	2 min. Stop time	Youth: 1 min. 30 sec. Cadet, Junior: 2 min. Stop time	3 min. Stop time
	Points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points
	Contact	Jodan is no touch with fist or foot Chudan is light touch only	Jodan is no touch with fist or foot Chudan is light touch only	Youth: Jodan is no touch with fist or foot Cadet, Junior: WKF rules	WKF rules
	Mandatory Protective Gear	Red and Blue belts Red or Blue gloves Mouthguard Groin protector (males)	Red and Blue belts Red and Blue gloves Mouthguard Groin protector (males)	WKF rules Youth: WKF Head Gear & External Body Protector** Chest protector	WKF rules
	***Optional Protective Gear**	Chest protector Red or Blue foot/shin protector	Chest protector Red or Blue foot/shin protector	N/A	N/A

★ Competitors who choose to compete without wearing the optional protective equipment assume all risk of participating without that protection

KA TOURNAMENTS 2025/2026

Event	Phantom	4-7 Years	Age Detail*
KATA	Combined		
Novice	1		A-D-T
KUMITE			
Novice 4-5 Years	2		A-D-T
Novice 6-7 Years	3		A-D-T
Event	**A**	**7-9 Years**	**Age Detail***
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
KUMITE			
Novice	5	6	A-D-T
Intermediate	7	8	A-D-T
Event (U12)	**B**	**10-11 Years**	**Age Detail***
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	Team
KUMITE			
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv U12 under 42kg	11		Team
Adv U12 over 42kg	13		Team
Adv U12 under 40kg		12	Team
Adv U12 over 40kg		14	Team
Event (YOUTH)	**C**	**12-13 Years**	**Age Detail***
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	Team
KUMITE			
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Youth under 50kg	11		Team
Adv Youth over 50kg	13		Team
Adv Youth under 50kg		12	Team
Adv Youth over 50kg		14	Team

To determine Division use combination of Letter & Number
Example: 12 year old female intermediate kata is C3

Novice - White to Orange (10kyu - 6kyu)
Intermediate - Green - Blue/Purple (5kyu -3kyu)
Advanced - Brown (1kyu to Dan) and up and KA Team Prospects
(Note - only results from Advanced divisions will be considered for Team Prospects)
Team Prospects can only compete in Advanced

** Divisions maybe combined or divided at the Tournament Director's discretion

Event (CADET)	D	14-15 Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	Team
KUMITE			
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Cadet under 47kg	11		Team
Adv Cadet under 54kg	13		Team
Adv Cadet over 54kg	15		Team
Adv Cadet under 57kg		12	Team
Adv Cadet under 63kg		14	Team
Adv Cadet over 63kg		16	Team
Event (JUNIOR)	**E**	**16-17 Years**	**Age Detail***
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	Team
KUMITE			
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Junior under 53kg	11		Team
Adv Junior under 59kg	13		Team
Adv Junior over 59kg	15		Team
Adv Junior under 61kg		12	Team
Adv Junior under 68kg		14	Team
Adv Junior over 68kg		16	Team
Event (TEAM KATA)	**T**		
KATA			
Youth Combined Ages 8-15	1		A-D-T
Adult Combined 16+	2		A-D-T
Advanced - KA Team	3	4	Team

Age Detail*	
Age as of Day of Tournament	A-D-T
Age for KC/PKF/Worlds	Team

Advanced Only Age Details

U12	*10 as of August 27, 2026*
Youth (U14)	*12 as of August 27, 2026*
Cadet	*14 as of August 27, 2026*
Junior	*16 as of August 27, 2026*
U21/Senior Kumite	*18 as of Feb 19, 2026 (U21 as of Worlds 2026)*
U21/Senior Kata	*16 as of Feb 19, 2026 (U21 as of Worlds 2026)*

Team Kata	*Male or Female Cadet/Junior and Senior*

Event (SENIOR)	G	18+ Years	Age Detail*
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	Team
KUMITE			
Novice	7	8	A-D-T
Intermediate	9	10	A-D-T
Adv Senior under 55kg	11		Team
Adv Senior under 61kg	13		Team
Adv Senior over 61kg	15		Team
Adv Senior under 67kg		12	Team
Adv Senior under 75kg		14	Team
Adv Senior over 75kg		16	Team
Event (MASTERS)	**H**	**35+ Years**	**Age Detail***
KATA	Female	Male	
Novice	1	2	A-D-T
Intermediate	3	4	A-D-T
Advanced	5	6	A-D-T
KUMITE			
Novice under 61kg	7		A-D-T
Novice over 61kg	9		A-D-T
Intermediate under 61kg	11		A-D-T
Intermediate over 61kg	13		A-D-T
Advanced under 61kg	15		A-D-T
Advanced over 61kg	17		A-D-T
Novice under 75kg		8	A-D-T
Novice over 75kg		10	A-D-T
Intermediate under 75kg		12	A-D-T
Intermediate over 75kg		14	A-D-T
Advanced under 75kg		16	A-D-T
Advanced over 75kg		18	A-D-T
Event	**P**	**PARA**	**Age Detail***
KATA	Female	Male	
PARA (intellectual) Youth	1	2	Team
PARA (intellectual) Senior	3	4	Team
PARA (physical/visual) Youth	5	6	Team
PARA (physical/visual) Senior	7	8	Team
KATA			
PARA Recreation 10-17years	9	10	A-D-T
PARA Recreation 18+	11	12	A-D-T

Karate Alberta

Summary

Competitor Registration

Karate Alberta Provincial Tournament Spring 2025

Coach Registration

Karate Alberta Provincial Tournament Spring 2025

Official Registration

Karate Alberta Provincial Tournament Spring 2025

WKF RULES Link

Kumite Rules: WKF_Kumite_Competition_Rules_2024.pdf
Kata Rules:World Karate Federation (wkf.net)
Para Rules: World Karate Federation (wkf.net)

Tutorials for Table Volunteers

Kihapp Training for Table Volunteers: Click Here

Volunteer Sign Up

Keep in mind that a*ll* members of the Karate Alberta Provincial Team for 2025 Nationals need to have 10 volunteer hours.