



**KARATE**  
NEWFOUNDLAND & LABRADOR

# 2024-25 ATLANTIC KARATE CHAMPIONSHIPS

ST. JOHN'S, NEWFOUNDLAND & LABRADOR  
NOVEMBER 9TH

**INFORMATION  
BULLETIN**



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## 1. GENERAL EVENT INFORMATION

### 1.1 Name of Event

2024-25 Atlantic Karate Championships

### 1.2 Date of Event

November 9, 2024

### 1.3 Time of Event

9:00 AM - 6:00 PM

### 1.4 Event Venue

Powerplex

90 Crosbie Rd

St. John's, NL, A1B 3W4



### 1.5 Livestreaming

Live streaming will **NOT** be available for this event.

### 1.6 Early Bird Competitor Registration Deadline

Wednesday, October 16, 2024

### 1.7 Final Registration Deadline

Wednesday, October 30, 2024

## 2. EVENTS & COMPETITION ELIGIBILITY

Competitors will be placed in a division in which they compete against other athletes who are of similar experience and age. Competitors registered in kumite will also compete in divisions split based off weight class.

### **INDIVIDUAL KUMITE**

*Kumite is the physical combat side of karate. Two competitors enter the ring and attempt to score points by striking scoring areas of their opponent.*

- *Participants aged 8 years and older may compete in this event.*

### **INDIVIDUAL KATA**

Competitors will perform a kata of their choosing against an opponent. The winner of each bout will advance to the next round.

Participants aged 5 years and older may compete in this event.

### **TEAM KATA**

Competitors will compete as a team of three and perform a kata of their choosing simultaneously. The winning team of each bout will advance to the next round.

*Participants aged 5 years and older may compete in this event.*

### **FLAG (NINJA) KUMITE**

Flag Kumite is an event where two competitors enter the ring with fabric flags looped into their karate belt. Competitors score points by successfully pulling their opponent's fabric flag out of their belt.

- Participants aged between 5 years and 7 years may compete in this event.

## 3. ONLINE REGISTRATION

KarateNL will be taking registration for all competitors, coaches, officials, and volunteers to ensure a smooth operation for this event. Competitors are responsible for the quality and accuracy of their entered registration data.

### 3.1 Event Registration

[COMPETITOR REGISTRATION](#)

[COACH REGISTRATION](#)

[OFFICIAL / VOLUNTEER REGISTRATION](#)

### 3.2 Registration Deadlines

#### 3.2.1 Competitors

The early bird competitor registration deadline is Wednesday, October 16, 2024.

The final competitor registration deadline is **Wednesday, October 30, 2024**. No competitor registrations will be accepted after October 30, 2024.

#### 3.2.2 Coaches

The registration deadline for coaches is **Wednesday, October 30, 2024**. No coach registrations will be accepted after October 30, 2024.

#### 3.2.3 Officials, and Volunteers

KarateNL will continue to accept registration from officials and volunteers until **Thursday, November 7, 2024**. We welcome anyone who wishes to help provide the best tournament experience for all of the competitors!

### 3.3 Changes to Registration

Competitors may change their event registration until the final competitor registration deadline.

Contact Colby Besso (knl.register.tournament@gmail.com) to make changes.

### 3.4 Registration Fees

#### 3.4.1 Competitors

The competitor registration fees for the Atlantic Karate Championships can be found below. Competitors who register by the early bird registration deadline will receive a **20%** discount on their registration fees.

The fees listed are inclusive of all taxes and payment processing fees.

#### **Early Bird Competitor Registration Fees**

<u>Registrant</u>	<u>1 Event</u>	<u>2 Events</u>	<u>3 Events</u>
KNL, KarateCanada, and WKF Affiliated Members	\$28.00	\$48.00	\$60.00
Guest Participants (Non-WKF)	\$36.00	\$60.00	\$72.00

#### **Competitor Registration Fees**

<u>Registrant</u>	<u>1 Event</u>	<u>2 Events</u>	<u>3 Events</u>
KNL, KarateCanada, and WKF Affiliated Members	\$35.00	\$60.00	\$75.00
Guest Participants (Non-WKF)	\$45.00	\$75.00	\$90.00

#### **Payment Of Fees**

- After completing the event registration through the Google Form, competitors will receive a link to pay the registration fee online.
- Please do not pay your registration fee until you have completed the online Google Form registration.
- Here is the link for your information as well: <https://karate-newfoundland-labrador.square.site>

#### 3.4.2 Coaches, Officials, and Volunteers

No registration fees are charged for coaches, officials, and volunteers at the 2024-25 Atlantic Karate Championships.

## 4. MANDATORY EQUIPMENT

All equipment (including uniforms / gis) must perform like current WKF equipment, but it is not mandatory to be WKF approved equipment. "WKF style" equipment will not be refused.

Competitors are responsible for ensuring they have the appropriate protective equipment required for their event, according to their age category.

**\*Competitors who wear glasses must either remove their glasses for Kumite or wear sports goggles.**

### INDIVIDUAL KUMITE

#### COMPETITORS AGED 8-9 YEARS

- Karate Uniform + Red & Blue Belts
- Gloves (Red & Blue, or White)
- Groin Protector (Male competitors)
- Mouthguard

#### COMPETITORS AGED 10-11 YEARS

- Karate Uniform + Red & Blue Belts
- Gloves (Red & Blue, or White)
- Shin Pads & Foot Protection
  - (Red & Blue, or White)
- Groin Protector (Male competitors)
- Mouthguard

#### COMPETITORS AGED 12-13 YEARS

- Karate Uniform + Red & Blue Belts
- Gloves (Red & Blue)
- Shin Pads & Foot Protection
  - (Red & Blue, or White)
- External Body Protector
- Groin Protector (Male competitors)
- Mouthguard

#### COMPETITORS AGED 14 YEARS & OLDER

- Karate Uniform + Red & Blue Belts
- Gloves (Red & Blue)
- Shin Pads & Foot Protection
  - (Red & Blue, or White)
- Internal Body Protector
- Groin Protector (Male competitors)
- Mouthguard

#### ELITE COMPETITORS

- Karate Uniform
- Red & Blue Belts
- Red & Blue Gloves
- Red & Blue Shin guards
- Body Protector
  - External (U14)
- Groin Protector (Male)
- Mouth Guard
- Head Protector (U14)

**\*Candidates trying out for their Provincial Team may wear WHITE shin guards, though RED and BLUE are preferred.**



# KARATE

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Competitors are responsible for ensuring they have the appropriate protective equipment required for their event, according to their age category.

**\*Competitors who wear glasses must either remove their glasses for Kumite or wear sports goggles.**

## INDIVIDUAL KATA

### COMPETITORS AGED 5-7 YEARS

- Karate Uniform
- Red & Blue Belts, or Current Kyu Belt

### COMPETITORS AGED 8 YEARS & OLDER

- Karate Uniform
- Red & Blue Belts

## TEAM KATA

### COMPETITORS AGED 5-7 YEARS

- Karate Uniform
- Red & Blue Belts, or Current Kyu Belt

### COMPETITORS AGED 8 YEARS & OLDER

- Karate Uniform
- Red & Blue Belts

## FLAG KUMITE

### COMPETITORS AGED 5-7 YEARS

- Karate Uniform
- Red & Blue Belts, or Current Kyu Belt

## 5. RULES OF COMPETITION

The 2024-25 Atlantic Karate Championships will be governed by the 2024 World Karate Federation (WKF) Competition Rules as adopted by Karate Canada. Some variations may apply.

***\*Competitors trying out for their Provincial Team to qualify for the National Championships must register as Elite, but may opt out if they do not plan to compete at the Nationals.***

### 5.1 Individual Kata, and Team Kata

- [2024 WKF Kata Competition Rules](#)

### 5.2 Individual Kumite

- [2024 WKF Kumite Competition Rules](#)

### 5.3 Flag Kumite

#### 5.3.1 Points

Points are awarded for pulling the opponents flag out of their belt. The number of flags retrieved correlates to the points awarded.

“Senshu” is a special point advantage used in the event of a tie, given to the competitor that scores the first uncontested point. The competitor holding Senshu will break the tie and be declared the winner.

#### 5.3.2 Penalties

Penalties may be issued if any of the following occurs, but are not limited to these actions:

- Stepping out of the ring.
- Grabbing or causing harm to the other competitor.
- Attempting to cover or hold onto their own flags.

#### 5.3.3 Time

Flag Kumite bouts are **1 minute 30 seconds** in duration, and the clock only stops within the last 15 seconds of the bout, or at the referee’s discretion (e.g. Returning competitor flags taking too long).



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***\*Competitors trying out for their Provincial Team to qualify for the National Championships must register as Elite, but may opt out if they do not plan to compete at the Nationals.***

#### **5.4 Required Equipment**

Please refer to page 6-7 of this bulletin for the required protective equipment at the 2024-25 Atlantic Karate Championships.

#### **5.5 Weigh-In**

There will **NOT** be an official weigh-in at the 2024-25 Atlantic Karate Championships. Instead, weight categories for all Elite Kumite divisions will be based on the honour system.

Competitors will only be required to weigh-in if challenged by the Chief Official, in which case the weigh-in will take place immediately at the tournament.

The Chief Official reserves the right to challenge any Elite competitor if there is suspicion that the competitor does not belong to the weight class they registered for.

We trust all competitors to adhere to the honour system to ensure a fair competition for everyone.

#### **5.6 Official Protests**

Official protests may only be filed for Elite categories at the 2024-25 Atlantic Karate Championships. The protest fee for this event is CAN\$100

#### **5.7 Adjustments to Competition Categories**

The Chair of the Karate NL Tournament Committee reserves the right to adjust competition categories by merging or splitting them as needed to ensure the smooth operation of the competition and provide an optimal competition experience.

## 6. ELIMINATION FORMULA

Karate NL will use the following elimination formulas / formats for the various divisions at the 2024-25 Atlantic Karate Championships.

### 6.1 Individual & Flag Kumite Divisions

All divisions with more than three competitors will use a repechage elimination formula. Whereas, divisions with three competitors will use a "Round Robin" formula.

Divisions with exactly four competitors will have an additional bout to determine 3rd & 4th place bronze.

### 6.2 Individual & Team Kata Divisions

All non-Elite divisions will use a repechage elimination formula, where competitors are judged using flags.

All Elite divisions will use a repechage elimination formula and follow the WKF point system, where competitors are scored using points. A "Round Robin" formula will be applied in the event of an Elite division consisting of three competitors.

Any division with exactly four competitors will have an additional bout to determine 3rd & 4th place bronze.

## 7. Local Hotels

There will not be an official host hotel for the 2024-25 Atlantic Karate Championships. Each team will be responsible for arranging their own accommodations. Below are some local hotels for the event.

### **Sandman Hotel St. John's**

227 Kenmount Rd, St. John's, NL A1B 3P9 (7 min drive to venue)

[reservations@sandman.ca](mailto:reservations@sandman.ca)

709-701-0048

### **Holiday Inn: St John's Conference Centre**

180 Portugal Cove Rd, St. John's, NL A1B 2N2 (11 min drive to venue)

[hisj-reservations@sunraygroup.ca](mailto:hisj-reservations@sunraygroup.ca)

709-722-0506

### **Hampton Inn & Suites by Hilton - St. John's Airport**

411 Stavanger Drive, St. John's, NL A1A 0A1 (13 min drive to venue)

[yytap\\_hampton\\_suites@hilton.com](mailto:yytap_hampton_suites@hilton.com)

709-738-4888

### **Holiday Inn Express & Suites: St John's Airport**

5 Navigator Avenue, St. John's, NL A1A 0R5 (15 min drive to venue)

[info@hiestjohns.com](mailto:info@hiestjohns.com)

709-738-0123