



PROVINCIAL Tournament #1

INFORMATION BULLETIN



October 18, 2025



POWERPLEX
90 Crosbie Rd
St. John's, NL A1B 3W4





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1 GENERAL EVENT INFORMATION

1.1 Name of Event

Karate Newfoundland & Labrador Provincial Tournament #1

1.2 Date of Event

Date: Saturday, October 18th, 2025

Start Time: 9:00 AM

Please arrive no later than 8:45 AM

1.3 Event Venue

PowerPlex
90 Crosbie Rd
St. John's, NL

1.4 Key Dates and Deadlines

Competitor and Coach Registration Deadline
Officials and Volunteers Registration Deadline
Karate NL Provincial Tournament #1

Saturday, October 11th, 2025
Thursday, October 15th, 2025
Saturday, October 18th, 2025

1.5 Contact Information

Wing Au
Registrar
registrar@karatenl.com



2 COMPETITION

2.1 Event Categories

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.

I. Individual Kata

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

II. 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.

***All members of a team must be individually registered to compete. Teams with unregistered members will be ineligible for the Team Kata event.**

III. 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.

2.2 Rules of Competition

The Karate NL 2025-26 Provincial Tournaments will be governed by the 2024 World Karate Federation (WKF) Competition Rules as adopted by Karate Canada. Some variations may apply.

Please ensure competitor finger and toenails are cleanly trimmed and any long hair is pulled back away from the face using a hair elastic. No metal clips or hard hair ties are permitted.

I. Individual Kata, and Team Kata

[2024 WKF Kata Competition Rules](#)



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II. Individual Kumite

2024 WKF Kumite Competition Rules

2.3 Mandatory Equipment

All equipment (including uniforms / gis) must perform like current WKF equipment, but it is not mandatory to be WKF approved. “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. For those individuals under 14 years of age who require glasses for reasons other than to correct vision issues (e.g. near sightedness or astigmatism) should reach out to the Karate NL at registrar@karatenl.com to discuss options that may allow the competitor to compete.***

I. Individual Kata, and Team Kata

COMPETITORS AGED 8 YEARS & OLDER

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

II. 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



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COMPETITORS AGED 12-13 YEARS

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

COMPETITORS AGED 14 YEARS & OLDER

- Karate Uniform + Red & Blue Belts
- Red & Blue Gloves
- 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
 - Internal (14+)
 - External (U14)
- Groin Protector (Male competitors)
- Mouth Guard
- Head Protector (U14)

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

2.4 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.



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2.5 Elimination Formula

Karate NL will use the following elimination formulas / formats for the various divisions at the Karate NL 2025-26 Provincial Tournaments.

I. Individual Kumite

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.

II. Individual Kata, and Team Kata Divisions

All non-Elite divisions will use a repechage elimination formula, where competitors are judged using flags. In the event of a non-Elite division consisting of three competitors/teams, a “Double Elimination” formula will be used, ensuring that competitors have a fair opportunity to compete for silver and bronze.

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.

2.6 Rule Modifications for Non-Elite Categories

The following modifications to the WKF Competition Rules will be in effect for the Karate NL 2025-26 Provincial Tournaments.

- I. Competitors in non-Elite Kata categories will be permitted to repeat the same Kata across rounds.
- II. Bunkai will not be required in any Team Kata categories.



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- III. Competitors fighting in non-elite Kumite categories are prohibited to make contact to the head area. A light “touch” will be permitted to the body area, but no heavy contact will be permitted.

2.7 What to Do if You Believe an Official Made an Error

If you believe an Official has made error, please address your concerns with your Club Sensei or Chief Official, Wing Au. If a mistake has occurred, we will do our best to resolve it. While mistakes are a natural part of being human, our priority is to ensure a fair and level playing field for all athletes.



3 COMPETITOR ELIGIBILITY GUIDELINES

3.1 General Eligibility

The Karate NL 2025 Provincial Tournament #1 is open to all competitors who are members in good standing or invited guests of Karate NL.

3.2 Competition Skill Levels

- I. Novice (0-1 years of training)
- II. Intermediate (2-3 years of training)
- III. Advanced (4+ years of training)
- IV. Elite (Provincial Team & Black Belt Divisions)

Elite categories will be identified by a category code beginning with “E”.

Recreational categories, such as Novice, Intermediate, and Advanced will be identified by a category code beginning with “R”.

3.3 Individual Kata, and Team Kata

Participants aged 8 years and older may compete in these events. Competitors are not permitted to register to be part of more than one Kata Team.

3.4 Individual Kumite

Participants aged 8 years and older may compete in this event. Competitors are required to input their weight during registration to be placed in the appropriate weight division within their age group.

3.5 Flag Kumite

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



4 ONLINE REGISTRATION

Karate NL 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.

4.1 Registration and Payment of Fees

Registration is available online via Google Form. Click [HERE](#) or copy and paste the text below. The deadline for registration is Saturday, October 11th, 2025.

<https://docs.google.com/forms/d/e/1FAIpQLSeriieBuxpgIJ4edHw3V7faPjzJDVximXte08wJBHcHt7XIig/viewform?usp=header>

All registration and payment must be completed online. Once registration is complete via the online form, payment may be sent to Karate NL via e-transfer to treasurer@karatenl.com.

***PLEASE INCLUDE YOUR CHILDS NAME IN THE NOTE ASSOCIATED WITH THE E-TRANSFER SO THE FEE IS PROPOERLY ACCOUNTED FOR.**

The total fees due at the time of registration depends on the number of events entered.

1 Event - \$35.00

2 Events - \$50.00

3 Events - \$65.00

Should issues arise with the e-transfer, please reach out to us at treasurer@karatenl.com.

***LATE ENTRIES WILL NOT BE ACCEPTED**



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4.2 Registration Deadlines

I. Competitors

The competitor registration deadline is Saturday, October 11th, 2025.

II. Coaches

The registration deadline for coaches is Thursday, October 16th, 2025.

Coaches wishing to sit ringside and coach during the event must register using the designated Google Form.

III. Officials, and Volunteers

The competitor registration deadline is Thursday, October 16th, 2025. We welcome anyone who wishes to help provide the best tournament experience for all the competitors!

4.3 Changes to Registration

Competitors may change their event registration until the competitor registration deadline. Contact Wing Au (registrar@karatenl.com) to make changes.

4.4 Refund Policy

Refund requests must be made before October 11th, 2025. After this date, all refunds will require a medical note which must be submitted within 14 days following the Event.