



# 2026 PROVINCIAL CHAMPIONSHIPS

**APRIL 25<sup>TH</sup>, 2026**

Ecole Des Grand-Vents  
65 Ridge Road  
St. John's, NL



WORLD  
KARATE  
FEDERATION



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## 1 General Event Information

### 1.1 Name of Event

Karate Newfoundland & Labrador Provincial Championships

### 1.2 Date of Event

Date: Saturday, April 25<sup>th</sup>, 2026

Start Time: 9:00 AM

Please arrive no later than 8:45 AM

### 1.3 Event Venue

Ecole des Grands Vent  
65 Ridge Road  
St. John's, NL

#### [Google Maps Link](#)

Parking is available and located to the east of the building.

### 1.4 Key Dates and Deadlines

Competitor and Coach Registration Deadline	Saturday, April 11 <sup>th</sup> , 2026
Officials and Volunteers Registration Deadline	Friday, April 24 <sup>th</sup> , 2026
Karate NL Provincial Championship	Saturday, April 25 <sup>th</sup> , 2026

### 1.5 Contact Information

Registrar  
[registrar@karatenl.com](mailto: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 on 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.

**New for this competition: Non-Elite kata categories for ages under 12 years old will have both kata athletes perform in tandem. Flags will be used to judge these categories.**

#### 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 2026 Provincial Championships will be governed by the 2026 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

[2026 WKF Kata Competition Rules](#)

II. Individual Kumite

[2026 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 for recreational categories.

**Elite category (WKF Youth, Cadet, Junior, and Senior) athletes must use WKF Approved equipment.**

Competitors are responsible for ensuring they have the appropriate protective equipment required for their event, according to their age category. Please refer to Section 2.2 of the kumite competition rules linked above for complete details of the compulsory equipment.

Karate NL understands that providing all the compulsory equipment for an athlete may add a significant financial burden to some families. To help ease this burden and help ensure anyone who wants to compete can compete, Karate NL is in the process of procuring helmets and external bodyguards for athletes to use at provincial tournaments. This equipment will be in place by the time of the April 2026 Provincial Championships.

***\*Glasses are not permitted under any circumstance. Soft contact lenses may be used at the competitors own risk. Prescription sport glasses may be worn for kata only.***

## I. Individual Kata, and Team Kata

COMPETITORS AGED 8 YEARS & OLDER

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

## II. Individual Kumite

RECREATIONAL COMPETITORS AGED 8-13 YEARS

- WKF Karate Uniform + Red & Blue Belts
- WKF Gloves (Red & Blue or White)
- WKF Shin Pads & Foot Protection (Red & Blue or White)
- Groin Protector (Male competitors)
- Mouthguard
- WKF Helmet
- WKF External body protector

ELITE COMPETITORS AGED 12-13 YEARS

- WKF Approved Karate Uniform + Red & Blue Belts
- WKF Approved Gloves (Red & Blue or White)
- WKF Approved Shin Pads & Foot Protection (Red & Blue or White)
- WKF Approved Groin Protector (Male competitors)
- Mouthguard
- WKF Approved Helmet
- WKF Approved External body protector

Karate NL will have a selection of Small, Medium, and Large external chest protectors and helmets for the shared use of athletes at this competition. Cleaning protocols will be in place to clean the equipment after each use.

RECREATIONAL COMPETITORS AGED 14 YEARS & OLDER

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

- WKF Chest Protector (Female competitors)
- Mouthguard

### ELITE COMPETITORS AGED 14 YEARS & OLDER

- WKF Approved Karate Uniform + Red & Blue Belts
- WKF Approved Red & Blue Gloves
- WKF Approved Shin Pads & Foot Protection (Red & Blue)
- WKF Approved Internal Body Protector
- WKF Approved Groin Protector (Male competitors)
- WKF Approved Chest Protector (Female competitors)
- Mouthguard

#### 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.

#### 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.

Non-Elite kata categories for ages under 11 years old will have both kata athletes perform in tandem. Flags will be used to judge these categories.

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.

- Competitors in non-Elite Kata categories will be permitted to repeat the same Kata across rounds.
- Bunkai will not be required in any Team Kata categories.
- 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 an 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 2025-26 Provincial Championships is open to all competitors who are members in good standing or invited guests of Karate NL.

#### 3.2 Competition Skill Levels

- Novice (0-1 years of training)
- Intermediate (2-3 years of training)
- Advanced (4+ years of training)
- 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 5 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

Registration is available online via Google Form and may be accessed on Karate NL's [competition page](#). The deadline for registration is Saturday, April 4th, 2026.

All registration and payment must be completed via e-transfer to [treasurer@karatenl.com](mailto:treasurer@karatenl.com).

## **LATE ENTRIES WILL NOT BE ACCEPTED**

### 4.2 Registration Deadlines

#### I. Competitors

The competitor registration deadline is Saturday, April 11th, 2026.

#### II. Coaches

The registration deadline for coaches is Saturday, April 11th, 2026.

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

#### III. Officials, and Volunteers

The officials and volunteers' registration deadline is Friday, April 24<sup>th</sup>, 2026. We welcome any who wish 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 the Registrar ([registrar@karatenl.com](mailto:registrar@karatenl.com)) to make changes.

#### 4.4 Refund Policy

Refund requests must be made before April 11th, 2026. After this date, all refunds will require a medical note and are subject to a \$25 administration fee (per Event). Medical notes must be submitted within 14 days following the Event.

#### 4.5 Registration Fees

1 Event - \$35.00   2 Events - \$50.00   3 Events - \$65.00

#### 4.6 Payment of Fees

Fees are due at the time of registration. Payment can be made via e-transfer to [treasurer@karatenl.com](mailto:treasurer@karatenl.com).

**\*\*Please include your child's name and the purpose of the transfer in the comment field of the e-transfer. e.g. "Provincials Fee. FirstName Surname"\*\***