



NSKA & NSKOA Sanctioned
www.novascotiakarate.com



2010-11 Atlantic Karate Championships



NSKA

KNB

PEIKA

KNL

USA-NKF
(New England States)

The Nova Scotia Karate Association is pleased to host this year Atlantic Karate Championships and to welcome you to Nova Scotia!



Governance: WKF Rules Version 6 January 2009

When: February 5th, 2011

Where: Centre Scolaire de la Rive-Sud, 20
Petite Evangeline road, Cookville
(Bridgewater), Nova Scotia

Online Pre-Registration!

Visit www.novascotiakarate.com Starts
January 10th & Ends Feb 1st!

Questions?? Please contact the
NSKA Tournament Co-ordinator
tournaments@novascotiakarate.com

Canteen will be available!



Online Pre-Registration Rate: \$15 per event
(Family rates apply, Ninja Turtle competition \$10)

*If paying in advance with paypal,
Please present the paypal receipt at the door.*

Door Registration Rate: \$25 per event
(Family rates apply, Ninja Turtle competition \$15)

Free Events! Skills Challenge, Team Ninja Turtles, Team Kata

Schedule

8:30 - 9 A.M. - Door registration & online pre-registration
“Check in” for all divisions.

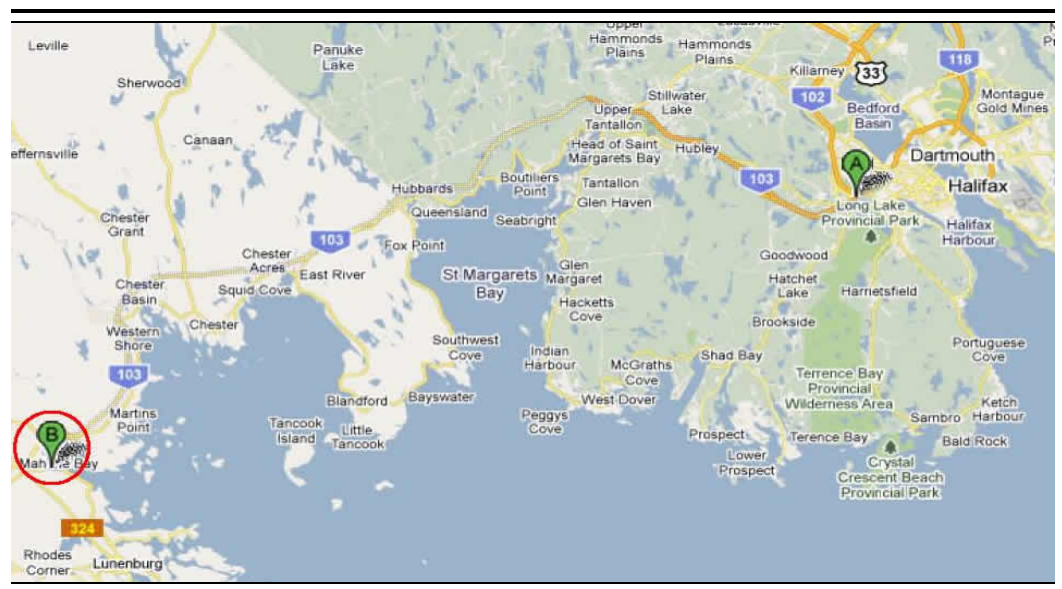
9 - 10 A.M. - Official’s meeting

9 - 10 A.M. - Skills Challenge

10 A.M. - Recreational Competition begins

12 - 12:30 P.M. - Online pre-registration “Check in”
For all National Divisions (Advanced ages 14+).

1 P.M. - National Divisions Competition begins





Division Format - Divisions are based on the combination of karate rank and experience.

Novice is any athlete who has just begun and up to one year of training;

Intermediate is based on 1 to 3 years of training and/or no competition experience;

Advanced is any athlete with 3 plus years experience or any athlete trying out for Provincial Karate Team or competing at a National or International level.

NOVICE (0 – 1 year)	INTERMEDIATE (1 – 3 years)	ADVANCED (3 years +)
M/F 5-7 Skills		
M/F 5-7 Kata (Nov & Int)		n/a
M/F 5-7 Ninja Turtles (Mini & Mega, based on size), Team Ninja Turtles		n/a
M/F 8-9 Kata	M/F 8-9 Kata	n/a
M/F 8-9 Ninja (Mini & Mega, based on size), Team Ninja Turtles		n/a
M 8-9 Kumite (Nov & Int)		n/a
F 8-9 Kumite (Nov & Int)		n/a
M/F 8-11 Skills		
M/F 10 - 11 Kata	M/F 10 - 11 Kata	M/F 10 - 11 Kata
M 10 - 11 Kumite	M 10 - 11 Kumite	M 10 - 11 Kumite
F 10 - 11 Kumite	F 10 - 11 Kumite	F 10 - 11 Kumite
Under 12 - Team Kata		
M/F 12 - 13 Kata	M/F 12 - 13 Kata	M 12 – 13 Kata
		F 12 – 13 Kata
M 12 - 13 Kumite	M 12 - 13 Kumite	M 12 - 13 Kumite
F 12 - 13 Kumite	F 12 - 13 Kumite	F 12 - 13 Kumite
M/F 14 - 15 Kata	M/F 14 – 15 Kata	M 14 – 15 Kata
		F 14 – 15 Kata
M 14 – 15 Kumite	M 14 – 15 Kumite	M 14 – 15 Kumite
F 14 – 15 Kumite	F 14 – 15 Kumite	F 14 – 15 Kumite
M/F 16 – 17 Kata	M/F 16 – 17 Kata	M 16 – 17 Kata
		F 16 – 17 Kata
M 16 – 17 Kumite	M 16 – 17 Kumite	M 16 – 17 Kumite
F 16 – 17 Kumite	F 16 – 17 Kumite	F 16 – 17 Kumite
12 - 17 yr Team Kata		
M/F 18+ Kata	M/F 18+ Kata	M 18+ Kata
		F 18+ Kata
M 18+ Kumite	M 18+ Kumite	M 18+ Kumite
F 18+ Kumite	F 18+ Kumite	F 18+ Kumite
18+ - Team Kata		
M/F 35+ Kata (Nov & Int)		M 35+ Kata
		F 35+ Kata
M 35+ Kumite (Nov & Int)		M 35+ Kumite
F 35+ Kumite (Nov & Int)		F 35+ Kumite
<ul style="list-style-type: none"> Due to qualification requirements for Provincial Team, sometimes there may be additional matches, divisions for a specific age or weight category. 		



Rules & Regulations Summary

1. The full rules of competition are based on the W.K.F with some Provincial adjustments. W.K.F rules and regulations are located at www.wkf.net

REGISTRATION

2. The competitor must be a registered athlete in a dojo that is a member in good standing of the NSKA. **Exceptions** are made for athletes registered in other associations affiliated with the KC or WKF.
3. Errors on your registration form may mean that an athlete does not get to compete. **Please be accurate.**
4. It is the responsibility of the athlete/parent to **double check** that you have been correctly pre-registered to confirm their events and report any discrepancies to the Head Table, upon arrival at the tournament.
5. Please do not approach the **head table** other than to confirm your registration.

EVENTS

6. Divisions are based on the combination of karate rank and experience. **Novice** is any athlete who has just begun and up to one year of training; **Intermediate** is based on 1 to 3 years of training and/or no competition experience; **Advanced** is any athlete with 3+ years experience or if you are trying out for Provincial Karate Team.
7. **Ninja** is permitted for **less than** 10 years of age, any rank. You cannot do both ninja and Kumite
8. The **35+ division** is an open division to all male and female competitors regardless of rank. If competition numbers permit, divisions will be divided into Novice/Intermediate and Advanced; if you compete in the 35+ divisions you cannot compete in the regular adult divisions.
9. **Team kumite** is not a regular event, but may be available at Atlantic Championships. Please contact the Tournament Co-ordinator if you have enough athletes for an age group to support a team.
10. **Schedule of events** is based on readiness of a division, adjustments to competitors, and availability of officials. Schedule will be posted if possible and or announced on speaker system. Preference of schedule order is Skills Competition, Team Kata, Ninja Turtles, Junior Kata, Adult Kata, Junior Kumite and then Adult Kumite.
11. An athlete may be approved to compete in a division **higher or lower** than their rank/experience with the approval from their Dojo Coach/Sensei and the Tournament Co-ordinator.
12. If you plan to tryout for the **Nova Scotia Karate Team**, you must compete in the Grand Prix tournaments in the age division you are trying out for. **NOTE:** To compete on the Junior National team you must have medaled and be of the same age of the division you competed at Nationals. An athlete of 13 yrs of age can participate at Nationals providing they turn 14 before first day of competition at Junior Pan Ams.
13. The Tournament Co-ordinator reserves the right to **combine**, subdivide or cancel any event/division.
14. **Club coaches** are permitted to sit in the coaching chairs provided in each ring; otherwise they must remain on the perimeter of the competition floor.
15. **Repechage** is only guaranteed in Advanced Kata/Kumite Divisions, age 14+.
16. **Single elimination** in Beginner/Intermediate Kumite Divisions. Some exceptions may apply.
17. **Medals** in Beginner and Intermediate Divisions are awarded to 1st, 2nd, & two 3^{rds}
18. **Medals** in Advanced Divisions are awarded to 1st, 2nd, 3rd, & 4th
19. **Medals** in Team Kata Divisions are awarded to 1st, 2nd, 3rd

ATTIRE

20. **Official's** Dress Code: White shirt, dark tie, gray slacks, blue jacket, slip on shoes, dark socks.
21. **Competitors** must wear a solid white traditional karate gi.
22. No **jewelry** is allowed during competition
23. Toenails and fingernails must be **trimmed** short
24. **Glasses** are allowed only in kata.



KATA

25. All Kata divisions will be **judged** using a point system or flags and will be judged by 5 officials when the number of available officials permits, otherwise the number will be 3.
26. Scoring with **3 judges**, all scores count.
27. Scoring with **5 judges**, high and low scores are dropped.
28. Scoring divisions consist of **two rounds**, therefore each athlete is guaranteed two turns at kata (Under 12 years of age).
29. Kata Athletes aged **16+** are permitted to compete in the Adult division.
30. 16 and 17 years olds can only compete in one **team kata** division, either 12-17 or 16+.
31. Kata Divisions will be **mixed** male/female where the amount of competitors is limited in numbers.

KUMITE

32. Competitors must provide their **own equipment** for competition. The NSKA will not guarantee availability.
33. Head gear in all youth (13 and under) divisions is **Optional**.
34. Groin protectors must be worn by all **male kumite** athletes; **female kumite** athletes highly suggested to wear.
35. All Kumite competitors must wear a **mouth guard**.
36. All Kumite competitors must wear WKF style red/blue vinyl or leather **sparring mitts**; no cloth or foam-dipped gear permitted.
37. WKF style red/blue **shin and foot** protection is required for all competitors competing in the Advanced Kumite 12 years+ divisions. Beginner/Intermediate 12 years+ divisions may wear non WKF approved equipment at discretion of head referee. Shin and foot protection optional for under 12, may also wear non WKF approved equipment at discretion of head referee.
38. **Chest protectors** are **mandatory** for male age groups under the age of 12; **optional** for males 12+; **mandatory** for **all female** competitors in kumite events.
39. WKF approved **masks** are optional.
40. In kumite divisions you are expected to defend yourself, should you not, you will be **penalized**.
41. **Kumite** is allowed for age 8 and up
42. All Kumite divisions are **'Stop Time'**
43. Kumite matches for 8-9 year old division are **1:30 min** and held in 6 meter square rings. All other juniors **2 mins** and full size ring.
44. Kumite matches for Adult Women (Beginner/Intermediate), Adult Men (Beginner/Intermediate) and 35+ are **2 mins** in duration.
45. Kumite matches for Advanced Adult Women are **2 mins**, exception is medal matches at **3 mins**
46. Kumite matches for Advanced Adult Men are **3 mins**, exception is medal matches at **4 mins**