
Karate Alberta
Provincial Tournament
October 3rd, 2026
NAIT Main Gymnasium
11762 106 St e140, Edmonton, AB T5G 2R1
*registration deadline of September 26th, 2026

Karate Alberta
Provincial Tournament Bulletin
V1

Saturday October 3rd, 2026

NAIT Main Gymnasium
11762 106 St e140, Edmonton, AB T5G 2R1

Official's Clinics

September 26th, 2026 9-5pm

Tournament Set Up

Saturday, October 3rd - 8-9AM, NAIT Main Gymnasium

October 3rd Karate Alberta Tournament Registration

Message from the Tournament Committee:

The entire team at Karate Alberta (KA) is pleased to provide an official clinic and tournament to kick off the 2026-2027 team selection year. The tournament features novice, intermediate and advanced divisions. The tournament's advanced division results are used as part of the qualification to the KA Provincial Team for Nationals 2027 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 September 26th, 2026.** 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.

Dojo Administration: For KA members, confirm with your Dojo/Club that your membership is currently in Martial Member. (Dojo level only)

We look forward to seeing you on October 3rd, 2026!

Ty Nguyen, Doug Taylor & Rooz Movaffaugh
Tournament Committee, Karate Alberta

Official's Clinic
September 26th, 2026

Time: 9-5pm with lunch break

Location: **Online**

Registration for course: Officials Course

Registration for Tournament Officiating: October 25th Karate Alberta Tournament Registration

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.

2026 WKF rules:

- *WKF 2026 Kumite Competition Rules*
- *WKF 2026 Kata Competition Rules*
- *WKF 2026 Para Karate Competition Rules*

Sample Questions:

- *Kumite Questions*
- *Kata and Para Karate Questions*

Practical Exam:

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

DATE	Saturday October 3rd, 2026 Tournament begins at 9:15 AM Set up Saturday October 3rd at 8:00AM
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	**September 26th, 2026** *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 Athletes, Coaches, Officials	October 3rd Karate Alberta Tournament Registration
Volunteer Sign Up Sheet Volunteer Tracking Form	Saturday 8:00am set-up, AND end of day take down - all team prospects – remember to sign in with the Team Manager For the 2026/2027 season, team prospects/families will be contacted regarding the requirements for volunteering for the season. At the completion of your volunteer shift complete the Volunteer Tracking Form
Volunteer Tutorials	**Tutorials for Table Volunteers** Kihapp Training for Table Volunteers (Updated September 2026): Click Here
Hotel Booking	https://edmontoninn.ihotelier.com/book/dates-of-stay?groupID=5463958&hotelID=102697
Karate Vendor	Champ2champ & Goshindo sports will be on site for equipment sales

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 – 2027 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 2026-27 Prospects

- Registration deadline for the Karate Alberta Provincial Team is September 20th, 2026.

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

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.

[1]Athlete Age Matrix Advanced Divisions Only

U12 *Youth (U14)* *Cadet* *Junior*	10 as of day of tournament *12 as of August 27, 2027* *14 as of August 27, 2027* *16 as of August 27, 2027*
U21/Senior Kumite	18 as of March 31, 2027 OR May 13, 2027 (Phase 1 Karate Canada Qualification Event)
U21/Senior Kata	16+ as of March 31, 2027 OR May 13, 2027 (Phase 1 Karate Canada Qualification Event)

Novice & Intermediate - Age as of day of tournament

Rules Summary

Four to Seven-Year-Old Combined

Format	• 2 matches for all participants: no single winner in Kata or Kumite, everyone receives one medal.
Kata	• Athletes will be paired and present their kata simultaneously. • Judge's decision by flags for best kata.
Kumite	• Phantom Kumite - Each athlete will demonstrate their best kumite against a stationary "BOB" or stand-up bag simultaneously. • Judge's decision by flags for best performance based on technique, speed and spirit.

Kata - Novice and Intermediate Categories

	U10	U12	Youth (U14)	Cadet (U16)	Junior (U18)	U21, Senior, Masters
Format	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - two at a time Draw – single elimination	Flags - one at a time Draw – single elimination
Number of Kata	Novice: May repeat kata Intermediate: Two kata alternate	Novice: May repeat kata Intermediate: Two kata alternate	Novice: May repeat kata Intermediate: Two kata alternate	Novice: May repeat kata Intermediate: Two kata alternate	Novice: May repeat kata Intermediate: Two kata alternate	Novice: May repeat kata Intermediate: Two kata alternate

Kata - Advanced

	U10	U12	Youth (U14)	Cadet (U16)	Junior (U18)	U21, Senior, Masters
Format		Same as U14	WKF Scoring Repechage	WKF Scoring Repechage	WKF Scoring Repechage	WKF Scoring Repechage
Number of Kata		Same as U14	WKF Rules	WKF Rules	WKF Rules	WKF Rules

Para Kata

	Novice and Int.	Advanced
Format	Flags - One at a time Draw – single elimination	WKF Rules
Number of Kata	May repeat kata	WKF Rules

Kumite - Novice and Intermediate Categories

	U10	U12	Youth (U14)	Cadet (U16)	Junior (U18)	U21, Senior, Masters
Format	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination	Repechage or single elimination
Time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	1 min. 30 sec. Stop time	2 min. Stop time
Points	Spread of 8 points	Spread of 8 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	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	Jodan is no touch with fist or foot Chudan is light touch only	Jodan is skin touch with fist or foot Chudan is light touch only
Equipment						
Belts	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Mouth Guard	Required	Required	Required	Required	Required	Required
Groin Protector	Required for Males	Required for Males	Required for Males	Required for Males	Required for Males	Required for Males
Gloves	Red or Blue	Red or Blue	Red or Blue	Red or Blue	Red or Blue	Red or Blue
Foot and Shin Protectors	Optional Red or Blue	Optional Red or Blue	Optional Red or Blue	Highly recommended Red or Blue	Highly recommended Red or Blue	Highly recommended Red or Blue
Internal Body Protector				Highly Recommended	Highly Recommended	Highly Recommended
Female Chest Protector	Optional*	Optional*	Optional*	Highly Recommended	Highly Recommended	Highly Recommended
External Body Protector	Optional*	Optional*	Optional*			
Helmet	Optional*	Optional*	Optional*			

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

Kumite - Advanced Categories (All WKF Rules Enforced)

	U10	U12	Youth (U14)	Cadet (U16)	Junior (U18)	U21, Senior, Masters
Format		Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin	Repechage or Round Robin
Time		Same as U14	1 min. 30 sec. Stop time	2 min. Stop time	2 min. Stop time	3 min. Stop time
Points		Same as U14	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points
Contact		Same as U14	WKF rules	WKF rules	WKF rules	WKF rules
Equipment						
Belts		Same as U14	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Mouth Guard		Same as U14	Required	Required	Required	Required
Groin Protector		Same as U14	Required for Males	Required for Males	Required for Males	Required for Males
Gloves		Same as U14	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Foot and Shin Protectors		Same as U14	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Internal Body Protector				Required	Required	Required
Female Chest Protector		Optional*	Required for Females	Required for Females	Required for Females	Required for Females
External Body Protector		Same as U14	Required			
Helmet		Same as U14	Required			

* 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 over 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, Coach and Official Registration

Karate Alberta Provincial Tournament Fall 2026

WKF RULES Link

Kumite, Kata, and Para Karate Rules: WKF Documents

Tutorials for Table Volunteers

Kihapp Training for Table Volunteers (Updated September 2026): Click Here

Volunteer Sign Up Sheet

Keep in mind that team members of the Karate Alberta Provincial Team for 2026 Nationals need to have 10 volunteer hours.