



PROVINCIAL TOURNAMENT

January 31, 2026
Crescent Heights High School



Karate Alberta Provincial Tournament

Saturday January 31st, 2026

Crescent Heights High School
1019 1 St NW, Calgary, AB

Tournament Set Up

Saturday January 31st, 2026 at 8:00AM - 9:00AM

[January 31st Karate Alberta Tournament Registration](#)

Message from the Tournament Committee:

Karate Alberta is committed to ensuring the highest standards of athlete safety at all sanctioned events. In compliance with the **Safety Regulations issued by the World Karate Federation (WKF)** and adopted by **Karate Canada**, all Karate Alberta sanctioned tournaments will now require the **mandatory use of prescribed protective equipment** as outlined in the WKF Kumite Rules. We ask clubs to **consider maintaining a club set of protective equipment** to help athletes who may face financial barriers, ensuring everyone has the opportunity to participate safely. Please see the communication from Karate Canada below: [Compliance with WKF Safety Equipment Requirements.pdf](#)

The entire team at Karate Alberta is pleased to provide a tournament to wrap-up the 2025-2026 Junior Team selection season. The tournament features novice, intermediate and advanced/elite divisions. The tournament's advanced/elite division results are used as part of the qualification to the KA Provincial Team for Junior Nationals 2026 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 **registration deadline of JANUARY 25th, 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. Given our new equipment requirements, volunteers will be needed to help young athletes change protective equipment at the tatamis.

Each dojo will be required to provide a minimum of 2 people for table work **AND** a minimum of 2 officials. Please sign up for a position using this link:

[Volunteer Sign Up Sheet](#)

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

Tournament Committee, Karate Alberta

DATE	Saturday January 31st, 2026 Tournament begins at 9:15 AM Set up January 31st 8:00AM - 9:00 AM
ELIGIBILITY	All Karate Alberta and Karate Canada members are invited to participate. Athletes, Officials & Coaches – must be registered members in <i>Good Standing</i> Coaches must be NCCP CI – Trained status and receive Coach Accreditation at event to coach at Tournament <i>Coaches will be provided a one-time exemption if they do not meet this status</i>
REGISTRATION DEADLINE	January 25th, 2025 <i>No registrations will be accepted on the day of the tournament</i>
TOURNAMENT SCHEDULE	Tournament Schedule will be available 2 days prior to Tournament
MANDATORY KUMITE EQUIPMENT	See Below
ENTRY FEES	<ul style="list-style-type: none"> • \$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
Registration for coaches, officials and athletes	January 31st Karate Alberta Tournament Registration
Volunteer Sign Up Sheet	<p>Saturday 8:00am-9:00am set-up, AND end of day take down - all team prospects – remember to sign in with the Team Manager.</p> <p>Each dojo must provide a minimum of 2 volunteers for table work or officials.</p> <p>***With the new equipment requirements, 8 additional volunteers will be required to assist with WKF protective equipment at the tatamis for Kumite competition.</p> <p>At the completion of your volunteer shift complete the Volunteer Tracking Form</p>
Volunteer Tutorials	Tutorials for Table Volunteers Kihapp Training for Table Volunteers: Click Here
Hotel Booking	Sandman Hotel & Suites Calgary South Code: 2510KARATE
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 – 2026 KC Nationals, Jr. Pan American, and Jr Worlds date matrix¹.
- 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 2025-26

Prospects

- Registration for the Karate Alberta Provincial Team has now passed.
- *This event will be used as a selection for the 2027 Canada Games in Quebec, athletes who meet the age and eligibility requirements may be entered into an additional category for selection purposes.*

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
- [January 31st Karate Alberta Tournament Registration](#)

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.

¹Athlete Age Matrix Advanced Divisions Only

<i>U12</i>	<i>10 as of August 27, 2026</i>
<i>Youth (U14)</i>	<i>12 as of August 27, 2026</i>
<i>Cadet</i>	<i>14 as of August 27, 2026</i>
<i>Junior</i>	<i>16 as of August 27, 2026</i>
<i>U21/Senior Kumite</i>	<i>18 as of Feb 19, 2026 (U21 as of Worlds 2026)</i>
<i>U21/Senior Kata</i>	<i>16 as of Feb 19, 2026 (U21 as of Worlds 2026)</i>

Novice & Intermediate - Age as of day of tournament

Rules Summary

4 – 7 Year Old Combined	<ul style="list-style-type: none"> • Kata – athletes will be paired and present their kata simultaneously – Hantei (judge's decision) for best kata • Kumite (Phantom) - Each participant will compete their best kumite against a stationary opponent - "BOB" or stand up bag - simultaneously – Hantei (judge's decision) for best performance based on technique, speed and spirit. • 2 matches for everyone: no single winner in Kata or Kumite, everyone receives One Medal
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		Novice & Intermediate		Advanced & Para	
KATA		Events A, B, C, D,	Masters (including advanced)	U12, Youth, Cadet, Junior	Para (Kata only), Senior
	Format	Flags - two at a time Draw – single elimination	Flags - one at a time Draw – single elimination	WKF Scoring Repechage	WKF Scoring Repechage
	Number of Kata	Novice: May repeat kata Intermediate and up: ABAB	Novice: May repeat kata Intermediate and up: ABAB	WKF rules	WKF rules 1 Kata - Para
KUMITE	Format	Repechage or single elimination	Repechage or single elimination	Repechage or Round Robin	Repechage or Round Robin
	Time	1 min. 30 sec. Stop time	2 min. Stop time	Youth: 1 min. 30 sec. Cadet, Junior: 2 min. Stop time	3 min. Stop time
	Points	Spread of 8 points	Spread of 8 points	Spread of 8 points	Spread of 8 points
	Contact	Jodan is skin touch with fist or foot Chudan is light touch only	Jodan is skin touch with fist or foot Chudan is light touch only	WKF rules	WKF rules
	Mandatory Protective Gear	See novice and intermediate equipment requirements below	See novice and intermediate equipment requirements below	WKF rules	WKF rules

Novice and Intermediate Equipment Requirements	All categories for competitors under 10 years of age	10/11-year-old Categories	12/13-year-old Categories	Categories for competitors 14 years of age and older
White Karate Gi	Required	Required	Required	Required
Belts	Red and Blue	Red and Blue	Red and Blue	Red and Blue
Mouth Guard	Required	Required	Required	Required
Groin Protector	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
Foot and Shin Protectors	Red or Blue	Red or Blue	Red or Blue	Red or Blue
Internal Body Protector	No	No	No	Required
Female Chest Protector	Optional	Optional	Required for Females	Required for Females
External Body Protector	Optional	Optional	Required	No
Helmet	Optional	Optional	Required	No

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 (U12)	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 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 under 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

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

Age Detail*
Age as of Day of Tournament
A-D-T
Age for KCPKF/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



Summary

WKF RULES Link

Kumite Rules: [WKF Kumite Competition Rules 2026](#)

Kata Rules: [World Karate Federation \(wkf.net\)](#)

Para Rules: [World Karate Federation \(wkf.net\)](#)

Tutorials for Table Volunteers

Kihapp Training for Table Volunteers: [Click Here](#)

Volunteer Sign Up Sheet

Keep in mind that *all* members of the Karate Alberta Provincial Team for 2025 Nationals need to have 10 volunteer hours.