



March 8-10, 2024

KARATE TOURNAMENT WEEKEND

26th Annual Spring Workshops and Tournaments

March 8-10, 2024

Featuring Two Tournaments:

Saturday March 9

South Calgary Annual Spring Tournament

Sunday March 10

South Calgary Karate Tournament



Friday March 8, 2024

Officials Clinics - Crescent Point Regional Field House

Brown & Black Belts

SWKKF Officials Clinic Refresher 5:30-6:30pm - Sensei Heather Fidyk

Intro to WKF Karate Rules 6:30-7:30pm - Sensei Geraldine Young

Friday March 8, 2024

Tournament Workshops – Crescent Point Regional Field House

Featured Guests: To Be Announced

Youth Ages 6-13 – Kata & Kumite Tournament preparation 6-7:15pm

Teen/Adult Kyu Belts – Kata, Kumite Tournament preparation 7:30-9:30pm

Saturday March 9, 2024

South Calgary Wado Kai Karate Annual Spring Tournament & Celebration Dinner

SWKKF Rules – Crescent Point Regional Field House

Events: Youth and Adult Kata, Kumite, Para & Shindo, competitors ages 6+

Sunday March 10, 2024

South Calgary Karate Tournament

WKF Rules – Crescent Point Regional Field House

Events: Recreational age 10+ & Elite Kata & Kumite, Team event if time permits

Details of Events

Events	Date(s)	Time	Location	Who
SWKKF Rules Refresher Clinic	Friday March 8	5:30- 6:30pm	Crescent Point Regional Field House	Ages 12+
Intro to WKF Rules Clinic	Friday March 8	6:30- 7:30pm	Crescent Point Regional Field House	Ages 12+
Youth Workshop Registration Link	Friday March 8	6-7:15pm	Crescent Point Regional Field House	Ages 6-13
Teen/Adult Workshop Registration Link	Friday March 8	7:30-9:30	Crescent Point Regional Field House	Ages 14+
Annual Spring Tournament (Shintani rules) Registration Link	Saturday March 9	8-5pm	Crescent Point Regional Field House	Ages 5+
Celebration Dinner RSVP Link	Saturday March 9	6pm -ish	Big Sky BBQ Pit, 15 th St Okotoks, AB	RSVP
South Calgary Karate Tournament (WKF rules) Registration Link	Sunday March 10	7:30- 3:30pm	Crescent Point Regional Field House	Ages 8+

Registration Options

- Online Registration - *links above* – available until **March 4, 2024**
 - Last Registration, in person – Friday at Workshops
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Volunteers

Set up* Take Down*Registration*Scorekeeping*First Aid*Hospitality Room

- Sign up online [VOLUNTEER LINK](#)
 - Shintani Rules Scorekeeping clinic online [LINK](#)
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Hotel Suggestions

- Best Western Plus Okotoks Inn & Suites (403) 995-6262
 - Lakeview Inn & Suites (403) 938-7400
 - Okotoks Inn (403) 938-4101
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Location Address

- Calvary FC (Crescent Point) Regional Field House - 125 Field House Dr East, Okotoks, AB
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Prices

- Official Clinics - Free
 - Workshops \$20 - Individual \$40-Family
 - Tournament \$30 – Individual, \$65 – Family – Saturday only (Click on Apply Discount and use code FAMILY3 for 3rd family member, use code FAMILYRATE for subsequent family members before clicking on Pay with PayPal at checkout).
 - Black Belt Competitors who volunteer to Officiate - \$5 (Click on Apply Discount and use code BBOFFICIATE before clicking on Pay with PayPal at checkout)
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Souvenir Tournament T-Shirt - \$20

- Must be pre ordered by Feb 29, 2024
- [Click here to order](#)

March 9, 2024, South Calgary 26th Annual Spring Tournament Overview*

8:00	Officials Meeting & Volunteer Meeting	1:00	Para Kata, Black Belt Kata & Open Kata Black Belt Kumite
8:45	Opening Ceremony	2:00	Marshal and organize all <u>Adult divisions</u>
9:00	All Shindo divisions, Black belt Masters Kata	3:00	Adult Brown belt divisions Adult white – blue divisions
9:15	Marshal and organize <u>Youth White - Blue divisions</u>	5:00	Black Belt Team Kumite
10:00	Youth kyu belt divisions continued	6:00	Take Down

**Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!*

Kyu Belt Information (Rule Modifications/Clarifications)

KATA

- Scored event
- Katas cannot be above competitor's rank
- Tie Break Kata – Simultaneous Kata as determined by Centre Referee
- Large Divisions will have finals
 - 10-14 top 3 compete in Finals
 - 15 -19 top 4 compete in Finals
 - 20+ top 6 compete in Finals

KUMITE

White/Yellow 8+ - Brown Belt

- Drawsheet - Revised Single Elimination - guaranteed two matches: first match determines A/B side, then single elimination after first match, bye will not count as a match in first round.
- DQ will result in loss of match unless Official removes competitor from event
- 2 minutes run time or first to 3 points
- Hand Pads and Mouth Guard mandatory, shin/instep suggested for athletes over 12 years, additional equipment optional (hand pads will be available for use)

"Bob" KUMITE

White – Yellow Belts U8

- Attacks – punches and kicks on "Bob" Pads
- Two competitors simultaneous – flag determines winner – single elimination
- Criteria for evaluation
 - Timing, distance, speed power, repertoire, tactics, and spirit
- Time for Match
 - 45 seconds

SHINDO

- Beginner, Novice, Advance divisions

AWARDS

- Medals will only be awarded in each division to the top 3 for kata and top 3 for kumite

Link for [Shintani Tournament Rules](#)

Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner.

Black Belt Event Information and Rules

Kata - 6 Events

1. Male Kata 16-34 all dan ranks
2. Female Kata 16-34 all dan ranks
3. Male Masters 35+ all dan ranks*
4. Female Masters 35+ all dan ranks*
5. Para Kata – Open Kata
6. Open Yudansha (Black Belt) Kata: single elimination seeded
 - Round 1- Pinan – chosen by center official
 - Round 2- Open Shintani kata (invitational guests - compete any kata)
 - Round 3- Open kata choice – cannot repeat a kata
 - Round 4- choice - Kushanku, Kankusho, or Chatanyara/Chibana kushanku

Yudansha can compete any Kata, with no rank or dan restrictions! This means competitors should start practicing, or learning, katas they will compete at the tournament. Katas from a different style must conform to the style.

- May be combined if less than 5 per division*
- Divisions with 10-14 top 3 will compete Kata as determined by Centre Referee in Finals
- Divisions with 15 - 19 top 4 will compete Kata as determined by Centre Referee in Finals
- Divisions with 20+ top 6 will compete Kata as determined by Centre Referee in Finals

Kumite - 6 Events

1. Male Kumite 16-34 all dan ranks (SWKKF Rules)**
2. Male Masters Kumite 35+ (SWKKF Rules)**
3. Female Kumite 16-34 all dan ranks (SWKKF Rules)**
4. Female Masters Kumite 35+ (SWKKF Rules)**
5. Open Male Kumite (SWKKF Rules)**
6. Open Female Kumite (SWKKF Rules)**

**Drawsheet will be Revised Single Elimination - guaranteed two matches: first match determines A/B side, then single elimination after first match, bye will not count as a match in first round.

Shindo – 1 Event

- Yudansha Level in Shindo

Team Kumite - 1 Event

- Teams will be created on day of tournament
- SWKKF Rules
- Match information and point accumulation rules TBD day of tournament

Sensei Lyle Muenchrath Award

This trophy will be awarded to the Black Belt competitor with the best overall record in the tournament. It will be awarded based on the Black belt events.

See Appendix A – *not yet available*

Registration Link

[Annual Spring \(Saturday\) Tournament 2024](#)

March 10, 2024, South Calgary Karate Tournament Overview*

- 7:30 Officials Meeting, Coaches Meeting & Volunteer Meeting
- 8:15 Opening Ceremony – All competitors must bow in
- 8:30 Novice & Intermediate Kata & Kumite Divisions U12 to Masters
- 8:30 Female Advanced Kata U14, U16, U18, Senior
- 9:30 Male Advanced Kata U14, U16, U18, Senior
- 11:00 Female Elite Kumite U14, U16, U18, Senior
- 12:00 Male Elite Kumite U14, U16, U18, Senior
- 3:00 Clean up

**Tentative schedule, subject to change, if ahead of schedule we will continue without competitor!*

Divisions

Recreational Intermediate Divisions – U10, U12, U14, U16, U18, Adult Black belts (not Elite)

- Kata & Kumite Novice (less than 2 years in Karate)
- Kata & Kumite Intermediate (more than 2 years but not Black belt)
- Kata & Kumite Recreational Black Belt Adults
- Male & Female divisions (maybe combined for U12)
- Age as per day of Tournament

Elite Divisions – Age as per day of Tournament or KC age Matrix (*not both*)

- | | |
|---|---|
| ▪ U14 Youth ages 12-13 Female <ul style="list-style-type: none">○ Kata / Kumite -45kg / Kumite +45kg | ▪ U14 Youth ages 12-13 Male <ul style="list-style-type: none">○ Kata / Kumite -50kg / Kumite +50kg |
| ▪ U16 Cadet ages 14-15 Female <ul style="list-style-type: none">○ Kata / Kumite -50kg / Kumite +50kg | ▪ U16 Cadet ages 14-15 Male <ul style="list-style-type: none">○ Kata / Kumite -63kg / Kumite +63kg |
| ▪ U18 Junior ages 16-17 Female <ul style="list-style-type: none">○ Kata / Kumite -55kg / Kumite +55kg | ▪ U18 Junior ages 16-17 Male <ul style="list-style-type: none">○ Kata / Kumite -68kg / Kumite +68kg |
| ▪ Senior ages 18+ Female <ul style="list-style-type: none">○ Kata / Kumite -61kg / Kumite +61kg | ▪ Senior ages 18+ Male <ul style="list-style-type: none">○ Kata / Kumite -75kg / Kumite +75kg |

Para Divisions

- Kata Kyu Belt
- Kata Black Belt

Rules

Female Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules

Male Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules

Para Divisions

- WKF Rules – guideline only

Coaches

- Club jacket, track pants, runners
- Appropriate conduct is expected

Tournament Director reserves the right to combine or divide divisions in a safe and competitive manner

Modified WKF Rules – Recreational divisions

KATA:

- May use any kata from their style curriculum
- Flags – single elimination (simultaneous for U12)
- Competitors may repeat katas as required

KUMITE:

- Kumite events shall be 1.5 minutes stop time or first to 6 points
 - No head contact – contact will result in penalty, penalties or DQ as assessed by referee
 - Drawsheet will be Single elimination - unless otherwise announced
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WKF Rules – Elite divisions

KATA:

- May use any kata from their style curriculum
- Point system – Drawsheet will be Repechage for 5 or more competitors, Round Robin for less than 5 - unless otherwise announced
- Competitors may *not* repeat katas

KUMITE:

- Kumite events shall be 1.5 min for youth, 2 min for cadet/junior, and 3 min for Senior
- Drawsheet will be Repechage for 5 or more competitors, Round Robin for less than 5 - unless otherwise announced

WKF Rules: [World Karate Federation \(wkf.net\)](http://wkf.net)

Safety Equipment

Recreational Kumite Divisions

- Hand & foot pads and mouth guard mandatory, additional equipment optional
- Groin protection for males

Elite Kumite Divisions

- WKF Regulation
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Team Kumite Event

- Only if time allows
 - Teams will be created by draw from those choosing to participate on day of tournament
 - Rules will be WKF age based
 - Format at tournament director's discretion
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Registration Link

[South Calgary Karate Tournament 2024](#)