



**KARATE  
CANADA**  
CHAMPIONNAT  
**NATIONAL**  
CHAMPIONSHIPS  
2025



**APRIL 3-6 AVRIL**

**RICHMOND OLYMPIC OVAL**

**RICHMOND • BRITISH COLUMBIA**  
**COLOMBIE-BRITANNIQUE**



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# Greetings from the President of Karate Canada

On behalf of Karate Canada, I would like to welcome participants from across Canada to the 48th National Championship. This combined championship will take place in the city of Richmond, British Columbia from April 3 to 6, 2025.

The event will be hosted at the Richmond Oval, one of the main competition venues from the 2010 Winter Olympics which will provide participants with a world class facility in which to compete. Located close to Vancouver airport, transportation hubs and hotels, the Richmond Oval is easily accessible. Of course, if one wishes to see more than the airport, hotel and venue, the beauty of the Richmond/Vancouver area is immediately evident. Whether you wish to see the area around Richmond, explore the city of Vancouver, or venture into the coastal Rocky Mountains, the options are many and varied.

I would like to wish all participants the best of success and we look forward to seeing you in April.

Craig Vokey  
President  
Karate Canada





# A Special Welcome to All Participants of the 2025 Canadian National Karate Championships

On behalf of Karate BC, I am thrilled to welcome you to the 2025 Canadian National Karate Championships at the world-renowned Richmond Olympic Oval from April 3-6, 2025. This isn't just a competition; it's a defining moment in our journey together, and we are honored to host athletes, coaches, officials, and supporters from every corner of Canada.



Richmond, BC, is one of Canada's most exciting cities, known for its dynamic cultural diversity, breathtaking waterfronts, and a culinary scene that's second to none. We invite you to explore the iconic Steveston Village, where history meets the beauty of the Fraser River, and enjoy a taste of Richmond's famed night markets. With its vibrant charm, Richmond offers experiences that will leave a lasting impression.

Hosting the event at the Richmond Olympic Oval—a true legacy of the 2010 Winter Olympics—is a highlight in itself. This award-winning venue, with its sweeping views of the North Shore Mountains and cutting-edge sports facilities, sets the stage for an unforgettable championship. It's a place where world records have been set, and dreams have come true—a fitting setting for showcasing the best of Canadian karate.

We are grateful to Karate Canada for entrusting us with this prestigious event. It's not just about the medals; it's about celebrating the spirit of karate, creating lifelong memories, and inspiring the next generation of athletes. Together, we will make this a championship that echoes beyond the competition floor.

To all participants, volunteers, and supporters: thank you for being part of this extraordinary journey. Welcome to British Columbia. Welcome to Richmond. Welcome to the 2025 Canadian National Karate Championships!

With excitement and gratitude,  
Donna Gardecki  
President, Karate BC



# Greetings from the Karate Canada Event Manager

The purpose of this information bulletin is to assist PTSOs in their planning process by providing an overview of the event and outlining requirements for participation.

I welcome you to reach out to me at [cheryl.tataryn@karatecanada.org](mailto:cheryl.tataryn@karatecanada.org) if you have any logistical questions regarding the event. High performance questions can be directed to [rodney.hobson@karatecanada.org](mailto:rodney.hobson@karatecanada.org).

Looking forward to seeing everyone!

Best wishes,

A handwritten signature in black ink that reads 'Cheryl Tataryn'.

Cheryl Tataryn  
Events Manager  
Karate Canada

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# 1. GENERAL EVENT INFORMATION

## 1.1 DATES

Competition dates: April 3-6, 2025

## 1.2 VENUE



### [RICHMOND OLYMPIC OVAL](#)

6111 River Rd  
Richmond BC V7C 0A2

## 1.3 LIVE STREAMING

Karate Canada will be offering live streaming for this event. Stay tuned to social media/website postings for more information.

## 1.4 SPECTATOR TICKETS

For the convenience of PTSOs, participants, team supporters, friends and family, spectator tickets will be available for purchase online and at the door.

Tickets will be available in one-day and the more economical four-day package. Purchase early to take advantage of discounted pricing. **Children 9 and under will have complimentary entry to the event.**



Take advantage of early bird pricing on tickets purchased prior to Wednesday, April 2, 2025.

<https://buytickets.at/karatecanada/1445572>

## 1.5 PUBLIC HEALTH RISK MITIGATION MEASURES

Karate Canada is committed to adhering to all municipal, provincial and federal public health guidelines.

At the time of publishing this information bulletin, there are no specific risk mitigation measures to be applied for Nationals in Richmond, BC, including those for COVID-19.

Please note that municipal, provincial and federal public health guidelines are subject to change. As such, Karate Canada will be diligent in advising participants of any change(s) if/as they become available.

## 1.6 OUT-OF-PROVINCE/TERRITORY INSURANCE - RECOMMENDATION

Karate Canada strongly recommends that all participants ensure they have out-of-province/territory travel insurance to protect themselves should they require medical services and/or an extended stay for medical reasons.

## 1.7 PRIMARY CONTACTS

### Technical Event Support

Stéphane Rivest  
Tournament Director  
Email: [riveststef@gmail.com](mailto:riveststef@gmail.com)

### Non-Technical Event Support

Cheryl Tataryn  
Events Manager  
Email: [cheryl.tataryn@karatecanada.org](mailto:cheryl.tataryn@karatecanada.org)

### Medical Forms & Event Support

Gillian Benson  
Karate Canada Program Manager  
Email: [gillian.benson@karatecanada.org](mailto:gillian.benson@karatecanada.org)

### High-Performance

Rodney Hobson,  
Sport Technical Leader &  
High Performance Committee Chair  
Email: [rodney.hobson@karatecanada.org](mailto:rodney.hobson@karatecanada.org)

## 2. PARTICIPANT CODE OF CONDUCT

Exemplary conduct is expected of all Nationals participants, from their official departure from their home through to their return.

Any behaviour contrary to the spirit of the Nationals or any violation of any Karate Canada, hotel or venue rule or policy will result in appropriate disciplinary action.

Karate Canada is committed to providing a sport, work, and volunteer environment in which all individuals are treated with respect and dignity. Each individual has the right to participate and work in an environment which promotes equal opportunities and prohibits discriminatory practices. Karate Canada will not tolerate acts of harassment, abuse, bullying, hazing, or other such behaviours.

2025 Nationals participants, including athletes, coaches, team reps, referees, staff and volunteers will:

- Show the same level of respect they would want in return.
- Treat the National's host hotels and competition venue, as well as their staff and fellow patrons, with respect and care.

Any damages to these properties or infrastructure due to the actions of a participant(s) will result in disciplinary action and/or financial restitution by the participant(s) involved and/or their PTSO.

- Treat all other participants fairly, regardless of gender, ethnic background, color, sexual orientation, religion, political belief, or economic status.
- Conduct themselves in a manner consistent with the position as a positive role model, and as a representative of their sport and province.
- Respect and adhere to the rules and policies of Karate Canada and the WKF.
- Respect the privacy and dignity of others by not divulging confidential information without consent, except where required by law.
- Consistently display high personal standards and project a favourable image of karate and their respective province/territory.
- Refrain from public criticism of athletes, coaches, team reps, referees, staff and volunteers.

- Refrain from the use of profane, insulting, harassing, or otherwise offensive language.
- Respect the dignity of others. Verbal or physical behaviours that constitute harassment or abuse are unacceptable.
- Not use or advocate or condone the use of drugs or other banned or performance enhancing substances.
- Not provide others with drugs and will not provide those who are underage with alcohol or tobacco products.
- Compete/participate in a spirit of fair play and honesty.
- Refrain from using tobacco products within the competition venue or other areas where prohibited.
- Address fellow athletes, coaches, referees, volunteers, event organizers, spectators, and others associated with the Nationals in a courteous and respectful manner.
- Act in a manner that will bring credit to the Nationals, the sport of karate, and themselves, both within and outside the competition venue and/or competition area.
- Ensure the safety of others and themselves.
- Conduct themselves in a positive and supportive manner.
- Abide by the laws of the province and city in which the Nationals is taking place.
- Prepare themselves for the Nationals competition.
- Be responsible for all their personal items such as identification, personal belongings, and equipment.

### **Athlete's Oath**

In the name of all competitors, I promise that we shall take part in these 2025 National Championships respecting and abiding by the rules which govern them, committing ourselves to a sport without doping and without drugs, in the true spirit of karate-do, for the glory of sport and the honour of our teams.

### **Coach's Oath**

In the name of all the coaches and other members of the athletes' entourage, I promise that we shall commit ourselves to ensuring that the spirit of sportsmanship and fair play is fully adhered to and upheld throughout these 2025 National Championships, in accordance with the fundamental principles of sport and in the true spirit of karate-do.

### **Referee's Oath**

In the name of all the judges and referees, I promise that we shall officiate in these 2025 National Championships with complete impartiality, respecting and abiding by the rules which govern them, in the true spirit of karate-do.



### 3. NATIONAL COMPETITIONS CITIZENSHIP REQUIREMENTS AND ELIGIBILITY POLICY

Karate Canada wishes to remind all registrants of its current “National Championships (Competitions) Citizenship Requirements and Eligibility Policy”, as stated below also apply to the 2025 National Championships event:

#### 3.1 DEFINITIONS

The following terms have these meanings in this policy:

- a) “Days” – Days irrespective of weekends and holidays.
- b) “Participant”- Any individual who is registered as an athlete with a provincial or territorial karate association who is a member in good standing of Karate Canada.

#### 3.2 PURPOSE

The purpose of this Policy is to determine Participant eligibility for participation in Karate Canada’s National Championships

#### 3.3 APPLICATION OF THIS POLICY

This Policy applies to all Participants defined in the Definitions.

This Policy only applies to eligibility matters that may arise before the National Championships.

Eligibility matters arising within the competition or events organized by entities other than Karate Canada, including its member associations, will be dealt with pursuant to the policies of those other entities unless requested and accepted by Karate Canada at its sole discretion.

#### 3.4 ELIGIBILITY

Participants may only participate in the National Championships if they meet the following requirement:

**The Participant is a Canadian passport holder.**

Additionally, Karate Canada will accept registrations of Senior kata teams comprised of athletes from different PTSOs (all details regarding the registration process for such teams will be provided in later versions of this bulletin).

### 3.5 PROVIDING PROOF OF ELIGIBILITY

All Participants will be required to provide proof of the eligibility requirement listed in [Section 3.4](#) no later than **March 5, 2025** through the system or method that Karate Canada will communicate to the PTSOs. Such proof will consist of the following:

- Valid Canadian passport

After reviewing all applicable evidence, the Executive Director, or designate, will determine whether or not the Participant is deemed eligible in accordance with this Policy. If the Participant is deemed non-eligible, he /she may not take part in the competition.

*PLEASE NOTE: passports must accurately reflect the participants' name, date of birth, and gender as they appear in Sportdata. If any athlete requires a new passport in order to fulfill these requirements, Karate Canada can provide a letter of support to expedite the process. All requests for letters of support will remain confidential. For more information please contact Gillian Benson at [gillian.benson@karatecanada.org](mailto:gillian.benson@karatecanada.org).*

Participants who give incorrect or misleading information may be disciplined in accordance with Karate Canada's Discipline and Complaints Policy.



## **AUTOMATIC INVITATIONS TO THE 2025 NATIONAL CHAMPIONSHIPS**

Karate Canada will automatically invite athletes that meet one (1) of the following four (4) criteria to the 2025 National Championships:

1. All Senior athletes holding a status (International A, B or C, or National A) as of March 1, 2025 regardless of any change in weight division within Senior kumite divisions.
2. All medallists from the previous (2024) National Championships regardless of any change in age/weight divisions.
3. The two (2) top-ranked National Team Roster athletes in each division (at the end of the 2024-25 season), regardless of any change in age or weight divisions.

**Automatic invitations to the 2025 National Championships, according to the above points, will only apply to the discipline in which the medal or rank was earned.**

**All automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (i.e., participation in provincial selection tournaments or training sessions, etc.)**

**Automatically invited Kumite athletes may register in any age &/or weight division at the 2025 Nationals for which they are eligible, regardless of the division in which they achieved their automatic invitation status.**

**All automatically invited athletes must be active and current members in good standing of the National Team Roster, according to Karate Canada, following published National Team Criteria.**

## 5. COMPETITOR ELIGIBILITY GUIDELINES

All participants must be members of their provincial or territorial karate Associations and Teams (declared and paid to Karate Canada), and participants may only be pre-registered online through their PTSO's Team Manager or designated representative.

Please note: All current Senior National Team Roster kumite athletes must participate as members of their respective Provincial / Territorial Teams, in both individual and team divisions, and must be deemed eligible for participation according to their provincial/territorial requirements.

### 5.1 MAXIMUM NUMBER OF ENTRANTS

#### 5.1.1 Individual Kumite

Each Province/Territory is permitted to send a maximum of three (3) competitors per individual division, in addition to all automatically invited athletes. \*Automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (in terms of participation in provincial selection tournaments and/or trainings, etc.).

#### 5.1.2 Team Kumite

At this time, Karate Canada does not plan to offer PTSOs the option to register athletes in team kumite divisions for this competition. The event will only feature individual divisions in kumite.

#### 5.1.3 Individual Kata

Each Province/Territory is permitted to send a maximum of four (4) competitors per individual division, in addition to all automatically invited athletes. These automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (in terms of participation in provincial selection tournaments and/or trainings, etc.).

#### 5.1.4 Team Kata

Each Province/Territory is permitted to send a maximum of one (1) kata team.

Additionally, Karate Canada will accept registrations of Senior kata teams comprised of athletes from different PTSOs (all details regarding the registration process for such teams will be provided in later versions of this bulletin).

#### 5.1.5 Para-Karate

Each Province/Territory is permitted to send a maximum of four (4) competitors per individual division, in addition to all automatically invited athletes. Automatically invited athletes must still meet team eligibility requirements set by their respective PTSO (in terms of participation in provincial selection tournaments and/or trainings, etc.).

**\*\*\*IMPORTANT: 2025 Membership Fees from each PTSO must have been paid in full and all required registrant information must have been provided to the Karate Canada office prior to Friday, March 14, 2025 in order for individual participant registrations of athletes and coaches from that Province / Territory to be considered valid.**

## 6. MANDATORY EQUIPMENT

All equipment (including uniforms / gis) must be WKF-branded and approved. This section is aligned with the current WKF rules at the time of publishing.

Please also refer to [Appendix 8 - Mandatory Kumite Equipment Checklist](#)

### 6.1 KARATE-GI

In alignment with current WKF rules of competition, please note that karate-gis including colored embroidery on the shoulders are encouraged, but **optional, in ALL divisions (kata and kumite)** at the 2025 Karate Canada National Championships. The wearing of karate-gis featuring blue, red or white shoulder embroidery by competitors will be accepted. The wearing of karate-gis featuring gold shoulder embroidery is only permitted for current, reigning WKF world champions, where applicable (no other color will be permitted).

It is also noted that Karate Canada's, National Championship is a Selection Event that selects to PKF and WKF Championships. These events and other WKF international events do adhere fully to the WKF rules where athletes must have both red and blue shoulder embroidery on gis to compete.



## 6.2 CHEST/BODY PROTECTOR

The use of approved body protectors is mandatory for all kumite participants. The use of approved female chest protectors is mandatory for all female kumite participants.

For U14 categories only:

- Chest protectors are optional for athletes in female categories.
- The use of WKF approved External Chest Protector is compulsory.

## 6.3 GROIN CUP / PROTECTOR

Mandatory for all male kumite athletes.

## 6.4 HELMET

The use of WKF approved Helmet is compulsory for U14 divisions.

## 6.5 GLOVES

Participants must have both a blue and a red pair of WKF-approved gloves and hand protectors.

## 6.6 FOOT AND SHIN PROTECTORS

Participants must have both a blue and a red pair of WKF-approved foot and shin protectors.

## 6.7 MOUTH GUARD

Mandatory for all kumite athletes.

## 6.8 ACCEPTED FLAGS ON GIS

PTSOs and athletes are reminded that only provincial/territorial flags are allowed to be presented on gis. **Canadian flags will not be accepted.**

## 6.9 MEDAL PRESENTATION ATTIRE PROTOCOL

Medallists must make their way to the medal presentation area as soon as directed and must be wearing their provincial/territorial tracksuit.

Acceptable podium attire:

- Gis pants or PTSO-approved pants (black) with a tracksuit jacket

- Sport sneakers or barefoot

Unacceptable podium attire:

- Shorts
- Ballcaps
- Carrying cellphones and/or flags
- Sandals/Slides/Flipflops



## 7. COACH ELIGIBILITY GUIDELINES

All participants must be members of their provincial or territorial karate Associations and Teams, and participants may only be pre-registered online through their PTSO's Team Manager or designated representative.

### NCCP REQUIREMENTS

All NCCP (National Coaching Certification Program) training and certification requirements that will be in effect at this event can be found at [Appendix 5](#) (requirements vary based on the number of Coaches per Provincial / Territorial Team).

Any higher NCCP level of training or certification than those listed in Appendix 5 will of course also be considered as valid. Karate Canada will verify all coach NCCP credentials and records via ‘The Locker’ (the Coaching Association of Canada's online database) after the registration deadline, and prior to the start of the competition. Extenuating circumstances for not satisfying the established requirements may be considered by Karate Canada, on an exceptional basis and with proper justification.

Recommendations for PTSOs from the NCCP Committee:

- Provincial/Territorial Karate organizations should verify Locker transcripts of their coaches to determine any gap in training and certification.
- PTSO Coach/NCCP leads should reach out to their NCCP Committee contact for scheduling and delivering any online sport-specific modules.

## 8. AGE ELIGIBILITY

Please note the following information pertaining to age eligibility of participants in the 2025 Karate Canada National Championships.

### 8.1 JUNIOR KATA & KUMITE

Youth, Cadet, Junior and U21 athletes must compete in the age category for which they are age eligible as of the first day of the 2025 Junior Cadet & U21 Pan American (PKF) Karate Championships (expected to be August 28, 2025). **Specific age rules for U21 divisions listed in age matrix.**

Participants in all divisions must be aware that unless they are of age to compete in a specific division at key international events taking place during the 2025-2026 season (on the dates of these events, such as the 2025 Junior Cadet & U21 Pan American (PKF) Karate Championships), they may NOT represent Canada (in such divisions) at these competitions.

See [Age Eligibility Matrix](#).

### 8.2 SENIOR KUMITE

Senior athletes must be 18-years-old or older as of the first day of the 2025 Karate Canada National Championships.

U21 athletes can register to compete in Senior divisions.

17-year-old athletes who turn 18 as of the first day of the 2025 Senior Pan American (PKF) Karate Championships (expected to be May 22<sup>nd</sup> 2025) may **not** register in Senior Kumite divisions.

See [Age Eligibility Matrix](#).

Participants must be aware that unless they are of age to compete in the Senior division at key international events taking place during the 2025-26 season (on the dates of these events), they may NOT represent Canada (in such divisions) at these competitions.

### 8.3 SENIOR KATA

Senior athletes must be minimum 16-years-old as of the first day of the 2025 Karate Canada National Championships.

Athletes aged 16, 17, 18, 19 and 20 years may compete in Senior individual and Senior team divisions. (Please note that the minimum age for Senior individual and Senior team kata at international events is 16.)

15-year-old athletes who turn 16 as of the first day of the 2025 Senior Pan American (PKF) Karate Championships (expected to be May 22, 2025) may not register in Senior Kata divisions.

See [Age Eligibility Matrix](#).

Participants must be aware that unless they are of age to compete in a Senior division at key international events taking place during the 2025-26 season (on the dates of these events), they may NOT represent Canada (in such divisions) at these competitions.

## 9. REFEREE ELIGIBILITY CRITERIA

Karate Canada will only accept registration of referees and judges meeting the following criteria for the 2025 Karate Canada National Championships:

- a) Current international (WKF or PKF) licence holder (subject to screening by the Karate Canada RC) or
- b) Current Karate Canada National licence holder (judge and/or referee)
- c) Those who are testing for their first Karate Canada licence and have passed the theory exam or those who are attempting to upgrade their Karate Canada licence.

### 9.1 REFEREE ACCOMODATIONS

Karate Canada is pleased to support traveling referees by providing accommodations during the 2025 Nationals.

This support will cover room rate and taxes and is based on **double occupancy (2 per room)** for the nights of **April 2-6, inclusively**.

**Referees needing accommodation outside of these pre-approved dates, for any reason, will be solely responsible for their accommodation expense.**

More information will be provided to participating referees through the Chair of the Referee Commission.

**Note: For referees who reside within 75km of Richmond (not including Vancouver Island), a mileage subsidy will be provided for their daily travel, in place of the shared accommodation.**

### 9.2 REFEREE BRIEFING

An in-person referee briefing will take place immediately before the start of competition at 8 AM on Thursday, April 3<sup>rd</sup> at the Richmond Olympic Oval.

## 10. ONLINE PRE-REGISTRATION FOR ATHLETES, COACHES, REFEREES & DELEGATES

All participating athletes, coaches and delegates must be pre-registered online through the Sportdata website by their respective PTSO. Referees will follow a separate process via Trackie.

All PTSO delegations must have an online username and password for access to the event and pre-registration. All teams should use the same usernames and passwords which they have used for online pre-registration to the 2025 National Championships. If you do not yet have a username and password, please submit an online request to Sportdata via their website.

For questions on how to pre-register your teams using the software, all team managers may contact Sportdata technical event support directly at [office@sportdata.org](mailto:office@sportdata.org).

Provincial / Territorial Associations / Teams are responsible for the quality and accuracy of the entered registration data.

PTSO registration for athletes, coaches, referees, and delegates closes on March 5<sup>th</sup>, 2025. Entries may be modified until March 10, 2025; **all changes are subject to Karate Canada approval AND a surcharge of \$100/change.**

### **SPORTDATA LINK FOR REGISTRATION:**

[https://www.sportdata.org/karate/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=8991#a\\_eventhead](https://www.sportdata.org/karate/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=8991#a_eventhead)

## 11. REGISTRATION / ACCREDITATION

Official registration will begin on April 1, 2025 in the **Steveston B** room at the **Sheraton Vancouver Airport Hotel**.

Participant/registrant accreditation will then be provided to the team manager (or a designate) to disseminate to their team.



## 12. DIVISIONS – 2025 National Championships

The mainstream and non-Para divisions offered at this event will be:

### 12.1 FEMALE & MALE INDIVIDUAL KATA

- Youth (12-13 years old)
- Cadet (14-15 years old\*)
- Junior (16-17 years old\*)
- U21 Team Trials (18-20 years old)\*\*
- U21 National Championship (18-20 years old)\*\*
- Senior (16+ years old\*)

### 12.2 FEMALE & MALE TEAM KATA

- Cadet / Junior (14-17 years old\*)
- U21 Team Trials (18-20 years old)\*\*
- U21 National Championship (18-20 years old)\*\*
- Senior (16+ years old\*)
- 

### 12.3 FEMALE INDIVIDUAL KUMITE

- Youth (12-13 years old\*): -42 kg, -47 kg, -52 kg, +52 kg
- Cadet (14-15 years old\*): -47 kg, -54 kg, -61 kg, +61 kg
- Junior (16-17 years old\*): -48 kg, -53 kg, -59 kg, -66 kg, +66 kg
- U21 Team Trials (18-20 years old\*): -50 kg, -55 kg, -61 kg, -68 kg, +68 kg\*\*
- U21 National Championship (18-20 years old\*) -50 kg, -55 kg, -61 kg, -68 kg, +68 kg\*\*
- Senior (18+\*): -50 kg, -55 kg, -61 kg, -68 kg, +68 kg

### 12.4 MALE INDIVIDUAL KUMITE

- Youth (12-13 years old\*): -40 kg, -45 kg, -50 kg, -55kg, +55 kg
- Cadet (14-15 years old\*): -52 kg, -57 kg, -63 kg, -70 kg, +70 kg
- Junior (16-17 years old\*): -55 kg, -61 kg, -68 kg, -76 kg, +76 kg
- U21 Team Trials (18-20 years old): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg\*\*
- \*\*U21 National Championship (18-10 years old): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg\*\*
- Senior (18+\*): -60 kg, -67 kg, -75 kg, -84 kg, +84 kg

- NOTE: Karate Canada will not hold Open Weight Kumite nor Team Kumite divisions at the 2025 Karate Canada National Championships.

\* = see possible exceptions in the [Age Eligibility](#) portion of this bulletin).

\*\* = If no additional athletes are registered in the U21 National Championship division, only the U21 Team Trial division will be offered.

## 13. PARA-KARATE ATHLETES

Karate Canada will host competitive Kata events for Junior female and male and Adult female and male at the 2025 Karate Canada National Championships.

All Para team members are to be included on Provincial / Territorial Rosters as full members and provided with the same opportunities for team training, team attire, and funding for Nationals. It is the responsibility of the Provincial / Territorial teams to register the Para-athletes through Sportdata along with their other athletes.

### 13.1 ELIGIBILITY

- An athlete's disability must be considered permanent.

Para-athletes must submit their medical form to their PTSO and include confirmation of disability as well as the designated code(s) of disability.

The following age categories (male/female in each para sport class) will be: U16 & Senior as identified in the age matrix.

	U16	SENIOR**
Para	Apr 4, 2009 to Apr 3, 2011	On or before Apr 3 2009

### 13.2 PARA-KARATE SPORT CLASSES\*

Karate Canada reserves the right to combine divisions to create a suitable level of competitiveness.

Athletes with more than one type of impairment will be allowed to compete in only one sport class. Athletes will be classified according to the impairment criteria of the category in which they are registered.

All athletes will compete even if there is only one participant in a division.

1. **K-10 Visual Impairment** – must compete with blindfold a) Male b) Female (K-11 mild, K-12 severe)
2. **K-21 Intellectual Impairment** - IQ of 75 or lower on standard tests,

having originated before the age of 18. Evidence of significant limitations in adaptive behaviour as expressed in conceptual, social, and practical adaptive skills. a) Male b) Female

3. **K-22 Intellectual Impairment** – Trisomy 21 (Down Syndrome) a) Male b) Female
4. **K-23 Intellectual Impairment** – Autism a) Male b) Female
5. **K-30 Physical Impairment** – Wheelchair – must compete in wheelchair a) Male b) Female
6. **K-40 SMI Physical Impairment** - Standing – compete without wheelchair a) Male b) Female

Karate Canada will advise its members of any changes as soon as possible, if applicable.

Karate Canada has based the para divisions on the World Karate Federation (WKF) and the International Paralympic Committee (IPC) current models of Eligible Impairments.

Detailed information can be referenced at this link: [WKF Para-karate Rules](#)

### 13.3 ADDITIONAL PARA-KARATE INFORMATION

- An athlete must have a permanent eligible impairment type and provide medical documentation detailing their diagnosis and current health condition.
- Classes are detailed in the classification rules for the sport, and a classifier determines the Sport Class an athlete will compete in.
- Compensation Score in the form of extra points will be based on the WKF PARA KARATE MASTER LIST. Athletes without a classification must submit all documents to determine their Sport Class and attend and evaluation 1-2 days prior to competition to determine Compensation Score in the form of Extra Points. If only one athlete is in a division KC may choose not to complete the evaluation.

- For additional information, including international representation and division specific requirements please visit: [The Para Karate Program Reference Guide](#)
- The Medical Diagnoses Forms (MDF), see Para Program Reference Guide) and associated documents must be emailed to Gillian Benson - [gillian.benson@karatecanada.org](mailto:gillian.benson@karatecanada.org) by **March 12, 2025**.
- Karate Canada reserves the right to change or combine divisions for competitive experience. Athletes will be awarded points for the division they are registered for.

## 14. SEEDING OF DRAWS

Karate Canada will seed athletes in all individual division draw sheets of the 2025 Karate Canada National Championships in the following order of decreasing priority:

### 14.1 YOUTH DIVISIONS (12-13, KATA AND KUMITE)

- All 4 medallists from the 2024 National Championships in the same division.

Seeded in decreasing priority according to respective placement; 1st place will be seeded higher than 2nd place, 2nd place higher than 3rd place, etc.

PLEASE NOTE: Seeding priorities indicated are only applicable if the athlete competes in the same division where she / he has previously earned the mentioned ranking points or medal.

### 14.2 JUNIOR DIVISIONS (CADET, JUNIOR AND U21, KATA AND KUMITE)

- Top 4 KC-ranked athletes in the same division, as of March 1, 2025 \*\*;
- All 4 medallists from the 2024 National Championships in the same division.
- Gold seeded higher than silver; silver seeded higher than 3rd place; 3rd place seeded higher than 4th place.

\*\*= applies regardless of whether the athlete is a National Team Roster member in good standing or not at the time of seeding / the event.

PLEASE NOTE: Seeding priorities indicated are only applicable if the athlete competes in the same division where she / he has previously earned the mentioned ranking points or medal.

### 14.3 SENIOR DIVISIONS (KATA AND KUMITE)

- International Status Holders in the same division (A, then B, then C, in decreasing order of KC ranking priority)\*\*;



- National Status holders in the same division (in decreasing order of KC ranking priority)\*\*;
- All 4 medallists from the 2024 National Championships in the same division.
- Gold seeded higher than silver; silver seeded higher than 3rd place; 3rd place seeded higher than 4th place.

\*\*= Note: It is not necessary for athletes to be members in good standing of the National Team Roster at the time of these National Championships in order to benefit from seeding as described above.

PLEASE NOTE: Seeding priorities indicated are only applicable if the athlete competes in the same division where she / he has previously earned the mentioned status, ranking points or medal.

## 15. ELIMINATION FORMULA

Karate Canada will use the following elimination formulas / formats for the various individual divisions at the 2025 Karate Canada National Championships.

### 15.1 ALL INDIVIDUAL KUMITE DIVISIONS

The format of the competition will be confirmed within 5 days of close of registration.

Bronze medals to be awarded to both the 3rd place and 4th place athletes.

(For divisions featuring only 3 athletes, a "Round Robin" elimination formula will be used.)

### 15.2 ALL INDIVIDUAL KATA DIVISIONS

The format of the competition will be confirmed within 5 days of close of registration; however, as was the case in past events, an additional match will take place (in each division comprised of 4 athletes or more), in which the winners of both third places will face off, in order to determine a 3rd place winner and a 4th place winner.

Bronze medals to be awarded to both the 3rd place and 4th place athletes.

Note: Athletes facing off in this additional match for the 3rd place will be allowed to repeat a kata performed in earlier rounds.

## 16. VIDEO REPLAY

Karate Canada intends to make Instant Video Replay available to coaches for the medal rounds of all individual kumite divisions, to be managed in accordance with WKF rules.

## 17. COMPETITION RULES

Unless specified otherwise or elsewhere in the event's Information Bulletin, the competition rules which will be in effect at the 2025 Karate Canada National Championships will be the published Kata and Kumite Rules of Competition of the World Karate Federation, in effect as of April 1, 2025.

## 18. WEIGH-IN RULES & PROTOCOL

### 18.1 RULES

#### 18.1.1 U21 and/or Senior Kumite Athletes: Acceptable Weight Variance

Kumite athletes will be required to weigh within the weight limitations of the division in which they are registered. A 0.2 kg variance for males and 0.5kg variance for females, above or below the weight division range is acceptable.

#### 18.1.2 U21 and/or Senior Kumite Athletes: Not in Compliance with Weight Restrictions

Athletes who exceed the upper or lower 0.2 kg variance for males, or 0.5kg variance for females, in the weight range for a division will not be accepted. They will be permitted additional time to comply until the weigh-in process concludes at the end of the designated weigh-in day.

Weight categories must be respected with the weight variance allowed as per item 1 above.

- a) Kumite athletes who surpass the maximal weight (including the variance) for a division may not compete in that weight division.
- b) Kumite athletes who are unable to meet the minimal weight (including allowed variance) for a division may not compete in that weight division.

#### 18.1.3 Youth, Cadet and Junior Athletes: Weight Compliance

1. Athletes weighing in within 2 kg of the lower limit of the weight division for which they are registered will be allowed to compete in that weight division.

2. The acceptable weight variance for all kumite athletes is 0.2 kg above the range for males, and 0.5kg for females for each weight division.
3. Kumite athletes who exceed 0.2 kg (males)/0.5kg (females) above or who weigh 2 kg below the weight range for a division will not be accepted. They will be permitted additional time to comply until the weigh-in process concludes at the end of the designated weigh-in day.
4. Kumite athletes who exceed the upper weight limit including the upper variance or the lower variance of 2 kg will not be allowed to compete in any division.

## **18.2 PROTOCOL**

1. All athletes are to initially weigh-in during the officially posted time period. The amount of time allotted for weigh-ins may be increased due to the increased number of athletes.
2. Athletes to weigh-in wearing shorts & t-shirt but may be permitted to reduce to under-garments or if they choose, to be nude.
3. Privacy screens will be provided around the scale/weighing area.
4. No spectators are allowed during the weigh-in process.
5. One coach, or his or her designate, is required to attend the weigh-in for each participating team. They are not permitted to interfere in the weigh-in process.
6. Athletes will be weighed by same-sex individuals. Without exception, opposite-sex individuals are not permitted in the official weigh-in area.
7. Upon arrival, athletes must present their official event accreditation. Without exception, athletes without accreditation will not be granted an opportunity to weigh-in.
8. Any athlete in excess of the 0.2 kg variance for males, and 0.5kg variance for females above or below the weight division range will not be accepted; he/she will be permitted additional time up to the closing time of weigh-in process at the end of the designated weigh-in day.

9. Early-bird Weigh-in: maximum number of openings per province is determined using following ratio:

Team Size	<25	25-50	51-75	76-100	>100
Maximum number of Athletes Permitted for “Early-bird” weigh-in	3	4	5	6	7

10. “Last-chance window” for final weigh-in opportunity: There will be a final weigh-in opportunity for those struggling to make weight. No weight restriction on who may weigh-in at this final opportunity. It will be at the end of Weigh-in day from 4:00pm-4:45pm.

## 19. ENTRY FEES

Competitor fees are as follows:

- Individual entry: \$200.00 CAD
- Kata Team Division: \$225.00 CAD
- Entry to “U21 National Championship” division if athlete is registered in “U21 Team Trial Division”: FREE

NO LATE REGISTRATION IS PERMITTED. NO REFUNDS IN CASE OF CANCELLATION.

### PLEASE NOTE:

Athletes cancelling registration prior and up to **March 10, 2025**, for medical reasons only, and providing valid proof of injury or sickness (medical note) to Karate Canada by that date, may obtain a refund of the registration fees, minus a \$50.00 administrative fee.

Please note that registration fees are **non-refundable** for any other reason, and no refund will be issued for any reason whatsoever as of **March 11, 2025**.

Entries may be modified until March 10, 2025; **all changes are subject to Karate Canada approval AND a surcharge of \$100/change.**



## 20. PAYMENT OF FEES

### ALL PAYMENTS MUST BE MADE BY ELECTRONIC TRANSFER ONLY

Electronic payments must be sent to Karate Canada no later than **March 17<sup>th</sup>, 2025**, with an email confirmation sent to [ed@karatecanada.org](mailto:ed@karatecanada.org) and [treasurer@karatecanada.org](mailto:treasurer@karatecanada.org).

The information to use for electronic payments is as follows:

Beneficiary: Karate Canada

Beneficiary Address: 500 boul. René-Lévesque Ouest

Montreal, QC H2Z 1W7

Account #: 2058626

Transit #: 30015

Financial Institution #: 815

Bank Address:

C.D. Coeur-de-l'Île

1080, rue Bélanger Est Montreal, QC H2S 1H2

## 21. OFFICIAL HOST HOTELS

All participants registered for the National Championships **MUST** stay in one of the official host hotels.

### [Sheraton Vancouver Airport Hotel](#)

7551 Westminster Highway, Richmond BC V6X 1A3

**1 King:** \$228 - Single/Double occupancy

- Plus 5% GST, 11% Hotel Room Tax, and a 1.16% Destination Marketing Fee inclusive of taxes

**2 Queens:** \$228 - Double occupancy / \$248 - Triple Occupancy / \$268 Quad Occupancy

- Plus 5% GST, 11% Hotel Room Tax and a 1.16% Destination Marketing Fee inclusive of taxes

*Host hotel for accreditation, meetings and awards banquet.*

Included:

- Basic wireless internet in guest room.
- Access to the business centre workstations at the Marriott and Sheraton.
- Access to the fitness centre at the Marriott, Hilton and Sheraton.
- Parking for all overnight guests.
- 24-hour shuttle service to and from Vancouver International Airport.
- 20% discount for breakfast at the hotel restaurants for overnight guests

Reservations are to be submitted by PTSO Team Managers using the rooming block template provided.

Any/all rooming list changes must be finalized no later than **14 days prior to arrival date. IMPORTANT:** Cancellations must be made 14 days prior to arrival to avoid penalties. **Any cancellations made after this time will incur a 100% Room and Tax charge(s) to the respective PTSO.**



### **IMPORTANT DATES & PAYMENT SCHEDULE**

**PTSOs will pay the hotel directly via credit card or wire transfer (EFT).**

#### **Booking Deposit**

**A non-refundable deposit is required to secure your room block at the initial time of booking. This deposit is 25% of the estimated total revenue.**

#### **Final Deposit**

**Balance of the estimated total revenue is due 14 days prior to arrival date.**

#### **Booking Cut-off Date**

**This special event room rate is available until **February 28th, 2025** or until the group inventory is sold out, whichever occurs first.**

[Hilton Vancouver Airport](#)

5911 Minoru Blvd, Richmond BC V6X 4C7

[Marriott Vancouver Airport](#)

7571 Westminster Hwy, Richmond BC

**1 King:** \$238 - Single/Double occupancy

- Plus 5% GST, 11% Hotel Room Tax & a 1.16% Destination Marketing Fee inclusive of taxes

**2 Queens/1 King Plus Pull-out Sofa:** \$238 - Double occupancy / \$258 – Triple Occupancy / \$278 Quad Occupancy

- Plus 5% GST, 11% Hotel Room Tax & a 1.16% Destination Marketing Fee inclusive of taxes

Included:

- Basic wireless internet in guest room.
- Access to the business centre workstations at the Marriott and Sheraton.
- Access to the fitness centre at the Marriott, Hilton and Sheraton.
- Parking for all overnight guests.
- 24-hour shuttle service to and from Vancouver International Airport.
- 20% discount for breakfast at the hotel restaurants for overnight guests

Reservations are to be submitted by PTSO Team Managers using the rooming block template provided.

Any/all rooming list changes must be finalized no later than **14 days prior to arrival date. IMPORTANT:** Cancellations must be made 14 days prior to arrival to avoid penalties. **Any cancellations made after this time will incur a 100% Room and Tax charge(s) to the respective PTSO.**



**IMPORTANT DATES & PAYMENT SCHEDULE**

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**Final Deposit**

**Balance of the estimated total revenue is due 14 days prior to arrival date.**

**Booking Cut-off Date**

**This special event room rate is available until **February 28th, 2025** or until the group inventory is sold out, whichever occurs first.**



## 22. SOCIAL MEDIA

The 2025 Karate Canada National Championships are quickly approaching, and we want to stay connected with you! Make sure you follow Karate Canada on Instagram, Facebook and X for the entirety of the event.

Instagram and X: @KarateCanada

Facebook: <https://www.facebook.com/Karate-Canada-459465044133223/?fref=ts>

The official hashtag of the 2025 Karate Canada National Championships is: #KCNationals2025 Be sure to use it in all posts!

## 23. BOOKING OF TRAINING AREAS FOR PROVINCIAL / TERRITORIAL TEAMS

Information regarding the allocation of training time will be shared at a later date.

## 24. OPENING CEREMONY

The 2025 National Championships will be kicked off with an Opening Ceremony beginning at 8:30 am on **Thursday, April 3<sup>rd</sup>, at the Richmond Olympic Oval.**

Athletes should expect to be at the venue no later than 8:00 am for marshaling for the athlete march-in area. Athletes must be in their provincial/territorial track suits. **Reminder that no ground transportation will be provided for this event.**

PTSOs must submit their chosen provincial/territorial flag bearer along with the rationale for their selection to [cheryl.tataryn@karatecanada.org](mailto:cheryl.tataryn@karatecanada.org) **no later than Monday, March 31<sup>st</sup>, 2025.**

Your provincial/territorial flag and flagpole will be issued to your Team Manager at accreditation.

Please plan to iron and add flag to pole to present to your flag bearer in advance of the opening ceremony.

## 25. EVENTS SCHEDULE

### 25.1 SCHEDULE OF ACTIVITIES

[Schedule of Activities](#)

### 25.2 COMPETITION SCHEDULE

Full details of the competition schedule should be available via Sportdata, as of **Monday, March 31, 2025**. A link to the competition schedule will be available and published by Karate Canada. ***Please note this schedule will remain subject to changes.***

## 26. WAIVER & MEDICAL FORMS

Each competitor (kata, kumite and Para) must submit a completed and signed Waiver and Release Agreement via Trackie (see section 9) as well as a Medical Report in order to be eligible to take part in this event.

Para-athletes competing in WKF recognized divisions must submit the [WKF Medical Diagnosis Form](#) as well as the Karate Canada Waiver and Release Agreement. Para- athletes competing in Standing Mobility Impairment division must submit the full Karate Canada Medical Form, including confirmation of disability and the designated code(s) of disability. All forms must be submitted to the athletes' PTSOs.

The Karate Canada medical waivers will be uploaded via Trackie, along with citizenship confirmation. Karate Canada will notify all member PTSOs via email once these forms are available, and will provide further information regarding the process at that time. PTSOs must contact athletes about completing the required forms. **PTSOs must ensure that all competitors have provided the required documentation to Karate Canada by March 12, 2025.**

Please note no forms will be accepted past the deadline or on-site. Incomplete forms may lead to ineligibility to compete.



## APPENDIX 1 – WILD CARD SYSTEM

Karate Canada member PTSOs will receive an allocation of wildcards directly related to the size of the teams that each registers for the Championships.

The Wildcard system helps to address several potential issues, such as teams from provinces with larger populations that may have four or five top performers in one division. This also allows top performing athletes who move from one province / territory to another mid-selection process, or top performing athletes who were forced to miss crucial provincial / territorial selection events due to illness, injury or due to the demands of the international calendar, to have an avenue for entry into the National Championships that may otherwise be closed to them.

This has no detrimental effect on the selection process that PTSOs adopt for the selection of their own teams leading up to the 2025 National Championships. It is simply an additional option that provides more flexibility to the PTSOs and the opportunity to register additional athletes that each PTSO feels has the skill level required to compete in the National Championships and / or might derive a benefit from participation.

### ALLOCATION RATIOS:

Wildcard allocations will be as follows:

Team Size	<25 athletes	25-50 athletes	51-75 athletes	76-100 athletes	>100 athletes
Wildcards	2 entries	3 entries	4 entries	5 entries	6 entries

### ELIGIBILITY CRITERIA:

Selection of athletes for registration in the 2025 National Championships through the “Wildcard” system will be left to the discretion of each PTSO (subject to Karate Canada approval); all PTSOs will however be expected to abide by the following minimum requirements for the registration of wildcard athletes.

To register one or more athletes in the 2025 National Championships as (a) wildcards, PTSOs must submit the name(s) and division(s) of the athlete(s)

up to the maximum number of athletes allowed, as per the PTSO team quota allocation above – one entry = one wildcard) to Karate Canada (by email) no later than **11:59 (EST) on February 28, 2025**, along with a written confirmation that each of these athletes meets **at least one of the following four criteria**:

1. The athlete has placed 4th in the final rankings of the 2024-25 provincial / territorial team selections in that individual kumite division (excluding automatically invited athletes); or
2. The athlete has placed 5th in the final rankings of the 2024-25 provincial / territorial team selections in that individual kumite division (excluding automatically invited athletes), and the 4th place athlete in the same division has previously been offered the wild card and has declined it; or
3. The athlete has placed 5th in the final rankings of the 2024-25 provincial / territorial team selections in that individual kata division (excluding automatically invited athletes); or
4. Or the athlete has placed 6th in the final rankings of the 2024-25 provincial / territorial team selections in that individual kata division (excluding automatically invited athletes), and the 5th place athlete in the same division has previously been offered the wild card and has declined it.

(Exceptional nominations of wildcards falling outside the criteria listed above may exceptionally be considered on a case-by-case basis. However, the general spirit of the criteria listed above will be respected in approving or rejecting such nominations.)

Only athletes who are members of their PTSO, who meet at least one of the four criteria listed above, and whose names are submitted to Karate Canada by the appropriate PTSO authority (President, Executive Director or Team Head Coach) **no later than February 28, 2025** will be eligible to compete at the 2025 National Championships as wildcards. Karate Canada will review all submitted wildcard nominations and will confirm approval of these nominations with the PTSOs **no later than March 4, 2025**.

\*\*\* Please note: PTSOs must also register approved wildcards online via Sportdata by the online event registration deadline; individual athletes will be held to the published Trackie registration deadline.

## APPENDIX 2 – NATIONAL TEAM TRAINING CAMP

All athletes are invited to participate the National Team Training Camp on Monday, April 7. from 9:00 AM –4:00 PM at the Richmond Olympic Oval.

The camp is open to all athletes who are competing at the National Championships, as well as all PTSO Coaches to work together under the National Team program.

We desire to create a united team of support to allow our athletes the best opportunity for international success.

PTSO coaches will work alongside the National Team Coaches to assist athletes from every province.

We hope to see you all at this amazing opportunity to come together and develop skills after our signature National Championship event.

Register Now:

[https://secure.karatecanada.org/event/NTC\\_CEN\\_Richmond2025](https://secure.karatecanada.org/event/NTC_CEN_Richmond2025)

Rodney Hobson  
Technical Sport Leader  
Karate Canada

2025 NATIONAL TEAM TRAINING CAMP

REGISTER NOW  
S'INSCRIRE



APRIL 7, 2025  
9AM - 4 PM



OPEN TO ALL ATHLETES ATTENDING THE 2025 NATIONAL CHAMPIONSHIPS  
OUVERT À TOUS LES ATHLÈTES PARTICIPANT AUX CHAMPIONNATS NATIONAUX DE 2025

## APPENDIX 3 – SCHEDULE OF ACTIVITIES

Note: Subject to change

### TUESDAY, APRIL 1 – SHERATON VANCOUVER AIRPORT

Time	Activity	Room
1:00 pm – 5:00 pm	Accreditation	Steveston B

### WEDNESDAY, APRIL 2 – SHERATON VANCOUVER AIRPORT + OVAL

Time	Activity	Room
8:00 am – 4:00 pm	Weigh-In – <u>Female</u>	Richmond A
8:00 am – 4:00 pm	Weigh-In – <u>Male</u>	Richmond B
9:00 am – 12:00 pm	Accreditation	Steveston B
9:00 am – 12:00 pm	KC-PTSO Meeting (Morning Chat)	Steveston D
10:00 am – 12:00 pm	Volunteer Training (Spectator Ticketing only)	Steveston B
9:30 am – 6:30 pm	Team Training*	Minoru ABCD
1:30 pm – 4:30 pm	Dan Testing	Steveston F
4:45 pm – 5:30 pm	HP meeting with PTSOs	<i>Virtual Meeting</i>
5:45 pm – 7:00 pm	Coaches / Technical Meeting	<i>Virtual Meeting</i>
6:00 pm – 7:00 pm	Volunteer Training (Opening Ceremony volunteers only)	Richmond Oval

\* Training times to be provided to PTSO Managers in advance of the event

### THURSDAY, APRIL 3 – RICHMOND OLYMPIC OVAL

Time	Activity
8:00 am – 8:30 am	Referee Briefing
8:30 am – 9:00 am	Opening Ceremony
8:00 am – 6:00 pm	Team Training
9:30 am – 6:00 pm	Competition

### FRIDAY, APRIL 4 – RICHMOND OLYMPIC OVAL

Time	Activity
8:00 am – 6:00 pm	Competition
8:00 am – 6:00 pm	Team Training

### SATURDAY, APRIL 5 – RICHMOND OLYMPIC OVAL

Time	Activity
8:00 am – 6:00 pm	Competition
8:00 am – 6:00 pm	Team Training

**SUNDAY, APRIL 6 – OVAL + SHERATON VANCOUVER AIRPORT**

<b>Time</b>	<b>Activity</b>
8:00 am – 5:00 pm	Competition
8:00 am – 4:00 pm	Team Training
7:00 pm – 12:00 am (\$)	Karate Canada Awards Celebration <b>SHERATON VANCOUVER AIRPORT</b> Britannia Ballroom

**MONDAY, APRIL 7 – RICHMOND OLYMPIC OVAL**

<b>Time</b>	<b>Activity</b>
9:00 am – 4:00 pm	National Team Training Camp

## APPENDIX 4 – AGE ELIGIBILITY MATRIX

**COMPETITOR AGE ELIGIBILITY MATRIX  
2025 NATIONAL CHAMPIONSHIPS**

	U14*	CADET	JUNIOR	U21 TEAM TRIALS	U21 N.C.	SENIOR**
	DOB/DDN	DOB/DDN	DOB/DDN	DOB/DDN	DOB/DDN	DOB/DDN
Kata	Aug 29, 2011 Aug 28, 2013	Aug 29, 2009 Aug 28, 2011	Aug 29, 2007 Aug 28, 2009	May 23, 2004 May 22, 2007	Aug 29, 2004 Aug 28, 2007	On or before Apr 3 2009
Kumite	Aug 29, 2011 Aug 28, 2013	Aug 29, 2009 Aug 28, 2011	Aug 29, 2007 Aug 28, 2009	May 23, 2004 May 22, 2007	Aug 29, 2004 Aug 28, 2007	On or before Apr 3 2007
Team Kata	N/A	Aug 29 2007 Aug 28, 2011		May 23, 2004 May 22, 2007	Aug 29, 2004 Aug 28, 2007	On or before Apr 3 2009
<b>U16</b>				<b>SENIOR**</b>		
Para	Apr 4, 2009 to Apr 3, 2011			On or before Apr 3 2009		

03-Apr-25 KC Nationals start date

22-May-25 Anticipated start of 2025 Sr Pan Ams (SENIOR AND U21)

28-Aug-25 Anticipated start of 2025 Jr Pan Ams (U14, Cadet, Junior)

27-Oct-25 Anticipated start of 2025 Sr Worlds

\*Athletes must be minimum of 12yrs old as of the start of the 2025 Junior Pan-American Championships.

\*\*Senior Categories must be 18 (kumite) and 16 (kata) as of April 3 2025

(Revised Jan 3, 2025)



# APPENDIX 5 – NCCP REQUIREMENTS FOR 2025 NATIONAL COMPETITIONS

	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)	(NAME) (NCCP #)
1	Comp Dev CERTIFIED											
2	Comp Dev CERTIFIED	Comp Intro TRAINED										
3	Comp Dev CERTIFIED	Comp Intro CERTIFIED	Comp Intro TRAINED									
4	Comp Dev CERTIFIED	CD Karate ATP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED								
5	Comp Dev CERTIFIED	Comp Dev CERTIFIED	CD Karate ATP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED							
6	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED						
7	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED					
8	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED				
9	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED			
10	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED		
11	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED	
12	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev CERTIFIED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	Comp Dev TRAINED	CD Karate ATP 6 MSM	CD Karate ATP 3 MSM	Comp Intro CERTIFIED	Comp Intro TRAINED

**CD** Competition Développement  
**ATTP** Analyze Technical and Tactical Performance  
**MSM** Multisport Modules



## APPENDIX 6 – ANNUAL AWARDS CELEBRATION

SAVE THE DATE! Karate Canada is honoured to host its Annual Awards Celebration the evening of Sunday, April 6th at the **Sheraton Vancouver Airport Hotel**.

Do not miss this celebration of friendship and excellence in Canadian Karate!

Full details to follow in a future edition of the bulletin.

## APPENDIX 7 – IMPORTANT DATES

### February 28

- All Wildcard nominations must be submitted to Karate Canada
- Hotel rooming list cut-off date.
- Last date to provide coach list to Ken Benson ([kenkcncpp@gmail.com](mailto:kenkcncpp@gmail.com)) and Gillian Benson ([gillian.benson@karatecanada.org](mailto:gillian.benson@karatecanada.org))

### March 4

- Karate Canada to confirm approval of nominated Wildcard athletes.

### March 5

- PTSOs must have provided the required citizenship documentation
- Online registration closes (Sportdata). Entries may be modified until March 10th; all changes are subject to Karate Canada approval AND a surcharge of \$100/change.

### March 10

- Final deadline for entry modification in Sportdata (\$).

### March 12

- Deadline for completed Trackie forms. Late entries will be accepted until March 17th with an added \$50 charge, payable directly in Trackie.
- Deadline for Para Medical Diagnoses Forms (MDF) and associated documents to be submitted to Gillian Benson - [gillian.benson@karatecanada.org](mailto:gillian.benson@karatecanada.org)

### March 14

- 2025 Membership Fees from each PTSO must have been paid in full and all required registrant information must have been provided to the Karate Canada office in order for individual participant registrations of athletes and coaches from that Province / Territory to be considered valid (\$).

### March 17

- Final deadline late entries on Trackie forms. An added \$50 charge will be applied, payable directly in Trackie.
- All payments due to Karate Canada by electronic transfer only. Registration fees are \$200/individual division (Kata and Kumite) and \$225/Team Kata division (\$).

### **March 18**

- Final rooming list and payment due to [hotels](#) (14 days prior to arrival) (\$).

### **March 24** (or until sold out – whichever comes first)

- [Annual Awards Celebration](#) ticket purchase deadline (\$)

### **March 25**

- Deadline for [Annual Awards Celebration](#) food sensitivities to be reported to [cheryl.tataryn@karatecanada.org](mailto:cheryl.tataryn@karatecanada.org)

### **March 31**

- Deadline for [PTSO flagbearer information](#) to be provided along with a brief rationale as to why they were chosen. Submit to: [cheryl.tataryn@karatecanada.org](mailto:cheryl.tataryn@karatecanada.org)

### **April 1**

- Official [registration/accreditation](#) will begin at the Sheraton Vancouver Airport.

### **April 2**

- Team training availability at Sheraton Vancouver Airport (one day only).
- [Weigh-ins](#) will take place at the Sheraton Vancouver Airport.
- Official registration/accreditation will continue at the Sheraton Vancouver Airport.
- Dan Examinations will take place at the Sheraton Vancouver Airport.

### **April 3**

- [Opening ceremony](#) & start of competition at Richmond Olympic Oval. Team training availability at Richmond Olympic Oval (through to Sunday, April 6<sup>th</sup>)

### **April 6**

- [Annual Awards Celebration](#) will take place at the Sheraton Vancouver Airport (\$).

### **April 7**

- [National Team Training Camp](#) at Richmond Olympic Oval (\$).

## APPENDIX 8 – MANDATORY KUMITE EQUIPMENT

### All kumite athletes must wear:

- Mouthguard (gum shield)
- WKF approved Groin protection for male competitors
- WKF approved Gloves (red and blue)
- WKF approved Shin & Foot protectors (red and blue)
- WKF approved body protector (respectively male or female design as applicable)

### MANDATORY FOR CADET/JUNIOR/U21/SENIOR:

#### • Male divisions:

- WKF approved [Internal body protector](#)

#### • Female divisions:

- WKF approved Dual-purpose body/chest protector: Hard chest protector, half-length inner body protector.

#### OR

- WKF approved BOTH body/chest protector: [Hard chest protector](#), full length inner body protector.

### MANDATORY FOR U14 ONLY:

- WKF approved [Helmet](#)
- WKF approved [External Chest Protector](#)

Reference: [WKF Kumite Competition Rules 2024](#), section 2.2.7. Valid as of January 1<sup>st</sup> 2024. PKF and WKF requirements for international events may be subject to change.

*Please note that all kumite equipment worn in elite divisions must be WKF-approved.*

## APPENDIX 9 – APPROVED KATA LIST

1	Anan	35	Jiin	69	Passai
2	Anan Dai	36	Jion	70	Pinan Shodan
3	Ananko	37	Jitte	71	Pinan Nidan
4	Aoyagi	38	Juroku	72	Pinan Sandan
5	Bassai	39	Kanchin	73	Pinan Yondan
6	Bassai Dai	40	Kanku Dai	74	Pinan Godan
7	Bassai Sho	41	Kanku Sho	75	Rohai
8	Chatanyara Kusanku	42	Kanshu	76	Saifa
9	Chibana No Kushanku	43	Kishimono No Kushanku	77	Sanchin
10	Chinte	44	Kousokun	78	Sansai
11	Chinto	45	Kousokun Dai	79	Sanseiru
12	Enpi	46	Kousokun Sho	80	Sanseru
13	Fukyugata Ichi	47	Kururunfa	81	Seichin
14	Fukyugata Ni	48	Kusanku	82	Seienchin (Seiyunchin)
15	Gankaku	49	Kyan No Chinto	83	Seipai
16	Garyu	50	Kyan No Wanshu	84	Seiryu
17	Gekisai (Geksai) 1	51	Matsukaze	85	Seishan
18	Gekisai (Geksai) 2	52	Matsumura Bassai	86	Seisan (Sesan)
19	Gojushiho	53	Matsumura Rohai	87	Shiho Kousokun
20	Gojushiho Dai	54	Meikyo	88	Shinpa
21	Gojushiho Sho	55	Myojo	89	Shinsei
22	Hakusho	56	Naifanchin Shodan	90	Shisochin
23	Hangetsu	57	Naifanchin Nidan	91	Sochin
24	Haufa (Haffa)	58	Naifanchin Sandan	92	Suparinpei
25	Heian Shodan	59	Naihanchi	93	Tekki Shodan
26	Heian Nidan	60	Nijushiho	94	Tekki Nidan
27	Heian Sandan	61	Nipaipo	95	Tekki Sandan
28	Heian Yondan	62	Niseishi	96	Tensho
29	Heian Godan	63	Ohan	97	Tomari Bassai
30	Heiku	64	Ohan Dai	98	Unshu
31	Ishimine Bassai	65	Oyadomari No Passai	99	Unsu
32	Itosu Rohai Shodan	66	Pachu	100	Useishi
33	Itosu Rohai Nidan	67	Paiku	101	Wankan
34	Itosu Rohai Sandan	68	Papuren	102	Wanshu
997. Seisan (Chito-Ryu)		998. Bassai (Chito-Ryu)		999. Sanshiryu (Chito-Ryu)	