



“Spotlight on Females Karate Tournament” South Calgary Karate March 8, 2020



Karate Alberta



SOUTH CALGARY
WADO KAI KARATE
EST. 1994



Spotlight on Females Karate Tournament

Purpose:

This event is being hosted to celebrate the strong female presence within the South Calgary Wado Kai Karate club, the Shintani Karate Federation, Karate Alberta and Karate Canada. This event will inspire our current young female athletes and future generations of female Karate-ka. The event will “spotlight” female recreational and elite athletes, officials, coaches, volunteers and organizers.

- Sensei Heather Fidyk, Rokudan, ChPC

Sunday March 8, 2020

“Spotlight on Females Karate Tournament”

WKF Rules – Crescent Point Regional Field House

Events: Female Pre Novice, Novice, Intermediate, Elite, Masters Male Elite only

March 8, 2020 “Spotlight on Females Karate Tournament” Overview

- 7:30 Officials Meeting, Coaches Meeting & Volunteer Meeting
- 7:30 Final Registration for Tournament
- 8:00 Registration Closed
- 8:15 Opening Ceremony – All competitors must bow in
- 8:30 Female Recreational Kata & Kumite Divisions Age 6 Pre Novice to Masters (2-3 Tatatmis)
- 8:30 Female Elite Kata U14, Cadet, Junior, Senior (2 Tatatmis)
- 9:30 Male Elite Kata U14, Cadet, Junior, Senior (2 Tatatmis)
- 11:00 Female Elite Kumite U14, Cadet, Junior, Senior (2 Tatatmis)
- 12:00 Male Elite Kumite U14, Cadet, Junior, Senior (2 Tatatmis)
- 2:30 Clean up



Events	Date(s)	Time	Location	Who
Spotlight on Females Karate Tournament Registration Link	March 8	7:30-2pm	Crescent Point Regional Field House	Ages 12+

Registration Options

- Online Registration - *link above* – submit by **Feb 28** to receive Free Souvenir Tournament T-Shirt
- Online Registration - available until March 4, 2020
- Registration in person - Friday at Workshops
- Last Registration - March 8 – 7:30-8am

Volunteers

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

- Sign up online [VOLUNTEER LINK](#)

Hotel Suggestions

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

Location Address

- Crescent Point Regional Field House - 125 Field House Dr East, Okotoks, AB

Price

- Tournament \$30-Individual \$70-Family

Note: Tournament competitors & officials who register prior to Feb 28 will receive a souvenir T-shirt

Divisions

Female Divisions

- Recreational Divisions – divided by age
 - Kata & Kumite Pre-Novice (White & White Stripe) less than 1 year in Karate
 - Kata & Kumite Novice (Yellow & Orange)
 - Kata & Kumite Intermediate (Green & Blue)
- Elite Divisions – Age as per Karate Canada Age Matrix
 - U14 ages 12-13
 - Kata / Kumite -45kg / Kumite +45kg
 - Cadet ages 14-15
 - Kata / Kumite -50kg / Kumite +50kg
 - Junior ages 16-17
 - Kata / Kumite -55kg / Kumite +55kg
 - Senior ages 18+
 - Kata / Kumite -61kg / Kumite +61kg
- Masters Age 35+
 - Kata & Kumite Kyu Belt
 - Kata & Kumite Black Belt

Para Divisions

- Kata Kyu Belt
- Kata Black Belt

Male Divisions

- Elite Divisions – Age as per Karate Canada Age Matrix
 - U14 ages 12-13
 - Kata / Kumite -50kg / Kumite +50kg
 - Cadet ages 14-15
 - Kata / Kumite -63kg / Kumite +63kg
 - Junior ages 16-17
 - Kata / Kumite -68kg / Kumite +68kg
 - Senior ages 18+
 - Kata / Kumite -75kg / Kumite +75kg



Rules

Female Divisions

- Recreational Divisions – Modified WKF Rules
- Elite Divisions – WKF Rules*
- Masters Age 35+ – Modified WKF Rules

Male Divisions

- 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

KATA:

Recreational - Pre Novice, Novice, Intermediate & Masters

- May use any kata from their style curriculum
- Competitors will compete simultaneous kata
- Drawsheet will be Single elimination
- Pre-Novice & Novice division may restart a kata once without penalty
- Competitors may repeat katas as required

KUMITE:

Recreational - Pre Novice, Novice, Intermediate & Masters

- Kumite events shall be 2 minutes run time or first to 8 points.
 - Drawsheet will be Single elimination - unless otherwise announced
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WKF Rules*

KATA:

- May use any kata from their style curriculum
- U14 & Cadet events will compete simultaneous kata, not points
- Drawsheet will be Repechage - unless otherwise announced
- Junior & Senior events will be WKF points/pools

KUMITE:

- Kumite events shall be 2 minutes stop time, and 3 minute stop time for Senior
- Drawsheet will be Repechage - unless otherwise announced



Safety Equipment

Recreational & Masters Kumite Divisions

- Hand Pads and Mouth Guard mandatory, shin/instep suggested for athletes over 12years, addition equipment optional (hand pads will be available for use)
- Male groin protection for males

Elite Kumite Divisions

- WKF Regulation
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Bonus: Workshop Friday March 6, 2020

Tournament Workshops – Crescent Point Regional Field House

Featured Female Guests: Sensei Heather Fidyk, Sensei Shelley McGregor, Sensei Kelsey Mramor, Sensei Marlene Pinckbeck and Shintani Team members

Youth Ages 6-14 – Kata & Kumite Tournament preparation

Teen/Adult – Kata, Kumite & Advanced Officiating tournament preparation

Events	Date(s)	Time	Location	Who
Youth Tournament Workshop Registration Link	March 6	6-7:15pm	Crescent Point Regional Field House	Ages 6-12
Teen/Adult Tournament Workshop Registration Link	March 6	7:30-9:30	Crescent Point Regional Field House	Ages 12+

Price

- Workshops \$20-Individual \$40-Family