

Quebec/Ontario karate invitational championships 2025

May 25, 2025

Kata and Kumite

Competition venue:

Lester B. Pearson High School

11575 P. M. Favier Ave, Montreal-North, QC H1G 6E5

Registration Information

\$65 flat fees for ALL divisions!

\$75 flat fees if competing in both kata and kumite Divisions!

No refunds or withdrawal after May 23, 2025.

Registration begins: Available now.

Registration closes: May 20st, 2025.

All registration through [SportData](#)

Media Release

Athletes, coaches, volunteers, and officials: by participating in a CEKQ event, you give the organizers rights to publish your name, photos and/or videos to the media.

Inquiries

Coaches may direct their tournament questions to: François Persico at

fpersico@sympatico.ca

Athletes/parents should direct any questions to their club coach. Any athlete or parent submitting an inquiry to the above address will be instructed to contact their coach.

NO VENUE SPECTATOR FEES FOR THIS EVENT

REGISTRATION

NO ON-SITE REGISTRATION.

SCHEDULE AND DRAWS

After May 22, 2025, schedule & category brackets will be posted.

Only **Dojo Chief Instructors** will be allowed to request changes to any athlete's information before May 22. After that, all draw brackets will be FINAL.

The dojo heads shall register all athletes for their club under one account.

ELIGIBILITY

The club instructor/coach and/or athlete representative are responsible for registering their athletes in the appropriate age category, which is the age of the competitor on May 25, 2025.

In the INTERMEDIATE, ADVANCED and ELITE divisions, athletes can register if their karate rank meets the following criteria:

Beginner: White, Yellow and Orange Belts

Intermediate: Orange, Green and Blue belts

Advanced: Blue, Purple, Brown and Black belts

Elite: Blue, Purple, Brown and Black belts

The ELITE (or HIGH-PERFORMANCE) division is available to athletes in the Youth (12-13 years) to Senior categories. The ELITE section is for karatekas (BLUE/PURPLE to BLACK belts) who wish to compete against the best in their age category. These athletes can register in the Youth (12-13 years), Cadet (14-15 years), Junior (16-17 years) and Senior (16 years and over: kata; 18 years and over: kumite) categories. Please note that all eligible athletes are welcome to register.

Youth Recreational athletes may not participate in multiple age categories.

16+ years and Adults may participate in multiple age-appropriate categories.

COACH / ATHLETE / PARENT INFORMATION

Tournament starts at 8:00 am.

Categories will be announced prior to the start of the division.

Arrive at the venue 30 minutes minimum prior to the start of your division.

KATA RULES

All Recreational Kata Divisions

Scored by flags. 5 or less athletes will be round robin, 6+ athletes will be simple elimination with repêchage.

ALL Team Kata will be single elimination. No bunkai required.

For all recreational individual bout, athletes will perform their katas at the same time.

AKA on the right side of the tatami and AO on the left side of the tatami.

Beginner Divisions

Minimum requirement of 1 (one) kata

The same kata can be repeated in all bouts, including finals.

Intermediate Divisions

Minimum requirement of 2 (two) kata

A repeat of the same kata is not allowed in consecutive bouts.

Advanced Divisions

Minimum requirement of 3 (three) kata

The same kata cannot be repeated, unless the number of the performed kata exceeds 3 (three).

High-Performance Divisions

The WKF competition rules for kata and kumite in effect as of January 1, 2024, will be applied at this tournament.

KUMITE RULES

5 or less athletes will be round robin, 6+ athletes will be simple elimination with repêchage.

WKF points and penalty rules apply.

Two-judge system will be used as per WKF kumite rules, Appendix 5.

Equipment for Recreational Divisions

Appropriate WKF dress code for referees and judges.

Rank belts may be worn by recreational athletes.

Coaches shall wear official tracksuit and display official identification.

Equipment (in accordance with Karate Quebec's safety regulations)

Hand protectors (1 pair of red OR 1 pair of blue)

Shin and foot protectors (1 pair of red OR 1 pair of blue)

A mouthguard

A chest protector (recommended)

A jockstrap for male athletes

A karategi respecting the rules of the WKF

A body protector (non-rigid chest protector) AND a "rigid" chest protector are recommended for the 12-13 years and older category

Note that the "combined" protector: Chest protector (rigid) with half-body protector (new) is accepted for female athletes.

Wearing the outer chest protector and helmet is allowed for athletes in the 12-13 years old category but not mandatory.

All protective equipment must be either WKF or PKF approved, or WKF approved in style.

An athlete who wishes to wear the protective helmet can do so, but the helmet must be approved by the WKF.

No sweeping is allowed for the U12 categories.

Equipment for High-Performance Divisions

WKF-type equipment as required by WKF rules.

Hand protectors (1 pair of red AND 1 pair of blue)

Shin and foot protectors (1 pair of red AND 1 pair of blue)

A mouthguard

An outer chest protector and helmet are MANDATORY for 12–13-year-olds (NOTE 1)

For male athletes: a body protector (non-rigid chest protector)

For female athletes: a body protector (non-rigid chest protector) AND a "rigid" chest protector (recommended for the 12-13 years and older category). Note that the "combined" protector: Chest protector (rigid) with half-body protector (new) is accepted for female athletes.

A Karategi respecting the WKF Rules, Article 2

According to Article 2.2.5 of the WKF Kumite Rules, athletes may wear a plain black approved scarf, or approved style, covering their hair but not covering the neck.

Similarly, no garment covering the neck will be accepted.

NOTE 1: Athletes aged 12-13 (Youth) must wear the outer chest protector and helmet. The equipment must be of the "WKF approved" type.

Duration of matches in Recreational Divisions

Category	8-9 y.o.	10-11 y.o.	12-13 y.o.	14-15 y.o.	16-17 y.o.	18-34 y.o.	35+ y.o.
Duration	90 sec.	90 sec.	90 sec.	2 min.	2 min.	2 min.	2 min.

Duration of matches in High-Performance Divisions

As per WKF rules.

I. List of katas – Beginner, Intermediate and Advanced Divisions

The list of katas by level represents the admissible katas that can be performed by athletes during Karate Quebec competitions in the Beginner, Intermediate and Advanced divisions.

Beginner Division

The Beginner division includes athletes with white, yellow and orange belts. No kata from the official WKF list can be performed except those listed below.

#13 Fukyugata 1	#14 Fukyugata 2	Shiohai	#25 Heian Shodan
#26 Heian Nidan	#70 Pinan Shodan	#71 Pinan Nidan	#17 Gekesai Dai Ichi
Zenshin Gotai	Kihon kata 1	Kihon kata 2	#102 Wanshu

Intermediate Division

The Intermediate Division includes athletes with orange, green and blue belts. An athlete registered in the Intermediate division can perform a kata from the list below. Additionally, the participant can also perform the katas of the Beginner division listed above, at their convenience.

#14 Fukyugata1	#26 Heian Nidan	#71 Pinan Nidan	#93 Tekki Shodan
#14 Fukyugata 2	#27 Heian Sandan	#72 Pinan Sandan	Shiohai
#17 Gekesai Dai ichi	#28 Heian Yondan	#73 Pinan Yondan	Seisan (Chito ryu)
#18 Gekesai Dai Ni	#29 Heian Godan	#74 Pinan Godan	Zenchin Gotai
#25 Heian Shodan	#70 Pinan Shodan	#76 Saifa	Kihon kata 1, 2
#3 Ananko			

Advanced Division

In the Advanced division, the athlete can choose and perform any kata from the official WKF list, without exception. This division includes athletes with blue, purple, brown and black belts.

An athlete performing a kata that does not comply with the above rules for the Beginner, Intermediate and Advanced divisions will be automatically disqualified.

