



KARATE MANITOBA PROVINCIAL OPEN

SATURDAY, OCTOBER 17, 2026

DAKOTA COMMUNITY CENTRE

Tournament Bulletin





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Greetings From the President

Dear athletes, coaches, officials, families, and guests,

On behalf of Karate Manitoba, it is my great pleasure to welcome you to the second annual Karate Manitoba Provincial Open.

To those who joined us last year, welcome back, and thank you for continuing to be part of this growing event. To those participating for the first time, we are delighted to welcome you to Manitoba's provincial karate community.

Karate Manitoba's purpose is to bring clubs together, support athletes, and ensure that everyone has a place, regardless of their karate style or affiliation. While our traditions and approaches may differ, we are united by the values at the heart of karate: respect, discipline, perseverance, and personal growth.

This tournament is more than a competition. It is an opportunity to build relationships, strengthen trust, celebrate our shared passion, and contribute to the continued development of karate throughout our province. By coming together with openness and mutual respect, we can create a stronger and more inclusive future for everyone involved in karate in Manitoba.

Thank you to the athletes, coaches, officials, volunteers, families, clubs, and organizers whose dedication has made this event possible. Your participation and support are essential to the success of our karate community.

I wish every competitor a safe, rewarding, and memorable experience. May you perform with confidence, compete with integrity, and leave inspired by the friendships and experiences you gain here.

Welcome to the Karate Manitoba Provincial Open!

Sincerely,

Sharon Andrews

President, Karate Manitoba

General Information

Purpose of This Document

The purpose of this Information Bulletin is to provide important information regarding the 2026 Karate Manitoba Provincial Open to athletes, coaches, referees, team officials, and volunteers, to assist them in preparing to participate in this event. All participants are asked to carefully read this document in its entirety before registering for this tournament.

Date and Time

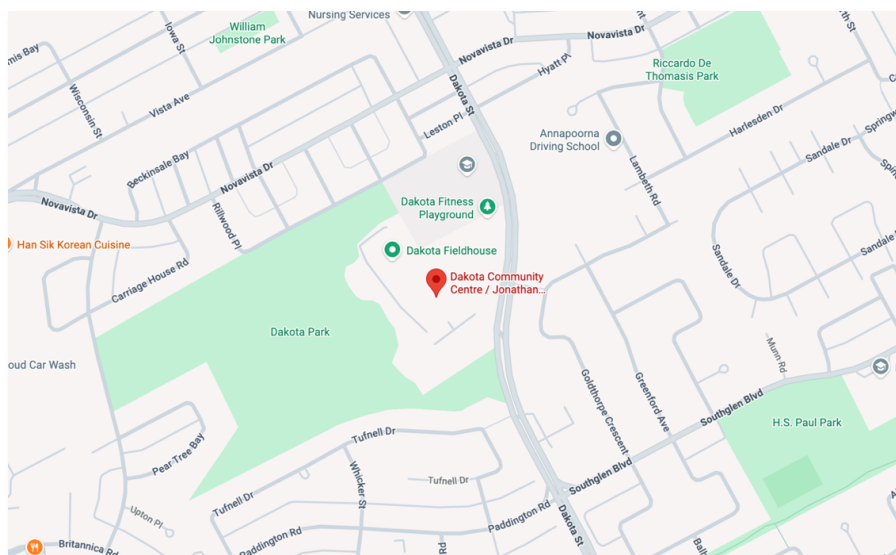
Saturday, October 17, 2026. Doors open at **9:00 am**, the Tournament starts at **9:30 am**.

Venue

Dakota Community Centre

1188 Dakota Street

Winnipeg (MB) R2N 3H4





Registration

Participants must register using the online registration form by **Wednesday, October 14, at 11:59 pm.**

Scan the QR code below or [click here](#) to access the athlete registration form.



The participation fees are to be paid by e-transfer to info@karatemb.ca.

Fees are:

- For Karate Manitoba members: **\$20.00** per event
- For non-members: **\$40.00** per event
- Tiger Tots – Grab The Flag!* for Karate Manitoba members: **\$10.00**
- Tiger Tots – Grab The Flag!* for non-members: **\$15.00**

* See page 8.

Volunteers

Karate Manitoba is seeking volunteers to support the Provincial Open. Your time and assistance would be greatly appreciated and will help ensure the event runs smoothly.

If you are interested in volunteering, please scan the QR code below or [click here](#) to access the volunteer registration form.



Contact Information

Alicia Martinez

Event Coordinator

Email: karatembevents@gmail.com



Code of Conduct

Karate Manitoba expects all athletes, coaches, club representatives, officials, staff, volunteers, and other participants to conduct themselves in a responsible and exemplary manner throughout the Karate Manitoba Provincial Open.

Conduct that conflicts with the values of Karate-Do, undermines the spirit of the event, or violates the rules and policies of Karate Manitoba or the competition venue may result in appropriate disciplinary measures.

Karate Manitoba is dedicated to maintaining a safe, inclusive, and welcoming environment for everyone involved in its sport, employment, and volunteer activities. Every individual is entitled to participate in an atmosphere that respects personal dignity, provides equitable opportunities, and is free from discrimination. Harassment, abuse, bullying, hazing, and other harmful or inappropriate conduct will not be tolerated.

All participants in the Karate Manitoba Provincial Open are expected to:

- Extend to others the same courtesy and respect they expect to receive.
- Respect the competition facilities, event property, venue employees, and other facility users. Participants—and, where applicable, their clubs—may be held responsible for disciplinary consequences and the cost of repairing damage caused by their actions.
- Treat every person fairly and respectfully, without discrimination based on gender, gender identity or expression, race, ethnicity, colour, national origin, sexual orientation, religion, political belief, economic status, disability, or any other protected characteristic.
- Serve as positive role models and represent themselves, their clubs, and the sport of karate with integrity.
- Understand and comply with the applicable rules, regulations, and policies of Karate Manitoba and the event.
- Protect the privacy and dignity of others and refrain from sharing confidential information without permission, unless disclosure is required by law.
- Maintain high standards of personal conduct and contribute positively to the reputation of Karate-Do and their respective clubs.
- Avoid public remarks or criticism that unfairly demean athletes, coaches, club representatives, officials, staff, volunteers, or other participants.
- Refrain from using language that is profane, insulting, threatening, discriminatory, harassing, or otherwise offensive.
- Respect the personal dignity and physical boundaries of others. Verbal, written, digital, or physical conduct amounting to harassment or abuse is unacceptable.



- Compete and participate honestly, fairly, and in the spirit of good sportsmanship.
- Refrain from using tobacco, vaping, cannabis, or alcohol within the competition venue or in any area where their use is prohibited.
- Communicate courteously and respectfully with athletes, coaches, officials, volunteers, organizers, spectators, venue personnel, and everyone else associated with the event.
- Behave in a manner that reflects positively on the Karate Manitoba Provincial Open, Karate Manitoba, the sport of karate, their clubs, and themselves—both inside and outside the competition venue.
- Take reasonable care to protect their own health and safety and that of others.
- Foster a positive, encouraging, and supportive environment for all participants.
- Obey all applicable federal, provincial, and municipal laws in the jurisdiction where the Karate Manitoba Provincial Open is held.

By participating in the Karate Manitoba Provincial Open, each individual accepts a shared responsibility for creating an event founded on safety, fairness, inclusion, respect, and the principles of Karate-Do.

Athlete's Oath

On behalf of all competitors, I pledge that we will participate in the 2026 Karate Manitoba Provincial Open with integrity and respect, observing the rules that govern this competition. We commit ourselves to fair play and to a sport free from doping and prohibited substances, upholding the true spirit and values of Karate-Do for the honour of our teams and the celebration of sport.



Coach's Oath

On behalf of all coaches and members of the athletes' support teams, I pledge that we will uphold and promote sportsmanship, fair play, and respect throughout the 2026 Karate Manitoba Provincial Open. We commit ourselves to acting in accordance with the fundamental principles of sport and the true spirit and values of Karate-Do.

Official's Oath

On behalf of all judges and referees, I pledge that we will officiate at the 2026 Karate Manitoba Provincial Open with integrity, fairness, and complete impartiality. We will respect and uphold the rules governing this competition while honouring the true spirit and values of Karate-Do.

Competitor's Eligibility

The 2026 Karate Manitoba Provincial Open welcomes all karate practitioners, regardless of karate style, provided they meet the applicable registration and competition requirements.

Age Eligibility

Tiger Tots Division

Children aged 4 and 5 will compete in the Tiger Tots division.

Other Age Categories

The other age categories are as follow:

- 6 – 7
- 8 – 9
- 10 – 11
- 12 – 13 (Youth)
- 14 – 15 (Cadet)
- 16 – 17 (Junior)
- 18 + (Senior)
- 40 + (Masters)

Competition Skill Levels

The following skill levels will be used at the 2026 Karate Manitoba Provincial Open:

- **Novice** – White to Yellow
- **Intermediate** – Orange and Green
- **Advanced** – Blue to Brown
- **Black Belts**

Disclaimer

The tournament organizing committee will make every effort to place athletes in divisions corresponding to the categories described above. **However, it reserves the right to make adjustments based on the number of registered participants.**

Tiger Tots – Grab the Flag!

The Tiger Tots – Grab the Flag! event is open to children aged four and five. Each bout will last one minute, during which competitors will try to remove the two flags attached to their opponent's belt. The first competitor to capture both of their opponent's flags wins the bout.



Protective Gear

In accordance with World Karate Federation rules, all competitors, except those in the Tiger Tots division, must wear the protective equipment required for their gender and age category.

Mitts, Shin Guards, Foot Protections and Gum Shield

All athletes must wear WKF-style gloves, shin guards and foot protectors. The use of a mouthguard is also mandatory.



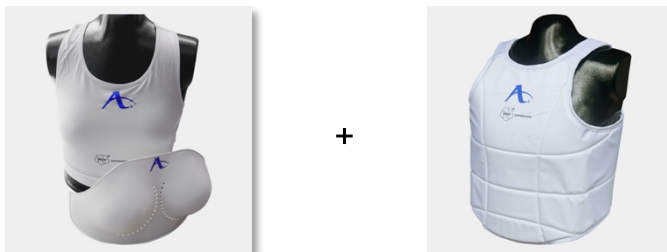
Athletes Under 14 Years of Age

Male and female athletes **under 14 years of age** are required to wear a WKF-style helmet and external body protector. Female athletes must also wear a WKF-style chest protector.



Female Athletes Aged 14 and Up

Female athletes aged 14 and up are required to wear a WKF-style chest **AND** body protector, **OR** the integrated chest/body protector.



OR



Male Athletes Aged 14 and Up

14 years-old and older male athletes must wear a WKF-style body protector.



Groin Protector for Male Competitors

All male athletes are required to wear a groin protector.

Before each bout, the officiating team will inspect all required protective equipment and ask competitors to confirm that they are wearing a protective cup.

Any competitor who provides false information regarding compliance with the protective-equipment requirements will receive a Shikkaku (disqualification).



WKF Rules Amendments

Except for the amendments set out below, the WKF official rules shall apply to this event (www.wkf.net/documents).

Note: “N/A” indicates that the article, section or clause does not apply to this tournament.

Amendments applying to Kata

Amended article, section or clause	Amendment
2.1.1	- Blazer and tie are recommended, but optional. - The whistle may be any subdued colour. Bright or highly conspicuous colours (e.g., fluorescent green or pink) should be avoided. The whistle cord shall be either black or white.
2.2.1	The use of a WKF-approved Karategi is not mandatory. The manufacturer's embroidered logo is not required to be displayed in blue or red.
2.3.1	Coaches are not required to wear an official tracksuit.
3.3.2	- For age categories under 18-year-old and non-black-belt senior categories, coed Teams will be allowed. Senior black-belt teams must be strictly male or female.
3.5.4	There will be no Bunkai performance after the Team Kata performance.
3.5.5	N/A
3.5.6	There is no time limit to a Team Kata performance.
3.5.7 to 3.5.9	N/A
4.1	For each bout or match, a panel of five judges will be designated.
4.3 and 4.4	The Chief Referee will be responsible for the judge deployment. The panel allocation will be the responsibility of the Tatami Managers and Tatami Manager Assistants.



Amendments applying to Kata (cont'd)

Amended article, section or clause	Amendment
4.5 to 4.7	N/A
4.8	It is recommended that the Judges officiating a Kata Bout are not affiliated with the same club as either participant. When this cannot be avoided, an equal number of Judges from each participant's club should be appointed to the panel.
5.2	- The number of Kata to be performed is as follow: Novice: participants may repeat their Kata Intermediate: participants must perform a different kata, up to 2, for each round. Advanced and Black Belt: participants must perform a different kata, up to 3, for each round.
5.4	Manual judging by flags will be employed.
6.1	Novice categories: Athletes are not required to submit their chosen kata. Intermediate to Black Belt categories: Athletes must submit their chosen Kata before each bout or match.
7	- No formal Protest procedure shall be in effect for this event. - Any Coach, Competitor, or Club Representative may consult the Chief Referee to obtain clarification regarding the application of the Rules or officiating procedures. Note: The Judges' evaluation, scoring, and decisions are final and shall not be subject to inquiry, discussion, or appeal.
8.1	Competitors shall be assigned to age categories as specified in the Event Information Bulletin.
8.2 and 8.3	N/A

Amendments applying to Kumite

Amended article, section or clause	Amendment
2.1.1	- Blazer and tie are recommended, but optional. - The whistle may be any subdued colour. Bright or highly conspicuous colours (e.g., fluorescent green or pink) should be avoided. The whistle cord shall be either black or white.
2.2.1	The use of a WKF-approved Karategi is not mandatory. The manufacturer's embroidered logo is not required to be displayed in blue or red.
2.2.7	Female athletes under 14 years of age are not required to wear a chest protector. Only the external body protector remains mandatory.
2.3.1	Coaches are not required to wear an official tracksuit.
3.2	There are no weigh-ins for this event.
3.3	N/A
4.2.1	- The Chief Referee will be responsible for the judge deployment. The panel allocation will be the responsibility of the Tatami Managers and Tatami Manager Assistants. - It is recommended that the Referee, Judges, Match Supervisor (Kansa) and Score Supervisor officiating a Kumite Bout are not affiliated with the same club as either participant. When this cannot be avoided, an equal number of Panel Members from each participant's club should be appointed to the panel.
4.2.3	Panel allocations shall remain the same for medal bouts.
4.5	For categories under 14 years of age, or when an insufficient number of Referees and Judges is available, the use of only two Corner Judges is permitted. This procedure is described in Appendix 5 of the WKF Rules.
5.1	- Duration of the Kumite bout is: 14 years and over: 2 minutes effective time - Under 14 years: 1.5 minute effective time

Amendments applying to Kumite (cont'd)

Amended article, section or clause	Amendment
8.8	For categories under 16 years of age, the scoring distance for JODAN techniques shall be as defined in the WKF Rules. However, light touch to the target area shall not be permitted.
13	There will be no protest at this event.

Hotel accommodation

A preferred hotel rate is available for tournament participants and families at the **Holiday Inn Winnipeg South**, 1330 Pembina Highway. (204) 452-4747

Preferred rate: \$165 per night (plus tax)

Room: Two queen beds

Includes: Buffet breakfast and access to the indoor pool

[Book your room here.](#)

Rooms must be booked by **Friday, October 2, 2026**, to receive the preferred tournament rate. Rooms at a preferred rate are subject to availability and may sell out before the booking deadline. Guests are responsible for making and paying for their own hotel reservations.

