



USA KARATE.

FREQUENTLY ASKED QUESTIONS

2026 NATIONAL CHAMPIONSHIPS & TEAM TRIALS

REGISTRATION

Where can I find my membership number?

All our memberships go thru a site called Sport80. www.usankf.sport80.com Log into sport80 to purchase/renew Membership, access SafeSport Trainings, and Background Screening. To register for the tournament or check registration log into www.tournamentinabox.com

Can I confirm my registration?

Yes. You can confirm your registration online by going to www.tournamentinabox.com and selecting "confirm registrations" on the main page. Search using your membership number and confirm your registration. If you have registered online, you will receive an "order confirmation" via email in addition to being taken to a confirmation screen at the conclusion of the registration process. If you do not receive the confirmation email, please check your spam filter.

What if I confirm my registration and it is incorrect?

If the registration appears to be incorrect online, simply check the box next to the athlete's name and select EDIT. You can then go in and make changes to your registration. Don't forget to CHECKOUT if you made any changes affecting your balance, otherwise your registration will be marked as incomplete.

Can someone else pick up my competitor's credentials for me?

Yes, however it is strongly recommended whoever picks up the competitor's credentials review it carefully for mistakes. If the credential is accepted and is later found to be incorrect, a late/change fee will be assessed to make corrections.

What are the skill levels and how do I know which skill level I should compete in?

The skill levels are to help keep the competition a level playing field for all competitors. USA Karate is committed to giving every athlete the opportunity for success in the ring, so some changes have been made to the skill level descriptions. Here is a description of the skill levels:

- Beginner – 8th kyu and under/Less than 1 year of training
- Novice – 7th kyu-5th kyu/1-2 years of training
- Intermediate – 4th kyu-2nd kyu/2-4 years of training



- *Advanced – 1st kyu and higher/4 years or more of training*
- *Elite – US Team Trial Divisions/Recommended rank of 1st Dan or higher and 5+ years of training*
- *All brown belts must compete in intermediate or higher divisions*
- *All black belts must compete in advanced or higher divisions*
- *Athletes who participate in a beginner, novice, or intermediate division must compete in that skill level for all divisions*
- *An athlete who participates in an elite division may compete in an advanced division in another category (Exp: Athletes may compete in Elite Kumite and Advanced Kata, but may not compete in Elite Kumite and Advanced Kumite)*
- *Athletes who compete in Elite Kata may not compete in any other individual Kata divisions. They may still compete in Teams and Weapons.*
- *Athletes who medal in any skill level must move up to the next higher skill level the following year (Exp: An athlete who medaled in a Novice category in 2023 must compete in the Intermediate or higher category in 2024)*
- *Athletes that medal in the Advance divisions DO NOT have to move to Elite divisions. They may remain in the Advance divisions.*
- *The ultimate placement of athletes in the correct skill level is the responsibility of both the athlete and their coach/instructor. We rely on the integrity of all of our participants to ensure for the safest and most fair competition. Should an athlete be found to purposefully misrepresent their skill level for the purpose of competitive advantage, appropriate actions may be taken against both the athlete and the coach/instructor.*

What if I just want to watch the tournament?

Please click [here](#) to purchase tickets. Spectator for the 2026 Nationals will be sold thru TicketWest.

How can I be a volunteer?

All volunteers are encouraged to register in advance online [here](#) and attend a volunteer course held on-site. For specific information on volunteering contact the National Volunteer Coordinator, at natoffice@usankf.org

Where do I check in as a volunteer?

Volunteers will need to check-in at the Yellow Volunteer Check-in Table in the Registration area. Volunteers will pick up the volunteer T-shirt, a credential, and get additional information about the tournament. There will be an optional volunteer meeting on July 15th at The Podium in Staging.



SCHEDULE

Is the schedule of events posted somewhere?

A schedule will be posted online prior to the tournament and at various locations onsite. The schedules are tentative and subject to change. www.usankf.org A day schedule is posted and a more detailed time schedule will be posted closer to the start of the event.

Does everyone need to be at the tournament at 8:00am?

No, the USA Karate Staff is committed to providing a basic time structure for events and stage times. You can also sign up for our text messaging service. This service will send you a text message when your child is called to Staging, sent to a ring and completed competition. For more information about this service, sign up online during the registration process or ask in Registration onsite.

EQUIPMENT

Are USA Karate patches mandatory?

Yes. USA Karate has the shield style patch. It is available from Century Martial Arts. <https://centurymartialarts.com/collections/usa-karate-wkf-approved>

What is the required equipment for non-elite divisions?

To find the most updated requirements for equipment please click [here](#).

What is the required equipment for Elite divisions?

To find the most updated requirements for equipment for elite divisions please click [here](#).

Is headgear allowed?

Per the listed rules of competition mentioned above, for all NON-Elite categories under 14, a solid white headgear must be worn in kumite. USA Karate will not provide equipment at the tatami and athletes are encouraged to come prepared with all required equipment.

Will USA KARATE approved equipment be on sale at the tournament?

Yes. Vendor booths will be onsite for equipment purchases; however it is suggested you purchase in advance to ensure you have equipment for the tournament.

Do I need both red and blue belts for competition?

Yes, all competitors need red and blue belts for both Kata and Kumite. The Red/Blue "flip" belts are not allowed for competition.



Why do I have to wear all this gear?

USA Karate is the National Governing Body for the sport of Karate and represents the International Governing Body, the World Karate Federation (WKF). As such, when the WKF makes rule changes that effect the international competitions, it is in the best interest of the US Team and its' athletes to follow those rules so they are prepared for the international competitions. In January of 2012, the WKF changed the equipment requirements and required Body Protection for all adults and juniors in Elite Divisions.

KATA COMPETITION

Can I compete in both Advanced Kata and Elite Kata (Team Trials)?

No.

Can I register for 16-34 Elite Kata and 18-20 Elite Kata?

Yes. The 18-20 Elite Kata category is the team trial division for the US Jr. Team. The 16-34 Elite Kata is the team trial division for the US Sr. Team. Please note that you will not be able to register for both online and will need to register onsite for the 18-20 Elite divisions.

What division should I register for if I am an adult advanced Kata competitor, but do not want to compete in Elite Team Trials for Kata?

Competitors should register for Advanced 18-34 Kata.

Can I register for Elite Kata (Team Trials) and Style Specific Kata divisions?

No. These divisions are exclusive and will run on the same day. You will need to choose which division you want to compete in.

What are the Style Specific Kata Divisions?

These divisions allow competitors to compete in Kata against only competitors from their particular style of karate. The Style Specific divisions represent the 4 major styles of traditional karate in Japan, Shotokan, Shito-ryu, Goju-ryu and Wado-ryu. Style Specific Divisions are open to advanced competitors ages 16-34.

Can I repeat Kata?

That depends. ALL Beginner, Novice and Intermediate Divisions may repeat Kata in all rounds. All Advanced NON-Team Trial Divisions can repeat Kata UNTIL the final round. In the FINAL ROUND, Advanced NON-Team Trial competitors must perform a different Kata from previous rounds.

ALL ELITE KATA DIVISIONS will follow WKF rules and must perform a different Kata each round.



KUMITE COMPETITION

What equipment do I need to Kumite?

To find the most updated requirements for equipment please click [here](#).

To find the most updated requirements for equipment for elite divisions please click [here](#).

Do I have to weigh in?

All athletes registered for an Elite Kumite (Team Trial) Division, must weigh-in.

Weigh-ins will be held for all Elite kilo categories, including 10-11, 12-13, 14-15 & 16-17 Team Trial categories. All athletes must weigh-in and can be moved to the appropriate weight division if the athlete is outside the registered weight division.

All athletes that are required to weigh in must weigh in at the designated weigh-in time. If an athlete fails to weigh in at the designated weigh-in time, the athlete will be disqualified from competition for failure to comply with weight control regulations.

Signs will be posted at Registration directing athletes to weigh-ins. Athletes will need their Credentials and passport to weigh-in.

TEAM DIVISIONS

Do I have to have an all male or all female team for team kata?

No, we have a few different team kata events. Regular team kata, mixed gender team kata, and family team kata. All team members must meet the age requirements for that division.

What division should I register my team for?

Teams will be divided up into a Beg/Nov division and an Int/Adv division for each age group. If you have a team made up of novice and intermediate athletes, they must compete in the higher division (Int/Adv). **Athletes must meet all age requirements for that division.**

COACHES

How do I update my background screening or SafeSport Training?

To update or complete the background screening or complete SafeSport you would log into your membership profile in SPORT80. www.usankf.sport80.com

Please note that background screening can take up to 10 days to complete.



Can I coach my athlete at the ring?

Coaches Credentials can be obtained for Coach Members for a \$125 fee. Member must be in good standing and compliant with SafeSport as a condition of membership. Information on coaches credentials can be found [here](#).

Where do I pick up my Coaches' Credentials?

Coaching Credentials will be available at the same time as athlete credentials in registration.

Can I get copies of the division charts?

Charts will be available on-line at tournamentinabox.com the night before the competition day.

WEAPONS (Kobudo)

Can I do Long Weapons and Short Weapons Divisions?

Yes.

What kind of weapons can I use?

Please go to www.usankf.org and click on Officials and Coaches Resources at the top. Follow the links to the current Rules Update and look for the rules pertaining to Kata and Kobudo.

PARENTS

Can I go with my child to the ring?

No. The competition floor is closed and only for competitors, registered coaches and officials.

Can I go to the Staging Area with my child?

A small section of the Staging Area will be available for parents to visit and check on their competitors; however parents will not be allowed in the "competitor only" area of Staging. The Staging Area can be a loud and busy place in the tournament and this rule will allow the USA Karate Staff to focus on the competitors to expedite the competitor to the competition floor.

Will food or drinks be allowed in the Staging Area?

Yes. Competitors will be allowed to bring bottled drinks and snacks to the Staging Area. Common courtesy is appreciated, and the USA Karate Staff expects all competitors to keep a clean Staging Area.



How will I know when it is my child's time to compete?

Each division is assigned a number. The division number will be printed on your child's competitor credentials that you will pick up at Registration. The Announcer will call the division number to Staging and that will signal your child needs to go to the Staging Area immediately and prepare for competition. Generally, once a division has been called to the Staging Area, the division will make it to the competition floor in under 30 minutes.

You can also sign up for our text messaging service. This service will send you a text message when your child is called to Staging, sent to a ring and completed competition. For more information about this service, sign up online during the registration process or ask in Registration onsite.

When will my child compete?

A general schedule will be posted to [on the USA Karate Website](#) prior to the tournament and posted to various locations at the tournament site, but no specific times can be given as to when a competitor will be on the competition floor. The USA Karate Staff is committed to running an efficient, fair and fun tournament for all participants, so it is the Staffs' intention to minimize wait time.

My Child lost his/her competitor's credentials, is there a lost and found?

Lost credentials are turned into the announcer's table during the competition. Each morning the lost credentials are turned into ticket sales/credential pick-up at the entrance of the tournament. If the credentials are still not found a \$25.00 fee may be charged to print new credentials.