



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



Registration

- **Where can I find my membership number?**

All of 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

- **I am having trouble uploading my photo, the cart won't accept it.**

This is caused by uploading too large of a photo. Today's high tech consumer cameras are often in the 8 megapixel to 15+ megapixel range, this can produce photos easily in excess of 2 megabytes. This is too large for our application to handle efficiently so you need to resize the photo to 72dpi, 200x233 resolution, or at least get the size down below 2mb. If you don't have the ability to resize an existing photo we recommend taking a new photo and turning your resolution all the way down, select the lowest megapixel setting (mp), and select the lowest quality for the photo. This will allow even the high end cameras to take a small enough photo to upload to us.

Photos must be a clear picture of the competitor or coach. A fee may be charge if we need to reprint a pass due to an unclear picture of the competitor or coach.

- **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 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.

- **What if I make a mistake during registration, do I have to pay a change fee?**

Yes, a late/change fee will be charged, unless the mistake is a minor clerical error or is the result of a mistake by the USA Karate Staff.

- **Can someone else pick up my competitor pass for me?**

Yes, however it is strongly recommend whoever picks up the athlete pass review it carefully for mistakes. If the pass 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



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



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 2015 must compete in the Intermediate or higher category in 2016)*
- *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*

- **If I have been training for 2 years but have a brown belt, I have to compete as an intermediate?**

Yes, all brown belts must compete in intermediate or higher divisions.

- **What are Team Trial Divisions (Elite)?**

Each year the USA Karate selects the Junior and Senior National Teams that will officially represent the USA in international competition. Athletes who compete in Team Trial divisions are trying out for a place on the USA National Karate Team. These are also called Elite Divisions because they represent the highest level of competition the US has to offer.

- **If I am competing in an Elite division do I need to show proof of US Citizenship?**

Yes, all athletes competing in a Junior or Senior Elite division must bring their US passport when picking up their competitor pass (passport must be current). If you do not provide proof of US citizenship you will not be allowed to compete in the Elite Divisions. Elite divisions are used to select the US Team for international competition and US citizenship is a requirement. Non-US Citizens seeking high-level competition are encouraged to compete in our Advanced divisions.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



- **Can I compete in Elite and Advanced Divisions?**

That depends, Elite is a separate skill level division available to Advanced competitors, therefore competitors may compete in Advanced or Elite per event category (Kata or Kumite). For example, an athlete may compete in Elite Kata and Advanced Kumite or Elite Kumite and Advanced Kata but CANNOT compete in both Advanced Kata and Elite Kata.

- **If I register for Elite Kumite, do I have to register for Elite Kata?**

No, Kata and Kumite are separate events and you CAN register for Elite in one event and Advanced in the other. You CANNOT compete in Advanced and Elite in the SAME event.

- **What if I am trying out for the Jr. USA Team and my birthday puts me in one age category for the PKF and a different age category for the World Championships? For example I am 17 years old at the time of the Pan American Championships but will be 18 for the World Championships. Can I try out for both categories?**

Yes. For those people that have birthdays between the Pan American Championships and the World Championships you can compete in both age categories. You must register for the second division ON SITE. Please remember if you are doing an Elite division you must provide proof of US Citizenship.

- **What if I am 17 years old and will be 18 by the time of the North American Cup or Sr. Pan American Championships next year, can I try out for the US Senior National Team even though I am 17 now?**

You as long as you are 18 before these events. Registration must be done on-site for this.

- **What if I just want to watch the tournament?**

Spectator tickets are on sale at the event for \$25 a day or \$60 for a four-day pass. Purchase your tickets online prior to the event at the discounted fee of \$20 a day or \$50 for a four day pass by clicking [here](#). Children 5 and under get in free.

- **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.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



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.
- **Will Juniors do Kata and Kumite in the same ring or will there be a break in between?**
Kata and Kumite Divisions will typically be called to a ring separately. See the schedule of competition for your division.
- **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 a new shield style patch. It is available from Century Martial Arts. <https://centurymartialarts.com/collections/usa-karate-wkf-approved> The old circle style patch will still be allowed at this Nationals.
- **Are body armor required?**
Yes. In January of 2012, the WKF changed rules and is now requiring a body protector for all elite kumite divisions. USA Karate has adopted this rule and is requiring WKF approved Body Protectors.
- **Do females have to wear the Body Protector AND Chest Protector?**
Yes. Both are required for females.
- **Are shin pads required?**
Yes, USA KARATE approved shin pads are required. No cloth foot/shin pads will be allowed. All equipment will be checked at Staging prior to competition for compliance. Competitors will not be allowed to compete without approved gear.
- **What color equipment is required?**
Red and Blue USA KARATE approved hand pads are required. Red, Blue or White USA KARATE approved shin and foot pads are required. Only soft foam headgear is allowed and it must be a solid color, preferably white.

Please note, you must wear matching hand and foot gear or red/blue hand gear with white foot and shinpads. You may not wear red hand pads with blue foot and shin pads or vice versa.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



- **Is headgear allowed?**

Yes. Classic headgear with no attachments, face shield or metal bars is allowed. Headgear will be checked in Staging prior to competition for compliance. Helmet/headgear is optional now although, effective January 1, 2024, competitors 13 years old and under are required wear a USA Karate approved helmet.

- **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 advance competitors ages 16-34.



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



- **Will I have to do my kata at the same time as my opponent?**
 - *All Beginner and Novice Divisions will perform Kata simultaneously.*
 - *All Intermediate Division for UNDER 18 will perform Kata simultaneously.*
 - *All Advanced Division UNDER 14 will perform Kata simultaneously.*
 - *All Adult Intermediate Divisions will perform Kata individually.*
 - *All Advanced Divisions 14 and OLDER will perform Kata individually.*
- **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?**
*The following protective equipment is required for all Kumite competitors:
Red/Blue USA-NKF/WKF Approved Gloves/Mitts
White/Red/Blue USA KARATE/WKF Approved Shin/Instep Protectors
Mouth Guard
Groin Protectors (All male competitors)
Elite competitors will need additional equipment.
Helmet/headgear (optional) Effective January 1, 2024, competitors 13 years old and under are required wear a USA Karate approved helmet. Facemasks and chest protectors are permitted but are not required.*
- **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 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?**



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



No, we have a few different team kata events. Regular team kata, mixed gender team kata, and family team kata.

- **What division should I register my team for?** *This year 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' pass?**
Coaching passes will be available at the coaches briefing Wednesday Evening.
- **Can I get copies of the division charts?**
Charts will only be given to coaches for the elite divisions. Copies will be available at the registration computers in staging. They are also available on-line at tournamentinabox.com

Weapons (Kobudo)

- **Can I do Long Weapons and Short Weapons Divisions?**
No. These divisions are exclusive and will compete on the same day. You must choose which category to compete in.
- **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



Where Olympic Journeys Begin



USA National Karate-do Federation National Championships & Team Trials Frequently Asked Questions



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 pass 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.