



★ ★ ★ ★ ★  
amazing awaits™

## National Championships and Team Trials Frequently Ask Questions

### Registration

- Where can I find my membership number? *Go to [usankf.org](http://usankf.org) and on the menu Member Resources select “find a member”. Also when you register online and provide a valid email a receipt is sent to you with the means to print off a temporary membership card, please check your spam folders for this email*
- I don't see my photo after I have uploaded it? *Your photo is uploaded after you submit your choices to the shopping cart, and is not displayed for you to view. A line item in the shopping cart will confirm that a photo was or was not uploaded*
- 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 12 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.*
- Can I confirm my registration? *Yes. You can confirm your registration online by going to [www.usakaratenationals.com](http://www.usakaratenationals.com) and selecting “confirm registrations” on the main page. You simply 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.*

**USA National Karate-do Federation**

Member, United States Olympic Committee

A Non-Profit Organization

Contributions Deductible for Federal Income Tax Purposes

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org) [natoffice@usankf.org](mailto:natoffice@usankf.org)

*If you completed the paper application and mailed your registration, it will take approximately 10 business days for your registration to appear online using the website. Because of the volume of paper registrations, we can not confirm your registration any sooner than it would appear online. Please use the online search to confirm your registration.*

- What if I confirm my registration and it is incorrect? *If the registration appears to be incorrect online, please email the national office at [natoffice@usankf.org](mailto:natoffice@usankf.org) with the correction.*
- Can I register for Advanced Open Kata and Elite Kata (Team Trials)? *Yes.*
- What are Team Trial Divisions? *Each year the USA-NKF selects the Junior and Senior 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.*
- 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 are new divisions added in 2010 to 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. As in the past years, Okinawan and Korean styles are also given the opportunity to compete in style specific divisions of kata, please see the Okinawan or Korean Kata divisions.*
- 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 NKF Staff.*
- Can someone else pick up my competitor pass for me? *Yes, however it is strongly recommended 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.*
- Do I need to register for the kumite and kata seminars? *Yes. All participants must register for the seminars if they plan on attending. Seminars are free*

**USA National Karate-do Federation**

Member, United States Olympic Committee

A Non-Profit Organization

Contributions Deductible for Federal Income Tax Purposes

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org) [natoffice@usankf.org](mailto:natoffice@usankf.org)

*of charge for USA NKF Life members but to reserve a free spot in the seminar they must sign up via email to [natoffice@usankf.org](mailto:natoffice@usankf.org).*

- How can I be a volunteer? *All volunteers must register in advance online at [www.usankf.org](http://www.usankf.org) and attend a volunteer course held on-site. For specific information on volunteering contact the National Volunteer Coordinator, Cindy Seton-Rogers at [volunteers@usankf.org](mailto:volunteers@usankf.org)*
- Where do I check in as a volunteer? *Volunteers will need to check-in at the Volunteer Check-in Table in the Registration area. Volunteers will pick up the volunteer T-shirt and get additional information about the tournament.*

## 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.*

Will Juniors do kata and kumite in the same ring or will there be a break in between? *Kata and Kumite Divisions will be held on different days for all divisions.*

- Does everyone need to be at the tournament at 8:00am? *No, the USA NKF Staff is committed to providing a basic time structure for events and stage times.*

## Equipment

- Are USA NKF patches mandatory? *Yes. USA NKF patches are required for this event..*
- Are chest protectors and face masks required? *No, USA NKF approved chest protectors and face masks are optional for all divisions.*
- Are shin pads required? *Yes, USA NKF 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.*

### **USA National Karate-do Federation**

*Member, United States Olympic Committee*

*A Non-Profit Organization*

*Contributions Deductible for Federal Income Tax Purposes*

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org) [natoffice@usankf.org](mailto:natoffice@usankf.org)

- What color equipment is required? *Red and Blue USA NKF approved handgear is required. Red, Blue or White USA NKF 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 handgear with blue foot and shin pads or vice versa.*

- 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.*
- Where can I buy USA NKF approved equipment? *Equipment can be purchased in advance online at [www.AWMA.com](http://www.AWMA.com)*
- Will USA NKF approved equipment be on sale at the tournament? *Yes. AWMA will have a vendor booth onsite for equipment purchases, however it is suggested you purchase in advance to ensure you have equipment for the tournament.*
- Are face shields required? *No, but WKF approved face shields are optional for competitors 15 years or younger.*
- What color uniform (gi) can I wear? *Competitors may only wear traditional cut unmarked white karate uniforms without stripping or piping.*

## Kata Competition

- Can I compete in both Advanced Open kata and Elite Kata (Team Trials)? *Yes.*
- 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 Advanced Kata (K416 for men and K417 for women).*
- 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.*

### **USA National Karate-do Federation**

*Member, United States Olympic Committee*

*A Non-Profit Organization*

*Contributions Deductible for Federal Income Tax Purposes*

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org) [natoffice@usankf.org](mailto:natoffice@usankf.org)

- What are the Style Specific Kata Divisions? *These are new divisions add in 2010 to 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. As in the past years, Okinawan and Korean styles are also given the opportunity to compete in style specific divisions of kata, please see the Okinawan or Korean Kata divisions.*
- Why did the rules change to using flags? *In an effort to prepare all USA NKF competitors for kata competition at the WKF level, the Referee Committee, Technical Committee and USA NKF Staff decided to adopt a modified flag scoring system.*
- 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? *It 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

- Can I coach my athlete at the ring? *It depends. All Coaches must be current USA NKF Coach Members and have a current USA NKF Coach Certification.*
- How can I become a Coach? *Coach's certifications will be offered onsite at the US Open and at the USA National Championships. Specific questions related to coaching courses and qualifications should be directed to Tokey Hill at [thill@tokeyhill.com](mailto:thill@tokeyhill.com).*

### **USA National Karate-do Federation**

*Member, United States Olympic Committee*

*A Non-Profit Organization*

*Contributions Deductible for Federal Income Tax Purposes*

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org)   [natoffice@usankf.org](mailto:natoffice@usankf.org)

- How old do I have to be to be a Certified Coach? *18 is the minimum age for certification, however anyone is allowed to attend the course.*
- Do I have to weigh in? *Yes and no. All athletes registered for an Elite Kumite (Team Trial) Division, must weigh-in.*

*Weigh-ins will be held for all advanced kilo categories, including 12-13, 14-15 & 16-17 Team Trial categories. All athletes must weigh-in and can be moved to the appropriate weigh 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 times. 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.*

- Where and when are weigh-ins? *Weigh-ins will be held Tuesday and, Wednesday from 5pm-7pm at the tournament hotel and Thursday from 10am-2pm at the competition venue and Thursday evening 6pm-8pm at the tournament hotel.*

*Signs will be posted at Registration directing athletes to weigh-ins.*

## 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? *Yes and No. 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 NKF 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 NKF 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*

**USA National Karate-do Federation**

*Member, United States Olympic Committee*

*A Non-Profit Organization*

*Contributions Deductible for Federal Income Tax Purposes*

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org) [natoffice@usankf.org](mailto:natoffice@usankf.org)

*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.*

- *When will my child compete? A general schedule will be posted to [www.usankf.org](http://www.usankf.org) 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 NKF Staff is committed to running an efficient, fair and fun tournament for all participants, so it is the Staffs' intention to minimize wait times. Generally the youngest age divisions start the day and the tournament works through ascending age divisions as the day moves on.*

**USA National Karate-do Federation**

*Member, United States Olympic Committee*

*A Non-Profit Organization*

*Contributions Deductible for Federal Income Tax Purposes*

1631 Mesa Ave, Ste A1 – Colorado Springs, CO 80906 – Phone: (719) 477-6925 – Fax: (719) 634-5198

[www.usankf.org](http://www.usankf.org) [natoffice@usankf.org](mailto:natoffice@usankf.org)