

Open international de Montréal

May 3rd & 4th 2025



\$5 000
in awards
to WIN



KARATÉ QUÉBEC
Karate at its highest level!



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1. PRESIDENT'S MESSAGE



Dear Sir/Madam,

It is with great pleasure that we are inviting you to join us for the 20th edition of the **OPEN INTERNATIONAL DE MONTRÉAL**, which will take place on Saturday and Sunday, May 3rd and 4th, 2025.

The OPEN INTERNATIONAL DE MONTRÉAL 2025 will offer to participants the opportunity to meet athletes of their level through two main competition categories: RECREATIONAL and ELITE.

The ELITE division will offer cash prizes totalling **\$5,000 CAD** provided there are enough participants in the categories. This amount will be shared among the winners and finalists of the SENIOR ELITE KATA and OPEN ELITE KUMITE events. The winners of each category will receive a prize of \$1,000, and the finalists will receive a prize of \$250. The RECREATIONAL category will offer numerous opportunities to meet athletes from various countries.

Referees holding a valid provincial, national, continental or world grade are invited to officiate at the OPEN INTERNATIONAL DE MONTRÉAL 2025. For the competition, the WKF (World Karate Federation) rules will be applied for both main competition categories (Recreational and Elite).

As the gateway to North America, the city of Montreal offers the charm of Francophone culture and the appeal of a multicultural metropolis, all in harmony.

Please visit the **Sportdata** website for more information.

We look forward to seeing you in large numbers at the **OPEN INTERNATIONAL DE MONTRÉAL 2025**.

Best regards,

François Désormeaux,
Président
KARATÉ QUÉBEC



2. GENERAL INFORMATION

a. Competition site

Centre Multisports André-Chagnon
3093, Boul. de la Gare
Vaudreuil, QC, J7V 9R2
CANADA

b. Official competition hotel

Holiday Inn Express & Suites
33 Boul. de la Cité-des-Jeunes Est
Vaudreuil, Qc, J7V 0N3

** Reservations

Toll-free number 1(877) 660-8550

Hotel Direct (450) 455-5522

c. General Competition Schedule

- The competition will start at around 8:30 AM;
- A detailed schedule will be published on the Sportdata page of the Open International de Montreal on Friday, May 2, 2025.

✚ Saturday, May 3, 2025

Recreational (Beginner, Intermediate and Advance): Kata and kumite **

✚ Sunday, May 4, 2025

Elite Division: Kata and Kumite

**** Please note that for the 18 + categories (Beginner, Intermediate and Advanced), the competition could be held either on Saturday or Sunday.**



3. PARTICIPANTS REGISTRATION

a. IMPORTANT INFORMATION

Important information - The Open International de Montreal 2025 is open to athletes aged 6 to 99. Several divisions are offered to participants: BEGINNER, INTERMEDIATE, ADVANCED and ELITE. The competition will follow the rules of the WKF (World Karate Federation).

Athletes can only register in one Kata category and one Kumite category, except for those participating in the "Senior Open Kumite" event or in the "Senior Kata" category.

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

- **Beginner:** White and Yellow Belts
- **Intermediate:** Orange, Green and Blue belts
- **Advanced:** Blue, Purple, Brown and Black belts
- **Elite:** Blue, Purple, Brown and Black belts

In **RECREATIONAL** (Beginner, Intermediate and Advanced) divisions, the athlete must be the age of the category as of May 3, 2025. **Upgrading is only allowed for athletes in the ELITE division.**

The eligibility dates are as follows: Youth (12-13 years): August 28, 2025; Cadet and Junior: August 28, 2025, and Senior / U21: May 22, 2025.

The **ELITE** 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/U21** (16 years and over: kata; 18 years and over: kumite) categories. Please note that all eligible athletes are welcome to register.

NOTE (Quebec Province only): Athletes who participated in the Quebec Team selections in 2023-2024 and 2024-2025 but did not accumulate any points in an event (kata or kumite) can register in the **ADVANCED** division. Athletes who have accumulated points must register in the **ELITE** division in the events where they have accumulated points. Other categories, apart from the Youth Elite to Senior Elite (Intermediate and Advanced) categories, are not subject to this restriction.

Karate Quebec reserves the right to review all registrations to ensure fair participation for all participants.

b. Registration Fees

The registration fees for the Open International de Montréal 2025 are as follows:

- PARA :** 1 event : 60\$ □
RECREATIONAL: 1 event: \$65 □ 2 events: \$70 □
ELITE JUNIOR: 1 event: \$70 □ 2 events: \$75 □
SENIOR ELITE: 1 event: \$85 □ 2 or 3 events: \$105 □
KATA TEAM: \$20 □



c. Payments

Payments must be made through the PayPal platform, within the Sportdata system, before the registration deadline. No cash or cheque payments will be accepted. Registrations will not be made official until the full payment of the club's registrations is completed.

A registration form, for internal management only, will be made available to athletes and coaches on the Sportdata website. Do not send a form to Karate Quebec (see appendix).

Any changes to category modifications made **after the deadline** will incur a fee of \$25 per change. Any registration requests made **after the deadline** will incur a fee of \$50 per registration request.

Registrations will be confirmed only when paid.

4. COMPETITION RULES

The WKF competition rules for kata and kumite in effect as of January 1, 2024, will be applied at the Open International de Montreal.

Karate gis with the manufacturer's brand name embroidered on the shoulder (**Red and Blue only**) will be accepted for the elite categories only, both for the kata and kumite events in red or blue, depending on whether the competitor is Aka or Ao.

*** According to WKF rules, athletes may wear a plain black approved scarf, or approved style, covering their hair but not covering the neck*

For the KATA (Beginner, Intermediate, Advanced and Elite) at the Open International de Montréal, it is important to note the elements below and inform your students accordingly.

****** Karate Quebec reserves the right to modify the competition forms.

a. THE KATA EVENTS WILL BE JUDGED AS FOLLOWS:

Beginner, Intermediate and Advanced

Katas judged at the flags according to the modified double-elimination formula for categories of 5 athletes or more, and according to the round-robin formula, for categories of 3 or 4 athletes, or according to the double-elimination formula for categories with 2 athletes.

- Under 18: simultaneous kata
- 18 and over: individual kata

Elite

Katas judged according to the elimination duel formula with repechage using tablets.

For categories of 3 athletes, the round-robin formula will be used.



b. Kata Repetition Rules

Beginner, Intermediate and Advanced

- Athletes must perform katas according to the list of permitted katas based on the competition level (intermediate or advanced) – see Appendix I.
- Beginner: The athlete can repeat the same kata in all rounds.
- Intermediate: The athlete must alternate at least 2 different katas or more from the list of permitted katas for the intermediate level, according to the list available on Sportdata.
- Advanced: the athlete must alternate at least 3 katas (must do at least 3 different katas before being able to repeat the katas alternately) and there is no restriction on the permitted katas.
- Combined Intermediate and Advanced categories: the athlete must alternate at least 2 katas and there are no restrictions on the permitted katas.

Elite

WKF Rules

All athletes must present different katas in each round.

- a. Youth category athletes (12-13 years) can repeat after performing 4 different katas, but cannot perform the same kata in 2 consecutive rounds.
- b. Athletes in categories 14 years and older can repeat after performing 5 different katas, but cannot perform the same kata in 2 consecutive rounds.

c. KUMITE EVENTS:

Beginner, Intermediate and Advanced

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 6- to 11-year-old categories.

Categories	6-7 yrs. old	8-9 yrs. old	10-11 yrs. old	12-13 yrs. old	14-15 yrs. old	16-17 yrs. old	18-34 yrs. old	35-49 yrs. old	50 + yrs. old
Duration of the battles	1 min. 30	1 min. 30	1 min. 30	1 min. 30	2 min.	2 min.	2 min.	2 min.	2 min

Elite

Double elimination for all categories



Equipment

- *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.

Categories	Youth	Cadet	Junior	Senior/U21 Female	Senior/U21 Male
Duration of the battles	1 min. 30	2 min.	2 min.	3 min.	3 min.



APPENDIX

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

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

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.

II. List of WKF katas – ELITE division

APPENDIX 1: OFFICIAL KATA LIST

1	Anan	35	Jiin	69	Passai
2	Anan Dai	36	Jion	70	Pinan Shodan
3	Ananko	37	Jitte	71	Pinan Nidan
4	Aoyagi	38	Juroku	72	Pinan Sandan
5	Bassai	39	Kanchin	73	Pinan Yondan
6	Bassai Dai	40	Kanku Dai	74	Pinan Godan
7	Bassai Sho	41	Kanku Sho	75	Rohai
8	Chatanyara Kusanku	42	Kanshu	76	Saifa
9	Chibana No Kushanku	43	Kishimono No Kushanku	77	Sanchin
10	Chinte	44	Kousoukun	78	Sansai
11	Chinto	45	Kousoukun Dai	79	Sanseiru
12	Enpi	46	Kousoukun Sho	80	Sanseru
13	Fukyugata Ichi	47	Kururunfa	81	Seichin
14	Fukyugata Ni	48	Kusanku	82	Seienchin (Seiyunchin)
15	Gankaku	49	Kyan No Chinto	83	Seipai
16	Garyu	50	Kyan No Wanshu	84	Seiryu
17	Gekisai (Geksai) 1	51	Matsukaze	85	Seishan
18	Gekisai (Geksai) 2	52	Matsumura Bassai	86	Seisan (Sesan)
19	Gojushiho	53	Matsumura Rohai	87	Shiho Kousoukun
20	Gojushiho Dai	54	Meikyo	88	Shinpa
21	Gojushiho Sho	55	Myojo	89	Shinsei
22	Hakusho	56	Naifanchin Shodan	90	Shisochin
23	Hangetsu	57	Naifanchin Nidan	91	Sochin
24	Haufa (Haffa)	58	Naifanchin Sandan	92	Suparinpei
25	Heian Shodan	59	Naihanchi	93	Tekki Shodan
26	Heian Nidan	60	Nijushiho	94	Tekki Nidan
27	Heian Sandan	61	Nipaipo	95	Tekki Sandan
28	Heian Yondan	62	Niseishi	96	Tensho
29	Heian Godan	63	Ohan	97	Tomari Bassai
30	Heiku	64	Ohan Dai	98	Unshu
31	Ishimine Bassai	65	Oyadomari No Passai	99	Unsu
32	Itosu Rohai Shodan	66	Pachu	100	Useishi
33	Itosu Rohai Nidan	67	Paiku	101	Wankan
34	Itosu Rohai Sandan	68	Papuren	102	Wanshu

In reporting the kata to be performed use the designated number. Should there be inconsistency between the number and the name of the kata, the number will be considered the reported kata to be performed.