

Instagram: karateontario

YouTube: Karate Ontario

Website: karateontario.ca



ONTARIO SUMMER GAMES

THURSDAY, JULY 30 TO SATURDAY, AUGUST 01, 2026

CONESTOGA COLLEGE - DOON CAMPUS

SOUTH GYMNASIUM

299 Doon Valley Dr, Kitchener, ON N2G 4M4

Earn your spot at the next level! Gold medalists from OSG 2026 will automatically qualify for the 2027 Junior Nationals—provided they compete in the same division.

GENERAL INFORMATION

Media Release

By participating in any Karate Ontario event, athletes, coaches, officials, and volunteers hereby grant Karate Ontario the unrestricted right and permission to use their names, likenesses, photographs, and/or video recordings for media coverage, promotional materials, and any other lawful purposes, without compensation or further notice.

Inquiries

Coaches or Club Owners may direct all competition-related questions to tournament.director.ko@gmail.com. General OSG related questions may be directed to karateontario@gmail.com. Athletes are asked to communicate any questions or concerns through their coach or senseis.

***Note:** Any athlete or parent who contacts the above email directly will be redirected to communicate through their coach or sensei.*

QUALIFICATIONS

Athlete selection will be determined according to the **Karate Ontario 2025–2026 Point Standings**, utilizing Ontario Summer Games (OSG) qualifying points from Elite tournaments 5, 6, and 7. The top four qualified athletes will be selected initially, followed by the next athletes on the list, or open entries, should any positions remain unfilled. Both athletes and their affiliated clubs must hold **active memberships** with Karate Ontario, and all memberships must be in **good standing**.

***Note:** Gold medalists from the Ontario Summer Games will receive automatic qualification for the 2027 Junior Nationals, provided they remain in the same division. Athletes who move to a different division for the 2027 Junior Nationals must complete the standard qualification process.*



REGISTRATION

- Qualified athletes will be notified by **April 2026**
- **\$385.00 per division** — includes registration for one division, a two-night accommodations, meals, accreditation, event merchandise and administrative fees
- Each athlete may compete in one division only
- All registration payments must be submitted via e-transfer to payments@onkarate.ca. Payments are to be made as a single transaction per club or;
- Alternative payment method can be made through Trackie in exceptional circumstances (<https://karateon.trackie.com/event/OSG2026>). *Please note that Trackie processing fees apply*
- Once full payment has been received, Karate Ontario will complete the athlete registrations through Sportdata.
- Deadline for registration is **April 28, 2026**
- **No refunds or withdrawals will be accepted after the registration deadline**

ACCOMMODATIONS

Athletes Village

Wilfrid Laurier University - Waterloo Campus
75 University Ave W, Waterloo, ON N2L 3C5
For athletes, coaches and officials only

MEAL SERVICES

Breakfast

- Friday and Saturday
- Hotel or GOC assigned location

Lunch

- Friday and Saturday
- Boxed meal served at event venue

Dinner

- Thursday and Friday
- Hotel or GOC assigned location

Note: Refer to schedule for detailed times

Water

- Athletes are required to bring their own reusable water bottles
- Water refill stations will be available on-site
- Single-use plastic bottles are not permitted

SCHEDULES

The full schedule for all Ontario Games sports may be accessed at WaterlooRegion2026.ca/. A detailed Karate competition schedule shall be made available at a later date through Sportdata. The general schedule is as follows:

Thursday

Registration: 11:00 AM – 3:00 PM
Team Training: 12:00 PM – 3:00 PM
Check-In: 3:00 PM – 4:00 PM
Dinner: 4:30 PM – 5:15 PM
Opening Ceremony: 6:00 PM – 8:30 PM

Friday

Breakfast: 8:00 AM – 9:00 AM
Competition: 9:00 AM – 3:00 PM
Lunch: 12:00 PM – 1:30 PM
Medal Ceremony: 3:40 PM – 4:00 PM
Team Training: 3:00 PM – 6:00 PM
Dinner: 6:00 PM – 8:30 PM

Saturday

Breakfast: 6:30 AM – 7:30 AM
Check-Out: 6:30 AM – 7:30 AM
Competition: 9:00 AM – 3:00 PM
Lunch: 12:00 PM – 1:00 PM
Medal Ceremony: 3:40 PM – 4:00 PM

EVENT VENUES

Opening Ceremony:

TBD

Training and Tournament:

Conestoga College - Doon Campus - South Gymnasium
299 Doon Valley Dr, Kitchener, ON N2G 4M4

Parking:

Limited paid parking only

ACCREDITATION

Accreditation and event merchandise will be distributed during check-in. Athletes and Officials will receive OSG 2026 T-shirts, while Coaches will receive OSG 2026 track jackets. All items are included in registration fees.

RULES

All divisions will be conducted in accordance with **World Karate Federation (WKF)** rules. For full details, please refer to the official WKF Rules and Regulations: <https://www.wkf.net/structure-statutes-rules>.

Forms (Kata):

- Forms may not be repeated during the first five matches for junior divisions
- All forms divisions will follow a *round-robin* format by flags
- Only forms from the official WKF list may be performed

Sparring (Kumite):

- All sparring divisions will follow a *round-robin* format
- Bout Duration for Kids (12—13) is 1.5 mins (start/stop time)
- Bout Duration for Juniors (14—17) is 2 mins (start/stop time)

Sparring (Kumite) Weight Allowance:

- Athletes may exceed their registered weight category by up to 0.4 kg and must weigh within 3 kg of the lower limit of their designated weight division

Team Sparring (Team Kumite):

- Team sparring divisions will follow the standard Karate Ontario competition format

ADDITIONAL INFORMATION

OSG 2026 Website - <https://waterlooregion2026.ca/>

OSG 2026 Volunteer Information - <https://explorewaterloo.ca/sport-hosting-new/ontario-summer-games-volunteers/>

OSG 2026 Sport Karate - <https://waterlooregion2026.ca/activities/karate/>

DIVISION LIST

- 113. U14 Female Forms - 12 to 13 years
- 114. U14 Female Sparring - 12 to 13 years -42kg
- 115. U14 Female Sparring - 12 to 13 years -47kg
- 116. U14 Female Sparring - 12 to 13 years -52kg
- 117. U14 Female Sparring - 12 to 13 years +52kg

- 118. U14 Male Forms - 12 to 13 years
- 119. U14 Male Sparring - 12 to 13 years -40kg
- 120. U14 Male Sparring - 12 to 13 years -45kg
- 121. U14 Male Sparring - 12 to 13 years -50k
- 122. U14 Male Sparring - 12 to 13 years -55kg
- 123. U14 Male Sparring - 12 to 13 years +55k

- 124. U16 Female Forms - 14 to 15 years
- 125. U16 Female Sparring - 14 to 15 years -47kg
- 126. U16 Female Sparring - 14 to 15 years -54kg
- 127. U16 Female Sparring - 14 to 15 years -61kg
- 128. U16 Female Sparring - 14 to 15 years +61kg

- 129. U16 Male Forms - 14 to 15 years
- 130. U16 Male Sparring - 14 to 15 years -52Kg
- 131. U16 Male Sparring - 14 to 15 years -57kg
- 132. U16 Male Sparring - 14 to 15 years -63kg
- 133. U16 Male Sparring - 14 to 15 years -70kg
- 134. U16 Male Sparring - 14 to 15 years +70kg

- 135. U18 Female Forms - 16 to 17 years
- 136. U18 Female Sparring - 16 to 17 years -48kg
- 137. U18 Female Sparring - 16 to 17 years -53kg
- 138. U18 Female Sparring -16 to 17 years -59kg
- 139. U18 Female Sparring - 16 to 17 years -66kg
- 139a. U18 Female Sparring - 16 to 17 years +66kg

- 140. U18 Male Forms - 16 to 17 years
- 141. U18 Male Sparring - 16 to 17 years -55kg
- 142. U18 Male Sparring - 16 to 17 years -61kg
- 143. U18 Male Sparring - 16 to 17 years -68kg
- 144. U18 Male Sparring - 16 to 17 years -76kg
- 145. U18 Male Sparring - 16 to 17 years +76kg

- 146. U14 Female Team Sparring - 12 to 13 years

- 147. U14 Male Team Sparring - 12 to 13 years

- 148. U16 Female Team Sparring - 14 to 15 years

- 149. U16 Male Team Sparring - 14 to 15 years