



2016
EUROPEAN

KARATE

CHAMPIONSHIP

43rd
JUNIORS-CAJETS

& 8th
U21

OFFICIAL BULLETIN

5-7 FEBRUARY 2016

LIMASSOL - CYPRUS

STADIUM - SPYROS KYPRIANOU ATHLETIC CENTER



The European Karate community feels extremely satisfied to visit Limassol and Cyprus for these 43rd European Junior & Cadet and 8th U21 Championships.



We also take this opportunity to recognize the work developed by the Cyprus Karate Federation during so many years. It is a small Federation in size, but a good example on how a small Federation in size can work with efficiency and make an outstanding contribution to the European Karate. It has always been a pleasure to work with the Cyprus Karate Federation, who also has always made things easy inside a positive atmosphere of support and collaboration.

The celebration of this event in Limassol is something well deserved by the Cyprus Karate Federation and we are fully confident that these 43rd European Junior & Cadet and 8th U21 Championships are going to be a new success of our sport in the European Continent, a new success of the European Karate Federation thanks to the significant contribution of the Cyprus Karate Federation.

Antonio Espinos
EKF President



On the occasion of the 43rd Junior & Cadet and 8th U21 Karate Championships, I take the opportunity to send my warm greetings to all European karateka friends.

It is well known that the European karate championships are a very big and important karate event. The Cyprus Karate Federation promises to do its best in order to organize this event in a very professional way. I can personally assure you that the success of the event can be taken as granted, since the Cyprus Karate Federation has the experience needed in organizing such events.

Cyprus is a very well known touristic island, especially to European people. The Championships will take place in Limassol, a very beautiful city by the sea. I am sure that everybody will enjoy this event and I would like to wish all participants health, strength and many victories

We look forward to seeing you in Cyprus,

Andreas Archimides
President
Cyprus Karate Federation

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Facts about Cyprus

Located in the eastern Mediterranean Sea, Cyprus is a veritable crossroad of three continents. Cyprus is the third largest island in the Mediterranean sea.

Surface Area:	9.251 km ²
Population:	802. 500 (End 2002)
Language:	Greek is the official language. English is widely spoken.
Capital:	Nicosia
Climate:	Mild; Mediterranean with hot, dry summers and cool winters.
Time Zone:	GMT +02:00
Electric Current:	240V/50Hz

City of Limassol

Limassol is a city on the southern coast of Cyprus and capital of the eponymous district. Limassol is the second largest urban area in Cyprus, with an urban population of 160,000-176,700. The municipality is the most populous in the country with 101,000 inhabitants (2011).

The Port of Limassol is one of the busiest ports in the Mediterranean transit trade and the largest port in Cyprus. It has also become one of the most important tourism, trade, and service-providing centers in the area. Limassol is renowned for its extensive cultural traditions, and is home to the Cyprus University of Technology. A wide spectrum of activities and a number of museums and archaeological sites are available to the interested visitor. Consequently, Limassol attracts a wide range of tourists mostly during an extended summer season to be accommodated in a wide range of hotels and apartments. A large marina lies near the old town, 500 meters from the Limassol medieval castle.

Limassol was built between two ancient cities, Amathus and Kourion, and during Byzantine rule it was known as Neapolis (new town). Limassol's historical centre is located around its medieval Limassol Castle and the Old Port. Today the city spreads along the Mediterranean coast and has extended much farther than the castle and port, with its suburbs stretching along the coast to Amathus. To the west of the city is the Akrotiri Area of the British Overseas Territory of Akrotiri and Dhekelia.

Limassol ranked 87th worldwide in Mercer's Quality of Living Survey (2012), between Bratislava and Tallinn.



Currency

The currency of Cyprus is the Euro - €, which is divided into 100 cents. Notes and coins currently in circulation are as follows:

Banknotes: €5, €10, €20, €50, €100, €200 €500

There are coins in denominations of €2, €1, 50 cent, 20 cent, 10 cent, 5 cent, 2 cent and 1 cent.

There are 100 cent to €1.

For up to date exchange rates please go to the website of the Central Bank of Cyprus, <http://www.centralbank.gov.cy/>

Banking

Commercial banks in Cyprus offer a wide range of banking services in Euros, as well as in foreign currencies, and have correspondents in most major cities around the world.

The banking hours for the public are: Monday - Friday, 08:30 - 13:30. Banks are closed at weekends and on public holidays.

Banks at Larnaka and Pafos International Airports provide exchange bureau services on a 24-hour basis. Hotels, large shops and restaurants normally accept credit cards and travellers cheques. Banknotes of major foreign currencies are also acceptable. Rates of exchange are published daily in the local press and are broadcast through the media.

A number of Automatic Teller Machines (ATMs) operate on a 24hrs basis in central places of all towns.

Hotels, large shops, restaurants, etc. usually accept traveller's cheques and major credit cards





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Credit Cards

Visitors in possession of any of the following international credit cards may contact the appropriate bank for the withdrawal of cash.

VISA CARD: Bank of Cyprus Ltd., Hellenic Bank, Alpha Bank Limited, National Bank of Greece, Commercial Bank of Greece and Universal Bank.

DINERS CLUB, CARTE BLANCHE: Bank of Cyprus Ltd.

MASTERCARD: Bank of Cyprus Ltd., National Bank of Greece, Hellenic Bank, and Alpha Bank

AMERICAN EXPRESS: Bank of Cyprus

More than 15.000 shops, restaurants and hotels accept at least one of the above Credit Cards. Establishments with P.O.S. accept also **VISA ELECTRON** and **MAESTRO**. Usually the Card symbol is displayed in the shop window or at the reception.

Business/Shopping Hours

PUBLIC SERVICE HOURS

Winter Period

Monday - Friday: 09:00 - 13:30 / 16:00-20:00

Saturday: 09:00 - 15:00

At a glance....

‘Γειά σας’
(ya-sas)

‘HELLO’ IN:
Greek



ELECTRICITY
240V/50hz

Average
Temperature 12°C
54°F



The supply in Cyprus is 240 volts / 50Hz. Sockets are usually 13 amps, square pin in most buildings.

More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.).

The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

Many hotels provide adaptors upon request from the Reception. Adaptors can be purchased from electricians, supermarkets, grocery shops, etc.

ALL OVER THE ISLAND

Ambulance: 199, 112

Fire Service: 199, 112

Police: 199, 112

Insurance

It is compulsory that all participants and members of the delegations have their own medical and personal trip insurance. The Cyprus Karate Federation and European Karate Federation as well as the Organizing Committee assume no liability or responsibility for the lack of insurance from participants and members of the delegations. The heads of the delegations have to sign the enclosed terms of responsibility and return it by 22nd of December 2015 the latest.

Flag /Anthem

All Delegations must provide their national official flag (2) and national anthem (cd) during registration.



Accommodation

The reservations for accommodation will be handled by the Cyprus Karate Federation.

Mediterranean Beach Hotel **** (HQ Hotel)



True hospitality has always been the fabric of the Mediterranean, a superior 4 Star luxury hotel situated on one of the most beautiful sandy beaches of Limassol.

The Cyprus hotel's unique location provides all the advantages, boasting some of the best views of the island's southern coastline. Recently renovated extensively, the Mediterranean Beach Hotel welcomes guests to a warm and inspiring environment of aesthetic luxury and comfort.

The building itself, the public areas and all guest rooms are designed and decorated to reflect the nature and spirit of the Mediterranean Sea. Hues of blue and white dominate the color scheme, which is enhanced with natural wood and marble features. The result is a contemporary resort that offers guests not only luxurious facilities and personal service, but an all-round Mediterranean holiday experience.

Atlantica Miramare Beach Hotel ****



The Atlantica Miramare Beach hotel is beautifully located right on the beach, overlooking the blue water of the Mediterranean Sea and in the centre of the tourist area of Yermasoyia, Limassol. Just 3 km away from the old town to Limassol and the castle.

If you're looking for the perfect venue to combine business with pleasure then this hotel is the perfect choice. It is a contemporary hotel that whispers class.. Beautifully decorated and with an endless choice of things to do.

Navaria Beach Hotel ***



Navarria Hotel is situated only 4.5 Km from Limassol City Centre, offering elegantly decorated accommodation overlooking the sapphire blue Mediterranean or the mountainous landscape. All rooms are centrally air-conditioned and heated, have a direct dial telephone, a safe box, a satellite T.V and a hairdryer. Iron and fridge are also available upon request.

Navarria Hotel offers to its guests swimming pools, an illuminate tennis court, table tennis, billiard, fully equipped health centre complete with a sauna and massage room. Across the street there is a glorious Sandy Beach, characteristic of the island. Also free Wi-Fi is offered throughout the hotel & rooms.

Blue Crane Hotel ***



Blue Crane Hotel is located in the area of ancient Amathus, right on the waterfront. It features an outdoor pool, a restaurant, and offers free Wi-Fi.

All guest rooms are air conditioned and include a TV and a kitchenette.

Guests of Blue Crane can enjoy a drink at the bar, relax in the garden or go for long leisurely walks along Harmony Beach. Hotel Blue Crane is situated less than 8 km away from the centre of Limassol. It is within walking distance from several shops, restaurants, cafés, and night clubs.

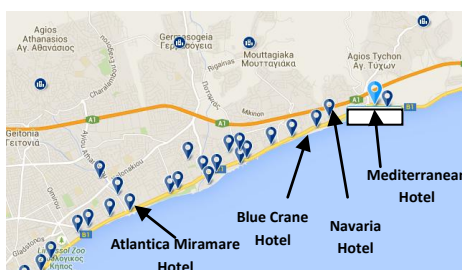
Hotel Price List

All rates are quoted per room and night, including breakfast and all applicable taxes.

HOTEL / CATEGORY	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM	MEALS
Mediterranean Hotel - HQ ****	€ 80,00	€ 105,00	€ 145,00	€ 22,00
Atlantica Miramare Hotel ****	€ 70,00	€ 95,00	€ 130,00	€ 19,00
Navaria Hotel ***	€ 45,00	€ 60,00	€ 85,00	€ 15,00
Blue Crane Hotel ***	€ 45,00	€ 60,00	€ 85,00	€ 15,00

THE DEADLINE FOR BOOKING ACCOMMODATION IS 22ND OF DECEMBER, 2015.

Note: From the 23rd of December 2015 until the 10th of January 2016, a 10% increase will be imposed on the above prices. However, after the 22nd of December 2015, the Cyprus Karate Federation cannot guarantee the availability of any rooms.



Distances Between Hotels

HQ Hotel to Navaria & Blue Crane Hotel 600 meters

HQ Hotel to Atlantica Miramare Hotel 2 km



Transportation

- Transportation will be organized by taxi, mini bus or bus, depending on the number of participants on each arrival.
- Depending on the number of persons in each delegation a bus or taxi or other vehicle will be used.
- The only **official** airports in Cyprus are **Larnaca and Pafos International Airports**. Transportation to the hotels will be only offered from these airports.

TRANSPORTATION COST

Taxi Up to 4 persons	€130.00
Minibus for 20 person	€25.00 p/p - min. 15 person
Bus for 50 person	€20.00 p/p - min. 30 person

The above prices are from Larnaca/Pafos airport to hotel and back from the hotel to Larnaca/Pafos airport.

Transportation will be also offered from the hotel to the stadium and vice versa free of charge. (For delegations that has booked through Cyprus Karate Federation)

NOTES & CLARIFICATIONS

1. The Headquarter Hotel of the event will be Mediterranean Beach Hotel.
2. All prices will be in euro.
3. Accommodation is provided on a bed and breakfast basis.
4. The allocation of the rooms in the hotels will be on a priority basis, so delegations that have preference for particular rooms, should arrange their reservations the soonest.
5. Accommodation reservations should be accompanied with the reservation form.
6. 4 Canteens will be available at the stadium as well as an organized lunch/dinner service (buffet) for which is better and cheaper if you book in advance.
7. Please note that the official airports of the Republic of Cyprus are the International airports of Larnaca and Pafos.
8. **Hotel and Transportation Bookings to be made through cypruskaratefederation@gmail.com**



PAYMENTS

1. Delegations are requested to send a precise reservation, specifying the number of rooms with names.
2. The Cyprus Karate Federation will then issue and send you an invoice. A deposit of 25% of the amount due is obligatory in order to obtain a fully confirmed reservation and full settlement needs to be done no later than the 10th of January, 2016. For delegations that have paid and then cancelled within 20 days prior to the event, 25% of the reservation cost will be withheld as cancellation fee.
3. Reservation and payment details will be done through Cyprus Karate Federation.

4. BANK DETAILS

Name: CYPRUS KARATE FEDERATION
Account Name: 011701050314
INAB No.: CY940020001170000000105031400
Bank: Bank Of Cyprus
Swift: BCYPCY2N

VISA

Every traveler must have a valid passport or EU ID card.

For more information, please refer to:

<http://www.mfa.gov.cy/mfa/HighCom/london.nsf/All/C5BC5D60E65345B280257BCD00401BF1?OpenDocument>

or

<http://www.mfa.gov.cy/mfa/mfa2006.nsf/0/BCD9E71A8FBBA8DCC225720B001D9AFE?OpenDocument>

Countries needing VISA to travel to Cyprus

ARMENIA, AZERBAIJAN, BELARUS, GEORGIA, MOLDOVA,
RUSSIA, TURKEY, UKRAINE

Additional categories of persons who do NOT require visa

Holders of biometric passports of Albania, Bosnia Herzegovina,
FYROM, Montenegro and Serbia



Sport Centre "Spyros Kyprianou Athletic Center"



LIMASSOL SIGHTS



KOLOSSI Caste



KOURION - Curium



LIMASSOL MARINA - OLD HARBOUR



LIMASSOL BY NIGHT



Categories

IMPORTANT INFORMATION

The **age limit** of competitors for the corresponding category will be the first day of competition. This means competitors must have the relevant age by 5th of February 2016.

Under 21	Cadets	Juniors
<i>Individual Kata</i> (age 18/19/20)	<i>Individual Kata</i> (age 14/15)	<i>Individual Kata</i> (age 16/17)
Male/female	Male/female	Male/female
<i>Male Individual Kumite</i> (age 18/19/20)	<i>Male Individual Kumite</i> (age 14/15)	<i>Male Individual Kumite</i> (age 16/17)
-60 Kg. -67 Kg. -75 Kg. -84 Kg. +84 Kg.	-52 Kg. -57 Kg. -63 Kg. -70 Kg. +70 Kg.	-55 Kg. -61 Kg. -68 Kg. -76 Kg. +76 Kg.
<i>Female Individual Kumite</i> (age 18/19/20)	<i>Female Individual Kumite</i> (age 14/15)	<i>Female Individual Kumite</i> (age 16/17)
-50 Kg. -55 Kg. -61 Kg. -68 Kg. +68 Kg.	-47 Kg. -54 Kg. +54 Kg.	-48 Kg. -53 Kg. -59 Kg. +59 Kg.
		<i>Team Kata</i> (age 14/17)
		Male/female

PROGRAMME

EVENT SCHEDULE

Thursday 4 February	Mediterranean Hotel	
09:00-16:00	Registration for delegations *	Room Ionia Hall
15:00-16:30	Referee commission meeting	Room Aegean II
16:30-17:30	License renewal examination	Room Aegean I
16:30-18:00	Open draw for coaches	Room Ionia Hall
17:00-18:00	Medical commission meeting	Room Aegean II
18:00-19:00	Anti-doping commission meeting	Room Aegean II
18:30-19:30	Referees, judges & coaches meeting	Room Bavaria
19:00-20:00	Technical commission meeting	Room Aegean II
Friday 5 February 2016		
09:00-11:00	Executive committee meeting	Room Aegean II

* There will be a fast lane for the NFs having made online registration, with no changes and having paid by bank transfer. For any issues with the online registration, please contact office@sportdata.org



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COMPETITION SCHEDULE

Friday 5 February 2016	Cadets programme kata/kumite
	Weigh-in
09:00-09:30	Cadet male (all categories)
10:00-10:30	Cadet female (all categories)
	Kata individual
09:00	Cadet male/female Junior male/female -21 male/female
11:00	Repechages (kata individual)
	Cadet kumite eliminations
13:00	Male (-52/-57/-63 kg)
14:00	Female (-47/-54/+54 kg)
15:00	Male (-70/+70 kg)
16:00	Repechages (cadet kumite male & female)
	Finals
17:30	Kata individual cadet male/female & junior male
17:45	Medals award
18:00	Kata individual junior female & -21 male/female
18:15	Medals award
18:30	Male (-52/-57/-63 kg)
18:45	Medals award
19:00	Female (-47/-54/+54 kg)
19:15	Medals award
19:30	Male (-70/+70 kg)
19:40	Medals award
Saturday 6 February 2016	Junior programm team kata & individual kumite
	Weigh-in
09:00-09:30	Junior male (all categories)
10:00-10:30	Junior female (all categories)
11:00-12:00	-21 female (all categories)
13:00-14:00	-21 male (all categories)
	Kata Team
09:00-10:15	Junior male/female
	Junior kumite eliminations
10:15	Male (-55/-61/-68 kg)
11:30	Female (-48/-53/-59 kg)
12:45	Female (+59 kg) & male (-76/+76 kg)
13:45	Repechages (Junior kumite male & female)
16:00	Opening Ceremony
	Finals
17:00	Male (-55/-61/-68 kg)
17:15	Medals award
17:30	Female (-48/-53/-59 kg)



17:45	Medals award
18:00	Female (+59 kg) & male (-76/+76 kg)
18:15	Medals award
18:30	Kata team junior male/female
19:00	Medals award
Sunday 7 February 2016	
	-21 kumite programm
	Kumite eliminations
09:00	Female (-50/-55/-61 kg)
10:15	Male (-60/-67/-75 kg)
11:45	Female (-68/+68 kg) & male (-84 kg)
13:00	Male (+84 kg)
13:00	Repechages (-21 kumite male/female)
	Finals
14:30	Female (-50/-55/-61 kg)
14:50	Medals award
15:05	Male (-60/-67/-75 kg)
15:25	Medals award
15:40	Female (-68/+68 kg)
15:50	Male (-84/+84 kg)
16:05	Medals award
16:30	Closing ceremony
20:00	Farewell-Party

Note: In the bouts for finals, all coaches must be dressed with suit and tie (male and female).

CATERING AT THE VENUE

There will be an organized lunch service providing warm meals daily. One menu per day will contain meat and there will be a vegetarian menu. **Please pre-order lunch vouchers by e-mail to cypuskaratefederation@gmail.com**

Day / Menu	Pre-Order	On Stadium
FRIDAY Village or Beetroot Salad, Carre Potatoes or Fresh steam vegetables, Pasta with mince meat, Grill chicken or Beef with peas	EUR 9,50	EUR 13
SATURDAY Village or Potato Salad, Rice with mushrooms or Fresh steam vegetables, Penne Napolitano, Pork with wine sauce or Chicken souvlaki	EUR 9.50	EUR 13
SUNDAY Village or Rice, tuna and green peppers Salad, Rice with spinach, Mashed potatoes, Penne al a pesto, Beef stifado or Pork with mushroom sauce	EUR 9.50	EUR 13
SPECIAL PACKAGE 3-DAYS MENU Pre-order lunch vouchers for all 3 days for EUR 25 instead of EUR 36 / person	EUR 26.00	N / A



FAREWELL PARTY

More information will be available in the 2nd Bulletin.

EKF APPROVED ITEMS

TRADEMARK	MAIN OFFICE
	OOO "KALININGRADSKIY SPORT" Musorgskogo str. 10, bldg. 16A 236022- Kaliningrad, RUSSIAN FEDERATION Phones: 007 911 4672969 / 007 911 4997553 Fax: 007 08439 23337 e-mail: best_sport@mail.ru www.best-sport.ru
	PRIDE 410 Park Avenue, 15th Floor New York, NY 10022, USA e-mail: info@prideuc.com www.pride.hr
	DRAGON BLEU SAS VENUM Official distributor 7 Rue du sagittaire BP20158 94533 RUNGIS Tel : 0141733239 Fax : 0149790629 e-mail : contact.euro@venumfight.com www.dragonbleu.fr

WKF APPROVED Trademarks for sports items will also be permitted.



Terms of responsibility

To be filled in, signed and sent back together with the booking confirmation of the hotel by **4th January 2016** (by regular mail or email) latest.

I, _____ the undersigned, as the Head of Delegation of my country, duly enrolled to participate in the 43rd European Junior & Cadet and 8th U21 Championships, which will be held at Limassol, Cyprus, from 5 - 7 February 2016, with acknowledge of the Statutes, the Organizing Rules and the Norms of the European Karate Federation, pledge myself to faithfully accomplish the regulations of this before mentioned entity.

And I take any and all administrative, civil and criminal responsibilities of whatever happens to our athletes, coaches and other members of our delegation participating in this Championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, venue, means of transportation etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of this Championships, the European Karate Federation and the Cyprus Karate Federation, its directors, as well as any person, company, or entity related to the event (sponsors, public and private entities).

I authorize the organizers of the event to use images, photos and the names of our competitors and other members of our delegation, since it is considered necessary, for the sport activities and publications of karate, related to the event, without any monetary or other compensation.

Country / Nation	
Last name, First name	
Passport number	
Date of expiry	
Federation position	
Address	
Phone number	
Email	

Date _____ Place _____

Signature & Stamp _____