



**11th EUROPEAN
KARATE
CHAMPIONSHIPS
FOR REGIONS
MONTENEGRO 2013
8-9 JUNE**



Herceg Novi, EKF Regions 2013

These 11th European Karate Championships for the Regions in Herceg Novi, Montenegro, are surrounded by great expectation after the very successful experiences of the previous editions of these Championships, that have been continuously increasing in size and in quality since its first edition in 2003.

The unique opportunity for all European Regions to compete under their own name, flag and personality in an official sport event makes these Karate Regions Championships a rather singular and attractive activity, bringing to the reality an historic aspiration that has proved to meet so many expectations.

Also, the fact that the organisation of the event will be run by the Montenegro Karate Federation is a guarantee of quality and well doing. All European karate will travel to Herceg Novi and will also have the opportunity to close ties with the Montenegro karate.

This 2013 edition continues counting with the incentive of a new format, with a rather imaginative and successful proposal implemented in 2010 that includes the youth categories from 14 to 17 years.

In the name of the big European Karate family, I want to thank you for your inestimable contribution. Be sure we all will enjoy unforgettable experiences around karate in Herceg Novi.

Yours sincerely,

Antonio Espinos
EKF President



Dear sport friends

I am pleased and honored to greet you and call to Montenegro in its own name, Karate Federation of Montenegro and the Organizing Committee of the **11th EUROPEAN KARATE CHAMPIONSHIPS FOR REGIONS** to be held in Herceg Novi, June 2013. Me personally and all the members of our federation meets the pride that we can organize such a prestigious and important competition. Our desire is that you host on this occasion and spent time with sports and competition deepen our friendship and our federation.

Montenegro is usually remembered and loved as a friendly tourist destination in the Mediterranean wild natural beauty and the desire to look forward to seeing you soon in Herceg Novi.

Best regards,

Vladimir Mrvaljević

President of the Karate federation of Montenegro

Organizing Committee:



*Dejan Mandić
President of the Municipality of Herceg Novi*



*Predrag Marsenić
Sports Director of the Montenegrin Olympic Committee*



Vladimir Mrvaljević, President NF



*Dragan Šakotić, Vice President NF
Director ERC*



Saša Popović



Nebojša Kavarić



Borislav Mijović



Ranko Jovović



Zoran Mrdak



Miroslav Radojević



Božo Jokić



Boris Vuković
Technical Director ERC



Ivan Krstajić

MNE - Montenegro

1000 Facets of the Kaleidoscope –The Wild Beauty at The Southern Adriatic



“Black” mountains, blue sea, green alpine meadows, awe-inspiring canyons, idyllic lakes

A universe in a nutshell – far apart from the beaten tourist tracks. A re-discovered paradise opens up to its guests.

Holiday at the seaside with lovely beaches, hidden coves, fascinating small historical coastal towns with modern flair: yes, naturally! You may choose from cosy quarters in a hospitable private home to international 5-star hotels with the complete wellness programme. The gastronomy offers delicious regional specialities as well as international classics. Hiking on marked trails, through majestic mountain massifs with spice-scented meadows; discover the boundless high plateaus on a mountain bike; white-waters, the awe-inspiring canyon (Europe’s deepest) of the river Tara, a hot spot for rafters! Eerie caves and ravines where bears and wolves may hide (and maybe goblins and fairies): yes, naturally! National parks appeal to all nature lovers. Montenegro already has four very distinctive ones and will soon have six. For instance Biogradska Gora, the wildly romantic primeval forest, which you can explore on an easy trail. Or the area around Lake Skadar, Europe’s largest bird sanctuary. With this and many other measures our country endeavours to fulfil the article of our constitution as an “Ecological State”. Growing areas of our land are being established as nature reserves and protected by law - naturally!

Historical treasures from the earliest settlements to the Njegoš Mausoleum on top of the mountain Lovcen: yes, naturally! Our varied history left its tracks from the Roman buildings that are still used as venues up to the fortifications built by the Habsburg realm

– with a breathtaking view of the unique Bay of Kotor with its fascinating heart. Follow the Adriatic coastline south to the charming medieval village Budva and to the largest beach near Ulcinj; there is a lot waiting to be discovered. But we would like to induce you also to explore the interior of the country: the historical royal town Cetinje is just north of Budva. A very interesting excursion would be a trip to the Ostrog Monastery, where miracles are said to happen even today.

And you ought to meet the Montenegrin mountain people, too. Throughout our diverse history they learned to valiantly repulse invaders of all kinds – and to receive welcome guests with genuine hospitality. Do look them up in the scattered alpine cottages and experience a visit to friends.

Who will enjoy a holiday in Montenegro? Sunbathers and beach runners, adventurers and discoverers, fans of day- and nightlife, nature lovers and people looking for places of spiritual power: as a matter of fact, everybody.





Herceg Novi

General data

Archeological findings from Luštica witness the beginnings of the civilization in this region, back from the Neolithic and early bronze age. Evidence of humans living in Herceg Novi dates from its first known inhabitants – Illyrians.

Commercial opportunities attracted Greek traders in the 5th century B.C. In the 3rd century A.D., after defeating Illyrians, Roman Empire took over this region. After the fall of the Western Roman Empire, in 476, Byzantium ruled for six centuries. In the 7th century, the Slovenian tribes densely inhabited this region and around the area of today's Herceg Novi, the Dračevica parish was formed. Already from the 10th century, Dračevica loses its independence, becoming the pray of the Zeta dukes, but not for long because the period of the *Nemanjić* family was coming. Upon the death of Czar Dušan, Dračevica was governed by duke *Vojislav Vojinović*, and later on by the Balšić family.

The city of Herceg Novi was founded in 1382, when the Bosnian ban (provincial lord) King *Tvrtko I Kotromanić* instituted it in the Bay of Topla, with an intent to give it a commercial, maritime and craft role, and named it Sveti Stefan (St. Stephen).



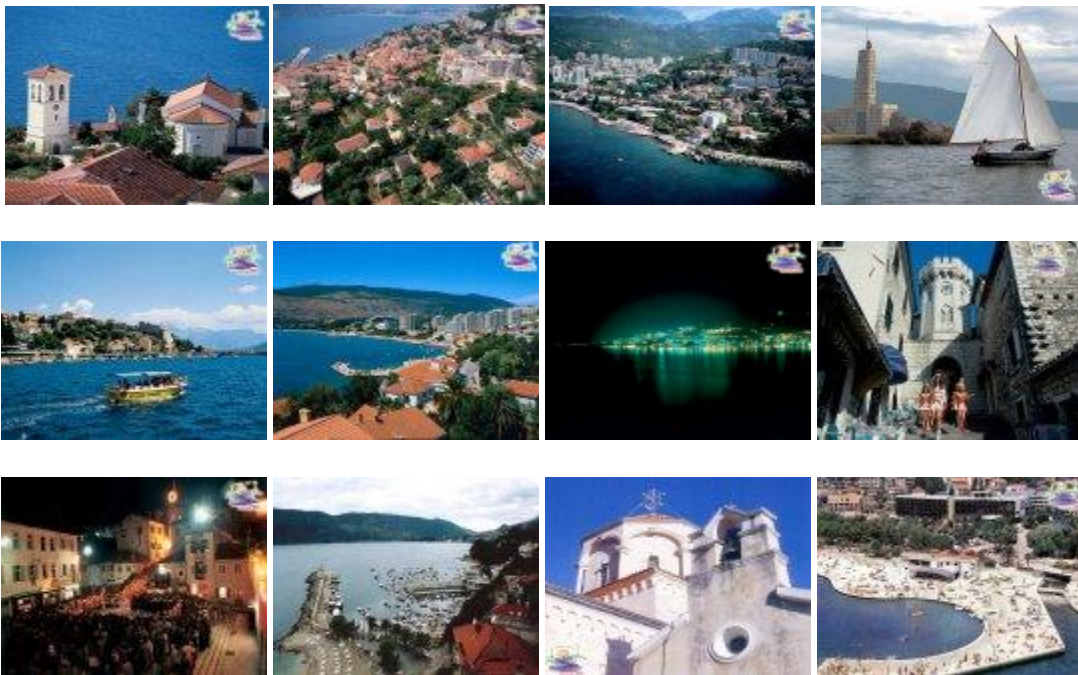
As one the youngest cities on the Adriatic coast, it was called Novi (New), Castrum Novum, Castel Nuovo. It acquired its current name during the reign of Herceg (Duke) Stjepan Vukčić Kosača, when the city experienced its greatest progress. The Turks conquered it in 1482 and, with a short pause between 1538 and 1539, when it was overtaken by the Spaniards, they ruled for about 200 years up until 1687.

Austro-Hungary controlled Herceg Novi until 1806, Russia for a year between 1806 and 1807, and France between 1807 and 1813. Even the temporary government of Montenegro and Boka Kotorska had control over Herceg Novi between 1813-1814. However, the city was under Austro-Hungarian control until 1918.

Henceforth many nations and civilizations dwelled on its soil, leaving deep traces on its history, culture and overall development. After the Turkish rule, the city was conquered

by the Venetians, who reigned until the end of the Venetian Republic in 1797. From then on, there were frequent changes in the administration of Herceg Novi. The Austrians ruled until 1806. Hereafter, the administration was overtaken by the Russians, until 1807, and then the French governed until 1814. In the period from 1813 to 1814, the city was temporarily administered by the government of Montenegro and Bay of Kotor. From 1814 to 1918, the city was under the Austro-Hungarian administration.

Then the Serbs, Croats and Slovenians united to form a kingdom, somewhat later called Yugoslavia, and in 1923, the Bay of Boka precinct was annexed to it. In 1941, the city was occupied by the Italians, then the Germans, until the liberation on **October 28, 1944.**



Geography

Herceg Novi is located at a strategic and attractive geographic area between the highest mountain of the Dinara massive, Orjen (1,895 m) and the entrance of one of the most beautiful bays in the world, the Bay of Kotor (Boka Kotorska).

It represents an administrative, economic and cultural center of the municipality, covering an area of 235 km² with 30.992 inhabitants.

Geographic coordinates of the city: 42 °27' North Latitude and 18 33' East Latitude

Relief characteristics:

mountain Orjen 1.895 m , hills: Dobroštica 1.570 m and Radoštak 1.441 m ,the Luštica Peninsula: highest knoll Obosnik 586 m.

The 2.900 m wide entrance to the Bay of Kotor is situated between the Oštro and Mirište capes. The maximum depth of the sea in the Bay is 61 m, and the average one is 27.8 m.

Since 1997, the Bay of Kotor has been a part of the Association of most beautiful bays in the world.



Climate

The area of the Bay of Kotor is characterized by a Mediterranean climate with dry and warm summers and mild winters. Herceg Novi has a specific microclimate, which is a result of southern exposition, proximity to the sea, limestone substratum and mountainous hinterland which prevents the breakthrough of cold air masses.

Herceg Novi has approximately 200 sunny days per annum. In July and August there are approximately 10.7 sunny hours per day

Average annual temperature is 16.2 C (similar to Mediterranean cities of Naples and Lisbon).

The average temperature in June is 25 degrees in Herceg Novi.

There are frequent slight temperature oscillations, thus, the average daily temperature fluctuation is only 4 C. Average temperature from May to September is about 25 C, which provides a swimming season over 5 months long since the average summer sea temperature is rather high, between 22 - 26 C.

The annual average precipitation is 1,930 mm/m², and relative air humidity is at its highest in the fall reaching 80%, and its lowest point is in the summer, i.e. 63%.

Characteristic winds, which blow in this region, are:

MAESTRAL (west - in summer),

BURA (north - in winter),

ŠILOK (south - throughout the year),

JUGO (south - mainly in winter).

Currency

Montenegro accepted joint European currency, euro (EUR) (€) as a means of payment in its territory.

Banks in Herceg Novi: Montenegrin Commercial Bank, Atlas Bank, Hypo Alpe Adria, First Bank,



Buisness-Shopping hours

Monday-fridai: 09:00-20:00

Satrday:09:00-15:00

Electricity and voltage

In Montenegro, like in the most of European countries, the voltage of electricity is 220V, and the frequency is 50 Hz.

Visitors from Great Britain need an adapter for electrical devices, while visitors from the USA need transformer in order to use their 110/125V devices.

Area codes in Montenegro

According to Crnogorski Telekom, the area codes in Montenegro are:

- Podgorica, Kolašin and Danilovgrad (020);
- Kotor and Tivat (032);
- Nikšić, Šavnik and Plužine (040);
- Bar and Ulcinj (030);
- Cetinje (041);
- Budva (033);
- Berane, Andrijevica, Rožaje and Plav (051) ;
- Herceg Novi (031);
- Mojkovac and Bijelo Polje (050);
- Pljevlja and Žabljak (052).

Roadside assistance

Domestic call:

- ☎ 19807;
- ☎ 020 234 999;
- ☎ 063 239 987

International call:

- ☎ +382 20 234 999;
- ☎ +382 63 239 987 ;
- @ amscg@t-com.me

Air traffic

Airport Tivat, 23 km away 30 min by bus (our recommendation).

Airport Ćilipi , near Dubrovnik in Croatia 30 km away, 40 min by bus (you have to cross the border with Croatia).

In certain occasions, the Podgorica airport might be utilized as well (112 km away from Herceg Novi 1 and 45 min bus ride).

Airports

Airport Tivat - Montenegro (our recommendation)

+382 32 671 337

+382 32 670 930

Airport Podgorica - Montenegro

+382 20 243 007

+382 20 244 916

Airport Ćilipi - Croatia

+385 20 773 377

+385 20 773 333

Useful information

EMERGENCY

Topla bb, 85340 Herceg Novi

124

+382 31 343 025

POLICE

Majke palih boraca,
85340 Herceg Novi

122



+382 31 322 222



TAXI "MORE"- Herceg Novi



Jadranskiput, Sutorina

+382 19730

Mobile operators

TELENOR  Trg Nikole
Đurkovića, 85340 Herceg Novi
 1118


T-MOBILE  Trg Maršala
Tita, 85340 Herceg Novi
 1500

M:TEL  Trg Nikole
Đurkovića, 85340 Herceg Novi
 1600

Maritime traffic- Ports

In Montenegro you can get ferri boat through Italy, Albania, Croatia to Port of Bar.


PORT OF BAR  +382 85 312 365

 +382 85 312 247

@ lukabar@t-com.me

PORT OF KOTOR

 +382 32 325 571


 +382 32 325 572


@ portofkotor@t-com.me

PORT OF RISAN

 +382 32 371 491


CITY PORT OF HERCEG NOVI


 +382 69 644 097

 +382 31 323 015

@ port_hercegnovi@t-com.me

PORT OF ZELENKA

 +382 31 678 092

 +382 31 678 009

Ferry "POMORSKI SAOBRAĆAJ" AD KAMENARI

+382 31 673 522

+382 31 681 040

The connection between Herceg Novi and Tivat, makes ferry line Kamenari - Lepetani and Lepetani - Kamenari.

In the summer from 01. 06. until 01. 09. the ferry runs 24 hours a day.

In period form 01. 09. until 01. 06. ferry runs according next schedule:

Visa regimes for foreign citizens

States requiring a visa for Montenegro: **Azerbaijan, Moldova, Georgia, Armenia and Kazakhstan .**

Ministry of foreign affairs and european integration

@ E-MAIL : mip.konzularno@gov.me

TELEFON : +382 (0)20 225 954

FAX : +382 (0)20 247 607

With application for a visa, a stranger, depending on the type of visa that is required shall provide:

A valid travel dokument-passport validity period of the visa, which is entered must be at least three months longer than the validity of visas.

A color photograph, size 35x45 mm

evidence of the purpose of their stay in Montenegro (invitation or a letter of guarantee of legal or natural persons from Montenegro)

Proof of accommodation (confirmation about the travel arrangements, hotel reservation or other accommodation)

evidence that it has sufficient funds for living expenses during their stay in Montenegro, as well as to return to the home country or to travel to a third country (cash, checks, proof of funds in bank account)

Proof of means of travel or intention to return to the country they come from, or in a third country (return ticket, transportation and driver's license),

Proof of health insurance, proof of payment of the consular fee

other evidence from which one can appreciate the reasons for the visa application.

Accommodation

Hotel -Institute "Simo Milošević" 4 * * * *

Distance from the sports hall 50 m, distance from the beach 100 m.

Free WIFI, Bar, Meeting rooms, Parking, Fitness Center, Curr. exchange, 500 beds



Hotel "Lighthouse" 4 * * * *

Distance from the sports hall 500 m, distance from the beach 100 m,

Free WIFI, Bar, Parking, Fitness Center, Currency exchange, 150 beds



Hotel "Novi" 3 * * *

Distance from the sports hall 300 m, distance from the beach 200 m, Free WIFI

Bar, Parking Currency exchange, Outdoor stadium, apartments for teams, 200 beds,



Price:

HOTELS	Double	Triple	Apartmens 2 - 6 persons
HQ "Simo Millosević" 4****	42 €	40 €	
Hotel "Novi" 3***	31 €	29 €	
Hotel "Lighthouse" 4****	37 €	34 €	

Prices are quoted in euro and per person on bed and breakfast basis.
Lunch or dinner at the buffet is 10,00 euros, if you book by May 20 through the agency.
Single room price is 30% higher.
During the competition it is possible to order lunch in HQ 50 meters from the sports hall.
Price for the apartment depends on the number of persons and your application.
In addition to pay local taxes at a cost of 1 euro per day per person.

Transportation

Transportation per person from airport "Čilipi", Dubrovnik (2 ways) is 25,00 euro.
Transportation per person from airport "Tivat", Tivat (2 ways) is 25,00 euro.
Transportation per person for 1-3 persons is 60,00 euros(2 ways).
Transportation for group for 4-50 persons from airport "Podgorica" is, 35,00 euros per person(2 ways).

For these championships to be the best and most attended event so far, Karate Federation of Montenegro will offer free transport to EKF officials and judges.

The condition is that EKF officials and judges send the official agency by e-mail the airline ticket and confirm attendance no later than May 20th, 2013.

After this date we will not be able to arrange such transport, so that they will have to pay for shipping costs.

TERM OF RESPONSIBILITY

To be filled, signed and sent back by, 10 May 2013

I, _____ the undersigned, as the Chief of Delegation of my Region, country, duly enrolled to participate in the ERC 2013, which will be held in Herceg Novi, Montenegro, from the 08th to the 09st of June 2013, with full knowledge of the Statutes, the 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 for 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, the venue, means of transportation etc.

Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the EKF and the Montenegro 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 compensation.

Country/Nation:	
Surname, First name:	
Passport number & expiry date:	
Credit Card details & expiry date:	
Position in the federation:	
Address:	
Tel.-no.:	
Fax & email:	

Fill in, stamp, sign and send to:

Karate Federation of Montenegro
"R.Burića" bb
81000 Podgorica
Montenegro
Phone/fax: +382 31331614,+38220648411
E-mail: karatesavezcg@t-com.me

Signature



11th EUROPEAN KARATE CHAMPIONSHIPS FOR REGIONS
June 8-9.2013, Herceg Novi, Montenegro



ROOMING LIST FORM

Region (Country):

Hotel (in order of preference according to the accommodation form):

No	Name/Surname	Pos*	Check In Date	Check Out Date	Number of nights	Room type**	Catering	Extra meal



11th EUROPEAN KARATE CHAMPIONSHIPS FOR REGIONS
June 8-9.2013, Herceg Novi, Montenegro



* Position: C=Competitor, Co=Coaches, De=Delegation Head, P=President of NF,
 R=Referees/Judges, D=Doctors, V=VIPs, A=Administration, P=Press,
 O=Others

** Room type: S=Single, D=Double, T=Triple

Dated: _____
 Name of Contact Person: _____
 Signature: _____

Official Stamp:

BOOKING FORM

REGION	COUNTRY
NAME	1 st NAME
PHONE NO.	MOBILE
FAX	E-MAIL

ACCOMMODATION

CATEGORY: _____ HOTEL: _____

Group 1				Group 2			
Rooms	Number	Check in	Check out	Rooms	Number	Check in	Check out
Singles			Singles				
Twins			Twins				
Doubles			Doubles				
Triples			Triples				
4 Person			4 Person				

The official agency

Sales : Jovan Mićunović

tel : +38231331900
gsm : +38267236863
fax: +38231331614
e-mail : salesmetalurg@t-com.me

Organizing Committee

**Technical Director ERC 2013
General Secretary NF Montenegro,
Boris Vuković**

tel: +38220648411
fax: +38220648411
gsm: + 38267519927
e-mail: karatesavezcg@t-com.me

Payments

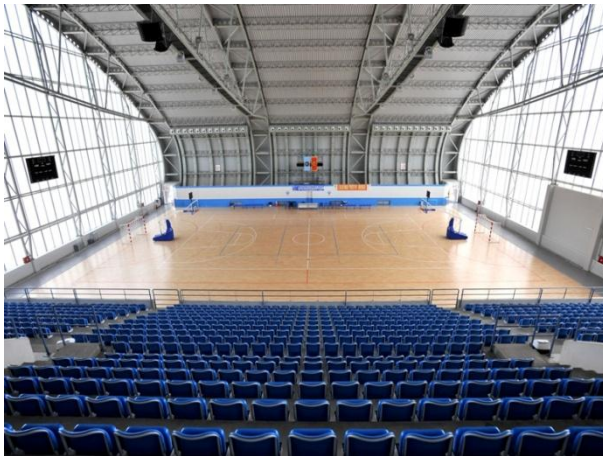
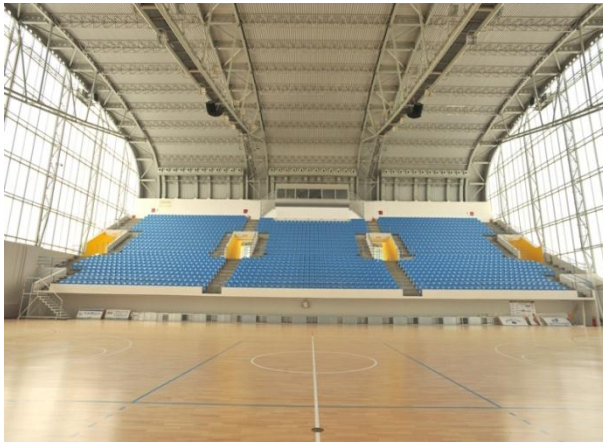
All teams are required no later than May 10 do reservations and pay 25% of the accommodation.
Up to May 20 pay 50%, and 1 June obligations of the Regions to pay the full amount for accommodation.
After 5 June no refund of money. Payments are made in euros.

Insurance

It is mandatory for all the participants and members of delegations to have their own medical insurance and personal trip insurance.



VENUE:

SPORTS CENTER "IGALO"



Capacity is 2,000 seats sale, surface of the arena is 1,500 m².
The hall is very well lit and air-conditioning, wireless internet, VIP room, a room for journalists, medical clinic, a small auxiliary room, spacious locker rooms.

EKF APPROVED ITEMS

TRADEMARK	MAIN OFFICE
	<p>SPORTS MASTERS AUSTRALIA P/L 105-111 Jardine st. - Fairy Meadow 2519 NSW AUSTRALIA Phone: +612-42834363 Fax: +612-42855512 e-mail: sales@sports-master.com</p>
	<p>PRIDE 410 Park Avenue, 15th Floor New York, NY 10022, USA E-mail: info@prideuc.com</p>
	<p>WACOKU No. 168-13, CHYUAN-SHING, Lii. SHIN-HUAH, TAINAN TAIWAN. R.O.C. Telf: 886-6-5982133 / Fax: 886-6-5970840 e-mail: twitower@ms43hinet.net</p>
	<p>BEST SPORT Ltd. Zelionaya, 18-23. GurievsK 238300 Kaliningradsky Region RUSSIA Phones: 007 9114672969 / 007 911 4997553 Fax: 007 08439 23337 e-mail: best_sport@mail.ru</p>

WKFAPPROVED Trademarks for sports items will also be permitted.

Important notes

Important: The use of the WKF Face Mask is compulsory for Kumite Cadet Categories (male & female). The use of the WKF Body Protector is compulsory for all age categories, this is, Kumite Cadet, Junior and Senior Categories (male & female). It can be purchased from the distributors of the WKF approved companies, whose details can be found at WKF web site www.wkf.net, clicking on the banner of the Face Mask and Body Protector that appears on the right side of the home page at WKF web site.

PARTICIPATION CRITERIA

All Entry Forms must be sent to the EKF secretariat office :
Tel: +302106813112
Fax no: +302106813119
E-mail: secretariat@wkf.net

Modalities : Kumite and Kata teams, male and female

COMPETITION CATEGORIES	PARTICIPATION FEES/TEAM
MALE KUMITE TEAM	160 €
FEMALE KUMITE TEAM	140 €
MALE KATA TEAM	110 €
FEMALE KATA TEAM	110 €

AGE CLAUSE

In accordance with EKF rules, on the first day of competition competitors must be:

1. KUMITE SENIOR: +18 years old
2. KATA SENIOR: +16 years old
3. KUMITE CADET AND JUNIOR: from 14 to 17 years old
4. KATA CADET AND JUNIOR: from 14 to 17 years old

NOTE!

Senior Kata competitors CANNOT participate in Cadet and Junior Team Kata competition.

NUMBER OF TEAMS PER COUNTRY AND CATEGORY

The teams registered shall be from the list of regions approved by EKF Executive Committee for each EKF country member.

Participation of more than one team per region and category will not be allowed

NUMBER OF PARTICIPATING REGIONS PER COUNTRY

ALBANIA	1	ITALY	4
ANDORRA	1	LATVIA	1
ARMENIA	1	LITHUANIA	1
AUSTRIA	2	LUXEMBOURG	1
AZERBAIJAN	1	MALTA	1
BELARUS	1	MONACO	1
BELGIUM	2	NETHERLANDS	3
BOSNIA&HERCEG.	2	NORWAY	2
BULGARIA	1	POLAND	2
CROATIA	2	PORTUGAL	1
CYPRUS	1	ROMANIA	1
CZECH REP.	2	RUSSIA	4
DENMARK	2	SAN MARINO	1
ENGLAND	3	SCOTLAND	1
ESTONIA	1	SLOVAKIA	2
FINLAND	2	SLOVENIA	1
FRANCE	4	SPAIN	4
F.Y.R.O.M.	1	SWEDEN	2
GEORGIA	1	SWITZERLAND	2
GERMANY	4	TURKEY	3
GREECE	2	UKRAINE	1
HUNGARY	2	WALES	1
ICELAND	1	SERBIA	3
IRELAND	1	MONTENEGRO	2
ISRAEL	1		

Explanation of the number of teams allowed which corresponds to the number of regions assigned:

Example with 3 regions signed: The participation alternatives are:

Helvetica 3 different regions, each bringing 4 teams

- 12 different regions, each bringing 1 team

Between these two limits, all other participation combinations are possible with the only condition that one region cannot participate with more than 1 team per category.

Example with 1 region assigned:

The possible participation alternatives are the following:

- 1 region bringing 4 teams
- 2 regions, each bringing 2 teams
- 3 regions, each bringing 1 team
- 1 bringing 2 teams, 4 regions, each bringing 1 team

There is always the limitation of no more than 1 team per region and category, except for the Host National Federation, which will agree with the EKF on its participation figures.

ACCESS

The organization will provide the participating delegations with the following accreditations:

- Participants
- Coaches
- Technical directors
- Head of delegations
- Doctors and medical staff
- VIPS (5 maximum)
- Presidents and leaders of National Federations

If extra accreditations are required for this section, an application should be made justifying the

request with the person's identify (full name and position in the federation). The

EKF reserves the right to accept the application

REGISTRATION

All Regions must register online through their National Federation.
The Registration will take place in the HQ Hotel "SIMO MILOŠEVIĆ"
"MIMOZA" Meeting Room from 12:00 to 18:00 hrs.
Each delegation must present, during the registration, a signed insurance form.

IMPORTANT

For all the countries, all the athletes who take part for a Region, will have to show an official document at the time of registering, in order to prove they are residents in that Region. They will also have to inform the EKF in case they have participated for a different Region before and they will also have to show an official document stating they are residents in that Region.

INSURANCE

It is mandatory for all the participants and members of delegations to have their own medical insurance and personal trip insurance.

The Chief of delegation has to sign the enclosed term of responsibility and return it by fax and by e-mail, deadline 10th May 2013.

TEAM KUMITE CADET AND JUNIOR

1a Male Team kumite cadet and junior

1a1 7 competitors are registered (4 junior and 3 cadet)

1a2 5 are competing (3 junior and 2 cadet)

1a3 Order followed: Junior-Cadet-Junior-Cadet-Junior

1a4 only registrations that include at least 3 junior and 2 cadet athletes will be accepted

1a5 In the first bout all teams have to present full teams

1a6 Lower limit to continue in the competition will be 2 junior and 1 cadet athletes

1a7 Ages to be are the official ones in WKF

1b Female Team kumite cadet and junior

1b1 5 competitors are registered (3 junior and 2 cadet) + 2 substitutes must be registered (1 for junior and 1 for cadet)

1b2 3 are competing (2 junior and 1 cadet)

1b3 Order followed: Junior-Cadet-Junior

1b4 Only registrations that include at least 2 junior and 1 cadet athletes will be accepted

11/19

1b5 In the first bout all teams have to present full teams

1b6 Lower limit to continue in the competition will be 1 junior and 1 cadet athletes

1b7 Ages to be are the official ones in WKF

TEAM KATA CADET AND JUNIOR (MALE AND FEMALE)

2a Same general rules and conditions as in the EKF cadet and juniors Championships

2b from 14 to 17 years old.

2c Bunkai in bouts for medals

The number of teams assigned to each national federation will be the same as in the senior categories.

SENIORS 18 YEARS & OVER KUMITE TEAM MALE AND FEMALE

- Each Male Kumite Team must consist of 5 athletes and plus 2 substitutes if possible
- Each Female Kumite Team must consist of 3 athletes and plus 1 substitute if possible
- Official WKF Rules will be applied

Timetable EKF Referee Course at European Region Championships

Day 1: Thursday- 6th June 2013

- 13.00 -15.00** Registration and payment for candidates HQ Hotel Simo Milošević-
"Mimoza" Meeting Room
- 15.00 - 17.00** Registration for Kata & Kumite HQ Hotel Simo Milošević-"Mimoza"
Meeting Room
- 18.00 - 19.30** Kumite Theory course HQ Hotel Simo Milošević-"Mimoza" Meeting
Room
- 19.30 - 20.00** Kata Theory course (Only kata candidates) HQ Hotel Simo Milošević-
"Mimoza" Meeting Room

Day 2: Friday - 7th June 2013

- 09.00 - 10.00** Kata & Kumite theory examination HQ Hotel Simo Milošević-"Mimoza"
Meeting Room
- 10.30 - 12.00** Kata practical training with competitors on 2 Tatami (only kata
candidates) HQ Hotel Simo Milošević-"Jadran" Meeting Room
- 13.30 - 16.30** Kata practical examination with Karate-Gi on 2 Tatami
(The candidates have to show two Kata, technical questions). HQ Hotel Simo
Milošević-"Jadran" Meeting Room
- 17.00 - 19.00** Kumite practical training with competitors on 2 Tatami HQ Hotel Simo
Milošević-"Jadran" Meeting Room
- 19.30 - 20.30** Referees and Judges Briefing and Tatami deployments HQ Hotel
Simo Milošević-"Mimoza" Meeting Room

Day 2: Friday - 7th June 2013 Delegates Meeting, HQ Hotel Simo Milošević

- 20.00 – 21.00** Delegates Meeting, HQ Hotel Simo Milošević

Day 3: Saturday - 8th June 2013

- 09.00 - 11.00** Kata examination on 2 Tatami (the same examination kata group)
- 11.00 - 18.00** Kumite examination on 3 or 4 Tatami
Referees De-briefing after the Championships

Day 4: Sunday - 9th June 2013

- 13.00 - 14.00** Results and presentation of diplomas at the — HQ Hotel Simo Milošević-
"Mimoza" Meeting Room

Competition Program EKF/Regions Senior/Cadet/Junior Schedule

Saturday 8th June 2013 – SPORTS CENTRE "IGALO"

9:00 – 11:00 Kata Male/Female (cad/jun) & (senior)
Eliminatory/Repechages/Bronze
11:00 – 13:30 Kumite Male (senior)
Eliminatory/Repechages/Bronze
13:30 – 16:00 Kumite Male (cad/jun)
Eliminatory/Repechages/Bronze
16:00 – 17:30 Kumite Female (senior)
Eliminatory/Repechages/Bronze
17:30 – 20:15 Kumite Female (cad/jun)
Eliminatory/Repechages/Bronze

Sunday 9th June 2013 – SPORTS CENTRE "IGALO"

10:00 – 10:30 Presentation of Finalists
10:30 – 10:55 Final Kata Female & Male Cad/Jun
10:55 – 11:20 Final Kata Female & Male Senior
11:20 – 11:40 Medal Awards
11:40 – 12:20 Finals Kumite Female and Male Cad/Jun
12:20 – 12:35 Medal Awards
12:35 – 13:30 Finals Kumite Female and Male Senior
13:30 – 13:45 Medal Awards
13:45 – Closing ceremony

21:00 – Farewell Party