

Welcome Speech President WKF



I have the pleasure to welcome all participants in this 2014 Mediterranean Karate Federations Championship in Bar, Montenegro and I wish them the best in their participation and stay in the beautiful Montenegro.

I also want to thank Montenegro Karate Federation and its President Vladimir Mrvaljevic for an outstanding contribution to the Mediterranean Karate Federation Union in the development of the sport. Especially I want to acknowledge the cooperation of MKFU with WKF, of which MKFU is a very important part. Special thanks also to the President Bechir Cherif and to the General Secretary Andreas Vasiliou; without them the Mediterranean Federation would not have achieved such a development and progress and their commitment has been also a key for success, and I encourage them to continue working with the same efficiency and the same commitment as they have been doing so far.

All the best to all participants in Bar, Montenegro.

Antonio Espinos

President of World Karate Federation

Welcome speech MKFU President



On behalf of the executive committee of the Mediterranean Karate Federations Union I 'm delighted and very proud to be in Montenegro for the 23th Mediterranean karate championship for seniors.

I congratulate the President Vladimir and its directing committee of Montenegro Karate Federation for all the effort and organisation reached to make successful this famous event.

The presence of various delegations provide a big opportunity for participants to aim for Olympic values, dignity and humbleness.

Sport is the best school of life, the noble sport Karate teaches young people through play and fun essential values such as respect for one's opponents ,for the rules of the game and the referees' decisions teaches that regular training is needed to succeed, and that defeat can be overcome, these are the essential and universal values of sport.

We are convinced of the success of this Mediterranean event and I wish it will become the best event organized ever.

I deliver my compliments to the organizers and I address all athletes, officials my sincere thanks for their participation in this challenge.

Sincerely,

Bechir Cherif
President Mediterranean Karate Federations Union

Welcome speech KSCG 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 23th MEDITERRANEAN KARATE CHAMPIONSHIPS FOR SENIORS to be held in Bar, 13-14 september 2014.

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 deepens 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 Bar.

Best regards,

Vladimir Mrvaljević

President of the Karate federation of Montenegro

BAR

The city of Bar, with 505 km² of surface, is located on the South-East part of Montenegro, on the shores of the Adriatic Sea. The sea shore is long 46 km, 9 km of which is beach. Bar also occupies 67 km of the Skadar Lake shores.



As the majority of Montenegrin cities, during its history, Bar has been part of different civilizations and cultures. While in other cities the traces of past dominations are still evident and recognizable, in Bar it is not possible to recognize traces of just one of its past dominations to which it, sometimes, belonged for centuries. The heritage of the previous domination used to be replaced with new constructions. In the newly made heritage, the remains of previous dominations were always recognizable.

The city of olives, Montenegro's sea-gate, the city which has been the cradle of coexistence for centuries, regardless of religion or nationality, the city of Bar represents the mixture of modernity, tradition and beauty. It is not only an important dynamic economic centre of Montenegro, but also a city with a rich cultural and historical tradition. Some of the most important civilizations of Montenegro, originated from Bar. Here can be found the remains of the most ancient written monuments and the most important literary and historical masterpiece of Montenegrin's Middle Age originates from here. The city has also been the heart of the most ancient religious institution of Montenegro (Bar's archdiocese). One of the oldest olive trees in the world is situated here in Bar. It is over 2000 years old.

The rich cultural and historical tradition is situated in Bar, and it has favourable climate, excellent geographical location, and beautiful nature.

Bar has a wonderful Mediterranean climate, which attracts a great number of tourists every year. With its 270 sunny days per year, Bar is one of the sunniest Mediterranean cities. The sea shore which is long 46 km, 9 km of which are beaches, the 67 km of Skadar Lake shores, and the mountain massif which separates these two big water surfaces, make Bar the ideal vacation resort for tourists who want to relax on the beautiful beaches and admire the unspoilt nature.

It is the ideal vacation resort even for those who want to see the numerous cultural and religious monuments or spend their vacation playing sports.



The city of Bar has about 40000 inhabitants, situated in villages of high urbanization. The villages are easily reachable because of the good roads built on the lake and coastal area. Bar is known as a multinational and multi-religious city with excellent interpersonal relations and high standards of tolerance. Despite the numerous national-political breakdowns during the history, not so typical for the Balkans, the good tradition of coexistence on this area has not been spoilt. A peculiar characteristic of this city's inhabitants is that the small villages are different from each other especially in folklore marks. For example, the city of Bar has a great number of folk costumes, which not many other cities of Montenegro have. The right way to define the inhabitants of the city of Bar could be by saying "Harmony obtained with diversity".



Bar is the city of youth and sport talents. There are many sports grounds for those who want to play a sport, for example in hotels and schools, or at the sports and recreations centre. There are 60 sports teams and associations, out of which 23 engaged in trainings for competitions with about 1500 sportsmen.

SC "TOPOLICA"

sport hall

"Topolica" sports centre has all the necessary facilities needed for this event.



Sports hall Topolica is located at 300 meters from the centre of Bar, 200 meters from the city beach and Adriatic sea. The construction of this sports complex began in 2006 and various sport facilities are scattered across a five hectare area. The indoor facilities consist of:

- Large hall (capacity 3,200 seats)
- Training hall
- Combat sports hall
- Table tennis hall
- Business facilities.

The outdoor facilities include:

- Open air swimming pool
- Tennis courts
- Football fields and athletic run.

The large hall serves as the main indoor arena in Bar.

Dimensions of the floor: 40mX25m

Height of the hall 18 m

Lighting: 1500 lux measured 1m above the floor

Sound system is available

Access to internet is available

Air condition system is available

Medial care and first aid room is available.

Official website of the Sports Centre Topolica www.topolica.com

Affiliated National Federations

FEDERATION	E-MAIL
Albania karate federation	albkaratefed@yahoo.com
Algeria karate federation	fakado@yahoo.fr
Andora karate federation	xh@andorra.ad
Bosnia karate federation	karate@karatebih.ba
Croatia karate federation	karate.tajnistvo@zg.t-com.hr
Cyprus Karate Federation	cypruskaratefederation@hotmail.com
Egypt karate federation	egy_karate_fed@hotmail.com
French karate federation	dtn@ffkarate.fr
FYROM Karate Federation	contact@kfm.com.mk
Greek karate federation	info@elok.gr
Italian karate federation	karate.internazionale@fijlkam.it
Lebanon karate federation	lebolymp@cyberia.net.lb
Libya karate federation	lbnkafe@gmail.com
Malta karate federation	info@maltakarate.com
Montenegro karate federation	karatesavezcg@t-com.me
Morocco karate federation	secretariatfrmk@yahoo.fr
San marino karate federation	mazzam@omniway.sm
Serbia Karate Federation	office1@karateserbia.org
Slovenia karate federation	info@karate-zveza.si
Spain karate federation	fek@telefonica.net
Syria karate federation	syr.karate@memberssf.com
Tunisia karate federation	ftkaratetunisie@ymail.com
Turkish karate federation	karate@karate.gov.tr

Registration

Registration of all delegations must be done through SPORTDATA online system and the deadline is on 1st September 2014. If you have any questions for the registration please contact Secretary General of Montenegro Karate Federation Mr. Ivan Bagac at karatesavezcg@t-com.me or telephone +38267475347. The confirmation of the delegations registration must be done at the "Hotel Princes" in Bar on Friday 12 of September 2014 from 10:00 to 16:00, by presenting a valid passport and ensuring of the correct athletes categories.

Participation fee for each athlete is €20 and also €20 for each referee participating in the referee seminar & exams. Referees succeeding to the referee exams will receive a MKFU badge which is €10 cost. Annual country membership fee is €200 and must be paid during the registration to MKFU treasurer.

Each participating Country is requested to provide 2 National Flags and a CD with the National anthem.

Transfer

- Airport Podgorica (45km, 40 minutes from Bar)
- Port of Bar
- Buss station Bar
- Railway station Bar (direct line Belgrade-Bar)

Reservation transfer with details of arrival and departure must be made, if you have not made transfer reservation, it is up to you to make your own way from / to hotel.

For all Registered Athletes and Members of the Delegations transfers between the officials hotels and the competition venue will be free of charge on competition days

Time Zone for Bar

Time zone name: (GMT+01 :00) Podgorica, Belgrade, Skopje, Warsaw, Zagreb, Central European Standard

Time. GMT / UTC / Zulu offset: +01 :00 hour.

Important phone numbers

Emergency calls - SOS 112

Police 122

Fire Station 123

Emergency squad 124

Exact time 125

City codes

Podgorica, Kolasin (0)20 Niksic, Savnik (0)40

Cetinje (0)41 Pljevlja, Zabljak (0)52

Tivat, Kotor (0)32 Berane, Rozaje, Plav (0)51

Herceg Novi (0)31 Bijelo Polje, Mojkovac (0)50

Bar, Ulcinj (0)30 Budva (0)33

Communication

To call Bar from abroad, dial your international access code (+382) for Montenegro, then the city code (30) for Bar and telephone number.

When calling from Montenegro country code + city code.

Cellular telephony

Telenor Montenegro	Info: 1188	Code: (0)69
T- mobile	Info: 1500	Code: (0)67
M:tel	Info: 1600	Code: (0)68

There are three operators in Montenegro:

Their roaming services are available in almost all European countries and in bigger countries throughout the world. Tourists are recommended to use prepaid cards which can be bought at Post Offices, operators selling services and kiosks.

Visa regimes for foreign citizen

States requiring a visa for Montenegro: **Algeria, Egypt, Lebanon, Libya, Morocco, Syria, Tunisia**

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.

Hotel Korali – 3 ***



Within a wide area, situated under a strap of woods and Mediterranean vegetation, gently touching perennial olive yard and practically immersing itself into the sea, Hotel Korali captures attention with its whiteness and luxurious beauty. Fitting in the entire ambient, hotel complex consists of 3 separated buildings with ichthyologic features and 330 rooms, i.e. 687 beds. The hotel is situated on the very coastline – 30 m from the sea, and has: single, double and triple rooms. All rooms are comfortable, with their own terraces, majority of which are sea-view rooms.



PRICE:

Hotel Korali

Hotel Korali	Bed and breakfast
Double and triple	34,00€
Single	44,00€

- Local tax = 1.20 €, per person, per day
- Meal - buffet breakfast
- The payment for additional meal is 12,00€

Hotel Princess - 4 * * * *





Located right on the beach and next to a park in Bar, Hotel Princess offers air-conditioned rooms with park or sea views and satellite TV. Guests have access to two restaurants.

Bar and snack bar by the pool offers typical Montenegrin wine and beer. Guests can listen to traditional music during the summer months, drink a refreshing drink on the terrace.

Hotel Princess has a wellness center with jacuzzi and sauna, and gym.



PRICE:

Hotel Princess

Available contingent of rooms: 50 rooms (8 Deluxe suites, 15 Junior suites, 22 double rooms and 5 single rooms);

- the Junior Suite - for 3 people - consists of a bedroom with twin beds, living room with 1 bed (sofa bed), bathroom and toilet.
- Deluxe apartment for 4 people - consists of two bedrooms (for 4 people) with separate beds, a living room and a large bathroom with separate toilet.
- The structure of the units offers accommodation of 126.

Hotel Princess	Bed and breakfast
Double and apartments	44,00€
Single	64,00€

Price of the rooms and suites are given per person per day, for a particular type of service, and minimum 80 persons located in our facility. For a small number of people could be re-send your request,

- **Local tax = 1.20 €, per person, per day,**
- **Indoor pool and fitness room - gratis for people to stay**
- **The payment for additional meal is 12,00€**

All reservation and entry form must be made before 15th august 2014.

Full payment for accommodation and transfer has to be paid no later than 28th august 2014. All reservations must be made through Karate federations of Montenegro (KSCG).

Transportation

Transportation for group for 1-50 persons from airport "Tivat" is, 35,00 euros per person(2 ways).

Transportation per person from airport "Tivat",Tivat (2 ways) is 60,00 euro.

Transportation per person for 1-4 persons from airport "Podgorica" is 60,00 euros(2 ways).

Transportation for group for 1-50 persons from airport "Podgorica" is, 35,00 euros per person(2 ways).

Payment methods

Only payments in euro are accepted by bank Transfer or cash. If you send money by bank Transfer please do not forget to write the reason of Transfer. Always enclose the copy of the payment to the form.

CANCELATION CONDITIONS

15 days prior to arrival: 75% of the total booking price

7 days prior to arrival: 100% of the total booking price

INSTRUCTION FOR TRANSFER OF FUNDS FROM ABROAD

Currency

Money in use in Montenegro is EURO

1 EUR=100 cents

Coin:1,2,5,10,20,50 cents and 1, 2 EUR

Paper currency: 5, 10, 20, 50, 100, 200 and 500 EUR



Banks

Working hours: from 8a.m.8p.m. every working day, from 8 a.m. 1 p.m. on Saturday, on Sundays closed. All banks offer currency exchange and cash advances on major credit cards. Most hotels, shops and restaurants accept Visa, MasterCard, Eurocard, Diner's Club and American Express.

TERM OF RESPONSIBILITY

To be send back till 15th august 2014 at least

I, _____ as Chief of the Delegation of my Country, duly enrolled to participate in the 23 Mediterranean Senior Karate Championship which will be held in Bar, from 14 to 15 september 2014, with fully knowledge of Statutes, Rules and Norms of MEDITERRANEAN KARATE FEDERATION pledge myself to faithfully accomplish the regulation of this before mentioned entity and I take any 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 in the hotels. Furthermore, I exempt from any legal, civil or criminal responsibilities the organizer of the Championships, the UFMK and the Bosnia and Herzegovina Karate Federation, its directors, as well as any person or company related to the event (sponsors, public and private entities). I authorize the organizers of the event to use images, photos and the name 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:	
Surname:	
Name:	
Passport number	
Data of credit card:	
Position in the National Federation:	
Address:	
Telephone number:	
Fax number:	
E-mail:	

Place and date

Signature / Stamp

Categories

MALE KATA INDIVIDUAL

MALE KUMITE INDIVIDUAL

-60kg; -55kg; -75kg;
-84kg; +84kg

MALE KATA TEAM

MALE KUMITE TEAM

FEMALE KATA INDIVIDUAL

FEMALE KUMITE INDIVIDUAL

-50 kg; -55 kg; -61 kg
-68 kg; +68 kg

FEMALE KATA TEAM

FEMALE KUMITE TEAM

In individual category kumite and kata M/F can register two competitors from each country. In team category kumite and kata M/F can register one team from each country. Entry fee for individual category is 20 € .

PROTECTION

WKF kumite and kata rules. All rules of WKF apply for kata and kumite

FRIDAY 12 September 2014- HOTEL "PRINCES

REFEREE SEMINAR & EXAMS

10:00 - 12:00 Seminar in kata/kumite

15:00 – 16:00 Exams in kata/kumite

10:00 – 16:00 REGISTRATION FOR ALL DELEGATIONS

10:30 – MKFU EXECUTIVE COMMITTEE MEETING

16:30 – 17:30 SPORT SEMINAR FOR ATHLETES/COACHES/REFEREES

18:00 – MKFU CONGRESS

19:30 – REFEREES, COACHES BRIEFING & DRAWS

Competition program

SATURDAY 13 SEPTEMBER 2014 (SC "TOPOLICA")

09:00 - 10:00	Weigh IN for all categories
10:00 - 11:00	Kata individual elimination and repechage M/F
11:00 - 14:00	Kumite individual elimination and repechage female -50kg; -55kg; -61 kg male -60kg; -67kg; -75kg
14:00 - 15:30	Lunch
15:30 - 17:30	Kumite individual elimination and repechage female -68kg; +68kg male -84kg; +84kg
17:30 - 18:00	Opening ceremony
18:00 - 19:30	Final M/F kata and kumite and medal ceremony

SUNDAY 14 SEPTEMBER 2014 (SC "TOPOLICA")

10:00 - 11:00	Kata team M/F elimination and repechage
11:00 - 13:00	Kumite team M/F elimination and repechage
13:00 - 16:00	Final M/F kata and kumite team
16:00 - 16:30	Medal ceremony

ENTRY FORM

NATIONAL FEDERATION	
COUNTRY	
ADDRESS	
E-MAIL	
PHONE NUMBER	
CONTACT PERSON	

CATEGORY	NAME		SURNAME
KATA IND. FEMALE	1.		
	2.		
KATA IND. MALE	1.		
	2.		
FEMALE KUMITE -50 kg	1.		
	2.		
FEMALE KUMITE -55 kg	1.		
	2.		
FEMALE KUMITE -61 kg	1.		
	2.		
FEMALE KUMITE -68 kg	1.		
	2.		
FEMALE KUMITE +68 kg	1.		
	2.		
MALE KUMITE - 60kg	1.		
	2.		

KUMITE -67 kg	1.		
	2.		
KUMITE -75 kg	1.		
	2.		
KUMITE - 84 kg	1.		
	2.		
KUMITE -84kg	1.		
	2.		

KATA TEAM FEMALE:	
KATA TEAM MALE:	
KUMITE TEAM FEMALE:	
KUMITE TEAM MALE:	