

Mediterranean Karate Championship

Cadets, Juniors & U21

24-26 May 2013 Nicosia, Cyprus



Organizing Committee

Cyprus Karate Federation

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Mediterranean Karate Championship



GREETINGS MESSAGE from the President of World Karate Federation WKF

I want to welcome all participants in these 2013 Mediterranean Championships in Nicosia, Cyprus. The Mediterranean Karate Federations Union MKFU, led now by Mr. Bechir Cherif, also a WKF vice-president, is working very hard to give the organization a new look and to open new horizons for the member Federations. I wish this event the best outcome and an outstanding participation, in the full confidence that the host, the Cyprus Karate Federation, will again deploy its experience and well doing in the organization of big karate events.

Antonio Espinós
WKF President

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Dear Colleagues,

I would first like to express my joy to be here in Nicosia, a city with a strong heritage and a deep history throughout the centuries. Nicosia will host the "22nd Mediterranean Karate Championship for Children, Cadets, Juniors & U21". I sincerely like to thank the president and its directing committee of Cyprus Karate Federation for their effort to organize this championship, a place truly Mediterranean where there are real cultural and civilization values of tolerance, self-esteem, humility, respect for one another, discipline, altruism, refusal of violence and extremism.

The presence of various delegations from different Mediterranean countries is evidence of the organizers' desire to forge strong links between the youth on the one side and the adult supervisors on the other with the goal to succeed in better communication between all people founded on the karate values: dignity and humility, equality, and rigorous development of mind and body.

These games provide the opportunity for participants to aim for Olympic values, themselves of Mediterranean origin, and true ideology while being inextricably bound to all human coexistence. The ultimate goal of Karate is to aim for a life together in which mutual respect, regard for one another and interpersonal relationships exist in harmony soaked in the vigor of a culture of peace and transcendence.

Finally, I would like to reiterate my compliments to the organizers for this grand affair that encourages fruitful exchange and encompasses all the best of the essence of humanity.

Sincerely,

Bechir Cherif

President, Mediterranean Karate Federations Union - MKFU

Vice-President WKF

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Dear Karatekas,

On behalf of the Cyprus Karate Federation I'm looking forward in welcoming you for once more in Cyprus, this time for the "22nd Mediterranean Karate Championship for Children, Cadets, Juniors & U21". As you have known, Cyprus has gain valuable experience in organizing big international events such as the European Karate Championship in 2001, the World Karate Championship in 2005, the Mediterranean Karate Championship in 2007 and the Balkan Karate Championship in 2011.

Encouraged and excited by the success of the previous championships organized in Cyprus, the Cypriot Karatekas and particularly the Cyprus Karate Federation Directing Committee works very hard to ensure that the "22nd Mediterranean Karate Championship" will be a truly worthy event for all those involved. This event will be truly worthwhile for those who will participate, athletes, coaches, referees and delegates. The Championship will be held in Nicosia the capital of Cyprus and specifically in Lefkotheo Sports Center.

Looking forward to seeing you soon in Cyprus!

Best regards,
Andreas Vasileiou
President
Cyprus Karate Federation



Facts about Cyprus

Nestled into the eastern Mediterranean Sea and a veritable crossroads of three continents, Cyprus is the third largest island in the Mediterranean.

Surface Area:	9.251 km ²
Population:	802. 500 (End 2002)
Language:	Greek and Turkish are the official languages. 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 Nicosia

Nicosia known locally as Lefkosia is the capital and largest city on the island of Cyprus, as well as its main business center. After the collapse of the Berlin Wall, Nicosia remained the only divided capital in the world, with the southern and the northern portions divided by a Green Line. It is located near the center of the island.

Nicosia is the capital and seat of government of the Republic of Cyprus. It is the southeastern most capital of the EU member states.

Through the years Nicosia has established itself as the island's financial capital and its main international business centre. Nicosia is consistently ranked as one of the richest cities in the world in per capita income terms.

Ledra Street is in the middle of the walled city. The street has historically been the busiest shopping street of the capital and adjacent streets lead to the liveliest part of the old city with narrow streets, boutiques, bars and art-café's. The street today is a historic monument on its own. It is about 1 km long and connects the south and north parts of the old city.

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To the east of Ledra Street, Faneromeni Square was the centre of Nicosia before 1974. It hosts a number of historical buildings and monuments including Faneromeni Church, Faneromeni School, Faneromeni Library and the Marble Mausoleum. Faneromeni Church, is a church built in 1872 in the stead of another church located at the same site, constructed with the remains of La Cava castle and a convent. The Palace of the Archbishop can be found at Archbishop Kyprianos Square. Although it seems very old, it is a wonderful imitation of typical Venetian style, built in 1956. Next to the palace is the late Gothic Saint John cathedral (1665) with picturesque frescos. The square leads to Onasagorou Street, another busy shopping street in the historical centre.

The walls surrounding the old city have three gates. In The Kyrenia Gate which was responsible to the transport to the north, and especially Kyrenia, the Famagusta Gate which was responsible for the transport from Famagusta, Larnaca and Limassol and Karpasia, and the Paphos Gate for transport to the west and especially Paphos. All three gates are well-preserved.

The historical centre is clearly present inside the walls, but the modern city has grown beyond. Presently, the main square of the city is Eleftheria (Freedom) Square, with the city hall, the post office and the library. The square which is currently under renovation connects the old city with the new city where one can find the main shopping streets such as the prestigious Stasikratous Street, Themistokli Dervi Avenue and Makarios Avenue.

Nicosia is also known for its fine museums. The Archbishop's Palace contains a Byzantine museum containing the largest collection of religious icons on the island. Leventis Municipal Museum is the only historical museum of Nicosia and revives the old ways of life in the capital from ancient times up to our days. Other interesting museums include the Folk Art Museum, National Struggle Museum, Cyprus Ethnological Museum (House of Dragoman Hadjigeorgakis Kornesios, 18th century) and the Handicrafts Centre.

MORE INFORMATION REGARDING NICOSIA <http://en.wikipedia.org/wiki/Nicosia>

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Passports and Visas

European Union countries members can enter Cyprus with their identity cards or passports

Applications for visa, should be made to Diplomatic Missions of the Republic.

Please visit the web page of the Ministry of Foreign Affairs / Immigration Office for more information off any changes

<http://www.mfa.gov.cy>

http://www.mfa.gov.cy/mfa/mfa2006.nsf/consular02_en/consular02_en?OpenDocument

[List of Countries whose nationals require a visa to visit Cyprus](#)

List of countries, whose citizens are required to have a visa to enter the Republic of Cyprus:

ALGERIA, EGYPT, FORMER YUGOSLAV REPUBLIC OF MACEDONIA*, LEBANON, LIBYA, MONTENEGRO*, MOROCCO, SERBIA*, SYRIA, TUNISIA, TURKEY,

*** visa is not required for holders of biometric passports**

Currency

The currency of the Republic 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 ATM 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.

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., Laiki-Marfin Popular Bank 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., Laiki-Marfin Popular Bank Ltd., National Bank of Greece, Hellenic Bank, and Alpha Bank

AMERICAN EXPRESS: Bank of Cyprus, Laiki-Marfin Popular Bank Ltd.

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

Summer Period

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

Saturday: 09:00 - 15:00

Electric Current - Voltage

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

All participants and members of delegations must effect their own medical insurance and personal trip insurance. The Cyprus Karate Federation and the Mediterranean Karate Federations Union are taking **noliability** for these concepts. Note that plain medical insurance is not enough, but the insurance has to have e.g.

Repatriation option.

The chief of the delegation have to sign the enclosed term of responsibility and return it to Cyprus Karate Federation by **1st of May 2013 the latest.**

Flag / Anthem

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

Accommodation

The reservations for accommodation will be handled by the Cyprus Karate Federation. Our aim is to have all delegations very close to the Lefkotheo Sports Stadium so we propose two hotels.

HILTON PARK HOTEL ****



Hilton Park Nicosia is only 10 minutes' drive from the city centre and 50 minutes from Larnaca International Airport. Conveniently located close to embassies, the Cyprus International State Fair, the Horse Race Club, museums and entertainment areas, it features a variety of meeting rooms and facilities capable of accommodating up to 1600 delegates. Guest facilities include a Business Centre, hairdresser, convenience shop, taxi and car-hire service and free car park. The Olympia Restaurant offers traditional and international cuisine, buffet or à la carte menu.

Café Vienna serves aromatic coffees and delicious desserts and the Amalfi Bar allows you to lounge in style. The Sorrento Pool Bar & Grill offers cocktails and snacks by the pool. Sana Hiltonia features a fitness centre with outdoor swimming pool, an indoor relax pool and Spa. **The hotel is only 5' minutes driving away from the Lefkotheo Sports Stadium.**

ASTY HOTEL **



Asty Hotel is near the city centre of Nicosia, situated in the Agios Andreas Area, close to the Parliament House and the National Theatre. The hotel has been recently refurbished and lies within 5 minutes walking distance from Olympic swimming pools, shopping centre and banks after passing through the greenest Area of Nicosia. This nice and comfortable hotel is ideal for sightseeing or your business meetings. **The hotel is about 10' minutes driving from the Lefkotheo Sports Stadium.**

Hotel's Price List

HOTEL / CATEGORY	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM	QUAD TRIPLE ROOM
HILTON PARK Hotel ****	€ 80,00	€ 110,00	€ 135,00	€ 165,00
ASTY Hotel **	€ 50,00	€ 80,00	€ 110,00	€ 140,00

Bed and Breakfast Basis



DEADLINE FOR ACCOMMODATION IS 10 APRIL 2013 since Cyprus is a top touristic place and we cannot guarantee availability after that date.

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. Transportation to the hotels will be only from the above airports.
- We would like to inform you that the stadium is about 5-10 minutes from the 2 hotels.



TRANSPORTATION COST

Taxi for 4 person	€110.00
Minibus for 20 person	€20.00 p/p - min. 15 person
Bus for 50 person	€20.00 p/p - min. 30 person

The above prices are from Larnaca airport to hotel and hotel to Larnaca airport.

NOTES & CLARIFICATIONS

1. The headquarters of the event will be at [Hilton Park Hotel](#).
2. All prices will be in euro.
3. We will provide accommodation on a bed and breakfast basis. We will give you the cost of extra meals upon request. During the championships there will be a cafeteria.
4. The allocation of the rooms in the hotel 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.

PAYMENTS

1. Delegations are requested to send a precise reservation, specifying the number of rooms with names.
2. A non-refundable deposit of 25% is obligatory in order to obtain a fully confirmed reservation and full settlement. 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 fees.
3. Reservation and payment details will be done through Cyprus Karate Federation.
4. Before 10th of April 2013 you will need to contact Cyprus Karate Federation for payment details.

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Sport Stadium "Lefkotheo"



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Weight Categories

In each category can register 2 athletes from each country:

MALE			FEMALE		
Cadet	Junior	U21	Cadet	Junior	U21
-52	-55	-68	-47	-48	-53
-57	-61	-78	-54	-53	-60
-63	-68	+78	+54	-59	+60
-70	-76			+59	
+70	+76				
Team kata		No	Team kata		No

Registration

All athletes registrations will be done ON LINE World Karate Federations system:

<http://www.wkf-registration.net/>

There is €10 participation fee for each athlete, no matter if participating in individual or team events according to MKFU congress decision.

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PROGRAM

Friday, May 24th

Registration of Delegations

10.00 - 16.00 hours

MKFU 21th Executive Committee Meeting

10.00 hours

Referee Committee Meeting

15.00-16.00 hours

Referee Examinations

16.00-17.30 hours

Referee and Judges Briefing*

17.30-18.00

Coaches Meeting and Draws

19.00 hours

(All Referees and Judges who do not attend the Course but who intend to officiate at the Championships are required to attend the Briefing.*

ALL MEETINGS OF FRIDAY WILL BE AT HQ HOTEL

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COMPETITION PROGRAM (provisional)

Saturday, May 25th

09.00 - 10.00	Weigh-in for all categories Cadet - Juniors / M
10.00 - 11.00	Weigh-in for all categories Cadet - Juniors / F
09.00 - 10.00	<u>KATA</u> - Elimination and Repechages <u>Cadet</u> individual M/F <u>KATA</u> - Elimination and Repechages <u>Juniors</u> Individual M/F
11.00 - 12.00	<u>KUMITE</u> - Elimination and Repechages <u>Cadet</u> individual / <u>M</u> (all categories)
12.00 - 13.00	<u>KUMITE</u> - Elimination and Repechages <u>Juniors</u> individual / <u>M</u> (55, 61, 68 kg.)
13.00 - 14.30	Lunch break
14.30 - 15.30	<u>KUMITE</u> - Elimination and Repechages <u>Juniors</u> individual / <u>M</u> (76, +76 kg.)
15.30 - 16.30	<u>KUMITE</u> - Elimination and Repechages <u>Cadet</u> individual / <u>F</u> (all categories)
16.30 - 17.30	<u>KUMITE</u> - Elimination and Repechages <u>Juniors</u> individual / <u>F</u> (all categories)
18.00	Opening Ceremony
19.00	Finals and Medal Ceremony (Kata, Kumite - Cadets , Juniors - M/F)

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Sunday, 26 May 2012

09.00 - 09.30	Weigh-in for all categories Under 21 / M
09.30 - 10.00	Weigh-in for all categories Under 21 / F
09.00 - 10.00	<u>KATA</u> - Elimination and Repechage Under 21 individual <u>M</u>
	<u>KATA</u> - Elimination and Repechage - 21 individual <u>F</u>
10.00 - 11.00	<u>KUMITE</u> - Elimination and Repechage Under 21 individual / <u>M</u> (all categories)
11.00 - 12.00	<u>KUMITE</u> - Elimination and Repechage Under 21 Individual / <u>F</u> (all categories)
12.00 - 14.00	Lunch break
14.00 - 15.30	Elimination and Repechage <u>Kata Team Male</u> Elimination and Repechage <u>Kata Team Female</u>
16.00	Finals and Medal Ceremony (Kata, Kumite - Under 21, - M/F)
17.30	Closing Ceremony
20.00	Farewell Party

ENTRY FORM FOR HOTEL: ACCOMMODATION AND TRANSFER

Please, return this entry form by email until **10th of April 2013**

ORGANIZING COMMITTEE:

Cyprus Karate Federation

Tel: + 357 22 449839

Fax: + 357 22 449843

e-mail: cypruskaratefederation@hotmail.com

www.cypruskarate.org

Country	
Responsible Leader of Delegation or Person to contact	
Address	
Tel.-no.	
Fax.-no.	
E-mail	
Hotel wanted	
Arrival in Flight No.	
Departure from Flight No.	
Total number of Delegation participants (we need their names on a separate list)	

REGISTRATION FORM

Contact Person:

Federation: _____ Country: _____
Surname: _____ Name: _____
Address: _____ City: _____
Telephone: _____ Fax: _____
E-mail: _____

Travel Information:

Arrival in _____ by: _____ Departure from _____ by: _____
Plane: _____ Bus: _____ Train: _____ Car: _____ Plane: _____ Bus: _____ Train: _____ Car: _____
Number of persons: _____ Number of persons: _____
Date: _____ Date: _____
Hour: _____ Hour: _____
Flight No.: _____ Flight No.: _____

Transfer Airport-Hotel

YE

NO

Transfer Hotel-Airport

YES

NO

Hotel booking in order of preference:

Number of Rooms	Single	Double	Triple	Quadruple
Hotel.....				
Hotel.....				

Payment:

All payments should be in _____. The desired reservations will be activated upon receiving the _____% prepayment for them as above specified.

Date

Name of contact Person

(Signature)

OFFICIAL STAMP

TERM OF RESPONSIBILITY

To be send back

I, _____, as Chief of the Delegation of my Country, duly enrolled to participate in the Mediterranean Karate Championships which will be held in Cyprus, from 24-26 May 2013, with fully knowledge of Statutes, Rules and Norms of WORLD KARATE FEDERATION and Mediterranean Karate Federations Union, pledge myself to faithfully accomplish the regulations 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 organizers of the Championships, W.K.F, Mediterranean Karate Federations Union, Cyprus 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 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	
Surname	
Name	
Passport No	
Data of credit card	
Position in the National Federation	
Address	
Tel. -no.	
Fax. -no	
E-mail	

Place and date

Signature