

XXIV Mediterranean Karate
Alexandria - Egypt
3-4 October 2015



ALEXANDRIA - EGYPT

3-4 OCTOBER 2015

BULLETIN 2



Welcoming Message of the President of the European and World Karate Federation

I have the pleasure to address all participants in these 2015 Mediterranean Karate Federation Championships in Alexandria, Egypt, welcome them to the event and wish them the best in their participation and stay in Egypt.

Also I want to thank the Egypt Karate Federation and its President, Mr. Ayman Abdel Hamid , for again an outstanding contribution of this Federation to the development of the sport and the ensemble of the WKF, from which the Mediterranean Federation 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 Alexandria.



Welcoming Message of the President of Mediterranean Karate Federations Union

On behalf of the Executive committee of the Mediterranean karate federation union I am delighted and very proud to be in Alexandria this Mediterranean famous historic city of Egypt for the 24th Mediterranean championship cadet junior and under 21 years old. I also congratulate the President Dr Ayman Abdel Hamid and the executive committee of Egyptian karate federation for the effort, professionalism and interest shown for the successful organization of this famous event sport.

The presence of various delegations provide a very important opportunity for all athletes and participants to aim for Olympic values dignity and humbleness. I address my sincerely thanks and my compliments to the athletes and officials for their participations and presences in this famous challenging championship. We are convinced and sure of the success of this Mediterranean event and we all will enjoy unforgettable days in Alexandria .

Bechir Cherif

Mediterranean Karate Federations Union

President

www.mkfu.org



Egyptian karate federation president

DR.AYMAN ABDEL HAMID

Welcomes the participants

Dear Mediterranean karatekas.

On behalf of the Egyptian karate federation, its my great pleasure and honor to welcoming you in one of the ancient Mediterranean city the beautiful Alexandria.

The city of Alexandria is proud to host for the second time this event.

This event will not be a competition only but a friendship and lovely gathering of the most clever karatekas from all Mediterranean countries in one of most climate and gorgeous city.

DR.AYMAN ABDEL HAMID

Egyptian Karate Federation President

EGYPT



- **With over 90 million inhabitants**, Egypt is one of the most populous countries in Africa and the Middle East, and the 15th -most populated in the world.
- The great majority of its people live near the banks of the Nile River, an area of about 40,000 square kilometers, where the only arable land is found.
- The large regions of the Sahara Desert, which constitute most of Egypt's territory, are sparsely inhabited.
- About half of Egypt's residents live in urban areas, with most spread across the densely populated centers of greater Cairo, Alexandria and other major cities in the Nile Delta.

• **Alexandria**



- **The second-largest city in Egypt, in ancient times, Alexandria was one of the most famous cities in the world.**
- **Alexandria is known as "The Pearl of the Mediterranean". It has an atmosphere that is more Mediterranean than Middle Eastern, distance it from the rest of the cities in Egypt.**
- **It was founded around a small pharaonic town c. 331 BC by Alexander the Great.**
- **It remained Egypt's capital for nearly a thousand years, Alexandria was known because of its lighthouse (Pharos), one of the Seven Wonders of the Ancient World.**
- **Its library (the largest library in the ancient world); and the Catacombs of Kom el Shoqafa, one of the Seven Wonders of the Middle Ages.**

SPORT HALL

OLYMPIC CENTER Sport Hall - Alexandria



CAIRO INTERNATIONAL AIRPORT

Cairo International Airport Terminal 1



- (IATA: CAI, ICAO: HECA) is the main busiest airport in Egypt and the primary hub for EgyptAir, a member of the Star Alliance. The airport is located to the northeast of the city around 15 kilometers (9.3 mi) from the business area (Center of the city), and has an area of approximately 37 square kilometers (9,100 acres).

Cairo International Airport Terminal 3



- The Airport Consists of Three main Terminals covering all arrival and departure for airlines.
- Terminal 3 is assigning for Egypt air and the Star Alliance Airlines.

Borg Al Arab International Airport



- **The Airport Consists of Two main Terminals covering all arrival and departure flights.**



ORGANIZER AND CONTACT

Egyptian Karate Federation:

Address: 20 El-Sherook Building – Behind Dar El-Moshah – kobry elkoba – Cairo - Egypt

Tel: (+202) 2263 2824 & (+202) 2260 7363

FAX: (+202) 2263 8507

E-Mail: egypt_karate_federation@hotmail.com

Web site: www.EgyKF.com

Electricity:

Egypt has a voltage supply of 220V/ 50 Hz and the plugs are the 2 round pin type that are common throughout Europe and the adaptor available at all electricity shops and super markets.

Insurance:

It is compulsory that all participants and members of delegations to have their own medical and personal trip insurance. Egyptian Karate Federation and Mediterranean Karate Federation assume no liability or responsibility for the lack of insurance from participants and members of delegations.

Currency:

Egypt currency is Egyptian Pound (LE). Foreign currencies can be exchanged at the airport, in banks, as well as in many foreign currency exchange offices which can be found all over Egypt. Banks are usually open from 8.30am - 02.00pm, from Sunday to Thursday. Shopping malls are usually open from 10 am to 11 pm every day.

Communication:

To call Egypt from abroad, dial the international code 002 or(+2) for Egypt.

There are 3 mobile operators in Egypt (mobinil, Vodafone, Etisalat). You can gather SIM Cards from the airport and also from the all shops.

Services:

Emergency Ambulance service : 123

Emergency Police : 122

Emergency Fire : 180

Vaccination : No need.

Time zone : GMT +2

Weather

During month of October the climate in Alexandria is clear and temperature is ranged between:

HIGH 28 C / LOW 19 C

Currency exchange rate :

1 USD = 7.78 EGP



REGISTRATION

Registration of all delegations must be done through SPORTDATA online System and the deadline is on Wednesday 23 September 2015 .

https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=46#a_eventhead

Participation fee for each athlete is 20 euro and also 20 euro for each referee participating in the referee seminar & exams .

Annual country membership fee is 200 euro and must be paid during the registration to MKFU treasurer.

The official registration on Friday 2 October 2015 at (HQ) hotel by presenting a valid Passport and ensuring of the correct athletes categories.

FLAG / ANTHEM

Each participating country is requested to provide 2 national flags and a cd with the national anthem.

VISA PROCEDURE FOR FOREIGN CITIZEN

Usually you need to apply to your local Egyptian embassy or consulate for a pre-entry tourist visa but if you are from European union countries you can get your tourist visa upon arrival in the airport.

For other countries required to obtain visa from the Egyptian embassy in your country, please send the list of the names to the following e-mail address in order to issue the supporting letters:
egy_karate_fed@hotmail.com

Also, its required to send a copy of passport for every participant 21 days before the date of championship to proceed necessary formalities with national security authorities from our end.



TRANSPORTATION

Transportation between official hotels and venue are free during the days of competition.

Transportation from Cairo Airport - Hotel – Cairo Airport will be as follows:

| | | |
|------------------------------|--------------------------|--------------------------|
| MiniBus 14 Persons | Bus 25 Persons | Bus 49 Persons |
| 240 USD | 440 USD | 580 USD |

Transportation from Borg Al Arab Airport - Hotel – Borg Al Arab Airport will be as follows:

| | | |
|------------------------------|--------------------------|--------------------------|
| MiniBus 14 Persons | Bus 25 Persons | Bus 49 Persons |
| 95 USD | 175 USD | 250 USD |

The Egyptian karate federation is the only responsible for transportation.

ACCOMMODATION

| HOTEL NAME | STAR | SINGLE ROOM | DOUBLE ROOM | TRIPLE ROOM | EXTRA MEAL Per person |
|-------------------------------|-------|--|---|-------------|---------------------------------------|
| HELNAN PALESTINE (HQ) | ***** | USD 110 | USD 130 | --- | USD 25 |
| TOLIP ROYAL HOTELS | ***** | USD 80 | USD 95 | USD 125 | USD 25 FOR LUNCH USD 30 FOR DINNER |
| SHERATON MONTAZA | ***** | USD 95 | USD 110 | --- | USD 30 |
| LAGOON ALEX | **** | USD 60 | USD 100 | USD 120 | USD 15 |
| MERCURE ALEXANDRIA ROMANCE | **** | USD 85 (BB) USD 95 (HB) USD 110 (FB) | USD 95 (BB) USD 122 (HB) USD 150 (FB) | --- | --- |

PRICES ARE PER ROOM PER NIGHT INCLUDED BREAKFAST AND VAT TAXES

HOTELS

HELWAN PALESTINE (HQ) *****



CONTACT DETAILS FOR RESERVATION :

Tel : +2035473500
Fax : +2035473378
E-mail: saleshp@helnan.com

Copy to the Egyptian karate federation e-mail: egy_karate_fed@hotmail.com

TOLIP *****



CONTACT DETAILS FOR RESERVATION :

Mobil : +201207827777
 +201001041039
Fax : +2035455457
E-mail: Sales4@tolipalexandria.com

Copy to the Egyptian karate federation e-mail: egy_karate_fed@hotmail.com

SHERATON *****



CONTACT DETAILS FOR RESERVATION :

Tel : +2035480550
Fax : +2035498483
E-mail: Ghada.Melouk@starwoodhotels.com

Copy to the Egyptian karate federation e-mail: egy_karate_fed@hotmail.com

LAGOON ALEX ****



CONTACT DETAILS FOR RESERVATION :

Tel : +201003004222
 +201003005222
Fax : +2033854020
E-mail: reservation_lagoon@yahoo.com

Copy to the Egyptian karate federation e-mail: egypt_karate_federation@hotmail.com

MERCURE ALEXANDRIA ROMANCE ****



CONTACT DETAILS FOR RESERVATION :

Tel : +201224668680
Fax : +2035823899
E-mail: h1677-fo@accor.com

Copy to the Egyptian karate federation e-mail: egy_karate_fed@hotmail.com



CATEGORIES

CADETS 16 YEARS

KATA INDIVIDUAL MALE AND FEMALE
KUMITE FEMALE 47KG /54KG/ +54KG.
KUMITE MALE 52KG/57KG/63KG/70KG/+70KG.

JUNIOR 18 YEARS

KATA INDIVIDUAL MALE AND FEMALE.
KATA TEAM MALE AND FEMALE.
KUMITE FEMALE 48KG/53KG/59KG/+59KG.
KUMITE MALE 55KG/61KG/68KG/76KG/+76KG.

UNDER 21YEARS

KATA INDIVIDUAL MALE AND FEMALE
KUMITE FEMALE 50KG/55KG/61KG/68KG/+68KG.
KUMITE MALE 60KG/67KG/75KG/84KG/+84KG.

NB : 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 AND RULES

WKF kumite and kata rules will be applied also the equipment approved by WKF



COMPETITION PROGRAM AND SEMINARS

Friday 2 October 2015

| | |
|--------------------|--|
| 10.00-18.00 | Registration of delegations |
| 10.00 | MKFU 24th executive committee meeting |
| 15.00-16.00 | Referee committee meeting |
| 16.00-17.30 | Referee examinations |
| 17.30-18.00 | Referee and judges briefing |
| 18.00 | Coaches meeting and draws |

All meetings of Friday will be at (HQ)hotel.

All referees and judges who do not attend the course and will intend to officiate at the championship are required to attend the briefing.

**ALL MEETINGS OF FRIDAY WILL BE AT HQ HOTEL
(HELNAN PALESTINE HOTEL)**



Saturday 3 October 2015

| | |
|--------------------|---|
| 9.00-10.00 | weigh-in for all categories cadet-juniors /male |
| 10.00-11.00 | weigh in for all categories cadet-juniors / female |
| 9.00-10.00 | kata elimination and repechages cadet individual male and female Kata elimination and repechages junior individual male and female |
| 11.00-12.00 | kumite individual cadet male all categories elimination and repechage |
| 12.00-13.00 | kumite individual juniors male 55kg/61kg/68kg eliminations and repechages |
| 13.00-14.30 | lunch break |
| 14.30-15.30 | kumite individual juniors male 76kg /+76kg elimination and repechages |
| 15.30-16.30 | kumite individual cadet all female categories elimination and repechages |
| 16.30-17.30 | kumite individual juniors all female categories elimination and repechages |
| 18.00 | opening ceremony |
| 19.00 | finals and medal ceremony for kata, kumite- cadets,juniors-male and female |



Sunday 4 October 2015.

| | |
|-------------|---|
| 9.00-9.30 | weigh –in for all categories under 21years male |
| 9.30-10.00 | weigh –in for all categories under 21 years female |
| 9.00-10.00 | kata individual elimination and repechage under 21 year male and female |
| 10.00-11.00 | kumite individual elimination and repechage under 21 years male all categories |
| 11.00-12.00 | kumite individual elimination and repechage under 21 year female all categories |
| 11.00-12.00 | kumite individual elimination and repechage under 21 year female all categories |
| 12.00-14.00 | lunch break |
| 14.00-15.30 | elimination and repechage kata team male and female |
| 16.00 | finals and medal ceremony for kata, kumite-under 21 year-male and female |
| 17.30 | closing ceremony |
| 20.30 | farewell party (35 USD Per Person) |



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 Egypt from 3 – 4 October 2015, 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, Egyptian 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 cadr | |
| Position in the National Federation | |
| Address | |
| Tel No | |
| Fax No | |
| E-mail | |

Place and date

signature



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

_____ OFFICIAL STAMP
 (Signature)



Mediterranean Senior Championships 2014

MONTENEGRO
 Podgorica

2014.09.13 - 2014.09.14

Participation Count

| # | Code | Country | Male Entries | Female Entries | Total Entries | Total Athletes |
|----------------|------|------------------------|--------------|----------------|---------------|----------------|
| 1 | ALB | ALBANIA | 3 | 0 | 3 | 3 |
| 2 | BIH | BOSNIA AND HERZEGOVINA | 12 | 14 | 26 | 29 |
| 3 | CRO | CROATIA | 10 | 7 | 17 | 17 |
| 4 | CYR | CYPRUS | 1 | 1 | 2 | 2 |
| 5 | EGY | EGYPT | 13 | 14 | 27 | 26 |
| 6 | FRA | FRANCE | 10 | 5 | 15 | 16 |
| 7 | MKD | FYR of Macedonia | 12 | 10 | 22 | 22 |
| 8 | ITA | ITALY | 3 | 4 | 7 | 7 |
| 9 | MNE | MONTENEGRO | 10 | 6 | 16 | 15 |
| 10 | MAR | MOROCCO | 9 | 1 | 10 | 9 |
| 11 | SRB | SERBIA | 9 | 10 | 19 | 20 |
| 12 | TUR | TURKEY | 9 | 9 | 18 | 17 |
| Totals: | | | 101 | 81 | 182 | 183 |



UFMK/MKFU

UNION DES FEDERATIONS MÉDITERRANÉENNES DE KARATE (UFMK)
MEDITERRANEAN KARATE FEDERATIONS UNION (MKFU)

MEMBRE DE LA FEDERATION MONDIALE DE KARATE (FMK)
MEMBER OF THE WORLD KARATE FEDERATION (WKF)

Historical Data of Participation Mediterranean Karate Championships 2009-2014

| Organizing Country | Year | Countries | Athletes Participation |
|---------------------------|-------------|------------------|-------------------------------|
| MONTENEGRO | 2009 | 12 | 218 |
| TURKEY | 2010 | 7 | 94 |
| ITALY | 2011 | 13 | 235 |
| BOSNIA & HERZEGOVINA | 2012 | 10 | 152 |
| CYPRUS | 2013 | 11 | 185 |
| MONTENEGRO | 2014 | 12 | 183 |

Sincerely,

Bechir Cherif

President

Andreas Vasileiou

Secretary General