



28th MEDITERRANEAN KARATE CHAMPIONSHIP CADETS, JUNIORS & SENIORS

Limassol, Cyprus



KARATE

22-24 OCTOBER 2021

28th MEDITERRANEAN KARATE CHAMPIONSHIP

CADETS, JUNIORS, & SENIORS

22-24 October 2021 Limassol, Cyprus

WKF President's Foreword

The Mediterranean Karate Championships are always an intriguing event, as we witness the stars of the sport in the region demonstrating their enormous potential. The 28th edition of the championships is set to be an even more thrilling event since it will bring karatekas further opportunities to succeed at the highest level.



Additionally, the Mediterranean Championships are the stage where future stars of the sport show their promising prospects. This is truly at the heart of what these events are all about, recognising the progress of younger competitors and saluting the immense skill of up-and-coming athletes who are on their way to dominate the sport in years to come.

The 2021 Mediterranean Karate Championships will be held in Limassol (Cyprus), from October 22 to 24, 2021. I would like to thank the Cyprus Karate Federation and its president Andreas Vasileiou as well as the Mediterranean Karate Federation headed by president Bechir Cherif for their determination in organising this event.

Best of luck to all the participants and organisers and a big "Oss" to all of you Karate fans.

Antonio Espinós

WKF and EKF President



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MKFU President

Dear Colleagues,

I would first like to express my joy to be here in Limassol, a city with a strong heritage and a deep history throughout the centuries. Limassol will host the “28th Mediterranean Karate Championship for Cadets, Juniors & Seniors”.

I sincerely like to thank the president Andreas Vasileiou and the directing committee of Cyprus Karate Federation for their effort to organize this championship, a place truly Mediterranean where there are really cultural and civilization values of tolerance, self-esteem, humility, respect for one other, discipline and altruism.



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.

Let me express my sincere appreciation to president of WKF Mr. Antonio Espinos for his extensive support in the endeavors of MKFU and more over for his outstanding work in succeeding joining karate in the Olympic program 2021, a long way dream that he made reality for every karateka.

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.

Bechir Cherif

President

Mediterranean Karate Federations Union – MKFU

Vice-President WKF



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CKF President's Foreword

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 "28th Mediterranean Karate Championship for Cadets, Juniors & Seniors".

As you have known, Cyprus has gained 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, the Mediterranean Karate Championship in 2013, the European Karate Championship in 2016 and the WKF K1 Youth League 2019 and 2021.



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 "28th 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 Limassol and specifically, in the "Spyros Kyprianou" Athletic Center.

Looking forward to seeing you soon in Cyprus!

Andreas Vasileiou
President
Cyprus Karate Federation

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Limassol



Limassol is a city on the southern [coast](#) of [Cyprus](#) and capital of the [district with the same name](#). Limassol is the second largest [urban area](#) in Cyprus after [Nicosia](#), with an urban population of 183,658 and a metropolitan population of 239,842.

Limassol has been ranked by [TripAdvisor](#) as the 3rd up-and-coming destination in the world, in its *Top 10 Traveler's Choice Destinations on the Rise*. The city is also ranked 89th worldwide in Mercer's Quality of Living Survey (2017).

In the 2020 ranking published by the [Globalization and World Cities Research Network](#), Limassol was classified as a "Gamma -" [global city](#).

Limassol was built between two ancient Greek cities, Amathus and Kourion, and during [Byzantine](#) rule it was known as Neapolis (new town). Limassol's historical center 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](#). (Wikipedia)

[Limassol - Wikipedia](#)



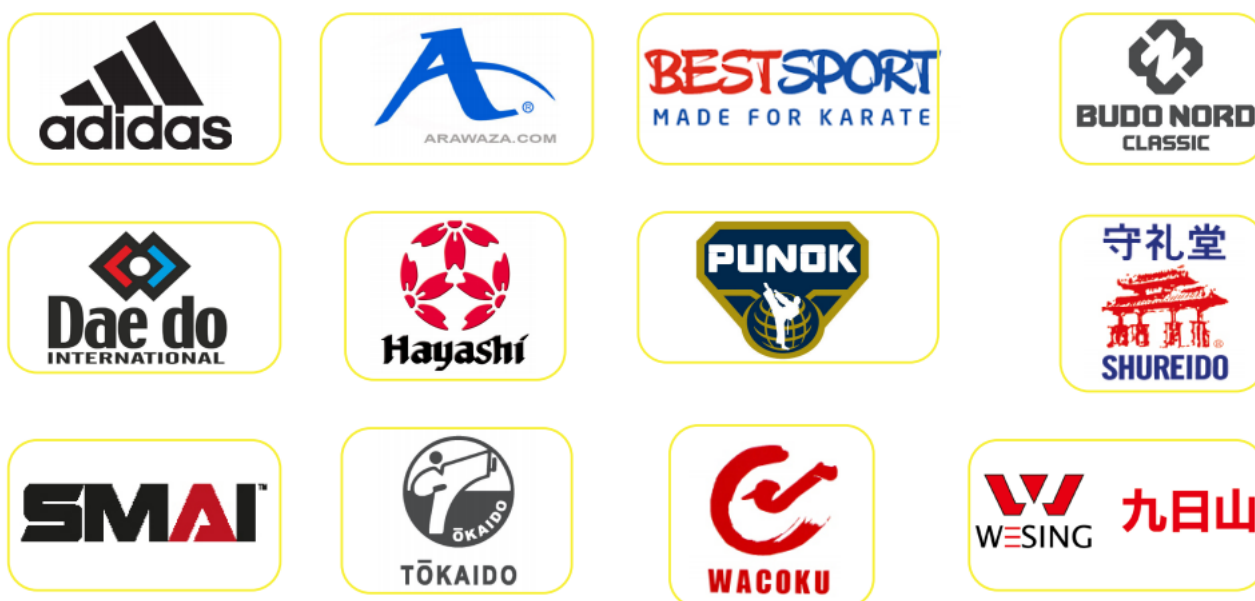
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WKF Approved Equipment

The following brands are **WKF Approved** for use in the Mediterranean Championship.



The following brands is **WKF Approved** and will be used in the Mediterranean Championship in Limassol.

TATAMIS WKF APPROVED



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Organizing Committee

Cyprus Karate Federation Executive Committee



Andreas Vasileiou – President



Costas Ellinides – Secretary General



Eleftheria Georgiou – Treasurer



Sotiris Zenonos – Sport Director



Fotis Marathovouniotis – Sport Director



Marios Vatyliotis – Member



Simos Konstantinou – Member

Cyprus Karate Federation

21, Amfipoleos Street 216b, 1687

Nicosia, Cyprus

Web page: www.cypruskarate.org

E-Mail: cypruskaratefederation@gmail.com

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COVID 19 PROTOCOL

DUE TO THE CURRENT EMERGENCY HEALTH SITUATION THIS EVENT WILL BE HELD UNDER THE WKF COVID-19 PROTOCOL AND THE LAWS OF THE REPUBLIC OF CYPRUS;

According to the Local Health Authorities, temperatures above 37.3 degrees Celsius will be denied access to the event and social distance of 2 meters. These regulations take precedence over the WKF protocol will be implemented and enforced.



https://www.wkf.net/pdf/WKF_COVID_protocol.pdf



Key Elements

[WKF COVID-19 Protocol by KarateWKF - Issuu](#)



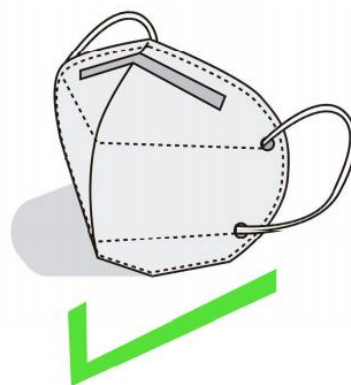
Karate in Times of Coronavirus

[KARATE in times of coronavirus - YouTube](#)

CERTIFIED FACE MASKS

The use of Certified Masks of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) within the specifications for use is always mandatory in the venue, with the exceptions for athletes that are detailed herein.

Once an athlete enters the venue grounds the athletes must always wear Certified Masks except while warming up, training, and competing in the designated areas/tatamis, respectively. This also means the Certified Mask shall be worn in transit between the Warmup and Competition Areas.



NOT ALLOWED MASKS



Surgical



Industrial



With Valve



Cloth



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Required Documents

1  HEALTH QUESTIONNAIRE

https://www.wkf.net/pdf/HEALTH_QUESTIONNAIRE.pdf

2  DELEGATION FORM

https://www.wkf.net/pdf/Waiver_Liability_teams.pdf

3^a  WAIVER RESPONSABILITY

https://www.wkf.net/pdf/Waiver_Liability_Individual.pdf

3^b  PARENTAL CONSENT

https://www.wkf.net/pdf/WKFParental_Consent.pdf

Competition Venue

Spyros Kyprianou Athletic Center, Limassol Cyprus

- [Spyros Kyprianou Athletic Center - Wikipedia](#)
- [Spyros Kyprianou Athletic Center-Palais de Sports - Google Maps](#)



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Flight Restrictions & Visa Requirements

It is required to check the above document weekly as the countries are reevaluated once a week and may change.

Entry requirement	Green	Orange	Red	Grey
Cyprus Flight Pass completion 24h prior to departure	Yes	Yes	Yes	Yes
PCR test 72h prior to departure (traveler-paid)	No	Yes	Yes	Yes
PCR test upon arrival to Cyprus (traveler-paid)	No	No	Yes	No
Mandatory self-isolation upon arrival	No	No	No	Yes

You have to check upon the country categories in the below link:

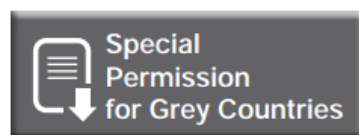


CyprusFlightPass
REPUBLIC OF CYPRUS

[Cyprus Flight Pass - Country Categories](https://cyprusflightpass.gov.cy/en/country-categories)

<https://cyprusflightpass.gov.cy/en/country-categories>

You have to check upon the special permission for GREY Countries in the below link:



[Cyprus Flight Pass - Special Permission](https://cyprusflightpass.gov.cy/en/special-permission)

<https://cyprusflightpass.gov.cy/en/special-permission>

Special Permission countries in the Grey Categories for Referees/ Supporting personnel, participating in professional sport activities and for Athletic. This does not apply for green, orange or red.

- Create an account at <https://cyprusflightpass.gov.cy/en/special-permission-request>
- Requests for the granting of a special permit may be submitted through the e-platform within 14 days prior to the expected travel date and the approval granted shall be valid for a month since the date of issue.
- Upon the granting of the special permit a unique number will be sent exclusively connected to the passenger's identity card number or passport number.
 - The passenger would then be able to use the **unique number** in filling out his/her application for acquiring a **CyprusFlightPass**, by writing it down in the required space as special permit number.
 - II. The passenger must also send the **unique number** to the **Cyprus Karate Federation** at cypruskaratefederation@gmail.com, so they can facilitate the process with the ministries.

All travelers to Cyprus must visit and complete the Flight Pass prior their flight to the following link:



[Cyprus Flight Pass – Home](https://cyprusflightpass.gov.cy)



[Coronavirus \(pio.gov.cy\)](https://pio.gov.cy)

Every traveler must have a valid passport or EU ID card. For more information, please refer to:
http://www.mfa.gov.cy/mfa/consulate/consulate_spb.nsf/cgsp10_en/cgsp10_en?OpenDocument

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Event Schedule

Friday 22 October 2021 11:00-17:00 AJAX HQ HOTEL
CHECKING OF THE COVID DOCUMENTATION FOR ALL DELEGATION MEMBERS
ATHLETES CHECKING OF THE COVID DOCUMENTATION ONSITE REGISTRATION AND ACCREDITATIONS' DELIVERY <i>*The ANTIGEN TEST for athletes, officiating coaches, doctors, physiotherapist will take place each day of competition.</i>
OFFICIALS AND REFEREES CHECKING OF THE COVID DOCUMENTATION ONSITE ANTIGEN TEST Upon reception of a negative result of the antigen test, DELIVERY OF ACCREDITATIONS
WEIGHING OF ATHLETES
Timeslots by alphabetic order of Countries will be applied to ensure a smooth onsite registration process. Such timeslot will be established once finished the online registration

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Friday, October 22nd		
Time	Activities	Location
09:00 - 11:00	Referee Seminar (Kata & Kumite)	AJAX Hotel
11:00 - 17:00	Registration & Credentials Desk Open & <u>Weigh-in</u>	
14:00 - 16:00	Referee Examination (Kata & Kumite)	
16:30 - 17:30	MKFU Executive Committee Meeting	
17:30 - 18:30	MKFU Congress	
19:00 - 20:00	Referee Briefing	
20:00	The Draw	
Saturday, October 23rd		
Time	Activities	Location
09:00 - 17:00	Elimination & Repechages: <ul style="list-style-type: none">Individual <i>Kata</i> <u>Cadets</u> Male & FemaleTeam <i>Kata</i> (<u>Cadets & Juniors</u>) Male & FemaleIndividual kumite <u>Cadets & Junior</u> Male & Female	Sport Hall
18:00	Opening Ceremony	
19:00	Finals & Medals Ceremony	
Sunday, October 24th		
Time	Activities	Location
09:00 - 17:00	Elimination & Repechages: <ul style="list-style-type: none">Individual <i>Kata</i> Junior & Senior Male & FemaleTeam <i>Kata</i> (Senior) Male & FemaleIndividual kumite Senior Male & FemaleTeam Kumite Cadets, Juniors, Seniors Male & Female.	Sport Hall
17:00	Finals & Medals Ceremony	

All the Referees must attend the Referee Seminar, except the WKF Referees who should attend the Briefing.

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Accommodation

NOTES & CLARIFICATIONS

In order to provide all participants with the best covid safety and traceability conditions, accommodation shall be booked with the official hotel.

1. The Headquarter Hotel of the event will be **Ajax Hotel**.
2. All prices are 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 a reservation form.
6. Please note that **travelers must enter the Republic of Cyprus only through the official airports, which are the International Airports of Larnaca and Pafos.**

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.



[Ajax Hotel Limassol – 4 Star Hotel Limassol, Cyprus](#)

<https://www.ajaxhotel.com/>

HOTEL	4 Stars	Single Room	Double Room	Triple Room	Half Board
AJAX HQ HOTEL	*****	€95.00	€120.00	€160.00	€20.00

***Please for all your hotel booking and transfer contact:
www.mkfu.org cypruskaratefederation@gmail.com



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Transportation

TRANSPORTATION COST

- Taxi Up to 4 persons €140.00
- Minibus for 20-persons €30.00 p/p - min. 15 persons
- Bus for 50-persons €25.00 p/p - min. 30 persons

The above prices are from Larnaca/Pafos International Airports to hotel and back to the Airports (Round Trip).

Transportation will be offered FREE from the official hotel to the stadium and vice versa - (Morning before the competitions and Night after the end of competition)

Insurance

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

Organizer and Contact

Cyprus Karate Federation

21 Amfipoleos Str., 216B

1687 Nicosia – Cyprus

Tel. ++357 22 44 98 39, FAX. ++357 22 44 98 43 cypruskaratefederation@gmail.com

Registration

All competitors, referees, coaches and officials must register online using the online system on <http://www.sportdata.org/wkf>. In case of any questions concerning the online registration please directly contact the Sportdata software team via the email address office@sportdata.org.

Federations are responsible for the quality of the entered registration data. Changes of online registration data are possible until **Friday 8th October 2021**.

[WKF Online Registration: Mediterranean Championships 2021 - Nicosia \(sportdata.org\)](http://www.sportdata.org/wkf/setonline/veranstaltung_info_main.php?active_menu=calendar&vern=469#a_eventhead)

https://www.sportdata.org/wkf/setonline/veranstaltung_info_main.php?active_menu=calendar&vern=469#a_eventhead

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Visa Requirements

Every traveler must have a valid passport or EU ID card. For more information, please refer to:

[CONSULATE GENERAL OF THE REPUBLIC OF CYPRUS IN ST. PETERSBURG - Visa Information \(mfa.gov.cy\)](http://www.mfa.gov.cy/mfa/mfa2016.nsf/All/0E03E0EE9B9833EAC2258022003F023B?OpenDocument)

<http://www.mfa.gov.cy/mfa/mfa2016.nsf/All/0E03E0EE9B9833EAC2258022003F023B?OpenDocument>

Technical Support for Online Registration

www.sportdata.org/wkf/set

The official registration session will take place on Friday **22nd October 2021** from **11.00 a.m. to 5.00 p.m.**

The official weighing will take place during the registration session.

At registration, accreditation cards will be issued with the participants main data, a photograph and information about registered categories. The accreditation card must be worn at all times during the event.

Each national federation can register FOUR (4) athletes and TWO (2) teams in each category.

Please note that all participants have to show their passports at the registration session.

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Categories

CADETS U16
Kata Female
Kumite Female -47 kg
Kumite Female -54 kg
Kumite Female 54 + kg
Kata Male
Kumite Male -52 kg
Kumite Male -57 kg
Kumite Male -63 kg
Kumite Male -70 kg
Kumite Male 70 + kg

SENIORS 18+
Kata
Kumite Female -50 kg
Kumite Female -55 kg
Kumite Female -61 kg
Kumite Female -68 kg
Kumite Female 68 + kg
Kata
Kumite Male -60 kg
Kumite Male -67 kg
Kumite Male -75 kg
Kumite Male -84 kg
Kumite Male 84 + kg

JUNIORS U18
Kata Female
Kumite Female -48 kg
Kumite Female -53 kg
Kumite Female -59 kg
Kumite Female 59 + kg
Kata Male
Kumite Male -55 kg
Kumite Male -61 kg
Kumite Male -68 kg
Kumite Male -76 kg
Kumite Male 76 + kg

TEAM KATA
Female Team Kata Cadets
Female Team Kata Juniors
Female Team Kata Seniors
Male Team Kata Cadets
Male Team Kata Juniors
Male Team Kata Senior

TEAM KUMITE
Female Team KUMITE Cadets
Female Team KUMITE Juniors
Female Team KUMITE Seniors
Male Team KUMITE Cadets
Male Team KUMITE Juniors
Male Team KUMITE Senior

- Registration is €20 per athlete per category and €40 for each team.
- €20 for each referee participating in the referee seminar & exams.
- 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.
- If changes are required during the official registration session, because of incorrect or missing registration data, a fee of € 20 is charged for each change.



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Cyprus

- [Cyprus - Wikipedia](#)
- [VisitCyprus - Deputy Ministry of Tourism](#)

Merchandising

If health conditions permit it, there will be commercial stands selling official products, equipment and other merchandising with official branding.

Miscellaneous

Alcohol

The legal drinking age in Cyprus is 18. Drivers should exercise due care over the amount of alcohol consumed. The legal limit in breath is 22 micrograms of alcohol per 100 milliliters of breath. The legal limit in blood is 50 milligrams of alcohol per 100 millilitres of blood.

Tobacco

If you are under 17 years old you are not entitled to a duty free allowance for tobacco.

Currency and Exchange

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 cents to €1. For up to date exchange rates please visit to the website of the Central Bank of Cyprus, <https://www.centralbank.cy/>

Business Hours

Generally, shops will open between 07:00 - 21:00 on Monday - Saturday, but this can vary an hour or two either way, depending on the type of shop. On Sunday, opening times are later, typically around 11:00, and closing times vary from 14:00 - 22:00.

Some shops still observe a half-day closing on Wednesday and Saturday afternoons, and close on Sunday, although in most of the tourist areas of Cyprus, both shops and supermarkets stay open till late at night, and are also open on Sundays.

Electricity

In Cyprus the power plugs and sockets are of type G. The standard voltage is 240 V and the standard frequency is 50 Hz

Omissions

As regards that the specific items are not expressly foreseen in the present bulletin reference is to be made to the general rules and guidelines contained in WKF Regulations.



**OPAP
CYPRUS**

**22-24 October 2021
Limassol, CYPRUS**

ARATE

