

# OFFICIAL BULLETIN



**JUNE, 9-10**  
**MOSCOW**





## **ANTONIO ESPINOS** **The President of European** **Karate Federation**

These 10th European Karate Championships for the Regions in Moscow 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, that took place in Spain.

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 Russian Karate Federation is a guarantee of quality and well doing. All European karate will travel again to Moscow, scenery of so many top level karate events, and will also have the opportunity to close ties with the Russian karate.

This 2012 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 Moscow.





**LEONID L. POPOV**  
**The President of**  
**Karate Federation of Russia**

Dear friends!

The Russian Karate Federation welcomes you and invites in one of the most remarkable cities of the World, the city of Moscow, to the 10th European Championship among Regions on June, 9-10th, 2012.

Moscow is the capital of Russia and a historical center of Europe, a hospitable city. Hundreds of tourists come to visit our city daily. Every Month Moscow hosts a great number of international competitions on various sports.

We are very glad to welcome athletes from Europe in our city and we hope that the oncoming Championship, which will take place in one of the most advanced Universal sports arena of Europe, will leave the colorful memories of the competitions in the hearts of the participants.

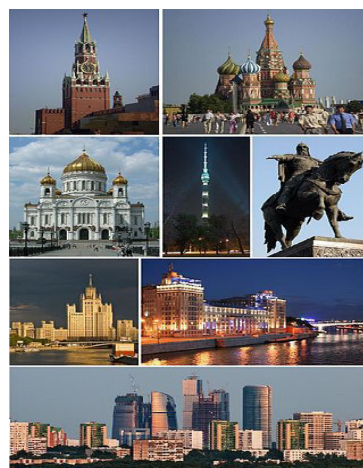
**WELCOME TO MOSCOW!!!**



## MOSCOW



Moscow is the capital, the most populous city, and the most populous federal subject of Russia. The city is a major political, economic, cultural, scientific, religious, financial, educational, and transportation center of Russia and the world. Moscow is the most populous city on the continent of Europe and seventh largest city proper in the world. Its population, according to the preliminary results of the 2010 census, is 11,513,300. Moscow is situated on the Moskva River in the Central Federal District of European Russia. In the course of its history the city, founded in year 1147, has served as the capital of a progression of states, from the medieval Grand Duchy of Moscow and the subsequent Tsardom of Russia to the Soviet Union. Moscow is the site of the Moscow Kremlin, an ancient fortress that is today the residence of the Russian President and the executive branch of the Government of Russia. The Kremlin is also one of several World Heritage Sites on the city. Both chambers of the Russian parliament (the State Duma and the Federation Council) also sit in Moscow.



## OLYMPIC SPORTS CENTER «LUZHNIKI»



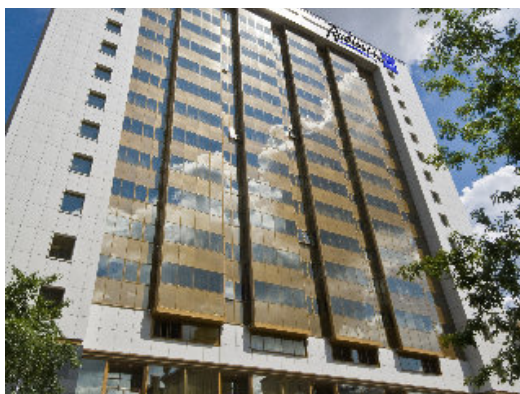
On July 31, 1956 was held the opening ceremony of the Central Stadium. Then the central stadium of Moscow consisted of the Grand sports arena, Small sports Arena, Palace of Sports, Swimming Pool and a number of sports fields. These facilities were sufficient for competitions and training in 18-20 sports ranging from track-and-field athletics to ice hockey. From the beginning, the sports complex was intended for three main uses: an arena for major international and national competitions, a training base for the national team and a base for the development of mass sports. All these three objectives were successfully reached.

SC “Luzhniki” hosted the XXII Olympic Games, Universiade, World Ice Hockey Championship, World Figure Skating Championship, UEFA Champions League Final, etc.

Sports Arena: Competition area 80x36 m<sup>2</sup>  
 Warm up area: 50x25 m<sup>2</sup>  
 Spectators space: 8.700



**HOTEL**  
**«RADISSON BLU BELORUSSKAYA»**  
**\*\*\*\***  
**(HEADQUARTER HOTEL)**

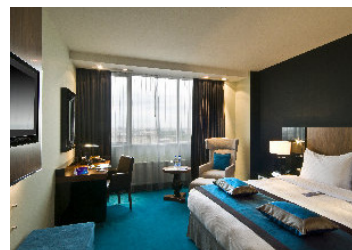


**Position**

32 km from airport Sheremetevo, 33,7 km from airport Vnukovo, 44,6 km from airport Domodedovo, 12 minutes from Sports Hall

**Capacity**

264 Rooms



**Facilities**

Info desk, Free WIFI, Bar, Restaurants and Lounges, Meeting rooms, Parking, Fitness Center, Sauna, Laundry and dry- cleaning, Currency exchange, Business service



# HOTEL «COSMOS»

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## Position

35 km from airport Sheremetevo, 40 km from airport Vnukovo, 55 km from airport Domodedovo, 14 km from Sports Hall.

## Capacity

1770 Rooms



## Facilities

Info desk, Free WIFI, Bar, Restaurants and Lounges, Meeting rooms, Parking, free Mini-bar, Medical Center, Currency Exchange, Beauty Salon, Fitness Center, Souvenir shop.





**Time zone:** GMT + 3

**Currency :** The national currency of Russian Federation is Rouble (RUR)  
 1 Euro- approximately 42,00 RUR  
 Most banks are open from 08:00-16:00 on weekdays and many are open on Saturdays.

Currency exchange is available in all banks and exchange offices.  
 Most shops, hotels and restaurants accept all major credit cards.

**Language:** Russian – English spoken

**Voltage:** 220 V / 50 Hz



**Temperature in June:** 21 C – 25 C

**Shopping hours:** 08.00 – 20.00

**Hospitals:**

European Medical Center Russia,  
 Spiridonevskiy pereulok, num.5/1, Moscow  
 City Clinical Center Num. 31  
 Lobachevskogo street, num. 42, Moscow





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

### 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 Radisson Belorusskaya «Vivaldi» 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 have to sign the enclosed term of responsibility and return this by fax, deadline 10 May 2012.**



## 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



## VISAS

Visas are not required for:

Armenia	
Azerbaijan	
Belarus	
Croatia	with official invitation only
Israel	up to 30 days
FYROM	up to 90 days with official invitation only
Moldova	
Serbia	up to 30 days
Ukraine	

Notice: for all information please contact the Consular department of the Russian Federation in your country or web sites [www.russianvisa.org](http://www.russianvisa.org) or [www.russia-embassy.net](http://www.russia-embassy.net)

## TRANSPORTATION

There are five primary commercial airports serving Moscow: Sheremetyevo International Airport, Domodedovo International Airport, Bykovo Airport, Ostafyevo International Airport and Vnukovo International Airport. Sheremetyevo International Airport is the most common entry point for foreign passengers, handling sixty percent of all international flights. Domodedovo International Airport is the leading airport in Russia in terms of passenger throughput, and is the primary gateway to long-haul domestic and CIS destinations and its international traffic rivals Sheremetyevo's.

Transportation from the airport to the Officials hotels:  
€ 40/person (two-way ticket)

**Notice:** Transportation will be organized according to the number of participants in your delegation. In case you may require any extra service, please contact the organizers. Payment should be done through Official Travel Agency with deadline May 10, 2012.

**If cancellation is done 7 days before ordered service, participants will be charged to pay 100% fee of ordered service.**



## **ACCOMMODATION — OFFICIAL HOTELS**

### **AMOUNTS IN RUBLES/EUROS**

Hotel	Category	Single		Double		Triple		Apartment	
		RUS	EUR	RUS	EUR	RUS	EUR	RUS	EUR
HOTEL RADISSON BLUE (HQ)	****	3800	95	4400	110				
HOTEL COSMOS	***	3200	80	3800	95				

VAT/IVA is not included in prices.  
E-mail: ekfcr@gmail.ru

#### **Prices are per room and night. The reference price is in rubles.**

Prices include accommodation, breakfast and staying fees.

The exchange rate is approximately 40 Rubles for 1 Euro. The exchange rate is determined by a financial institution and is adjusted regularly based on market conditions.

Dinner can be arranged separately. The cost per meal is **15 euros**.

#### **FOOD AND BEVERAGE**

There is a catering service at the Sports Hall, during the competition.

The cost per meal is **12 Euros**.

Final guest number will be required and paid 31 day before the event — **(10th may)** to the Official Travel Agency

#### **BOOKING AND PAYMENT FOR THE ACCOMMODATION AND TRANSFERS**

The bookings have to be done by filling up the registering form, and sending it by:

**Fax / +7 499 901 54 48, to the attention of Travel Agency «INTOURIST»**

**You can as well do your bookings on line, on E-mail: ekfcr2012@gmail.com**



The booking will only be valuable at the reception of a deposit corresponding to 30 % of the total amount of the stay, **deadline May 10, 2012.**

The balance of your stay will have to be paid by a bank transfer before your arrival or at the latest on the day of your arrival.

### **NOTICE:**

All applications must be booked through the official travel agency of the organization or through the National Karate Federation.

Transportation from the official hotels to the sports center will be organized for all participants.

### **CONTACT:**

For all information details regarding accommodation and transportation you can contact:

#### **Official Travel Agency «INTOURIST»**

Address: Russia, 129366, Moscow,  
Prospect Mira, num. 150

Tel./fax: +7 495 956 41 68, +7 495 956 42 02

E-mail: ekfcr2012@gmail.com

#### **Name of official Person**

#### **Karate Federation of Russia**

Profsoynaya 24/2, Moscow

Tel/fax: +7 499 125 05 63

Mobile: +7 903 681 58 83

E-mail: karaterus@bk.ru

#### **Robert Popov**



## **Timetable EKF Referee Course European Regions Championships**

### **Thursday 7th June 2012**

**15.00 – 17.00** Registration for Kata & Kumite - HQ Hotel Radisson Belorusskaya- «Vivaldi» Meeting Room

**18.00 – 19.30** Kumite Theory course — HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

**19.30 – 20.30** Kata Theory course — HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

### **Friday 8th June 2011**

**09.00 – 10.00** Kata & Kumite theory examination — HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

**10.30 – 12.00** Kata training for candidates (with Karate-Gi) — HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

**12.30 – 13.15** Lunch — HQ Hotel Radisson Belorusskaya –

**13.30 – 16.30** Kata practical examination (with Karate-Gi) – HQ Hotel Radisson Belorusskaya – «Music hall» Meeting Room

**17.00 – 18.00** MAC Workshop — HQ Hotel Radisson Belorusskaya – «Music hall» Meeting Room

**19.00 – 20.00** Referees and Judges Briefing and Tatami deployments - HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

### **Saturday 9th June 2012**

**09.00 – 11.00** Kata competition exam

**11.00 – 18.00** Kumite competition exam

Saturday Evening after the Championships Referees Debriefing: – HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

### **Sunday 10th June 2012**

After the Championships: Referee and Jury Information Meeting and presentation of diplomas — HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

## **Events Program**

### **Friday 8th June 2012**

**12.00 – 18.00** Registration of delegations — HQ Hotel Radisson Belorusskaya — «Vivaldi» Meeting Room

**19.00 – 20.00** Referees briefing HQ Hotel Radisson Belorusskaya — «Music hall» Meeting Room

**20.00 – 21.00** Delegates meeting — HQ Hotel Radisson Belorusskaya «Music hall» Meeting Room





All the referees who officiate at the Championship must attend the referees briefing, which will be in the HQ Hotel Radisson Belorusskaya — «Music Hall Meeting Room».

In accordance with EKF rules for the European Championships for Regions, the necessary qualification is National Referee.

## **COMPETITION PROGRAM**

### **EKF/REGIONS**

### **SENIOR & CAD./JUN. SCHEDULE**

#### **Saturday 9th June 2012 – SPORTS CENTRE «LUZHNIKI»**

**9:00 – 11:00** Kata Male/Female (cad/jun) & (senior)

Eliminatories/Repechages/Bronze

**11:00 – 13:30** Kumite Male (senior)

Eliminatories/Repechages/Bronze

**13:30 – 16:00** Kumite Male (cad/jun)

Eliminatories/Repechages/Bronze

**16:00 – 17:30** Kumite Female (senior)

Eliminatories/Repechages/Bronze

**17:30 – 20:15** Kumite Female (cad/jun)

Eliminatories/Repechages/Bronze

#### **Sunday 10th June 2012 – SPORTS CENTRE «LUZHNIKI»**

**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

**\*The above program has been scheduled according to the estimated participation. It will be revised once the actual participation and installation sizes are known. The final program will be provided during the Delegates Meeting along with the competition.**



## TERM OF RESPONSIBILITY:

To be filled, signed sent back before by May 10, 2012

I, \_\_\_\_\_ the undersigned, as the Chief of Delegation of my country, duly enrolled to participate in the 10th European Karate Championships for Regions, which will be held in Moscow, Russia, from the 9th to the 10th of June 2012, with fully 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 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 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 Russian 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:	_____

**OFFICIAL STAMP OF THE NATIONAL FEDERATION PRESIDENTI will stamp, sign and send to: Russian Karate Federation**



**COUNTRY:** .....

**CONTACT:**  
 Name: .....  
 Telephone : ..... Fax : .....  
 Mobile: .....  
 E mail : .....

**DATE OF ARRIVAL:** .....

Flight number ..... Hour of arrival .....  
 Arriving from which town .....

**DATE OF DEPARTURE:** .....

Flight number .....  
 Hour of arrival .....  
 Arriving from which town .....

**NUMBER OF PERSONS:** .....

**ACCOMMODATION** (Tick the category of hotel of your choice):

- HQ Hotel «RADISSON BLU BELORUSSKAYA» • Hotel «COSMOS»

Number of singles (bedroom with one bed): .....  
 Number of doubles (bedroom with 1 bed for 2 persons): .....  
 Number of twins (bedroom with 2 separated beds): .....

**TRANSPORTATION** (Please tick for the transportation)

- We need transfer from the airport/train station to the hotel on our day of arrival
- We need transfer from the hotel to the airport/train station on our day of departure
- We do not need transportation
- Number of people : .....

**CONTACT DETAILS TO SEND BACK THE REGISTERING FORM**

**Travel Agency «INTOURIST»**  
 Russia, 129366, Moscow,  
 Prospect Mira, num.150  
 Tel./fax: +7 495 956 41 91  
                   +7 495 956 42 02  
 E-mail: [ekfcr2012@gmail.com](mailto:ekfcr2012@gmail.com)

**Name of official Person**  
**Karate Federation of Russia**  
 Russia, 107045, Moscow  
 Profsoynaya str. 24/2,  
 Tel./fax: +7 499 125 05 63  
[karaterus@bk.ru](mailto:karaterus@bk.ru)



## EKF APPROVED ITEMS

TRADE MARK	MAIN OFFICE
	SPORTS MASTERS AUSTRALIA P/L 105-111 Jardine st. - Fairy Meadow 2519 NSW Australia Phone: +612-42834363 Fax: +612-42855512 e-mail: <a href="mailto:sales@sports-master.com">sales@sports-master.com</a>

**THE OFFICIAL DISTRIBUTOR LIST CAN BE CHECKED ON THE EKF OFFICIAL WEB PAGE: [europe.wkf.net](http://europe.wkf.net) UNDER THE «HOMOLOGATED ITEMS» AREA.**

The EKF will allow the use of the previously approved protections (2008-2011) of the brands Budo Nord, Daedo and Wesing until June 30<sup>th</sup> of 2012.

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](http://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.



**WKF approved TRADEMARKS for sports items will also be permitted.**