



**17.-19.06.2022**

**49th EKF JUNIOR, CADET & 14th U21**

# **EUROPEAN CHAMPIONSHIPS**

**PRAGUE CZECH REPUBLIC**



## **1<sup>st</sup> BULLETIN**





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**Antonio Espinós**

## 1.1 President of the European Karate Federation

### **Antonio Espinós**

The Karate world in Europe is counting the days for the anticipated 49<sup>th</sup> edition of the EKF Cadet, Junior & 14<sup>th</sup> U21 Championships to be held in Prague (Czech Republic). It will be the perfect opportunity for all of us to witness the progress of the most promising athletes of the continent, as well as to confirm the development of the National Federations' grass-root programmes.

I encourage all the National Federations in Europe to strive to improve their development plans in order to benefit from our sport's core assets and to extend our values among the ever-growing number of young fans of Karate.

I am convinced that the 2022 EKF underage Championships will be a celebration of youth Karate, and as the event will surely be a success of participation and organisation, I want to thank the Czech Karate Federation and its President Jiri Bocek for their efforts to provide the best conditions for a memorable event.

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

**Antonio Espinós**  
**President of the European Karate Federation**

## 1.2 The chairman of the National Sports Agency

### Filip Neusser



As the chairman of the National Sports Agency, I am very happy that sports events with an international dimension, such as the European Karate Championship, are taking place in the Czech Republic.

The last two years have been very demanding in terms of sports in general, including karate, and it is great that even thanks to such events, the sport is perhaps gradually returning to normal.

I believe that there will be more events such as the European Karate Championship in the Czech Republic and, thanks to the observance of hygienic measures, everything will go without problems.

The goal of the NSA is to achieve a harmonious sports environment, that will educate successful top athletes representing our country abroad, to which the Czech Karate Association contributes to a certain extent.

I wish all the competitors who will take part in the European Karate Championship good luck, and I wish to the Czech representatives a lot of precious metals.

**Filip Neusser**

**The chairman of the National Sports Agency**



## 1.3 President of the Czech Karate Federation

### **Jiří Boček**



It is my great honour and pleasure to greet you on behalf of the Czech Karate Federation in the occasion of the 49<sup>th</sup> EKF Junior,

Cadet & 14<sup>th</sup> U21 Championships and to wish you a warm welcome to the Czech Republic and the beautiful capital Prague which is located in the heart of Europe.

Karate family has been facing difficult times during the pandemic. Many activities, including competitions, were cancelled and due to various restrictions normal training has not been easy either. For that reason, it is today more important than ever to organize international events such as this EKF Junior, Cadet & U21 Championships, which will take place in Prague.

We are incredibly proud of the trust shown to us by awarding us the organization of such a competition in this difficult time. I would like to take this opportunity to thank to the President of the European Karate Federation Mr. Antonio Espinós and the Executive Board members for their support towards the Czech Karate Federation.

By joining our forces to organize this major event with over 1000 competitors, we will demonstrate that Karate will overcome the difficult times and come back stronger after the Covid era. Together we will succeed and pave the way for the future.

I wish to all the presidents of national federations and national coaches a smooth preparation of their teams and to the athletes much sporting success in the competition. To all of you dear Karate friends a pleasant stay in the Czech Republic.

I am looking forward to seeing you all in Prague.

**Jiří Boček**

**President of the Czech Karate Federation**

# Prague

Prague is the capital and largest city of the Czech Republic, with population of 1.309 million inhabitants.

It is one of the most visited places in Central Europe. Prague is called „the mother of cities”.

The city has a rich architectural heritage that reflects both the uncertain currents of history in Bohemia and an urban life extending back more than 1,000 years.

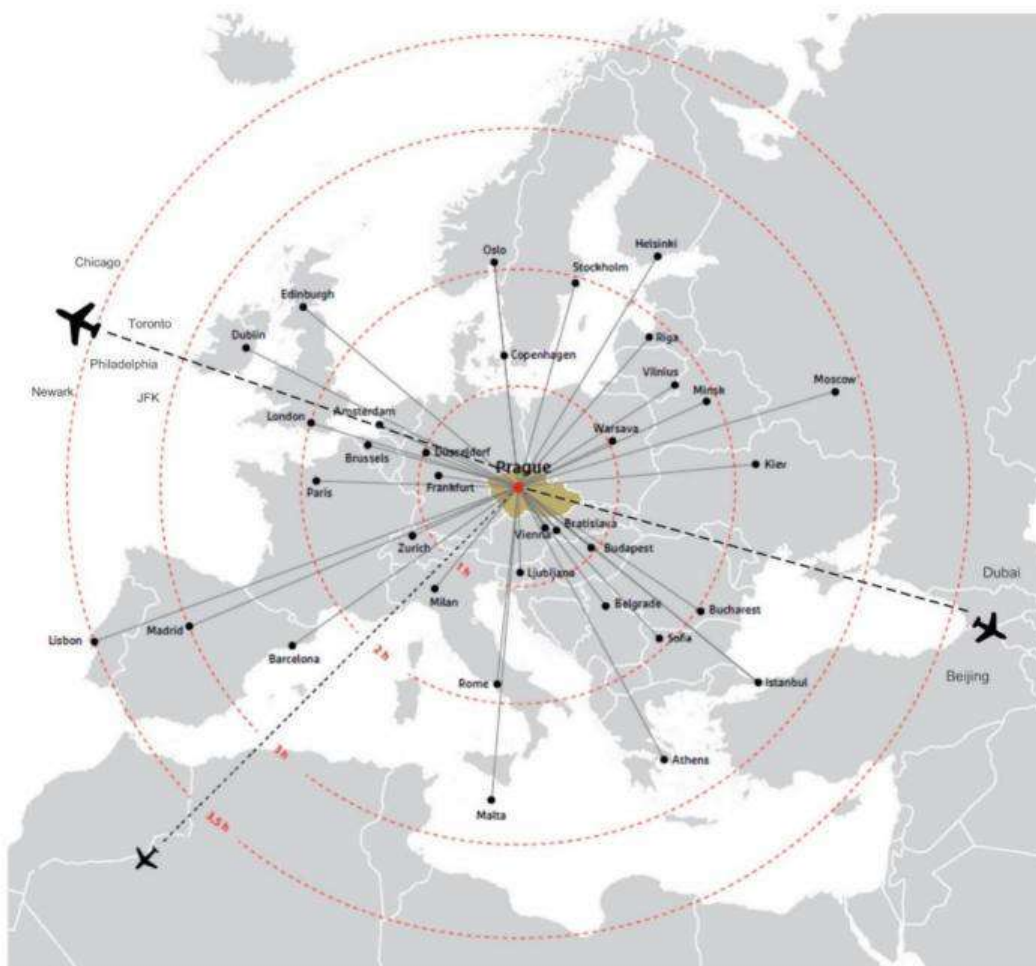
The city's core, with its historic buildings, bridges, and museums, is a major centre of culture, employment and Czech economic.

Prague is the seat of government of the entire Czech Republic.





## 3.1 Flight



Prague is easily accessible by air via international Vaclav Havel Airport.

Vaclav Havel Airport is one of Europe's fastest growing airports in the category of 10 to 25 million passengers. Each year, this international airport checks in more than 15 million passengers. They can enjoy a choice of almost 70 airlines connecting Prague directly to more than 160 destinations all over the world throughout the year.

Prague Airport has two main passenger terminals, two general aviation terminals, as well as a cargo facility.

Most flights depart Prague Airport from the North Terminals (Terminal 1 and 2).

Buses of DPP, the Prague Public Transit Co., stop at both terminals 1 and 2 frequently.





## 3.2 Train & Bus

### Train services

#### Prague Main Railway Station

Praha hlavní nádraží

Prague Main Railway Station is split over many levels and different areas. Facilities include: 24 hour luggage storage (over the counter and lockers), currency exchange offices and cashpoints (ATMs), plus a Public Transport Information Centre, bookshops, pharmacies and other medical vendors, restaurants and fast food outlets. The metro station close by is Hlavní nádraží (line C), and there is also a tram stop nearby.

Wilsonova 300/8, Prague



### Bus services

#### Florenc Central Bus Station

Autobusová Stanice Florenc

#### Praha Florenc Bus Station

is the main terminal for international coach arrivals into Prague, located just outside Prague's city centre, in an area called Florenc.

There is a metro station situated next to Florenc Bus Station, plus a tram stop.

#### Facilities at the bus station

include an exchange office, Internet café, fast-food, left-luggage, ATMs, parking, storage facilities, WC with showers, and a kiosk selling public transport tickets, maps and guides.

#### International Buses

Prague is well served by Bohemia Euroexpress International, Eurolines, GTS International, Student Agency, and Capital Express buses, all of which reach numerous EU destinations. Most international buses are equipped with cushier seats, magazines, and even entertainment and Wi-Fi internet. You can buy your tickets in advance, though most operators allow you also to purchase them directly from the driver.

Křižíkova 6, Prague





## 4.1 Hotel price list

Below you can find a selection of great hotels located in the heart of Prague and close to metro.

**Transfers are provided only for the listed official hotels!!!**

Due to the local medical regulations, all participants are obliged to stay only in the official hotels.

All hotels must be paid in advance and bookings are not confirmed before payment has been received by the hotel. Cancellations and refunds will be coordinated with the specific hotel under consideration of the individual rules for this hotel.

Individual rules for this hotel.

			BED + BREAKFAST			BED + HALFBOARD			BED + FULLBOARD		
NUMBER OF BEDS ▶			SINGLE	DOUBLE	TRIPLE	SINGLE	DOUBLE	TRIPLE	SINGLE	DOUBLE	TRIPLE
OLYMPIK CONGRESS ****	HQ HOTEL	01.03.2022 - 31.03.2022	90 €	57 €	51 €	102 €	69 €	63 €	114 €	81 €	75 €
		01.04.2022 - 15.04.2022	117 €	74 €	66 €	133 €	90 €	82 €	148 €	105 €	98 €
		16.04.2022 - 30.04.2022	135 €	86 €	77 €	153 €	104 €	95 €	171 €	122 €	113 €
OLYMPIK ARTEMIS ****	OFFICIAL HOTEL	01.03.2022 - 31.03.2022	90 €	57 €	51 €	102 €	69 €	63 €	114 €	81 €	75 €
		01.04.2022 - 15.04.2022	117 €	74 €	66 €	133 €	90 €	82 €	148 €	105 €	98 €
		16.04.2022 - 30.04.2022	135 €	86 €	77 €	153 €	104 €	95 €	171 €	122 €	113 €
OLYMPIK TRISTAR ***	OFFICIAL HOTEL	01.03.2022 - 31.03.2022	90 €	57 €	51 €	102 €	69 €	63 €	114 €	81 €	75 €
		01.04.2022 - 15.04.2022	117 €	74 €	66 €	133 €	90 €	82 €	148 €	105 €	98 €
		16.04.2022 - 30.04.2022	135 €	86 €	77 €	153 €	104 €	95 €	171 €	122 €	113 €
▲ Please book these hotels by email : <a href="mailto:RESERVATION@OLYMPIK.CZ">RESERVATION@OLYMPIK.CZ</a> ▲											
HOTEL DUO ****	OFFICIAL HOTEL	01.03.2022 - 31.03.2022	X	61 €	X	X	79 €	X	X	97 €	X
		01.04.2022 - 15.04.2022	X	79 €	X	X	103 €	X	X	126 €	X
		16.04.2022 - 30.04.2022	X	92 €	X	X	119 €	X	X	146 €	X
▲ Please book this hotel by email : <a href="mailto:HOM@JANHOTELS.CZ">HOM@JANHOTELS.CZ</a> ▲											
MAMA SHELTER ****	OFFICIAL HOTEL	01.03.2022 - 31.03.2022	X	61 €	X	X	81 €	X	X	101 €	X
		01.04.2022 - 15.04.2022	X	79 €	X	X	105 €	X	X	131 €	X
		16.04.2022 - 30.04.2022	X	92 €	X	X	122 €	X	X	151 €	X
▲ Please book this hotel by email : <a href="mailto:PRAGUE@MAMASHELTER.COM">PRAGUE@MAMASHELTER.COM</a> ▲											
EXPO ****	OFFICIAL HOTEL	01.03.2022 - 31.03.2022	86 €	56 €	51 €	103 €	73 €	68 €	120 €	90 €	85 €
		01.04.2022 - 15.04.2022	112 €	73 €	66 €	134 €	95 €	88 €	156 €	117 €	111 €
		16.04.2022 - 30.04.2022	129 €	84 €	77 €	155 €	110 €	102 €	180 €	135 €	128 €
▲ Please book this hotel by email : <a href="mailto:OFFICE@KARATE2022.CZ">OFFICE@KARATE2022.CZ</a> ▲											

ALL PRIZES ARE PER 1 PERSON PER NIGHT IN EUR with all hotel taxes include VAT.

Prizes NOT include city tax 2 EUR per person per night and parking fees!

FROM 01.05.2022 - WE DO NOT GUARANTEE ACCOMMODATION AVAILABILITY



## 4.2 Official hotels

### HEADQUARTERS OFFICIAL HOTEL

### OLYMPIK CONGRESS \*\*\*\*\*

The 224 Olympic Congress hotel rooms have been completely renovated and their equipment complies with the four-star category. The rooms are equipped with a minibar, safe deposit, and Wi-Fi connection. Rooms included in the business category are equipped with TV. All rooms are air-conditioned.



Address: Sokolovská 138, 186 76 Praha 8-Invalidovna

The Sports hall Holešovice is 4km away.







OFFICIAL HOTEL  
OLYMPIK  
TRISTAR \*\*\*



61 rooms in the Tristar Hotel have been completely renovated and their equipment complies with the three-star category. The rooms are equipped with a minibar, safe deposit, and Wi-Fi.



Address: U Sluncové 14, 186 76 Praha 8-Invalidovna

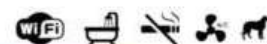
The Sports hall Holešovice is 4km away.







# OFFICIAL HOTEL OLYMPIK ARTEMIS



Appointments of the 50 Artemis Hotel rooms provide higher standards of the four-star category. The rooms are equipped with a TV, minibar, safe deposit, and Wi-Fi connection. Their spacious bathrooms have a bathtub. A special feature of the Artemis Hotel is a panoramic glass elevator with a view of the golf course. Hotel rooms are air-conditioned.



Address: U Sluncové 14, 186 76 Praha 8-Invalidovna

**The Sports hall Holešovice is 4km away.**





## HOTEL DUO \* \* \* \* OFFICIAL HOTEL

Situated only 12 min by metro from the city centre, Hotel Duo offers a wide range of high quality leisure and business services for a good value. Our modern hotel is one of the most popular hotels in Prague known for its good service, modern rooms and charming atmosphere. Choose from our 654 rooms and range of categories designed for your needs.



Address: Teplická 492, 190 00 Praha 9

The Sports hall Holešovice is 5,5km away.







## OFFICIAL HOTEL MAMA SHELTER \*\*\*\*

Mama Shelter's hotels span seven countries and thirteen lively cities. Mama Shelter Prague is located near the main tourist attractions, a large park and the exhibition center Holešovice. Every of our 238 Mama's rooms are comfortable, stylish and playful.

Join Mama for a delicious homemade meal, sitting at one of the restaurant's large communal tables or on the rooftop, or sip on a signature cocktail at the bar listening to a live DJ set.



Address: Veletržní 1502/20, 170 00 Praha 7-Holešovice

**The Sports hall Holešovice is 500m away (9 min. walk)**





## OFFICIAL HOTEL EXPO \* \* \* \*

Expo Hotel is Situated in Prague Exhibition Ground Area, only 12 minutes far from the heart of the city.

Our great Prague hotel gives you everything you need under one roof – affordable rooms, excellent restaurant and flexible conference facilities all come together in one location.

We are a venue with family atmosphere and professional service, opened in 1994 and successively renovated in 2015. Prague Hotel Expo accommodation features 106 bright and airy rooms with contemporary decor designed to suit a range of tastes.



Address: Za Elektrárnou 412/3, 170 00 Praha 7-Bubeneč

**The Sports hall Holešovice is 20m away (1 min. walk)**

**ARENA**



**HOTEL**





## 4.3 Transfers

# TRANSFERS ARE PROVIDED FROM

Prague Main Railway Station (Praha Hlavní Nádraží)  
 Florenc Central Bus Station (Florenc)  
 Václav Havel Airport Prague

**ALL PRICES ARE VALID FROM 01.03.2022 TO 31.03.2022**

**01.04. - 15.04.2022 Original price +30%**

**16.04. - 30.04.2022 Original price +50%**

**30.04.2022 END OF REGISTRATION**

OLYMPIK HOTELS  
 ARTEMIS CONGRESS TRISTAR  
 HOTEL DUO  
 MAMA SHELTER  
 EXPO

<b>Car</b>	<b>max 3 persons</b>	<b>19 EUR/person</b>	Minimum payment: 57EUR
<b>Microbus</b>	<b>max 13 persons</b>	<b>13 EUR/person</b>	Minimum payment: 85EUR
<b>Minibus</b>	<b>max 20 persons</b>	<b>11 EUR/person</b>	Minimum payment: 110EUR
<b>Bus</b>	<b>max 50 persons</b>	<b>9 EUR/person</b>	Minimum payment: 225EUR

Please register your transfer with your arrival time at [www.karate2022.cz](http://www.karate2022.cz)





# ARENA TRANSFER

## HOTEL ↔ SPORTS HALL HOLEŠOVICE

**OLYMPIK HOTELS**  
ARTEMIS CONGRESS TRISTAR  
**HOTEL DUO**

**Morning departure to the arena is at 7:00**

**There will be one bus connecting  
HOTELS and ARENA every 60min.**

**Evening departure back to the hotel is at 21:00**

OLYMPIK & DUO ↓ Sports hall Holešovice		Sports hall Holešovice ↓ OLYMPIK & DUO	
07:00	14:00	07:30	14:30
08:00	15:00	08:30	15:30
09:00	16:00	09:30	16:30
10:00	17:00	10:30	17:30
11:00	18:00	11:30	18:30
12:00	19:00	12:30	19:30
13:00	20:00	13:30	20:30
			21:00

**No transfer between hotel and Sports hall Holešovice provided.**

**MAMA SHELTER ↔ SPORTS HALL HOLEŠOVICE**

Distance: 0,9km - *walking distance*

**EXPO ↔ SPORTS HALL HOLEŠOVICE**

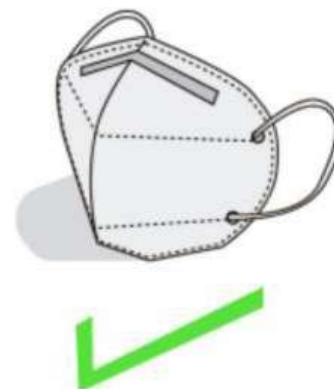
Distance: 0,2km - *walking distance*

## 5.1 COVID-19

**DUE TO THE CURRENT EMERGENCY HEALTH SITUATION  
THIS EVENT WILL BE HELD UNDER THE  
WKF COVID-19 PROTOCOL****Key Elements****Karate in Times of Coronavirus****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



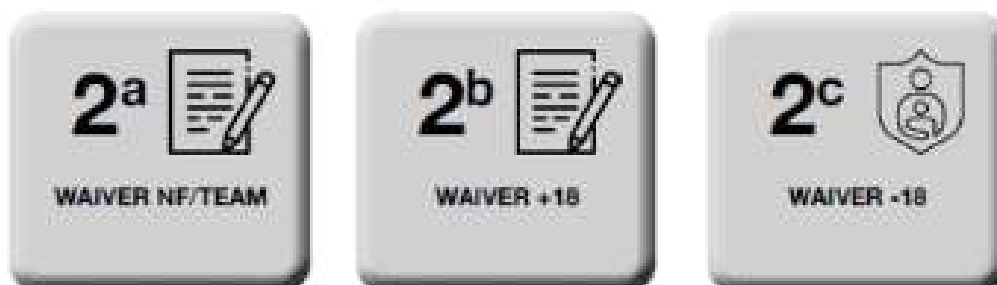
With Valve



Cloth

**Covid measures may change and they will be updated due to state of Czech Republic measures during the event. Further information will be provided in bulletin 2 or on [www.karate2022.cz](http://www.karate2022.cz)**

## MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL REGISTRATION



### MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION

On registration day all participants must submit the 2 following documents (I, II) Printed:

- I) Proof of COVID Status (only 1 of the following per person)
  - a. A Negative COVID-19 RT-PCR Test
    - i. Result issued at most 72 hours before the onsite registration in English. No antigen tests will be accepted.
  - b. A COVID-19 Vaccination Certificate\*
    - i. showing that they were fully vaccinated at least weeks before the day of registration.
  - c. A COVID-19 Recover Official Certificate\*
    - i. They must have tested positive at least 2 weeks and at most 6 months (180 days) before registration day.
- \*Specification in WKF Covid Protocol
- II) Waiver of Liability Form (Only 1 of the following per person)
  - a. NF/Team Representative & Team List
  - b. Individual +18 years old
  - c. Individual - 18 years old (Parental Consent required)

• The NF/Team Representative takes full responsibility for the validity of all signatures and information provided.

#### • Positive Case Management

Updated Covid 19 case procedure will be added before competition

## 5.2 COVID-19 Local Restrictions

For information about the current situation of COVID-19 in the country, please follow the website [www.karate2022.cz](http://www.karate2022.cz)

**Covid measures may change and they will be updated due to state of Czech Republic measures during the event. Further information will be provided in bulletin 2 or on [www.karate2022.cz](http://www.karate2022.cz)**





## 6.1 Online registration for all athletes and coaches

Online registration can be made from the 17<sup>th</sup> February 2022 until 3<sup>rd</sup> June 2022 under the following link:

ONLINE REGISTRATION

## 6.2 Press

Press accreditation can only be given to professional journalists working for a media and having proof of their credentials.

Media professionals can register to request press accreditations until 3<sup>rd</sup> June 2022 through the online registration form which can be found here:

ONLINE REGISTRATION

Journalists will be required to follow the WKF COVID-19 Protocol, including presenting a negative PCR Test or Certificate of Vaccination and wearing a face mask at all times. Learn more about WKF COVID-19 Protocol here: [www.bit.ly/WKF\\_COVID19\\_protocol](http://www.bit.ly/WKF_COVID19_protocol)

Accredited photographers will have access to their allocated seats only upon presenting the accreditation cards given to them during registration. Video recording will not be allowed.

A mixed zone will be available for accredited journalists and photographers.

Should you need more information about press or media related issues, please directly contact the European Karate Federation's office: [press@wkf.net](mailto:press@wkf.net)

### 6.3 Onsite Registration & Accreditations

Registration will be arranged in HQ Hotel (OLYMPIK HOTEL CONGRESS) on Thursday, 16.6.2022 from 09:00 to 15:00 hours in hall TRIUMF (hall inside of HQ Hotel)

Timeslots will be required by every NF according with their preferences, delegations that do not have a reserved time for registration, will be attended when the registration ends after 2:00 p.m.

Referees and Press will make the registration in a separate desk, at the same time as their delegations

Each participating country is requested to provide 2 national flags and a CD with the national Anthem.

#### CHECKING OF THE COVID DOCUMENTATION [Section 5.1] FOR ALL DELEGATION MEMBERS

In the registration room only will be available two representatives in charge per country for to make the registration of each delegation, these persons will show all the COVID printed documents (see WKF Covid Protocol) and the original passport without any plastic coverings of all the members of their delegation, it is mandatory to pass during the registration the antigen-test for every accredited person except, Athletes, Coaches, Doctors and Physios, remember to the weigh-in will be during the competition days.



## **ATHLETES**

CHECKING OF COVID DOCUMENTATIONS [Section 5.1]

ONSITE REGISTRATION AND ACCREDITATIONS' DELIVERY

Prior to the weigh-in the athletes and coaches must pass an antigen test.

Accreditations for Kumite athletes will be sent directly to the weigh-in.

Accreditations for Kata athletes will be given at the last station of the onsite registration.

Weigh-In

The weigh-in of all athletes will ONLY take place during registration day on Thursday 16.06.2022 in HQ Hotel CONGRESS - Hall TRIUMF.

## **COACHES, DOCTORS AND PHYSIOTHERAPISTS**

CHECKING OF COVID DOCUMENTATIONS ONSITE [Section 5.1]

REGISTRATION AND ACCREDITATIONS' DELIVERY

Accreditations for coaches, doctors, physiotherapists will be given at the last station of the onsite registration.

The ANTIGEN TESTING for coaches, doctors, physiotherapist will take place the day of competition.

## **OFFICIALS AND REFEREES**

CHECKING OF COVID DOCUMENTATIONS ONSITE [Section 5.1]

ANTIGEN TEST

Upon reception a negative result of the antigen test, DELIVERY OF ACCREDITATIONS.



## 6.4 Referee Registration

### Referee Course

The Referee Course registration will be open on 17<sup>th</sup> February 2022.

The Referee Course registration will close on 16<sup>th</sup> May 2022.

All registrations must be made **online**, within the deadlines above mentioned, through the following Sportdata links:

KATA REGISTRATION

KUMITE REGISTRATION

Should you have any technical difficulties when registering, please contact [support@sportsid.org](mailto:support@sportsid.org)

### Referees attending and officiating at the EKF Championships 2022

The registration of qualified Referees for officiating in European Championships opens on 17<sup>th</sup> February 2022.

The registration of qualified Referees for officiating in European Championships closes on 16<sup>th</sup> May 2022.

All registrations must be made **online**, within the deadlines above mentioned, through the following Sportdata link:

ONLINE REGISTRATION

Should you have any technical difficulties when registering, please contact [support@sportsid.org](mailto:support@sportsid.org)

A blurred background image showing a karate match in progress. Two athletes are visible in the foreground, one in a white gi and the other in a blue gi, both in a ready stance on a blue mat. The background shows other participants and spectators in a large hall.





## 6.5 Referee Course Schedule

DAY	TIME		ROOM
<b>TUESDAY</b> 14 June 2022	08:00- 8:45	Referee Commission Meeting	<b>HQ Hotel:</b> CONGRESS  <b>Halls:</b> TRIBUN + ODYSEUS
	09:00-12:00	Referee Course & Registration for candidates	<b>HQ Hotel:</b> CONGRESS  <b>Halls:</b> ARTEMIS 1, 2, 3, 4
	12:00-13:00	Lunch	
	13:00-15:00	Kumite theory / Kumite theory examination	
	15:00-17:00	Kata theory / Kata theory examination	
<b>WEDNESDAY</b> 15 June 2022	09:00-12:00	Kumite - Practical examination Group 1	<b>HQ Hotel:</b> CONGRESS  <b>Halls:</b> ARTEMIS 1, 2, 3, 4
	12:00-13:00	Lunch	
	13:00-16:00	Kumite - Practical examination Group 2	
	16:30-19:30	Kumite - Practical examination Group 3	
<b>THURSDAY</b> 16 June 2022	08:30-12:00	Kata – Instruction and Practical examination	<b>HQ Hotel:</b> CONGRESS  <b>Halls:</b> ARTEMIS 1, 2, 3, 4
	12:00-13:00	Lunch	
	13:00-18:00	RC Administration	
	16:30-17:30	License renewal written test	
	18:00-19:00	Referee Course examination Results	
	19:00-20:00	Referees Briefing	
	20:00-20:30	Tatami Manager & Appeals Jury meeting	





## 6.6 Event Schedule

<b>THURSDAY</b> <b>16 June 2022</b>	09:00-15:00	Registration for Delegations	<b>HQ Hotel:</b> CONGRESS  <b>Hall:</b> TRIUMF
		Weigh-in	
	16:30-18:00	Open Draw for Coaches (On-line)	
	12:00-13:30	Medical & Anti-Doping Commission Meeting	<b>HQ Hotel:</b> CONGRESS
	14:00-16:30	Technical Commission Meeting	<b>Halls:</b> TRIBUN + ODYSEUS
<b>FRIDAY</b> <b>17 June 2022</b>	09:00-11.00	Executive Committee Meeting	<b>HQ Hotel:</b> CONGRESS
			<b>Halls:</b> TRIBUN + ODYSEUS





## 7.1 Categories

Individual Categories							
U21 (age 18/19/20)				Junior (age 16/17)			
Individual Kata		Individual Kumite		Individual Kata		Individual Kumite	
Male	Female	Male	Female	Male	Female	Male	Female
		-60 kg	-50 kg			-55 kg	-48 kg
		-67 kg	-55 kg			-61 kg	-53 kg
		-75 kg	-61 kg			-68 kg	-59 kg
		-84 kg	-68 kg			-76 kg	+59 kg
		+84 kg	+68 kg			+76 kg	
Cadet (age 14/15)							
Individual Kata		Individual Kumite					
Male	Female	Male	Female				
		-52 kg	-47 kg				
		-57 kg	-54 kg				
		-63 kg	+54 kg				
		-70 kg					
		+70 kg					
Team Categories							
		Cadet and Junior Team Kata (age 14/17)					
		Male		Female			

Kata Team matches consist of competition between three-person teams, with one additional (optional) reserve athlete.

## 7.2 Age

### IMPORTANT NOTE:

The age limit of competitors for the corresponding category will be the first day of the entire event. This means competitors must have the eligible age by June 17<sup>th</sup> 2022.



## 7.3 Competition Programme

The definite competition schedule will be fixed after closing the online registration in order to adequate it to the final number of athletes, as well as Covid-19 countermeasures.

# Friday June 17<sup>th</sup> 2022

9:00 – 13:30	<b>Eliminations without Bronze Medal fights</b>
	Individual Kata Cadets (Male & Female)
	Individual Kata Juniors (Male & Female)
	Individual Kata U21 (Male & Female)
13:45 – 17:45	<b>Eliminations and Repechage (without Bronze Medal matches)</b>
	All Cadet Kumite categories (Male & Female)
18:30 – 19:00	<b>Opening Ceremony</b>
19:15 – 20:30	<b>Eliminations without Bronze Medal fights</b>
	All Kata Team categories





# Saturday June 18<sup>th</sup> 2022

9:00 – 14:30	<b>Eliminations and Repechage (without Bronze Medal matches)</b>	
	All Junior Kumite categories	(Male & Female)
14:30 – 20:30	<b>Eliminations and Repechage (without Bronze Medal matches)</b>	
	All U21 Kumite categories	(Male & female)

# Sunday June 19<sup>th</sup> 2022

	<b>Gold and Bronze Medal matches and Medal ceremony of all categories</b>	
09:00 – 20:00	All categories	





## ALL “WKF Approved” KARATE-GIS ARE ALLOWED TO PARTICIPATE IN THIS COMPETITION.

(INCLUDING KARATEGIS WITH THE BRAND EMBROIDERED IN RED OR BLUE ON THE SHOULDERS)

Click on the picture to see all the “WKF approved” Karate-Gis.







## SPORT PROTECTIONS “WKF Approved”



\*Click on the logos

## DISTRIBUTORS ASSISTANCE “WKF Approved”

Click on the image to visit the distributors by countries



## TATAMIS “WKF Approved”



\*Click on the logos



**Venue location: Za Elektrárnou 419/1, 170 00 Praha 7-Bubeneč**

Opened in 1962.

Former Tipsport arena, now called the Sports hall Holešovice.

During its existence, the arena has hosted many important sporting events and it's here, where the 28th edition of European Karate Championships was held in 1993. It is the second largest multipurpose indoor arena in the Czech Republic, a place where dozens of sporting, cultural and social events take place each year, and which can accommodate between 12 to 15 thousand visitors based on event type. Thanks to its large size it also offers great opportunities and support for various sporting disciplines.

Almost all indoor sport events may be organized here such as circus performances, motocross disciplines, fighting or combat sports, power sports and bodybuilding. The hall is equipped with a boxing ring, punch bags and tatami mats.

It is also the home arena for HC Sparta Prague and HC Lev Prague, and also for the most successful basketball club in Czech history OEZ Basketball Nymburk.





## 10 TICKETS

Experience the atmosphere of the arena!

Watch the best European karatekas live at Sports hall Holešovice!

Ticket sale starts from 01.03.2022 through the website [www.karate2022.cz](http://www.karate2022.cz)

**Daily ticket**                      15 Euro person / day

**Season ticket**                  30 Euro person / 3 days

### Discount for participants

**Daily ticket**                      10 Euro person / day

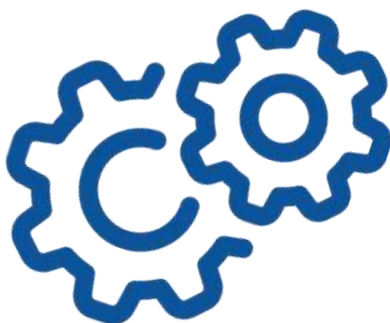
**Season ticket**                  20 Euro person / 3 days

There is a possibility that due to the COVID-19 measures, athletes will be prohibited from entering free part of the auditorium! If you want to ensure access to the event on days you will not perform, we recommend purchasing a ticket. For up to date information about COVID-19 situation and measures for the event, please follow [www.karate2022.cz](http://www.karate2022.cz)

## 11 TRAINING FACILITIES

We are currently finishing the preparation of training facilities for you.

More information will be added in **Bulletin 2** and at [www.karate2022.cz](http://www.karate2022.cz)





## 12.1 Entry Requirements

From December 21, 2007 Czech Republic is a member of the Schengen Area, and applies the Schengen legislation in full.

### Visas

The rules for travelling or working in European countries changed on 1 January 2021. You can travel to countries in the Schengen area for up to 90 days in any 180-day period without a visa. This applies if you travel as a tourist, to visit family or friends, to attend business meetings, cultural or sports events, or for short-term studies or training. Visits to Schengen countries within the previous 180 days before you travel count towards your 90 days! To stay longer, to work or study, for business or for other reasons, you will need to meet the Czech government's entry requirements. (Check with the Embassy of the Czech Republic what type of visa and/or work permit you may need. If you stay in the Czech Republic with a visa or permit, this does not count towards your 90-day visa-free limit)

### At Czech border control

You may need to use separate lanes from EU, EEA and Swiss citizens when queueing. Your passport may be stamped on entry and exit.

### There are separate requirements for those who are resident in the Czech Republic.

If you are resident in the Czech Republic, you should carry proof of residence as well as your valid passport when you travel.

### Passport validity

Check your passport is valid for travel before you book your trip, and renew your passport if you do not have enough time left on it. You must have at least 6 months left on an adult or child passport to travel to most countries in Europe. If you renewed your current passport before the previous one expired, extra months may have been added to its expiry date. Any extra months on your passport over 10 years may not count towards the 6 months needed.

### UK Emergency Travel Documents

UK Emergency Travel Documents (ETDs) are accepted for entry, airside transit and exit from the Czech Republic.

For more information visit [www.mvcr.cz/mvcren](http://www.mvcr.cz/mvcren)





## 12.2 Opening hours of shops

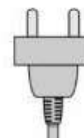
Most small shops are open from 08:00 to 20:00.

This time may change on weekends.

Large shops, pharmacies, restaurants and shopping malls are usually open all week from 7:00 to 22:00 or even 24/7.

## 12.3 Electricity

Electricity in Czech Republic is 230V, with a frequency of 50hz.



## 12.4 Language

The official language of Czech Republic is czech. Czech people generally do not speak any other languages, young people mostly speak English. Organizers will also speak English.

## 12.5 Time

Czech Republic is in the Central European Time Zone (CET, GMT +1).

## 12.6 Weather

Summer in Czech Republic is pretty hot.

Temperatures reaching from 10°C in the morning up to over 25°C during the day.

The long-term temperature normal is around 20°C.





## 12.7 Currency

The **Czech Koruna** "Czech Crown" (**CZK**) is the currency of Czech Republic.

In most shops, restaurants, bars and pharmacies you can use credit cards as Master card or VISA.

A lot of shops also accept euros.

But we recommend you to have some Czech cash while exploring the city.

## EXCHANGE RATES

1 <b>EUR</b> Euro	around 23	<b>CZK</b> Czech koruna
1 <b>CHF</b> Swiss franc	around 22,5	<b>CZK</b> Czech koruna
1 <b>USD</b> US dollar	around 20,5	<b>CZK</b> Czech koruna
1 <b>GBP</b> British pound	around 29	<b>CZK</b> Czech koruna

100 **CZK**200 **CZK**500 **CZK**1000 **CZK**2000 **CZK**5000 **CZK**1 **CZK**2 **CZK**5 **CZK**10 **CZK**20 **CZK**50 **CZK**





### 12.8 Health & Services

There will be professional medical experts onsite, several ambulances and emergency vehicles. Please contact the organizers when you need help.

### 12.9 Insurance

In compliance with EKF Rules, it is obligatory for all the participants and members of the participating delegations have their own medical and personal trip insurance. The Czech Karate Federation and European Karate Federation as well as the Organizing Committee assume no liability or responsibility for the lack of insurance from participants and members of the delegations. The head of the delegations have to sign the enclosed terms of responsibility and return it by **30.04.2022 the latest**.

### 12.10 Transportation

The public transport system of Prague is wide, modern and reliable. You can reach anything by bus, tram, metro.

#### **Tickets are time limited and can be by buy:**

- **In information centers and selling points** at most of the metro stations.  
**DO NOT FORGET TO VALIDATE THE TICKET WITH STAMP IN THE YELLOW VALIDATION BOX**
- **In yellow ticket vending machines** at metro stations and some surface transit stops.  
The vending machines accept only coins, not banknotes.  
Busy places are equipped with machines that accept cards as well.  
**DO NOT FORGET TO VALIDATE THE TICKET WITH STAMP IN THE YELLOW VALIDATION BOX**
- **In newspaper shops** in the whole area of Prague.  
**DO NOT FORGET TO VALIDATE THE TICKET WITH STAMP IN THE YELLOW VALIDATION BOX**
- **In the mobile app - PID Lítačka RECOMMENDED**  
Before you use the ticket, you need to activate it in the application!  
It can be done automatically after the purchase or manually later.  
The validity of the ticket starts two minutes after the validation, so remember to activate the ticket in advance. (paid by credit/debit card, Masterpass or Apple Pay)
- **Inside every tram**, in the middle of every tram vehicle.  
Passenger is obliged to buy the ticket immediately after getting on the tram and the ticket is valid immediately. (only by contactless credit/debit card)



**Validation box**

### 12.11 Drinking water

Tap water in Czech Republic is excellent quality. You are free to drink from the water taps in hotels, restaurants etc.

### 12.12 Important Phone Numbers

General emergency: 112

Police: 158

Firefighters: 150

Ambulance: 155



Lunch will be arranged by Czech Karate Federation at the  
**Sports hall Holešovice**

CATERING PRICE LIST	
01.03.2022 - 31.03.2022	15 €
01.04.2022 - 15.04.2022	20 €
16.04.2022 - 30.04.2022	23 €

You can book catering through the form at  
[www.karate2022.cz](http://www.karate2022.cz)

**Catering may be canceled! Depending on the current  
COVID-19 situation in the country.**

**ALL PRICES ARE VALID FROM 01.03.2022 TO 31.03.2022**

**01.04. - 15.04.2022 Original price +30%**

**16.04. - 30.04.2022 Original price +50%**

**30.04.2022 END OF REGISTRATION**

Your catering booking can be canceled until 15.5.2022  
thru [office@karate2022.cz](mailto:office@karate2022.cz) . Please state your Team name  
and contact info you provided in booking formular on  
[www.karate2022.cz](http://www.karate2022.cz)





## TERMS OF RESPONSIBILITY

To be filled in, signed by the head of delegation and **sent back 30/04/2022** (by email to office@karate2022.cz) **the latest**. Delegations lacking insurance policies could acquire it at the Registration Desk upon request.

I, ..... the undersigned, as the Head of Delegation of my country, duly enrolled to participate in the 49<sup>th</sup> EKF Junior, Cadet and 14<sup>th</sup> U21 Championships, which will be held in Prague, Czech Republic from June 17<sup>th</sup> to June 19<sup>th</sup>, 2022, with full 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.

I take any and all administrative, civil, and criminal responsibilities for whatever happens to our athletes, coaches and other members of our delegation participating in the 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 Championship, the EKF and the Czech 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 & expiration date: .....

Credit card number & expiration date: .....

Federation position: .....

Address: .....

Phone: .....

Email: .....

Date & place: .....

Signature : .....



## 15.1 Czech Karate Federation

Address: Nad Kapličkou 3378/17, 100 00, Praha 10

Tel: +420 603 480 925

E-mail: [office@karate2022.cz](mailto:office@karate2022.cz)

Website: [www.czechkarate.cz](http://www.czechkarate.cz)



For all inquiries, hotel, transportation and training bookings, as well as visa requests and general questions, please contact the OC:

**[office@karate2022.cz](mailto:office@karate2022.cz)**

## 15.2 Safe Karate

EKF events must be safe for all athletes and participants and entirely free from any form of non-accidental violence, namely, harassment and abuse. Any such behaviour will not be tolerated.

If you or someone you know has been the victim of abuse or harassment in Karate, get help and report it: [safekarate@ekf.com.es](mailto:safekarate@ekf.com.es)





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