

A CORUÑA 2024



16-19

May

Karate 1 – Youth League

A Coruña, Spain 2024

CONTENTS

1. WELCOME MESSAGE	3
1.1 Greeting from the Head of the host NF	3
2. INTRODUCTION	9
3. INTRODUCTION KARATE 1- YOUTH LEAGUE A CORUÑA 2024	9
4. COMPETITION INFORMATION	10
4.1 Categories	10
4.1.1 Age	10
4.2 Prizes	11
5. CONTACT INFORMATION.....	11
5.1 Organizers contact details.	11
5.2 Local Organising Committee contact details.....	11
5.3 WKF Event Supervisor contact.....	11
5.4 Safe Sport contact.....	11
6. WKF APPROVED PROTECTIONS, KARATEGIS & TATAMIS	12
7. EVENT SCHEDULE	15
8. RANKING	17
9. ONLINE REGISTRATION & OFFICIAL ACCREDITATION	17
9.1 Online Registration Process	17
9.2 Athletes Registration	18
9.2.1 Entry Fee	18
9.2.2 Payment.....	18
9.3 Referees Registration	19
9.4 Coaches Registration.....	20
9.5 Official Accreditation	20
10. MANDATORY DOCUMENTS	21
11. ANTI DOPING EDUCATION.....	22
12. WKF REFEREE COURSE PROGRAME.....	23
13. WKF COACH COURSE PROGRAMME	25
13.1 WKF Coach Programme/Accredited Coach Certification A Coruña 2024	25
13.1.1 Schedule	25
13.1.2 Online Registration	25

13.1.3	Fees	25
13.1.4	Payment.....	25
14.	MEDIA.....	26
14.1	Press	26
15.	COMPETITION VENUE	26
16.	TICKET FOR SPECTATORS	27
17.	HQ Hotel.....	28
18.	Official hotels	28
18.3	Hotel Prices	33
18.4	Transport Services	34
18.5	Meals at the Venue	34
19.	VISA REQUIREMENTS	34
20.	CITY / COUNTRY INFORMATION	35
20.1	About A Coruña	35
20.2	How to get to A Coruña	35
20.3	Practical Information	36
21.	OMISSIONS.....	36

1. WELCOME MESSAGE

1.1 Greeting from the Head of the host NF

We have the immense pleasure of being able to present once again what is for us the second Youth League held in Spain, in the incomparable setting offered by the city of A Coruña.

I invite all athletes, coaches, trainers, family and friends of Karate to participate in this world-class competition, where at the foot of Riazor beach we can enjoy four days of competition at the highest level with the youngest athletes and with the greatest sporting projection in our sport, from all over the world.

The development of these international events is extremely beneficial for Spanish and World Karate. It is only through these events that we can encourage the growth of our grassroots athletes as sportsmen and women.

Let us prove once again to the world that we deserve to return to the Olympic Games. Our sport, our athletes, deserve it.

Thanks to the different public institutions for facilitating these great events to come to Spain; Consejo Superior de Deportes, Concello A Coruña, Xunta de Galicia and Diputación da Coruña.

Because A Coruña is a city that is committed to sport, offering all its visitors good sports facilities, history, culture and gastronomy.

Without further ado, you are all welcome to this, your home.

Antonio Moreno Marqueño

President Spanish Karate Federation



It is an honour for me, as Mayoress of A Coruña, to welcome the more than 4,000 athletes from all over the world who will visit our beloved city for the Karate Youth League. As we prepare to host this outstanding event in May, A Coruña becomes the epicentre of sporting activity this year, hosting national and international competitions. All in all, the passion, skill and dedication that characterise karate will be strong points of this year's programme where this International Youth League Karate Trophy will have a prominent place.



This tournament, one of the most important in the world, is not only a high-level sporting competition, but also the best showcase for the new, some already consolidated, talents of international karate. A global community that shares fundamental values such as respect, discipline and self-improvement that we also defend in A Coruña. Hence our firm commitment to sport in the promotion of the city. Sporting values are the values of A Coruña and there is no better way to talk about A Coruña than through sport.

In addition, holding events such as the International Youth League Karate Trophy 2024 reflects the commitment of our local government to grassroots sport. Our children need to see that there is a sporting future in A Coruña and that they can develop it over the long term. Sport, like music or gastronomy, is part of our Culture of Living and that is why we also claim it as part of our character and our tourist projection.

I would like to take this opportunity to thank all the participants, coaches and organising teams who make this unique experience possible. To those at home but also to those who visit us, as they will find in A Coruña a city that will make them feel at home, and to which they will surely return in the future. I know that this tournament will be a great opportunity to strengthen ties between teams, meet new friends and open the door to future opportunities while promoting good sporting habits and values.

I invite you to enjoy our wonderful city, witness of this great exceptional event that I am sure will fill us with emotions and sporting achievements. A Coruña is proud to host this competition and I know that the positive energy of our competitors will make the International Youth League Karate Trophy 2024 an unforgettable memory for all of us.

Welcome to A Coruña!

Inés Rey

Mayoress of A Coruña

Youth, sports and A Coruña have a close and solid relationship. Two years ago, in February, we experienced a magic night in Riazor, when the second highest number of people attending a sports competition was achieved during the UEFA Youth League. More than 20.000 fans gathered in the football stadium in A Coruña to take part in the continental adventure of the young people who nowadays compete in the first team of Deportivo de La Coruña.



This is what youth sports is actually about: strengthening, accompanying, and preparing young girls and boys by teaching them sport values, so that in the future they may become not only great athletes, but also great people.

The relevance of Galician youth sports is obvious, as proven by the fact that the world tour in the inferior karate categories -the Youth League- comes again to Galicia, more specifically to A Coruña, to hold one of its five world competitions. Therefore, A Coruña becomes, along with Fujairah (Arab Emirates), Porec (Croatia), Cancún (Mexico) and Venice (Italy), one of the five world capitals of youth karate for 2024.

This will be the second consecutive time that A Coruña welcomes about 3.000 athletes, aged 12 to 20, from approximately 75 countries. The 2023 edition of the Youth League in A Coruña was a great success, and we are convinced that Galicia will be able to achieve this once more.

Galicia will compete against the elite of world karate once more, and it will triumph again not only in the organization of the tournament but also in the results obtained in the tatami. Galicia is undoubtedly an inspiration in the organization of sport events and in the quality of its athletes. Karate, thanks to events such as the Youth League, holds a prominent position in Galician sports.

Diego Calvo Pouso

Vicepresidente primeiro da Xunta de Galicia e conselleiro de Presidencia, Xustiza e Deportes

After A Coruña hosted for the first time in Spain a Youth League karate event, a competition that brings together more than 3,000 athletes of almost 75 nationalities returns to the city. They are boys and girls from 12 to 20 years old, who are at the age when people develop their values. That is why everything that sport inculcates, such as companionship, friendship and solidarity, is so important at that time.

It is a source of pride that the capital of our province will once again become, for a few days, the world's karate capital, joining the promises of this discipline, which in the coming years will undoubtedly form part of the elite. I am sure that in the future we will even be able to see some of the youngsters who will pass through here at the Olympic Games.



But it is even more satisfying that the participants have the opportunity, during these dates, to meet boys and girls from different countries and share their interest in sport in its purest form, in its formative stage, while absorbing knowledge about other cultures and customs. All this learning will help them not only to improve as athletes, but also to acquire skills that will build their personality in the future.

For the Provincial Council of A Coruña it is an honour to support and promote the celebration of this outstanding event, for all that it implies in terms of promoting the practice of sport and, consequently, healthy lifestyle habits among our young people.

I hope you enjoy this publication and that it serves to bring you a little closer to the world of Karate and its experience in the province of A Coruña, where we have a long tradition and outstanding athletes and clubs.

Valentín González Formoso
President of the A Coruña Provincial Council

During the last Olympic Games in Tokyo, the Galician athletes won one out of three national medals and one out of four diplomas. There were two outstanding karate national medals among them, in the discipline of kata: a gold medal won by Sandra Sánchez and a silver medal won by Damián Quintero.



Although the Olympic Committee's decision of substituting karate for breaking in the Paris 2024 Olympic Games prevents the repetition of this achievement, Galicia has an answer to the absence of karate from the Olympic programme.

From May 16th to May 19th 2024, the city of A Coruña will become one of the five venues of the Youth League, which is held all around the world in order to discover the best female and male young karatekas. These young girls and boys will be the ones to carry on the legacy of their seniors and continue to fight for the recognition of karate as an Olympic sport.

Besides, they will be ones to follow in the steps of master Parker, who in 1957 wrote what will become karate's creed: "I come to you with only karate, empty hands. I have no weapons, but should I be forced to defend myself, my principles, or my honor, should it be a matter of life or death, of right or wrong; then here are my weapons, karate, my empty hands."

This is precisely what the Japanese word "karate" means: "the way of the empty hand." Because the goal of karate, apart from mastering its techniques and learning pacifist ideals, is to reject any form of violence, to never attack; but if you are attacked, to know how to defend yourself.

Since we have such frenzied lifestyles in our enormously polarized, heterogeneous and diverse societies, the roots of karate, set in meditation and Zen Buddhism, seem like a breath of fresh air for both adults and children. 3.000 girls and boys will seek the path to triumph from May 16th to May 19th; however, they will not do so with empty hands, but with their hands full of Galicia, karate, and illusion.

José Ramón Lete Lasa
Secretario Xeral para o Deporte

The second Youth League of our country will once again be held in the city of A Coruña. I am sure that this great international event, aimed at grassroots categories, will allow us to enjoy those who in the near future will be the great world leaders of our sport.

It will also serve as a showcase to show society, as always, the perfect combination of sport and values that characterizes our discipline. Karate is synonymous with respect, effort, commitment, responsibility and many other universal values and ethical principles.

I would like to thank the Royal Spanish Karate Federation and the World Karate Federation for the trust placed in this regional federation to host such an important event in the international calendar.

I would also like to thank the different public administrations, the City Council of A Coruña, the Xunta de Galicia and the Diputación de A Coruña, who have shown firm and decisive support for this exciting project.

I would like to end, once again, by welcoming all the participants in this great sporting event to Galicia, which will undoubtedly turn the city of A Coruña into the epicentre of world karate for a few days.

Óscar Lafuente López

President Galician Karate Federation



2. INTRODUCTION

The Karate 1 – Youth League is a competition conceived to highlight the impact of Karate in young ages.

Established under the umbrella of Karate 1 and designed to complete Karate 1-Premier League and Karate 1 - Series A, the Karate 1 - Youth League aims to become a platform for the development of youngsters in their quest to progress in the sport.

The competition was devised to respond to the increasing interest of young competitors to have more options to compete at the highest level and it puts the focus on karatekas aged 12 to 17.

The number of competitors for **Kumite** modality is limited to a maximum of 96 athletes per category. (U21, Junior, Cadet, Under 14). All members of WKF are permitted to participate.

For **Kata** modality the number of competitors is limited to a maximum of 128 athletes per category (U21, Junior, Cadet, Under 14). All members of WKF are permitted to participate.

The WKF [Organization Rules](#) in force will be applied.

3. INTRODUCTION KARATE 1- YOUTH LEAGUE A CORUÑA 2024

The Karate 1 – Youth League (A CORUÑA) 2024 will be held next 16th-19th May at the Palacio Deportes Riazor.

4. COMPETITION INFORMATION

4.1 Categories

Under 21 (18 – 20 years old): 12 categories (10 Kumite + 2 Kata)

- Female Kumite: - 50kg, - 55kg, - 61kg, -68kg, +68kg
- Male Kumite: - 60kg, - 67kg, -75kg, - 84kg, +84kg
- Kata: Female, Male

Junior (16 - 17 years old): 12 categories (10 Kumite + 2 Kata)

- Female Kumite: - 48kg, - 53kg, - 59kg, -66kg, +66kg
- Male Kumite: - 55kg, - 61kg, - 68kg, - 76kg, +76kg
- Kata: Female, Male

Cadet (14 - 15 years old): 11 categories (9 Kumite + 2 Kata)

- Female Kumite: - 47kg, - 54kg, -61kg, +61kg
- Male Kumite: - 52kg, - 57kg, - 63kg, - 70kg, +70kg
- Kata: Female, Male

Under 14 (12 - 13): 11 categories (9 Kumite + 2 Kata)

- Female Kumite: - 42kg, - 47kg, -52kg, +52kg
- Male Kumite: - 40kg, - 45kg, - 50kg, - 55kg, +55kg
- Kata: Female, Male

4.1.1 Age

IMPORTANT NOTE

The age limit of competitors for the corresponding category will be the first day of the entire event.

4.2 Prizes

The event prizes (medals and trophies) are to be provided by the host.

In each individual category, the first prize will be a gold medal.

The second prize will be a silver medal.

The third prizes will be bronze medals.

5. CONTACT INFORMATION

5.1 Organizers contact details.

Real Federacion Española de Karate

C/ Vicente Muzas, 4

28043 Madrid

Phone +34 91 535 95 87

Email: events.assistant@rfek.es

5.2 Local Organising Committee contact details.

Juan Jimenez Santamaría

email: events.assistant@rfek.es

5.3 WKF Event Supervisor contact

The WKF Event Supervisor for this Youth League event is Mr. Luca Valdesi. His contact details are as follows:

Email: lucavaldesi76@gmail.com

5.4 Safe Sport contact

WKF 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.

Your first point of contact for any incident at this event is the WKF Event Supervisor, whose contact information you can find detailed above.

Otherwise, any other incident can be reported via the [WKF Official Complaint Form](#) and sent to: safekarate@wkf.net

6. WKF APPROVED PROTECTIONS, KARATEGIS & TATAMIS

The Karate 1-Youth League complies with the highest level of presentation. In order to guarantee the correct delivery of the event, and to ensure the suitable quality of the tournament, the following brands exclusively are **WKF Approved** for use in the 2024 Karate 1-Youth League Season.

“WKF Approved” SPORT PROTECTIONS



*Click on the logos

CHECK THE COMPULSORY PROTECTIONS FOR THIS COMPETITION

WKF Helmet and Children Chest Protector for those under 14 years of age are used according to WKF Competition Rules:

<https://wkf.net/karateprotections/protections/children-chest-protector>

<https://www.wkf.net/karateprotections/protections/helmet-protection>

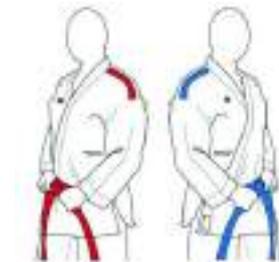


WKF Female Chest Protector for those under 14 years of age female athletes are used according to WKF Competition Rules.

OFFICIAL KARATEGI KARATE 1 – YOUTH LEAGUE

Kumite and Kata karategis with the brand name embroidered on the shoulders in **RED** or **BLUE** are of **MANDATORY** use in Karate 1- Youth League tournaments.

The authorized companies to use these karategis models are:



ADIDAS

ARAWAZA

BESTSPORT

BUDO-NORD

DAEDO

HAYASHI

PUNOK

SHUREIDO

SMAI

TOKAIDO

WACOKU

WESING

BLITZ

FIGHT ART

FUJIMAE

HAYATE

HIROTA

IPON

ITAKI

KAITEN

KAMIKAZE

KIHON

KO

KWON

MACS

MIZUNO

MOOTO

MUVON

NAGASHI

SFJAM NORIS

TOKYODO

*Click on the logos

“WKF Approved” DISTRIBUTORS ASSISTANCE

Click on the image to visit the distributors by countries.



“WKF Approved” TATAMIS

ishii

PROGNOME
TATAMI BY TROCELLEN

TaiShan

TATAMIX
STORE

W 九日山
W-SING

*Click on the logos

7. EVENT SCHEDULE

THERE WILL BE 3 ACCREDITATION DATES AND 4 WEIGH-IN DATES
THE WEIGH-IN IS MANDATORY. IN THE EVENT THAT IT IS NOT EXECUTED, THE
INSCRIPTION WILL BE CANCELLED

WEDNESDAY 15/05 2024	ACTIVITY	PLACE
10:00-18:00	Official Accreditation (For All Categories)	HQ Hotel Room Ensenada
14:00-18:00	Weigh-in (Only for U21 Category)	HQ Hotel Room Playa-Room Bahia
17:00-18:30	Accredited Coach Briefing	Palacio Deportes Riazor
19:00-20:00	Coaching Meeting & Draws	Palacio Deportes Riazor
20:00 – 21:30	Referee Briefing	Centro Sociocultural Agora
THURSDAY 16/05 2024	ACTIVITY	PLACE
10:00-14:00	Additional Accreditation (Only For U14, Cadet, Junior Categories)	HQ Hotel - Room Ensenada
10:00-14:00	Weigh-in (Only for Junior Category)	HQ Hotel - Room Playa-Room Bahia
FRIDAY 17/05 2024	ACTIVITY	PLACE
10:00-14:00	Additional Accreditation (For U14, Cadet Categories)	HQ Hotel - Room Ensenada
10:00-14:00	Weigh-in (Only for Cadet Category)	HQ Hotel - Room Playa-Room Bahia
SATURDAY 18/05 2024	ACTIVITY	PLACE
10:00-14:00	Weigh-in (Only for U14 Category)	HQ Hotel - Room Playa-Room Bahia

HQ Hotel: Hotel Riazor - Av. de Pedro Barrié de la Maza, 29, 15004 A Coruña

Competition Schedule - Palacio Deportes Riazor	
Thursday, 16/05 09:00	<u>Eliminations & Repechages U21</u> Kata Individual Male/Female Kumite Individual, Male (-60kg, -67kg, -75kg, -84kg, +84 Kg) Kumite Individual, Female (-50kg, -55kg, -61kg, -68kg, +68kg) <u>Finals U21</u>
Friday, 17/05 09:00	<u>Eliminations & Repechages Junior</u> Kata Individual Male/Female Kumite Individual, Male (- 55kg, - 61kg, - 68kg, - 76kg, +76kg) Kumite Individual, Female (- 48kg, - 53kg, -59kg, - 66kg, +66kg) <u>Finals Junior</u>
Saturday, 18/05 09:00	<u>Eliminations & Repechages Cadet</u> Kata Individual Male/Female Kumite Individual, Male (- 52kg, - 57kg, - 63kg, - 70kg, +70kg) Kumite Individual, Female (- 47kg, - 54kg, -61, +61kg) <u>Finals Cadet</u>
Sunday, 19/05 09:00	<u>Eliminations & Repechages U14</u> Kata Individual Male/Female Kumite Individual, Male (-40kg, -45kg, -50kg, -55kg, +55kg) Kumite Individual, Female (-42kg, -47kg, -52kg, +52kg) <u>Finals U14</u>

This final Competition Program will be available on the WKF website after online registration closes in order to adequate it to the final number of athletes participants.

Only the appointed categories will be allowed to stay in the stadium during the authorized timetables.

Detailed information will be communicated at due time.

Competition Venue: Palacio Deportes Riazor - Rúa Manuel Murguía, S/N, 15011 A Coruña

8. RANKING

Competitors can earn ranking points in every Karate 1 event according to the official WKF Ranking Criteria, point 3.2 of the WKF World Ranking Rules. For more information about ranking rules click [here](#).

The [current ranking](#) is based on a dynamic file, getting updated at the beginning of each month and after each event on the [WKF Event Calendar](#).

9. ONLINE REGISTRATION & OFFICIAL ACCREDITATION

No registration will be accepted after the official online registration deadline. Any requests after that will be declined.

All registration in a Youth League event must be processed ONLINE.

The registration will be validated once completed the online payment through the payment platform.

9.1 Online Registration Process

The registration starts three (3) months prior to the event, on **February 16th at 12:00 hrs GMT +0** and close fifteen (15) days before the tournament, on **May 1st at 12:00 hrs GMT +0**.

All registration in a Youth League event must be processed ONLINE.

No registration will be accepted after the official online registration deadline. Any requests after that will be declined.

Onsite registrations will NOT be accepted.

Registrations subjected to the payment of a registration fee will not be validated until the payment is completed through the online payment platform.

Onsite payments will NOT be accepted.

Clubs and National Federations are responsible for the quality of the entered registration data. Once the online registration is closed, any comments will have to be notified to both the software team and the WKF, at latest five days before the first day of competition.

The online registration record will be openly disclosed to everyone from the beginning, allowing consultation by WKF NFs of all registered participants in real time.

Any issue regarding online registration must be notified to the software provider and to the WKF, five days before the first day of competition at the latest, so that they can be properly taken in consideration without it altering the smooth running of the process.

Technical Support for Online Registration

In case of any questions concerning the online registration please directly contact the Sportdata software team via the email address; karate1@sportdata.org

9.2 Athletes Registration

Athletes' registration is divided in two phases (all phases will open and close at 12:00 h GMT +0 of the listed day).

- **Phase 1, from 16th February to 1st March 2024**: Registration only by National Federations. Maximum, 1 athlete per category.
- **Phase 2, from 2nd March to May 1st, 2024**: Open registration.

All **competitor** registrations must be made **online** through the following Sportdata link:

**COMPETITOR
REGISTRATION**

9.2.1 Entry Fee

The entry fees are (per individual category entry):

- 75€/ 1st month (until 16th March at 23:59 hrs GMT +0),
- 90€/ following month (from 17th March at 00:00 hs to 15th April at 23:59 hrs GMT +0)
- 100€/ last 15 days (from 16th April at 00:00 hs to May 1st at 23:59 hrs GMT +0).

9.2.2 Payment

All payments must be processed through the ONLINE PAYMENT PLATFORM. Cash payment will NOT be accepted. Onsite payments will NOT be accepted.

9.3 Referees Registration



REFeree
REGISTRATION

After accessing the registration page, you will need to choose your registration group:

- Referees with WKF and/or Continental License: **limited to 96.**
- Referee Commission members.
- Referees ranked within the top 25 of the WKF Referee Ranking on the opening date of registration for each event.
- NF Referees without WKF and/or Continental License

The Referee Ranking applicable for the A Coruña 2024 YL will be the one on the opening day of the online registration, 16/02/2024.



REFeree RANKING
TOP 25

All **referee** registrations must be made **ONLINE**.

9.4 Coaches Registration

The minimum level required to perform as a coach in Youth League events is the WKF Accredited Coach Certification (Coach level 1).

**COACH
REGISTRATION**

All **coach** registrations must be made **ONLINE**.

9.5 Official Accreditation

Official accreditation will take place on:

- Wednesday, 15/05/2024, from 10.00 to 18.00 at the (HQ Hotel Riazor Room Ensenada). **For all categories.**
- Thursday, 16/05/2024, from 10.00 to 14.00 at the (HQ Hotel Riazor Room Ensenada). **For U14, Cadet and Junior categories only.**
- Friday, 17/05/2024, from 10.00 to 14.00 at the (HQ Hotel Riazor Room Ensenada). **For U14 and Cadet categories only.**

Weigh-in must be done on:

- Wednesday, 15/05/2024, from 14.00 to 18.00 at the (HQ Hotel Riazor Weight-In Room Playa-Room Bahia). **For U21 category only.**
- Thursday, 16/05/2024, from 10.00 to 14.00 at the (HQ Hotel Riazor Weight-In Room Playa-Room Bahia). **For Junior category only.**
- Friday, 17/05/2024, from 10.00 to 14.00 at the (HQ Hotel Riazor Weight-In Room Playa-Room Bahia). **For Cadet category only.**
- Saturday, 18/05/2024, from 10.00 to 14.00 at the (HQ Hotel Riazor Weight-In Room Playa-Room Bahia). **For U14 category only.**

If changes are required during the official registration session, because of incorrect or missing registration data, a fee of € 50 is charged for each change.

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

The athlete's accreditation must contain an updated photograph that allows the athlete to be identifiable throughout the event.

Only members of national federations recognized by WKF are admitted to participating, as per the Karate 1 - Youth League Organising Rules 2024.

All participants must submit an official passport for the WKF identification and validation at the accreditation session.

Every competitor's accreditation must be done in person by the athlete's delegate by bringing the athlete's passport to the accreditation session.

Any competitor who may not have collected their accreditation during official registration, either personally or through their delegate, WILL NOT BE INCLUDED IN THE DRAW.

The weigh-in will be carried out immediately after receiving the accreditation. Those athletes who fail to attend the weigh-in WILL NOT BE INCLUDED IN THE DRAW.

10. MANDATORY DOCUMENTS

MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION

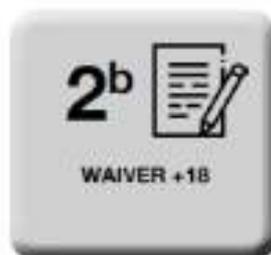
At the onsite accreditation, all participants (Coach, Athletes, Referees, Officials) must submit a printed and signed Waiver of Liability form.

There are 3 kinds of forms; one is for the Club/Team Delegate, while the other 2 are for all other participants (Over 18 years old and under 18 years old). Find the links below.

Waiver of Liability Forms:

- i. NF/Team Representative Waiver ([link](#))
- ii. Individual +18 Form ([link](#))
- iii. Individual - 18 Form (Parental Consent) ([link](#))

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



11. ANTI DOPING EDUCATION

As a participant in karate, it is your responsibility to follow the WKF Anti-Doping Rules. Click the [here](#) to take an Anti-Doping Education & Learning Course and learn more about your responsibilities and visit our [website](#). In exchange for a few hours, you help keep karate a clean sport.



Course Recommendations

- International-level Athletes Education
- High Performance Coach Education
- Medical Professionals Education
- Parents of Elite Athletes Education

12. WKF REFEREE COURSE PROGRAMME

Please note that the WKF Referee Course at Karate 1 events is for Candidates with no WKF qualification either in Kata, Kumite or both, consequently this will be for those Candidates the only opportunity in 2024 to participate in a WKF Referee Course.

In addition, those Referees who have lost their WKF license due to absence from Karate 1 events throughout 2023 will have the opportunity to reactivate their licenses at the A Coruña 2024 Referee Course.

I would like to remind you that the fees for the Referee Course are as follows:

- Individual Kata **350 EUR**
- Individual Kumite **350 EUR**
- Both Kata & Kumite **550 EUR**

Note: Payment for the Referee Course should be preferably made in person at the registration and **not** by Bank Transfer. Cash payments can only be accepted in EUR/USD.

The **deadline for registration is April 11th, 2024**. For late registration cases, acceptance will be subject to places being available and a surcharge of **300 EUR** for each single late registration (Kata or Kumite) and of **500 EUR** for each double late registration (Kata and Kumite). As there is limited capacity for the total number of participants in the Referee Course, each National Federation will have to rank its candidates by priority order. At least 30 days before the day of commencement of the course, the WKF will inform the National Federation of the number of Candidates accepted, following the priority order indicated by the National Federation. Should this priority order not be given, then the WKF will take the decision as to which Candidates will be accepted.

All registrations for the Referee Course must be made online, with a deadline set on April 11th, through the following links.

**WKF REFEREE KATA
COURSE
REGISTRATION**

**WKF REFEREE KUMITE
COURSE
REGISTRATION**

Should you have any technical difficulties when registering, please contact support@sportsid.org.

The theory examination for Kata and Kumite will be done by Power Point presentation in English, French and Spanish.

PROGRAMME

DATE	TIME	PROGRAMME
Saturday, 11 th May	08:00 – 09:00	Referee Commision Meeting
	09:00 – 09:45	RC EB Meeting
	10:00 – 15:00	Kata and Kumite registration & payment
	16:00 – 18:00	Kumite Theory and Theory Examination
Sunday, 12 nd May	09:00 – 13:00	Kumite Practical Examination-Group 1
	13:00 – 14:00	Lunch
	14:00 – 18:00	Kumite Practical Examination-Group 2
Monday, 13 th May	09:00 – 13:00	Kumite Practical Examination-Group 3
	13:00 – 14:00	Lunch
	14:00 – 18:00	Kumite Practical Examination-Group 4
Tuesday, 14 th May	08:30 – 09:00	Second Kata registration and payment
	09:00 – 11:30	Kata – Theory and Theory Examination
	11:30 – 13:30	Kata – Practical Instruction
	13:30 – 14:30	Lunch
	15.00 – 17:00	Kata – Video Examination
Wednesday, 15 th May	08:00 – 15:00	RC Administration
	16:00 – 17:00	Examination Results
	17:00 – 18:00	Licence Renewal
	20:00 – 21:30	Referees Briefing
<p>Tuesday 16th – Sunday 19th May</p> <p>The four Competition days will be the confirmation event for the Candidates having previously passed the corresponding exam. Therefore, Candidates will have to be available for officiating during all four days of competition.</p>		

Centro Sociocultural Ágora – Lugar da, Av. Gramela, 17, 15010 A Coruña

13. WKF COACH COURSE PROGRAMME

According to the WKF Coach Educational Programme, **the minimum certification required to take part in Karate 1 – Youth League events is the “Accredited Coach” (level 1)**. To obtain such certification, coaches must attend the corresponding **briefing**.

The Accredited Coach licence can be obtained:

- through the [WKF E-learning platform for Coaches](#).
- or by attending one of the Programmes for Coaches that the WKF will hold in official events.

A WKF Programme for Coaches (Level 1) will be held in all Karate 1 - Youth League events 2024.

13.1 WKF Coach Programme/Accredited Coach Certification A Coruña 2024

Please find below the Coach schedule and the details for the registration process:

13.1.1 Schedule

Accredited Coach Certification Briefing				
Wednesday	15th May	from 17:00h	to 18:30h	Palacio Deportes Riazor

13.1.2 Online Registration

Coaches wishing to attend the Briefing for obtaining the “WKF Accredited Coach Certification” in A Coruña must be registered online with a deadline set on **May 1st, 2024**.

**WKF ACCREDITED
COACH CERTIFICATION
REGISTRATION**

Should you have any difficulties when registering, please contact karate1@sportdata.org for technical support.

13.1.3 Fees

Please be reminded that the fees for the Program for WKF Coaches are as follows:

Briefing for “Accredited Coach” level (new application or license renewal) **300 EUR**

13.1.4 Payment

All payments must be made through the Sportdata platform.

No other methods of payment will be accepted.

Registrations and payments onsite will not be accepted.

14. MEDIA

14.1 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 through the online registration form which can be found here:

**PRESS
REGISTRATION**

Video recording will not be allowed

Should you need more information about press or media related issues, please directly contact the World Karate Federation's office: press@wkf.net

15. COMPETITION VENUE

Palacio Deportes Riazor – Rua Manuel Murguía, s/n – 15011 A Coruña

PROGNOME
TATAMI BY TROCELLEN

OFFICIAL TATAMI FOR THIS TOURNAMENT



16. TICKET FOR SPECTATORS

The ticket categories and prices are free.

17. HQ Hotel

HOTEL RIAZOR 4*

Av. de Pedro Barrié de la Maza, 29, 15004 A Coruña

Distance to Palacio de los Deportes Riazor 1,5 km

Recently renovated in its entirety, Hotel Riazor welcomes you to its home, La Coruña. Located at the seafront with wonderful views of the ocean, this 4-star boutique hotel offers elegant facilities where you can relax, work and enjoy the best Galician cuisine.



18. Official hotels

HOTEL HESPERIA CORUÑA CENTRO 4*

Rúa Juan Flórez, 16, 15004 A Coruña

Distance to Palacio de los Deportes Riazor 1,7 km

Whatever you are coming to La Coruña for and whatever it is you need, you'll find it at this hotel close to Riazor. You only need to see its privileged location (next to the Lugo Square and a 10-minute walk from the Plaza María Pita) and the recent refurbishment that has provided it with the most modern facilities for business, events and tourism that you will find in the city, to convince yourself that this is the perfect accommodation for you in the centre of La Coruña.



HOTEL EUROSTARS ATLANTICO 4*

Av. Jardines de Méndez Núñez, s/n, 15006 A Coruña

Distance to Palacio de los Deportes Riazor 1,9 km

Eurostars Atlántico welcomes guests from the port of A Coruña, with accommodations that offer comfort, modernity and the chance to discover the city at your own pace, experiencing its streets and squares, breathing in the sea breeze and tasting its culinary delights.

Its 199 rooms are spacious and bright, full of life thanks to the functional layout of their modern furnishings. Decorated elegantly, they have a modern style and neutral tones that invite guests to relax and rest. They are equipped with a wide range of services to ensure all of guests' needs are met.



HOTEL PLAZA 4*

Rua Santiago Rey Fernandez Latorre 45, 15009 A Coruña

Distance to Palacio de los Deportes Riazor 2,5 km

The sea, its history, the soul of Galicia with a traditional spirit and majestic essence... Discovering A Coruña from the Plaza Hotel is a unique experience that combines rest, comfort and modern services in the heart of A Coruña. A spa hotel in A Coruña specially designed for business trips and family holidays which will conquer the most demanding guests.

The recently refurbished Plaza Hotel in A Coruña offers a wide range of services: free Wi-Fi, Skybar rooftop bar, events rooms, spa, parking (\$), and a personalized customer service. Make your reservation on the official website of the Plaza Hotel.



HOTEL EXE CORUÑA 4*

Rua Ramon y Caja, 53 15006 A Coruña

Distance to Palacio de los Deportes Riazor 2,9 km

Exe Coruña is in the Plaza Cuatro Caminos district, the central hub of the city. It provides guests with the best possible services and facilities from a location that is perfect for discovering A Coruña.

Its rooms are spacious and bright and provide guests with an unbeatable hotel experience. These cosy rooms full of extra little touches will ensure that you are able to enjoy the rest that you need after a day of work or tourist activities.



HOTEL EUROSTARS CIUDAD DE CORUÑA 4*

Rua Juan Sebastian Elcano,13 15002 A Coruña

Distance to Palacio de los Deportes Riazor 2,9 km

The Eurostars Ciudad de La Coruña is a true oasis in the city. Here, in this secret Coruña courtyard, we have exchanged the streets for a first class collection of sculptures; here, the noise of the city gives way to the sound of the waves; here, the sound of traffic is drowned and the wind peacefully takes its place; here, the hills rise to contemplate how the city falls in love with the ocean and, here, we take off from daily life to submerge ourselves in history contemplating, next to the Eurostars Ciudad de La Coruña, the most ancient lighthouse in the world, erected in Nero's times: the Tower of Hercules.



HOTEL IBIS STYLE A CORUÑA

Rua Gambrinus 14, 15008 A Coruña

Distance to Palacio de los Deportes Riazor 3,4 km

At the recently renovated ibis Styles A Coruña, you'll be at home in our spacious rooms with free WIFI, comfortable beds and great breakfast buffet. The hotel is 10 km from the airport and 2 km from Ave Station. Parking with electric car charging. As a family, children can play in the Kids' Corner and you can stay in our spacious Family Suites. Our restaurant serves daily homemade lunch and dinner.



HOTEL AC CORUÑA 4*

R. Enrique Mariñas Romero, 34, 15009 A Coruña

Distance to Palacio de los Deportes Riazor 5,3 km

Located in what has been known for some time as the new business and residential area of A Coruña, this hotel is near the Expocoruña Exhibition Centre and the Coliseum Leisure Centre. The AC Hotel A Coruña is near the train station, city airport, and A-6 motorway, allowing quick entry or exit to and from A Coruña. This urban hotel, perfectly located for enjoying the city or for business in A Coruña, features 116 guest rooms and a fitness center. Our guests can enjoy a delicious meal in the AC Lounge, with a varied menu open for lunch and dinner and a complete and healthy breakfast buffet in a polyvalent room. AC hotel A Coruña also features five exquisitely designed event rooms perfect for holding anything from business meetings to social get together. Free Wi-Fi access throughout the hotel so that guests can connect to the internet whenever they want.



HOTEL ATTICA 21 4*

R. Enrique Mariñas Romero, 34, 15009 A Coruña

Distance to Palacio de los Deportes Riazor 5,3 km

The Hotel Attica21 Coruña is a modern urban accommodation option with 160 rooms designed to satisfy the most demanding guests and offering a wide range of facilities. Located in a modern building featuring cutting-edge architecture, it is renowned for its personalised service and a fabulous combination of comfort and functionality, making it a firm favourite with guests.

The Hotel Attica21 Coruña boasts a prime location at the entrance to the city of A Coruña in the modern district of Matogrande. It is just a short distance from the airport and the main road leading into the city centre and other sites of interest, all of which are just a few minutes away.



HOTEL CARRIS MARINEDA 4*

R. Enrique Mariñas Romero, 34, 15009 A Coruña

Distance to Palacio de los Deportes Riazor 5,3 km

Carrís Marineda is a modern, multifunctional and elegantly designed 4-star hotel located in A Coruña. It is part of one of the largest shopping centres in Spain: Marineda City. It has excellent communications to the main access roads to the city, the airport and the city centre.



HOTEL AVENIDA 3*

Rda. de Outeiro, 99A, 15007 A Coruña

Distance to Palacio de los Deportes Riazor 7,3 km

Business, relax, beach, culture... A Coruña is such a versatile and varied city that you will need accommodation like the Avenida Hotel in order to make the most of the city and its surroundings. Either you travel for business or for pleasure, at this urban hotel in A Coruña you will find the best customer service and modern and comfortable spaces perfect for resting.

The Avenida Hotel stands out for being a hotel with free Wi-Fi in A Coruña, with rooms for events, restaurants, tapas bar, parking...Everything!



18.3 Hotel Prices

HOTEL	RATES BED AND BREAKFAST		
	SINGLE	DOUBLE	TRIPLE
HOTEL RIAZOR 4* (HQ)	138 €	156 €	TBC*
HESPERIA CORUÑA CENTRO 4*	131 €	142 €	174€
EUROSTARS ATLANTICO 4*	133 €	147 €	TBC*
PLAZA 4*	121 €	144 €	179 €
EXE CORUÑA 4*	106 €	116 €	180 €
EUROSTARS CIUDAD DE CORUÑA 4*	117 €	128 €	160 €
IBIS STYLE A CORUÑA 2*	78 €	88 €	115 €
AC CORUÑA 4*	83 €	94 €	128 €
ATTICA 21 4*	83 €	99 €	141 €
CARRIS MARINEDA 4*	92 €	105 €	148 €
HOTEL AVENIDA 3*	103 €	127 €	162 €

*Prices available upon request.

- Rates per room and night in Bed & Breakfast
- VAT included
- Minimum 4 nights, for shorter stay please consult.
- Ask about dinner availability at the hotel
- It will be considered as a reservation if the 1st payment has been done.
- Confirmation subject to availability at the booking request.

PAYMENT POLICY

- 50% in order to confirm the reservation
- 50% before the April 12th, 2024
- It is very important to make the payments within the dates above mentioned in order to confirm your reservation.

CANCELLATION POLICY

- 1st deposit non-refundable deposits
- Cancellations after April 12th, 2024, Not refunds will be possible
- For any questions, please contact the Official Travel Agency reservas.bcdsports@bcdme.es

18.4 Transport Services

SHUTTLES	SEDAN 1-3 PAX	VAN 7 PAX	MICRO 19 PAX	BUS 54 PAX
A Coruña airport (LCG) to Coruña City	69 € vehicle	104 € vehicle	309 € vehicle	338 € vehicle
A Coruña Railway station to Coruña City	61 € vehicle	69 € vehicle	172 € vehicle	525 € vehicle
Santiago airport (SCQ) to Coruña City	206 € vehicle	241 € vehicle	403 € vehicle	525 € vehicle

Contact for different options in reservas.bcdsports@bcdme.es

18.5 Meals at the Venue

There is no food service inside the pavilion. However, there are numerous restaurants, bars and cafes in the immediate area.

19. VISA REQUIREMENTS

Entry requirements:

<https://www.interior.gob.es/opencms/en/servicios-al-ciudadano/tramites-y-gestion/es/extranjeria/control-de-fronteras/entrada-en-espana/>

List of nationals of third countries required to be in possession of a valid visa:

<https://eur-lex.europa.eu/legal-content/EN/TXT/HTML/?uri=CELEX:02018R1806-20210101&from=ES>

Please submit your request before 5th April in order to provide you with the paperwork with sufficient time. Should your request arrive after this deadline, the Spanish Karate Federation does not guarantee visa obtaining for team members and team officials.

E-mail: events.assistant@rfek.es

20. CITY / COUNTRY INFORMATION

20.1 About A Coruña

A beautiful city located on the northwest coast of the Iberian Peninsula, in the Rías Altas.

With an important historic port, it is located on the northwest coast of the Iberian Peninsula, in the Rías Altas. The center of the city extends over a peninsula linked to the mainland by a narrow isthmus, which is why it has two different sea fronts: the port (towards the A Coruña estuary) and the other open sea, towards the Orzán cove, and on which the main urban beaches (Riazor and Orzán) extend.

Monuments

It has three major landmarks that make it known worldwide: the Tower of Hercules, the oldest operating lighthouse in the world and a World Heritage Site since 2009, the galleries of A Coruña that give the city the nickname "City of Cristal" and the promenade of La Coruña, the longest promenade in Europe that makes La Coruña also called "Balcón del Atlántico".

Some history...

During Roman times, a troop of Romans commanded by Julius Caesar arrived in the city in the year 62 BC. C., naming it Brigantium.

They were in charge of building the Tower of Hercules in the first century AD. C., the oldest lighthouse in the world still in operation.

Nowadays, the city has not stopped growing and modernizing. Carrying out the construction of an important network of museums, including La Casa de las Ciencias, La Casa del Hombre y La Casa de los Peces.

In addition to many other buildings and monuments throughout the city, linked by the picturesque and already named Paseo Marítimo.

20.2 How to get to A Coruña

A Coruña has an international Airport; and the Santiago Airport (Rosalia de Castro) is located 60km approximately from A Coruña.

Another option would be to get to Madrid. From here, there are several options to get to the event:

By plane:

Aeropuerto A Coruña (Av. Hermida, 15174 Rutis, A Coruña) Distance - 15 km.

Aeropuerto de Santiago (Rosalia de Castro, Lavacolla S/N, 15820 Santiago de Compostela, A Coruña) Distance - 80 km.

Train

Madrid-Chamartín Train Station – A Coruña

From Madrid there are several trains that leave regularly daily, the duration of the journey is 4 hours, you can buy tickets at the following link:

<https://www.renfe.com/es/es>

Bus

Madrid – A Coruña

From Madrid there are several buses that leave regularly daily, the duration of the journey is 8 hours, you can buy tickets at the following link:

<https://www.alsa.es/ruta/a-coruna-madrid>

20.3 Practical Information

The National Currency of Spain is the Euro (€)

Banks all offer currency exchange and cash advances at major ATMs.

Most banks are open from 9:00 a.m. to 2:00 p.m. Monday through Friday.

The official languages are Spanish and Galician.

Telephone: GSM, 3G, 4G, 5G

Climate +10° / +16° C. in April, with some rain.

A Coruña time zone (GMT+1)

Electrical power: The plugs comply with the European standard system of round pins.
220V/ 50Hz

Medical emergency calls: 112

Police: 092

Fire Department: 080

21. 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.

2024
FUJAIRAH
A CORUÑA
POREC
CANCUN
VENICE

