



CYPRUS KARATE
FEDERATION

2nd Small States of Europe KARATE CHAMPIONSHIP



10-11 OCTOBER 2015

NICOSIA - CYPRUS

STADIUM ELEFThERIA - TASSOS PAPADOPOULOS



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I have again the pleasure of especially addressing the Karate Federations of the Small States of Europe. Within the European Karate Federation, the organization that joins these 9 National Karate Federations has a significant importance. I could see this in person during the last year Championships, and from the WKF we are ready to continue supporting the activity and development of the Karate Federation of the Small States of Europe, with the main objective of making Karate part of its Multisport Games.

Antonio Espinos

European and World

Karate Federation President



Dear Karatekas,

On behalf of the Small States of Europe Karate Federation I'm welcoming you in Cyprus, for the "2nd Small States Karate Championship for Children, Cadets, Juniors and Seniors. As you have known, Cyprus has gain valuable experience in organizing international events such as the European Karate Championship in 2001, the World Karate Championship in 2005, the Mediterranean Karate Championship in 2007 & 2013 and the Balkan Karate Championship in 2011. Moreover, Cyprus is organizing the EKF championships for cadets, juniors, U21 in February 2016.

I take this opportunity to wish you every success in your participation as well as a pleasant stay and I call upon you to take advantage of every opportunity to see the beauties of our Island and experience the warm hospitality of its people. On the other hand, I call upon you to strengthen the values, the ideals and the principles that unify the small states of Europe:

 Andorra  Cyprus  Iceland  Liechtenstein  Luxembourg  Malta  Monaco
 Montenegro  San Marino

,and make this opportunity unique and memorable to everybody. This event will be truly worthwhile for those who will participate, athletes, coaches, referees and delegates.

The Small States of Europe Karate Federation embraces the Olympic motto stated by Barron Pierre de Coubertin "Citius, Altius, Fortius" meaning "Swifter, Higher, Stronger" which is an expression describing the great achievements of the athletes and the goals of great athletes all over the World. We strongly believe that Karatekas have so far great achievements and they deserve to participate for good in the Olympic program!

Karate is a life-long pursuit and one must never forget that karate begins and ends with respect!

Looking forward to seeing you soon in Cyprus!

Andreas Vasileiou

Small States of Europe Karate Federation

Chairman



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Dear friends,

Please accept the friendly karate greetings from Cyprus, the island of Aphrodite, goodness of love. Cyprus is a very well known tourist destination, all over Europe.

On behalf of the Cyprus Karate Federation, I am looking forward in welcoming you in Cyprus for the 2nd Small European States Karate Championship for children, cadets, juniors and seniors.

I can assure you that you we will do our best to organise this Championship and I am sure that you will enjoy the games, as well as our famous hospitality.

The experience that the Cyprus Karate Federation gained in organising big International events in the past will help us to accomplish this goal as well.

Looking forward to seeing you in Cyprus,

Andreas Archimides

President

Cyprus Karate Federation

Cyprus Karate Federation

21, Amphilipoleos Str., 216B, 1687 Nicosia- CYPRUS

Tel. ++35722449839, Fax. ++35722449843, e-mail: cypruskaratefederation@gmail.com



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Facts about Cyprus

Located in the eastern Mediterranean Sea and a veritable crossroads of three continents, Cyprus is the third largest island in the Mediterranean.

Surface Area:	9.251 km ²
Population:	802. 500 (End 2002)
Language:	Greek is the official language. English is widely spoken.
Capital:	Nicosia
Climate:	Mild; Mediterranean with hot, dry summers and cool winters.
Time Zone:	GMT +02:00
Electric Current:	240V/50Hz

City of Nicosia

Nicosia known locally as Lefkosia is the capital and largest city on the island of Cyprus, as well as its main business center. After the collapse of the Berlin Wall, Nicosia remained the only divided capital in the world, with the southern and the northern portions divided by a Green Line. It is located near the center of the island.

Nicosia is the capital and seat of government of the Republic of Cyprus. It is the southeastern most capital of the EU member states.

Through the years Nicosia has established itself as the island's financial capital and its main international business centre. Nicosia is consistently ranked as one of the richest cities in the world in per capita income terms.

Ledra Street is in the middle of the walled city. The street has historically been the busiest shopping street of the capital and adjacent streets lead to the liveliest part of the old city with narrow streets, boutiques, bars and art-café's. The street today is a historic monument on its own. It is about 1 km (1 mi) long and connects the south and north parts of the old city.

To the east of Ledra Street, [Faneromeni Square](#) was the centre of Nicosia before 1974. It hosts a number of historical buildings and monuments including Faneromeni Church, Faneromeni School, Faneromeni Library and the Marble Mausoleum. Faneromeni Church, is a church built in 1872 in the stead of another church located at the same site, constructed with the remains of La Cava castle and a convent. The Palace of the Archbishop can be found



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at Archbishop Kyprianos Square. Although it seems very old, it is a wonderful imitation of typical Venetian style, built in 1956. Next to the palace is the late Gothic Saint John cathedral (1665) with picturesque frescos. The square leads to Onasagorou Street, another busy shopping street in the historical centre.

The walls surrounding the old city have three gates. In The Kyrenia Gate which was responsible to the transport to the north, and especially Kyrenia, the Famagusta Gate which was responsible for the transport from Famagusta, Larnaca and Limassol and Karpasia, and the Paphos Gate for transport to the west and especially Paphos. All three gates are well-preserved.^[10]

The historical centre is clearly present inside the walls, but the modern city has grown beyond. Presently, the main square of the city is Eleftheria (Freedom) Square, with the city hall, the post office and the library. The square which is currently under renovation connects the old city with the new city where one can find the main shopping streets such as the prestigious Stasikratous Street, Themistokli Dervi Avenue and Makarios Avenue.

Nicosia is also known for its fine museums. The Archbishop's Palace contains a Byzantine museum containing the largest collection of religious icons on the island. Leventis Municipal Museum is the only historical museum of Nicosia and revives the old ways of life in the capital from ancient times up to our days. Other interesting museums include the Folk Art Museum, National Struggle Museum, Cyprus Ethnological Museum (House of Dragoman Hadjigeorgakis Kornesios, 18th century) and the Handicrafts Centre.

MORE INFORMATION REGARDING NICOSIA

<http://en.wikipedia.org/wiki/Nicosia>





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Currency

The currency of the Republic is the Euro - €, which is divided into 100 cents. Notes and coins currently in circulation are as follows:

Banknotes: €5, €10, €20, €50, €100, €200 €500

There are coins in denominations of €2, €1, 50 cent, 20 cent, 10 cent, 5 cent, 2 cent and 1 cent.

There are 100 cent to €1.

For up to date exchange rates please go to the website of the Central Bank of Cyprus, <http://www.centralbank.gov.cy/>

Banking

Commercial banks in Cyprus offer a wide range of banking services in euros, as well as in foreign currencies, and have correspondents in most major cities around the world.

The banking hours for the public are: Monday - Friday, 08:30 - 13:30. Banks are closed at weekends and on public holidays.

Banks at Larnaka and Pafos International Airports provide exchange bureau services on a 24-hour basis. Hotels, large shops and restaurants normally accept credit cards and travellers cheques. Banknotes of major foreign currencies are also acceptable. Rates of exchange are published daily in the local press and are broadcast through the media.

A number of Automatic Teller Machines ATM operate on a 24hrs basis in central places of all towns.

Hotels, large shops, restaurants, etc. usually accept traveller's cheques and major credit cards.



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Credit Cards

Visitors in possession of any of the following international credit cards may contact the appropriate bank for the withdrawal of cash.

VISA CARD: Bank of Cyprus Ltd., Hellenic Bank, Alpha Bank Limited, National Bank of Greece, Commercial Bank of Greece and Universal Bank.

DINERS CLUB, CARTE BLANCHE: Bank of Cyprus Ltd.

MASTERCARD: Bank of Cyprus Ltd., National Bank of Greece, Hellenic Bank, and Alpha Bank

AMERICAN EXPRESS: Bank of Cyprus

More than 15.000 shops, restaurants and hotels accept at least one of the above Credit Cards. Establishments with P.O.S. accept also **VISA ELECTRON** and **MAESTRO**. Usually the Card symbol is displayed in the shop window or at the reception.

Business/Shopping Hours

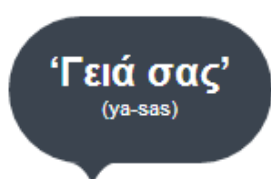
PUBLIC SERVICE HOURS

Winter Period

Monday - Friday: 09:00 - 13:30 / 16:00-20:00

Saturday: 09:00 - 15:00

At a glance....



'HELLO' IN:
Greek



ELECTRICITY
240V/50hz

Apr-May



Sep-Oct



BEST TIME TO GO

Spring
Autumn



The supply in Cyprus is 240 volts / 50Hz. Sockets are usually 13 amps, square pin in most buildings.

More than one low current rating appliance may be operated from the same supply point, by using an adaptor (i.e. radios, electric clocks etc.).

The use of adaptors for operating high current rating appliances is not recommended (i.e. electric heaters, toasters, irons etc.).

Many hotels provide adaptors upon request from the Reception. Adaptors can be purchased from electricians, supermarkets, grocery shops, etc.

ALL OVER THE ISLAND

Ambulance: 199, 112

Fire Service: 199, 112

Police: 199, 112

Insurance

All participants and members of delegations must effect their own medical insurance and personal trip insurance. The Cyprus Karate Federation are taking **no liability** for these concepts.

Note that plain medical insurance is not enough, but the insurance has to have e.g.

Repatriation option.

The chief of the delegation have to sign the enclosed term of responsibility and return it to Cyprus Karate Federation by **7th of August 2015 the latest.**

Flag / Anthem

All Delegations must provide their official flag (2) and anthem (cd) during registration.



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Accommodation

The reservations for accommodation will be handled by the Cyprus Karate Federation.

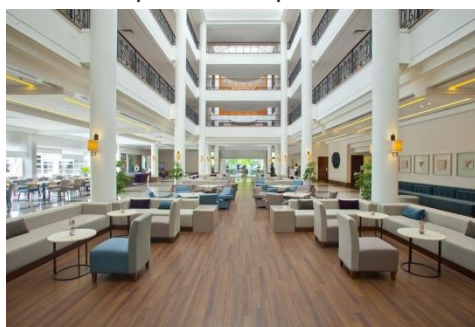
HILTON PARK HOTEL ****



Hilton Park Nicosia is only 10 minutes' drive from the city centre and 50 minutes from Larnaca International Airport. Conveniently located close to embassies, the Cyprus International State Fair, the Nicosia Race Club (Horse Racing), museums and entertainment areas, it features a variety of meeting rooms and facilities capable of accommodating up to 1600 delegates. Guest

facilities include a Business Centre, hairdresser, convenience shop, taxi and car-hire service and free car park. The Olympia Restaurant offers traditional and international cuisine, buffet or à la carte menu. Café Vienna serves aromatic coffees and delicious

desserts and the Amalfi Bar allows you to lounge in style. The Sorrento Pool Bar & Grill offers cocktails and snacks by the pool. Sana Hiltonia features a fitness centre with outdoor swimming pool, an indoor relax pool and Spa.



Hotel Price List

HOTEL / CATEGORY	SINGLE ROOM	DOUBLE ROOM	TRIPLE ROOM
HILTON PARK ****	€ 85,00	€ 110,00	€ 140,00

DEADLINE FOR ACCOMMODATION IS 25th of AUGUST 2015 since Cyprus is a top tourist destination and we cannot guarantee availability after that date.



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Transportation

- Transportation will be organized by taxi, mini bus or bus, depending on the number of participants on each arrival.
- Depending on the number of persons in each delegation a bus or taxi or other vehicle will be used.
- The only **official** airports in Cyprus are **Larnaca and Pafos**. Transportation to the hotels will be only from the above airports.
- We would like to inform you that the stadium is about 10 minutes from the hotel.

TRANSPORTATION COST

Taxi Up to 4 persons	€110.00
Minibus for 20 person	€18.00 p/p - min. 15 person
Bus for 50 person	€15.00 p/p - min. 30 person

The above prices are from Larnaca airport to hotel and back from the hotel to Larnaca airport. If the arrival will be at Pafos Airport please contact the organizers.

Transportation will be also offered from the hotel to the stadium and vice versa free of charge.

NOTES & CLARIFICATIONS

1. The headquarters of the event will be at Hilton Park Hotel.
2. All prices will be in euro.
3. We will provide accommodation on a bed and breakfast basis. We will give you the cost of extra meals. A small cafeteria will be also available at the stadium.
4. The allocation of the rooms in the hotel will be on a priority basis, so delegations that have preference for particular rooms, should arrange their reservations the soonest.
5. Accommodation reservations should be accompanied with the reservation form.
6. **Hotel and Transportation Bookings to be made through**
cypruskaratefederation@gmail.com



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PAYMENTS

1. Delegations are requested to send a precise reservation, specifying the number of rooms with names.
2. A non-refundable deposit of 25% is obligatory in order to obtain a fully confirmed reservation and full settlement. For delegations that have paid and then cancelled within 20 days prior to the event, 25% of the reservation cost will be withheld as cancellation fee.
3. Reservation and payment details will be done through Cyprus Karate Federation.
4. Before 31st of August 2015 you will need to contact Cyprus Karate Federation for payment details.

5. BANK DETAILS

Name: CYPRUS KARATE FEDERATION
Account Name: 011701050314
INAB No.: CY940020001170000000105031400
Bank: Bank Of Cyprus
Swift: BCYPCY2N





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Sport Centre "Tassos Papadopoulos - Eleftheria"





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CATEGORIES

Kata Individual Female and Male

Children 12 and 13 years old, U16 (14 to 15), U18 (16 to 17), Senior (18 years and older)

Kumite Individual Female and Male

Children 12 and 13 years old, U16 (14 to 15), U18 (16 to 17), Senior (18 years and older)

4 athletes per categories per nations

Kata Team Female and Male

U14 (12 to 13) U18 (14 to 17 years), Senior (+18 years and older)

Kumite Team Female and Male (Team of 3 athletes)

U14 (12 to 13) U16 (14 to 15) U18 (16 to 17 years), Senior (+18 years and older)

2 teams per categories per nations

COMPETITION RULES

For all categories the official WKF rules are applied

REGISTRATIONS

Will be done through SPORTDATA

Deadline for registration for the athletes is the 25th August 2015

Deadline for accommodation is the 25th August 2015



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PROGRAM

FRIDAY 9th October 2015

17:00 - 19:00 Registration of Delegations

17:00 - 19:00 Weigh-in (Female and Male)

18:00 - 19:00 Congress Meeting

19:00 - 19:30 Open Draws to all Coaches

19:30 - 20:30 Seminar - Referee Briefing

19:30 - 20:30 Seminar - Coaches & Athletes

SATURDAY 10th October 2015

09:00 - 12:00 Kata Individual Eliminations & Repechages

13:00 - 18:00 Kumite Individual Eliminations & Repechages

18:30 Final & Medals awards

20:00 Farewell Party

SUNDAY 11th October 2015

09:00 - 10:30 Kata Team Eliminations & Repechages

10:30 - 13:00 Kumite Team Eliminations & Repechages



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TERMS OF RESPONSIBILITY

To be filled, signed and sent back before by 30 August 2015.

The undersigned, as the chief of Delegation of my country, duly enrolled to participate in the 2nd Small State of Europe Karate Championship which will be held at Nicosia, Cyprus, from 9 to 11 October 2015, with fully knowledge of the Statues, the Rules and the Norms of the WORLD 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 for 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 material damages caused 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 WKF and the Cyprus 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 compensations.

Country / Nation :	
Surname, First name :	
Passport number & expiry date:	
Position in the federation :	
Address:	
Phone number :	
Fax & e-mail :	

Fill in, stamp, sign and send to:
Cyprus Karate Federation

Signature & stamp-----

E-Mail: cypruskaratefederation@gmail.com
Fax : +357 22 449843