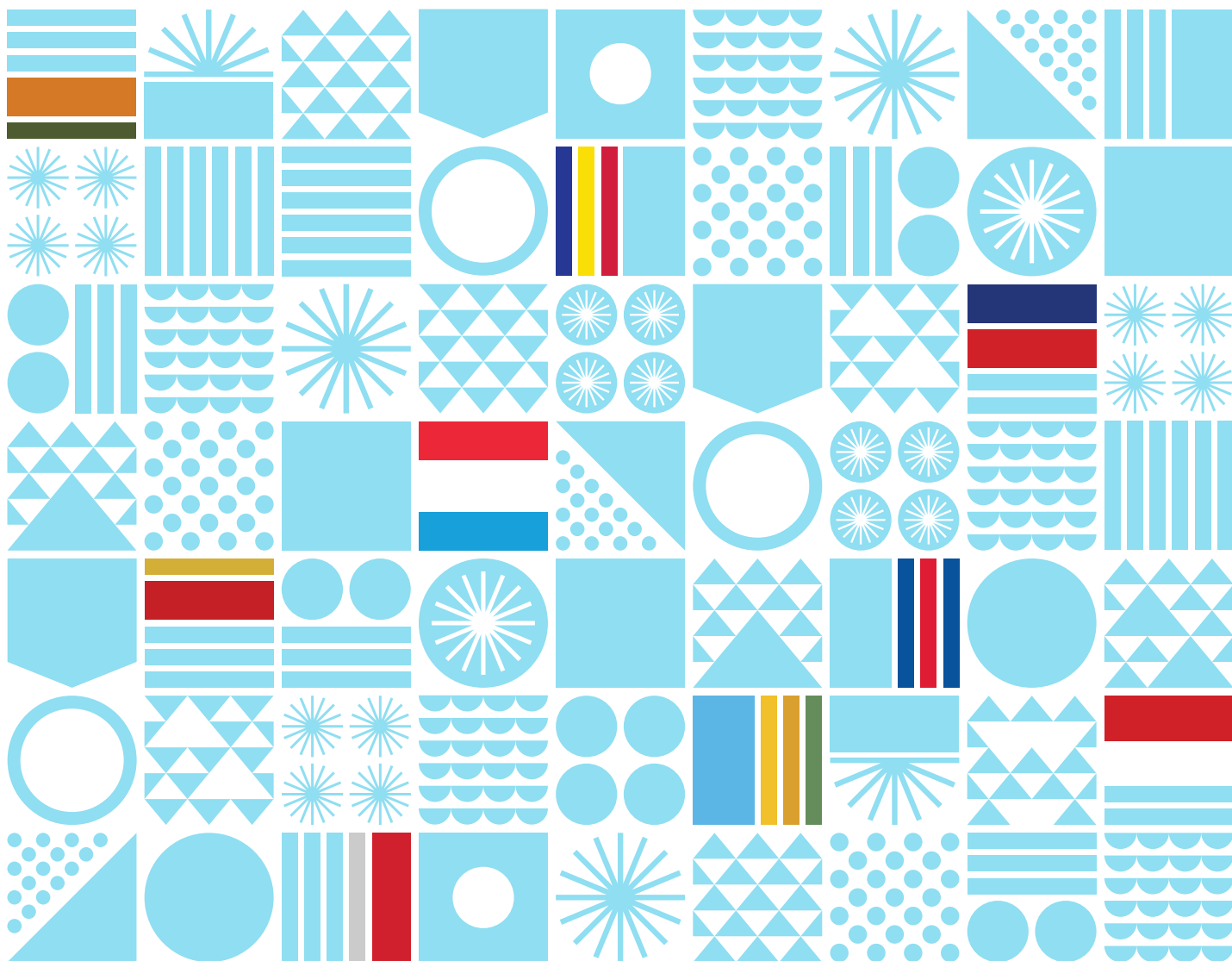




SMALL STATES OF EUROPE

KARATE CHAMPIONSHIPS

ICELAND 2019



Foreword by the WKF President

The development of Karate events around the world is fast becoming the main representation of the increasing influence of our sport. Karate championships are growing into not only thrilling competitions but spectacular shows that go beyond the limits of the sporting demonstrations.

For this reason, it is a source of pride to note that our calendar is full of first-class events where our sport can showcase its many values and where our athletes can demonstrate their outstanding abilities. This is the case of the anticipated 6th Small States of Europe Karate Championships to be held in Reykjavik, Iceland from September 13 to 15, 2019.



It will be an event not to be missed and yet another opportunity to attest the popularity of our sport in all the countries of the world regardless of the dimension of their territories.

I would like to take the opportunity to thank the Iceland Karate Federation and its president Reinhard Reinhardsson as well as the Small States of Europe Karate Federation headed by Andreas Vasileiou for their determination in organizing this event. I am sure that the 6th Small States of Europe Karate Championships will be a huge success.

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

Antonio Espinós
WKF President

Welcome by the SSEKF President

Dear Karatekas,

I am happy to greet you all at the **6th Small States of Europe Karate Championships in Reykjavik, Iceland!** On behalf of the whole SSEKF family let me express my appreciation for the effort that the Icelandic Karate Federation is placing for a successful championship. I value the occasion to share with you the upcoming feelings of pleasure and enthusiasm, which all of us anticipate from this event. It is going to be an endless achievement following the success of the 5th SSEKF championship in San Marino to see many Karatekas gather in Reykjavik, keen to compete on sportsmanship promoted by SSEKF.



The 6th Small States of Europe Karate Championships to take place this year between **13-15/9/2019**, give a great chance for Karatekas to test their skills for the upcoming World Cadet/Junior/U21 championships planned to take place on 23-27/10/2019.

By participating in the 6th SSEKF we all serve a **common goal to bonding the European cultures, values and principles that we all share.** Hence, I find myself uniquely positioned to thank Reinhard Reinhardsson the president and the members of the organizing committee of the Icelandic karate federation in organizing the event for the greater benefit of our athletes and all stakeholders of the SSEKF.

I anticipate the joy of your stay in Reykjavik and I expect you will meet your goals and take back home in your countries merely delightful evokes.

Sincerely,

Andres Vasileiou
SSEKF President

Welcome by the Iceland Karate Federation

On behalf of the Iceland Karate Federation, I have the pleasure of inviting you to the 6th SSEKF Karate Championships in Iceland, to be held in Reykjavik on 13 to 15 September 2019.

The Iceland Karate federation is proud to organize this competition in the Land of Ice and Fire.

The Championships will be hosted in Laugardalur, the Reykjavik valley of sports, with all the activities within a walking distance. In the neighbourhood we have a football stadium, a swimming pool, ice-skating rink and other multisport facilities.

We are proud to host the SSEKF athletes and hope they take along unforgettable memories of friendship, love and peace to their hometowns all over Europe.

We are determined to do our best to achieve the best possible conditions to make this championship a great event.

See you in Reykjavik, Iceland.

Reinhard Reinhardsson
President
Iceland Karate Federation



Competition Information

Dates

September 13–15, 2019

Venue

The competition venue is Laugardalshöll, Engjavegur 8, 104 Reykjavík. Competition will be held on **four tatamis**.

The entire event, including meetings, registration and weigh-ins, will be held at the headquarters of the Icelandic IOC, the Iceland Sport Center (Íþróttamiðstöðin Laugardal).

Laugardalshöll, Competition Venue (<http://www.ish.is/>)



Iceland Sport Center, Engjavegur 6, 104 Reykjavík



Athletes

The tournament is open to all SSEKF members. All members of the national teams can participate (holding a passport/ID, residence card or membership of the national team).

Participants cannot be member of any other national team. The national federation will guarantee the membership accordingly. (Checks will be done through Sportdata by the executive committee.)

Registration Process

Entries must be submitted on the Sportdata website, www.sportdata.org. **Deadline is September 1st, 2019.** No registration or substitution is possible after this date.

Registration Fees

| | |
|-----------------------------|---|
| Referee Course and Exam Fee | 20 EUR |
| 2019 Annual Country License | 200 EUR per country |
| Competition Fee | 20 EUR for a single category 40 EUR for two or more categories (max 40 EUR as a sum per competitor) |

Payments must be received by September 12th, 2019. All fees are payable by bank transfer to the SSEKF bank account:

Account number : 40025273102
IBAN : MT09VALL22013000000040025273102
Swift Code : VALLMTMT
Bank : Bank of Valletta plc

Competition Rules

The competition will be ruled by 2019 WKF–SSEKF rules, for all categories.

Program and Draws

Details of the competition program will be made available after all delegations' registration has been concluded.

The **draw** will take place 1 day before the tournament via the Sportdata system.

At the championships, the finalists of all events of the previous year will be separated in different pools.

Each team will be provided with two (2) sets of printed draws. If you need additional draws, you must print them out yourself.

Liability

Each competitor must have their own medical insurance. The organizer does not accept any form of liability whatsoever.

Eligibility

Participating Athletes

In each category, 4 athletes per nation are eligible to compete. In team competition, each nation may enter up to 4 teams per category. The athletes must compete for the country they were registered by.

Athletes are permitted to compete once each in individual kata, individual kumite, team kata and team kumite (one team in each discipline). Moreover, junior athletes can register in senior individual kata based on the WKF rule for 16+ years of age.

Athletes' age category will be determined by their age on the first day of competition, September 14th.

Each competitor must have their own medical insurance. The organizer does not accept any form of liability whatsoever.

Referees

Every country is obliged to provide at least three (3) referees.

Referees with a valid WKF/EKF license are welcomed. National referees must take the SSEKF licence examinations in both kata and kumite, which are based on the WKF exams. The referee course and accreditation process will be communicated to the national federations.

Coaches

Only persons with a valid, official SSEKF coach accreditation card are allowed to enter the competition area. Other persons are not allowed in the competition area.

Official dress code is a track suit. The coach card is to be worn visibly.

Categories

Individual Kata

- Male / Female U13 years (12 years)
- Male / Female U14 years (13 years)
- Male / Female Cadet (14-15 years)
- Male / Female Junior (16-17 years)
- Male / Female Senior (16+ years)

Team Kata

Each team must consist of 3 competitors.

- Male / Female U14 years (12-13 years)
- Male / Female U18 years (14-17 years)
- Male / Female Senior (16+ years*)

* In Senior team kata, two competitors who are 16+ years old and one who is 14-15 years old may form a team. Only one competitor in a Senior team may be 14-15 years old. Bunkai is required in bronze and gold matches in senior categories.

Individual Kumite

If fewer than 3 competitors are registered in a category, the competitors will automatically be reallocated to the next higher weight category. If fewer than 3 competitors are registered in the highest category, they will automatically be reallocated to the next lower category.

In Kumite modality and in any weight if there are less than four competitors the organization reserves the right to pass the category/ies to OPEN.

| | Age (yrs) | Female categories | Male categories |
|---------------|--------------|--|--|
| U13 | 12 | -42 kg, -47 kg, +47 kg | -35 kg, -40 kg, -45 kg, -50 kg, +50 kg |
| U14 | 13 | -42 kg, -47 kg, +47 kg | -40 kg, -45 kg, -50 kg, -55 kg, +55 kg |
| Cadet | 14-15 | -47 kg, -54 kg, +54 kg | -52 kg, -57 kg, -63 kg, -70 kg, +70 kg |
| Junior | 16-17 | -48 kg, -53 kg, -59 kg, +59 kg | -55 kg, -61 kg, -68 kg, -76 kg, +76 kg |
| Senior | 18+ | -50 kg, -55 kg, -61 kg, -68 kg, +68 kg, OPEN | -60 kg, -67 kg, -75 kg, -84 kg, +84 kg, OPEN |

Team Kumite

All categories will have teams of 3 athletes. Each team may include an alternate athlete, for a total of 4 registered team members. It will be possible to compete with only 2 competitors.

- Male / Female U14 years (12-13 years)
- Male / Female U16 years (14-15 years)
- Male / Female U18 years (16-17 years)
- Male / Female Senior (+18 years)

Program

Thursday, September 12th

Íþróttamiðstöðin Laugardal (Sport Center)

15.00-19.00 Registration of the delegations

Friday, September 13th

Íþróttamiðstöðin Laugardal (Sport Center)

15.00-19.00 Registration of the delegations

12.00-13.00 Executive committee meeting

13.30-14.30 Congress meeting

15.00-16.00 Technical committee meeting

16.00-17.00 Referee committee meeting

17.00-20.30 Referee seminar and exams

20.30-21.00 Referee and coach briefing

Saturday, September 14th (Individual Competition)

Laugardalshöll

| | |
|-------|---|
| 08.00 | Entry of competitors |
| 09.00 | Kata Individual Eliminations & Repechages |
| 11.00 | Kata Individual Bronze & Finals |
| 12.00 | Awards Ceremony |
| 12.30 | Opening Ceremony |
| 13.00 | Kumite Individual Eliminations & Repechages |
| 17.00 | Kumite Individual Bronze & Finals |
| 17.30 | Awards Ceremony |

Sunday, September 15th (Team Competition)

Laugardalshöll

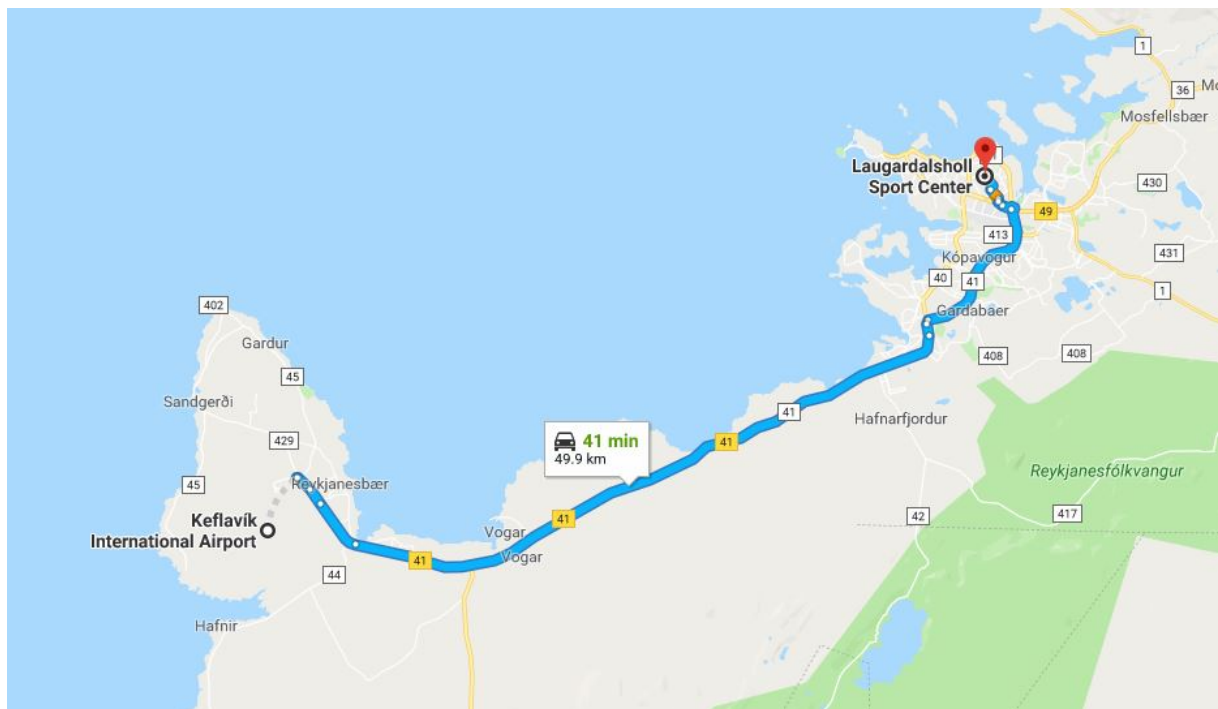
| | |
|---------|---------------------------------------|
| 08.30 | Entry of competitors |
| 09.30 | Kata team Eliminations & Repechages |
| 11.30 | Kata Team Bronze & Finals |
| 12.00 | Awards Ceremony |
| 12.00 | Kumite Team Eliminations & Repechages |
| 14.00 | Kumite Team Bronze & Finals |
| 14.30 | Awards Ceremony |
| 15.00 | Referee debriefing (Sport Center) |
| Evening | Departure, all delegations |

Travel Information

We advise all delegations to travel on Thursday, September 12th, or before.

Airport

Keflavik International Airport (Reykjavik) is located approximately 50 km from the Laugardalshöll Sport Center. Directions are readily available on Google Maps.



Several bus companies provide transport between the airport and Reykjavík:

Flybus: www.flybus.is

Grayline: www.grayline.is

Airport Direct: www.airportdirect.is

Hotels

The following hotels and hostels are within 1 km of the venue:

[Grand Hotel Reykjavik](#)

[Reykjavik Lights Hotel](#)

[Hilton Nordica](#)

[Hotel Island](#)

[City Park Hotel](#)

[Fosshotel Reykjavik](#)

[Cabin Hotel](#)

[Reykjavik City HI Hostel](#)

[Lækur Hostel](#)

Other nearby options include:

[B14 Hostel](#)

[Hlemmur Square](#)

[KEX Hostel](#)

[Loft HI Hostel](#)

In addition, there are many hotels in other parts of Reykjavík, Kópavogur, Garðabær and Hafnarfjörður that are within 5-10 km of the venue. Booking engines that often have good rates for hotels in Reykjavík include Booking.com, hotel.com, expedia.com, hostelworld.com and AirBnB.com.

Shuttle Bus Service

The federation will provide shuttle bus services between the competition venue and participants' hotels where possible. Further information will be provided closer to the event dates.

Useful Information about Iceland

Language: The official language is Icelandic, but nearly everyone speaks English.

Currency: ISK. Bank offices are open from 9.00 to 16.00 from Monday to Friday.

Weather: in September is a little bit chilly. Temperatures are usually between 5 and 10°C.

Time: GMT.

Electricity: 220V. Iceland uses a standard plug with two round pins.

Phone: Prefix is +354. Iceland is a part of EU/EEA roaming regulations; check with your phone provider to see what roaming charges you might incur.

Visa: Not necessary for citizens of any SSEKF member state.

Emergency telephone number: Ambulance/Police/SOS 112