



KARATE CHAMPIONSHIP

SMALL STATES OF EUROPE



MONTENEGRO 2021

WELCOME TO THE 7TH SMALL STATES OF EUROPE KARATE CHAMPIONSHIPS

As the progress of Karate around the world continues to reach new levels, major Karate events become the strongholds of the development and strength of our sport. It is in tournaments such as the 2021 Small States of Europe Karate Championships that the remarkable impact of our sport is showcased, even more considering the challenging current circumstances that we are experiencing.



It is great news for Karate in Europe to attest that karateka in all the countries in the continent have the opportunity to demonstrate their abilities at major events, regardless of the size of their nations. Therefore, events like the 2021 Small States of Europe Karate Championships to be held in Montenegro from September 24 to 26 are paramount to the continued evolution of Karate and to the sustained competitive improvement of our competitors.

I take this opportunity to congratulate the Small States of Europe Karate Federation and its President Andreas Vasileiou as well as the Montenegro Karate Federation headed by President Ivan Krstajić for their tenacity in the organisation of this event and their support to the progress of Karate.

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

Antonio Espinós
WKF and EKF President

WELCOME TO THE 7TH SMALL STATES OF EUROPE KARATE CHAMPIONSHIPS

I take this opportunity to welcome you all at the 7th Small States of Europe Karate Championships in Podgorica, Montenegro 24-26/9/2021. Despite the adverse circumstances of the covid19 pandemic, the SSEKF is very determined to organize with success this championship.

Without the tenacity of the Montenegro Karate Federation and its president Ivan Krstajic this championship would not be possible. On behalf of the SSEKF executive committee we would like to extend our gratitude.



We look forward welcoming our athletes, coaches, referees and other stakeholders of our championship in Podgorica. Montenegro is a great place to be and we expect that this will be enjoyed by all.

In closing we would like to wish the best of luck to all athletes and to thank the European Karate Federation's president Antonio Espinos for his continuous support and trust towards the Small States of Europe Karate Federation.

Sincerely,
Andres Vasileiou
President SSEKF

WELCOME TO THE 7TH SMALL STATES OF EUROPE KARATE CHAMPIONSHIPS

On behalf of Karate Federation of Montenegro, I have the pleasure of inviting you to the 7 th SSEKF Karate Championship in Montenegro, to be held in Podgorica on 24 to 26 September 2021.

In 2020 many competitions were canceled, and training was practically impossible. Therefore, we are obligated to stay together and continue normal sport life.

Montenegro is a beautiful country, combination of mountains and sea. Therefore, we hope you will have a pleasant stay in Montenegro and you will take back home nice memories.

We are very proud to host SSEKF athletes, hoping the bad time is behind us, and we are sure that sport will win this time.

We will do our best to make the best possible conditions for all SSEKD delegations and make this championship great.

See you in Montenegro.



Ivan Krstajić
President of Karate Federation of Montenegro

Competition Information

Dates

September 24 - 26, 2021

Venue

The competition venue is in Sports hall Verde Oktoih 2, Donja Gorica Podgorica, 81000. Competition will be held on **four tatamis**.

Meetings, registration and weigh-ins, will be held at the Voco Hotel. The hotel and the sports hall are located in the same complex.



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 10th of September 2021. No registration or substitution is possible after this date.

Registration Fees

Referee Course and Exam Fee	40 EUR
2021 Annual Country License	200 EUR per country
Competition Fee	40 EUR per competitor (no matter how many categories)

Payments must be received by September 22nd, 2021. 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 2021 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.

For team kata there will be a category for 12-15 years old and another for 16+ over years old.

Athletes' age category will be determined by their age on the first day of competition, September 24th.

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 U14 years (12-13 years)
- Male / Female Cadet (14-15 years)
- Male / Female Junior (16-17 years)
- Male / Female U21 (18-21 years)
- Male / Female Senior (16+ years)

Team Kata

Each team must consist of 3 competitors.

- Male / Female U16 (12-16 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. For team kata 16+ over years old for medal bouts the athletes must present bunkai.*

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
U14	12-13	-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
U21	18-21	-50 kg, -55 kg, -61 kg, -68 kg, +68 kg, OPEN	-60 kg, -67 kg, -75 kg, -84 kg, +84 kg, OPEN
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 U16 years (12-16 years)
- Male / Female Senior (+18 years)

CATEGORIES TO BE VALID HOLDING 2 COUNTRIES WITH 3 ATHLETS.

Program

Thursday, September 23th

Hotel Voco

15.00-19.00 Registration of the delegations

Friday, September 24th

Hotel Voco

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 25th

Sports hall Verde

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 26th

Sports hall Verde

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

Montenegro

About Montenegro

Montenegro (Montenegrin: Crna Gora), is located in South-eastern Europe. It has a coast on the Adriatic Sea to the south-west and is bordered by Croatia to the west, Bosnia and Herzegovina to the northwest, Serbia to the northeast, and Albania to the southeast. Its capital and largest city is Podgorica, while Cetinje is designated as the Prijestonica, meaning the former Royal Capital City.

The country got its name (literally, "black mountain") from the dark, mountain forests that cover the land. Some 60 percent of the country is more than 1,000m high, with the tallest peak Bobotov Kuk (Durmitor) reaching to 2,522m.

The coast of Montenegro is 294km long. A notable feature of the Montenegrin coast is Bay of Kotor, a fjord-like gulf, which is in fact a submerged river canyon. The Bay of Kotor is surrounded by mountains up to 1,000m high, which plunge almost vertically into the sea.

Natural Beauty

Back in 19th century, Lord Byron wrote "At the birth of our planet, the most beautiful encounter between the land and the sea must have happened at the coast of Montenegro. When the pearls of nature were sown, handfuls of them were cast on this soil." Montenegro still retains its natural charm and beauty. Architecture dating back to the 12th Century is still prevalent among the many UNESCO heritage towns and villages. Montenegro's natural beauty is dramatic; mountains dropping down to mirrored water in the UNESCO heritage Kotor bay and the crystal clear waters of the Adriatic lapping the sandy beaches of the coast. Although the gulf of Kotor is commonly referred to as a fjord, it was not formed by glacial movement and is in fact a ria (a drowned river canyon), but is by common consent, spectacular. Drive into the mountains to find undrowned river canyons (the Tara canyon being the second deepest in the world), glacial lakes, untouched nature and a fledgling ski and eco-tourism industry. On the coast, the climate is Mediterranean rising to 40 degrees in August, but cooler inland where the climate is Continental.

Lake Skadar National Park

When you go towards the sea from Podgorica Airport, you will find unexpectedly beautiful scenery. An expanse of turquoise water, covered with a carpet of waterlilies, interrupted by numerous islands... Welcome to the heart of Montenegro – Lake Skadar National Park! 222 km² of this remarkable ecosystem has been protected since 1983, and it has been on the Ramsar List of Wetlands of International Importance since 1995.

Lovćen National Park

Here you can find one of the top places you have to visit while you are in Montenegro – Njegoš's mausoleum. This monument, to which you have to climb up 461 steps, is at the same time the grave of the ruler, poet, and philosopher Petar II Petrović Njegoš.

Durmitor National Park

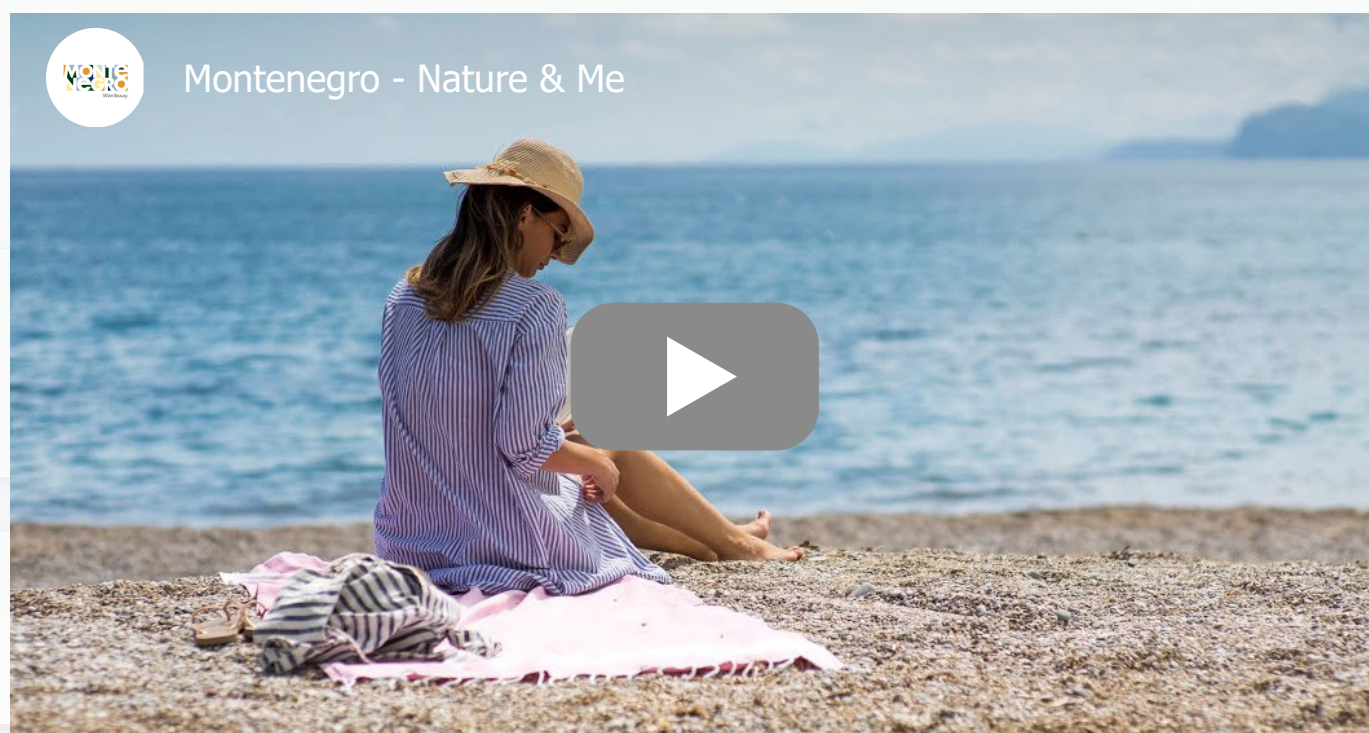
As you are getting closer to Žabljak, through gentle pastures, you will start to suspect that this is a special place. These 39,000 hectares of true, untouched beauty were declared a protected area in 1952, and is found on the UNESCO list of World Natural and Cultural Heritage. Besides the mountain giant Durmitor, the national park also covers the Tara, Draga, Sušica, and Komarnica Canyons, and Europe's most recently explored canyon – Nevidio.

Biogradska Gora National Park

The smallest national park is tucked into part of Mount Bjelasica, on the right side of the River Tara. It was once the king's game reserve, which means that it has long enjoyed special treatment. Within the park is Lake Biograd, which formed when a glacier slid down Bjelasica, but of course the locals have their own version of the story.

Prokletije National Park

The Austrian geologist Ami Boué called Prokletije "the alps in the south of Europe" and that moniker has stuck to the present day. The 20 inaccessible peaks of more than 2,500 metres above sea level scare even experienced mountaineers. On the other hands, there is the endearing Lake Hrid, which just exudes calm.

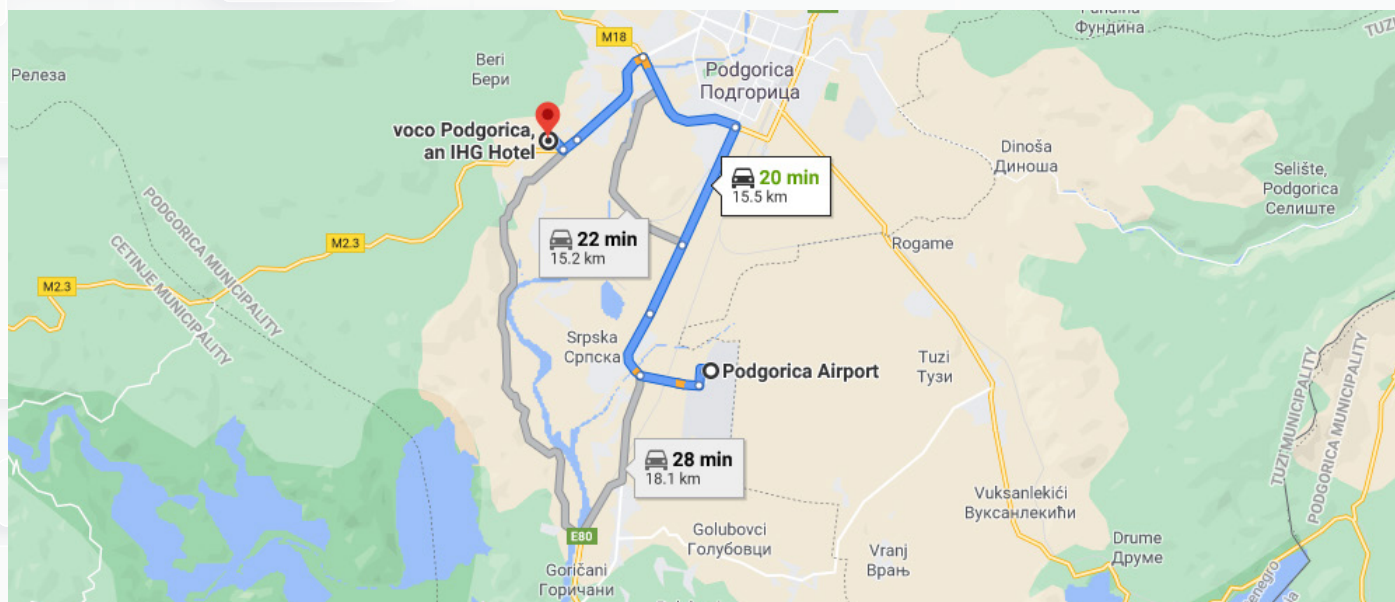


Travel Information

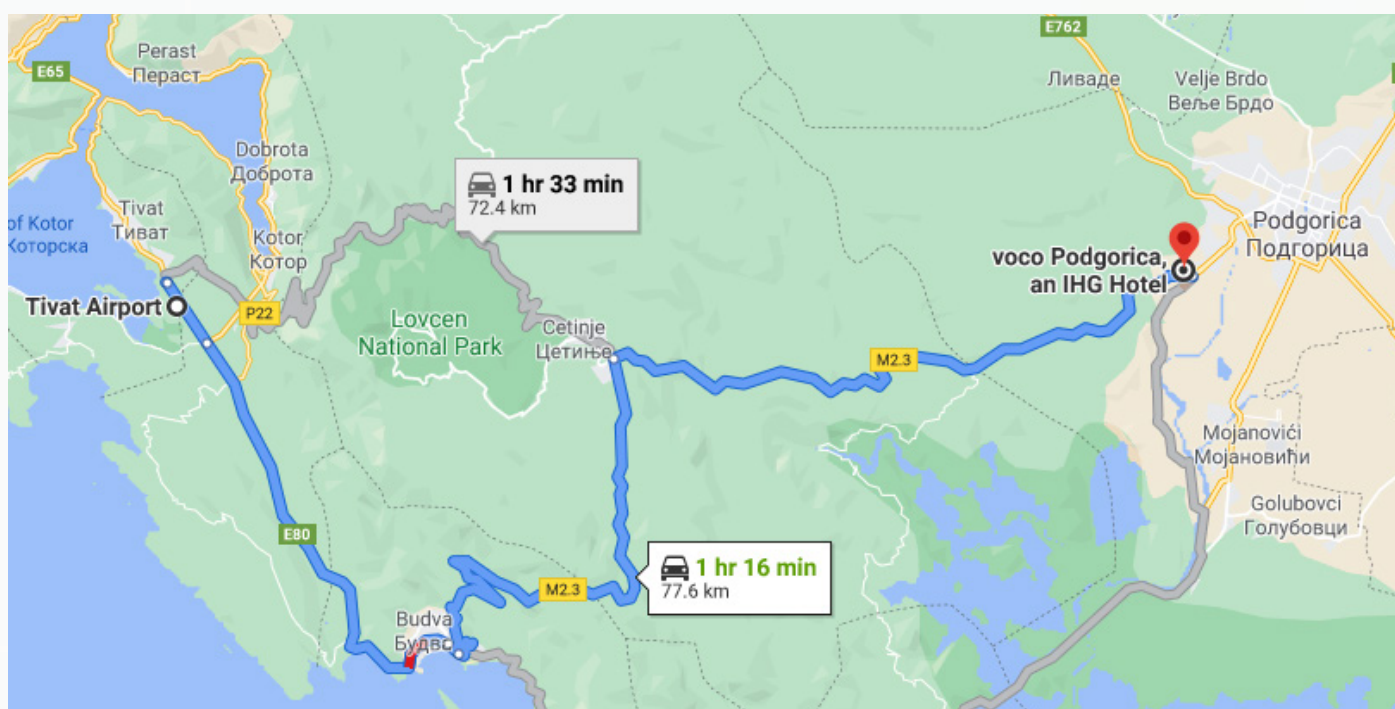
We advise all delegations to travel on Thursday, September 23th, or before.

Airport

Podgorica Airport is located approximately 15 km from Hotel Voco. Directions are readily available on Google Maps.



Tivat Airport is located approximately 77 km from Hotel Voco. Directions are readily available on Google Maps.



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.

Official Hotel

Due the restriction of covid 19 and for safety of all participant, Hotel is chosen in advance and all participant will be located in Voco Hotel.

Reservations for the hotel should be sent no later than September 1, and payment should be made by September 8, 2021. Reservation requests should be sent to karatesavezcg@gmail.com, after which we will submit an invoice with payment instructions.

Hotel Voco Podgorica 5★

- | | |
|----------------------------|-------------------------------|
| • Single room (Full board) | 75,00 €/per person |
| • Double room (Full board) | 120,00 € (60,00 €/per person) |
| • Triple room (Full board) | 150,00 € (50,00 €/per person) |

Verde Campus Podgorica 4★

- | | |
|----------------------------|-------------------------------|
| • Single room (Full board) | 60,00 €/per person |
| • Double room (Full board) | 100,00 € (50,00 €/per person) |
| • Triple room (Full board) | 135,00 € (45,00 €/per person) |

Accommodation price includes: VAT, buffet meals, use of Wellness & Spa center, gym, parking space for buses, WiFi in rooms and in all public areas. Prices do not include sojourn tax and insurance in the amount of 1.40 € per person / day.

Useful Information about Montenegro

Language: The official language is Montenegrin (Serbian), but nearly everyone speaks English.

Currency: EUR. Bank offices are open from 8.00 to 16.00 from Monday to Friday.

Weather: Days are usually hot with balmy evenings, so visitors should pack light and cool clothing. The average daily maximum is 27° C and the average daily minimum is 18° C.

Time: GMT+2.

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

Phone: Prefix is +382 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

WKF Covid-19 regulations

DUE TO THE CURRENT EMERGENCY HEALTH SITUATION THIS EVENT WILL BE HELD UNDER THE WKF COVID-19 PROTOCOL. [Link](#)