

KARATE

EUROPEAN CHAMPIONSHIPS
SENIOR - PARAKARATE
GUADALAJARA 2023



22-26

MARCH

58th EKF – Senior Championship

Guadalajara 2023

1st. Bulletin

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1. WELCOME MESSAGE

Greeting from the Head of EKF

The strength of Karate in Europe will be further showcased at the 2023 EKF Senior Championships, to be held in Guadalajara (Spain) from March 22 to 26. We, Karate fans, are looking forward to the event that best reflects the sporting spirit, greatness, and many values of our sport in Europe.

The 58th edition of our flagship event in the continent is set to be memorable, for a lot of reasons, but mainly for the chance to the new heroes of European Karate see in action. Also, the 2023 EKF Senior Championships will capture the dreams of our karatekas since the event serves to qualify for the upcoming European Games in Poland.

Lastly, the future of our sport will be written in Guadalajara as the Spanish city will host the second edition of the activities of the Guardian Girls Global Karate programme, after its inauguration in Cairo in January. Plenty of our hopes are devoted to this project, which highly represents Karate's outstanding contribution in the quest to eradicate the evil of Gender-Based violence.

I take the opportunity to thank the Royal Spanish Karate Federation and its President Antonio Moreno for their efforts to host this event again in Guadalajara.

Best of luck to all the participants and organizers, and a big "OSS" to all of you Karate fans.



Antonio Espinós Ortueta

EKF President

Greeting from the Head of the host NF

The city of Guadalajara will host the European Karate and Para-Karate Championships again, where the best athletes on the European scene will gather for this important event. The commitment of Spanish Karate to the sport of Karate, European and worldwide is total. In this 2023 we start with this great event, which will be the prelude to a whole 2023 full of international activities for all categories.



The fact that the elite of the sport of Karate is centred in one city, Guadalajara, will undoubtedly make Guadalajara and Spain the world centre of Karate for a week. They will be very important days, where we will demonstrate, once again, the great sporting, organisational and economic level that the sport of Karate promotes, as well as its marked media and social interest.

From the RFEK and DA we have been working for months with institutions, sponsors and media to make these European Absolute and Para-Karate Championships a complete success.

I invite all delegations, athletes and coaches, technicians, family and friends to enjoy this great city and province, its people, its gastronomy, its culture. Together we will make these championships the great event that the sport of Karate deserves.

Antonio Moreno Marqueño

President Spanish Karate Federation

2. INTRODUCTION EKF SENIOR CHAMPIONSHIPS

The EKF Senior Championships (Guadalajara) 2023 will be held next 22nd to 26th March, at the Palacio Multiusos in Guadalajara.

3. REGISTRATION

3.1 Online registration for all athletes and coaches

Online registration can be made under the following link from January the 13th 2023 until March the 7th 2023:

[Link](#)

3.2 Onsite Registration & Accreditations

Registration will be arranged in HQ Hotel on Tuesday, 21st March from 09:00 to 16:00 hours (Room: Molina 1 & 2)

4. Specific Information for Para Karate

4.1 Para Karate Event Schedule

TUESDAY 21st MARCH		
10:00 – 16:00	Registration for Delegation	Molina 1 & 2

THURSDAY 23rd MARCH		
10:00 – 18:00	Para-karate Athletes Classification Session Mandatory for selected athletes	Mondejar 1 & 2
19:30 – 20:00	Para-karate Open Draw	Mondejar 1 & 2
20:00 – 20:30	Para-karate Coach Meeting	Mondejar 1 & 2

FRIDAY 24th MARCH		
15:30	All Para-karate categories eliminations and bronze medal matches	Venue

SATURDAY 25th MARCH		
13:30 – 13:50	Para-karate Finals Male and Female Intellectually Impaired Athletes (K21 and K22)	Venue
13:50 – 14:05	Medal Awards	Venue
19:40 - 19:50	Para-karate Finals Male and Female Blind/Visually Impaired Athletes (K10)	Venue
19:50 – 20:05	Medal Awards	Venue

SUNDAY 26th MARCH		
13:20 - 13:50	Para-karate Finals Male and Female Wheelchair Users (K30)	Venue
13:50 – 14:10	Medal Awards	Venue

*Competition schedule might be subject to changes after the registration is closed

Note: Only in the final bouts, male coaches and personal assistants are required to wear a dark suite, shirt, and tie while female coaches and personal assistants may choose to wear a dress, pantsuit or a combination of jacket and skirt in dark colours.

4.2 Para Karate Categories

Para Karate Categories			
Male (age +16 years)		Female (age +16 years)	
Blind/Visually Impaired Athletes	K10	Blind/Visually Impaired Athletes	K10
Intellectually Impaired Athletes (IQ less than 75)	K21	Intellectually Impaired Athletes (IQ less than 75)	K21
Intellectually Impaired Athletes severe impairment (e.g. Down Syndrome)	K22	Intellectually Impaired Athletes severe impairment (e.g. Down Syndrome)	K22
Wheelchair Athletes	K30	Wheelchair Athletes	K30

4.3 Para Karate registration

Online registration can be made under the following [link](#).

All athletes registered shall be on the waiting list.

During the registration procedure upload all essential Para Karate athlete's medical documentation to the Sports ID Para Karate athlete's profile (these uploaded documents do not need to be sent by email to the HQ).

Only those athletes having their documents uploaded until the end of registration and having an eligible impairment ([see the list of eligible impairments](#)) may be moved from the “waiting list” to the actual list of registered athletes for the event.

An athlete without eligible impairment according to the WKF para-karate rules and regulations will not be moved from the waiting list.

The Head of para-karate classification can ask for supplemental medical documentation to prove the underlying health condition of the athlete.

The mandatory forms can be found in the following links:

For all athletes:

- [Athlete Evaluation Consent Form](#)
- WKF - [Therapeutic Use Exemption \(TUE\) Application Form](#) (only in case the athlete uses WADA prohibited medication)
- Section 14: Required Documents Waiver

For Visually Impaired Athletes:	K10 Medical Diagnostic Form
For Wheelchair Athletes:	K30 Medical Diagnostic Form
For Intellectually Impaired Athletes:	K21 and K22 Medical Diagnostic Form
	K21 and K22 Eligibility Guidance Notes
	K22 AAI Screening (athletes classified before 2023)

To be considered eligible to compete as an athlete with an intellectual impairment (K21 and K22), athletes must fulfil the full eligibility criteria as defined by VIRTUS.

We suggest you contact your national representative of the VIRTUS (INAS) <https://www.virtus.sport/member> or your National Paralympic Committee at least 12 weeks before the event. However, should you require any assistance, or there is no VIRTUS representative in your country, please contact the Para-karate Commission Chairwoman at augustovicova.dusana@gmail.com to be able to solve any incidents in time for the EKF Championships.

All documents MUST be attached in English for ALL registered athletes.
All MDFs must be completed by a registered Medical Doctor, M.D.

Selected athletes must attend the classification session on TBU.

Please see the [Para-karate registration checklist](#) before the completion of the registration of the Para Karate athletes.

4.4 PARA-KARATE ATHLETES PER CATEGORY

Every nation has the opportunity to register three (3) Para-Athletes per sport class. In total, 24 athletes can be called by each nation.

4.5 CLASSIFICATION SESSION

Classification in Para-Karate consists in an extra point compensation depending on the influence of the particular impairment when performing the Kata. Detailed information can be found in the Para-Karate regulations: <https://www.wkf.net/sport-parakarate> .

Please, check the Para-karate Classification rules to ensure that the athlete presents at least one of the mentioned eligible impairments which have to be proven by the MDF.

New registered Para-Karate athletes must present themselves for a mandatory onsite Classification Session performed by qualified personnel before the championships. The Classification Session will therefore be performed on TBU.

A timetable of classification and the list of athletes who must attend the classification session will be published after the registration online.

Attendance to the Classification Session is obligatory for all new athletes, athletes with sport class status review listed in the classification session timetable, without a participation in such event it is not possible to take part in the championships.

Following documents have to be provided at the classification session:

1. Accreditation of the athlete
2. ID card or Passport of the athlete
3. Original MDFs, TUE (if necessary), Consent Form as provided prior with the registration
4. Original diagnostic Report as described in the MDF for Intellectual Impairments as provided with the registration

Following equipment have to be checked at the classification session:

- **FOR VISUALLY IMPAIRED ATHLETES (K10):**
IBSA standardized Blindfolds (Goalfix Eclipse total blackout eyeshades, TRANSITION PERIOD 1.1.2023 – 31.12.2023)
- **FOR INTELLECTUALLY IMPAIRED ATHLETES (K21 and K22):**
sport glasses (if needed)
- **FOR WHEELCHAIR USERS (K30):**
Competition wheelchair, leg straps (if needed), white shoes and socks for competition.

4.6 Coaches and personal assistants

Maximum of three (3) coaches can be registered for Para-Karate per Nation.

Every Para-Karate athlete can be accompanied by a personal assistant during their performance in the field of play.

Coaches and assistants accompanying Para-Karate athletes **MUST** register together with their delegation at the onsite registration session only.

All athletes must use the same sportswear and equipment for classification as they use during competitions.

Concerning athletes with visual impairments, no extra testing will be performed during the classification session. Nevertheless, the athletes have to show up to the classification with the

documents and equipment mentioned above. Extra points will be given based on the Medical Diagnostic Form.

4.7 RULES

WKF Para-Karate Rules in force will apply, for more information, please visit: [https://www.wkf.net/pdf/WKF Para Karate Competition Rules 2023.pdf](https://www.wkf.net/pdf/WKF_Para_Karate_Competition_Rules_2023.pdf)

4.8 ANTI-DOPING

In compliance with WKF Anti-Doping Rules and WADA, Para-Karate athletes will be subject to any eventual testing. If any Para-Karate athlete would need a Therapeutic Use Exemptions (TUE), please contact your National Anti-Doping Organization for further details and recognition. The duly recognized TUE at national level will then have to be duly communicated to the WKF. Finally, Section 15: Antidoping Education has course options and links to free antidoping education courses.

5. PROGRAMME FOR COACHES – GUADALAJARA 2023

Course for EKF Coaches

Please find below all information of the Programme for EKF Coaches that is going to be take place in Guadalajara (Spain) on occasion of the 58th European Senior Championships 2023.

REMEMBER!!! It is possible to homologate a WKF Kumite and/or Kata Coach (coach level 2) license by the EKF.

To do so, you must fill in the attached form and send it to the e-mail; ekf@ekf.com.es, together with the bank proof of payment of the homologation fee.

After receiving the written approval of EKF homologation, you can register to officiate as a coach at the event, **with deadline for online registration closing date, on March 11, 2023.**

The WKF Accredited Coach license (coach level 1) is not homologated by the EKF.

The minimum level required for coaches to take part in EKF Championships is the:

“EKF Kumite/Kata Coach” certification (coach level 2)

ONLINE REGISTRATION

The online registration to take part in the “Accredited Briefing & Kata/Kumite Coach Exam” will open on January 13th, 2023 at 12:00 (GMT +0) and will close on March 7th, 2023 at 12:00 (GMT+0). The link to register in the “Accredited Briefing & Kata/Kumite Coach Exam” is:

[EKF COACH COURSE
REGISTRATION](#)

ONSITE REGISTRATION

Monday, 20th March 2023 from 10:00 – 14:00h at the HQ Hotel/Room Rueda

COACH COURSE SCHEDULE

DATE	HOUR	ACTIVITY	PLACE
MONDAY 20/March/2023	16:00 – 17:30	Accredited Coach Briefing	HQ Hotel Room Rueda
	17:45 – 18:30	Kumite Coach Exam	
	18:45 – 19:30	Kata Coach Exam	
	19:30 – 20:30	Certified Kata/Kumite Results and Accreditations delivery	

FEES & PAYMENT

We would like to remind you that the fees for the Programme for EKF Coaches are as follows:

- Briefing for “Accredited Coach” level: **200 EUR**
- Examination for “Certified Kumite Coach”: **150 EUR**
- Examination for “Certified Kata Coach”: **150 EUR**
- Examination for “Certified Kumite Coach” + “Certified Kata Coach”: **200 EUR**
- Homologation WKF Level (Kumite and/or Kata ONLY): **150 EUR**

Payment for the Programme for EKF Coaches should be preferably made by Bank Transfer to the bank account listed below;

Account Name: EUROPEAN KARATE FEDERATION

Bank Name: CAIXABANK

Bank Address: Alberto Aguilera, 26 – 28008 Madrid – SPAIN

Account Number:

- IBAN: ES06 2100 3415 6122 0008 1707
- BIC/SWIFT Code for all Account Numbers: CAIXESBBXXX

VERY IMPORTANT: To avoid possible incidences, it is essential to indicate to your bank when you made the bank transfer the CONCEPT by which the payment is made.

Cash payments in person at the registration will be accepted

Registration – Coaches officiating in competition

No coach can register if he/she is not in possession of the EKF Kumite and/or Kata Coach certification level.

[COACH REGISTRATION](#)

6. EVENTS SCHEDULE

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

In the registration room only will be available two people in charge per country for to make the registration of each delegation, these persons will show all the required documents and the original passport of all the members of their delegation, weigh-in will be during the competition days.

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

Monday 20 th March - HQ Hotel		
10:00 – 14:00	Onsite Registration & Accreditation for Coaches participating in the EKF Coach Programme	Rueda
16:00 - 17:30	Accredited Coach Briefing	Rueda
17:45 - 18:30	Kumite Coach Exam	Rueda
18 :45 - 19:30	Kata Coach Exam	Rueda
19 :30 – 20 :30	Certified Karate/Kumite Results and Accreditations delivery	Rueda

Tuesday 21 st March - HQ Hotel		
9:00 – 16:00	Registration for Delegations	Molina I & II
	Weight Control	Mondéjar I & II
09:00 - 11:00	EKF Executive Committee meeting	Rueda
10:00 – 11:00	EKF Medical Commission meeting	Jadraque
12:00 – 14:00	EKF Technical Commission meeting	Jadraque
14:00 – 15:00	EKF Referee Commission meeting	Rueda
15:00 – 18:00	EKF Congress	Sigüenza

16:00 – 17:00	TM & TMAS Meeting	Rueda
17:30 – 18:30	Referee Licence Renewal Exam	Rueda
18:30 – 19:30	Open Draw All Coaches	Molina II
20:00 – 21:00	EKF Referee Briefing	Sigüenza

Thursday 23 rd March - HQ Hotel		
10:00 – 18:00	Para-Karate Athletes Classification Session	Mondéjar I & II
19:30 - 20:30	Para-Karate Coach Meeting & Open Draw Para-Karate	Mondéjar I & II

7. COMPETITION INFORMATION

Categories

Individual categories

Individual Kata (age +16)	Male Individual Kumite (age +18)	Female Individual Kumite (age +18)
Female	-60 Kg.	-50 Kg.
Male	-67 Kg.	-55 Kg.
	-75 Kg.	-61 Kg.
	-84 Kg.	-68 Kg.
	+84 Kg.	+68 Kg.

Team Categories

Team Kata (age+16)	Team Kumite (age +18)
Female	Female
Male	Male

Para - Karate Categories

Male (age +16)	Female (age +16)
Wheelchair Athletes	Wheelchair Athletes
Visually Impaired	Visually Impaired
Intellectually Impaired	Intellectually Impaired

Age

Allocation to age category is determined by the age of the athlete at the first day of the entire championships. This means competitors must have the eligible age by **22nd of March 2023**.

8. COMPETITION PROGRAMME

WEDNESDAY 22/03/2023	ACTIVITY	PLACE
Kata Individual - Eliminations - Performances		
10:00	FEMALE	Palacio Multiusos de Guadalajara
11:00	MALE	Palacio Multiusos de Guadalajara
Kumite Individual - Eliminations & Repechages		
12:30	Female + 68 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
13:45	Male + 84 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
15:00	Female - 68 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
16:15	Male - 84 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara

17:30	Female - 61 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
18:45	Male - 75 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara

THURSDAY 23/03/2023	ACTIVITY	PLACE
Kata Team - Eliminations - Performances		
10:00	Male & Female	Palacio Multiusos de Guadalajara
Kumite Individual - Eliminations		
11:30	Male - 67 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
12:45	Female - 55 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
14:00	Male - 60 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
15:10	Female - 50 kg Eliminations & Repechages	Palacio Multiusos de Guadalajara
16:30	Kumite Team Male - Previous matches - until 16 teams	Palacio Multiusos de Guadalajara
17:30	Kumite Team Female - Previous matches - until 16 teams	Palacio Multiusos de Guadalajara

FRIDAY 24/03/2023	ACTIVITY	PLACE
ELIMINATIONS & SEMIFINALS		
10:00	Kumite Team Male - Eliminations & Repechages	Palacio Multiusos de Guadalajara
12:30	Kumite Team Female - Eliminations & Repechages	Palacio Multiusos de Guadalajara
14:00	Para Karate All Categories (including Bronze medals)	Palacio Multiusos de Guadalajara
17:00	OPENING CEREMONY	Palacio Multiusos de Guadalajara

SATURDAY 25/03/2023	ACTIVITY	PLACE
BRONZE MATCHES		
09:30 - 09:45	Kumite Female + 68 kg	Palacio Multiusos de Guadalajara

09:45 - 10:00	<i>Kumite Male + 84 kg</i>	Palacio Multiusos de Guadalajara
10:00 - 10:15	Kumite Female - 68 kg	Palacio Multiusos de Guadalajara
10:15 - 10:30	Kumite Male - 84 kg	Palacio Multiusos de Guadalajara
10:30 - 10:45	Kumite Female - 61 kg	Palacio Multiusos de Guadalajara
10:45 - 11:00	Kumite Female - 55 kg	Palacio Multiusos de Guadalajara
11:00 - 11:15	Kumite Male - 75 kg	Palacio Multiusos de Guadalajara
FINALS		
12:00 - 12:08	Kumite Female + 68 kg	Palacio Multiusos de Guadalajara
12:08 - 12:15	Kumite Male + 84 kg	Palacio Multiusos de Guadalajara
12:15 - 12:25	MEDALS AWARD	Palacio Multiusos de Guadalajara
12:25 - 12:33	Kumite Female - 68 kg	Palacio Multiusos de Guadalajara
12:33 - 12:40	Kumite Male - 84 kg	Palacio Multiusos de Guadalajara
12:40 - 12:48	Kumite Female - 61 kg	Palacio Multiusos de Guadalajara
12:48 - 13:05	MEDALS AWARD	Palacio Multiusos de Guadalajara
13:05 - 13:13	Kumite Female - 55 kg	Palacio Multiusos de Guadalajara
13:13 - 13:20	Kumite Male - 75 kg	Palacio Multiusos de Guadalajara
13:20 - 13:30	MEDALS AWARD	Palacio Multiusos de Guadalajara
13:30-13:50	Para Karate - Kata Male & Female - Intellectually Impaired	Palacio Multiusos de Guadalajara
13:50-14:05	MEDALS AWARD	Palacio Multiusos de Guadalajara
BRONZE MATCHES		
15:30 - 15:45	Kata individual Female	Palacio Multiusos de Guadalajara
15:45 - 16:00	Kata individual Male	Palacio Multiusos de Guadalajara
16:00 - 16:15	Kumite Male - 60 kg	Palacio Multiusos de Guadalajara
16:15 - 16:30	Kumite Female - 50 kg	Palacio Multiusos de Guadalajara

16:30 - 16:45	Kumite Male - 67 kg	Palacio Multiusos de Guadalajara
16:45 - 17:30	Kumite Team Female	Palacio Multiusos de Guadalajara
FINALS		
18:00 - 18:08	Kata individual Female	Palacio Multiusos de Guadalajara
18:08 - 18:15	Kata individual Male	Palacio Multiusos de Guadalajara
18:15 - 18:25	MEDALS AWARD	Palacio Multiusos de Guadalajara
18:25 - 18:35	GUARDIAN GIRLS PERFORMANCE	Palacio Multiusos de Guadalajara
18:35 - 18:43	Kumite Male - 60 kg	Palacio Multiusos de Guadalajara
18:43 - 18:50	Kumite Female - 50 kg	Palacio Multiusos de Guadalajara
18:50 - 18:58	Kumite Male - 67 kg	Palacio Multiusos de Guadalajara
18:58 - 19:15	MEDALS AWARD	Palacio Multiusos de Guadalajara
19:15 - 19:40	Kumite Team Female	Palacio Multiusos de Guadalajara
19:40 - 20:00	Para Karate - Kata Male & Female - Visually Impaired	Palacio Multiusos de Guadalajara
20:00 - 20:15	MEDALS AWARD	Palacio Multiusos de Guadalajara

SUNDAY 26/03/2023	ACTIVITY	PLACE
BRONZE MATCHES		
09:00 - 09:30	Kata Team Male	Palacio Multiusos de Guadalajara
09:30 - 10:00	<i>Kata Team Female</i>	Palacio Multiusos de Guadalajara
10:00 - 11:10	<i>Kumite Team Male</i>	Palacio Multiusos de Guadalajara
FINALS		
12:00 - 12:15	Kata Team Male	Palacio Multiusos de Guadalajara
12:15 - 12:30	Kata Team Female	Palacio Multiusos de Guadalajara
12:30 - 12:45	MEDALS AWARD	Palacio Multiusos de Guadalajara
12:45 - 13:20	Kumite Team Male	Palacio Multiusos de Guadalajara

13:20 - 13:50	Para Karate - Kata Male & Female – Wheelchair Athletes	Palacio Multiusos de Guadalajara
13:50 - 14:10	MEDALS AWARD	Palacio Multiusos de Guadalajara
14:15	CLOSING CEREMONY	Palacio Multiusos de Guadalajara

The detailed competition schedule will be fixed after closing the online registration in order to adequate it to the final number of athletes.

In case of a number of registrations lower than the limits, the organization reserves the right to anticipate some categories.

Detailed information will be communicated at due time.

9. EKF APPROVED PROTECTIONS & TATAMIS

SPORT PROTECTIONS “WKF Approved”



*Click on the logos

DISTRIBUTORS ASSISTANCE “WKF Approved”

*Click on the image to visit the distributors by countries.



TATAMIS “WKF Approved”



*Click on the logos

10. COMPETITION VENUE

Venue: Palacio Multiusos de Guadalajara



Address: Avenue El Vado, 13 19005 Guadalajara

It is located 4 km away from HQ Hotel with direct access from the highway A2.

It has enough rooms and equipment for the development of competition.

FACILITIES:

- *Multi-purpose court, 48,5m x 49m., which can be turned into two sports courts of 20m x 40m with laminate flooring.*
- *Indoor cycling room*
- *Weight training room 25m x 10m*
- *Keep-fit room*
- *Fencing room*
- *Anti-doping room*
- *VIPboxes*
- *Changing rooms and first aid supplies*
- *Stands with seating for 5.000 people*

PROGNOME
TATAMI BY TROCELLEN

OFFICIAL TATAMI FOR THIS TOURNAMENT

11. TICKET FOR SPECTATORS

The prices for attending the competition are the following:

- Wednesday 22nd March: 12,00 euros.
- Thursday 23rd March: 12,00 euros.
- Friday 24th March: 12,00 euros.
- Saturday 25th March: 20,00 euros.
- Sunday 26th March: 20,00 euros.
- 5 days Pass: 40,00 euros.

You can acquire the tickets through the following link:

<https://www.marcaentradas.com/eventos/deportes/ciclo/1144-58-th-european-championships-senior-parakarate-2023>

Please, check the website for special prices for groups.

12. MEDIA

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:

[Link](#)

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

Video recording will not be allowed

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

13. ANTIDOPING 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](#). 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

14. REQUIRED DOCUMENTS

MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION

On registration day all participants must submit the 1 of following documents, Printed:

Waiver of Liability Form (Only 1 of the following per person)

- a) NF/Team Representative & Team List
- b) Individual +18 years old
- c) Individual - 18 years old (Parental Consent required)



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

15. CITY / COUNTRY INFORMATION

About Guadalajara

Guadalajara is a city and municipality the autonomous community of Castilla-La Mancha, Spain, and is in the natural region of La Alcarria. It is the capital of the province of Guadalajara. It is located in central Spain, roughly 60km northeast of Madrid on the Henares River. It has a dry, continental climate.

Watered by the River Henares, Guadalajara has a long history linked to the career of the Dukes of Infantado in the capital of La Alcarria.

From its interesting legacy of monuments, the superb Infantado Palace - a real symbol of the city - is outstanding. Other monuments to visit: Santa María Co-cathedral, Guadalajara Museum, Chapel of Luis Lucena or Los Urbina.

How to get to Guadalajara

The city of Guadalajara, capital of the province of the same name, lies almost in the centre of Spain, 54 kilometres north-east of Madrid and barely 30 minutes drive from Madrid-Barajas International Airport. In addition to its privileged location, it also enjoys outstanding communication systems that facilitate easy and quick access.

16. HOW TO GET TO GUADALAJARA

Flight

The closet international airport from Guadalajara is Madrid Adolfo Suarez Madrid-Barajas.

- Madrid Airport is about 50Km away from GUADALAJARA.
- Madrid Airport is about 25Km away from ALCALÁ DE HENARES (town located 30 km from Guadalajara).

Train and bus

There is a frequency of train schedules between the following stations:

- Airport Terminal 4 Train Station (Madrid) – Guadalajara Train Station (Duration: 1h and 50 minutes aprox.)
- Alcala de Henares Train Station (Madrid) – Guadalajara Train Station (Duration: 25 minutes aprox.)

<https://www.renfe.com/es/en/suburban/suburban-madrid>

On the other hand, there are buses from Madrid to Guadalajara:

- Madrid Avenida America Bus Station – Guadalajara Bus Station (Duration: 1 h aprox.)

<https://www.alsa.com/en/web/bus/home>

Practical Information

Opening Hours (Shops / Pharmacies)

Opening Hours in Guadalajara are the following:

Opening times: Most of the shops and shopping centres are open from 10.00 to 20.30 or 21.30 in the evening. Traditional shops open from 10.00 to 14.00 hours and from 16.30 to 20.30 hours.

How to pay: Most people pay in cash or with a credit card, when you must show your passport or identity card.

Currency

Spanish currency is the Euro (€). Currency Converter Link:

<http://www.xe.com/en/currencyconverter/>

Electricity

In Spain the power sockets are of types C and F. The standard voltage is 230 V and the frequency is 50 Hz

Language

Official language in Spain is Spanish. All representatives of OC speak English. Local population also speak basic English

Time

CET / GMT+1

Weather

March - April usually do some pleasant and warm days, but nothing is guaranteed. Mainly sunny and dry days. The average maximum temperature in Guadalajara in March is 14°C and the average minimum temperature is 3°C.

Safety in the city

Emergency services: 112 (medical, police, fire)

Insurance

In compliance with EKF Rules, it is obligatory for all the participants and members of the participating delegations have their own medical and personal trip insurance. The Spanish Karate Federation and the European Karate Federation as well as the Organizing Committee assume no liability or responsibility for the lack of insurance from participants and members of the delegations. The head of the delegations must submit

the NF/Team Waiver accompanied by the individual waivers signed by all members at the onsite registration.

17. ACCOMODATION AND TRANSFERS

HQ Hotel

HOTEL GUADALAJARA & CONFERENCE CENTER AFFILIATED BY MELIÁ * * * *

Av. Eduardo Guitián, 7, 19002 Guadalajara
HEADQUARTER HOTEL

Distance to the Venue "Pabellón Multiusos Guadalajara": 3,5 km

Tryp Guadalajara is located next to Ferial Plaza Shopping Centre, just 5 minutes' drive from central Guadalajara. It offers free Wi-Fi, a free 24-hour gym, free on-site parking and a wide range of meeting rooms. The bright, elegant rooms are all exterior facing, and most have a terrace with views of the surrounding countryside. Each room features air conditioning, a minibar and TV.



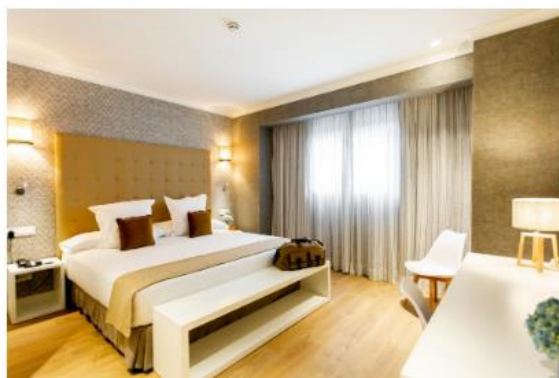
Official hotels

HOTEL PAX GUADALAJARA * * * *

Avenida Venezuela, 15 - N2 salida 56 , 19005 Guadalajara, España

Distance to the Venue "Pabellón Multiusos Guadalajara": 2,3 km

Located in Guadalajara, 45 minutes' drive from Madrid, Hotel Pax is close to Barajas International Airport and Juan Carlos I Exhibition Centre. It offers free Wi-Fi. The hotel is well communicated due to the proximity to the A-2 as well as the high speed train 'AVE' station; and from the commercial area Henares.



HOTEL AC GUADALAJARA * * * *

Avenida del Ejército, 6, 19004 Guadalajara, España
 Distance to the Venue "Pabellón Multiusos Guadalajara": 1 km

Located in the historic centre of Guadalajara, this smart and modern hotel is near the Palacio del Infantado and has excellent transport connections with the rest of the capital. Relax with friends or colleagues in the comfortable AC Lounge, after a long day's sightseeing or business, it allows you to dine in style without leaving the hotel. You can also do some exercise to unwind in the hotel's fitness centre. WiFi internet access is available throughout the hotel. The hotel is located just 30 minutes by car from Madrid-Barajas Airport.



MIRALCAMPO HOTEL * * *

Av. de Alcalá, 19200 Azuqueca de Henares, Guadalajara
 Distance to the Venue "Pabellón Multiusos Guadalajara": 15,5 km

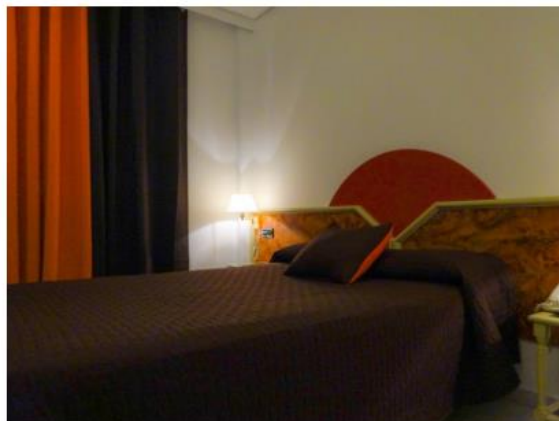
Miralcampo is set in Azuqueca de Henares, in the heart of Guadalajara and 40 km from Barajas Airport. Its simple rooms each include free Wi-Fi internet access. Private parking is offered at an excellent price at Miralcampo. There is good access by car, via the nearby A-2 Motorway. The train station is within a 15-minute walk. Historic Alcalá de Henares is only 15 km away.



HOTEL AZUQUECA * * *

Ctra. Alovera, 80, 19200 Azuqueca de Henares, Guadalajara
Distance to the Venue "Pabellón Multiusos Guadalajara": 13,2 km

Offering free Wi-Fi and a 24-hour reception, Hotel Azuqueca is 15 minutes' walk from the centre of Azuqueca de Henares. Guadalajara is 13 km away and Madrid is 35 minutes' drive from the hotel. The hotel offers air-conditioned double and twin rooms with free Wi-Fi, satellite TV and private bathroom. Azuqueca Train Station is 20 minutes' walk away.



HOTEL AC ALCALA DE HENARES * * * *

C/ Octavio Paz, 25. 28805 Alcala de Henares. Madrid
Distance to the Venue "Pabellón Multiusos Guadalajara": 24,9 km

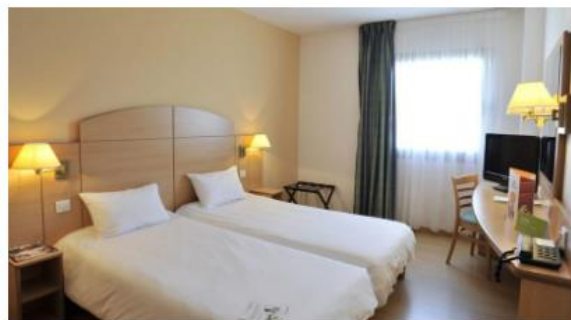
AC Hotel Alcala de Henares offers easy access via the A-2 highway to Madrid and the Henares Corridor business district. It offers a gym and stylish rooms. The Casa Natal de Cervantes Museum is just 8 minutes drive from the hotel. In addition Barajas-Madrid airport is located 15 minutes away by car.



HOTEL CAMPANILE ALCALA DE HENARES * * *

C/ Fausto Elhuyar,3. 28806 Alcalá de Henares. Madrid
Distance to the Venue "Pabellón Multiusos Guadalajara": 29 km

This modern, functional, 3-star hotel is situated in the new business centre, Garena Plaza, just 15 km from Madrid Barajas Airport and not far from Ifema. The hotel has good road links and the nearby A2 motorway offers fast, convenient access to the region's road network and the centre of Alcalá de Henares. The air-conditioned rooms have satellite TV, tea and coffee-making facilities and a private bathroom. The hotel has 2 conference rooms, a restaurant and a bar.



HOTEL IBIS BUDGET ALCALÁ DE HENARES * *

Hita, 2, 28805 Alcalá de Henares, España
Distance to the Venue "Pabellón Multiusos Guadalajara": 22,1 km

Ibis Madrid Alcalá de Henares is next to Dehesa Shopping Center, 30 minutes' drive from Madrid. It features a 24-hour bar and air-conditioned rooms with satellite TV and Wi-Fi access. The Ibis Alcalá de Henares serves a daily buffet breakfast. There is also a vending machine, where you can buy snacks and drinks. The Ibis Henares is around 500 m from the nearest train station, which connects guests to the center of Madrid in 30 minutes. Barajas Airport and the IFEMA Convention Center is approximately 12 mi from the hotel.



HOTEL IBIS ALCALÁ DE HENARES LA GARENA * * *

Antonio Suarez, 8, 28802 Alcalá de Henares, España
Distance to the Venue "Pabellón Multiusos Guadalajara": 30 km

Located in Alcalá's La Garena district, Ibis Alcalá de Henares La Garena offers smart, air-conditioned accommodations with TVs. It has a restaurant and a 24-hour reception. The on-site restaurant serves a daily buffet breakfast. There is also a 24-hour snack bar. The hotel is just 0.6 mi from the center of Alcalá de Henares, a UNESCO World Heritage site. Ibis Alcalá de Henares La Garena is 25 minutes' drive from the center of Madrid. The city's Barajas Airport and the IFEMA Exhibition Center are less than 12 mi from the hotel.



Hotels Prices

HOTELS	LOCATION	RATES			RATES		
		SINGLE	DOUBLE	TRIPLE	SINGLE	DOUBLE	TRIPLE
		BED & BREAKFAST			HALF BOARD		
HOTEL GUADALAJARA & CONFERENCE CENTER 4*	GUADALAJARA	100,00 €	65,00 €	60,00 €	103,50 €	80,00 €	76,00 €
HOTEL PAX GUADALAJARA 4*	GUADALAJARA	100,00 €	65,00 €	-	115,50 €	83,00 €	-
HOTEL AC GUADALAJARA 4*	GUADALAJARA	100,00 €	65,00 €	60,00 €	125,00 €	90,00 €	87,67 €
HOTEL MIRALCAMPO 3*	AZUQUECA DE HENARES	65,00 €	50,00 €	43,35 €	75,50 €	59,00 €	56,00 €
HOTEL AZUQUECA 3*	AZUQUECA DE HENARES	65,00 €	50,00 €	-	75,50 €	59,00 €	-
HOTEL AC ALCALA DE HENARES 4*	ALCALÁ DE HENARES	100,00 €	60,00 €	53,35 €	-	-	-
HOTEL CAMPANILE ALCALA DE HENARES 3*	ALCALÁ DE HENARES	65,00 €	50,00 €	43,35 €	78,50 €	55,50 €	50,00 €
HOTEL IBIS BUDGET ALCALA DE HENARES 2*	ALCALÁ DE HENARES	80,00 €	55,00 €	43,35 €	-	-	-
HOTEL IBIS ALCALA DE HENARES LA GARENA 3*	ALCALÁ DE HENARES	80,00 €	55,00 €	43,35 €	-	-	-

Notes:

- ✓ Rates per person and night
- ✓ Vat included

Reservation and cancellation policy

RESERVATION:

- Rates per person and night / Vat included. Minimum stay 5 nights
- It will be considered as a reservation if the 1st payment has been done.
- Confirmation subject to availability at the booking request.
- Reservations on request. To ensure the best possible accommodation for all athletes of a nation, please make your reservations as soon as possible.
- Reservations must be made by the online booking tool, please find below the link: [Karate European Championships, Guadalajara 2023](#)

PAYMENT POLICY:

- 50% in order to confirm the reservation
- 50% before the 22nd of February 2023
- It is very important do payments in dates fixed in order to confirm your reservation.

CANCELLATION POLICY:

- 1st deposit non refundable deposits
- Cancellations after 22nd of February, 100% of penalties

For any question, please contact with the Official Travel Agency:

- karate@viajeseci.es (Including reservation and cancelation policy)

Transport Services

TYPE OF VEHICLE	MAXIMUM CAPACITY	FROM AIRPORT/TRAIN STATION IN MADRID TO HOTELS AT GUADALAJARA
BUS	8	250,00 €
BUS	19	350,00 €
BUS	35	360,00 €
BUS	50	400,00 €
CAR-STANDAR	4	120,00 €
VAN	7	190,00 €
CAR-MERCEDES E	4	140,00 €

Notes:

- ✓ -Price for one way
- ✓ -Rates indicated from 08:00am to 20:00pm. Prices increase in 20% from 21:00pm to 07:00am.

RESERVATION:

- Confirmation subject to availability at the booking request.
- Reservations on request.
- Reservations must be made by email: karate@viajeseci.es

PAYMENT POLICY:

- 50% in order to confirm the reservation
- 50% before the 22nd of February 2023
- It is very important do payments in dates fixed in order to confirm your reservation.

CANCELLATION POLICY:

- Non refundable deposits
- Cancellations before 7 days prior arrival, 100% of penalties

Meals at the Venue

The Spanish Karate Federation will provide meals at the Venue for the National Federations.

The price is 22 euros per person and day. The menu includes first and second course, dessert and water.

The lunch tickets will be handed out during the registration.

There is a limited number of tickets for meals at the Sport Hall.

The applications will be dealt with following first come/first serve policy.

Deadline to reserve the service and make the payment: 22nd February 2023. From that date, if there is availability, the price to apply is 25 euros per person/day.

National Federation:				
Hotel:				
Contact Person:				
Mobile				
Email				
Date	Number		Price	Subtotal
Wednesday 22nd March		x	22 €	_____ €
Thursday 23rd March		x	22 €	_____ €
Friday 24th March		x	22 €	_____ €

Saturday 25th March		x	22 €	_____ €
Sunday 26th March		x	22 €	_____ €

Total	_____ €
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PAYMENT AND CANCELLATION POLICY

BENEF.	REAL FEDERACION ESPAÑOLA DE KARATE
BANK:	CAIXA
IBAN:	ES78 2100 6703 6122 0071 4612
SWIFT:	CAIXESBBXXX

Reference: CATERING + National Federation

Please, send the copy of the bank transfer and the booking form filled by email:
events.assistant@rfek.es

Bank transfer costs will be supported by the sender.

Please, take note that the 100% deposit will be compulsory to confirm the service.

Cancellation policy:

Before 21st February	No cancellation fee
From 22nd February	100 % cancellation fee

18. 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 22nd February 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

19. CONTACTS INFORMATION

Organizers contact details

Spanish Karate Federation

Address: Vicente Muzas Street, 4 mezzanine

28043 Madrid

Tel. +34 915 35 95 87

Email: events.assistant@rfek.es

Safe Sport contact

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

If you or someone you know has been the victim of abuse or harassment in Karate, get help and report it.

Your first point of contact for any incident at this event is the EKF 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

20. MISCELLANEOUS

TRAINING FACILITIES

The OC will provide the National Federations place for trainings.

National Federation:			
Hotel:			
Contact Person:			
Mobile			
Email			
	Tuesday 21st March	10:00 – 12:00	<input type="checkbox"/>
	Tuesday 21st March	12:00 – 14:00	<input type="checkbox"/>

Monday 20th March	16:00 – 18:00	<input type="checkbox"/>	Tuesday 21st March	16:00 – 18:00	<input type="checkbox"/>
Monday 20th March	18:00 – 20:00	<input type="checkbox"/>	Tuesday 21st March	18:00 – 20:00	<input type="checkbox"/>
Number of competitors					

To reserve the training facilities, please contact the OC: events.assistant@rfek.es

In order to book transportation for the training, you can contact the Official Travel Agency: karate@viajeseci.es

Please submit your request before **February 22nd, 2023.**

The applications will be dealt with following first come/first serve policy.

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 EKF Regulations.

KARATE

EUROPEAN CHAMPIONSHIPS SENIOR - PARAKARATE GUADALAJARA 2023

