

A CORUÑA 2023



27-30

APRIL

Karate 1 – Youth League

A CORUÑA

CONTENTS

1. WELCOME MESSAGE	3
1.1 Greeting from the Head of the host NF	3
2. INTRODUCTION	5
3. INTRODUCTION KARATE 1- YOUTH LEAGUE A CORUÑA	5
4. COMPETITION INFORMATION	5
4.1 Categories	5
4.1.1 Age	6
4.2 Prizes	6
5. CONTACTS INFORMATION	6
5.1 Organizers contact details	6
5.2 Local Organising Committee contact details.....	6
5.3 WKF Event Supervisor contact.....	7
5.4 Covid Team contact	7
5.5 Safe Sport contact.....	7
6. WKF APPROVED PROTECTIONS, KARATEGIS & TATAMIS	8
7. EVENT SCHEDULES.....	11
8. RANKING	12
9. ONLINE REGISTRATION & OFFICIAL ACCREDITATION	12
9.1 Online Registration Process	13
9.2 Entry Fee	14
9.3 Payment.....	14
9.4 Official Accreditation	14
10. WKF COACH PROGRAMME	15
10.1 WKF Accredited Coach, A CORUÑA 2023.....	15
10.1.1 Schedule	15
10.1.2 Online Registration	15
10.1.3 Fees	16
10.1.4 Payment.....	16
11. MEDIA	16
11.1 Press	16
12. COMPETITION VENUE.....	17

13.	TICKET FOR SPECTATORS.....	17
14.	OFFICIAL HOTELS.....	18
14.1	HQ Hotel.....	18
14.2	Official hotels.....	18
	Hotels Prices.....	23
14.3	Transport Services.....	24
14.4	Meals at the Venue.....	24
15.	WKF COVID PROTOCOL.....	25
16.	REQUIRED DOCUMENTS.....	25
17.	ANTI DOPING EDUCATION.....	25
18.	VISA REQUIREMENTS.....	26
19.	CITY / COUNTRY INFORMATION.....	26
19.1	About A Coruña.....	26
19.2	How to get to A Coruña.....	27
19.3	Practical Information.....	27
19.4	Side Events.....	28
20.	OMISSIONS.....	28

1. WELCOME MESSAGE

1.1 Greeting from the Head of the host NF

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

I invite all athletes, technicians, coaches, family and friends of Karate to register for this exciting competition, where at the foot of Riazor beach we can enjoy more than four days of competition at the highest level with the young athletes with the best 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 various public institutions for making it easier to bring these great events to Spain; Consejo Superior de Deportes, Concello A Coruña, Xunta de Galicia and Deputación da Coruña.

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

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

Antonio Moreno Marqueño

President Spanish Karate Federation

Head of the Host NF / Event Organizer Name

The celebration of the first Youth League in our country will take place in the city of A Coruña. I am sure that this great international event, aimed at the grassroots categories, will allow us to enjoy who in the not too distant future will be the great world leaders of our sport.

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

All my gratitude to the Royal Spanish Karate Federation and the World Karate Federation, for the trust placed in this regional federation, to serve as hosts in such an important event on the international calendar.

I would also like to convey my appreciation to the different public administrations, Concello de A Coruña, Xunta de Galicia y Diputación de A Coruña; who have shown firm and decided support for this exciting project.

I end by welcoming all the participants in this great sporting event to Galicia, which will undoubtedly make the city of A Coruña the epicenter of world karate for a few days

Óscar De La Fuente 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 at becoming 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 [Competition Rules](#) in force will be applied.

3. INTRODUCTION KARATE 1- YOUTH LEAGUE A CORUÑA

The Karate 1 – Youth League A Coruña 2023 will be held next 27-30 April 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. CONTACTS 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 Covid Team contact

Michael Wenner (mail: mwenner@wkf.net)

5.5 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, exclusively the following brands are WKF Approved for use in the 2023 Karate 1-Youth League Season.

SPORT PROTECTIONS “WKF Approved”



*Click on the logos

CHECK THE COMPULSORY PROTECTIONS FOR THIS COMPETITION

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

<https://wkf.net/karateprotections/protections/face-mask>

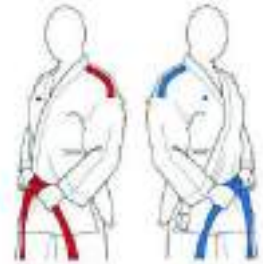
<https://wkf.net/karateprotections/protections/children-chest-protector>



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:



DISTRIBUTORS ASSISTANCE “WKF Approved”

[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](#)

[MIZUNO](#)

[MOOTO](#)

[MUVON](#)

[NAGASHI](#)

[SFJAM NORIS](#)

[TOKYODO](#)

*Click on the logos

Click on the image to visit the distributors by countries.



TATAMIS “WKF Approved”



*Click on the logos

7. EVENT SCHEDULES

DUE TO THE ADDITION OF U21, NEW FEMALE CATEGORIES, AND INCREASE OF KATA TO 128 PER CATEGORY THERE WILL BE 2 REGISTRATION DATES

WEDNESDAY 26/04/2023	ACTIVITY	PLACE
10:00-18:00	Registration and Weigh-In (For All Categories)	HQ Riazor (Room Ensenada) Weight-In (Room Playa-Room Bahia)
15:00-16:30	Referee Meeting	TBD
17:00-18:30	Accredited Coach Briefing	TBD
19:00-20:00	Coaching Meeting & Draws	TBD
18:00-19:00	Registration Referee	TBD
20:00-21:00	Referee Briefing	TBD
FRIDAY 28/04/2023	ACTIVITY	PLACE
10:00-14:00	Additional Registration and Weigh-in (For U14, Cadet Categories)	HQ Riazor (Room Ensenada) Weight-In (Room Playa-Room Bahia)

Competition Schedule - Venue

Thursday, 27/04/2023 09:00-20:00	<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>
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<p>Friday, 28/04/2023 09:00-20:00</p>	<p><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></p>
<p>Saturday, 29/04/2023 09:00-20:00</p>	<p><u>Eliminations & Repechages Cadet</u> Kata Individual Male/Female Kumite Individual, Male (-52kg, -57kg, -63kg, -70kg, +70kg) Kumite Individual, Female (-47kg, -54kg, -61kg, +61kg) <u>Finals Cadet</u></p>
<p>Sunday, 30/04/2023 09:00-20:00</p>	<p><u>Eliminations & Repechages U14</u> Kata Individual Male/Female Kumite Individual, Male (-40kg, -45kg, -50kg, -55kg, +55 Kg) Kumite Individual, Female (-42kg, -47kg, -52kg, +52kg) <u>Finals U14</u></p>

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

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

Detailed information will be communicated in due time.

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; New categories for 2023 will be included as well. For more information about ranking rules click [here](#).

The [current ranking](#) is dynamic file which updates at the beginning of each month and after each event on the [WKF Calendar Event](#).

9. ONLINE REGISTRATION & OFFICIAL ACCREDITATION

All registration in a Youth League event must be processed ONLINE. Onsite registrations will **NOT** be accepted.

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 **27/1/2023 at 12:00 hrs GMT +0** and close fifteen (15) days before the tournament, on **12/4/2023, at 12:00 hrs GMT +0** and it is divided in the following three phases (all phases will close at the 12:00 hrs GMT +0 of the listed day);

- **Phase 1, from January 27th to February 9th, 2023:** Registration only by National Federations. Maximum, 1 athlete per category.
- **Phase 2, from February 10th to April 12th, 2023:** Open registration.

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

COMPETITOR
REGISTRATION

All **referee** registrations must be made **online** through the following Sportdata link;

REFEREE
REGISTRATION

All **coach** registrations must be made **online** through the following Sportdata link;

COACH
REGISTRATION

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

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: support@sportdata.org

9.2 Entry Fee

The entry fees are (per individual category entry): 50€/ 1st month- 60€/ next 15 days- 75€ last 15 days.

9.3 Payment

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

9.4 Official Accreditation

The official accreditation will take place on Wednesday, 26/04/23, from 10.00 a.m. to 18.00 p.m. at the Hotel Riazor, Room Ensenada and Friday, 28/04/23, from 10.00 a.m. to 14.00 p.m. at the Hotel Riazor Room Ensenada

Weigh-in must be done on 26/04 for all competitors in kumite categories and additionally on 28/04 for U14 and Cadet categories.

If changes are required during the official registration session, because of incorrect or missing registration data, a fee of € 20 is charged for each change.

At registration, accreditation cards will be issued with the participants main data, a photograph and information about registered categories. The accreditation card must be always worn during the event.

Only members of national federations recognized by WKF are admitted to participate, as per Youth League Organising Rules 2020 (PL OR Point 6 Registration).

All participants must submit an official document (passport or other valid ID card) for the WKF identification and validation at the accreditation session.

The accreditation of any competitor must be done by the athlete or the athlete's coach, in person bringing the athlete passport or other valid ID at the accreditation session.

The competitor who has not collected, either personally or through his/her coach the accreditation during the official registration, WILL NOT BE INCLUDED IN THE DRAW.

The weighing will be carried out immediately after receiving the accreditation, those athletes who will not attend the weighing WILL NOT BE INCLUDED IN THE DRAW.

MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION



10. WKF COACH 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 to 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 2023

10.1 WKF Accredited Coach, A CORUÑA 2023

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

10.1.1 Schedule

Accredited Coach Briefing				
Wednesday	26/04/2023	from 17:00 hrs	to 18:30 hrs	TBC

10.1.2 Online Registration

Those coaches who wish to attend to the “WKF Accredited Coach Briefing” in A Coruña must be registered online with deadline 12/04/2023 through the following link:

**COACH PROGRAMME
REGISTRATION**

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

10.1.3 Fees

We would like to remind you that the fees for the Program for WKF Coaches are as follows:

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

10.1.4 Payment

All payments must be made through Sportdata platform.

No other methods of payment will be accepted.

Registrations and payments onsite will not be accepted.

11. MEDIA

11.1 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

12. COMPETITION VENUE

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

PROGNME
TATAMI BY TROCELLEN

[OFFICIAL TATAMI FOR THIS TOURNAMENT](#)



13. TICKET FOR SPECTATORS

[TBC - The sale of tickets to the pavilion will be announced later.]

14. OFFICIAL HOTELS

14.1 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.



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.



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, 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 Corunna 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 or 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.



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 with 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!



Hotels Prices

HOTEL	RATES BED AND BREAKFAST			RATES HALF BOARD		
	SINGLE	DOUBLE	TRIPLE	SINGLE	DOUBLE	TRIPLE
Hotel RIAZOR 4* HQ	(*)	(*)	(*)	(*)	(*)	(*)
HESPERIA CORUÑA CENTRO 4*	116€	63 €	53€	146 €	93€	83€
EUROSTARS ATLANTICO 4*	107€	58€	-	128€	79€	
PLAZA 4*	77€	53€	47€	91€	67€	61€
EXE CORUÑA 4*	87€	47€	-	108€	68€	
EUROSTARS CIUDAD DE CORUÑA 4*	99€	53€		120€	74€	
IBIS STYLE A CORUÑA	63€	39€	33€	80€	56€	50€
AC CORUÑA 4*	77€	42€	36€	99€	64€	58€
ATTICA 21 4*	75€	43€		99€	67€	
CARRIS MARINERA 4*	83€	47€	40€	102€	66€	59€
HOTEL AVENIDA 3*	73€	49€	44€	87€	63€	44€

(*) Check availability

- Rates per person and night
- VAT included
- Minimum 4 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.

- Reservations can be made by the online booking tool, please find below the link: eventoskarate.bcdme.es. or email reservas.bcdsports@bcdme.es

PAYMENT POLICY

- 50% in order to confirm the reservation.
- 50% before the 26th of March 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 26th of March, 100% of penalties

For any question, please contact with the Official Travel Agency reservas.bcdsports@bcdme.es

14.3 Transport Services

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

14.4 Meals at the Venue

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

15. WKF COVID PROTOCOL

The WKF Covid Protocol will adapt to the epidemiological conditions presented in the host country and based on the legislation in effect at the time of the event.



16. REQUIRED DOCUMENTS

MANDATORY DOCUMENTS TO BE SUBMITTED AT THE OFFICIAL ACCREDITATION

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

- I) 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.



17. 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](#). 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

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 March 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. CITY / COUNTRY INFORMATION

19.1 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.

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

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>

19.3 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 language is Galician and Spanish.

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

19.4 Side Events

At the moment, it does not coincide with another sporting event.

20. 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.

