

AREA SPORTIVA SETTORE KARATE
Prot. n. 1775 AS/K/AB

Roma, 28/05/2015

CdC COLL: SE- 1.01.01.01.02.09

CdC GARA: 1.01.01.01.01.08



- ALLE PERSONE CONVOCATE
- ALLE SOCIETA' SPORTIVE INTERESSATE
- e p.c. - ALLA DIREZIONE TECNICA NAZIONALE
- AI VICEPRESIDENTI DEI COMITATI REGIONALI
Settore Karate
- AL CONSIGLIO DI SETTORE
- AL CONI - Coordinamento Attività Anti-Doping

LORO INDIRIZZI

KUMITE/KATA – 310° SENIORES RADUNO COLLEGIALE

Lido di Ostia/RM – 04/10 giugno 2015

KUMITE/KATA – 1st EUROPEAN GAMES BAKU KARATE

BAKU (AZE) - 11/16 giugno 2015

Su disposizione della Direzione Tecnica Nazionale, gli Atleti di cui all'elenco allegato sono convocati per l'attività di cui all'oggetto. L'allenamento si svolge sotto la guida degli Allenatori Federali M. Guazzaroni Claudio, M. Valdesi Luca, M. Loria Salvatore (solo collegiale), coordinati dal Direttore Tecnico Nazionale, Prof. Pierluigi Aschieri.

FINALITA':	Il programma di lavoro di questo ciclo è finalizzato alla "verifica del livello di prestazione" e alla partecipazione all'evento in oggetto.
SEDE ALLENAMENTO COLLEGIALE:	Gli Atleti -muniti di tutto l'occorrente per l'allenamento e la gara e del materiale di cui all'allegato- devono presentarsi alle ore 10:00 di giovedì 04 giugno 2015 presso il Centro Olimpico "Matteo Pellicone" – Via dei Sandolini, 79 – 00122 Lido di Ostia/RM.
PERIODO:	Il Raduno inizia alle ore 10:00 di giovedì 04 giugno 2015 e ha termine la sera di mercoledì 10 giugno 2015 dopo gli allenamenti . (vedi programma allegato). I convocati presenti soggiogneranno presso le foresterie del Centro Olimpico in regime di pensione completa.
GARA:	La partenza e il ritorno della Squadra Nazionale sono programmati come segue: PARTENZA: 11 giugno FCO - GYD J238 11.50 19.30 RITORNO: 16 giugno GYD - FCO J237 08.00 10.00 (piani di volo non ancora confermati dal CONI)
CAT. di PESO:	Gli Atleti devono presentarsi al Raduno con la seguente tolleranza di peso: Kg. 0.
NOTE:	



Le spese di viaggio e l'eventuale indennità giornaliera (per la misura e le modalità Comunicato n. 2/2013 del 26 marzo 2013, pag. 2, "Tabella Rimborsi Federali") sono corrisposte dietro presentazione del Foglio di Missione da inviarsi direttamente all'Area Amministrazione /Settore Karate della scrivente Federazione entro sabato 20 giugno 2015.

I Presidenti Sociali garantiscono che gli Atleti convocati sono regolarmente tesserati per l'anno in corso, sono in possesso di **idonea certificazione medica** alla pratica agonistica rilasciata dai sanitari abilitati dalle norme vigenti e, quindi, sono in perfette condizioni psico-fisiche e tecnico-tattiche, e, inoltre, si impegnano a comunicare con urgenza le **eventuali assenze per gravi giustificati motivi**, accompagnandole con idonea certificazione come disposto dall'Art. 8 del R.O.F. (Fax. 06/56470527).

Al momento dell'arrivo, gli Atleti sono tenuti a consegnare allo Staff Sanitario del Centro Olimpico o al DTN (in caso di diversa sede del Raduno) l'accluso modello, debitamente compilato, relativo alla dichiarazione di assunzione di farmaci e/o integratori.

Cordiali saluti.


Il Segretario Generale
Benucci Massimiliano

Allegati :

- Elenco Atleti e materiale
- Programma di Gara
- Dichiarazione assunzione farmaci e integratori
- Foglio di missione
- Norme Osservanza e Comportamento-Centro Olimpico Federale



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KUMITE/KATA – 310° SENIORES RADUNO COLLEGALE - Lido di Ostia/RM – 04/10 giugno 2015

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Officials				
1	DTN	ASCHIERI	PIERLUIGI	
2	Allenatore	GUAZZARONI	CLAUDIO	COLL + GARA
3	Allenatore	VALDESI	IUCA	COLL + GARA
4	Allenatore	LORIA	SALVATORE	SOLO COLLEGALE

LISTA ATLETI CONVOCATI

	n.	Cl	Cat. Peso	S	Cognome	Nome	nato il	Cod. Soc.	Denominazione Società	Città	Grado	Toll.
	1	SE	60	M	MARESCA	LUCA	28/12/1993	12RM0061	G.S. FIAMME ORO ROMA	RM	5 DAN	0
	2	SE	67	M	DE VIVO	GIANLUCA	16/08/1992	15SA1180	A. P. D.SHIRAI CLUB S.VALENTINO	SA	3 DAN	0
	3	SE	75	M	WIERDIS	WILLIAM	16/10/1993	15NA1486	CHAMPION CENTER A.S.DILET. S.	NA	3 DAN	0
	4	SE	75	M	BUSA'	LUIGI	09/10/1987	12RM0129	GRUPPO SPORTIVO FORESTALE	RM	5 DAN	0
	5	SE	84	M	MAESTRI	NELLO	02/04/1986	12RM0134	CENTRO SPORTIVO ESERCITO ROMA	RM	5 DAN	0
	6	SE	+84	M	MARI	DANIEL	28/01/1987	12RM0061	G.S. FIAMME ORO ROMA	RM	3 DAN	0
	7	SE	Kata	M	BUSATO	MATTIA	02/02/1993	05TV1934	ASD KARATE CASTELFRANCO VENETO - SPORT T	TV	5 DAN	0
	8	SE	Kata	F	BOTTARO	VIVIANA	02/09/1987	12RM0061	G. S. FIAMME ORO ROMA	RM	5 DAN	0

Atleti solo in collegiale



Atleti Qualificati per BAKU European Games



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SITO WEB: WWW.FIJLKAM.IT

E-MAIL: karate.internazionale@fijlkam.it – karate.nazionale@fijlkam.it



FEDERAZIONE
SPORTIVA NAZIONALE
RICONOSCIUTA
DAL CONI

Gli Atleti convocati con la presente devono presentarsi forniti del seguente materiale:

- **PROTEZIONI personali omologate WKF**: maschera facciale (solo per gli ES B, Cadetti Internazionali) - corpetto - paracenti, paraseni, guantini, conchiglia, paratibia e paracolpo del piede;
 - **KARATEGI**: i KARATEGI non dovranno avere nessuna scritta o loghi al di fuori di quelli autorizzati (nel kata non ci dovranno essere orli con i colori dell'Italia sulle maniche) e le misure non dovranno superare quelle stabilite dal regolamento;
 - **CINTURE**: le cinture, rosse e blu, non dovranno avere nessuna scritta (nome);
 - n. 2 fotografie recenti formato tessera;
 - **PASSAPORTO valido per almeno un anno**
 - WKF ID Card, se in possesso;
 - eventuale copia di richiesta esenzione a fini terapeutici (TUE/ATUE).
- Gli Atleti sprovvisti di quanto sopra non potranno essere ammessi al Raduno Collegiale.

PROGRAMMA DI ALLENAMENTO DI BASE:			
giornata tipo		KATA	KUMITE
1° GIORNO	mattina	arrivo ore 10:00	
	pomeriggio	16:00 / 17:30	17:30 / 19:00
2° GIORNO	mattina	09:30 / 11:00	11:00 / 12:30
	pomeriggio	16:00 / 17:30	17:30 / 19:00
3° GIORNO	mattina	09:30 / 11:00	11:00 / 12:30
	pomeriggio	16:00 / 17:30	17:30 / 19:00
4° GIORNO	mattina	scarico	scarico
	pomeriggio	16:00 / 17:30	17:30 / 19:00
5° GIORNO	mattina	09:30 / 11:00	11:00 / 12:30
	pomeriggio	16:00 / 17:30	17:30 / 19:00
6° GIORNO	mattina	09:30 / 11:00	11:00 / 12:30
	pomeriggio	16:00 / 17:30	17:30 / 19:00
7° GIORNO	mattina	scarico	scarico
	pomeriggio	16:00 / 17:30	17:30 / 19:00
8° GIORNO	mattina	PARTENZA	



Karate

at the Baku 2015 European Games



Competition venue: **Crystal Hall 3**

Competition
starts: **13 June**

2 days of
competition

96
athletes

12 medal
events



Key personnel

European Karate Federation (EKF) personnel

Technical Delegate – Esteban Pérez (ESP)

Assistant Technical Delegate – Sara Wolff (ESP)

BEGOC Competition Management

Karate Manager – Dmitriy Chigenev

Karate Specialist – Aytan Zeynalova

The Karate competition

The Karate competition at the Baku 2015 European Games will be held for two days, from 13 June to 14 June 2015, at Crystal Hall. The competition will consist of 12 medal events, summarised below:

Medal events (12)	
Men (6)	Women (6)
Kata	Kata
Kumite -60kg	Kumite -50kg
Kumite -67kg	Kumite -55kg
Kumite -75kg	Kumite -61kg
Kumite -84kg	Kumite -68kg
Kumite +84kg	Kumite +68kg

A total of 96 athletes, 48 men and 48 women, may take part in the Karate competition. Eight athletes will compete in each Kumite weight category and in each Kata event.



The rules

The Karate competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

- The World Karate Federation (WKF) Kata and Kumite Competition rules revision 9.0, effective from 1/1/2015, available at www.wkf.net
- The European Karate Federation Organizing Rules, approved January 2014, available at www.europeankaratefederation.net

Judges and Scoring

In the men's Kumite events, each bout has a duration of three minutes. In women's Kumite, bouts have a duration of two minutes.

Participants receive points according to the skills and moves used. The valid points in Kumite are as follows:

- One ("Yuko") point for a valid punch to the body;
- Two ("Waza-Ari") points for a valid kick to the body;
- Three ("Ippon") points for a valid kick to the head. Three points are also granted when a participant delivers a kick to the opponent's head or punches the opponent after the latter falls or is thrown;
- Fouls are classified by type and consist of advice. The types of fouls are warning (one point given to opposition), caution on foul (two points given to opposition), and disqualification on fouls (win given to opposition);
- Warnings and cautions are separately given.

Kata

The Kata are executed as a specified series of approximately 20 to 70 moves, generally with stepping and turning, while attempting to maintain perfect form. Kata organises and shapes the skills of blocking, kicking, striking, bending and throwing. It displays the stance of defending and counter-attacking adversaries. The Kata events consist of individual performances in separate male and female categories. The score table will be notified of the choice of Kata prior to each round. Contestants must perform a different Kata in each round. Once performed a Kata may not be repeated. In each round winners are determined by judges when, after the competing athletes performance, the judges throw up either a red flag (if the winning athlete wears a red belt) or a blue flag (if the winning athlete wears a blue belt).

Clothing and equipment

Clothing and equipment used by athletes and other participants in the Karate competition must comply with the following documents:

- The World Karate Federation (WKF) Kata and Kumite Competition rules revision 9.0, effective from 1/1/2015
- European Games Rules on Advertising, Demonstrations and Propaganda

Competition format

At the European Games, every Karate event will feature athletes divided into two groups of four athletes each. The athletes compete between themselves in groups and the winner of each group goes to the semi-final against the second athlete from an opposite group. A medal bout for gold will take place between the semi-final winners, and for bronze between the semi-final losers.

Competition schedule

A detailed competition schedule can be found on page 5.

Sport-specific events

Competition draw

The draw will be conducted on 12 June 2015 at 15:00.

According to the EFK Rules, the following system will apply: the six first athletes of the European Championships (#1, #2, #3 (Bronze 1), #4 (Bronze 2), #5, #6); one athlete from Azerbaijan (#7); one universality athlete (#8);

- #1 and #4 of the European Championship starts on one pool, #2 and #3 on the other pool;
- #5/#6 and #7/#8 athlete will be drawn into pools randomly

Weigh-ins

The official weigh-ins will be conducted at the Athletes Village under the supervision of officials appointed by the EKF. The official weigh-in for each weight category will take place from 09:00 to 10:00 one day prior to the event.

The venue

The Karate competition will be held at Crystal Hall 3, which was built to host the Eurovision Contest in 2012. Crystal Hall is located in the center of the iconic Flag Square Cluster on a dramatic peninsula jutting out into the Bay of Baku in the Caspian Sea.

Crystal Hall 3 will be located in the area to the east of the main hall. Along with the Karate competitions, the venue will also host the Fencing and Taekwondo competitions at Baku 2015.

The field of play for the Karate competition at Crystal Hall will be held on an elevated platform with two competition tatami each measuring 8m x 8m plus a 2m safety area surrounding. The competition area and all equipment will be presented in accordance with the WKF rules.

Facilities

The warm-up area will consist of two matted areas close to the call room, which is the final staging area before athletes enter the field of play. Other facilities at the competition venue will include:

- **Changing rooms and showers (separate facilities for men and women)**
- **An athletes lounge, which will include services such as an athlete refreshment station, the Sport Information Desk, television with an in-venue live sports feed and Wi-Fi**
- **A broadcast mixed zone and an I-Zone (the I-Zone replaces the press mixed zone and media conference room at a competition venue)**
- **A doping control station**
- **Medical facilities and services such as field-of-play response team, spectator response teams and ambulance staff. Each venue will have at least one medical person with Advanced Cardiovascular Life Support certification**
- **Physiotherapy services featuring internationally trained physiotherapists**
- **A Sport Information Desk, offering services including distribution of general sport information, results and other key competition information**

Venue familiarisation

Venue familiarisation tours will be available for team officials. The dates of the tours will be communicated to NOCs at a later stage. There will be no separate familiarisation tour arranged for athletes.

Transport

The preliminary travel time from the Athletes Village to Crystal Hall is 34 minutes. All travel times are subject to being refined in tandem with the Road Infrastructure delivery.

Weather

Due to its location on the southwest Absheron Peninsula, Baku is characterised by its warm temperatures and strong winds all year long and summers are usually hot and dry. Based on statistics from recent years, the mean temperature is approximately 23°C (73°F) in June with around 15 hours of daylight. In June, the prevailing wind direction is from the north, with a mean wind speed of 6.5 m/s.

Qualification and entry

All information on qualification and entries for Karate can be found in the Karate qualification system, distributed by BEGOC. NOCs should check online for regular updates to these qualification criteria, which will be made available to all NOCs on the e-Qazet.

Training

Training for Karate will take place at an independent training venue. The venue will be open for training from 10 June to 13 June 2015. All training equipment will be approved by the EKF, and will comply with the WKF Kata and Kumite Competition rules revision 9.0, effective as of 1/1/2015.

Other information:

- There will be four training tatami at the independent training venue
- All training sessions will be open (not allocated or bookable).

Competition Schedule

13 June 2015 - Day 1, Crystal Hall 3			14 June 2015 - Day 2, Crystal Hall 3		
10:00 - 13:30	KA01	Men's Kumite -60 kg Elimination Round	10:00 - 13:30	KA03	Men's Kumite -84 kg Elimination Round
		Men's Kumite -67 kg Elimination Round			Women's Kumite -61 kg Elimination Round
		Women's Kumite -50 kg Elimination Round			Women's Kumite -68 kg Elimination Round
		Men's Kata Elimination Round			Women's Kata Elimination Round
		Women's Kumite -55 kg Elimination Round			Women's Kumite +68 kg Elimination Round
		Men's Kumite -75 kg Elimination Round			Men's Kumite +84 kg Elimination Round
15:30 - 19:00	KA02	Men's Kumite -60 kg Semi-finals Round	15:30-19:00	KA04	Men's Kumite -84 kg Semi-finals Round
		Men's Kumite -67 kg Semi-finals Round			Women's Kumite -61 kg Semi-finals Round
		Women's Kumite -50 kg Semi-finals Round			Women's Kumite -68 kg Semi-finals Round
		Men's Kata Semi-finals Round			Women's Kata Semi-finals Round
		Women's Kumite -55 kg Semi-finals Round			Women's Kumite +68 kg Semi-finals Round
		Men's Kumite -75 kg Semi-finals Round			Men's Kumite +84 kg Semi-finals Round
		Men's Kumite -60 kg Medals Round			Men's Kumite -84 kg Medals Round
		Men's Kumite -67 kg Medals Round			Women's Kumite -61 kg Medals Round
		Men's Kumite -60 kg Medal Ceremony			Women's Kumite -68 kg Medals Round
		Men's Kumite -67 kg Medal Ceremony			Women's Kata Medals Round
		Women's Kumite -50 kg Medals Round			Women's Kumite +68 kg Medals Round
		Men's Kata Medals Round			Men's Kumite +84 kg Medals Round
		Women's Kumite -50 kg Medal Ceremony			Men's Kumite -84 kg Medal Ceremony
		Men's Kata Medal Ceremony			Women's Kumite -61 kg Medal Ceremony
		Women's Kumite -55 kg Medals Round			Women's Kumite -68 kg Medal Ceremony
		Men's Kumite -75 kg Medals Round			Women's Kata Medal Ceremony
		Women's Kumite -55 kg Medal Ceremony			Women's Kumite +68 kg Medal Ceremony
		Men's Kumite -75 kg Medal Ceremony			Men's Kumite +84 kg Medal Ceremony

Disclaimer

All information contained within this Competition Factsheet may be subject to change between now and the Games. NOCs are advised to check the e-Qazet for important updates on topics such as the qualification system and the competition schedule.

Detailed Games-time Sport Guides will be distributed to NOCs in May 2015.



