



# **22<sup>nd</sup> BALKAN SENIOR CHAMPIONSHIPS**

**Referee Seminar**

**Yavier Eskalante, President of the WKF Referee Commission**

**Belgrade, Serbia**

**6-8 March 2020**



**BULLETIN No 1**

**Mr. Davor Cipek, President of Karate federation of Balkan**



Esteemed athletes, sport officials, dear guests,

It is both, an honor and pleasure to greet you all on behalf of the Karate Federation of Balkan and invite you to take participation at the 22nd Balkan Karate Championships for Seniors which will take place in Serbia and unique City of Belgrade from 6th until 8th March 2020.

Karate speaks all languages and connects all people and generations regardless of race, gender, religion and political status and by this basic tenets our karate family is well known. The Balkan Karate Championship in Serbia is more than just a competition, it is a place where friendship, respect and tolerance meet.

I hope that, along with the event itself, you will have many beautiful and pleasurable moments during your stay in Serbia and that the 22nd Balkan Karate Championships and the city of Belgrade will remain pleasant memories that you will always gladly remember.

I am looking forward to see you all together in City of Belgrade in Serbia!

**Mr. Slavoljub Piper, Secretary General of the Karate Federation of Balkan**



Dear guests,  
Dear athletes,  
Friends of karate,

It's my great pleasure to welcome all participants of the 22nd Balkan Seniors Championship.

Serbia and Belgrade are the traditional host a major sporting event such as this competition. Reassemble the whole Balkan in one place; it is a great honor and responsibility for our country.

Accepting the organization of this tournament we wanted to show everyone how karate is positive, mass and popular sport.

We hope that all participants and guests will see and feel the energy, knowledge and hospitality of our people and therefore will constantly return to compete. This event is more than the competition itself. It will be a combination of friendship, art and karate.

I am convinced that Serbia and Belgrade, as many times before, are ready to justify the trust.

I wish that this event, for all participants and for the world karate sport, be seen as wordless dialogue in the spirit of sport philosophy. Karate speaks all languages and connects all people and generations, regardless of race, sex, religion and political status.

Let the best win!

Welcome to City of Belgrade.

## **WELCOME TO BELGRADE**

Belgrade, just like other European cities, has its old and new face, its mementos of the past and the joys of youth. But what makes cities, and indeed the people different here is their soul and appearance, their charm and openness make them special. The beauty of our town is in the smile of its people, their spontaneity and warmth, a friendly and extended hand most sincerely saying – Come again!

Belgrade is a special town – an endless story never reaching the epilogue because of its long, rich and, above all, turbulent history which has left its marks, but also a unique soul created in the richness of differences and spiritual traces. In addition to Athens, Belgrade is one of the oldest European cities, and the culture of Vinča is one of the oldest cultures of the continent.

The Belgrade time machine would bring us straight to the heart of the Belgrade Fortress, the place which seems to have been the cornerstone of all events happening in the town's life – historical, political, social, cultural ... and today it is a popular place for walks and art gatherings. This is how it has been for centuries, and this is how it is today.

Famous Prince Mihailova Street is close to the Belgrade Fortress and is the town's artery. You may measure it either in meters or in the people you meet, the favorite places and long-standing institutions. Never deserted people passing or walking, street performers, and ladies window-shopping together are just a part of its everyday face. It was first acknowledged as a street centuries ago, and it developed together with Belgrade. Many of its restaurants, hotels and shops are mentioned in the town's chronicles, and there are always new noteworthy places yet to be recorded. The street has both common popular places as well as those each of us feels to be special. The first group is in the city map; the places belonging to the second group are engraved in the hearts of the people living in Belgrade.

The street will lead you to Trg Republike, the square hosting the town's most famous monument – Prince Mihailo. The square is bordered by two major cultural institutions – the National Museum and National Theatre.

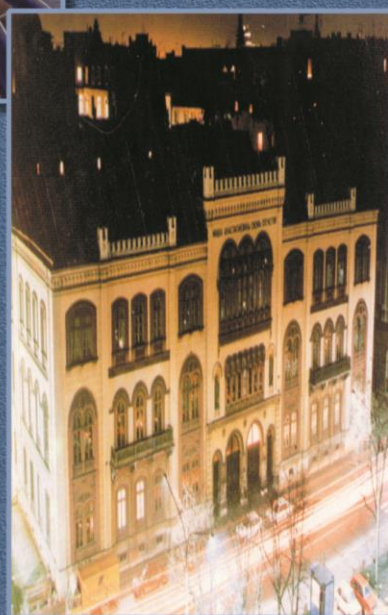
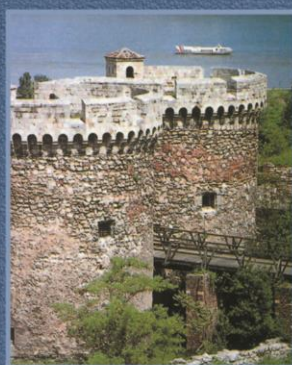
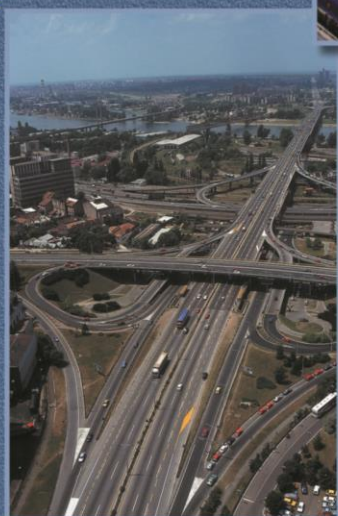
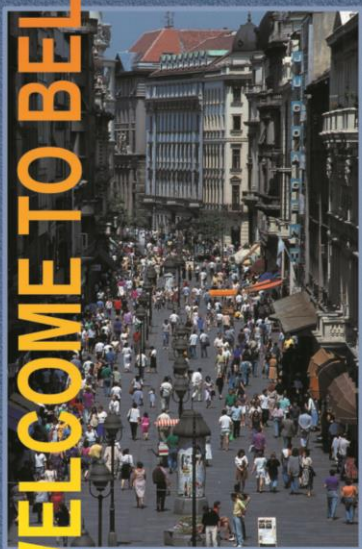
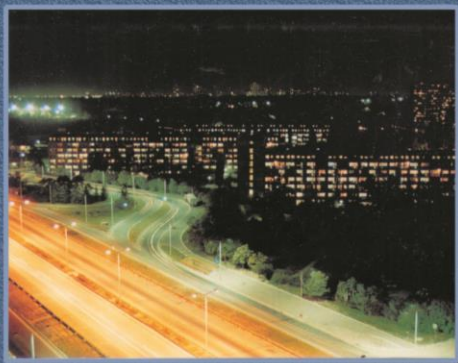
Just a few hundred meters from the town's central square, its lively and eventful mood fades away. If you feel like seeing a relaxed Belgrade, the best choice is to go to Skadarlija, the town's bohemian quarter, the street of cafés and restaurants, a popular place enjoyed by the people of Belgrade and their guests. Time seems to have stopped here, and the hasty everyday life is won over by Skadarlija's relaxed setting and the aged spirit of the town living another life surrounded by old houses. If you miss going to Skadarlija and its atmosphere, you can hardly feel the genuine soul of the town and the people living in it. It is a street of the past and nostalgia is felt for foregone times, and it has the quality of stopped time for us and for our sake. Depending on the occasion and taste, on your mood and the time of day, you may choose the environment and menu in one among many of Skadarlija's restaurants. One thing will never vary: a recognizable homemade taste.

And when you feel like escaping from the city clamor and everyday pressures, there is no need to go far. At no more than 4 km from central Belgrade, you will find Ada Ciganlija, the most popular resort for the people of Belgrade and their guests. Its huge green areas, with the lake in the middle, belong to the full list of qualities any town should have to meet the needs of its people. And Belgrade has it. The town with Belgrade's ambitions would not gain much from its colorful streets and squares if it had not a special and peaceful retreat as Ada Ciganlija.

The time spent in these or many other places will make you realize that you have become attached to Belgrade in a special way. Who knows exactly when this extraordinary chemistry happens to spread, but we know that Belgrade is staying with you, and even when you are packing and intend to leave, you will never leave for good. There are always people, towns and places we are saying GOODBYE to, but what we are actually telling them is SEE YOU SOON.



WELCOME TO BELGRADE, 2020





### WEATHER

Belgrade has a moderate continental climate, with four seasons. Autumn is longer than spring, with longer sunny and warm periods - the so-called Indian summer. Winter is not so severe, with an average of 21 days with temperature below zero. January is the coldest month, with average temperature of 0.1°C. Spring is short and rainy. Summer arrives abruptly.

The average annual air temperature is 11.7°C. The hottest month is July (22.1°C). The lowest temperature in Belgrade was recorded on January 10<sup>th</sup>, 1893 (-26.2°C), and the highest on August 12<sup>th</sup>, 1921 and on September 9<sup>th</sup>, 1946 (41.8°C). From 1888 to 1995 only six days with temperature of over 40°C were recorded. The average annual number of days with temperature higher than 30°C - the so-called tropical days - is 31 and that of summer days with temperature higher than 25°C is 95. Average air temperature in March is 11°C.

### VISA REGIMES FOR FOREIGN CITIZENS

All information regarding entry visa for Serbia can be check on official website of Ministry of Foreign Affairs of Republic of Serbia

#### **Ministry of Foreign Affairs**

Kneza Miloša 24-26, Belgrade, Republic of Serbia

Phone: +381 11 3616 333, +381 11 3068 000, Fax: +381 11 3618 366

E-mail: [mfa@mfa.rs](mailto:mfa@mfa.rs)

[www.mfa.gov.rs](http://www.mfa.gov.rs)

### LANGUAGE

The official language is Serbian. Most of the people speak English.

### CURRENCY

The official currency is the dinar (RSD).

Coins: 1, 2, 5, 10 and 20 dinars. Banknotes: 10, 20, 50, 100, 200, 500, 1000, 2000 and 5000 dinars.

Currency can be exchanged in all banks and post offices, as well as in the many authorized exchange offices (exchange offices do not take exchange fees).

1 Euro is approximately 118 RSD. The most current information can be found on Nacional bank of Serbia official website [www.nbs.rs](http://www.nbs.rs)

### BUISNESS-SHOPPING HOURS

#### **Banks and post offices:**

- weekdays 08.00-19.00
- Saturdays 08.00-15.00
- Sundays, only 24-hour duty branches

**Food stores:**

- weekdays 06.30-20.00 (in some cases up to 21.00)
- Saturdays 06.30-18.00 (in some cases up to 21.00)
- Sundays closed (in some cases 07.00-13.00)

**Markets** are open every day 06.00-20.00

**Shops** in shopping malls are open 09.00-22.00

**Department stores:**

- weekdays from 08.00-20.00
- Saturdays 08.00-15.00
- Sundays closed

**Shops in Kneza Mihailova Street** are also open on Sundays.

### TIME ZONE, ELECTRICITY AND WATER

Belgrade is in the CET zone - Central European Time (GMT+1 hour).

Summer time is from the end of March to the end of October (GMT+2 hours).

The Serbian electricity network operates at 220 V~, and a frequency of 50 Hz.

The city public water supply and the water from public drinking fountains are safe and pleasant to drink.

### TRANSPORTATION

Orientation: Belgrade has good transport connections with nearby cities thanks to its great position. It is located about 530 km from [Ljubljana](#), 395 km from [Zagreb](#), 430 km from [Podgorica](#), 600 km from Bucharest, 400 km from Sofia, 950 km from Istanbul, 300 km from Sarajevo, 440 km from Skopje, 590 km from Tirana.

**By plane**

The Belgrade airport is Nikola Tesla Airport.

Numerous foreign airline companies are also providing flights to Belgrade.

Phone: +38111 209-4444

[www.beg.aero](http://www.beg.aero)

**By bus**

Using the bus is the most recommended option.

Phone: +381 32 222 211

**Roadside assistance**

Domestic call:

Phone: 1987

International call:

Phone: +381 11 1987

[www.amss.org.rs](http://www.amss.org.rs)

[info@amss.org.rs](mailto:info@amss.org.rs)



### HEALTH AND SAFETY CONCERNS

World championships organizer has provided for the participants to be taken care for by the biggest health care institution in Serbia, Health Care Clinic of Serbia, which is located in the center of Belgrade.

Health Care Clinic of Serbia, Pasterova 2, tel. 361-8444, [www.klinicki-centar.co](http://www.klinicki-centar.co)

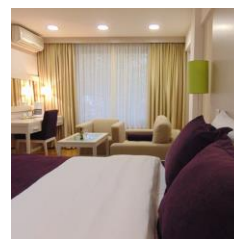
Ministry of Interior, Republic of Serbia will be in charge of general safety.

#### Police

Dial 192 from any phone.

### ACCOMMODATION

#### HOTEL HQ "M" \*\*\*\*



HOTEL "M", Bulevar Oslobođenja 56a, 11000 Beograd, Serbia, +381 11 3090401, [office@hotel-m.com](mailto:office@hotel-m.com)

The hotel provides 300 available beds.

Hotel M Belgrade is located in one of the most beautiful and peaceful parts of Belgrade, surrounded by greenery of park "Banjica". Hotel M has 180 stylish, fully-equipped rooms featuring great comfort. Our advantages are good connection with main roads, airport and city centre, free internet, free hotel parking and stay in protected environment.

#### HOTEL "TRIM" \*\*\*



Hotel "Trim", Kneza Visaslava 72, Belgrade, Tel/Fax: 011.3540.670 | 011.3540.669, [info@trimhotel.rs](mailto:info@trimhotel.rs)

The hotel provides 50 available beds.

Hotel Trim is located in the most beautiful part of Belgrade, Kosutnjak, a park-forest spread over 40 hectares, which offers numerous sports and recreational facilities. It is located 9 km from the city



centre and 26 km from the airport. Ada Ciganlija, a river island, is a close neighbour to the hotel, and is known as the "Belgrade sea", which boasts 100,000 visitors daily in the summer. In the neighbourhood is Topcider park, in the valley of the Topcider river, the most beautiful park in Belgrade, which has numerous cultural and historical significancies.

The hotel is part of the Serbian Institute of Sport and Sports Medicine complex - the National training centre, where national and olympic teams prepare for competitions. The National training centre boasts four football courts for mini football, two full size grass football courts, six tennis courts, clay and hard, indoor and outdoor basketball, handball and volleyball courts, gym, cross country running track, indoor swimming pool with sauna, and an open air swimming complex wich has an Olympic sized diving pool, Olympic sized swimming pool and four smaller pools which are open to the public. The hotel has parking for 40 vehicles.

Hotel	Category	Distance from the Sport Hall	1/1 HB	1/2 twin HB	1/2 queen HB	1/3 HB
M HQ 300 available beds	4	4 km	65 €	50 €	49€	47
TRIM 50 available beds	3	12 km	60 €	45 €	44€	42

HB - Prices include accommodation, breakfast and dinner.

**Prices are in EUROS per person per night.**

**Prices include accommodation, breakfast and dinner.**

**All athletes, referees, coaches and delegations must be accommodated in hotels in the organization of the Technical Organizer (KFB Statute, Article 57). Otherwise would not be able to take part in the Championship.**

The number of rooms available are limited and a first come first serve policy will be implemented.

Note: Please be informed that when making changes to your initial reservation, the first change is free of charge, from the second change onwards, the change is 15 Euros to cover office fees.

## **BOOKING AND PAYMENT FOR THE ACCOMMODATION**

The bookings have to be done by filling up the registering form, and sending it to e-mail:

office1@karateserbia.org

**Reservation with the 30% total price paid up to February 10<sup>th</sup> 2020 will be considered final. Up to February 15th 2020 obligations of the Federation to pay the full amount for accommodation.**

Rooming list must include a contact person with the email address and phone number.

**Booking and payment should be made to the Karate Federation of Serbia with deadline February 15th 2020.**

**All athletes, referees, coaches and delegations must be accommodated in hotels in the organization of the Technical Organizer (KFB Statute, Article 57). Otherwise would not be able to take part in the Championship.**



## BANK DETAILS

TRANSFER HAS TO BE EFFECTED AS PER FOLLOWING INSTRUCTION

FIELD 32: CURRENCY	EUR
FIELD 56a: INTERMEDIARY INSTITUTION	DEUTSCHE BANK AG FRANKFURT SWIFT: DEUTDEFF
FIELD 57a: ACCOUNT WITH INSTITUTION	Banka Poštanska Štedionica a.d. 11000 BEOGRAD SWIFT: SBPORSBG
FIELD 59: BENEFICIARY	RS35200272569010100375
CUSTOMER – NAME	KARATE FEDERACIJA SRBIJE
ADDRESS	MAKEDONSKA 28/2, 11000 Beograd 6

## CANCELATION CONDITIONS

10 days prior to arrival: 50% of the total booking price

7 days prior to arrival: 100% of the total booking price

All reservations must be made through Karate Federation of Serbia.

## TRANSFERS

The organizer will provide parking space for buses and cars near the Sports Hall.

## ENTRANCE

Entrance to the Sport Hall will be free of charge.

## FLAG AND ANTHEM

All delegations must provide their official flag (2) and anthem (CD) during registration.

## VENUE

### SPORT CENTER "MASTER"



The center features a multifunctional sports hall with a seating capacity of 736 fixed seats and 600 movable seats, goals, air conditioning, sound system, ripstalls with mats, four changing rooms with underfloor heating, showers and toilets, as well as a first aid room. The flooring and the flooring are JUNCKERS with FIBA certification and the LED lighting is the latest generation of PHILIPS.

The Fitness and Spa Club 300 allows its members to use the 20x6m pool, Finnish sauna, steam room, salt room, hot tub and tepidarium. CRYOSAUNA is on offer as well as a number of massages that are housed in four separate units. The cozy atmosphere, the facilities of the center as well as the friendly staff will make your stay enjoyable.

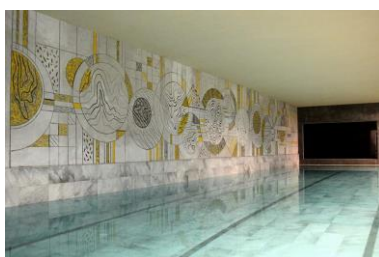
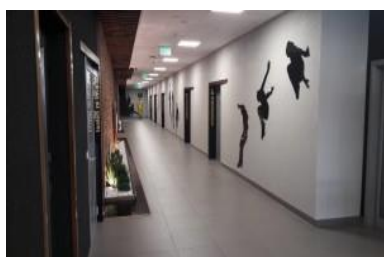
The gym is equipped with superior strenght and fitness equipment PRECOR and GYM 80. It is located on the gallery with an attractive terrace and a tartan path 60m in length. It is connected by a separate elevator to the locker rooms and amenities on the ground floor.

The Master Sports Center has a state-of-the-art massage center with state-of-the-art equipment. The center is also equipped to test athletes. The Master Sports Center houses the latest generation of cryosauna. Massage is performed by a professional and qualified staff, trained in a large number of massage techniques: relaxation, aesthetic and sports.

Cafe-Restaurant of healthy food, located on the ground floor with a capacity of 90 seats.

The facility is positioned between New Belgrade and Zemun.

Access to the building is possible from two directions, Radoj Dakic Street, Gardening Street, 22 October on one side and Aleksandar Dubček Street on the other.



Sport Center "Master", 4 Cvetna Str, Belgrade – Zemun, [www.scmaster.rs](http://www.scmaster.rs)



## REGISTRATION

**Deadline for registration of competitors and team is March 02<sup>nd</sup>, 2020. To apply, it is necessary to use on line Sport Data.**

A country can register:

- up to 6 competitors for individual Kata events
- up to 6 competitors for individual Kumite event
- 1 Team for Kata Team
- 1 Team for Kumite Team.

## PROTECTIVE EQUIPMENT

All competitors must bring with them their own gloves and belts (red and blue) and all other protective equipment approved by the WKF.

## FEE

Participation fee of Kata individual:	20 Euro
Participation fee of Kata Team:	15 Euro
Participation fee of Kumite Team:	20 Euro
Participation fee of Kumite individual:	20 Euro

## INSURANCE

It is compulsory for all participants and delegation members to effectuate their own medical insurance and personal trip insurance. Karate federation of Serbia and Karate Federation of Balkan are taking no liability for these concepts.

During the registration each delegation must present the signed insurance form.

## AGE CATEGORIES

Seniors	Kata +16 Kumite +18
Veterans	1985-1976 1975-1966 1965 and older





## 22nd Balkan Seniors Championships



### KATA

AGE	INDIVIDUAL	TEAM
Seniors	+16	+16
Veterans	1985-1976 1975-1966 1965 and older	

### WEIGHT CATEGORIES

	INDIVIDUAL					TEAM
Seniors Female	-50	-55	-61	-68	68+	3+1 Open
Seniors Male	-60	-67	-75	-84	84+	5+2 Open
Veterans Female 1985-1976	-53	-60	+60			
Veterans Female 1975-1966	-53	-60	+60			
Veterans Female 1965 and older	-53	-60	+60			
Veterans Male 1985-1976	-65	-75	+75			
Veterans Male 1975-1966	-65	-75	+75			
Veterans Male 1965 and older	-65	-75	+75			

### EVENT'S PROGRAMME

#### FRIDAY, March 06th, 2020

12:00 – 18:00	Registration of Delegations	HQ Hotel
13:00 – 18:00	Weighing, All Categories	HQ Hotel
18:00 – 19:00	KFB Executive Committee Meeting	HQ Hotel
18:30 – 19:00	Drawing	HQ Hotel
19:00 – 21:00	Referee Seminar – Yavier Eskalante	HQ Hotel

### COMPETITION SCHEDULE

#### SATURDAY, March 07th, 2020

Time	M/F		
09:00	Briefing for referees – Yavier Eskalante		
11.00	Seniors Female	Kata individual	Eliminatory&Repechages
	Seniors Male	Kata individual	Eliminatory&Repechages
	Seniors Female	-61 kg	Eliminatory&Repechages
	Seniors Female	-68 kg	Eliminatory&Repechages
	Seniors Female	+68 kg	Eliminatory&Repechages
	Seniors Male	-67 kg	Eliminatory&Repechages
	Seniors Male	-75 kg	Eliminatory&Repechages
	Seniors Male	-84 kg	Eliminatory&Repechages
	Seniors Male	+84 kg	Eliminatory&Repechages
	Veterans Female 1985-1976	Kata individual	Eliminatory, Repechages & Final
	Veterans Female 1975-1966	Kata individual	Eliminatory, Repechages & Final
	Veterans Female 1965 and older	Kata individual	Eliminatory, Repechages & Final



## 22nd Balkan Seniors Championships



	Veterans Male 1985-1976	Kata individual	Eliminatories, Repechages & Final
	Veterans Male 1975-1966	Kata individual	Eliminatories, Repechages & Final
	Veterans Male 1965 and older	Kata individual	Eliminatories, Repechages & Final
	Veterans Female 1985-1976	-53 kg	Eliminatories, Repechages & Final
	Veterans Female 1985-1976	-60 kg	Eliminatories, Repechages & Final
	Veterans Female 1985-1976	+60 kg	Eliminatories, Repechages & Final
	Veterans Female 1975-1966	-53 kg	Eliminatories, Repechages & Final
	Veterans Female 1975-1966	-60 kg	Eliminatories, Repechages & Final
	Veterans Female 1975-1966	+60 kg	Eliminatories, Repechages & Final
	Veterans Female 1965 and older	-53 kg	Eliminatories, Repechages & Final
	Veterans Female 1965 and older	-60 kg	Eliminatories, Repechages & Final
	Veterans Female 1965 and older	+60 kg	Eliminatories, Repechages & Final
	Veterans Male 1985-1976	-65 kg	Eliminatories, Repechages & Final
	Veterans Male 1985-1976	-75 kg	Eliminatories, Repechages & Final
	Veterans Male 1985-1976	+75 kg	Eliminatories, Repechages & Final
	Veterans Male 1975-1966	-65 kg	Eliminatories, Repechages & Final
	Veterans Male 1975-1966	-75 kg	Eliminatories, Repechages & Final
	Veterans Male 1975-1966	+75 kg	Eliminatories, Repechages & Final
	Veterans Male 1965 and older	-65 kg	Eliminatories, Repechages & Final
	Veterans Male 1965 and older	-75 kg	Eliminatories, Repechages & Final
	Veterans Male 1965 and older	+75 kg	Eliminatories, Repechages & Final
	Opening Ceremony		
	Seniors All Finals		
	Medals Ceremony		

### SUNDAY, March 08th, 2020

Time	M/F		
09:00	Briefing for referees – Yavier Eskalante		
10.30	Seniors Female	Team Kata	Eliminatories, Repechages & Final
	Seniors Male	Team Kata	Eliminatories, Repechages & Final
	Seniors Female	-50 kg	Eliminatories, Repechages & Final
	Seniors Female	-55 kg	Eliminatories, Repechages & Final
	Seniors Male	-60 kg	Eliminatories, Repechages & Final
	Seniors Female	Team Kumite	Eliminatories, Repechages & Final
	Seniors Male	Team Kumite	Eliminatories, Repechages & Final
	Medals Ceremony		
	Closing Ceremony		



Hotel (in order of preference according to the accommodation form):

[illegible]

[illegible]

\* Position: C=Competitor, Co=Coaches, De=Delegation Head, P=President of NF, R=Referees/Judges, D=Doctors, V=VIPs, A=Administration, P=Press, O=Others

\*\* Room type: S=Single, D=Double, T=Triple

Dated:

Name of Contact Person: \_\_\_\_\_

e-mail address: \_\_\_\_\_ phone number: \_\_\_\_\_

Signature: \_\_\_\_\_ Official Stamp: \_\_\_\_\_

## BOOKING FORM

COUNTRY	
NAME	1 <sup>st</sup> NAME
PHONE NO.	MOBILE
FAX	E-MAIL

## ACCOMMODATION

CATEGORY: \_\_\_\_\_ HOTEL: \_\_\_\_\_

Group 1				Group 2			
Rooms	Number	Check in	Check out	Rooms	Number	Check in	Check out
Singles			Singles				
Twins			Twins				
Doubles			Doubles				
Triples			Triples				
4 Person			4 Person				





## TERM OF RESPONSIBILITY

To be filled, signed and sent back by February 29th, 2020

I, \_\_\_\_\_ the undersigned, as the Chief of Delegation of my country, duly enrolled to participate in the 22<sup>nd</sup> Balkan Senior Championships which will be held in Belgrade, Serbia, from the 07 to the 08 of March 2020, with full knowledge of the Statutes, the Rules and the Norms of The KARATE FEDERATION OF BALKAN, pledge myself to faithfully accomplish the regulations of this before mentioned entity, and I take any and all administrative, civil and criminal responsibilities for whatever happens to our athletes, coaches and other members of our delegation participating in this championship, before, during and after the competition, such as physical injuries, personal expenses, or monetary debts and casual material damages to the hotels, the venue, means of transportation etc. Furthermore, I exempt from any legal, civil or criminal responsibilities the organizers of the Championships, the KFB and the Karate Federation of Serbia, its directors, as well as any person, company, or entity related to the event (sponsors, public and private entities).

I authorize the organizers of the event to use images, photos and the names of our competitors and other members of our delegation (since it is considered necessary) for the sport activities and publications of karate, related to the event, without any monetary compensation.

Country/Nation:	
Surname, First name:	
Passport number & expiry date:	
Credit Card details & expiry date:	
Position in the federation:	
Address:	
Tel.-no.:	
Fax & email:	

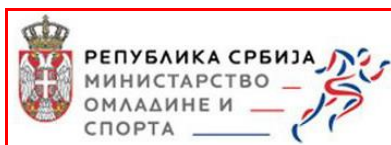
Fill in, stamp, sign and send to:  
Karate Federation of Serbia

**ADDRESS:**

TEL : +  
FAX : +  
MOBILE : +  
E-Mail :

Signature

**PARTNERS:**



Ministry of Youth and Sport of the Republic of Serbia



Olimpijski komitet Srbije  
Olympic Committee of Serbia



Sports Federation of Serbia



Contact

KARATE FEDERATION OF SERBIA

28/II, Makedonska Str.  
11000 Belgrade  
Serbia

Phone/Fax:  
+381 11 3242 323, 3232 209, 3241 370  
e-mail: [office1@karateserbia.org](mailto:office1@karateserbia.org)