

# 9th SMALL STATES OF EUROPE

15-17 September 2023

Luxembourg





# SSEKF 2023 LUXEMBOURG



## FOREWORD BY THE WKF PRESIDENT

As we strive to continue expanding our sport more and more in all the countries that form our 200 National Federations, it is very inspiring to attest how events such as the Small States of Europe Karate Championships further contributes to the growth of our disciplines in their areas of influence.



This year we will have more opportunities to check the strength of our sport in these countries at the ninth edition of the Small States of Europe Karate Championships to be held in Luxembourg from September 14 to 17. It will be an event surely marked in red for the promising athletes of these countries, who will find a fantastic stage to showcase their tremendous abilities.

I want to thank the Small States of Europe Karate Federation under the leadership of President Andreas Vasileiou for their hard work to maintain the progress of Karate in their countries. I am convinced that the event will be a sound success and that great moments of the best Karate will be witnessed in Luxembourg during the four days of the competition.

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

**Antonio Espinós**

*EKF and WKF President*



# SSEKF 2023 LUXEMBOURG



## WELCOME BY THE SSEKF PRESIDENT

Dear Karatekas,

On behalf of the Small States of Europe Karate Federation I'm welcoming you in Luxembourg for the 9th Small States Karate Championship for U14, U16, U18, U21 & 18+. Luxembourg has been the first country to organize our championships back in 2014 and we are all thrilled to return back and celebrate the 9th edition of it.



I would like to show gratitude to the Fédération Luxembourgeoise des Arts Martiaux (FLAM) Karate for their efforts in organizing a successful and memorable event that will only let us with great memories. Moreover, I would like to point out the great development being done the past years from the executive committee members of the SSEKF whom I want to thank each one personally. Our team worked hard and thus successfully organized 8 championships with the participation of more than 2600 athletes. Moreover, I want to pinpoint the great success of accessing the Games of the Small States of Europe-Multisport in 2025 in Andorra. I want to express my sincere gratefulness to our President of the European Karate Federation Antonio Espinos for his continuous support towards the SSEKF all these 9 years.

Concluding let me deliver my compliments to the organizers and address all athletes, coaches, referees and officials with genuine thanks for their participation in these Championships in Luxembourg.

Sincerely,

**Andres Vasileiou**  
*SSEKF President*





# SSEKF 2023 LUXEMBOURG



## WELCOME BY THE LUXEMBOURG KARATE FEDERATION PRESIDENT

On behalf of the Luxembourg Karate Federation, I have the pleasure of inviting you to the 9<sup>th</sup> SSEKF Karate Championship, to be held in Luxembourg on 15 to 17 September 2023.

The Luxembourg Karate federation is proud and very honored to host this competition in the heart of Europe.



The Championship will be hosted in the Coque, our multi-event and sports facility, in Luxembourg situated in the middle of the beautiful Luxembourg town.

The 9<sup>th</sup> SSEKF Karate Championship will be a key event prior to the GSSE Small States Olympic Games in Andorra in Summer 2025, where Karate will be participating for the first time.

We are very much looking forward to hosting the SSEKF athletes and their delegations and hope they take along unforgettable memories to their hometowns all over Europe.

We are determined and committed to do our utmost to make this championship a great event.

I'm very much looking forward to welcoming you all soon in Luxembourg.

Sincerely,

**Fred Charlé**

*President Luxembourg Karate Federation*



# SSEKF 2023 LUXEMBOURG



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## CONTACTS

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Fédération Luxembourgeoise des Arts Martiaux (FLAM)

3, route d'Arlon

L-8009 Stassen Luxembourg

✉ : [sekretariat@flam.lu](mailto:sekretariat@flam.lu) - Web : <http://FLAM.lu>

☎ : +352 49 11 66

Henry Jean-Claude

Technical Director Karate

✉ : [henry@pt.lu](mailto:henry@pt.lu)

☎ : +352 691 330 362

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## ONLINE REGISTRATION – Athletes – Coaches – Referees

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- All registrations must be done online, through the following Sportdata links :

[Registration](#)

*Should you have any technical issues with the registration, please contact:  
[support@sportdata.org](mailto:support@sportdata.org)*

- Deadline for registration is the 31th august 2023  
*No registration or substitution is possible after this date.*

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## COMPETITION RULES

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The competition will be ruled by 2023 WKF rules as well as the official sports rules SSEKF, for all categories.

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## LIABILITY

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Each competitor must have their own medical insurance. The organizer does not accept any form of liability whatsoever.



# SSEKF 2023 LUXEMBOURG



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## REGISTRATION FEES

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Referee Course and Exam Fee	40.- €
2023 Annual Country License	200.- €
Competition Fee	40.- € per competitor (no matter how many categories)

### **Payments must be received by September 8th, 2023.**

All fees are payable by bank transfer to the SSEKF bank account:

Account number: 40025273102

IBAN: MT09VALL22013000000040025273102

Swift Code: VALLMTMT Bank: Bank of Valletta plc

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## PROGRAM and DRAWS

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Details of the competition program will be made available after all delegations' registration has been concluded. The draw will take place 1 day before the tournament via the Sportdata system.

At the championships, the finalists of all events of the previous year will be separated in different pools.

Each team will be provided with two (2) sets of printed draws. If you need additional draws, you must print them out yourself.





# SSEKF 2023 LUXEMBOURG



## CATEGORIES

### Individual Kata Team

Individuel Kata - Male & Female	
U14	12 - 13 years
Cadet	14 - 15 years
Junior	16 - 17 years
U21	18 - 20 years
Senior	+16 years

### Kata Team

Kata Team - Male & Female	
U14	12 - 13 years
U18	14 - 17 years
Senior	+16 years

\* In Senior team kata, two competitors who are 16+ years old and one who is 14-15 years old may form a team. Only one competitor in a Senior team may be 14-15 years old. Bunkai is required in bronze and gold matches in Senior categories.

### Individual Kumite

If fewer than 3 competitors are registered in a category, the competitors will automatically be reallocated to the next higher weight category. If fewer than 3 competitors are registered in the highest category, they will automatically be reallocated to the next lower category.

In Kumite modality and in any weight if there are less than four competitors the organization reserves the right to pass the category/ies to OPEN.

Cat	Age (yrs)	Female
U14	12-13	-42 kg / -47 k / +47 kg
Cadet	14-15	-47 kg / -54 kg / -61 kg / +66 kg
Junior	16-17	-48 kg / -53 kg / -59 kg / -66 kg / +66 kg
U21	17-20	-50 kg / -55 kg / -61 kg / -68 kg / +68 kg / Open
Senior	+16	-50 kg / -55 kg / -61 kg / -68 kg / +68 kg / Open

Cat	Age (yrs)	Male
U14	12-13	-40kg / -45kg / -50kg / -55kg / +55kg
Cadet	14-15	-52kg / -57kg / -63kg / -70kg / +70kg
Junior	16-17	-55kg / -61kg / -68kg / -76kg / +76kg
U21	17-20	-60kg / -67kg / -75kg / -84kg / +84kg / Open
Senior	+16	-60kg / -67kg / -75kg / -84kg / +84kg / Open



# SSEKF 2023 LUXEMBOURG



## Kumite Team

All categories will have teams of 3 athletes. Each team may include an alternate athlete, for a total of 4 registered team members. It will be possible to compete with only 2 competitors.

Kumite Team - Male & Female	
U14	12 - 13 years
U16	14 - 15 years
U18	16 - 17 years
Senior	+18 years

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## CHAMPIONSHIPS VENUE: COQUE (Kirchberg)

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# SSEKF 2023 LUXEMBOURG

Address : 2, rue Léon Hengen L-1745 Luxembourg



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## ELIGIBILITY

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### Participating Athletes

In each category, 4 athletes per nation are eligible to compete. In team competition, each nation may enter up to 4 teams per category. The athletes must compete for the country they were registered by.

Athletes are permitted to compete once each in individual kata, individual kumite, team kata and team kumite (one team in each discipline). Moreover, junior athletes can register in senior individual kata based on the WKF rule for 16+ years of age.

Athletes' age category will be determined by their age on the first day of competition, September 23rd, 2022.

Each competitor must have their own medical insurance. The organizer does not accept any form of liability whatsoever.

### Referees

Every country is obliged to provide at least four (4) referees.

Referees with a valid WKF/EKF license are welcomed. **National referees must take the SSEKF Course, Briefing and License examinations in both kata and kumite, which are based on the WKF exams.** Only referees participating in the briefing and/or taking the exams can officiate the SSEKF European Championships. The referee course and accreditation process will be communicated to the national federations.

### Coaches

Only persons with a valid, official SSEKF coach accreditation card can enter the competition area. Other persons are not allowed in the competition area.

Official dress code is a track suit. The coach card is to be worn visibly at all times.



# SSEKF 2023 LUXEMBOURG



## Championship Schedule

<b>Thursday 14/09/23 - Coque</b>	
14:00 - 19:00	Registration of the Delegations & Weigh-in
17:00 - 18:30	Kata - Kumite Training
16:00 - 16:30	Technical committee meeting
16:30 - 18:15	EC and Congress meeting
19:00	President's Dinner

<b>Friday 15/09/23 - Coque - (Individual Competitions)</b>	
08:30 - 10:00	Registration of the Delegations & Weigh-in
10:30 - 11:30	Draws
08:30 - 09:00	Referee committee meeting
09:00 - 11:00	Referee seminar
11:00 - 12:00	Referee exams
12:00 - 12:30	Referee and coach briefing (incl. deployment of Tatamis)
14:00 - 14:30	<i>Entry of competitors</i>
14:30 - 18:00	<b>Kata &amp; Kumite Individual U14/Cadet</b>
18:00	<i>Awards Ceremony</i>

<b>Saturday 16/09/23 - Coque - (Individual Competitions)</b>	
08:30 - 09:00	<i>Entry of competitors</i>
09:00 - 12:00	<b>Kata Individual Eliminations &amp; Repechages (Juniors, Seniors, U21)</b>
12:00	<i>Awards Ceremony</i>
12:30	<i>Opening Ceremony</i>
14:00 - 18:00	<b>Kumite Individual Eliminations &amp; Repechages (Juniors, Seniors, U21)</b>
18:00	<i>Awards Ceremony</i>

<b>Sunday 17/09/23 - Coque - (Team Competitions)</b>	
08:30 - 09:00	<i>Entry of competitors</i>
09:00 - 10:30	<b>Kata Team Eliminations &amp; Repechage</b>
10:30 - 13:00	<b>Kumite Team Eliminations &amp; Repechages</b>
13:00	<i>Awards Ceremony</i>
14:00 - 15:00	Referee debriefing
Evening	Departur of the delegations



# SSEKF 2023 LUXEMBOURG



## ACCOMMODATION

### Ibis Luxembourg Airport \*\*\*



The ibis Luxembourg Aeroport is the ideal place to stay for both business and leisure travel. The hotel faces the airport of Luxembourg and is next to a golf course. It offers all the necessary comforts for a successful stay: 100% home-made restaurant, bar, Wifi, fitness room, free parking during your stay (bus and cars) and two meeting rooms.

Book one of the 157 air-conditioned rooms with free WIFI access!

The hotel offers rooms for 1-2-3 people, they are ideal for a stay with family, friends or for sportsmen with the Ibis Sport offer.

A multilingual team is available 24 hours a day to meet your needs, so don't hesitate to ask for help to make your stay a pleasant one.

A free shuttle service to the airport and the Kirchberg is available on request every half hour from 04:00 to 23:00.

40 x Single at 105 € - 30 x Double at 115 € - 15 x Triple at 125 € / night  
(Buffet breakfast Incl.)

Evening meals at the hotel :

- 3 courses meal (starter-main course-dessert) at 26 € /person or
  - 2 courses meal (starter-main course) at 22 € / person
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- [Deadline for accommodation is the 1<sup>st</sup> august 2023 via \[ssekf2023.laurence@gmail.com\]\(mailto:ssekf2023.laurence@gmail.com\) \(with Excel file\)](mailto:ssekf2023.laurence@gmail.com)



# SSEKF 2023 LUXEMBOURG



## Ibis Budget Luxembourg Airport (\*\*)



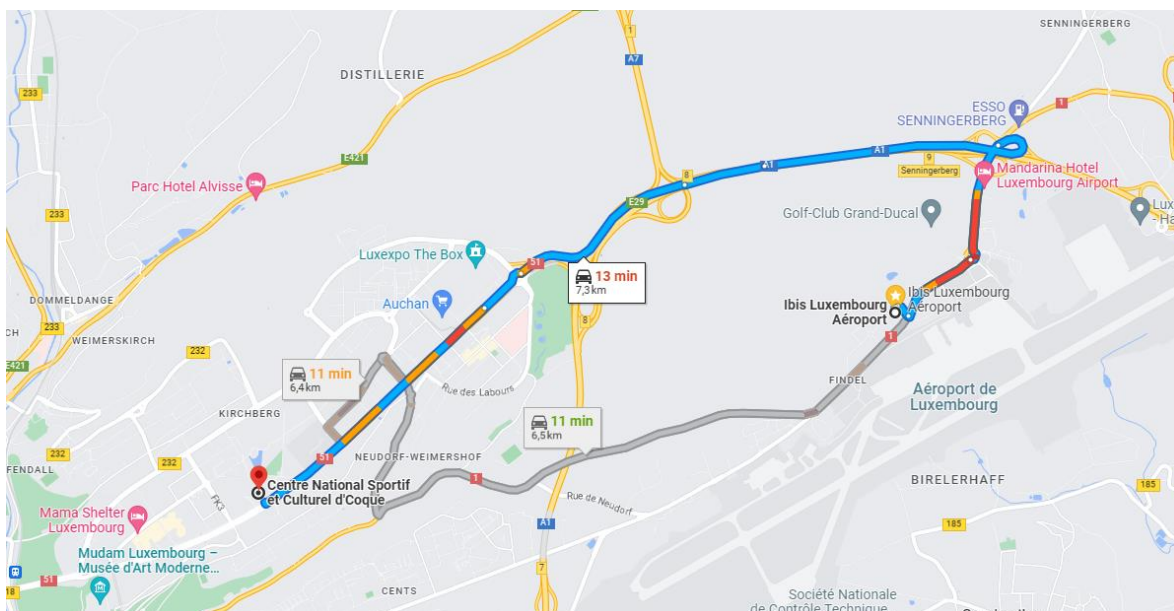
The "budget" hotel ibis budget Luxembourg Airport is close to the Findel airport and is ideal for your leisure or business trips. The hotel is located close to Luxexpo, Kirchberg, the European District, the museum district of Luxembourg and the famous Opera House.

The hotel (71 rooms) combines comfort and high-quality services: air-conditioned rooms with desk and TV, for 1, 2, 3 people, free WIFI and breakfast buffet, car parking at no additional charge during your stay. A free shuttle to the airport and Kirchberg is available every half hour from 4am to 11pm (upon request).

The hotel is about 15 minutes away from the city center. The hotel welcomes you 24h / 7. The reception is open from 04:30pm to 10:00pm every day, and a staff member is on site 24h/24.

15 x Single or Double at 95 € - - 15 x Triple at 100 € / night  
(Buffet breakfast Incl.)

- [Deadline for accommodation is the 1<sup>st</sup> august 2023 via ssekf2023.laurence@gmail.com](mailto:ssekf2023.laurence@gmail.com) (with Excel file)







# SSEKF 2023 LUXEMBOURG



## Parc Hotel (\*\*\*\*)



The Parc Hotel Alvisse is located in Luxembourg and is situated in a peaceful and green environment on the outskirts of the city. It is only a 5-minute drive from the city center and Luxembourg-Findel Airport. The hotel has a spa and wellness center that offers massages.

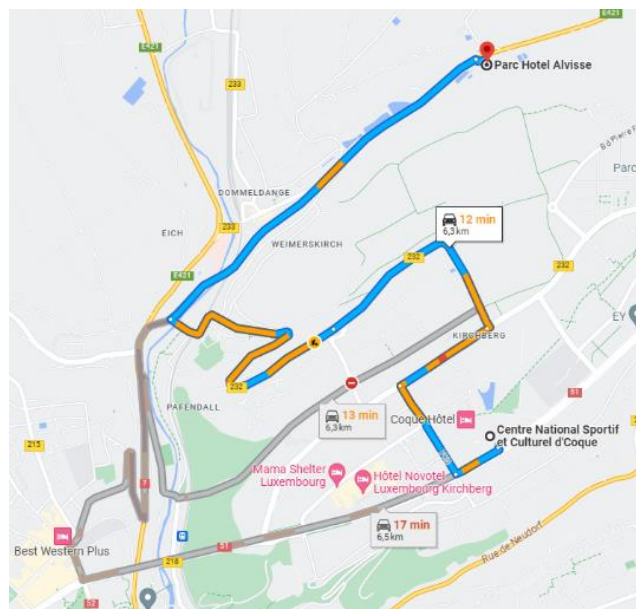
You can enjoy free use of the swimming pools, sauna, and parking. The rooms have modern decor in warm tones and feature luxury bedding, free Wi-Fi, a private bathroom, and cable TV. Every morning, the hotel serves a buffet breakfast with hot and cold dishes.

The La Veranda restaurant has a terrace and serves traditional Luxembourgish cuisine. You can also enjoy a drink at the hotel's cozy bar-lounge. The Parc Hotel Alvisse is less than a 12-minute drive from Coque in the Kirchberg district

80 x Single at 110 € or Double at 120 €  
(Buffet breakfast Incl.)

Evening meals at the hotel :

- 2 courses meal (starter-main course) at 26 € / person
- [Deadline for accommodation is the 1<sup>st</sup> august 2023 via \[ssekf2023.laurence@gmail.com\]\(mailto:ssekf2023.laurence@gmail.com\) \(with Excel file\)](mailto:ssekf2023.laurence@gmail.com)







# SSEKF 2023 LUXEMBOURG



## HOW TO GET TO LUXEMBOURG

- **By Plane**

The international airport Luxembourg is situated only 6 km from the city center and is linked to the main European cities by many direct flights a day. Furthermore, Luxembourg-city is within short distance to other major airports of the neighbouring countries.



Several times a day, direct flights connect Luxembourg to major European cities.

Luxembourg's international airport is only 6 km from the city centre.

The capital is also close to other key airports in neighbouring countries.

Luxembourg-Findel International Airport

- Daily flights: the airport offers daily flights to the main European cities.
- Location of the airport: 6 km east of Luxembourg City.
- New terminal: the new Luxembourg terminal (2008) welcomes 13 airlines to serve around 24 countries and 70 airports with more than 800 flights per week on average.
- Luxair: Luxembourg International Airport is the home base of the national airline Luxair, which provides regular flights to many European cities. Other European airlines such as Air France, KLM, Swiss, Lufthansa or British Airways provide regular flights to Luxembourg.
- Air cab services: for business travellers, Luxair Executive also offers air cab services

***Lux-Airport, Société de airport de Luxembourg***

<http://www.lux-airport.lu/> Tél.: (+352) 2462-0 (information)

Luxair Airline (reservation et vente de billets)

[www.luxair.lu](http://www.luxair.lu) Tél.: (+352) 2456 4242



# SSEKF 2023 LUXEMBOURG



- **By Car**

Situated in the heart of Europe, bordered by Belgium, France and Germany, Luxembourg is connected to the far corners of Europe by an excellent network of highways. The capital city of Luxembourg is directly linked to the highways A1, A13, A3, A4, A6, A7.

Situated in the heart of Europe, with Belgium, France and Germany as neighbouring countries, Luxembourg is connected to the four corners of Europe by an excellent network of highways. The freeway accesses (A1, A13, A3, A4, A6, A7) lead directly to the city centre of the capital.

Main distances to Luxembourg City / Principals distances to the Luxembourg town

Amsterdam: 410 km	Berlin 780 km
Bruxelles: 210 km	Copenhagen 930 km
Dublin 1110 km	Francfort 290 km
Lisbonne 2083 km	Londres 550 km
Madrid 1680 km	Paris 390 km
Prague 730 km	Rome 1310 km
Stockholm 1570 km	Vienne 960 km
Zürich 490 km	

- **By Train**

Situated in the heart of Europe, bordered by Belgium, France and Germany, Luxembourg is connected to the far corners of Europe by a multitude of international rail links. The capital city is linked to the TGV and ICE network the central train station is situated 10 minutes walking distance from the city centre.

Luxembourg is connected to the four corners of Europe by a multitude of international rail links.

The Luxembourg capital is connected to the TGV and the ICE, the central station is located 10 minutes walk from the city centre.

- **By Bus**

Numerous cross-border lines have been set up and buses run regularly between Belgium, France, Germany and Luxembourg

1. To meet the growing demand of cross-border workers who travel to the Grand Duchy every day to work,
2. In order to improve the traffic between the inhabitants of the Greater Region and Luxembourg.

On the website of the mobility centre, you can consult -an exhaustive list of all cross-border lines -and the timetables of the different lines.



# SSEKF 2023 LUXEMBOURG



## Grand Duchy of Luxembourg



- Capital city : Luxembourg
- Neighbouring countries : Germany, Belgium, France
- Surface area: 2,586 km<sup>2</sup>.

Luxembourg extends from north to south over a maximum distance of 82 km and 57 km from east to west.

- Perimeter: 359 km.
- The country has 148 km of borders with Belgium, 135 km with Germany and 73 km with France.

- Form of government: Constitutional monarchy under the regime of parliamentary democracy
- Head of state: HRH Grand Duke Henri
- Head of government: Xavier Bettel, Prime Minister
- National language: Luxembourgish (Lëtzebuergesch)
- Administrative languages: French, German and Luxembourgish
- Currency: 1 euro = 100 cents
- Phone code: +352
- Time zone: GMT/UTC +1
- Electricity: 220V, 50 Hz
- Weights and measures: kilo and meter



# SSEKF 2023 LUXEMBOURG



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## Luxembourg City

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- Geographical situation: Longitude 6°07'42 - Latitude 49°36'36'
- Altitude:
  - Place d'Armes: 303,8 m
  - Highest point: Montée de Dommeldange: 408 m,
  - Lowest point: Beggen: 230 m
- Surface: 12,656 acres of which 2,974 acres wooded
- City-perimeter: 41,2 km
- Average of annual temperature: 8,8°
- Average of total annual precipitation: 782,2 mm