

NORDIC CHAMPIONSHIPS



KARATE 2024



FOSSHOTEL

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WELCOME TO THE NORDIC CHAMPIONSHIP IN KARATE 2024
REYKJAVIK, ICELAND
Bulletin – 2

ORGANIZER

Iceland Karate Federation
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ORGANIZING COMMITTEE

Iceland Karate Federation
Contact: María Jensen
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E-mail: nc24@kai.is

VENUE

The Nordic Championship 2024 will take place in



Laugardalshöllin.

Address: Engjavegur 8
104 Reykjavik
www.lsh.is

SCHEDULE

Friday 12th April 2024

HQ Hotel - Grand Hotel Reykjavik

15.00-16.00: Meeting with Iceland NOC representatives - TBC
16.00-17.00: Referee Committee meeting - HQ Hotel Gallerí
17.00-19.00: Executive Committee meeting – HQ Hotel Gallerí
18.00-19.00: Coach meeting – HQ Hotel Hvammur
18.00-21.00: Registration kata & kumite and weighing for kumite - HQ Hotel 13th floor
19.00-21.00: Referees briefing and Nordic referee license theoretic examination – HQ Hotel Hvammur

Saturday 13th April 2024

At the venue - Laugardalshöll
08.00-08.30: Weighing
09.00 Competition start
18:00 Super Finals and Medal ceremony

20.00 -24:00: Sayonara Party

Sunday April 14th 2024

Venue: Laugardalshöll

Categories: Mixed Cadet kumite teams – male (3+1) and female (2+1)
 Mixed Junior Kumite teams – male (3+1) and female (2+1)
 Mixed Senior Kumite teams – male (3+1) and female (2+1)

Each round: M-F-M-F-M

09.00 Competition starts

11:30 Finals and medal ceremony

12:00 End of competition

12.00 – 15.00 Kata seminar with Antonio Diaz, 2 times World Champion in Kata

ENTRY

Entry by registration through Sportdata.org only (per national team). No other registrations are accepted.

Deadline for registration is **Sunday 31 March 2024** at the latest.

If changes are required during the official registration session because of incorrect, missing or new registration data, a fee of €15 is charged for each change.

REGISTRATION

- **Individual: € 30**
- **Team: € 50**

Payment to be made only by bank transfer:

Iceland Karate Federation

Engjavegi 6

Bank: Íslandsbanki

IBAN: IS180515260051035103850479

BIC: GLITISRE

When transferring fee please state: "Nordic Championships 2024 Entry Fee – (country)".

Entry fee must be paid by **Sunday 31st March 2024 at the latest.**

The registration fee will not be accepted in cash on site.

COMPETITION RULES

Latest WKF competition rules apply.

Athletes are fully responsible for their medical allowance to participate in the tournament as well as insurance.

DISCIPLINES

Kata

Kata female: cadet, junior and senior

Kata male: cadet, junior and senior

Kata team female (age +14)

Kata team male (age +14)

Kumite

Kumite female cadet: -47kg, -54kg, -61 kg, +61 kg

Kumite female junior: -48kg, -53kg, -59kg, -66 kg, +66 kg

Kumite female senior: -50kg, -55kg, -61kg, -68kg, +68kg

Kumite male cadet: -52kg, -57kg, -63kg, -70kg, +70kg

Kumite male junior: -55kg, -61kg, -68kg, -76kg, +76kg

Kumite male senior: -60kg, -67kg, -75kg, -84kg, +84kg

Kumite team female: Senior (age +18)

Kumite team male: Senior (age +18)

The organizer reserves the rights to change the categories with too few entries in category.

Each country can register two (2) competitors in each individual kumite and kata category.

JUDGES AND REFEREES

Qualified Referees with an international, or each country's highest national licenses are welcome to participate in the NKC. The age limit for attending the NKC as referee or attending course is 22 years.

Please register via Sportdata.org by **Thursday 31st March 2024**. Max 10 referees per country.

ACCOMMODATION



The official Head Quarter Hotel is Grand Hótel Reykjavík.

Address: Suðurlandsbraut 12, 108 Reykjavík Tel: +354 513 9000

Distance from venue: 0,7 km

Booking by February 28th

reservations.grand@hotelreykjavik.is

Partner Hotels:



Reykjavik Lights Hotel

Address: Sigtúni 28, 105 Reykjavík Tel: +354 514 8000

Distance from venue: 0,5 km

Booking by February 28th

reykjaviklights@keahotels.is



Fosshotel Reykjavík

Address: Þórunnartún 1, 105 Reykjavik Tel: +354 531 9000

Distance from venue: 1,9 km

Booking by February 28th

groups@fosshotel.is



Hótel Cabin

Address: Borgartún 32, 105 Reykjavik Tel: +354 511 6030

Distance from venue: 1,4 km

Booking by February 28th

booking@hotelcabin.is



Hótel Ísland Reykjavík – Spa and Wellness

Address: Ármúla 9, 108 Reykjavík tel: 595 7000

Distance from venue: 0,65 km

Booking by February 21st

booking@hotelisland.is Code: **KAI0424** in subject line

	Single room	Double room	Triple room
Grand Hotel HQ ****	23.900 ISK (30)	26.900 ISK (70)	
Fosshótel Reykjavík ****	23.900 ISK (25)	26.900 ISK (25)	
Reykjavik Lights ***	16.900 ISK (15)	18.900 ISK (15)	24.900 ISK (5)
Hótel Ísland****	22.350 ISK (20)	22.350 ISK (30)	
Hotel Cabin **	12.040/14.235 ISK (5)	14.605/17.310 ISK (30)	

GETTING TO AND FROM ICELAND

Keflavik Airport: KEF

Distance from Venue: 50 km

Airport transfer: **flybus.is** discount code „karate“.

TRANSPORTATION IN AND AROUND REYKJAVIK

Public transport by bus: **straeto.is** or **klappid.is**

EXCURSIONS AROUND REYKJAVIK AND THE COUNTRY SIDE

www.re.is discount code „**Karate**“ for 10% discount on the following trips:

Flybus

TRANSPORT

BL02 - Blue Lagoon Transfer

TRANSPORT

The Golden Circle & Friðheimar Greenhouse

ACTIVITIES

Golden Circle Direct

ACTIVITIES

South Shore Adventure

ACTIVITIES

Wonders of Snæfellsnes National Park

ACTIVITIES

South Coast & DC-3 Plane Wreck Black Beach ATV Adventure

ACTIVITIES

South Coast & Glacier Hiking

ACTIVITIES

South Coast & Glacier Snowmobiling Adventure

ACTIVITIES

Sky Lagoon Transfer

ACTIVITIES

SHUTTLE BUSES

There will not be a shuttle bus from the HQ hotel. The venue and HQ hotel are located in less than 10 minutes walking distance. Shuttle bus from the partner hotels, TBC.

CAR RENTAL SERVICE

Blue Car Rental: <https://www.bluecarrental.is/?affiliate=Karate>

SAYONARA PARTY

Saturday 13th April 2024 from 20.00-24.00 o'clock the dinner for the official delegations, competitors, team leaders, and referees will take place at „Veislusalur Próttar“, Engjavegur 7.

- **Entry ticket: € 40**

Payment to be made only per bank transfer at the latest **on Thursday 31st March 2024** to:
Iceland Karate Federation

Engjavegi 6

Bank: Íslandsbanki

IBAN: IS180515260051035103850479

BIC: GLITISRE

When transferring fee please state: "Nordic Championships 2024 Sayonara Party – (country)".

DOPING CONTROL

The participants commit themselves to the valid doping rules. Doping controls can take place.

EXCLUSION OF LIABILITY

The organizers and promoters exclude any form of liability whatsoever.

QUESTIONS

If you have any questions about the competition, accommodation, transportation, etc.

– contact Mr. María Jensen by e-mail > nc24@kai.is

Registration schedule:

18:00 Sweden

18:15 Latvia

18:30 Norway

18:45 Lithuania

19:00 Finland

19:15 Estonia

19:30 Denmark

20:00 Iceland