



Technical Manual Karate



DISCLAIMER

All information in this guide was correct at the time of going to press. Changes schedules, procedures, facilities, and services, along with any other essential updates, will be communicated to Teams by Competition Management if required. Changes to the Competition Schedule will also appear on the Games-Time Website, while any changes to the Training Schedule will be communicated by the Sports Information Centre in the Athletes' Village or Sports Information Desk at the Competition Venue.



WELCOME

The 3rd European Games Krakow-Małopolska 2023 will welcome more than 7,000 athletes, 3,000 supporting Team Officials, and about 1,200 Technical Officials from across Europe to participate in elite-level sports competitions.

We aim to provide all participants with optimal conditions so that they are able to perform at their best.

This Technical Manual will help with preparations and Games-time operations as it provides key information including the relevant competition rules and format, medal events, competition schedule, and key dates.

The Technical Manual also includes details of the relevant venue, medical, anti-doping, training, and competition-related services, as well as the key policies and procedures that will be in place during the Games.

We hope that this Manual helps with your planning in the weeks remaining before the European Games 2023. Hard copies of this Technical Manual will be provided upon arrival in Poland. We look forward to welcoming you to European Games Krakow-Małopolska 2023 for 12 days of competition that put sport first and sets a tradition for the European Games.

Table of Contents:

| | |
|----------------------------------------------------|-----------|
| 1. General Information | 5 |
| 1.1 Key dates..... | 5 |
| 1.2 Competition Management | 5 |
| 1.3 European Karate Federation (EKF) | 5 |
| 1.4 International Technical Officials (ITOs) | 6 |
| 1.5 National Technical Officials (NTOs) | 7 |
| 1.6 Medal Events..... | 7 |
| 1.7 Competition Format..... | 8 |
| 1.8 Competition Rules..... | 10 |
| 1.9 Clothing and equipment..... | 11 |
| 1.9.1 Back numbers | 11 |
| 1.10 Late Athlete Replacement Policy (LAR) | 12 |
| 1.11 Doping control | 13 |
| 1.12 Sport Information | 14 |
| 1.13 Competition Schedule..... | 14 |
| 1.14 Weather Information | 15 |
| 2. Competition Venue Information..... | 16 |
| 2.1 Key information | 16 |
| 2.2 Venue access..... | 16 |
| 2.3 Field of Play (FoP) | 17 |
| 2.4 Venue Facilities and Services | 17 |
| 3. Team Leaders Information..... | 19 |
| 3.1 Pre-competition Procedures | 19 |
| 3.1.2 Weigh-in..... | 20 |
| 3.2 Competition Procedures | 22 |
| 3.3 Post-competition Procedures | 23 |
| 4. Training Information..... | 27 |
| 4.1 Key Information | 27 |
| 4.2 Training information and regulation | 27 |

1. General Information

Karate competition at the 3rd European Games Krakow-Małopolska will be held from 22 to 23 June 2023 at the Bielsko-Biala Arena. A total of 96 athletes, 48 men, and 48 women, will take part in the Karate competition. Eight (8) athletes will compete in each weight category and in each Kata Event.

1.1 Key dates

| Date | Event |
|--------------|------------------------------------|
| 2 June 2023 | Sports Entries submission deadline |
| 20 June 2023 | Arrival day |
| 21 June 2023 | Training day |
| 21 June 2023 | Weigh-in, Coach Meeting and Draw |
| 21 June 2023 | EG2023 Opening Ceremony |
| 22 June 2023 | Start of Karate Competition |
| 23 June 2023 | End of Karate Competition |
| 24 June 2023 | Departure day |
| 2 July 2023 | EG2023 Closing Ceremony |

1.2 Competition Management

| Position | Name |
|----------------------------|-----------------|
| Karate Competition Manager | Durga Szymańska |
| Karate Venue Manager | TBC |

1.3 European Karate Federation (EKF)

| Position | Name | NOC |
|--------------------|--------------------|-----|
| President | Antonio Espinos | ESP |
| Secretary General | Davor Cipek | CRO |
| Technical Delegate | Konrad Połtorzecki | POL |

1.4 International Technical Officials (ITOs)

The total number of ITOs is 31. European Karate Federation has appointed and approved all ITOs.

| Name | NOC |
|------------------------|------------|
| Sergio Aguilera | ESP |
| Eva Mona Altmann | GER |
| Dimitrios Anastasiadis | GRE |
| Jahangir Babayev | AZE |
| Davide Benetello | ITA |
| Liam Brennan | GBP |
| Jan Christoffersen | DEN |
| Ondrej Citenyi | SVK |
| Natalija Dacjman | AUT |
| Ema Duric | CRO |
| Javier Escalante | SWE |
| Joaquim Fernandes | POR |
| Pirkko Heinonen | FIN |
| Tomislava Jukic | CRO |
| Ugur Kobas | TUR |
| Milan Kovacevic | SRB |
| Jaroslav Lewandowski | POL |
| Piero Luthold | SUI |
| Francisca Márquez | SWE |
| Tamar Melua | GEO |
| Isabel Moreno | ESP |
| María Teresa Moreno | ESP |
| Beatriz Mosquera | ESP |
| Olga Nikulina | UKR |
| Georgi Rivov | BUL |
| Peter Turak | HUN |
| Bruno Verfaillie | FRA |
| Sara Wolff | ESP |
| Giuseppe Zaccaro | ITA |

| | |
|-----------------|-----|
| Darko Zaric | SLO |
| Tervel Zwjatkow | GER |

1.5 National Technical Officials (NTOs)

The total number of NTOs is 15. The Polish Karate Union in cooperation with K&MEGOC has appointed all NTOs.

| Name |
|-----------------------|
| Bielawski Jan |
| Grochal Łukasz |
| Gibasiewicz Martyna |
| Kucharski Daniel |
| Kazberuk Leszek |
| Korzeb Stanisław |
| Kosiński Jakub |
| Klepacka Karolina |
| Lewandowska Ewa |
| Lishchynska Kateryna |
| Łobaczewski Sebastian |
| Połtorzecka Daria |
| Pełka Oliwier |
| Rachwał Klaudia |
| Siwicka Natalia |

1.6 Medal Events

| Men's Events (6) | Women's Events (6) |
|-------------------------|---------------------------|
| Kata | Kata |
| Kumite -60kg | Kumite -50kg |
| Kumite -67kg | Kumite -55kg |
| Kumite -75kg | Kumite -61kg |
| Kumite -84kg | Kumite -68kg |
| Kumite +84kg | Kumite +68kg |

1.7 Competition Format

Each competition category will be formed by a total of 8 (eight) competitors, to be divided into 2 (two) pools of 4 (four). The competition will be done on 2 (two) tatamis, with 2 (two) categories competing at the same time. Semi-finals and Finals will be done on 1 (one) tatami.

Type of events:

- Kata
- Kumite

Type of competition:


- Round robin (each against each)

Competition phases:

- Elimination phase (Round Robin system)
- Semi-Finals
- Finals

Kata:

- Each Kata Event will feature athletes divided into two (2) Pools (A and B) of four (4) athletes. Athletes will face each other within each pool performing a kata of their choice. Each athlete will have to perform a different Kata per bout, it will not be possible to repeat the Kata at any bout.
- The winner of each bout will be defined by the highest total score. The winner of the bout will receive 3 points. A draw isn't possible in kata bouts. In case of a draw, the WKF competition rules tiebreaker will be applied.
- The contestants are ranked according to the results achieved in their pool. In cases where there is a tie between 2 or more competitors, having the same number of total points, the criteria below will be applied in the specified order. This means, if a winner is found after one of the criteria, the following criteria will not have to be applied:
 - Winner(s) of the bout(s) between the 2 or more relevant competitors.
 - The number of total performance points (including all bouts).

- 
- WKF Competitions Rules tiebreaker criteria (Section: Resolution of Ties) considering the total of all katas performed.
 - The top two (2) of each Pool will qualify for the semi-final. The Semi-Final winners compete for the gold and silver medals. The Semi-Final losers will be awarded Bronze medals (2).

Kumite:


Each Kumite Event will feature athletes divided into two (2) Pools (A and B) of four (4) athletes. All contestants compete against each other within each pool (a total of six bouts in each pool).

The contestants are ranked according to the results achieved in their pool (number of points and scores). A contestant winning a bout will be awarded three points. The contestants will be awarded one point each in case of a draw with the result different to 0-0.

The top two (2) of each Pool will qualify for the semi-final. The Semi-Final winners compete for the gold and silver medals. The Semi-Final losers will be awarded Bronze medals (2).

In cases where there is a tie between 2 or more competitors, having the same number of total points, the criteria below will be applied in the specified order. This means, if a winner is found after one of the criteria, the following criteria will not have to be applied:

- Winner(s) of the bout(s) between the 2 or more relevant competitors.
- A higher number of total scores are obtained in favour through all bouts.
- A lower number of total scores got against all bouts.
- A higher number of Ippons in favour through all bouts.
- A lower number of Ippons against through all bouts.
- A higher number of Waza-Aris in favour through all bouts.
- A lower number of Waza-Aris against through all bouts.
- The highest European Games Poland 2023 standing per the day, as defined in the Qualification System.



There will be in total 3 (three) Video Review cards given:

- 1 for the elimination rounds of the round-robin
- 1 for the Semi-finals
- 1 for the medal bouts

1.8 Competition Rules

The Karate competition will be organised in accordance with the most recent technical regulations of the World Karate Federation (WKF): “World Karate Federation Kumite Competition Rules” (valid from 01.01.2023) and “World Karate Federation Kata Competition Rules” (valid from 01.01.2023) available at www.wkf.net.

Coaches:

The minimum level required for coaches to take part in 3rd European Games Kraków & Małopolska 2023 is the: “EKF Kumite/Kata Coach” certification (coach level 2).

<https://2022.europeankaratefederation.net/coaches/>

Appeals and Protests

All protests and appeals evaluations will follow the WKF Kata and Kumite Competition Rules, effective from 1 January 2023. In the case of an objection to a judgment of the refereeing officials during the contest, the coach of a team can make a request to the referee for an immediate review of the video replay as long as they have an appeal quota.

An official protest may still be submitted in accordance with the WKF Kata and Kumite Competition Rules, which can be found at www.wkf.net.

1.9 Clothing and equipment

- **Competition Uniforms**

Subject to compliance with applicable IF/EF rules and the decision as to what clothing their athletes should wear for competitions during the Krakow & Małopolska 2023 European Games is left to the discretion of the participating NOCs.

For the European Games 2023, the use of Karategis with the embroidered brand on the shoulders in red or blue is optional. In case of using Karategis with the embroidered brands on the shoulders, athletes must wear the Karategi with the appropriate color of embroidery (Red for AKA, Blue for AO).

No other restrictions exist.

The aim of the above provision is to allow teams to use competition clothing that is already available (e.g., world cup uniforms), both for the sake of sustainability and the cost.

- **Out of Competition Clothing**


Subject to compliance with the applicable EOC rules and regulations, NOCs have the sole and exclusive authority to prescribe the out of competition clothing worn by the members of their delegation. Two (2) manufacturer's identifications and one (1) NOC sponsor logo of no more than 30 cm² each can be displayed on each piece of out of competition clothing.

No alcohol or tobacco product producers' logos, no betting companies' logos will be allowed.

No sponsors' logos can be displayed on the uniforms worn by the members of the delegations during Opening and Closing Ceremonies, as well as during Medal Ceremonies.

1.9.1 Back numbers

All Karate athletes are obliged to have the official back number bearing their NOC code fixed on the back of their karate gi. K&MEGOC will provide the back numbers. Back numbers for Karate athletes must comply with the WKF Kata and Kumite Competition Rules, effective from 1 January 2023.



It is best to have the back numbers sewn on by a saddle or tailor with an industrial sewing machine. Please use strong and thick needles. Depending on how thick the karate gi is, needles are susceptible to breaking. Please also note that athletes are not permitted to change the back number.

It is essential to use white thread for sewing. Sew as close as possible along the outer edge of the back number.

When sewing the back number onto the karate gi, ensure the back number is centred on the back of the karate gi and that there is exactly 9 cm from the top of the back number to the start of the neckline.

Do not place the back number on karate gi in a slanted direction.

Ensure that the back number will not be covered by the Athlete's belt.

1.10 Late Athlete Replacement Policy (LAR)

Starting on 3 June 2023, 00:00 CEST, the Late Athlete Replacement Policy becomes active and will be strictly enforced. NOCs should note that replacement Athletes should have been included in the accreditation long list by 5 May 2023.

The LAR policy is only applicable to those sports/disciplines in which the quota place has been allocated to the NOC.

Two procedures* are available for NOCs to replace confirmed Athletes after the Sports Entries deadline:

- Medical or injury-related LAR – to replace an athlete if he/she is injured after 2 June 2023. The deadline for submission of medical or injury-related LAR is two hours before the technical meeting or weight draw as appropriate in the related discipline;
- Non-medical LAR – each NOC is given a quota for the replacement of Athletes for other reasons. The deadline to submit non-medical LAR is 24 hours before the Technical Meeting as appropriate in the related discipline.

| NUMBER OF ATHLETES IN NOC DELEGATION | QUOTA FOR NON-MEDICAL LAR |
|---------------------------------------------|----------------------------------|
| 1-10 | 1 |
| 11-20 | 2 |

| | |
|----------------|-----------|
| 21-50 | 5 |
| 51-100 | 10 |
| 101-150 | 15 |
| 151+ | 20 |

*The LAR form and detailed procedure and approval process will be communicated to all NOCs by 16 May 2023.


1.11 Doping control

During the EG2023, an extensive Anti-Doping Control Program will be implemented. In total, 1,200 urine and blood samples are going to be collected, which means that statistically around 17% of Athletes present at the Games will be subjected to doping control. Tests will be carried out in competition and out of competition. The Anti-Doping Program will be managed under the auspices of the International Testing Agency (ITA). Analyses of samples collected during the Games will be carried out in a laboratory accredited by the World Anti-Doping Agency (WADA). In order to ensure high quality, the work of anti-doping controllers will be evaluated by an international team of independent observers appointed by the World Anti-Doping Agency.

If any Athlete is chosen for Doping Control, he/she will be escorted through the Broadcast Mixed Zone by a Doping Control Officer or Doping Control Chaperone and will then be chaperoned to the Doping Control Station.

Where the Athlete already has a TUE granted by their National Anti-Doping Organisation or International Federation for the substance or method in question and provided that such TUE has been reported in accordance with Article 5.5 of the International Standard for Therapeutic Use Exemptions, EOC will automatically recognise it for purposes of the EG2023 without the need to review the relevant clinical information.

In cases of emergency related to the need to use medicine that contains prohibited substances or methods considered prohibited for medical purposes during the EG2023, please contact the ITA with a request for further instructions. The ITA is the organisation that, on behalf of the EOC, is responsible for the review of TUEs during the EG2023.



EOC Anti-Doping Rules are applicable to all athletes competing at the EG2023. All NOCs, Athletes, Athlete Support Personnel, and Medical Personnel should be familiar with the EOC Anti-Doping Rules as they cover the applicable procedures for Therapeutic Use Exemptions (TUEs) and athlete whereabouts.

The EOC Anti-Doping Rules are available at: <https://www.eurolympic.org/wp-content/uploads/2019/01/2021-EOC-Anti-Doping-Rules.pdf>.

Doping control rules and program

During the EG2023, the World Anti-Doping Code in the amended version, which entered into force on 1 January 2021, and relevant international standards apply. The organizer of the event does not introduce any modifications in this regard.

1.12 Sport Information

- Location of SIC - TBC
- Description of SIC - TBC
- Working hours of SIC - TBC
- SID (Sport Information Desk) - will be available from 8.00 to 20.00, located Hala Widowiskowo - Sportowa pod Debowcem , 26 Karbowa Street 43-300 Bielsko-Biala

1.13 Competition Schedule

During the Games, there may be delays, postponements, or cancellations of the Competition. Should this occur, NOCs will be informed of the revised Competition Schedule through SIC in AVL and SID at the Competition Venue.

Changes will also appear on the Games-time website.

For detailed information, please see Appendix 1.



1.14 Weather Information

You can expect very pleasant temperatures during the day in June. The average maximum daytime temperature in Kraków or Bielsko-Biala in June lies at 23.4°C (74.12°F). The average minimum temperature goes down to around 12.2°C (53.96°F). Rainfall during June is high with an average of 99mm. There are generally around 15 rainy days. The sun also shows itself regularly this month with 192 hours of sunshine during the entire month.



2. Competition Venue Information

2.1 Key information

The Karate Competition will take place at the Bielsko-Biała Arena “Hala Widowiskowo - Sportowa Pod Debowcem”. It is located at the foothill of the Beskidy Mountains and is 4 km from the city center.

The distance from the Athletes' Village is 4 km.

Venue Address:

Hala Widowiskowo - Sportowa pod Debowcem
26 Karbowa Street
43-300 Bielsko-Biala

2.2 Venue access

During the event, competitors depending on their discipline will be provided with shuttle buses or dedicated cars. The K&MEGOC will provide a regular shuttle service between Athletes' Villages, Main Accreditation Centre, Media and Volunteers Centre, Competition Venues / Training Venues, Official Hotels, airports, and train stations as well. The shuttle service will run every 30-45 minutes and during rush hours every 15-20 minutes. The shuttle service will start operating two days before the first game starts and will end one day after the last game ends at each Sports Venue. On an operating day the shuttle service will start running two hours before the first activities at the venue (K&MEGOC will provide an individual transfer service for earlier hours if requested) and the last shuttle vehicle will leave 90 minutes after the last game.

K&MEGOC will provide a shuttle service between Krakow and other locations 2-3 times a day, except the route Krakow – Tarnow, where the vehicles will operate more often. The Athletes' transport system (T-A) will drop off and collect athletes at the athletes' entrance to Bielsko-Biala Arena.



2.3 Field of Play (FoP)

The Venue will contain two (2) tatamis for competitions. FoP for the Karate competition in Bielsko-Biala Arena will be a WKF Approved matted square, with sides of eight metres (measured from the outside). There will be a clear safety area of three metres (measured from the outside) and four metres between the tatami. The dimension of the matted rectangle is 26 m x 14 m.

2.4 Venue Facilities and Services

Athletes' Changing Rooms

Athlete changing rooms at Bielsko-Biala Arena will be located on the left side of the athletes' entrance close to the warming-up area. One changing room per gender will be provided.

Athletes' Refreshment Station

The athletes' refreshment station at Bielsko-Biala Arena will be located behind the warming-up area.

Broadcast Mixed Zone and I-Zone

Broadcast Mixed Zone will be located near the FoP on the athletes' way back from tatami to the warming-up area.

Call room area

The call room area at Bielsko-Biala arena will be located next to the warming-up area.

Doping Control Station (DCS)

Doping Control Station at Bielsko-Biala arena will be located next to the changing rooms.

Lost and Found

All reports of lost items at the Venue should be directed to SID. This is also the location where all found at the Athletes Area and Field of Play items should be delivered. Items will be kept at the Venue until the end of the competition at which point they will be transferred to SIC in AVL.



Medical Services and Facilities

At the competition venue medical services will be provided. Medical services will be available from one hour before the start of the competition until one hour after the competition ends.

Athletes injured in the field of play during the competition will be evacuated on-site. If necessary, they will be retrieved from the field of play and transported to the athlete's medical room, clinic, or hospital as appropriate.

Medical Services such as a 24/7 dispensary, and physiotherapist services will be available at the Athletes' Village.

Full details on medical services at the European Games 2023 are available in the Medical, Anti-doping, and Pharmacy Guide EG2023.

3. Team Leaders Information

3.1 Pre-competition Procedures

Coach Meeting and Draw

Date: 21 June 2023

Time: 12:00 a.m.

Place: HQ Hotel Bielsko-Biala (Room TBC)

EKF President, EKF General Secretary, Technical Delegate, Chief Referee, K&MEGOC Karate Competition Manager, and Venue Manager will preside over the meeting.

A maximum of two (2) representatives from each NOC can attend this meeting, accompanied by a LANS team member or a NOC assistant, if necessary. They should bring with them the meeting agenda and their copy of the Team Leaders' Technical Manual.

The meeting agenda will cover the following subjects:

Registration of team and confirmation of Athletes' participation and information

Welcome

Explanation of competition procedure

Explanation of competition rules and interpretation

Draw

Draw and seeding:

The draw will be performed manually, and the results will be subsequently included in the official supplier timing & scoring software.

There will be 2 (two) seeds, based on the results of the previous edition of the European Games:

- Seed 1 will be the gold medalist of the 2019 European Games and will be assigned to the last position of Pool B.

- Seed 2 will be the silver medalist of the 2019 European Games and will be assigned to the last position of Pool A.

In case one or both of the Seeds are not present in this edition of the European Games, they will be substituted with the gold medalist of the European Senior Championships in Guadalajara 2023, and next with the silver medalist of the European Senior Championships in Guadalajara 2023.

Following the above, if there is still a need for substitution for the Seeds, they will follow with positions 1 and 2 of the European Games Poland 2023 standing, in this order. If finally, these are also not present, there will be no seeds.

All other athletes will in any case be assigned randomly to Pool A & B of each category.

3.1.2 Weigh-in

Date: 21 June 2023

Time: 09:00 a.m. - 11:00 a.m.

Place: HQ Hotel Bielsko-Biala (Room TBC)

- **Rehearsal weigh-in (09:00 – 10:00 a.m.):**

Competitors shall be allowed to check their weight on the official weigh-in scales (that will be used for the official weigh-in) one hour before the official weigh-in commences. There is no limit to the number of times each Competitor may check his weight during the time of the unofficial weigh-in.

- **Official weigh-in (10:00 – 11:00 a.m.):**

Organisers must provide separate rooms for men and women.

A Competitor that does not turn up for the weigh-in period or fails to weigh within the prescribed limits for the category in which the Competitor is registered, will be disqualified (KIKEN).

NOCs are not permitted to substitute the Athlete that has failed to weigh in.

Tolerance: The tolerances admitted are 0.2 kg for all male categories and 0.5 kg for all female categories. The same tolerance applies to both the upper and lower limits of a weight class.

Procedure: A minimum of two officials are required at the weigh-in for each gender. One to check the accreditation/passport of the Competitor and one to record the exact weight on the official weigh-in list.

The official weigh-in will be done category by category and Competitor by Competitor:

| Time | Men's Kumite | Women's Kumite |
|---------------|---------------------|-----------------------|
| 10:00 - 10:10 | -60kg | -50kg |
| 10:10 - 10:20 | -67kg | -55kg |
| 10:20 - 10:30 | -75kg | -61kg |
| 10:30 - 10:40 | -84kg | -68kg |
| 10:40 - 10:50 | +84kg | +68kg |

-
- All Coaches and other team delegates must leave the weigh-in room before the start of the official weigh-in.
- The Competitor is allowed to stand on the scales only once during the official weigh-in period.
- Each Competitor shall bring to the weigh-in their accreditation card issued for the event and shall present it to the official, who will verify the identity of the Competitor.
- The official then invites the Competitor to stand on the scales.
- The Competitor shall weigh in wearing only underclothing (men/boys – underpants, women/girls – underpants and bra). Any socks or additional complements must be removed.
- The official supervising the weigh-in shall note and record the Competitor's weight in kilograms (accurate to one decimal point of a kilogram)
- The Competitor steps off the scales. NOTE: Photography or filming is not permitted in the weigh-in area. This includes the use of mobile phones and all other devices.

- At the end of the weigh-in, Technical Delegate will sign a weigh-in form showing the actual weight of all athletes.

Athlete Back Numbers Sewing Procedure

Back numbers must be attached to all karate gi before the start of the competition. This service will be available from 20 to 21 June 2023 in the Sewing room at the HQ Hotel Bielsko-Biala (Room TBC), between the hours of 10:00 – 15:00.

NOCs must bring their clean and dry competition karate gi (jacket) with all previous back numbers removed to the Sewing room prior to the start of the competition.

3.2 Competition Procedures

Warm-up

The Warm-up Area will be located near FoP and will consist of three (3) 10 x 10 m size tatamis. The Warm-up Area will be available to athletes before they are called to compete. All athletes will be allocated time in the Warm-up Area before their matches. During the competition, priority will be given to the first 16 competing athletes to use the Warm-up Area.

Call Room procedures

Athletes will be called to warm up before their contest according to the procedure detailed below. The Warm-up Area is located close to the Call Room. Equipment control in the Call Room will be the last activity before Athletes enter FoP. Athletes will be required to show their accreditation in the Call Room to verify their identity. Athletes will be accompanied onto FoP by one (1) Coach.

| Time before start of match (min) | Place | Actions |
|-----------------------------------------|--------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| 20 | Warm-up Area | Contestant's first call: The Athlete and the Coach must be in the Warm - Up Area at least 20 minutes before the scheduled start time of their match. |

| | | |
|-------|-------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 12-15 | Call Room | Equipment: The Athlete should arrive at the Call Room. Once in the Call Room, the Athlete will go through equipment control. An ITO will conduct the official Athlete inspection. Coaches will not be permitted to take radios or mobile devices onto FoP. |
| 5 | Call Room, Waiting Area | Once the Athlete has been inspected, he is called to the waiting area and lines up to enter FoP. |
| 1 | Call Room, Waiting Area | Call to FoP. |

3.3 Post-competition Procedures

Doping Control


Athletes selected for doping control will be notified in person and escorted to the Doping Control Station by a Doping Control Chaperone as soon as possible after the former have finished competing. It is the responsibility of the Athlete to remain under continuous observation of the Doping Control Chaperone after notification. The notified Athlete may invite a team representative or team doctor to the Doping Control Station along with them.

During doping control, competitors will be instructed by the doping control officer about the procedure and rights and obligations related to the control. All tests should be carried out without advanced notice, the athlete should be the first person to be informed about the selection for doping control. During doping control, athletes should report what medicines they have used in the last 7 days and should submit their comments on the testing process.

Broadcast Mixed Zone

All the Athletes must exit FoP via the Mixed Zone.

After the competition or Medal Ceremony, all the Athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. Volunteers will take care of the interview time in each section of the Mixed Zone. Team Coaches who are normally positioned on FoP may also be asked to pass through the Mixed Zone for interview possibilities.



After passing through the Mixed Zone, Athletes will be free to return to the Changing Room or go to Medical/Doping procedures unless they are requested for interviews in the Interview Zone (outside the Mixed Zone) or press conference.

Journalists wanting to interview someone would make a request to Press Operations Volunteers who will escort the athlete. By default, all three medalists and all Polish Athletes will be accompanied by volunteers for interviews. Press Attaches, DCOs, and LANS Team members will be able to escort Athletes into the Mixed Zone if needed. Once in the Mixed Zone, the Athlete would be interviewed by the member of the press who requested the interview.

There will be a time limit for the interviews that will be clearly explained by the volunteer before the start of the interview. The volunteer has the right to interrupt the interview if it significantly exceeds the time. There will be no guarantee that it would be exclusive, meaning one (1) or two (2) journalists might want to interview the same Athlete.


The Mixed Zone will be managed by Press Operations Volunteers to help facilitate introductions or questions and ensure the Interview Zone remains an informal area and that no media 'scrum' is created.

All the medalists will be asked to attend a short press conference after the Medal Ceremony and pass through the Mixed Zone. Volunteers or Press Operations representatives will make their way to the official transport which will take them to the City or Main Press Centre. After the press conference, athletes will not come back to the FoP.

Following a competition in the direct elimination phase or Medal Ceremony all athletes will pass through the Broadcast Mixed Zone as they leave the field of play, but are not obliged to speak. Coaches may also be asked to pass through the Broadcast Mixed Zone for the interview possibilities. After passing through Mixed Zone athletes will be free to return to the changing room or go to Medical/Doping.

Results Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.european-games.org.



Delivery of printed results information is available only at Competition Venues and time-critical services. Selected reports will be available for collection from SID at the Venue and SIC in AVL.

After the completion of all competitions, all results will be compiled in PDF files and will be available for downloading from www.european-games.org.

Medal Ceremonies

All Medal Ceremonies at the 3rd European Games Krakow-Malopolska 2023 will occur on or next to FoP. Before each Medal Ceremony, all the medallists are gathered in the waiting area accompanied by volunteers (people responsible for each kind of sport assigned by Competition Managers).

Medal Ceremony Staff will be on hand to advise and guide all Athletes before, during, and after their Medal Ceremony. All announcements for the Medal Ceremony will be made in two languages – English and Polish.


It is not allowed to ascend the podium wearing hats, sunglasses, carrying national flags, or any other symbols or memorabilia apart from the Games' mascots. Signs, mobile phones, cameras, electronic devices, bottles, items of sports equipment, and items with political statements are prohibited on the podium. If any Athlete is in possession of any of these items, the latter is being handed to the Medal Ceremonies Manager for the duration of the Ceremony. During the Ceremony, no commercial, political, religious, or racial propaganda or demonstration is permitted. Any action of this kind entails penalties foreseen by the EOC.

No one, but the winners can be awarded medals or allowed to ascend the podium.

Athletes will be required to wear their NOC official uniform throughout the Medal Ceremony.

It is the responsibility of each Athlete/Coach to ensure that the Athlete has their full tracksuit with them and that it is ready to be worn at the Venue in time for the start of the Medal Ceremony.

Failure to adhere to this rule may result in the delay or postponement of the Medal Ceremony.



During the Medal Ceremony, in addition to the medals, K&MEGOC plans to present the winning Athletes with official mascots of the 3rd European Games Krakow-Malopolska 2023.

Athletes ranked :

- first,
- second,
- and third - two (2) third places

The ceremony begins with the medal(-s) and the mascot(-s) awarded to the Athlete (team) ranked third. Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

Diplomas for the Athletes ranked from 1st to 3rd will be distributed in the AVL NOC Services Centre.

In case of the athlete (-s)' absence at the ceremony, this ceremony cannot be postponed.

4. Training Information

4.1 Key Information

Venue: TBC

Distance from the Athletes' Village: TBC

4.2 Training information and regulation

Booking trainings will be possible before the arrival of competitors at SID or by e-mail: kte.training.booking@ie2023.pl

Training will have controlled access for accredited team members only, public access will not be allowed.

Training Access:

TAPs allow registered members of an NOC delegation, who are considered essential to the athletes' preparation for the European Games, to have access to training venues (and competition venues which are used for training).


-This pass allows access to training venues and competition venues, only on the days when there is no competition taking place at that specific venue.

NOC applies for a TAP through the EGO's Guest Pass system. On arrival guest/visitor presents at the venue an EGIAC and/or official document valid for the TAP process (e.g. passport or official travel document for foreigners, ID or driver's license for nationals, etc.), if not accredited, to establish identity.

TAP can only be requested for sports venues and competition days where the NOC has competitors.

For every twenty (20) athletes (the number shall be rounded up), one (1) TAP will be allocated per day, for example:

- 1-20 athletes 1 TAP per day
- 21-40 athletes 2 TAP per day
- 41-60 athletes 3 TAP per day
- 61-80 athletes 4 TAP per day
- 81-100 athletes 5 TAP per day
- 101-120 athletes 6 TAP per day
- 121-140 athletes 7 TAP per day

- 
- 141-160 athletes 8 TAP per day
 - 161-180 athletes 9 TAP per day
 - 181-200 athletes 10 TAP per day
 - 201-220 athletes 11 TAP per day
 - 221-240 athletes 12 TAP per day
 - 241-260 athletes 13 TAP per day
 - Etc.

Appendix 1 Competition Schedule

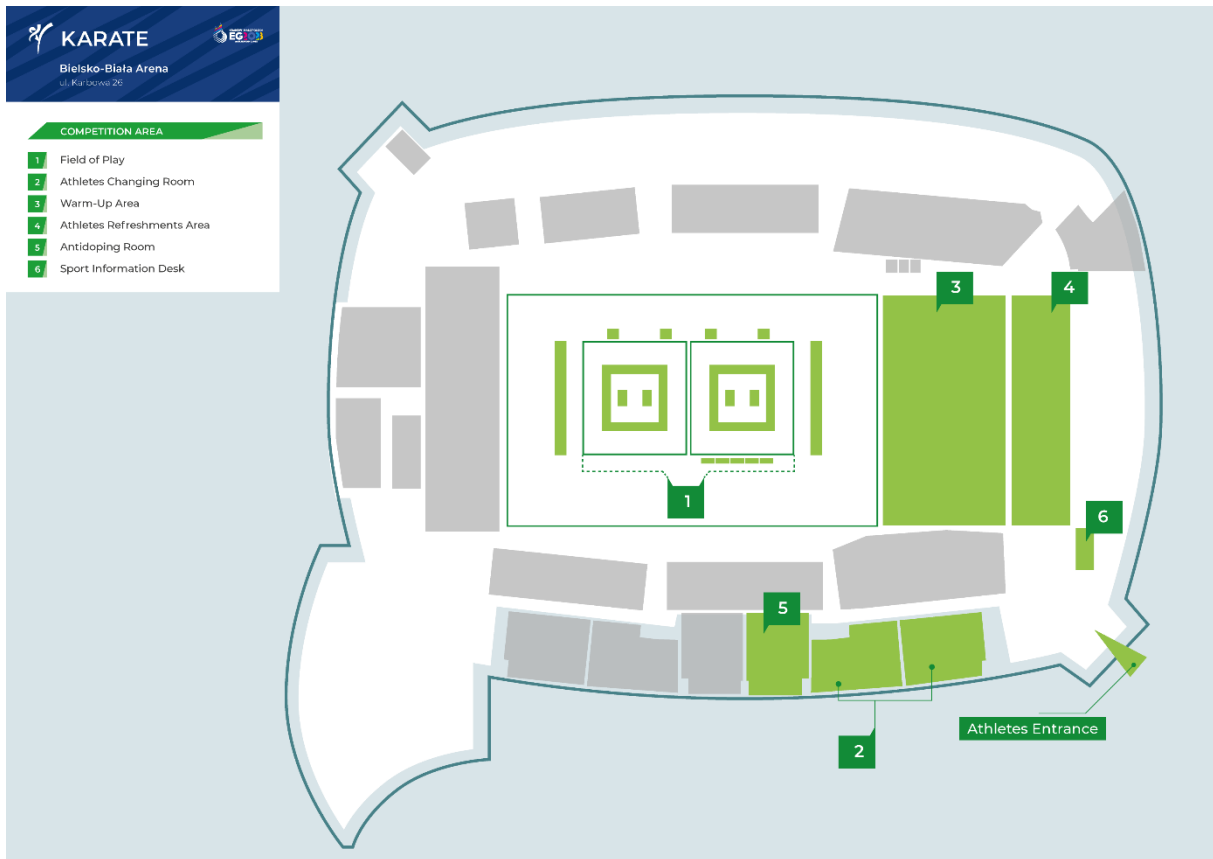
| Date | Start Time | End Time | Events | Competition Phase | Tatami |
|-----------------------------------|--------------|-----------------------------------------|---------------------------------------------|-------------------|--------|
| 22 June 2023 (morning session) | 09:00 | 10:45 | Men's & Women's Kata | Preliminaries | 1,2 |
| | 10:45 | 12:30 | Women's Kumite -50kg & Women's Kumite -55kg | Preliminaries | 1,2 |
| | 12:30 | 14:15 | Men's Kumite -60kg & Men's Kumite -67kg | Preliminaries | 1,2 |
| 22 June 2023 (evening session) | 15:30 | 16:10 | Men's & Women's Kata | Semi-Finals | 1 |
| | 16:10 | 16:50 | Women's Kumite -50kg & Men's Kumite -60kg | Semi-Finals | 1 |
| | 16:50 | 17:30 | Women's Kumite -55kg & Men's Kumite -67kg | Semi-Finals | 1 |
| | 17:30 | 17:40 | Men's Kata | Gold Medal | 1 |
| | 17:40 | 17:50 | Women's Kata | Gold Medal | 1 |
| | 17:50 | 18:10 | Medal Ceremonies Men's & Women's Kata | | |
| | 18:10 | 18:20 | Women's Kumite -50kg | Gold Medal | 1 |
| | 18:20 | 18:30 | Men's Kumite -60kg | Gold Medal | 1 |
| | 18:30 | 18:50 | Medal Ceremonies Women's & Men's Kumite | | |
| | 18:50 | 19:00 | Women's Kumite -55kg | Gold Medal | 1 |
| | 19:00 | 19:10 | Men's Kumite -67kg | Gold Medal | 1 |
| 19:10 | 19:30 | Medal Ceremonies Women's & Men's Kumite | | | |
| 23 June 2023 (morning session) | 09:00 | 10:45 | Women's Kumite -61kg & Women's Kumite -68kg | Preliminaries | 1,2 |
| | 10:45 | 12:30 | Men's Kumite -75kg & Men's Kumite -84kg | Preliminaries | 1,2 |
| | 12:30 | 14:15 | Women's Kumite +68kg & Men's Kumite +84kg | Preliminaries | 1,2 |

| | | | | | |
|-----------------------------------------|--------------|--------------|----------------------------------------------|-------------------|---|
| 23 June 2023 (evening session) | 15:30 | 16:10 | Women's Kumite -61kg & Men's Kumite -75kg | Semi-Finals | 1 |
| | 16:10 | 16:50 | Women's Kumite -68kg & Men's Kumite -84kg | Semi-Finals | 1 |
| | 16:50 | 17:30 | Women's Kumite +68kg & Men's Kumite +84kg | Semi-Finals | 1 |
| | 17:30 | 17:40 | Women's Kumite -61kg | Gold Medal | 1 |
| | 17:40 | 17:50 | Men's Kumite -75kg | Gold Medal | 1 |
| | 17:50 | 18:10 | Medal Ceremonies Women's & Men's Kumite | | |
| | 18:10 | 18:20 | Women's Kumite -68kg | Gold Medal | 1 |
| | 18:20 | 18:30 | Men's Kumite -84kg | Gold Medal | 1 |
| | 18:30 | 18:50 | Medal Ceremonies Women's & Men's Kumite | | |
| | 18:50 | 19:00 | Women's Kumite +68kg | Gold Medal | 1 |
| | 19:00 | 19:10 | Men's Kumite +84kg | Gold Medal | 1 |
| | 19:10 | 19:30 | Medal Ceremonies Women's & Men's Kumite | | |

Appendix 2 Training Schedule

| Day | Hours | Tatami 1 - war- ming up area | Tatami 2 - war- ming up area | Num- ber of people |
|------------|--------------|-------------------------------------------------|-----------------------------------------------------|-----------------------------------|
| 21.06.2023 | 9:00-10:00 | x | x | 20 |
| | 10:15-11:15 | x | x | 20 |
| | 11:30-12:30 | x | x | 20 |
| | 12:45-13:45 | x | x | 20 |
| | 14:00-15:00 | x | x | 20 |
| | 15:15-16:15 | x | x | 20 |
| | 16:30-17:45 | x | x | 20 |
| | | | | |

Appendix 3 Venue Maps





KRAKÓW MAŁOPOLSKA
EG2023
3rd EUROPEAN GAMES

Organising Committee

