

50th EUROPEAN KARATE CHAMPIONSHIP

• CADETS-U16, JUNIORS-U18, U21 •

Larnaca - Cyprus • 03-05 February 2023



3-5

FEBRUARY

*EKF – Cadet, Junior & U21
50th Championships*

Larnaca 2023

CYPRUS

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1. INITIAL GREETINGS

1.1 President of the European Karate Federation

Every year we have the privilege to see the transformative power of Karate and the tremendous impact that our sport has on youngsters at our continental age-group tournaments. For this reason, the EKF Cadet, Junior & U21 Championships are one of the most anticipated events in our calendar.

Hundreds of youngsters from all over Europe will travel to Larnaca (Cyprus) from February 3 to 5, 2023 for three memorable days of competition. I am convinced that the tournament will be a unique occasion to witness first-hand the strength of Karate in young ages. Not only that, fans of the sport will also be able to get to know the future stars of Karate at this event.

I am sure that youngsters travelling to Larnaca will find the best conditions to showcase their abilities at the event. I want to thank the Cyprus Karate Federation and its president Andreas Vasileiou for the efforts to organise the tournament and for their contribution to the development of Karate.

Best of luck to all the participants and organisers. Karate For Life!



Antonio Espinós

EKF President

1.2 President of the Host

What a profound joy is for us at the Cyprus Karate Federation to welcome all the stakeholders of the European Karate Federation in Larnaca for the European Karate Championships on the 3rd to the 5th of February 2023.

Managing with success the last year's WKF Karate 1 Youth League Limassol 2022, makes us feel confident that this one in 2023 will assent all participants with a great sense of satisfaction and enjoyment. We guarantee that the event will be very well rewarding and purposeful for the athletes, coaches, referees, delegates and fans of karate.

The championships will be hosted by the Top of the line Larnaca hotels and implemented at the state of the art Sport Hall «Kition Athletic Center. »

I want to express our gratitude to all those contributors, participants, the European Karate Federation and especially its president Mr. Antonio Espinos for their trust towards the Cyprus Karate Federation to coordinate the exclusiveness of the European Karate Championship for Cadets/Juniors/U21 Larnaca 2023.

We warmly foresee your presence in Larnaca, Cyprus!

Andreas Vasileiou

The Cyprus Karate Federation

President



2. CITY INFORMATION

Larnaca (also spelt as Larnaka) is a port city located on the southern coast of Cyprus. It is the third-largest town after Nicosia and Limassol and home to the second-largest commercial port.

The beautiful city of Larnaca provides the perfect balance of being a modern metropolitan city while maintaining scenic island life. The Cypriot city certainly has an interesting history and has been enriched with different cultures. Besides the historic attractions and the oceanic views, the stunning coastline surrounded by palm trees is sure to keep you in awe.

The city which is built on the ruins of ancient Citium is endowed with numerous attractions such as Larnaca Castle, the Church of Saint Lazarus, Hala Sultan Tekke etc. Larnaca's waterfronts, scenic vistas, parks and beautiful beaches with leisure and water sports facilities enhance its beautiful coastline.

Larnaca is a thin ribbon of a town and you can walk around most of it. The seaside Larnaca Promenade (Phinikoudes) is particularly pleasant for a stroll in the evening.

The beaches of Larnaca are full of seafood restaurants catering to tourists. The easiest way to find a good place is to simply walk along until you find a restaurant.

3. ONLINE REGISTRATION

3.1 Online registration for all athletes and coaches

Online registration can be made from the 04/11/2022 until 24/01/2023 under the following link:

ATHLETES & COACHES
REGISTRATION

3.2 Press

Press accreditation can only be given to professional journalists working for a media and having proof of their credentials.

Media professionals can register to request press accreditations until 20/01/2022 through the online registration form which can be found here:

PRESS
REGISTRATION

Accredited journalists will not have access to the competition area and will be allocated in a dedicated press tribune.

Accredited photographers will have access to their allocated seats only upon presenting the accreditation cards given to them during registration. Video recording will not be allowed.

A mixed zone will be available for accredited journalists and photographers.

Should you need more information about press or media related issues, please directly contact the European Karate Federation's office: press@wkf.net

3.3 Onsite Registration & Accreditation

Registration will be arranged in HQ Hotel on Thursday, 2/February/2023 from 09:00 to 15:00 hours, Filini room.

Each participating country is requested to provide 2 national flags and a CD with the national Anthem.

4. REFEREE PROGRAM

4.1 Referee Course Program

DAY	TIME	MEETING	ROOM
TUESDAY 31/January/2023	08:00- 08:45	Referee Commission Meeting	SUN HALL HOTEL
	09:00-12:00	Referee Course Payment & Registration for candidates	SUN HALL HOTEL
	12:00-13:00	Lunch	SUN HALL HOTEL
	13:00-15:00	Kumite theory / Kumite theory examination	SUN HALL HOTEL BALL ROOM HALL
	15:00-17:00	Kata theory / Kata theory examination	SUN HALL HOTEL BALL ROOM HALL

WEDNESDAY 01/February/2023	09:00-12:00	Kumite - Practical examination Group 1	SUN HALL HOTEL BALL ROOM HALL
	12:00-13:00	Lunch	SUN HALL HOTEL
	13:00-16:00	Kumite - Practical examination Group 2	SUN HALL HOTEL BALL ROOM HALL
	16:30-19:30	Kumite - Practical examination Group 3	SUN HALL HOTEL BALL ROOM HALL

THURSDAY 02/February/2023	08:30-12:00	Kata – Instruction and Practical examination	SUN HALL HOTEL BALL ROOM HALL
	12:00-13:00	Lunch	SUN HALL HOTEL
	13:00-19:00	RC Administration	SUN HALL HOTEL BALL ROOM HALL
	19:00-20:00	Referee Course examination Results	SUN HALL HOTEL BALL ROOM HALL
	20:00-21:00	Referees Briefing	SUN HALL HOTEL BALL ROOM HALL
	21:00-21:30	Tatami Manager & Appeals Jury meeting	SUN HALL HOTEL BALL ROOM HALL

4.2 Referee Registration

Referee Course

The registration will open on **November 04th 2022** and will close on **January 02nd, 2023**.

All registrations must be made online, within the deadline above mentioned.

KATA REGISTRATION

KUMITE REGISTRATION

Should you have any technical difficulties when registering, please contact support@sportsid.org.

Referees attending and officiating at the EKF Championships 2023

The registration of qualified Referees for officiating in European Championships opens on **November 04th 2022**. The registration of qualified Referees for officiating in European Championships closes on **January 02nd, 2023**.

All registrations must be made **online**, within the deadlines above mentioned, through the following Sportdata links:

REGISTRATION

Should you have any technical difficulties when registering, please contact support@sportsid.org.

5. COACH PROGRAM LARNACA 2023

5.1 Course for EKF Coaches

We are pleased to inform you that the 1st edition of the EKF Coaches Program will be held in Larnaca (Cyprus) in coincidence with the upcoming EKF Karate Junior, Cadet & U21 Championships 2023.

REMEMBER!!! It is possible to homologate a WKF Kumite and/or Kata Coach (coach level 2) license by the EKF.

To do so, you must fill in the form “Request for the Homologation of a WKF Coach Certification by the EKF” and send it to the e-mail; ekf@ekf.com.es, together with the bank proof of payment of the homologation fee.

After receiving the written approval of EKF homologation, you can register to officiate as a coach at the event.

The WKF Accredited Coach license (coach level 1) is not homologated by the EKF.

The minimum level required for coaches to take part in EKF Championships is the:

“EKF Kumite/Kata Coach” certification (coach level 2)

In case a WKF Kumite and/or Kata Coach license is not homologated by the EKF, any coach who wants to officiate at the event must first register and obtain the EKF Accredited Coach certification (coach level 1) to register and attend the Kumite/Kata examination (coach level 2).

ONLINE REGISTRATION

The online registration to take part in the “Accredited Briefing & Kata/Kumite Coach Exam” will open on November, 4th, 2022 at 12:00 (GMT +0) and will close on January 20th, 2023 at 12:00 (GMT+0). The link to register in the “Accredited Briefing & Kata/Kumite Coach Exam” is:

EKF COACH COURSE

REGISTRATION

All payments must be made CASH during the ONSITE REGISTRATION.

No other methods of payment will be accepted.

ONSITE REGISTRATION

Thursday, 02.02.2023 from 08:00 – 11:00 hrs at the HQ Hotel, FILINI ROOM

COACH COURSE SCHEDULE

DATE	HOUR	ACTIVITY	PLACE
THURSDAY 02/February/2023	13:00 – 14:30	Accredited Coach Briefing	SUN HALL HOTEL BALL ROOM HALL
	14:45 – 15:30	Kumite Coach Exam	
	15:45 – 16:30	Kata Coach Exam	
	17:30 – 18:30	Certified Kata/Kumite Results and Accreditations delivery	

FEES

We would like to remind you that the fees for the Program for EKF Coaches are as follows:

Briefing for “Accredited Coach” level: **200 EUR**

Examination for “Certified Kumite Coach”: **150 EUR**

Examination for “Certified Kata Coach”: **150 EUR**

Both Examination for “Certified Kumite Coach” and “Certified Kata Coach”: **200 EUR**

Homologation WKF Level (Kumite and/or Kata ONLY): **150 EUR**

5.2 Registration – Coaches officiating in competition

No coach can register if he/she is not in possession of the EKF Kumite and/or Kata Coach certification level.

**COACH
REGISTRATION**

6. EKF EVENTS SCHEDULE

	08:00-11:00	Registration EKF Coach Programme	HQ HOTEL FILINI ROOM
THURSDAY 02/February/2023	09:00-15:00	Registration for Delegations & Weigh-in	HQ HOTEL FILINI ROOM
	11:00-13:30	Technical Commission Meeting	HQ HOTEL ROOM TBC
	12:00-13:30	Medical & Anti Doping Commission Meeting	HQ HOTEL ROOM TBC
	13:00-14:30	EKF Coach Programme - Accredited Coach Briefing	SUN HALL HOTEL BALL ROOM HALL
	14:45-15:30	EKF Coach Programme - Kumite Examination	SUN HALL HOTEL BALL ROOM HALL
	15:45-16:30	EKF Coach Programme - Kata Examination	SUN HALL HOTEL BALL ROOM HALL
	17:30-18:30	EKF Coach Programme - Certified Kumite/Kata results and accreditations delivery	SUN HALL HOTEL BALL ROOM HALL
	19:00-20:30	Open Draw for Coaches (On-site) and Coach Meeting	KINGS CONFERENCE HQ HOTEL
FRIDAY 03/February/2023	09:00-11.00	Executive Committee Meeting	HQ HOTEL ROOM TBC

Timeslots will be required by every NF according with their preferences, delegations that do not have a reserved time for registration, will be attended when the registration ends after 2:00 p.m.

In the registration room only will be available two people in charge per country for to make the registration of each delegation, these persons will show all the Waiver documents and the original passport of all the members of their delegation.

Referees and Press will make the registration in a separate desk, at the same time as their delegations.

7. COMPETITION INFORMATION

7.1 Categories

New categories for the younger female athletes

INDIVIDUAL CATEGORIES

Under 21 (18/19/20 years old): 12 categories (10 Kumite + 2 Kata)

- Female Kumite: - 50kg, - 55kg, - 61kg, - 68kg, + 68kg
- Male Kumite: - 60kg, - 67kg, - 75kg, - 84kg, + 84kg
 - Kata: Female, Male

Junior (16 - 17 years old): 12 categories (10 Kumite + 2 Kata)

- Female Kumite: - 48kg, - 53kg, - 59kg, - **66kg**, + **66kg**
- Male Kumite: - 55kg, - 61kg, - 68kg, - 76kg, + 76kg
 - Kata: Female, Male

Cadet (14 - 15 years old): 11 categories (9 Kumite + 2 Kata)

- Female Kumite: - 47kg, - 54kg, - **61kg**, + **61kg**
- Male Kumite: - 52kg, - 57kg, - 63kg, - 70kg, + 70kg
 - Kata: Female, Male

TEAM CATEGORIES

Cadet and Junior (age 14/17)

Team Kata

Male

Female

7.2 Age

IMPORTANT NOTE:

The age limit of competitors for the corresponding category will be the first day of the entire event. This means competitors must have the eligible age 03/02/2023.

7.3 Competition Program

Friday, 03/February/2023

	Eliminations without Bronze Medal fights	
9:00 – 13:45	Individual Kata Cadets	(Male & Female)
	Individual Kata Juniors	(Male & Female)
	Individual Kata U21	(Male & Female)
	All Kata Team categories	
	Eliminations and Repechage (without Bronze Medal matches)	
14:00 – 18:45	All Cadet Kumite categories	(Male & Female)
	Opening Ceremony	
19:30 – 20:30	Opening Ceremony	

Saturday, 04/February/2023

	Eliminations and Repechage (without Bronze Medal matches)	
9:00 – 14:30	All Junior Kumite categories	(Male & Female)
	Eliminations and Repechage (without Bronze Medal matches)	
14:30 – 20:30	All U21 Kumite categories	(Male & female)

Sunday, 05/February/2023

	Gold and Bronze Medal matches and Medal ceremony of all categories	
09:00 – 20:00	All categories	

8. EKF APPROVED PROTECTIONS & TATAMIS

SPORT PROTECTIONS “WKF Approved”



*Click on the logos

DISTRIBUTORS ASSISTANCE “WKF Approved”

Click on the image to visit the distributors by countries.

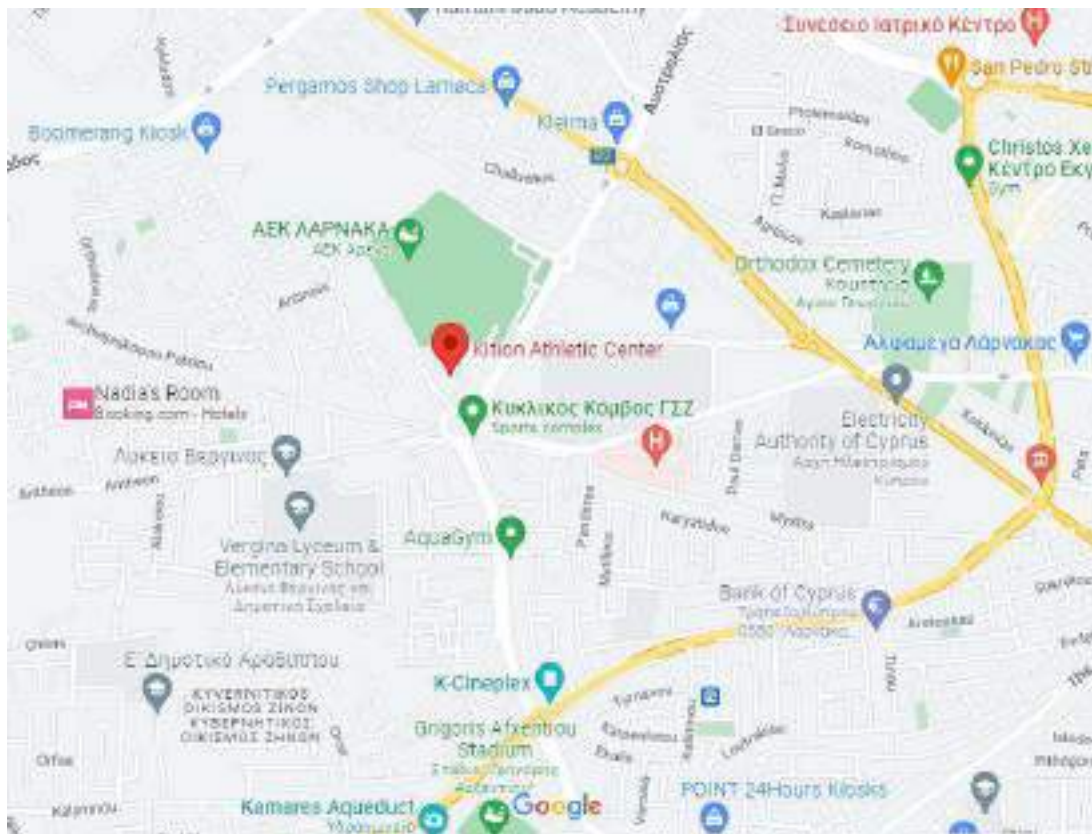


TATAMIS “WKF Approved”



9. VENUE

KITION ATHLETIC CENTER



10. TICKETS

For ticket purchase click the following [link](#) (tickethour.com).

All holders with accreditation card don't need to buy entrance tickets.

11. TRAINING FACILITIES - BOOKINGS

The OC will provide the National Federations, who submit the relevant applications in due time, with a place and time for training. The application through email must be **received before 6 January 2023**

Transportation to the training area will be provided at a cost. For the Training inquires, requests and bookings, please send mail to: cypruskaratefederation@gmail.com

TRAINING SLOTS:

You can reserve your training slots in the following [link](#).

Teams with more than **40 athletes** are advised to reserve **training area 1** whereas teams with less than **20 athletes** are advised to book **training area 2**.

This is important to ensure that all teams have a satisfactory training area.

The training areas are located at the facilities of the **KITION** stadium.

Note that all previous training reservations which have been communicated via e-mail have been already booked in the reservation system.

Training reservations are completed at no relevant cost.

However, **transportation** to the training facilities are **not provided by the Cyprus Karate Federation**. If your federation requires bus transportation to the stadium, they should be reserved through the **Amathus travel agency** at the cost provided by the agency via the following e-mail and telephone number.

e-mail: info@amathus.com

Tel: +357 22 456545 / +357 22 716565

12. HOW TO GET TO THE CHAMPIONSHIP

12.1 Accessing Cyprus and the Championships

<https://www.visitcyprus.com/index.php/en/practical-info/entry-requirements>

13. ACCOMMODATION

13.1 Hotels

In order to provide all participants with the best Covid safety and traceability conditions, accommodation is recommended to be booked in official hotels.

13.1.1 HQ Hotel

RADISSON BEACH

A five star hotel located in Larnaca, 500 m from Voroklini Beach, Radisson Beach Resort Larnaca provides air-conditioned rooms and an outdoor swimming pool. The property is situated 1 km from Yanathes Beach, 6.9 km from Europe Square and 7.2 km from Larnaca Marina. The property is set 7.9 km from Saint Lazarus Church and 7.9 km from Saint Lazarus Square.



13.1.2 Official Hotels

RADISSON BLU

A five star hotel which is centrally located in Larnaca with views over its port, the 5-star Radisson Blu Hotel, Larnaca provides easy access to everything the city has to offer.



GOLDEN BAY

A five star hotel situated in Cyprus near Larnaca Bay, Golden Bay Beach Hotel is 100 m from the beach. It features a large outdoor pool with sun-lounger terrace and on-site private parking.



SANDY BEACH

A four star hotel located on a stretch of sand, on Dhekelia Road, with views of the Mediterranean Sea



LORDOS BEACH

A four star hotel situated on a private beach of Larnaca Bay, Lordos Beach Hotel & Spa offers rooms with a balcony featuring side views of the Mediterranean Sea.



BEST WESTERN QUALITY LODGE

A four star hotel situated in Larnaca, 400 m from Voroklini Beach



INDIGO

A four star hotel conveniently situated in the historical Larnaca City Centre district of Larnaca, located close to St Lazarus Church and Larnaca's Medieval Castle.



SUNHALL HOTEL

A four star hotel overlooking Phinikoudes promenade and just 50 m from the beach. Referees and coach's seminars, courses and exams will take place in this hotel.



JOSEPHINE

A three star hotel situated in Larnaca, 300 m from Saint Lazarus Church.



FRANGIORGIO

A three star hotel situated just 100 meters away from the famous Finikoudes beach of Larnaca.



LIVADHIOTIS CITY HOTEL

A three star hotel Centrally located in Larnaca, Livadhiotis City Hotel is 100 m from the famous Phinikoudes Beach



MIKES KANARIUM

A three star hotel just 300 m from Finikoudes Beach. Larnaca Castle is 60 m away.



LES PALMIERS

A three star hotel right in the heart of Larnaca center, just 30 m from Foinikoudes Beach.



BEST WESTERN PLUS LARCO

A three star hotel located 200 m from the nearest beach and just a 10-minute drive from Larnaca Airport.



SUNHALL HOTEL APARTMENTS

An apartment complex located right on Phinikoudes Beach in Larnaca



13.2 Hotels Rates

Prices per room (VAT inc.), HALF BOARD (Bed, Breakfast & Dinner)

HOTELNAME	CATEGORY	SINGLE	TWIN	TRIPLE (3 X PAX)	QUAD (4 X PAX)
RADISSON BEACH (HQ)	5 STAR New	€130	€180	€250	
RADISSON BLU	5 STAR BUSINESS	€150	€200	N/A	
GOLDEN BAY	5 STAR	€100	€140	€200	
SANDY BEACH	4 STAR	€110	€160	€210	
LORDOS BEACH	4 STAR	€100	€140	€200	
BEST WESTERN QUALITY LODGE	4 STAR LUXURY		€160	€210	€300.00
INDIGO	4 STAR	N/A	€180	N/A	
SUNHALL HOTEL		€110	€160	€210	
JOSEPHINE	3 STAR BOUTIQUE	N/A	€120	€170	
FRANGIORGIO HOTEL	3 STAR	N/A	€120	€170	
LIVADHIOTIS CITY HOTEL	3 STAR	N/A	€120	€170	
MIKES KANARIUM	3 STAR	N/A	€120	€170	€200.00
LES PALMIERS	3 STAR	N/A	€120	€170	€200.00
BEST WESTERN PLUS LARCO	3 STAR	N/A	€140	€180	
SUNHALL HOTEL APARTMENTS (*)	B	N/A	€120	€170	€200.00

(*)Only Breakfast included

THE DEADLINE FOR ACCOMMODATION IS THE 6TH OF JANUARY 2023.

Note: After the 6th of January 2023, the Cyprus Karate Federation cannot guarantee the availability of any rooms.

The reservations for accommodation and transportation will be handled by the Amathus Corporation Ltd through the following email:

larnaca-european-karate@amathus.com

Contact Telephone number: +35725369122

Should you have any further inquiries please contact the Amathus Corporation Ltd through the above email or telephone number.

Please note that all prices are in euro and are on a bed and breakfast basis. Should you need an extra meal on Half/Board or Full/Board basis request that through email. Note that all accommodation and transportation bookings must be fully paid to Amathus Corporation Ltd through to be considered as fully booked.

Meals at the Venue

Delegations can order through the cypruskaratefederation@gmail.com the following menu, specifying which and how many meals to book for the 3rd, 4th, 5th of February in the sport hall.

During the competition lunch will be available at the premises of the stadium: only available with preorder at the set price of 13 euro per portion, not including drinks.

Portions available each of the three days of the competition (from 03rd to 05th):

- A) Beef burger in bread roll with mayonnaise and caramelized onion and salad.
- B) Chicken souvlaki on the skewer with tomato and onion, vegetables, rice and salad.
- C) Chicken with potatoes cooked in the oven, bulgur, and salad.
- D) Fried fish breaded fillet with rice, vegetables, and salad.
- E) Pork fillets a la cream with rice and salad.

Please place the orders for your federation by replying to this e-mail stating the number of portions from each menu for each of the dates of the competition.

4.4.1 Transport services

Larnaca airport

TAXI 4 SEATS	€ 50	Per taxi one way route
TAXI 6 SEATS	€ 75	Per taxi one way route
MINI BUS - 10 SEATS	€ 240	Airport – Hotel & Hotel - Airport
MINI BUS - 20 SEATS	€ 460	Airport – Hotel & Hotel - Airport
BUS 55 SEATS	€ 700	Airport – Hotel & Hotel - Airport

Paphos airport

TAXI 4 SEATS	€ 160	Per taxi one way route
TAXI 6 SEATS	€ 240	Per taxi one way route
MINI BUS - 10 SEATS	€ 800	Airport – Hotel & Hotel - Airport
MINI BUS - 20 SEATS	€ 1200	Airport – Hotel & Hotel - Airport
BUS 55 SEATS	€ 1400	Airport – Hotel & Hotel - Airport

The above prices are from Larnaca and Pafos International Airports to hotels and back to the Airports (Round Trip).

All travellers must enter the Republic of Cyprus ONLY through the official Airports, which are the International Airports of Larnaca and Pafos.

For booking your transportation you need to request it through the booking form of Amathus Corporation Ltd larnaca-european-karate@amathus.com

4.4.2 Rental Cars

Reservations for private cars are handled by Amathus travel agency and can be made at the following email address: larnaca-european-karate@amathus.com

Please note that terms and conditions are applied.

14. WKF COVID PROTOCOL MEASURES



DUE TO THE ONGOING COVID-19 PANDEMIC THIS EVENT WILL BE HELD UNDER THE WKF COVID-19 PROTOCOL

REQUIRED DOCUMENTS

On registration day all participants must submit the 1 of the following documents

I) Waiver of Liability Form/Terms of Responsibility (Only 1 per person)

- i. NF/Team Representative Waiver & Team List
- ii. Individual +18 Form
- iii. Individual - 18 Form

*If the health authorities of the host country do not require the Antigen Testing to be carried out, the Antigen Test are not to be performed.

** If the health authorities of the host country do not require the presentation of vaccination, recovery or PCR certificate, then this step will be omitted.

15. ANTI-DOPING

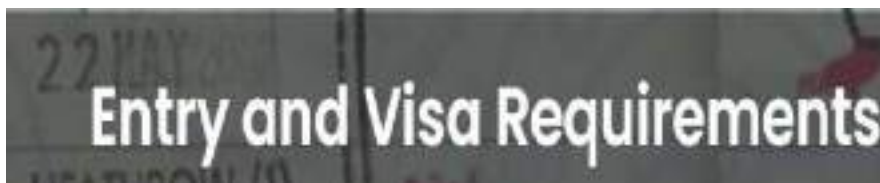
As a participant in karate, it is your responsibility to follow the WKF Anti-Doping Rules. Click the [here](#) to take an Anti-Doping Education & Learning Course and learn more about your responsibilities and visit our [website](#). For a few hours, you help keep karate a clean sport.



Course Recommendations

- International-level Athletes Education
- High Performance Coach Education
- Medical Professionals Education
- Parents of Elite Athletes Education

16. VISA



<https://cyprus.com/entry-and-visa-requirements/>



<https://mfa.gov.cy/?OpenDocument>

17. ADDITIONAL INFORMATION

Opening Hours (Shops/Pharmacies)

Shop Opening Hours

Shop opening hours vary depending on their type and location and whether they are located in urban, tourist or rural areas.

Generally, shops will open between 07:00 - 21:00 on Monday - Saturday, but this can vary an hour or two either way, depending on the type of shop and the area it is located in. On Sunday, opening times are later, typically around 11:00, and closing times vary from 14:00 - 22:00, again depending on the type of outlet and its area.

Some shops still observe a half-day closing on Wednesday and Saturday afternoons, and close on Sunday, although in most of the tourist areas of Cyprus, both shops and supermarkets stay open till late at night, and are also open on Sundays.

17.1 Currency

Euro

17.2 Electricity

In Cyprus the **standard voltage is 240 V and the frequency is 50 Hz**. You can use your electric appliances in Cyprus, if the standard voltage in your country is in between 220 - 240 V (as is in the UK, Europe, Australia and most of Asia and Africa).

17.3 Language

The official language of the island is Greek, whilst English is widely spoken. French, German and Russian are also spoken within the tourism industry.

17.4 Religion

Cyprus enjoys an exceedingly high level of freedom of worship. While the majority of Greek-Cypriots are Greek Orthodox Christians, other denominations are represented on the island, including Armenians, Maronites and Roman Catholics. The Turkish-Cypriot community is predominantly Muslim.

17.5 Time

Cyprus Time is Greenwich Mean Time (GMT) +2 hours.

17.6 Climate

Cyprus enjoys an intense Mediterranean climate, with long dry summers from mid-May to mid-October, and mild winters from December to February, which are separated by short autumn and spring seasons.

Summer is a season of high temperatures with cloudless skies, but the sea breeze creates a pleasant atmosphere in the coastal areas. Isolated thunder showers are possible mainly over the mountains during early afternoons.

Winters are mild with rain and snow on Troodos Mountains (usually starting before Christmas).

The island enjoys abundant sunshine, and even in December and January, there is an average of six hours of bright sunshine per day, whilst over the six 'summer' months, there is an average of 11.5 hours of bright sunshine per day.

Temperatures and Weather Conditions

Daily temperatures during the hottest months of July and August range between 30° C on the central plain, and 24° C on the Troodos Mountains. The average maximum temperatures for these two months range between 38° C and 27° C. In January, the coolest month, the indicative daily temperature is 10° C on the central plain, and 3° C on the higher parts of the Troodos Mountains, while the average minimum temperatures are 5° C and 0° C.

17.7 Health & Services

Larnaca General Hospital

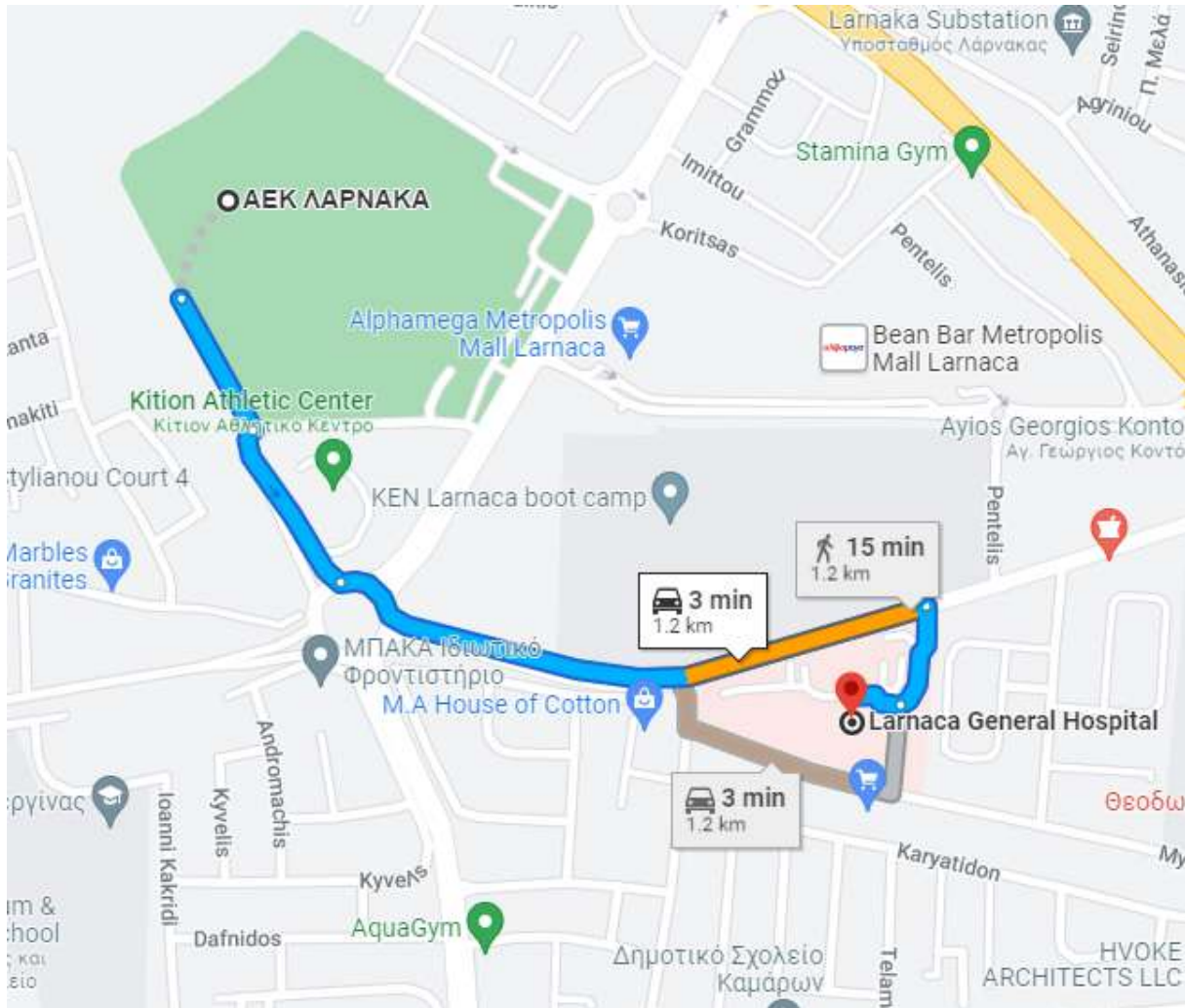


Larnaca General Hospital

[Homepage](#) [Patients & Visitors](#) [Clinics / Departments](#)

<https://shso.org.cy/en/hospital/geniko-nosokomeio-larnakas/>

Pandoras, Larnaca 6301, Cyprus +35724800500



Cypriot pharmacies are typically open from 9am until noon or 1pm, when they close for a few hours, and reopen from 3pm to 6pm or 7pm. Night pharmacies are open from 8am to 10pm but can be contacted 24 hours a day if medication is needed.

17.8 Insurance

In compliance with EKF Rules, it is obligatory for all the participants and members of the participating delegations have their own medical and personal trip insurance. The Cyprus Karate Federation and European Karate Federation as well as the Organizing Committee assume no liability or responsibility for the lack of insurance from participants and members of the delegations. The head of the delegations have to sign the enclosed terms of responsibility and return it by 2/2/2023 during the registration.

17.9 Transportation

<https://www.visitcyprus.com/index.php/en/practical-info/transportation>

17.10 Drinking water

The safety of food and drinking water quality in Cyprus is monitored by the Health Inspectors of the Medical and Public Health Services of the Ministry of Health and the Local Authorities.

17.11 Important Phone Numbers

Emergency phone number

112

Larnaca General Hospital **+357 24800500**

Larnaca Police **+357 24804037/38**

Directory Enquiries

A 24-hour service for directory inquiries in Cyprus is available by dialling: 11892 or 11800/

Information for foreign customers, country codes and area codes can be obtained by dialling: 11894

17.12 General Information

About CYPRUS



<https://en.wikipedia.org/wiki/Cyprus>

How to get to CYPRUS



<https://www.visitcyprus.com/index.php/en/>

Larnaca City



<https://en.wikipedia.org/wiki/Larnaca>

Discover Cyprus



<https://www.visitcyprus.com/index.php/en/discovercyprus/sun-sea>

18. CONTACT DETAILS - HOST

Cyprus Karate Federation

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50th EUROPEAN KARATE CHAMPIONSHIP

• CADETS-U16, JUNIORS-U18, U21 •

Larnaca - Cyprus • 03-05 February 2023

