



British
Karate
Federation



BRITISH 4 NATIONS

Karate Championships

Emirates Arena, Glasgow
Saturday 17th May 2014



BKF Supporting the Commonwealth Games Glasgow 2014

SENIOR, JUNIOR, CADET & CHILDREN

FINAL BULLETIN



Closing Date for entries is 30th April 2014

www.britishkaratefederation.co.uk



Dear Friends

May I take this opportunity to welcome you to the British 4 Nations Championships and to the host City of Glasgow.

In 2013 we moved to the new Glasgow Emirates Arena, built to host the Commonwealth Games in 2014. This wonderful new arena is a fitting venue for Britain's 4 Nations karate tournament. In 2013 we operated an 8 mat area and had over 950 entries, 52 referees and a host of volunteers who have established this event as the premier championships for the four WKF recognised governing bodies, the EKF, SKGB, WKGB and NIKGB. We are all very positive about 2014 and hope that you will join us for a truly British occasion.

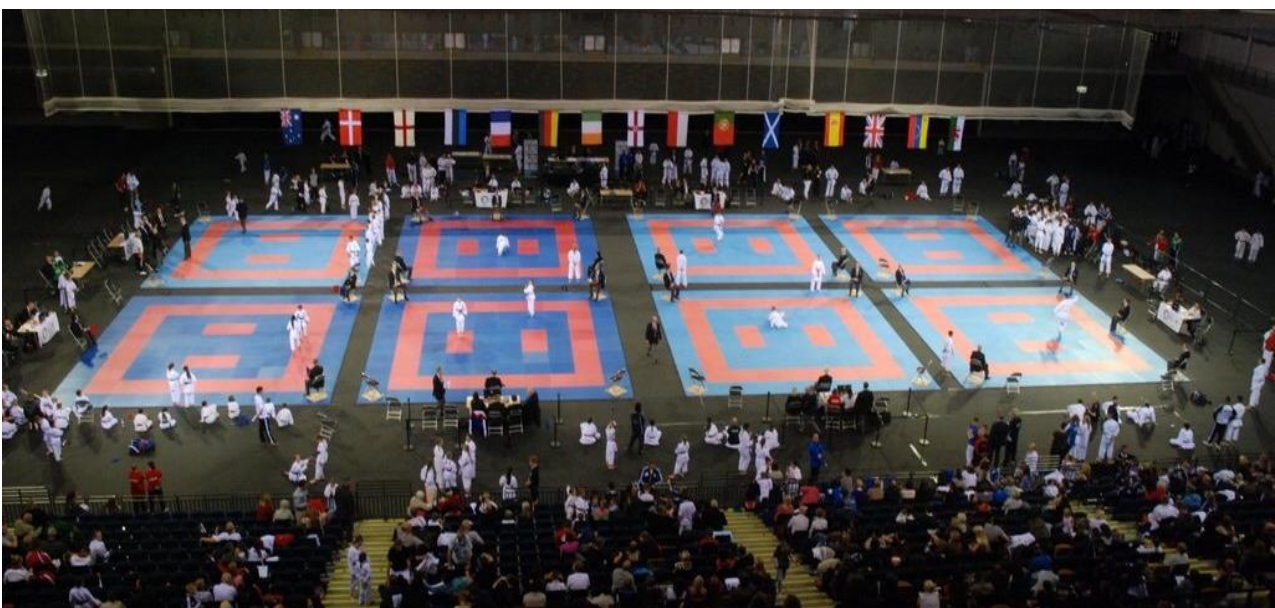
The BKF is organising the 4 Nations Championships with grateful assistance from the Scottish Karate Governing Body Ltd, Glasgow Sports Council, and Glasgow Life.

The BKF are also working in collaboration with the Commonwealth Games promoters. Clyde, the games mascot, will be at our championships, so kids bring your cameras.

The BKF disability ambassador and Paralympic gold medalist, Mr David Smith MBE, is raising funds for equipment in his quest for selection for the Paralympic Games in Brazil 2016. The BKF will have various fund raising opportunities on the day and we hope you will support David in his quest.

I would encourage you all to visit www.seeglasgow.com for information on the city and look forward to welcoming you here.

Terry Connell
President: British Karate Federation



Kata

Competitors are advised to check in at the stated registration time

KATA 7 – 13 YEARS INCLUSIVE

Registration 8.15am

Category	Code	Category	Code
Girls Kata 7 yrs	KA1	Boys Kata 7 yrs	KA2
Girls Kata 8 yrs	KA3	Boys Kata 8 yrs	KA4
Girls Kata 9 yrs	KA5	Boys Kata 9 yrs	KA6
Girls Kata 10-11yrs	KA7	Boys Kata 10-11yrs	KA8
Girls Kata 12-13yrs	KA9	Boys Kata 12-13yrs	KA10

KATA CADETS 14-15 YEARS

Registration 8.15am

Category	Code	Category	Code
Female Cadet Kata 14-15yrs	KA11	Male Cadet Kata 14-15yrs	KA12

KATA JUNIORS 16-17 YEARS

Registration 8.15am

Category	Code	Category	Code
Female Junior Kata 16-17yrs	KA13	Male Junior Kata 16-17yrs	KA14

KATA U21 (18, 19, 20yrs)

Registration 8.15am

Category	Code	Category	Code
Female Kata 18yrs – 20yrs Inclusive	KA15	Male Kata 18yrs – 20yrs Inclusive	KA16

KATA SENIORS 16 YEARS PLUS

Registration 8.15am

Category	Code	Category	Code
Female Senior Kata 16yrs +	KA17	Male Senior Kata 16yrs +	KA18

VETERANS KATA

Registration 8.15am

Category	Code	Category	Code
Female Veteran All Grades 35yrs +	KA98	Male Veteran All Grades 35yrs +	KA99

DISABILITY KATA

Registration 8.15am

Category	Code
Disability Kata Able Bodied - Male & Female All grades All Ages	KA100
Disability Kata Wheelchair - Male & Female All grades All Ages	KA101

KATA TEAM (PAIRS) UNDER 14 YEARS

Registration 8.15am

Category	Code	Category	Code
Mixed Pairs Team Kata 7-9yrs	KAT1	Mixed Pairs Team Kata 10-13yrs	KAT2



Kumite Children

Competitors are advised to check in at the stated registration time

KUMITE INDIVIDUAL 7 – 9 YEARS INCLUSIVE			
Registration 10.00am			
Category	Code	Category	Code
Girls Kumite 7 yrs	KU1	Boys Kumite 7 yrs	KU2
Girls Kumite 8 yrs	KU3	Boys Kumite 8 yrs	KU4
Girls Kumite 9 yrs	KU5	Boys Kumite 9 yrs	KU6

KUMITE INDIVIDUAL 10 – 11 YEARS INCLUSIVE			
Registration 10.00am			
Category	Code	Category	Code
Girls Kumite 10-11yrs -33Kg	KU7	Boys Kumite 10-11yrs -40Kg	KU8
Girls Kumite 10-11yrs +33Kg	KU9	Boys Kumite 10-11yrs +40Kg	KU10

KUMITE INDIVIDUAL 12-13 YEARS INCLUSIVE			
Registration 10.00am			
Category	Code	Category	Code
Girls Kumite 12-13yrs -40Kg	KU11	Boys Kumite 12-13yrs -45Kg	KU12
Girls Kumite 12-13yrs +40Kg	KU13	Boys Kumite 12-13yrs +45Kg	KU14

KUMITE OPEN WEIGHT EVENTS 7-9, 10-11, 12-13 YEARS INCLUSIVE			
Registration 10.00am			
Category	Code	Category	Code
Girls Kumite Open 7-9yrs	KU15	Boys Kumite Open 7-9yrs	KU16
Girls Kumite Open 10-11yrs	KU17	Boys Kumite Open 10-11yrs	KU18
Girls Kumite Open 12-13yrs	KU19	Boys Kumite Open 12-13yrs	KU20

KUMITE TEAM (PAIRS) 7-9 & 10-13 YEARS INCLUSIVE			
Registration 10.00am			
Category	Code	Category	Code
Girls Kumite Team (2) 7-9yrs	KT1	Boys Kumite Team (2) 7-9yrs	KT2
Girls Kumite Team (2) 10-13yrs	KT3	Boys Kumite Team (2) 10-13yrs	KT4



Kumite Cadets, Junior, Senior & Veteran

Competitors are advised to check in at the stated registration time

CADET KUMITE 14-15 YEARS			
Registration 1.00pm			
Category	Code	Category	Code
Female Cadet Kumite 14-15yrs -47Kg	KU21	Male Cadet Kumite 14-15yrs -52Kg	KU22
Female Cadet Kumite 14-15yrs -54Kg	KU23	Male Cadet Kumite 14-15yrs -57Kg	KU24
Female Cadet Kumite 14-15yrs +54Kg	KU25	Male Cadet Kumite 14-15yrs -63Kg	KU26
		Male Cadet Kumite 14-15yrs -70Kg	KU27
		Male Cadet Kumite 14-15yrs +70Kg	KU28

CADET KUMITE OPEN 14-15 YEARS			
Registration 1.00pm			
Category	Code	Category	Code
Female Cadet Kumite Open 14-15yrs	KU29	Male Cadet Kumite Open 14-15yrs	KU30

JUNIOR KUMITE 16-17 YEARS			
Registration 1.00pm			
Category	Code	Category	Code
Female Junior Kumite 16-17yrs -48Kg	KU31	Male Junior Kumite 16-17yrs -55Kg	KU32
Female Junior Kumite 16-17yrs -53kg	KU33	Male Junior Kumite 16-17yrs -61Kg	KU34
Female Junior Kumite 16-17yrs -59kg	KU35	Male Junior Kumite 16-17yrs -68Kg	KU36
Female Junior Kumite 16-17yrs +59kg	KU37	Male Junior Kumite 16-17yrs -76Kg	KU38
		Male Junior Kumite 16-17yrs +76Kg	KU39

JUNIOR KUMITE OPEN 16-17 YEARS			
Registration 1.00pm			
Category	Code	Category	Code
Female Junior Kumite 16-17yrs Open	KU40	Male Junior Kumite 16-17yrs Open	KU41

UNDER 21 KUMITE (18, 19, 20 YEARS)			
Registration 1.00pm			
Category	Code	Category	Code
Female U21 (18/19/20yrs) -53kg	KU42	Male U21 (18/19/20yrs) -68Kg	KU43
Female U21 (18/19/20yrs) -60g	KU44	Male U21 (18/19/20yrs) -78Kg	KU45
Female U21 (18/19/20yrs) +60kg	KU46	Male U21 (18/19/20yrs) +78Kg	KU47

Kumite Cadets, Junior, Senior & Veteran

Competitors are advised to check in at the stated registration time

KUMITE SENIORS Registration 1.00pm					
Category		Code	Category		Code
Female Senior Kumite	18yrs+ -50Kg	KU48	Male Senior Kumite	18yrs+ -60Kg	KU49
Female Senior Kumite	18yrs+ -55Kg	KU50	Male Senior Kumite	18yrs+ -67Kg	KU51
Female Senior Kumite	18yrs+ -61Kg	KU52	Male Senior Kumite	18yrs+ -75Kg	KU53
Female Senior Kumite	18yrs+ -68Kg	KU54	Male Senior Kumite	18yrs+ -84Kg	KU55
Female Senior Kumite	18yrs+ +68Kg	KU56	Male Senior Kumite	18yrs+ +84Kg	KU57

KUMITE SENIOR OPEN WEIGHT Registration 1.00pm					
Category		Code	Category		Code
Female Senior Kumite	18yrs+ Open Weight	KU58	Male Senior Kumite	18yrs+ Open Weight	KU59

VETERAN OPEN KUMITE Registration 1.00pm					
Category		Code	Category		Code
Female Veteran	35yrs +	KU60	Male Veteran	35yrs +	KU61

ATHLETES CAN REGISTER FOR MORE THAN ONE CATEGORY AT A TIME

NOTE: There are NO restrictions on the amount of Kumite Teams you can have from each club.



IMPORTANT NOTES

Photography and Recording

The BKF plan to engage a professional photography firm that will take action/podium shots of the competitors. These will be on sale at the event and available to order from the firm's website for a short period after the event. Photographs will be taken at the event for promotional purposes, however should anyone have a concern please contact the event organiser prior to the event.

IMPORTANT NOTES FOR COACHES:

Only NGB accredited coaches are permitted in the tatami area

Following a BKF Refereeing Commission meeting in 2013 it was decided that anyone wishing to coach at the tatami during a BKF event would have to have NGB accreditation to prove they were aware of the required rules, responsibilities and expected conduct. **Without this accreditation a coach pass will not be issued by the event organiser.**

Coach: Dress code:

Coaches must be in Association tracksuits and clearly display their coaching ID badge. Inappropriate dress, deemed by the chief referee, will be refused access to the competition area. Only coaches adhering to the correct dress code and in possession of a coaching pass will be allowed on the competition area. These will be issued at the event. Coaching passes will be at a ratio of 1:5. All coaches must provide his/her details to the Chief Referee. Please ensure your competitors leave the area when their category finishes.

We fully intend to have Repechage for CADETS, JUNIORS and SENIORS Individual Kumite and Kata.

However the chief referee has the authority to withdraw repechage if the time frame becomes critical. *Competitors can only compete in their own categories and cannot move up to compete in another category. In the unlikely event of low Category entries the organisers reserve the right to amalgamate categories.*

Insurance: It is the responsibility of each individual, or parent / guardian of competitor if under 18 years of age, to have their own insurance cover for the event. Please advise your competitors accordingly regarding insurance cover. It is the responsibility of the clubs/coaches to ensure that all competitors are aware of this and have been advised of adequate cover. Association/club parental consent to compete is also required. This is the responsibility of the association.

Disclaimer: Karate is a martial art and contact sport. People can and do get injured and we cannot accept responsibility for any such injury, loss or accident arising from your participation in our training, competitions or associated activities and ask that you are aware, agree and accept this by entering or giving permission to enter this event.

We should also be notified, in writing, of any medical condition that may have relevance to their participation in karate.

If you require any further information or assistance then please contact robert.w.morton@btinternet.com

**BKF 4 Nations 2014 c/o Mr Bobby Morton,
5 Cambuskeith Road,
Stevenston, Scotland KA20 4BU**



LEGACY 2014
XX COMMONWEALTH GAMES
GLASGOW



Competitor Registration

The British Karate Federation are pleased to announce that “**SportData**” is a major sponsor of BKF events. “**SportData**” allows for “on-line” registration. Many major championships around the world are now using “SportData”

You will be able to see all the entries for the contest as well as the draw sheets once they have been generated.

This is the MAIN METHOD for registration for the British Karate Federation Events

For online registration visit: www.sportdata.org

For help on how to register online visit:

http://www.sportdata.org/set-online/faq_en.php?active_menu=faq

If you are having problems registering on-line you may submit entries by email to the event organiser. However, entries via this method will only be accepted if they are on the official entry forms supplied in this bulletin.

N.B.: From 2015 all entries must be via Sportdata.

It is the responsibility of coaches to ensure that all competitors are registered and are in the correct categories.

Entries will only be accepted via your coach and not from individuals.

Coach Registration

All coaches must register on-line via Sportdata before the closing date.

There will be a coach to competitor ratio of 1 coach to 5 competitors.

Coach passes will only be issued to coaches who are NGB accredited and registered via SportData.

COMPETITOR ENTRY FEES

Individual Events

1 st Event	£20
2 nd Event	£18
3 rd Event	£16

Team Events

Mixed Pairs Team Kata 7 – 9 yrs	£25	Girls Kumite Team (2) 7-9yrs	£25
Mixed Pairs Team Kata 10 - 11 yrs	£25	Boys Kumite Team (2) 7-9yrs	£25
Mixed Pairs Team Kata 12 - 13 yrs	£25	Girls Kumite Team (2) 10-11yrs	£25
		Boys Kumite Team (2) 10-11yrs	£25
		Girls Kumite Team (2) 12-13yrs	£25
		Boys Kumite Team (2) 12-13yrs	£25

Closing Date for entries is 30th April 2014

Entries received after the closing date may be accepted at the discretion of the event organisers and will be charged at an additional £20 late entry fee.

Any amendments requested to entries will be subject to an administration fee of £10 per entry.

Payment is by BACS or on the day of the event. Should you pay by BACS would you be kind enough to inform Mr Bobby Morton by email the date of transfer, amount and identify which association/club has made the payment that would be most helpful. Thank you.

Cheques made out to **British Karate Federation: Not to BKF please.**

BACS details: Barclays Bank: Sort Code: 20-33-70 Account No: 60542687

Please ensure that if paying by BACS you have an identifying reference against your payment i.e. Club/Association Name. Please also provide a receipt or confirmation of your BACS payment to the organiser

SPECTATOR ENTRY FEES

Adults:	£12
Children Under 16 years of age:	Free
Concessions:	Free

Saturday 17th May 2014

Kata will start at 8.45am with Kata Teams, Cadet & Senior followed by Disability, Veteran, Children and Juniors.

Kata 7 – 9 years may alternate katas (performing a minimum of 2 different katas).

Kata 10 -13 years may alternate katas (performing a minimum of 3 different katas.).

Under 12's Kata. Dependent on category numbers and in order to minimise any time constraints the organisers reserve the right to use the system whereby AKA and AO perform their Kata simultaneously i.e on area at the same time. This system was used successfully at the BKF Open in 2013 and is common practise in the competition environment.

Kumite events will have staggered start times, commencing at 11am. A full sheet with timings will be published the week prior to the contest on SportData and also the BKF website.

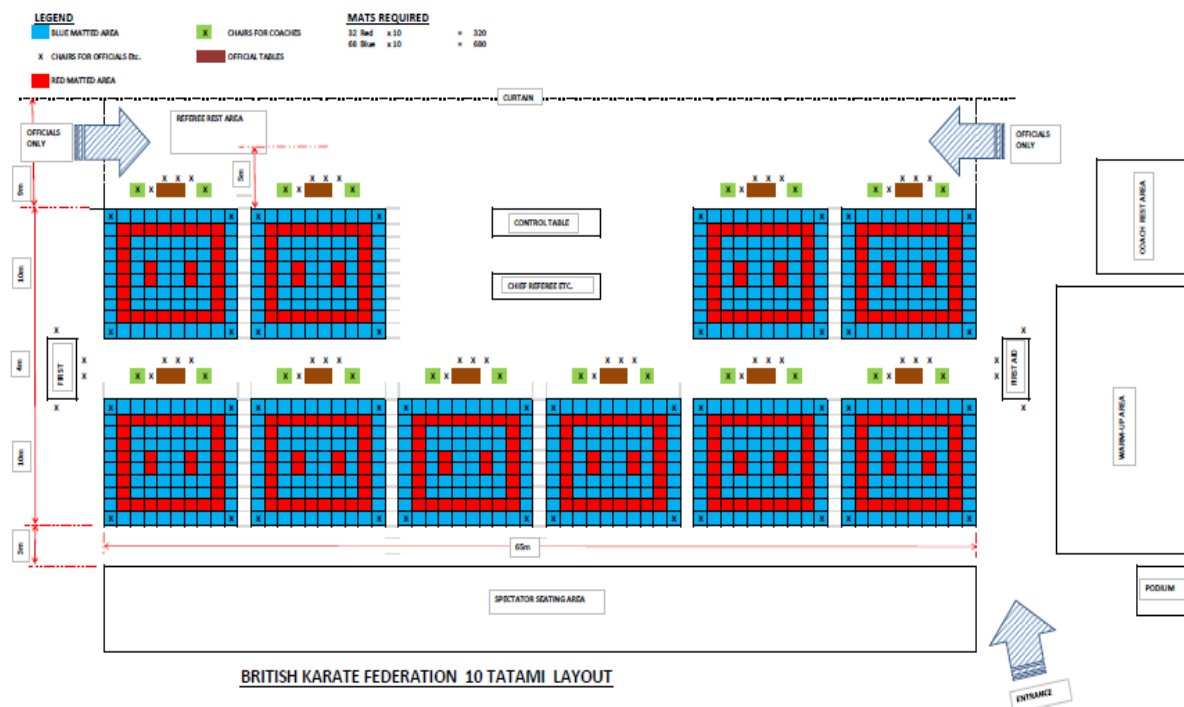
All start times are estimated as this will depend on the number of entries in each category.

All Kata and Kumite for 14/15 years and above will be held under WKF rules. WKF body protection will be compulsory in the appropriate kumite categories as per WKF rules.

BKF Chief Referee: Mr Dale Gamble: REFEREES BRIEFING 8.15AM

Could all Associations and coaches be advised that the WKF rules will be strictly applied in all categories for 14 years and above **with the exception of face masks which, although recommended are not compulsory.**

2014 Proposed Championship format



The BKF would like to thank Robert McQueen for his assistance in drawing this, and alternative options, with regard to the tournament floor plan.

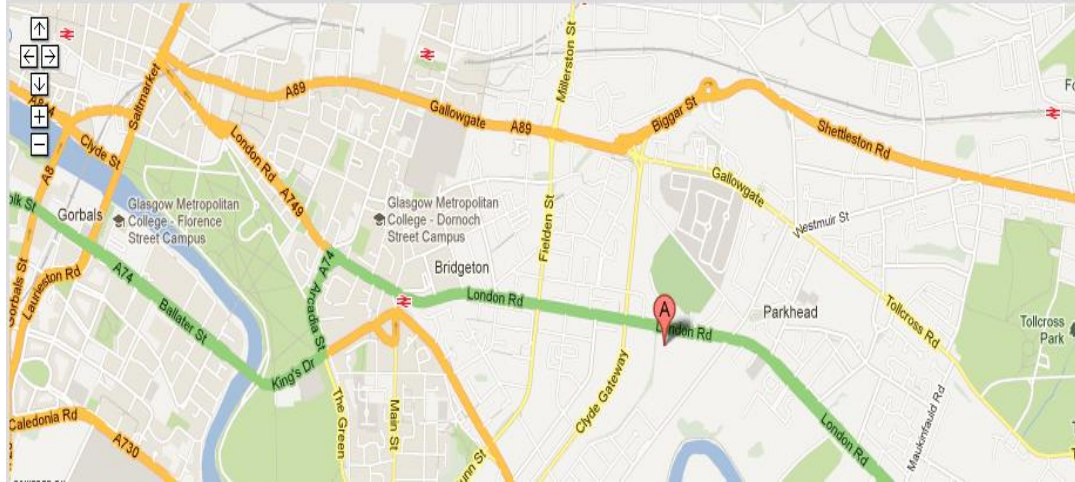


**British
Karate
Federation**

Emirates Arena

Address: 1000 London Rd, Glasgow G40 3HY

Phone: 0141 287 4350



GENERAL INFO

The address is 1000 London Road, G40 3HY
The arena is directly across the road from Celtic Park.

TEL: 0141 287 7000
www.emiratesarena.co.uk

OPENING HOURS

Monday - Friday: 06:30 - 22:00
Saturday: 09:00 - 18:00
Sunday: 09:00 - 21:00

Last admissions one hour before closing time.

TRAVELLING TO GLASGOW BY PLANE

Glasgow has one of the UK's fastest growing airports and new flights are always being added. The arena has the luxury of being within 13 miles of Glasgow International Airport.

BY CAR

At junction 2A on the M74, take the A74 exit to Tollcross / Cambuslang. At the roundabout, take the exit onto Fullarton Rd / London Rd / A74. The Arena is on London Road.

BY PUBLIC TRANSPORT

The arena is well served by the local bus network, with services 43 and 64 stopping right outside the venue on London Road while services 89 and 90 stop on Springfield Road. In addition 61, 62 and 240 go to Parkhead Cross, less than a five minute walk away.

BUCHANAN BUS STATION (Stances 23 to 32)

The route from Buchanan Bus Station to the Emirates Arena is about 4.5km (2.9 miles), with a single journey time of 15mins. Estimated round circuit time, including recovery time, is 35 mins.

Times:
10:15-13:00 approx 13:00-16:15 approx
16:15-18:00 approx

Dalmarnock Railway Station is just five minutes from the main entrance to the arena. However, it is currently undergoing an £11m refurbishment. The nearest alternative station is Bridgeton some ten minutes away along London Road. Dalmarnock and Bridgeton stations enjoy four services an hour from Glasgow Central (low level and Argyle Street in the City Centre).





Transport Information

Glasgow is well connected by Road, Rail and Air. Within the Central belt of Scotland there are 3 main airports.

Airports

Glasgow International Airport	- 8 miles from Glasgow City Centre
Glasgow Prestwick Airport	- 29 miles from Glasgow City Centre
Edinburgh Airport	- 45 miles from Glasgow City Centre

Main Line Railway Stations

Glasgow Queen Street Station
Glasgow Central Station

Airlines Glasgow International Airport (GLA)

Aer Lingus	Air Southwest	Continental	British
Airways	Canadian Affair	Jet2	Easyjet
Emirates	Flybe	Spainair	Icelandair
KLM	Onur		Thomson
Thomas Cook	US Airways		

Airlines Edinburgh Airport (EDI)

Aer Arann	Aer Lingus	Air France	Austrian
BMI	BMIbaby	British Airway	Continental
Easyjet	Flybe	Germanwings	Jet2
KLM	Lufthansa	Norwegian	Ryanair
SAS	Thomas Cook	Thomson	

Airlines Glasgow Prestwick Airport (PIK)

Ryanair	Wiz Air
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Airline Websites

Aer Lingus www.aerlingus.com	Aer Annan www.aerarann.com
Air France www.airfrance.com	Air Southwest www.airsouthwest.com
Austrian www.aua.com	British Airways www.ba.com
Continental www.continental.com	Easyjet www.easyjet.com
Emirates www.emirates.com	Flybe www.flybe.com
Germanwings www.germanwings.com	Icelandair www.icelandair.com
Jet2 www.jet2.com	KLM www.klm.com
Norwegian www.norwegian.com	Onur Air www.onurair.com.tr
Pakistan (PIA) www.piac.com.pk	Ryanair www.ryanair.com
SAS www.flysas.com	Spainair www.spainair.com
Thomas Cook www.thomascook.com	Thomson www.thomson.co.uk
US Airways www.usairways.com	Wiz Air www.wizzair.com
Canadian Affair www.canadianaffair.com	

Glasgow International Airport Public Transport Links

Trains

The nearest rail station to Glasgow airport is Paisley Gilmour Street, which is just one mile from the terminal and easily reached by taxi or bus (services 66 and 300).

There are 8 trains an hour from Paisley Gilmour Street to Glasgow Central (5 on Sundays). Rail tickets to Glasgow Central, via Paisley Gilmour Street, can be purchased from the SPT Travel Centre on the ground floor of the airport terminal, next to domestic arrivals.

Airport Express Bus Service 500

Services to Glasgow city centre Service 500 (www.glasgowflyer.com) The Arriva Glasgow Flyer provides a high-frequency bus service to and from Glasgow City Centre and Buchanan bus station (stand 46). This service leaves from Bus Stop 1.

Services run up to every 10 minutes and journey time is 15 minutes to the City Centre. The bus service stops at all major City centre hotels and Strathclyde University.

Single fare: £4.20 Adult Return: £6.20 Adult Open Return: £6.50

Buses to Railway Station Service 66 and 300:

These buses leave on a frequent basis and stop at Paisley Gilmour Street railway station Service 66 leaves from Stand 7 and Service 300 leaves from Stand 6.

Edinburgh Airport Public Transport Links

There is no direct public transport link between Edinburgh Airport and Glasgow City Centre. The journey requires a bus and a train trip, that should take approx. 1hr 30 minutes.

Edinburgh Air link 100 is an express bus service runs from the airport to Waverley Bridge beside Waverley Street main railway station. The bus runs every 10 minutes to 15minutes with a journey time 25 minutes.

Fare: Single £3.50 Return £6 (reductions for children).

Buy tickets at the airport information desk, at the bus stop or from the driver

Train from Edinburgh Waverley Station to Glasgow Queen Street depart every 15 minutes with a journey time of 50 minutes.

Fare: Return Adult £22.00 Return Child £11.50



Glasgow Prestwick Airport Public Transport Links:

Trains:

Glasgow Prestwick is served by its own railway station which is accessible by a covered walkway to/from the airport.

From Airport
0548 – 2308 Monday – Saturday 0850 – 2307 Sunday

From Glasgow
0600 – 0015 Monday – Friday 0600 - 2330 Saturday 0900 -2300 Sunday

1/2 Price Rail Travel

All passengers travelling to and from the airport will receive 50% discount on the standard fare. Passengers joining the train at Prestwick Airport are required to show their official flight confirmation and photo Id to the train conductor when buying their ticket, as there is no ticketing office at Prestwick Airport.

Bus Services

X77 Express Bus Service Prestwick

Glasgow Prestwick Airport is served by Stagecoach Western X77 Express Service and operates to/from Glasgow Buchanan Street Station. This is a direct service that stops outside the airport on the A79.

X77 From Airport 0639 - 2034 Monday – Saturday 0810 – 1810 Sunday
X77 From Glasgow 0735 - 2330 Monday – Saturday 0905 – 1905 Sunday

Journey time is 50 minutes

Transportation Links: Underground, bus and rail. (www.spt.co.uk for further information)

Hotel Accommodation

Glasgow has a large range of hotel accommodation

Please visit: www.seeglasgow.com.

Emergency Medical Treatment

Glasgow has a number of Accident and Emergency units. The closest one to the main venue is the Glasgow Royal Infirmary, 84 Castle Street, Glasgow, G4 0SF, Tel: 0141 211 4000.

Drinks and Food at Venue

There will be a café that will operate throughout the day. There are also a number of vending machines onsite and nearby shops.

Disabled Access and Parking

The venue has ample parking facilities and disabled access.



ENTRY FORM

CLUB NAME:		ASSOCIATION NAME:	
COUNTRY:			
COACH NAME:	TEL:	EMAIL:	

I confirm that all the competitors entered on this sheet have received my advice of and accept the following statement:

"The competitor realises and discharges the organizers and their representatives or agents and all other competitors from all claims that the competitor or his personal representative may have for any injury (however caused) sustained by the competitor and for the loss or damage (however caused) to his personal belongings suffered at any time during the course of the Championships or while on the premises at which the Championships are being held". We also note that we have been advised to arrange insurance at all levels.

NGB COACH ACCREDITATION

COACH NAME	NGB ACCREDITATION NO.

SIGNED _____

NAME _____

DATE: _____

