



34th Dutch Open Karate Championship 13th and 14th of March, 2010

Location

Topsportcenter Stad Rotterdam Verzekeringen
"De Kuip", van Zandvlietplein 20, Rotterdam The Netherlands
Tel: 0031(0) 10 4971200

Disciplines

Kata:

| cat. | Age | Announced as |
|------|-------------------|--------------|
| 1 | Min. 16 years old | +16 years |
| 2 | Kata team | Team |

Kumite:

| cat. | Age | Announced as | Male (kg) | Female (kg) |
|------|-------------------|--------------|-----------------------------------|-----------------------------------|
| 3 | Min. 18 years old | +18 years | -60kg, -67kg, -75kg, -84kg, +84kg | -50kg, -55kg, -61kg, -68kg, +68kg |

Competition Rules

Competitions will be according to:
WKF Rules
Tokui kata

Age & Grade

All Categories: minimum 3rd kyu
Male/Female Kata: minimum 16 years old.
Male/Female Kumite: minimum 18 years old.

Protectors

In all Kumite disciplines the wearing of fist protectors, foot protections and/of gum shields is compulsory; for women, chest protectors must also be worn!

Doping control

The athletes commit themselves to the valid doping rules. Doping control will take place.

Coaches

Up to 10 athletes one coach-card, 11 or more athletes two cards per discipline.

Referees

All countries are requested to send EKF/WKF licensed referees for kata and/or kumite. Please provide their names in advance. See also paragraph **Entry**



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Entry

Register competitors, coaches and referees online via the website of the Dutch Karate Federation, www.karatebond.nl. This registration is closed at 1st March 2010. (More information please mail: woc@karatebond.nl)

Check-in

Friday, 12th of March 2010 from 14.00 (2pm) – 20.00(8 pm) at the Novotel Brainpark.
The adress is: K.P. van der Mandelelaan 150, 3062 MB Rotterdam The Netherlands.

Weighing

Friday 12th of March 2010, 16.00 – 20.00 (4 pm to 8 pm)
Saturday 13th of March 2010, 8.00 – 9.00.(8 am to 9 am)
Sunday 14th of March 2010, 08.00 –09.00. (8 am to 9 am)

Accommodation

Novotel Brainpark**** K.P. van der Mandelelaan 150, 3062 MB Rotterdam.

Reservation only by Karate-do Bond Nederland by reservation form.

Single room : €112,00

Double room : €150,00

Triple room : €200,00

Prices are per room per night, breakfast, dinner, transport between hotel and sport venue.

Entry fee € 25,00 per person per category. Entry fee for teams € 45,00

Transport

Transport from Amsterdam- Airport/Train Station and back is €25 per person. Transport from Rotterdam- Airport/Train Station and back is €10 per person.

Payment

Payment is only possible via:

- PayPal (more information on website online registration)
- Banktransfer
 - o BIC/SWIFT ABNANL2A
 - o IBAN NL53ABNA0515204145, Karate-do Bond Nederland, Utrecht
 - o Accountnr 515204145
 - o Reference: your name and number of participants

Programme

| Date | Programme | Location |
|------------------------------------|--|-----------------------------|
| Friday march 12th | 14:00-20.00 Arrival & Check-in delegations Weighting Athletes <ul style="list-style-type: none"> • KBN financial control • Registration of participants • Hotel Check-in and financial control delegations • Accreditations 19.00-20:00 Coach and referee meeting 21:00-22:00 Draw for both competition days | Novotel Brainpark. |
| Saturday march 13 th | 08:00-09:00 Referee meeting Weighting Athletes 09:00-12.00 Kata ind. male and female Kate teams 12:00-18:00 Kumite male and female male: -60, -67 and -75kg female: -50, -55 and -61kg 19:00-21:00 Finals | Topsportcentre Rotterdam |
| Sunday march 14th | 08:00-09:00 Weighting Athletes 09:00-12.00 Kumite male and female male: -84 and +84kg female: -68 and -68 kg 12.30-14:00 Finals | Topsportcentre Rotterdam |