



SPORT INFORMATION GUIDE KARATE

NICE 2015



INTERNATIONAL
MASTERS
GAMES
ASSOCIATION



VILLE DE NICE



ENGLISH VERSION

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THE MAYOR'S WORD

SPORTS, ALL

HIS LIFE

As an international sports event, the European Masters Games competition has put forward a concept that perfectly meets Nice's ambition to be the European city of sports as well as a model city with a capacity to implement innovative policies for seniors.

"To take a lifelong leading part in one's own physical condition and fitness", this is an important message I want to share with everyone, and this is why I was determined that the city of Nice be in a position to host this competition and make it a major event in France. A sports-health showcase. Indeed, Nice also wants to initiate an ambitious program for Senior Sports in France with the aim of developing this Masters Games concept to a nation-wide level and promoting various aspects of sports practice at all ages. The stakes are important, at a time when promoting physical activities and sports towards seniors is becoming a priority, and when we have to tackle the issue of today's sedentary lifestyle. This is not a matter of fate, as sport still remains the best way to take good care of one's physical and mental health throughout life.



Christian ESTROSI

Member of Parliament,
Mayor of Nice
President of the Nice-Côte d'Azur
Metropolitan Area

After the World Figure Skating Championships in 2012 and the Tour de France in 2013, and before the Euro 2016 football/soccer competition, we want to make the European Masters Games an unforgettable experience for the thousands of visitors we welcome on this occasion, offering them the very best of Nice, a worldwide recognized welcoming place. Welcome everyone, welcome to Nice.

5TH LARGEST CITY OF FRANCE

NICE “LA



With 300 sunny days and 5 million visitors a year, Nice is the second most visited tourist destination of the country, and also possesses the second busiest international airport in France with over 11 million passengers a year. But the popularity of the fifth largest city of France reaches well beyond its “post-card” image: a rich heritage, a unique cuisine, a preserved language – “nissart” – and of course a worldwide famous Carnival make Nice an attractive capital with a strong identity.

“Nissa la bella” kept growing more beautiful with the inauguration, last October, of the “Promenade du Paillon”, truly a green haven in the heart of the city, and the recent redevelopment of the “Quai des Etats-Unis”, which now offers more space for pedestrians and cyclists to get around while enjoying an unobstructed view over the “Grande Bleue”, the Great Blue Mediterranean.

An exceptional land, therefore, for great international events, for culture and for sports. Sitting between sea and mountain, the “niçois”

BELLE”

(THE BEAUTIFUL)

land moreover constitutes an outstanding natural arena in the heart of France’s largest metro area: Nice-Côte d’Azur, 49 municipalities and 550,000 inhabitants.

In 2013, Nice made a major leap forward in the way of sports with the construction of Allianz Riviera, a superb, 35,000-seater sports arena, and the hosting of two major competitions: the 7th Francophonie Games and the

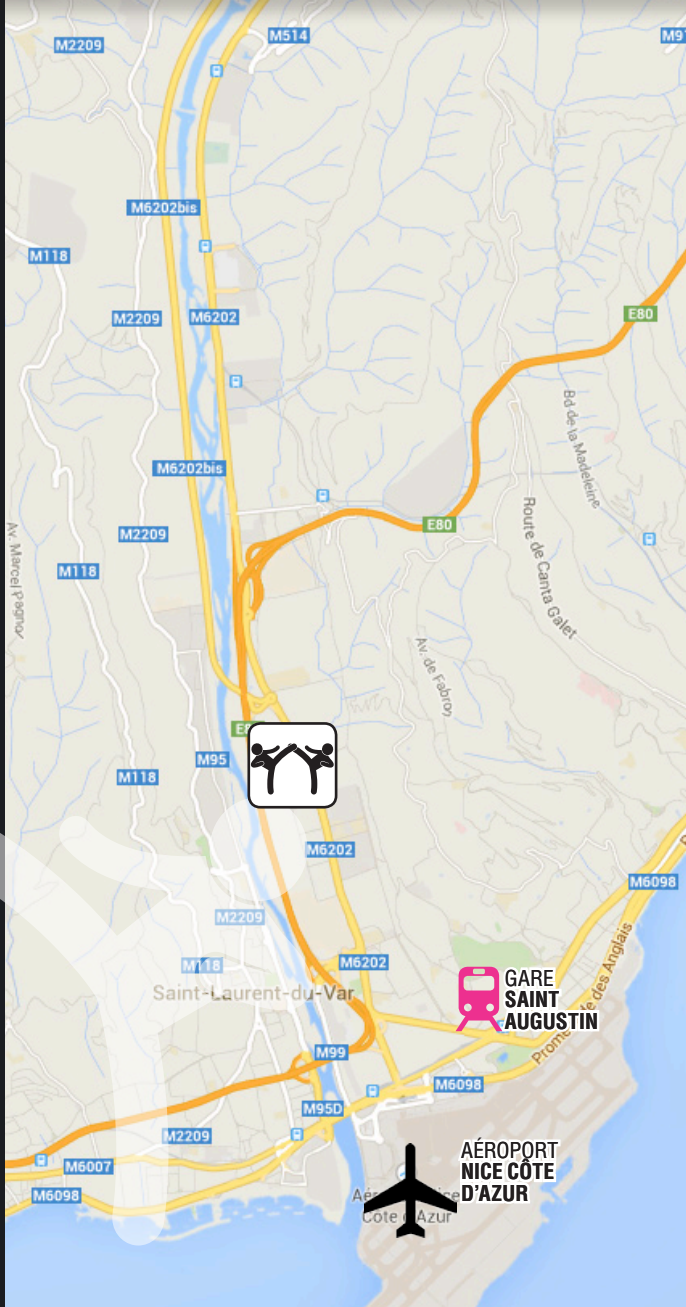
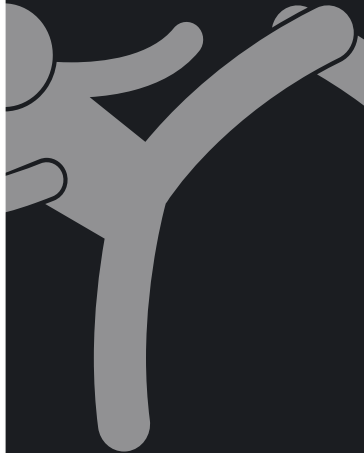
100th Tour de France, whose per-team time trial took place entirely in Nice. And subsequent to the cycling Tour de France, the sailing Tour de France made its great return in Nice in July 2014 for the competition’s finish line. The European Masters Games will further this ambition in October 2015, prior to Nice’s hosting, a few months later, of four football matches of the UEFA Euro 2016.

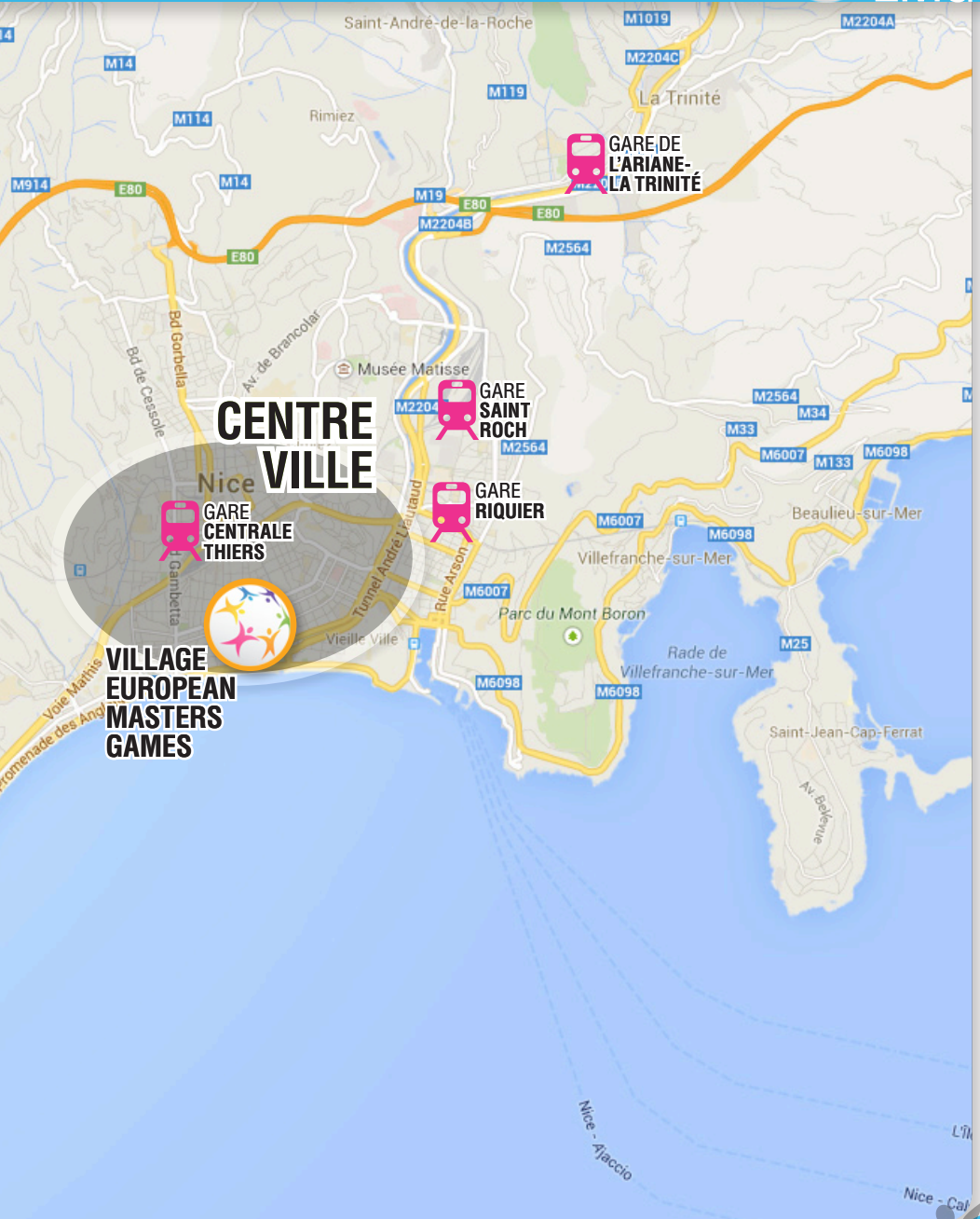
WELCOME TO NICE !

LOCATION OF VENUE



**UFR
STAPS
NICE**





INTRODUCTION TO THE VENUE

UFR STAPS NICE



261, ROUTE
DE GRENOBLE
NICE

VENUE FACILITIES
Parking
at Arboras Stadium
(150 places),
refreshments

GETTING THERE BY PUBLIC TRANSPORT

BUS

- N°59
- **Bus stop:** 'Arboras' followed by a 5 minute walk
- **Travel time from J.Médecin Stop / Hotel des Postes:** 35 mins

- N°70
- **Bus stop:** 'Arboras' followed by a 5 minute walk
- **Travel time from JC. Bermond Stop (Masséna):** 35 mins

- N°11
- **Bus Stop:** 'Gros Chenes' followed by a 10 minute walk
- **Travel time from JC Bermond Stop (Masséna):** 16 mins



- N°9
- **Bus Stop:** 'Thierry Maulnier' followed by a 15 minute walk
- **Travel time from J.Médecin Stop / Hotel des Postes:** 35 mins

EXECUTIVE COMMITTEE

EMG NICE 2015	FEDERATION	ASSOCIATION
GAMES DIRECTOR Sylviane CASANOVA SPORTS DIRECTOR Laurent CIUBINI COMPETITION DIRECTOR Julien SASSI	FRENCH FEDERATION TECHNICAL DELEGATE Hervé PUVELAND	SUPPORT ASSOCIATION Ligue PACA and COMITÉ DÉPARTEMENTAL 06 HEAD OF ASSOCIATION Dominique PERONNET
FIGHTING SPORTS SECTOR MANAGERS Sonia FIUZA Francine ADAMO KARATE PROJECT MANAGER Sonia FIUZA	—	ADDITIONAL ASSOCIATIONS NICE ELITE SPORT HEAD OF ASSOCIATION Cécile PAGNUZZI

REGULATIONS

CATEGORIES AND REGISTRATION

MEN

KATA

MEN & WOMEN

CATEGORY	AGE
Vétérans 1	35 +
Vétérans 2	45 +
Vétérans 3	55 +

KUMITE

MEN

+ 35 YEARS	+ 45 YEARS	+ 55 YEARS
- 67 kg	- 67 kg	- 67 kg
- 75 kg	- 75 kg	- 75 kg
- 84 kg	- 84 kg	- 84 kg
+ 84 kg	+ 84 kg	+ 84 kg

WOMEN

KUMITE

WOMEN

+ 35 YEARS	+ 45 YEARS	+ 55 YEARS
- 55 kg	- 55 kg	- 55 kg
- 61 kg	- 61 kg	- 61 kg
- 68 kg	- 68 kg	- 68 kg
+ 68 kg	+ 68 kg	+ 68 kg

- **PARTICIPANTS AGE IS CALCULATED** from 31st December 2015
- **EACH PARTICIPANT** can fight in only one category in kata or/and kumite
- **IN THE CASE OF AN INSUFFICIENT NUMBER OF PLAYERS SIGNING UP**, the executive committee reserves the right to regroup participants in the age category directly beneath them (or the age category above depending on the number of participants). The medals will, however, be awarded by age category.
- **EACH CATEGORY WILL COMPRISE OF 16 PARTICIPANTS.** Registration closes 31st August or as soon as the category is full.

NB: All regulation conditions concerning categories, venues, the running of the competition and technical aspects are applied on a provisional basis and are subject to change when and how the executive committee sees appropriate, up until the beginning of the competition.



ORGANISATION



TERMS OF PARTICIPATION

- **ONLY PLAYERS WHO ARE REGISTERED IN THE DISCIPLINE OF KARATE** can take part in this competition and they must be over the minimum age to participate in the EMG by 1st January 2015. Each participant must have a medical certificate attesting to their ability to participate in karate competitions. Participants represents themselves and not their country. A national federation of karate license is obligatory.

SCHEDULE

- **EVENTS WILL TAKE PLACE** Thursday 1st and Friday 2nd October

CHANGE OF CATEGORY

- **THE AGE CATEGORIES** may be adapted according to the number of participants

DRAWING LOTS

- **LOTS WILL BE DRAWN BEFORE THE TECHNICAL MEETING.** It will be carried out by the organising committee of the event (the international technical delegate and those in charge of the event)
- **THE RUNNING OF THE COMPETITION** will conform with regulations laid out by the World Judo Federation

WEIGH IN

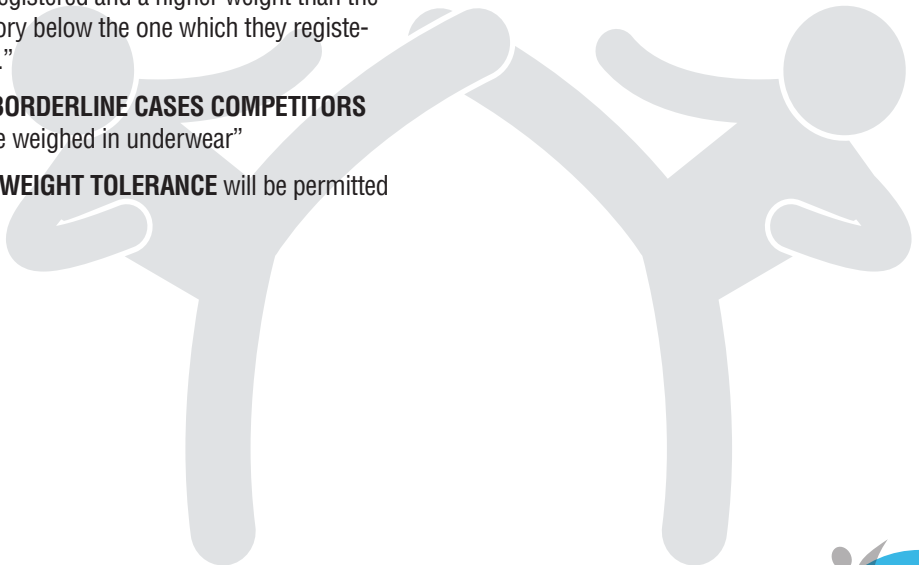
- **THE WEIGH IN WILL BE CONTROLLED** by the head of the event using calibrated scales
- **THE COMPETITOR MUST WEIGH LESS OR EQUAL** to the category in which they registered and a higher weight than the category below the one which they registered in.”
- **IN BORDERLINE CASES COMPETITORS** can be weighed in underwear”
- **NO WEIGHT TOLERANCE** will be permitted

TRAINING

- **A WARM UP ROOM WITH BE OPEN TO PLAYERS** the day of the competition

TECHNICAL MEETING

- **A TECHNICAL MEETING WILL TAKE PLACE** the night before the first match of the tournament (30th September 2015). The goal of this meeting is to introduce the tournament, remind those involved of the regulations and the behaviour that is expected



TECHNICAL REGULATIONS

REQUIRED CLOTHING

- **WHITE KARATE UNIFORM**
- **RED OR BLUE BELT**
- **RED OR BLUE GLOVES**
- **MOUTH GUAR**
- **RED FOOT GUARD AND BLUE SHIN GUARD**
- **CHEST PROTECTOR FOR FEMALE COMPETITORS**
- **BOX/CUP FOR MALE COMPETITORS**

TERMS OF COMPETITION PROCEEDINGS

- **COMBAT:** By direct elimination with repechage for 3rd place

LENGTH OF COMBAT

- **MEN:** 2 minutes
- **WOMEN:** 2 minutes
- **KATA:** by direct elimination with repechage for 3rd place
- **COMPETITORS MUST CARRY OUT A DIFFERENT KATA** at each elimination round like in repechage. A kata can only be performed one time except if the elimination rounds exceed 5 stages. From the 6th round, just as for the podium places, the competitor can repeat a Kata.
- **DECISION IS TOOK WITH THE FLAGS**

BEHAVIOUR

- **COMPETITORS WILL NOT HAVE ACCESS** to competition zones before their fight. It is the responsibility of the committee to inform competitors in the warm up zones who has been called to fight and when their fight has been announced.
- **WHEN COMPETITORS** enter the competition zone they must be wearing the required clothing. They may not bring a sports bag or bottles of water



OFFICIAL KIT

- **EVERY FEDERAL REPRESENTATIVE,** umpire and regional trainer is required to wear official kit and have an official badge

TECHNICAL MANAGERS AND TEACHERS

- **FEDERAL TEAM MANAGERS MUST BE WEARING OFFICIAL KIT** and act with exemplary behavior in keeping with their responsibilities. At international competitions, a member of the sporting team will point out reserved seating
- **DURING THE COMPETITION OF THEIR PUPILS, TEACHERS** must maintain a dignified composure and be respectful of officials, umpires and competitors alike. During coaching they must wear sporting kit: tracksuit and trainers

TECHNICAL REGULATIONS

COMPETITION SURFACES

1. THE COMPETITION ZONE MUST BE FLAT AND DANGER FREE

2 THE COMPETITION ZONE MUST BE A SQUARE 8X8 M (measured from the outside). An extra metre will be set out on each side as a 'safety zone'. This 10x10 will be tatami. The safety zone of the competition zone must be clearly marked out. The zone can be elevated to a maximum of 1m above floor level. The raised platform must measure a minimum of 12m per side in order to include the competition zone as well as 2m of safety zone on each side.

3 JUDGES WILL BE SEATED AT THE BOUNDARY of the safety zone

EXPLANATIONS

- **ALL SIGNS, PUBLICITY BOARDs** etc must be at least 1m away from the safety zone parametre
- **THE TATAMI FLOORING** cannot be slippery against the flooring and have friction against the surface below. It is up to the umpire to ensure the tatami stays in the correct position during the competition



FAIR PLAY AND DISCIPLINE



DISCIPLINE

- **THE HEAD FEDERAL UMPIRE** will ensure correct proceedings with help from designated umpires. One member of the umpire team can help with the drawing of lots. Any misconduct towards the umpires during the competition will be noted in an official report and given to the national technical director who will deal directly with anyone deemed to have behaved inappropriately. This can include any managers or teachers as well as parents or family members.
- **IF THE JUDGE DEEMS IT'S A NECESSITY**, the technical director can request a meeting with the disciplinary committee.
- **IN ANY CASE, PENALTIES FOR MISBEHAVIOUR** may include sanctions for the person involved or indeed the club which the person represents. This may involve a temporary or definitive ban from competing in federal competitions

UMPIRES

- 1 FOR EACH FIGHT** the umpire time will be composed of one referee and 4 judges
- 2 THE COMPETITION TABLE** will be made up of one time-keeper, an announcer, an arbitrator and a marker

PROTOCOL

- **FOR THE BOWING AT THE BEGINNING** of each fight, the umpire will stand at the exterior of the competition zone. Two judges will be on the right side and two judges on the left side.
- **WHEN THE JUDGES CHANGE**, the entering judge will join the exiting judge, they will bow to each other then change position



ADDITIONAL INFORMATION

AWARD CEREMONY AND MEDICAL



THE CEREMONY

- **THE OFFICIAL CEREMONIES** for each category and each event will take place at the end of the competition at the Athletes Village in a venue set up for this purpose or directly at the competition venue

MEDALS

MEDALS BY CATEGORY: For each category, 4 athletes will be awarded medals (Gold, Silver, Bronze x2). In the event of certain categories being grouped together, each category will award 4 medals

ANTHEM

- **THERE WILL BE NO NATION ANTHEM PLAYED**

HANDICAP

- **THERE WILL BE NO HANDICAP EVENT ORGANISED FOR THIS SPORT**

MEDICAL EXAMS

- **HEALTH CARE COVERAGE DURING THE EUROPEAN MASTERS GAMES NICE 2015**, will be arranged by the Games executive committee in accordance with the specifications of the International Masters Games Association. It will come into effect from 1st to 11th October after being approved by the Alpes-Maritimes administrative centre.
- **THE EXECUTIVE COMMITTEE IS RESPONSIBLE** for medical devices at the venues and the Athletes Village, the participants, the referees, the judges, the volunteers and the spectators. They will provide a high-quality, efficient and well-organized health service which respects the high standards enforced in France.

DURING THE EMG, VOLUNTEERS WILL BE THERE TO HELP THE HEALTH COMMITTEE

ANTI-DOPING CONTROLS

- **THE INTERNATIONAL MASTERS GAMES ASSOCIATION** has put the executive committee in charge of enforcing anti-doping rules and setting up anti-doping inspections.
- **ANTI-DOPING INSPECTIONS WILL TAKE PLACE** in compliance with advice given by the International Masters Games Association taken from the World Anti-Doping Code.
- **IT IS THE RESPONSIBILITY OF THE ATHLETES** and others involved in the events to be aware of the anti-doping regulations and the rules regarding the substances and methods which are banned.

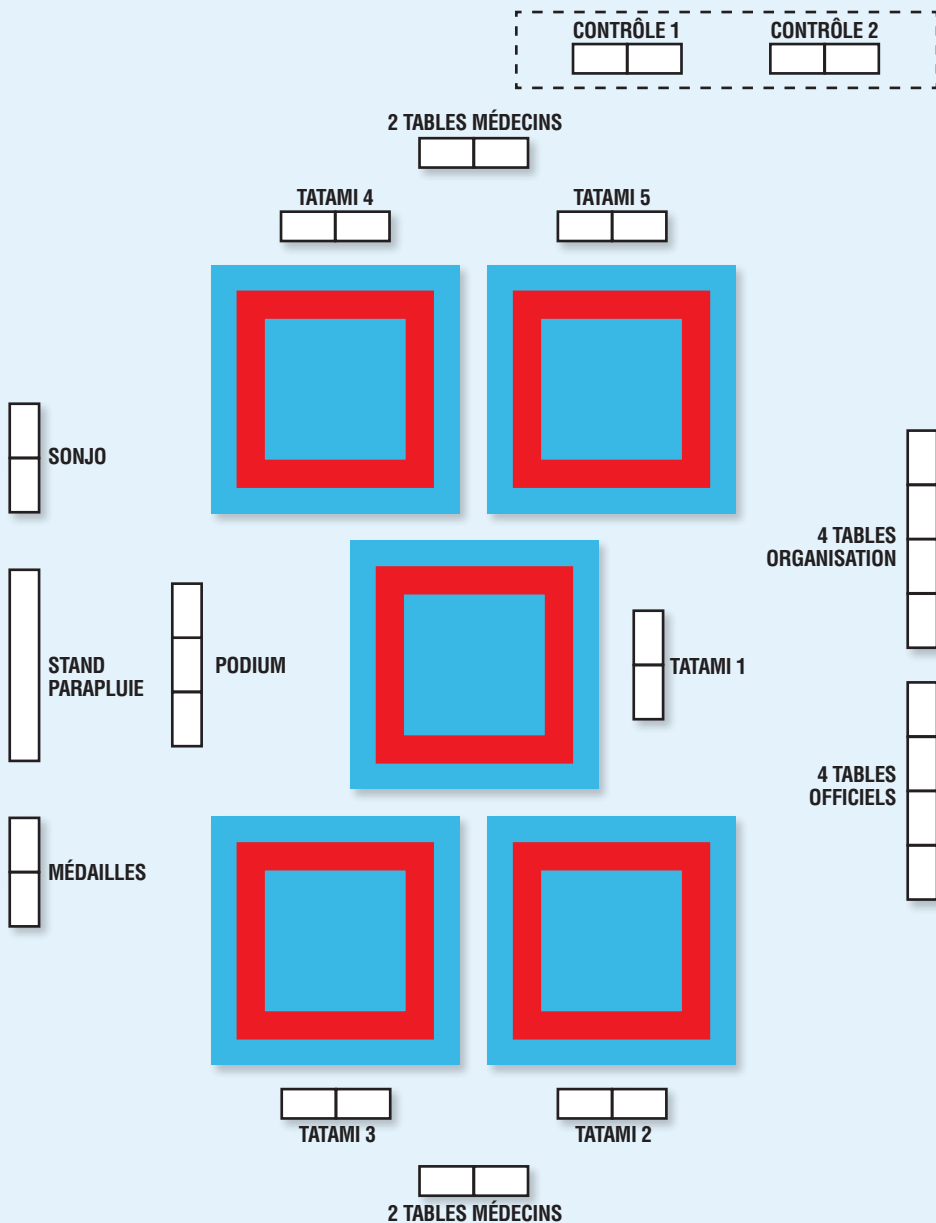
ANNEX: TOURNAMENT SYSTEM

TABLE WITH DRAW

DIRECT ELIMINATION WITH SECOND CHANCE



TOURNAMENT LAYOUT



**GOOD
COMBATS!**







OCTOBER 1-11, 2015

EUROPEAN
MASTERS
GAMES

NICE 2015



VILLE DE NICE

www.emg-nice2015.fr