

KARATE

TEAM LEADERS' TECHNICAL MANUAL



www.minsk2019.by
Foundation "Directorate of
the 2nd European Games 2019"

**BRIGHT
YEAR,
BRIGHT
YOU!**

Час ярких
побед!

Время
ярких побед!

DISCLAIMER

All information in this Manual was correct at the time of going to press. Changes to 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 Sport Entries & Sport Information Centre (hereinafter – SIC) in the Athletes' Village (hereinafter – AVL) and Sport Information Desk (hereinafter – SID) in CHIZHOVKA Arena, which is the Venue for Karate.



WELCOME

The 2nd European Games MINSK 2019 (MINSK 2019) will welcome 4,000 athletes, 2,000 supporting team officials and about 1,000 technical officials from across Europe to participate in an elite-level sport competition.

We aim to provide all participants with optimal conditions so that they are able to perform at their best. This 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. Each client group – athletes, team officials – also has their own dedicated section within the Manual that includes the information that is relevant to it.

The 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 for each client group.

We hope that this Manual helps with your planning in the time remaining before MINSK 2019. Hard copies of this Manual will be provided to each client group upon arrival in Minsk.

We look forward to welcoming you in Minsk for 10 days of competition that puts sport first and supports tradition for the next editions of the European Games.

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1. GENERAL INFORMATION



1. GENERAL INFORMATION

The Karate competition at MINSK 2019 will be held from 29 to 30 June 2019 in CHIZHOVKA 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.

MINSK 2019 will be a qualifying Event for Tokyo 2020 according to the specifications as detailed in the Karate Qualification System, which are approved by the IOC Executive Board and made available on www.wkf.net/olympic-tokyo2020.

1.1. Key Dates

Date	Event
20 May 2019 (by 23:59 CET)	Sport Entries Submission Deadline
18 June 2019	AVL Official Opening
21 June 2019	MINSK 2019 Opening Ceremony
26 June 2019	Arrival Day
27 – 28 June 2019	Official Training
28 June 2019	Weigh-In Coach Meeting and Draw
29 June 2019	Start of the Karate Competition
30 June 2019	End of the Karate Competition
30 June 2019	MINSK 2019 Closing Ceremony
1 July 2019	Departure Day
3 July 2019	AVL Official Closing



1.2. MINSK 2019 European Games Organising Committee (MEGOC) Competition Management

Competition Management	
Position	Name
Karate Competition Manager	Andrei RUDNITSKI
Karate Venue Manager	Oleg KUCHMASOV

1.3. European Karate Federation (EKF)

Position	Name	NOC Code
EKF President	Antonio ESPINÓS	ESP
Secretary General	Jiri BOČEK	CZE
EKF Referee Commission Chairman	Alois WIESBÖK	AUT
EKF Technical Delegate	Davor CIPEK	CRO

1.4. International Technical Officials (ITOs)

European Karate Federation has appointed and approved all ITOs. The name list will be provided at a later stage.

The total number of ITOs is 24.

ITOs	
Medical Commission Chairman	1
Referees & Judges	23



1.5. National Technical Officials (NTOs)

The Belarusian Karate Federation in cooperation with MEGOC has appointed all NTOs. The name list will be provided at a later stage.

The total number of NTOs is 24.

NTOs	
Basket Boys Coordinators	6
Weight-In Officials	6
Scoreboard Operators	3
Camera Operators	4
Timekeepers	3
SID Judges	2

1.6. Medal Events

The Karate competition will consist of 12 Medal events summarised below:

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 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 two points. The contestants will be awarded one point each in case of a tied bout. The top two (2) of each Pool will progress to the Semi-Final. In the Semi-Finals winner of Pool A will competes against the second ranked contestant from Pool B. The Semi-Final winners compete for the gold and silver medals. The Semi-Final losers are both awarded Bronze medals.

The Kata competition will be organised according to the following procedure: in each of the two (2) Pools (A and B) athletes make two (2) Kata in two (2) Elimination rounds. For each competitor the average score of these rounds is calculated. Any ties are determined by the process described in Appendix 15 of the WKF Karate Competition Rules effective from 1 January 2019. In the third round the three (3) athletes with the highest score in each of the two (2) Pools are given a new score for their third Kata and deterring ranking from 1st through 3rd with the Pool. In the fourth, the Medal bouts, the first place winners of the two (2) Pools are pitted against each other competing for 1st and 2nd place – and the athletes placed second in their Pool are pitted against the Athlete placed third on the other Pool for competing for the 3rd places.

1.8. Competition Rules

The Karate competition will be held in accordance with the editions of the following documents that are in force at the time of the Games:

- World Karate Federation (WKF) Kata and Kumite Competition Rules, effective from 1 January 2019, available at www.wkf.net;
- European Karate Federation Organising Rules, version 2019, available at www.europeankaratefedera.



Rules for tie-break situations in the Kumite elimination round

In cases where there is a tie between two (2) or more athletes, 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 two (2) or more relevant competitors;
- Higher number of total scores obtained in favour through all bouts;
- Lower number of total scores against through all bouts;
- Higher number of "Ippons" in favour through all bouts;
- Lower number of "Ippons" against through all bouts ;
- Higher number of "Waza-Aris" in favour through all bouts;
- Lower number of "Waza-Aris" against through all bouts;
- Higher number of "Yukos" in favour through all bouts;
- Lower number of "Yukos" against through all bouts;
- The Athlete with the highest position in the EKF – MINSK 2019 Standings on 1 April 2019.

Rules for tie-break situations in the Kata elimination round

If two (2) or more athletes have the same score, several criteria will be considered to decide who has a better position in the ranking, following the criteria below:

- Whoever has the highest score of the second kata in the elimination round wins. If the score in the second kata also are the same the subsequent steps are applied to the second kata performed in the elimination round:
- When the TOTAL SCORE of the second kata is equal, the following criteria will be considered:
- The total score of the TECHNICAL CRITERIA before the multiplication for the factor (70%). The Highest win.



Any ties are determined by the process described in Appendix 15 of WKF Kata and Kumite Competition Rules, effective from 1 January 2019, available at www.wkf.net.

1.8.1. Duration and Scoring

The elimination round consists of two (2) Pools (A and B) of four (4) athletes. All athletes compete against each other within each Pool (a total of six (6) bouts in each Pool). The athletes are ranked according to the results achieved in their Pool (number of points and scores). The Athlete winning a bout will be awarded two (2) points. The contestants will be awarded one (1) point each in case of a tied bout. The top two (2) athletes from each Pool qualify to the Semi-Finals.

Semi-Finals and Final

The winner of Pool A competes against the second ranked contestant from Pool B, and the winner of Pool B competes against the second ranked contestant from Pool A. The Semi-Final winners compete for the Gold and Silver Medals. Semi-Final losers are both awarded Bronze Medals.

Bout

One (1) Referee, four (4) Judges and a Match Supervisor manage the bout. The duration of the bouts will be three (3) minutes for men and for women.

Scoring Format

Points: contestants receive points according to correctly executed techniques (controlled punches, strikes and kicks) hitting any valid target area. The valid points in Kumite are as follows:

- One ("Yuko") point for a valid punch or strike to any valid target area;
- Two ("Waza-Ari") points for a valid kick to the body;
- Three ("Ippon") points for a valid kick to the head, or for any scoring technique against a fallen or thrown opponent.



Warning and penalties

Warnings are classified in two (2) categories: category 1 for contact fouls, and category 2 for other fouls.

Warnings have three (3) levels, and must be increased for repeated infractions within the category.

The maximum number of warnings allowable within a category is three (3), after which any further infraction results in disqualification. For serious infractions disqualification may be imposed directly without previous warning.

Disqualifications have two (2) levels:

- "Hansoku" – disqualification from the bout;
- "Shikkaku" – disqualification from the entire tournament.

Results

The winner is the Athlete that has the highest number of points at full time, or who gains an eighth point lead before full time.

If the score is equal at full time the winner is the Athlete that scored the "first unopposed score advantage" ("Senshu") and remains with it.

In case of equal score during elimination round (Round Robin System), the tie remains.

In case of equal score, and no unopposed first score in Semi-Finals and Finals, the winner is determined by majority vote of the four (4) Judges and the Referee.

Kata

The Kata are executed as a specified series of approximately 20 to 70 moves, generally with stepping and turning, while attempting to maintain perfect form. Kata organises and shapes the skills of blocking, kicking, striking, bending, and throwing. It displays the stance of defending and counter-attacking adversaries. Only Kata from the official Kata list may be performed.

The winners in Kata are determined by Judging panel of seven (7) Judges.



In assessing the performance of a Competitor, the Judges will evaluate the performance based on the two (2) major criteria – technical performance and athletic performance.

Technical performance and athletic performance are given separate score using the same scale from 5.0 to 10.0 in increments of .2- where 5.0 represents the lowest score possible for a kata that is accepted as performed and 10.0 represents a perfect performance. A disqualification is indicated by a 0.0 score.

The electronic kata judging system will eliminate the two (2) highest and two (2) lowest scores for respectively technical performance and athletic performance and calculate the total score which is weighed 70% for technical performance and 30% for Athletic performance.

1.8.2. Protests and Appeals

All protests and appeals evaluation will follow the WKF Kata and Kumite Competition Rules, effective from 1 January 2019. In the case of an objection to a judgement 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.

1.8.3. Clothing and Equipment

Clothing and equipment used by athletes and other participants in the Karate competition must comply with the following documents:

- WKF Kata and Kumite Competition Rule, effective from 1 January 2019, available at www.wkf.net;
- MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines, available on the MINSK 2019 NOC EXTRANET (www.extranet.minsk2019.by).

In the case if the WKF Kata and Kumite Competition Rules, effective from 1 January 2019, contradict with the MINSK 2019 Advertising, Demonstrations and



Propaganda Guidelines, the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines will be prevailing.

1.8.4. Back Number

All Karate athletes are obliged to have the official MINSK 2019 back number bearing their surname and NOC code fixed on the back of their karate-gi. MEGOC will provide the back numbers.

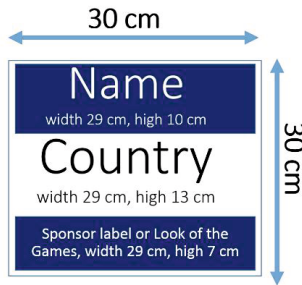
Back numbers for Karate athletes must comply with the WKF Kata and Kumite Competition Rules, effective from 1 January 2019.

- When attaching the back number to karate-gi, please follow the handing instructions in order to comply with EKF and MINSK 2019 Regulations;
- It is best to have the back numbers sewn on by 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 tread 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 they the back number is centred on the back of the karate-gi and that there are exactly 9cm from the top of the back number to the start of the neck line.



- 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.
- The official back numbers are machine washable up to 60 degrees Celsius and tumble dry as well; ironing at high temperatures is possible.

Back Number Sample:



1.9. MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines

The following Rules for the European Games are based on Rule 50 of the Olympic Charter. IOC Rule 50 will apply in conjunction with the IOC Guidelines issued and in force at the 2016 Olympic Games:

- The European Olympic Committees (EOC) determine the principles and conditions under which any form of advertising or other publicity may be authorised;
- No use of any Identification of the Manufacturer may be made in a conspicuous way and no form of advertising or other publicity shall be allowed in and above the stadia, venues and other competition areas which are considered as part of the European Games sites other than that relating to the contractual rights of the marketing partners of MINSK 2019;
- No kind of demonstration of political, religious or racial propaganda is permitted at any of the European Games sites, venues or other areas;



- No identification other than an Authorised Identification may appear on any item;
- Only one Identification of the Manufacturer per item shall be permitted;
- These rules and any other manuals, guides, guidelines or any other instructions issued by the EOC apply to all persons holding accreditation for the Games and are a pre-condition to the ongoing validity of that accreditation.

1.9.1. Manufacturer's Identification on Equipment and Clothing

Definition: 'Manufacturer's Identification' means the normal display of the name, designation, trademark or logo. The Manufacturer's Identification can only appear once on each piece. The standard graphic elements recognised by the WFSGI, e.g. 'adidas' three stripes may also be used within reason and subject to prior written agreement. Other identifications such as 'Goretex' and 'Dryfit' may also be used within reason subject to prior written agreement. The size of these may not be larger than the Manufacturer's Identification.

All approvals must be requested via brand@minsk2019.by till 20 May 2019.

- Other than the Manufacturer's Identification, produced according to the size guidelines shown below, and the standard graphic elements no form of publicity or propaganda, commercial or otherwise, may appear on persons or on any article of clothing or equipment worn or used by the athletes or other participants at MINSK 2019. It also includes, but is not limited to, for example, any form of body art, jewellery or contact lenses;
- Equipment: any Manufacturer's Identification used cannot take up more than 10% of the surface area of the equipment visible during competition up to a maximum size of 60cm². Exceptions may apply, subject to prior written agreement (brand@minsk2019.by);
- Headgear and socks: the maximum size of the Manufacturer's Identification allowed on any form of headgear and socks is 10cm². Headgear includes, but is not limited to hats, helmets, sunglasses and goggles;
- Armbands: one Identification of the Manufacturer per item, with a maximum size of 6cm².



- Gloves: one Identification of the Manufacturer per item, with a maximum size of 8cm²;
- Clothing (e.g. NOC uniforms, competition clothing, tracksuits, T-shirts, shorts, sweat tops and sweat pants): the maximum size allowed for any Manufacturer's Identification on clothing is 30cm²;
- There is one exception: where a one-piece body suit is worn in competition, two Manufacturer's Identifications may be included – one above the waist and one below. These Identifications must not be placed next to each other;
- Shoes: the normal distinctive design pattern of the manufacturer may appear on shoes. The manufacturer's name and/or logo may also appear, up to a maximum size of 6cm², either as a part of the normal distinctive design pattern or separate to it;
- Technical gear: the maximum size of the Manufacturer's Identification on all technical gear, installations and other apparatus, which are neither worn nor used by athletes or other participants (for example, timing equipment and scoreboards, may be no larger than 1/10th of the height of the piece with a maximum of up to 10cm high, and no more than 10% of the surface space if otherwise is not approved by MEGOC and the EOC;
- In case of special rules adopted by EKF, exceptions to the rules mentioned above may be approved by the EOC;
- Any violation of these rules may result in disqualification or withdrawal of the accreditation of the person concerned. The decisions of the EOC regarding this matter shall be final.

1.9.2. NOC Uniforms

The official uniforms of the NOCs may include:

- Symbols of the country (name of the country, national flag, emblem, etc.);
- Emblem of the NOC incorporating the Olympic rings where approved by the IOC;
- MINSK 2019 Logo;



- Emblem of the respective National Sport Federation (on competition kit, only where permitted by the NOC).

The NOCs are requested to bring a sample of the competition uniform to the Technical Meeting of each sport for final check in order to avoid any problems on the Field of Play (FoP).

NOCs should seek prior written approval from MEGOC for their uniforms before production begins. Pictures featuring the branding should be sent to brand@minsk2019.by for review and official approval.

1.9.3. Athlete Conduct

During MINSK 2019 Athletes' ongoing accreditation is conditional upon them not:

- Taking any sport equipment and/or national flag onto the podium and/or wearing sunglasses and headdresses during a Medal Ceremony;
- Making any kind of demonstration or promote political, religious or racial propaganda in any European Games Venue or associated areas during the period of the Games.

1.10. Late Athlete Replacement Policy (LAR)

The deadline for Sport Entries of participating athletes for MINSK 2019 is 20 May 2019.

However, where urgent medical problems arise, or in other exceptional circumstances that are assessed on a case-by-case basis, the EOC may permit permanent replacement of one athlete with another only in the same sport, discipline and event.

The NOC of the replacement athlete had successfully applied for accreditation of the athlete prior to 28 February 2019 (accreditation application deadline). As such, the replacement athlete was registered for MINSK 2019 in the NOC's Accreditation Long List.



During MINSK 2019, it is the policy of the EOC that P-accreditations are not available.

Replacement of an athlete can only occur after consultation with the relevant International Federation (IF) and/or European Federation (EF) and, when deemed necessary, by the EOC, an EOC medical expert.

All documentation and queries regarding this matter should be sent by email or submitted in person to the MEGOC Sport Entries department:

- In AVL – SIC;
- By email: entries@minsk2019.by

The MEGOC Sport Entries Office will forward all received queries to the MEGOC Accreditation team and to the EOC accordingly.

For Non-Medical replacements, in order to keep changes to a manageable level and to support a sustainable level of resourcing within the MEGOC Sport Entries team, a limit on changes to an NOC delegation has been put in place.

Each NOC shall be allocated a quota for Non-Medical replacements based upon NOC overall number of athletes:

Number of Athletes	Quota for Non-Medical LAR
From 1 to 10	1
From 11 to 20	2
From 21 to 50	5
From 51 to 100	10
From 101 to 150	15
From 151+	20

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

This policy is not applicable to athlete nominative sport including Karate.



In case of an injury, if the quota place is allocated to the athlete(s) by name and may not be changed by NOC, the quota place will be reallocated. EKF with MEGOC will reallocate quota places of injured athletes according to the reserve list established by EKF.

The deadline for this reallocation is 20 May 2019.

1.11. Doping Control

MEGOC is committed to delivering a world-class Doping Control Programme during MINSK 2019. Under the authority and direction of the EOC, the MEGOC Doping Control Programme will ensure the integrity of sport is upheld and protect the rights and health of the athletes. The WKF Anti-Doping Rules will be respected.

The EOC Medical & Anti-Doping Commission in collaboration with EKF is responsible for determining in advance the distribution and number of Doping Controls to be carried out throughout the Games period.

The EOC has the authority to test athletes for substances and doping methods (both urine and blood) prohibited by the World Anti-Doping Agency (WADA) anytime and anywhere from the date of arrival in AVL and up to the end of competition.

All analyses of samples will be performed at the WADA-accredited laboratory in Seibersdorf, Austria.

The selection of athletes may be targeted, random, based on the Athletes' final position in competition as well as intelligence or the WKF Anti-Doping Rules.

MEGOC has appointed the National Anti-Doping Agency of Belarus (NADA) as the operational delivery partner for the Doping Control Programme. As the operational delivery partner, it will be responsible for sample collection, secure chain of custody and analysis at the WADA-accredited laboratory.

Further details on the Doping Control Programme and procedures at the European Games will be available in the MINSK 2019 Doping Control Guide. Printed copies of the Guide will be distributed at the EOC Medical Commission



Meeting.

If medical staff arrive after the due date, copies of the Guide can be collected at the AVL Polyclinic.

Athletes selected for Doping Control will be notified in person and escorted to the Doping Control Station (DCS) 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 DCS along with them.

1.12. Sport Information

1.12.1. Sport Entries & Sport Information Centre (SIC) and Sport Information Desk (SID)

SID is located at the Venue in CHIZHOVKA Arena. SIC is located in AVL and open to Chefs de Mission, Deputy Chefs de Mission (Ac), Team Leaders and Team Officials (Ao). SIC is not open to athletes (Aa).

The desks will provide a variety of services to NOCs as follows:

- Provision of specific sport information;
- Distribution of start lists, draw lists and results;
- Provision of training schedule information;
- Provision of sport specific requirements.

SIC will be located on the 1st floor of Residential Building 2 in AVL.

The operating hours are as follows:

SIC Operating Hours	
Period	Operating Hours
Pre-Opening: from 15 to 17 June 2019	08:00 – 20:00



Official Opening Period: from 18 June to 2 July 2019	07:00 – 22:00
Official Closing: 3 July 2019	08:00 – 12:00

SID operating hours at CHIZHOVKA Arena are as follows:

Period	Hours of Operation
227 June 2019	07:00 – 20:00
28 June 2019	07:00 – 20:00
29 June 2019	07:00 – 19:00
30 June 2019	07:00 – 19:00

1.13. Competition Schedule

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

For details on both, please refer to article 1.12.1. Changes will also appear on the Games-time website at www.minsk2019.by.

For detailed information, please refer to Appendix 1.





2. VENUE INFORMATION



2. VENUE INFORMATION

2.1. Key Information

The Karate competition will be held at CHIZHOVKA Arena, which was built to host the 2014 Ice Hockey World Championships. CHIZHOVKA Arena is located in the south of Minsk and has a capacity for 7,900 spectators for Karate at MINSK 2019.

Along with the Karate competition, the Venue will also host the Judo competition at MINSK 2019.

Distance from AVL is 16km. Travel time is 27 minutes.

Venue address:
CHIZHOVKA Arena
Tashkentskaya Street, 19-2,
220077 Minsk, Belarus

2.2. Venue Access

Direct access from AVL to CHIZHOVKA Arena will be available on training and competition days. This will be performed via the T-A System. Athlete load zones are located in AVL and the drop-off point for athletes is on the Venue territory.

Athletes are to arrive at the Venue according to the Competition and Training Schedule.

Athletes who are not competing or training may watch the event from the Athletes' area in the spectators' stands. Volunteers will help to guide athletes to the stands from the Venue drop-off point.

2.3. Field of Play (FoP)

The Venue will contain two (2) tatamis for competitions.



FoP for the Karate competition in CHIZHOVKA Arena will be held on an elevated platform with two (2) competition's tatami each measuring 8x8m plus a 1m surrounding safety area.

The competition area and all equipment will be presented in accordance with the WKF Rules.

2.4. Venue Facilities and Services

2.4.1. Athletes' Changing Rooms

Six (6) changing rooms, three (3) for men and three (3) for women, are available and include showers, toilets and changing areas.

2.4.2. Warm-Up Area

The Warm-Up Area is located in CHIZHOVKA Arena. There will be a total of four (4) warm-up tatami and conditions will be similar to those on FoP.

2.4.3. Athletes' Lounge

A lounge for athletes and their support staff is located in the back-of-house area on level 1 of the Venue building. Every Competition Venue will offer a refreshments station.

2.4.4. Mixed Zone and Interview Zone

The Mixed Zone will be located in the corridor near the entry to FoP, with Interview Zone adjacent to it.

2.4.5. Call Room Area

The Call Room will be located at the corridor near the entry to FoP.

For more details, please refer to article 4.2.2.



2.4.6. Catering Services

Athlete Refreshments Station

Every Competition Venue and Training Site will offer a refreshments station within its Athletes' Lounge, from the first to the final day of competition/training (except for 3x3 Basketball Training Site, where only still water will be available; food will be provided in the Main Dining Hall).

This service will operate:

- 90 minutes before the start of the first competition session until one (1) hour after the end of the last competition session;
- 30 minutes before the start of the first training session until 30 minutes after the end of the last training session.

All beverages and snacks will be self-served with the station monitored and regularly replenished by catering staff.

The refreshments station will include:

- Tea and coffee;
- Whole fruit (bananas, apples and oranges);
- Quality biscuits (packaged);
- Granola bars (nutri-grain bars or similar);
- Snacks and sandwiches;
- Still water (chilled and ambient) – 500ml;
- Soft drinks – 500ml;
- Sports drinks (varieties) – 500ml.

2.4.7. Doping Control Station (DCS)

DCS at CHIZHOVKA Arena is located on level 1 in rooms C-101, C-102 and D-142. Access will be controlled by the Doping Control team.



Sealed drinks will be available to athletes at DCS.

In order to protect the athlete's privacy, access to DCS is restricted to the following: athlete, the athlete's representative, an interpreter (if required), and Doping Control personnel, unless otherwise approved by the Doping Control Officer (DCO). Additional personnel requesting access may include an IF or EF representative, a member of the EOC Medical & Anti-Doping Commission, MEGOC Medical & Anti-Doping team or a WADA observer. These personnel are required to present the DCO with adequate identification and arrival at DCS. Members of the media are not allowed entry to DCS at any time.

2.4.8. EKF Meeting Room and President's Office

EKF meeting room will be located on level 2 of the Venue. The room will be in public area however the access for spectators will be not available due to separate entrance and exit.

EKF President's office is a room that has a private entrance unavailable for the audience. The room is located near the EKF meeting room and will be equipped with facilities for negotiating.

2.4.9. Language Services (LANS)

Language Services (LANS) volunteers with strong language skills will be selected and trained to take the role of LANS assistants and provide language support at all Competition venues as well as some Non-Competition venues.

Different European languages will be available, but each pool of LANS assistants will always include volunteers able to work with the combination of English and Russian.

2.4.10. Lost and Found

All reports of lost items at CHIZHOVKA Arena should be directed to SID. This is also the location where all found items should be delivered. Items will be kept at the Venue until the end of the Karate competition, at which point they will be transferred to SIC in AVL.



2.4.11. Medical Services and Facilities

Medical services will be provided at Competition venues, Training sites and Non-Competition venues, as well as at the AVL Polyclinic and designated MINSK 2019 hospitals.

Emergency medical services for athletes and team officials will be available at each Competition and Non-Competition Venue free of charge.

Medical services at Competition venues will generally be available two (2) hours before the start of competition/training and until one (1) hour after the competition/training ends.

Athletes injured on FoP during competition or training will be evaluated on site. If necessary, they will be evacuated from FoP to the Athlete Medical Room, AVL Polyclinic or any of MINSK 2019 hospitals, as appropriate.

FoP response will abide by the WKF Rules. The access of the FoP Recovery team to FoP will be agreed upon with the Chief Judge/Referee.

The following medical services will be provided at Competition venues:

- FoP Recovery teams, each staffed with at least one (1) Physician and one (1) Nurse or Paramedic;
- Athlete Medical Room staffed with one (1) Physician and one (1) Nurse;
- Ground ambulances having Advance Life Support equipment and staffed with trained medical personnel.

All medical encounters will be properly recorded in the electronic Medical Encounters System, utilised by MEGOC.

All details on the Games-time medical services will be available in MINSK 2019 Medical, Anti-Doping & Pharmacy Guides. Printed copies of the Guides will be distributed at the EOC Medical Commission Meeting (Games-time). If medical staff arrives after this meeting, copies of the Guide can be picked up at the AVL Polyclinic reception.



2.4.12. Scales

Test scales will be available to athletes to check their weight. Two (2) scales for women and two (2) for men in separate rooms will be provided at CHIZHOVKA Arena on 27 June 2019 from 9:00 to 19:00 and on 28 June 2019 from 9:00 to 11:00.

All scales will be calibrated daily.

2.4.13. Sport Information Desk (SID)

SID will be located at CHIZHOVKA Arena, next to FoP.

For more details, please refer to article 1.12.1.

2.4.14. Venue Evacuation and Emergency Procedures

In case of emergency a public announcement message providing instructions will be broadcast within the Venue. On hearing the evacuation message, officials and guests are asked to follow the direction of MEGOC workforce and leave the Venue via indicated routes.

2.5. Weather Information

For sports that are directly impacted by weather conditions information will be available at SIC in AVL and SID at the Venue. This will include forecast for the current day as well as summary forecast for up to three (3) days in advance. The weather forecast will be regional and will be updated throughout the day as required.

Meteorological Elements in June	Minsk
Mean Temperature (°C)	17.3
Maximum Mean Temperature (°C)	22.5
Minimum Mean Temperature (°C)	12.6



Mean Wind Speed (m/s)	1.3
Maximum Wind Speed (m/s)	4.9
Prevailing Wind	North-West
Monthly Precipitation (mm)	82.9





3. ATHLETES' INFORMATION. FREQUENTLY ASKED QUESTIONS



3. ATHLETES' INFORMATION. FREQUENTLY ASKED QUESTIONS

3.1. Essential Information and Emergencies

What is the phone number to dial in an emergency?

In case of emergency within MINSK 2019 Competition and Non-Competition venues, including AVL, athletes and officials are asked to contact the nearest MINSK 2019 representative directly for the most efficient assistance.

In case of emergency outside of MINSK 2019 Competition and Non-Competition venues, including AVL, officials and guests are asked to use the following phone numbers:

- **"112"** general Crisis Centre (Fire emergency, Police and Ambulance);
- **"101"** Fire Emergency;
- **"102"** Police;
- **"103"** Ambulance.

If the caller does not speak Belarusian or Russian, the Emergency dispatcher will connect the caller to English-speaking Emergency Services personnel.

What languages are most commonly spoken?

State languages are Belarusian and Russian. The official language of MINSK 2019 will be English.

How can I get medical treatment?

There will be a Polyclinic in AVL and medical services will be provided at all Competition and Non-Competition venues (see article 2.4.11). These services will be backed up by services at the designated MINSK 2019 hospitals and will include treatment of acute illnesses and injuries or acute exacerbations of pre-existing illnesses and injuries.

The operating hours of the AVL Polyclinic are as follows:



Period	Operational hours
15 – 17 June 2019	08:00 – 20:00
18 June – 2 July 2019	07:00 – 23:00
3 July 2019	08:00 – 12:00

Emergency medical services will be provided by the ambulance crew 24/7 within the perimeter of AVL.

NB: To arrange an appointment for specialised diagnostic and/or treatment services at any of the MINSK 2019 hospitals, please first refer to the AVL Polyclinic.

Where can I report an item lost or found?

In AVL all found items and reports of lost items should be delivered to the nearest Resident Centre. Items will be stored at the Resident Centre until the end of the day and afterwards be transferred to one of the Resident Centres operating on a 24-hour basis.

For information on lost and found services at Competition venues and Training sites, please refer to article 2.4.10.

How can I use services of an interpreter?

MEGOC LANS team members will provide interpretation services at the Competition venues and in AVL.

How do I make an international telephone call via landline?

In order to make a call abroad from Belarus, dial "8 – (signal) – 10", then the relevant country code and telephone number.



What currency is used in Belarus?

The currency in Belarus is the Belarusian Ruble (BYN). One hundred kopeks equals one ruble and ruble notes come in 5, 10, 20, 50, 100, 200 and 500 denominations.

ATMs will be available in AVL.

3.2. Accreditation

What should I do if my Pre-Valid Card (PVC) or European Games Identity and Accreditation Card (EGIAC) is lost, stolen or damaged?

MINSK 2019 Accreditation team should be immediately informed via email (accreditation@minsk2019.by) if any PVC is lost, stolen or damaged before entering the Republic of Belarus. In this case, the applicant may enter the Republic of Belarus only by air through the National Airport Minsk (MSQ). The PVC will be reissued. The applicant has to present the valid document used for registration in MINSK 2019 Online Accreditation System before passing the border control.

MINSK 2019 Accreditation team should be immediately informed by EGIAC holder if the EGIAC is lost, stolen or damaged. The card will be reissued on presentation of a request for accreditation card replacement from the bearer and of the valid document that was used for registration in MINSK 2019 Online Accreditation System.

3.3. Transport

What services are provided by the T-A System?

A range of services will be provided for connections between Competition venues and AVL.

For further information, please refer to article 6.2.2.



Is Minsk Public Transport System free?

Free access to the MINSK 2019 Public Transport System (metro, city rail, bus, trolleybus and tram lines) will be granted to all accredited MINSK 2019 participants (see article 6.2.4).

Which side of the road should I drive on?

In Minsk you must drive on the right-hand side of the road. Cycling training on any roads within Minsk and Belarus will not be permitted, except the designated cycle path along Pobeditelei Avenue.

3.4. Athletes' Village (AVL)

AVL will be used in order to accommodate the athletes and team officials participating in MINSK 2019.

The residential area in AVL includes rooms that will provide comfortable environments for athletes and officials during their time in Belarus. All menus are developed in cooperation with caterers and sport nutritionists and will offer a diverse range of nutritious European food options. A number of recreation facilities (incl. Track and Field stadium) as well as efficient transport services to both Competition venues and Training sites will be available to AVL residents.

Alcohol and Smoking

AVL is a non-smoking Venue. Smoking is strictly forbidden within any buildings. A limited number of outside smoking areas will be available throughout AVL and will be clearly marked. Please note that consumption of alcohol and alcoholic beverages is strictly prohibited within AVL.

Internet Access

There will be free Wi-Fi available to all residents allowing them to access internet spots in all spaces.



Where can I find the nearest place of worship?

There will be a Multi-Faith Centre in AVL. The Centre will be open from 07:00 to 23:00 during the official opening period.

Laundry

Each residential building will have free-of-charge serviced laundry facilities available to all AVL residents. Operating hours are from 07:00 to 23:00 daily. Residents are requested to use the laundry in the same residential building. This will allow an even distribution of demand across AVL and result in a more efficient service for all residents. All residents will be supplied with two (2) laundry bags – one (1) for white and one (1) for coloured items of clothing. Residents will be responsible for ensuring that appropriate colours are placed in the appropriate bag. Service time is as follows:

- Laundry delivered from 07:00 to 12:00 will be available for pick-up after 18:00 the same day;
- Laundry delivered after 12:00 will be available for collection after 12:00 the following day.

Laundry will be washed and dried but will not be folded or ironed. Irons and ironing boards will be available to residents at each of the nine (9) Resident Centres.

AVL Zones

AVL consists of two (2) zones: the Residential Zone and the Operation Zone. Athletes and team officials will have access only to the Residential Zone. The Operation Zone is the area providing support services for the effective operation of AVL.

The Flag Square is a hub of activity within AVL. It will host the Athlete Welcome Ceremony at 18:00 on 20 June 2019 followed by an AVL entertainment programme.



What catering facilities are available in AVL?

A wide range of food options are available in AVL. They include the Main Dining Hall, Best of Belarus casual dining area, a number of cafés.

3.5. Sport

Are there restrictions on what I may wear during training and competition at the Games?

Restrictions on clothing and equipment are outlined in the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines (see paragraph 1.9.).

Will I be asked to undergo a doping control test?

Athletes may be selected to undergo one (1) or more Doping Control tests during the Games.

For guidance on the Doping Control test procedures, please refer to paragraph 1.11.

How can I get training and competition schedules and day's results?

Team officials will have access to SIC in AVL where Training Schedules and other key competition information will be available. Both athletes and officials can also access these services by visiting SID at the Venue.

For more information on these services, please refer to article 1.12.1.

Detailed Competition Schedules and official results will be available on the Games-time website at www.minsk2019.by.

What facilities can I use at Competition venues and Training sites?

A list of facilities at CHIZHOVKA Arena is provided in the Competition Venue Information and Training Information Sections within this Manual (see Sections 2 and 5).



3.6. Tickets

How can I get sport tickets for guests?

Worldwide ticket sales for the general public started on 1 December 2018 at the official Ticket Operator Ticketpro LLC website:

www.en.minsk2019.ticketpro.by.

There are several options to purchase tickets for MINSK 2019:

- Online through the official website www.en.minsk2019.ticketpro.by (purchases can be done via credit and debit cards);
- Offline at the Ticket Box Offices in Minsk and Belarus regions. The list of Ticketpro LLC partner's ticket offices is available at www.en.ticketpro.by/box-office/;
- Via bank transfer and invoice by contacting the Official Ticket Operator through e-mail minsk2019@ticketpro.by;
- at the Venue Ticket Box Offices during the Games-time and at the AVL Ticket Box Office.

Am I eligible for complimentary sport tickets?

Only accredited participants may be included into complimentary tickets programme and allocated with seats at the Athlete Stand.

Access to Athlete Stand for the same sport athletes (SSA)

Athletes and team officials of participating NOCs will be able to attend Athlete Stand for their own sport sessions without a ticket by presenting the valid EGIAC at the entrance to the dedicated sector at the Venue. Seats distribution at Athlete Stand will be based on a first-come first-served basis.



Access to Athlete Stand for different sport athletes (DSA)

Different sport athletes and team officials ("Aa", "Ac", "Ao" and "ATo" categories) are encouraged to attend events, in which they do not participate, to support their teams. To watch these events, they require a ticket.

The seats for DSA are also located at the Athlete Stand.

Please note: the quantity of DSA tickets is limited.

Complimentary tickets order and collection procedure for DSA

- NOCs will fill the request form (will be provided in May 2019) and send it to the Ticketing department by 17:00 two (2) days before the respective Competition Day (Session, Event);
- Ticketing department will process the requests within 24 hours and allocate the tickets.

NOCs will collect allocated DSA tickets at the AVL Ticket Office between 19:00-22:30 the day before the respective Competition Day (Session, Event). Only Chefs de Mission, Deputy Chefs de Mission or Ticketing Proxy card holder will be authorised to collect tickets.

3.7. Social Media

May I tweet or blog about the Games?

MEGOC wishes to sensibly and proactively embrace social media as a valuable tool to share the excitement of the Games with spectators, supporters and the global public in accordance with the EOC Social and Digital Media Guidelines, available at www.eurolympic.org, for persons accredited to the MINSK 2019. There are many different ways to use social media, but MEGOC requires that all accredited persons do so thoughtfully, courteously and according to the values of the Games and the EOC.



Accredited persons must not capture pictures, video/audio for commercial purposes.

Accredited persons must not include any commercial references in connection with any European Games content posted on their social media accounts.

3.8. Ceremonies

How can I learn more about the MINSK 2019 Opening and Closing ceremonies?

MINSK 2019 will begin with the Opening Ceremony on Friday, 21 June 2019 and conclude with the Closing Ceremony on Sunday, 30 June 2019.

The day before the ceremonies (20 and 29 June 2019 respectively), Chefs de Mission meetings dedicated to the ceremonies will be held. These meetings will be joint MEGOC/EOC briefings where representatives of all delegations will get related information and instructions on the ceremonies.

If I take part in a Medal Ceremony, what should I wear?

Athletes taking part in a Medal Ceremony must wear the GI and NOC jacket no shoes/black belt.

3.8.1. Opening Ceremony

MINSK 2019 Opening Ceremony will be held at the DINAMO Stadium on Friday, 21 June 2019. The Ceremony will start at 22:00, following the entertainment programme for spectators that begins at 20:00. Live broadcasting of the Ceremony will run from 22:00.

Athletes will be delivered to the Opening Ceremony Venue by buses. Distance from AVL to the stadium is about 9km; travel time is about 15 minutes.

According to the EOC decision, all accredited athletes and six (6) team officials residing in AVL on the day of the Opening Ceremony will be allowed to march in the Athletes' Parade at the Opening Ceremony.



The Parade will begin with Greece entering the DINAMO Stadium first and Host country Belarus being last. Following the Parade, athletes will be guided to their allocated seating on FoP of the stadium.

All participants of the Athletes' Parade wishing to leave the Ceremony before its completion will be provided with an early departure opportunity right after the Athletes' Parade.

3.8.2. Closing Ceremony

The Closing Ceremony will be held at the DINAMO Stadium on Sunday, 30 June 2019. The Ceremony will start at 22:00, following the entertainment programme for spectators that begins at 20:00. Live broadcasting of the Ceremony will run from 22:00.

According to the EOC decision all accredited athletes and six (6) team officials residing in AVL on the day of the Closing Ceremony will be allowed to march in the Athletes' Parade at the Closing Ceremony.

Early departure opportunity will be provided to the delegations right after the end of Athletes' Parade only.

Marching athletes will be delivered to the stadium for the Closing Ceremony by buses.

3.8.3. Marching Athletes and Officials

Under no circumstances may participants of the Opening and Closing ceremonies display any form of advertisement or propaganda – commercial, political or otherwise – on any item worn or in any other manner that is visible on camera. Participants may not use selfie sticks during the Parade.





4. TEAM LEADERS' INFORMATION



4. TEAM LEADERS' INFORMATION

4.1. Pre-Competition Procedures

4.1.1 Coach Meeting and Draw

Date: 28 June 2019

Time: 15:00

Location: CHIZHOVKA Arena (Tashkentskaya Street, 19-2, 220077 Minsk, Belarus)

EKF General Secretary, Technical Delegate, Chairman of Judges, Technical Officials, 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 an NOC Assistant, if necessary. They should bring with them the meeting agenda and their copy of the Team Leaders' Technical Manual.

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;
- Drawing of lots.

The draw will take place during the Coach Meeting.

Two athletes (2) will be seeded and the rest will be drawn manually:

There will be two (2) pools with 4 athletes for the draw in each event:

- Pool A: #1 (Gold Medal of the 54th European Senior Championship in Spain, Guadalajara, 2019).



- Pool B: #2 (the best ranked athlete in the EKF Minsk Standings on 1st April 2019);
- Should the athlete coincide to be the same (Gold Medal and the best ranked athlete in the EKF Minsk Standings), then the allocation of the seed will be for the second best ranked athlete in the EKF Minsk Standings;
- Athletes #3, #4 #5, #6, #7, #8 will be drawn randomly.

4.1.2. Weigh-In

Official weigh-in for all Kumite athletes (both men and women) will take place on 28 June 2019, one day before the competition in CHIZHOVKA Arena from 10:00 to 11:00. At the end of the weigh-in, the TD will sign a weigh-in form showing the weight of athletes.

If any Athlete fails their weigh-in i.e. their weight is more than the weight category in which they are entered (more than 0,2kg) they will be disqualified from the competition. NOCs are not permitted to substitute the Athlete that has failed weigh-in.

Date	Test of Scales	Official Weigh-In	Categories	Place
28 June 2019	09:00 – 10:00	10:00 – 11:00	All	CHIZHOVKA Arena

The unofficial weigh-in will be held at CHIZHOVKA Arena on 27 June 2019 from 9:00 to 19:00 and on 28 June 2019 from 9:00 to 11:00.

4.1.3. Athlete Back Numbers Sewing Procedure

Back numbers must be attached to all karate-gi before the start of competition. This service will be available from 27 to 30 June 2019 in the Sewing room at CHIZHOVKA Arena, between the hours of 10:00 – 17:00.

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 competition.

The Sewing room will be located near the Training Site at CHIZHOVKA Arena.

4.2. Competition Procedures

4.2.1. Warm-Up

The Warm-Up Area will be located within the Training Site near FoP and will consist of two (2) 10x10m 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 competition, priority will be given to the first 16 competing athletes to use the Warm-Up Area. The rest of the athletes will be provided with warm-up facilities in a separate area.

4.2.2. 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 and Line up	Once the Athlete has been inspected, he is called to the waiting area and lines up to enter FoP
1	Call Room, Waiting area and FoP	Call to FoP

Note: water bottles are not permitted onto FoP. Athletes are requested to leave water bottles in the Call Room before their match.

4.2.3. Accredited Team Seating

A seating area will be allocated to athletes and team officials close to the Athlete entrance from FoP to the back-of-house.

4.3. Post-Competition Procedures

4.3.1. Leaving the FoP

All athletes must exit FoP via the Mixed Zone. Coaches will not accompany the athlete through the Mixed zone, but may be asked to pass through for interview possibilities.

4.3.2. Doping Control

Athletes selected for Doping Control will be notified in person and escorted to DCS 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.



For details of the Doping Control Programme, please refer to paragraph 1.11.

4.3.3. Mixed Zone and Interview Zone

All Competition venues will include the Mixed Zone splitted between the Rights Holding Companies and major news agencies and Games News Service, as well as the Interview Zone for all the E-accredited media. After the competition or Medal Ceremony, all athletes will be guided through the Mixed Zone as they leave FoP, but they are not obliged to speak. 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 the Interview Zone interviews.

Press wanting to interview someone in the Interview Zone would make a request to Press Operations who will escort the athlete from the Mixed Zone to the Interview Zone.

By default, all Gold medallists and all Belarusian athletes will be accompanied to the Interview Zone for interviews. Press attaches, DCOs and LANS team members will be able to escort athletes into the Interview Zone, if needed.

The Games News Service team will also proactively request athletes to come to the Interview Zone in order to introduce interesting story angles to the Media. Once in the Interview Zone, the athlete would be interviewed by the member of the press who requested the interview.

There will be no time limit on the length of the interview (within reason) and 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 Interview Zone will be managed by Press Operations to help facilitate introductions or questions, and ensure the Interview Zone remains an informal area and that no media "scrum" is created.



4.3.4. Results Distribution

Competition-related information for all sports, including results reports, will be available on the Games-time website www.minsk2019.by.

Delivery of printed results information is available only at Competition venues and SIC. 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 the Games-time website www.minsk2019.by.

4.3.5. Medal Ceremonies

Medal ceremonies will take place at the Competition Venue as soon as possible after the end of competition with the exception of Athletics.

In Athletics, Medal ceremonies in eight (8) Individual events and the Relay will take place on 24 June 2019 at the Main MINSK 2019 Fan Zone (Pobediteley Avenue, 4). The team Medal Ceremony in Athletics will take place at the Competition Venue on 28 June 2019 after the Final.

All Medal ceremonies at MINSK 2019 will occur on or next to FoP. Before each Medal Ceremony all the medallists are gathered in the waiting area accompanied by volunteers. 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 (2) languages – English and Belarusian.

It is the responsibility of each athlete/coach to ensure that the athlete has his/her full outfit with him/her 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.

Medal Ceremony staff will lead athletes to the podium for the Medal Ceremony and advise them with regard to the procedures that the athletes will need to follow.



Flags, signs, mobile phones, cameras, electronic devices, bottles, items of sport equipment, items with political statements, sunglasses, headdresses and EGIAC will not be allowed on the podium. If any athlete is in possession of any of these items, the latter be handed in to the Medal Ceremonies Manager for the duration of the Ceremony.

Similarly, if any items are thrown to athletes while they are on FoP and/or the podium, the athletes must pass them to their Medal Ceremony staff for the Medal Ceremony. Failure to comply with these rules may result in disqualification.

During the Medal Ceremony, in addition to the medals, MEGOC plans to present the winning athletes with a bouquet of flowers.

After the Medal Ceremony, athletes will receive individual medal boxes at the exit from FoP before/after Mixed Zone. In team events (12+) medal boxes will be given to the team leaders.

After the national anthem has been played, Gold medallists may ask other winners to join them to share their joy of victory and take a photo together.

After the Medal Ceremony has finished, the athletes step forward to leave the podium and Medal Ceremony staff will lead the athletes to the Mixed Zone.

If any athlete is chosen for Doping Control, he/she will be escorted through the Mixed Zone by a DCO or Doping Control chaperone and will then be chaperoned to DCS.

Medals will be awarded in each event of the competition as follows:

- 3rd place: two (2) bronze gilt medal,
- 2nd place: silver gilt medal,
- 1st place: gold gilt medal.

Diplomas for the athletes ranked from 1st to 4th will be given to the Chefs de Mission in NOC Services Centre in AVL.





5. TRAINING INFORMATION



5. TRAINING INFORMATION

5.1. Key Information

Training for the Karate events will take place at CHIZHOVKA Arena.

The Venue will be open for training from 27 to 30 June 2019. All training equipment will be approved by WKF, and will comply with the WKF Kata and Kumite Competition Rules, effective as of 1 January 2019, and the MINSK 2019 Advertising, Demonstrations and Propaganda Guidelines.

5.2. Training Regulations

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

5.3. Media Access

Karate training sessions are always open to media. NOCs or EKF cannot request closure of training. Mixed Zone can be used for viewing.

Photographers are allowed to be present near the media line inside the training area.

5.4. Venue Access

For detailed information on Venue access, please refer to Appendix 2 and paragraph 2.2.



5.5. Training Facilities

There will be four (4) tatamis available for Athletes' training on 27 – 28 June 2019 from 9:00 to 19:00, and two (2) tatamis on 29 – 30 June 2019.

Athletes' changing facilities will be provided close to the training area.

Refreshments will be available to athletes.

- Lost and Found

All reports of lost items should be directed to an on-site MEGOC representative who will be able to provide assistance.

- Medical facilities

Limited medical services will be available at Training sites, with enhanced services for the sports requiring specialised care.





6. THE GAMES AND MINSK



6. THE GAMES AND MINSK

6.1. Accreditation

MEGOC issues an EGIAC to every official participant of MINSK 2019 who was registered in MINSK 2019 Online Accreditation System. The EGIAC establishes the identity of its user, allows access to MINSK 2019 venues and provides privileges according to the participant's role.

Before validation an EGIAC is referred to as a PVC. All NOCs will get PVCs for their delegation from MEGOC in April – May 2019.

Participants should submit at Belarus Border Crossing Points their PVCs and the same documents that were used for registration in MINSK 2019 Online Accreditation System. A PVC will become an EGIAC only after its validation at MINSK 2019 Accreditation Centres.

All participants of MINSK 2019 should provide a valid Identification Document permitting travelling abroad (passport or another substituting document) as follows:

- All accredited members have to travel with passports or other travelling documents valid until at least 11 July 2019;
- The document should be the same that was used to register in MINSK 2019 Online Accreditation System.

The accredited participants will be eligible to multiple visa free entries to the Republic of Belarus from 20 May to 10 July 2019.

6.1.1. Accreditation Facilities

PVCs validation will be available at MINSK 2019 Accreditation Centres.

MSQ will be the main port of entry to Belarus. Athletes, coaches, trainers and other team officials (all individuals with accreditation categories "Aa", "Ac", "Ao" and "ATo") coming by any transport will be able to validate their accreditation at AVL Accreditation Centre.



Members of the EOC Family and dignitaries coming through the MSQ VIP Lounge will be able to validate their PVCs at the MSQ Accreditation Centre.

NOC category participants who will be living at the EOC Family Hotel (EFH), which is the MARRIOTT Hotel, are able to validate their PVCs at the EFH Accreditation Centre.

Other accreditation categories will be able to validate their PVCs at the Uniform Distribution and Accreditation Centre (UDAC).

In order to validate PVCs, participants should present documents permitting travelling abroad that were used during accreditation process at MINSK 2019 Online Accreditation System.

Moreover, Competition venues will offer Venue Accreditation Help Offices (VAHOS). The VAHO is a designated and equipped office or space near a Competition Venue where authorised staff can have their EGIACs reissued if the latter are lost, stolen or damaged.

The table below summarises available accreditation facilities and client groups they serve:

Accreditation Facilities			
Facility	Dates and Time of Operation	Client Group	Service
MSQ	20 May – 2 July 2019 (24 hours a day)	EOC Family, dignitaries	Card validation, card replacement, issue resolution
AVL	13 June – 2 July 2019 (24 hours a day)	"Ac", "Aa", "Ao" and "ATo"	
Minsk Marriott Hotel (EFH)	18 June – 2 July 2019 (08:00 – 22:00)	EOC Family	
UDAC (VAHO functions responsible for: FLC, MSA, MSV, TOC)	1 April – 18 June 2019 (09:00 – 18:00) 19 June – 30 June 2019 (08:00 – 22:00)	All	



VAHO			
DST (responsible for: OCA, OCB, STP, PLA, MSR, DST)	Operates 2 hours prior to competition/training until end of competition/training (may vary by location and day). Please check exact opening hours on site at each VAHO	All	EGIAC replacement, issue resolution
STU (responsible for: STU, STC, SHC)			
CZA			
RGZ			

Please see the list of acronyms in Appendix 5.

6.1.2. Accreditation Codes

Venue codes and pictograms printed on the EGIAC front side indicate access to Competition and/or Non-Competition venues. A full description of the codes is available on the reverse side of the card.

Venue zone access rights are indicated on the EGIAC with colour and alphanumeric codes.

The following zones will be used at MINSK 2019:

AVL Codes	
Zone Code	Description
AVL	Athletes' Village
R	Residential Zone
OZ	Operation Zone



Venue Zone Codes	
Zone Code	Description
Blue	FoP, Operational Areas, General Circulation Areas
Red	Operational Areas, General Circulation Areas
White	General Circulation Areas
2	Athlete Preparation Area
5	Press and Broadcast Area
6	EOC Family Area
O	Protocol Stand
A	Athletes' Stand

6.1.3. Lost, Stolen or Damaged Accreditation

MINSK 2019 Accreditation team should be immediately informed by EGIAC holder if the EGIAC is lost, stolen or damaged. The card will be reissued on presentation of a request for accreditation card replacement from the bearer and of the valid document that was used for registration in MINSK 2019 Online Accreditation System.

6.2. Transport

MINSK 2019 Clients Transport Systems' mission is to deliver effective, reliable and efficient transportation services to athletes, team officials and the EOC Family members.

Transport services will be delivered by three (3) systems that will have access to the Games Route Network (GRN) in order to minimise travel times:



- T-AB, T-A Transport System;
- T-B/T-P Transport System;
- T-X Transport System.

6.2.1. Games Route Network (GRN)

Venues, AVL and MINSK 2019 official accommodation sites are situated along the routes of four (4) Games transport corridors, i.e. city transport thoroughfares forming GRN together with the Minsk Ring Road (MKAD) and out-of-town highways.

The key principles of the GRN operation are:

- Special traffic management schemes and traffic lights coordination;
- Accident/incident detection and management;
- Special signage;
- Traffic cameras and continuous police monitoring.

6.2.2. Athletes' Transport System (T-AB, T-A)

During MINSK 2019, the T-AB (Airport Bus) transport services will be provided for arrival/departure of athletes and team officials from MSQ to AVL and back. The T-AB services will be carried out on a pre-planned schedule of arrivals and departures.

The T-A System will offer an exclusive, secure and dedicated transport services for athletes and team officials from AVL to Competition venues/Training sites and back. The T-A transport will run according to the schedule based on the competition and/or training sessions and provide the appropriate level of services required for these client groups.

AVL Transport Mall is located next to AVL (bus stop "Transport Mall") to provide athletes and team officials with direct access to its services.

The T-A System privileges are available to "Aa/Ac/Ao" accredited persons.



Accreditation must be displayed at all times to use the services.

For effective use of the T-A Transport System, it is highly recommended that only the client groups directly participating in sports events use it. Spectating athletes and NOC delegations, not involved in sports events, are recommended to use the Hub Bus Transport System (T-B). In AVL, the T-B bus stop is located on Dzierzynski Avenue, near the intersection with Chyurlionis Street.

For detailed information on T-B, please refer to article 6.2.3.

6.2.3. Hub Bus Transport System (T-B)

T-B features the routes that connect all the Games venues, including the MINSK 2019 hotels along the routes, with a transfer at the Central Hub (Gorodskoy Val Street).

Also, the T-B Transport System will provide transport services for accredited persons from MSQ to the Central Hub with onward connection possibilities to the Games venues.

Services will run on a regular frequency basis or in accordance with schedules, available at the bus stops along the T-B routes.

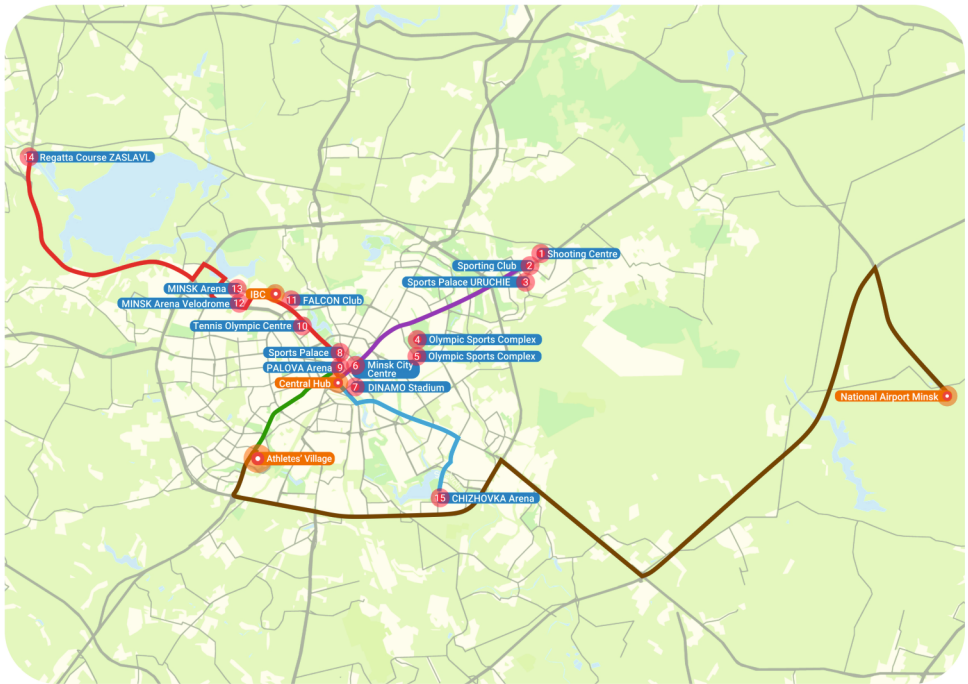
The bus stops in AVL and at the Central Hub will be equipped with electronic boards, displaying the bus schedule.

The T-B Transport System consists of 5 routes (see the map below):

- Route T-B 1 (Central Hub – AVL) connects all the venues located along the line of Dzerzhinsky Avenue, including hotels where the participants of the Games live;
- Route T-B 2 (Central Hub – Minsk Arena – Zaslavl) connects all the venues located along the line of Pobediteley Avenue, including hotels where the participants of the Games live;
- Route T-B 3 (Central Hub – Uruchie) connects all the venues located along the line of Nezavisimosti Avenue, including hotels where the participants of the Games live;



- Route T-B 4 (Central Hub – Chizhovka Arena) connects the venues located along the line of Partizanskiy Avenue, including hotels, where the participants of the Games live;
- Route T-B 5 (Central Hub – Airport) connects MSQ and Central Hub. The buses on this route function every 30 minutes.



- Route T-B 1 Central Hub – Athletes’ village
- Route T-B 2 Central Hub – MINSK Arena – Zaslavl
- Route T-B 3 Central Hub – Uruchie
- Route T-B 4 Central Hub – Chizhovka Arena
- Route T-B 5 Central Hub – Airport



6.2.4. MINSK 2019 Public Transport System (T-P)

Free access to MINSK 2019 Public Transport System (T-P) (metro, city rail, bus, trolleybus and tram lines from/to Competition venues) will be granted to all accredited Games participants from 20 May until 10 July 2019. The operating hours of MINSK 2019 Public Transport System will be extended during the Games (05:30 – 00:30) to ensure effective transportation of visitors of the Games and to accommodate workforce transport needs, as appropriate.

6.2.5. MINSK 2019 Taxi Services (T-X)

T-X Transport System will cater to the EOC Family members, Ministers of Sport, dignitaries, WADA representatives, and sponsors by offering on-demand service or Request-for-Transport (RFT) service on a 24-hour basis at all Competition venues, EFH and MINSK 2019 dignitaries' hotels, AVL, some Non-Competition venues.

6.2.6. Spectating Athletes

Spectating athletes of the same and different sport shall use the T-B services from/to AVL and each respective Venue.

6.2.7. Transport Services for Opening and Closing Ceremonies

Athletes and team officials will be transported to/from the DINAMO Stadium exclusively and only with Ceremony Buses from/to AVL for the Opening and Closing ceremonies.

No direct transport service will be offered from the DINAMO Stadium to MSQ on the night of the Closing Ceremony.



6.3. Security

The Government of the Republic of Belarus is responsible for all aspects of safety and security for MINSK 2019. The Government Security Authorities (GSA) will ensure that all appropriate and necessary security measures throughout planning and operational delivery are implemented to ensure safe and peaceful celebration of MINSK 2019.

The Security, Border Control & Customs Subcommittee of the Republican Organising Committee (SBCCS) is assigned as a dedicated Venue Security Coordinator for protective security arrangements in AVL and designated Competition and Non-Competition venues.

6.3.1. Security in AVL

AVL and its residents will be granted the highest level of protection. Access to AVL will be granted to accredited client groups with designated AVL accreditation rights and authorised guests. Accreditation will be authenticated by authorised GSA personnel.

All AVL residents, accredited client groups, guests and their personal belongings will be subject to security screening prior to entering AVL. All deliveries of goods and materials as well as vehicles will be subject to security screening after the Venue lockdown and start of security operations.

AVL will be protected by a perimeter security fence and provided with additional protective security measures, security lighting and electronic security systems including Closed Circuit Television (CCTV) surveillance. Security screening items/measures will include but are not limited to:

- Walk-through metal detectors ("mags");
- Portable metal detectors;
- X-ray screening and other technical security measures.



6.3.2. Security at Competition Venues and Training Sites

A risk-based approach will be applied by the GSA agencies to determine protective security arrangements for Competition venues and Training sites.

Access to Competition venues will be restricted to appropriately accredited and ticketed individuals who will be subject to accreditation/ticket authentication and security screening at Pedestrian Screening Areas (PSA) prior to entry.

Any vehicle and its occupants (including delivery vehicles) seeking to drop-off or enter the secure perimeter of a Venue will be subject to security screening of the appropriate level at the Vehicle Screening Area (VSA).

6.3.3. Security in Transit

MEGOC in cooperation with the GSA agencies will implement a security plan to ensure the appropriate level of security to athletes, teams and their equipment whilst in transit from AVL to venues via GRN.

The principle of bubble-to-bubble ("B2B") T-A System bus operation/circulation will be implemented to facilitate secure transportation from AVL to Competition venues and Training sites and back.

Athletes and officials travelling via the T-A System will be subject to reduced security screening requirements on arrival at Competition venues and Training sites (with consideration to the assigned lower-risk profile of NOCs).

Upon return to AVL all athletes and officials are subject to an accreditation check and security screening prior to entering AVL.

This policy also applies to NOC vehicles and their occupants seeking to drop off or park within the secure perimeter of AVL.

6.3.4. Prohibited and Restricted Items

List of MINSK 2019 prohibited items:

- Explosive devices and materials;
- Firearms, ammunition and any kind of toy guns;



- Knives;
- Incendiary devices;
- Hazardous substances (e.g., chemicals, irritants and gases);
- Fireworks and pyrotechnics;
- Laser pointers;
- Personal protection sprays (e.g., "pepper spray");
- Offensive implements, i.e. anything that is made or adapted to cause injury to a person;
- Illegal drugs including performance enhancing drugs.

For detailed List of Restricted and Prohibited Items at the sites of MINSK 2019, please see Appendix 4.

Please note that any NOC delegation members and other AVL residents are not permitted to bring any alcohol liquids and foods into the residential areas.

6.3.5. Exceptions

Emergency services and certain accredited personnel, including workforce, will be permitted to use items as required by their accreditation in order to enable them to carry out their functions.

6.3.6. Tools of the Trade

Tools of the Trade include requirements for people bringing items under the prohibited items policy into the venues, but are required by staff of certain categories to undertake their job. Athletes, team officials and technical officials are permitted to carry a reasonable amount of liquids, aerosols and gels.

6.3.7. Requests for Emergency Assistance

Details of emergency phone numbers to use within AVL will be issued in the welcome pack and displayed in all common areas.



6.4. MINSK 2019 Overview

The European Games are a multi-sport event for athletes from the National Olympic Committees of Europe and that are held every four (4) years. The Games are owned, co-organised, and regulated by the EOC.

The European Games were inaugurated at the EOC General Assembly on 8 December 2012 in Rome, Italy.

The right to host the 2nd European Games was awarded to the city of Minsk (Belarus) at the meeting of the EOC General Assembly on 21 October 2016.

The Republican Organising Committee (ROC) was established by a Decree of the President of the Republic of Belarus on 9 January 2017. ROC is chaired by the Prime Minister of the Republic of Belarus Sergei RUMAS.

Following the Decree of the President of the Republic of Belarus MEGOC was established. The leadership of MEGOC is provided by the CEO George KATULIN who is also NOC Belarus Secretary General.

4,000 Athletes

2,000 Team Officials

15 Sports / 23 Disciplines (19 Olympic Disciplines / 4 Non-Olympic Disciplines – Acrobatic Gymnastics, Aerobic Gymnastics, Beach Soccer, Sambo)

199 Medal Events

10 Days of Competition

15 Competition Venues

8 Sports are Part of the "Road to Tokyo 2020" Qualification

Opening Ceremony: 21 June 2019

Closing Ceremony: 30 June 2019



6.4.1. Competition Venues

199 Medal events that make up the Sport Programme at MINSK 2019 will be held at 15 Competition venues.

15 Competition venues and sports featured at each Venue are listed in Appendix 3 and the table below.

Sport / Discipline	Competition Venue
Archery	Olympic Sports Complex
Athletics	DINAMO Stadium
Badminton	FALCON Club
3x3 Basketball	PALOVA Arena
Beach Soccer	Olympic Sports Complex
Boxing Sports	Palace URUCHIE
Canoe Sprint	Regatta Course ZASLAVL
Cycling – Road	Minsk City Centre
Cycling – Track	MINSK Arena Velodrome
Gymnastics – Acrobatic	MINSK Arena
Gymnastics – Aerobic	MINSK Arena
Gymnastics – Artistic	MINSK Arena
Gymnastics – Rhythmic	MINSK Arena
Gymnastics – Trampoline	MINSK Arena
Judo	CHIZHOVKA Arena
Karate	CHIZHOVKA Arena
Sambo	Sports Palace
Shooting – Rifle & Pistol	Shooting Centre
Shooting – Shotgun	Sporting Club



Table Tennis Tennis	Tennis Olympic Centre
Wrestling – Greco-Roman, Freestyle, Women’s	Sports Palace

6.5. The City of Minsk

Minsk is the capital of the Republic of Belarus. It is the largest city in the country populated by two (2) million people or every one in five inhabitants of Belarus. It is the administrative, economic, cultural, scientific and sports centre of the country.

6.5.1. Sights and Sites

Downtown

The historic centre of Minsk still has some majestic temples and monuments. If you want to feel the spirit of the old days, take a walk through the Freedom Square with architectural monuments of the 17-19th centuries stood the test of time, the Trinity and Rakovskoye suburbs, and narrow cobbled streets running in different directions from the historic centre. Every building here is a kind of a chapter of Minsk history.

The Minsk party scene is conveniently centred in the heart of the Old Town. To get a glimpse of the nightlife with its bars, live-music venues and nightclubs visitors should go straight to Zybityskaya Street that transforms into a giant street party on summer weekend nights.

Minsk visitors can enjoy lively bars and clubs to have some fun at night. Food and drinks are reasonably priced. Bars, clubs and discos are open till late in the morning, especially during weekends. Zybityskaya Street is the most famous street of night bars, clubs and discos.

Soviet Sights

Minsk is famous for its Soviet architecture. Many buildings along the Independence Avenue (Praspiekt Niezaliežnasci) are a vivid example of the Soviet times architecture forming an integral ensemble with peculiar style and



composition features. The 1950s architectural ensemble is the real gem of the Avenue and a candidate for the UNESCO World Heritage List. Most of Minsk attractions are located if not on the Avenue, then close to it.

Modern Minsk

Over the recent decades, the architectural style of Minsk has considerably changed with the construction of new administrative buildings, business centres, shopping malls, sports and entertainment centres, hotels, restaurants, and cafés.

National library of Belarus and Palace of Independence are among the most impressive buildings that has been constructed in recent decades in Minsk.

Another face of modern Minsk is Oktyabrskaya Street – one of the most popular and fancy places. Former industrial street has become one of the main leisure and party areas of the city. The red brick buildings of the late 19th – early 20th century, decorated with modern paintings, sit side by side with the numerous bars, cafés, exhibition halls, creative studios and workshops and offices.

Museums and Exhibitions

There are more than 20 museums in Minsk. The National Art Museum of Belarus is the cultural treasury of Belarus. The Museum's collection is one of the largest collections in Eastern Europe. There are more than 30,000 exhibits, including masterpieces of Belarusian and foreign art.

The National Historical Museum is among the most visited museums of Belarus. The museum houses the largest collection in Belarus with more than 400,000 items. Be sure to drop by to learn about the history of Belarus through the ages! Study its unique exhibits – valuable documents, early printed books, Slutsk belts, coins and medals, weapons, musical instruments and dinnerware – to trace the historical path of Belarus.

The Belarusian State Museum of the Great Patriotic War History is one of the largest world museums dedicated to World War II. The first items for its collection were picked up as early as 1942. The new building of the museum was opened in 2014 on the 70th anniversary of the liberation of Belarus and now houses more than 8,000 exhibits on 3,000m². The museum is situated on



Pobediteley Avenue near the Minsk-Hero City Stella and the Victory Park.

Theatres

Minsk is home to number of theatres, playhouses and concert halls that present some of the best local and, often, international productions. From world class ballets and musicals to experimental and original works, you will undoubtedly find a theatrical experience that suite your taste at one or more of these Minsk theatres listed below.

The National Academic Bolshoi Opera & Ballet Theatre of the Republic of Belarus is one of Europe's biggest theatres and the architectural landmark of Minsk. The theatre has a truly unique repertoire, made up of about 60 titles of operas and ballets of different epochs and styles. The theatre building makes a strong impression thanks to the perfect symmetry of the park around it, the statues on the pediment and the abundance of marble and crystal inside. It is better to purchase the tickets in advance as for all classical productions they are sold out quite quickly.

Janka Kupała National Academic Theatre has been preserving the best traditions of the Belarusian theatrical art for almost a hundred years, combining them with the search for new solutions and forms. The main place in the repertoire of the theatre is occupied by performances based on the works of Belarusian writers and playwrights. A visit to the Kupała Theatre can be recommended to those who appreciate the tradition, those who are looking for meaning in the theatre and not just entertainment, and to those who want to better understand the national culture.

Parks and Outdoor Activities

One crucial aspect of Minsk spatial organisation is the "Green Diametre" – several often-sprawling parks along the banks of the Svisloch River that cuts through Minsk from north-west to south-east.

The most picturesque parks of Minsk are Janka Kupała Park, with its landscaped paths and sculptures, the Central Children's Park named after Maxim Gorky, Chelyuskintsev Park, Park Complex "Loshitsa", Park Complex "Victory".

The Botanical Garden is worth to visit. It is one of the largest in Europe by total



area (about 100ha in the city) and by the richness of the collection, which has more than 10,000 plants from around the world. The greenhouse demonstrates exotic plants typical for different climatic zones of the planet. In the garden you can relax and switch off from the bustle of the city. The main entrance to the garden is from the Independence Avenue.

6.5.2. Getting Around and Public Transport

Metro

Minsk Metro has two (2) lines. The changing station is Kastryčnickaja/Kupalaŭskaja. Minsk metro services usually run from 5:30 to 0:40. One metro ride costs 0.65BYN (about 0.35€). You can use contactless card or mobile device to pay for the ride.

The nearest Metro Station to AVL is Piatroŭščyna (7 min walk from AVL).

Public Ground Transport

The city's public ground transport includes trams, buses, trolleybuses and shuttles. The fare for all means of public transport is the same (0.65BYN (about 0.35€) for the ride), except for a trip on city shuttles (the fare depends on the route and distance). Important bus routes: 100 – Independence Avenue, 1 – Pobediteley Avenue. Hours of service: 06:00 – 01:00.

For more information about public transport routes and schedule, please visit www.minsktrans.by.

Taxi

Taxi in Minsk is not expensive: a trip of 8-10km costs 3-4€. You can call a taxi dialling one of the following numbers: 7788, 7500, 7510, 107, 135, 152, 156, 157, 158, 184, etc.

6.5.3. Cafés, Restaurants and Belarusian Cuisine

Minsk is full of places where you can try authentic Belarusian dishes, European and Asian cuisine – ranging from top-notch restaurants to charming casual cafés.



Cosy cafés and restaurants in the Belarusian national style offer a wide range of dishes prepared according to old recipes. Indispensable attributes of all dishes are truly Belarusian products – lard, mushrooms, cranberries and sauerkraut. It is believed that for the Belarusians potato dishes are the most important ones. The most popular is "draniki" – potato pancakes with sour cream.

Menus are available in Russian, Belarusian and English. You can pay by cash or credit card.

Some cafés feature live music in the evenings. Most cafés and restaurants are in the centre of Minsk.

6.5.4 Shopping

What to buy as a souvenir to remember Belarus and the 2nd European Games MINSK 2019?

Official Merchandise

The official merchandise stores will operate at all sports venues, in AVL and the official Fan Zones during the Games time providing with the large variety of licensed goods such as official mascots, backpacks, clothing, stationery, keychains, magnets and many other items. The official merchandise megastore will be in the major Fan Zone near the Sports Palace.

Local Souvenirs

For those who wish to keep nice memories of their stay in Belarus, there are several options to explore.

Consider original Belarusian hand-made souvenirs and classic handicraft items such as wooden jewellery boxes, ceramics, woven straw items, embroidery and knitted products.

What about some sweets and chocolate? Kommunarka and Spartak are two brands that produce a range of chocolates and sweets of exceptional quality popular among both Belarusians and foreign visitors.



Spicy herbs, fresh, smoked and dried fish, products of local dairy factories and cheese factories, fresh meat products, vegetables, fruits from rural producers, confectionery products of Belarus — one can buy all of these at the Komarovsky market (Metro Station "Plošča Jakuba Kolasa").

Traditional Belarusian linen is sold in a specialised Shop "Lyanok" (near the Metro Station "Plošča Jakuba Kolasa"), where you can buy linen fabrics, tablecloths and towels, including Belarusian embroidered towels.

Popular Shopping Malls

The biggest range of shops are located along the central parts of the main street Independence Avenue (Praspiekt Niezaliežnasci) from the central station and 4km northeast. On this part of the main street one may find big stores like GUM and TSUM.

In all districts and residential areas of the city you can find supermarkets or hypermarkets of retail chains "HIPPO", "ALMI", "ProStore", "EUROOPT", "Korona".

Large shopping and entertainment centres:

- Galleria Minsk (Pobediteley Avenue, 9);
- Zamok (Pobediteley Avenue, 65);
- Arena-City (Pobediteley Avenue, 84);
- Dana Mall (Mstislavtsa Street, 11; Metro Station "Uskhod");
- Galileo (Bobruiskaya Street, 6).

The nearest to AVL shopping centre is "ALMI". Just across Dzierzynski Avenue is Magnit, and next to it – Titan.



6.6. Useful Information

6.6.1. Banks and Bank Cards

There are multiple ATMs around the city, most of which accept international debit and credit cards. Depending on your account-holding bank, there may be limits on the amount of cash you are able to withdraw in one day.

Large bank branches are open Monday through Saturday but closed on Sundays. Smaller branches are closed on Saturdays and Sundays.

International credit and debit cards are accepted in most restaurants and large shops.

6.6.2. Currency

The currency of Belarus is the Belarusian Ruble (BYN).

One hundred kopeks equals one ruble and ruble notes come in 5, 10, 20, 50, 100, 200 and 500 denominations.

It is impossible to buy Belarusian rubles in the majority of European countries, so visitors will need to use the foreign exchange desk at the arrivals hall in MSQ or withdraw money from ATMs around the city.

For general information about the official exchange rates and internal monetary policy, please visit the official website of the National Bank of the Republic of Belarus at www.nbrb.by/engl/.

6.6.3. Electricity

The standard voltage in Belarus is 220V.

Electrical equipment and appliances are equipped with standard European 220-240V two-pin plugs.



6.6.4. Gratuities and Tipping

Tipping is not required in Minsk, although it is common. Occasionally, the service charge is included in the bill. Like anywhere in the world, tipping for above-average service will be appreciated.

6.6.5. Language

Belarusian and Russian are the official languages of Belarus. English is the official language of MINSK 2019.

6.6.6. Opening Hours

Office hours are 09:00 to 18:00, Monday through Friday.

Banking hours are 09:00 to 18:00, Monday through Friday.

Shops generally open around 09:30 or 10:00 and close around 20:00 – 22:00.

Shops are open seven (7) days a week.

6.6.7. Smoking

Smoking is permitted in designated smoking areas.

During MINSK 2019 smokers will be advised to use designated smoking areas away from the public/workforce domains at all venues. There will be stub bins for cigarettes that will be cleaned regularly.

Smoking at Venue premises will be discouraged.

In line with public health advice and for avoidance of doubt, e-cigarettes and other smoking devices may not be used anywhere besides the dedicated smoking areas. Tobacco will not be sold at any Venue.

6.6.8. Taxes (VAT)

VAT in Belarus is similar to that in most European VAT systems, with tax levied on most goods and services. In 2013, Tax Free System that helps foreign nationals get back the VAT on the purchases made in Belarus was introduced.



VAT refund is made only when goods are exported outside the Eurasian Economic Union customs territory. At present, the customs union of the Eurasian Economic Union includes Belarus, Russia, Kazakhstan, Armenia and Kyrgyzstan.

Over 460 shops support to the Tax Free System in Belarus. Buyers get 12.5% of their money back.

For more information please visit www.tax-free.by/en/.

6.6.9. Telephones

The country code for Belarus is +375, and the city code for Minsk is 17.

Belarusian mobile phone numbers have 12 digits, and most mobile numbers start with +375 29, +375 33, +375 44 or +375 25. All 12 digits must be dialled for calls within Belarus. For example: +375 29 XXX XX XX.

6.6.10. Time Zone

Location: Minsk (Belarus)

Time Zone: MSK

UTC Offset: UTC+3 hours.

6.6.11. Tourist information

For more information on Belarus, its sights and culture, please visit the following websites:

[www.minsk2019.by](http://www.minsk2019.by;);

www.minsktourism.by/en/;

www.vetliva.com;

www.bestbelarus.by.





Appendix 1. Training Session & Event Competition Schedule



APPENDIX 1

Training Session & Event Competition Schedule

by Sport – High Level

Version: 3.0

Day 7

Training Day – Thursday, 27 June 2019

KA	Karate	CHIZHOVKA Arena		CHIZHOVKA Arena FoP
		Warm-Up Area	Training Site	
Time	Training	Tatami	Tatami	
09:00-19:00	Pre-Competition Training	1-4		

Day 8

Training Day – Friday, 28 June 2019

KA	Karate	CHIZHOVKA Arena		CHIZHOVKA Arena FoP
		Warm-Up Area	Training Site	
Time	Training	Tatami	Tatami	
09:00-19:00	Pre-Competition Training	1-4		



Day 9

Competition Day – Saturday, 29 June 2019

KA	Karate	CHIZHOVKA Arena		CHIZHOVKA Arena FoP
		Warm-Up Area	Training Site	
Time	Training	Tatami	Tatami	
07:30-19:00	Warm-Up	1-2	3-4	
Women's Kata, -68kg, +68kg				
Men's Kata, -84kg, +84kg				
07:30-14:00			Women's Kata, -68kg, +68kg	
			Men's Kata, -84kg, +84kg	
14:00-19:00	Free Training		Women's -50kg, -55kg, -61kg	
			Men's -60kg, -67kg, -75kg	
Time	Event	Competition Phase		Tatami
Session KA01 Start: 09:00 End: 13:49				
09:00-10:55	Women's Kata		Preliminaries	1
09:00-10:55	Men's Kata		Preliminaries	2
10:55-12:19	Women's -68 kg		Preliminaries	1
10:55-12:19	Women's +68 kg		Preliminaries	2
12:25-13:49	Men's -84 kg		Preliminaries	1
12:25-13:49	Men's +84 kg		Preliminaries	2
13:49-15:30	Break			
Session KA02 Start: 15:30 End: 17:18				
15:30-15:50	Women's Kata		Semi-Finals	Main
15:50-16:15	Men's Kata		Semi-Finals	Main
16:15-16:31	Women's -68 kg		Semi-Finals	Main
16:31-16:47	Women's +68 kg		Semi-Finals	Main
16:47-17:03	Men's -84 kg		Semi-Finals	Main
17:03-17:18	Men's +84 kg		Semi-Finals	Main
Session KA03 Start: 17:25 End: 19:05				
17:25-17:35	Women's Kata		Gold Medal Match	Main
17:35-17:45	Men's Kata		Gold Medal Match	Main
17:45-17:53	Women's Kata		Medal Ceremony	
17:53-18:01	Men's Kata		Medal Ceremony	
18:01-18:09	Women's -68 kg		Gold Medal Match	Main
18:09-18:17	Women's +68 kg		Gold Medal Match	Main



KA	Karate	CHIZHOVKA Arena		CHIZHOVKA Arena
		Warm-Up Area	Training Site	FoP
Time	Event	Competition Phase		Tatami
Session KA03 Start: 17:25 End: 19:05				
18:17-18:25	Women's -68 kg		Medal Ceremony	
18:25-18:33	Women's +68 kg		Medal Ceremony	
18:33-18:41	Men's -84 kg		Gold Medal Match	Main
18:41-18:49	Men's +84 kg		Gold Medal Match	Main
18:49-18:57	Men's -84 kg		Medal Ceremony	
18:57-19:05	Men's +84 kg		Medal Ceremony	



Day 10

Competition Day – Sunday, 30 June 2019

KA	Karate	CHIZHOVKA Arena		CHIZHOVKA Arena FoP
		Warm-Up Area	Training Site	
Time	Training	Tatami	Tatami	
07:30-18:00	Warm-Up	1-2	3-4	
		Women's-50kg,-55kg,-61kg		
		Men's-60kg,-67kg,-75kg		
07:30-14:00		Women's-50kg,-55kg,-61kg		
		Men's-60kg,-67kg,-75kg		
Time	Event	Competition Phase		Tatami
Session KA01 Start: 09:00 End: 13:24				
09:00-10:24	Women's-50 kg		Preliminaries	1
09:00-10:24	Women's-55 kg		Preliminaries	2
10:30-11:54	Women's-61 kg		Preliminaries	1
10:30-11:54	Men's-60 kg		Preliminaries	2
12:00-13:24	Men's-67 kg		Preliminaries	1
12:00-13:24	Men's-75 kg		Preliminaries	2
13:24-15:00	Break			
Session KA02 Start: 15:00 End: 16:36				
15:00-15:16	Women's-50 kg		Semi-Finals	Main
15:16-15:32	Women's-55 kg		Semi-Finals	Main
15:32-15:48	Women's-61 kg		Semi-Finals	Main
15:48-16:04	Men's-60 kg		Semi-Finals	Main
16:04-16:20	Men's-67 kg		Semi-Finals	Main
16:20-16:36	Men's-75 kg		Semi-Finals	Main
Session KA03 Start: 16:36 End: 18:12				
16:36-16:44	Women's-50 kg		Gold Medal Match	2
16:44-16:52	Women's-55 kg		Gold Medal Match	2
16:52-17:00	Women's-50 kg		Medal Ceremony	
17:00-17:08	Women's-55 kg		Medal Ceremony	
17:08-17:16	Women's-61 kg		Gold Medal Match	2
17:16-17:24	Men's-60 kg		Gold Medal Match	2
17:24-17:32	Women's-61 kg		Medal Ceremony	
17:32-17:40	Men's-60 kg		Medal Ceremony	



KA	Karate	CHIZHOVKA Arena		CHIZHOVKA Arena
		Warm-Up Area	Training Site	FoP
Time	Event	Competition Phase		Tatami
Session KA03 Start: 16:36 End: 18:12				
17:40-17:48	Men's-67 kg		Gold Medal Match	2
17:48-17:56	Men's-75 kg		Gold Medal Match	2
17:56-18:04	Men's-67 kg		Medal Ceremony	
18:04-18:12	Men's-75 kg		Medal Ceremony	





Appendix 2. Competition Venue Map



APPENDIX 2

Competition Venue Map

CHIZHOVKA ARENA

Capacity 7900

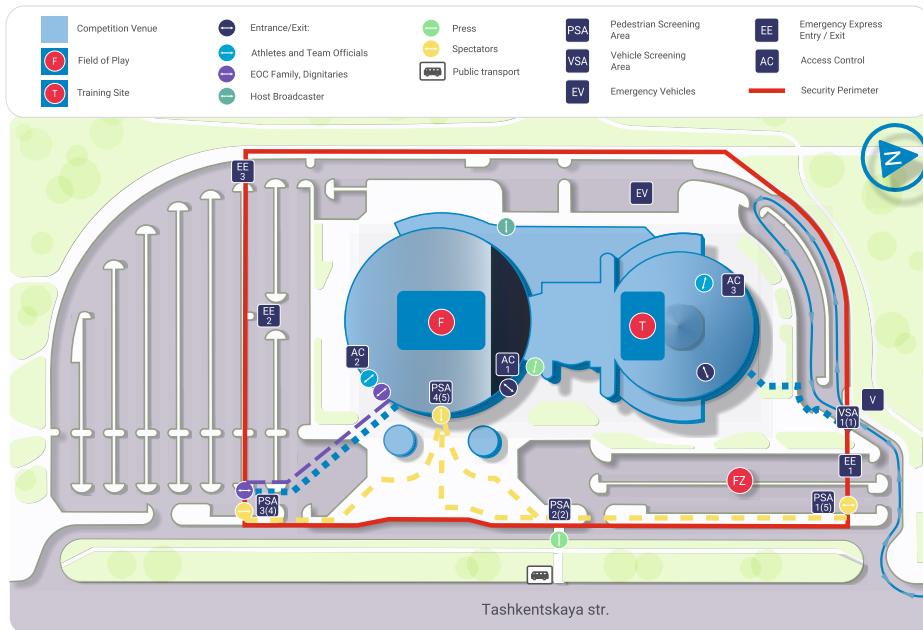
Distance from AVL 16 km/Travel Time 27 min



Judo



Karate





Appendix 3. Competition Venues Master Plan



APPENDIX 3

Competition Venues Master Plan





Appendix 4. List of Restricted and Prohibited Items



APPENDIX 4

List of Restricted and Prohibited Items at the sites of MINSK 2019

✓ - Permitted

R - Restricted

X - Prohibited

№	Item Description	Athletes' Village			Other Venues	
		Residents	Guests	Workforce including NOC Assistants	Athletes and Team Officials	Spectators
1	Cold steel, firearms, gas weapons or other types of weapons and their components	X	X	X	R Except for athletes and team officials at Shooting Centre and Sporting Club	X
2	Explosives, firing agents and ammunition, cartridges for gas weapons, capsules (pistons) for hunting weapons; items, the damaging effect of which is based on the use of combustible substances	X	X	R Except those involved in official fireworks	X	X
3	Simulators and imitation of cold steel, firearms, gas weapons or other types of weapons, explosives and ammunition	X	X	X	X	X
4	Toys, which resemble firearms or cold steel	X	X	X	X	X
5	Electroshock devices	X	X	X	X	X
6	Laser pointers and marker pens	X	X	X	X	X
7	Flails, brass knuckles, shuriken, boomerangs and other shock-crushing or throwing objects designed to be used as weapons	X	X	X	X	X
8	Pyrotechnics: signal and lighting flares, signal cartridges, landing grenades, smoke cartridges (grenades), demolitionist's matches, sparkles, railway detonators	X	X	X	X	X
9	Flammable liquids and gases	X	X	X	X	X
10	Gas sprays containing convulsant, tear or other similar agents	X	X	X	X	X
11	Non-pyrotechnic devices and mechanisms including homemade, used for dispersal or spraying of different materials and substances (party poppers)	X	X	X	X	X



12	Narcotic drugs and psychotropic substances, their analogs (also in the form of medicinal agents), toxic or other intoxicating substances, non-smoking tobacco goods such as dissolvable or (and) chewing tobacco	X	X	X	X	X
13	Toxic, poisonous or acrid substances	X	X	X	X	X
14	Oxidizing agents and organic peroxides	X	X	X	X	X
15	Toxicants, radioactive materials and corrosive substances	X	X	X	X	X
16	Advertising materials of any kind	X	X	X	X	X
17	Bulky objects and bags bigger than 40x40x45 centimeters in length, width, height	R Except personal luggage of AVL residents	R Except items that can be searched manually	R Except items that can be searched manually	R Except items that can be searched manually	X
18	Fragile items over 5 kg	X	X	X	X	X
19	Sports goods and equipment, including bicycles, segways, skateboards, kick scooters, etc.	R Except equipment for athletes' training and competitions	X	R Except with prior approval	R Except for items needed for training and competitions	X
20	Baby carriages;	✓	✓	X	✓	✓
21	Animals (except guide dogs, if relevant documents are available)	X	X	X	X	R Except guide dogs, if relevant documents are available
22	Foods and drinks	X	X	X	X	X
23	Alcohol, low-alcohol and energy drinks, beer	X	X	X	X	X
24	Aerosol sprays (except prescribed medicine)	R Except for items needed for repair and maintenance	X	R Except for items needed for repair and maintenance	R Except for items needed for repair and maintenance	X
25	More than 1 pack of drugs or more than 7 different titles (in any form, including aerosols, drops, syringes etc., in the factory original packing) of medication means, except drugs in volumes prescribed by a doctor's prescription (document in Russian or in English), upon presentation of such a recipe or its copies	X	X	X	X	X



26	Work tools	R Except for tools for equipment repair and maintenance	X	R Except for tools for equipment repair and maintenance	R Except for tools for equipment repair and maintenance	X
27	Thermoses and flasks	✓	X	X	✓	X
28	Other items, which resemble prohibited articles or their copies and analogs	X	X	X	X	X
29	Flags and banners larger than 2x1.5 m (except banners and flags, which are part of objects branding and signage)	✓	X	X	X	X
30	Flags, pennons, which are not registered in accordance with the established procedure; emblems, symbols, posters, banners and other items, the content of which is aimed at breakdown of social order, violation of the rights and legitimate interests of citizens as well as war propaganda, or is associated with extremist activities	X	X	X	X	X
31	All types of remotely controlled aerial devices (UAV)	X	X	X	X	X
32	Any kind of radio electronic and high frequency devices, except mobile phones	X	X	R Except for electronic tools for equipment repair and maintenance	R Except for electronic equipment for professional activity	X





Appendix 5. Glossary



APPENDIX 5

Glossary

Aa	Athletes
Ac	Chefs de Mission, Deputy Chefs de Mission
ADS	Arrivals and Departures System
Ao	Team Officials
ATo	Additional Team Officials
AVL	Athletes' Village
CCTV	Closed Circuit Television
DCO	Doping Control Officer
DCS	Doping Control Station
DSA	Different Sport Athletes
EF	European Federation
EFH	EOC Family Hotel
EGIAC	European Games Identity and Accreditation Card
EKF	European Karate Federation
EOC	European Olympic Committees
FoP	Field of Play
GRN	Games Route Network
GSA	Government Security Authority
IF	International Federation
IOC	International Olympic Committee
ITO	International Technical Official
LANS	Language Services
LAR	Late Athlete Replacement
MEGOC	MINSK 2019 European Games Organising Committee
MKAD	Minsk Ring Road
MSQ	National Airport Minsk



NADA	National Anti-Doping Agency
NOC	National Olympic Committee
NTO	National Technical Official
PSA	Pedestrian Screening Area
PVC	Pre-Valid Card
RFT	Request-for-Transport
ROC	Republican Organising Committee
SBCCS	Security, Border Control and Customs Subcommittee of the Republican Organising Committee
SIC	Sport Information Centre
SID	Sport Information Desk
SSA	Same Sport Athletes
T-A	Athletes' Transport System
T-AB	Athletes' Transport System (Airport Bus)
T-B	Hub Bus Transport System
T-P	Public Transport System
T-X	Taxi Services
UDAC	Uniform Distribution and Accreditation Centre
VAHO	Venue Accreditation Help Office
VSA	Vehicle Screening Area
WADA	World Anti-Doping Agency
WKF	World Karate Federation



Competition Venues

CZA	CHIZHOVKA Arena
DST	DINAMO Stadium
FLC	FALCON Club
MSA	MINSK Arena
MSR	Minsk City Centre
MSV	MINSK Arena Velodrome
OCA	Olympic Sports Complex (Archery)
OCB	Olympic Sports Complex (Beach Soccer)
PLA	PALOVA Arena
RGZ	Regatta Course ZASLAVL
SHC	Shooting Centre
STC	Sporting Club
STP	Sports Palace
STU	Sports Palace URUCHIE
TOC	Tennis Olympic Centre





MINSK 2019

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