



UNION DES FEDERATIONS AFRICAINES DE KARATE (UFAK)

**UNION OF AFRICAN KARATE FEDERATIONS**

**UFAK EASTERN REGION**



Comoros



Djibouti



Eritrea



Ethiopia



Kenya



Madagascar



Mauritius



Rwanda



Seychelles



Somalia



South Sudan



Sudan



Tanzania



Uganda



## **UFAK EASTERN REGION KARATE CHAMPIONSHIP**

16<sup>th</sup> – 21<sup>st</sup> May 2022

**NAIROBI, KENYA**

**BULLETIN N° 1**

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## 1. Initial greetings



Welcoming words from the President of the Host Country National Federation, **Dr. Enos Ngungu Muguku PHD.**

On behalf of **Kenya Karate Federation**, I take this opportunity to welcome you all to this great and inaugural tournament of **African Eastern Region**, formally Africa Zone 5. A total of 14 countries in Africa are included in this region, namely **Kenya, Uganda, Tanzania, Rwanda, Sudan, South Sudan, Seychelles, Comoros, Somalia, Ethiopia, Eritrea, Madagascar, Djibouti** and **Mauritius**.

It is important to note that using sports, these countries have the opportunity to unite and form a huge economic development block.

Kenya is known worldwide for sports and tourism. We are endowed with beautiful beaches at the coast and wildlife. I hope you will find time after the tournament and visit our national parks, our coastal hotels, among other tourist attractions, like Mt. Kenya, the great Rift Valley, our tea and coffee plantations, just to mention a few.

Kenyans are very hospitable people, and as you engage with them, you are going to experience this. Do not hesitate to ask any of us for guidance.

KKF has experienced very good support from our Government, through the Cabinet Secretary, **Ministry of Sports**, so I also take this opportunity to thank our **President**, His Excellency **Uhuru Muigai Kenyatta**, and the Rt. Hon. **Raila Odinga**, former **Prime Minister**.

It has taken selfless effort to organize such a big tournament, and so I also take this opportunity to thank **WKF President**, who has also found time to grace this occasion, so that he can witness the smooth flow of this event. It is my belief that what you are witnessing is evidence enough for you to consider giving Kenya, the opportunity to host World Karate Championships, in the near future. I also take this opportunity to thank all our partners and sponsors.

Karate is a very disciplined sport, as you are going to witness in this tournament. It is my hope that you enjoy each category of competition and as the saying goes, **may the best athletes win**.

Again, feel very welcome, and at home.

Dr. Enos Ngungu Muguku, PhD.  
President, KKF

## 2. Contacts Information:

### 2.1 Organizer's contact details:

#### **KENYA KARATE FEDERATION**

P.O. Box: 12029 – 00100

Nairobi, Kenya

Tel: +254 722 230 620 / 722 857 545 / 733 574 574

Email: [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

### 2.2 Local Organizing Committee:

#### **Dr. Enos MUGUKU, PHD**

**Chairman** - Local Organizing Committee

Mobile: +254722230620

Email: [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

#### **Director of Sports**

Ministry of Sports, Culture and Heritage

Republic of Kenya

#### **National Olympic Committee of Kenya (NOC - K)**

Republic of Kenya

#### **National Executive Committee**

Kenya Karate Federation (KKF)

#### **Patrick KIARIE**

**General Coordinator** - Steering Committee

Mobile: +254723211852

Email: [pgichine2004@yahoo.com](mailto:pgichine2004@yahoo.com)

#### **Eng. Edwin GENDI**

**Event Manager** - Steering Committee

Mobile: +254723731114

Email: [edwingendi2@gmail.com](mailto:edwingendi2@gmail.com)

#### **Mdm. Susan ONCHWARI**

**Protocol** - Steering Committee

Mobile: +254734241757

Email: [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

### 2.3 UFAK Event Supervisor contact:

#### **Bechir CHERIF**

**UFAK Regions Coordinator**

Mobile: +216964699906

Email: [cherif.bechir55@gmail.com](mailto:cherif.bechir55@gmail.com)

### 3. Introduction:

The **Union of African Karate Federation (UFAK)** **Eastern Region** rises from **Nairobi**.

This **inaugural event** will be held from the **16<sup>th</sup> to 21<sup>st</sup> May 2022** in a state of the art **Safaricom Indoor Arena** at the **Moi International Sports Complex (MISC) - Kasarani**, in the **city of Nairobi** in the **Republic of Kenya**.

The Countries eligible to participate in this Championship are; **Comoros; Djibouti; Eritrea; Ethiopia; Kenya; Madagascar; Mauritius; Rwanda; Seychelles; Somalia; South Sudan, Sudan; Tanzania; and Uganda**.

**National Federations** may participate with up to **two (2) players** in **Individual categories** and **one (1) team** in **Team categories**.

### 4. Competition Information:

#### 4.1 Categories:

- The Categories are identical to those in the **World Karate Federation** Championships and are as guided below:

##### **I. Kata**

- a) **Cadets** Individual - **Male** and **Female** - ( **14 – 15 years**);
- b) **Juniors** Individual - **Male** and **Female** - ( **16 – 17 years**);
- c) **Seniors** Individual - **Male** and **Female** - ( **16+ years**);
- d) **Cadets** & **Juniors** Team - **Male** and **Female** - ( **14-17 years**)
- e) **Seniors** Team - **Male** and **Female** - ( **16+ years**);

##### **II. Kumite**

- a) **Cadets** Individual - **Male** ( **14 – 15 years**); -52 kg, -57 kg, -63 kg, -70 kg, +70 kg.
- b) **Cadets** Individual - **Female** ( **14 – 15 years**); -47 kg, -54 kg, +54 kg.
- c) **Juniors** Individual - **Male** ( **16 – 17 years**); -55 kg, -61 kg, -68 kg, -76 kg, +76 kg.
- d) **Juniors** Individual - **Female** ( **16 – 17 years**); -48 kg, -53 kg, -59 kg, +59 kg.
- e) **Seniors** Individual - **Male** ( **18+ years**); -60 kg, -67 kg, -75 kg, -84 kg, +84 kg.
- f) **Seniors** Individual - **Female** ( **18+ years**); -50 kg, -55 kg, -61 kg, -68 kg, +68 kg.
- g) **Seniors** Team - **Male** and **Female** - ( **18+ years**);

## 5. Online Registration & Official Accreditation:

### 5.1 Online Registration Process:

ALL Registration must be made **ONLINE**, within the deadlines mentioned, through the following Sportdata link.

[https://www.sportdata.org/test/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=282#a\\_eventhead](https://www.sportdata.org/test/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=282#a_eventhead)

The registration starts on **Tuesday 8<sup>th</sup> March 2022** and closes on **Sunday 8<sup>th</sup> May 2022** at **12:00 hours EAT**.

Individuals and National Federations are responsible for the quality of the entered registration data. Once the online registration is closed, any concern will have to be notified to the **Local Organizing Committee**, latest **five (5) days** before **Day 1** of the **Competition**.

In case of any questions concerning the online registration, please directly contact the Sportdata software team via the email address: [karate@sportdata.org](mailto:karate@sportdata.org) or [office@sportdata.org](mailto:office@sportdata.org)

### 5.2 Official Accreditation:

The official accreditation will take place on **Wednesday 18<sup>th</sup> May** starting **09:00 – 12:30 hours** at the **HQ Hotel**. In case of changes during the accreditation session (because of incorrect or missing registration data), a fee of **US Dollars 20** will be charged for each change.

At the accreditation session, participants must submit an **official document** (passport/valid ID card) for **identification** and **validation**.

To avoid overcrowding, **2 representatives** of the **NF/Team** are requested to organize the required **Covid Documents** in printed copies for each individual inside their **passport** without any plastic coverings prior to entering the accreditation area.

At the registration, **accreditation cards** will be issued with the participant's main data, a photograph and information about registered categories. The accreditation card must be worn at all times during the event.

The weighing will be carried out immediately after receiving the accreditation. Therefore, those athletes who will not attend the weighing will not be included in the draw.

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

## 6. Referees:

### 6.1 Registration – Referees officiating in the Championship:

The minimum level required for **referees** to officiate at **UFAK Eastern Region Karate Championship** is **"Kata and/or Kumite Judge B"**.

The registration of the qualified Referees must be made online using the link below.

[https://www.sportdata.org/test/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vernr=282#a\\_eventhead](https://www.sportdata.org/test/set-online/veranstaltung_info_main.php?active_menu=calendar&vernr=282#a_eventhead)

The registration starts on **Tuesday 8<sup>th</sup> March 2022** and closes on **Sunday 8<sup>th</sup> May 2022** at **12:00 hours EAT**.

## 6.2 Registration – Referees Course Programme:

The program will be conducted by the **UFAK Referee Commission** led by its Chairman Mr. **Zitouni Metyout**. Blessedly, the Chairman of the **WKF Referee Commission**, Mr. **Javier Escalante** may grace the program.

All **Referees** attending the Kata and/or Kumite course and Examination must be **registered online** using the link below.

[https://www.sportdata.org/test/set-online/veranstaltung\\_info\\_main.php?active\\_menu=calendar&vern=282#a\\_eventhead](https://www.sportdata.org/test/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=282#a_eventhead)

The registration starts on **Tuesday 8<sup>th</sup> March 2022** and closes on **Sunday 8<sup>th</sup> May 2022** at **12:00 hours EAT**.

The **first two days** of the **UFAK Eastern Region Karate Championship** (**Thursday 19<sup>th</sup> and Friday 20<sup>th</sup> May**) will be the **confirmation event** for the Candidates having previously **passed** the corresponding exam. Therefore, candidates will have to be available during the two days.

## 7. Coaches:

The minimum level required for **Coaches** to perform their duties at the upcoming **2022 UFAK Eastern Region Karate Championship** is **"UFAK Accredited Coach"**.

- Therefore, **UFAK Accredited Coach briefing** is **MANDATORY** to all the national coaches participating in the upcoming event.
- All applications must be made using the **Coach Registration form** attached, and sent back officially to the **Chairman of Technical committee** of **UFAK Eastern Region** via email address, [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com) on/before **Sunday 8<sup>th</sup> May 2022** at **12:00 hours EAT**.
- Remember also to bring the **printed application form** in original with the National Federation stamp and signature at the **Official registration** on **Tuesday 17<sup>th</sup> May 2022**.

## 8. Payments:

After a successful online registration using the online Sportdata links issued there above, **all Fees must be paid CASH** in either in **Euro or US Dollars or Kenyan Shillings** at the Headquarter Hotel according to the program:

- **Tuesday 17<sup>th</sup> May** (Referee Course & Coaches briefing) and **Wednesday 18<sup>th</sup> May** (Athletes)

**1 Euro € = 1.18 US Dollar = 129.84 Kenyan Shilling**

## 9. Anti-Doping:

In compliance with **WKF Anti-Doping Rules** and **WADA**, athletes will be subject to any eventual testing.

In case any athlete would need a Therapeutic Use Exemptions (TUE), please contact your **National Anti-Doping Organization** for further details and recognition.

The duly recognized TUE at national level will then have to be duly communicated to the **UFAK**.

## 10. Events Schedule:

DUE TO THE CURRENT EMERGENCY HEALTH SITUATION, THIS EVENT WILL BE HELD UNDER THE WKF COVID-19 PROTOCOLS:

- In order to respect and properly follow the **WKF Covid-19 protocol**, the schedule below will be strictly followed.

### General Technical Program of the Championship

Monday 16 <sup>th</sup> May, 2022		
All Day	Arrival of the Delegations	
Tuesday 17 <sup>th</sup> May, 2022		
07:30 – 09:00	Referee Registration + Checking Covid Documentation + Payment Coach Registration + Checking Covid Documentation + Payment	KISE Hotel - Room 2
09:30 – 11:30	Kumite Lecture ( <i>Referees</i> ) + Accredited Coaches' briefing seminar.	KISE Hotel – Main Hall
11:45 – 12:45	Kumite theory Examination (Referees only)	KISE Hotel – Main Hall
13:30 – 15:00	Kata Lecture (Judges) + Accredited Coaches' briefing seminar.	KISE Hotel – Main Hall
15:15 – 16:15	Kata theory Examination (Kata Judges only)	KISE Hotel – Main Hall
16:30 – 16:45	NF's Presidents Registration + Checking Covid Documentation	KISE Hotel - Room 2
17:00 – 19:00	National Federation's Presidents Executive Meeting / Congress.	KISE Hotel – Main Hall
Wednesday 18 <sup>th</sup> May, 2022		
09:00 – 12:30	Checking of the Covid Documentations ( <i>Athletes + Delegation</i> ). Registration & Credential Desk <b>Opens</b> (Payments) + Weighing.	KISE Hotel - Room 2
09:00 – 11:30	Referee Kumite Practical Examination.	KISE Hotel – Main Hall
12:00 – 13:30	Judge Kata Video Practical Examination	KISE Hotel – Main Hall
14:00 – 14:45	Referee & Judge Examination Results.	KISE Hotel – Main Hall
15:00 – 16:00	Referee & Tatami Manager Briefing.	KISE Hotel – Main Hall
16:00 – 17:30	Technical Meeting & Drawing.	KISE Hotel – Main Hall

### IMPORTANT:

- Any adjustment (s) will be communicated in the **2<sup>nd</sup> News Bulletin** that's to be published within a reasonable time.



## Technical Competition Program of the Championship

COMPETITION PROGRAM		
Thursday 19 <sup>th</sup> May, 2022		
08:30 - 18:00	Cadet Individual Kata ( Male & Female), Eliminations	<b>Safaricom Indoor Arena</b>
	Junior Individual Kata (Male & Female), Eliminations	
	Senior Individual Kata (Male & Female), Eliminations	
	Cadet and Junior Team Kata (Male & Female), Eliminations	
	Senior Team Kata (Male & Female), Eliminations	
	Senior Individual Kumite, Eliminations & Repechages Male: -60kg, -67kg, -75kg, -84kg, +84kg Female: -50kg, -55kg, -61kg, -68kg, +68kg	
18:30 - 19:30	<b>Finals (Cadets &amp; Juniors) &amp; Medals Ceremony</b>	
Friday 20 <sup>th</sup> May, 2022		
08:30 - 17:30	Cadet Individual Kumite, Eliminations & Repechages Male: -52kg, -57kg, -63kg, -70kg, +70kg Female: -47kg, -54kg, +54kg	<b>Safaricom Indoor Arena</b>
	Junior Individual Kumite, Eliminations & Repechages Male: -55kg, -61kg, -68kg, -76kg, +76kg Female: -48kg, -53kg, -59kg, +59kg	
	Senior Team Kumite (Male & Female), Eliminations & Repechages	
18:00 - 19:00	<b>Opening Ceremony</b>	
19:00 - 21:00	<b>Finals (Cadets, Juniors, Senior team Kumite) &amp; Medals Ceremony</b>	
Saturday 21 <sup>st</sup> May, 2022		
09:00 - 12:00	<b>Third Places Bouts</b>	<b>Safaricom Indoor Arena</b>
	Kata Individual Female / Male	
	Kumite Individual Female / Male Male: -60kg, -67kg, -75kg, - 84kg, +84kg Female: -50kg, -55kg, -61kg, -68kg, +68kg	
	Cadets & Junior Team Kata, Female / Male	
	Senior Team Kata, Female / Male	
12:00 - 13:00	<b>Break</b>	
13:30 - 16:30	<b>Finals</b>	
	Kata Individual Female / Male	
	Kumite Individual Female / Male Male: -60kg, -67kg, -75kg, - 84kg, +84kg Female: -50kg, -55kg, -61kg, -68kg, +68kg	
	Cadet & Junior Team Kata, Female / Male	
	Senior Team Kata, Female / Male	
16:30 - 17:30	<b>Medals Ceremony &amp; Closure Ceremony</b>	

### IMPORTANT

- A detailed competition schedule will be fixed after closing the online registration in order to adequate it to the final number of athletes.

## 11. WKF Covid-19 Protocol:

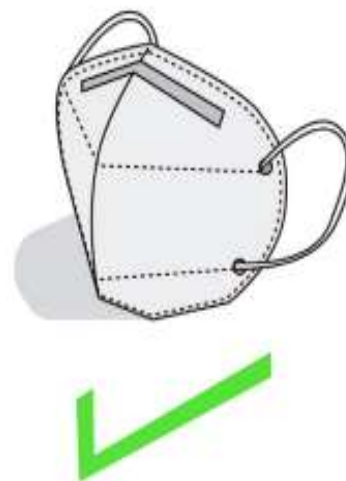
Due to better pandemic situation in Kenya, the Organizing Committee is preparing a **new and event specific COVID-19 protocol**, which will be published in upcoming days, thus, the **WKF Protocol**, shall be implemented, as you can see in the following link:

[https://www.wkf.net/pdf/WKF\\_COVID\\_protocol.pdf](https://www.wkf.net/pdf/WKF_COVID_protocol.pdf)

### CERTIFIED FACE MASKS

The use of Certified Masks of FFP2 type or equivalents (N95 (United States), KN95 (China), P2 (Australia/New Zealand), Korea 1st class (Korea), DS2 (Japan)) within the specifications for use is always mandatory in the venue, with the exceptions for athletes that are detailed herein.

Once an athlete enters the venue grounds the athletes must always wear Certified Masks except while warming up, training, and competing in the designated areas/tatamis, respectively. This also means the Certified Mask shall be worn in transit between the Warmup and Competition Areas.



### NOT ALLOWED MASKS



Surgical



Industrial



With Valve



Cloth

## 12. Insurance:

In compliance with the **WKF Rules**, it is obligatory for all the participants and members of the participating delegations have their own medical and personal trip insurance.

The **Kenya Karate Federation, Union of African Karate Federation, World Karate Federation** as well as the **Organizing Committee** assume **no liability** and responsibility for the lack of insurance from participants and members of the delegations.

The **head of delegations** must sign the enclosed **terms of liability** and return it on/before **Monday 16<sup>th</sup> May 2022**.

### 13. UFAK Eastern Region Financial Provisions:

SN	DESCRIPTION	AMOUNT
1	UFAK Eastern Region Annual Affiliation Fee.	200 €
2	UFAK Referees Course Registration for Individual Kata or Kumite.	120 €
3	UFAK Referees Course Registration for both Kata and Kumite.	200 €
4	UFAK Referees course penalty for late registration for each single (Kata / Kumite).	60 €
5	UFAK Referees course penalty for late registration for both (Kata and Kumite).	120 €
6	Registration fee – UFAK Accredited Coach Briefing.	100 €
7	Coach course penalty for late registration.	60 €
8	Individual Male or Female Entry Fee, by each category.	25 €
9	Team Kata – Male Entry Fee.	50 €
10	Team Kata – Female Entry Fee.	50 €
11	Team Kumite – Male Entry Fee.	75 €
12	Team Kumite – Female Entry Fee.	50 €
13	Protest fee at the African Karate events.	150 €

#### FINANCIAL DISPOSALS

All fees must be paid cash in **Euro €** or **US Dollars (USD)** or **Kenyan Shillings** at the **Headquarter Hotel** according to the program:

- **Tuesday 17<sup>th</sup> May** (Referee Course & Coaches briefing) and **Wednesday 18<sup>th</sup> May** (Athletes)

**1 Euro € = 1.18 US Dollar = 129.84 Kenyan Shillings**

**(Exchange rate is as at the time of posting).**

## 14. Venue:



*Safaricom Indoor Arena – The Home of Heroes*

The venue shall be, **Moi International Sports Centre (MISC), Kasarani** with the actual competition taking place inside the state of the art **Safaricom Indoor Arena**, with a seating capacity of **5,000** people.

The Indoor arena is further equipped with a VIP Restaurant, VIP Lounges and a self-contained Presidential Lounge, Changing Rooms and numerous Washrooms. It also houses an exercise warm-up area on the lower ground floor.

The venue is located about 15 km from the city centre on Thika road and 22.6 km from Jomo Kenyatta International Airport via Outer Ring road.

## 15. Official Hotels:

Due to **Covid-19 regulations**, it is **MANDATORY** to stay in any of the **official hotels** listed.

**Kenya Karate Federation (KKF)** has negotiated with the said hotels for **better accommodation rates** for reservations made through the Local Organizing Committee. Note, **free shuttle service** between the **official hotels** and **the competition venue** will be provided by **KKF**.

**Deadline** for hotel reservations is **Saturday, 30<sup>th</sup> April, 2022**.

Email a dully filled and signed **Hotel Booking Form** attached to the email address, [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

Contact person: **Dr. Biutha MDSOMI**

Phone: **+254724475410**

## 15.1 **Headquarter Hotel - Sportsview Hotel :** ★ ★ ★



**Sportsview Hotel - Kasarani** has been selected to serve as the **Headquarter Hotel. (HQ)**

It is located **12km North of Nairobi** off the ultra-modern 'Thika Super – highway' and next to **Moi International Sports Center – Kasarani**, in a quiet & relaxing environment conducive for seminars and workshops. The facilities includes; 188 bed capacity with rooms equipped with TVs; a fully-fledged Business Centre for internet services, photocopying and faxing services; free Wireless Internet access (Wi-Fi); Specious gardens & cubical for relaxation; A magnificent Swimming Pool; a Modern Health Club; a Reputable Hospital (AAR) in the neighborhood; Ample and secure car parking; and many more.

- Distance to the Jomo Kenyatta International Airport (JKIA): **about 35 minutes (23.4 km)** by car via Outer Ring Rd
- Distance to the Championship Venue: **about 9 minutes (2.9 km)** by car via Icipe Rd

### Hotel Rates:

Sportsview Hotel – Kasarani ★ ★ ★		
Meal	Standard Singles	Standard Doubles
Bed & Break Fast	5,000 / per person	5,000 / per person
Half Board	6,500 / per person	6,500 / per person
Full Board	7,500 / per person	7,500 / per person

- 10:00 am & 4:00 pm** tea and snacks
- 12:30 pm** lunch **buffet + one drink** (soda/water):

❖ **Prices are in Kenyan shillings / per night, Local taxes included**

▪ ( 1 Euro € = 1.18 US Dollar = 129.84 Kenyan Shillings )



## 15.2 KISE Hotel : ★ ★



Kenya Institute of Special needs Education (KISE) besides being an educational centre, also offers Hotel and Accommodation services at unbeatable charges without compromising on comfort, relaxing experience and quietness from City hustles and bustles.

It is located at Kasarani along, along Kasarani road off Mwiki road and offers accommodation rooms tastefully furnished and fitted with TVs with DSTV connectivity; Wi-Fi connected; disability-friendly; corporate Conference facilities; Eco-friendly environment to enjoy cool breeze; Ample and secure car parking; and many more.

- Distance to the Jomo Kenyatta International Airport (JKIA): **about 36 minutes (23.6 km)** by car via Outer Ring Rd
- Distance to the Championship Venue: **about 10 minutes (3.0 km)** by car via Icipe Rd

### Hotel Rates:

KISE Hotel & Accommodation ★ ★		
Meal	Standard Singles	Standard Doubles
Bed & Break Fast	4,500 / per person	4,500 / per person
Half Board	5,500 / per person	5,500 / per person
Full Board	6,500 / per person	6,500 / per person

- **10:00 am & 4:00 pm** tea and snacks
- **12:30 pm** lunch **buffet + one drink** (juice/soda):

❖ **Prices are in Kenyan shillings / per night, Local taxes included**

▪ ( 1 Euro € = 1.18 US Dollar = 129.84 Kenyan Shillings )

### 15.3 The Stadion Hotel : ★ ★ ★



The Stadion Hotel is located within the precincts of the Competition venue at the **Moi International Sports Center – Kasarani**.

It offers luxurious accommodation with **108 rooms** equipped with TVs and telephones; 200 seater restaurant and 60 seater adjacent grillroom; 300 seater multipurpose ballroom; Business Centre with cyber café; Seminar rooms with secretariat; Sports bar; Laundry; Luxurious swimming pool; Sun downer Poolside bar; Ample and secure car parking; and many more.

- Distance to the Jomo Kenyatta International Airport (JKIA): **about 30 minutes (22.6 km)** by car via Outer Ring Rd
- Distance to the Championship Venue: **50 m:**

#### Hotel Rates:

The Stadion Hotel – Kasarani ★ ★ ★		
Meal	Standard Singles	Standard Doubles
Bed & Break Fast	5,700 / per person	5,700 / per person
Half Board	7,300 / per person	7,300 / per person
Full Board	8,700 / per person	8,700 / per person

- **10:00 am & 4:00 pm** tea and snacks
- **12:30 pm** lunch **buffet + one drink** (soda/water):

❖ **Prices are in Kenyan shillings / per night, Local taxes included**

▪ ( 1 Euro € = 1.18 US Dollar = 129.84 Kenyan Shillings )

## 15.4 Reservations & Payments:

- To ensure the **best possible accommodation** for all athletes, **guaranteed** by the **Local Organization Committee**, please make your reservation on / before **Saturday 30<sup>th</sup> April 2022**.
- Reservations is to be made through the **Accommodation and Transfer Application Form**:
- For any questions, please contact **Dr. Biutha MOSOMI** through **+254724475410** or [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

### **Accommodation & Transfer Application Form**

<b>NAME OF FEDERATION:</b>			
<b>COUNTRY:</b>			
<b>ADDRESS:</b>			
<b>PHONE:</b>		<b>EMAIL 1:</b>	
<b>FAX:</b>		<b>EMAIL 2:</b>	
<b>NAME OF CONTACT PERSON:</b>			
<b>POSITION IN NATIONAL FEDERATION:</b>			

### **Travel Details**

<b>ARRIVAL:</b>	<b>DEPARTURE:</b>
<b>DATE:</b>	<b>DATE:</b>
<b>ESTIMATED TIME OF ARRIVAL:</b>	<b>ESTIMATED TIME OF DEPARTURE:</b>
<b>FLIGHT NO.:</b>	<b>FLIGHT NO.:</b>
<b>NUMBER OF PERSONS:</b>	<b>NUMBER OF PERSONS:</b>

### **Hotel Booking Form**

<b>HOTEL NAME:</b>	<b>CHECK - IN:</b>	<b>CHECK - OUT:</b>	<b>Meal:</b>	<b>Single:</b>	<b>Double:</b>
-					

- Email it to [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)



### 15.5 Cancellation:

- In case of cancellations, deposit/s made will be **non-refundable**.
- For any questions, please contact **Dr. Biutha MOSOMI** through **+254724475410** or [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

### 15.6 Airport transfers:

- For **official delegations** being accommodated at the **Official hotel**, transfer from and to the airport will be **free of charge**.
- For any questions, please contact **Dr. Biutha MOSOMI** through **+254724475410** or [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com)

## 16. Visa:

Kenya is a sovereign country, and therefore some restrictions may be put in place for entries from citizens of certain Nationalities.

For those countries (*within and outside UFAK Region East*) that require visa and want to apply, they should send colored passport copies of their delegations together with the hotel booking Request form through email to [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com) before \*1<sup>st</sup> April 2022.

**Category 1:** Nationals that **DO NOT** require **Visas** to enter Kenya - (**UFAK Eastern Region** members):

- 1) Ethiopia
- 2) Mauritius
- 3) Rwanda
- 4) Seychelles
- 5) South Sudan
- 6) Tanzania
- 7) Uganda

**Category 2:** Nationals **issued with Visas** on application - (**UFAK Eastern Region** members):

- 1) Comoros
- 2) Djibouti
- 3) Eritrea
- 4) Madagascar
- 5) Sudan

**Category 3:** Countries and Persons who require **referred Visas** - (UFAK Eastern Region members):

1) Somalia

- **Note:** For Visa requests, email [kenyakaratefederation@gmail.com](mailto:kenyakaratefederation@gmail.com) (Mr. Gabriel Mutuku - +254722857545)

## 17. City Information:

### 17.1 About Nairobi:



Kenya's capital city Nairobi is the most dynamic city, also known as the "**green city in the sun**". It is Kenya's largest city with a population of nearly 4 million. It is also Kenya's principal economic, administrative and cultural centre

Nairobi hosts headquarter of diplomatic missions and multinational brands in Africa. Organizations with headquarters in Nairobi, Kenya include United Nations Environment Programme and the United Nations.

The skyscrapers of Nairobi sit on what was once a large swamp that Maasai pastoralists referred to as '*nai'robe*' - the place of cool waters, and thus the coined name. In addition to its urban core, Nairobi is one of the few cities in the world, and the only one in Africa, with a national park. Set alongside its southern suburbs, Nairobi National Park - a large game reserve known for breeding endangered black rhinos and home to giraffes, zebras and lions - is right next to the city. Next to it is a well-regarded elephant orphanage operated by the David Sheldrick Wildlife Trust

Although Nairobi is situated a few degrees south of the equator, its high altitude – between 1,660m and 1,800m above sea level – means that the city's climate is mild year-round. Visitors are spared the extreme, blistering temperatures found in other regions of Africa, or even other areas within Kenya.

Nairobi's rapid growth has seen an increase in the number of modern shopping complexes. The top shopping malls include Thika Road Mall (TRM), Yaya Centre, The Junction and Garden City, all within reach of the City Centre.

## 17.2 How to get to Nairobi:

Nairobi is blessed with a location which makes it very easy to reach from all parts of the world. Many people stop over at Nairobi before their onward journey the south, west central and north of Africa. The **Jomo Kenyatta International Airport** is one of the best and busiest airports in Africa and the World, with traffic of thousands of flights daily. With easy connections and plenty of airline options, flying to or through Nairobi is such a cool breeze. Equally, an alternative of coming in by road is possible through our various official borders.

## 17.3 Practical Information:

- **Opening times:** Most of the shops and shopping centres are open from 8am to 10pm on weekdays and 9pm on weekends. Most restaurants open from 9am to 10pm. Nevertheless, some Shops, Restaurants and Pharmacies are open 24 Hours.
- **How to pay:** Most people pay in cash or with a credit card.

## 17.4 Currency:

- Kenya currency is **Kenyan Shillings (KES)**

## 17.5 Electricity:

- In Nairobi, Kenya, the standard voltage is **240 V** at a frequency of **50Hz**. The plugs and sockets are of type **G**.

## 17.6 Language:

- The official languages in Nairobi City and Kenya are **English** and **Kiswahili**.

## 17.7 Time:

- The time zone in Kenya is **GMT +3**

## 17.8 Weather:

- In Kenya, **May** is one of the wettest months of the year. In the capital city Nairobi, the **average temperature** in May is **19 degrees Celsius**, with highs of **24 degrees Celsius** and lows of **14 degrees Celsius**. About **120 mm** of rain is expected in May.

## 17.9 Important phone numbers:

- **Police:** 999 / 112 / 911    **Fire:** 999 / 112 / 2222181 / 6982999 6982018    **Ambulance:** 999 / 111

## 17.10 Communication:

- To call Kenya from abroad, you must dial the international code (**00**), followed by the Kenya country code **254**.

## 18. Omissions:

As regards the specific items not expressly foreseen in the bulletin, reference is to be made to the **WKF** general rules and guidelines.

## 19. Application to Referee course:



UNION DES FEDERATIONS AFRICAINES DE KARATE  
(UFAK) AFRICAN KARATE FEDERATIONS UNION

Affiliated to World Karate Federation (WKF)

Union of African Sports Confederation (UCSA)  
Association of National Olympic Committees of Africa (ANOCA)



### APPLICATION TO REFEREE COURSE

First name: \_\_\_\_\_

Family name: \_\_\_\_\_ Dan: \_\_\_\_\_

Country: \_\_\_\_\_ Age: \_\_\_\_\_

PHOTO

Name of Nat. Federation: \_\_\_\_\_

Date

Name of President of Nation Federation

Stamp of President of Nation Federation

The above Candidate has the following UFAK license (Please put an X in the appropriate box)

<input type="checkbox"/>
--------------------------

I don't have kata or kumite license

I will participate in kata Course

☐

I will participate in kumite Course

☐

### Notice

All the Referees and Judges who don't have UFAK qualification must attend the referee course and the exam to have UFAK Judge B as new qualification.

Bring this application in **original at the official Registration** according to the program

Stamp of Candidate

## 20. Application to Coaching Briefing:



UNION DES FEDERATIONS AFRICAINES DE KARATE  
(UFAK) AFRICAN KARATE FEDERATIONS UNION

Affiliated to World Karate Federation (WKF)

Union of African Sports Confederation (UCSA)  
Association of National Olympic Committees of Africa (ANOCA)



### APPLICATION TO COACHING BRIEFING

First name: \_\_\_\_\_

Family name: \_\_\_\_\_ Dan: \_\_\_\_\_

Country: \_\_\_\_\_ Age: \_\_\_\_\_

PHOTO

Name of Nat. Federation: \_\_\_\_\_

Date

Name of President of Nation Federation

Stamp of President of Nation Federation

The above Candidate has the following UFAK license (Please put an X in the appropriate box)

I will not participate to UFAK Accreditation Coach

☐

I will participate to UFAK Accreditation Coach KUMITE :

☐

KATA:

☐

Notice:

**All Coaches who do not participate in the briefing will not be able to accompany his/her athletes during the Region Championship.**

Bring this application in original at the official Registration according to the program

## 21. Accreditation agreement for Coaches:



### UNION DES FEDERATIONS AFRICAINES DE KARATE (UFAK) AFRICAN KARATE FEDERATIONS UNION

Affiliated to World Karate Federation (WKF)

Union of African Sports Confederation (UCSA)  
Association of National Olympic Committees of Africa (ANOCA)



### **ACCREDITATION AGREEMENT FOR COACHES**

The undersigned hereby agrees to conform to the following conditions as a prerequisite for coaching at WKF events and obtaining and maintaining WKF coaching licenses:

**As a coach, I am responsible for:**

- 1. The safety and well-being of all athletes assigned to me by my National Federation, both inside and outside the competition area;**
- 2. The courteous and disciplined conduct of myself and my assigned athletes, both inside and outside the competition area;**
- 3. The adherence of myself and my assigned athletes to instructions given by the referee or other empowered tournament officials;**
- 4. The adherence of my assigned athletes to the current anti-doping rules;**
- 5. To keep myself abreast of current competition rules and ensure that my assigned athletes abide by the same rules;**
- 6. Avoiding protests without basis in the rules.**
- 7. To adhere to the WKF Athlete Safeguarding Policy without compromise in the fight against harassment and abuse towards athletes.**

I hereby confirm that I understand that by non-compliance of this Accreditation Agreement may forfeit my right to coach at WKF events, and that such non-compliance may result in the revocation or suspension of any coaching license issued to me by the WKF, based on the decision of the Technical Committee.

NAME: ( PRINT) .....

NATIONAL FEDERATION: .....

Date: .....

Stamp: .....

## 22. Terms of Liability:

### **TERMS OF LIABILITY**

Be completed, signed and returned before ..... Monday 16<sup>th</sup> May, 2022 .....

I, the undersigned ..... the Head of Delegation of my country, duly registered to participate in the African Karate Championships of the Eastern Region of UFAK , which will take place in Nairobi in Kenya, from May 16 to 21, 2022, having fully understood the Statutes, Rules and Norms of the Regions of the UFAK ( African Karate Federations Union), undertake to comply scrupulously with the said statutes and regulations of the entity mentioned and to assume all administrative, civil and criminal liabilities regarding our athletes, coaches and other members of our delegation participating in the championship, before, during and after the competition, such as bodily injury, personal expenses or monetary debts and informal property damage in hotels.

Country: .....

First Name: .....

Family Name: .....

Passport No. and Validity Date: .....

E-mail: .....

Date: .....

**Stamp:**