



Information Bulletin

13th African Games - ACCRA 2023



Union des Confédérations Sportive Africaines (UCSA)

اتحادية الكونغد الرياضية الإفريقية

Association of African Sports Confederations (AASC)

Karate



ACCRA – GHANA

The City Of Accra



Brief History of Ghana

Ghana is considered one of the more stable countries in West Africa since its transition to multi-party democracy in 1992. Formerly known as the Gold Coast, Ghana gained independence from Britain in 1957, becoming the first sub-Saharan nation to break free from colonial rule. Gold, cocoa and more recently oil form the cornerstone of Ghana's economy and have helped fuel an economic boom. The country is named after the great medieval trading empire that was located northwest of the modern-day state until its demise in the 13th century.

REPUBLIC OF GHANA: FACTS

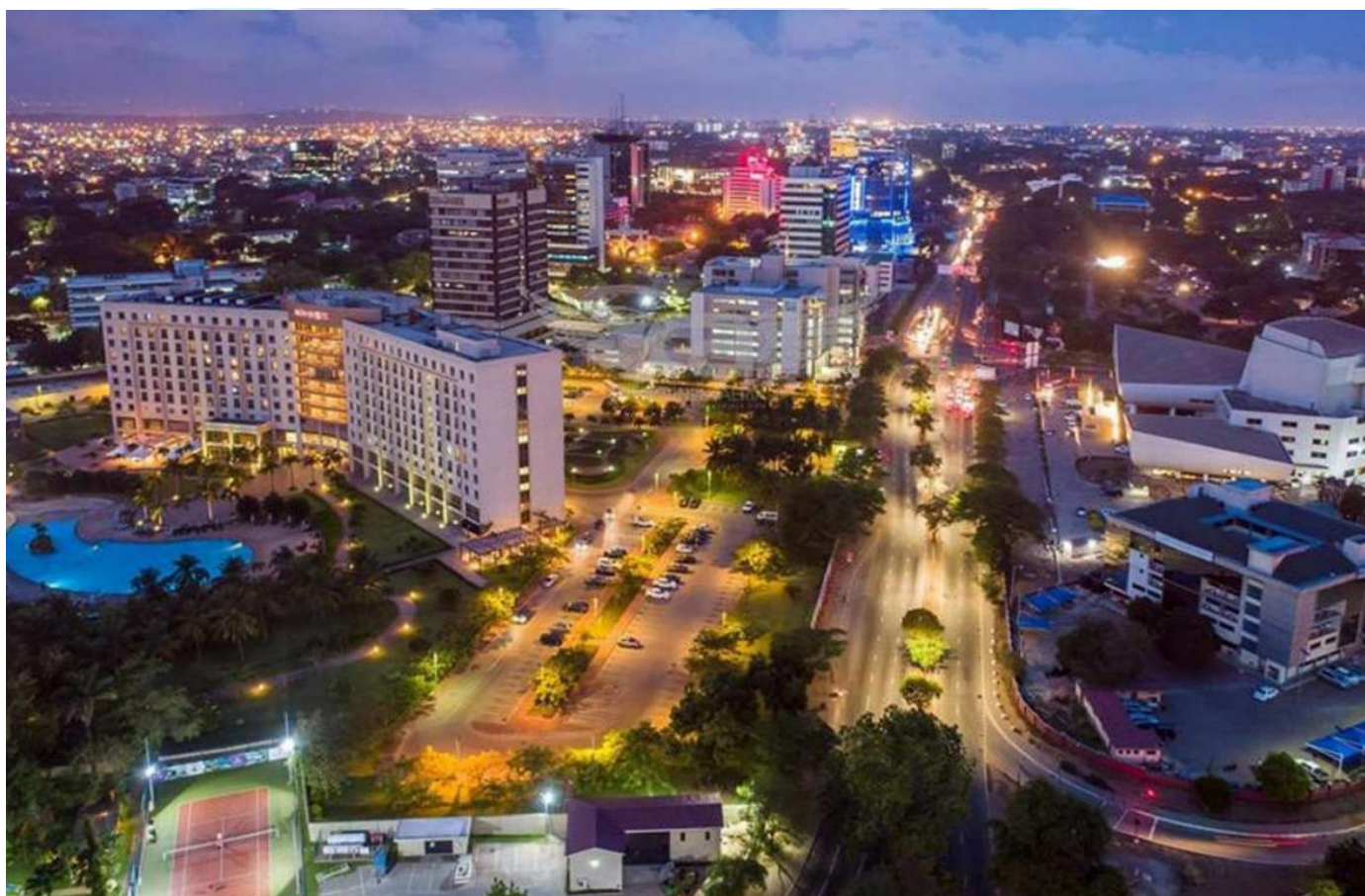
- Capital: Accra
- Area: 238,535 sq km
- Population: 32.1 million
- Languages: English, Dagaare, Dagbanli, Dangme, Ewe, Frafra, Ga, Gonja, Nzema, Twi, Fante
- Life expectancy: 63 years (men) 65 years (women)



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Accra

Accra is the capital and largest city of Ghana, located on the southern coast at the Gulf of Guinea, which is part of the Atlantic Ocean. As of 2021 census, the Accra Metropolitan District, 20.4 km² (7.9 sq mi), had a population of 284,124 inhabitants, and the larger Greater Accra Region, 3,245 km² (1,253 sq mi), had a population of 5,455,692 inhabitants. In common usage, the name "Accra" often refers to the territory of the Accra Metropolitan District as it existed before 2008, when it covered 199.4 km² (77.0 sq mi). This territory has since been split into 13 local government districts: 12 independent municipal districts (total area: 179.0 km²) and the reduced Accra Metropolitan District (20.4 km²), which is the only district within the capital to be granted city status. This territory of 199.4 km² contained 1,782,150 inhabitants at the 2021 census,[5] and serves as the capital of Ghana, while the district under the jurisdiction of the Accra Metropolitan Assembly proper (20.4 km²) is distinguished from the rest of the capital as the "City of Accra".



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Tourist sites in Ghana

Kakum National Park

Kakum National Park is on coast of southern Ghana, in West Africa. It protects an area of rainforest, home to endangered mammals such as forest elephants, bongo antelopes and primates like the Diana monkey. The park is rich in butterflies and birds, including African grey parrots and hornbills. The Canopy Walkway, suspended 30 meters above the ground, provides treetop views of the forest



LABADI BEACH



There are many well-known beaches along Accra's coastline, making it a fantastic location for recreation. Labadi Beach, commonly known as La Pleasure Beach, is one of the beaches.

On Ghana's coast, Labadi Beach is one of the busiest beaches. La Palm Royal Beach Hotel and Labadi Beach Hotel look after the beach. Both have done a good job of keeping this beach up.

On the weekends, it is common to see a crowd at the Beach. Labadi Beach is one of Ghana's top 10 tourist destinations, where Ghanaians and foreigners alike enjoy leisure and enjoyment.

On the beach, you may play games, dance to music played over loudspeakers, and ride horses, among other activities.

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CAPE COAST CASTLE

The Portuguese used to refer to Cape Coast as Cabo Corso. It was the seat of a previous European colony. The town was once the main hub for the trade in slaves in West Africa.

Slaves were purchased in this place, imprisoned inside the castles, and then put onto ships bound for the Western world. Without a question, Cape Coast is one of Africa's most important cultural centers.

Modern Cape Coast is a fishing village with historic colonial structures dotting the streets. Cape Coast is a great place for strolls because of its artistic atmosphere.

While touring other places like the Kakum National Park, Elmina, and Anomabu, you can establish your base at Cape Coast.



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THE BLACK STAR SQUARE

The Black Star Gate is part of the Independence Square now known as the Black Star Square in Accra. It is located at the center of the Square where parades are held. The Black Star Gate is a monument topped by the Black Star of Africa. The five-pointed star represents Africa in general and particularly Ghana itself. It has the inscription "AD 1957" and "Freedom and Justice". The Black Star Gate was commissioned by Kwame Nkrumah to indicate the country's supreme power to control its own affairs.



Technical Program

A. KATA

One (01) senior team Male by country
One (01) senior team Female by country
Individual Male senior : (1 competitor per country)
Individual Senior Female : (1 competitor per country)

For the males and females Kata events, the age allowed by the Rules of the World Karate Federation is +16 years.

B. KUMITE

One (01) senior team Males by country
One (01) senior team Females by country
Individual Kumite Male (01 competitors by category and country) Individual Kumite Female (01 competitors by category and country)

For the Kumite Males and Kumite Ladies events, the age allowed by the Rules of the World Karate Federation is +18 years

C. CATEGORIES

Individual Kumite Male : - 60Kg; - 67 Kg; - 75 Kg; - 84 Kg; + 84 Kg;
Individual Kumite Female : - 50 Kg; - 55 Kg; - 61 Kg; - 68Kg, +68Kg.

D. RULES & REGULATIONS

1. The 13th African Games are governed by specific General Regulations.
2. The Rules and Technical and Arbitration Rules of the World Karate Federation are the only ones applicable to Competitions.
3. The 13th African Senior Karate Games will be held over three (03) days (March 07-09, 2024).
4. Team events will take place after individual events.
5. Each National Federation may only register one competitor per category.
6. The championships will be held on three (03) tatamis aligned (03) other tatamis will be set up for the athletes warm-up.
7. Specially designed rooms for catering at specific times must be available for referees and officials.
8. Kumite events are three (03) minutes for males and females
9. Bunkai in the Kata team events (Males and Females) is mandatory for medals in the Semi Final & Final.

E. MISCELLANEOUS TECHNICAL PROVISIONS

1. Only qualified Referees and Judges approved by the UFAK referee commission will be authorized to officiate the 13th African Senior Karate Games.
2. All Referees with valid world and continental qualifications summoned, must take part in the referee briefing before being authorized to officiate the 13th African Senior Karate Games.
3. Only competitors with official WKF equipment (Kimonos and Others) will be allowed to participate in the 13th African Senior Karate Games.
4. Each National Federation may only register a total of 20 athletes 10 Males and 10 Females according to the provisions of the Organising Committee of the Games.

AFRICAN GAMES GHANA 2024
KARATE COMPETITION SCHEDULE

Wednesday 06/03/2024	ACTIVITY	PLACE
11:00 – 16:00	Accreditation and Weigh-In (For All Categories)	BOCUM Venue
16:30 – 17:30	Referee Briefing	BOCUM Venue
18:00 – 19:00	Coach's Briefing & Draws	BOCUM Venue
Thursday 07/03/2024	ACTIVITY	PLACE
09:00 – 18:00	Eliminations & Repechages: <ul style="list-style-type: none"> ✓ Kata Individual Female ✓ Team Kata Male ✓ Kumite Individual Male (+84 kg, -84 kg, -75 kg) ✓ Kumite Individual Female (+68 kg, -68 kg, -61 kg) ✓ Finals & Medals Ceremony 	BOCUM Venue
Friday 08/03/2024	ACTIVITY	PLACE
09:00 – 18:00	Eliminations & Repechages: <ul style="list-style-type: none"> ✓ Kata Individual Male ✓ Team Kata Female ✓ Kumite Individual Male (-60 kg, -67 kg) ✓ Kumite Individual Female (-50 kg, -55 kg) ✓ Finals & Medals Ceremony 	BOCUM Venue
Saturday 09/03/2024	ACTIVITY	PLACE
10:00 – 18:00	Eliminations & Repechages: <ul style="list-style-type: none"> ✓ Kumite Team Female ✓ Kumite Team Male ✓ Finals & Medals Ceremony 	BOCUM Venue
Remarks	<ul style="list-style-type: none"> ✓ The detailed competition schedule (Timetable) will be fixed after closing the Accreditation and Weigh-In, on 06 March 2024 at the BOCUM Venue. ✓ Detailed information will be communicated at due time. 	Remarks