



AFRICAN Championships

19th SENIOR - 11th JUNIOR - 3rd CADET

KARATE



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7 - 9 FEBRUARY
TANGIER 2020

Sport Covered Hall
ZIATEN, TANGIER - MOROCCO





1. African Karate Federations Union President



Dear UFAK family,

I address you my warmest greetings.

After Gaborone at Botswana, we welcome you to Tangier in Morocco for the Cadet Junior and Senior Championship, which has a special character.

Indeed, after several decades of fights led masterfully by our WKF president Mr. ANTONIO ESPINOS, our karate will be present at the Olympics scheduled from 29-July to 9-August 2020 in TOKYO.

This is an opportunity for me to invite all the Karate actors officials, athletes, administrators, media, volunteers, to adopt an Olympic behaviour, because beyond the sports results, we must remember that true victory is the over oneself victory.

We must demonstrate to the world that the African karate has reached maturity and is able to conquer the Olympic podiums.

Allow me to thank my friend and brother MOUKTABIL the FRMK President who does not skimp on any means to allow the improvement of our sport. I realize his, commitment and dedication at the last African Games held in August 2019 in Rabat, Morocco.

May I ask for his diligence to express our gratitude to His Majesty the King MOHAMMED VI.

I wish you a great competition with only one winner, UFAK.

Thank you

Mohamed Taher Mesbahi
UFAK President



2. Moroccan Karate Federation & D. A President



Dear Friends

It is a great honor for me and all the members of the Moroccan Karate Federation & DA to invite all the competitors from the African countries to participate in the 19th Senior – 11th Junior & 3rd Cadet African Championship, which will take place to one of the beautiful Touristic Cities "Tangier", on 07 – 09 February 2020.

It's my pleasure to welcome all of you again to feel the Moroccan hospitality and enjoying your staying in Tangier, wishing all the best for all the participants and hoping to achieve what our leadership aims for... to be always in the first in everything.

Welcome Africa...

Yours sincerely

Respectfully,

Mohamed MOUKTABIL
FRMK & DA President



3. TANGIER, MOROCCO: A CITY ON THE RISE



Enjoying a rich history and a unique geographical location, Tangier sits majestically between a sea and an ocean at the crossroads of several civilizations. With the opening of Tanger Med, the city is in the process of becoming one of the world's largest maritime hubs.

Over a long period of time Tangier has acted as a tourist and cultural capital of the Kingdom due to its mild and temperate climate, its superb landscapes and exclusive stamp allowing this lovely city to exude an intense feeling of well-being and serenity.

Tangier or Tanjah in Arabic, is actually a little stretch of paradise that has served as an inspiration to several artists from a wide range of disciplines. It is a genuine venue where a myriad of world influences converge.

Apart from its multicultural and tourist aspects, the region of Tangier, via its various infrastructures, the quality of its resources and the diversity of its industrial fabric is currently Morocco's second ranking center of economic activity.



4. Categories

CADET	JUNIOR	SENIOR
Individual Kata (age 14/15) Male & Female	Individual Kata (age 16/17) Male & Female	Individual Kata (age +16) Male & Female
Male Individual Kumite (age 14/15)	Male Individual Kumite (age 16/17)	Male individual Kumite (age +18)
-52 Kg. -57 Kg. -63 Kg. -70 Kg. +70 Kg.	-55 Kg. -61 Kg. -68 Kg. -76 Kg. +76 Kg.	-60 Kg. -67 Kg. -75 Kg. -84 Kg. +84 Kg.
Female Individual Kumite (age 14/15)	Female Individual Kumite (age 16/17)	Female individual Kumite (age +18)
-47 Kg. -54 Kg. +54 Kg.	-48 Kg. -53 Kg. -59 Kg. +59 Kg.	-50 Kg. -55 Kg. -61 Kg. -68 Kg. +68 Kg.
	Team Kata (age 14/17) Male & Female	Team Kata (age +16) Male & Female



AFRICAN 2020 Championships

5. General Program

General Program		
Monday 03rd February 2020		
All Day	Arrival of the Delegations	
Tuesday 04th February 2020		
10:00–13:00	Referee & Coaches Registration and Payment	HQ Hotel
14:30–18:00	Kumite theory and theory examination Accredited Coaches Briefing	HQ Hotel
18:30–20:00	Accredited Coaches Briefing	HQ Hotel
Wednesday 05th February 2020		
09:30–12:00	Practical examination group 1	HQ Hotel
10:00–12:00	UFAK EXECUTIVE BUREAU MEETING	HQ Hotel
13:30–16:00	Practical examination group 2	HQ Hotel
15:00–17:00	UFAK EXECUTIVE COMMITTEE MEETING	HQ Hotel
16:30–17:00	Second Kata registration and payment	HQ Hotel
17:30–19:30	Kata theory and theory examination	HQ Hotel
19:30–20:30	Certified Coach Examination Kata and Kumite	HQ Hotel
19:30–21:30	RC Administration	HQ Hotel
Thursday 06th February 2020		
10:00–16:00	Registration & Credentials Desk Open(Payment)+Weighing(All categories)	HQ Hotel
09:00–11:30	Kata Video Examination	HQ Hotel
12:00–15:30	RC Administration	HQ Hotel
13:00–16:30	UFAK GENERAL ASSEMBLY	HQ Hotel
14:00–15:30	License Renewal	HQ Hotel
16:30–17:30	Examination Results	HQ Hotel
18:00–19:00	Referees & Tatami Managers Briefing	HQ Hotel
19:30–21:00	Technical Meeting & Drawing	HQ Hotel
Competition Program		
Friday 07th February 2020		
08:30–18:00	Cadet Individual Kata(Male & Female),Eliminations & Repechages	Covered Hall Ziaten
	Junior Individual Kata(Male & Female),Eliminations & Repechages	
	Senior Individual Kata (Male & Female),Eliminations & Repechages	
	Junior & Senior Team Kata (Male &Female), Eliminations & Repechages	
	Senior Individual Kumite, Eliminations & Repechages Male:-60kg, -67kg,-75kg, - 84kg, +84kg Female:-50kg,-55kg,-61kg, -68kg, +68kg	
18:30–19:30	Finals (Cadets & Juniors) & Medals Ceremony	
Saturday 08th February 2020		
08:30–17:30	Cadet Individual Kumite, Eliminations & Repechages Male: -52kg,-57kg,-63kg, -70kg,+70kg Female:-47kg, -54kg,+54kg	Covered Hall Ziaten
	Junior Individual Kumite, Eliminations & Repechages Male: -55kg,-61kg,-68kg, -76kg,+76kg Female:-48kg, -53kg,+53kg	
	Senior Team Kumite (Male & Female),Eliminations & Repechages	
18:00–19:00	Opening Ceremony	
19:00–21:00	Finals (Cadets, Juniors, Senior team Kumite) & Medals Ceremony	
Sunday 09th February 2020		
09:00–12:00	Senior third Places Bouts Kata Individual Female / Male Male:-60kg, -67kg,-75kg, - 84kg, +84kg Female:-50kg,-55kg,-61kg, -68kg, +68kg Kata Team Female / Male	Covered Hall Ziaten
12:00–13:00	Break	
13:30–16:30	Senior Finals Kata Individual Female / Male Male:-60kg, -67kg,-75kg, - 84kg, +84kg Female:-50kg,-55kg,-61kg, -68kg, +68kg Kata Team Female / Male	
16:30–17:30	Medals Ceremony & Cloture Ceremony	



AFRICAN 2020 Championships

6. Site and Date

From Friday 07th to Sunday 09th of February 2020, at the Covered Hall Sport Ziaten
Tanger – Morocco

7. Competition Venue

The Covered Hall Sport **Ziaten, Tanger – Morocco**

Facebook: <https://www.facebook.com/pages/Salle-Couverte-Ziaten-Tanger/587343324619129>





8. Organizer and contacts

➤ Organizer contact details

FÉDÉRATION ROYALE MAROCAINE DE KARATÉ ET DISCIPLINES ASSOCIEES

Siège des Fédérations Complexe Sportif Prince Moulay Abdellah Rabat - MAROC

Tél: +212 537 28 26 58

Fax: +212 537 29 20 29

E-mail: secretariatfrmk@yahoo.fr

➤ Local Organising Committee

Event Manager/ **Mr.Zitouni Metyout +971 55 5 39 64 67 / +212 6 96 32 45 46**

E-mail: ufak.tangier2020@gmail.com

➤ Safe Sport Policy Contact (new point yet included in WKF Bulletin n°2 for Chile, pont 12.2)

UFAK applies the WKF Safe Sport Policy for safeguarding the athletes and their Entourage from any form of misconduct. UFAK events must be safe for all athletes and participants and entirely free from any form of non-accidental violence, namely, harassment and abuse. Any such behaviour will not be tolerated.

If you or someone you know has been the victim of abuse or harassment in Karate, get help and report it: safekarate@wkf.net



9. Online Registration

The registration starts two (2) months prior to the event, **on December 07th, 2019 and close fifteen (15) days** before the tournament, **on January 24th, 2020 at the 12:00 hrs GMT +0 and it is divided in the following three phases (all phases will close at the 12:00 hrs GMT +0 of the listed day);**

All **competitors Coaches and Officials** must be registered online using the online platform; https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=379#a_eventheadend

All **referees only attending and officiating at the championship** must be registered online using the online platform; https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=418#a_eventhead

All **referees attending the course and kata examination** must be registered online using the online platform; https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=419#a_eventhead

All **referees attending the course and kumite examination** must be registered online using the online platform; https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=420#a_eventhead

All **coaches attending the kata coach examination** must be registered online using the online platform; https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=437#a_eventhead

All **coaches attending the kumite coach examination** must be registered online using the online platform; https://www.sportdata.org/wkf/set-online/veranstaltung_info_main.php?active_menu=calendar&vern=438#a_eventhead

- Technical Support for Online Registration

Web: https://www.sportdata.org/wkf/set-online/index.php?active_menu=home

Email: office@sportdata.org

The official accreditation will take place on Thursday, February 07th from 10.00 a.m. to 16.00 p.m. at the HQ Hotel.



10. UFAK Financial Provisions

Item	Description	Amount
1	UFAK Annual Affiliation Fees	500 Euros
2	Annual Penalty for late payment of Annual Affiliation Fees: 1st Year	100 Euros
3	Annual Penalty for late payment of Annual Affiliation Fees: from 2nd Year	200 Euros
4	Referees Course Registration for Individual Kata or Kumite	120 Euros
5	Referees Course Registration for both Kata or Kumite	200 Euros
6	Referee course penalty for late registration for each single (Kata or Kumite)	60 Euros
7	Referee course penalty for late registration for both (Kata & Kumite)	120 Euros
8	Registration fee - UFAK Accredited Coach Briefing	100 Euros
9	Registration fee - UFAK Examination for Certified Kata/Kumite Coach (each)	120 Euros
10	Coach Course penalty for late registration	60 Euros
11	Team Kumite Male Entry Fee	200 Euros
12	Team Kumite Female Entry Fee	150 Euros
13	Team Kata Male Entry Fee	150 Euros
14	Team Kata Female Entry Fee	150 Euros
15	Individual Male or Female Entry fee, by each category	75 Euros
16	Protest fee at the African Karate Championship	300 Euros
17	Referee Licence Renewal (Kata or Kumite – Every 4 years)	100 Euros
18	UFAK Passport	30 Euros
19	UFAK Passport Annual Validation	15 Euros
20	Guarantee for the Organisation of an African Karate Championship	3000 Euros



AFRICAN 2020 Championships

11. Ticket for spectators

The entrance will be free of charge for all the days of the competition.

12. Official Hotels

➤ **HQ Hotel: KENZI SOLAZURE** ★★★★★





AFRICAN 2020 Championships

➤ Official Hotel: CHELLAH HOTEL ★★★★★



Summary: the quotations below are based on per person / night in Euro

Hotel Name	Star Rating	Single	Double	Lunch	Dinner
HOTEL KENZI SOLAZURE	4****	75 Euro	50 Euro	20 Euro	20 Euro
CHELLAH HOTEL	3***	55 Euro	40 Euro	15 Euro	15 Euro

***The numbers of available rooms are limited and a first come first serve policy will be implemented, the Prices include:



AFRICAN 2020 Championships

- All quotations above are net price **per person** with Breakfest on Euro.
- All quotations above are inclusive all the charges and taxes.
- Rates are inclusive of Wi-Fi access.
- Airport Transfers **only Tangier Airport** to the official hotel and vice versa.
- Transportation:
 - The above Rate is inclusive Shuttle Bus Services, between Official Hotels and Championship venue, and vice versa for the three days of competition only.

Please note that the accommodations for each room type are as follows:

Single Room	capacity for 1 person
Double Room	capacity for 2 persons

The Transfer from Casablanca Airport will be with extra charge, please send e-mail to reservations.afch2020@gmail.com in order to book your individual or group transfer if needed.

Cancellation Policy:

- At least 30 days prior to arrival: free of charge
- 20 days prior to arrival: 50% of the total booking price
- 15 days prior to arrival: 100% of the total booking price

Booking Procedures:

Fill in the Accommodation and Transfer Application Form and email it to

- **E-mail:** reservations.afch2020@gmail.com

1. After receiving the application, and verifying your booking reservation, a performance invoice will be emailed to the applicant.
2. Upon receiving the performance invoice, the applicant shall pay 50% of the total amount within 7 days from the date of invoice, failure in this procedure will cause the booking to be considered null and void
3. The remaining balance (50% of payment) shall be paid in full before January 15th, 2020.

Inquiries and Correspondence for all the transfer and Hotel booking:


- **E-mail:** reservations.afch2020@gmail.com



13. General Information

- Official currency in Morocco is the Moroccan Dirham.
1 Euro = 10.80 (Today rate, 20th November 2019)



- Country calling code: +212 Trunk prefix: 0
- International call prefix: 00 NSN length: 9
- In your arrival at the airport you will find the telecommunications agents who offer you a free mobile SIM card.
- Tangier Weather "between" 07th – 09th February 2020 is 11°/16° 
- Emergency contacts:
 - fire brigade, ambulance: 15
 - police: 19
 - gendarmerie royale: 177
 - During the championship if there is any medical emergency please contact our medical responsible Mrs. Khadija Bakkouch +212 6 76 239427.
- Tangier Transportation: Getting around in a new city can be confusing. Here are the best methods of transportation in Tangier.
 - The train is more spacious than taking the bus. Trains run every thirty minutes. There are two stations. The main station is called Tangier ville. The overhead racks in their tracks are too small to be followed, and leaving them in the aisles can cause issues with the food cart. You can avoid this problem



AFRICAN 2020 Championships

and be more comfortable by choosing to travel first class, or use our **TGV** service which called **Al-Boraq**.



This is the link of the train timing and schedule: <https://www.tripsavvy.com/train-travel-in-morocco-1454424>



AFRICAN 2020 Championships

- There are two types of taxis in Morocco. (Petit taxis) are small cars, and they are not allowed to go outside of the town limits. They have a special sign on the roof which usually looks like a small box, and they are blue. The other type is a (Grand taxi). These are larger cars, and they can go anywhere you need to go. You can negotiate a price for the trip before you leave, or you can use the meter.
- There is also different companies regarding the bus transportation.
- Depending on where you are staying, you can find the best way to get around the city.





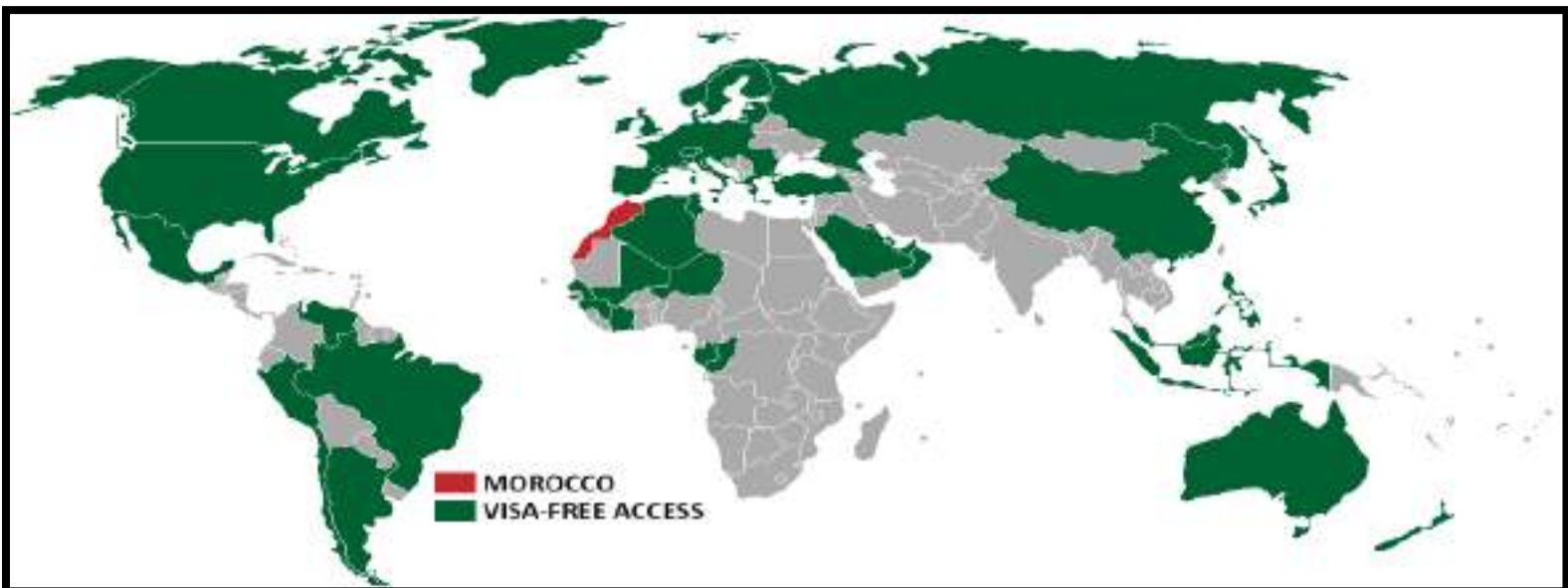
AFRICAN 2020 Championships

14. Merchandising

During the three days of the competition an exhibition Moroccan traditional industry and karate equipments shops are available in the entrance of the covered sport hall, and you can find restaurant and Cafeteria selling Tea, Coffee, cakes, sandwiches ...



1 Visa Requirements



All the passports that require visa, must apply at the Moroccan Embassy in your countries, and if you need an invitation letter from the organizing committee, please send the list of your delegation with the full name and passport number with the expired date to: ufak.tangier2020@gmail.com **Before the 07th January 2020.**



AFRICAN 2020 Championships

15. Country Information

MOROCCO

Morocco has a population of over 33.8 million and an area of 446,550 km² (172,410 sq mi). Its capital is Rabat, and the largest city is Casablanca. Other major cities include Marrakesh, Tangier, Salé, Fes, and Meknes. Moroccan culture is a blend of Arab, indigenous Berber, Sub-Saharan African, and European influences.

Morocco's official languages are Arabic and Berber. The Moroccan dialect, French are also widely spoken. Morocco is a member of the Arab League, the Union for the Mediterranean, and the African Union. It has the fifth largest economy of Africa.

Tourism in Morocco is well developed, with a strong tourist industry focused on the country's coast, culture, and history. Morocco has been one of the most politically stable countries in North Africa, which has allowed tourism to develop. The Moroccan government created a Ministry of Tourism in 1985. Tourism is considered as one of the main foreign exchange sources in Morocco.





AFRICAN 2020 Championships

WELCOME TO TANGIER





Accommodations & Transfer Application Form

NAME OF FEDERATION/TEAM:		COUNTRY:
ADDRESS:		
PHONE:	EMAIL1:	
FAX:	EMAIL2:	
NAME OF CONTACT PERSON:		
POSITION IN NATIONAL FEDERATION/TEAM:		

TRAVEL DETAILS

ARRIVAL	DEPARTURE
DATE:	DATE:
ESTIMATED TIME OF ARRIVAL:	ESTIMATED TIME OF DEPARTURE :
FLIGHT NO.:	FLIGHT NO.:
CONTACT NUMBER:	CONTACT NUMBER:

Hotel Booking Form

HOTEL NAME	CHECK-IN	CHECK-OUT	Single	Double	Transfer	Lunch	Dinner
HOTEL KENZI SOLAZURE							
CHELLAH HOTEL							