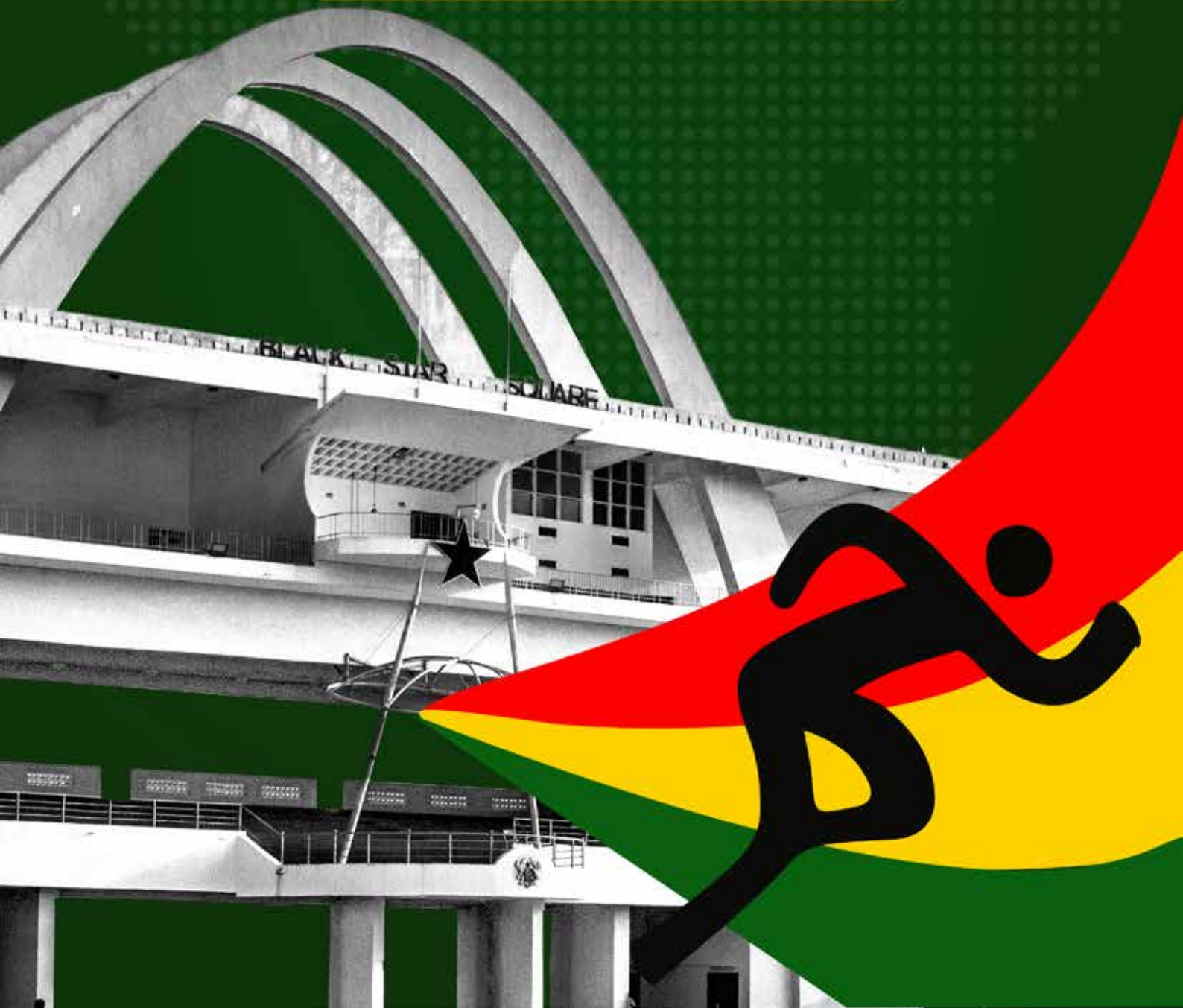




COMPETITION GUIDE

13TH AFRICA GAMES, ACCRA 2023

































13TH AFRICAN GAMES
ACCRA 2023

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SPORTS CODES FOR THE 13TH AFRICAN GAMES, ACCRA 2023

OLYMPIC QUALIFIER	NON-OLYMPIC QUALIFIER	DEMONSTRATION SPORTS
 ATHLETICS	 ARM WRESTLING	 E-SPORTS
 BADMINTON	 BASKETBALL (3X3)	 MIXED MARTIAL ARTS
 CYCLING	 BEACH VOLLEY	 PICKLEBALL
 TABLE TENNIS	 BOXING	 SAMBO
 TENNIS	 CHESS	 SPEEDBALL
 TRIATHLON	 CRICKET	
 WRESTLING	 FOOTBALL	
	 HANDBALL	
	 HOCKEY	
	 JUDO	
	 KARATE-DO	
	 RUGBY	
	 SWIMMING	
	 TAEKWONDO	
	 VOLLEYBALL	
	 WEIGHTLIFTING	

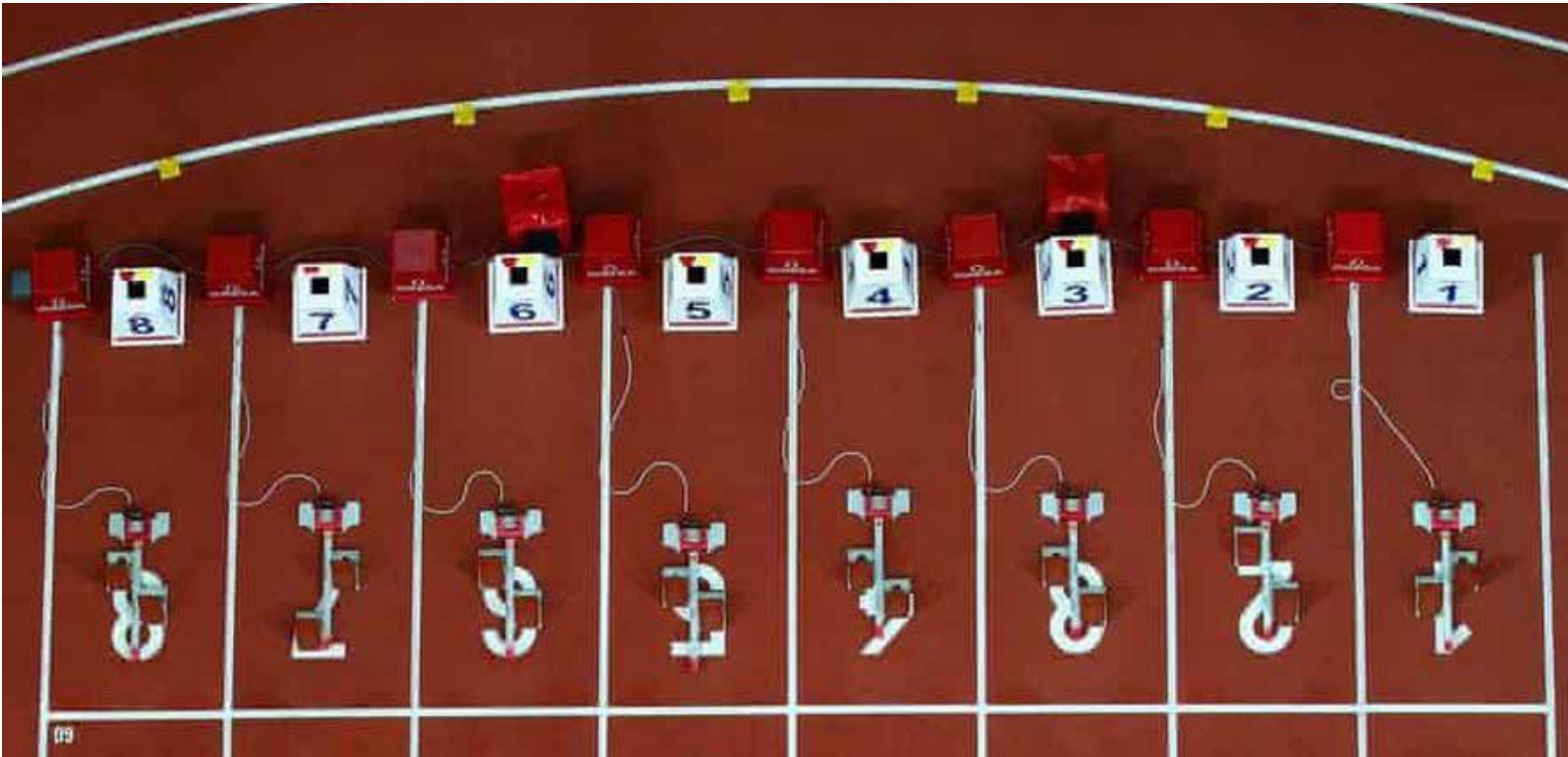


1.0
OLYMPIC QUALIFYING
SPORTS CODE





1.1 ATHLETICS



Competition Date: 18/03/2024 – 22/03/2024

Competition Venue: University of Ghana Sports Stadium - Legon.

Training Venue: University of Ghana Sports Stadium and Warm-up Track, Borteyman 6-lane track

Participation Eligibility:

A country may enter

- One (1) athlete in each event even if the required standard has not been met.
- Two (2) more athletes may be entered. In this case all the athletes including the first one must have met the required standard of participation.
- In individual events where qualification standard is not required for participation, a country member may enter a maximum of three (3) athletes.

ENTRIES

Preliminary Entries (by number)

Preliminary entries will be received from 22 to 27 January 2024 by midnight Ghana time.

Final Entries (nomination with reserves)

Final entries will be received from 19 to 24 February by midnight Ghana time.

Final Confirmation of Entries

The final confirmation of entries will be made at the technical meeting latest and will be concerning the whole competition events.

ENTRY STANDARD

MEN	EVENTS	WOMEN
10.2 / 10.44	100 m	11.7 / 11.94
21.4 / 21.24	200 m	24.0 / 24.24
46.5 / 46.64	400 m	54.6 / 54.74
1.47 30	800 m	2.06 00
3.39 00	1.500 m	4.21 00
13.30 00	5.000 m	16.18 00
28.38 00	10.000m	35.20 00
14.00 / 14.24	110m hurdles	
	100m hurdles	14.00 / 14.24
50.8 / 50.94	400m hurdles	59.5 / 59.64
8.36 00	3.000m steeple chase	10.30.33
1h28.0	walk	1h50.0
Pas de minima	4 x 100	No entry
Pas de minima	4 x 400	No entry
Pas de minima	4 x 400 Mixed	No entry
2.12 m	High Jump	1.75 m
5.00 m	Pole vault	3.40 m
7.80 m	Long Jump	6.15 m
16.00 m	Triple Jump	13.00
16.80 m	Shot Put	14.90 m
53.50 m	Discus	49.00 m
59.00 m	Hammer	50.50 m
69.00m	Javelin.	49.00 m
6960 pts	Decathlon	
	Heptathlon	5000 pts
1h04.00	Half marathon	1h14.00

All performances must be achieved during the period of **1st January 2023 to 20 February 2024**. All performances must be achieved during an official competition organised in conformity with World Athletics Technical Rules.

Maximum Number of Athletes Per Country

52 Males and 52 Females

Team Officials:

1 team official per 6 Athletes

Age Range:

Senior

EVENTS DISCIPLINES AND MEDALS

MEN

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	100 metres	1	1	1	3
2.	200 metres	1	1	1	3
3.	400 metres	1	1	1	3
4.	800 metres	1	1	1	3
5.	1500 metres	1	1	1	3
6.	5000 metres	1	1	1	3
7.	10,000 metres	1	1	1	3
8.	110 metres hurdles	1	1	1	3
9.	400 metres hurdles	1	1	1	3
10.	3000 metres steeplechase	1	1	1	3
11.	4 x 100 metres relay	4	4	4	12
12.	4 x 400 metres relay	4	4	4	12
13.	20 kilometres walk	1	1	1	3
14.	Half marathon	1	1	1	3
15.	High jump	1	1	1	3
16.	Pole vault	1	1	1	3
17.	Long jump	1	1	1	3
18.	Triple jump	1	1	1	3
19.	Shot put	1	1	1	3
20.	Discus throw	1	1	1	3
21.	Hammer throw	1	1	1	3
22.	Javelin throw	1	1	1	3
23.	Decathlon	1	1	1	3
		29	29	29	87

EVENTS DISCIPLINES AND MEDALS

WOMEN

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	100 metres	1	1	1	3
2.	200 metres	1	1	1	3
3.	400 metres	1	1	1	3
4.	800 metres	1	1	1	3
5.	1500 metres	1	1	1	3
6.	5000 metres	1	1	1	3
7.	10,000 metres	1	1	1	3
8.	110 metres hurdles	1	1	1	3
9.	400 metres hurdles	1	1	1	3
10.	3000 metres steeplechase	1	1	1	3
11.	4 x 100 metres relay	4	4	4	12
12.	4 x 400 metres relay	4	4	4	12
13.	20 kilometres walk	1	1	1	3
14.	Half marathon	1	1	1	3
15.	High jump	1	1	1	3
16.	Pole vault	1	1	1	3
17.	Long jump	1	1	1	3
18.	Triple jump	1	1	1	3
19.	Shot put	1	1	1	3
20.	Discus throw	1	1	1	3
21.	Hammer throw	1	1	1	3
22.	Javelin throw	1	1	1	3
23.	Heptathlon	1	1	1	3
		29	29	29	87

EVENTS DISCIPLINES AND MEDALS

MIXED RACE

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
	Mixed Relay	4	4	4	12

COMPETITION SCHEDULE

MONDAY 18 MARCH

DAY 1

MORNING SESSION

09.30	100 m	Men	Decathlon
09.50	100 m	Women	Heats
10.10	Long Jump	Men	Decathlon
10.20	100 m	Men	Heats
11.40	Shot Put	Men	Decathlon

AFTERNOON SESSION

15.15	110 m Hurdles	Men	Heats
15.20	High Jump	Men	Decathlon
15.25	Triple Jump	Women	Qualification A & B
15.30	400 m	Women	Heats
15.35	Discus	Men	Final
16.00	400 m	Men	Heats
16.30	100 m	Women	Semi-final
16.50	100 m	Men	Semi-final
17.20	Medal ceremony		
17.30	3000 m Steeple-Chase	Men	Final
17.50	800 m	Women	Heats
18.10	800 m	Men	Heats
18.40	Medal ceremony		
18.50	400 m	Men	Decathlon
18.55	Medal ceremony		
19.05	5000 m	Women	Final
19.25	Medal ceremony		
19.35	4 X 400 m	MIXED	Heats

TUESDAY 19 MARCH

DAY 2

MORNING SESSION

09.00	110 m Hurdles	Men	Decathlon
09.45	Discus	Men	Decathlon
10.00	Triple Jump	Men	Qualification A & B
11.00	Pole vault	Men	Decathlon
11.40	Shot Put	Men	Decathlon

AFTERNOON SESSION

15.00	Javelin	Men	Decathlon
15.05	High Jump	Women	Final
15.10	100 m Hurdles	Women	Heats
15.30	400 m	Women	Semi-final
15.35	Shot Put	Men	Final
15.40	Pole Vault	Women	Final
15.50	400 m	Men	Semi-final
16.00	Triple Jump	Women	Final
16.10	100 m	Women	Final
16.15	Hammer	Women	Final
17.20	100 m	Men	Final
17.25	Medal ceremony		
17.35	1500 m	Men	Decathlon
17.40	Medal ceremony		
17.50	110 m Hurdles	Men	Final
17.55	Medal ceremony		
18.05	800 m	Women	Final
18.10	Medal ceremony		
18.20	800 m	Men	Semi-final
18.25	Medal ceremony		
18.35	10 000 m	Men	Final
	Medal ceremony		
19.15	4X100 m	Women	Heats
19.35	Medal ceremony		
19.45	4X100 m	Men	Heats
19.55	4 X 400 m	MIXED	Final

WEDNESDAY 20 MARCH

DAY 3

MORNING SESSION

07.30	20 km Walk	Women	Final
07.45	20 km Walk	Men	Final
09.30	100 m Hurdles	Women	Heptathlon
10.15	High Jump	Women	Heptathlon
11.40	Shot Put	Men	Decathlon

AFTERNOON SESSION

16.00	Long Jump	Women	Qualification A& B
16.05	Javelin	Women	Final
16.10	Shot Put	Women	Heptathlon
16.15	400 m Hurdles	Men	Heats
16.40	400 m	Women	Final
16.50	400 m	Men	Final
16.55	Medal ceremony		
17.05	3000 m Steeple-Chase	Women	Final
17.20	Medal ceremony		
17.30	100 m Hurdles	Women	Final
17.35	Triple Jump	Men	Final
17.40	Medal ceremony		
17.50	200 m	Women	Heptathlon
17.55	Medal ceremony		
18.05	800 m	Men	Final
18.10	Medal ceremony		
18.20	4X100 m	Women	Final
18.25	Medal ceremony		
18.35	4X100 m	Men	Final
18.40	Medal ceremony		
18.50	Medal ceremony		

THURSDAY 21 MARCH

DAY 4

MORNING SESSION

09.00	Long Jump	Women	Heptathlon
09.55	200 m	Women	Heats
10.30	200 m	Men	Heats
10.35	Javelin	Women	Heptathlon
11.40	Shot Put	Men	Decathlon

AFTERNOON SESSION

15.00	Hammer	Men	Final
15.10	Long Jump	Women	Final
15.15	400 m Hurdles	Women	Heats
15.35	400 m Hurdles	Men	Final
15.40	Perche	Men	Final
15.45	200 m	Women	Semi-final
16.00	Medal ceremony		
16.10	200 m	Men	Semi-final
16.40	1500 m	Women	1st Round
16.45	Discus	Women	Final
17.00	1500 m	Men	Heats
17.05	Long Jump	Men	Qualification A& B
17.15	Medal ceremony		
17.25	10 000 m	Women	Final
	Medal ceremony		
	Medal ceremony		
18.00	800 m	Women	Heptathlon
18.10	Medal ceremony		
18.20	4X400 m	Women	Heats
18.35	Medal ceremony		
18.45	4X400 m	Men	Heats
19.00	Medal ceremony		

FRIDAY 22 MARCH

DAY 5

MORNING SESSION

07.00	Half marathon	Final	Women
07.10	Half marathon	Final	Hombres

AFTERNOON SESSION

15.00	High Jump	Men	Final
15.05	Long Jump	Men	Final
15.10	Javelin	Men	Final
15.15	400 m Hurdles	Women	Final
15.20	Shot Put	Women	Final
15.25	Medal ceremony		
15.35	200 m	Women	Final
15.40	Medal ceremony		
15.50	200 m	Men	Final
15.55	Medal ceremony		
16.00	5000 m	Men	Final
65.05	Medal ceremony		
16.15	Medal ceremony		
16.25	Medal ceremony		
16.35	1500 m	Women	Final
1640	Medal ceremony		
16.50	1500 m	Men	Final
16.55	Medal ceremony		
17.05	Medal ceremony		
17.15	4X400 m	Women	Final
17.20	Medal ceremony		
17.30	Medal ceremony		
17.40	4X400 m	Men	Final
17.45	Medal ceremony		
17.50	Medal ceremony		
17.55	Medal ceremony		



1.2 BADMINTON



Competition Date: 03/03/2024 - 10/03/2024

Competition Venue: Multipurpose Hall - Borteyman

Training Venue: New N' Block, University of Ghana - Legon

Participation Eligibility:

All athletes competing in Badminton must comply with the following eligibility conditions:

- Not be currently under disqualification or suspension by the AGF, or their respective Affiliated AGA or BWF or under the World Anti-Doping Code.
- Have complied with all applicable rules and regulations of the AGF, BWF and the World Anti-Doping Code as may be modified and applied by the Federation to ensure that the overriding principles of the African Games are observed. In the case of any inconsistency, AGF rules and regulations will prevail.
- Have met the AGF's eligibility standards in accordance with the AGF Constitution.
- Be registered with the BWF and have a valid BWF Number.

Required doping control tests 3 - Pre, during and post Games

Maximum Number of Athletes Per Country: 6 Male and 6 Females

Team Officials: 1 male and 1 female

Age Range: Open

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Mix team	12	12	24	48
2.	Men's singles	1	1	2	4
3.	Women's singles	1	1	2	4
4.	Men's doubles	2	2	4	8
5.	Women's doubles	2	2	4	8
6.	Mixed doubles	2	2	4	8
	TOTAL	20	20	40	80

COMPETITION SCHEDULE: 03/03/2024 - 10/03/2024

DATE	TIME	ACTIVITY
Day 1 03/03/2024	09h00 - 19h00	Practice by all Teams (Main Hall + Practice Hall)
Day 2 04/03/2024	09h00 - 19h00	Mixed Team Event - Group Stage
Day 3 05/03/2024	09h00 - 19h00	Mixed Team Event - Group Stage
Day 4 06/03/2024	09h00 - 12h00	Mixed Team Event - Knock-Out Quarter Finals Mixed Team
	15h00 - 18h00	Event - Knock-Out Semi Finals
Day 5 07/03/2024	10h00 - 13h00	Mixed Team Event Finals (Prize Giving)
Day 6 08/03/2024	09h00 - 19h00	Individual Event - Main Draw (MS, WS, MD, WD, XD)
		Individual Event - Knock-Out Main Draw (MS, WS, MD, WD, XD)
Day 7 09/03/2024	09h00-19h00	Individual Event - Knock-Out Main Draw (MS, WS, MD, WD, XD)
Day 8 10/13/2024	09h00 - 12 h00	Individual Event - Main Draw (MS, WS, MD, WD, XD)
	14h00 - 18h00	Individual Event - Maindraw - All Finals (MS, WS, MD, WD, XD) (Prize Giving Ceremony)



1.3 CYCLING



Competition Date: 09/03/2024 - 17/03/2024.

Competition Venue: Ablekuma Pokuase Highway - Accra Metropolis.

Training Venue: Ablekuma Pokuase Highway - Accra Metropolis.

Participation Eligibility:

- The cycling events are open to national team only of CAC National Federations members.
- The rider who doesn't hold a valid licence with the UCI ID, will be eliminated.
- Category of riders authorized to participate in cycling races of AAG 2024:

Men Elites (MEL)	19 years & over	From 2004
Men U 23 (MU)	19 to 22 years	2001,2002, 2003, 2004
Women Elites (WEL)	19 years & over	From 2004
Women U 23 (WU)	19 to 22 years	2001,2002, 2003, 2004

Required doping control tests

- To be decided after receiving the final entries list by names

Maximum Number of Athletes Per Country:08 females and 12 males

Team Officials:

- Registration on team event: 03 officials
- When registered only on individual event: 02 officials

Age Range: Under 23 and elite

EVENT DISCIPLINE AND MEDALS

#	EVENT	ELITE			UNDER 23			TOTAL
		GOLD	SIL-VER	BRONZE	GOLD	SIL-VER	BRONZE	
1	Road Race Men	1	1	1	1	1	1	6
2	Road Race Women	1	1	1	1	1	1	6
3	Criterium Men	1	1	1	1	1	1	6
4	Criterium Women	1	1	1	1	1	1	6
5	Individual Time Trial Men	1	1	1	1	1	1	6
6	Individual Time Trial Women	1	1	1	1	1	1	6
7	Team Time Trial Men	4	4	4	0	0	0	12
8	Team Time Trial Women	4	4	4	0	0	0	12
9	Mixed Relay Time Trial	6	6	6	0	0	0	18
	TOTAL	20	20	20	6	6	6	78

COMPETITION SCHEDULE

DAY	TIME	EVENT
	9:00	Teams 'Training
DAY 1 08/03/2024	9:00	Teams 'Training
	11:00-13:00	Rider's confirmation
	17:00	Technical Meetings
2ND DAY 09-03-2024	09:00	Road Race Women Elite/U23
	13:30	AWARDING CEREMONY
3RD DAY 10-03-2024	09:00	Road Race Men Elite/U23
	14:00	AWARDING CEREMONY
4TH DAY 11-03-2024		PAUSE - TRAINING
5TH DAY 12-03-2024	09:00	Criterium - Women Elite/U23 Criterium - Men Elite/U23
	14:30	AWARDING CEREMONY (WOMEN) AWARDING CEREMONY (MEN)
6TH DAY 13-03-2024		PAUSE - TRAINING
7TH DAY 14-03-2024	09:00	Team Time Trial - Women Elite/U23
	11:00	Team Time Trial - Men Elite/U23
	13:30	AWARDING CEREMONY (WOMEN) AWARDING CEREMONY (MEN)
8TH DAY 15-03-2024	09:00	Individual Time Trial - Women Elite/U23
	11:00	Individual Time Trial - Men Elite/U23
	13:30	AWARDING CEREMONY (WOMEN) AWARDING CEREMONY (MEN)
9TH DAY 16-03-2024	10:00	Mixed Relay Time Trial (Men/Women - Elite/U23)
	13:00	AWARDING CEREMONY



1.4 TABLE TENNIS



Competition Date: 03/03/2024 - 10/03/2024

Competition Venue: The Dome - Borteyman Sports Complex

Training Venue: GCB Hall, University of Ghana - Legon

Participation Eligibility: In order to be allowed to participate in the all-Africa Games, every competitor must fulfill the following conditions:

- To be a citizen of the country that he represents and to confirm to the eligibility rules set by the international Federation.
- To be a member of the National Federation conducting its sport; this latter must be affiliated to both the African Federation and the International Federation under which it comes.
- No country shall enter more than:
 - » 01 Team in Men including minimum 3 players & maximum 5 players
 - » 01 Team in Women including minimum 3 players & maximum 5 players
 - » 05 Players in Men's singles
 - » 05 Players in Women's singles
 - » 02 pairs in Men's doubles
 - » 02 pairs in Women's doubles
 - » 04 pairs in mixed doubles.
- Pairs must be from the same country (NOC)

Required doping control tests

- All finalists in the Single events (2 Men & 2 Women) at least

Maximum Number of Athletes Per Country: 05 females and 05 males

Team Officials: 1 Female and 1 male

Age Range: Seniors

EVENT DISCIPLINE AND MEDALS

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	Men's Singles	1	1	2	4
2.	Men's Doubles	2	2	4	8
3.	Men's Team	6	6	12	24
4.	Women's Singles	1	1	2	4
5.	Women's Doubles	2	2	4	8
6.	Women's Team	6	6	12	24
7.	Mixed Doubles	2	2	4	8
		20	20	40	80

COMPETITION SCHEDULE: TBC



1.4 TENNIS



Competition Date: 15/03/2024 - 23/03/2024

Competition Venue: Borteyman Tennis Court - Borteyman Sports complex

Training Venue: Legon Tennis Courts/Accra Sports Stadium Tennis Court

Participation Eligibility:

- Athletes born on 1st January 2009 and before are eligible to participate at the event. The maximum number of players who may compete in the African Games Tennis competition will be 128 (64 Men and 64 Women).
- The maximum number of players per National Association / NOC (National Olympic Committee) shall be 4 Men and 4 Women who shall compete both in the singles, in the doubles and eventually by teams.
- All athletes must comply with the provisions of the Olympic Charter currently in force, and only those athletes who have complied with the Olympic Charter may participate in the African Games of 2024.
- Any tennis player is eligible for nomination to the African Games tennis event provided he/she is in good standing with his/her National Association, the Confederation of African Tennis (CAT) and the International Tennis Federation (ITF).
- Only NOCs of countries which National Tennis Associations are members of the CAT and ITF may nominate players for participation in the 2024 African Games Tennis event

Players' Acceptance:

- Each NOC can enter up to 4 male players + 4 female players in Singles, with the exception of the host country (Ghana) which is allowed to have 2 additional places for both Men and Women as Wild cards.
- The Entry lists must be sent by the NOCs to ANOCA, AASC, CAT and to the Organizing Committee of the host nation (COJA) 2 months before the date of the Games.
- The selection of players will be based on the World Rankings which will appear 7 weeks before the start of the Games.

In Men:

- ATP Ranking
- ITF Ranking "Men World Ranking".
- WTN Ranking
- ITF Ranking "Boys Junior World Ranking" – Top 200

In Women:

- WTA Ranking
- ITF Ranking "Women World Ranking".
- WTN ranking
- ITF Ranking "Girls Junior World Ranking" – Top 200

• Direct Acceptance:

- Men's & Women's Singles:
 - 52 players based on the ranking which appears 7 weeks before the Games.
 - 5 places will be allocated to the entered players, who are highly ranked in each of the 5 African zones (1 player per zone) and who are not among the 52 players accepted on the basis of the Ranking which appears 7 weeks before the Games.
 - 5 Wild Cards allocated by the CAT
 - 2 Wild Card for the host country (Ghana) - Men's & Women's Doubles: Men's & Women's Doubles:
 - 32 pairs maximum.
 - All players accepted to participate in the Singles competition will be eligible to compete in the Doubles competition provided that the pairs are composed by players from the same country.

Required Number of Anti-Doping Test

- To be decided by WADA

Maximum Number of Athletes Per Country: 4 Males and 4 Females.

The host country (Ghana) is allowed to have 2 additional places for both Men and Women as Wild cards.

Team Officials: 1 team official per men and 1 team official per Women

Age Range: Senior

EVENT DISCIPLINE AND MEDALS

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	Men's Singles	1	1	2	4
2.	Men's Doubles	2	2	4	8
3.	Men's Team	5	5	5	15
4.	Women's Singles	1	1	2	4
5.	Women's Doubles	2	2	4	8
6.	Women's Team Competition	5	5	5	15
		16	16	22	54

COMPETITION SCHEDULE: 15/03/2024 - 23/03/2024

Friday	15/03	Technical Meeting and Draw for Singles and Doubles Events.
		Individual Competition for Singles Men & Women
Saturday	16/03	Individual Competition for Singles & Doubles Men & Women
Sunday	17/03	Individual Competition for Singles & Doubles Men & Women
Monday	18/03	Individual Competition for Singles & Doubles Men & Women
Tuesday	19/03	Individual Competition for Singles & Doubles Men & Women
Wednesday	20/03	Individual Competition for Singles & Doubles Men & Women
Thursday	21/03	Individual Competition for Singles & Doubles Men & Women
Friday	22/03	Finals of Teams' Competition for Men & Women
Saturday	23/03	Finals & 3rd Place of Teams' Competition for Men & Women



1.6 TRIATHLON



Competition Date: 14/03/2024 - 15/03/2024

Competition Venue: Borteyman Sports Complex

Training Venue: Borteyman Sports Complex

Participation Eligibility: TBC

Maximum Number of Athletes Per Country: 2 Males and 2 Females (*Host nation is permitted 3 per gender*)

Team Officials: 1 male and 1 female coach permitted per NF

Age Range: Minimum age of 16 years for the individual races/Minimum age of 15 years for the mixed relay if added.

EVENT DISCIPLINE AND MEDALS

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	Men	1	1	1	3
2.	Women	1	1	1	3
		2	2	2	6

COMPETITION SCHEDULE:

START TIME	FINISH TIME	CATEGORY	ACTIVITY
08:00	09:00	Elite Women	Athletes Lounge Opens
09:30	10:15	Elite Women	Transition Zone Opens
09:30	10:15	Elite Women	Swim Warm-Up
10:20	10:30	Elite Women	Athlete Line - Up / Introduction
10:30	12:15	Elite Women	RACE STARTS
11:00	12:00	Elite Men	Athletes Lounge Opens
11:30	12:15	Elite Men	Transition Zone Opens
11:30	12:15	Elite Men	Swim Warm-Up
12:20	12:30	Elite Men	Athlete Line - Up / Introduction
12:20	14:15	Elite Men	RACE STARTS
14:30		Elite Women / Men	Medal Ceremonies



1.7 WRESTLING



Competition Date: 09/03/2024 - 11/03/2024

Competition Venue: Hana Hathramani Hall - Accra Sports Stadium

Training Venue: N' Block, University of Ghana -Legon

Participation Eligibility:

- Only NOCs that are members of the ACNOA are entitled to register athletes for these Games.
- Only athletes who comply with the ACNOA Constitution and Rules and its Bye-law are entitled to compete in the Wrestling competition.
- Only athletes who have a valid license are entitled to compete at these Games.

Maximum Number of Athletes Per Country:12 Males and 6 Females

Team Officials: 1 male and 1 female.

Age Range:Wrestling athletes must be above the age of 18 (born on or before 31 December 2006)

EVENT DISCIPLINE AND MEDALS

Men's Freestyle

NO.	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	57kg	1	1	2	4
2	65kg	1	1	2	4
3	74kg	1	1	2	4
4	86kg	1	1	2	4
5	97kg	1	1	2	4
6	125kg	1	1	2	4
Total		6	6	12	24

Men's Greco-Roman

NO.	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	60kg	1	1	2	4
2	67kg	1	1	2	4
3	77kg	1	1	2	4
4	87kg	1	1	2	4
5	97kg	1	1	2	4
6	130kg	1	1	2	4
Total		6	6	12	24

Women's Freestyle

NO.	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	50kg	1	1	2	4
2	53kg	1	1	2	4
3	57kg	1	1	2	4
4	62kg	1	1	2	4
5	68kg	1	1	2	4
6	76kg	1	1	2	4
Total		6	6	12	24

COMPETITION FORMAT

DATE	SESSION	TIME	EVENT	PHASE
09/03/2024	WRE06	07:00-07:30	Men's Greco -	Weigh-in Medical Examination
		10:00-14:00	Roman 60kg	Qualification Repechages
	WRE05		67kg 77kg 87kg 97kg	Bronze Medal Matches, Gold Medal Matches, Award ceremonies
10/03/2024	WRE01	07:00 - 07:30	Men's Freestyle	Weigh-In Medical Examination
		10: 00 - 14 : 00	57 kg 65 kg	Qualification Repechages
			74kg	Bronze Medal
10/03/2024	WRE02	17:00-20:00	86kg 97kg 125kg	Matches, Gold Medal Matches, Award ceremonies

DATE	SESSION	TIME	EVENT	PHASE
10/03/2024		07:00-07:30	Men's Freestyle	Weigh-in Medical Examination
	WRE01	10:00-14:00	57kg 65kg	Qualification Repechages
			74kg	Bronze Medal
	WRE02	17:00-20:00	86kg 97kg 125kg	Matches, Gold Medal Matches, Award ceremonies
11/03/2024	WRE03	07:00-07:30	Women's Freestyle	Weigh-in Medical Examination
		10:00-14:00	50kg 53kg	Qualification Repechages
			57kg	Bronze Medal
	WRE04	17:00-20:00	62kg 68kg	Matches, Gold Medal Matches,
			76kg	Award ceremonies



2.0

NON - OLYMPIC QUALIFYING SPORTS CODES





2.1 ARMWRESTLING



Competition Date: 13/03/2024 - 16/03/2024

Competition Venue: GNAT Hall - Adabraka

Training Venue: University of Ghana Gym, Legon

Participation Eligibility:

Ghana, Egypt, Nigeria, Mali, Senegal, Cameroon, Benin, Sierra Leone, Madagascar, Togo, Ivory Coast, Guinea, Chad and Gabon.

Countries that did not partake in the qualified event (2023 Africa Armwrestling Championship) and wishes to play Armwrestling should also contact the continental federation (AFA) for a wild card (invitational) slot or quota.

Maximum Number of Athletes Per Country: 06 Females and 8 Males

Team Officials: 1 female and 1 male

Age Range: Seniors

EVENT DISCIPLINE AND MEDALS

MEN LEFT AND RIGHT ARM

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	55 kg	2	2	2	6
2.	60 kg	2	2	2	6
3.	65 kg	2	2	2	6
4	75 kg	2	2	2	6
5	85 kg	2	2	2	6
6	90 kg	2	2	2	6
7	100 kg	2	2	2	6
8	+100 kg	2	2	2	6
		16	16	16	48

WOMEN LEFT AND RIGHT ARM

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	55 kg	2	2	2	6
2	60 kg	2	2	2	6
3	65 kg	2	2	2	6
4	70 kg	2	2	2	6
5	80 kg	2	2	2	6
6	+80 kg	2	2	2	6
		12	12	12	36

COMPETITION SCHEDULE

DATE	EVENT/ACTIVITY
13/03/2024	Referee Seminar & Certification
	Arm wrestling Federation of African Congress
14/03/2024	Team Registration and Official Weigh-In
	Technical Meeting (Team Captains Only)
15/03/2024	Opening Ceremony
	Left Arm Battles (Male & Female)
	Finals & Medal Awards
16/03/2024	Right Arm Battles (Male & Female)
	Finals & Medal Awards
	Closing Ceremony



2.2 BEACH VOLLEYBALL



Competition Date: 09/03/2024 - 14/03/2024

Competition Venue: Laboma Beach Resort, Laboma

Training Venue: Legon Beach Volleyball Court - University of Ghana

Participation Eligibility: Double Gender Competition: 21 teams playing in 6 groups of maximum 4 teams per pool

Maximum Number of Athletes Per Country: 21 males and 21 females

Team Officials: 1 male and 1 female

Age Range: Senior

EVENTS DISCIPLINES AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men	3	3	3	9
2.	Women	3	3	3	9
	TOTAL	6	6	6	18

COMPETITION SCHEDULE

DATE	EVENT
Day 1 7/03/24	Arrival of Delegates
Day 2 8/03/24	Preliminary Enquiry and Technical Meeting.

This Competition Format can be used when participating teams are between 18 to 24 teams per gender.

The maximum total number of matches will be 108, comprising of 54 men's and 54 women's matches. The competition will consist of a Preliminary Round, a Lucky-Loser round and a Single Elimination Phase, for both genders and will be as follows;

FIRST PHASE POOL PLAY					
Pool A	Pool B	Pool C	Pool D	Pool E	Pool F
Seed #1	Seed # 2	Seed # 3	Seed # 4	Seed # 5	Seed # 6
Seed #12	Seed # 11	Seed # 10	Seed # 9	Seed # 8	Seed # 7
Seed #13	Seed # 14	Seed # 15	Seed # 16	Seed # 17	Seed #18
			Seed # 21	Seed # 20	Seed #19

The host country team (as per the team's seeding points) will be seeded #1 in Pool A if the team is seeded naturally within the first six (6) teams. Otherwise, the host country team will receive Seed # 6 in Pool F.

Every team will play the three other teams in their pool. The ranking of teams within their pools will be determined by the total number of match points, with the following points awarded per match to each team :

Match won	2 points
Match lost	1 point
Match forfeited	0 points (21-0; 21-0)

In the case of a tie in the pools (match points) at the end of the round robin, the following rules will apply:

Between two teams:

- The team with higher rally points ratio in the matches between all teams in the pool, is ranked higher.
- If a tie still exists, then the winner of head-to-head match is ranked higher.
- Between three teams:
- Teams are ranked by the rally points ratios in the matches between the three tied teams.
- If a tie still exists then the teams still tied are ranked by the rally points ratio between all teams in the pool.
- If a tie still exists then the teams still tied are determined by the tournament seeding established at the General Technical Meeting (the better seed of the tied teams ranked higher, i.e. seed 12 is ranked higher than 13).

The first two ranked teams from each pool, and the best two teams that rank third in their respective pools (first by match points, then by set ratio followed by rally point ratio and lastly by tournament seeding established at the general technical meeting), will advance automatically to the final phase.

The four remaining third-ranked teams in each pool will play a two-match lucky loser round (3rd ranked vs. 6th ranked, while 4th ranked vs. 5th ranked); the two winning teams in the lucky loser round will also qualify for the final phase, making a total of 16 teams.

Round of 16 and Quarter Finals

The “Round of 16” will be played in a single elimination format to qualify eight (8) teams for the quarterfinals. Seeding of the teams after the Preliminary round will be in accordance with regulation below.

Semi-finals

The four (4) winners of the quarterfinals will then advance to the semi-finals.

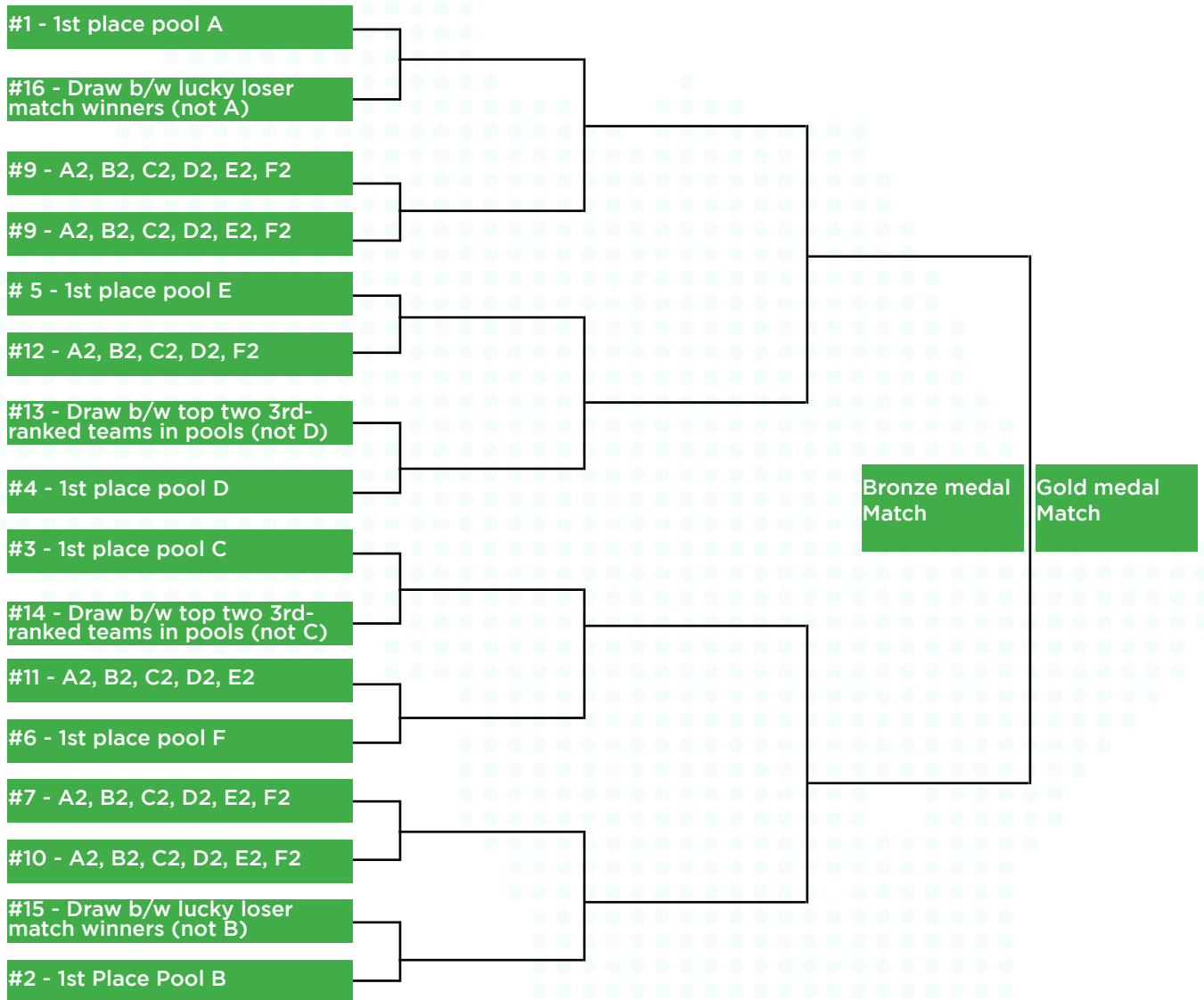
Finals

The winners of the semi-finals will play the gold medal match and the losers will play the bronze medal match.

Note In case there is uneven number of teams in the pools, the criteria to determine the best ranked 3rd team will be by rally points ratio followed by tournament seeding.

Note In case there is uneven number of teams in the pools, the criteria to determine the best ranked 3rd team will be by rally points ratio followed by tournament seeding.

In case there is even number of teams in the pools, the criteria remain the same, i.e., match points, then rally point ratio, then tournament seeding.





2.3 BASKETBALL (3 x 3)



Competition Date: 18/03/2024 - 22/03/2024

Competition Venue: University of Ghana Netball Court - Legon

Training Venue: University of Ghana Basketball Court - Legon

Participation Eligibility: Top 16 African Countries in the world ranking

PARTICIPATION ELIGIBILITY

	MEN	WOMEN
Rank	Federation	Federation
1	Egypt (EGY)	Egypt (EGY)
2	Benin (BEN)	Tunisia (TUN)
3	Tunisia (TUN)	Democratic Republic of the Congo (COD)
4	Democratic Republic of the Congo (COD)	Kenya (KEN)
5	Algeria (ALG)	Benin (BEN)
6	Kenya (KEN)	Uganda (UGA)
7	Uganda (UGA)	Morocco (MAR)
8	Morocco (MAR)	Algeria (ALG)
9	Madagascar (MAD)	Zambia (ZAM)
10	Côte d'Ivoire (CIV)	Madagascar (MAD)
11	Cameroon (CMR)	Botswana (BOT)
12	Rwanda (RWA)	Ghana (GHA)
13	Ghana (GHA)	Mali (MLI)
14	Tanzania (TAN)	Burundi (BDI)
15	Togo (TOG)	Tanzania (TAN)
16	Botswana (BOT)	Togo (TOG)

Maximum Number of Athletes Per Country: 6 Males and 6 Females

Team Officials: 1 team official per 6 Athletes

Training Venue: University of Ghana Basketball Court

Age Range: Under 23

EVENTS DISCIPLINES AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men	6	6	6	18
2.	Women	6	6	6	18
3.	Shoot out contest mixed	1	1	1	3
4.	Dunk Contest	1	1	1	3
	TOTAL	14	14	14	42

COMPETITION SCHEDULE

MONDAY 18TH MARCH

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
03:00 PM	U23 Women	Pool A	Game	EGY	NAM
03:25 PM	U23 Women	Pool A	Game	ALG	MAD
03:50 PM	U23 Women	Pool D	Game	KEN	MLI
04:15 PM	U23 Women	Pool D	Game	COD	GHA
04:40 PM	U23 Men	Pool A	Game	EGY	BOT
05:05 PM	U23 Men	Pool A	Game	MAR	MAD
05:30 PM	U23 Men	Pool D	Game	COD	RWA
05:55 PM	U23 Men	Pool D	Game	ALG	GHA
06:20 PM	U23 Women	Pool A	Game	NAM	MAD
06:45 PM	U23 Women	Pool A	Game	EGY	BOT
07:10 PM	U23 Women	Pool D	Game	KEN	COD
07:35 PM	U23 Women	Pool D	Game	MLI	GHA
08:00 PM	U23 Men	Pool A	Game	BOT	MAD
08:25 PM	U23 Men	Pool A	Game	EGY	MAR
08:50 PM	U23 Men	Pool D	Game	ALG	COD
09:15 PM	U23 Men	Pool D	Game	GHA	RWA

TUESDAY 19TH MARCH

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
03:00 PM	U23 Women	Pool B	Game	TUN	TAN
03:25 PM	U23 Women	Pool B	Game	MAR	ZAM
03:50 PM	U23 Women	Pool C	Game	BEN	BDI
04:15 PM	U23 Women	Pool C	Game	UGA	BOT
04:40 PM	U23 Men	Pool B	Game	BEN	TOG
05:05 PM	U23 Men	Pool B	Game	UGA	CIV
05:30 PM	U23 Men	Pool C	Game	TUN	TAN
05:55 PM	U23 Men	Pool C	Game	KEN	CMR
06:20 PM	U23 Women	Pool B	Game	TAN	ZAM
06:45 PM	U23 Women	Pool B	Game	TUN	MAR
07:10 PM	U23 Women	Pool C	Game	BDI	BOT
07:35 PM	U23 Women	Pool C	Game	BEN	UGA
08:00 PM	U23 Men	Pool B	Game	TOG	CIV
08:25 PM	U23 Men	Pool B	Game	BEN	UGA
08:50 PM	U23 Men	Pool C	Game	TAN	CMR
09:15 PM	U23 Men	Pool C	Game	TUN	KEN

WEDNESDAY 20TH MARCH

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
03:00 PM	U23 Women	Pool C	Game	BOT	BEN
03:25 PM	U23 Women	Pool C	Game	UGA	BDI
03:50 PM	U23 Women	Pool D	Game	COD	MLI
04:15 PM	U23 Women	Pool D	Game	GHA	KEN
04:40 PM	U23 Women	Pool B	Game	MAR	TAN
05:05 PM	U23 Women	Pool B	Game	ZAM	TUN
05:30 PM	U23 Women	Pool A	Game	ALG	NAM
05:55 PM	U23 Women	Pool A	Game	MAD	EGY
06:20 PM	U23 Men	Pool A	Game	MAR	BOT
06:45 PM	U23 Men	Pool A	Game	MAD	EGY

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
07:10 PM	U23 Men	Pool A	Game	UGA	TOG
07:35 PM	U23 Men	Pool B	Game	CIV	BEN
08:00 PM	U23 Men	Pool C	Game	KEN	TAN
08:25 PM	U23 Men	Pool C	Game	CMR	TUN
08:50 PM	U23 Men	Pool D	Game	RWA	ALG
09:15 PM	U23 Men	Pool D	Game	COD	GHA

THURSDAY 21ST MARCH

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
04:00 PM	Shoot out contest Qualification				
05:00 PM	U23 Women	QF	Game		
05:25 PM	U23 Women	QF	Game		
05:50 PM	U23 Women	QF	Game		
06:15 PM	U23 Women	QF	Game		
06:40 PM	U23 Men	QF	Game		
07:05 PM	U23 Men	QF	Game		
07:30 PM	U23 Men	QF	Game		
07:55 PM	U23 Men	QF	Game		

FRIDAY 22ND MARCH

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
04:00 PM	U23 Women	Semi-Final	Game		
04:25 PM	U23 Women	Semi-Final	Game		
04:50 PM	U23 Men	Semi-Final	Game		
05:15 PM	U23 Men	Semi-Final	Game		
05:40 PM	Dunk Contest Qualification				
06:10 PM	U23 Women	3rd Place	Game		
06:35 PM	U23 Men	3rd Place	Game		
07:00 PM	Shoot out contest Final				

TIME	CATEGORY	ROUND	ACTIVITY	TEAM 1	TEAM 2
07:20 PM	Dunk Contest Final				
07:40 PM	U23 Women	Final	Game		
08:05	U23 Men	Final	Game		



2.4 BOXING



Competition Date: 15/03/2024 - 23/03/2024

Competition Venue: Bukom Boxing Arena - Trust Sports Emporium

Training Venue: Bukom Boxing Gym - Trust Sports Emporium

Participation Eligibility: TBC

Maximum Number of Athletes Per Country: 13 Males and 12 Females

Team Officials: Maximum 4 officials.

Age Range: Male boxers aged between 19 and 40 depending on their year of birth (born between 1 January 1984 and 31 December 2005)

.Female Boxers aged between 19 and 40 depending on their year of birth (born between 1 January 1984 and 31 December 2005)

EVENT DISCIPLINE AND MEDALS

MEN

	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	48kg	1	1	2	4
2.	51kg	1	1	2	4
3.	54kg	1	1	2	4
4.	57 kg	1	1	2	4
5.	60kg	1	1	2	4
6.	63.5 kg	1	1	2	4
7.	67 kg	1	1	2	4
8.	71 kg	1	1	2	4
9.	75 kg	1	1	2	4
10.	80kg	1	1	2	4
11.	86 kg	1	1	2	4
12.	92 kg	1	1	2	4
13.	92+ kg	1	1	2	4
	TOTAL	13	13	26	52

WOMEN

	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	48kg	1	1	2	4
2.	50kg	1	1	2	4
3.	52kg	1	1	2	4
4.	54 kg	1	1	2	4
5.	57kg	1	1	2	4
6.	60 kg	1	1	2	4
7.	63 kg	1	1	2	4
8.	66 kg	1	1	2	4
9.	70 kg	1	1	2	4
10.	75 kg	1	1	2	4
11.	81 kg	1	1	2	4
12.	81+ kg	1	1	2	4
	TOTAL	12	12	24	48

COMPETITION SCHEDULE

DATE	EVENTS	TIME	PLACE
8/03/2024	Arrival	All day	Games Village
8-9/03/2024	Accreditation	All Day	Accreditation Centre
10/03/2024	Sports Entry Check - Day 1	09:00 -12:00	
		13:00 - 18:00	
11/03/2024	Sports Entry Check - Day 2	08:00 - 13:00	Bukom Boxing Arena
	Technical Meeting	15:00 - 16:00	Bukom Boxing Arena
	Official Draw	16:00 - 17:00	Bukom Boxing Arena
14-22/03/2024 Except 20th March	Daily Weighing	07:00-08:00	Bukom Boxing Arena
	Preliminaries/Quarter-finals	14:00-18:00	Bukom Boxing Arena
	Photoshoot for the semi-finals	TBD	Bukom Boxing Arena
21/03/2024	Semi - Finals	14:00-1800	Bukom Boxing Arena
22/03/2024	Ceremony/Weighing	11:00 - 12:00	Bukom Boxing Arena
	Finals and award ceremony	17:00	



2.5 CHESS



Competition Date: 08/03/2024 - 12/03/2024

Competition Venue: Alisa Hotel - Accra

Training Venue: Alisa Hotel - Accra

Participation Eligibility:

•

Ghana	Madagascar	Nigeria	Botswana
Egypt	Libya	Burundi	Mozambique
Tunisia	Uganda	Sudan	Sao Tome and Principe
South Africa	Zambia	Angola	Ivory Coast
Zimbabwe	South Sudan	Niger	Senegal
Morocco	Algeria	Mauritania	Kenya

Maximum Number of Athletes Per Country: 2 Males and 2 Females

Team Officials: 1 Male and 1 female

Age Range: Senior

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Mixed Team Rapid Championship	2	2	2	6
2.	Men's Rapid Championship	1	1	1	3
3.	Women's Rapid Championship	1	1	1	3
4.	Mixed Team Blitz Championship	2	2	2	6
5.	Men's Blitz Championship	1	1	1	3
6.	Women's Blitz Championship	1	1	1	3
	Total	8	8	8	24

COMPETITION SCHEDULE

DAY	DATE	TIME		EVENT
		FROM	TO	
Friday	08/03/2024	20:00	20:20	Arrival of Participants
		21:00	21:30	Organising Committee Meeting
		22:00	22:30	Arbiters Technical Meeting Team Captain Technical Meeting
Saturday	09/03/2024	09:45	10:00	Opening Ceremony
		10:20	11:00	Mixed Team Championships Round 1
		11:40	12:20	Mixed Team Championships Round 2
		12:30	13:40	Mixed Team Championships Round 3
		13:50	15:30	Mixed Team Championships Round 4
		16:10	17:50	Mixed Team Championships Round 5
		18:10		Mixed Team Championships Round 6
Sunday	10/03 2024	10:00	11:00	Men's & Women's Rapid Championships Round 1
		11:20	12:20	Men's & Women's Rapid Championships Round 2
		12:40	13:40	Men's & Women's Rapid Championships Round 3
		15:30	16:30	Men's & Women's Rapid Championships Round 4
		16:50	17:50	Men's & Women's Rapid Championships Round 5
		18:10	19:10	Men's & Women's Rapid Championships Round 6
Monday	11/03/2023	10:00	14:00	Individual Blitz Championships Rounds 1-9
		15:30	19:30	Team Blitz Championships Rounds 1-9
		20:00	21:00	Closing Ceremony
Tuesday	12/03/2023			Departure of Participants



2.6 CRICKET



Competition Date: Women's Competition: 07/03/2024 - 13/03/2024

Men's Competition: 17/03/ 20234 - 23/03/2024

Competition Venue: Achimota Cricket Oval - Achimota

Training Venue: Achimota Cricket Oval - Achimota

Participation Eligibility: According ICC criteria

Maximum Number of Athletes Per Country: 15 Males and 15 Females

Team Officials: 5 officials

Age Range: Senior

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	MEN	20	20	20	60
2.	WOMEN	20	20	20	60
	TOTAL	40	40	40	40

COMPETITION SCHEDULE SENIOR WOMEN FIXTURES

GROUP A	GROUP B
South Africa	Zimbabwe
Namibia	Uganda
Tanzania	Kenya
Nigeria	Rwanda

ACHIMOTA 20 OVER CRICKET OVAL			
DATE	ACHIMOTA A	ACHIMOTA B	
Friday Tuesday 5th March	Teams Arrive		
Saturday Wednesday 6th March	Practice/ Captains Shoot/ Team Briefing		
Match Day 1 Sunday 7th March	South Africa vs Namibia	Tanzania vs Nigeria	9:30am
	Uganda vs Kenya	Namibia vs Nigeria	1:50pm
Match Day 2 Thursday 8th March	Tanzania vs South Africa	Rwanda vs Kenya	9:30am
	Zimbabwe vs Uganda	Rwanda vs Kenya	1:50pm
Saturday 9th March			
Match Day 3 Sunday 10th March	Namibia vs Tanzania	Nigeria vs South Africa	9:30am
	Kenya vs Zimbabwe	Rwanda vs Uganda	1:50pm
Match Day 4 Monday 11th March	Semi Final 1 - A1 vs B2		9:30am
	Semi Final 2 - B1 vs A2		1:50pm
Tuesday 12th March			
Match Day 5 Wednesday 13th March		3rd Place Playoff	9:30 am
		Final	1:50 pm
Thursday 14th March	Teams Depart		

SENIOR MEN FIXTURES

GROUP A	GROUP B
South Africa	Namibia
Uganda	Zimbabwe
Kenya	Tanzania
Ghana	Nigeria

ACHIMOTA 20 OVER CRICKET OVAL			
DATE	ACHIMOTA A	ACHIMOTA B	
Friday 15th March	Teams Arrive		
Saturday 16th March	Practice/ Captains Shoot/ Team Briefing		
Match Day 1 Sunday 17th March	Nigeria vs Tanzania	Zimbabwe vs Namibia	9:30am
	South Africa vs Ghana	Kenya vs Uganda	1:50pm
Match Day 2 Monday 18th March	Namibia vs Nigeria	Tanzania vs Zimbabwe	9:30am
	Uganda vs Ghana	South Africa vs Kenya	1:50pm
Tuesday 19th March			
Match Day 3 Wednesday 20th March	Ghana vs Kenya	Uganda vs South Africa	9:30am
	Zimbabwe vs Nigeria	Namibia vs Tanzania	1:50pm
Match Day 4 Thursday 21st March		Semi Final 1 - A1 vs B2	9:30am
		Semi Final 2 - B1 vs A2	1:50pm
Friday 22nd March			
Match Day 5 Saturday 23rd March		3rd Place Playoff	9:30 am
		Final	1:50 pm
Sunday 24th March	Teams Depart		



2.7 FOOTBALL



Competition Date: 08/03/2024 – 22/03/2024

Competition Venue: University of Ghana Sports Stadium - Legon
Accra Sports stadium - Accra
Cape-Coast Sports Stadium. - Cape-Coast

Training Venue: Achimota School Park - Achimota
Presec School Park - Legon
Legon Main Field - University of Ghana

Participation Eligibility:

As decided by the CAF Executive Committee, the participating teams are as follows:

- a. Men's Tournament (Ghana + the 8 countries that reached the quarter- finals of the TotalEnergies U20 AFCON, Egypt 2023) Ghana, Senegal, Gambia, Nigeria, Tunisia, Congo, Uganda, South Sudan, Benin.
- b. Women's Tournament (the last 8 countries that reached the U20 FIFA Women's World Cup 2022 Qualifiers) Ethiopia, Ghana, Uganda, Tanzania, Morocco, Senegal, Cameroon

Required Number of Doping test:

- A doping control will be done on the occasion of each match in conformity with

the regulations of IOC and FIFA and in accordance with the general regulations of the African Games

Maximum Number of Athletes Per Country: 16 Males and 16 Females

Team Officials: 3 Males, 3 Females

Age Range: Under 20

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men	16	16	16	48
2.	Women	16	16	16	48
	TOTAL	32	32	32	96

COMPETITION SCHEDULE: TBC



2.8 HANDBALL



Competition Date: 13/03/2024 - 22/03/2024

Competition Venue: Dome - Borteyman Sports Complex

Training Venue: Dome -Borteyman Sports Complex

Participation Eligibility:

- For the 13th African Games 2023, the participation of the teams is done by direct qualification according to the order of the registrations.
- The African Handball Confederation (CAHB) writes to the member federations to ask for registrations. The member federations address their registration letters to CAHB with copy to COJA Ghana 2023 and confirmed by the highest authority in
- The qualified teams ten (10) teams in men and ten (10) teams in women for the 2023 African Games are respectively: the teams (men and women) of the hosting country.
- The remaining teams (9), according to the order of reception of the registration letters of the member federations. If for any reason a team or teams are not eligible, CAHB has the right to replace it/them in time by a team or teams.

Maximum Number of Athletes Per Country: 16 Males and 16 Females

Team Officials: 3 males and 3 females

Age Range: Senior

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men	22	22	22	66
2.	Women	22	22	22	66
		44	44	44	142

COMPETITION SCHEDULE: TBC



2.9 HOCKEY



Competition Date: 10/03/2024 - 18/03/2024

Competition Venue: Theodosia Okoh Hockey Stadium - Accra

Training Venue: Theodosia Okoh Hockey Stadium - Accra

Participation Eligibility:

Men:

1. South Africa 2. Egypt 3. Ghana 4. Nigeria 5. Kenya 6. Zimbabwe 7. Namibia 8. Zambia
(Reserve 1: Uganda - Reserve 2: Malawi)

Women:

1. South Africa 2. Kenya 3. Nigeria 4. Ghana 5. Egypt 6. Zimbabwe 7. Namibia 8. Zambia
(Reserve 1: Uganda - Reserve 2: Malawi)

- Participating Teams are sent the official invitation to participate by the AfHF secretariat once their qualification is confirmed.
- Teams accept the invitation to participate by replying as indicated in the communication.
- AfHF secretariat informs the Host Nation of the official point of contact of each participating Team as the details become available.
- AfHF secretariat will liaise with FIH to set up the tournament in, their Tournament Management System (TMS) together with the tournament regulations and other relevant tournament documentation
- Teams complete their Team entry no later than two (2) weeks prior to the start of Competition

Required Number of Doping Test : Maximum 20 in total.

Maximum Number of Athletes Per Country: 18 Males and 18 Females

Team Officials: 5 Officials

Age Range: Senior

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men	23	23	23	69
2.	Women	23	23	23	69
	TOTAL	46	46	46	138



2.10 JUDO



Competition Date: 12/03/2024 - 16/03/2024

Competition Venue: Ga-Mashie Hall - Trust Sports Emporium

Training Venue: New N'Block , University of Ghana - Legon

Participation Eligibility:

Any delegate is eligible to inscribe in a competition provided he is:

- Not under a disciplinary suspension.
- Not under suspension for anti-doping rule violation.
- Not under medical suspension.
- Healthy and do not carry any communicable diseases that September risk other delegates' health.
- Sufficient technical knowledge (know the terminology and can execute all the techniques in the
- IJF SOR Appendix H) and understand fully the IJF sport and refereeing rules.
- •The National Federation must be in good standing with the African Judo Union
- •All participating delegates must have a valid IJF card and be inscribed in judobase (www.judobase.org) by their National Federation by the event deadline.
- •Registered in the IJF for the games JUDOBASE Registration deadline 07 March 2024.

- Wearing only IJF approved judogi IJF Official Judogi Supplier.

Required Number of Doping Test:

Doping control will include: Four (4) men and four (4) women chosen by random selection from the medal winners.

Maximum Number of Athletes Per Country:

- 09 judokas Men
- 09 judokas Women

Team Officials: 3 males and 3 females

Age Range: Athletes must be at least 15 years old, i.e. born in 2009.

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	- 60 KG MEN	1	1	2	4
2.	60 - 66KG (HALF-LIGHTWEIGHT) MEN	1	1	2	4
3.	66 - 73KG (LIGHTWEIGHT) MEN	1	1	2	4
4.	73 - 81KG (HALF-MIDDLEWEIGHT) MEN	1	1	2	4
5.	81 - 90KG (MIDDLEWEIGHT) MEN	1	1	2	4
6.	90 - 100KG (HALF-HEAVYWEIGHT) MEN	1	1	2	4
7.	+ 100KG (HEAVYWEIGHT) MEN	1	1	2	4
8.	- 48KG (EXTRA-LIGHTWEIGHT) WOMEN	1	1	2	4
9.	48 - 52KG (HALF-LIGHTWEIGHT) WOMEN	1	1	2	4
10.	52 - 57KG (LIGHTWEIGHT) WOMEN	1	1	2	4
11.	57 - 63KG (HALF-MIDDLEWEIGHT) WOMEN	1	1	2	4
12.	63 - 70KG (MIDDLEWEIGHT) WOMEN	1	1	2	4
13.	70 - 78KG (HALF-HEAVYWEIGHT) WOMEN	1	1	2	4
14.	+ 78KG (HEAVYWEIGHT) WOMEN	1	1	2	4
	Total	14	14	28	56

COMPETITION SCHEDULE

DATE	TIME	EVENT
Tuesday 12/03/2024	14:00 - 20:00	Accreditation Individual
		IJF Referee Seminar
Wednesday, 13/03/2024	09:00 - 12:00	IJF Refereeing Seminar
	13:00 - 15:00	IJF Refereeing Interviews
	08:00 - 12:00	Accreditation Individual
	14:00	Draw
	15:30 - 16:00	Unofficial weigh-in
	16:00 - 16:30	Official weigh-in W: -48 kg, -52 kg, -57 kg, M: -60 kg, -66 kg,
	16:00 - 17:30	Judogi backnumber pre-control
Thursday, 14/03/2024 (Women: -48 kg, -52 kg, -57 kg, Men: -60 kg, -66 kg)	TBC	Eliminations / Repechage / Semi finals
	16:00	Final Block: Bronze Medal Contests, Finals
	15:30 - 16:00	Unofficial weigh-in
	16:00 - 16:30	Official weigh-in: W: -63 kg, -70 kg, M: -73 kg, -81 kg
	16:00 - 17:30	Judogi backnumber pre-control
Friday, 15/03/2024 Woman: -63 kg, -70 kg Men: -73 kg, -81 kg	TBC	Eliminations / Repechage / Semi finals
	16:00	Final Block: Bronze Medal Contests, Finals
	15:30 - 16:00	Unofficial weigh-in
	16:00 - 16:30	Official weigh-in: W: 78 kg, +78 kg, M: -90 kg, -100 kg, +100 kg
	16:00 - 17:30	Judogi backnumber pre-control

DATE	TIME	EVENT
Saturday Woman: -78 kg, +78 kg, Men: -90 kg, -100 kg, +100 kg	10:00	Eliminations / Repechage / Semi finals
	16:00	Final Block: Bronze Medal Contests, Finals
	15:30 - 16:00	Unofficial weigh-in
	16:00 - 16:30	Official weigh-in Mixed Teams W:-57kg,-70kg, +70 kg M: -73kg,-90kg,+90 kg
	16:00 - 17:30	Judogi backnumber pre-control
Sunday,	Mixed Team Event Competition day 4:	Categories: -57 kg, - 73kg, -70 kg, -90kg, +70 kg, +90kg
	Eliminations / Repechage / Semi finals/ Final Block (non-Stop	



2.11 KARATE-DO



Competition Date: 07/03/2024 – 09/03/2024

Competition Venue: Ga-Mashie Hall - Trust Sports Emporium

Training Venue: New N'Block , University of Ghana - Legon

Participation Eligibility:

- All member NOCs of the ANOCA, of which the national karate federation is a member of the UFAK & WKF, will be able to participate in the Karate competition of the 13th African Games Accra 2023.
- Athletes who will participate in competitions must have the nationality of the country they represent and comply with the conditions and regulations of the ANOCA, UFAK and WKF.
- Each NOC can participate in the Karate competition with one (1) athlete per weight category, that is to say, with a maximum of Eighteen (20) participants if participating in all categories.

Maximum Number of Athletes Per Country: 10 Males and 10 Females

Team Officials:

- 1 Official per event
- 1 Official per CNO if male and female athletes' number is less than 4

Age Range:

- Events KATA : 16 years and up
- Events KUMITE: 18 years and up

**EVENT DISCIPLINE AND MEDALS
MEN**

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Kata individual	1	1	2	4
2.	Kata team	4	4	8	16
3.	Kumite -60 kg	1	1	2	4
4.	Kumite -67 kg	1	1	2	4
5.	Kumite -75 kg	1	1	2	4
6.	Kumite -84 kg	1	1	2	4
7.	Kumite +84 kg	1	1	2	4
8.	Kumite team	7	7	14	28
		17	17	34	68

WOMEN

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Kata individual	1	1	2	4
2.	Kata team	4	4	8	16
3.	Kumite -50 kg	1	1	2	4
4.	Kumite -55 kg	1	1	2	4
5.	Kumite -61 kg	1	1	2	4
6.	Kumite -68 kg	1	1	2	4
7.	Kumite +68 kg	1	1	2	4
8.	Kumite team	4	4	8	16
		14	14	28	56

COMPETITION SCHEDULE

DAY	TIME	ACTIVITY
DAY 1, WEDNESDAY 06/03/2024	11:00 - 16:00	Accreditation and Weigh - In
	16:00 - 17:00	Refree Briefing
	18:00 - 19: 00	Coach's Briefing and Draws.
DAY 2 THURSDAY 07/03/2024	9:00 - 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, -68 kg, -61 kg)
		Finals & Medals Ceremony
DAY 3 FRIDAY 09/03/2024	9:00 - 18:00	Elimination & Repechage <ul style="list-style-type: none"> • Kata Individual Female • Team Kata Female • Kumite Individual Male (-60 kg, -67 kg) • Kumite Individual Female (-50, -55 kg)
		Finals & Medals Ceremony
DAY 4 SATURDAY 09/03/2024	10:00 - 18:00	Elimination & Repechages; <ul style="list-style-type: none"> • Kumite Team Female • Kumite Team Male
		Finals & Medals Ceremony



2.12 RUGBY



Competition Date: 18/03/2024 – 22/03/2024

Competition Venue: University of Ghana Rugby Stadium - Legon

Training Venue: University of Ghana Rugby Stadium - Legon

Participation Eligibility: TBC

Maximum Number of Athletes Per Country: 24 Males and 24 Females

Team Officials: 3 males and 3 females

Age Range: Seniors

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men	24	24	24	72
2.	Women	24	24	24	72
		48	48	48	144

COMPETITION SCHEDULE

DATE	ACTIVITY	REMARK
18/03/2024	Administration day	Final verification of documents and match day protocols
19/03/2024	Match Day 1	Match schedule to be confirmed after the draws
20/03/2024	Match Day 2	Match schedule to be confirmed after the draws
21/03/2023	Match Day 3	Match schedule to be confirmed after the draws



2.13 SWIMMING



Competition Date: 09/03/2024 - 13/03/2024

Competition Venue: Borteyman Aquatic Centre - Borteman Sports Complex

Training Venue: Borteyman Aquatic Centre - Borteman Sports Complex

Participation Eligibility:

- All competitors must be citizens of an Africa Aquatics member country and must represent such member country of which the swimmer is a citizen.
- All swimmers shall present to the Africa Aquatics Swimming Technical Committee their individual passports issued by the Authorities of their respective countries to ascertain their nationalities, before the start of the championships, no later than the Team Leaders meeting.
- The member country which the swimmer represents must be a fully paid up bona fide member of Africa Aquatics.
- Member countries that are not fully paid-up bona fide members of Africa Aquatics, shall not be allowed to enter swimmers for any competitions held by Africa Aquatics.
-
- Where a member country fails to pay its subscription fee, such member country will be automatically suspended until fees have been paid in accordance with the rules and regulations of Africa Aquatics.

- If the fees are not paid before the commencement of the Swimming competitions such a defaulting member country will not be affiliated to Africa Aquatics any longer; and will therefore, not be able to enter swimmers for the swimming competition.

Required Number of Doping Tests

- The number of tests to be carried out at any Africa Aquatics event shall be decided by the Africa Aquatics Bureau in collaboration with the Organizing Committee.

Maximum Number of Athletes Per Country:

26 Male swimmers and 26 Female swimmers

Team Officials: : 1 per 10 swimmers with 4 maximum officials. If the swimmers registered are less than 10, it will be one accreditation for officials' men and women.

Age Range: Senior (Over 14 Years)

EVENT DISCIPLINE AND MEDALS MEN

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	50m freestyle	1	1	1	3
2.	100m freestyle	1	1	1	3
3.	200m freestyle	1	1	1	3
4.	400m freestyle	1	1	1	3
5.	800m freestyle	1	1	1	3
6.	1500m freestyle	1	1	1	3
7.	50m backstroke	1	1	1	3
8.	100m backstroke	1	1	1	3
9.	200m backstroke	1	1	1	3
10.	50m breaststroke	1	1	1	3
11.	100m breaststroke	1	1	1	3
12.	200m breaststroke	1	1	1	3
13.	50m butterfly	1	1	1	3
14.	100m butterfly	1	1	1	3
15.	200m butterfly	1	1	1	3
16.	200m individual medley	1	1	1	3
17.	400m individual medley	1	1	1	3
18.	4x100m freestyle relay	4	4	4	12
19.	4x200m freestyle relay	4	4	4	12
		25	25	25	75

WOMEN

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	50m freestyle	1	1	1	3
2.	100m freestyle	1	1	1	3
3.	200m freestyle	1	1	1	3
4.	400m freestyle	1	1	1	3
5.	800m freestyle	1	1	1	3
6.	1500m freestyle	1	1	1	3
7.	50m backstroke	1	1	1	3
8.	100m backstroke	1	1	1	3
9.	200m backstroke	1	1	1	3
10.	50m breaststroke	1	1	1	3
11.	100m breaststroke	1	1	1	3
12.	200m breaststroke	1	1	1	3
13.	50m butterfly	1	1	1	3
14.	100m butterfly	1	1	1	3
15.	200m butterfly	1	1	1	3
16.	200m individual medley	1	1	1	3
17.	400m individual medley	1	1	1	3
18.	4x100m freestyle Relay	4	4	4	12
19.	4x200m Freestyle Relay	4	4	4	12
		25	25	25	75

MIXED

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	4x100m Freestyle Relay	4	4	4	12
2	4x100m Medley Relay	4	4	4	12
		8	8	8	24

COMPETITION SCHEDULE : 09TH - 13TH MARCH 2024

DAY 1

PRELIMINARIES 10:00			FINALS 17:00		
Event N°	Event	Gender	Event N°	Event	Gender
1	100m Freestyle	Women	1	100m Freestyle	Women
2	100m Freestyle	Men	2	100m Freestyle	Men
3	200m Butterfly	Women	3	200m Butterfly	Women
4	200m Butterfly	Men	4	200m Butterfly	Men
5	1500m Freestyle Timed Finals	Women	5	1500m Freestyle Timed Finals	Women
6	800m Freestyle Timed Finals	Men	6	800m Freestyle Timed Finals	Men
7	4x100m Free Relay	Mixed	7	4x100m Free Relay	Mixed

DAY 2

PRELIMINARIES 10:00			FINALS 17:00		
Event N°	Event	Gender	Event N°	Event	Gender
8	200m Freestyle	Women	8	200m Freestyle	Women
8	200m Freestyle	Men	8	200m Freestyle	Men
10	100m Breaststroke	Women	10	100m Breaststroke	Women
11	100m Breaststroke	Men	11	100m Breaststroke	Men
12	50m Butterfly	Women	12	50m Butterfly	Women
13	50m Butterfly	Men	13	50m Butterfly	Men
14	200m Backstroke	Women	14	200m Backstroke	Women
15	200m Backstroke	Men	15	200m Backstroke	Men
16	4 x 100 Medley Relay	Mixed	16	4 x 100 Medley relay	Mixed

DAY 3

PRELIMINARIES 10:00			FINALS 17:00		
Event N°	Event	Gender	Event N°	Event	Gender
17	400m Freestyle	Women	17	400m Freestyle	Women
18	400m Freestyle	Men	18	400m Freestyle	Men
19	100m Butterfly	Women	19	100m Butterfly	Women
20	100m Butterfly	Men	20	100m Butterfly	Men
21	200m Breaststroke	Women	21	200m Breaststroke	Women
22	200m Breaststroke	Men	22	200m Breaststroke	Men
23	50m Backstroke	Women	23	50m Backstroke	Women
24	50m Backstroke	Men	24	50m Backstroke	Men
25	4x200m Free Relay	Women	25	4x200m Free Relay	Women
26	4x200m Free Relay	Men	26	4x200m Free Relay	Men

DAY 4

PRELIMINARIES 10:00			FINALS 17:00		
Event N°	Event	Gender	Event N°	Event	Gender
27	400m IM	Women	27	400m IM	Women
28	400m IM	Men	28	400m IM	Men
29	100m Backstroke	Women	29	100m Backstroke	Women
30	100m Backstroke	Men	30	100m Backstroke	Men
31	50m Breaststroke	Women	31	50m Breaststroke	Women
32	50m Breaststroke	Men	32	50m Breaststroke	Men
33	4x100m Free Relay	Women	33	4x100m Free Relay	Women
34	4x100m Free Relay	Men	34	4x100m Free Relay	Men

DAY 5

PRELIMINARIES 10:00			FINALS 17:00		
Event N°	Event	Gender	Event N°	Event	Gender
35	50m Freestyle	Women	35	50m Freestyle	Women
36	50m Freestyle	Men	36	50m Freestyle	Men
37	200m Ind. Medley	Women	37	200m Ind. Medley	Women
38	200m Ind. Medley	Men	38	200m Ind. Medley	Men
39	800m Freestyle Timed Finals	Women	39	800m Freestyle Timed Finals	Women
40	1500m Freestyle Timed Finals	Men	40	1500m Freestyle Timed Finals	Men
41	4x100m Medley Relay	Women	41	4x100m Medley Relay	Women
42	4x100m Free Relay	Men	42	4x100m Free Relay	Men



2.14 TAEKWONDO



Competition Date: 17/03/2024 - 22/03/2024

Competition Venue: Ga Mashie Hall - Trust Sports Emporium

Training Venue: Ga Mashie Hall - Trust Sports Emporium

Participation Eligibility:

1. Holder of the nationality of the pertinent participating MNAs.
2. Member of the National team and recommended by the pertinent participating MNAs recognized by the African Taekwondo Union and the World Taekwondo.
3. Holder of Kukkiwon Dan certificate .
4. Holder of a valid 2024 WT athlete Global license;
5. Athletes must be aged 17 year or older. Juniors born in 2007 can compete as a senior (between January to December 2007 or before 2007). For athletes under 18 years, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

Maximum Number of Athletes Per Country:

- KYORUGI individual: 8 Males & 8 Females
- KYORUGI mixed gender team: 3 Males & 3 Females
- Recognized POOMSAE individual: 2 Males & 2 Females
- Freestyle POOMSAE individual: 1 Male & 1 Female
- Recognized POOMSAE team under 30: 3 males & 3 Females

Team Officials:

POSITION	MAX. NO. OF MEMBERS	
	MALE	FEMALE
HEAD OF TEAM	1	
MANAGER	1	
COACH	2	2
TRAINER	1	1
TEAM MEDICAL DOCTOR	1	1

Age Range: Athletes must be aged 17 year or older. Juniors born in 2007 can compete as a senior (between January to December 2007 or before 2007). For athletes under 18 years, a written consent must be submitted (please find enclosed on the last pages) at the registration, signed by one of the parents or legal guardians, accepting their participation and all parts of the official invitation.

EVENT DISCIPLINE AND MEDALS

NO	EVENTS			GOLD	SILVER	BRONZE	TOTAL
1.	Recognized Poomsae	Individual	Male Under 30	1	1	2	4
2.			Female Under 30	1	1	2	4
3.			Male under 40	1	1	2	4
4.			Female under 40	1	1	2	4
5.		Team	Male under 30	3	3	3	9
6.			Female under 30	3	3	3	9
7.	Freestyle Poomsae	Individual	Male Over 17	1	1	2	4
8.			Female Over 17	1	1	2	4
9.	Kyorugi	Individual	Male	8	8	16	32
10.			Female	8	8	16	32
11.		Mixed Team	Mixed gender team	6	6	6	18
TOTAL				34	34	56	124

COMPETITION SCHEDULE

COMPETITION DAYS	RANDOM WEIGH-IN	DISCIPLINE	EVENT
DAY 1 17/03/2024	AT 8:00	Kyorugi	Males (-54kg, -63kg & -74Kg) & Females (-46kg, -53kg & -62kg)
DAY 2 18/04/2024	START 9:00		Males (-58kg, -68kg, -87kg) & Females (-57kg, -73 Kg)
DAY 3 19/04/2024	BREAK 13:00 - 14:00		Males (-80kg & +87kg) Females (-49kg, -67kg & +73kg)
DAY 4 20/04/2024	END 20:00		Mixed gender team
DAY 5 21/03/2024		Recognized Poomsae	Male Under 30, Male Under 40, Female Under 30 & Female Under 40
Day 6 22/03/2024		Freestyle Poomsae	Male Over 17 & Female Over 17
		Recognized Poomsae Team	Team Male Under 30 & Team Female Under 30



2.15 VOLLEYBALL



Competition Date: 12/03/2024 - 23/03/2024

Competition Venue: Multipurpose Hall - Borteyman Sports Complex

Training Venue: Multipurpose Hall - Borteyman Sports Complex

Participation Eligibility:

At The CAVB Board of Administration is empowered to grant direct qualification for a NF to participate in the African Games at the request of the CAVB Executive Committee.

Qualification tournaments shall be organised in each of the 7 Zones.

After the qualification tournament, the following twelve (12) teams for both genders shall qualify to participate in the African Games:

- a) The Host country, in this case Ghana.
- b) Eleven (11) teams qualified through Zonal Qualification Championships as follows;

Zone 1- 1 team - Winner

Zone 2 - 2 teams - Winner and Second Team

Zone 3 - 1 team - Winner

Zone 4 - 2 teams - Winner and Second Team

Zone 5 - 2 teams - Winner and Second Team

Zone 6 - 2 teams - Winner and Second Team

Zone 7 - 1 team - Winner

Required Number of Doping Test:

Doping control will include: Four (4) men and four (4) women chosen by random selection from the medal winners.

Maximum Number of Athletes Per Country: 16 Males and 16 Females

Team Officials: 3 males and 3 females

Age Range: Senior

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	Men	16	16	16	48
2	Women	16	16	16	48
3	TOTAL	32	32	32	96

**COMPETITION SCHEDULE
MEN**

DATE	EVENT
Day 1 10/03/24	Arrival of Delegates
Day 2 11/03/24	Preliminary Enquiry and Technical Meeting.

Preliminary Round Matches

DATE	HALL	GROUP A			GROUP B		
		MATCH No.	TIME	MATCHES	MATCH No.	TIME	MATCHES
DAY 3 12/03/24	1	1	09:00	A1 vs A4	3	11:00	B1 vs B4
	2	2	09:00	A2 vs A3	4	11:00	B2 vs B3
DAY 5 14/03/24	1	9	16:00	A4 vs A3	11	14:00	B4 vs B3
	2	10	16:00	A1 vs A2	12	14:00	B1 vs B2
DAY 7 15/03/24	1	17	11:00	A2 vs A4	19	09:00	B2 vs B4
	2	18	11:00	A3 vs A1	20	09:00	B3 vs B1

DATE	HALL	GROUP C			GROUP D		
		MATCH No.	TIME	MATCHES	MATCH No.	TIME	MATCHES
DAY 3 12/03/24	1	5	14:00	C1 vs C4	7	16:00	D1 vs D4
	2	6	14:00	C2 vs C3	8	16:00	D2 vs D3
DAY 5 14/03/24	1	13	09:00	C4 vs C3	15	11:00	D4 vs D3
	2	14	09:00	C1 vs C2	16	11:00	D1 vs D2
DAY 7 15/03/24	1	21	16:00	C2 vs C4	23	14:00	D2 vs D4
	2	22	16:00	C3 vs C1	24	14:00	D2 vs D4

18 MARCH 2024

DAY 9

ROUND OF 16		
MATCH No.	HALL	MATCHES
25	1	A1 vs C4
26	2	D2 vs B3
27	1	C1 vs A4
28	2	B2 vs D32
29	1	D1 VS B4
30	2	A2 vs C3
31	1	B1 vs D4
32	2	C2 vs A3

20 MARCH 2024

DAY 11

QUARTERFINAL POSITION 1- 8		
MATCH No.	HALL	MATCHES
33	1	Winner match 25 vs Winner match 26
34	1	Winner match 27 vs Winner match 28
35	1	Winner match 29 vs Winner match 30
36	1	Winner match 31 vs Winner match 32

22 MARCH 2024

DAY 13

QUARTERFINAL POSITION 1- 8		
MATCH No.	HALL	MATCHES
37	1	Winner match 33 vs Winner match 34
38	1	Winner match 35 vs Winner match 36

PLAYOFF POSITION 5 - 8		
MATCH No.	HALL	MATCHES
49	2	Loser match 33 vs Loser match 34
40	2	Loser match 35 vs Loser match 36

23 MARCH 2024

DAY 14

FINALS POSITION 5 - 8		
MATCH No.	HALL	MATCHES
41	2	Loser match 39 vs Loser match 40
42	2	Winner match 39 vs Winner match 40

FINALS POSITION 3 - 4		
MATCH No.	HALL	MATCHES
43	1	Loser match 37 vs Loser match 38

FINALS POSITION 3 - 4		
MATCH No.	HALL	MATCHES
44	1	Winner match 37 vs Winner match 38

WOMEN

Preliminary Round Matches

DATE	HALL	GROUP A			GROUP B		
		MATCH No.	TIME	MATCHES	MATCH No.	TIME	MATCHES
DAY 4 13/03/24	1	1	09:00	A1 vs A4	3	11:00	B1 vs B4
	2	2	09:00	A2 vs A3	4	11:00	B2 vs B3
DAY 6 15/03/24	1	9	16:00	A4 vs A3	11	14:00	B4 vs B3
	2	10	16:00	A1 vs A2	12	14:00	B1 vs B2
DAY 8 17/03/24	1	17	11:00	A2 vs A4	19	09:00	B2 vs B4
	2	18	11:00	A3 vs A1	20	09:00	B3 vs B1

DATE	HALL	GROUP C			GROUP D		
		MATCH No.	TIME	MATCHES	MATCH No.	TIME	MATCHES
DAY 4 12/03/24	1	5	14:00	C1 vs C4	7	16:00	D1 vs D4
	2	6	14:00	C2 vs C3	8	16:00	D2 vs D3
DAY 6 14/03/24	1	13	09:00	C4 vs C3	15	11:00	D4 vs D3
	2	14	09:00	C1 vs C2	16	11:00	D1 vs D2
DAY 8 15/03/24	1	21	16:00	C2 vs C4	23	14:00	D2 vs D4
	2	22	16:00	C3 vs C1	24	14:00	D2 vs D4

DAY 9

19 MARCH 2024

ROUND OF 16		
MATCH No.	HALL	MATCHES
25	1	A1 vs C4
26	2	D2 vs B3
27	1	C1 vs A4
28	2	B2 vs D3
29	1	D1 vs B4
30	2	A2 vs C3
31	1	B1 vs D4
32	2	C2 vs A3

21 MARCH 2024

DAY 12

QUARTERFINAL POSITION 1- 8		
MATCH No.	HALL	MATCHES
33	1	Winner match 25 vs Winner match 26
34	1	Winner match 27 vs Winner match 28
35	1	Winner match 29 vs Winner match 30
36	1	Winner match 31 vs Winner match 32

22 MARCH 2024

DAY 13

QUARTERFINAL POSITION 1- 8		
MATCH No.	HALL	MATCHES
37	1	Winner match 33 vs Winner match 34
38	1	Winner match 35 vs Winner match 36

PLAYOFF POSITION 5 - 8		
MATCH No.	HALL	MATCHES
49	2	Loser match 33 vs Loser match 34
40	2	Loser match 35 vs Loser match 36

23 MARCH 2024

DAY 14

FINALS POSITION 5 - 8		
MATCH No.	HALL	MATCHES
41	2	Loser match 39 vs Loser match 40
42	2	Winner match 39 vs Winner match 40

FINALS POSITION 3 - 4		
MATCH No.	HALL	MATCHES
43	1	Loser match 37 vs Loser match 38

FINALS POSITION 3 - 4		
MATCH No.	HALL	MATCHES
44	1	Winner match 37 vs Winner match 38



2.16 WEIGHTLIFTING



Competition Date: 09/03/2024 - 15/03/2024

Competition Venue: GCB Hall, University of Ghana - Legon

Training Venue: University of Ghana Central Cafeteria - Legon

Participation Eligibility:

- According to IWF Technical and Competition Rules & Regulations, the athletes born in 2009 or earlier have the eligibility to participate.
- All athletes must hold the citizenship of the country they represent. In case of objections, the National Olympic Committee concerned must provide proof of citizenship. 5.3 The passport is considered as the sole official document to prove the age and eligibility of the athlete.
- An athlete who does not comply with this provision is not eligible to compete at the WFA event.
- If you have any problems submitting your whereabouts, please contact immediately the ITA on their following email address iwf@ita.sport.
- Only IWF Member Federations or their competitors that have no arrears towards the IWF and WFA are eligible to participate.

Required Number of Doping Test:

Maximum Number of Athletes Per Country: A Maximum of ten (10) men and ten (10) women could be registered plus two (2) reserves for each gender from the long list, but the short list a maximum of six for each gender from the Long List, but during the verification of final enteries each country can only register six (6) men and six (6) women sebiior competitors as a final entry without any reserves. The participating athletes from each team must be spread amongst the bodyweight categories amongst the bodyweight categories with a maximum of one (1) athlete per Category

Team Officials: 2 team officials per men and 2 team Officials per women

Age Range: Senior

EVENT DISCIPLINE AND MEDALS MALE

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	55kg Men	3	3	3	9
2.	61kg Men	3	3	3	9
3.	67kg Men	3	3	3	9
4.	73kg Men	3	3	3	9
5.	81kg Men	3	3	3	9
6.	89kg Men	3	3	3	9
7.	96kg Men	3	3	3	9
8.	102kg Men	3	3	3	9
9.	109kg Men	3	3	3	9
10.	+109kg Men	3	3	3	9
	TOTAL	30	30	30	90

FEMALE

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	45kg Women	3	3	3	9
2.	49kg Women	3	3	3	9
3.	55kg Women	3	3	3	9
4.	59kg Women	3	3	3	9
5.	64kg Women	3	3	3	9
6.	71kg Women	3	3	3	9
7.	76kg Women	3	3	3	9
8.	81kg Women	3	3	3	9
9.	87kg Women	3	3	3	9
10.	+87kg Women	3	3	3	9
	TOTAL	30	30	30	90

COMPETITION SCHEDULE :

DAY	TIME	EVENTS	GENDER
1st day 09/03/2024	10:00	Meeting of Verification of Final Entries and Technical Officials' meeting	Men & Women
2nd day 10/03/2024	11:00 14:00 17:00	Competition Cat. 45 Kg Competition Cat. 49 Kg Competition Cat. 55 Kg	Women Women Men
3rd day 11/03/2024	11:00 14:00 17:00	Competition Cat. 55 Kg Competition Cat. 61 Kg Competition Cat. 67 Kg	Women Men Men
4th day 12/03/2024	11:00 14:00 17:00	Competition Cat. 59 Kg Competition Cat. 64 Kg Competition Cat. 73 Kg	Women Women Men
5th day 13/03/2024	11:00 14:00 17:00	Competition Cat. 71 Kg Competition Cat. 81 Kg Competition Cat. 89 Kg	Women Men Men
6th day 14/03/2024	11:00 14:00 17:00	Competition Cat. 76 Kg Competition Cat. 81 Kg Competition Cat. 96 Kg	Women Women Men
7th day 15/03/2024	11:00 14:00 17:00	Competition Cat. 102 Kg Competition Cat. 87 & +87 Kg Competition Cat. 109 & +109 Kg	Men Women Men



3.0

DEMONSTRATION SPORTS





3.1 E-SPORT



Competition Date: 17/03/2024 - 19/03/2024

Competition Venue: TBC

Training Venue: TBC

Participation Eligibility: TBC

Maximum Number of Athletes Per Country:TBC

Team Officials: TBC

Age Range: TBC

Events Disciplines and Medals: TBC

Competition Schedule: TBC



3.2 MIXED MARTIAL ART



Competition Date: 10/03/2024 - 12/03/2024

Competition Venue: Bukom Boxing Arena - Trust Sports Emporium

Training Venue: Ga Mashie Gym - Trust Sports Emporium

Participation Eligibility:

- All member NOCs of the ANOCA, of which the national MMA federation is accredited by GAMMA, will be able to participate in the MMA competition of the 13th African Games.
- GAMMA writes to the national federations to ask for registrations. The federations register through the GAMMA database system.
- Athletes who will participate in the competition must have the nationality of the country they represent and comply with the conditions and regulations of GAMMA.
- The athletes will be selected by the National Federations and approved by GAMMA.
- The NOC of the respective country will approve the registration.
- Each federation can participate in the MMA competition with the number of athletes designated by GAMMA.
- A maximum number of 136 athletes, 80 man and 56 women, can take part in the MMA competition.
- All athletes must submit the Athlete's Acknowledgement & Agreement form, which includes the Medical Liability Waiver. Release of Liability must be signed by all team members.
- It is mandatory for all participating athletes to wear the official competition gloves, shin guards, rash guards and shorts.

Required Number of Doping Test: Doping control will be done according the guidelines of the 13th African Games.

Hydrated Weight Testing: Hydrated weight testing will be carried out according to the GAMMA Hydrated Weight Protocol.

Maximum Number of Athletes Per Country: Each federation is allowed to register up to 17 athletes (10 male and 7 female)

Age Range: Athletes must be at least 18 years of age on the day of the tournament. There is no maximum age, but athletes over the age of 40 may be asked for additional medical documents to prove fitness to compete.

EVENT DISCIPLINE AND MEDALS MALE

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	Elite MMA -52,2 KG	1	1	2	4
2.	Elite MMA -56,7 KG	1	1	2	4
3.	Elite MMA -61,2 KG	1	1	2	4
4.	Elite MMA -65,6 KG	1	1	2	4
5.	Elite MMA -70,3 KG	1	1	2	4
6.	Elite MMA -77,1 KG	1	1	2	4
7.	Elite MMA -83,9 KG	1	1	2	4
8.	Elite MMA -93,0 KG	1	1	2	4
9.	Elite MMA -120,2 KG	1	1	2	4
10.	Elite MMA +120,2	1	1	2	4
	Total	10	10	20	40

FEMALE

NO	EVENTS	GOLD	SILVER	BRONZE	TOTAL
1.	Elite MMA -47,6 KG	1	1	2	4
2.	Elite MMA -52,2 KG	1	1	2	4
3.	Elite MMA -56,7 KG	1	1	2	4
4.	Elite MMA -61,2 KG	1	1	2	4
5.	Elite MMA -65,8 KG	1	1	2	4
6.	Elite MMA -72,6 KG	1	1	2	4
7.	Elite MMA +72,6 KG	1	1	2	4
	Total	7	7	14	28
TOTAL NUMBER OF MEDALS		17	17	34	68

COMPETITION SCHEDULE

DATE	TIME	EVENT
FRIDAY 8 MARCH	10:00 - 22:00	Medical Check & hydration Testing
	10:30 - 12:30	TD & ITO Meeting
	16:00 - 22:00	Registration and Weigh-ins
	19:00 - 22:00	Gear Distribution
SATURDAY 9 MARCH	11:20 - 13:00	Tournament Draw and Briefing
	11:30 - 14:00	Referees And Judges Seminar 1
	15:00 - 18:00	Referees And Judges Seminar 1
SUNDAY 10 MARCH	9:00 - 22 : 00	Preliminaries & Quarter Finals
MONDAY 11 MARCH	07:00 - 08:30	Weigh-ins for The Semi-Finals
	16:00 - 22:00	Semi - Finals
TUESDAY 12 MARCH	07:00 - 08:30	Weigh-ins For The Semi - Finals
	15:00 - 17:30	Finals Part 1
	17:30 - 18:00	Award Ceremony Part 1
	18:00 - 20:00	Finals Part 2
	20:00 - 20:30	Award Ceremony Part 2
	20:30 - 21:00	Finals Part 3
	21:00 - 22:30	Award Ceremony Part 3

TOTAL ATTENDEES

DESIGNATION	NUMBER
Athletes	136
Coaches	50
National Team Officials	20
Referees And Judges	30
Gamma Staff	10
Media Team	6
Executive Board (Including President and Director General)	5
VIP	5
TOTAL	262



3.3 PICKLEBALL



Competition Date: 11/03/2024 - 16/03/2024

Competition Venue: UG-Netball Court - Legon

Training Venue: UG-Netball Court - Legon

Participation Eligibility: TBC

Maximum Number of Athletes Per Country: 2 Men, 2 Women
(The host country, Ghana, is allowed to have 2 additional places for both Men and Women as wild cards.)

Team Officials: TBC

Age Range: TBC

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1.	Men Singles	1	1	2	4
2.	Women Singles	1	1	2	4
3.	Men Doubles	2	2	4	8
4.	Women Doubles	2	2	4	8
5.	Mixed Doubles	2	2	4	8
	TOTAL	8	8	16	32

COMPETITION SCHEDULE

Monday	March 11	Men's Singles Eliminations & Women's Singles Eliminations
Tuesday	March 12	Men's Doubles Elimination. Women's Doubles Eliminations
Wednesday	March 13	Mixed Doubles Eliminations & Finals
Thursday	March 14	Men's Singles Finals. Women's Singles Finals. Men's Doubles Finals, Women's Doubles Finals.
Friday	March 15	Global Pickleball Federation Pro players exhibition
Saturday	March 16	Global Pickleball Federation Pro players exhibition Award Ceremonies



3.4 SAMBO



Competition Date: 17/03/2024 - 19/03/2024

Competition Venue: Hana Hathramani Hall - Accra Sports Stadium

Training Venue: Hana Hathramani Hall - Accra Sports Stadium

Participation Eligibility: Any delegate is eligible to inscribe in a competition provided he is:

- Not under a disciplinary suspension.
- Not under suspension for anti-doping rule violation.
- Not under medical suspension.
- Healthy and do not carry any communicable diseases that September risk other delegates' health.
- understand fully the FIAS refereeing rules.
- The National Federation must be in good standing with the African Sambo Confederation
- All participating delegates must have a valid FIAS card and be inscribed in base by their National Federation by the event deadline.
- Registered in the FIAS for the games BASE Registration deadline 07 March 2024.
- Wearing only FIAS approved uniform FIAS Official Supplier.

Maximum Number of Athletes Per Country: 4 Male Athlets and 2 Female Athletes

Team Officials: 1 male, 2 females.

Age Range: Athletes must be at least 18 years old, i.e. born in 2006.

EVENT DISCIPLINE AND MEDALS

NO	EVENT	GOLD	SILVER	BRONZE	TOTAL
1	Sport SAMBO (Men) under 58 kg	1	1	2	4
2	Sport SAMBO (Men) under 79 kg	1	1	2	4
3	Sport SAMBO (Women) under 59 kg	1	1	2	4
4	Sport SAMBO (Women) under 65 kg	1	1	2	4
5	Combat SAMBO (Men) under 64 kg	1	1	2	4
6	Combat SAMBO (Men) under 79 kg	1	1	2	4
TOTAL		6	6	12	24

COMPETITION SCHEDULE

DATE	TIME	EVENT
17/03/2024 Sunday	09:00 - 17:00	Participants registration
	13:00 - 15:00	Referee seminar
	16:00 - 17:00	Technical meeting and draw
	16:30 - 17:30	Unofficial weigh-in
	18:00 - 19:00	Official weigh-in: Sport SAMBO (Men) under 58 kg Sport SAMBO (Women) under 59 kg Combat SAMBO (Men) under 64 kg
18/03/2024 Monday	10:00 - 13:00	Eliminations / Semifinals / Repechage Sport SAMBO (Men) under 58 kg Sport SAMBO (Women) under 59 kg Combat SAMBO (Men) under 64 kg
	13:00 - 14:00	Unofficial weigh-in
	14:00 - 15:00	Official weigh-in: Sport SAMBO (Men) under 79 kg Sport SAMBO (Women) under 65 kg Combat SAMBO (Men) under 79 kg
	16:00 - 17:00	Final Block: Bronze Medal Contests, Finals Sport SAMBO (Men) under 58 kg Sport SAMBO (Women) under 59 kg Combat SAMBO (Men) under 64 kg
	17:00 - 18:00	Awarding ceremony Sport SAMBO (Men) under 58 kg Sport SAMBO (Women) under 59 kg Combat SAMBO (Men) under 64 kg
19/03/2024 Tuesday	10:00 - 13:00	Eliminations / Semifinals / Repechage Sport SAMBO (Men) under 79 kg Sport SAMBO (Women) under 65 kg Combat SAMBO (Men) under 79 kg
	16:00 - 17:00	Final Block: Bronze Medal Contests, Finals Sport SAMBO (Men) under 79 kg Sport SAMBO (Women) under 65 kg Combat SAMBO (Men) under 79 kg
	17:00 - 18:00	Awarding ceremony Sport SAMBO (Men) under 79 kg Sport SAMBO (Women) under 65 kg Combat SAMBO (Men) under 79 kg



3.5 SPEEDBALL



Competition Date: 17/03/2024 - 19/03/2024

Competition Venue: GCB Hall, University of Ghana - Legon

Training Venue: GCB Hall, University of Ghana - Legon

Participation Eligibility: Egypt, Ghana, Libya, Algeria, Chad, Cameroon, Somalia, South Sudan, Mauritania, Kenya, Tunisia, Sudan, Morocco

Maximum Number of Athletes Per Country: 3 males and 3 females

Team Officials: 05 Officials and 2 Competition Committee.

Age Range: TBC

Events Disciplines and Medals:

1. **Singles Play:** Each player plays individually on the apparatus in a race against time to hit the ball and achieve the highest number of points in four different positions (using the right hand, left hand, both hands in front of the racket, and both hands behind the racket)
2. **Mixed Relay Play:** A team competition consisting of four players (2 males and 2 females) against time
3. **Fastest Male and Female Player Competition:** This competition is a race against time where players compete to score the highest number of hits within a designated.)1 time frame 1 minute playing time, 1 minute rest time, four rounds)
4. **Individual Men and Women Competition:** It is a player versus player or player versus player match. The competing players stand in the middle of their respective designated courts with a neutral zone separating them. The players take turns hitting the ball in the opposite direction of their opponent
5. **Mixed Doubles Competition:** Each team consists of a male and a female player Each player stands facing the opposing team on opposite sides of the court, with a neutral zone separating them. Each player takes turns serving until the end of the match

COMPETITION SCHEDULE

SCHEDULE	ACTIVITY
Day 1	Reception and Meetings
Day 2	Individual and Team Relay Competitions, Solo Fastest Player Competition, and preliminary rounds for Individual and Mixed Doubles. Distribution of medals for completed competitions
Day 3	Completion of remaining competitions until the finals Distribution of medals to players and cups and shields to countries.
Day 4	Departure of all teams

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