

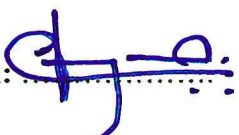
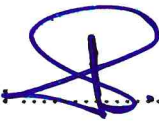
SOUTH EASTERN KENYA UNIVERSITY

SPORTS AND GAMES POLICY

DECEMBER 2025

DOCUMENT APPROVAL FORM

SEKU – ISO 9001:2015 QUALITY MANAGEMENT SYSTEMS		
ISSUE FOR USE ON:	SPORTS AND GAMES POLICY	REF:SEKU/CS/POL/xxx

Approved by: Prof. Francis N. Wachira Management Representative	Sign: 	Date: 28.4.2026
Authorized by: Prof. Eng. Douglas Shitanda Vice Chancellor	Sign: 	Date: 28/04/2026

The Mandate, Vision, Mission, Values and Philosophy

- (1) **Mandate:** The core mandate of the University is research, teaching and learning, community service, innovation and commercialization.
- (2) **Vision:** A globally competitive Centre of Excellence in Research, Teaching and Learning, Community Service, Innovation and Commercialization.
- (3) **Mission:** To provide quality education through research, teaching, extension, innovation and entrepreneurship with emphasis on food and nutrition security, health, engineering and technology, environment and natural resources management for sustainable development.
- (4) **Values:** In order to achieve the vision and mission, we will be guided by the following core values:

(a) Patriotism:

The University shall motivate its employees to serve all customers with patriotism and encourage them to defend its image of at all times.

(b) Professionalism:

The University shall promote and uphold utmost professionalism in service delivery.

(c) Democracy and good governance:

The University shall ensure that democracy and good governance principles are adhered to in all its operations.

(d) Innovation:

The University shall provide a conducive environment that promotes innovativeness.

(e) Integrity, transparency and accountability:

The University shall ensure that staff provide services to its customers with integrity, honesty, transparency and accountability

(f) Inclusivity, equity and equality:

The University shall inclusivity, equity and equality are mainstreamed in all its functions.

(g) Freedom of thought:

The University shall create and promote an environment that fosters inclusivity, adaptability and freedom of thought.

(h) Teamwork:

The University shall encourage teamwork amongst its staff for enhancement of overall goal achievement.

(i) Sustainability:

The University shall ensure sustainability in its operations by ensuring prudent utilization of its physical, financial and human capital resources.

(5) Philosophy: Arid to greenTransforming lives

PREFACE

The University Council is committed to promote quality education and sports activities among students according to the Kenya Sports Act 2013 and the SEKU Statutes Section 10 (3) and Section 4 (i). This Policy is timely as it will enable the University Council to fulfil its oversight responsibilities to the University sports activities. We note that the policy will allow the University to develop a tradition of maintaining high standards in the provision of quality sports to our students. The policy would also assist the University to comply with the standards and guidelines of sports activities in institutions of higher learning. I urge that every effort be made to ensure that the provisions of this policy are fully implemented by the entire university community. It is through concerted effort of all staff in the University that SEKU will be able to provide an enabling environment for sports activities to thrive.

Prof. Crispus Kiamba, Ph. D

Chairman of Council

FOREWORD

The South Eastern Kenya University (SEKU) was granted a Charter on 1st March 2013. The University's main objectives and functions as outlined in its Charter are to play a leading role in the development and expansion of the opportunities for higher education and research in agriculture, forestry, mining, energy, water and environmental sciences with a special focus on ASALs. SEKU is committed to Academic Quality provision and transforming lives as in its motto 'Arid to Green Transforming Lives.' This policy is therefore a guide to the implementation of the sports and games activities. The Policy has adopted best and clarifies the roles of the parties involved. The Policy will provide the basis for internal processes, procedures, safety, and management of sports and games in overall. The Policy will establish mechanisms of ensuring that it is updated from time to time to make sure it is consistent with the emerging trends in higher education sector, not only in Kenya, but also at regional and global levels. I urge all academic staff in the University, particularly Deans of Schools, Directors of Institutes and Chairmen of Departments to fully familiarize themselves with the provisions of this Policy and ensure it is implemented



Prof. Douglas Shitanda, PhD

Vice Chancellor

ABBREVIATIONS AND ACRONYMS

AK	Athletics Kenya
CEKUSA	Central Kenya University Sport Association
CPR	Cardiopulmonary Resuscitation
CUE	Commission for University Education
EAUSF	East Africa University Sports Federation
FASU	Federation for African University sports
FISU	Federation for African Universities Sports
KUSA	Kenya University Sports Federation
SEKU	South Eastern Kenya University Sports
VCAF	Volunteer Coach Application Form

DEFINITION OF TERMS

- Coach:** A person who has the expertise or skill to train and prepare a team or a member to participate and compete in a particular sport.
- First aider:** This is an individual who responds to emergencies and addresses the injury in the first instance.
- Sports officer:** Organizes sports sessions, training and activities for team members or sports people to participate.

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1.0 INTRODUCTION

1.1 Background

Sports and physical activity play a vital role in fostering holistic development within the South Eastern Kenya University (SEKU) community. Recognizing the power of sports to promote discipline, teamwork, integrity, and personal well-being, the University is committed to providing an environment where students and staff can engage in diverse sporting activities that enhance their physical, mental, and social growth. This policy guides the planning, organization, and management of sports programs to ensure inclusivity, fairness, and excellence across all levels of participation.

SEKU further acknowledges sports as an essential component of institutional culture and a platform for nurturing talent, strengthening community engagement, and advancing national and international competitiveness. Through well-structured systems, adequate resource allocation, and supportive governance, the University seeks to create opportunities for athletes to excel, uphold high ethical standards, and represent SEKU with pride. This policy therefore establishes a framework that promotes sustainable sports development in alignment with the University's mission and values.

1.2 Rationale for the Sports Policy

Sports and games form an integral part of human physical health and is an important tool for health and sound development. While the primary functions of the University are teaching, research and extension services, it is pertinent to recognize the value of sports and games in promoting competitive spirit, good fellowship, good health and well-being of students and staff of South Eastern Kenya University therefore commits itself to promote a variety of competitive sports and games activities and encourage students and staff to participate in these activities.

The policy therefore offers guidelines for the conduct of teams, regulation of sports, athletics, games and related activities at South Eastern Kenya University, inter-varsity, county, national and international level as well as formulate procedures for selection of university teams.

1.3 Objectives of the Policy

The policy objectives are to:

- (1) Develop capabilities in students that can lead to extension of career opportunities.
- (2) Enable students and staff to exercise responsibility and leadership skills.
- (3) Promote sound physical and mental health.
- (4) Collaboration with other sports organizations and relevant institutions
- (5) Participate in organized games and sports activities.
- (6) Uphold values of fair play, respect, teamwork, and sportsmanship.

1.4 Scope of the Policy

The sports policy covers all the sports, athletics, games and related programs that South Eastern Kenya University students and staff participate in.

1.4.1 Sports Leagues

The sports and games are organized and not limited to the following leagues:

- (1) International Federation for Universities Sports (FISU)
- (2) Federation for African University Sports (FASU)
- (3) Federation for Eastern Africa University Sports (FEAUS)
- (4) Kenya Universities Sports Association (KUSA)
- (5) Athletics Kenya Universities (AK Universities)
- (6) Kenya Universities Sports Federation (Central Conference)
- (7) Kenya National Leagues
- (8) County Leagues
- (9) Friendly Matches
- (10) Inter-Faculty Games
- (11) Inter-Campus Games
- (12) Culture week Games.

1.4.2 Sports Disciplines

Not limited to...

- (1) Field sports
 - (a) Football Men and Women
 - (b) Basketball Men and Women
 - (c) Netball Men and Women
 - (d) Tennis Men and Women
 - (e) Rugby Men and Women
 - (f) Athletics Men and Women
 - (g) Volleyball Men and Women
 - (h) Hockey Men and Women
 - (i) Handball Men and Women
 - (j) Roll ball Men and Women
 - (k) Swimming Men and Women
 - (l) Softball Men and Women

- (2) Indoor sports
 - (a) Tae Kwon Do Men and Women
 - (b) Karate Men and Women
 - (c) Chess Men and Women
 - (d) Scrabble Men and Women
 - (e) Darts Men and Women
 - (f) Pool Men and Women
 - (g) Table Tennis Men and women
 - (h) Badminton Men and Women
 - (i) Siting Volleyball Men and Women
 - (j) Floor ball Men and Women
 - (k) Wood ball Men and Women

- (3) Athletics including: track events, marathon and related sports.

2.0 POLICY STATEMENT AND LEGAL FRAMEWORK

2.1 Policy Statement

The purpose is to ensure the proper and professional management of the sport activities and teams. The policy ensures that all students and staff who are interested in participating in sports and games activities are given a fair opportunity to do so. It further seeks to govern the conduct of sports teams and its members.

2.2 Legal Framework

This Policy shall be implemented in compliance with all applicable laws, regulations, and other relevant University policies.

This Policy was prepared in consideration with key legislations, standards and regulations such:

- (1) The Constitution of Kenya, 2010: Article 27 clause four (4), article 43, article 53 (persons with disability),
- (2) The sports Act 2013
- (3) The SEKU Statutes.
- (4) The SEKU Student Handbook
- (5) Relevant SEKU policies: Alcohol Drug Abuse Control Policy; Gender Mainstreaming Policy; and Disability Mainstreaming Policy.

3.0 GOVERNANCE AND IMPLEMENTATION

3.1 Implementation of the Policy

- (1) The sports section under the office of Dean of Students shall oversee the implementation of the University's sports and games programs.
- (2) The Sports and games section will be responsible for organizing sporting events, managing resources, and ensuring the policy is well implemented.

3.2 Participation in Sports and Games

- (1) Participation in sports activities is voluntary and is be open to both students and staff.

- (2) University sports teams will be selected through trials, tournaments or based on performance in internal competitions.
- (3) Special provisions will be made for students with disabilities/special needs to ensure equal access and participation to sports and games activities.
- (4) No team may restrict its membership on the basis of race, sex, religion, color, nationality or ethnic origin, disability, etc. Qualifications based on gender may be imposed only where necessary to preserve the integral qualification of the particular sporting activity.

3.3 Tournaments and Competitions

- (1) Inter-university sports competitions and tournaments shall be guided as per the KUSA guidelines or the league supporting the particular sport.
- (2) The University will encourage participation in national, or international sports events, with financial and logistical support for outstanding athletes.
- (3) The University shall host sports days, tournaments, and leagues to foster a sense of community.

3.4 Competing Team Selection

The sports section shall manage and regulate team formation.

The students selected to compete on behalf of the University should meet the following requirements:

- (1) Should be below 24 years of age as per the KUSA policy and registered for the semester
- (2) Should be physically and mentally fit
- (3) Be in possession of all the required identification documents
- (4) Shall be in compliance with rules and guidelines of the particular sport.

3.5 Coaching and Training

The following shall be ensured

- (1) Coaching of teams shall take place throughout the academic year for skill development, both for beginners and advanced athletes.

- (2) Training programs shall be organized throughout the academic year, with specific sessions for physical fitness, technique improvement, and tactical development.

3.5.1 Coach Responsibilities

This coach is to train and instruct in the relevant sport he/she is coaching.

- (1) Coaches should ensure that the technical elements of the particular sport are demonstrated before any games are played.
- (2) coaches should ensure that discipline and safety are maintained
- (3) Coaches are not to select players who are guilty of repeated offenses.
- (4) Players under the influence of alcohol or drugs should not be permitted to train or play
- (5) Players using prescription drugs should seek a medical clearance before being allowed to play.
- (6) Players should be physically fit when they are selected to play
- (7) Coaches to ensure that all players are wearing the appropriate clothing, shoes and protective equipment at all times.

3.5.2 The responsibilities of the Team leaders

(1) The Captain

- (a) Serve as a liaison between the team and Sports office.
- (b) Ensure compliance to the University sport policies and operating procedures.
- (c) Maintain a current list of addresses, phone numbers, and emails for the team members.
- (d) Attend or send a representative to Sports Meetings.
- (e) Understand and inform teammates of all departmental rules, guidelines, policies, and procedures
- (f) Inform incoming captains of duties and responsibilities prior to change of officers.
- (g) Check eligibility of all teammates prior to playing the game.
- (h) Check and inform teammates of all schedules, locations, and game times.
- (i) Continuously encourage teammates to show up to the game site 15 minutes before game time.

- (j) Check the scorecard before leaving the playing field to ensure that the final score, player's names, and winners are recorded correctly.
- (k) Set a positive example for teammates by exhibiting an exceptional level of sportsmanship.
- (l) Communicate respectfully and cooperatively with staff in reference to team and player issues before, during, and after the game.

(2) Vice-Captain

- (a) Assist the captain with all responsibilities, and act in his or her place as need may arise.

3.6 Scheduling of Events and Activities

For the purposes of planning, sports schedules and calendars must be submitted at the beginning of each academic year or semester.

In making a schedule, the following procedures must be followed:

- (1) Contests will be scheduled during the academic year/semester.
- (2) Contests will follow the calendar from KUSA
- (3) No contests are to be scheduled during the exam periods.
- (4) Home contests and friendly matches must be cleared due to facility utilization by various University programs (requests must be made one week in advance)
- (5) All commitments and tournaments with other institutions, teams or clubs must be submitted in writing along with the completed schedule.

3.7 Travel

A team may only travel as a representative of the University when authorized by the University management. Authorization will be given only under the following conditions:

- (1) The season schedule is on file and approved
- (2) All necessary forms are on file
- (3) Travel roster presented in advance and should include an attached itinerary.
- (4) The travel dates have to fall on a weekend so as not to interfere with classes.

3.7.1 Transport Facilitation

The University will avail transport to the venues of competition and back for inter-varsity games upon approval. Any transport request must be made seven (7) days before the event for approval. Transport may be provided for friendly matches and league matches upon careful consideration of the same. Friendly matches and open tournaments should be considered as they arise without interfering with the semester schedule and approved competition schedule. League matches should not be more than three in a semester per team.

3.8 Equipment

- (1) While the University provides most equipment for teams and individuals, participants are allowed to have their equipment in dual sports.
- (2) All orders for new equipment's must be made in accordance to the University Procurement Policy
- (3) Individual participants are responsible for providing and using proper footwear.
- (4) Equipment that is issued to participants for use in sports is university property and therefore must be returned at the end of every academic semester.
- (5) Equipment that is lost, or not returned by players or teams will result in surcharging the responsible person.
- (6) Damaged Equipment - Any player who attempts to destroy or damage equipment will be expelled from the game, eliminated from competition and surcharged for the full cost of repairs or replacement.
- (7) Worn out equipment must be returned to the sports office for replacement where necessary.
- (8) Team uniforms, footwear, shin guards should be stored in designated storage areas and NOT with team members.
- (9) Sports equipment and uniforms are to be submitted back to the sports officer upon completion of the sport.

4.0 GENERAL RULES AND REGULATIONS GUIDING TEAMS

- (1) Competitions are limited to registered students and staff of South Eastern Kenya University

- (2) All correspondence with internal University community will be done by the Sport Officer in collaboration with the Dean of Students office.
- (3) No outside transport rental will be considered without university approval.
- (4) All teams are expected to function in a mature and responsible manner, both on and off campus, in all team related activities.
- (5) Sport teams and or individual members of teams may face disciplinary action for inappropriate conduct while on or off campus while participating in any team activity.
- (6) The Sports Section is designed to provide not only sporting activities, but also leadership and social experience.
- (7) Each sport is expected to select a captain and vice-captain. All participants form their own teams and register during the appropriate dates and times.

4.1 Prohibited Conduct and Penalties

(1) Misconducts

The following are some of the misconducts and any other deviations related to the individual sport/games as prescribed by the tournament or league:

- (a) Doping
- (b) Drunkenness and substance abuse
- (c) Rudeness and unruly behavior
- (d) Use of abusive language
- (e) Impersonation and fraud
- (f) Going against league/tournament rules and guidelines.

(2) Penalties

In the event of misconduct one or more of the following disciplinary procedures and penalties will apply:

- (a) Warning
- (b) Suspension from one or more sports/ games
- (c) Suspension from the remainder of the specific season sport/games.
- (d) Suspension from all sports for one calendar year or remainder of the participants' tenure

- (e) Referral to the SEKU disciplinary committee.
- (f) Penalties as laid down by the respective league rules and regulations.

5.0 SAFETY PROCEDURES AND GUIDELINES

The following safety procedures shall apply:

- (1) It is strongly recommended that every team and individual participating in sports practice the safety guidelines for each sport that are provided.
- (2) There shall be periodic inspection of fields, facilities and equipments by sports officers for any repairs and replacements.
- (3) All team members are required to have periodic physical examination prior to participation in sports and games.
- (4) All team members are required to review the emergency and response procedures with the Sport Office at the beginning of every semester and as need may arise.
- (5) Fields and facilities will be inspected for safety prior every practice session, game, or special event. Any unsafe conditions should be reported by team captains to the sports office.
- (6) Unsafe facilities and equipments will not be used for games and sports.
- (7) There shall be at least one member certified in First Aid and CPR available during all sports and games activities.
- (8) Team captains are required to report any injury (s) to the sports officer within 24 hours of any occurrence.

5.1 First Aid and Injuries

The following guidelines shall apply:

- (1) Participation in University sports activities is a voluntary activity and may involve the risk of injury. The University will not accept liability for any injury resulting from participation during sports/games or while using sports equipment of facility
- (2) The students are further required to register with Public Health insurance such as SHA, or have a medical cover under parents' insurance scheme/SHA.
- (3) All students should discuss with the Student Health Service medical staff of any known physical/health problems, which may limit their participation in the sports program.

- (4) All participating teams should have a certified first aid/CPR individual on all activities and trips.
- (5) It is important that immediately an emergency occurs the Sport Officer be informed so that action is taken as soon as possible.
- (6) First aid shall be provided to any injured student in the first instance and the student or staff is referred a nearby health facility for further treatment if need arises.
- (7) In the event students require specialized treatment, the parents take over the responsibility as per the University regulations.

6.0 PUBLICITY

All promotional materials (including entry forms), advertisements used during sports and games activities will require prior approval by the University management.

7.0 PARTICIPATION DURING UNIVERSITY RECESS

If the University is closed for any reason or on semester off, then all intramural activities including sports are rescheduled; unless they are allowed to participate under special conditions upon management approval.

8.0 BUDGET AND FINANCIAL SUPPORT

Budgets should be submitted to the University Budget committee through the Office of the Dean of Students by start of semester and as per Appropriation Budget Committee guidelines. Expenditure shall be as per the approved budget. Purchase of sports items and equipments shall follow the laid down university purchase policy. All allowances will be paid as per the council approved rates.

9.0 CERTIFICATION

Certifications and recommendation letters for the active members will be awarded as confirmed by the sports office.

10. REVIEW OF THE SPORTS POLICY

This policy may be reviewed after every five (5) years or as need may arise.

REFERENCES

- (1) Government of Kenya. (2013). *Sports Act, No. 25 of 2013*. National Council for Law Reporting (Kenya Law).
(Original work amended 2019)
- (2) Government of Kenya, (2010) *Constitution of Kenya*, 2010 Nairobi: Government Printer.
- (3) South Eastern Kenya University Statutes (2022)
- (4) South Eastern Kenya University Student Hand Book (2024)