



The Southeast Regional Ijtema - 2009 Atfal Sports Competitions

Overview

Teams:

- Atlanta – Team Captain (TBD)
- Charlotte – Team Captain (TBD)
- Miami– Team Captain (TBD)
- Orlando – Team Captain (TBD)
- RTP – Team Captain (TBD)
- Tennessee – Team Captain (TBD)

MKA Southeast Region consists of six Majalis. Each Majlis is expected to form a sports team led by the Qaid or the Sehat-e-Jismani Secretary. Each of these teams will compete in different sports to represent their Majlis. Team Captains will adjust the roster based on the sports they compete. If a Majlis doesn't have enough Atfal to form an overall team or team for a specific sport, they can work with other Majlis to form a combined team. This arrangement need top be worked out ahead of time between Qaid of respective Majlis and need to be reported to regional Sehat-e-Jismani Secretary. Advance notice would help building the brackets for each sport. Also, team captain need to be appointed for each tam and reported to regional Sehat-e-Jismani Secretary.



Sports:

The following sports will be conducted at this Southeast Regional Ijtema - 2009 -

- Soccer
- 100M
- Flag Football
- Basketball
- Tug of War

If you want to be able to compete at the National level then you must attend and do well at the Regional Ijtema. Only the winning teams will be allowed to represent their Majlis at the National level. You will be permitted to combine Majalis to form regional teams if necessary.

Brackets:

Brackets for each sport will be distributed weeks before the Ijtema.

Overall Rules and Guidelines

- Games will begin on time. It is the responsibility of team members to be at the right location for their game or they will be disqualified.
- No swearing, cheating, fighting or lying is allowed. It will be the referees' responsibility to eject players for violating these rules as needed. Please note that if a Tifl is ejected, there will be no replacement allowed for that person to the team.
- Qaideen from each Majlis will be selecting a "Sport Coach" from their local Majlis to help coach and manage their teams. This coach will have the responsibility of deciding who will be playing on the team. This coach must be present during the entire sports session.
- All Atfal playing for a team must be from the same Majlis UNLESS they do not have enough players from their Majlis to form a team. In that case, permission will be given to recruit players from other Majlis.
- All referees and players must follow guidelines. If you see a referee not following these guidelines, please report to Nazim Sports prior to end of game.

Track:

- Qualifying races will be run with only seven participants/teams at a time.
- If a competitor starts prior to whistle, he will receive one warning. After 2nd warning, he will be disqualified.
- For relay competition, team members must touch hands prior to switching.

Tug of War:

- Each team will consist of 10 players
- The team that is able to pull the other team 4 feet will win the match.
- The rope cannot be wrapped around any body parts (arms, body etc...)
- No team members can sit down while pulling.
- One warning will be given to anyone violating the rule. After second violation, the player will be ejected and cannot be replaced.

Soccer:

Games will be played under FIFA Rules with the following exceptions -

- Size of Goal Posts will be 6' W X 4' H (Mini goal posts)
- Size of the Pitch (playing area) will be smaller than the regulation size
- Team will consist of 7 players a min of 5 to play, substitutes are allowed.
- Each game will consist of two 8-minute halves. The finals will consist of two 10-minute halves.
- All games will have one min half time with one 20sec timeout per team.
- Goal kicks may be taken from anywhere inside the goal area as marked.
- Goalkeeper can not touch the ball with hands, guarding the goal with with any other parts of the body is allowed.
- There will be no penalty kicks.
- There is no offside in these soccer games to avoid arguments. Just guard your goals.
- The referee upon whistle will grant free kick, corner kick, and side out when applicable.
- In case of a tie or no goal each team will be given 3 penalty kicks, in which case you cannot change your goalie. A change of goalie can only be made 5 min before the end of the game. You must notify referee prior to changing goalie. If the game is still tied then each team will take 2 more penalty kicks from 6'.

Flag Football:

- Each team should start the game with 7 players; a minimum of 5 is needed to avoid a forfeit.
- Each game will consist of two 11-minute halves. The finals will consist of two 16-minute halves. There will be a Halftime period for 3 minutes
- Each team will be given two time-outs per half. A time-out will be one minute in length and any unused time-outs will NOT carry over to the next half or overtimes
- If the game score is tied after regulation time, then a coin toss will determine who will get the ball & side. Each team will have the chance to score in series of four downs from the 10-yard line. If the score is still tied after each team has had a try (including extra point attempts), a second series is played, and so on until a winner is determined.
- There will be no free kicks or punting.
- Any ball that is fumbled during a down will be dead by rule once it has touched the ground. A backward pass or fumble may be caught or intercepted by any player inbounds and advanced. A player may not intentionally throw a backward pass out of bounds to conserve time or to avoid being downed. This will be penalized as an Illegal pass: loss of 5 yards, loss of down and the clock will start on the ready for play. Once a ball has touched the ground the ball is considered dead.
- If a player is in the air attempting to catch a ball, the player must contact the ground with at least one foot in-bounds with the ball in their possession prior to going out of bounds, unless contact by an opponent causes the player to first touch out-of -bounds. If possession of the ball is lost simultaneously when they hit the ground, it is not a catch. If a forward pass is caught simultaneously by members of opposing teams, the ball is dead at that spot and belongs to the team that snapped the ball.
- Any contact that, in the view of the official, interferes with the attempt to catch a pass (offensive or defensive player) is pass interference unless, in the view of the official, it occurs when two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
- Touchdowns = 6 points Extra Points = 1 point if successful from the 3 yard line Extra Points = 2 points if successful from the 10 yard line Extra Points = 3 points if successful from the 20 yard line Safety = 2 points Defensive Conversion on Extra Point Attempt = 3 points. Once a team has made their choice on the extra point, they can only change their decision by taking a time-out.
- PERSONAL FOULS: Any act listed below or any other act of unnecessary roughness is a personal foul. Players shall not :
 - Punch, strike, strip, steal, or attempt to steal the ball from a player in possession.
 - Trip an opponent.
 - Contact an opponent who is on the ground.
 - Throw the runner to the ground.
 - Hurdle another player.
 - Contact an opponent either before the ball is put in play or after the ball is declared dead. Make any contact with an opponent that is deemed unnecessary.
 - Deliberately drive or run into a defensive player.
 - Clip an opponent.
 - Position themselves on the shoulders of a teammate or opponent to gain an advantage.
 - Tackle the runner. (may warrant ejection)
- All shirts must be tucked in, and are not permitted to hang over the flag belt. Should a player loose their flag belt legally or illegally during a down and should that player gain possession of a live ball, that player will be considered down when a legal tag (one hand touched by the defense between the shoulders and knees, including the hand and arm) is made
- Runners shall not flag guard by using any part of the body or ball to deny the opportunity for an opponent to pull or remove the flag belt. Flag guarding includes but is not limited to:
 - Swinging the hand or arm over the flag belt to prevent an opponent from de-flagging.
 - Placing the ball in possession over the flag belt to prevent an opponent from de-flagging.