



## The Southeast Regional Ijtema - 2009 Khuddam 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 Majlis. 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 Khuddam 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 organizing 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 are required to be in Regional Competition according to the direction from National. In addition to these, there can be other sports.

**Soccer      Volleyball      100M      Basketball      1 Mile Run**

Due to the logistical issues, only the following sports are suggested to be conducted at this Southeast Regional Ijtema - 2009.

**Soccer      Volleyball      100M      Flag Football      Cricket      Tug of War      Table Tennis      Basketball**

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:

**There will be a 'Zero Tolerance' policy on the following:** No swearing, lying, cheating, fighting, rough play or any other inappropriate conduct. It will be the referee's and organizers responsibility to administer penalties if any of these occur. You and/or team will be disqualified from participating in the remaining competitions.

- Two technical fouls and the player will be ejected from the game. If a player is ejected from a second game, he will be disqualified from the remaining events. (Swearing, lying, rough play, etc...)
- **Games will begin on time** – Please do not leave the sport field, all teams are required to remain in the sport field till their next game. Teams will be disqualified if they do not arrive on time for their game.
- All referees and players must follow these rules and guidelines. If you see that a referee is not following these guidelines please stop the game and notify the sport Nazims. Do not wait till the game is over.
- If a game is played that did not follow these rules and guidelines by mistake we will not adopt the rules that were used in the previous game. We will continue to enforce the rules and guidelines that are outlined on this page. No exceptions. The sports Nazim may ask the teams to replay the game.
- Please address all questions and concerns regarding sports toward the sports Nazim; please do not take your questions to Regional Qaid as he has asked the sports Nazim and the organizing committee to address all sports issues.
- Please note that the organizers will try their best to follow these guidelines. However, they are subject to change to the Ijtema schedule if needed.

## Volleyball:

- Each team will consist of max of 6 players and a min of 4 to play, substitutes are allowed.
- All games will be 15 points long; In case of a tie you will need to win by 2 points, or till one team reaches 21 points. (Best of 3 games) The losing team will serve first in the best of three games.
- Every game will be started by a coin toss; the winner will have the option of choosing side or first serve.
- A point is granted only when your team is serving. (You can strike the ball with any part of your body)
- Team rotation is optional in beach volleyball. The server must change after every change of serve. Everyone on the team has to serve before you can serve again. If you do not follow proper server rotation you will lose your serve.
- You cannot carry or throw the ball. (Open hand hit under your chest level would be considered a carry unless it's the first hit off a hard spike, two hand open hit will still be considered a carry off the spike.)
- The server must wait for the referee's approval before serving the ball. So both teams are ready. If you serve before the referee's approval your serve will be lost.
- Boundary line ball is counted 'IN' even on a serve.

- There is no centerline in beach volleyball; you can penetrate under the net provided you do not interfere with your opponent. (You are permitted to reach over the net when blocking or spiking provided no net touch and that you do not interfere with your opponent play. If the ball is not on your side then you must wait till the opponent touches the ball first, if you touch it first then you will lose a point or possession of the ball)
- The head referee will call net touches and mishandled balls. The call will be against who touched the net first. If both teams touch the net simultaneously then the call will be against the team the ball lands on.
- Any ball, except a serve, that strikes the net and crosses over is still in play.
- You cannot block or spike a serve. (In which case a point will be awarded to the serving team)
- A player may only have one toss per serve attempt. (If you miss judge your toss and do not hit it or catch it when serving you will lose your serve)
- You have 3 hits to cross the ball over the net. (A block does not count as a hit in 6 man beach volleyball)

### **Cricket:**

- Each team will consist of at least 7 players.
- Taped tennis ball will be used.
- Only one over per person in the 6 over games
- Final match will be 8 over and two over per person in the final.
- There will be no LBW. (This is when the ball strikes your leg while standing in front of the wickets)
- Each Wideball and No-ball will count as one run.
- Any unsportsmanlike conduct will be -4 runs (if not disqualified from the event)
- Any disputes or talking that delays the game after the referee's decision will be considered a delay of game which will automatically deduct runs for each min delay.
- You may make extra runs on over throw.

### **Track:**

- 100 Meters means 328 feet so make sure you really are running 328 feet.
- 400 Meters relay; 4 man team that will run 100 Meters each.
- 1 Mile Run Competition

### **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.

## 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 10-minute halves. The finals will consist of two 15-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'.

## **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.

## **Basketball:**

- Two teams each have five players on the court at one time.
- Play stops on all rules violations.
- The opponent gains possession of the ball after a violation.
- Some of the more common ballhandling violations are: Charging, Double Dribble, Over-and-Back, and Traveling.
- Some of the more common time violations are: 3 seconds in the lane, 5 seconds in possession of the basketball, 5 seconds on an inbound play, and 10 seconds in the backcourt with the basketball.
- Play stops on all fouls.
- A foul is committed when a player initiates illegal contact with an opposing player.
- After a foul is committed and depending on which type of foul it is, one of two things will happen:  
a. The opposing team gains possession of the ball, or b. The fouled player shoots free throws.
- Some of the more common fouls are: Blocking, Charging, Holding, Illegal Screen, Over-the-Back, Reaching In, Shooting Fouls, and Tripping.
- Some other fouls that are sometimes committed are: Flagrant Fouls, Intentional Fouls, and Technical Fouls.

