



MAJLIS
KHUDDAMUL
AHMADIYYA
CANADA

2023

Sports Package



August 25, 26, 27
Khuddam National Ijtimaa



2023 – Ijtima Sports Package

Duty Chart – Sports 2023

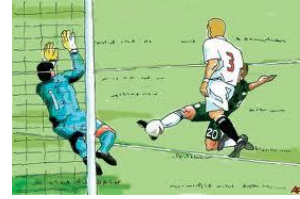
Naib Nazim Ala: Salman Mangla

Team Members	Games	Contact Info
Sultan Mubashir	Nazim Team Sports	647-625-1464
Faraz Naveed	Nazim Individual Sports	647-406-7949
Munib Ahmad	Kabaddi	416-848-9409
Nauman Ahmad	Soccer	647-892-2484
Azeem Cheema	Volleyball	647-974-5572
Munib Ahmad	Tug-of-War	416-848-9409
Hassan Mohar	Cricket	647-883-4465
Ghulam Ahmad	Canadas Strongest Khadim	647-629-4575
Sahil Bajwa	Basketball	647-886-8390
Salman Sadiq	Hockey	647-965-7726
Rahim Ahmad	Athletics (Races, Shotput, Javelin, slow bicycle)	647-825-2069
SPORTS TEAM	Plank Competition	

List of Sports

Sport Name	Type (Team/Individual)	Location
Cricket	Team	Teston Village School Field
Basketball	Team	Tahir Hall Gym
Soccer	Team	Ahmadiyya Park
Volleyball	Team	Ahmadiyya Park
Hockey	Team	Tennis Court – Ahmadiyya Park
Tug of War	Team	Ahmadiyya Park
Kabaddi	Team	Ahmadiyya Park
Canadas Strongest Khadim	Individual	Teston Village School Field
Shotput	Individual	Teston Village School Field
100 M	Individual	Teston Village School Field
400 M	Individual	Teston Village School Field
Javelin Throw	Individual	Teston Village School Field
Slow Cycling	Individual	Teston Village Asphalt
Plank Competition	Individual	Ahmadiyya Park Soccer Field

Rules and Regulations – Soccer



1. SPECIAL RULES FOR THE IJTIMA'

- Eleven players per team--minimum of seven to start and continue play. Each team may have 2 substitutes totaling 13 players maximum. To substitute players, the referee is informed before any proposed substitution is made (including the goalie with on field players).
- Two 12-minute running halves with 1 minute break
- Winner of coin toss has an option of either picking side or possession of ball. In the second half of the match the teams change ends and attack the opposite goals.
- No ties--see tie-breaker format below
- Tournament is based on knock out basis

2. NATIONAL IJTIMA' TIE-BREAKER FORMAT

- a. All match ties are directly followed by a round of three penalty kicks and then sudden death kicks (minimum of 3 different shooters) if necessary.

3. THERE ARE NO OFFSIDES

4. GOALIE RULES

- a. Give goalies protection because they are most likely to get injured. Even if a goalie has just one hand on the ball, let no one interfere with him. If a player continues to go for the ball, call a direct free kick. Give a YELLOW CARD for a second offense.
- b. Goalies may touch the ball with their hands only inside the penalty area. Outside this area it's a handball resulting in a direct free kick.
- c. Once a goalie has picked up the ball, he may only take four steps—this includes steps taken while bouncing or rolling the ball. Inform goalies of this policy before the game. Warn them for their first violation. Repeated violations result in indirect free kicks.

5. OUT OF BOUNDS

- a. To be out of bounds the ball must completely cross the plane of the sideline, irregardless of where players who touch the ball are located.
- b. For OOB along sidelines teams are awarded throw-ins (both feet on ground outside line, both hands behind head, no spin on ball).
- c. On end-lines the offensive team is awarded a corner kick (direct) and the defensive team a goal kick (from within goal box, must leave penalty area).
- d. To be a goal the ball must completely cross the plane of the end-line within the goal-posts.

6. HANDBALLS

- a. A handball is called for intentional handling of the ball, that is, carrying it or striking it with the hand or arm. A penalty shot is awarded for this infraction if the handball is committed in the Penalty area otherwise a direct kick is awarded.

7. INDIRECT FREE KICKS (whistle & signal with arm raised)

- a. An indirect kick is awarded for offside, goalie steps, charging goalie, obstruction, high kick, and playing the ball while on the ground.
- b. The defense must stand ten yards away for the spot of the kick. The referee must enforce this distance upon the request of the kicking team.
- c. The ball must be touched twice before it can count as a goal. The first touch must cause the ball to roll one complete revolution.
- d. All free kicks (indirect, direct, penalty, goal, corner, etc.) may be taken by any team member--the offended player need not take the shot.

8. DIRECT FREE KICKS (whistle & signal with arm extended)

- a. A direct free kick is awarded for kicking, tripping, jumping at/on, charging at, striking, holding, pushing, or doing anything else malicious to an opponent. Handballs (ball touching an extended arm from the shoulder downward) is also direct.
- b. The defense must stand ten yards away for the spot of the kick. The referee must enforce this distance upon the request of the kicking team.
- c. Direct kicks can score without touching another player first.
- d. Direct kick infractions committed inside the penalty area result in penalty kicks.

9. PENALTY KICKS

- a. The ball is placed at the 12-yard spot and all players except the goalie and the kicker must clear the penalty area until the ball is kicked.
- b. The goalie must stand still with both feet on the goal line until the ball is kicked. The kicker must wait for the referee's whistle that the goalie is set.
- c. Kicks that ricochet back into the field of play are live balls, except during tie-breaker format (if applicable).

10. YELLOW CARDS (Caution or Warning Preceding Ejection)

- 1. Automatically given for single acts of violent play, especially if it might lead to retaliation or escalation of violent play.
- 2. Yellow cards can be given for a single flagrant rule violation (e.g. flagrant handball)
- 3. They can also be given for excessive taunting or bating of an opponent.
- 4. Repeated failure to comply with an official's instructions will most certainly draw a yellow card.
- 5. In other words, yellow cards are used to maintain your control of the game and curtail any situation that might get out of hand.

11. RED CARDS (Ejection w/o replacement)

- a. Two yellow card offenses automatically result in a red card ejection.
- b. A player can be given a red card immediately for fighting, excessive violence, or abusive language towards an opponent or official.
- c. Red cards are used to send hot-headed players home who came with the intention of venting their frustrations on the field in the form of violence.
- d. **A player who receives a red card is ejected from the game. The same player will not be allowed to play in the next game either.**

e. A red card is automatically given to a non-goalie who blocks a shot on goal with his hand(s).

12- "4 steps Rule" (Rule C under "Goalie Rules"). Today's rules are that the Goalie has 6 seconds to handle the ball, and then he must drop/pass/kick/throw it. And he can't pick it back up after dropping it, unless it touches an opposing player, or is headed back to him by his own teammate.



Rules and Regulations – Volleyball

GAMEPLAY

- 6 players (minimum 5; 2 in back-row) (plus 4 substitute players). Maximum of 10 players in total permitted.
- Semifinals and Finals will be Best of 3, 21 running points per game.
- For substitution:
 1. A team may carry out a substitution once they receive possession from the opposing team.
 2. Maximum of four substitutes.
 3. Substitutes can be done at any position.

Winner of coin toss has an option of either picking side or possession of ball.

SCORING SYSTEM & TOURNAMENT INFORMATION:

- The player serving the ball cannot touch or cross the court line during the serve.
 - The served ball that touches the net and goes to the opposing side is still in play.
 - A player cannot touch any part of the net.
 - A player cannot cross the line under the net with an entire foot or more.
 - Upon possession of the ball, the ball acquiring team must rotate their players.
 - A ball that lands anywhere within the court or on any part of the court lines is considered “in play”.
 - Each team is entitled to a maximum of 3 contacts after which the ball must be returned to the opposing side.
 - The ball must be contacted cleanly and not held, lifted, pushed, caught, carried or thrown.
 - The ball cannot roll or come to rest on any part of a player’s body.
 - A player may touch the ball with any part of the body constituting a single legal contact. The subsequent contact must be by a different player.
 - A back-row player may move into a front-row position after a serve, but cannot block or spike in front of the attack line. A backcourt player must leave his feet from completely behind the attack line (not touching the attack line at all) in order to initiate a block or spike.
 - Nazim Sports will be overall responsible to handle any disputes.
- Games will begin on time – teams that are late may be disqualified. Please clarify any item before the beginning of a match. During the match, the final decision will be the referees.



Rules and Regulations – Tug of War

Tug-of-War shall consist of 11 person teams. Preliminary matches are single elimination. Semis and Finals will be best of three.

The object of the event is to pull the center flag across your goal (starting) line.

1. During the pull, team members may not cross the side line.
2. Spectator and coaches may not cross the side lines.
3. Team members must remain on their feet. Allowances will be made for knees touching or competitors falling down, provided they immediately return to their feet.
4. Spikes or cleats are not allowed. Synthetic turf shoes may be worn or a player may compete bare foot.
5. Gloves cannot be worn.
6. There will be no substitution of competitors once the event begins.
7. Team captains will flip a coin before each match to determine sides.

There will be a maximum of two (2) minute rests between successive pulls for any team.

Rules and Regulations – Cricket

Format

1. Four overs in total except for finals, which will be 6 overs match.
2. Minimum of 4 players must be in 30 yard circle throughout the tournament.

Rules

1. Each team will consist of 11 players.
2. All the teams must wear allotted colored t-shirts.
3. Proper playing shoes/clothing is required to participate in the tournament.

Playing Rules:

1. LBW rule is not enforced in this tournament. There will be no leg bye run.
2. Tournament will be played with tape rolled over the tennis balls.
3. Each playing side will play 6 over's in a match inning. The bowling side must use at least 3 bowlers; making it a maximum limit of 2 over's per bowler. final 4 bowler.
4. All International Cricket Playing Rules will apply in the tournament except mentioned above.
5. There is no scoring allowed behind the wicket

Timings and Walk Over:

1. All matches will start ON TIME. The bowling team must complete their 4 overs in the 30 minutes allocated for it. If the bowling team takes more than their allocated time (30 minutes); the umpire will judge the situation and if the bowling side has wasted the time. Bowling side will complete their 4 over's but will be allowed to bat only for the overs as much as they bowled within their 30 minutes allotted time.
2. Minimum of 6 players are required to start a game. If all the players of any team have not arrived at start time, the match will start with minimum of 6 players.
3. Late coming team will lose 1 over /5 minutes from their allocated 6 batting over.

If team has less than 6 players 10 minutes past the scheduled start time. The Umpires can grant a WALKOVER to other team.



Rules and Regulations – Kabbadi



Rules

- First team to 30 points wins
- First 20 points have to be scored by khuddam under the age of 21
- Following 20 points are allowed to be scored by any khadim on the team

Rules and Regulations – Athletics

100 METER



Format

- Participants will be those khuddam who placed first and second in their respective Majlis.

Rules

- All competition will be judged by visual finish.
- Each player will compete in a designated Pool. Heats will consist of a maximum 10 players.
- Places are determined at the finish in the order in which any part of their bodies (i.e. the “torso” as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.
- Each participant will be allowed one false start and will be disqualified on a second false start. Starting command for dashes will be "On your marks," - "Set" - and “Go”.
- Any competitor jostling, running across, or obstructing another competitor so as to impede his progress shall be liable to disqualification in that event.

400 METER

Format

- Participants will be those khuddam who placed first and second in their respective majlis

Rules

- All competition will be judged by visual finish.
- ALL PARTICIPANTS WILL RUN IN ONE HEAT
- Places are determined at the finish in the order in which any part of their bodies (i.e. the “torso” as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.

- Each participant will be allowed one false start and will be disqualified on a second false start. Starting command for dashes will be "On your marks," - "Set" - and "Go".
 - Any competitor jostling, running across, or obstructing another competitor so as to impede his progress shall be liable to disqualification in that event
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SHOT PUT

Format

- This is an open competition

Rules

- The put must be made from the shoulder with one arm only, and the shot must not be brought behind the shoulder.
- Each competitor takes TWO throws
- Competitors are ranked according to the distance of their longest throw.
- If the contestant steps outside the circle, the throw is disallowed. The put must be made bare hand. A disallowed throw will be marked as a 'fault' and a re-take is NOT permitted.
- The shot is pushed into the air, not thrown.
- The measurement of each throw shall be made immediately after the throw from the nearest mark made by the fall of the implement, to the inside of the circumference of the circle, along a line from the mark made by the implement to the center of the circle.
- Measurements will be made to the nearest ¼ inch
- In the case of a tie, the second put of the competitors tying shall resolve the tie. If a tie still exists where it relates to 1st, 2nd and 3rd place – the participants will compete against each other in a one put playoff



4x100 METRE RELAY

Format

- 4x100M competition will consist of one regional team from each region and there will be only one race.

Rules

- All competition will be judged by visual finish.
- Each team will consist of four players.
- Each team will designate the order for the runners in which they will compete in the race.
- Places are determined at the finish in the order in which any part of their bodies (i.e. the "torso" as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line.
- Each participant will be allowed one false start and will be disqualified on a second false start. Starting command for dashes will be "On your marks," - "Set" - and "Go".
- Making an improper baton exchange between the players might result in a disqualification.
- Any competitor jostling, running across, or obstructing another competitor so as to impede his progress shall be liable to disqualification in that event.
- 4x100M competition will consist of one regional team from each region and there will be only one race.



Javelin:

- The Javelin can only be held with one hand
- The javelin must be thrown over the shoulder
- Measurement for distance is taken from where the metal tip of the javelin first makes contact with the ground
- Fouls are at the referees discretion

Long Jump:

- Jump will be measured from the furthest back point i.e. If you jump 10 feet but hand goes back 2 feet, you will receive 8 foot mark

An unsuccessful attempts results when:

- Jumpers shoe extends over foul line
- Competitor runs across the foul line
- If a contestant fails to jump within 60 seconds



Rules and Regulations – Basketball



- **Full court – Tahir Hall**
- Referees decisions are final.
- Any argument/fight can or may result in disqualification from tournament/game.
- No profanity to be used on or off basketball court.
- Maximum of 10 khuddam from a region/majlis can play per team.
- There will be 2 10-minute halves
- A player on his 5th foul will be fouled out of the game.
- During a free throw, all players must lineup. 2 offensive players and 3 defensive
- If any opponent interferes during the free throws will lead the shooter to take another free throw only if he misses. Referee will be judge of any interference.
- Players are allowed to rebound the ball off rim
- Standard FIBA Basketball rules will be followed

Rules and Regulations – Canada's Strongest Khadim



The competition will take place with two weight categories.

1. 190 lbs and under (190.1 + lbs will be considered the second category)
2. Over 190 lbs

Athletes will weigh in before the start of their event with their shoes off and any other unnecessary article of clothing

Athletes are encouraged to bring their own shoes, supporting belt and chalk if needed. Barefoot will not be allowed. The event will take place on the pavement The competition will be a circuit containing of 5 total events. Athletes will be required to complete the circuit in the fastest time possible. The athlete with the fastest time in each category will be awarded the title of the Strongest Khadim.

The 5 events are as follows:

1. Yoke Carry (distance TBA) (222 lbs for 190lbs and under) (312 lbs for over 190lbs)
2. 8 Tire flips
3. 100 lbs Sand bag shoulder press (1 press for 190 lbs and Under and 2 presses for over 190 lbs)
4. 150 lbs Sled Push (Distance TBA)
5. 150 Sand Bag throw over the Yoke Carry bar
 - This is a circuit which means athletes will complete all 5 events one after the other without a break.
 - Athletes will only have one attempt to complete the circuit, no exceptions are allowed.
 - The time will start once you lift the Yoke rack off the ground and end once the 150 lbs sand bag hits the floor.
 - Time penalties will be given and explained before the start of the event (TBA)
 - All athletes are expected to warm up well before taking part in the event
 - Athletes must not have any injuries (back, knee, shoulders etc) or be in physical pain before starting the event.

