



## **UUKMA NATIONAL SPORTS MEET 2019**

### **GENERAL RULES AND GUIDELINES**

1. UUKMA National committee to coordinate and manage the National Sports Meet. All communications regarding the event should be made to [secretary.ukma@gmail.com](mailto:secretary.ukma@gmail.com) or communicated to Mr. Titto Thomas ON MOB. 07723956930

2. Regional Sports Meet Results should be filled on result sheets and signed by the respective Regional President and Secretary should be forwarded to [secretary.ukma@gmail.com](mailto:secretary.ukma@gmail.com) on or before 20:00 hours of June 10<sup>th</sup> 2019. A copy of the same should be retained by the Region.

3. Date & Address of the Venue:

**SATURDAY 15<sup>TH</sup> JUNE 2019**

**Wyndley Leisure Centre, Clifton Road, Sutton Coldfield, Birmingham. B73 6EB.**

4. Age Categories:

<b>KIDS</b>	<b>5 YEARS TO BELOW 7 YEARS</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>SUB JUNIORS</b>	<b>7 YEARS TO BELOW 12 YEARS</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>JUNIORS</b>	<b>12 YEARS TO BELOW 16 YEARS</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>SENIORS</b>	<b>16 YEARS TO BELOW 25 YEARS</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>ADULTS</b>	<b>25 YEARS TO BELOW 35 YEARS</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>SENIOR ADULTS</b>	<b>35 YEARS TO BELOW 50 YEARS</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>SUPER SENIORS</b>	<b>50 YEARS AND ABOVE</b>	<b>AS ON 1<sup>ST</sup> JANUARY 2019</b>
<b>COMMON</b>	<b>NO AGE BAR</b>	

\*(Age will be decided as on 1<sup>st</sup> of January 2019. For eg: If someone's D.O.B. is on 1<sup>st</sup> January 2011 will be treated as above 8 and will fall under sub junior category.)

4A. Eligibility for participation is strictly for the first, second and third prize winners of single items and first and second prize winners of Group items of the Regional Sports meet 2019

4B. Point table for the calculation of Individual/ Association and Regional Championships.

	First		Second		Third	
	Asso/Regi	Participant	Asso/Regi	Participan	Asso/Regi	Participan
<b>Single</b>	<b>5/5</b>	<b>5</b>	<b>3/3</b>	<b>3</b>	<b>1/1</b>	<b>1</b>

<b>Group</b>	<b>0/10</b>	<b>2</b>	<b>0/7</b>	<b>1</b>	<b>0/5</b>	<b>1/2</b>
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**5. Participants shall compete ONLY in their respective age category.**

**6. Age proof: Organisers shall hold the right to verify the registrants age wherever necessary. All participants are hereby informed to carry an age verification document as proof of their entries. This proof may have to be shown at the chest number desk. Random checks will be carried out and chest numbers will not be allotted in case of any failure to provide the age proof. The responsibility will solely rest on the participants or their parents/guardians.**

**7. Registration Fee:**

**£3/- for each entry.**

**£25/- for Tug of War.**

**8. Registration along with issuing of Chest Numbers will start at 10 am. Late comers will not be entertained.**

**9. Registration fee shall be paid by the Association representative and individual payments will not be accepted at the registration desk.**

**10. Medals and Certificates will be awarded to winners. Besides Overall Champions Trophy, Individual Champions Trophy for best individual performances in each category (Kids, Sub-juniors, Juniors, Seniors, Senior Adults and Super seniors) will be awarded.**

**11. Decisions by the Judges will be final.**

**12. For any dispute regarding the final results, Association President/ Secretary can approach the Appeal Committee. Individual appeals will not be entertained.**

**13. Shoes must be worn by all participants.**

**14. Tug of War will be conducted on knock-out basis. Maximum body weight of each team (7pullers) shall not exceed 620 kgs. No spikes or football trainers shall be worn by tug of war participants.**

15. Participants will be responsible for their Health and Safety. Parents will be responsible for their children under the age of 16 years.

16. Every participating Association must have at least one First Aider along with them and must inform his/her details to the Organizing Committee prior to the opening ceremony.

17. All associations should bring their association banners, flag ets. to be displayed during the inaugural assembly and parade.

18. Food Stall will be available at the venue and food can be bought with a reasonable price.

19. We follow no alcohol & no drug policy during the event strictly. The event will be notified to the local Police Authorities to curb any antisocial behaviour.

20. Participants can only compete in three individual items in total excluding group items.

21. Event Category

No	EVENTS	KIDS M/F	SUB J M/F	JRS M/F	SRS M/F	ADTS M/F	SR ADTS	SSR M/F	COMMON M/F
1	50M	√	√						
2	100M	√	√	√	√	√	√	√	
3	200M		√	√	√	√	√	√	
4	400M			√	√	√	√	√	
5	800M				√	√	√	√	
6	SHOT PUT				√	√	√	√	
7	STANDING BROAD JUMP	√							
8	LONG JUMP		√	√	√	√	√	√	
9	4x100M RELAY								
10	TUG OF WAR (Male only)								√ √

