

**IJTEMA GUIDANCE
FOR NAZIMEEN**

SPORTS

This document will provide rules and instructions for the Local and Regional Nazimeen to use as a guideline for Ijtema purpose. Rules can be amended in accordance with your Tajneed and depending on the facilities you are using for the Ijtema.

In-person

The instruction from Centre is that all Local/Regional Ijtema will be held in-person.

Remote

However, if Centre's instruction changes due to Government guideline, then Ijtema will be held remotely

Football (in-person)

For Local:

- How many teams and players?
 - There should be a minimum of **2 teams of 5 Atfal** in each team. If there are more, then increase the teams and cut down the amount of Atfal in each team. For example, **3 teams of 4 Atfal** in each team.
- How long should each game be?
 - Ideally 10 minutes per game. However, if you have more time available then you should increase it with a half to swap over sides. But if time is limited then you should
- What rules should I be following?
 - Normal Football rules should be followed. There is no need for 1 step penalty or foul throws, unless you believe it is essential
- Should age groups be split up?
 - If you can then yes. It would be advisable to create 7-10 and 11-15 year olds. But if it is not possible then mixing age group is fine.

For Regional:

- How many teams and players?
 - Each Qiadat should have their own team. Teams should consist of **7 Atfal plus substitute**. Extra teams are permitted, for example a B team if the Qiadat is large.
- How long should each game be?

- Ideally 10 minutes per game. However, if you have more time available then you should increase it with a half to swap over sides. But if time is limited then you should
- What rules should I be following?
 - Normal Football rules should be followed. There is no need for 1 step penalty or foul throws, unless you believe it is essential
- Should age groups be split up?
 - Age groups should be used for this and regions should be strict about this
- Should I request for Sports hire facilities?
 - Yes. You will need a bigger facility to hire and get at least 4-5 hours of Sports competition done.

Cricket (in-person)

For Local:

- How many teams and players?
 - There should be a minimum of **2 teams of 7 Atfal** in each team. But if it is a larger Qiadat then the amount of players can be reduced to increase the team
- How long should each game be?
 - Try to aim for 5 overs each innings which should take around 20-30 minutes. But you can reduce these
- What rules should I be following?
 - Normal cricket rules apply. But in case of wides, you can give 2 runs and not re-bowl until the last over.
- Should age groups be split up?
 - If you can then yes. It would be advisable to create 7-10 and 11-15 year olds. But if it is not possible then mixing age group is fine.

For Regional:

- How many teams and players?
 - Each Qiadat should have their own team. Teams should consist of **7 Atfal**. Extra teams are permitted, for example a B team if the Qiadat is large and possibly to reduce to **6 Atfal per team**.
- How long should each game be?
 - Try to aim for 5 overs each innings which should take around 20-30 minutes. But you can increase/reduce these

- What rules should I be following?
 - Normal cricket rules apply. But in case of wides, you can give 2 runs and not re-bowl until the last over.
- Should age groups be split up?
 - Age groups should be used for this and regions should be strict about this
- Should I request for Sports hire facilities?
 - Yes. You will need a bigger facility to hire and get at least 4-5 hours of Sports competition done.

Table tennis (in-person)

This is for the Local Qiadats and Regions which own or can hire/borrow table tennis tables should conduct the sport as it was a very popular at the National Ijtema.

Instructions

- Each game should be an elimination round
- All basic table tennis rules apply
- Atfal should only play for 1 set
- Depending how much time and how many players, you should conduct a game for up to either 7, 9 or 11 points.
- Players who have lost should be given a chance to play another game against another loser. This will give the Atfal another chance to compete and also create more engagement and game within the competition.

Basic overview of rules:

- The winner of a game is the first to 11 points.
- There must be a gap of at least two points between opponents at the end of the game though, so if the score is 10-10, the game goes in to extra play until one of the players has gained a lead of 2 points.
- The point goes to the player who successfully ends a rally, regardless of who has served.

Serving in singles:

- A player takes two serves before the ball switches to the opponent to serve, except during periods of extra play where it changes each time.

- The first person to serve at the start of the game can be determined in many different ways, we'll leave that up to you to decide!
- Service can be diagonal or in a straight line in singles

Service rule you must follow:

- The ball must first bounce on your side and then in your opponents.
- Your opponent must allow the ball to hit their side of the table before trying to return this.
- The ball must pass cleanly over the net – if it 'clips' the net and goes over, it is a 'let' and the serve is retaken.
- If it hits the net and doesn't go over, the point goes to the other player/team. There are no second serves.

Rounders (in-person)

For Local and Regional:

Basic overview of rules:

- Rounders games are played between two teams. Each team has a maximum of 15 players and a minimum of 6 players. No more than 9 players may be on the field at any one time.
- One team bats while the other team fields and bowls.
- The bowler bowls the ball to the batter who hits the ball forward on the **Rounders Pitch**. The batter then runs to as many posts as possible before the fielders return the ball to touch the post the batter is heading for.
- If the batter reaches the 2nd or 3rd post in one hit, the batting team scores $\frac{1}{2}$ a Rounder. If the batter reaches 4th post in one hit, the batting team scores a Rounder.
- Games are usually played over 2 innings with the aim of the game to score the most Rounders.

Batting rules:

- The batting team should wait in the backward area well away from 4th post.
- If out, wait in the backward area well away from 1st post.
- A batter should only enter the batting square when called to do so by the Umpire.
- The batter will have one good ball bowled to them.
- Batters can use 2 hands if they wish.
- Batters can take a no ball and score in the usual way, but once you reach 1st post you cannot return. You cannot be caught out or stumped out at 1st post on a no ball.

Bowling/no ball rules:

A No Ball will incur if:

- The ball is not thrown in a smooth underarm action.
- The ball is above the batters head or below the batters knee.
- The ball bounces on the way to the batter.
- The ball is thrown wide or straight at the batters body.
- The Bowler's foot is outside the square during the bowling action.

Running around track:

- If a batter stops at a post, they must keep in contact with the post, with hand or bat. If they don't, the fielding side can stump the following post to put the batter out.
- Batters can run on to a post even if it has been previously stumped (you don't score if the post immediately ahead has been stumped).
- When the bowler has the ball in the bowling square a batter cannot move on, but if they are between posts they can carry on to the next.
- There cannot be two batters at a post. The umpire will ask the first to run on when the second makes contact.
- When at a post, the batter does not have to move on for every ball bowled.
- Once in contact with the post, a batter may turn the corner over the 2 metre line.
- Batters can move on as soon as the ball leaves the Bowler's hand, including no balls.
- Batters must touch 4th post on getting home.

A player is out when:

- The post a batter is running to is stumped.
- The batter is caught out.
- A batter overtakes another batter on the track.
- A batter deliberately drops or throws their bat.

- The batter misses or hits the ball and their foot is over the front or back line of the batting square.
- A batter runs inside the posts (unless obstructed).
- Side out.
- If the batter is ordered to make and maintain contact with the post and refuse to do so.
- The batter loses contact with the post; When the bowler has the ball and is in the square (except on an over run). During the bowlers action but before they release the ball.

Arm Wrestling (in-person)

For Local and Regional:

- Pressure should be in a sideways capacity to force their opponent's hand to the touch pad. Back pressure in an attempt to drag the opponent off toward the centre of the table is not allowed.
- The match is won when one competitor pins their opponent's hand onto the touch pad.
- A valid pin is when any part of the competitors natural wrist touches the touch pad.
- There are numerous fouls that can be committed in Arm Wrestling. These include touching a part of your own body during the match, crossing their shoulder into the opposition area, dropping the shoulder below the height of the touch pad, foul language, abuse or poor sportsmanship to name a few.
- Two warnings = one foul and two foul equals disqualification meaning that their opponent immediately wins the match.
- Referee decision is final.

Capture the flag (in-person)

For Local and Regional:

Instructions (a visual representation - https://youtu.be/5h_xjCEHEOs)

- The objective is to steal the other team's flag from their home base and make it back to your own base without being tagged.
- To start the game, the players are divided into two teams with each team being given a territory and a home base that lies within that territory. Players can tag opponents when they enter their territory to steal the flag.
- If a player gets tagged, they must go to jail, which is another location within the enemy's territory. Players can be freed from jail by teammates who run to the enemy's jail, tag their team mate, then run back into friendly territory. Only one person can be freed per jailbreak.
- The winning team is the one that scores the most flags after a certain amount of time or is the first to reach a certain number of flag captures. This is fun game is great for improving the athleticism of children and teaching them the benefits of teamwork.

Yoshi (in-person)

For Local and Regional:

Instructions(a visual representation - <https://youtu.be/suFRXDX2KpU>)

- Place exercise mats down on opposite ends of the gym.
- Create two teams, one on each half of the gym.
- Players will attempt to be the first team to get all of their players onto the mat on the opposite side.
- Players can get tagged when in the opposite teams half, so this is where they need to be careful! If tagged, players sit where tagged.
- Sitting players can be 'saved' by teammates who safely and successfully get to them without themselves getting tagged. When saved, both get a free walk back to their side.
- Players can leave the mat to save someone they see sitting, however, then must take the free walk back to their side.
- If the teacher yells, "YOSHI" then all players make a mad rush to the mat (even if they were sitting, they can get up and run to the mat).
- First team with all players on the mat wins. Start a new round!

War Ball (like Dodgeball) (in-person)

For Local and Regional:

Instructions (a visual representation - <https://yaoutu.be/-jufBJCAxDg>)

- War Ball is a more chaotic and fun version of dodge ball.
- Start by dividing the participants into two separate teams.
- The teams will stand on opposite sides of a play area, which should be about the size of a basketball court.
- Distribute some soft rubber balls (if not available, then use Footballs deflated) between the two teams.
- When you shout “Start” the two teams will attempt to throw the balls at each other.
- When a player is hit, they are sent to the “prison camp” which is behind the opponent’s playing area.
- The best part of this game is that prisoners can catch any balls that reach the prisoner area and throw them at their opponents. You end up with a crazy situation where a ball could come from either the prisoner area or the other side of the court!
- If a prisoner manages to land a shot, they are released from prison and the player they hit is sent to prison.
- Balls that bounce and balls that are caught on the full don’t count. The game is over when all of the players from one team are in prison.

Running (in-person)

For Local and Regional:

- Identify an area which has a clear pathway e.g. grass ground
- When you are satisfied with the pathway, then you may ask the competitors to either run from the “start point” (where the competitors start from) to “finish point” (where the finish line will be)
- Another possibility is if the pathway is not long enough to conduct a running competition. In this situation, Point A and B will be identified whereby the competitors will run from Point A to Point B and then return to Point A for the finish.