



## GENERAL RULES & REGULATIONS (Applicable to All Events)

### 1. Age Eligibility

- Participants must compete only in their respective age categories.
- Age will be calculated as on the date of the event.
- Age proof may be verified if required.

### 2. Registration

- Prior registration is mandatory.
- No spot entries once the event has started.
- Each participant may take part in maximum 2 individual track events + 1 team event (organizers may modify).

### 3. Reporting Time

- Participants must report 30 minutes before their scheduled event.
- Late arrival may result in disqualification.

### 4. Dress Code

- Comfortable sportswear and running shoes recommended.
- Barefoot participation allowed only for kids' fun events, if safe.

### 5. Safety

- Warm-up before events is advised.
- Any participant found medically unfit may be stopped for safety reasons.
- Organizers are not responsible for injuries caused by negligence.

### 6. Judging & Decisions

- Decisions of judges and organizing committee are final and binding.
- No appeals will be entertained.

### 7. Disqualification

- False start (after one warning)
- Lane violation
- Unsportsmanlike behaviour
- External assistance during events

### 8. A player can only participate representing one college Alumni group

## 👤 KIDS – TRACK & FUN EVENTS RULES

Running Events (30 m / 50 m / 60 m / 100 m / 120 m / 150 m / 200 m / 400 m)

- One false start warning allowed.
- Participants must stay in their lanes.
- Winners decided by first body part crossing the finish line.

Relay Races

- Baton exchange must happen within the exchange zone.
- Dropped baton must be picked up by the same runner.
- Team disqualified for lane obstruction or improper exchange.

Sack Race

- Sack must remain above knees throughout the race.
- No pushing or jumping outside the sack.

Lemon & Spoon Race

- Lemon must be placed on the spoon held in mouth.
- If lemon falls, participant must stop and reposition before continuing.
- Touching lemon with hands is not allowed.

Frog Jump

- Only frog-style jumps allowed.
- No running or walking between jumps.
- Longest valid jump wins.

Balloon Race

- Balloon must be held properly as instructed.
- Bursting the balloon leads to disqualification.

Three-Legged Race

- Partners' inner legs will be tied securely.
- Both participants must coordinate and finish together.





**AKCAF  
SPORTEX  
2026**

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Woodlem Park School  
Al Qusais, Dubai

9:00 AM – 5:00 PM

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GET READY FOR A

**POWER-PACKED  
SPORTS FIESTA**



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## ADULT EVENTS RULES

### Track Events (100 m / 200 m / 400 m)

- Standard track rules apply.
- Lane discipline compulsory.
- One false start allowed.

### Sack Race / Lemon & Spoon (Adults & Seniors)

- Same rules as kids' category.
- Safety takes priority over speed.

### Senior Citizens Walk

- Running or jogging is strictly prohibited.
- One foot must remain in contact with ground at all times.
- Judges may issue warnings before disqualification.

### Musical Walk

- Participants must walk when music plays.
- Must stop immediately when music stops.
- Last person to stop is eliminated.

### Arm Wrestling

- Elbow must remain on table.
- No lifting elbow or shoulder movement.
- Best of three rounds.
- Rough or unsafe movement leads to immediate disqualification.



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## FAMILY EVENS RULES

### RELAY RACE

- Maximum 3 members per family (child + parents).
- Each member must complete an equal distance.
- Baton exchange compulsory.
- All members must finish for the team to qualify.
- Any age mismatch or external runner leads to disqualification.

### THREE-LEGGED RACE

- Partners' inner legs will be tied securely.
- Both participants must coordinate and finish together.



## AWARDS & CERTIFICATES

- 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place prizes for each event.

Minimum of 5 participants per event is compulsory in order to make a judgement

## WINNING POINTS

### INDIVIDUAL WINNERS

3 points for the winner, 2 points for second position & 1 point for third position

### GROUP WINNERS

10 points for the winner, 5 points for second position & 3 points for third position



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**AKCAF**  
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**2026**

WOODLEM PARK SCHOOL  
AL QUSAIS, DUBAI

15TH FEBRUARY, 2026

9:00 AM - 5:00 PM

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## AKCAF Association Penalty Shootout Tournament

### Rules and Regulations

#### 1. Eligibility

Only Children under the age of 16 will be considered for kids group.

Adults' competitions are open to all ages above 16.

It is mandatory to have a female member in the adults team

#### 2. Team Composition

Mixed gender teams are permitted

Each team must have 3 players

Maximum squad size: 5 players.

#### 3. Entry Fee

Entry fee is AED 30 per team. Registration is confirmed only after payment.

#### 4. Tournament Format

The tournament follows a knockout format. Losing team is eliminated.

#### 5. Number of Teams

Maximum 32 teams. Entries will be accepted on a first-come, first-served basis.

## **6. Match Format**

Each match consists of 3 penalty kicks per team.

If tied, sudden-death penalties will decide the winner.

## **7. Kicking Order**

Female player must take at least one penalty during the shoot-out.

## **8. Goalkeeper Rule**

Any team member may act as goalkeeper.

## **9. Match Rules**

Standard football penalty rules apply. Referee's decision is final.

## **10. No Reviews or Protests**

No VAR, no video reviews, and no post-match protests will be entertained.

## **11. Reporting Time**

Teams must report 15 minutes before their scheduled match time.

## **12. Discipline**

Unsporting behaviour may result in immediate disqualification.