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**POWER-PACKED  
SPORTS FIESTA**

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TECHNOLOGY  
PARTNER

 **skypertech**  
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## 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



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## 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**  
**SPORETEX**  
**2026**

**15**  
**FEB**

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ജാർഹകൾ

Woodlens Park School  
Al Qusais, Dubai

9:00 AM – 5:00 PM

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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.



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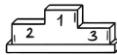
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## 🥇 AWARDS & CERTIFICATES

- 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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WOODLEM PARK SCHOOL  
AL QUSAIS, DUBAI

15TH FEBRUARY, 2026

9:00 AM - 5:00 PM

TECHNOLOGY  
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Register at  
[www.akcaf.org](http://www.akcaf.org)



## AKCAF Association Tug of War Tournament

### Rules and Regulations

#### 1. Registration

- Teams must register in advance.
- Registration fee is AED 150 per team. Registration is confirmed only after payment
- Spot registration is not permitted.
- Maximum 16 teams permitted based on first come first serve basis

#### 2. Team Composition & Eligibility

- Each team shall consist of seven (7) pullers.
- Only registered players are eligible.
- A player may represent only one team in the tournament.
- Teams fielding unregistered or ineligible players shall be disqualified.

#### 3. Weight Classes

- No strict weight limit shall be imposed.
- Teams are encouraged to maintain fair and balanced participation.
- The organizers reserve the right to group teams or adjust match-ups if a significant imbalance is observed.

#### 4. Reporting Time & Walkover

- Teams must report at the scheduled match time.
- A delay exceeding three (3) minutes may result in a walkover awarded to the opposing team.

#### 5. Tournament Format

- The tournament shall follow a single-elimination (knockout) format.
- Matches shall be best-of-three pulls: the first team to win two pulls wins the match.

## **6. Start of Pull**

- The referee signals “Pick up the rope”.
- Teams grip the rope with the centre mark aligned with the centre line.
- The referee then signals “Pull” to start.

## **7. Winning a Pull**

- A team wins when the centre mark of the rope crosses the opponent’s sideline.
- In case of a standoff, the referee may restart the pull to determine the winner.

## **8. Pulling Technique & Fouls**

- Players must pull underarm, gripping the rope with both hands.
- Fouls include:
  - Lowering elbows below knee level.
  - Knotting or looping the rope in an illegal manner.
- Teams may be disqualified for repeated fouls, misconduct, or interference by coaches.

## **9. Attire & Safety**

- Players must wear proper sports attire.
- Footwear without spikes or protrusions is recommended.

## **10. Officials & Decisions**

- Referees are appointed by the organizers and oversee all matches.
- The decision of referees shall be final and binding.

## **11. Injuries & Force Majeure**

- The organizers shall not be responsible for injuries during the tournament.
- Matches may be rescheduled, shortened, or cancelled due to weather or unforeseen circumstances.

## **12. Prize Distribution**

- Prizes shall be awarded to 1st, 2nd, and 3rd positions.
- The nature and value of prizes shall be decided solely by the organizers, whose decision shall be final.

## **13. Organizer’s Authority**

- The organizers reserve the right to interpret, amend, or modify the rules, match format, or schedule as necessary for smooth conduct of the tournament.
- All decisions by the organizers shall be final and binding.