



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.



Woodlem Park School
Al Qusais, Dubai

9:00 AM – 5:00 PM

REGISTER HERE

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.



**AKCAF
SPORTEX
2026**

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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

- 1st, 2nd & 3rd 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



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.