

# Guidelines for Sports and Games Competitions for KCCNA Conventions 2010, Dallas, Texas

1. The competitions are held to provide a forum for participants to display and perform their talents and abilities. This is also an occasion to foster a healthy spirit of competition and increase the unity among the participants from various regions. All participants must be KCCNA members and registered at the convention.
2. Respectful, courteous and polite behavior is expected and required from every participant and their companions (parent, siblings or anyone else that accompanies the participant). Any foul language, taunts or other insulting and provoking behavior could result in expulsion and disqualification of the participant from that item and all other items (group and single).
3. It is the responsibility of the participant to be present before the item begins and to get approval (in case anyone challenges the qualification or age of a participant). No one shall be allowed to take part in the competition if they are not present at the location by the given time. In case of a conflict between multiple items at the same time, participant should inform the coordinators in advance, so they can work it out.
4. The decision of the judges shall be final and has to be accepted by all.
5. Any disputes related to competition need to be turned into chair of the committee in writing within 6 hours of the announcement of the winners. No verbal complaints will be considered. A decision will be taken within 6 hours of filing the complaint. In case the chair cannot settle the matter the steering committee shall have the final decision.
6. Participation Limits- One participant for single items and 1 team for group items from regions where up to 75 families registered from the local association. Two participants for single items and 2 teams for group items for 76 or more registrations, as of March 31<sup>st</sup> of the year. A unit with six or more KCCNA members also can have two participants for single items and two groups for the group items. Local associations are responsible to use appropriate methods such as holding local competitions to select the contestants.
7. Deadline- Local associations should submit participant list on or before **June 6<sup>th</sup>**. Later submissions will not be accepted.
8. Groupings for Competitions- Groupings for all competitions should be based on the grades and not on the age. The grade a child just finished before summer is used for the grouping. The only exception is for adults (i.e. Past High School) who are grouped by age. The age of the person for groupings would be the age attained on December 31<sup>st</sup> of the previous year of the convention.
9. Age or grade of each participant, including all members of group items, should be collected when the entries are taken. It is responsibility of individual association to provide correct information to KCCNA. But, KCCNA should verify the age/grade of any competitor, if anybody challenges an entry. Suggested documents for age/grade

verification are School ID, State ID, Drivers License or Passport. It is the responsibility of each participant (individual and group) to have the proof of age available before or at the time of competition.

10. If a competitor is found to be in the wrong group, that person will be disqualified and NO substitutes will be allowed from the unit/ association.
  11. While making groupings, participants should belong to only one group.
    - A typical error is to have one group saying “grade 9 to 12” and the next group saying “grade 12 and up”. Now, a person in 12<sup>th</sup> grade can participate in either group. To avoid this, the second group should say “college and above” instead of “grade 12 and up.”
  12. All Knanaya Catholics registered for the convention of any age should be able to participate in various competitions. Few examples of typical errors are:
    - Smallest age group saying “Grades 2 to 4”. A 1<sup>st</sup> grader is not able to participate in any of the items in this group. To correct this, there shouldn’t be any lower limit for the youngest group. I.e. It should say “4<sup>th</sup> Grade & below” or “grades 0 to 4”.
    - Race for oldest group saying “ages 41 to 50”. A 51-year-old person is not able to participate in this item. To correct this, there shouldn’t be any upper limit for the oldest group. I.e. This group should say “ages 41 and up”.
  13. For individual items, participants should belong to that age or grade group. Nobody should be allowed to participate in younger or older group.
  14. All the items given in the Sports & Games will be conducted subject to availability of the Gaylord Texan Facility.
  15. 100 meters Running Race will be limited to 80 meters due to lack of facility.
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Please email the Sports & Games List on or before **June 6<sup>th</sup>** to:  
Jose Pralel (Sports Chair) – [jpralel@yahoo.com](mailto:jpralel@yahoo.com)  
James Pulikathotti (Games Chair) - [jt2238@gmail.com](mailto:jt2238@gmail.com)

# SPORTS AND GAMES COMPETITIONS FOR KCCNA CONVENTION 2010. DALLAS, TEXAS

One Participant from each Unit up to 75 Registrations/ 76 or more Registrations as of March 31st or a Unit with Six or more KCCNA Members can have a maximum number of Two Participants. This rule is applicable for all the Sports & Games Competitions.

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## **RUNNING RACE**

- 50M Boys Grade 1-4
- 50M Girls Grade 1-4
- 100M Boys Grade 5-8
- 100M Girls Grade 5-8
- 100M Boys Grade 9-12
- 100M Girls Grade 9-12
- 100M Men College & above up to age 25
- 100M Women College & above up to age 25
- 100M Men Age 26 to 40
- 100M Women Age 26 to 40
- 100M Men Age 41 and up
- 100M Women Age 41 and up

NB: Two Foul starts will result in disqualification field events.

## **SHOT-PUT**

Men - College & above

Women - College & above

### **Rules of Shot-put**

There are 3 rounds of preliminaries to determine seats for the final. The competitor with the farthest legal put is declared the winner.

## **TUG OF WAR**

Men - 7 Players

Women - 7 Players

### **Rules of Tug of War**

Winner is decided out of 3 pulls.

Only 7 pulling members and non-playing captain/manager is allowed in the arena.

Only one substitution is allowed in the whole competition.

Substituted player can't come back to the competition again.

Substitution can be for tactical or medical reason.

Substitution can be requested after completing one pull.

No team will be allowed to continue with less than 6 players.

If no decision can be made out of a pull after 6 minutes, referee can call no pull and re-do it immediately without changing the side.

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## **GAMES**

### **BASKETBALL**

Boys Grade 12<sup>th</sup> & Below - 5 Players

Girls Grade 12<sup>th</sup> & Below - 5 Players

Men College & Above - 5 Players

Women College & Above - 5 Players

### **Rules of Basketball**

12 players from each Unit can be in the team. Out of 12 players, only 5 players will be allowed to play in the court. Rotations will be allowed with permission of the Referee.

## **VOLLEYBALL**

Men (No Age Limit) - 6 Players

Women (No Age Limit) - 6 Players

### **Rules of Volleyball**

12 players from each Unit can be in the team. Out of 12 players, only 6 players will be allowed to play in the court. Rotations will be allowed with permission of the Referee.

## **BADMINTON**

Men & Women Doubles

### **Rules of Badminton**

A badminton match is played as the best-of-three games. In doubles, the first side to score 15 points wins the game.

## **ITEMS FOR GAMES CONV 2010 DALLAS TX VOLLEYBALL**

MEN AND WOMEN (NO AGE LIMIT)

SHUTTLE BADMINTON (NO AGE LIMIT) MEN AND WOMEN (2 MEMBERS PER TEAM)

## **BASKETBALL**

HIGHSCHOOL AND UP BOYS AND GIRLS ( SR BOYS AND GIRLS)

UP TO 12TH GRADE BOYS AND GIRLS ( JR BOYS AND GIRLS)

The basic rules and regulations are provided. If there is any changes need to be done we will do it and notify the local regions.

Guidelines for Games kccna convention 2010, Dallas, TX

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3. It is the responsibility of the participant to be present before the item begins and to get approval (in case anyone challenges the qualification or age of a participant). No one will be allowed to take part in the competition if they are not present at the location by the given time, in case of a conflict between multiple items at the same time, participant should inform the coordinators in advance, so they can work it out.
4. The decision of the judges or the referees will be final and have to be accepted by all.
5. Any disputes related to competitions need to be turned into the chair of the committee in

writing within six hours of the announcement of the winners. No verbal complaints will be considered. A decision will be taken within six hours of filing of the complaint. If the chair is unable to settle the matter the steering committee will have the final decision.

6. Participation limits One participant for single items and one team for group items for units with 75 families or less registered for the convention. Two participants for single items and two teams for group items for units with 76 or more registrations and units with more than 5 National council members from their unit as of March 31st 2010. Local associations are responsible for using appropriate methods such as holding local competitions to select the contestants.

7. Deadlines. Local association should submit participants list at least a month before the convention date.

8. Groupings for competition -Groupings for all competition should be based on the grades and not on the age. The grade a child just finished before summer is used for the grouping. The only exemption is for the adult (i.e., Past High School) who are grouped by the age. The age of the person for groupings would be the age attained on December 31<sup>st</sup> of the previous year of the convention.

9. The maximum number of players for Volley Ball and Basketball team are as follows: Volley Ball 12 players maximum in a team. Basketball 10 Players maximum in a team. Badminton 2 players maximum per team.

10. Games committee will have the final authority to make any changes in conducting games due to the time limit or any unavoidable circumstances that may affect the need for such a change.

## **Volleyball rules and violations**

1. 6 players on a team, 3 on the front row and 3 on the back row

2. Maximum of three hits per side

3. Player may not hit the ball twice in succession (A block is not considered a hit)

4. Ball may be played off the net during a volley and on a serve

5. A ball hitting a boundary line is "in"

6. A ball is "out" if it hits ..... An antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a nonplayable area

7. It is legal to contact the ball with any part of a player's body

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8. It is illegal to catch, hold, or throw the ball

9. If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the team's 4<sup>th</sup> hit)

10. A player can not block or attack a serve from on or inside the 10 foot line

11. After the serve, front line players may switch positions at the net

12. At higher competition, the officiating crew may be made up of two refs, line judges, scorer, and an assistant scorer

The result of a violation is a point for the opponent.

When serving, stepping on or across the service line as you make contact with the serve

Failure to serve the ball over the net successfully

Contacting the ball illegally (lifting, carrying, throwing, etc. )

Touching the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.

When blocking a ball coming from the opponent's court, contacting the ball when reaching over

the net is a violation if both:

- 1) your opponent hasn't used 3 contacts AND
- 2) they have a player there to make a play on the ball

When attacking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if the ball hasn't yet broken the vertical plane of the net.

Crossing the court centerline with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.

Serving out of order.

Back row player blocking (deflecting a ball coming from their opponent), when at the moment of contact the back row player is near the net and has part of his/her body above the top of the net (an illegal block).

Back row player attacking a ball inside the front zone ( the area inside the 10 foot line), when at the moment of contact the ball is completely above the net (an illegal attack).

## **Badminton rules and regulations**

1. A player may not touch the net with a racket or history body during play.
2. A birdie may not come to rest or be carried on the racket.
3. A birdie may hit the net on its way across during play and the rally can continue.
4. A term of service is called an inning.
5. A player may not reach over the net to hit the shuttlecock.
6. A loss of serve is called a side out.
7. In class games will be played to 15 points and a match is 2 out of 3 games.
8. Some types of shots are the lob, drop shot, smash and drive.

Serving

1. A coin toss or spin of the racket determines who will serve first.
2. The serve must travel diagonally (cross court) to be good.
3. A serve that touches the net and lands in the proper court is called a let serve and is reserved, otherwise, only one serve is permitted to each court until a side out occurs. A serve that is totally missed may be tried again.
4. The racket must make contact with the birdie below the waist on a serve.
5. The server and receiver shall stand within their respective service courts until the serve is made.
6. Points may only be scored when serving.

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7. All lines are considered in bounds.
8. In singles, when the server's score is an even number, the serve is taken from the right side. When the server's score is an odd number, it is taken from the left. (Serving in a doubles game is different)

## **Basket ball rules and regulations**

Scoring; 2 point field goal- a shot made from an~here during play inside the 3 pt arc.

3 point field goal- a shot made from anywhere outside the 3 pt arc.

Free throw- 1 point is awarded to an unguarded shot taken from behind the free throw line while the clock is stopped.

Skilles; Boxing out- a player's position between an opposing player and the basket to obtain a better rebounding position.

Dribbling- bouncing the ball with 1 hand using your fingertips instead of your palm so that It rebounds back to yourself (the only legal way to move with the ball)

Passing- moving the ball by throwing, bouncing, handing, or rolling it to another player

(Chest, Bounce, Lob) Shooting- throwing the ball to make a basket

Pivoting- stepping once or more in any direction with the same foot while holding the other foot at its initial point.

Rebounding- The recovering of a shot that bounces off the backboard or the rim.

FOULS: results in one or more free throws awarded to the opposing team

Blocking- impeding the progress of an opponent by extending one or both arms horizontally or getting in the path of a moving player.

Charging- running into a stationary player while you are moving with the ball.

Hacking- the player hits the arm or hand of the person holding the ball.

Holding- the player holds the person with or without the ball.

VIOLATIONS: results in a change of possession with the team in bounding the ball at the side line opposite where the infringement took place

Traveling- moving illegally with the ball

Three seconds- an offensive player remains in the key (free throw lane- the area under the basket) for more than 3 seconds

Double dribble- a player dribbles the ball with both hands at the same time or they stop and then start dribbling again

#### TERMS

Air ball- a shot that completely misses the rim and the backboard

Assist- a pass to a teammate who then scores a field goal.

Defense- team trying to stop the other team from scoring

Dunk- to throw the ball down into the basket with the hand above the level of the rim

Fast break- dribbling or passing the ball towards your basket before the defense can set up

Man-to-man- a defensive strategy where everyone guards an assigned player

Offense- team trying to score

Turn over- any loss of the ball without a shot being taken

Zone defense- a defensive strategy where everyone guards an area instead of a player (2-1-2, 2-3)