



# Knanya Catholic Congress of North America

## KCCNA CONVENTION 2012 ORLANDO

### SPORTS COMPETITION

<b>I    RUNNING</b>					
#	EVENT	AGE	# PLAYERS	TIME	
1	50 Meter Boys	0 - 4 Grade	1		
2	50 Meter Girls	0 - 4 Grade	1		
3	100 Meter Boys	5 - 8 Grade	1		
4	100 Meter Girls	5 - 8 Grade	1		
5	100 Meter Boys	9 Grade to Age 21	1		
6	100 Meter Girls	9 Grade to Age 21	1		
7	100 Meter Men	Age 22 - 35	1		
8	100 Meter Women	Age 22 - 35	1		
9	100 Meter Men	Age 36 - 60	1		
10	100 Meter Women	Age 36 - 60	1		
11	1X400 Relay Boys	Age 21 & under	4		
12	1X400 Relay Girls	Age 21 & under	4		
13	1X400 Relay Men	Age 22 & over	4		
14	1X400 Relay Women	Age 22 & over	4		
<b>II    WALKING</b>					
15	100 Meter Men	Age 61 & over	1		
16	100 Meter Women	Age 61 & over	1		
<b>III    TUG OF WAR</b>					
17	Men	Age 15 & over	7		
18	Women	Age 15 & over	7		
<b>IV    FUN GAMES</b>					
19	50 Meter 3 Leg Race	Married Couples	2		

## **RULES AND GUIDELINES FOR SPORTS COMPETITIONS**

1. Participants are allowed to compete only in his/her specified grade/age group.
2. School grade should be the grade completed during 2011-2012 school year.
3. If a participant is found to have entered in an ineligible group, he/she will be Disqualified from the competition and NO substitute will be allowed from that Association.
4. Grade/age of each participant should be collected when entries are taken. It is the responsibility of individual association to provide correct information. All participants must provide photo identification to prove age and/or provide school identification to support grade in school.
5. Decisions made by Referees are FINAL.
6. Participants or parents are not permitted to discuss or approach Referees at any time during the competition, any violation of this may result in disqualification.
7. Participants must report to the designated location at the specified time. Participants reporting late will not be permitted to participate.
8. Any disputes related to the competition must be submitted to the Chairperson in writing within one hour of the announcement of the winners. No verbal complaints will be entertained.
9. It is the responsibility of the local association, to submit all the names of the participants, to the Chairperson, on or before JUNE 10, 2012.
10. Knanaya associations with hundred or more registered families for KCCNA 2012 Convention and the hosting association are eligible to send two participants for each single item & two participants for each group item with the exception of **Tug of War**.
11. Knanaya association with less than hundred registered families for KCCNA 2012 Convention are eligible to send one participant for each single item & one participant for each group item.

### **SCORING DETAILS**

<b>POSITION</b>	<b>POINTS</b>
SINGLE 1st PLACE	5 points
SINGLE 2nd PLACE	3 points

SINGLE 3rd PLACE	1 points
GROUP 1st PLACE	10 points
GROUP 2nd PLACE	6 points
GROUP 3rd PLACE	3 points

### **SPECIFIC RULES**

#### **RUNNING:**

- Any player that Foul starts twice in a race will be disqualified for both single & group track events.
- Each runner must stay in the track he/she is granted, stepping out of the given track will result in a disqualification.
- No substitutes are allowed to participate in the relay race.
- No teams will be allowed to continue without 4 players in a relay race.
- Each runner must have the Baton in his/her hand while running. If the Baton is dropped, then that team is disqualified.

#### **WALKING:**

- Race walking is a progression of steps so taken that the walker makes contact with the ground so that no visible (to the human eye) loss of contact occurs.
- The advancing leg must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until in the vertical upright position.

#### **TUG OF WAR:**

- Men - 7 Players.
- Women - 7 Players.
- Only one team for Men & one team per Women are allowed per association no matter the number of registries.

#### ***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.

#### **3 LEG RACE:**

- Participants must be married couples (1 Man & 1 Woman).
- Both participants must have one leg tied together at the ankle.
- Team must stay in their given track. Any team falling down or changing lanes will be disqualified.
- Any team that Foul starts twice in a race will be disqualified.
- Race will be 50 Meters long.

#### ***Any questions Please Contact:***

Sports Chair Person – Cibil Felix, (813) 892-8100, [felix3@mail.usf.edu](mailto:felix3@mail.usf.edu)

Sports Co-Chair - Mathai Pazhukayil, (813) 571-5580  
Sports Co-Chair - Sony Illikattil, (404) 723-1826  
Sports Co-Chair - Jose Vallipadavil, (818) 808-8233