



SPORTS GUIDELINES

National Atfal Ijtima

2024

Department of Sehat-e-Jismani
Majlis Atfālul Ahmadiyya Canada

SPORTS GUIDELINES NATIONAL ATFAL IJTIMA 2024

Assalamo 'Alaikum Wa Rahmatullahe Wa Barakatohu!

Welcome to the SPORTS GUIDELINES NATIONAL ATFAL IJTIMA 2024, presented by the Department of Sehat-e-Jismani in Majlis Atfālul Ahmadiyya Canada.

As Ahmadiyya youth leaders, you play a crucial role in implementing these guidelines at the local level. Beyond being a game, sports for our Atfal are a means of tarbiyat, fostering discipline, and exemplifying the teachings of Islam. Your guidance ensures that these principles are upheld.

In this unique league, where excellence in behavior is paramount, let us rise above. Swearing, disrespectful language, or behavior contrary to our values has no place here. This is a platform to showcase the nobility and integrity of Ahmadiyya youth. Wishing you a spirited and spiritually uplifting ATFAL IJTIMA!

National Ijtima Sports Nazimeen:

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Mayar (Age Groups):

Majlis Atfalul Ahmadiyya is divided into two age groups, called Mayar. The first is Mayar-e-Sagheer, including Atfal aged 7 to 12, and the second is Mayar-e-Kabeer, including Atfal aged 12 to 15.

To determine which Mayar a Tifl belongs to:

- Boys who turned 7 on or before Oct 31, 2023, are in Mayar-e-Sagheer.
- Atfal who turned 12 on or before Oct 31, 2023, are in Mayar-e-Kabeer. Those who turned 12 after Nov 1, 2023, remain in Mayar-e-Sagheer for this year.
- Atfal who turned 15 on or before Oct 31, 2023, is now part of Majlis Khuddamul Ahmadiyya. Those who turned 15 after Nov 1, 2023, stay in Majlis Atfalul Ahmadiyya for this year.

Note: Atfal in Mayar-e-Kabeer cannot play on Mayar-e-Sagheer sports teams, and vice versa. Similarly, athletic events for each Mayar will be restricted to that specific age group.

Majlis Ijtima Uniform Colors:

In order to promote unity and a sense of belonging, each Majlis is encouraged to adopt a specific uniform color for the National Atfal Ijtima 2024. Wearing these colors will help distinguish each group, foster team spirit, and enhance the overall visual appeal of the event. We strongly encourage all Majalis to create shirts that incorporate their designated colors. This not only instills pride but also helps in organizing and identifying participants during the Ijtima.

Below is the chart outlining the Majlis and their respective colors:

#	Region Name	MKAC Ijtima' Colour
1	British Columbia	Royal Blue
2	Eastern Brampton	Red
3	Eastern Calgary	Orange
4	Eastern Canada	Light Green
5	Eastern Ontario	Maroon
6	GTA Central	Dark Gray
7	GTA East	Light Gray
8	Halton-Niagara	Yellow
9	Mississauga	Gold
10	Northern Ontario	White
11	Prairie	Brown
12	Simcoe	Sky Blue
13	Western Brampton	Dark Green
14	Western Calgary	Beige
15	Western Ontario	Purple
16	Majlis Muqami	Black

It is MANDATORY for Atfal to wear these colors, representing their Region/Majlis with dignity and unity. By adhering to these guidelines, we can ensure a well-organized and visually cohesive event that reflects the spirit and discipline of Majlis Atfālul Ahmadiyya Canada.

May this Ijtima bring forth the best in our youth, fostering camaraderie, sportsmanship, and the true essence of Ahmadiyya values.

Sports Competitions:

At the National Ijtima', both Athletic and Team sports competitions will take place. These competitions aim to encourage physical fitness, teamwork, and the spirit of healthy competition among the Atfal. Please note that all Athletic competitions require qualification from the Regional Ijtima'.

Team Sports:

Basketball

- Teams will compete in a round-robin format, leading to knockout stages.
- Each game will be played with standard basketball rules, with minor adjustments to ensure fair play and safety.
- Emphasis will be on teamwork, sportsmanship, and skill development.

Soccer

- Matches will follow a similar format to basketball, starting with round-robin and advancing to knockout stages.
- Standard soccer rules apply, with considerations for the age and skill level of participants.
- Focus on team coordination, strategy, and fair play.

Tug of War

- This event will test the strength and teamwork of the Atfal.
- Teams will compete in a knockout format.
- Rules will emphasize safety and fairness.

Athletics

100M Race

- Participants must qualify from their Regional Ijtima to compete at the National level.
- The race will test speed and endurance, with separate events for each Mayar group.

4X100M Race

- Similar to the 100m race, qualification from the Regional Ijtima is required.
- Teams will consist of 4 members per team
- Each individual will run a maximum of 100M
- Basic Relay Race rules format will be followed

Surprise Athletic Events

In addition to the qualified events, there will be several surprise athletic activities. These events are OPEN to all Atfal, promoting inclusivity and allowing everyone a chance to participate and showcase their abilities.

Details of these surprise events will be revealed during the Ijtima.

For all competitions, participants are encouraged to display the highest levels of sportsmanship, respect, and adherence to Islamic principles.

Detailed rules for each competition are found at the end of this package. Please review them carefully to ensure a smooth and enjoyable experience for all participants.

BASKETBALL RULES

**FIBA rules apply if not modified within. The following rules have been designed to ensure fair play for all participants. Each player is expected to understand these rules before they participate in all local and regional Atfal tournaments.*

Game Format: 5 v 5 full-court play. Minimum of 4 Players are needed to start the game.

Game Duration: Each game is divided into two 8-10 minute halves, with a 1-minute break at halftime. Possession at the start is determined by a jump ball. In the event of a tie after regulation play, a 2-minute overtime will be played.

Forfeit: A minimum number of players as specified above must be present to start the game and avoid a forfeit. A game not started due to insufficient players will be recorded as a win for the opposing team.

Points System: Teams earn 3 points for a win, 1 point for a tie, and 0 points for a loss. Tie-breakers within a group are resolved in the following order: Head-to-head competition, Point differential (points scored minus points allowed), Points allowed, Points scored.

Playoffs: In playoff games, overtime consists of a three-minute period. If no team leads at the end of the initial overtime, additional overtimes will be played until a winner is decided.

Tip-off: The game commences with a jump ball at center court.

Throw-ins: The ball is thrown into play from the sidelines.

Free Throws: Are awarded after certain fouls.

Substitutions: Substitution is permissible at any time during a dead ball.

Five-Second Rule: Inbounding players have a five-second window to pass the ball into the court.

Dribbling: Double dribbling is prohibited.

Fouls: Personal fouls and technical fouls will be called. Players fouling out must be substituted.

Conduct: A technical foul system will be employed to manage unsportsmanlike conduct and improper behavior. Any player accumulating two technical fouls in one game will be ejected and must sit out their team's next game. Technical fouls may be issued for the following:

- Persistently infringing upon any of the rules of the game
- Showing dissent by word of mouth or action to decisions given by the referee
- Guilty of any incidental vulgar or profane language
- Guilty of unsporting conduct

Protests of Rules: Referee calls are final. Referee judgment calls are NOT grounds for a protest. Player protests may result in a technical foul.

SOCCER RULES

**FIFA rules apply if not modified within. The following rules have been designed to ensure fair play for all participants.*

Games Format:

7 v 7 (1 Goal Keeper and 6 Outfield Players)

(For any game indoors, it will be 6 v 6, including the goalie)

Players: Only 7 may play on the field at once, or 6 if the game is indoor.

A minimum of 5 Players is required to start the game.

Game Duration: Each game consists of two 8-10 minute halves with a 1-minute break at halftime. Direction and possession at the start of the game are determined by a coin toss. Games tied after regulation play shall end in a tie, except in the playoffs.

Forfeit: A minimum of 5 players must be present to start the game to avoid a forfeit. A game not started due to insufficient players will be recorded as a 3-0 win for the winning team.

Points System: Teams receive 3 points for a win, 1 point for a tie, and 0 points for a loss. Tie-breakers within a group are resolved in the following order:

- Head-to-head competition
- Goal differential (goals scored minus goals allowed)
- Goals allowed
- Goals scored
- Penalty kicks

Playoffs: During the playoffs, overtime consists of a five-minute "golden goal" period. If no team scores in the five-minute overtime, the winner is decided by a shootout. The 7 players from each team remaining on the field enter a rotation of penalty kicks, alternating teams with each kick. The higher-scoring team wins.

All players must try to wear Shin Pads.

Kick-Off: The kick-off may be taken in any direction and is an indirect kick, decided by a coin toss.

Throw-ins: The ball is thrown into play from the sidelines.

Direct & Indirect Kicks: All dead-ball kicks (kick-ins, free kicks, kick-offs) are indirect, except for corner/penalty kicks, which are direct kicks.

Goal Kicks: Goal kicks may be taken from any point of the end line and are indirect kicks.

Corner Kicks: A corner kick is a direct free kick, and a goal can be scored directly from it.

Penalty Kicks: Shall be awarded if, in the referee's opinion, a scoring opportunity was nullified by an infraction. Penalty kicks are direct kicks taken from the center of the mid-line with all players behind the midline. If no goal is scored, the defense obtains possession with a goal kick.

Goal Scoring: A goal cannot be scored from an indirect kick.

Five-Yard Rule: In all dead-ball situations, defending players must stand at least 5 yards away from the ball.

Substitutions: Substitution is on the fly, allowed at any time.

Goal Keepers: Goalkeepers may come out of the box but are only allowed to handle the ball inside the box.

Offside: The offside rule is not in effect.

Slide Tackling: Strictly no sliding is allowed. Playing the ball while on the ground is not permitted if other players are within striking distance, considered "dangerous play," resulting in an automatic yellow card for slide tackling infractions.

Hand Ball Clarification: Deliberate handling of the ball that denies a team an obvious goal-scoring opportunity may result in a penalty kick or a yellow/red card at the discretion of the referee.

Conduct: A yellow/red card system is used to control unsportsmanlike conduct and improper behavior (persistent infringement of any rules of the game). Any player receiving two yellow cards in one game or a red card will be ejected and must sit out their team's next game. Yellow/red cards may be issued for various reasons, including persistently infringing upon the rules, dissent, vulgar or profane language, unsporting conduct, violent conduct, serious foul play, abusive language or gesture toward a player or official, and persisting in misconduct after receiving a caution.

Protests of Rules: Referee calls are final. Referee judgment calls are NOT grounds for a protest. Player protests may result in a yellow or red card.

TUG OF WAR RULES

Standard Tug of War rules apply unless modified within. The following rules are designed to ensure fair play for all participants.

Team Composition: Each team should consist of 10 participants.

Game Duration: Each tug of war match lasts until one team has been pulled past a predetermined marker.

Starting Position: A ribbon or marker is placed in the center of the rope, positioned directly above a mark on the ground.

Grips and Stance: Participants must grip the rope with their hands only. Feet must remain grounded. Wrapping the rope around any body part is not allowed for safety reasons.

Substitutions: Substitution can only happen between rounds and not during active play.

100 / 4X100 METER RACE RULES

The following rules have been established to ensure fair play and safety for all participants in the 100m Race. Each participant is expected to understand and comply with these rules before their participation.

Racing Lane: Each racer will be assigned a specific lane. Racers must remain within their assigned lane throughout the race.

Finish: The race concludes when the racer's chest crosses the finish line.

Clothing & Equipment: Participants should wear appropriate attire that does not obstruct their movement.

False Start: A racer who starts before the official signal will be warned for the first offense. On the second offense, the racer will be disqualified.

Conduct: Unsportsmanlike conduct, such as obstructing another racer, using inappropriate language, or showing disrespect to officials or other racers, can lead to warnings, penalties, or disqualification.

Protests: Any disputes or protests must be raised with the race officials immediately after the conclusion of the race. The decision of the race officials is final.

Winner Determination: The racer who crosses the finish line first, abiding by all race rules, is deemed the winner. In the event of a photo finish, the winner will be determined by the official race technology in place.

Remember, the primary goal of these rules is to ensure the safety of all racers and to uphold the principles of fair competition.

Note: All rules can be changed on the field as per need by the organization.