



SPORTS DAY 2015

LARRY GOMES STADIUM

ARIMA

SUNDAY 25TH JANUARY, 2015



CONTENTS

CONTENTS	2
1 MEMORANDUM.....	3
2 PROGRAMME OF EVENTS.....	ERROR! BOOKMARK NOT DEFINED. - 11
3 MARCH PAST RULES AND REGULATIONS.....	12
4 RULES FOR USE OF THE LARRY GOMES STADIUM.....	13
5 NATIONAL TUG –O –WAR COMPETITION	14
6 GENERAL RULES.....	15 - 16



1 Memorandum

To: Spiritual Leaders/Chairpersons/Principals
SWAHA Centres, Branches and Affiliates, Schools

From: SWAHA Sports Committee

Date: January 3rd, 2015

Re: SWAHA Sports Day 2015

This year's Sports Day takes place on Sunday 25th January 2015 at the Larry Gomes Stadium, Arima from 8.00am.

The Sports package distributed to you contains vital information regarding all aspects of the Sports Day.

Please study carefully and pass on the relevant information to your Sports Officers and members.

The SWAHA Sports Committee looks forward to increased participation from all Branches/ Centres.

Let us all work towards a successful 2015 Sports Day where high standards are the order of the day and where friendly competition and camaraderie underlie the athletic skills and strengths of our SWAHA family.

Please feel free to contact the following persons for any assistance that may be required:

- Swaha Head Office 674-7384
- Rajdeo Sinanan 757-1382
- Pt. Umadutt Maharaj 681- 3476
- Forbes Persaud 740-6257

Best of luck to all teams.

Regards

SWAHA Sports Committee



2 PROGRAMME OF EVENTS

8:25 am	ASSEMBLY OF MARCH PAST TEAMS
8:30 am	PRE-JUDGING OF MARCH PAST TEAMS
8.50 am	NATIONAL ANTHEM, PRAYER/SWAHA GEET
9:00 am	MARCH PAST
9.30 am	OPENING REMARKS AND DECLARATION OF SPORTS OPEN/PRESENTATION OF TOKENS
9.30 am - 9:50 am	ACTIVITIES FOR PRE-SCHOOLERS AND CHILDREN UNDER 5 YEARS.
9.55am	MAIN EVENTS BEGIN

- 1 MUSICAL PLATES
- 2 BALLOON CRUSH
- 3 CHARIOT RACE
- 4 LONG DISTANCE KISS
- 5 BALL 'in' BUCKET
- 6 TOSS 'd' BOMB
- 7 FIVE LEGGED RACE
- 8 100m – UNDER 15 MALE
- 9 100m - UNDER 15 FEMALE
- 10 100m - OVER 15 MALE
- 11 100m - OVER 15 FEMALE
- 12 4 X 100m relay – MIXED (2 males/ 2females)
- 13 MARGIC CARPET
- 14 FILL 'd' BOTTLE
- 15 TUG- OF – WAR (PRELIMINARIES) FEMALE
- 16 TUG- OF – WAR (PRELIMINARIES) MALE
- 17 TREASURE HUNT
- 18 WATER COMIN!!!!!!
- 19 TUG – OF – WAR (SEMI-FINAL) FEMALE
- 20 TUG – OF – WAR (SEMI- FINAL) MALE
- 21 DHOTI RACE
- 22 SARI RACE
- 23 HULA HOOP RACE
- 24 TUG –OF – WAR (FINAL) FEMALE

- 25 TUG - OF - WAR (FINAL) MALE
- 26 RESULTS/PRESENTATION OF PRIZES
- 27 VOTE OF THANKS

MUSICAL PLATES – (Males and Females)

On the blast of the whistle, persons would move around in a clockwise position to the playing of music. When the music stops, participants are required to run and stand on a plate. The participant without a plate would be eliminated. **No one is allowed to run back to get on a plate, forward only.**



BALLOON CRUSH – 5 per team (3Males/ 2Females)

Each competitor would have a blown balloon in his/her hands. On the blast of the whistle each competitor one by one would run into a chair, sits on the balloon until it bursts, then run and tag his/her team mate, continuing the process until the last competitor complete the race.



UNITED WE ARE - 6 per team

A ball is placed in the center of participants who are interlocked at the elbows. On the blast of the whistle, they are required to reach the finish line with the ball still intact in the middle of them.



SHUTTLE REALY- 4 per team

Participants will be given a heap of balls. The first team member will shuttle a number of balls to a bucket a distance away followed by the second, third and fourth team member. The team that finishes first with all the balls in the bucket wins.



CHARIOT RACE – 3 per team (2 Males/1Female)

On the blast of the whistle, two men run from the starting line to a 30m point, to collect two (2) chariot sticks. They then run 10m to the female who climbs aboard the chariot sticks, standing with both arms resting on the shoulder of the leading person for a further 20m to the finish line. Chariot sticks must be held by both men, the woman must have one foot on each stick.



SACK RELAY- 4 per team (2Males/2 Females)

Participants will be in a sack and placed approximately 20m apart. On the blast of the whistle, the first team member will jump to the second team member and hand over a baton. This continues until the last competitor crosses the finish line with baton in hand.



WATER COMING!! 8 per team (4Males/4Females)

Six team members would each have a piece of pvc pipe, another team member an empty bottle, and the other a dry piece of sponge and a bucket of water. On the blast of the whistle, the six team members would form a water relay using the pieces of pvc pipes. The team member with the sponge would dip it into the bucket and squeeze the contents into the pipe. The team member with the bottle would collect the water at the end of the water relay. The team that fills their bottle first wins.



MAXI TAXI RACE– 8 per team (4Males/4Females)

One (1) person puts his/her feet into straps on the pair of skis. On the blast of the whistle the person travels forward picking up team members (passengers) along a route, making their way to the finish line. The back of the ski must cross the finish line to finish the race.



FOUR-LEGGED RACE – 3 per team (2 Males/1Females)

Three persons are tied together at the ankles, and above the knees. On the blast of the whistle, each team will race to the finish line. The team that crosses the line first, wins.



SKI RACE – 8 per team (4Males/4Females)

Eight (8) persons put their feet into straps on a pair of skis. On the blast of the whistle, the team moves towards the finish line. The back of the ski must cross the finish line to finish the race.



SCAVENGER HUNT – 5 per team

This event is done relay style. On the blast of the whistle, the first competitor runs to the official, who would instruct him/her to find an item. After the competitor brings the item, he/she would then tag his/her teammate for the second leg and so on. The first team to bring all the items wins.



HULA HOOP RACE – 10 per team (5Males/5Females)

Team members stand in a straight line holding hands. The first team member passes the hula hoop over his/her body to the next team member (with hands still interlocked). The

last team member then runs with the hula hoop to the start of the line. This continues until the hula hoop has passed over all 10 team members and the first person reaches back to the beginning. The team that finishes first wins.



TUG-Of-WAR – 10 per team (7Males/3Females) +1coach

Ten (10) team members to participate and one coach is allowed. This will be contested in a ‘knock out’ fashion.





3 MARCH PAST RULES AND REGULATIONS

1. March Past begins **promptly** at 9.00 a.m.
2. Teams are to be assembled **Thirty (30) minutes** before the start of the competition for the Pre-inspection judging.
PENALTY – Deduction of Five (5) points from total for groups who are late.
3. Each Team must be identified by a Flag Bearer.
4. Each Team must be identified by a Queen.
PENALTY – Deduction of Five (5) points from total from groups without a queen.
5. Teams must have a minimum of Fifteen (15) members, excluding the Queen and the Flag Bearer.
PENALTY – deductions of Five (5) points from total for groups with less members.
6. All teams will be allocated Three (3) minutes, to perform a display in which an eyes right **MUST** be given. This will be done from an identified position.
PENALTY – Every minute or part thereof exceeding the time given will result in further deduction of Five (5) points from total.
7. Music for the March Past will be supplied by the DJ or Live Band (pending) for the day. **No other music is permitted** for the March Past.
8. Points will be allocated as follows:-

CATEGORIES	TEAM	QUEEN
PUNCTUALITY (PRE-JUDGING)	Five (5)	Twenty (20)
UNIFORMITY (PRE-JUDGING)	Thirty (30)	N/A
FLAG (PRE-JUDGING)	Five (5)	N/A
MARCHING	Fifty (50)	Twenty (20)
IMPACT	Ten (10)	Thirty (30)
COSTUME/OUTFIT	N/A	Thirty (30)
TOTAL	ONE HUNDRED (100)	ONE HUNDRED (100)



4 RULES FOR USE OF THE LARRY GOMES STADIUM

- 1) **Absolutely NO Open Flames** allowed anywhere on the stadium's compound.
- 2) **Glass bottles** and/or **glass containers** are not allowed on the stadium's compound.
- 3) Only drinks up to **6% Alcohol volume** are permitted, unless in VIP Lounge.
- 4) **Management** reserves the right to **Rent** any **Concession Booth** not being utilized by the client.
- 5) Only **Players** and **designated Officials** are allowed on the **Football Field/ Mondo Track**.
- 6) Only appropriate and authorized **footwear** is allowed on the **Football Field/ Mondo Track**.
- 7) **Players** are required to attire themselves in the **standard or appropriate gear** for their respective sport.
- 8) **Changing of clothing** must be done only in the designated **Player's Changing Rooms**.
- 9) **No ball playing** is allowed in either **the corridors** or **Players** or **Player's Changing Rooms**.
- 10) **Furniture or other objects** should not be placed on the **Football Field/ Mondo Track** without **Management's approval and Supervision**.
- 11) **Any markings or placing of any adhesive tapes** on the **Football Field/ Mondo Track** must be approved and supervised by **Management**.
- 12) **Equipment** should not be tampered with or adjusted without **Management's** Approval and Supervision
- 13) **No Smoking** is allowed anywhere on **Football Field/ Mondo Track**.
- 14) **All litter** must be placed in the bins provided.
- 15) Keep the **Corridors** leading to the **Football Field/ Mondo Track** and the aisles of **the Spectators Stand** clear at all times.
- 16) **Obscene Language, Fighting, Ungentlemanly or Unladylike** conduct will not be tolerated anywhere on the compound.
- 17) **Ground Sportsmanship** behavior is expected from everyone.
- 18) **Any damage** to any part of this **Stadium** or to any **equipment** must be **Replaced/Repaired** within **Seventy Two (72) hours** by the **Person, Team or Promoter** to the Satisfaction of **Management**.
- 19) **All instructions** given by **Security and the Stadium's Staff** must be carried out.
- 20) **Management** reserves the right to remove from this Stadium anyone found to be in breach of the above **Rules**.



5 NATIONAL TUG -O -WAR COMPETITION

RULES AND REGULATION

1. A Team consists of Ten (10) members with Two (2) substitutes.
2. The **substitutes** may be used in any round except the finals.
 - a.) Substitutes can only be made after the **first** pull in the Finals if an **injury** arises and only as determined by the **judges** or other **medical personnel**.
3. No **cleats** can be used.
4. No **gloves** or other enhancing substances can be used to get a “grip” on the rope.
5. The Referee may reset the pull due to unfair advantage.



6 GENERAL RULES

1. No persons except participants in the particular event being staged and officials are to be in the field and/or track.
2. All teams are expected to strictly adhere to the rules and guidelines for the particular events.
3. All persons attending the Sports Day must strictly adhere to the rules and regulations governing the use of the Larry Gomes Stadium.
4. Any queries must be brought to the attention of one of SWAHA's sports officials in a very dignified manner. **No form or arguing will be entertained.**
5. Each centre, branch, school and affiliate will be responsible for maintaining good discipline, acting in a responsible and respectful manner and for maintaining order during the course of the day.
6. Everyone is expected to participate in the clean-up exercise after the conclusion of the day's activities.
7. **No unauthorized persons** will be allowed to enter the area designated for officials, judges and scorers.
8. Everyone attending the sports day including participants will be responsible for providing their own refreshments, snacks, food etc.
9. Points will be awarded as follows:
 - For all events **except** Tug-O- War:

1 st Place	- 5 Points
2 nd Place	- 3 Points
3 rd Place	- 1 Point
 - Tug-O War:

1 st Place	- 6 Points
2 nd Place	- 4 Points
3 rd Place	- 2 Points
10. The team scoring the highest points at the end of the Sports Day will be declared the overall winner and will be awarded the Shankararcharaya's challenge trophy and a replica. The challenge trophy will be kept at SWAHA's Headquarters, while the winning team will keep the replica.
11. The second and third place teams will also be presented trophies.
12. Trophies will also be presented to the first, second and third place teams in the March Past. A challenge trophy will be presented to the winners in addition to a replica. The challenge trophy will be kept at SWAHA's Headquarters while the replica will be kept by the winners.
13. The March Past is a separate event and, as such, will have no bearing on the points system to declare the overall winner.
14. The judge's decision is final.
15. All other trophies presented will be kept by the respective winning teams.



LET THE FUN BEGIN