

Laws/Rules of the NALASRA Games

All matches must be played according to the laws of NALASRA in conformity with federation regulations.

General Rules

- a) Each team will wear the colours of their own and must indicate on the registration form.
- b) If colours of the two opposing teams are the same, the empire shall determine which of the two teams shall change its colour by way of the toss of a coin or a compromise can be reached.
- c) Every team shall ensure that none of its members, players, officials or supporters engages in any form of prohibited behavior, or misconduct such as abusive language or threatening the umpires.
- d) Teams must arrive and produce their accreditation cards to the referee 10 minutes before the start of a match.
- e) In case of a dispute or a disagreement of a player between clubs, the player concerned may appeal in writing to the disciplinary committee.
- f) IOC decision will be final and no correspondence will be entered into.
- g) Only municipal employees with eligible pay slips are allowed to participate.
- h) Original pay slips accompanied by passport/ID book/drivers license are to be used for accreditation.
- i) Not Photostat copies will be allowed.
- j) Municipalities disregarding the above rules will be disqualified.

1. Awards

- a) The winning team in each of the sport codes shall receive a floating trophy and gold medals.
- b) The second placed team in each sport shall receive silver medals.
- c) The third placed team in each sport code shall receive bronze medals.
- d) Each participating municipality will receive a certificate of participation.

2. Discipline, Suspension and behavior

2.1 Yellow Cards

After receiving two yellow cards during the tournament the player is automatically suspended for the next match.

2.2 Red Cards

Any player given a red card is automatically suspended for the next match.

2.3 Suspensions

Any player suspended under rule 2.1 and 2.2 will observe the following

- I. Not allowed to wear the team strip;
- II. Not allowed to be listed on the team sheet;
- III. Not allowed to appear for the bench

2.4 Disciplinary Committee

The disciplinary committee shall consist of the Deputy President, Deputy Treasurer and the Deputy secretary General. The meeting of the disciplinary committee must be convened within two (2) hours of receiving a written protest or complaint.

The committee shall deal with the following

- I. A written request or complaint made by the manager of the participating team. Such request/complaint should be handed to the match official within ten (10) minutes of the game.
- II. In other cases of misconduct, which may require disciplinary action.
- III. A protest is considered on eligibility.

Netball

The local association shall be responsible for the technical organization of the Inter-municipal games with its sub-committee which shall report to the LOC of NALASRA.

Registration of players

- a) Each team shall register not more than 15 players including officials.
- b) Team sheets with the names of players must be submitted to the umpires ten (10) minutes before the game commences. New players may be registered during the tournament, provided that the number of registered players per team is not more than 15 and the player has been accredited.
- c) No Jewelry, long nails and long tights and socks will be allowed.
- d) Each player must produce the accreditation card before the game commences.
- e) The game is for single gender.

Organization of the Tournament

- a) Matches shall be played on league basis
- b) Points will be awarded as follows: 3 points for a win, 1 point for a draw and 0 for a loss.
- c) If at the end of the tournament two or more teams obtained an equal number of points, the goal difference of all the matched played by each team shall be decisive, if the goal difference is equal, the team having scored most goals shall be declared the winner, and if this also fails to

produce the winner, a further match shall be played in a neutral venue where the match shall be played on a knock out basis.

Technical rules of the tournament

- a) A team shall report for a match 15 minutes before the start time at the card checking point.
- b) Start time shall be observed strictly and if the team fails to report five (5) minutes after the start time, the team shall lose the game to the opposing team with 50-0.

Abandonment of the match

If the match has to be suspended as a result of Incidents (lack of order, spectators invading the playing field, throwing of any kind of cans) the match shall be considered a loss for the team which is responsible for the Incident, 3 points shall be awarded to the opponents with the results of 50-0 being ascribed to the score.

Disputes

In the event of any disputes the rules of the International Netball Federation will apply (IFNA)

Soccer

Format

Notwithstanding anything stated below the organizing committee shall provide the most appropriate format for this tournament.

- a) Teams will play in around robin league format
- b) Two top teams proceed to the next round or knockout stages.
- c) There shall be an update every afternoon after the games.

Points will be rewarded for each match as follows:

- a) Win = 3 points
- b) Draw = 1 point
- c) Loss = no points
- d) When the team does not show up three (3) points will be given to the opposing team and three (3) goals.

Determination place on Tournament Table

Teams will be ranked on a league in the following order from highest to lowest

- a) Number of points awarded; then
- b) The team with the highest Goal difference; then

- c) Head to head result to be considered and if it was a draw a toss of a coin will be used to determine the winner.

Quarter and Semifinal Matches

All knock out stages will be determined by a penalty there is no extra time given. However, an additional 15 minutes a side will be awarded in case of a draw where after a penalty shootout will assume to determine a winner.

Match Duration

- a) Duration of Semi-finals and finals will be 40 and 45 minutes respectively each half.
- b) Injury time will be allowed at the referee's discretion.

Match time

The management will allocate the starting time for matches.

Postponed or abandoned matches

If in the opinion of the referee, the ground is unfit to play owing to an unforeseen circumstance, which neither the team has control over it will be abandoned. If at least 50 minutes of the match will be replayed at a later time on the same date, if this is not possible the match will be declared a draw with a score line of 0 – 0.

Eligibilities

Participating teams may select any player who satisfies affiliation or registration to their respective employees and employers.

Team size

Participating team can accredit not more than 25 players including coaches.

Registration of player and colours

Registration of the final list of the 25 team players including coaches and their numbers must be submitted to the organizing committee. Player must retain the same number throughout the tournament.

Team Sheets

- a) Approved match cards and design sheets (team sheets) must be used for each match.
- b) Completed team sheets must be given to the referees no later than ten (10) minutes before the scheduled match kick off.

Substitutes

The team sheet for each match may list up to 5 players. However, once a player is substituted she/he will not be allowed to return to the match again.

Volleyball

Format

Notwithstanding anything stated below the organizing committee shall provide the most appropriate format for this tournament.

- a) Teams will play in around robin league format best of 3
- b) Top teams in each group proceed to the next round or knockout stages. The number of which shall be determined by the no of groups. Eg. If groups are 8 then 2 top teams in each group shall proceed to the knock out stages.

Points will be rewarded for each match as follows:

- a) Win = 2 points
- b) Loss = 1 point
- c) Forfeiture = no points

Starting Time

- a) Each team shall arrive and report to the management committee at least twenty (20) minutes before the scheduled start.
- b) Each team to provide a list not more than twelve (12) players prior to the start of the game.

During the game

- a) The team captain, prior to each game shall enter in the score sheet the name and the number of his player who will be in the game.
- b) The Captain and his coach must sign the score sheet before returning it to the match officials.
- c) No player whose name is not in the sheet shall be allowed to play in any particular game, and no players' name shall be added once the captain and coach have signed the sheet.
- d) Participate in two sporting codes at your own risk.
- e) The IOC will have the last word on any dispute and the decision of the IOC is final.
- f) Each team should have two uniforms and shall wear the colours as indicate in the registration form.

Rankings

- a) Teams shall be ranked in the terms of points won
- b) In the case of a tie in the points between two (2) or more teams, the difference in the sets won and the sets lost shall be considered. If the tie persists, it will be broken through head to head results.

Darts

Team size

- a) Each team shall register not more than six (6) players
- b) No drinking, smoking, coaching or practicing on the hockey.
- c) No subtraction by scorer
- d) Sequence of thrown-bull you chalked we play 3 times ladies
- e) Completion of card-correctness essential.
- f) Darts out of hand – addressing the board retrievable without stamping over hockey.
- g) Nobody permitted to leave playing pitch without permission of opposing captain or manager.
- h) Only managers to approach main tables.
- i) Each player takes a turn in rotation, throwing the three darts.
- j) Each player throws one dart and the bulls eye to decide who will start, the one closest to the bull's eye begin the game. (If preferred, a coin toss may be used).
- k) Each dart thrown counts against the three in player's turn but any dart that misses bounces off or falls from the board earns no score. If a dart sticks in another dart, it counts as a throw but gets no score.
- l) The score earned by any dart that sticks in the target is based on the point of entry within the wire divisions and not the colours.
- m) Team play 1001 straight game
- n) Doubles 701
- o) Singles 501 (the type of game that will be played depends on the number of entries).

Game

- a) A double is not required to begin scoring
- b) A player score is determined by subtracting from the total, the count of each dart. The outer ring counts double, the smaller inner ring counts triple the designated score
- c) To win a player must reduce his score to exactly zero (0) and the last dart must be a double, e.g. if you need 41 to finish, you could do it with a single 9 and a double 16.
- d) When a player score more than the exact score needed, his turn of three darts does not count and his score remains as it was before that turn. That means if 20 is required and player hits a single 20, that turn does not count his score remains 20 and if a 19 is hit that turn also does not count, his score remains at 20 because you cannot go out in a single one.