

# **AKU SPORTS** **OLYMPIAD**

**18-24 SEPTEMBER 2023** #CHALLENGEYOURLIMITS



**Official Code of Conduct,  
Rules and Regulations**



**AKU SPORTS SOCIETY**

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## **General Rules and Regulations**

These guidelines are for your assistance. Please follow these rules to avoid any consequences.

### **CODE OF CONDUCT**

**The following rules and regulations must be followed during the AKU Sports Olympiad 2023:**

1. All participants are reminded to respect the AKU community: students, faculty, and administration.
2. All participants are reminded to respect AKU property and not cause harm to any property item.
3. All participants shall maintain a climate of mutual respect and dignity. Any remarks or gestures, during events, that degrade one's beliefs, ethical or moral values will not be tolerated.
4. All teams shall be on time for all events and all rounds. Tardiness shall not be tolerated. To avoid being late, arrive at your respective field or court at least 30 minutes before your match.
5. All participants shall wear their AKU-issued participant ID cards and carry their university-issued student ID cards at all times for identification purposes. In case of lost tags, new ones shall be issued after the payment of a fine.
6. All participants are reminded that bringing in external guests is strictly not allowed. Spectators and supporters are not allowed.
7. The host team does not take responsibility for any misconduct on any participant's part. All participants are responsible for their own actions and behavior.
8. All decisions taken by the AKU Sports Olympiad 2023 Organizing Committee will be final and not subject to any changes.



9. Misbehavior with the referees and volunteers will not be tolerated.
10. Observe good discipline throughout the event
11. The use of any sort of drugs/tobacco/(e)cigarettes is strictly prohibited.
12. Drugs and intoxicants are not allowed.
13. Penalties in case of violation of code of conduct:
  - Disqualification of individual
  - Disqualification of team
  - Letter to School
14. All participants must be under 25 years of age.
15. All participants/teams must register through their respective institutes; private entries will not be entertained.
16. Player participating in a sport event must follow the appropriate dress attire for that specific sport.
17. **All athletes must be currently enrolled as full time students in their respective universities**

Note: AKU Sports Olympiad 2023 Registration Fee is non-refundable.



### **ENTRY AND EXIT GUIDELINES:**

1. The participants are expected to carry their original CNICs, stamped and laminated university ID cards for registration and show them at the main gate for verification at all times. After being provided with the official name tags, participants have to show them upon entry every time. They will be required to enter and exit from Gate 3 only. Unregistered people will not be allowed inside AKU premises.
2. If any forged tags are found, the guilty participants will be subject to serious action from the Host Team.
3. The participants will only be allowed to enter the premises of the Sports and Rehabilitation Centre.
4. The Sports and Rehabilitation Centre closes at 10 pm. All participants are requested to leave the premises before 10 pm.

### **GENERAL EVENT RULES:**

1. No participant can take part in more than 02 events (Excluding Athletics and Rowing)
2. Coaches and match officials must always carry their CNICs and name tags. They are expected to leave after the day's proceedings.
3. The referee's call is the final call. Avoid arguments with referees and the opposing teams. Please uphold the spirit of sports and compete in a healthy manner.
4. Follow the ethical code of conduct mentioned above.
5. Arrive at least 30 minutes before the scheduled match time to avoid delays. Walk-overs will be awarded to the opposition if the respective team isn't present on the field/court 10 minutes from the scheduled time.
6. In case both teams are absent, the match will be declared canceled and in case of progression, neither team will progress.



7. Performance enhancing drugs are strictly prohibited.
  8. Using unfair means to gain an unfair advantage over the opposing team will lead to disqualification of the Institution. Please compete fairly and avoid cheating.
  9. The Officials Verdict will be Final.
- \* All events are subject to change.

### **GUIDELINES FOR SOCIAL EVENTS:**

1. The AKU Sports Olympiad 2023 security team reserves the right to ask any participant or the accompanying coaches and faculty members for their respective identification cards at any time.
2. Anyone found without a tag or in possession of a forged tag shall be asked to leave the premises.
3. Participants must observe discipline throughout the days of the Olympiad, especially at social events. Any offenders will be asked to leave the AKU Sports Olympiad immediately and will not be allowed to take part in subsequent events.
4. Participants should refrain from the use of abusive language throughout the events.
5. Smoking is strictly prohibited on AKU premises.
6. No criminal/unethical activity will be tolerated.
7. The usage or possession of:
  - Drugs, alcohols, intoxicants
  - Firearms or ammunition of any type
  - Any life-threatening object

is strictly forbidden and all offenders shall be made to leave AKU premises.

If any participant is found guilty of breaching any of the rules, they may face any of the following penalties:



- Disqualification of individual/team from the event
- Disqualification of the Institution
- Complaint letter to the respective institution

### **GUIDELINES FOR LOST POSSESSIONS:**

- The AKUH administration or AKU Sports Olympiad 2023 Host Team will not be responsible for any valuables lost. However, participants may report their lost possessions at the Lost and Found (Security Office, next to Gate 2) so that it may be returned to them if found.
- In case participants lose their tags, they should immediately go to the Registration Desk and get a new tag issued. Participants will not be allowed at any AKU Sports Olympiad 2023 event without a participant tag.

### **MEDICAL EMERGENCIES:**

- A First Aid Box will be provided at all times, in case of any medical emergency, inform the help desk immediately. If any serious injury incurred while playing during the match, the Organizing Committee/AKU will not be responsible for any damages/consequences. Injury after First Aid will be referred to AKUH if needed. Expenses to be borne by the team or the individual

**Note:** Violation of any of these laws can lead to any of these punishments (depending on the severity of the offense):

- Deduction of points
- Heavy fines
- Expulsion from the event



### **Equipment Guidelines:**

1. Participants are encouraged to bring their own standard sports equipment for use during the AKU Sports Olympiad events.
2. All equipment shall undergo thorough inspection to ensure its functionality, safety, and adherence to sports regulations by the match referee/umpire.
3. Participants using equipment provided by the organizing committee are expected to use it responsibly and follow standard sportsmanship guidelines.
4. Any deliberate damage or misuse of equipment may result in penalties, or financial responsibility for repair or replacement.
5. All participants must use standard equipment as prescribed by the respective international sports federations governing each sport.
6. Substitution of standard equipment with non-standard alternatives, such as using fiber bats instead of wooden bats in cricket, is not permitted.





## Sports Rules and Regulations

Two teams (each Male & Female) per Institution are allowed per sport.

### **Futsal**

Venue: SRC Futsal Court

1. A maximum of 8 players and a minimum of 5 players will be allowed per team.
2. Each player must wear a numbered team colored jersey.
3. 5 players, including the goalkeeper, per team will start the match with rolling substitutions.
4. Each game will consist of two 10-minute halves.
5. A coin toss will be used to determine sides followed by kickoff.
6. Referee's call will be final; any arguing with a referee will be considered a bookable offense.
7. If a Red Card is given to a player, he/she will NOT be allowed to play the rest of the game. The team is DOWN one player for a minute then a substitute can be introduced for the rest of the game.
8. In the case of a tie in knockouts, the match will be decided by a penalty shootout (three penalties).
9. If still undecided the tie will be broken via sudden death.
10. One Step Penalty Rule will apply



# Basketball

Venue: SRC Gymnasium

1. A maximum of 10 players and a minimum of 8 players will be allowed per team.
2. Each player must be dressed in appropriate basketball attire with a numbered (0-99) team colored jersey.
3. Traditional FIBA rules will be observed.
4. Match duration;
  - i. 8 minutes per quarter in group stage matches
  - ii. 10 minutes per quarter in playoff matches
5. A maximum of 5 timeouts will be allowed (1<sup>st</sup> half 2-time outs and 2<sup>nd</sup> half 3-time outs).
6. A time out may not exceed 60 seconds.
7. A running clock will be used for timekeeping except for the last two minutes of last quarter and time outs.
8. The referee's call will be final; any arguing with a referee will result in a technical foul.
9. In the case of a tie, the match will be decided on extra time of 3 minutes.



# Volleyball

Venue: SRC Volleyball Court

1. A maximum of 10 players, 6 on-field and 4 substitutes, will be allowed per team.
2. Each player must be dressed in appropriate volleyball attire.
3. Individual matches will adhere to the International Federation of Volleyball rules.
4. Scoring will be under a point-a-rally format, with best of 3 sets to 25 points each game, a tiebreaker 3<sup>rd</sup> set will be of 15 points.
5. In the case of the score becoming 24-all, the winner will be decided when one team leads by 2 points.
6. The choice to be server or receiver in the first game shall be decided by a toss before the warm-up starts and shall change per game.
7. The referee is the final authority on all questions of volleyball law and the referee's decision is final.



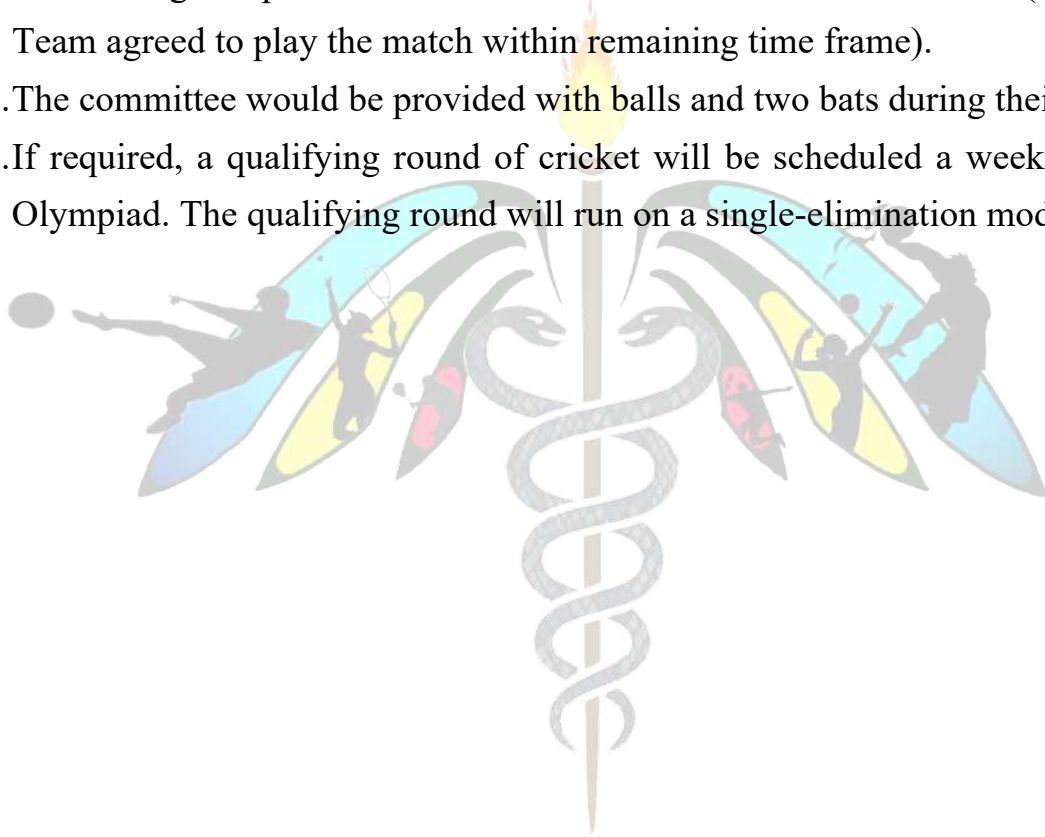
## Cricket (Tape-ball)

Venue: SRC Cricket Ground

1. A maximum of two teams of each gender will be allowed per institution.
2. Each team can consist of up to 15 members. The 11 members playing for each match must be communicated to the organizers before the start of each match. No changes will be permitted.
3. Group stage matches for boys will be played of 6 Overs;
  - i. 2 overs will be allowed for one bowler,
  - ii. Four bowlers must bowl 1 over (a team must use five bowlers).
4. Semi-final and final matches for boys will be played of 8 Overs;
  - i. With 2 Overs limit each for three bowlers,
  - ii. 1 Over limit each for two bowlers.
5. Girl's matches will be played of 6 Overs;
  - i. 2 Overs limit for one bowler,
  - ii. 1 over each for four bowlers (a team must use five bowlers).
6. Foot-fault no ball will be awarded free hit to the batsman.
7. Teams are required to complete their innings in 50 minutes otherwise the last over will be deducted from the prescribed time.
8. In case of undisciplined behavior, the team or player may be disqualified from the tournament.
9. Each player will be allowed to represent one team only. In case of non-compliance, the team will be disqualified.
10. A minimum of 7 players are required to start the match.
11. If a match is not completed on the playing day due to bad weather or any other factor, the Tournament Committee shall take appropriate decisions, which will be final.



12. The umpires nominated by the Organising Committee shall be final.
13. Players are required to be in appropriate dress (Tournament T-Shirt, Lower and joggers are mandatory). shorts, three quarters and without joggers will not be allowed in the field.
14. If any team does not turn up on time, the opponent team shall be awarded walk over after grace period of 10 minutes or overs would be deducted (If opponent Team agreed to play the match within remaining time frame).
15. The committee would be provided with balls and two bats during their matches.
16. If required, a qualifying round of cricket will be scheduled a week before the Olympiad. The qualifying round will run on a single-elimination model.





# Tennis

Venue: SRC Tennis Courts

1. A maximum of 2 registrations per event will be allowed.
2. Each player must be dressed in appropriate tennis attire.
3. Individual matches will adhere to traditional ATP rules with regard to scoring.
4. The choice of ends and the choice to be server or receiver in the first game shall be decided by toss before the warm-up starts.
5. The group stage matches will be played as first to 8 games. A seven-point tiebreaker will be played if the score is 8-8
6. The semifinals and final will be played best of 3 sets, with each set first to 6 games. A seven-point tiebreaker will be played if the score is 6-6.
7. The referee is the final authority on all questions of tennis law and the referee's decision is final.
8. Participants are requested to bring their own racquets however tennis balls will be provided.



# Squash

Venue: SRC Squash Courts

1. A maximum of 2 teams will be allowed.
2. Each player must be dressed in appropriate squash attire and non-marking shoes.
3. Individual matches will adhere to the Profession Squash Association rules.
4. Scoring will be in the point-a-rally format, with a best of 3 games to 11 played per match.
5. In the case of the score becoming 10-all, the winner will be decided when one player leads by 2 points.
6. The choice to be server or receiver in the first game shall be decided by a toss before the warm-up starts and shall change per game.
7. If the same team wins both games, the match is finished, and the winning team progresses to the next round.
8. In the case of which a set each is won by players of opposing teams, a final deciding set will be played.
9. The referee is the final authority on all questions of squash law and the referee's decision is final.
10. Participants are requested to bring their own racquets.



## Badminton

Venue: SRC Gymnasium

1. A maximum of 2 registrations per event will be allowed.
2. Each player must be dressed in appropriate badminton attire and non-marking shoes.
3. Individual matches will adhere to Badminton World Federation rules.
4. Before play commences, a toss shall be conducted, and the winning side may choose to serve or receive first; the side losing the toss shall then exercise the remaining choice.
5. A match shall consist of the best of three sets. A set shall be won by the side first to score 21 points.
6. If the score becomes 20-all, the side which gains a two-point lead first shall win that game.
7. If the score becomes 29-all, the side scoring the 30th point shall win that game.
8. The side winning a set shall serve first in the next set.
9. The umpire shall be in-charge of the match, the court and its immediate surrounds. The official decision shall be final on all points of fact for which that official is responsible.
10. Participants are requested to bring their own racquets.





## Table Tennis

Venue: SRC Gymnasium

1. A maximum of 2 registrations per event will be allowed.
2. Each player must be dressed in appropriate table tennis attire and non-marking shoes.
3. Individual matches will adhere to the International Table Tennis Federation rules.
4. Before play commences, a toss shall be conducted, and the winning side may choose to serve or receive first; the side losing the toss shall then exercise the remaining choice.
5. Scoring will be in the point-a-rally format, with a best of 3 games to 11 played per match in the group-stages and a best of 5 games to 11 played in the semi-finals and finals.
6. In the case of the score becoming 10-all, the winner will be decided when one player leads by 2 points.
7. The choice to be server or receiver in the first game shall be decided by a toss before the warm-up starts and shall change per game.
8. If the same team wins two games in the group stages or three games in the semi-finals and finals, the match is finished, and the winning team progresses to the next round.
9. In the case of which equal sets are won by players of opposing teams, a final deciding set will be played.
10. The umpire shall be in-charge of the match, the court and its immediate surrounds. The official decision shall be final on all points of fact for which that umpire is responsible.
11. Participants are requested to bring their own racquets.



## Rowing

Venue: SRC Gymnasium

1. Each player must be dressed in appropriate attire and non-marking shoes.
2. Races will adhere to Karachi Boat Club Indoor Rowing Rules and will take place on a Concept2 Rowing Ergometer.
3. The start of the race is signaled by digital race management software. Participants are required to start rowing when the signal is given.
4. The distance of the race for individual events will be 500 meters and 2000 meters whereas the relay events are 2x1000m and 4x500m
5. Participants are required to row using proper technique. This typically involves a coordinated motion of the legs, core, and arms during the stroke. This is to ensure there is no damage to the equipment
6. False starts or any other rule violations may lead to penalties as per the race umpires' and jury's discretion.
7. The race ends when the predetermined distance is completed by the rower. The rower must stop rowing immediately after crossing the finish line.
8. The final results are determined based on the completion time and distance covered by each participant. The fastest time wins the race.
9. During a relay race, rowers must perform smooth and quick transitions between participants. The changeover will be conducted at the end of each rower's designated distance
10. When transitioning, the rowers who are handing off the rowing machine to their teammates must do so safely and efficiently. The upcoming rower must only approach the machine once the previous rower crosses the line



11. The team's rowers must keep the flywheel of the rowing machine spinning at all times during the race. Pausing or stopping the flywheel during transitions could lead to time penalties.
12. The order of rowers within the team is final at submission and cannot be changed during the event.





## Athletics (Track)

Venue: SRC Cricket Ground

1. The Track events taking place are 100m, 200m, and 4x100m Relay.
2. Every participant must be dressed in proper attire.
3. The performance shall be timed by official Timekeepers.
4. During short-distance sprints (100 and 200m) and relays the participants cannot cross or change lanes and must remain within their own starting line.
5. Heats for each event will be done followed by finals.
6. All relays will be time finals
7. The decision of Officials will be final.
8. 2 participants per institute can participate in one track course (excluding Relays where 2 relay teams can be registered).



## **PROTEST:**

- a. Each team has a right to protest against any team before or at the end of the match.
- b. A written protest (on the school/college letterhead) must be submitted by the Team Official to the Tournament Committee before the start of the match or an hour after the end of the game.
- c. Protest Fee of Rs.5,000.00 (Rupees Five Thousand only) which is non-refundable must be paid in cash to the Committee along with the written protest.
  - i. The amount will be returned if the decision is overturned because of the protest.
- d. Proper evidence, proof and facts of the protest shall be provided by the Team Official who is submitting the protest the following day by 12 noon at the latest.

## **FINES:**

<b><i>Violation</i></b>	<b><i>Fine (Rs.)</i></b>
Loss of AKU SPORTS OLYMPIAD 2023 ID CARD	500
Replacement of Participant (after deadline of changes- to be specified by Director Registrations)	1,000
Addition of New Participant (Only in team sports) (After deadline of changes- to be specified by Director Registrations)	2,000



## **Disclosure:**

All rulings rendered by the organizing committee of the AKU Sports Olympiad 2023 are deemed final and will not be up for dispute. Challenges to these determinations are not admissible, and cannot be challenged in any court of law. All events are subject to change at the discretion of the AKU Sports Olympiad 2023 Committee.

Looking forward to hosting you at the AKU Sports Olympiad 2023,

AKU Sports Society  
Aga Khan University