



UUKMA NATIONAL SPORTS MEET 2024

GENERAL RULES AND GUIDELINES

Date & Address of the Venue:

SATURDAY 29TH JUNE 2024 from 9AM till 10PM

**Wyndley Leisure Centre, Clifton Rd, The Royal Town of Sutton Coldfield,
Birmingham**

POST CODE B73 6EB.

1. UUKMA National committee to coordinate and manage the National Sports Meet. All communications regarding the event should be made to secretary.ukma@gmail.com or communicated to General Conveners, Peter Thanolil ON MOB:07713183350, Mrs. Smitha Thottam ON MOB:07450964670 National sports and Games Coordinator: Mrs. Salina Sajeev ON MOB:07507519459.
2. Regional Sports Meet Results should be filled on result sheets and signed by the respective Regional President and Secretary should be forwarded to secretary.ukma@gmail.com on or before 22:00 hours of June 22nd, 2024. A copy of the same should be retained by the Region.
3. Age Categories:

KIDS	5 YEARS TO BELOW 8 YEARS	AS ON 1 ST SEPTEMBER 2024
SUB JUNIORS	8 YEARS TO BELOW 12 YEARS	AS ON 1 ST SEPTEMBER 2024
JUNIORS	12 YEARS TO BELOW 16 YEARS	AS ON 1 ST SEPTEMBER 2024
SENIORS	16 YEARS TO BELOW 25 YEARS	AS ON 1 ST SEPTEMBER 2024
ADULTS	25 YEARS TO BELOW 40 YEARS	AS ON 1 ST SEPTEMBER 2024
SENIOR ADULTS	40 YEARS TO BELOW 50 YEARS	AS ON 1 ST SEPTEMBER 2024
SUPER SENIORS	50 YEARS AND ABOVE	AS ON 1 ST SEPTEMBER 2024
COMMON	NO AGE BAR	

*(Age will be decided as on 1st of SEPTEMBER 2024. For e.g.: If someone's D.O.B.02 is on 1st SEPTEMBER 2016 will be treated as above 8 and will fall under sub-junior category.)

4. Eligibility for participation is strictly for the first, second and third prize winners of single items and first and second

prize winners of Group items of the Regional Sports meet 2024.

5. Point table for the calculation of Individual / Association and Regional Championships.

	First		Second		Third	
	Asso/Reg	Participant	Asso/Reg	Participant	Asso/Reg	Participant
Single	5/5	5	3/3	3	1/1	1
Group	0/10	2	0/7	1	0/5	1/2

6. Participants shall compete ONLY in their respective age category. Age proof: Organizers shall hold the right to verify the registrant's age wherever necessary. All participants are hereby informed to carry an age verification document as proof of their entries. This proof may have to be shown at the chest number desk. Random checks will be carried out and chest numbers will not be allotted in case of any failure to provide the age proof. The responsibility will solely rest on the participants or their parents/guardians.
7. Registration fee: £5/- for each entry. £12/- per person to enter three items. £16/- for a relay team. £75/- per team for tug of war.
*(The entry fees mentioned above is for the National Sports. Regional committee could able to decide the entry fees for regional sports events. Please check with the respective regional committee)
8. Registration along with issuing of Chest Numbers will start at 10 am. Latecomers will not be entertained.
9. The registration fee shall be paid by the Association representative and individual payments will not be accepted at the registration desk.
10. Medals and Certificates will be awarded to winners. Besides Overall Champions Trophy, Individual Champions Trophy for best individual performances in each category (Kids, Sub-juniors, Juniors, Seniors, Adults, Senior Adults and Super seniors) will be awarded.
11. Decisions by the Judges will be final.
12. For any dispute regarding the final results, Association President/ Secretary can approach the Appeal Committee. Individual appeals will not be entertained.
13. Shoes must be worn by all participants.
14. Tug of War will be conducted on a knock-out basis. Maximum body weight of each team (7pullers) shall not exceed 620 kgs. No spikes or football trainers shall be worn by the tug of war participants.
15. Participants will be responsible for their Health and Safety. Parents will be responsible for their children under the age of 16 years.

