

A K Y S B

AGA KHAN YOUTH & SPORTS BOARD

ISMAILI SPORTS COMMITTEE

CRICKET CHAMPIONSHIPS



SUNDAY 8 SEPTEMBER 2013

Participant Pack

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Welcome

Thank you for entering the Cricket Championships 2013 to be held on Sunday 8th September 2013. We hope you'll enjoy this event and wish you the best of luck.

This pack contains essential information for the tournament; please take a moment to review the information prior to attending this event.

If you have any questions, please contact the ISC team by e-mailing akysb.isc@iiuk.org

1. Registration
2. Rules
3. General Policy
4. Venue, Directions and Food
5. Warm up and Cool down exercises

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1. Registration

All participants **MUST REGISTER** before the first game is played. Please get to the venue for 8.00am.

Whilst the Ismaili Sports Committee will endeavour to accommodate late arrivals, please note we are unable to reschedule these games; those who miss their game(s) will forfeit their game(s) missed.

ALL Participants **under the age of 16 MUST** hand in a **signed parental consent form** upon registration before being allowed to play any games. If you have not received a form, please email akysb.isc@iiuk.org.

Before each game

In the hope of keeping with the carefully planned day's schedule, it is imperative that **all participants are registered before their first game on the day or they will be disqualified** from the entire tournament, with no exceptions.

Please **arrive at the relevant pitch** for your game **before the start of the last game taking place before yours**. The tournament operates a 3 minute rule where each team will be given *3 minutes grace* to arrive at the start of their game.

Failure to report to the **Ismaili Sports Committee representative** at your pitch **within 3 minutes** for **your coin toss** before the start of your game **will result in a forfeit of that game**.

Please note that **the umpire's decision is final** during the game and no Ismaili Sports Committee representative can veto the umpire's decision. Therefore should any dispute arise it will be settled by the referee present at your game. If there is no umpire representation (during early rounds), the dispute will be settled by the Ismaili Sports Committee Policy Unit. In this case, the Ismaili Sports Committee Policy Unit decision is final.

At the end of each game

In the hope of keeping accurate scoring for each category, a match ticket system will be implemented per game. **Both team captains will be required to sign the match ticket at the end of the game to confirm the winner**. Completed match tickets will be provided to the scorer to update the scoring system.

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2. Rules

1. The Ismaili Sports Committee shall be responsible for the format of this Competition depending upon the number of entries received.
2. Participants must be 14 or over (born on or before 7 September 1999). Players 16 or under (born after 8 September 1997) must submit a consent form.
3. Players 19 or under (born on or after 8 September July 1994) must wear a helmet when batting and/or when keeping wicket. The minimum requirement for all other players when batting or keeping wicket is that gloves and pads are worn. If these conditions are not met a player will not be permitted to bat or keep wicket.
4. Players must wear the same colour shirt as their teammates at all times during the tournament.
5. Any player playing in this tournament will not be permitted to consume alcohol or smoke any substance whilst participating in this tournament. If a player is found to be in breach of this rule that player will be immediately disqualified from the tournament. The bar staff at Gidea Park & Romford CC will be aware of this rule and will be in contact with the organisers if this rule is breached.
6. Violent and aggressive conduct, whether physical or verbal, is strictly prohibited. Any player found to be in breach of this rule, whether it be towards umpires, opposition, team-mates, supporters, organisers, venue staff or any other person, will be immediately disqualified from the tournament and possibly future Ismaili Sports Committee tournaments at the discretion of the Ismaili Sports Committee.
7. **Teams:** Teams shall consist of eight (8) players, plus two (2) reserves that may play in any round and may bat and bowl as a substitute for any player who may be incapacitated.
8. **Batting Side:** The batting side shall bat until the last man is out provided that the fielding side has not finished their allotted seven (7) over's. A batsman shall retire once he has scored 25 runs. If the other batsmen are bowled out before the fielding side bowl all seven (7) over's, the retired batsman may return to the crease and continue batting.
9. **Fielding Side:** The fielding side shall bowl seven (7) six (6) ball over's. Bowlers are permitted to bowl one (1) over per game. The wicket keeper shall wear pads and gloves, and may not be changed during the game except in case of injury.
There must be a minimum of 3 fielders on the offside at all times.
10. **Bowlers:** The Bowler's run-up shall be limited to ten (10) yards.
11. **Wides:** Any ball, whether on the leg-side or the off-side which is deemed a wide by the umpire. A penalty of four (4) runs shall be added to the batting side's score; however an extra ball shall not be included in the over, apart from in the final over of the innings where a wide ball will result in an extra ball.

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NOTE 1: This rule shall apply even when the striker plays at and misses the ball, even if by moving from his guard he has brought the ball within reach. Only if the ball has been hit by or hits the striker shall a wide not be signaled.

NOTE 2: The ball does not become dead on the call of “wide ball” and the striker may be out “Stumped” or “Hit Wicket”. In addition, either batsman may be “Run Out”, “Handled the Ball”, or “Obstructed the Field”.

NOTE 3: Any byes which may occur from the “wide ball” will count in addition to the four (4) penalty runs.

12. *No Balls:*

- a. If in the opinion of either umpire, as delivery passes or would have passed, over the shoulders of the batsman standing upright at the crease, the umpire at the bowlers end shall immediately call and signal “no ball”. A penalty of four (4) runs shall be added to the batting side’s score; however an extra ball shall not be included in the over, apart from in the final over of the innings where a wide ball will result in an extra ball. Furthermore, any runs scored off the “no ball” shall be added to the batting side’s score in addition to the four (4) penalty runs.
- b. Any full toss which, in the opinion of the Umpire at the bowler’s end, passes or would have passed, above the shoulder of the batsman for a slow bowler or above the waist of the batsman for a fast bowler at the crease shall be called a “no ball”. The distinction between a slow/fast bowler is at the sole discretion of the umpires. A penalty of four (4) runs shall be added to the batting side’s score and an extra ball shall be included in the over. Furthermore, any runs scored off the “no ball” shall be added to the batting side’s score in addition to the four (4) penalty runs.
- c. A penalty of four (4) runs shall be added to the batting side’s score for any other “no ball” (e.g. the bowlers front foot is over the popping crease line). An extra ball shall not be included in the over, apart from in the final over of the innings where a no-ball will result in an extra ball. Furthermore, any runs scored off the “no ball” shall be added to the batting side’s score in addition to the four (4) penalty runs.

NOTE 4: The final over must be legally completed; wides and no balls will be re-bowled.

13. *The Result:* The Team scoring the greater number of runs shall be the winner. In the event of a tie the winner will be:-

- a. The side losing the fewer number of wickets; or
- b. If both sides have lost the same number of wickets, the team with the higher scoring rate per ball faced; or
- c. If the result cannot be decided by (a) or (b) above, the side with the higher score

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- i. after four (4) over's,
 - ii. or if still equal after three (3) over's,
 - iii. or if still equal after two (2) over's.
14. If the competition is held in groups and two (2) or more teams have equal points, and are in a position to qualify for the next stage, then the team with the best net run rate shall qualify. Where they are still equal a coin shall be tossed to decide which team qualifies.

NOTE 5: Except for the above rules the Laws of Cricket as detailed at <http://www.lords.org/laws-and-spirit/laws-of-cricket/laws/> as applicable to a single innings match, shall apply.
15. The umpire's decision is final. Any point not provided for in the Rules shall be decided by the Ismail Sports Committee whose decision shall be final.
16. Points awarded – 2 points for a Win, 1 Point for a tie, 0 points for a lose.

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3. General Policy

In addition to the sports rules above, the following policies will be applicable for all sports participants and attendees as detailed.

Definitions

'Drugs' refers to any of the following:

- Inhalants;
- Any Class of illegal drugs;
- Substances designed to look like illegal drugs;
- Substances reported to be illegal drugs;
- Drug paraphernalia (any item used to manufacture, conceal, process, ingest, inject, inhale, or introduce illegal drugs into the body) provided that the substance has not been prescribed by a medic for that user;
- Any non-medicinal drugs.

N.B: The use, possession and/or distribution of illegal drugs are a criminal offence. If charged and convicted a person is liable to serve a term of imprisonment.

'Offensive Weapons' refers to:

- Any article made or adapted for causing injury, or intended to cause injury
- Any object carried for the intention of causing harm or injury to another.
- An offensive weapon can include many objects for example, baseball bats, any bladed or sharply pointed object, such as a screwdriver, broken bottles, knives, pen-knives and guns etc.

'Organisers' refers to the team responsible for the delivery of the event, which includes the Chairperson of the AKYSB, Board Member Responsible for the Ismaili Sports Committee, the Ismaili Sports Committee and the Project Lead.

Zero Tolerance

There will be a zero tolerance policy on the following issues:

- Violent, aggressive or disorderly behaviour by any participant, whether physical or verbal, directed to his/her opponent(s), the referees/officials or organisers/spectators will result in automatic disqualification for the player and potentially their team from the competition.
- In certain circumstances, violent or disorderly behaviour may result in expulsion from future AKYSB events. This decision is at the discretion of the Organisers.
- Spectators or other attendees inciting or participating in violent or disorderly behaviour will be required to leave the area/venue immediately and may result in expulsion from future AKYSB events.

The ISC operates a zero tolerance policy towards the use, possession, and/or distribution or handling of offensive weapons, illegal drugs and/or alcohol.

- Participants/attendees at the tournament are not allowed to use, possess, distribute or otherwise handle or deal in any illegal drugs at the venue or enter the venue under the influence of any illegal drugs/substances. In the event that this rule is violated, the person(s) involved will be dealt with severely, including alerting the appropriate authorities and removal from the venue. The Organisers may also take legal action
- Participants/attendees at the tournament are not allowed to use, possess or distribute any offensive weapons or alcohol at the venue or enter the venue under the influence of alcohol. In the event that this rule is violated, the person(s) involved will be required to leave the venue. The Organisers may also take further action.

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- Smoking is prohibited at all AKYSB events.

Personal Belongings

The Organisers do not take any responsibility and hold no liability for the loss or damage of participants/spectators' personal belongings.

Referees / Umpires

Any and all decisions of the appointed referee are final. Under no circumstances should the decision of the appointed referee be disputed by a participant or team. Should this happen, the referees may deal with it in any manner they decide is appropriate (including but not limited to dismissal).

Time Management

This policy will dictate the smooth running and timely completion of the day's sporting activities.

All participants must maintain close proximity to the field. If either an individual or team arrives more than three minutes late for their fixture, the game will be declared a walkover, with the points for a win being awarded to the opposition.

In the event of the games running ahead or behind schedule, it is the participants' responsibility to be aware of any changes to the schedule. Changes can be found at the ISC desk at the venue.

Eligibility of Participation

This is at the discretion of the ISC, who will check that players are eligible in terms of age and are an Ismaili or the spouse or child of an Ismaili. If, for some reason, a player has bypassed the database check and is later found not eligible to play, he/she will be disqualified from the tournament and their team may also be disqualified. The decision of the Organisers shall be final.

All participants must submit their correct personal details. Participants must not use any alias. Use of an alias may also lead to a participant's immediate disqualification from the tournament.

Participants must not use any false name. Use of a false name will lead to participant's immediate disqualification from the tournament. In both circumstances and if applicable, the Organisers also reserve the right to disqualify the rest of the team from the sport in question.

Contingency Plans

If the tournament is cancelled before the day of the tournament due to adverse weather conditions, participants will be informed of an alternative date for the tournament, or receive a partial refund dependant on the venue's terms and conditions. If the tournament is cancelled due to adverse weather conditions on the day of the tournament, we regret that there will be no rearranged day or refund.

In the event of a delay, participants will play under contingency plans (which may include but not be limited to changes in format and changes in duration for individual games), to allow for the timely completion of that sports category. This is essential for the participants to accommodate and changes that the Organisers deem necessary.

Sports Entries

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Injured players can request to be replaced with unregistered players in accordance with timeframes and criteria communicated prior to the tournament. Team members can only be changed by the team captain. All injury replacements are at the discretion of the ISC and Organisers whose decision is final.

Once a player has declared themselves unfit or has been removed from a team, they cannot re-enter to play for that team or any other team.

Privacy Policy

Data Protection Notice

This notice explains how we will process your personal information.

When you provide information to the AKYSB, the data controller is the Ismaili Council for the UK, who will use the information you give us as follows:

- To market events and programmes
- To profile our participants
- Administration purposes

We will hold your personal contact information for as long as necessary for these purposes.

We may distribute details and / or images / videos of participants for the purpose of use for community-based publications or promotion of future events.

You may exercise your right to opt out of the use of your information for marketing purposes at any time by contacting us at akysb.isc@iiuk.org or following the unsubscribe procedures set out in our emails.

By returning or submitting a form with your personal information to us, you consent to our processing your personal data. You have a right to ask for a copy of your information and to correct any inaccuracies.

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4. Venue and Directions

The Venue

Gidea Park & Romford Cricket Club is located in Gidea Park, Essex.

The full address is:

Gidea Park & Romford Cricket Club
Main Road
Gidea Park
Essex
RM2 6NP

Directions By Car

From the North

- Take M25 East towards Stansted Airport
- Junction 28 – exit is A12 towards Romford / London
- At Gallows Corner Roundabout, go straight over and then turn right at the first set of traffic lights (immediate after roundabout).

From the South

- Take M25 West towards Stansted Airport
- Junction 28 – exit is A12 towards Romford / London
- At Gallows Corner Roundabout, go straight over and then turn right at the first set of traffic lights (immediate after roundabout).

From North London

- Take the A406 towards Gants Hill, Ilford
- Take A12 exit towards Romford
- At Gallows Corner Roundabout, take the 4th exit and then turn right at the first set of traffic lights (immediate after roundabout).

By Public Transport

You can take the overground from Liverpool Street or Stratford towards Shenfield, the nearest train station is Gidea Park, which is a ten minute walk from the ground.

Parking

There are parking spaces available at the ground. Gidea Park & Romford CC have no liability to cars parked around the area in case of damage.

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Food and Refreshments

Lunch will be served to all participants. This will consist of a BBQ.

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5. Warm up and Cool down exercises

Introduction

Most sporting injuries are caused by a lack of warming up/ down before the start / end of a competitive event. In this section below we provide a brief outline of the importance of stretching and a number of exercises.

Why Warm Up?

The purpose of a warm up exercise is that it raises the heart rate and prepares the body and mind for a more strenuous activity. Aim to raise the heart rate to approximately 120 beats per minute.

How?

Jogging for 2-3 mins will avoid injury and enable you to play at your peak. In addition some stretching exercises will also help increase freedom of movement, agility, reduce muscle tension and reduce the risk of muscle and tendon injuries.

Stretching Exercises

Head

You can loosen your neck by bringing your chin to your left shoulder, rotating your head to look up to the sky, then bring your chin to your right shoulder, and then look to the floor. The aim is to rotate the head in a gentle circular motion.

Back

To stretch your back, put your hands together, keep your legs apart, bend at your waist and stretch your hands out in front of you. Don't touch the ground

Next bring your arms behind your back, keeping them together, and stretch backwards.

Triceps

Bend your right arm behind your back, over the right shoulder. Bring your left hand to your right shoulder. You should feel your right arm stretch. Repeat the exercise for your left arm.

Sides

Place your arms straight above your head and bring your hands together. In a large arc, move your hands down to your left foot and then over your head to your right foot.

Waist

Stand up straight with your legs apart and muscles relaxed. Put your hands on your hips and swing clockwise with your hips in a circular motion. Repeat going anticlockwise.

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Stomach

Lie down with your hands by your shoulders in a press up position. Instead of doing a press up lift your waist off the ground using your stomach muscles, repeat this several times.

Quadriceps

To stretch this muscle, stand on one foot, grab the other foot with your hand and bend your leg back until your foot touches your bottom and hold this position for approximately 30 seconds. Repeat this exercise for the other leg.

Groin

Stand with your feet apart and bend one knee whilst facing forwards to stretch the opposite groin. Keep your back straight and adjust your weight until you feel your groin stretch.

Hamstring

Sit down on the ground with both legs stretched out together in front of you. Bend over and try and try to touch your toes. Then with your legs apart, touch the toes of each leg in turn.

Calves

Keeping your right foot firmly on the ground and your right leg straight take a stride forward with your left leg and bend your left knee. You should feel your right calf stretch. Repeat for the left calf.

Ankles

Loosen your ankles by lifting the right leg and rotating your foot clockwise and then anticlockwise for several seconds. Repeat the exercise with your left leg.

After the Game: Cooling down

Cooling down after the game is also very important as it helps to remove muscle waste that has built up – lactic acid and reduces soreness and stiffness. It also enables you to compete at the same level within a short period of time and reduces the chances of dizziness or fainting caused by pooling of venous blood at the extremities.

How?

2-3 minutes light jogging or a brisk walk immediately after the game. In addition, 5-10 minutes of stretching – focus on the major muscle groups you have used during your sport.