

# Run Round Singapore

## SPORTS COMPETITIONS

28 MARCH 2010  
SPORTS & RECREATION CENTRE, NTU

### A General Information

1. This competition is organized as part of NTU 55<sup>th</sup> Anniversary Celebration Run Round Singapore.
2. The competition is open all members of the public.
3. Each team shall comprise 1 team manager and the stipulated number of players for each sport. The team manager is allowed to play only if he/she is also registered as player.
4. The team manager shall be responsible for the coordination and filling the line-up for all matches for the competition as well as rising of dispute/s if any.
5. Attractive prizes will be awarded to players of the top 4 teams of each sport.
  - 1<sup>st</sup> Prize: \$200 NTUC Voucher + Medal + Goodie Bag
  - 2<sup>nd</sup> Prize: \$150 NTUC Voucher + Medal + Goodie Bag
  - Joint 3<sup>rd</sup> Prize: \$100 NTUC Voucher + Medal + Goodie Bag
6. All participants are to report at the NTU Sports & Recreation Centre at **2.30pm on 28 March 2010**.
7. This competition is an open category with a minimum age of 16 years old. All players must bring along their Identity Cards to all matches for verification, failing which they may not be allowed to participate.

### B Sports Competition Rules & Regulations

#### 3-ON-3 BASKETBALL (MEN / WOMEN)

1. Each team shall consist of 3 players on the court and a maximum of 2 substitutes.
2. Maximum number of teams for the Women's category: 16.

The teams will be divided into 4 groups.  
Preliminary Round will be played using Round Robin format.  
Each winning match will score 3 points for the team, 2 points for a draw and 1 point for losing match.  
No point will be given to the team that concedes a walkover.  
Groups' winners and first runner-up will play in semi-finals. The winners of semi-finals will play in the final.

Maximum number of teams for the Men's category: 16.  
The teams will be divided into 4 groups.  
Preliminary Round will be played using Round Robin format.  
Each winning match will score 3 points for the team, 2 points for a draw and 1 point for losing match.  
No point will be given to the team that concedes a walkover.  
Groups' winners will play in semi-finals. The winners of semi-finals will play in the final.
3. **TIME:** Playing time is two 10-minute halves. Throughout the game the clock will run continuously. There will be a 1-minute halftime. **Three Second** lane violations will be called. **Time-outs:** one on each half and as and when, by referee for injuries or rule discussion. **Stalling** or deliberate attempts to freeze the ball shall result in loss of ball possession. Maximum of 5 seconds for holding the ball. The referee may issue a verbal warning before taking away possession.
4. **START OF GAME:** Team must be signed in and READY TO PLAY at their scheduled time.  
**Coin Toss:** Winner gets first possession in first half; the other team will receive possession in second half. The referee will signal the ball in play for both halves.
5. **COURT:** 3-on-3 basketball is a half-court game. The "check-line" shall be the half-court circle.
6. **BALL POSSESSION AND PUTTING THE BALL IN PLAY:**
  - The ball changes possession after each basket unless a foul is awarded.
  - At the beginning of each half, after a score, after a foul, or out of bounds: the ball must be PASSED in from the check-line.
  - The referee must handle the ball after out of bounds is called, or a foul is awarded.
  - After defensive steals, rebounds, or blocked shots, the ball must also be returned to the check-line, but does not need to be passed into play.
7. **FOULS:** ANY PLAYER WHO ACCUMULATES FOUR FOULS WILL BE DISQUALIFIED FROM THE GAME.

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- **All DEFENSIVE Fouls:** will result in retained possession for the offense (even after a converted basket).
  - **All OFFENSIVE Fouls:** will result in a change of possession and disallowing converted baskets.
  - **All TECHNICAL & INTENTIONAL Fouls:** will result in one free throw with possession going to the offended team. (Ejection of player may follow)
8. **FREE THROW ATTEMPT:** The referee will signal the ball in play for free throw attempts. Teams must line up promptly for foul shots.
  9. **SUBSTITUTIONS:** ONLY AFTER a converted basket, a foul shot, or any stoppage of play. The substitute must get an official's attention and wait to be called in. A technical foul will be charged to the team for failure to abide by this rule.
  10. **HELD BALL:** There will be no jump balls. Possession after a held-ball situation is alternating possession.
  11. **OVERTIME PROCEDURE:** If the score is tied after regulation play during semi-finals and final matches, an overtime period of two minutes will be played. If the score remains tied at the end of this period, a second overtime will be played and it will be sudden-death. Possession of the ball will be determined by coin-toss.
  12. **PLAYERS** may compete for **ONLY ONE** team. Once a person has played with a team they cannot play with any other team. Violation will result in a forfeiture of the games involved with that player.

### 3-A-SIDE FLOORBALL (MIXED)

13. Each team can register up to 5 players, with *at least ONE female player* in play at all times.
14. Maximum number of teams: 12. The teams will be divided into 2 groups.  
Preliminary Round will be played using Round Robin format.  
Each winning match will score 3 points for the team, 2 points for a draw and 1 point for losing match.  
No point will be given to the team that concedes a walkover.  
Groups' winners and first runner-up will play in semi-finals. The winners of semi-finals will play in the final.
15. **Playing time:** The game shall consist of 5 minutes of play.
16. **Stoppage time:** The game clock will be paused if the ball goes out of play or if the game is stopped by the referee for any rule infringement.
17. **Walkover:** Teams shall concede a walkover if they fail to turn up 10 minutes after the scheduled time.
18. **Players' Attendance:** 3 outfield players are required for the match to start. There will be no goalkeeper. If the number of players falls below this required minimum, the team concerned shall be taken as conceding a walkover their opponents will be awarded the match 3-0.
19. **Street Challenge Floorball Rules:**
  - There can be **unlimited substitutions**, and it can take place **anytime** during the game so long as one player comes out of the rink, the other player can step in to substitute.
  - No caps, earrings, necklace, bracelets, watches, nor any other accessories- that can harm other players and yourself-should be worn.
  - Correctly scored goal: must come from a **hit (using stick)** or **unintentional** touch by the conceding team. No offences to be committed prior to the goal.
  - Incorrectly scored goal: using **any** part of the body to direct the ball into the goal.
  - Only the captain is allowed to speak with the referee.
  - A distance of **3m** (including sticks) must be observed from where the ball is placed when a free hit or hit in is about to be taken.
  - No player is allowed to step into the box situated at the goal post as stipulated under 'offences'. If the defending team prevents a goal by stepping into the box and hitting the ball away, a penalty will be awarded to the opposing team.
  - Penalty shots will be taken from half court and by **hitting** (no dragging allowed) the ball into an open goal. All other players are to remain outside the rink. If it is a missed penalty, a face-off will take place at any of the corner of the court of the defending team. If the penalty is scored, game resumes with a face-off from the centre of the court.

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### 20. Offences:

- **Incorrect hit/Slashing**, i.e. hitting opponent's stick with your stick or foot.
- **Holding**, i.e. holding opponent's stick or arm.
- **High-stick**, i.e. swinging or playing the ball above waist level.
- **Tripping, roughing, or pushing**.
- **Backing** into an opponent.
- Stick, foot, or leg **between opponent's legs** to retrieve the ball.
- Using **hands, arms, shoulders and head** to direct the ball.
- **Kicking** the ball to pass to your teammates. Note that handling of the ball with your feet is permissible only if it is done in one touch.
- **High-kicking**, i.e. above knee level.
- **Jumping** and subsequently **touching** the ball.
- Entering the Goalkeeper area. (box in front of goal)
- Playing while **lying down** or sitting. (At any point of time, there should be no more than 3 points of contact between the ground and your body.)
- **Incorrect distance**, i.e. during a face-off, hit-in, or free-hit, opposing players are obliged to withdraw 3m away from the ball.

21. **Overtime Procedure:** If the score is tied after regulation play during semi-finals and final matches, an overtime period of one minute will be played. If the score remains tied at the end of this period, a penalty shoot out will take place.

Each team will have 3 different players taking 3 penalty shots. If the score is tied after the penalties, sudden death will come into play. Teams are allowed to repeat penalty takers. Team to start the penalty ball will be determined by coin-toss.

### 4-A-SIDE NETBALL (WOMEN)

1. This tournament is strictly for **Ladies team** only.
2. Maximum number of teams: 20. The teams will be divided into 4 groups.  
Preliminary Round will be played using Round Robin format.  
Each winning match will score 3 points for the team, 2 points for a draw and 1 point for losing match.  
No point will be given to the team that concedes a walkover.  
Groups' winners will play in semi-finals. The winners of semi-finals will play in the final.
3. The game will be played with 2 halves of 5 minutes with a 1-minute interval.
4. A maximum of 4 players are allowed on the court at any one time. A minimum of 3 players is required to start a game.
5. The players will not play in a fixed position. (E.g. GS, C, WD etc).
6. Teams will take alternate center pass.
7. Any two players from either team are allowed in the goal circle at any one time. Free pass is awarded to the opposition team on the inner edge of the goal circle for violating.
8. When possession of the ball is changed at the goal third, the ball must return over the transverse line before any team may attempt to attack. However when possession of the ball is changed at the centre third, the team may proceed to attack immediately.
9. One substitution is allowed after each goal scored subject to a maximum of 3 substitutions per game.
10. If the score is tied after regulation play during semi-finals and final matches, **the team that puts in the next goal is the winner.**
11. No injury time will be given, thus substitution must be made immediately.

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### 5-A-SIDE SOCCER (MEN)

1. Each team must have 5 to 8 players, whereby 1 will be the goalkeeper. The team must start with at least 4 players. In the event that a team has less than 4 players at the start or during the match, they will concede a walkover and a 3-0 margin will be given to the opponent.
2. The games will be *played on turf* at the NTU Sports Complex.
3. Maximum number of teams: 16. The teams will be divided into 4 groups. Preliminary Round will be played using Round Robin format. Each winning match will score 3 points for the team, 2 points for a draw and 1 point for losing match. No point will be given to the team that concedes a walkover. Groups' winner will play in semi-finals. The winner of semi-finals will play in the final.
4. Teams without team jerseys must don the bibs provided for identification purposes.
5. Proper footwear with socks is compulsory. Playing barefooted is not permitted.
6. It is forbidden for players to wear anything that may endanger themselves or their opponents during the game.
7. Duration of each game is 10 minutes per half with 2 minutes interval.
8. There will be no limits on substitutions and substitutions can be made at any time with the referee's knowledge.
9. The substitute can only enter the field after a player that is being substituted has left the pitch.
10. A player who has been replaced may return to the pitch as substitute for another player.
11. A goalkeeper may change his position with any other player only upon referee's authorization.
12. Goalkeepers are allowed to handle the ball anywhere in his own goal area.
13. Goalkeepers may score from a goal kick or any direct play but a goal cannot be scored with hands.
14. No side tackling allowed.
15. No offside rules.
16. For every free kick, opposing players must remain at least 5 meters away from the kicker.
17. The ball is considered out of play when the entire ball crosses the goal line or touchline.
18. No throw-ins are allowed. Play shall be restarted by a kick-in.
19. A goal cannot be scored from a direct kick-in.
20. A player who receives two yellow cards shall be suspended for the subsequent match.
21. A player who receives a red card shall be sent off the field without being able to re-enter the match and shall be denied participation in the subsequent match. The team shall continue play without a replacement for the remainder of the game.
22. For semi-finals and final matches, if there is a draw after full-time, the winner shall be decided via penalty kicks.

### **C Closing Date**

1. Closing date of entry is 10 March 2010.
2. All completed forms are to be submitted to Alumni Affairs Office, Nanyang Technological University. Fax: 67941036 / Email: [xyyap@ntu.edu.sg](mailto:xyyap@ntu.edu.sg)

### **D Protest**

1. The decision of the umpire and/or residing tournament official shall be final and no protest will be entertained thereafter.

### **E First Aid and Medical Coverage**

1. All participating teams shall provide their own first aid kit and the Organizing Committee shall not be responsible for any injury sustained by any player during the competition.

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### **F Supplementary Rules**

1. In the event of inclement weather, at the discretion of the umpire and/or residing tournament official, affected matches and /or the entire competition may be cancelled.
2. In the event of any question or matter arising out of any point that is not expressly provided for in any of the rules governing this competition, the decision of the Organizing Committee shall be final.
3. The rules and regulations depicted are correct at the time of publishing. The Organizing Committee reserves the right to add, delete and/or vary the said rules and regulations at any time as it deems fit.