



## **ATHLETIC GAMES FOR CHILDREN WITH ASTHMA**

### ***MISSION OF THE GAMES***

You might remember a time when kids with asthma were discouraged from playing sports and told to take it easy. That's no longer the case. Being active, working out, and playing sports not only help kids with asthma stay fit, maintain a healthy weight, and have fun but also can strengthen their breathing muscles and help the lungs work better.

The aims of the games are

- to gather child athletes with asthma from all over the globe to participate competitively in various disciplines, especially in track and field, swimming, basketball, volleyball, soccer (football) and others.
- to encourage child athletes with asthma between 14 and 16 years of age to participate in all sporting activities to the level of their exceptional talents.
- to show children and the society all over the world that appropriate medical support for children with asthma help them to live a normal life. They can — and should — be active and play sports just like anyone else.
- to educate both those with asthma and those without, that asthma is not a barrier to anyone wishing to fulfil his or her potential in the athletic world.

## ***DELEGATIONS***

Each country shall be permitted one delegation consisting of an entry of a single team. Each team shall consist of: from one to a maximum of twelve (1-12) Athletes, a Team Leader (1), a Team Physician (1) and a Coach (1). The total delegation shall number no more than fifteen (15).

Should a delegation desire to include additional coaches or doctors; it is that delegation's responsibility to pay for the additional lodging and meals. Each delegation shall inform the host delegation in a timely manner, of such additions, so that accommodations can be arranged.

Each delegation is responsible for its own: health and travel insurance, to and from the city where the Games will take place, uniforms for team members, numbered jerseys for basketball and soccer, and swim suits for swimmers. All uniforms shall conform to the nation's colours.

The host delegation will provide for each delegation, meals, lodging, athletic facilities, judges, transportation to and from the airport and to and from the venues.

## ***ATHLETES AGES 14-16***

Athletes both male and female should be between the ages of 14 and 16.

In the case of participation of an Athlete younger than 14, additional approval is required from the child's Parents, the Team Physician, and the Team Coach authorizing the younger Athlete to compete with athletes 14-16 years of age.

Necessary requirements:

- Written authorization from athlete's Parents prior to that Athlete's participation in any event. The release must be signed and specifically list all events in which the Athlete may participate.
- Written authorization from the Team Coach prior to participation, for each event in which the Athlete participates. A signed letter will suffice.
- Athletes are required to have been participants in supervised physical training for at least the previous 6 months.

- Proof of physical training in the form of letters or attendance records from physical education instructors and/or individual coaches is required.
- Written authorization from the Team Physician is required, prior to participation, for each event in which an Athlete participates.
- Athletes are required to submit a written copy of their clinical history and history of daily symptoms and a list of daily medications to the Team Physician.
- Athletes are required to undergo to a cardiovascular exam, including pulmonary function testing, in their country of origin, and submit the written results to the Team Physician.
- No Athlete is permitted to participate in any event, for which the host delegation does not have written authorization on file from the Athlete's Parents, the Team Coach and the Team Physician.

### ***TEAM LEADER AND TEAM PHYSICIAN:***

Each team's Delegation must consist of a Team Leader (Captain) and a registered Medical Doctor who will serve as Team Doctor. The Team Doctor should have a license for treating children with asthma and allergies and be capable of administering aid in the event it's is necessary.

The Team Leader is ultimately responsible for all matters relating to the delegation and the team. The Team Leader will be in constant communication with the organizing committee and is responsible for the team's compliance to regulations, norms, and bulletins presented by the organizing committee. The Team Leader must be present at meetings or similar events that are related to the competition. The Team Leader will notify coaches, athletes and all other delegation members, of all pertinent communications and rules.

The Team Leader is responsible to remit to the organizing committee one month prior to the date of the games:

- list of the Athletes
- names of the Team Coach and the Assistant Team Coach (if any)

- names of any additional official members of the delegation traveling with the delegation and their function
- to the organizing committee copies of all required documents, including: the Parent's release, the Team Coach's and Team Physicians authorizations to participate; proof of training, medical records, and travel documents
- the verification of the identities of each Athlete along with the other members of their delegation and to insure all other required documentation is in order and is available
- any special needs that their Athletes may require.

The Team Leader will attend all meetings that relate to his team or the event as a whole.

The Team Leader shall coordinate with the Team Coach that at all times someone is responsible for the security and general well being of the child athletes and report to the organizing committee any emergencies or regularities.

The Team Physician shall administer and/or review the results of each athlete's cardiovascular exam, including pulmonary function testing and submit a copy of the written results to the organizing committee.

The Team Physician has the final responsibility to allow the athlete to participate in the nominated contests.

### ***TEAM COACH***

Each team has a Team Coach (minimum age 21 years), who should have experience coaching child athletes with asthma.

The Team Coach is responsible to have knowledge of each child Athlete's training regimen for the past 6 months and authorizes his/her participation for each event in which the child Athlete intends to participate.

The Team Coach shall remain with the Athletes, while they are competing, from the beginning of the event until its completion. In the case of the Team Coach's absence the nominated athletes are not allowed to start.

Should the Team Coach be absent for over 15 minutes during an event in which his/her Athlete's are competing; he/she must appoint another

qualified member of the delegation as a replacement otherwise his team will incur a penalty.

The Team Coach should be present at meetings or similar events that are related to the competition.

### ***ASSISTANT COACH***

Each team shall include an Assistant Coach (21 years of age or older) who should have experience coaching one or more of the events and is required to be of the opposite sex of the Team Coach, if the Team consists of male and female athletes.

The Assistant Coach will assist the Team Coach in the direction of the teams' athletic performance.

The Assistant Coach is responsible to have knowledge of each child Athlete's physical condition for each event in which the child Athlete intends to participate.

### ***THE GAMES***

Athletes will compete in men's and woman's divisions.

- **Track and field**

Women

- 100 m
- Long Jump
- Javelin
- Shotput

Men

- 100 m
- Long Jump
- Javelin
- Shotput

Mixed (2 + 2)

- 4 x 100 m

- **Swimming**

Women

- 50 m free style
- 50 m breast stroke
- 100 m free style

Men

- 50 m free style
- 50 m breast stroke
- 100 m free style

Mixed (2 + 2)

- 4 x 50 m

- **Team Sports**

Mixed\*

- Basketball
- Soccer
- Volleyball

\* Basketball, Soccer, Volleyball will utilize a mixed format due to maximum size of delegations.

Participation medals will be awarded to all participants. Medals of gold, silver, bronze, will be awarded to the 1 st , 2 nd and 3 rd place finishers of individual events and to the 1 st , 2 nd , and 3 rd place “team members” in relay events and team sports. Teams will compete for the championship of each of the five sports (track and field, swimming, basketball, soccer, volleyball).

Points will be awarded to the top five teams in each sport, five points to the champion, four for 2 nd , three for 3 rd , two for 4 th , and one for 5 th . At the games conclusion, points accumulated for finishing in the top five of any given sport will be tabulated and an “overall winning team” will be declared and awarded the coveted **“GAAPP WORLD CUP”**.

With the exception of special rules for mixed formats, all events will be governed under the corresponding Regulations of the International Federation of Sports.

## ***TRACK AND FIELD COMPETITION***

There are nine events: men's and women's 100 meter sprint, men's and women's long jump, men's and women's shot put men's and women' javelin and the mixed 4 x 100 meter relay. For each of the individual event a team may enter a maximum of three (3) Athletes. For the 4 x 100 meter relay a team may submit a single (1) entry consisting of 2 men and 2 women.

For each event, points will be awarded to the teams, to decide an order of finish of the top five teams for the “entire track and field competition”. Three points will be awarded to the team for finishing 1<sup>st</sup> place in an event, two for 2<sup>nd</sup> place and one for 3<sup>rd</sup> place. The team with the most total points at the completion of the competition will be the “champion of track and field” and receive a trophy and first place. Should two or more teams tie (amass an equal number of points) the team's order of finish in the track and field competition will be determined by team winning the most gold medals, should there still be a tie, the team winning the most silver medals will be awarded the higher place.

### ***General Rules***

***100 Sprint:*** heats will determine eight (8) sprinters who qualify for the finals. The finals will consist of the winners of each of the heats and the next fastest times to fill a total of eight (8) spots.

Seeding: Team Coaches shall rank their sprinters, one, two, and three (one being fastest) and submit the list at the organizing meeting prior to the track competition. Every attempt will be made to include an equal number of one's, two's and three's in each heat and to place sprinters from the same country in different heats. Heats and lanes will be decided by drawing by lot.

***Long Jump, Shot Put, Javelin:*** all entrants will be allowed 3 attempts to qualify for the finals. The eight best marks will advance to the finals and those athletes will be given 3 more attempts with the best mark winning. (Shot put: the weight will be 3 kg for female and 4 kg for male)

***4 x 100 Relay:*** heats will determine eight (8) teams who qualify for the finals. The finals will consist of the winners of each of the heats and the next fastest times to fill a total of eight (8) spots. Individual teams determine the

order in which their sprinters run.

Equipment: rules regarding shoes for athletes will be communicated at a later date upon determining the surface of the track.

## ***SWIMMING COMPETITION***

There are seven events: men's and women's 50 meter Free Style, men's and women's 100 meter Free Style, men's and women's 50 meter Breast Stroke and the mixed 4 x 50 meter Free Style relay. For each of the individual events a team may enter a maximum of three (3) athletes. For the 4 x 50 meter relay a team may submit one (1) entry consisting of 2 men and 2 women.

For each event, points will be awarded to the teams, to decide an order of finish of the top five teams for the “entire swimming competition”. Three points will be awarded to the team for finishing 1 st place in an event, two for 2 nd place and one for 3 rd place. The team with the most total points at the completion of the competition will be the “champion of swimming” and receive a trophy and first place. Should two or more teams tie (amass an equal number of points) the team's order of finish in the will be determined by team winning the most gold medals, should there still be a tie, the team winning the most silver medals will be awarded the higher place.

### ***General Rules***

***50 and 100 meters Free Style and 50 m Breast Stroke:*** there will be heats to determine eight (8) swimmers who qualify for the finals. The finals will consist of the winners of each of the heats and the next fastest times to fill a total of eight (8) spots.

***Mixed 4 x 50 Free Style:*** there will be heats to determine eight (8) swimmers who qualify for the finals. The finals will consist of the winners of each of the heats and the next fastest times to fill a total of eight (8) spots. Individual teams to determine the order of their swimmers.

Seeding: Coaches shall rank their swimmers, one, two, and three (one being fastest) and submit the list at the organizing meeting prior to the swim competition. Every attempt will be made to include an equal number of one's, two's and three's in each heat and to place swimmers from the same country in different heats. Heats and lanes will be decided by drawing by



lot.

## ***MIXED SOCCER TOURNAMENT***

The schedule for the single elimination tournament will be drawn by lot in presence of all coaches.

The winner of the championship match will determine the “champion of soccer” and first place. The loser of the championship game will finish in second place. Third place, fourth place and fifth place will be decided by total goals scored in the tournament not including shoot offs.

### ***General rules***

***Mixed rules*** : four (4) or more of the eleven (11) players on the field at anytime must be women. Teams determine the positions of their players.

***The field***: A standard soccer field, with standard sized goals.

***Time***: two 30 minute halves with a 10 minute half time.

***Tie game***: 10 minute overtime should the game be tied. Should the game still be tied, six players of each team get a penalty shot against the opposing goalkeeper with the team that scores the most goals in the shoot out to win.

***Timeouts***: one 60 second timeout (1) per half.

## ***MIXED 6 PERSON VOLLEYBALL TOURNAMENT***

The schedule will be drawn by lot in presence of all coaches.

Teams will play a best, two out of three set format; which will decide which team advances in a single elimination tournament. The winner of the championship match will determine the “volleyball champion” and first place. The loser of the championship game will finish in second place.

### ***General Rules***

***Mixed rules***: three (3) men (3) women make up the team.

***Games***: first team to score eleven (11) points must win by two (2) points.

**Match Format:** the winner of “best of three” sets (two out of three) advances.

## **MIXED BASKETBALL TOURNAMENT**

The schedule for the single elimination tournament will be drawn by lot in presence of all coaches. The winner of the championship game will determine the “champion of basketball” and first place. The loser of the championship game will finish in second place.

### **General Rules**

**Mixed rules:** two (2) of the five (5) players on the court at any given time must be women. A man may not block a woman's shot; doing so, results in two free throws for the woman shooter and a foul for the man.

**Time:** two twenty minute halves (running time) with the clock stopping only in the last two minutes of the second half.

**Tie game:** two minute overtime with the clock stopping on free throws, out of bounds and time outs.

**Timeouts:** three (3) “30 second” timeouts per game. One (1) timeout per overtime.

## **GAAPP WORLD CUP**

Each of the five individual sports (swimming, track and field, soccer, volleyball and basketball) will crown a team as champion of that particular sport. The team that is champion of a sport will be awarded five (5) points toward the ultimate prize, the “**GAAPP WORLD CUP**”. The second place team of each sport will be awarded four (4) points, the third (3), fourth two (2), and the fifth place country one (1) point. The sum total of a team's points determines the winning country of the Athletic games for children with Asthma and the recipient of the GAAPP World Cup.

The winning team has the honour of carrying this Cup to their country and keeping it for two years. This cup is then brought by the winning country to the next site of the following games where it will be turned over to the new winner of the cup.