



MICRONESIAN ALL-AROUND COMPETITION MANUAL

8TH MICRONESIAN GAMES

July 20-29, 2014

POHNPEI MICRONESIAN GAMES ORGANIZING COMMITTEE

P.O. Box PS319 • Kolonia, Pohnpei FM 96941

E-mail - fsmnoc@mail.fm

MICRONESIAN ALL-AROUND

Dates: Thursday 24 July and Friday 25 July 2014

Venue: Land Event Spanish Wall Park

Water Event Nett Point

Technical Meeting 10:00am on Wednesday 23 July 2014 at Spanish Wall Park

Tournament Director Details

Director: Mark Johnny

Contact 1: 920-8017

Contact 2: 320-5836

Contact 3: 320-4076

E-mail Address: fondifis@yahoo.com

COMPETITION DETAILS

1. Competition Schedule

July 23	Wednesday	10:00am – Technical Committee Meeting
July 24	Thursday	09:00am - Day 1 Land Competition
July 25	Friday	09:00am – Day 2 Water Competition

2. Event Schedule

Thursday July 24, 2014

No.	Time	Event Name
1	9:00am	Coconut Climbing
2	10:00am	Spear Throwing
3	11:00am	Coconut Husking
4	11:30am	Coconut Grating (women)

Friday July 25, 2014

5	09:00 pm	Run/Swim
6	10:00pm	Diving
7	11:00pm	Medal Ceremony

3. Micro All-Around Venue

- 3.1 Micro All-Around Competition for land event will be held at Spanish Wall Park.
- 3.2 Micro All-Around Competition for water event will be held at Nett Point.

4. Technical Meeting

- 4.1 A Technical Meeting will be held on Wednesday July 24, 2014 at 10:00pm at the Spanish Wall Park. One (1) Coach and one (1) delegate from each team may attend. (There will be a venue visit for the after technical meeting).
- 4.2 All competition rosters/entries will be finalized as well as rules governing the competition at this meeting.

5. Micro All Around Events

- 5.1 Men: Coconut Tree Climbing, Coconut Husking, Spear Throwing, Run/Swim and Diving
- 5.2 Women: Coconut Husking, Coconut Grating, Spear Throwing, Run/Swim and Diving

6.1 Event Rules

- 6.1.1 **Coconut Tree Climbing:** The participants will climb three (3) coconut trees in the quickest time (running time) possible. Two marks will be placed on each tree. The highest mark will be marked by a bell or other sound-making device that must be rung to signify that the athlete has reached the top. The height of the bell is approximately 20 ft high. The bottom mark will be approximately six feet from the ground and the athlete must pass this mark prior to jumping from the tree. (The athlete cannot jump from the tree once ringing the bell)
- 6.1.2 **Coconut Husking-Men:** Each male athlete will husk ten (10) coconuts in the fastest time possible. The coconuts will be husked until they are reasonably clean. No outer shell covering of the husk or large clumps of the coconut fibers should be presents, and the hairy crown where the plant sprouts shall be stripped from the nutshell. The husking implements must be provided by the athlete but they must be made of wood.
- 6.1.3 **Coconut Husking / Grating-Women:** Each female athlete will husk ten (10) coconuts, followed by grating five (5) of the husked coconuts (both halves). There should be no grateable coconut left in the shell. The event is timed and

the athlete who completes the grating all 10 halves in the shortest time is the winner.

- 6.1.4 **Run / Swim:** Each athlete will start at a starting line about 10 meters from the edge of the dock; run and dive into the water, swim to a marker approximately 100 feet out; at which point the swimmer will submerge and swim underwater approximately 25 feet where there will be a buoy. At the buoy, the athlete will surface and ring the bell on the buoy and then continue swimming back to shore. Athletes surfacing anywhere between the first marker and the buoy will be penalized with a deduction of five (5) points. There will be an Official located at the point of the buoy to observe whether the swimmer has rung the bell or not. A White flag will indicate a successful bell ring; whereas a Red flag will indicate an unsuccessful attempt. Athletes who fail to ring the bell at the buoy will be penalized a deduction of five (5) points. This is a timed event; the athlete with the fastest time will earn 20 points, the athlete with the second fastest time will earn 19 points, and so on down the line.
- 6.1.5 **Diving:** Each athlete will be taken in a boat out to water at a depth of approximately 10 to 15 feet for men and 8 to 10 feet for women. Contestants will dive for 5 objects. On a signal by the Official, the athlete will dive into the water and swim to the bottom and retrieve a specified object and resurface and place the object inside the boat. The swimmer will continue another 4 dives, for a total of five dives in all, and retrieve the objects each time. The Official in the boat will be timing the dives starting with the first dive until the last (fifth) dive is completed and the fifth object has been placed inside the boat. Athletes are allowed to wear masks/goggles for this event; however, snorkels will not be allowed. The athlete with the fastest time will earn 20 points; the athlete with the second fastest time will earn 19 points and so on down the line
- 6.1.6 **Spear Throwing:** Three targets will be placed in the water at three different distances; distances for men are 10 feet, 20 feet and 30 feet; distances for women are 10 feet, 15 feet and 20 feet. Each athlete is allowed one (1) practice throw at each distance. Each competitor will have three throws at each distance. No points will be awarded for simple touching or grazing of the target; the spear must penetrate the target.

* *NOTE: All events are timed except for the Spear throwing which is awarded points. It is suggested that the times and points be awarded as places in each event, 1st place receiving the fastest time or most points in the throwing event. These then should be tallied and the overall winner would be the person with the lowest number of points. The order of events should be that shown above and a random draw taking place for the*

first event. For the other subsequent events it would be up to the organizing committee, the person with the most points should then go first or the person with least points, or a random draw for each event. All events should take place on the same day, with two or three in the morning, and the rest in the afternoon.

7. Team Composition

7.1 Teams consist of 4 athletes or less (2 female, 2 male) and 1 coach.

8. Protests to the Jury of Appeal

8.1 Any written protest, verbally notifies the Tournament Director that a protest has been lodged and forwards the written protest (in English and sign by the leader of the delegation or the authorized deputy). A check or cash in the amount of \$100.00 must be included with each protest.

8.2 The Jury of Appeal shall consult, all relevant person, including the Referee and Judges. If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including video evidence, is not conclusive, the decision of the Referee shall be upheld. The Jury Chairman gives the jury's decision to the Tournament Director, who institutes preparation of an Amended Result, if required.

9. Scoring

9.1 All events are timed except the Spear Throwing. The fastest time in each event will be awarded one point. The next fastest will be awarded two points, and so on. After all five events have been completed, the points will be added up and the athlete with the lowest point total will be the winner, second lowest point achiever will be second place and so on.

10. Determination of Medals

10.1 The top three athletes with the most points in each division will be awarded medals (Gold, Silver, and Bronze).

11. Eligibility and Disputes Tribunal

In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

(1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, the CNMI, Yap,

Chuuk, Pohnpei, Kosrae, the Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of three years up to and including the start of the Games; OR

(2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR

(3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously-established residency.

In addition, athletes must:

(a) Complete all necessary entry and participation forms;

(b) Not be currently under disqualification or suspension by any relevant authority;

(c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the Pohnpei Organizing Committee will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have ten days to challenge the eligibility of a competitor. A \$50 bond is required for each challenge. The bond is refundable if the challenge is successful, but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the Pohnpei Organizing Committee, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of \$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

12. Doping Control

Athletes are advised that random drug testing will be conducted for the duration of the 2014 Micronesian Games.

It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Any athlete that tests positive for a prohibited substance will be disqualified from the 2014 Micronesian Games.