



**FILIPINO-CANADIAN SDA ASSOCIATION OF ALBERTA
SPORTS COMMITTEE
2019-2020**

I - OBJECTIVES

- 1) To create social activities through Games and Sports for members of the Filipino Canadian Seventh-day Adventist Church in Alberta, Canada.
- 2) To practice closer church family relationship through enjoining in Sports and Social activities.
- 3) To foster camaraderie among the member churches through exercising Christian sportsmanship.
- 4) To enhance and develop group or individual competitive skills and talents through games and sports activities of the church at any age level.

II - ORGANIZATIONAL CHART



III - DUTIES AND RESPONSIBILITIES

Filipino Canadian SDA of Alberta Officers

- Overseer of all programs and activities of the Sports Committee.
- Screen and approves all participants of the basketball game.

Sports Committee

- Plans and executes Sports programs and activities as approved by the Fil-Can SDA Officers.
- Shall act as the grievance committee and refer the decisions to the Fil-Can SDA Officers.

Tournament Managers

- Manage and Execute the Tournament

Team Manager

- Manage and acts as a behavioral and emotional counselor of the team.
- Shall be a member in the Grievance Committee.

IV - GENERAL RULES:

1. All Team Coaches and Players must be a member of any of the participating member church of FilCan and approved by their respective Church Board to participate the Sports Activities 2019
2. Any individual or group who does not belong to any participating member church indicated above are welcome to join in the activities, but must first seek the approval of the FilCan Officers before they can be allowed to participate.
3. All Coaches and players must wear their proper color uniform during their game.
4. Any player, coaches or team audience and supporter shall not be allowed to engage the tournament officials in an altercation or discussion before, during and after the game.

V - MISCONDUCT

1. Un-sportsmanship shall have no place in this tournament, it shall not be allowed or tolerated. Remember sportsmanship plays a very crucial part in the success of this friendly tournament. It is the duty of the team managers, team coaches or team captains to counsel their players to maintain the spirit of sportsmanship before, during and after the game throughout the tournament.
2. Profane language or inappropriate words shall not be uttered towards an official, managers, coach, players, audience or self during and after the game.
3. Trash talking shall not be allowed at anytime before, during and after the game.
4. A Team Member (Manager, coach, Player/s) must not be involve in a physical or violent verbal argument with an official, team manager, team coach, team captain, player/s or spectators during and after the game. If the offense is committed during the game, a technical foul will assessed against the team member/s involve. The team member/s shall be taken out of the playing court and counseled by their respective team manager. After which shall be dealt with the Grievance Committee for Recommendation then referred to the FilCan Officers final action.

VI - INJURY

- All injuries during the games must be reported to the management for proper documentation and action.

VII - COMPLAINT

- In any circumstances by which a player or coach wishes to make a complaint against an umpire, team or player/s this is strictly to be done in written form after the game and must be submitted to their respective Team Manager and addressed to Sports Committee for study and to be referred to the Grievance Committee for action.

BASKETBALL

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at the Basketball center court.
- The FIBA Amateur Rules (https://www.basketball.ca/files/2018-09/2018officialbasketballrules2018_final_ybg_25sept2018_low.pdf) shall be applied unless amended by the governing sports committee.
- There are three (3) Divisions:
 1. Men's Ministry division (ages 36 years old and above)
 2. Women's Ministry division (ages 36 years old and above)
 3. Adventist Youth (boys) division (ages 35 years old and below)
 4. Adventist Youth (Girls) division (ages 35 years old and below)
- All players must be in their proper basketball playing attire (Shoes, Shorts, Jersey and uniform color).
- PRAYER is a must at the end of each game. It shall be offered with all players at the Basketball court.

Officials:

- Tournament Manager: Dud'z
- Game clock official
- Scorebook official
- Referees / Umpire

Equipment:

- Basketball Court (Standard)
- 1 Table (For table officials)
- 2 Benches (For playing teams)
- Balls (at least 2 balls)
- Stopwatch
- Scoreboard
- Scoresheet / Scorebook
- Arrow / pointer

Game Play:

VOLLEYBALL

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at the Volleyball court.

- The Standard Volleyball Amateur Rules shall be applied unless amended by the governing sports committee.
- There are two (2) categories:
 1. Boy or Men category (ages 5 years old and above)
 2. Girl or Women category (ages 5 years old and above)
- All players must be in their proper playing attire (Shoes, Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the court.

Officials:

- Tournament Manager: Pastor Daquila / Japhet Cordero
- Referees / Umpire
- Scorebook official
- Line Judges

Equipment:

- Volley Court (Standard)
- Balls (at least 2 balls)
- Scoresheet / Scorebook

Game Play:

SOFTBALL

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at Softball Field.
- The Slo-Pitch Rules shall be applied unless amended by the governing sports committee. (Game Rules to Follow)
- Age Limit (10 years old and above)

- All players must be in their proper playing attire (Shoes, Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing field.

Officials:

- Tournament Manager: Ryan / Dnine
- Umpire/s
- Base umpire
- Scorebook official

Equipment:

- Badminton Court (Standard)
- Shuttlecocks / Birdies (at least 2 tubes)
- Scoresheet / Scorebook

Players:

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Game Play:

BADMINTON

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at Badminton Court.
- There are three (3) Categories (No age limit):
 5. Boys/Girls Single Category
 6. Boys/Girls Doubles Category
 7. Mix Doubles Category

- The International Amateur Badminton Rules shall be applied unless amended by the governing sports committee.
- All players must be in their proper playing attire (Shoes, Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the Badminton court.

Officials:

- Tournament Manager: Victor Olefernes
- Umpire
- Line Judges
- Scorebook official

Equipment:

- Badminton Court (Standard)
- 2 Tubes of Shuttlecocks or Birdies
- Badminton Rackets - four (4)
- Scoresheet / Scorebook

Game Play:

TABLE TENNIS

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at Table Tennis area.
- There are three (3) Categories (No age limit):
 8. Boys/Girls Single Category
 9. Boys/Girls Doubles Category
 10. Mix Doubles Category
- The International Amateur Table Tennis Rules shall be applied unless amended by the governing sports committee.

- All players must be in their proper playing attire (Shoes, Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the court.

Officials:

- Tournament Manager: Helina Perez
- Umpire
- Scorebook official

Equipment:

- Playing Table/s
- 5 Table Tennis Balls
- Table Tennis Paddle/Rackets - four (4)
- Scoresheet / Scorebook

Game Play:

SCRABBLE

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at playing area.
- The Scrabble Rules shall be applied as presented by the governing sports committee. (To follow)
- No age limit
- All players must be in their proper playing attire (Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing area.

Officials:

- Tournament Manager: Lady Bondoc
- Umpires or Judges

- Scorebook official

Equipment:

- Playing Tables
- Four (4) or more Scrabble Boards
- 1 or 2 Official Dictionary (should be exactly identical)
- Scoresheet / Scorebook

Game Play:

Scrabble Rules - Scrabble Official Rules

- When playing Scrabble, anywhere from two to four players will enjoy the game. The object when playing is to score more points than other players. As words are placed on the game board, points are collected and each letter that is used in the game will have a different point value. The main strategy is to play words that have the highest possible score based on the combination of letters.

The Scrabble Board

- A standard Scrabble board will consist of cells that are located in a large square grid. The board offers 15 cells high and 15 cells wide. The tiles used on the game will fit in each cell on the board.

Scrabble Tiles

- There are 100 tiles that are used in the game and 98 of them will contain letters and point values. There are 2 blank tiles that can be used as wild tiles to take the place of any letter. When a blank is played, it will remain in the game as the letter it substituted for.
- Different letters in the game will have various point values and this will depend on how rare the letter is and how difficult it may be to lay that letter. Blank tiles will have no point values.

Extra Point Values

- When looking at the board, players will see that some squares offer multipliers. Should a tile be placed on these squares, the value of the tile will be multiplied by 2x or 3x. Some squares will also multiply the total value of the word and not just the single point value of one tile.

Starting the Game

- Without looking at any of the tiles in the bag, players will take one tile. The player that has the letter that is closest to “A” will begin the game. A blank tile will win the start of the game. The tiles are then replaced to the bag and used in the remainder of the game.
- Every player will start their turn by drawing seven tiles from the Scrabble bag. There are three options during any turn. The player can place a word, they can exchange tiles for new tiles or they can choose to pass. In most cases, players will try to place a word as the other two options will result in no score.
- When a player chooses to exchange tiles, they can choose to exchange one or all of the tiles they currently hold. After tiles are exchanged, the turn is over and players will have to wait until their next turn to place a word on the board.
- Players can choose to pass at any time. They will forfeit that turn and hope to be able to play the next time. If any player passes two times in a row, the game will end and the one with the highest score will win.

The First Word Score

- When the game begins, the first player will place their word on the star spin in the centre of the board. The star is a double square and will offer a double word score. All players following will build their words off of this word, extending the game to other squares on the board.
- Play continues in a clockwise direction around the Scrabble board.

Replacing Scrabble Tiles

- Once tiles are played on the board, players will draw new tiles to replace those. Players will always have seven tiles during the game. Drawing tiles is always done without looking into the bag so that the letters are always unknown.
- If a player opt to change one (1) of the same three (3) letter tiles, he may be allowed to by showing all three (3) same letter tiles to all players and returning one (1) of the same tile into the bag and replacing it with one. (Changing of tiles shall only done during the turn of player changing tiles)

The Fifty Point Bonus

- Exciting rewards can come when players use all seven tiles to create a word on the board. When this happens, players will receive a 50 point bonus, in addition to the value of the word.
- If the game is near the end and players are not holding seven tiles, they do not get the bonus for using all of their tiles. This is only collected for seven letter words placed.

The End of a Scrabble Game

- Once all tiles are gone from the bag and a single player has placed all of their tiles, the game will end and the player with the highest score wins.

Tallying Scrabble Scores

- When the game ends, each player will count all points that are remaining on their tiles that have not been played. This amount will be deducted from the final score.
- An added bonus is awarded to the player that ended the game and has no remaining tiles. The tile values of all remaining players will be added to the score of the player who is out of tiles to produce the final score for the game.

- The Scrabble player with the highest score after all final scores are tallied wins.

Accepted Scrabble Words

- Any word that is found in official English Dictionary provided by the tournament officials shall be used in this Scrabble Tournament.
- There are some words that are not allowed to be played and these include suffixes, prefixes and abbreviations. Any word that requires the use of a hyphen or apostrophe cannot be played in the game. Any word that required the use of a capital letter is not allowed.
- When playing an English version of the game, foreign words are not allowed to be placed on the board. However, if the foreign word does appear in a standard English dictionary, it is allowed. The reason for this is due to the fact that the word is spoken enough and is considered part of the English language.

Official Dictionary Used to Challenge a Word

- Any player can challenge a WORD by saying the word CHALLENGE
- Only the most recent word laid on the scrabble board can be challenge.
- The official dictionary shall be the only point of reference for a word being challenge to be considered legal or illegal in this Scrabble Tournament
- When the WORD being challenge is proved legal, when referred to the official dictionary, the player who laid it will receive the points as indicated.
- If the WORD being challenge is found illegal when referred to the official dictionary, the player will receive no points and will take back the tiles laid and lose his/her turn.
- Only the first player who express his/her CHALLENGE will receive 15 points challenge bonus if word is proved illegal when referred to the official dictionary.

CHESS

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at playing area.
- The Chess Rules shall be applied as presented by the governing sports committee. (To follow)
- No age limit
- All players must be in their proper playing attire (Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing area.

Officials:

- Tournament Manager: Danny Dagman (Bonnyville Church)
- Umpires or Judges
- Scorebook official

Equipment:

- Playing Tables

- Four (4) or more Chess Boards
- Scoresheet / Scorebook

Game Play:

GAMES OF THE GENERALS

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at playing area.
- The Games of the Generals Rules shall be applied as presented by the governing sports committee. (To follow)
- No age limit
- All players must be in their proper playing attire (Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing area.

Officials:

- Tournament Manager
- Umpires or Judges
- Scorebook official

Equipment:

- Playing Tables
- Four (4) or more Games of the General Boards
- Scoresheet / Scorebook

Game Play:

OBJECT OF THE GAME:

The objective of the game is to eliminate or capture the Flag of your opponent. You may also win by successfully maneuvering your own Flag to the opposite end of the board. THE PIECES

The player's set of pieces or soldiers with the corresponding ranks and functions consists of the following 21 pieces:

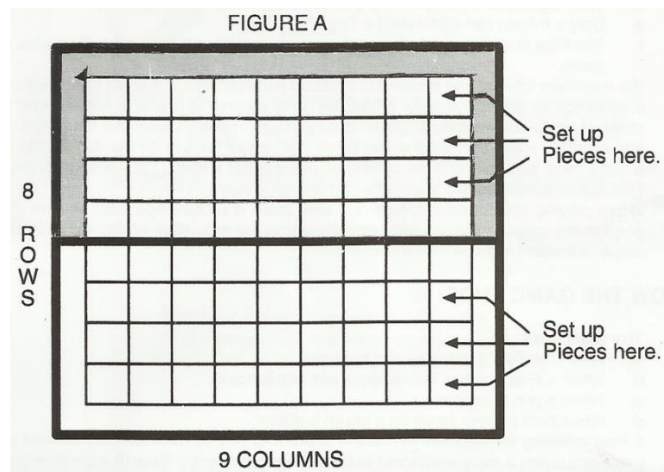
PIECES	NO. OF PIECES	FUNCTIONS
Five (5)-Star General	One (1)	Eliminates any lower ranking officer, the private & the flag.
Four (4)-Star General	One (1)	Eliminates any lower ranking officer, the private & the flag.
Three (3)-Star General	One (1)	Eliminates any lower ranking officer, the private & the flag.
Two (2)- Star General	One (1)	Eliminates any lower ranking officer, the private & the flag.
One (1) — Star General	One (1)	Eliminates any lower ranking officer, the private & the flag.
Colonel	One (1)	Eliminates any lower ranking officer, the private & the flag.
Lt. Colonel	One (1)	Eliminates any lower ranking officer, the private & the flag.
Major	One (1)	Eliminates any lower ranking officer, the private & the flag.
Captain	One (1)	Eliminates any lower ranking officer, the private & the flag.
1st Lieutenant	One (1)	Eliminates any lower ranking officer, the private & the flag.
2nd Lieutenant	Two (2)	Eliminates any lower ranking officer, the private & the flag,
Sergeant		Eliminates any lower ranking officer, the private &- the flag.
SPY	Six (6)	
	One (1)	Eliminates the private & the flag.
PRIVATE		
FLAG		Eliminates all officers (from the rank of Sergeant up to the five (5) Star General & the flag.)
		Eliminates the spy & the flag.

The flag can be eliminated by any piece including the opposing flag; a flag eliminates the opposing flag when it takes aggressive action by moving into the same square occupied by the other flag,

NOTE: If both soldiers are of equal ranks, BOTH are eliminated.

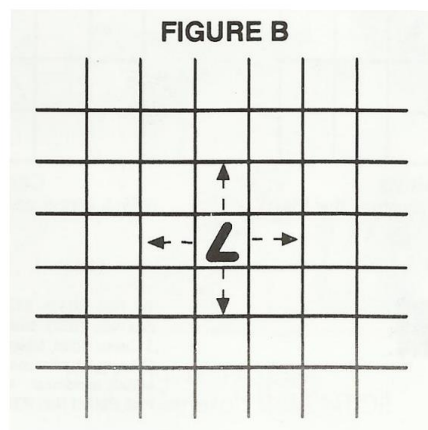
PREPARING FOR BATTLE:

Spread out the board as illustrated in Figure A. Arrange your respective sets of pieces on the first three (3) rows on your end of the board with the printed sides facing you. (See Figure A). There is no predetermined place for any piece. You are therefore free to arrange the pieces according to your strategy of style of play. Note that as you arrange your pieces on the first three (3) rows, you will find six (6) vacant squares. This is to allow for maneuvering and freedom of movement when play begins.



MOVEMENT:

- Any player makes the first move. Players move alternately.
- A player is allowed to move only one piece at a time.
- A move consists of pushing a piece to an adjacent square, either forward, backward or sideward.
- A diagonal move or a move of more than one square is illegal. (See Figure B)

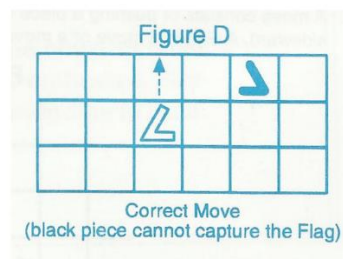
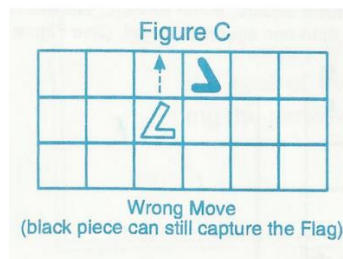


CHALLENGING:

- 1 As the game progresses, challenges are made resulting in the elimination of soldiers. A "challenge" is made when a soldier moves into the same square occupied by an opposing soldier. When a challenge is made the following rules of elimination apply:
 - A higher ranked soldier eliminates from the board a lower ranked soldiers.
 - If both soldiers are of equal, both are eliminated.
 - A spy eliminates any officer starting with the rank of 5-star General down to the Sergeant.
 - The Flag can be eliminated or captured by any piece including the opponent's Flag.
 - Only a Private can eliminate the Spy.
 - The Flag that moves into the same square occupied by the other Flag wins the game.
2. For maximum interest and suspense, a natural party (arbiter) is present to preside over a challenge for both players. As arbiter, he is not allowed to reveal to either player the ranks of any piece whether engaged in challenges or not. In case of a challenge, the arbiter quietly removes the outranked piece and gives it back to the player who has lost it. Care must be made that the eliminated piece is not shown to the opponent. (Note: Official tournament games are conducted with an arbiter.)
3. When playing without an arbiter, every time there is a challenge both players must declare the ranks of the two opposing pieces concerned, after which, the outranked player removes his piece from the Board.

HOW THE GAME ENDS:

1. The game ends:
 - When the Flag is eliminated or captured.
 - When a Flag reaches the opposite end of the board.
 - When a player resigns.
 - When both players agree on a drawn position.
2. A Flag reaching the opposite end of the board may still be eliminated by an opposing piece occupying a square adjacent to the one reached by the Flag. In order to win, the Flag should at least be two square or two ahead of any opposing piece.



TUG of WAR

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at playing area.
- The Tug of War Rules shall be applied as presented by the governing sports committee. (To follow)
- All players must be in their proper playing attire (Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing area.

Officials:

- Tournament Manager
- Umpires or Judges
- Scorebook official

Equipment:

- Playing Field
- 1 Rope (3/4 inch or larger by at least 20 meters long)
- Scoresheet / Scorebook

Game Play:

Object of the Game

- Most Tug of War matches are completed in a best of three format, and the objective is to beat the competition and win the match by winning at least two of the three pulls in the match. Within each pull, the objective is to win by pulling the opposition and the opposition's 4m marker towards the centre so that the mark passes the centre line, resulting in a win. It is not possible to tie a Tug of War match.

Players & Equipment

- Each Tug of War team consists of 8 members, all of whom cooperate to pull the rope. Despite looking like quite a simple sport, there is some technicality to it, with team members utilising a

rhythm to help pull the rope in an effective way. This is done with the help of a 'driver', who is not a member of the team but is in effect like a coach and they give orders of when to pull and when to rest from the sidelines.

- The rope is the most important piece of equipment and this should be approximately 11 cm in circumference and should be at least 33.5m long with plain, whipped ends. Other pieces of equipment that participants may use include specialist boots, back, elbow and knee supports as well as belts to support the back.

Scoring

- In Tug of War, there is no scoring as such like you may see in other team games such as American Football or Soccer. However, because teams are pitted against each other usually in a best of three match, there is a form of scoring, in that the winner of the match must win two out of the three pulls to win the match.

Winning the Game

- Each team has a mark on their end of the rope 4m from the centre. The team who is pulled by the opposition towards the centre whose mark goes over the centre line is declared the loser. With matches often being the best of three, it is the team that successfully wins two out of three pulls that is declared the winner.

Rules of Tug of War

- Each team in a Tug of War competition consists of eight people.
- There are various weight classifications in Tug of War, and the mass of the eight people combined must not weigh more than that determined by the category that they are placed in.
- The rope used should be of a circumference of approximately 11 cm and should be marked in the middle with a centre line as well as two marks that should be placed 4m from the centre line.
- At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
- Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.
- The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
- Matches are often a best of three pull, the winner winning two out of the three pulls.

PATINTERO

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at playing area.
- The Patintero Rules shall be applied as presented by the governing sports committee. (To follow)
- All players must be in their proper playing attire (Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing area.

Officials:

- Tournament Manager
- Umpires or Judges
- Scorebook official

Equipment:

- Playing Field
- Scoresheet / Scorebook

Game Play:



3rd line

Middle line

A. Do' s

1. Runners

- Cross the lines as further as possible to earn more points.
- Officiate plays to create a better outcome of the game.
- Always help each other to distract the defender.
- Always remember to shout "Back touch" whenever your teammate already reached the 4th line.
- As much as possible, prevent from being tagged.

2. Taggers

- Block the runners from crossing the line you're guarding.
- Also officiate plays to better defend the incoming runners.
- Also let your middleman to tag the most because he is the main part of the play.

Taggers

Sideline

Note:

2nd line

B. Don't s

1. Runners

- Don't step on the sideline as much as possible. This destroys the team's offensive play.
- Don't force to go through a defender. Wait for help with your teammates.
- Don't forget your team's play. Be wise in making your decisions.

2. Taggers

- Don't step out of your line. Even when you tagged a person, the point wouldn't be counted.
- Don't destroy your team's play by not following your role. Everyone is essential in defense.
- (For the middleman) Don't forget to tag a distracted runner.

Do' s and Don't s in playing Patintero:

How to Play Patintero?

Do' s and Don't s in playing Patintero:

Team A: The Runners must consist 6 players. Their goal is to cross the lines from the starting point and back. They must not be tagged by Team B, The Taggers.

Team B: The Taggers must consist 5 players. Their goal is to block Team A from crossing the lines.

Both teams consists of 6 players. The team with the highest point wins.

It is important to know the parts of the court. It includes the 1st line or Starting line, 2nd line, 3rd line, 4th line, Middle line and the sideline.

It is played by two teams, the Runners and the Taggers

TUMBANG PRESO

Rules:

- PRAYER is a must at the start of each game. It shall be offered with all players at playing area.
- The Tumbang Preso Rules shall be applied as presented by the governing sports committee. (To follow)
- All players must be in their proper playing attire (Color uniform).
- PRAYER is a must at the end of each game. It shall be offered with all players at the playing area.

Officials:

- Tournament Manager
- Umpires or Judges
- Scorebook official

Equipment:



- Playing Field
- Scoresheet / Scorebook

Game Play:

Tumbang prisoner." To upright on drawn circle. can from the standing

meters away and will strike it down using their rubber slippers.

Only when the can is down can players retrieve their thrown flip-flops without getting tagged by the "it."

If a player is tagged while the can is upright and in its circle, that person becomes the new "it."

preso means "fallen play, a tin can is set the ground inside a The "it" will protect the other players, who are behind a line about 2