

National Ijtema Majlis Atfal ul Ahmadiyya Sports 2026

– Rules –

General rule:

- Majlis with less Atfal may join teams of other Majalis in the same age group.

Running Events

Short Race (100 m)

- One false start per participant is allowed; second false start = disqualification
- The first to cross the finish line wins
- In case of a tie, the umpire or video decides
- 1st, 2nd, 3rd prizes awarded
- Separate competition for Sadaqat, Dianat and Shujaat

Long Race (400–800 m)

- The full course must be completed (no shortcuts)
- The first to finish wins
- 1st, 2nd, 3rd prizes awarded
- Separate competition for Sadaqat, Dianat and Shujaat

Relay Race (4 rounds)

- 4 participants per team
 - Baton must be passed within the exchange zone
 - Final runner must cross the finish line with the baton
 - First team to finish wins
 - 1st prize awarded
 - Separate competition for Sadaqat, Dianat and Shujaat (if less participants, two age groups can be combined with approval of referee)
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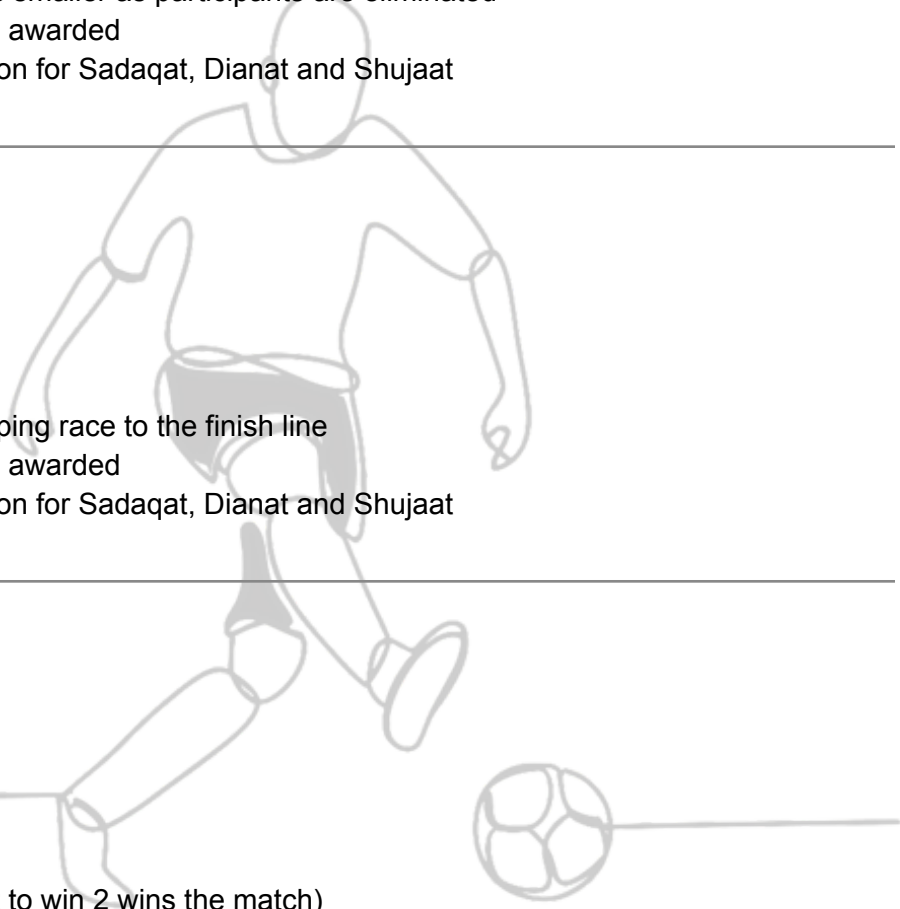
Sabit Kadmi

- Participants stand on one foot and must hold the correct position at all times
 - Changing leg or arm position = disqualification
 - Participants stand in a circle and try to push others out using only upper body
 - No dangerous or aggressive movements allowed
 - Last participant remaining inside the circle wins
 - The circle becomes smaller as participants are eliminated
 - 1st, 2nd, 3rd prizes awarded
 - Separate competition for Sadaqat, Dianat and Shujaat
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Sack Race

- Standard sack hopping race to the finish line
 - 1st, 2nd, 3rd prizes awarded
 - Separate competition for Sadaqat, Dianat and Shujaat
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Tug of War

- 8 players per team
 - Best of 3 pulls (first to win 2 wins the match)
 - Pull the center marker across the line to win
 - No pushing, kicking, or rough behavior
 - Referee's decision is final
 - Two team members must be from Sadaqat.
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Football (7-a-side)

- Maximum 15 players per team (7 on the field including goalkeeper)
- Minimum 7 players per team under 11 years of age, minimum two must be on pitch at all time.
- Match duration: 2 halves of 10 minutes
- Draw = penalties 5 each
- A majlis may have multiple teams if enough Atfal are present

Rules

- Fouls (handball, tripping, pushing) result in free kicks or penalties
- Yellow card = warning, red card = send-off
- Only the captain may speak to the referee
- Referee decisions are final
- Late team = walkover loss
- **No parents are allowed to talk with the referee during the game.**

Gameplay

- Unlimited rolling substitutions allowed
- No offside rule
- All free kicks are direct
- Penalties taken from 8 meters
- Ball is out when it fully crosses the lines
- Goalkeeper cannot handle a deliberate back pass

