



*Part 3 | Nusrat Jahan
Sports Day*



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NUSRAT JAHAN SPORTS DAY

This event is to be held at the local level at your convenience before the Regional Nusrat Jahan Sports Day.

The Regional Nusrat Jahan Sports day is to be held at your convenience as well with conformation from the regional president, so that a suitable date to hold the event can be determined.

The **report and results** (Appendix D and E, respectively) for Regional Nusrat Jahan Sports Day **MUST** be submitted as soon as the event takes place, **on the forms provided.** **ONLY the report is to be submitted by both local and regional level; the results are to be submitted by regions only.**

Please note that medals for the Regional event will be provided by Markaz however, all other expenses are to be recovered amongst Majālis within each region.

Based on the feedback received from the members from various Majālis it has come to our attention that members would like to bring non-Ahmadi friends to the sports event as well, as it is a great source of Tablīgh. Keeping this in mind an “Event Attendance Consent Form” (Appendix C) has been prepared which **MUST** be filled out by all non-Ahmadi friends attending the sport event(s).

ACTIVITIES

The suggested activities for different age groups of Nāsīrāt are as follows:

Qanitah (7 – 10 years) YELLOW	Sadiqah (11 – 13 years) GREEN	Mohsinah (14 – 15 years) RED
Flat Straight Race	Flat Straight Race	Flat Straight Race
Skipping Race	Skipping Race	Skipping Race
Obstacle Race (2 players with 3 events)	Obstacle Race (2 players with 3 events)	Obstacle Race (2 players with 3 events)

The suggested activities for different age groups of Lajna are as follows:

16 – 25 years	26 – 49 years	50+ years
Flat Straight Race	Flat Straight Race	Cup Stacking Game*
3-legged Race	3-legged Race	Spoon Game

Obstacle Race (2 players with 3 events)	Obstacle Race (2 players with 3 events)	Musical Chair
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*Cup stacking is a great way to improve dexterity and hand eye co-ordination and makes a great individual or group challenge! The aim of the game is to make pyramids out of cups as quickly and neatly as you can while being timed.

OBSTACLE COURSE SUGGESTIONS

The following examples of obstacle course serve only as reference, you do not have to use them. You may create your own obstacle course for each group. The same obstacle course may not take place at the National.

Age Group	First Course	Second Course
7-10	<ul style="list-style-type: none"> ❖ Leap frog to mid-point on field ❖ Make macaroni necklace with 10 pieces and tie it on your partner ❖ 3-legged to the end (cannot start tying for 3-legged until necklace is finished) and mid-judge approves ❖ Must cross the line with necklace still tied 	<ul style="list-style-type: none"> ❖ Both partners skip with hula-hoop to the middle ❖ One partner eats a banana (cannot leave until food is completely done from the mouth) ❖ Wheel barrow to the end
11-13	<ul style="list-style-type: none"> ❖ Juggle balls with your partner to mid-point. One tosses underhand, the other overhand. Must be side-by-side, parallel to finish line ❖ 1 partner does 5 sit-ups while the other makes a macaroni necklace with 10 pieces to tie around the other partners neck ❖ Both 3-legged to end (cannot start tying for 3-legged, until the necklace is completed) and mid-judge approves. Must cross the line with necklace still tied around the neck 	<ul style="list-style-type: none"> ❖ Both partners crab-walk to the middle ❖ There will be a bucket of water with apples, each partner has to take turns and get two apples (each) out using their mouth ❖ Link arms and go to the end with marble and spoon in their mouth
14-15	<ul style="list-style-type: none"> ❖ Juggle balls with your partner to mid-point. One tosses underhand, the other overhand. Must be side-by-side, parallel to finish line ❖ 1 partner does 5 sit-ups while the other makes a macaroni necklace with 	<ul style="list-style-type: none"> ❖ Both partners crab-walk to the middle ❖ There will be a bucket of water with apples, each partner has to take turns and get two apples (each) out using their mouth

	10 pieces to tie around the other partners neck ❖ Both 3-legged to end (cannot start tying for 3-legged, until the necklace is completed) and mid-judge approves. Must cross the line with necklace still tied around the neck	❖ Link arms and go to the end with marble and spoon in their mouth
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RULES

The following rules apply to all the games:

- ❖ **Judge at the starting point** | the race does not start until the judge says ready, set, go and whistles
- ❖ A rope to indicate the finishing line and three judges to single out the winners: 1st, 2nd, and 3rd
- ❖ Shoes **MUST** be worn by all participants
- ❖ Judge's decision is **FINAL**

The following rules are specific to each game:

Race	Rules
Flat Race	<ul style="list-style-type: none"> ❖ Participants are not allowed to run in front of each other during a race, every participant must stay in their own line
Skipping Race	<ul style="list-style-type: none"> ❖ Participants are not allowed to run in front of each other during a race, every participant must stay in their own line ❖ All Nāsīrāt participants need to bring their own skipping ropes to compete
3-Legged Race	<ul style="list-style-type: none"> ❖ Participants are not allowed to run in front of each other during a race, every participant must stay in their own line ❖ Must be a team of two ❖ Bring own scarf to tie the legs
Obstacle Race	<ul style="list-style-type: none"> ❖ Judges at each station to ensure the task is properly completed. The judge at each station MUST say task has been properly completed in order for the individual to move on to the next station ❖ Must be a team of two participants ❖ BOTH team members MUST cross the finish line in order to win
Cup Stacking Game	<ul style="list-style-type: none"> ❖ Ask participating residents to put their hands face down on the table in front of their 3 piles ❖ When you start the clock, they have to stack up each pile into a pyramid using both hands

	<ul style="list-style-type: none"> ❖ Once they have stacked all 3 pyramids they must go back to where they started, dismantle each pyramid and put the cups back into 3 piles using both hands ❖ When they have finished they must lace their hands back on the table in front of their cups and you need to stop the clock ❖ They are to be judged on the following criteria: Who managed to stack up and take down their cups the quickest? Whose stacks were the neatest?
Spoon Game	<ul style="list-style-type: none"> ❖ Divide players into teams and line the teams up. Each team with at least three players. ❖ Pass out a spoon and golf ball/potato to each person in front of the line ❖ Blow the whistle, signaling the start of the relay ❖ Each person with a spoon and golf ball/potato must carry the golf ball/potato on the spoon to and from a designated spot (to the tree and back, to the fence and back, or whatever you choose) ❖ As soon as the player returns to the line, he or she passes the golf ball/potato and spoon on to the next person in line
Musical Chairs	<ul style="list-style-type: none"> ❖ Chairs are set up in two rows back to back (one chair less than the number of players) ❖ Music is turned on, and the players walk around the chairs ❖ When the music stops the players race to sit in the available chairs ❖ The player left standing is taken out of the game ❖ All of the players stand again and a chair is removed ❖ Again the music is started and the walk around the chairs begins ❖ This procedure is continued until only one person remains sitting, this person is the winner

Appendices

APPENDIX A – EVENT ATTENDANCE CONSENT FORM

ONE PER ATTENDEE [NON-AHMADI PARTICIPANTS ONLY]

Event Information:

Name of Program or event: _____

Date(s) and location of program or event: _____

Name of Event Manager(s): _____

Participant Information:

Full Name of Participant: _____

Date of Birth of Participant: _____

Full Name of Parents/Guardians: _____

Address: _____

Telephone: _____

List of Allergies or Medical Conditions: _____

Name of Emergency Contact: _____

Emergency Contact Telephone: _____

Participation Agreement:

[Under 18] I have read the above description of this program or event. I have been informed of the risks and benefits involved, and all my questions have been answered to my satisfaction. I give permission for my child to attend the program or event identified on this form and I am well aware that the organizers of the events, Ahmadiyya Muslim Women's Association _____ does not take responsibility for any injury or harm that comes to my child due to her participation in the event.

[18+] I have read the above description of this program or event. I have been informed of the risks and benefits involved, and all my questions have been answered to my satisfaction. I voluntarily agree to take part in this program or event. I am well aware that the organizers of the events, Ahmadiyya Muslim Women's Association _____ does not take responsibility for any injury or harm that comes to me due to my participation in the event.

Parent/Guardian Signature: _____

Date: _____

This form is valid for the day of the specified event only. Please return the form to the Event Manager(s).

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APPENDIX B – REPORT FORM | NUSRAT JAHAN SPORTS DAY

Branch / Region	
Date of the Event	
Venue	
Tajnid	Lajna: Nāsirāt:
Attendance	Lajna: Nāsirāt:

Details of the Event:

APPENDIX C – RESULT FORM | NUSRAT JAHAN SPORTS DAY

REGION:

COORDINATOR:

FLAT RACE		
Age Group	Position	Name
Qanitah (7 – 10)	1st	
	2nd	
	3rd	
Sadiqah (11 – 13)	1st	
	2nd	
	3rd	
Mohsinah (14 - 15)	1st	
	2nd	
	3rd	
Lajna (16 – 25)	1st	
	2nd	
	3rd	
Lajna (26 – 49)	1st	
	2nd	
	3rd	

OBSTACLE RACE

Age Group	Position	Name
Qanitah (7 – 10)	1 st 2 nd 3 rd	
Sadiqah (11 – 13)	1 st 2 nd 3 rd	
Mohsinah (14 - 15)	1 st 2 nd 3 rd	
Lajna (16 – 25)	1 st 2 nd 3 rd	
Lajna (26 – 49)	1 st 2 nd 3 rd	

SKIPPING RACE

Age Group	Position	Name
Qanitah (7 – 10)	1 st	
	2 nd	
	3 rd	
Sadiqah (11 – 13)	1 st	
	2 nd	
	3 rd	
Mohsinah (14 - 15)	1 st	
	2 nd	
	3 rd	

3-LEGGED RACE

Age Group	Position	Name
Lajna (16 – 25)	1 st	
	2 nd	
	3 rd	
Lajna (26 – 49)	1 st	
	2 nd	
	3 rd	

AGE GROUP 50+

Games	Position	Name
Cup Stacking Game	1 st	
	2 nd	
	3 rd	
Spoon Game	1 st	
	2 nd	
	3 rd	
Musical Chair	1 st	
	2 nd	
	3 rd	