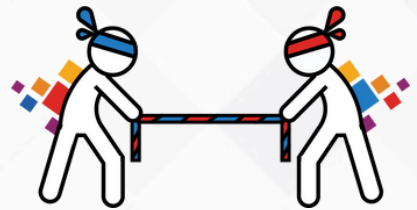




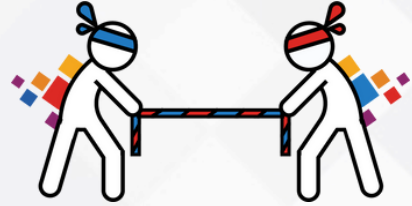
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Mechanics for The Great Malayan Race



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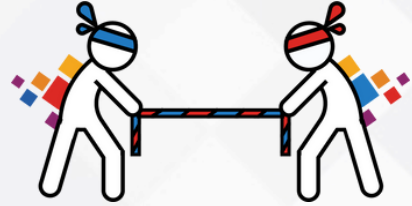
Mechanics for The Great Malayan Race

A. GUIDELINES

- i. Participants of The Great Malayan Race shall meet the following qualifications:
 1. Participants must be bonafide students of Mapúa Malayan Colleges Laguna from the date of registration to the date of execution of games.
 2. Participants shall have registered through the MS Forms provided by their respective departments.
 3. Participants agree to adhere to the rules and regulations of the sport as deemed by the decision of the referee and the committee.
 4. All members of each team must wear their team jersey and other appropriate equipment.
- ii. Each team must observe the following conditions:
 1. All members of each team should **only** be students of the respective department.



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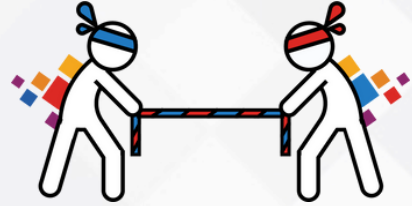
Mechanics for The Great Malayan Race

A. GUIDELINES

- 2.** Each department and its chosen racers are considered a team.
 - 3.** Each team shall have a maximum of five (5) racers.
 - 4.** Each player will be assigned to their own designated station.
- iii.** The race shall be guided by the general guidelines in addition to the rules:
- 1.** The Great Malayan Race will not have preliminary eliminations.
 - 2.** The following are the involved courses in The Great Malayan Race:
 - a.** Tug-of-War (Laban ng Lakas)
 - b.** Sack Race
 - c.** Military Crawl
 - d.** Spider Web Course
 - e.** Tire Hopping Course
 - f.** Cone Zig Zag Dribbling



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Mechanics for The Great Malayan Race

A. GUIDELINES

3. The team that completes the race first will be awarded the overall champion, and so on and so forth.
4. Should there be a tie, the team with more instances of shorter time elapsed between runners will claim the spot.

B. GAME RULES

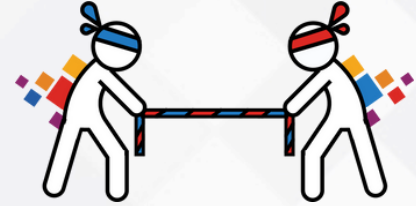
- i. The rules established in these guidelines must be strictly followed and observed by all players and officials involved in the match. These guidelines establish a comprehensive structure to manage The Great Malayan Race while encouraging fair play and sportsmanship among all participants. The Great Malayan Race shall comply with the following regulations:

1. Game Mechanics

- a. The race begins at the sound of the whistle.



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Mechanics for The Great Malayan Race

B. GAME RULES

- b.** Each of the five racers of each team will be running the whole course once the racer before them returns after completing the course.

ii. Rulebook

a. TUG-OF-WAR

- i.** **Players can't sit and pull the rope;** they are also prohibited from pulling the rope before the referee says so.
- ii.** Play without gloves

b. SACK RACE

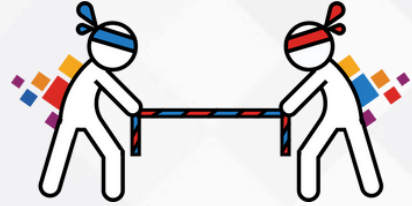
- i.** **Return to the starting point.** Any player that drops their equipment (e.x. Sack, ball) will restart from the beginning of that course.

c. MILITARY CRAWL

- i.** **Body should lie flat on your stomach.** Any player that raises their knees and hips will restart from the beginning of that course.



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B. GAME RULES

d. SPIDERWEB COURSE

- i. Players are not allowed to pull and stomp the ropes.

e. TIRE HOPPING COURSE

- i. **Players must hop from tire to tire.** Any player who skips a tire will restart from the beginning of that course.

f. CONE ZIG ZAG DRIBBLING

- i. **Players must dribble on every cone.** Any player that skips a cone will restart from the beginning of the course.

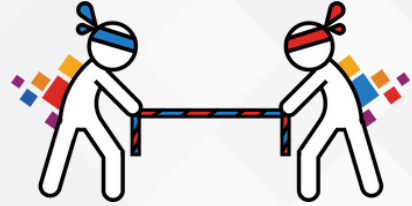
C. POINT VALUES AND CATEGORIES OF WINNERS

i. Categories of Winners

1. **Champion.** The first team to finish the race.
2. **Second Place.** The second team to finish the race.



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Mechanics for The Great Malayan Race

3. Third Place. The third team to finish the race.

ii. Scoring System

1. All relays are races, therefore the team who completes all the courses first wins the race.

D. PENALTIES AND VIOLATIONS

i. Team Violation Clause

1. Lack of players. If starting members do not reach five people.

a. Penalty. Disqualification

2. No Show. If the team does not show up for the race.

a. Penalty. Disqualification

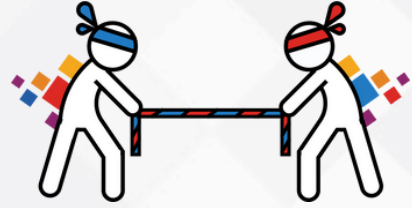
ii. Game Violation Clause

1. Failed sack exchange. Failure to properly wear the sack on the lower half of the body before proceeding.

a. Penalty. Return to the starting point.



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Mechanics for The Great Malayan Race

D. PENALTIES AND VIOLATIONS

2. Push and shove other players. Any player exhibiting unfair play behavior during the courses.

a. Penalty. Disqualification

E. INTERRUPTIONS

i. Injury Timeouts. Pause in play due to runner injuries.

- 1.** This requires all runners of the leg to return to their starting point, while the team that acquires injury will insert a substitute runner.
- 2.** Race will resume at the sound of the whistle once all the runners have the baton in hand at the starting point of the leg where the timeout was called