

## TECHNICAL HANDBOOK

4<sup>th</sup> Asian Beach Games November 14-23, 2014 Phuket, Thailand









#### Message from the Secretary-General

On behalf of the Phuket Asian Beach Games Organizing Committee (PABGOC), it is an honor for me to welcome you to the 4th Asian Beach Games to be held from November 14 to 23, 2014, in Phuket, Thailand.

Each edition is a testament that the Olympic Council of Asia, together with the Host Cities, have planned and worked hard to make the Asian Beach Games what it is right now – an exemplary Games platform across continents that mixes the elements of fun and intense competition. The fourth edition is bigger and better – a total of 32 disciplines in 23 Sports – which raises the bar for more individuals, teams and delegates to take part in the Asian Beach Games.

PABGOC is more than eager to welcome all participants to the pristine beaches of Phuket. The event definitely promises a perfect setting for the high-level of competition with a magnificent view of the island as the main backdrop.

Our Sports Technical Committee has prepared this Technical Handbook to set the guidelines and regulations pertaining to the sports competition program for the 4th Asian Beach Games. This handbook will serve as a guide to all participants of the fourth edition of the Asian Beach Games that covers the pertinent information about the Games and the technical aspect for each sport.

We wish everyone a productive endeavor in preparation for the 4th Asian Beach Games.



KANOKPHAND CHULAKASEM

Secretary-General Phuket Asian Beach Games Organizing Committee Chairman, Sport Technical Committee











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Secretary General

Chairman of Information & Statistics Committee Chairman of Rules Committee

Chairwoman of Women Committee

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Members

Website

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Mr. Tsunekazu Takeda

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Dr. Rashed Hamed Al Heaiwel Al Sebaie (Saudi Arabia)

Director General & Technical Director

Mr. Husain Al-Musallam (Kuwait)

PO Box 6706, Hawalli 32042, Kuwait

**OCA Contact Information** 

Address Tele

(+965) 25734973 Fax

**Fmail** 

info@ocasia.org

(+965) 25734972

www.ocasia.org

Technical Handbook





#### **Phuket Asian Beach Games Organizing Committee**

**Chairman of High Committee** 

Ms. Yingluck Shinawatra

Prime Minister of The Kingdom of Thailand

Chairman - Board of Directors of the 4th Asian Beach Games 2014

**High Committee Members** 

Mr. Somsak Pureesrisak

Minister of Tourism and Sports of Thailand

Chairman - Organizing Committee

Mr. Kanokphand Chulakasem

Governor of Sports Authority of Thailand

Chairman - Secretariat Office

Chairman - Sports Technical Committee

Pol.Gen. Adul Saengsingkaew

Police Commissioner - General

Chairman - Security and Traffic Committee

Mr. Somsak Chotrattanasiri

Director of Bureau of the Budget

Chairman - Budgeting & Privileges Committee

Mr. Mitri Intusut

Governor of Phuket

Chairman - Accommodation, Transportation and Protocol Committee

Mr.Thawatchai Arunyik

Governor of Tourism Authority of Thailand

Chairman - Public Relations Committee

Mr. Narong Sahametapat, M.D.

Permanent Secretary of Ministry of Public Health

Chairman - Medical and Doping Control Committee

Maj. Gen Charouck Arirachakaran

Vice President & Secretary General of NOCT.

Chairman - Protocol and Ceremony Committee









#### **Sport Federation**

#### International Federation of American Football (IFAF)

President Tommy Wiking Secretary General Elesa Zehndorfer

Address 79 Rateau Street, 93120 La Courneuve. France

Tel. + 33 (0) 1 43 11 14 70 Fax. + 33 (0) 1 43 11 14 71 Email info@ifaf.org

Website http://www.ifaf.org/

#### International Federation of American Football - Asia (IFAF - Asia)

Chairman KK Park

Vice Chairman Mishaal T. Fahad Al-Sabah'

Chairman of Competitions Committee
Chair of Technical Committee
Chair of Officiating Committee

Shige Watanabe
Pichet Sithi-Amnuai
Namdev Shirgaonkar

#### Flag Football and American Football Association

President Pichet Sithi-Amnuai
Secretary General Yanin Chalayonnawin

Address 67/3 Soi Areesampan 3, Paholyothin 5 Road,

Samsennai, Payatai, Bangkok 10400

 Tel.
 +6681 903 9666

 Fax.
 +662 266 6971

 Email
 pichetbo@gmail.com

Website www.thaiendzone.org







#### **Technical Officials**

**Technical Delegate** 

**Email** 

**Director of Operations** 

**Email** 

**Director of Sports** 

Email

**Deputy Cluster Director (Sports & Venues)** 

Email

**Sports Manager** 

Email

**Competition Manager** 

Email

Shigeyuki Watanabe (JPN)

shige.watanabe@ifaf.org

**Ramon Suzara** 

ramon@phuketthailand2014.com

Mr. Nattavuth Ruengves

nattavuth.r@phuketthailand2014.com

**Ginio Panganiban** 

ginio11160@gmail.com

Flt.Lt. Usanee Wongsalangkarn

usanee@phuket thail and 2014.com

Yanin Chalayonnawain

yanintero@gmail.com





#### **Member Countries & Regions**

No.	Country/Region	Country Code	Region Code
1	Afghanistan	AFG	SA
2	Bahrain	BRN	WA
3	Bangladesh	BAN	SA
4	Bhutan		SA
		BHU	
6	Srunei Darussalam Cambodia	BRU	SEA SEA
7	China D.P.R . Korea	CHN PRK	EA EA
8			
9	Hong Kong, China India	HKG	EA SA
10		IND	-
11	Indonesia	INA	SEA
12	Iran	IRI	WA
13	iraq	IRQ	WA
14	Japan	JPN	EA
15	Jordan	JOR	WA
16	Kazakhstan	KAZ	CA
17	Korea	KOR	EA
18	Kuwait	KUW	WA
19	Kyrgyzstan	KGZ	CA
20	Laos	LAO	SEA
21	<b>1</b> Lebanon	LIB	WA
22	Macau, China	MAC	EA
23	Malaysia	MAS	SEA
24	Maldives	MDV	SA
25	Mongolia	MGL	EA
26	Myanmar	MYA	SEA
27	Nepal	NEP	SA
28	Oman	OMA	WA
29	Pakistan	PAK	SA
30	Palestine	PLE	WA
31	Philippines	PHI	SEA
32	Qatar	QAT	WA
33	Saudi Arabia	KSA	WA
34	Singapore	SIN	SEA
35	Sri Lanka	SRI	SA
36	Syria	SYR	WA
37	Chinese Taipei	TPE	EA
38	Tajikistan	TJK	CA
39	Thailand	THA	SEA
40	Timor-Leste	TLS	SEA
41	Turkmenistan	TKM	CA
42	United Arab Emirates	UAE	WA
43	Uzbekistan	UZB	CA
44	Vietnam	VIE	SEA
45	Yemen	YEM	WA









#### **Quick Facts about Phuket**

#### Introduction to Phuket

Phuket is an island connected by bridges to southern Thailand's Andaman Sea coast, in the Indian Ocean, lying between 7'45" and 8'15" north latitude, and from 98'15" to 98'40" west longitude on the map. Phuket, Thailand's largest islands, is surrounded by 32 smaller islands that form part of the same administration, with a total area of 570 square kilometers. Measured at its widest point, Phuket is 21.3 kilometers; at its longest, 48.7 kilometers.

Phuket's weather conditions are dominated by monsoon winds that blow year round. It is therefore always warm and humid. There are two distinct seasons, rainy and dry. The rainy season begins in May and lasts till October, during which the monsoon blows from the southwest. The dry season is from November through April, when the monsoon comes from the northeast.

#### Transportation / Getting Here

Phuket Airport is now an international airport, so Phuket can be reached directly from points all over the world.

Bangkok Airways and Phuket Air have daily flights connecting Phuket with Bangkok, Pattaya and Samui. Thai Airways has numerous daily flights servicing the Bangkok-Phuket route. In addition, they have regular flights connecting Phuket with Hat Yai, Surat Thani, and Narathiwat.

From Bangkok the total distance is about 867 kms. Bus transport includes both air and non-air conditioned coaches leaving from Bangkok's Southern Bus Terminal several times a day.

#### Recreation

Phuket offers an unrivalled selection of water sports, including deep-sea fishing, snorkeling and scuba diving. The area has become one of Asia's premier yachting destinations with yachts from every continent represented in Phuket's marinas.

There are four world-class golf courses on the island. Other activities include mountain biking, go carting, bungee jumping, horseback riding and shooting.

Spend a morning indulging in your favorite water sport, and then spend your afternoon on an elephant safari. Lie by the beach all day, or visit a spa and get thoroughly pampered. Choose to do nothing or everything - the opportunities are endless.

#### **Attractions**

Phuket is incredibly diverse, with rocky and sandy beaches, tall cliffs, forests, waterfalls and temples.

Of course, Phuket's limestone cliffs and palm-fringed tropical beaches are its biggest attractions. Each of Phuket's many beaches has a character and charm of its own and is separated from its neighbors by picturesque headlands. From busy fun beaches, to secluded coves of fine white sand, there is bound to be at least one to suit the mood and mindset of every visitor to the island.

Visitors to Phuket Province generally head for the sea, but the interior is worth exploring for its vivid patchwork of plantations and rice paddies. Take a trek into the island's jungles on an elephant's back or hike through the virgin forests of Khao Phra Thaew, the last remaining rain forest of the island.







#### **Nightlife Shopping & Dining**

Phuket offers so much for everyone. Walk through some bustling open-air markets laden with the freshest seafood, fruits, vegetables, and sample from vendors selling all manner of tasty treats. Visit some of Phuket's up market boutiques and antique stores situated in renovated Chinese shop houses, or Sino-Portuguese buildings.

Not only do most of the major hotels and resorts offer a wide selection of quality international restaurants and bars, featuring cabaret shows and live music, but every tourist centre has numerous other entertainment venues. Patong is undoubtedly the epicenter of the island's entertainment scene, boasting a wealth of bars, clubs, live music, and cabaret shows, yet there is still plenty to discover around the island, with Kata/Karon and Phuket town offering such a diverse range of clubs and nightspots that it's difficult to know where to start.

#### Weather and Climate of Phuket

Phuket has a tropical climate, more specifically a tropical monsoon climate, with a dry season from November to April and a rainy season from May to October. Average temperatures are consistent year-round. Average highs range from 29 °C (84 °F) to 33 °C (91 °F); average lows range from 23 °C (73 °F) to 26 °C (79 °F).

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Climate data for Phuket													
Month	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Year
Average high °C (°F)	31.8 (89.2)	32.9 (91.2)	33.5 (92.3)	33.4 (92.1)	32.0 (89.6)	31.6 (88.9)	31.2 (88.2)	31.2 (88.2)	30.7 (87.3)	30.9 (87.6)	31.0 (87.8)	31.2 (88.2)	31.8 (89.2)
Daily mean °C (°F)	27.9 (82.2)	28.7 (83.7)	29.3 (84.7)	29.5 (85.1)	28.4 (83.1)	28.3 (82.9)	27.8 (82.0)	27.9 (82.2)	27.3 (81.1)	27.4 (81.3)	27.5 (81.5)	27.6 (81.7)	28.1 (82.6)
Average low °C (°F)	23.3 (73.9)	23.7 (74.7)	24.3 (75.7)	24.8 (76.6)	24.5 (76.1)	24.5 (76.1)	24.2 (75.6)	24.4 (75.9)	23.9 (75.0)	23.8 (74.8)	23.8 (74.8)	23.7 (74.7)	24.1 (75.4)
Precipitation mm (inches)	29.8 (1.17)	20.9 (0.82)	49.1 (1.93)	121.9 (4.79)	319.4 (12.57)	268.9 (10.58)	290.5 (11.43)	272.6 (10.73)	399.0 (15.70)	309.6 (12.18)	175.7 (6.91)	59.4 (2.33)	2,316.8 (91.21)
Avg. rainy days	4	3	5	11	21	19	19	19	23	22	16	8	170
Mean monthly sunshine hours	286.2	271.5	282.3	247.9	188.5	139.5	172.6	174.1	143.2	179.8	197.1	244.3	2,527.0





#### PHUKET 2014

#### Thailand

The emblem of the 4<sup>th</sup> Asian Beach Games was driven by Phuket's very own beauty and by one of Phuket's most mesmerizing sceneries of Laem Promthep with such beauty that Phuket possesses, Phuket is also widely recognized as the Peal of the Andaman and the Southern Paradise" where athletes, spectators and tourists could enjoy watching the ongoing game while at the same time allowing themselves to serenely sink into the spell-binding beauty of Phuket beaches and sceneries. The two palm trees standing side by side represents the coming together of athletes and of all participants from different nations and races, to unite and to participate together in the 4<sup>th</sup> Asian Beach Games.

As for the middle, the Asian Beach Games is the center of this beautiful bonding between the races in which the athletes represents. The ocean waves tinted in the color of the Thai flag symbolizes the qualities in which Thailand possesses; the Thai flag swirling could be understood as a representation of the determination of the athletes in participating in the competition.



"Sea turtle" is a symbol of endurance fertility, sustainability and growth. As Phuket is a home to many rare species of sea turtle, it is a chance to announce to the participants of the 4th Asian Beach Games and also to the public that Thailand pays great attention and an important role to the conservation of sea turtle.

As sea turtle are amphibious creatures, living both on land and in the sea, the 4th Asian Beach Games will have both beach sports and water sports which at the same time is an excellent symbol of the relationships of the different countries in Asia..

The name Sintu (สินธุ์), Sakorn (สาคร), Samut (สมุทร) shares the same meaning of water. Could be metaphorically be compared to the qualities of athletes which includes the qualities such as tolerance, tranquility, unity, acceptance, sportsmanship and friendship.







#### Competition Program for the 4<sup>th</sup> Asian Beach Games 2014 14 - 23 November 2014 in Phuket, Thailand

No.	Sports	Code	Day	No. of	November 11 12 13 14 15 16 17 18 19 20 21 22 23											Medals					
	·	0000	,	Events	11	12	13	14	15	16	17	18	19	20	21	22	23	G	S	В	TOTA
	Opening Ceremony				L								<u> </u>	_							
						Chac	ofa M	line			_	_		_	_						
	Air Sport																				
1	Paragliding	APG	7	4														4	4	4	12
	Power Paragliding	APP	7	4		<u> </u>												4	4	4	12
				,		Karo	n Be	ach					_								
	Aquatics																				
2	Beach Water Polo	ABW	5	1	_													1	1	1	3
	Marathon Swimming	AMS	2	4	_					R								4	4	4	12
3	Beach Handball	HBH	8	2	_													2	2	2	6
4	Sambo	SB	2	7	_													7	7	14	28
5	Beach Volleyball	VBB	8	2														2	2	2	6
6	Woodball	WO	6	8														8	8	12	28
7	Beach Basketball	BBK	4	2														2	2	2	6
8	Bodybuilding	BO	2	6														6	6	6	18
	Sailing				$ldsymbol{ldsymbol{ldsymbol{eta}}}$				Ш												
9	Sailing	SA	4	5								R						5	5	5	15
	Windsurfing	SWS	4	4								R						4	4	4	12
10	Squash	SQ	5	2				R										2	2	4	8
					P	ator	ng B	eacl	1												
11	Beach Kabaddi	KAB	4	2														2	2	4	8
12	Beach Wrestling	BWR	4	6														6	6	12	24
13	Ju-Jitsu	IJ	2	12														12	12	24	48
14	Kurash	KU	3	8														8	8	16	32
15	Muaythai	MY	6	16														16	16	32	64
16	Petanque	PQ	6	9														9	9	18	36
17	Beach Sepaktakraw	SBS	8	6														6	6	12	24
18	Foot Volley	FV	2	1														1	1	2	4
19	Jetski Sport	JS	3	6														6	6	6	18
					Na	i-Ya	na E	Beac	h						_	_					
20	Beach Modern Pentathlon	ВМР	3	3	П	Π	Ŭ				Г	Г						3	3	3	9
	Triathlon																				
21	Duathlon	TRD	1	3														3	3	3	9
	Triathlon	TRD	1	3									Г				П	3	3	3	9
22	Beach Athletics	BAT	4	13	$\vdash$				П								Г	13	13	13	39
				Bangned	w E	)am/	'Ant	hen	ı Wa	ke	Park										
	Waterski				<u> </u>	T								П							
23	Waterski/Wakeboard	WSW	4	8		T			П									8	8	8	24
	Cable Wakeboard/Wakeskate	WSH	3	5		T			Н									5	5	5	15
		11011			ohai	n Hir	Sp	ort (	Cent	er					_	_		Ť	Ť	Ť	
24	Beach Flag Football	BFF	3	1					0,70					П				1	1	2	4
24		FBS	7	1	$\vdash$													i	i	1	3
	Beach Soccer			<del></del>	$\vdash$				H									Ė	r i	r'	Ť
25	Beach Soccer Extreme Sports			l .							ı		_	-	1	1	_			1	
	Extreme Sports	FIS	4	3	$\vdash$									1 -				a	ď	3	9
25	Extreme Sports Inline Stunt	EIS	4	3														3 0	3	3	9
	Extreme Sports Inline Stunt Skateboard	EXS	4	3														3	3	3	9
25	Extreme Sports Inline Stunt Skateboard BMX Freestyle	EXS EXF	4	3														3	3	3	9 12
25	Extreme Sports Inline Stunt Skateboard	EXS	4	3														3	3	3	9



#### PATONG NORTH 1

- · Beach Wrestling
- •Beach Kabaddi
- Petanque

#### PATONG NORTH 2

- Beach Sepaktakraw
- Foot Volley

#### PATONG NORTH 3

Jetski Sport

#### PATONG CENTRAL BEACH

- Muaythai
- Kurash
- Ju-Jitsu

#### KARON NORTH 1

- ·Beach Waterpolo
- Body Building
- ·Beach Basketball
- Squash
- Marathon Swimming

#### KARON NORTH 2

- Beach Handball
- ·Sailing/Windsurfing

#### KARON CENTRAL BEACH

- ·Beach Volleyball
- •Sambo

#### KARON SOUTH BEACH

· Woodball

#### 4th ABG COMPETITION VENUES



Leam Prom Theo

#### NAIYANG

- Triathlon
- ·Beach Modern Pentathlon
- ·Beach Athletics

#### ANTHEM WAKE PARK

· Waterski (Cable Wakeskate)

#### BANGNEOW DAM

•Waterski

#### CHAOFA MINE

· Air Sport

#### SAPHAN HIN 1

- · Beach Soccer
- •Beach Flag Football

#### SAPHAN HIN 2

- •Extreme Sport
- Sport Climbing









#### VENUE: SAPAN-HIN PARK







PMCX / SKATE BOARDING



SPORTS CLIMBING

















#### **Technical Delegate Profile**



Shigeyuki WATANABE

Competition Committee Chair, International Federation of American Football (IFAF)

Executive Committee member, Japan American Football Association (JAFA)









#### **Competition Technical Information**

	The 4 <sup>th</sup> Asian Beach Games Phuket 2014											
	Beach Flag Football											
		Number	Substitute	Maximum								
No.	Events	of Athletes	S	Number of Athletes	Gold	Silver	Bronze	Total				
1	Men's Team	4	6	10	1	1	2	4				
	Maximum Number of Athletes for each National Olympic Committee : 10											

#### 1. Date and Place

**Beach Flag Football (BFF)** competition for the **4**<sup>th</sup> **Asian Beach Games Phuket 2014** will be held in Phuket, Thailand from 14-16 November 2014 at SAPHAN HIN Sports Center.

#### 2. Competition Venue

Beach Flag Football (BFF) Venue is located at SAPHAN HIN Sports Center.

#### 3. Events

Beach Flag Football (BFF) competition will comprise of 1 event.

Men Men's Team

#### 4. Competition Schedule

The daily Competition Schedule will be disclosed after the Entry by Number has been finalized.

#### 5. Eligibility

- 5.1 Both belongs to the members of Olympic Council of Asia (OCA) and the International Federation of American Football (IFAF), can register for participating in the competitions.
- **5.2** The athletes should conform to the regulations stipulated in **OCA** Constitution on participation qualification.
- 5.3 The number of officials of each delegation should conform to the regulation stipulated in the Chef de Mission Manual for the 4th Asian Beach Games.

#### 6. Entries

**6.1** Entries of each participating NOC must be submitted in accordance with the regulations laid-out by **PABGOC.** 

#### 6.2 Deadline for Entry by Number Forms (Preliminary)

Each participating OCA member NOC must submit Entry by Number Forms to **PABGOC** by 24:00hrs Thailand local time (GMT +7) of **30 June 2014**. This form may be submitted by fax. Original form must be presented during the DRM. **PABGOC's** detailed address, telephone and fax may be found on the entry form.

#### 6.3 Deadline for Entry by Name Forms (Final)

The Entry by Name Forms must be received by **PABGOC** no later than **31 August 2014** at 24:00hrs Thailand local time (GMT +7). The completed Entry by Name Forms must be submitted for each athlete and must include all necessary information including athlete's full name.

NOC may make changes or submit amended Entry by Name Forms up to and including the day of deadline, but no such amendments will be permitted after the deadline.



**6.4** Both Entries by Number and Name Forms may be sent by fax and subsequently confirmed with stamped original by posting to the following address:

#### Sports Entries/4<sup>th</sup> ABG c/o Tatchanart Tongprakob

Sports Directorate, Phuket Asian Beach Games Organizing Committee  $13^{\rm th}$  Floor, SAT Building, 286 Ramkhamhaeng Road, Huamark, Bangkapi, Bangkok, Thailand 10240

6.5 If forms are sent by e-mail or fax, the Chef de Mission must bring the original Sports Entry Forms during the Delegation Registration Meeting (DRM).

#### 7. Technical Meetings

Technical Delegate and Technical Officials Meeting will be held at 13:00 on 13 November 2014. The place will be to be decided.

General Technical Meeting of Team Managers/Coaches will be held at 18:00 on 13 November 2014. The place will be to be decided.

#### 8. General Rules and Regulations

The 4<sup>th</sup> Asian Beach Games Beach Flag Football Competition will be conducted with the IFAF Beach Flag Football Rules as well as other regulations and competition rules. If dispute arises from the interpretation on the Rules of different versions, the English version shall prevail. In the case of unforeseeable case not stipulated in the Rules, corresponding measures should be adopted by OCA in accordance with the Constitution of Olympic Council of Asia (OCA) as well as the rules and regulations stipulated by International Federation of American Football.

#### 9. Technical Officials

Technical delegate and main technical officials have to be recognized by Olympic Council of Asia (OCA) and International Federation of American Football (IFAF), and dispatched by International Federation of American Football (IFAF). OCA, with justified reason, may propose to IFAF some changes of international technical officials.

#### 10. Protests and Appeals

All protests and appeals will be dealt with in accordance to the International Federation of American Football (IFAF) rules and regulations. Any non technical matter appealed to **OCA** should be in accordance with the **OCA** Constitution. The participating NOC has the right to appeal to CAS against the decision of the **IFAF.** 

#### 11. Dress Codes

The apparatus and clothes of the Beach Flag Football athletes and other relevant personnel should conform to the regulations stipulated by **International Federation of American Football (IFAF).** 

#### 12. Sports Equipment

Equipment and facilities will be in accordance with the regulations and specifications set by International Federation of American Football (IFAF).









#### 13. Penalties in Case of Fraud

A competitor proven to have fraudulently transgressed the Rules and Regulations of the Games Federation, shall be disqualified and lose any position he/she may have gained. If this competitor's member organization is proven to have been a party to the fraud, his/her NOC may be disqualified in the sport involved, by **OCA** decision.

#### 14. Doping Control/Gender Verification

#### **Doping Control**

Doping control will be carried out in line with the procedures stipulated by World **Anti-doping Agency under the regulations of Medical Committee of Olympic** Council of Asia (OCA) during the 4th Asian Beach Games.

#### 15. Victory Ceremonies

The ceremony will be in Thai and English. Medals, flowers and mascot bearers will enter the field-of-play and take position. Players will be escorted to the podium. The medals will be presented by the OCA President or his representative or by the **International Federation of American Football (IFAF)** representative. The national anthem of the gold medalist will be played and the flag of the winners will be hoisted. Winners must wear their NOC official sport uniform.

#### 16. Media Interviews

Competitors should go through the mixed-zone after their contest whenever there is a mixed-zone set up. Competitors will be invited to attend press conferences/interviews when requested.

#### 17. Approval of the Technical Handbook

This Technical Handbook was approved by International Federation of American Football (IFAF).

#### General Clause:

Changes or revisions may be made after publication of this Technical Handbook. For reference and guidance, appropriate updates will be disseminated through the NOC.









### PHUKET 2014

Thailand









# celebrate charming 5 uus hine











