



PHUKET 2014
Thailand

TECHNICAL HANDBOOK

4th Asian Beach Games
November 14-23, 2014
Phuket, Thailand



Beach Handball







PHUKET 2014
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





OLYMPIC COUNCIL OF ASIA

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Chairman of Sports Committee
Chairman of Sports for All Committee
Chairman of Media Committee
Chairman of Finance Committee
Chairman of Culture Committee
Chairman of Education Committee
Chairman of Coordination Committee

Members

Director General & Technical Director

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Fax
Email
Website

OCA EXECUTIVE BOARD

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Maj. Gen. Charouck Arirachakaran (Thailand)
Mr. Timothy Fok Tsun Ting (Hong Kong, China)
Lt Gen. Syed Arif Hasan (Pakistan)
HE Sheikh Isa Bin Rashed Al Khalifa (Bahrain)
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Mr. Tsunekazu Takeda

Mr. Manuel Silverio (Macau)
Gen. Souhail Khoury (Lebanon)
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Phuket Asian Beach Games Organizing Committee

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

High Committee Members

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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



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Director of Sports

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













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Mr. Chatchai Sangsukeelux

chatkaew003@hotmail.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	BHU	SA
5	 Brunei Darussalam	BRU	SEA
6	 Cambodia	CAM	SEA
7	 China	CHN	EA
8	 D.P.R. Korea	PRK	EA
9	 Hong Kong, China	HKG	EA
10	 India	IND	SA
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	 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).



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 4th 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 Pearl 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 4th 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..

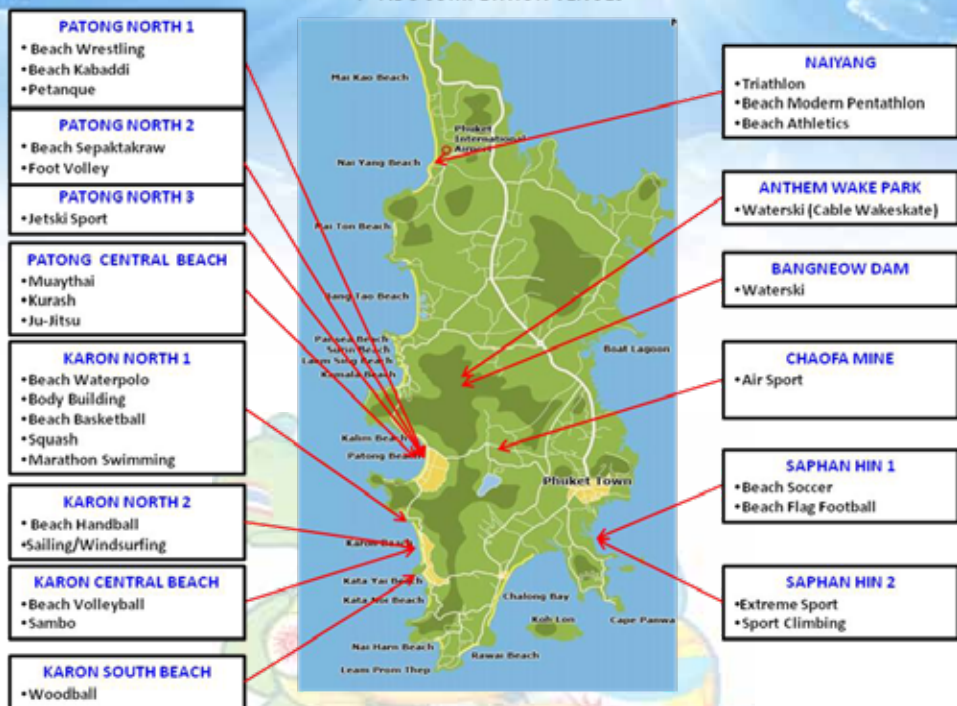
The name Sintu (สินธุ์), Sakorn (สาคร), Samut (สมุทร) shares the same meaning of water. Could be metaphorically be compared to the qualities of athletes which includes the qualities such as tolerance, tranquility, unity, acceptance, sportsmanship and friendship.



Competition Program for the 4th Asian Beach Games 2014 14 - 23 November 2014 in Phuket, Thailand

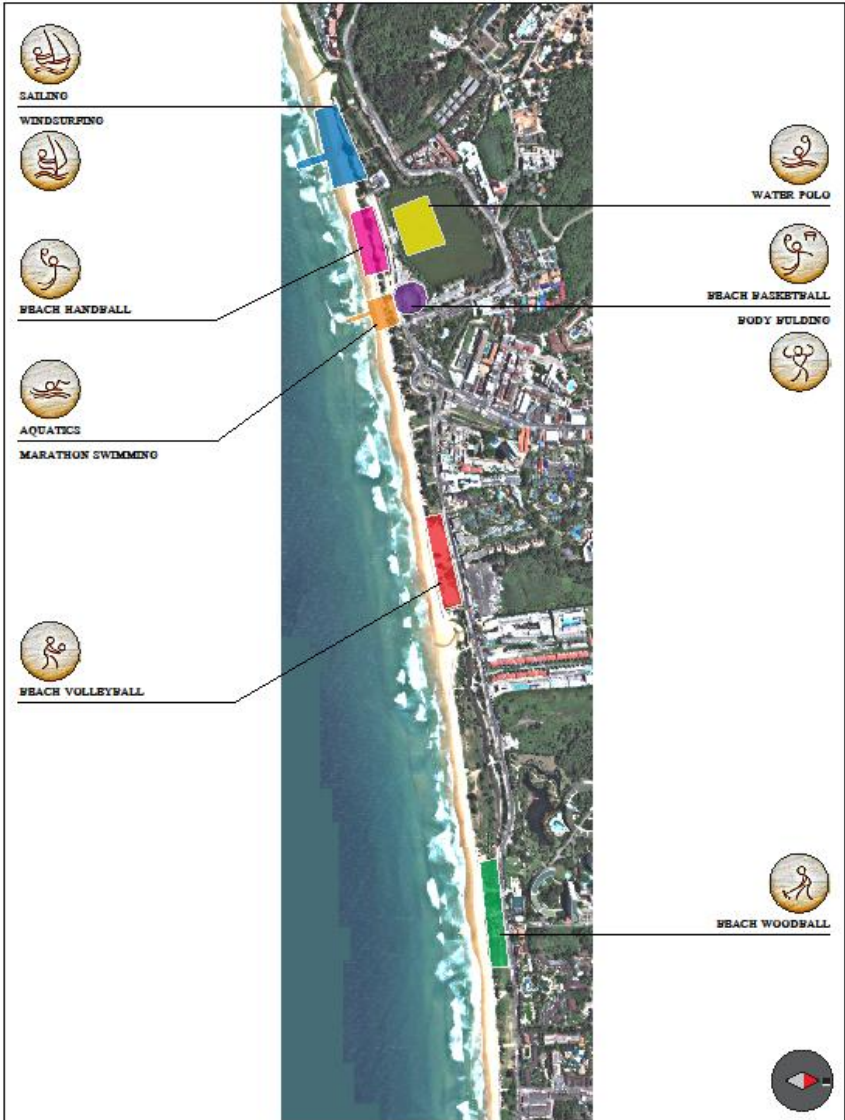
No.	Sports	Code	Day	No. of Events	November														Medals			
					11	12	13	14	15	16	17	18	19	20	21	22	23	G	S	B	TOTAL	
Opening Ceremony																						
Chaofa Mine																						
1	Air Sport																					
	Paragliding	APG	7	4															4	4	4	12
	Power Paragliding	APP	7	4															4	4	4	12
Karon Beach																						
2	Aquatics																					
	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
9	Sailing																					
	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
Patong Beach																						
11	Beach Kabaddi	KAB	4	2															2	2	4	8
12	Beach Wrestling	BWR	4	6															6	6	12	24
13	Ju-Jitsu	JJ	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
Nai-Yang Beach																						
20	Beach Modern Pentathlon	BMP	3	3															3	3	3	9
21	Triathlon																					
	Duathlon	TRD	1	3															3	3	3	9
	Triathlon	TRD	1	3															3	3	3	9
22	Beach Athletics	BAT	4	13															13	13	13	39
Bangneow Dam/Anthem Wake Park																						
23	Waterski																					
	Waterski/Wakeboard	WSW	4	8															8	8	8	24
	Cable Wakeboard/Wakeskate	WSH	3	5															5	5	5	15
Saphan Hin Sport Center																						
24	Beach Flag Football	BFF	3	1															1	1	2	4
25	Beach Soccer	FBS	7	1															1	1	1	3
26	Extreme Sports																					
	Inline Stunt	EIS	4	3															3	3	3	9
	Skateboard	EXS	4	3															3	3	3	9
	BMX Freestyle	EXF	4	4															4	4	4	12
	Sport Climbing	ESC	2	4															4	4	4	12
Closing Ceremony																						
				168															168	168	242	578

4th ABG COMPETITION VENUES





VENUE : KARON BEACH





Technical Delegate Profile



Dr. Ahmad Abu Al Lail Al Failakawi

The Technical Delegate is having an outstanding academic background, being the Dean of student's affairs at the Public Authority for Applied Education and Training in Kuwait. A holder of a Master's Degree obtained from the University of Southern California, LA USA in 1984 and pursued his Doctorate of Philosophies on sports Physiology at the University of Liverpool John Mores, UK 1998.

As an academic person, An avid supporter and sports leader of handball in Kuwait, **Dr. Abu Al Lail** has written a good numbers of books and thesis ranging from Asian Women's Handball athletes anthropometric profile, physical motion analysis of work rate and heart rate, fitness level as well as effect of carbohydrate injection on selected physiological response to intermittent exercise in hot environment including fluid loss and blood lactation analysis.

Also served as manager of national handball team of Kuwait, become council member and vice president of Kuwait Handball Association, become an executive Director of the Asian Handball Federation from 1987 till present.

He is currently working as the head of Department of Physical Education & Sports in Kuwait University, having vast experience of Exercise Physiology. Holding the position of Technical Committee member during many Handball championships of Olympic Games, Asian games, Men & Women's World and Asian Championships since 1988. Took part in many conferences related to sports and sports Medicines. Authored many articles related to the activities of Handball and Players, had done some Scientific Researches.

Dr. Ahmad Abu Al Lail's unselfish contribution and dedications to the growth of handball will surely be felt in the 4th Asian Beach Games Phuket-Thailand, when competition takes place from 14 - 23 November 2014.



Competition Technical Information

The 4th Asian Beach Games Phuket 2014 Beach Handball								
No.	Events	Number of Athletes	Substitutes	Maximum Number of Athletes	No. of Medals			
					Gold	Silver	Bronze	Totals
1	Men's Team	4	6	10	1	1	1	3
2	Women's Team	4	6	10	1	1	1	3
Maximum Number of Athletes for each National Olympic Committee : 20								

1. Date and Place

The **Beach Handball (HBH)** competition for the **4th Asian Beach Games Phuket 2014** will be held in Phuket, Thailand from 15 - 22 November 2014 at Karon Beach

2. Competition Venue

The Beach Handball (HBH) Venue is located at Karon Beach

3. Events

The Beach Handball (HBH) competition will comprise of 2 Events

Men Men's Team

Women Women's Team

4. Competition Schedule

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

5. Eligibility

5.1 The members of **Olympic Council of Asia (OCA)** or the Olympic Committee whose handball federation is the member of **Asian Handball Federation** 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) by **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/4th ABG

c/o **Tatchanart Tongprakob**

Sports Directorate, Phuket Asian Beach Games Organizing Committee
13th Floor, SAT Building, 286 Ramkhamhaeng Road, Huamark, Bangkok,
Bangkok, Thailand 10240

Email: tatchanart.t@phuketthailand2014.com

Tel. No. +66 2186 7178 Fax No: +66 21867537

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

7.1 Technical Official Meeting will be convened two days before competition.

7.2 Team Manager/Coach Technical Meeting will be convened one day before competition and may be convened again one day before the finals if necessary.

8. General Rules and Regulations

8.1 Competition Rules

Beach Handball competitions will follow the prevalent *Beach Handball Competition Rules* stipulated by **International Handball Federation** and **Asian Handball Federation's** relevant regulations. If dispute arises from the understanding about the Rules of different versions, the explanation by technical delegate shall prevail.

8.2 Competition System

Competitions will be arranged according to the total number of participating teams.

9. Draw Event

Lots will be drawn according to the rules stipulated by Asian Handball Federation under the supervision of **Olympic Council of Asia (OCA)**.

10. Technical Officials

Technical delegate and main technical officials have to be recognized by **Olympic Council of Asia (OCA)** and **Asian Handball Federation** and dispatched by **Asian Handball Federation**. Other technical officials and competition officials should be dispatched by the **4th Asian Beach Games Organizing Committee. OCA**, with justified reason, may propose to AHF some changes of international technical official.

11. Protests and Appeals

All protests or appeals about the technical aspects of competitions should be handled in accordance with the rules stipulated by **Asian Handball Federation**. The participating NOC has the right to appeal to CAS against the decision of **AHF**.

12. Dress Codes

The apparatus and clothes of the handball athletes and other relevant personnel should conform to the regulations stipulated by Asian Handball Federation.

13. Sports Equipment

Equipment and facilities will be in accordance with the regulations and specifications set by **AHF/IHF**

14. Penalties in Case of Fraud

The athletes who are proved to commit fraudulence or violate prevalent competition rules will be disqualified from participating in the competition, with all ranks and results achieved nullified. If this competitor's member organization is proven to have committed fraudulence, the nation or the region may be disqualified from participating in the competition by the decision of **OCA**.

15. Doping Control/Gender Verification

15.1 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.

15.2 Gender Test

Gender test may be carried out in accordance with **OCA Rule**.

16. 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 **AHF/IHF** 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.

17. 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.

18. Approval of the Technical Handbook

This Technical Handbook was approved by **AHF**

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





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