



Micro All-Around Competition Manual

10th Micronesian Games
15-24 June 2024

Marshall Islands Micronesian Games Organizing Committee
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1 MICRONESIAN ALL-AROUND

1.1 General Information

Dates	20-21 June 2024 (Pending submission of numerical entry forms)
Venue	Delap Park, Majuro
Technical Meeting	TBD
Competition Manager	Melvin Majmeto +692 4550408 melvinmajmeto@gmail.com
Technical Delegate	Micronesian Games Council (MGC)

2 COMPETITION DETAILS

2.1 Technical Committee

Technical Delegate	MGC
Competition Manager	Melvin Majmeto

One representative from each participating member association.

2.1 Officials

- 2.1.1 Officials for the tournaments will be drawn from accredited referees nominated by the participating MGAs. All MGAs entering teams are expected to send one suitable referee per team. Referees will be assigned to games and evaluated under the supervision of the MGC. Officials will be supplied and assigned by the host country, in consultation with the MGC. All officials must attend the official clinics to be presented by the representative of the MGC.

3 CONDUCT OF THE TOURNAMENT

3.1 Competition Schedule

- 3.1.1 To be finalized during technical meeting, following final registration through Accreditation and Sport Entry System May 15 deadline and consultation with the technical delegate.

3.2 Dates & Venue

- 3.2.1 The MAJOL2024 Micronesian All-Around competition will be held on 20-21 June (pending submission of numerical entry forms).
- 3.2.2 Micronesian All-Around competition for land event will be held at Delap Park.
- 3.2.3 Micronesian All-Around competition for water event will be held at the Majuro Lagoon, Delap Park.

3.3 Practice Schedule

- 3.3.1 This will be determined at a later date and distributed to all teams when they arrive.

3.4 Technical Meeting

- 3.4.1 The Technical Committee shall be chaired by the Technical Delegate or the chair will be appointed by the Technical Delegate.
- 3.4.2 The Technical Meeting will be held no more than 48 hours prior to the commencement of the competition. Schedule will be communicated prior to your arrival. Visit Sport Information Center (SIC), located in the Athletes' Village, for technical meeting schedules.
- 3.4.3 All competition rosters/entries will be finalized as well as rules governing the competition at this meeting.
- 3.4.4 Two (2) Representatives from each team may attend the Technical Meeting. The Technical Delegate will welcome and preside over the meeting. All matters pertaining to the competition will be covered at this Meeting.

3.5 Agenda

1	Welcome remarks by the Competition Manager
2	Introduction of Relevant Key Competition Technical Officials
3	Final Timetable
4	Confirmation of the Jury of Appeal
5	Protests and Appeals to the Jury
6	Confirmation of Entries
7	Failure to Participate

9	Medal Ceremonies and Procedures
10	Draws
11	Venue visit
12	Other Concerns

3.6 Micro All Around Events

3.6.1 Men: Coconut Tree Climbing, Coconut Husking, Spear Throwing, Run Swim and Diving.

3.6.2 Women: Coconut Husking, Coconut Grating, Spear Throwing, Run Swim and Diving.

4 RULES OF THE COMPETITION

4.1 Event Rules

4.1.1 **Coconut Tree Climbing:** The participants will climb three (3) coconut trees in the quickest time (running time) possible. Two marks will be placed on each tree. The highest mark will be marked by a bell or other sound-making device that must be rung to signify that the athlete has reached the top. The height of the bell is approximately 20 ft. high. The bottom mark will be approximately six (6) feet from the ground and the athlete's foot must pass this mark on descent from the tree prior to jumping from the tree.

4.1.2 **Coconut Husking-Men:** Each male athlete will husk ten (10) coconuts in the fastest time possible. The coconuts will be husked until they are reasonably clean. No outer shell covering of the husk or large clumps of the coconut fibers should be presents, and the hairy crown where the plant sprouts shall be stripped from the nutshell. The husking implements must be provided by the athlete but they must be made of wood.

4.1.3 **Coconut Husking / Grating-Women:** Each female athlete will husk ten (10) coconuts, followed by grating five (5) of the husked coconuts (both halves). There should be no grateable coconut left in the shell. The event is timed and the athlete who completes the grating all 10 halves in the shortest time is the winner.

4.1.4 **Swim:** Each athlete will start at a starting line about 10 meters from the edge of the dock; run and dive into the water, swim to a marker approximately 100 feet out; at which point the swimmer will submerge and swim under-

water approximately 25 feet where there will be a buoy. At the buoy, the athlete will surface and ring the bell on the buoy and then continue swimming back to shore. Athletes surfacing anywhere between the first marker and the buoy will be penalized with a deduction of five (5) points. There will be an Official located at the point of the buoy to observe whether the swimmer has rung the bell or not. A White flag will indicate a successful bell ring; whereas a Red flag will indicate an unsuccessful attempt. Athletes who fail to ring the bell at the buoy will be penalized a deduction of five (5) points. This is a timed event; the athlete with the fastest time will earn 20 points, the athlete with the second fastest time will earn 19 points, and so on down the line.

4.1.5 **Diving:** Each athlete will be taken in a boat out to water at a depth of approximately 10 to 15 feet for men and 8 to 10 feet for women. Contestants will dive for 5 objects. On a signal by the Official, the athlete will dive into the water and swim to the bottom and retrieve a specified object and resurface and place the object inside the boat. The swimmer will continue another 4 dives, for a total of five dives in all, and retrieve the objects each time. The Official in the boat will be timing the dives starting with the first dive until the last (fifth) dive is completed and the fifth object has been placed inside the boat. Athletes are allowed to wear masks/goggles for this event; however, snorkels will not be allowed. The athlete with the fastest time will earn 20 points; the athlete with the second fastest time will earn 19 points and so on down the line.

4.1.6 **Spear Throwing:** Three targets will be placed in the water at three different distances; men's distances are 10 feet, 20 feet and 30 feet; distances for women are 10 feet, 15 feet and 20 feet. Each athlete is allowed one (1) practice throw at each distance. Each competitor will have three throws at each distance and. No points will be awarded for simple touching or grazing of the target; the spear must penetrate the target.

NOTE: All events are timed except for the Spear throwing which is awarded points. It is suggested that the times and points be awarded as places in each event, 1st place receiving the fastest time or most points in the throwing event. These then should be tallied and the overall winner would be the person with the lowest number of points. The order of events should be that shown above and a random draw taking place for the first event. For the other subsequent events it would be up to the organizing committee, the person with the most points should then go first or the person with least points, or a random draw for each event. All events should take place on the same day, with two or three in the morning, and the rest in the afternoon.

4.2 Team Composition

4.2.1 Teams consist of 4 athletes or less (2 female, 2 male) and 1 coach.

4.3 Protests to the Jury of Appeal

4.3.1 The Micronesian All-Around Technical Committee will deal with all technical matters and protests as laid out in the Charter of the Micronesian Games.

4.3.2 Any protest must be lodged with the Competition Manager in writing in English and signed by the leader of the delegation. A check or cash in the amount of \$100.00 must be included with each protest.

4.3.3 A Jury of Appeal will be appointed by the Technical Committee, as provided for in the Micronesian Games Charter. All decisions of the Jury of Appeal are final as to matters within its jurisdiction..

4.4 Scoring

4.4.1 All events are timed except the Spear Throwing. The fastest time in each event will be awarded one point. The next fastest will be awarded two points, and so on. After all five events have been completed, the points will be added up and the athlete with the lowest point total will be the winner, second lowest point achiever will be second place and so on.

4.5 Medals

4.5.1 The awards of the 2024 Micronesian Games shall be provided by the MAJOL2024 OC and shall consist of medals only, distributed as follows for each of the men's and the women's tournaments:

FIRST PLACE	Gold Medal
SECOND PLACE	Silver Medal
THIRD PLACE	Bronze Medal

5 ELIGIBILITY

5.1 Athlete Eligibility

5.1.1 In order to be eligible to compete at the Micronesian Games, an athlete must comply with one of the following criteria:

(1) The athlete must have been born in any state, country, or territory which is a member of the Micronesian Games Council -- that is, Palau, Guam, CNMI, Yap, Chuuk, Pohnpei, Kosrae, Marshall Islands, Nauru, or Kiribati -- and must have lived in any of those states, countries, or territories for a period of three years up to and including the start of the Games; OR

(2) The athlete must be the child of at least one parent, or two grandparents, who were born in any state, country, or territory which is a member of the Micronesian Games Council (see above), without regard to residence; OR

(3) The athlete must have resided in any state, country, or territory which is a member of the Micronesian Games Council (see above) for a period of seven years up to and including the start of the Games, AND, resides in the state, country, or territory for which the athlete will compete, as of the start of the Games, without regard to ancestry.

The temporary absence of an athlete from the territory of a member of the Micronesian Games Council for purposes such as education, sports, training, military service, and health care, or other legitimate absences of a similar kind, are not considered as interrupting a previously established residency.

In addition, athletes must:

(a) Complete all necessary entry and participation forms;

(b) Not be currently under disqualification or suspension by any relevant authority;

(c) Comply with all relevant rules and regulations of the Micronesian Games Council, the MGC Constitution, and the World Anti-Doping Code.

It is the responsibility of each participating state, country, or territory to ensure that all competitors comply with these requirements.

These requirements apply only to athletes. There are no eligibility requirements for coaches or technical officials.

Entries by name must be submitted at least 30 days prior to the start of the Games. Late entries will not be accepted. At the close of entries, the MA-JOL2024 OC will communicate a list of all named competitors to each competing state, country, or territory. Each competing state, country, or territory will have 10 days to challenge the eligibility of a competitor. A \$50 bond is

required for each challenge. The bond is refundable if the challenge is successful but is forfeited if the challenge is unsuccessful.

The burden of proof of eligibility is on the sponsoring state, country, or territory, rather than the challenging state, country, or territory. In the event of a challenge, the sponsoring state, country, or territory must submit documents proving eligibility.

Challenges to athlete eligibility are made to the Micronesia Games Council Executive Board, not to the MAJOL2024 OC, which will refer them for decision by a Disputes Tribunal, consisting of three persons appointed by the Micronesia Games Council Executive Board. All challenges to eligibility shall be decided at least 10 days prior to the start of the Games. The decisions of the Disputes Tribunal are final and may not be appealed.

A state, country, or territory whose athlete is successfully challenged and is deemed ineligible to compete will be liable for a penalty in the amount of USD\$100. Failure to pay the penalty means that the state, country, or territory will not be allowed to compete in the sport in which the ineligible athlete was registered.

The contents of this section are a summary of the relevant provisions of the Micronesia Games Council Constitution. While every attempt has been made to assure the accuracy of this summary, in the event of any inconsistencies between this summary and the provisions of the Micronesia Games Council Constitution, the provisions of the Constitution shall be controlling.

6 ATHLETES' VILLAGE

6.1 Accommodations

6.1.1 Athletes and coaches will be housed at the Marshall Islands High School campus.

6.2 Meals

6.2.1 Meals will be provided at each Athlete's Village cafeteria upon presentation of an accreditation card and meal voucher. Only accredited persons will be provided meals.

6.2.2 If the sports competition schedule conflicts with the dining hall hours, teams

may request takeout meals. It's the responsibility of the Chef de Mission to request takeout meals during the CdM meeting at least 24 hours in advance and to pick up the takeout meals in the dining hall; takeout meals will not be delivered.

6.3 Medical

6.3.1 Primary care medical facilities (first aid) will be available, without charge, at the sports venue. More advanced care will be on call. Care other than primary care is the sole responsibility of the individual, and will be made available on the same basis (including cost) as it is to the general public.

6.4 Sport Information Center (SIC)

6.4.1 The SIC located at the Athletes' Village, will be open and manned during regular business.

6.4.2 The SIC is the formal communication center for the receipt and distribution of all sports information and results.

6.4.3 A set of daily results will be prepared, and will be distributed to each Chef de Mission at a daily morning meeting. However, there will be a bulletin board in the Gym on with basketball tournament results.

6.5 Transportation

6.5.1 Transportation will be provided for teams by the MAJOL2024 OC. Games transportation schedule will be disseminated at a later date.

6.6 Security

6.6.1 Security will be provided at all MAJOL2024 venues.

7 DOPING CONTROL

7.1 Random Testing

7.1.1 Athletes are advised that random drug testing will be conducted for the duration of the 2024 Micronesian Games.

7.2 Prohibited Substances

7.2.1 It is the responsibility of the athlete to check the status of all medications and refrain from using prohibited substances. Athletes who test positive for a prohibited substance will be disqualified from, including but not limited to, the 2024 Micronesian Games.

7.2.2 Complete listing of prohibited substances can be found on WADA website.

8 CODE OF CONDUCT

8.1 Conduct

8.1.1 The conduct of athletes, coaches, managers, and team officials are expected to adhere to the highest standards reflective of national pride and the spirit of the 2024 Micronesian Games. All participants shall appreciate the goodwill and regional unity that are the objectives of these Games.

8.2 Tobacco, Betel-nut, Vape, Alcohol and Drugs

8.2.1 The use and consumption of Tobacco, Betel-nut, Vape, Alcohol and Drugs in or around any Games facility is prohibited.

Good Luck to all the Teams!!!!