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

Kurash
4th ASIAN BEACH GAMES

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
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Director General & Technical Director
Mr. Husain Al-Musallam (Kuwait)

OCA Contact Information
Address
PO Box 6706, Hawalli 32042, Kuwait
Tele
(+965) 25734972
Fax
(+965) 25734973
Email
info@ocasia.org
Website
www.ocasia.org
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
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Chairman - Sports Technical Committee

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Mr. Somsak Chotrattanasiri
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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 Ariachakaran
Vice President & Secretary General of NOCT.
Chairman - Protocol and Ceremony Committee
Sport Federation

**International Kurash Association (IKA)**
- **President**: HAIDAR FARMAN (KUWAIT)
- **Secretary General**: UMID YAKUBOV (UZBEKISTAN)
- **Address**: 70A, Usman Yusupov Street, Tashkent, Republic of Uzbekistan
- **Telephone**: +998 71 244 71 98
- **Fax**: +998 71 244 71 97
- **Email**: info@kurash-ika.org
- **Website**: www.kurash-ika.org

**Kurash Confederation of Asia (KCA)**
- **President**: HAIDAR FARMAN (KUWAIT)
- **Secretary General**: ZIYOVIDDIN KHODJINIYAZOV (UZB)
- **Address**: PO Box 6706, Hawalli 32042, KUWAIT
- **Telephone**: +998935013333 / +989121126765
- **Fax**: +998712447197
- **Email**: z.khodjiniyazov@gmail.com
- **Website**: www.kurash-kca.org
# Technical Officials

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<tr>
<th>Role</th>
<th>Name</th>
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<tr>
<td>Technical Delegate</td>
<td>MOHAMMAD REZA (RAY) NASSIRI NEJAD</td>
<td><a href="mailto:rnassiri2000@yahoo.com">rnassiri2000@yahoo.com</a></td>
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<tr>
<td>Director of Operations</td>
<td>Ramon Suzara</td>
<td><a href="mailto:ramon@phuketthailand2014.com">ramon@phuketthailand2014.com</a></td>
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<tr>
<td>Director of Sports</td>
<td>Mr. Nattavuth Ruengves</td>
<td><a href="mailto:nattavuth.r@phuketthailand2014.com">nattavuth.r@phuketthailand2014.com</a></td>
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<tr>
<td>Deputy Cluster Director (Sports &amp; Venues)</td>
<td>Ginio Panganiban</td>
<td><a href="mailto:ginio11160@gmail.com">ginio11160@gmail.com</a></td>
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<tr>
<td>Sports Competition Manager</td>
<td>Flt.Lt. Usanee Wongsalangkarn</td>
<td><a href="mailto:usanee@phuketthailand2014.com">usanee@phuketthailand2014.com</a></td>
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<td>Competition Manager</td>
<td>Mr. Pulsak Satjathamnukul</td>
<td><a href="mailto:pulsakthaikurash@hotmail.com">pulsakthaikurash@hotmail.com</a></td>
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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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<td>Average high °C (°F)</td>
<td>31.8 (89.2)</td>
<td>32.9 (91.2)</td>
<td>33.5 (92.3)</td>
<td>33.4 (92.1)</td>
<td>32.0 (89.6)</td>
<td>31.6 (88.9)</td>
<td>31.2 (88.2)</td>
<td>30.7 (87.3)</td>
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<td>31.0 (87.8)</td>
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<td>Daily mean °C (°F)</td>
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<td>28.7 (83.7)</td>
<td>29.3 (84.7)</td>
<td>29.5 (85.1)</td>
<td>28.4 (83.1)</td>
<td>28.3 (82.9)</td>
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<td>139.5</td>
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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 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 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

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</tbody>
</table>

**Overall:** 168

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**Technical Handbook**

14
4th ABG Competition Venues

**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

**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
Technical Delegate Profile

NAME: REZA NASSIRI (RAY)
COUNTRY: IRAN
BORN: 1967

BRIEF SPORT BACK GROUND:

IKA – INTERNATIONAL KURASH ASSOCIATION / REFEREE DIRECTOR & DC MEMBER
KCA - KURASH CONFEDERATION OF ASIA /VICE PRESIDENT
JUA- JUDO UNION OF ASIA/ EC MEMBER
ASBC-ASIAN BOXING CONFEDERATION / INTERNATIONAL RELATIONS DIRECTOR
EX HEAD OF INTERNATIONAL DEPARTMENT OF ISLAMIC REPUBLIC OF IRAN KURASH-JUDO-KARATE-JUJITSU-ARCHERY........
T.D OF ALL PAST ASIAN GAMES- INDOOR GAMES – MARTIAL ARTS GAMES
O.S- OLYMPIC SOLIDARITY INSTRUCTOR.
**Competition Technical Information**

<table>
<thead>
<tr>
<th>No.</th>
<th>KURASH</th>
<th>Number of Athletes</th>
<th>Substitutes</th>
<th>Maximum Number of Athletes</th>
<th>No. of Medals</th>
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</table>

**EACH NOC CAN ENTER MAX. 5 WEIGHT CAT. OUT OF 8 WEIGHT CAT 5 MEN – 3 WOMEN**

1. **Date and Place**

   KURASH (KU) competition for the 4th Asian Beach Games Phuket 2014 will be held in Phuket, Thailand from 15-17 November 2014 at PATONG BEACH.

2. **Competition Venue**

   KURASH (KU) Venue is located at PATONG.

3. **Events**

   KURASH (KU) competition will comprise of 8 WEIGHT CAT. 5 MEN & 3 WOMEN.

4. **Competition Schedule**

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

5. **Eligibility**

   5.1 The 4th Asian Beach Games KURASH Competitions is reserved for athletes representing the National Olympic Committee affiliated to the KCA.

   5.2 Only competitions who comply with the conditions laid down in the OCA Constitution and the KCA / IKA Rules are entitled to participants.

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 HRS LOCAL TIME THAILAND by 30 June 2014. This form may be submitted by fax. Original form must be SIGNED AND STAMP 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 24.00 HRS LOCAL TIME. 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 SIGNED 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, Bangkapi, 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

Technical Delegate and Technical Officials Meeting will be held at on 14-NOV-2014. General Technical Meeting of Team Managers/Coaches will be held on 14-NOV-2014.

8. General Rules and Regulations

All rules and regulations will be carried in accordance the IKA Rules and Regulations and it will be supervised by the TD of Kurash.

9. Draw Event

The draw will be done on 14th of November 2014. **KCA** Draw System will be used and supervised by the TD of Kurash.

11. Technical Officials

Technical officials will be appointed by the **KCA** only. No NOC has the right to nominate any TOs. OCA, with justified reason, may propose to KCA some changes of international technical officials

12. Protests and Appeals

All protests and appeals will be dealt with in accordance to the **KCA** 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 **KCA**.
13. **Dress Codes**
   The apparatus and clothes of the Kurash athletes and other relevant personnel should conform to the regulations stipulated by **Olympic Council of Asia (OCA)**.

14. **Sports Equipment**
   Equipment and facilities will be in accordance with the regulations and specifications set by **KCA**.

15. **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 decision of **OCA**.

16. **Doping Control/Gender Verification**
   16.1 Doping Control for all event of the **PHUKET 2014, 4th Asian Beach Games** will be conducted According to **OCA** Medical Committee directions and will follow the procedures specified by the **World Anti Doping Agency (WADA)**.
   16.2 Gender Verification tests may be carried out in accordance with the **OCA** Constitution and Rules.
   16.3 Competitors who are chosen to be tested will be notified after the match or out competition. When notified, the competitors must proceed to the Doping Centre in due time for examination. The competitor must bring an AD/ID Card along for verification. Those who are notified but do not arrive in time at the centre will be treated as testing positive. Competitor must be either accompanied by team manager, coach or team doctor.

17. **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 **KCA** 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.

18. **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.

19. **Approval of the Technical Handbook**
   This Technical Handbook was approved by **KCA**

**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.
Celebrate Charming Sunshine