



„ AKTYVUS AS “ 2026 M. RULES AND REGULATIONS

GENERAL PROVISIONS

“Forening Aktivjeg” organises the “Aktyvus As 2026 Nordic Games” sports/social event on 06.06.2026. The event is held at Toldergata 23, 3179 Åsgårdstrand.

The event “Aktyvus As 2026 Nordic Games”

Objectives

- To organise non-professional sports competitions of various types for all active individuals and others, Lithuanians living in Norway, Sweden, Iceland, Finland, and Denmark who wish to test their abilities.
- To promote a healthy lifestyle, increase physical activity among children, youth, and other Lithuanians living abroad, and encourage social interaction.
- To unite as many Lithuanian communities in the Nordic countries as possible.

Events

Running “Cross” 0.5 km (children) / 1 km / 5 km

General Rules:

- The running course and distances are marked with tape and/or markers
- The entire course is supervised by responsible personnel – participants must follow their instructions and recommendations
- Children up to 12 years of age may participate in the Cross run.

1. Participants of different age groups, including children, take part, therefore it is required to:
 - 1.1.1. respect each other
 - 1.1.2. not push
 - 1.1.3. follow your own running path
 - 1.1.4. take care of your own and others' health

Restrictions

- It is prohibited to shorten the course or cut the route
- Aggressive or unsportsmanlike behaviour towards other participants is prohibited

Violation of the rules results in disqualification and annulment of results.

Basketball 3x3 / 3x3 Family

Court and Ball

- Matches are played on an outdoor basketball court
 - Official tournament ball – Wilson FIBA 3x3 Replica
- Team Composition

3x3

- The team consists of 4 players: 3 on court + 1 substitute
- A substitute player is not mandatory
- A team may start a match with at least 3 players

3x3 Family

- The team consists of 4 players: 3 on court + 1 substitute
- A substitute player is not mandatory
- It is recommended to have 2 adults in the team

The team composition must be balanced:

- 1.1.1. allowed: adults + children (8–16 years)
- 1.1.2. not allowed: 2 adult men + 2 children (8–16 years) in one team
- 1.1.3. a team may start a match with at least 3 players

Referees

- Matches are officiated by 1 referee



- If necessary, 2 referees may be assigned

Match Duration and Scoring

- Match duration – 10 minutes (running time) or until 21 points

Scoring:

- 1 point – shot from inside the arc
- 2 points – shot from outside the arc
- Warm-up before the match – 2 minutes
- Shot clock – 12 seconds
- The referee controls the shot clock

Tournament Format

- Each tournament includes 8 teams
- Teams are divided into 2 groups of 4 teams
- Each team plays against all other teams in its group

Advancing to playoffs:

- Top 2 teams from each group

Further stages:

- Semi-finals
- Third-place match – between losing semi-final teams
- Final – between winning semi-final teams

Additional

- The team that starts the match is determined by a coin toss

Padel 2x2 / 2x2 Family

Court and Equipment

- The padel court is an enclosed 10x20 m area with surrounding walls (usually glass or metal)
- Rackets – without strings, with a perforated surface
- The ball – similar to a tennis ball, but slightly smaller and with lower pressure
- Each team must have their own rackets and balls (we might have few sets to lend)

Teams

- Played in a 2 vs 2 format

Padel 2x2

- 2 players, no age limit

Padel 2x2 Family

Recommended team:

- 1 adult + 1 child (8–16 years)

Serve

- The serve is performed underhand
- The ball must bounce on the ground before being hit
- The server must stand behind the baseline
- The ball must land in the opponent's service box

Additionally:

- If the first serve is unsuccessful – a second attempt is allowed

A fault is called if:

- the ball hits the net and does not land in the correct area
- the ball hits the wall without first bouncing on the ground

Wall Play

- After the first bounce, the ball may hit the wall and remain in play
- It is allowed to use your own wall to rebound the ball before sending it over the net

Scoring

- Scoring is the same as in tennis: 15 – 30 – 40 – game
- At 40–40, a 'Golden Point' is played. The receiving team chooses which player will receive the serve. The winner of this point wins the game.

Match Duration

- Match duration – 20 minutes (running time)
- Warm-up – 2 minutes

Tournament Format

- Each category includes 8 teams
- Teams are divided into 2 groups of 4 teams
- Each team plays against all other teams in its group

Advancing to playoffs:

- Top 2 teams from each group

Further stages:



- Semi-finals
- Third-place match
- Final

Loss of Point

A team loses a point if:

- the ball hits the net and does not pass to the opponent's side
- the ball hits the opponent's wall without first bouncing on the ground
- the ball goes out of bounds
- the ball bounces twice
- the ball hits a player

Other Restrictions

- Crossing the net is prohibited
- The ball may not be hit twice in succession

Football 5x5 / 3x3 Family

Clothing and Safety

- Participants are not allowed to wear jeans or open footwear
- Proper sportswear and footwear suitable for artificial surfaces are mandatory
- Protective gear (e.g., shin guards) is recommended
- Jewellery and watches are prohibited
- Excessive use of physical force may result in disqualification

Match Duration

- 5x5 – 20 minutes
- 3x3 Family – 10 minutes
- Warm-up before the match – 2 minutes

Team Composition – 5x5

- 5 players on the field + 1 substitute (not mandatory)
- All players must be 16 years or older

Team Composition – 3x3 Family

- 1 or 2 adults (not two men) + 1 or 2 children (8–16 years)
- 3 players play on the field + 1 substitute (not mandatory)

Tournament Format

- Each tournament includes 8 teams
- Teams are divided into 2 groups of 4 teams
- Each team plays against all other teams in its group

Advancing to playoffs:

- Top 2 teams from each group

Further stages:

- Semi-finals
- Third-place match
- Final

Additional

- The team that starts the match is determined by a coin toss

Volleyball 3x3 / 3x3 Family

Team Composition – 3x3

- The team consists of 3 players (16+) + 1 substitute (not mandatory)

Team Composition – 3x3 Family

- 1 or 2 adults (not two men) + 1 or 2 children (8–16 years)
- 3 players play on the court + 1 substitute (not mandatory)

Match Format

- Match duration – approximately 15 minutes
- Breaks between matches – 2 minutes
- Games are played to 21 points or until time expires

Tournament Format

- The tournament includes 8 teams
- Teams are divided into 2 groups of 4 teams
- Each team plays against all other teams in its group

Advancing to playoffs:

- Top 2 teams from each group

Further stages:

- Semi-finals



- Third-place match
- Final

Darts (Under 16 / 16+)

Each player throws one dart at the dartboard to determine who starts the game. The player whose dart lands closest to the centre (bullseye) begins. Alternatively, the starting order may be decided by drawing lots.

General Rules:

- Each player throws three darts per turn
- Scoring is counted after all three darts have been thrown
- If a dart misses the board, bounces out, or falls off – no points are awarded
- If a dart sticks into another dart – the throw counts, but scores zero points
- Hitting the outer ring (double) doubles the score
- Hitting the inner ring (triple) triples the score

Setup:

- The dartboard centre (bullseye) – 173 cm from the floor
- Throwing distance (oche) – 237 cm from the board

Game Format: 301 / 201 (U16)

- Each player starts with 301 points
- Youth (U16) category starts with 201 points
- Players take turns throwing three darts and subtract their score from the total
- The objective is to reach exactly 0 points or have the lowest remaining score when time ends.

Cornhole (Under 16 / 16+)

Game Format

- Played in a 1 vs 1 format
- Each player throws 4 bags per round (8 in total)
- Players throw alternately while standing behind the throwing line
- Games are played to 11 points (finals may be played to 21)
- A player must win by at least 2 points

Scoring

- Bag in the hole = 3 points
- Bag on the board = 1 point
- Bag off the board = 0 points
- After each round, only the point difference is counted

Basic Rules

- Players must stand behind the throwing line when throwing
- Distance to the board:
 - Under 16 – 5 meters
 - 16 and older – 8 meters
- Players alternate throws until all bags are used
- A round ends when all 8 bags are thrown
- The round winner starts the next round

Format and Capacity

- One match lasts approximately 8–10 minutes
- Matches run continuously on 2 boards (one board per category)
- Maximum number of participants: approximately 45 (about 20 per category)

Restrictions and Violations

- Crossing the throwing line – the throw is not counted
- Unsportsmanlike behaviour – warning or disqualification
- Interfering with an opponent's throw is prohibited
- Organisers may stop a match for safety reasons

Arm Wrestling Men -85 kg / Men +85 kg / Women Open / Youth 13–16

General Rules

- Matches are conducted in a 1 vs 1 format
- All matches are supervised by a referee
- Participants must follow all referee instructions

Objective – to pin the opponent's hand to the table (pad)

- The match starts only on the referee's command
- The elbow must remain in contact with the table at all times
- Hands must be gripped correctly and centred before the start



- Sudden or unsafe movements before the start are **not allowed**

Categories

- Men -85 kg
- Men +85 kg
- Women Open
- Youth (13–16)

Notes:

- Maximum number of participants – 10 per category
- The organiser reserves the right to merge categories if necessary
- Youth participants must have parent/guardian consent and supervision

Match Format and Judging

Format: double elimination system

- A participant is eliminated only after two losses
- A win is awarded when the opponent's hand is clearly pinned to the table
- Referee decisions are final and cannot be appealed
- Any external assistance or coaching during the match is prohibited
- In case of an unclear situation, the referee may restart the match

Fouls and Warnings

The following actions may result in warnings or fouls:

- Elbow leaving the table
- Early start
- Intentional slipping
- Dangerous or uncontrolled movements
- Failure to follow referee instructions
- Two fouls may result in loss of the match

Restrictions

- Use of oils, powders, or any grip-enhancing substances is prohibited
- Jewellery, watches, and accessories must be removed
- Unsportsmanlike behaviour is not tolerated
- The organiser may stop the match for safety reasons

Orienteering Solo / Family

Format

Categories:

- Solo (16+ years) – individual
- Family – teams (2–4 participants, at least 1 under 16 and at least 1 adult)
- Participants must locate marked checkpoints using the provided map
- Maximum course time – 30 minutes
- Rolling start system (participants start at assigned intervals, e.g. every 3 minutes)

Scoring

- Each checkpoint has a defined point value
- The winner is the participant or team with the highest number of points
- In case of a tie, the faster completion time determines the winner

Course Rules

- All checkpoints must be visited physically and within the designated area
- Participants must follow the established course boundaries
- Cutting the course or using restricted areas is prohibited
- Team members must stay together throughout the entire course

Team Rules – Family

- Teams consist of 2–4 participants
- At least one participant must be under 16 and at least one must be an adult
- The team is fully responsible for all its members, especially children
- Children must not be left unattended

Individual Rules – Solo

- Participants compete individually
- Each participant is responsible for their own navigation and safety

Time Control

- Participants must return within 30 minutes
- Late return may result in a penalty or disqualification

Safety and Responsibility

- Participants are responsible for their own navigation and route management
- If lost or unsure, participants must immediately return to the start/finish area
- The organiser is not responsible for participants who leave the designated area



Kettlebell Lifting 16 kg Men / 8 kg Women

General Rules

- The kettlebell is lifted with one hand, one participant at a time
- The exercise starts with the kettlebell held at the chest
- The kettlebell is lifted overhead with full extension of the arm and legs
- One repetition may take up to 7 seconds
- The start is given by the referee
- Each correctly completed repetition is counted and summed

Repetition Evaluation

- If a repetition is not performed correctly – it is not counted
- An uncounted repetition must be repeated
- If 3 consecutive repetitions are not counted, the participant's attempt is stopped and the result is recorded

Participation Recommendations

- Participation is not recommended for persons under 16 years of age

Tug of War 5x5 Men / 3x3 Women / 3x3 Family

Participants and Categories

Teams from organisations, clubs, cities, schools, etc. may participate

Categories:

- 5x5 Men – 5 Mens (16y.+)
- 3x3 Women (Womens 16y.+)
- 3x3 Family (1 or 2 adults + 1 or 2 children (8–16 years)-not allowed: 2 adult men + 1 children (8–16 years))

Clothing

- Weight, experience, or clothing are not restricted
- Footwear with the following is prohibited:
 - metal elements
 - studs or spikes (e.g. football boots or athletics spikes)

Competition Format

- If 4 or more teams participate – round-robin format is used
- If 3 teams participate – two rounds are played

If 8 or more teams participate:

- teams are divided into 2 groups
- teams from the same organisation are placed in different groups
- top teams advance to the final stages

Match Format

- One match consists of two pulls
- After the first pull, teams switch sides
- The starting position is determined by draw

Points System

- Win – 3 points
- Loss – 0 points
- Draw – 1 point for each team

In case of a tie in the standings:

- an additional pull is performed (to determine ranking or advancement)

Chess (Under 14 / 15 and over)

General Information

- The tournament is held in an individual format
- Maximum duration – up to 4 hours
- Maximum number of participants – 20

Participants and Categories

- Only players without a Chess Master or Grandmaster title may participate
- The tournament is conducted in one group with two classifications:
 - Overall classification (15 years and older)
 - Youth classification (under 14 years)

Tournament System

- The tournament is played using the Swiss system
- Official FIDE chess rules apply



- Time control: 10 minutes + 3 seconds per move (from the first move)

Ranking System

- The winner is the participant with the highest number of points

In case of a tie, the following tie-breaks apply:

- Modified median
- Median-Buchholz

Tournament Schedule

- Rounds 1–3
- 10-minute break after round 3, intermediate results announced
- Rounds 4–6
- 10-minute break after round 6, intermediate results announced
- Rounds 7–9
- End of tournament





RULES AND REGULATIONS FOR SPORTS PARTICIPANTS

All individuals who have registered, familiarised themselves with the event content, the general and above-mentioned rules, and meet the requirements may participate in the competitions.

- **PARTICIPATION.** All participants take part in the event voluntarily, assume full responsibility for all risks related to participation (including health-related issues, etc.), and agree not to raise any claims against the event organisers. Participants under 16 must be accompanied and supervised by a parent/guardian who assumes full responsibility.
- Parents or guardians are responsible for minors participating in the competitions.
- **CLOTHING.** Participants are not allowed to wear jeans or open footwear during matches (An exception applies to chess tournament participants). Proper sportswear and footwear (suitable for artificial surfaces) are mandatory at all times. Protective gear is recommended where necessary.
- The organiser reserves the right to suspend or extend the registration period, change or limit the number of teams in tournaments, and modify age or skill group compositions, with prior notice to already registered teams.
- By registering, each participant or team and its members automatically agree that all photos and video material taken during the event may be freely used by the organisers for marketing purposes without additional consent.
- Participants and spectators are strictly prohibited from using any means of transport such as bicycles, roller skates, skateboards, etc. Running with pets is also prohibited. Participants violating this rule will be disqualified.
- **ALCOHOL.** The consumption of alcohol or being under the influence of alcohol during the game or within the playing area is prohibited. Violation of this rule will result in disqualification and removal from the event.
- **BEHAVIOUR.** Participants are prohibited from intentionally interfering with other participants or organisers, or insulting participants, spectators, or organisers. All instructions of the head referee must be followed. Excessive or dangerous use of force is prohibited and may result in disqualification. Any damage caused to equipment, technical devices, or event-related property must be compensated by the person responsible.
- **INJURIES.** The organisers are not responsible for any injuries, traumas, or health issues occurring during the event/competitions, as this is not a professional sports event. Participants are responsible for their own health and personal belongings. The organisers are not liable for any damage incurred.
- Registration of a team, its members, or individual participants confirms that the participant is in good health and able to take part in the event. During the event, participants are responsible for their own health condition.

I confirm that I have read and understood the above rules and regulations on the first, second, third, fourth, fifth, sixth, seventh, and eighth pages, and I confirm that I have no health complaints and am able to participate in the activities and/or attend the event.

Name _____

Signature _____

Surname _____

Birth date _____