

LEPAK LANGKAWI 2024





LEPAK

/ˈLEPAK/

Verb Origin: Malay

The practice of relaxing and hanging out

past tense: lepaked; present tense: lepaking

Picture a group of friends on a tropical island, blending the laid-back essence of "lepak" with flag football. The game becomes a carefree, laughter-filled experience, emphasizing camaraderie and sportsmanship.

Post-match, the friends continue to chill on the beach, fostering stronger bonds and turning the island weekend into a memorable, enjoyable escapade.



EVENT SUMMARY

Welcome to Lepak Langkawi International Flag Football Tournament!

Back by popular demand after successful events in 2022 and 2023, Lepak Langkawi 2024 promises a dazzling display of skill and camaraderie as the funnest flag football athletes from Southeast Asia face off in a spirited and friendly competition!



WHEN & WHERE

3 - 5 MAY 2024

LANGKAWI SPORTS COMPLEX



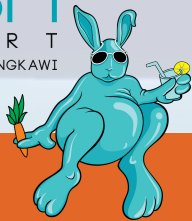
HOW MUCH?

ENTRY PER PERSON: £42

MALAYSIAN RINGGIT RM 250

Includes entry to the tournament, sleeveless playing jersey, and opening night buffet dinner @ Dash Beach Club.

dash
RESORT
LANGKAWI



REGISTER HERE



TOURNAMENT FORMAT

This fantasy-style tournament will feature a round-robin group stage on Saturday followed by playoffs on Sunday, culminating in an electrifying championship match.

- **Fantasy-Style Format:** Players sign up as individuals and are drafted into teams
- Team selections will be made by assigned captains/QBs - this event will be live-streamed online before the tournament
- 8 men's and 5 women's teams
- Max. 13 players per team
- Separate competitions for men and women
- Minimum of 5 games per team over the event
- Field surface is GRASS
- Over-18 players only (unless accompanied by a parent/guardian)

In addition to the flag football, additional/fun skills competitions will also be planned - more details soon!

IFAF International Flag Football Rules 2023 - 5v5 non-contact



Paramedics and security will be present at the venue.



PRELIMINARY AGENDA



- **Friday May 3 2024:**
 - Teams arrive Langkawi
 - 6pm dinner & beach games @ Dash Beach Club
- **Saturday May 4 2024:**
 - 10am - 12noon: Group stages
 - 12noon - 2pm: Break
 - 2pm - 6pm: Group stages
 - 6pm - 8pm: Break
 - 8pm - 10pm: Group stages
- **Sunday May 5 2024:**
 - 9am -12pm: Playoffs
 - 12pm - 1pm: Break
 - 1pm - 2pm: 3rd / 5th Place
 - 2pm - 3pm: Men's Final
 - 3pm - 4pm: Ladies' Final
 - 630pm: Awards party

Volunteers needed to referee games
Monetary compensation will be provided for your support



FEE SUMMARY

- Malaysian Ringgit **RM 250 per player due before March 17 2024**



Early Bird: RM 230 for registrations before February 14 2024

- Includes:
 - Entry to the tournament
 - Sleeveless playing jersey
 - Opening night party buffet dinner (Non-players: RM 80)
- Non-cash prizes will be awarded to both Men's and Women's winners
- The cost for flights, accommodation, travel insurance, meals, local travel and other expenses are not included and are the responsibility of each individual.



A PERCENTAGE OF THE PROCEEDS FROM THE EVENT WILL BE DONATED TO THE NATIONAL CANCER SOCIETY OF MALAYSIA (NCSM)



JERSEY SIZES

- Each player will get one sleeveless team jersey with their name and number.
- Additional jerseys may be pre-ordered online and collected at the stadium. Stay tuned to our socials for more details.



TACKLE | FLAG FOOTBALL

SIZE	WIDTH	LENGTH
2XS	17	27
XS	18	28
S	19	28
M	20	29
L	21	29
XL	22	30
2XL	23	31
3XL	24	32
4XL	25.5	33
5XL	27	33
6XL	28.5	34
7XL	30	34
8XL	31	35

TERM AND CONDITIONS :

*ALL MEASUREMENT IN INCHES. PLEASE ALLOW AROUND 0.5" INCHES TOLERANCE





REGISTER HERE

1. Scan the QR Code or visit www.orbitcoaching.co.uk/lepaklangkawi24
2. Choose your package:
 - Basic ticket
 - Ticket + donation to National Cancer Society Malaysia
 - Dash dinner +1 (non-player)
3. Pay through the website or Malaysian QR Pay. Save proof of payment.
4. Receive via email your ticket with your unique booking number.
5. Receive via email a link to complete your tournament information. Attach proof of payment.
6. Pack your flags, see you in Langkawi!



LOGISTICS

- Airport: Langkawi International Airport (LGK)
- Hotels: A large range of hotels, Airbnb and homestay options are available across the island.
- The field is located in the town of Kuah - [Langkawi Sports Complex](#)
 - <https://goo.gl/maps/m5h2VD16gNh5uSx5>
- Pantai Cenang (tourist area) is located approx. 40mins drive from the field
- Ground transportation: taxis and up to 10-seater buses are widely available through the Grab app. Be sure to download the app on arrival  **Grab**
- Closest hospital to the field: Sultanah Maliha Hospital
 - <https://g.co/kgs/gMYT4J>



TOURIST INFO

All foreign citizens travelling to Malaysia must first complete the Malaysia Digital Arrival Card (MDAC) <https://imigresen-online.imi.gov.my/mdac/main>

Langkawi is a picturesque island known for its natural beauty and cultural attractions. Participants are encouraged to explore the island's stunning beaches, vibrant markets, and iconic landmarks during their stay.

- Langkawi Points of Interest (Interactive Map)
 - <https://goo.gl/maps/iUKkRGSwvTr8J9oW7>
- Trip Advisor Tourist info:
 - https://www.tripadvisor.com/Tourism-g298283-Langkawi_Langkawi_District_Kedah-Vacations.html
- Top 9 beaches in Langkawi based on Klook:
 - <https://www.klook.com/en-MY/blog/best-beaches-langkawi-malaysia/>
- Top tourist attractions based on customer ratings from Viator:
 - <https://shorturl.at/acT57>





LET'S CONNECT



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