

# **Sports**

**FACULTY COORDINATOR:**

**Mr Manoj Kumar (9971349088)**

## **BADMINTON**

**REGISTRATION FEES: Rs. 200/- per Team (Rs 100 per participant)**

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### **RULES & REGULATIONS: -**

- Qualifying Match – 11 points (Single match)
- Semi-final / final – 11 points (Set of 3 matches)
- Knock out.
  
- Team – Doubles (Boys).
- Doubles(Girls)
- Single (Boys)
- Single (Girls)

## **BASKET BALL**

**REGISTRATION FEES: Rs. 1000/- per Team**

### **RULES & REGULATIONS:-**

1. Each team can have a maximum of 5 players on the court at any one time. Substitutions can be made as many times as they wish within the game.
2. The ball can only be moved by either dribbling (bouncing the ball) or passing the ball. Once a player puts two hands on the ball (not including catching the ball) they cannot then dribble or move with the ball and the ball must be passed or shot.
3. After the ball goes into a team's half and they win possession back the ball must then make it back over the half way line within 10 seconds. If the ball fails to do so then a foul will be called and the ball will be turned over.
4. Each team has 24 seconds to at least shot at the basket. A shot constitutes either going in the basket or hitting the rim of the basket. If after the shot is taken and the ball fails to go in the basket then the shot clock is restarted for another 24 seconds.
5. The team trying to score a basket is called the offence whilst the team trying to prevent them from scoring is called the defense. The defense must do all they can to stop the offence from scoring by either blocking a shot or preventing a shot from being fired.
6. After each successful basket the ball is then turned over to the opposition.
7. Fouls committed throughout the game will be accumulated and then when reached a certain number will be eventually be awarded as a free throw. A free throw involves one player from the offensive team (the player fouled) to take a shot unopposed from the free throw line. Depending on where the foul was committed will depend on the number free throws a player gets.
8. Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands), goaltending (a defensive player interferes with the ball travelling downwards towards the basket)

and back court violation (once the ball passes the half way line the offensive team cannot take the ball back over the half way line).

## **KABADDI**

**REGISTRATION FEES: Rs. 1000/- per Team**

### **RULES & REGULATIONS:**

1. A team of 8 participants is allowed
2. No restriction on number of team(s) representing an institute /a college.
3. Kabaddi game is played between two teams; both teams consist of 08 players in their team. Only seven players are allowed on the field while playing.
4. One team occupies each half. Also, there are wide ranges of surfaces from a clay court to spare ground.
5. The participating team should bring their own accessories.
6. International rules are to be followed.
7. **Time limit** – 12 minutes, winner will be decided based on points
8. There is also a 30 second time for raiding.
9. At the end of the game, which team has a maximum number of points will win the match and declared the winner.
10. **Preparation time:** 05 minutes

## **TABLE -TENNIS**

**REGISTRATION FEES: Rs. 50/- Per Student.**

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### **RULES & REGULATIONS: -**

1. A team of 2 participants is allowed
2. Participants will be given the product on the spot.
3. No restrictions on number of team(s) representing an institute /a college.
4. The participating team should bring their own support paraphernalia.
5. **International rules are to be followed.**
6. Final / Semi-Final - Knock-out.
7. A game is played to 11 points. A Game must be won by two points. A Match is generally the best three of five games.
8. Each side of the table alternates serving two points at a time.
9. **EXCEPTION:** After tied 10-10 serving alternates at every point.
10. Toss at least 6" straight up, and strike it on the way down. It must hit your side of the table and then the other side.
11. There is no restriction on where the ball lands on your side or your opponent's side of the table. It can bounce two or more times on your opponent's side, bounce over the side, or even hit the edge.
12. During a RALLY, if it touches the top of the net and then otherwise lands as a legitimate hit. But not when serving, If a served ball hits the net on the way over and otherwise legally bounces in play, it's a "let" serve and is done over. There is no limit on how many times this can happen.
13. When your opponent hits a ball that sails over your end of the table without touching it and then hits you or your paddle that is still your point.
14. If you hit the ball in a rally or on a serve and it bounces back over the net after hitting your opponent's side of the table, without your opponent touching it, that is your point .
15. Touching the ball with your paddle hand is allowed.
16. You may not touch the table with your non- paddle hand.

# VOLLEYBALL

**REGISTRATION FEES: Rs. 1000/- Per Team.**

## **RULES & REGULATIONS:-**

1. 6 players on a team, 3 on the front row and 3 on the back row. Maximum of three hits per side.
2. Player may not hit the ball twice in succession (A block is not considered a hit) Ball may be played off the net during a volley and on a serve. A ball hitting a boundary line is "in"
3. A ball is "out" if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a non-playable area.
4.

It is legal to contact the ball with any part of a player's body. It is illegal to catch, hold, or throw the ball.
5. If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the team's 4th hit).
6.

Player cannot block or attack a serve from on or inside the 10 foot line. After the serve, front line players may switch positions at the net.
7. At higher competition, the officiating crew may be made up of two refs, line judges, scorer, and an assistant scorer. The result of a violation is a **point for the opponent**.
8. When serving, **stepping on or across the service line** as you make contact with the serve. Failure to serve the ball over the net successfully.
9. **Contacting the ball illegally** (lifting, carrying, throwing, etc).
10. **Touching the net** with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
11. When blocking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if both:

- a. your opponent hasn't used 3 contacts and
- b. they have a player there to make a play on the ball

## **Tug of War**

**REGISTRATION FEES: Rs. 1000/- per team.**

### **RULES & REGULATIONS: -**

1. An equal number of players pick up each end of the rope.
2. The players begin tugging the rope when the referee gives the signal.
3. Each player pulls backwards as hard as they can.
4. The teams continue pulling until the center of the rope (tape mark) crosses where the referee is standing.
5. Each team in a Tug of War competition consists of eight people.
6. The rope used should be of a circumference of approximately 11 cm and should be marked in the middle with a centre line as well as two marks that should be placed 4m from the centre line.
7. At the start of the pull, the centre line of the rope should be immediately above line marked on the ground.
8. Both teams pull the rope, the winner being the team who manage to pull the mark on the rope closest to their opponents over the centre line.
9. The rope must be pulled underarm and nobody's elbow must go below the knee, otherwise a foul will be called.
10. Matches are often a best of three pull, the winner winning two out of the three pulls

## **CHESS**

**REGISTRATION FEES: Rs. 50/- per Team ( Rs 50 per participant)**

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### **RULES & REGULATIONS: -**

- It will be a KNOCK OUT Event.
- It will be a team event. Each team will consist of 1 player
- All the rules of FIDE (Federation Internationale des Echecs), World Chess Federation, will be followed in chess tournament.



## **CARROM**

**REGISTRATION FEES: Rs. 50/- per Team ( Rs 50 per participant)**

### **RULES & REGULATIONS: -**

- The player who completes pocketing all his C/m first wins the board.
- The value/points are as follows:
  - i) Queen : 3 points up to and including 21 points.
  - ii) C/m : 1 point each.
- The number of C/m of the opponent on the C/B shall be the points gained by that player in that board
- The maximum number of points that can be scored in a board is 12 only. Any Due and/or penalty C/m shall automatically be written off.
- The player is entitled to be credited with the value of the Queen, only if he wins the board.
- A game shall be of 25 points or eight boards. The player who reaches 25 points first or leads at the conclusion of the eighth board shall be the winner of the game.
- The player who loses the board is not credited with the value of the Queen, even if he has pocketed and covered the Queen.
- All matches shall be decided only by the best of three games.
- It will be a KNOCK OUT Event
- It will be a team event. Each team will consist of 1 player