



COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI

A Handbook of CISCE National Sports & Games Rules & Regulations 2022





CISCE GAMES & SPORTS



The Council has always firmly believed and stressed on the holistic development of the child, in body, mind and spirit. While academics and examinations are the Council's prime concern, it realizes the importance and role of sports and games in a child's life.

The Council has therefore embarked on a mission to conduct the 'Council School Sports & Games' annually in order to identify talents at the school level and provide these children a suitable platform to develop and reach their full potential. This is also in keeping with the Government's initiative of identifying sporting talent among children at the school level and developing Sports Schools through the Khelo India School Games and the Khelo India Scheme respectively.

It is the Council's aim to provide a suitable platform and an opportunity to all children studying in our affiliated schools to showcase their talents and skills in the various sporting disciplines. Once identified, the next step is to play on a bigger stage and play at the Khelo India School Games and other national and international sports events.

For the smooth conduct of the Council's National Sports & Games, the Council has compiled a set of rules and regulations. These are meant to guide those at the ground level to conduct and supervise various games in an impartial and fair manner.

AIM

To create a sense of unity, integrity, honesty, fraternity, friendship and a true competitive spirit among the students of the CISCE affiliated schools.

OBJECTIVE

- To inculcate in the young minds a spirit of healthy competition while exhibiting their talents and potential.
- To help students develop an all-round personality and bring out the best in them to pave a bright future associated with sports and games activities.

MEANS

Providing a platform for various sports and games to be conducted annually, thus facilitating a healthy mental, physical and psychological exposure.

RULES AND REGULATIONS

CISCE has framed this set of rules and regulations by incorporating the existing rules and regulations of various sports federation. These are essential to conduct the national events smoothly and successfully and should be strictly adhered to by the host regions of the national events and the participants

A. CATEGORIES

There shall be six categories:

1. Sub Junior Boys

2. Sub Junior Girls
3. Junior Boys
4. Junior Girls
5. Senior boys
6. Senior Girls

B. ELIGIBILITY

1. Age & Status
 - (a) **Sub Juniors** (Under 14) Girls and Boys born on or after **01/01/2009** and not studying below 6th standard.
 - (b) **Juniors** (Under 17): Girls and boys born on or after **01/01/2006** and studying in class 12th or below but not studying below 6th standard.
 - (c) **Seniors** (Under 19): Girls and boys born on or after **01/01/2004** and studying in class 12th or below but not studying below 6th standard.
2. Eligibility: Participants must be bonafide students of CISCE affiliated schools.
3. Documents for Registration:
 - (a) One set of Registration form duly completed and signed by the Principal of the concerned school.
 - (b) Photocopy of Aadhar Card (Photocopy of the Passport in case of overseas students only).
 - (c) Photocopy of the Mark-sheet/Report Card of the previous class attended duly attested by the principal.
 - (d) Photocopy of Birth certificate issued by the competent authority of the State/Central Government attested by a Gazetted officer.

Any participant who does not have all the documents as mentioned above will not be allowed to participate in the CISCE games.
4. A player of the lower age category may compete in the senior age category under the following conditions:
 - (a) Such a player cannot participate in two categories of the same discipline.
 - (b) Such a player may participate in one discipline in one category and in another discipline in another category.
 - (c) However, any one participant can participate in maximum three games/discipline.

C. GENERAL RULES AND GUIDELINES

1. The Registration charges for participating in any CISCE National Games and Sports event will be Rs.2,400/- for a two-day event, Rs.3,600/- for a three-day event and Rs. 4,800/- for a four-day event. The registration charges are payable mandatorily for all the participants irrespective of the fact whether the concerned participant avails the

accommodation provided or not. The registration charges cover organization of the event, accommodation, food and transport. In case of CISCE Regional Games & Sports where no accommodation is provided the maximum amount that can be charged by the organizers will be Rs.600/- per day.

2. Intimation regarding participation must reach the host 15 days in advance.
3. The final entries for each event must reach the host school 7 days in advance.
4. The participants / teams must report and depart as per the schedule of the events. The travel details must be informed to the host well in advance for suitable arrangements. Early arrivals or delayed departures must be avoided, as these shall not be the responsibility of the host school.
5. Parents of the participants are not allowed as escorting officials, neither will they be permitted to enter the venue except in the capacity of a spectator. Any parent/ guardian misbehaving during the event will not be allowed to enter the venue for that day. Strict action will be initiated against the participating student, whose parent is found to misbehave/create problem at the venue relating to selection.
6. Only those escorts approved by the Regional Coordinator will be permitted to act on behalf of the participants.
7. Any escorts, other than the managers and coaches approved by CISCE, will not be catered to by the host.
8. The schedule and venues of the sports and games events are the prerogative of the CISCE.
9. Only the Executive Committee of the CISCE has the authority to amend, modify, change, annul or interpret the rules, regulations and guidelines stated in this Sports Rule Book of CISCE games and sports.
10. The decision of the officials / judges / referees / umpires at any event is final and will be binding on all the participants.
11. The Code of conduct must be strictly complied by all officials accompanying students.
12. In case of disputes / misconduct, the team players are liable to be debarred / suspended from all future events.
13. Strict action will be taken against Coach/Manager using abusive/ unparliamentary language. Written complaint to be forwarded by the Observer to the CISCE.
14. All the Participants (Students/Coaches/Managers) participating in the CISCE Zone/Regional/ National Sports & Games should have the COVID -19 Vaccination Certificate (Double Dose/ Precaution dose as applicable).

D. GENERAL RULES FOR SPORTS EVENTS

1. Sports events will be conducted as per the rules and regulations of the various Sports Bodies in the country. Yet, in case of necessity, rules may be adapted as per the local needs and situations with the approval of the CISCE.
2. The team manager/incharge should be present in the meeting of the managers.
3. Fixtures will be finalized at the managers' meeting.

4. The teams with managers and coaches must report to the officials thirty minutes before the schedule of the matches.
5. The team that does not report on time will be disqualified after waiting for **30 minutes** from the scheduled time and the opponent will get a 'walk – over'.
6. The managers and coaches must ensure the discipline of their respective teams for the smooth conduct of the games.
7. Each team should have its own proper color (dress code), as specified by the CISCE and the kit/equipment as per the requirement of the game in question. Teams/participants will not be allowed to participate in case the same design/pattern dress code is not followed.
8. Every member of the team will be compulsorily verified, and the eligibility approved by the officials prior to the commencement of the event.
9. The CISCE, in consultation with the Regional Coordinator and the Host, shall constitute an Organizing Committee for each event to be conducted.
10. The Regional Coordinator and the Host shall form a team of well qualified officials for the conduct of the events in question. Any incompetent official, if found, should be replaced forthwith.
11. There shall be a three-member Jury of Appeal consisting of a member of CISCE National Executive and two persons of knowledge and expertise from the place of the event.
12. The Jury of Appeal will deal with all matters of disputes and settle them amicably in all fairness and justice within a specific time period. Its decision shall be final and binding.
13. All matters of dispute must be filed in writing endorsed by the manager and the coach with a fee of Rs. 1,000/- within 30 minutes of the announcement of the result of the event in question to the Selection committee. If the appeal is upheld the deposit will be refunded; if not, the total amount will be forfeited. Participants are not permitted to appeal to the jury directly.
14. The manager or the coach must form part of the contingent at the opening and closing ceremonies of the events with their respective regional flags.
15. During the conduct of the event/match, the Manager should ensure the required discipline of his/her team as directed by the officials.
16. Overall Championship will be decided, considering the total number of points scored by the participants. The same will apply to decide the team championships in each category.
17. In case of a 'tie' in championships the same will be broken by considering the number of Golds won by the tied regions; if it remains inconclusive, then the Silvers won will be considered and so on.
18. Participants should be prepared for any eventuality during the events such as injury, postponement, change in schedule, collision in schedule, bad weather etc. for which appropriate measures must be taken.

19. No participant is to be absent from the venue even if his/her event is not scheduled. Changes will be notified only through the P/A system. No protest will be accepted for missing an event due to unforeseen situations.
 20. Teams must adhere to the daily time-table for meals etc. without fail.
 21. Any shopping, sightseeing etc. will be the sole responsibility of the team escorts.
 22. Team Escorts: Team Manager - 1, One Boys coach and one Girls coach. Any other escorts other than the above mentioned will be charged separately as per the rates decided by the Organizing Committee.
 23. All the games/matches will be conducted on a "league cum knockout" format.
 24. There shall be a Three/Four-member Selection Committee consisting of an Observer, Principal Coordinator/ Host School Principal and one/two spotters for the selection of the CISCE National Team. The selected team list will be announced by the Observer after the Prize distribution ceremony on the last day of the event.
- Presently there is no clarity about the conduct of the National School Games (hosted by SGFI). However, if at a later stage, National School Games is conducted and CISCE decides to participate in it, the winner/ selected team will represent the CISCE National Team.
25. All the students who will participate at the CISCE National Games and Sports should have insurance cover of Rs. 1 lakh (Accidental and Medical insurance both).

E. POINTS TABLE

- | | | |
|--------------|---|--|
| Gold Medal | - | 1 st Position – Five points. |
| Silver Medal | - | 2 nd Position – Three points. |
| Bronze Medal | - | 3 rd Position – One point. |

Note:

In case of a 'tie' for any position the points of that position alone will be equally shared among the 'tied' participants.

F. AWARD & CERTIFICATE

1. Gold, Silver and Bronze medals will be awarded for the First, Second and Third positions respectively.
2. Merit Certificate for the winners and participation certificates will be awarded for the rest. Both merit and participation certificates will not be awarded to the same participant.
3. While preparing the certificates, details mentioned in the Registration Form will be treated as final. Correction requests, if any, should be accompanied with application along with fees of Rs. 100.
4. In case of Joint winners/Tie in any event/team championship the recipient of the award at the prize distribution ceremony will be determined by toss of coin. CISCE will send the trophy to the other joint winner student/region subsequently. (after a period of 6 months).

G. INDIVIDUAL & TEAM CHAMPIONSHIPS

1. Archery : Team Championship in all categories and best archer in each category (6)
2. Athletics :
 - (a) Best athletes in all categories (6)
 - (b) Championships in all categories (6)
 - (c) Overall Championship (1)
3. Badminton : Team Championships and individual singles event in all categories (6)
4. Basketball : Team Championships in all categories (6)
5. Boxing : Team Championship in all categories (6)
6. Carrom : Team Championships in all categories (6)
7. Chess : Team Championships in all categories (6)
8. Cricket : Team Championships in three categories (Boys) and team championship in two categories (Girls) (U14 and U17) (5)
9. Football : Team Championships in all categories (6)
10. Gymnastics : Team Championships and individual events in six categories (6)
11. Hockey : Team Championships in three categories - Boys (3)
12. Kabaddi : Team Championships in three categories - Boys (3)
13. Karate : Team Championships in six categories – Boys and Girls (6)
14. Kho-Kho : Team Championships in all categories - Girls (3)
15. Lawn Tennis : Team Championships and individual singles event in all categories (6)
16. Rugby : Team championships in two categories (U14 and U17) - Boys (2)
17. Shooting : Team Championships in all categories - Boys and Girls (6)
18. Skating : Team Championships in all categories – Boys and Girls (6)
19. Swimming
& Diving :
 - (a) Best swimmers & divers in all categories (6)
 - (b) Championships in all categories (6)
 - (c) Overall Championship (1)
20. Table Tennis : Team Championships in all categories - Boys and Girls and Individual Singles Event (6)
21. Taekwondo : Team Championships in all categories - Boys and Girls (6)
22. Throwball : Team Championships in all categories - Girls (3)
23. Volleyball : Team Championships in all categories – Boys and Girls (6)
24. Yoga : Team Championships in all categories - Boys and Girls (6)

I. SPORTS EVENT AND THEIR SPECIFIC RULES

1. ARCHERY (for all six categories of boys and girls)

There are three types of the event which are Indian Round, Recurve (FITA) Round and Compound Round. The players per team for every round is restricted to four. The details of the events are given below.

U14 Boys and Girls

(a) Indian Round

- (i) 30 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - total 12 rounds of 3 arrows each
- (ii) 20 m in 80 cm face target ---3 arrows/ 1 min 30 Secs - total 12 rounds of 3 arrows each.

(b) Recurve Round

50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 6 arrows each

(c) Compound Round

50 m in 6 ring face target ---6 arrows/ 3 Mins Total 12 rounds of 6 arrows each

U17 Boys and Girls

(a) Indian Round

- (i) 40 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each
- (ii) 30 m in 80 cm face target-----3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.

(b) Recurve Round

60 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 6 arrows each

(c) Compound Round

50 m in 6 ring face target ---6 arrows/ 3 Mins Total 12 rounds of 6 arrows each

U19 Boys and Girls

(a) Indian Round

- (i) 50 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each
- (ii) 30 m in 80 cm face target-----3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.

(b) Recurve Round

70 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 6 arrows each.

(c) Compound Round

50 m in 6 ring face target ---6 arrows/ 3 Mins Total 12 rounds of 6 arrows each

2. ATHLETICS (For all six categories of boys and girls)

- (a) Only two participants in each event will be permitted to participate from a region in each category.
- (b) One participant can participate in **three** events only, excluding the relay.
- (c) Events for the National Athletic Meet 2022
 - (i) **Track events for Junior and Senior boys:** 100 mts, 200 mts, 400 mts, 800mts, 1500 mts, 3000 mts, 110 mts Hurdles, 400 mts Hurdles), 5 km walk & 4x100 mts Relay, 4x400 mts relay.
 - (ii) **Field events for Junior and Senior boys:** Long Jump, High Jump, Triple Jump, Shotput, Discus Throw, Hammer Throw & Javelin Throw.
 - (iii) **Track events for Junior and Senior girls:** 100 mts, 200 mts, 400 mts, 800 mts, 1500 mts ,3000m, 100 mts Hurdles, 400 mts Hurdles, 3 km walk, 4 x 100 mts Relay and 4x 400 mts relay
 - (iv) **Field events for Junior and Senior girls:** Long Jump, High Jump, Triple Jump, Shotput, Discus Throw, Hammer Throw & Javelin Throw.
 - (v) **Track events for Sub Junior Boys & Girls:** 100 mts, 200 mts, 400 mts, 600 mts, 80m hurdles, 4 x 100 mts Relay.
 - (vi) **Field events for Sub Junior Boys and Girls:** Long Jump, High Jump, Shot put and Discus Throw
- (d) Throws:

Categories	Shot Put	Discuss Throw	Javelin Throw	Hammer Throw
Sub Junior Boys	4 kg	1 kg	NA	NA
Sub Junior Girls	3 kg	1 kg	NA	NA
Junior Girls	3 Kg	1 Kg	500 gm	3 Kg
Senior Girls	3 Kg	1 Kg	500 gm	3 Kg
Junior Boys	5 Kg	1.5 Kg	700 gm	5 Kg
Senior Boys	5 Kg	1.5 Kg	700 gm	5 Kg

- (e) Jumps:

Category	Take off for Triple Jump	Take off for Long Jump
Boys	9 m	1 m
Girls	7 m	1 m

f) Hurdles

Distance	Category	Height of Hurdles	No. of Flights	First Hurdle from the starting point	Other Hurdles' Distance	Distance from the last Hurdle to the finish.
80mts	Sub Junior Boys and Girls	0.762 m	8	12 m	8 m	12 m
100 mts.	Jr. Girls	0.840 m	10	13 m	8.50 m	10.50 m
100 mts.	Sr. Girls	0.840 m	10	13 m	8.50 m	10.50 m
110 mts.	Jr. Boys	0.914 m	10	13.72 m	9.14 m	14.2 m
110 mts.	Sr. Boys	0.914 m	10	13.72m	9.14 m	14.2 m
400 mts	Jr. Boys	0.84 m	10	45 m	35 m	40 m
400 mts	Sr. Boys	0.84 m	10	45 m	35 m	40 m
400 mts	Jr. Girls	0.762 m	10	45 m	35 m	40 m
400 mts	Sr. Girls	0.762 m	10	45 m	35 m	40 m

- (g) All participants will be provided with two sets of chest numbers to be worn visibly on his/her chest and back. The size of the numbers shall not exceed 150 mm x 25 mm.
- (h) The Participants should report to the Reporting booth at the first call. After the third call, no participant will be allowed to participate in that event. In case a participant is unable to report to the reporting booth for a valid reason, he/she should obtain prior permission from the officials through the manager/coach.
- (i) The Referee and the officials in charge of conducting the events should brief the participants before the commencement of each event regarding the track or lane rules, changing the track, pushing or tripping the competitors, which will eventually lead to disqualification from a particular event or events.
- (j) Some of the events require heats to select the participants for the finals. The timing, and not the position at the heats, will decide the qualifiers for the finals.
- (k) The track umpires are assistants to the referee, without the power of decision.
- (l) During the Relays, the baton must be carried in hand throughout the race. In case the baton is dropped, it should be picked up. The race will be invalid for a participant who finishes the race without the baton.

- (m) The baton shall be made of wood or light metal, which shall not be more than 300 mm and not less than 280 mm long; the thickness shall be 120 mm and with a weight less than 50 gram. The baton shall be colored, so that its visibility is noticeable easily during the race. The referee can disapprove any baton if it is not made according to the specifications.
- (n) Every regional team is required to use its proper uniform, tracksuit and sports kits. The participants can use spikes and starters (optional). No participant will be allowed to run bare foot.
- (o) In case of Athletics Relay events like (4x100m and 4x400m) the selected team for the Regional and National will comprise of the first four position holders of the 100m and 400m race respectively and not the actual winners of the relay events.
- (p) Relay: If dropped, the baton shall be recovered by the athlete who dropped it. He may leave his lane to retrieve it provided that, by addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after his hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification. If an athlete does not follow this Rule, his team shall be disqualified.

3. BADMINTON (For all six categories of boys and girls)

- (a) The game will be conducted as per the rules and regulations of AIBA (All India Badminton Association) and Khelo India School Games only.
- (b) Two Singles and one Doubles will be conducted in the Team game category.
- (c) Each team will consist of a minimum two and a maximum of five members for the team game.
- (d) Every participant must observe the dress code.
- (e) All the players should be ready to play in flood lights, if required.
- (f) There will be competition between the teams and for Individual Singles event in all categories.
- (g) The format of Team matches: One Singles followed by Doubles and then Singles, if required.
- (h) The winning team and the individual winner will be decided based on “best of three” games.
- (i) For Individual Singles event each unit can nominate maximum two members from the team in each category. The singles event will be conducted under Knock out system.
- (j) Winner and Runner up of the Individual Singles event will be by default selected as Member 1 and 2 of the CISCE National team.
- (k) Winner of the Doubles Team match at the final of the team event will qualify as member 3 and 4 of the CISCE National team.

- (l) The remaining player (No. 5) will only be selected by the spotter based on his/her performance in the individual singles and team game both.
- (m) In addition, 4 standby players will also be selected by the spotters.
- (n) A player can play both matches i.e., singles and doubles.

4. BASKETBALL (For all six categories of boys and girls)

- (a) The game will be conducted according to the rules of BFI (Basketball Federation of India). However, rules may be changed according to the local needs and situations.
- (b) The entire team will consist of 12 players.
- (c) For U17, U19 boys the size of the Ball should be 7 and For U14, U17, U19 Girls and U14 boys, the size of the ball should be 6.
- (d) The tournament will be organized on league cum knock-out basis.
- (d) Reporting Time: - The teams should report at the ground 30 minutes before the scheduled time of match. If a team does not reach the venue within 15 minutes after the scheduled time, walk-over will be awarded to the opponent team.

5. BOXING (For all six categories of boys and girls)

The number of participants in each weight category will be only one from each region.

Weight Categories for under 14 Boys – 28-30 Kg, 30-32 kg, 32-34 kg, 34-36 kg, 36-38 kg, 38-40 kg, 40-42 kg, 42-44 Kg, 44-46 Kg, 46-48 and 48-50 kg.

Weight Categories for under 14 Girls – Less than 18 Kg, 18-22 kg, 22-24 kg, 24-26 kg, 26-30 kg, 30-34 kg, 34-38 kg, 38-42 kg, 42-46 kg, 46-50 kg and more than 50 kg.

Weight Categories for under 17 Boys – Less than 46 kg, 46-48kg, 48-50 kg, 50- 52 kg, 52-54 kg, 54-57, 57-60 kg, 60-63 kg, 63-66kg, 66-70kg, 70-75 kg, 75-80 kg and more than 80 kg.

Weight Categories for under 17 Girls – Less than 42 kg, 42-44 kg, 44-46 kg, 46-48 kg, 48-50 kg, 50 – 52 kg, 52 -54 kg, 54 -57 kg, 57-60 kg, 60 -63 kg, 63-66 kg, 66-70 kg, 70-75 kg, 75-80 kg and more than 80 kg.

Weight Categories for under 19 Boys – Less than 46kg, 46-49 kg, 49-52 kg, 52-56 kg, 56-60 kg, 60-64 kg, 64-69 kg, 69-75 kg, 75-81 kg, 81-91 kg and more than 91 kg.

Weight Categories for under 19 Girls – Less than 45kg, 45-48 kg, 48-51 kg, 51-54 kg, 54-57 kg, 57-60 kg, 60-64 kg, 64-66, 66-69 kg, 69-75kg, 75 -81 kg, and more than 81 kg.

6. CARROM (For all six categories of boys and girls)

The game will be conducted as per the rules and regulations of AICF (All India Carrom Federation). However, the rules may be changed according to the local needs and situations.

- (a) Each team will consist of a minimum three and a maximum five players.

- (b) Singles and Doubles will be played in all categories. One player cannot play both the games i.e., Singles as well as Doubles.
- (c) Format: One Singles followed by Doubles and Singles, if required.
- (d) Every participant must follow the dress code.
- (e) All the games will be played in league cum-knock out basis.

7. **CHESS (For all six categories of Boys and Girls)**

- (a) The event will be conducted as per the rules and regulations of World Chess Federation and AICF (All India Chess Federation). However, the rules may be changed according to the local needs and situations.
- (b) The team will consist of maximum 5 members and minimum 3 members in each category.
- (c) All the games will be played in **Individual cum Team Format**. The tournament will be conducted in Individual Swiss League tournament format but for the Team Prizes total number of points scored by the maximum five regional players in a category will be taken into consideration for Team prizes.
- (d) No of Rounds will be as per FIDE rules and based on the total number of participants in a category. Minimum 6 rounds and maximum 9 rounds in a category will be played.
- (e) The duration of each round will be 90 minutes each plus 30 Seconds increment per move. However, it can be reduced depending on the local conditions but not below 45 minutes plus 30 seconds.
- (f) In a day maximum 3 rounds can be played. Under exceptional circumstances 4 rounds can be played in a day.
- (g) Scoring is compulsory for all matches. The players must record the moves and submit the Score Sheet to the Arbiter with both the players signature and result and other details entered.
- (h) For the first Round and last round players from the same state cannot be paired.
- (i) Decision of the Chief Arbiter is final regarding the pairing.
- (k) Top 5 players in each category will be selected for Khelo India School Games. In addition, four stand-by players will also be selected.

8. **T20 CRICKET (For Sub Junior Boys and Girls, Junior Boys and Girls and Senior Boys)**

- (a) Matches will be conducted as per the rules and regulations of BCCI (Board of Control for Cricket in India)
- (b) All matches will be played in the T-20 format.
- (c) The total team will consist of 16 members inclusive of the wicket keeper.
- (d) Matches to be played in red balls and white dress to be used. In case the matches are played in day-night schedule white balls and color dress should be used.

- (e) Only the match balls will be supplied by the Host. Personal kit for the matches will be brought by the respective teams/players.
- (f) In the league round, matches will be played of 15 overs a side; Quarter final, Semi-finals and finals will be of 20 overs a side.
- (h) In case of scores being tied after 15/20 overs Super over is to be played. If the scores remain same even after super over in the group league matches it will be declared a tie. In case of knock out stage (Quarter final onwards) the super over will continue till one team becomes the winner.

9. FOOTBALL (For all six categories of Boys and Girls)

- (a) Matches will be conducted as per the rules and regulations of AIFF (All India Football Federation).
- (b) Total team will consist of 18 players, inclusive of the Goalkeeper.
- (c) Every team must follow the dress code and color as per the respective regions. Team jersey, shorts, shin guards with socks and studded boots make up the kit. Only the Goal keeper is permitted to wear gloves.
- (d) The duration of the match officially is 70 minutes; divided into two 35 minutes halves with an interval of 5 minutes. If required 30 minutes extra time will be given; 15 minutes of two halves with an interval of 5 minutes. However, depending on the weather conditions if the organizers agree in case of group league matches the match duration can be reduced to 25 minutes each half with an interval of 5 minutes.
- (e) If the result is still undecided after the extra time, then there will be penalty shootout where each team will have five chances one after another. In case the scores are same even after penalty shootout then it will be decided by sudden death methodology. In sudden death, teams take one penalty each to determine the winner which means one team loses as soon as they miss and opponent scores.

10. GYMNASTICS (For all category Boys and Girls)

The event will be conducted as per the rules and regulations of Gymnastic Federation of India.

U14, U17 and U19 Boys: The various events under the **Artistic category** are

- (a) Floor Exercise
- (b) Pommel horse
- (c) Roman Ring
- (d) Table Vault
- (e) Parallel Bar
- (f) Horizontal Bar
- (g) All Round

The maximum number of participants for the team event from each state will be seven and for the individual event will be one.

U14, U17 and U19 Girls: The two categories are **Artistic and Rhythmic**. The various events in the Artistic category are

- (a) Floor Exercise
- (b) Table Vault
- (c) All Round
- (d) Balancing Beam
- (e) Uneven Bar.

The maximum number of participants for the team event will be five from each state and for the individual event it will be one.

The various events of Rhythmic (Team) category are:

- (a) All Round
- (b) Rope
- (c) Hoop
- (d) Ball
- (e) Club.

The maximum number of participants for the team event will be three and for the individual event it will be one.

11. HOCKEY (For all category boys)

- (a) The game will be conducted as per the rules and regulations of IHF (Indian Hockey Federation).
- (b) The duration of the match officially lasts for 70 minutes; two halves of 35 minutes each with an interval of 5 minutes. Extra time will be given – 15 minutes of two halves each, if required.
- (c) The total team will consist of 18 players, inclusive of the Goal keeper.
- (d) Each team must adhere to the dress code and the proper kit. The Goalkeepers must wear a single-colored shirt which is different in color from the entire team and must wear protective equipment comprising of at least headgear, leg guards and kickers.

12. KABADDI (For all category boys)

- (a) Each team shall consist of minimum 10 and maximum 12 players with only 7 taking the field at any given time.
- (b) Matches are to be conducted on mats only.
- (c) The game in the second half will resume with the same number of players, as there were at the end of the first half.
- (d) Each game will be of 40 minutes divided in two halves of 20 minutes each with a break of 5 minutes in between two halves. In case the scores are same after the

normal duration, there will be extra time of six minutes divided into two halves of three minutes each with an interval of 1 minute. If the scores are same even after extra time, it will be decided by Golden raid where one team will be selected by toss of coin. The team who wins the toss will be allowed to do the Golden raid and will be considered the winner if the raider can cross the lifeline only.

- (e) System of scoring: Each team shall score one point for every opponent out or put out. The side, which scores a LONA, shall score two extra points. The out and revival rule will be applicable.
- (f) Time Out: Each Team shall be allowed to take Two “Time Outs” of 30 Seconds each in each half; such time out shall be called for by the Captain, Coach or any playing member of the team with the permission of referee. The time out time shall be added to match time. During the time out the teams shall not leave the ground, any violation in this; a technical point shall be awarded to the opponent team.
- (g) Official Time out can be called for by the Referee/Umpire in the event of any injury to a player, interruption by outsiders, re-lining of the ground or any such unforeseen circumstances. Such time out time will be added to the match time.
- (h) Substitution:
 - i. Five Reserve Players can be substituted with the permission of Referee during time out or interval. Substituted Players can be re-substituted. No substitution is allowed during the official time out.
 - ii. If any player is suspended or disqualified from the match, no substitution is allowed for that particular player. The team will play with less number of players. Substitution is not allowed for out players.
- (i) Bonus Point:
 - i. One point shall be awarded to the raider when he crosses the bonus line. If, the raider after crossing the bonus line is caught, the opponent team will also be awarded one point.
 - ii. The Bonus line will be applicable when there are minimum 6 players in the court; the Referee / Umpire shall award the bonus point after completion of such raid by showing thumb upwards towards the side which scores.
 - iii. If the raider while crossing the bonus line is caught, then a point will be awarded to the defending team & No Bonus point shall be given.
 - iv. The raider after crossing the bonus line if he puts out one or more antis, he will get the number of points scored in addition to the bonus point for crossing the bonus line.
 - v. The raider has to cross the bonus line to score the bonus point before touching the anti / antis or before he is caught by the anti / antis. The raider will not be awarded bonus point if he crosses the bonus line after a touch / struggle.
 - vi. There shall be no revival for bonus point.
 - vii. If player / players are suspended temporarily or disqualified from the match, then the team will play with less number of players. Such players shall be counted to award Bonus point.

- (j) Tie in Knock Out: If there is a tie in the Knock-out matches the match will be decided on the following basis:
- i. Both the teams should field 7 Players in the Court. The baulk line shall be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.
 - ii. If the raider succeeds in crossing the baulk line cum bonus line, he will get one point. After crossing the Baulk line cum Bonus line, if the raider puts out one or more antis, he will get the number of points scored in addition to the one point scored by crossing the baulk line cum bonus line.
 - iii. Both the teams should give the names of the five different Raiders with their Chest Numbers as per their order of raid to the referee. Substitution of players shall not be allowed from the fielded seven Players.
 - iv. Each team shall be given 5 Raids by different raiders to raid alternately. In case any raider in the given list of 5 raiders is injured before his chance of raid, in such cases, one of the remaining 2 players out of the seven in the field can do the raid.
 - v. Even after 5 Raids, if there is a tie, the game will be decided as per the Golden Raid Rule. N.B: If player/players are suspended temporarily or disqualified during the Tiebreaker, the team will play with less number of players. Such players shall be counted to award Bonus point.
- (k) Golden Raid: Even after 5-5 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss shall have the chance to raid i.e. "GOLDEN RAID". If there is tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid. In the Golden Raid the team which scores the leading point shall be declared as Winner.
- (l) In case of temporary suspension of the match, change of court/ground / play field such match shall be continued with the same score and remaining time in the same session. During the temporary suspension the players shall not leave their respective courts without the permission of the referee. If a team violates this rule a technical point will be awarded to the opponent team.
- (m) **Weight Category:** (The maximum deviation allowed will be 200 gms only.)
- For Under 14 Boys- Below 51 Kg
 - For Under 17 Boys- Below 57 Kg
 - For Under 19 Boys- Below 70 Kg

13. KARATE (For all category boys and girls)

The Championships will be conducted based on the Rules & Regulations of World Karate Federation and Karate Association of India

- (a) There should be only one participant in each weight category from each region.
- (b) No change or re-arrangement of contestants will be allowed after the entries are submitted. A contestant who fails to qualify at any stage will be disqualified and no other contestant can be substituted in his/her place.
- (c) A contestant must fit exactly into his/her weight category and cannot contest in a higher or lower weight category. Each contestant shall be permitted upon the

scale only once during the official weigh-in. If the contestant's weight is above or below the prescribed limits of that weight category, he/she shall be disqualified.

- (d) Maximum tolerance allowed above or below the weight category will be 200 grams.
- (e) Weight-in shall be conducted on the same day on which matches in that category will be played.
- (f) All matches will be of 1.50 minutes in case of U14 boys and girls, 2 (two) minutes duration in case of U17 boys and girls, and 3 (three) minutes in case of U19 boys and girls.
- (h) Any contestant and/or officials who by work, action or deed disturb and/or interrupts the smooth and normal conduct of the Championships will be liable for IMMEDIATE disqualification.

Weight Categories for under 14 Boys – Less than 20 Kg, 20-25 kg, 25-30 kg, 30-35 kg, 35-40 kg, 40-45 kg, 45-50 kg, 50-55 kg, 55-60 kg and more than 60 Kg

Weight Categories for under 14 Girls – Less than 18 Kg, 18-22 kg, 22-24 kg, 24-26 kg, 26-30 kg, 30-34 kg, 34-38 kg, 38-42 kg, 42-46 kg, 46-50 kg and more than 50 kg.

Weight Categories for under 17 Boys – Less than 35 kg, 35-40 kg, 40-45 kg, 45-50 kg, 50- 54 kg, 54-58 kg, 58-62 kg, 62-66 kg, 66-70kg, 70-74kg, 74-78 kg, 78-82 kg and more than 82 kg.

Weight Categories for under 17 Girls – Less than 32 kg, 32-36 kg, 36-40 kg, 40-44 kg, 44-48 kg, 48-52 kg, 52-56 kg, 56-60 kg, 60 -64 kg, 64-68 kg and more than 68 kg.

Weight Categories for under 19 Boys – Less than 35 kg, 35-40 kg, 40-50 kg, 50-54 kg, 54-58 kg, 58-62 kg, 62-66 kg, 66-70kg, 70-74kg, 74-78 kg, 78-82 kg and more than 82 kg.

Weight Categories for under 19 Girls – Less than 32 kg, 32-36 kg, 36-40 kg, 40-44 kg, 44-48 kg, 48-52 kg, 52-56 kg, 56-60 kg, 60 -64 kg, 64-68 kg and more than 68 kg.

Weigh – in:

Trial Weight : Every day from 6 am to 7 am

Final Weight : Every day from 7 am to 8 am

14. KHO-KHO (For Sub Junior, Junior & Senior Girls)

The game will be conducted as per the rules and regulations of KKFI (Kho-Kho Federation of India). However, the rules may be changed according to the local needs and situations.

The game will be conducted as per the rules and regulations of KKFI (Kho-Kho Federation of India). However, the rules may be changed according to the local needs and situations.

- (a) Each team will consist of 12 players (9 Players in the field and 3 substitutes).
- (b) Every participant must follow the dress code.
- (c) All the games will be played in league cum-knock out basis. The Chief Referee has the right to change the game plan as and when require.

(d) An innings will be of 9 minutes' duration. Each match will consist of 2 innings for each team. There will be an interval of 5 minutes after an inning.

(e) Rules:

- i. Any 8 Chasers shall occupy the Chaser Block facing the Sideline in such a way that no two adjacent Chaser facing the same Sideline. The ninth Chaser (Attacker) shall stand in either of the Free Zones to start the chase. Once Free Zone is opted by an Attacker to start the attack, then he should not be allowed to change the same.
- ii. After the commencement of a turn, no Chaser shall leave the Chaser Block without getting a KHO or change the face. If he does so, it is a Foul.
- iii. At the commencement of a turn, the first batch of three Defenders shall be inside the field and remaining runners shall occupy the seats meant for them. After a Defender is out, he shall occupy the seat meant for him near the End Line
- iv. An Attacker cannot cross the Central Lane between the Post Lines to go to the other half of the Court or to the Free Zone.
- v. An Attacker shall not give a KHO to the extended arm, leg or any part of the body tilted towards him by a Chaser. After getting a KHO, the Chaser will immediately be an Attacker shall go in the direction which he has taken by going beyond the Cross Lane of the Chaser Block or turning his Shoulder line towards any of the Posts. He cannot recede.
- vi. Once an Attacker has taken a direction, he must go to that direction till he reaches the Free Zone unless he gives a KHO before that. The rules about taking the Direction and Receding shall not be applicable in the FREE ZONE
- vii. A Defender cannot touch a Chaser. If he does so, he shall be warned once verbally in a turn. If he repeats the same, he shall be declared out.
- viii. A Defender shall be declared out if he is touched by hand by an Attacker without violating any rule or if he goes out of Field. He/ she shall be declared out by a short blow of a whistle Deliberately pushing, catching, pulling even by uniform or hitting the Defender will be treated as misbehavior. While Chasing a Defender, if an Attacker after violating any rule, pushes a Defender out of the Field, the Defender shall not be declared out.

(f) Fouls:

- i. If the action of uttering the word KHO precedes the action of touching by hand, then it shall be deemed as Foul.
- ii. An Attacker, while going in a direction turns his shoulder line through more than a right angle to the direction which he has already taken, it shall be a Foul.
- iii. During the execution of Post Dive, dragging of supporting leg and turning of the shoulder line more than 90° shall not be a Foul, but touching or crossing Central Lane by any part of the body will be a Foul. An Attacker shall take direction according to one of the actions, whichever he performs first.

15. LAWN TENNIS (For all six categories of Boys and Girls)

- (a) The game will be conducted as per the rules and regulations of AITF (All India Tennis Federation).
- (b) Two Singles and one Doubles will be conducted for the team game category.
- (c) Each team will consist of minimum two and maximum of five members.
- (d) Every participant must follow the dress code, color as per the respective Region T-shirt will collar, shorts, Tennis Skirt for girls, non-marking tennis shoes, personal tennis racquets etc. must be taken care of.
- (f) All the players should be ready to play in flood lights, if required.
- (g) The format of matches: One Singles followed by Doubles and then Singles, if required.
- (h) The winning team will be decided based on “best of three” games.
- (j) In case of individual singles event each region can nominate two players each. The singles event will be conducted under Knock out system.
- (j) Winner and Runner up of the Individual Singles event will be by default selected as Member 1 and 2 of the CISCE National team.
- (k) Winner of the Doubles Team match at the final of the team event will qualify as member 3 and 4 of the team of the CISCE National team.
- (l) The remaining player (No. 5) will only be selected by the spotter based on his/her performance in the individual singles and team game both.
- (m) In addition, four standby players will also be selected by the spotters.
- (n) A player can play both matches i.e. singles and doubles.

16. RUGBY (For Sub Junior and Junior Boys)

- (a) Dress Code: All players must be correctly dressed in shorts & t-shirt in accordance with the color code of the concerned state. Playing bare feet will not be permitted.
- (b) Numbers per Team: A total of 12 players to be part of each team. A maximum of 7 players will be playing on the field, at any given time, with 5 substitutes.
- (c) Duration: 7 minutes each way, with a 1minute break at half time for all tournament games.
- (d) Toss: The team winning the Toss will receive possession of the ball and a choice of direction. The winning team to start-off the game with a Roll Ball.
- (e) Roll ball: A ‘ROLL BALL’ is a means of restarting the game. It is used at the start-off and to resume games after a Touch, Try or Infringement.
- (f) Touch: A Touch constitutes Two Handed contact with any part of the body and / or ball. A minimum of force is to be applied at any given time. On being touched, a Roll Ball has to be performed, from the mark, to resume the game. A total of FOUR Touches are allowed for each team.

- (g) Scoring: A "TRY" is scored when an untouched player has full control of the ball when placing it on the ground, once past the score-line. **Diving is NOT permitted.** A Try counts for 5 Points.
- (h) Passing backwards: A Player may pass, flick, throw or deliver the ball to any onside player in the attacking team. Passing forward is NOT permitted. **A 'Drop Ball' constitutes a turnover.**
- (i) Offside: All defending players MUST retreat a minimum of 5 meters from the mark where the attacking player has been touched or restarting the game.
- j) Kicking: Kicking is NOT allowed at any given time during the game.
- k) Field Dimensions: The Dimensions of the Playing Field will be approx. 50mts x 30mts (including the Try Zones)
- (l) Turn Over: Possession of the ball is turned over in the following circumstances:
 - (i) 4th Touch: after completing 4 touches
 - (ii) Forward Pass: if a player passes or throws the ball forward
 - (iii) Drop Ball: if a player drops the ball or while passing, the ball hits the ground
 - (iv) Improper Roll Ball: if the player oversteps the mark or delays in performing the roll ball
 - (v) Stepping Outside: if a player steps out of the playing field while in possession of the ball.
- (m) In case of Sub Junior Boys, it will be Touch Rugby and in case of Junior Boys it will be Contact Rugby.

17. SHOOTING (For all six categories of boys and girls)

- (a) There will be three events which are .177 open sight Air Rifle 10 Meters, .177 Peep sight Air Rifle 10 Meters and .177 Air Pistol 10 Meters
- (b) The number of shots to be fired will be 60 and the time allotted will be 90 mins.
- (c) The maximum number of participants per event will be three from each state.
- (d) Each player can participate in only one event.

18. SKATING (For all six categories of boys and girls)

The event will be conducted as per the rules and regulations of RSFI (Roller Skating Federation of India). However, the rules may be changed according to the local needs and situations.

- (a) The team will consist of 6 members in each category: three in "Quad" and three for "Inline".
- (b) One can participate in two events only.
- (c) Every participant must follow the dress code.
- (d) The Chief Referee has the right to change the game plan as and when required.

- (e) Competitors must wear shorts and matching short-sleeved shirts or one-piece, short-sleeved outfits. Bare midriff uniforms are prohibited. Skaters will be issued two chest numbers: One number will be placed on the back with the other number to be placed on the left thigh of the participant.
- (f) No interchange of categories is permitted i.e. those in “Quad” cannot play in Inline and vice versa.
- (g) The details of the events and participants per event is given below

Skating (For all Six categories of boys and girls)							
NAME OF THE EVENT	QUAD			INLINE TRACK RACES		INLINE ROAD RACES	
Details of the Event	RINK I	RINK II	ROAD RACE	RINK III	RINK IV	ROAD RACE II	ROAD RACE III
Distance in Meters	500M	1000M	2000M (U14) 3000M (U17 AND 19)	500M	1000M	1 Lap Race	2000M (U14) 3000M (U17 AND 19)

19. SWIMMING & DIVING (For all six categories of boys and girls)

- (a) Only two participants are allowed from each state in each event.
- (b) A participant can compete only in 3 events excluding the Relays.
- (c) The costumes of all competitors and trainers shall be in good moral taste. They must be non-transparent.
- (d) The Referee has the authority to exclude any competitor, whose costume does not conform to this standard.
- (e) There shall be a Technical Committee to oversee the smooth conduct of the competition.
- (f) Duties of the Technical Committee:
 - (i) To ensure the rules for swimming and implement them as per the SFI (Swimming Federation of India).
 - (ii) To ensure the specifications of the pool as per the national standard.
 - (iii) To deal with any dispute or indiscipline during the event.
 - (iv) To provide emergency medical aid for the participants.
 - (v) To ensure that the event is conducted by qualified officials.
 - (vi) To ensure the accurate distance for all the events in the respective disciplines.
 - (vii) To ensure that there are referees for each lane to avoid any disputes.

- (viii) To ensure that the timekeeper keeps the record of the timings clocked during the competition and displays them on the display board.
- (ix) To ensure that disputes, if any, are submitted to the Jury of Appeal in the proper way.
- (g) Disqualification, if any, can be made only by the official in-charge for a valid and grave reason.
- (h) Officials:
 - (i) Referee
 - (ii) Timekeepers (lane wise)
 - (iii) Lane Judges.
 - (iv) Recorders
 - (v) Starter
 - (vi) Clerk of Course
 - (vii) Stroke Judge with Turn Judges
 - (viii) Announcer
- (i) Details of the event for Swimming: U14 Boys and Girls: 50, 100, 200 and 400 meters Free Style, 50, 100 & 200 meters Breast Stroke, 50, 100 & 200 meters Back Stroke, 50, 100 & 200 meters Butter Fly, 4 *100 Meters Free Style relay and 4*100 meters Medley relay, 200 Meters individual medley.

 U17 Boys and Girls: 50, 100, 200, 400 & 800 meters Free Style, 50, 100 & 200 meters Breast Stroke, 50, 100 & 200 meters Back Stroke, 50, 100 & 200 meters Butter Fly, 4*100 Meters Free Style relay and 4*100 meters Medley relay, 200 and 400 meters individual medley

 U19 Boys and Girls: 50, 100, 200, 400, 800 & 1500 meters Free Style, 50, 100 & 200 meters Breast Stroke, 50, 100 & 200 meters Back Stroke, 50, 100 & 200 meters Butter Fly, 4*100 Meters Free Style relay and 4*100 meters Medley relay, 200 and 400 meters individual medley
- (j) Details of the event for Diving:
 - U14 Boys and Girls: Springboard 3m, Springboard 1 m and High Board.
 - U17 Boys and Girls: Springboard 3m, Springboard 1 m and High Board.
 - U19 Boys and Girls: Springboard 3m, Springboard 1 m and High Board.
- (k) In case of Swimming Relay events (Free style and Medley Relay) winners of the Free style first four positions/ winners of various strokes will be considered instead of actual winner of the Relay events.

20. TABLE TENNIS (For all six categories of boys and girls)

The game will be conducted as per the rules and regulations of TTFI (Table Tennis Federation of India).

- (a) The team will consist of minimum two and maximum five members in each category.
- (b) Only Singles match will be played in all categories.
- (c) Every participant must follow the dress code. (T-shirt color must not be white)
- (d) All the games will be played in league cum-knock out basis.
- (e) A set is one when one of the players first score 11 points. In the event of both players scoring 10 points, a set is to be won by the first player to gain a 2-point lead. A full match is won when a player wins the best of 3 sets in case of U14 category whereas in case of U17 and U19 it will be for best of 5 sets.

21. TAEKWONDO (For all six categories of boys and girls)

The competition will be held as per the Rules & Regulations of the TFI (Taekwondo Federation of India).

- (a) The U14 boys' and girls' team will consist of maximum 11 participants each whereas the U17 boys' and girls' team will consist of maximum 13 participants each. The U19 boys' team will have a maximum 10 participants and the U19 girls' team will have a maximum 11 participants. There shall be only one participant in each weight category from each region.
- (b) The athletes shall be allowed to participate only in their respective weight category and no jumping in the weight category shall be permitted.

Weight Categories for under 14 Boys – Less than 18 kg, 18-21 kg, 21-23 kg, 23-25 kg, 25-27 kg, 27-29 kg, 29-32 kg, 32-35 kg, 35-38 kg, 38-41 kg, More than 41 kg.

Weight Categories for under 14 Girls – Less than 16 kg, 16-18 kg, 18-20 kg, 20-22 kg, 22-24 kg, 24-26 kg, 26-29 kg, 29-32 kg, 32-35 kg, 35-38 kg, More than 38kg.

Weight Categories for under 17 Boys – Less than 35 kg, 35-38 kg, 38-41 kg, 41-45 kg, 45-48 kg, 48-51 kg, 51-55 kg, 55-59 kg, 59-63 kg, 63-68 kg, 68-73 kg, 73-78 kg, More than 78 kg.

Weight Categories for under 17 Girls – Less than 32 kg, 32-35 kg, 35-38 kg, 38-42 kg, 42-44 kg, 44-46 kg, 46-49 kg, 49-52 kg, 52-55 kg, 55-59 kg, 59 – 63 kg, 63 – 68 kg, More than 68 kg.

Weight Categories for under 19 Boys – 41-45 kg, 45-48 kg, 48-51 kg, 51-55 kg, 55-59 kg, 59-63 kg, 63-68 kg, 68-73 kg, 73-78 kg, More than 78 kg.

Weight Categories for under 19 Girls – Less than 40 kg, 40-42 kg, 42-44 kg, 44-46 kg, 46-49 kg, 49-52 kg, 52-55 kg, 55-59 kg, 59-63 kg, 63 – 68 kg, More than 68 kg.

- (c) In a Taekwondo match, each competitor should wear the following protective gears:
 - Head guard
 - Chest (trunk) protector
 - Groin guard
 - Forearm guards
 - Hand protectors
 - Shin guards
 - Mouth guard
- (d) Maximum tolerance allowed above or below the weight category will be 200 grams.
- (e) Weigh-in shall be conducted on the same day on which matches in that category will be played.

22. THROWBALL (For all category girls)

The game will be conducted as per the rules and regulations of TFI (Throwball Federation of India). However, the rules may be changed according to the Local needs and situations.

- (a) Every participant must follow the dress code.
- (b) Each team will consist of 9 players and 3 substitutes.
- (c) The team must carry a standard prescribed Grip less Throwball Size 5 while reporting for the match.
- (d) Each set will be of 15 points relay and each match best of 3 sets.
- (e) Five substitutions are permitted maximum per team per set.

23. VOLLEYBALL (For all six categories Boys & Girls)

- (a) The game will be conducted as per the rules and regulations of VFI (Volleyball Federation of India). However, the rules may be changed according to the Local needs and situations.
- (b) Every participant must follow the dress code.
- (c) Each team will consist of 12 players.
- (d) Each set will be of 25 points and each match best of 3 sets.

24. YOGA (For all categories of boys and girls)

The event will be conducted as per the rules and regulations of Khelo India School Games.

The team will consist of seven members. The minimum team size to be eligible to participate in the team championship will be three. The competition will be held as under: -

- a) Group Competition.
- b) Individual Rhythmic Yoga Competition.
- c) Individual Artistic Yoga Competition.

An individual team member can participate in the Team game and any one out of the two individual championships mentioned above.

(i) **The Group competition will include the following asanas:**

Group A

1. Paschimottanasana
2. Sarvangasana
3. Matsyasana
4. Dhanurasana (Competitor can perform Purna Dhanurasana)
5. Purna Matsendrasana
6. Uttanapadasana

Group B

1. Purna Chakrasana
2. Kukutasana
3. Garbhasana
4. Bhumasana
5. Purna shalabhasana
6. Bakasana

Group C

1. Sankhyasana
 2. Vyaghrasana
 3. Urdhava Kukutasana
 4. Shirshasana
 5. Utthit Padahasthasana
 6. Utthit Titivasana
1. The asanas of Group A to be performed and retained for age group:
Below 14 Yrs.: 1.30 minutes.
Below 17 & 19 Yrs.: 2.30 minutes.
 2. The asanas of Group B to be performed and retained for age group:
Below 14 Yrs.: 20 seconds.
Below 17 & 19 Yrs.: 30 seconds.
 3. The asanas of Group C to be performed and retained for age group:
Below 14 Yrs.: 15 seconds.
Below 17 & 19 Yrs.: 20 seconds.

4. At the time of competition asanas from Group A and Group B will be decided by draw system on the spot. While Group C any one asana can be selected by the competitor.
5. Three compulsory asanas are to be performed in the given list of Group A, B and C. In addition to this, two any other asanas of the competitor's choice are to be performed excluding compulsory asanas. Total 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and competitors will be given marks out of a total of 50 marks.
6. A competitor will be allowed maximum of three attempts for optional asanas in Group C and own choice. No choice will be given for Group A and Group B.

Details distribution of Marks:

- a) Way to performance to reach the final stage of the asana -1 Mark
 - b) Perfect posture of the asana -4 Mark
 - c) Exhibition of the asana without tension and trembling -2 Mark
 - d) Stay in asana for a fix time -2 Mark
 - e) Returning to the original position -1 Mark
7. Surya namaskar is compulsory asana for final round of competition.
- A total of 10marks as per following division:
- a) Body posture -3Mark
 - b) Forward bend -3 Mark
 - c) Backward bend -3 Mark
 - d) Dress -1 Mark

(ii) Individual Artistic Yoga Competition:

- A. Separate competition will be held for boys and girls each category under 14, 17 and 19 Yrs.
- B. One competitor for each region will be allowed in each group and category.
- C. The player will have to perform any five asanas of their choice from the following.
 1. Vrishikasana
 2. Standing Linkarasana
 3. Natarajasana
 4. Sthambh Sirasan (Dhruvasana)
 5. Dhawajasana
 6. Utthit Dwipad Skandhasana
 7. Kand Pidanasana
- D. Holding time of each asana is 15 seconds for all groups and categories.
- E. Points will be awarded out of 10 Marks.

- F. Participants has to chant Omkar (exhale) for two times and the allotment of marks shall be as under:

20 Sec	1 Points	50 Sec	6 Points
30 Sec	2 Points	60 Sec	7 Points
35 Sec	3 Points	70 Sec	8 Points
40 Sec	4 Points	80 Sec	9 Points
45 Sec	5 Points	90 Sec	10 Points

(iii) **Rhythmic Yoga Competition**

In this competition the competitor has to perform not less than 8 and not more than 15 asanas within maximum of 150 seconds.

1. The competitor has to perform various asanas i.e., forward bending, backward bending, balancing, front and sitting postures in all the four directions with music.
2. One competitor for each region will be allowed in each group and category.
3. The asanas and body movement should be synchronized with music.
4. If a competitor takes more time i.e. more than 2.30 or less than 2.30 minutes one point will be deducted.

REGIONAL COLOURS FOR TRACK SUITS / PRESCRIBED UNIFORMS

- | | | |
|------------------------------|---|------------------------------------|
| 1. Andhra Pradesh | : | Purple with white stripes |
| 2. Bihar & Jharkhand | : | Sky Blue with white stripes |
| 3. Karnataka | : | Dark yellow with navy blue stripes |
| 4. Kerala | : | Maroon with white stripes |
| 5. Maharashtra & Goa | : | Orange with navy blue stripes |
| 6. North India | : | Beige with red stripes |
| 7. North West | : | Brown with white stripes |
| 8. Odisha | : | Parrot Green with white stripes |
| 9. Tamil Nadu | : | Navy Blue with white stripes |
| 10. UP & UK | : | Yellow with maroon stripes |
| 11. West Bengal & North East | : | Bottle Green with maroon stripes |
| 12. Overseas | : | Royal Blue with white stripes |
| 13. MP & Chhattisgarh | : | Pink with white stripes |

All participating units must ensure the design of the T shirts and shorts be same for the entire team.

DUTIES OF TEAM COACH

Several obligations or duties have been identified as absolute requirements for coaches and athletic administrators. It is important that all coaches, including assistants and volunteers, know and understand the following duties.

1. **Duty to Plan** – A coach must demonstrate awareness of the maturity, physical development and readiness of athletes with appropriate plans for instruction, conditioning and supervision.
2. **Duty to Supervise** – A coach must be physically present, provide competent instruction, structure practices that are appropriate for the age and maturity of players; prevent foreseeable injuries and respond to injury or trauma in an approved manner. This duty requires supervisors to make sure facilities are locked and that students are denied access when a competent staff member cannot be physically present to supervise. This duty may also require coaches to control reckless player's behaviour.
3. **Duty to Assess Athletes Readiness for Practice and Competition** – Athletics administrators and coaches are required to assess the health and physical or maturational readiness skills and physical condition of athletes. A progression of skill development and conditioning improvement should be apparent from practice plans. Athletes must also be medically screened in accordance with State Association regulations before participating in practice or competition.
4. **Duty to Maintain Safe Playing Conditions** – Coaches are considered trained professionals who possess a higher level of knowledge and skill that permits them to identify foreseeable causes of injury inherent in defective indoor and outdoor facilities or hazardous environment.
5. **Duty to Provide Safe Equipment** – Courts have held athletic supervisors responsible to improve unsafe environment, repair or remove defective equipment or disallow athlete access.
6. **Duty to Instruct Properly** – Practices must be characterized by instruction that accounts for a logical sequence of fundamentals that lead to an enhanced progression of player knowledge, skill, and capability.
7. **Duty to Match Athletes** – Athletes should be matched with consideration for maturity skill, age, size and speed. To the degree possible, mismatches should be avoided in all categories.
8. **Duty to Condition Properly** – Practices must account for a progression of cardiovascular and musculoskeletal conditioning regimens that prepare athletes sequentially for more challenging practices and competitive activities.
9. **Duty to Warn** – Coaches are required to warn parents and athletes of unsafe practices specific to a sport and the potential for injury or death. This warning should be issued in writing and both athletes and parents should be required to provide written certification of their comprehension.
10. **Duty to Ensure all participants are covered by insurance** – The coaches must screen athletes to ensure that the family or school insurance provides accidental and medical insurance. Athletes should not be allowed to participate without insurance.
11. **Duty to Provide Emergency Care** – Coaches are expected to be able to administer standard emergency care (first aid, CPR) in response to a range of traumatic injuries.

- 12. Duty to Design a Proper Emergency Response Plan** – Coaches must design plans to ensure an expedited response by EMS and an effective transition to the care and supervision of emergency medical personnel.

All the schools need to ensure that appropriate skill and knowledge levels exist among members of the coaching staff to ensure appropriate levels of safety and well-being among the participants.

DUTIES OF TEAM MANAGER

The role of the team manager can be very diverse, but it does not need to be difficult or over complicated. The Manager is part of a team that may comprise the coach and other personnel such as an assistant coach, (possibly a physiotherapist and trainer etc). The importance of interaction between these people cannot be stressed enough. Communication and organization are the keys to be a good team manager. You must always be prepared to put the team first and your own interests last.

A summary of the important roles of the manager:

1. Ensure team members know who, when and where they are playing.
2. Organize the distribution and collection of uniforms and ensure they are worn correctly.
3. Coordinate transport arrangements.
4. **Code of Conduct for the players**

The model code of conduct and the concept of Fair Play should be discussed with all the team members and any deviation should be addressed strictly and quickly.

5. **Medical & First Aid**

The manager must have basic knowledge of medical first aid (attend a course if possible). Ensure there is a well-stocked first aid kit available at each practice and game. Have a designated first aid person if not you. If the manager is not personally responsible for first aid, they need to know who is and that they are always available. To complete a basic first aid course, or at least CPR, would be of immense value.

6. **Equipment**

Check equipment supplies such as balls, training aids, first aid kit etc are available for the season. Ensure equipment used is in good order (e.g., balls pumped up).

7. **Changes in the Match Schedule/dates**

Know when and where cancellations will be broadcast and ensure all team members also know. Organise a contact system for last minute changes so that everyone can be contacted easily. You could use texting or create WhatsApp groups. Store mobile numbers of parents and players on your phone and text information to them.

8. **Liaison**

The team manager is an intermediary between the Council, school, player, guardian of the player and the coach. Ensure you are aware of what is expected of players with regards to their responsibility to the school and that this is communicated to the players. Be careful not to become involved in coach/player disputes. Do not take sides where it relates to team selection policy or similar matters. You may find yourself also handling PR matter with a concerned parent or supporter who has problem with the decision of the coach.

9. Practice

Advise everyone of practice and game times and reconfirm when appropriate. Establish a routine with the coach for when you get a chance to speak to the players during practice (often before or after are good times). If you have any important message for the team, everybody must get the same message at the same time. If the situation warrants it, written notices are also appropriate.

10. Water

Have plenty of water containers filled before warmup. Ensure players have their own drink bottles and these are well marked. Keep containers/drink bottles as full as possible, particularly leading up to half time. Rehydrate players whenever they request it within the rules of your game.

11. Team Sheet/Registration List

This generally needs to be completed or handed to the officials well before the start of the match/event. Check the requirements for your sport.

12. Security

Players' valuables need to be secure during the match and the changing room should be locked. Valuables should be removed even if the room is locked, or you look after valuables.

13. Substitutions

For sports that allow substitutions, the manager should be aware of such requirements. Ensure you are in harmony with the coach when communicating with the players – this is generally the domain of the coach, but he/she may request assistance from the manager.

14. Score

Keep your own score card or check regularly that it is being done correctly. You may be required to record statistics. Communicate with the coach regarding this.

15. Interaction with Match Officials

Thank the match officials and the opposition team management. Sign the score card if required.

16. Protest/Disputes

Know the correct procedure for lodging these and work within the set parameters if the situation warrants it.

17. Post-match function/Presentation ceremony

Ensure all players know when and where any function is, particularly if it's away from home. They should also know what is expected of them as representatives of the Council about attending these types of functions. Be punctual and appropriately dressed.

18. Injuries

Follow up any injured players to ensure they receive the correct follow up treatment where necessary. This may need to be done a day or so after the game. If they are in hospital, make sure their teammates and coach are aware of where they are and when they can be visited.

DUTIES OF THE OBSERVER

1. To reach the venue at least one day before the event starts and check the existing infrastructure/ equipment/accommodation/food/ medical facilities at the venues of the Regional/National games and point out deficiencies, if any, for immediate rectification.
2. To ensure all the matches/games start as per schedule and there is no unnecessary delay in conducting the matches.
3. To check whether all the participants/teams are wearing the same design/format/colour code uniform as prescribed.
4. To check whether adequate number of referees/umpires/judges are present, and they are performing their duties and responsibility properly. Any deviation should be pointed out immediately to the Host school principal/principal coordinator.
5. To observe whether the Spotters appointed by Host and by the Council are performing their duties. Any deviation should be pointed out immediately.
6. To examine complaints from players/coaches of the respective teams, if any, by taking up the matter with the concerned spotters.
7. To recommend strict action against any Coach/Manager using abusive/unparliamentary language. Similarly, he should also report any misbehavior of any particular team or by parent of any participants.
8. In case of any disagreement relating to the selection between the local spotters as appointed by the host school/principal coordinator and the local/outstation spotter as appointed by Council the decision of the Observer will be final.
9. To submit a detailed report of the event along with a copy of the list of selected players to the Council positively within 15 days from the date of completion of the event.

FOOD ARRANGEMENTS FOR REGIONAL & NATIONAL MEET

Each Host Principal/ Principal Coordinator should make proper arrangement for preparing nutritious and healthy food in a hygienic environment.

SUGGESTED STANDARD MENU

Breakfast

1. Milk/Tea/Coffee
2. Breads with Butter & Jam
3. Idli - Bada with Sambhar & Chatni/ Aloo Parantha & Curd/any other suitable item.
4. Fruits like Bananas/Apple
5. Boiled Eggs.

Lunch & Dinner

1. Chapati /Tandoor Roti
2. Rice

3. Daal/Razma/Chhole (Anyone)
4. Mixed Veg (Seasonal veg)
5. Paneer (for Vegetarian) Or Egg curry/Fish/Chicken (once in a day for non-vegetarian)
6. Salad
7. Curd/Sweets/Ice-cream/any other dessert (any one item once a day)

Evening Tea/coffee with biscuits/light snacks.

Note: Non -Veg may be provided either in lunch or in dinner. Main meal should be served in buffet system. Proper seating arrangement (Table & Chairs) should be made for students & officials in the dining area. Day-wise Menu must be displayed in the dining room. Menu can be altered depending on the availability and local needs.

ACCOMODATION ARRANGEMENTS FOR REGIONAL & NATIONAL GAMES

1. Adequate number of Mattresses, Bedsheets and Pillows, Quilts or Blankets should be provided to participating Students & Teachers wherever required.
2. The bedding should be safe and clean. It should be cleaned or changed when required/requested.
3. Clean RO (Pure) drinking water/ Mineral water should be provided in the Dining area and at the Play (Ground) venue. Further, drinking water dispenser should be provided/kept in room for participants and it should be filled/ replaced regularly.
4. Fresh running water (Hot water during winter) should be provided for bathing & wash in toilets.
5. All Lights and Fans should be functional and power back-up (Generator) should also be arranged.
6. Buckets and mugs should be provided to the participants.
7. Rooms should have curtains for privacy of students, especially for girls.
8. Separate accommodation should be arranged for the boys and girls preferably in separate buildings.
9. Toilets should be cleaned thrice a day. Rooms should be cleaned once a day.
10. CCTV camera installed should be checked beforehand so that any recording can be accessed in case of any complaint.

SAFETY AND SECURITY MEASURES

1. Safe and secure transport should be arranged for the participating students & escort from stay venue to play venue.
2. Fire safety measures must be functional at the stay venue and play venue.
3. Water tanks, septic tanks, drains and deep pits at the games and stay venue should be covered to avoid any untoward incidents.
4. Terrace gate/ doors must be locked.

5. Security guards and CCTV cameras must be functional round the clock at Dining area, Common places and corridor etc.
6. Medical facilities /Medical assistance must be arranged at stay & play venue at all times. In case of any emergency, it should be referred to nearby Nursing Home/Hospital immediately.
7. Electrical switches, wires, electric points, and appliances must be checked so that incidents of short circuit are avoided.
8. Before the games the stay venue should be fumigated, and pest control measures be taken. The area should be cleaned and extra vegetation, grass, bushes etc. removed. Cleanliness should always be ensured.
9. Unwanted visitors must be prohibited at stay & play venue. In case a child has a visitor, the parent/ guardian of the child should be asked to verify beforehand. A visitor turning up suddenly to visit a child should not be permitted in the premises. At no point of time should a child be allowed to go out without escort and permission of the venue principal. Escorts should have the telephone number of all the students under their care as well as of their parents.
10. Visitors register should be maintained at stay venue.
11. Only authorized persons should be allowed for video & photography during Sports Meet.
12. Important Contact numbers must be displayed prominently on notice boards and other frequently used places.
13. 24 Hour help desk number should be available at stay venue so that students/ escort can contact them at any time in case of an emergency.
14. A Register should be maintained in which complaints are noted along with action taken and the date and time of redressal.
15. Lady Security guard should be kept for the supervision of the girl's accommodation. Any complaints relating to safety and security issues should be dealt with top priority and should be brought to the immediate attention of the observer and CISCE by the Host principal/principal coordinator.



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