



COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE EXAMINATIONS, NEW DELHI

A Handbook of Council's National Sports & Games Rules & Regulations 2019





Council's National Sports & Games



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 represent the Council at the annual National School Games conducted by the School Games Federation of India (SGFI) and thereafter at the Khelo India School Games.

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. The handbook containing the rules and regulations has been framed in such a manner by incorporating those of the SGFI and is also modified to suit the local conditions where the games are to be held.

AIM

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

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 SGFI. 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 01/01/2006 and not studying below 6th standard.
 - (b) **Juniors** (Under 17): Girls and boys born on or after 01/01/2003 and studying in class 12th or below but not studying below 6th standard.
 - (c) **Seniors** (Under 19): Girls and boys born on or after 01/01/2001 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) Three sets of Eligibility forms duly completed and signed by the Principal of the concerned school.
 - (b) Photocopy of Aadhar card (Passport copy in case of overseas students).
 - (c) Photo copy of the Mark-sheet/Report Card of the previous class attended duly attested by the Principal.
 - (d) Photo copy 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 player can participate in maximum three games/discipline.

C. GENERAL RULES AND GUIDELINES

1. The Registration charges for participating in any event will be Rs. 1,800 for a two-day event, Rs. 2,400 for a three-day event and Rs. 3,200 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 and food only. It will be the responsibility of the concerned school to send the participating students to the venue and to arrange for their return journey back home, once the events are over.
2. Intimation regarding participation must reach the host school 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 “Hand Book” of National Events.
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 Council.

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 Sports Committee 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 10 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 colour (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. 1000/- 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. The rules may be adjusted to facilitate the league rounds but not the semi-finals and finals.
24. There shall be a Five-member Selection Committee consisting of an Observer, Principal Coordinator/ Host School Principal and three spotters for the selection of the

National Team to represent CISCE unit at the SGFI games. The selected team list will be announced by the Observer during the Prize distribution ceremony on the last day of the event.

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 Eligibility Form will be treated as final. Correction requests, if any, should be accompanied with application along with fees of Rs. 100.

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) (3)
9. Football : Team Championships in two categories (U17 AND U19) – Boys (2)
10. Gymnastics : Team Championships and individual events in four categories (U14 AND U17) – Boys and Girls (4)
11. Hockey : Team Championships in two categories (U17 AND U19) – Boys (2)
12. Kabaddi : Team Championships in two categories (U17 AND U19) – Boys (2)
13. Karate : Team Championships in four categories (U14 AND U17) – Boys and Girls (4)
14. Kho-Kho : Team Championships in three categories – Girls (3)
15. Lawn Tennis : Team Championships and individual singles event in all categories (6)
16. Rugby : Team championships in two categories (U 14 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 (6) |
| 21. Taekwondo | : | Team Championships in all categories - Boys and Girls (6) |
| 22. Throwball | : | Team Championships in two categories – (U17 AND U19) -Girls(2) |
| 23. Volleyball | : | Team Championships in four categories – (U17 AND U19) -Boys and Girls (4) |
| 24. Yoga | : | Team Championships in all categories - Boys and Girls (6) |

H. SGFI EVENT RULES AND REGULATIONS

1. Only the students who are selected from the CISCE nationals and have received mail from the Council to that effect will represent CISCE in the SGFI games.
2. All the students who will be selected for the SGFI games need to send three sets of SGFI Eligibility forms duly attested by Principal of the concerned school along with attested copies of Birth certificate, Aadhar card and the previous year's report/mark sheet directly to Mr. Arijit Basu, Deputy Secretary (Finance), Council for the Indian School Certificate Examinations. P 35 and 36, Pushp Vihar, Sector 6, New Delhi – 110017 positively within **seven days from the completion of the event at the National Level.**
3. For all the students who will be representing Council at the SGFI, it will be **mandatory to have an insurance cover of Rs. 1 lakh (Accidental and Medical insurance both).** The

details of such policy should be shared along with the SGFI eligibility form as mentioned in point ii above. Any selected student without the insurance cover will not be allowed to participate in the SGFI events.

4. Any student who has been selected to represent the CISCE in the SGFI games cannot represent his/her Home State at a later stage. Any such case brought to the notice of the Council will be liable for strict action including **debarment from participation in any Council organized sports event for a minimum period of two years**. It is the duty of the Principal to intimate the CISCE about the non-participation of any selected student ten days in advance so that the absent player can be substituted with the Standby/reserve player.
5. CISCE will conduct Conditioning camps prior to the main event at SGFI in case of team games like Hockey, Football, Cricket, Basketball, Volleyball, Throwball, Kabaddi and KhoKho. It will be mandatory for the selected students to participate in the conditioning camp. It will be the responsibility of the concerned schools to arrange for the transportation of the selected students to reach the venue of the camp/SGFI games. CISCE will pay for the registration and food at the camp/SGFI. Any student who does not want to use the accommodation provided can arrange his/her own accommodation after taking permission from the concerned coach/manager appointed by Council. No expenses in this regard will be borne by Council.
6. Any Coach/Manager who has been nominated as CISCE coach/manager for the SGFI games has to mandatorily fulfil his/her obligation. If the assignment as offered is rejected without adequate reason (like hospitalization or serious illness) such coach/manager will be **debarred from participation in any sporting event of CISCE for the next two years**.

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/ 2 mins total
12 rounds of 3 arrows each
 - (ii) 20 m in 80 cm face target ---3 arrows/ 2 mins total
12 rounds of 3 arrows each.
- (b) Recurve Round
 - 50 m in 122 cm face target ---6 arrows/ 4 Mins Total 12
rounds of 6 arrows each
- (c) Compound Round
 - 50 m in 6 ring face target ---6 arrows/ 4 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/ 2 Mins Total
12 rounds of 3 arrows each
 - (ii) 30 m in 80 cm face target-----3 arrows/ 2 Mins Total
12 rounds of 3 arrows each.
- (b) Recurve Round
 - 60 m in 122 cm face target ---6 arrows/ 4 Mins Total 12
rounds of 6 arrows each
- (c) Compound Round
 - 50 m in 6 ring face target ---6 arrows/ 4 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/ 2 Mins Total
12 rounds of 3 arrows each
 - (ii) 30 m in 80 cm face target-----3 arrows/ 2 Mins Total
12 rounds of 3 arrows each.
- (b) Recurve Round
70 m in 122 cm face target ---6 arrows/ 4 Mins Total 12
rounds of 6 arrows each.
- (c) Compound Round
50 m in 6 ring face target ---6 arrows/ 4 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 2019:
 - (i) **Track events for Junior and Senior boys:** 100 mtr, 200 mtr, 400 mtr, 800 mtr, 1500 mtr, 5000 mtr, 110 mtr Hurdles, 5 km walk & 4 x 100 mtr Relay, 4x400 mtr relay (Note: 110 Mtr hurdles is only for senior boys; Junior boys will have only 100 mtr hurdles.)
 - (ii) **Field events for Junior and Senior boys:** Long Jump, High Jump, Triple Jump, Shotput, Discus Throw & Javelin Throw.
 - (iii) **Track events for Junior and Senior girls:** 100 mtr, 200 mtr, 400 mtr, 800 mtr, 3000m, 100 mtr Hurdles, 3 km walk, 4 x 100 mtr Relay and 4 x 400 mtr relay
 - (iv) **Field events for Junior and Senior girls:** Long

Jump, High Jump, Triple Jump, Shotput, Discus Throw & Javelin Throw.

(v) **Track events for Sub Junior Boys & Girls:** 100 mtr, 200 mtr, 400 mtr, 600 mtr, 80m hurdles, 4 x 100 mtr Relay.

(vi) **Field events for Sub Junior Boys and Girls:** Long Jump, High Jump, Shot put and Discuss Throw

(d) Throws:

Categories	Shot Put	Discus Throw	Javelin Throw
Sub Junior Boys	4 kg	1 kg	NA
Sub Junior Girls	3 kg	1 kg	NA
Junior Girls	3 Kg	1 Kg	600 gm
Senior Girls	3 Kg	1 Kg	600 gm
Junior Boys	5 Kg	1.5 Kg	700 gm
Senior Boys	5 Kg	1.5 Kg	700 gm

(e) 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
100 mts.	Jr. Boys	0.914 m	10	13 m	8.50 m	10.50 m
110 mts.	Sr. Boys	0.914 m	10	13.72 m	9.14 m	14.2 m

(f) Jumps:

Category	Take off for Tripple Jump	Take off for Long Jump
Boys	9 m	1 m
Girls	9 m	1 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 coloured, so that its visibility is

noticeable easily during the race. The referee can disapprove of 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.

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 SGFI only.
- (b) Two Singles and one Doubles will be conducted in the Team game category.
- (c) Each team will consist of a minimum three and a maximum of 5 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.

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) The team must carry a standard prescribed size of basketball while reporting for the match.

(For U14 both boys and girls it should be size 6, U17 & U19 Boys size 7 and U 17 and U19 Girls size 6).

(d) Every team must follow the dress code.

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

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

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 need be.
- (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)

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

- (a) The team will consist of 5 members in each category.
- (b) Every participant must follow the dress code.

8. T20 CRICKET (For Sub-Junior, Junior & 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) Every participant must follow the dress code.
- (d) The total team will consist of 18 members inclusive of the wicket keeper.
- (e) Matches may be played in day-night schedule, if required.
- (f) Only the match balls will be supplied by the Host. Personal kit for the matches will be brought by the respective teams/players.

- (g) 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.

9. FOOTBALL (For Junior and Senior Boys)

- (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 goal keeper.
- (c) Every team must follow the dress code and colour 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. If the result is still undecided after the extra time, then there will be penalty shoot out where each team will have five chances one after another. In case the scores are same even after penalty shoot out 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.
- (e) Each team must carry a standard prescribed size football while reporting for the match.

10. GYMNASTICS (For Junior and Sub Junior Boys and Girls)

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

U14 and U17 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 and U17 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 Junior & Senior 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 coloured shirt which is different in colour from the entire team and must wear protective equipment comprising of at least headgear, leg guards and kickers.

12. KABADDI (For Junior & Senior Boys)

The game will be conducted as per the rules and regulations of SGFI only.

- (a) Each team shall consist of 12 players with only 7 taking the field at any given time.
- (b) Every participant must follow the dress code.
- (c) Matches are to be conducted on mats only.
- (d) The game in the second half will resume with the same number of players, as there were at the end of the first half.
- (e) 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 life line only.

- (f) Weight Category : Below 55 Kg for Under 17 Boys and below 70 Kg for Under 19 boys. The maximum deviation allowed will be 200 gms only.

13. KARATE (For Sub Junior and Junior 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 state.
- (b) Entries by name will be submitted in duplicate in the enclosed form during accreditation.
- (c) 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.
- (d) 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.
- (e) Maximum tolerance allowed above or below the weight category will be 200 grams.
- (f) Weight-in shall be conducted on the same day on which matches in that category will be played.
- (g) All matches will be of 2 (two) minutes duration in case of U14 and U17 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.

Weigh – in:

Trial Weight : Everyday from 6 am to 7 am

Final Weight : Everyday 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 KKF (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.
- (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.

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 three and maximum of five members.
- (d) Every participant must follow the dress code, colour 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.

16. RUGBY (For Junior and Sub Junior Boys)

- (a) Dress Code: All players must be correctly dressed in shorts & t-shirt in accordance with the colour 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 1 minute 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) Off side: 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. 50mtrs x 30mtrs (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 over steps 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

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

NAME OF THE EVENT	QUAD			INLINE			
	RINK I	RINK II	ROAD RACE	RINK III	RINK IV	RINK V	ROAD RACE
DISTANCE IN METRES	300M	1000M	3000M	300M	500M	1000M	5000M
GROUP	BOYS		GIRLS	BOYS		GIRLS	
TOTAL NO. OF PARTICIPANT IN ALL CATEGORIES	03		03	03		03	

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 ensure that the participants have suitable swimming suit, chest numbers and the lanes for the competition.
 - (iv) To deal with any dispute or indiscipline during the event.

- (v) To provide emergency medical aid for the participants.
- (vi) To ensure that the event is conducted by qualified officials.
- (vii) To ensure the accurate distance for all the events in the respective disciplines.
- (viii) To ensure that there are referees for each lane to avoid any disputes.
- (ix) To ensure that the time keeper keeps the record of the timings clocked during the competition and displays them on the display board.
- (x) 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) A swimmer is not permitted to wear any device or use any substance, which may help his/her speed or buoyancy.
- (i) Goggles may be worn and rubdown oil applied for safety measures, if approved by the Referee.
- (j) The participants cannot grasp the lane dividers to assist his/her forward motion.
- (k) Officials:
 - (i) Referee
 - (ii) Time Keepers (lane wise)
 - (iii) Lane Judges.
 - (iv) Recorders
 - (v) Starter
 - (vi) Clerk of Course
 - (vii) Stroke Judge with Turn Judges
 - (viii) Announcer

- (l) 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 ButterFly, 4 * 100 Meters FreeStyle relay and 4*100 meters Medley relay, 200 Meters individual medley.

U17 & 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

- (m) Details of the event for Diving :**U14 Boys and Girls** : Spring Board 3m, High Board and High Board 1m.

U17 & U19 Boys and Girls :Spring Board 3m, Spring Board 1 m and High Board 1m.

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 three 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. (Tshirt colour 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 or pair 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 state.
- (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 38 KG.

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, 44-56 kg, 46-49 kg, 49-52 kg, 52-55 kg, 55-59 kg, 59 – 63kg, 63 – 68 kg, More than 68 kg.

Weight Categories for under 19 Boys – Less than 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 Junior & Senior 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 full - size throwball 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 Junior and Senior 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) The team must carry a standard prescribed full - size volleyball while reporting for the match.
- (e) 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 YFI (Yoga Federation of India). However, the rules may be changed according to the local needs and situations.

- (a) The team will consist of seven members. (A minimum of three and maximum of seven members) out of which five members will be for the team game, one member for the Artistic Yoga event and one member for the Rhythmic Yoga event.
- (b) The competition is divided into three categories which are Group competition, Individual Artistic Yoga Competition and Individual Rhythmic Yoga Competition
 - (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. PurnaChakrasana
2. Kukutasana
3. Garbhasana
4. Bhumasana
5. Purnashalabhasana

Group C

1. Sankhyasana
2. Vyaghrasana
3. Urdhava Kukutasana
4. Shirshasana
5. UtthitPadahastasana
6. UtthitTitivasana

The asanas of Group A to be performed and retained for 2.30 minutes.

The asanas of Group B to be performed and retained for 30 seconds.

The asanas of Group C to be performed and retained for 20 seconds.

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. 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 competitor. Each team will comprise of five participants. 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.

(ii) Individual Artistic Yoga Competition

The player will have to perform any five asanas of their choice from the following.

1. Vrishhikasana
2. Standing linkarasana
3. Natarajasana
4. Sthambh Sirasan (Dhruvasana)
5. Dhwajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidanasana

Holding time of each asana is 15 seconds for all groups and categories. In addition, the participants have to chant Omkar (exhale) for twice. One competitor from each region will be allowed.

(iii) Individual Rhythmic Yoga Competition

In this competition the competitor has to perform not less than 8 and not more than 15 asanas within maximum of 2.30minutes.

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 from each region will be allowed.
3. The asanas and body movement should be synchronized with music.
4. If a competitor takes more time i.e more than 2.30 minutes point will be deducted.

REGIONAL COLOURS FOR TRACKSUITS / 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 & Chhattisgarh : 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

All participating units must ensure that 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 firstaid 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 matchfunction/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 followup 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 atleast one day before the event starts and checkthe 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 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 announce the list of selected players for SGFI at the prize distribution ceremony and inform about the documentation part to be complied by the selected participants.
10. 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 /SGFI CAMP

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

SUGGESTED STANDARD MENU

Break Fast

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/Icecream/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 MEET /SGFI COACHING CAMP

1. Adequate number of Mattresses, Bed-sheets 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 inroom 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 before hand 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. Visitor 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.

CISCE



**COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE
EXAMINATIONS, NEW DELHI**

**Plot No. 35-36, SECTOR VI, PUSHP VIHAR,
SAKET, NEW DELHI - 110 017**

Ph : 011-29564831, 29564833, 29564837

E-mail : council@cisce.org/sports@cisce.org

FOR PRIVATE CIRCULATION ONLY