

Central Board of Secondary Education

RULES OF SPORTS & GAMES

- ❖ All the organizing & participating schools shall go through the following discipline-specific rules very carefully before filling-up the online entry & also before participation in any of the competition at any level.
- ❖ Only online entries will be accepted.
- ❖ For the competitions in the disciplines that are being held directly at national level, the number of entries to be accepted on first-cum-first-serve basis in a specific discipline that can be seen under the respective rules.
- ❖ Henceforth, at all levels of competitions, the teams losing at semi-final stage shall be awarded Bronze Medal & Merit Certificate and thus there will be no hard-line match.
- ❖ The first & second position winners (Gold & Silver medalists) in individual sports events, and the first position winners (*Gold Medalists*) in teams games will participate in National level competition as mentioned in CBSE Games Circular (Latest).

AEROBICS (Boys & Girls)

Age Category: Under 11; 14 & 19 years.

Important: Following numbers of Players/Teams would be accepted on first-cum-first basis.

- 1) Sports Aerobics – Individual Male – 20 entries in each age category
- 2) Sports Aerobics – Individual Female – 20 entries in each age category
- 3) Fitness Aerobics – Team (Mix or Same Gender) – 25 Teams in under 19 years age group
 - 20 Teams in under 14 years age group
 - 20 Teams in under 11 years age group

*The numbers of entries can be increased or decreased.

RULES

| Event | Divisions | No. of Players |
|---------------------|---------------------------|----------------|
| 1) Sports Aerobics | Individual Male | 01 |
| | Individual Female | 01 |
| 2) Fitness Aerobics | Team (Mix or Same Gender) | 06-08 |

A player participating in one event can also participate in other event (example, a player participating in Sports Aerobics – Individual Male can also take part in Fitness Aerobics – Team, but in same age division). The rest of the technical details are as follows:

Performance Time: 2 minutes with a grace period of +/-5 seconds

Attire (Uniform):

- For women: Leotard, two piece, tights, close fitting tops & pants and supportive aerobics shoes. The top section of a leotard or two pieces must have arm or neck sections attached to it.
- For men: Shorts, bike pants, close fitting tops, supportive aerobic shoes, wristbands and strapping are allowed.

Structure - Rounds of Competition:

All national competitions will have three rounds of competition, depending upon the number of registrations in the competition division: Preliminary round/Semi-final round/Final round.

- Preliminaries: The purpose of this round is to find the 12 highest ranked competitors/teams to proceed to the semi-final round. In the case where there are 25 or more in a competition division, the highest ranked 15 will proceed to the semi-final round.
- Semi-finals: The purpose of this round is to find the 6 or 7 top ranked competitors/teams to proceed to the final round.
- Finals: The purpose of this round is to find the order of the top 6 or 7 competitors/teams.

Events:

1. Sports Aerobics: Individual Male -1 & Individual Female - 1 Performance Music:

- **Western Music** which contains language, with minimum lyrics is allowed. But, music which contains language, which is considered not appropriate and/or offensive, will not be acceptable. **CD is to be used;** there must be nothing else but one recording of the performance music on it. Music Tempo – 125 Beat Per Min.

A] Compulsory Exercises (Max. 04):

- 1) Jumping Jack
- 2) High Leg Kick
- 3) Push Ups – Two arms

B] Obligatory Movements: Select any one from each group – a, b, c & d

a) Push Up Group

- 1) Two Arm Push-up triceps
- 2) Two Arm Hinge Push-up triceps

b) Static Strength Group

- 1) Straddle Press
- 2) Two Arm Supported Planche closed or open legs

c) Jump Group

- 1) Air Jack
- 2) Pirouette Jump – 180 degree turn

d) Split Group

- 1) Front Split right & left
- 2) Needlepoint on left & right

C] Additional Movements: All can be done or any one

- 1) Free fall to push up landing from standing position
- 2) Two Arm supported Wenson
- 3) Straddle Jump
- 4) Pike Jump
- 5) Prone Straddle Split (Pancake)

2. Fitness Aerobics:

Performance Music:

- Western Music without any lyrics/words is allowed. Music shall include minimum lyrics/words & also must not include at all any un-parliamentary words.
- CD to be used; there must be nothing else but one recording of the performance music.
- Music Tempo – 145 Beat Per Min. (In case the beats are less than 145 per min; the points would be deducted)

Performance:

- 1) Do artistic and aerobics, non-stop aerobic exercise
- 2) High Impact Music
- 3) Variation of formation; in any order; minimum 03
- 4) Co-ordination and choreography
- 5) Repetition of steps & sequences shall have negative marking.

Acceptable Moves:

- 1) Aerials landing two feet
- 2) Two arm push up
- 3) Two arm transitional presses (not turning)
- 4) Transitional flexibility moves
- 5) Standing free fall to push up
- 6) Lift as beginning and ending pose (standing position or on the floor)

ARCHERY

1. The CBSE National Archery competition will be conducted according to the latest and revised rules of Archery Championships with modifications wherever applicable.
2. The competition will be held for:
 - (a) Team Championship
 - (b) Individual Championship: The schools that would be participating in Team Championship; can sponsor one player from its team for participating in Individual Championship*.
 - (c) Mixed Team Championship: The schools that are participating in both Girls & Boys groups; will be allowed to participate in Mixed Team Championship also.

* Also, ten schools/players can participate directly in Individual Championship (even if their team is not participating in the competition) on first-cum-first basis in each category separately in Boys & Girls groups.

3. A team shall consist of maximum 04 players
4. A school can enter only one team in each category. Meaning a school can enter one team each in Indian Round, Recurve & Compound separately for boys & girls.
5. The competition will be held in the following 03 categories in under 14, 17 & 19 years age separately for boys and girls groups.
 - a) Indian Round
 - b) Recurve
 - c) Compound
6. Maximum numbers of teams allowed to participate in 14, 17, & 19 years age categories separately for girls & boys group on first-cum-first basis:

| | Category | Boys | Girls |
|----|--------------|------|-------|
| 01 | Indian Round | 25 | 25 |
| 02 | Recurve | 20 | 15 |
| 03 | Compound | 20 | 15 |

07. The following in regard to the shooting distance is important stating distances for competition:

| S. No. | Category | Distance(s) For competition (boys & girls) |
|--------|--------------|--|
| 01 | Indian Round | 30 & 50 Mtrs. |
| 02 | Recurve | 70 Mtrs x 2 rounds |
| 03 | Compound | 50 Mtrs x 2 rounds |

8. Entries submitted online only would be accepted. The participating schools must go through the general rules & regulations including rule pertaining to lodging boarding charges before filling the online entry proforma.
9. The competition will be held out-doors.
10. The decision of the Refreers/Judges shall stand final & cannot be challenged.
11. In each category, the position/medal winners would be decided on the basis of "Ranking Event" (with no elimination round).
12. All players must carry their own personal equipments including Bow, Arrows & accessories.
13. A school can send maximum Three Officials (One Male Coach; One Female Coach & One common Team Manager) irrespective of numbers of teams participating from the school. The organizers are not liable to provide accommodation to any extra person accompanying the team.

ATHLETICS

(BOYS" & GIRLS")

1. The meet shall be conducted according to the latest and revised rules of Athletic Federation of India, with modifications wherever applicable.
2. Every school will be entitled to enter only one athlete in each event, except in relay races where a team of maximum five athletes can be entered.
3. The various age categories and list of events in which competition will be held:-

| Under 14 years | | Under 17 years | | Under 19 years | |
|--------------------|--------------------|--------------------------|--------------------------|--------------------------|-----------------------------|
| Boys | Girls | Boys | Girls | Boys | Girls |
| 100 M | 100 M | 100 M | 100 M | 100 M | 100 M |
| 200 M | 200 M | 200 M | 200 M | 200 M | 200 M |
| - | - | 400 M | 400 M | 400 M | 400 M |
| 800 M | 800 M | 800 M | 800 M | 800 M | 800 M |
| 4 x 100 M Relay | 4 x 100 M Relay | 1500 M | 1500 M | 1500 M | 1500 M |
| | | 3000 M | 4 x 100 M Relay | 5000 M | 3000 M |
| Long Jump | Long Jump | 4 x 100 M Relay | 4 x 400 M Relay | 4 x 100 M Relay | 4 x 100 M Relay |
| | | 4 x 400 M Relay | Long Jump | 4 x 400 M Relay | 4 x 400 M Relay |
| Shot Put 4 Kgs | Shot Put 3 Kgs | Long Jump | High Jump | Long Jump | Long Jump |
| | | High Jump | Shot Put 3 Kgs | High Jump | High Jump |
| | | Triple Jump | Discus Throw 1 Kg | Triple Jump | Triple Jump |
| | | Shot Put 5 Kgs | Javelin Throw 500 Gms | Shot Put 6 Kgs | Shot Put 4 Kgs |
| | | Discus Throw 1.5 Kgs | | Discus Throw 1.75 Kgs | Discus Throw 1 Kg |
| | | Javelin Throw 700 Gms | | Javelin Throw 800 Gms | Javelin Throw 600 Gms |

NOTE: Weight of all the equipments shall be carefully checked before hand and signed by the Organizing secretary.

4. An athlete can participate in maximum two individual events and in relay.
5. Only online entries are accepted. On the spot entry/changes will not be permitted.

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7. The athletes winning first and second position holders at Cluster level shall qualify to take part in National level Athletic Meet. In relay events, only the first position winning team from each category for boys and girls separately will be allowed to participate in Nationals.
8. In a particular event, if the number of athletes is less than four; but they are from different Institutions/Clusters, it may be conducted. The winners may be awarded the medals and the merit certificate, but, they may not be awarded the points so as to be included for the Team Championship. However, their points will be considered for individual championship.
9. In case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who runs the finals, shall be awarded the Medals and Certificates.
10. Immediately after the Cluster level meets, the Organizing School shall send the list of athletes qualified, with their school name and complete postal address to the National Meet Organizing School through online form
11. All the Principals of such schools from where the Athletes have qualified to participate in the National meet must inform their Athletes, indicating the venue and the dates of the National meet and plan their journey (reservation etc.). They should also inform the Organizing School about their arrival and departure schedule.
12. **In relays, only a single school team will be allowed to participate.**
13. The Overall Championship separately in boys and girls sections in all the age groups may be decided. The points shall be awarded according to the following system:-

| Position | Individual Events | Team Events (Relays) |
|-----------------------|-------------------|----------------------|
| 1 st Place | 07 | 14 |
| 2 nd Place | 05 | 10 |
| 3 rd Place | 04 | 08 |
| 4 th Place | 03 | 06 |
| 5 th Place | 02 | 04 |

14. The Merit Certificates shall be awarded only up to 3rd position. However, participation Certificates will be awarded to all those who actually take part in Cluster/National level as the case may be.
15. A separate prize may be given to the Individual Champion in Boys and Girls section, in all the age categories.
16. The Individual Champion (Best athlete) in any age group will be awarded only to one athlete on the basis of performance/points as per the AFI Scoring Table.
17. A prize may be given to the school scoring total maximum points (total points in all the age groups in Boys'' & Girls'' categories) and may be declared as over-all Champion.
18. In the National Athletic Meet, the record of performance up to 6th Place shall be maintained. In case where no 6th Place is available, up to 4th or 5th performance will be maintained. Such performance will be made available to the CBSE Sports Cell.
19. New Meet Record(s) wherever created should be clearly indicated as 'NMR' and wherever the performance is equal to the existing record, may be clearly indicated as 'EMR'.
20. From organizing school, in each event, only one athlete will participate.
21. The schools Organizing Cluster level meet shall take a Group Photo of the teams that have qualified to participate in national level meet. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

BADMINTON

(BOYS" & GIRLS")

1. CBSE Inter-School Badminton Tournament will be conducted according to the latest and revised rules of Badminton Association of Indian (BAI) with modifications wherever applicable.
2. Every school can send one team comprising of maximum four players, in Under 14, Under 17 & Under 19 yrs separately in Boys" & Girls" category.
3. All the participants must carry their valid age proof certificate and school/CBSE Board Identity-card.
4. All the matches must be played on indoor courts with proper lighting arrangements.
5. In Team Championship, the order of play shall be: Singles – Doubles – Singles.
6. All the matches that are played on "league basis" - shall be of best of one game of 31 points with change of side at 15 points. The player that reaches first at 31 points, wins the match.
7. All the matches that are played on "knock-out basis" - shall be of best of three games of 15 points each, & a match is won with the difference of 02 points. In case, of 14 – all; the game shall continue; however, the player that reaches first at 19 points wins the match.
8. At Zone Level all the matches will be played strictly on knock-out basis. In case the numbers of teams in a particular age category are less, the championship in that category may be organized on league cum knock out basis.
9. No change shall be permitted in the composition of team from Zonal Level to National Level.
10. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate in National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
11. National Championship will be conducted on League cum knock-out basis for which all the teams will be divided into different pools.
12. At National level, one day of the Championship shall be dedicated exclusively to the Individual Championship.
13. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.

INDIVIDUAL CHAMPIONSHIP (BOYS' & GIRLS') ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, separate Individual Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player who shall play singles title in each Age Category separately for boys & girls.
3. In each age group, as per BAI ranking list, the top ten ranking players shall be eligible to play directly at National level in "Individual Championship". However, if any player, ranking in top ten, has played at respective Cluster level Individual Championship, and has lost, shall no more be eligible to participate in Individual championship at National level.

MIXED DOUBLES CHAMPIONSHIPS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, a separate Mixed Doubles Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player from its team (other than the one who has already been nominated to play Individual Championship) to play in Mixed Doubles Championship in each Age Category.
3. In all the Age Categories; the nominated Girls & Boys would be paired by lot.

BASKETBALL
(BOYS" & GIRLS")

1. The tournament will be conducted according to the latest and revised rules of Basketball Federation of India with modifications wherever applicable.
2. The number of players representing a school shall not more than twelve.
3. All the matches at Cluster level shall be conducted on knock out basis. In case the number of teams is less, the Cluster level tournament too may be organized on league basis.
4. At National level, the matches shall be conducted on league cum knock out basis.
5. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
6. In any match, played on knock out basis including the final, if there is a tie, extension of five minutes shall continue to be given till the game is decided.
7. In case of a tie in matches played on league basis, the following procedure shall decide the winner, runner-up etc.
 - i) The team which has beaten the other team in the league matches shall be the winner.
 - ii) The tie between more than two teams will be decided on the basis of points scored and points against. The team securing the greatest quotient will be the winner. The points scored for and against shall be counted only in the matches played between the teams in tie.
 - iii) If the tie still persists, the formula will be points scored – points against. The team with highest difference is declared the winner. Again the scoring will be counted in the matches played between the teams in tie.
8. The number "6" size Ball will be used for Girls" matches.
9. A team shall be prepared to play more than two matches in a day.
10. All participating teams shall carry with them two sets of playing kit (uniform), one set of light color and the other set of dark color.
11. The team that has been named first in the fixture, will sit on the left side of the Official's Table, and shall score towards the right side of the court.
12. The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
13. Protest if any, must be submitted in writing along with the fee within 20 min after the declaration of the result.
14. In case a team intends to protest against the opposite team; the Captain of team that intends to protest, must sign the score sheet.
15. In case a team forfeits & walks out of the court without completing the match, it shall lose the right to submit any protest and shall be debarred from rest of the tournament.

Boxing

(Girls' & Boys)

1. The competition will be held as per the latest and revised Rules & Regulations of the Boxing Federation of India with modifications wherever applicable.
2. The competition will be held at Zonal and National level.
3. Maximum one player from each school can participate in each weight category, separately in Girls' & Boys' group.
4. The competition shall be conducted in the following age & weight categories:

| Under 14 | | Under 17 | | Under 19 | |
|----------|-------|-------------|-------------|-------------|-------------|
| Boys | Girls | Boys | Girls | Boys | Girls |
| 28-30 Kg | - | Below 46 Kg | Below 42 Kg | Below 46 Kg | Below 45 Kg |
| 30-32 Kg | - | 46-48 Kg | 42-44 Kg | 46-49 Kg | 45-48 Kg |
| 32-34 Kg | - | 48-50 Kg | 44-46 Kg | 49-52 Kg | 48-51 Kg |
| 34-36 Kg | - | 50-52 Kg | 46-48 Kg | 52-56 Kg | 51-54 Kg |
| 36-38 Kg | - | 52-54 Kg | 48-50 Kg | 56-60 Kg | 54-57 Kg |
| 38-40 Kg | - | 54-57 Kg | 50-52 Kg | 60-64 Kg | 57-60 Kg |
| 40-42 Kg | - | 57-60 Kg | 52-54 Kg | 64-69 Kg | 60-64 Kg |
| 42-44 Kg | - | 60-63 Kg | 54-57 Kg | 69-75 Kg | 64-66 Kg |
| 44-46 Kg | - | 63-66 Kg | 57-60 Kg | 75-81 Kg | 66-69 Kg |
| 46-48 Kg | - | 66-70 Kg | 60-63 Kg | 81-91 Kg | 69-75 Kg |
| 48-50 Kg | - | 70-75 Kg | 63-66 Kg | 91+ Kg | 75-81 Kg |
| | | 75-80 Kg | 66-70 Kg | | 81+ Kg |
| | | 80+ Kg | 70-75 Kg | | |
| | | | 75-80 Kg | | |
| | | | 80+ Kg | | |

5. No player shall be below 14 years for Under 17 and 16 year for Under 19 categories so as to participate in the championship.
6. The player shall be allowed to participate only in their respective age and weight category and no jumping in the weight category shall be permitted (actual body weight).
7. Weigh-in shall be conducted one day prior to the day of competition (between 8:00a.m. to 10:00 a.m.).
8. There shall be at least four competitors in a particular weight category so as to conduct the competition.
9. The time duration for competition shall be as per the BFI rule.
10. Each competition arena should have five judges, one referee, one announcer, one doctor, one chief Jury, one recorder, one time keeper and bell striker.
11. The competition shall be conducted on Single Elimination Tournament (knock-out) System.
12. Team winners will be decided by the following pattern:
 - i. Each eligible contestant will score 01 point.
 - ii. Contestant will get 01 point for every winning match (Including a bye)
 - iii. Gold Medal will be awarded 07 points.
 - iv. Silver Medal will be awarded 03 points.
 - v. Bronze Medal will be awarded 01 point.
13. Merit Certificate will be provided to first, second & third positions winners. (Both the semi-finalist will be provided the certificate of Merit and Bronze Medal.
14. All other participants will be provided with the participation certificates.

15. The Arbitration Board Members/Protest Committee shall include: Principal Organizing School; Organizing Secretary; CBSE Observer & In-charge Technical Officials/Chief Referee.

CHES

(BOYS, GIRLS AND MIXED TEAM)

1. Rules of the All India Chess Federation and FIDE shall apply to the Inter-School Chess tournament with modifications wherever applicable.
2. The team championship will be held in under 11, 14, 17 & 19 years age category in both the sections i.e. Boys, Girls and Mixed.
3. Every school that wishes to participate is entitled to field the following four teams. The constitution of team members shall be :
 - (i) Under 11 years Mixed Category: Either only Boys" or Boys" & Girls" mixed team
 - (ii) Under 11 years Girls Category: Only Girls" as team members
 - (iii) Under 14 years Mixed Category: Either only Boys" or Boys" & Girls" mixed team
 - (iv) Under 14 years Girls Category: Only Girls" as team members.
 - (v) Under 17 years Mixed Category: Either only Boys" or Boys" & Girls" mixed team
 - (vi) Under 17 years Girls Category: Only Girls" as team members.
 - (vii) Under 19 years Mixed Category: Either only Boys" or Boys & Girls mixed team
 - (viii) Under 19 years Girls Category: Only Girls as team members
4. The tournament will be played according to the Swiss System (Seven/Six Rounds). A team shall not play against any other team more than once.
5. A team may consist of a maximum of 04 players (with no reserve). Each playing against the other of the same status in order of ranking.
6. Each school shall clearly state the names of its team members before the start of the tournament. Captain/Manager shall submit the original ranking order to the Chief Arbiter before the start of the tournament.
7. Each team must play through the entire tournament. However, if a team is forced by circumstances beyond its control to withdraw from the tournament, the team/s will not be paired for the remaining matches.
8. The session of play shall be of 40 moves in 90 minutes followed by 30 minutes sudden death rule. In case of availability of Digital Clocks in absolute numbers the time control shall be 90 minutes for the entire with 30 seconds increment from move one.
9. **Scoring system:** The team winning the match will be awarded „2" points and losing team „0". In case of draw, both the teams will be awarded „1" point each. For example, teams winning by 4 - 0; 3½ - ½; 3 - 1 or 2½ - 1½, will be awarded „2" points, irrespective of their score.
10. The final positions of teams shall be determined by the number of points scored by each team.
11. The position of teams, which finish with the same number of game points, shall be determined by the application of the following tie-breaking procedures, in sequence from (a) to (b) to (c) to (d) to the extent required.
 - (a) By the sum of the game scores of all the teams opponents.
 - (b) By the sum of match points won.
 - (c) By the sum of the game of all the opponents defeated plus one half of the game scores of all the opponents with which tied result was achieved.
 - (d) By the sum of the game scores of all the team's opponents, excluding the opponents who scored the highest number of game points and the opponent who scored the lowest number of game point.
12. For breaking the tie for Board Prizes; the higher placed team member will be considered for Board Prize.
13. What-so-ever the circumstance is, request pertaining to postponement of first round will not be entertained.
14. The walk-over time shall be 15 minutes.
15. Each team while sending their eligibility Performa will also confirm in writing that they will bring two Chess clocks and two Chess sets, along with them.
16. Board Prize Winners will be awarded only the Merit Certificates. (No Medals). The members of teams winning "Team & Individual Championships" will be awarded Merit Certificates & Medals.

18. From each Zone, following team shall qualify to participate in Nationals:
 1. Under 11 Age Group – Top 2 team in both categories
 2. Under 14 Age Group – Top 2 team in both categories
 3. Under 17 Age Group – Top 2 team in both categories
 4. Under 19 Age Group – Top 2 team in both categories
19. At National level the third day of the championship shall be dedicated exclusively to the individual championship.
20. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at /National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

INDIVIDUAL CHAMPIONSHIP - CHESS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, separate Individual Championship shall also be played at National level on knock out basis, in under 14 & 19 years categories, separately in both the sections.
2. Each team reaching in Nationals shall sponsor one player who shall play Individual Championship.
3. The tournament will be played on a five/seven round Swiss basis.
4. Besides the above, schools that have players having more than 2000 “Current ELO Rating Points” too shall be eligible to play Individual Championship directly at National Level.
5. But, each school can sponsor only one player for Individual Championship; no matter they have more than one such player who has above 2000 ELO points.
6. The time control for the Individual Championship shall be 30 minutes each for the entire game.

FOOTBALL

(BOYS')

1. All the matches shall be played according to the latest and revised rules of All India Football Federation, with modifications wherever applicable.
2. A Football team shall consist of maximum 18 players. No player shall be allowed to take part in the Tournament without proper kit.
3. All the matches at Cluster level shall be played on Knock out basis. In case of draw match at cluster level no extra time will be given.
4. Up to the semifinal stage matches, the duration of the match shall be 35-10-35 min. and the finals shall be of 45-10-45 min.
5. Maximum seven players can be substituted in a game.
6. Procedure to determine the winner of a match shall be on the basis of penalty kicks where the competition rules require there to be a winning team after a match has been drawn.
7. The referee shall choose the goal at which the penalty kicks have to be taken.
8. If after both teams have taken five penalty kicks each, and both have scored the same number of goals, or have not scored any goal, penalty kick continues to be taken in the order of 6th, 7th and so on alternately from each side, until one team has scored a goal more than the other from the same number of kicks.
9. With exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time, are allowed to take penalty kicks.
10. At Cluster level tournament too, if the number of participating teams is eight or less than eight, the tournament can be arranged with league system.
12. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches. The match to decide the third and fourth positions shall also be played.
13. The National level Tournament shall be played on league cum knock out basis. Knock out matches will commence only after the league phase of tournament is over.
14. In all the matches played on league basis points shall be awarded as „3“ and „0“ to winner and looser respectively. In case of a drawn match one point to each team shall be provided.
15. In case of a tie on the points system at the pool level, then the pool winner shall be decided on the basis of goal differences. If the goal scored by each team has no difference, the draw of lots may be provided to decide the tie which shall be held in the presence of Organizing School Principal, CBSE Observer, both the teams Captains & Chief Referee.
16. Semi-final losers“ will play the hard line match to decide 3rd and 4th place in the tournament.
17. Unless unavoidable, no team shall be called upon to play more than two matches in a day. There shall be at least three hours gap between the end of the earlier match and the commencement of the next match.
18. The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

FOOTBALL

(GIRLS')

1. All the matches shall be played according to the rules of All India Football Federation, with modifications wherever applicable.
2. A Football team shall consist of maximum 18 players. No player shall be allowed to take part in the Tournament without proper kit.
3. The tournament will be held at Zone & National level.
4. The duration of the match shall be 35-10-35 min.
5. Maximum seven players can be substituted in a game.
6. Procedure to determine the winner of a match shall be on the basis of penalty kicks where the competition rules require there to be a winning team after a match has been drawn.
7. The referee shall choose the goal at which the penalty kicks have to be taken.
8. If after both teams have taken five penalty kicks each, and both have scored the same number of goals, or have not scored any goal, penalty kick continues to be taken in the order of 6th, 7th and so on alternately from each side, until one team has scored a goal more than the other from the same number of kicks.
9. With exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time, are allowed to take penalty kicks.
10. The National level Tournament shall be played on league cum knock out basis.
11. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
12. In all the matches played on league basis points shall be awarded as „3“ and „0“ to winner and looser respectively. In case of a drawn match one point to each team shall be provided.
13. In case of a tie on the points system at the pool level, then the pool winner shall be decided on the basis of goal differences. If the goal scored by each team has no difference, the draw of lots may be provided to decide the tie which shall be held in the presence of Organizing School Principal, CBSE Observer, both the teams Captains & Chief Referee.
14. Unless unavoidable, no team shall be called upon to play more than two matches in a day. There shall be at least three hours gap between the end of the earlier match and the commencement of the next match.

Gymnastics (Boys & Girls)

1. The competition will be conducted according to the rules of federation of international gymnastics (FIG), with modifications wherever applicable, to improve the level of basic gymnastics and for the betterment of the gymnasts.
2. The championship will held directly at the National level.
3. The championship will be held for 11, 14, 17 & 19 years age categories.
4. Separate championship will held for Artistic boys and girls and Rhythmic girls.
5. A team shall consist of maximum four gymnasts in each age group of artistic.
6. From one school, maximum of two rhythmic gymnasts in each age group can take part, the competition, will held for all-around individual and apparatus championship.
Note: Gymnasts scoring less than 25% of the scores will not be awarded with participation certificate; the purpose is to maintain the quality of Gymnastics in competition.
7. The entries from a total of 20 boys teams (school) and 20 girls teams (schools) in each age group will be accepted on first cum first serve basis.
8. The competition I & III, will held for all around individual, apparatus championship and team championship.
9. All the disciplinary rules of FIG will be applicable for the coaches, players and judges.
Note: Some modifications have been made for the under 11 age group evaluation, by keeping in mind their physical abilities and to develop the basic movements of the Gymnasts.
10. List of events:

| Artistic Boys | Artistic Girls | Rhythmic Girls |
|--|---|--|
| <p>Age Group: Under 11 years as on 31.12.2018</p> <ol style="list-style-type: none"> 1. Vault Table 2. Floor Exercise 3. Pommel Horse 4. Parallel Bars | <p>Age Group: Under 11 years as on 31.12.2018</p> <ol style="list-style-type: none"> 1. Vault Table 2. Floor Exercise 3. Uneven bars 4. Beam | <p>Age Group: Under 11 years as on 31.12.2018</p> <ol style="list-style-type: none"> 1. Hoop 2. Ball 3. Ribbon 4. Clubs |
| <p>Age Group: Under 14, 17 and 19 years/ (as on 31.12.2018)</p> <ol style="list-style-type: none"> 1. Vault Table 2. Floor Exercise 3. Pommel Horse 4. Parallel Bars 5. High Bar 6. Roman rings | <p>Age Group: Under 14, 17 and 19 years/ (as on 31.12.2018)</p> <ol style="list-style-type: none"> 1. Vault Table 2. Floor Exercise 3. Uneven bars 4. Beam | <p>Age Group: Under 14, 17 and 19 years/ (as on 31.12.2018)</p> <ol style="list-style-type: none"> 1. Hoop 2. Ball 3. Ribbon 4. Clubs |

















11. For under 11 & 14 years, the competitions shall be conducted as per the Modified GFI Technical Rules attached herewith.

Rhythmic Gymnastics Technical Rules for (2013-2017)

AGE FOR SUB JUNIORS: (Gymnast Should be 11 Years of age in the year of Competition).

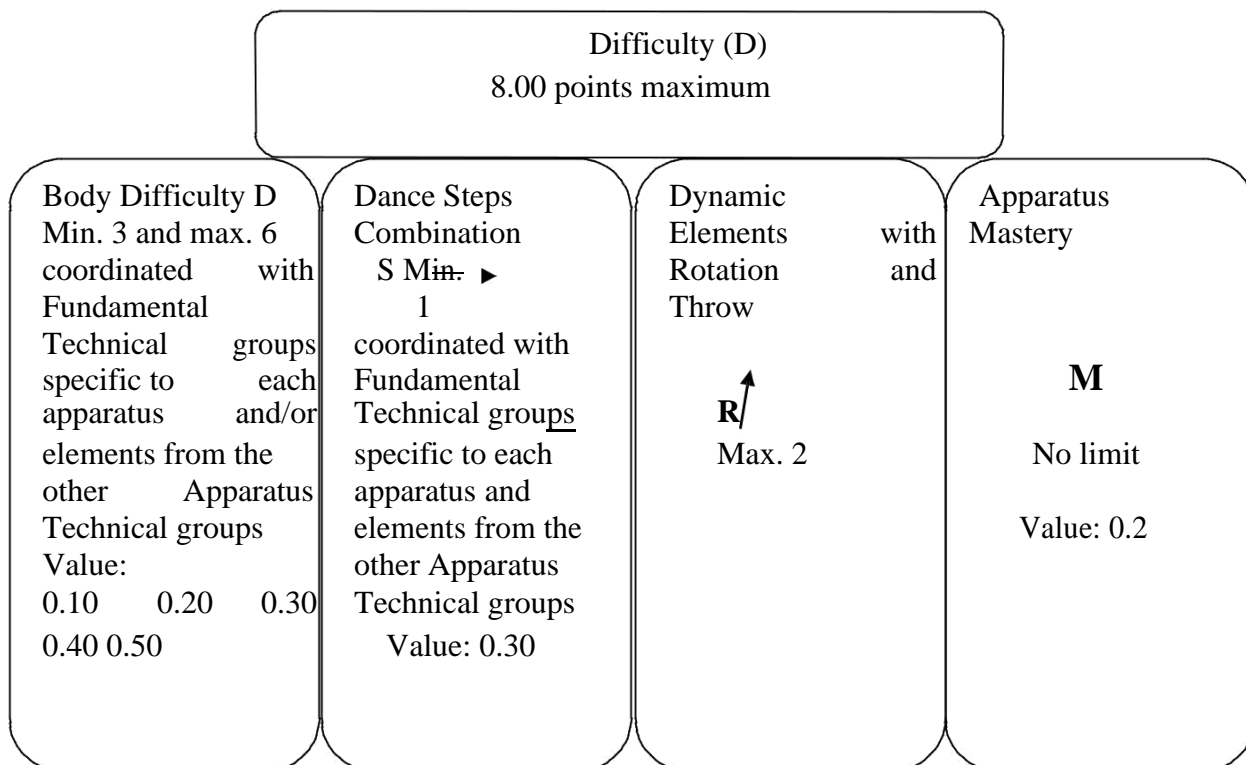
APPARATUS PROGRAM FOR SUB JUNIORS

Individual (4 Exercises)

| | | | | | |
|------|---|---|---|---|---|
| 2013 | — |  |  |  |  |
| 2014 | — |  |  |  |  |
| 2015 |  |  |  |  | — |
| 2016 |  |  |  |  | — |

Rhythmic Gymnastics Technical Rules for (2013-2017)

| Categories | Sub- Juniors (under 11 years) | Juniors (under 14 years) | Seniors (under 19 years) |
|--------------------------------|---|--------------------------|--------------------------|
| Age of Gymnast | Under 11 Yrs. in the Year of Competition | | |
| Apparatus | Hoop, Ball, Clubs & Ribbon (any 2) | | |
| Duration of Exercise | 1.15 – 1.30 minutes | | |
| Team Composition | 2 Gymnasts from each school in each age group. | As per | As per |
| Difficulty Score | 8.00 points Maximum | FIG | FIG |
| Body Difficulty Element Value | Min. 3 &Max. 6 Maximum 0.80 Points | Code of Points | Code of Points |
| Dance Steps combination | Minimum 1 of 8 Seconds Value: 0.30 | (2013-2017) | (2013-2017) |
| Dynamic Elements With Rotation | Maximum 2 with min. two rotations in Horizontal /Vertical axis. Base value : 0.20 point | | |
| Mastery | No Limit 0.20 points | | |
| Ribbon length | 5 mts | | |



On the official Difficulty form, the Difficulty elements (D, S....M) must be written in the order of their execution.

Body Difficulty: the Difficulties from each Body Group should be present in the exercise

- (Minimum 1, maximum 3 from each body group): Jumps/Leaps , Balances , Rotations
- Each Body Difficulty is counted only once: either isolated or as a part of a Multiple Difficulty or as a part of a Mixed Difficulty (may not be repeated).
- Value of each Body Difficulty (Isolated, Multiple, or Mixed): 0.80 Point Maximum.
- On the Official Difficulty form, all declared Difficulties must be maximum 0.80 point.
- Each Difficulty exceeding 0.80 point will not be valid (0.00 point), no penalty applied.
- For Difficulties with Rotation (Pivots), the value of the Difficulty is counted until 0.80 point.
- The general Difficulty norms for individual senior exercises are also valid for Sub Junior individual exercises (from # 1.1.2 to # 1.6).

Length of each exercise is from 1^{''}.15^{''''} to 1^{''}.30^{''''}

Difficulty score (D)

The (D) Judge evaluates the Difficulty of the exercise in the following way:

- Evaluate all the Body Difficulties (min 3 and max 6) in their order of performance, verify they are performed in a valid way
- Add, in case of necessity, the non-declared body Difficulties on the official Difficulty form.
- Verify the execution of a minimum 1 Dance Steps Combination S

- Verify the execution of max. 2 Dynamic elements with Rotation
- Verify the Apparatus Mastery (M)
- Verify the predominance (50%) of the Fundamental Groups
- Apply the corresponding score
- Deduct the penalties

Penalties by the D Judges

| Penalties | 0.30 | 0.50 |
|-----------|---|--|
| | -Form/ exercise consists of less than 1 Difficulties of each Body Group, penalty for each missing Difficulty. -Form/exercise consists of more than 3 Difficulties of each Body Group, penalty for each Difficulty above the number of the authorized Difficulties (All Difficulties, in the order of their execution above norms, are cancelled) | For absence of Fundamental groups predominance (less than 50%) Less than 3 difficulties or More than 6 Difficulties declared (only the first 6 Difficulties executed will be counted) |
| | For incorrect calculation of: D, | |
| | More than one “slow turn” Difficulty per Exercise | Form/exercise is missing 1 Dance Steps Combination S |
| | For each Difficulty performed but not declared on the official form (except those with rotation with value 0.10 used in DER) | Form/exercise has More than 2 Dynamic Elements with Rotation More than one exercise with music with voice and words |

If the symbol is written incorrectly or a Body Difficulty is repeated, the Difficulty is not counted (**no Penalty**).

If the exercise accidentally stops for a long time (serious execution fault) and the gymnast has no time to perform the elements declared on the form, there is no penalty for missed Difficulties.

In case there is a difference between the textual description of the Difficulty and the drawing in the table of Difficulties, the text prevails.

Difficulty Tables: see Individual senior exercises # 1.9. in FIG RG CoP (2013-2017)

INDIVIDUAL EXERCISE: EXECUTION (E)

The general norms for Execution for senior & individual exercise are also valid for Sub junior individual exercises (see from # 2 until # 2.4) in FIG RG CoP(2013-2017).

For Senior (Under 19 years) & Junior (Under 14 years) Age Groups:

The competition shall be conducted as per the FIG Code of Points for RG (2013-2017) including the amendments to date.

For Sub Juniors: The Competitions Shall be conducted as per the GFI Technical Rules attached herewith.

Artistic Gymnastics

Rules and Regulations for Sub Junior Boys Group

Boys Sub Junior Group (Under 11 years)

Team Composition

A team for Boys Sub-junior Group will comprise of a maximum **four** gymnasts from one school.

Competitions

The following two competitions will be conducted:

1. Competition I-(Team Competition):

- All the gymnasts would participate in Competition-I.
- Competition-I will serve as:
 - Qualification Competition for Competition-III.
 - To decide Team Championships.
 - To decide the all-around champions.
- All the four gymnasts will participate in Team Competition
- Out of the four, best 3 performances on each apparatus will be considered to decide Team Competition

2. Competition III (Individual Apparatus Finals):

- The highest 8 ranked gymnasts on each apparatus will qualify for the Individual Apparatus finals with a maximum of 2 gymnasts from the same School/Unit.
- The 2 next best gymnasts on the merit of apparatus scores will be selected as reserves.

- A School/unit may replace an injured gymnast with another gymnast from the same School/ Unit if replacement athlete obtained a higher qualifying scores than the first named reserve gymnast.

Rules for Optional Exercises

Each exercise on all apparatuses will be evaluated on the basis of Two factors

- A. Difficulty Scores by D panel of judges
- B. Execution Scores by E panel of judges

Evaluation of D Score:

- (i) Difficulty Value(DV)
- (ii) Compositional Requirements(CR)

CR on each apparatus has been specified at their respective heads.

D Value:

- The value of maximum **seven** best elements including dismount will be considered on each apparatus except vault table.
- Element Values

| A | B | C | D | E |
|------|------|------|------|------|
| 0.20 | 0.40 | 0.60 | 0.80 | 1.00 |

Compositional Requirements (CR):

- A gymnast has to perform **four** Compositional Requirements on each apparatus except on vault table, which are enlisted under each Event.
- The maximum point for Composition requirements are 2.00, each CR carries a value of 0.50, i.e. (4 X 0.50 = 2.00)
- Missing each CR will lead to reduction of 0.50 points from CR scores (2.00).
- A gymnast has to perform 4 CRs + 3 other/ optional elements (Total= 7 Elements)
- The element fulfilling Compositional requirement should be minimum of “A” Value. A higher difficulty will automatically replace lower difficulty requirement. For Example if the composition requirement on floor is backward salto stretched and a gymnast performs backward Salto stretched with 360 degree turn, it will be considered as fulfilling the requirement.
- The elements can be performed /joined in any order.

VAULT TABLE

- Height of the Vault 120 cm
- Compulsory Vault for competition I- Minimum Handspring value as per FIG Rules (Any higher difficulty Vault than Handspring will also be considered)
- E Score evaluation will be done on the basis of MAG Code of points, 2013-2017.
- A gymnast will perform Two different vaults i.e. one compulsory vault and one other/optional vault.
- The average of both the vaults will be considered as final scores for the selection of competition-III. However, for Team Competition and for the selection of competition-II, the marks obtained on first performed vault i.e. compulsory vault will be taken into consideration.
- A BOY must perform two different vaults in competition III. The vaults may be from the same group. The value of the vaults will be as per the MAG Code 2013-2017. With a *modification*
- In competition III (Apparatus Finals), an average of the both the vaults will be taken as Final Scores of the gymnasts.
- **Note:** for a *visible pause*, 1.00 will be deducted from the final scores of the gymnasts by D panel of judges.

PARALLEL BARS

Height - 1.50 mts.

Compulsory Requirements (CRs) on Parallel Bars:

1 Any element from group one of FIG code

| | |
|---|---|
| | |
| 2 | Glide kip to support/ From support position to Swing Moy to support/Upper arm position (not mentioned in FIG). (D- values listed below) |
| 3 | Swing to handstand (2 sec hold) |
| 4 | Any legitimate dismount of any difficulty including listed element |

- **Note: CR- 2** - From support position to Swing Moy to support- C value
- **Note: CR- 2**- From support position to Swing Moy to support Upper arm position-A value
- **Dismounts enlisted: Difficulty Value as A value/unlisted in FIG Code**
 1. From support position to swing backward with push sideward with one arm support to land.
 2. Handstand push sideward with one arm support to land.
 3. From and position Moy swing to salto backward at the end of the bars.

POMMEL HORSE

4 CRs on Pommeleach carrying a value of 0.50 points.

| | |
|---|--|
| 1 | One leg Full Circle on Pommel any end From rear support. (side support) |
| 2 | Both Leg Full Circles one or more (Crossor Side Support/leather or pommel) |
| 3 | Any Scissor Any legitimate dismount of any difficulty including listed |
| 4 | element. |
| | |

Dismount: Difficulty Value as „A“ Part/Un- listed in FIG Code

1. Open legs press handstand to Dismount.
2. One leg/ Both legs full circle to Rear Dismount. (from Leather or Grip)

FLOOR

4 CRs, each having value of 0.50 points.

| | |
|---|---|
| 1 | Any press to handstand/ V sit hold (2-Sec. hold)/ Manna (2-sec) |
| 2 | Split sitting at a time in 3 directions i.e. both sides Cross position and forward position perfectly (180Degree) |
| 3 | Flic flac/any salto forward/side/back |
| | <i>Dismount</i> –Dismount with any salto tuck/pike/straight |
| 4 | (Fwd/Bwd face) Note: It Should not be repeated from the same CR 3, |

E- SCORE- EVALUATION OF EXECUTION -10 .00 POINTS

“E-Score” will be evaluated as per FIG Code of Points (2013-2017 Edition).

Evaluation of short exercise

| No. of elements | E Jury Score |
|------------------------|---------------------|
| 1-2 | 2.00 |
| 3 | 4.00 |
| 4 | 6.00 |
| 5 | 8.00 |
| 6 | 9.00 |
| 7 and above | 10.00 |

Rules and regulations for junior boys group

Junior Boys Group (Under 14 years)

The performance of Junior Boys on each apparatus will be judged on the basis of the FIG code of points (2013-2017 edition) with the modification:

1. Dismount from five Composition Requirements (CR) on all the apparatuses except vault table.

Dismount

- No dismount or A dismount award 0.00
 - B- dismount award 0.30
 - C- or higher dismount award 0.50
2. The Maximum 7 highest DV including the dismount are counted on PB, PH and FX. (6 elements + 1 Dismount).

Rules and regulations for senior boys group

(Under 17 and 19 years)

The performance of Senior BOYS on each apparatus will be judged on the basis of the FIGMAG code of points (2013-2017 edition).

Artistic Gymnastics

Rules And Regulations For Sub Junior Girls Group

Girls Sub Junior Group (Under 11 years)

Team Composition

A team for Girls Sub-junior Group will comprise of a maximum four gymnasts from one school.

Competitions

The following two competitions will be conducted:

1. Competition I-(Team Competition):

- All the gymnasts would participate in Competition-I.
- Competition-I will serve as:
 - Qualification Competition for Competition-III.
 - To decide Team Championships.
 - To decide the all around champions.
- All the four gymnasts will participate in Team Competition
- Out of the four, the best 3 performances on each apparatus will be considered to decide Team Competition

2. Competition III(Individual Apparatus Finals):

- The highest 8 ranked gymnasts on each apparatus will qualify for the Individual Apparatus finals with a maximum of 2 gymnasts from the same School/Unit.
- The 2 next best gymnasts on the merit of apparatus scores will be selected as reserves.
- A School/unit may replace an injured gymnast with another gymnast from the same School/ Unit if replacement athlete obtained a higher qualifying scores than the first named reserve gymnast.

Rules For Optional Exercises

Each exercise on all apparatuses will be evaluated on the basis of Two factors

- C. Difficulty Scores by D panel of judges
- D. Execution Scores by E panel of judges

Evaluation of D Score:

- (iii) Difficulty Value(DV)
- (iv) Compositional Requirements(CR)

CR of each apparatus has been specified at their respective heads.

D Value:

- The value of maximum **seven** best elements including dismount will be considered on each apparatus except vault table.
- Element Values

| A | B | C | D | E |
|------|------|------|------|------|
| 0.20 | 0.40 | 0.60 | 0.80 | 1.00 |

VAULT TABLE

- Height of the Vault 110 cm
- Compulsory Vault for competition I- Minimum Handspring value as per FIG Rules (Any higher difficulty Vault than Handspring will also be considered)
- E Score evaluation will be done on the basis of WAG Code of points, 2013-2017.
- A gymnast will perform Two different vaults i.e. one compulsory vault and one other/optional vault, if willing to be considered for the competition III (apparatus final).
- The average of both the vaults will be considered as final scores for the selection of competition-III. However, for Team Competition and for the selection of competition-II, the marks obtained on first performed vault i.e. compulsory vault will be taken into consideration.
- A girl must perform two different vaults in competition III. The vaults may be from the same group. The value of the vaults will be as per the WAG Code 2013-2017.
- In competition III (Apparatus Finals), an average of the both the vaults will be taken as Final Scores of the gymnasts.
- **Note:** for a **visible pause**, 1.00 will be deducted from the final scores of the gymnasts by D panel of judges.

UNEVEN BARS

Distance - 130 cm between two inside poles

Compulsory requirements (CRs) on Uneven Bars:

| | |
|---|---|
| 1 | A bar change movement from low bar to high or high bar to low bar, minimum „A“ part |
| 2 | Cast to handstand with legs together. |
| 3 | Hip circle backward/360 movement of grip over the bar |
| 4 | <i>Dismount</i> - salto backward tucked/ Salto forward tucked (Minimum). |

BEAM

CRs on Beam each carrying a value of 0.50 points.

| | |
|---|---|
| 1 | 360 degree turn on one leg. |
| 2 | Two jumps in succession one being a leap with 180 degree Separation |
| 3 | Front walkover/Back walkover |
| 4 | <i>Dismount</i> - Minimum A Value (according to the FIG Code of points 2013-2017) |

FLOOR

4 CRs, each having value of 0.50 points

| | |
|---|--|
| 1 | Pivot 720° on one leg/360° with heel of free leg fwd at horizontal throughout turn |
| 2 | Two different leaps with or without step. (Dance connection) |
| 3 | Salto forward (A value) |
| 4 | <i>Dismount</i> -Flic flac, Salto backward(A value) (Minimum) |

E- SCORE- EVALUATION OF EXECUTION -10 .00 POINTS

“E-Score” will be evaluated as per FIG Code of Points (2013-2017 Edition) with the following exceptions for floor.

1. Choreography 2.00
 - (Choreography will include: Music choice, rhythm and flow of movement with music, face expressions, coordination and combination of dance moves)
2. Technical, fall, faults, General and other aspects of execution 8.00

EVALUATION OF SHORT EXERCISE

| No. of elements | E Jury Score |
|-----------------|--------------|
| 1-2 | 2.00 |
| 3 | 4.00 |
| 4 | 6.00 |
| 5 | 8.00 |
| 6 and above | 10.00 |

Rules and Regulations For Junior Girls Group

Junior Girls Group (Under 14 years)

The performance of Junior Girls on each apparatus will be judged on the basis of WAG FIG code of points (2013-2017 edition) with the modification:

3. Dismount from five Composition Requirements (CR) on Uneven Bars, Balance Beam and Floor Exercise.
 - No dismount or A dismount award 0.00
 - B- dismount award 0.30
 - C- or higher dismount award 0.50
4. The Maximum 7 highest DV including the dismount will be considered on UB, BB and FX.

Rules And Regulations For Senior Girls Group

(Under 17 and 19 Years)

The performance of Senior Girls on each apparatus will be judged on the basis of the WAG FIG code of points (2013-2017 edition).

HANDBALL
(BOYS" & GIRLS")

1. The Handball Tournament shall be conducted according to the rules as adopted by the Handball Federation of India (HFI), with modifications wherever applicable.
2. Each team shall consist of maximum 16 players (including 02 Goal Keepers). Not more than seven players, i.e. six court players plus one goal keeper shall be present on the court at a time.
3. Only the substitutes, two team officials and suspended players (if any), are allowed to stay in the substitution area. One official from each participating team must be listed on the scoring sheet as being the only responsible person to speak to the game officials.
4. The tournament at Zone level shall be organized at knock out basis. In case the numbers of teams reporting are 8 or less than 8, the tournament may be organized on league cum knock out basis.
5. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
6. At National level, the tournament shall be organized on league cum knock out basis for which all the teams may be divided into pools.
7. At National level- All the teams reporting shall be divided into two pools. From each pool, the team emerging on top two positions will qualify for semi final stage matches.
8. If a match ends in a draw after having been played for the normal period and winner has to be decided then:-
 - An extra time is played, following a five minutes intermission, if a game is tied at the end of the normal playing time. A fresh coin toss determines ball possession and the right to choose ends.
 - The extra time period will consist of two halves of five minutes each. The team changes ends at half time but there will be no half time break.
 - If the match is again tied after the first extra time period, a second period will be played after a five minutes break. In this extra time period again teams will play two halves of five minutes each.
 - If the tie is not decided even after 2nd extra time, the match will be decided by taking penalty throws to be taken in set of five throws; after first set of throws if the match is still tied, another set of five penalty throws shall be taken.
 - If a match is still not decided then sudden death system should be followed.
9. Participation Certificates will be awarded to all other players who actually participate in the tournament.

HOCKEY
(BOYS" & GIRLS")

1. The matches shall be played according to the rules as adopted by Hockey India, with modifications wherever applicable.
2. At Zone level, the tournament up to the semi-final stage will be on knockout basis. From the semi-final stage the matches shall be played on Round Robin league basis.
3. At Zone level, if number of teams is less, the tournament can be organized on league basis.
4. If any match played on knock out basis ends in a draw, it shall be played to the finish and the procedure shall be as follows:
After the normal playing period of 70 minutes (35-5-35), if the game ends in a draw, an extra time of 15 minutes (7 ½ - 7 ½) of extra time may be given. If tie still persist, the tie-breaker rule shall be applied.
5. Time duration can be reduced by the Organizing School during the meeting of the Coaches/Managers before the tournament begins.
6. The National level Championship will be played on league-cum knockout basis, where all the teams will be divided into pools. The teams to be included within a pool will be decided by draw of lots, but no pool should have winner and runner up of same zone. The draw shall be made in the manager / coaches meeting.
7. At National level- All the teams reporting shall be divided into two pools. From each pool, the team emerging on top two positions will qualify for semi final stage matches.
8. In all the matches played on league basis points shall be awarded as „3“ and „0“ to winner and looser respectively. In case of a drawn match one point to each team shall be provided.
9. In the matches played on league basis and ending in a draw, points may be shared by both the teams.
10. If tie still persists; after the league matches (meaning two or more teams ending up with equal points), to decide the positions, following procedure may adopted:
Goal difference = “Goal for” minus “Goal against”.
11. If the tie still remains between the two schools, the winner will be decided by applying the tie-breaker rule amongst the team in tie.
12. All the results of a school withdrawing in the mid-stream shall be cancelled and no goal shall be awarded to the schools against whom the withdrawing school had to play.
13. At National level, a match (for third position) will also be played between the two losing semi - finalist teams to decide the third & fourth place.
14. In case, a team is asked to play two matches in a day, there should be at least a gap of 2 to 3 hours between two matches.
15. Each school shall submit a list of players not exceeding eighteen who may participate in the tournament.
16. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school Organizing National level competition along with the original entry Performa.
17. Protest if any, must be supported by documentary proof.

JUDO
(BOYS" & GIRLS")

- 1) The competition will be conducted as per the latest rules and regulations of the Judo Federation of India, with modifications wherever applicable.
- 2) At Zone level, only one player from each school can participate in each age group and weight category.
- 3) The participants shall be 10 years and above to participate in the competition.
- 4) Judo dress shall be as per the Technical Rules of Judo Federation of India.
- 5) The competition shall be conducted in the following age and weight categories:

| Under 11 | | Under 14 | | Under 17 | | Under 19 | |
|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|
| Boys | Girls | Boys | Girls | Boys | Girls | Boys | Girls |
| Below 25 Kg | Below 25 Kg | Below 25 Kg | Below 23 Kg | Below 40 Kg | Below 36 Kg | Below 40 Kg | Below 36 Kg |
| Below 30 Kg | Below 30 Kg | Below 30 Kg | Below 27 Kg | Below 45 Kg | Below 40 Kg | Below 45 Kg | Below 40 Kg |
| Below 35 Kg | Below 35 Kg | Below 35 Kg | Below 32 Kg | Below 50 Kg | Below 44 Kg | Below 50 Kg | Below 44 Kg |
| Below 40 Kg | Below 40 Kg | Below 40 Kg | Below 36 Kg | Below 55 Kg | Below 48 Kg | Below 55 Kg | Below 48 Kg |
| Above 40 Kg | Above 40 Kg | Below 45 Kg | Below 40 Kg | Below 60 Kg | Below 52 Kg | Below 60 Kg | Below 52 Kg |
| | | Below 50 Kg | Below 44 Kg | Below 66 Kg | Below 57 Kg | Below 66 Kg | Below 57 Kg |
| | | Above 50 Kg | Below 50 Kg | Below 73 Kg | Below 63 Kg | Below 73 Kg | Below 63 Kg |
| | | | Above 50 Kg | Below 81 Kg | Below 70 Kg | Below 81 Kg | Below 70 Kg |
| | | | | Below 90 Kg | Above 70 Kg | Below 90 Kg | Above 70 Kg |
| | | | | Above 90 Kg | | Above 90 Kg | |

- 6) The Judoka/Judosist shall be allowed to participate only in their respective weight categories (actual body weight) and no jumping in the weight categories will be allowed.
- 7) The fixtures will be drawn after having weight done of Judokas.
- 8) The competition shall be conducted on knock out-cum-single recharge system. The competition of each weight category will be separated into two groups by a draw. From each group (pool) one finalist will be established by knock out system. Each competitor, who has been defeated in his /her elimination, will be put in the recharge round which takes place in the knock out system. The winners of the two recharge groups will be awarded the joint third place (Bronze Medal).
- 9) Merit Certificate will be provided to first, second & third positions winners. (Both the semi-finalist will be provided the certificate of Merit and Bronze Medal for the third place).
- 10) All other participant"s will be provided with the participation certificates.
- 11) No protest will be entertained against the judgment of officials.
- 12) The Jury of Appeal shall include:
 1. Principal Organizing School
 2. Organizing Secretary
 3. CBSE Observer
 4. Mat Chairman-Boys
 5. Mat Chairman-Girls
- 13) The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

NOTE: (1) Age & category wise entry, separately for Boys" & Girls" shall be online only. No offline entry is accepted.

(2) The Mat Chairman will be appointed by the CBSE Observer at the venue, who shall be JFI-NDIO or a NSNIS Diploma holder in Judo.

(3) From each Zone, in each weight category, separately in Boys & Girls, in different age groups, first & second position winners will qualify to participate in Nationals.

(4) All teams must report at least a day before the commencement of the championship.

Kabaddi **(Boys & Girls)**

The competition shall be governed and played as per the prevailing rules:

Under 19: Girls [below 65 Kg weight] & Boys [below 70 Kg weight] at leveled & soft-surface.

Under 17: Girls [below 55 Kg weight] & Boys [below 57 Kg weight] at leveled & soft-surface.

Under 14: Girls [below 48 Kg weight] & Boys [below 51 Kg weight] at leveled & soft-surface.

RULES OF PLAY

- 1)** The team that wins the toss shall have the choice of the court or the raid and the team that loses the toss shall have the remaining choice. In the second half, the court shall be changed and the team, which did not, opt for raid shall send their raider first. The game in the second half shall continue with the same number of players, as it was at the end of the first half.
- 2)** A player shall be out if any part of his body touches the ground outside the boundary but during the struggle a player shall not be out if any part of his body touches the ground outside the boundary by keeping contact of the playfield. The portion of contact must be inside the boundary.
- 03)**
 - a)** If any player goes out of the boundary during the course of play, he shall be out. The Umpire or Referee shall try to take out such players at once. The Umpire or Referee shall declare such players out by calling out the numbers. No whistle shall be blown as the raid may continue.
 - b)** If an anti or antis who have gone out of bounds (as per rule 03 a), hold a raider, the raider shall be declared NOT OUT. The anti or antis who have gone out of bounds only will be declared out.
- 04)** When the struggle begins, the play field includes the lobbies. During the struggle and after the struggle in the same raid, the players involved in the struggle can use the lobbies to enter their respective courts. This rule will only be applicable in the anti's court.
- 5)** A raider shall continue to chant "KABADDI" as the approved cant. If he is not keeping the proper approved cant in the opponent's court, he shall be ordered back and the opponent will be given one technical point and chance to raid. Under such circumstances, he shall not be pursued.
- 6)** A raider must start his cant before he touches the opponent's court. If he starts the cant late, he shall be ordered back by the Umpire or Referee and the opponent will be given one technical point & a chance to raid.
- 7)** If a raider goes out of turn, the Umpire or Referee shall order him to go back and a technical point will be given to opponent team.

8) Not more than one raider shall enter the opponent's court at a time, if more than one raider enters the opponent's court at a time, the Umpire or Referee shall order all to go back to their court and a technical point will be awarded to the opponent and chance to raid.

9) After a raider has reached his court or is put out in the opponent's court, the opponents shall send their raider within 5 Seconds. Thus alternately each side shall send their raider until the end of the game. In case the raider fails to start his raid within 5 seconds the team loses its chance to raid and the opponent team gets a technical point.

10) If a raider, who is caught by the anti or antis, escapes from their attempt to hold and reaches his court safely he shall not be pursued. Note: But if a raider touches the anti or antis and reaches back to his court safely he may be pursued.

11) If a raider, while in the opponent's court loses his cant, he shall be out.

12) When a raider is held, the anti shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of any unfair means. If such incident happens, the Umpire or Referee shall declare the raider NOT OUT. (For punishment see no. 3 & 4 of the rules under heading "Officials").

13) No anti shall willfully push the raider out of the boundary by any part of his (Anti's) body, nor shall any raider willfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled out-side the boundary, the Umpire or Referee shall declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary shall be declared out.

14) During the course of raid none of the anti shall touch the raider's court until completion of the raid. In case any anti or antis touches the raider's court before completion of the raid they will be declared out and the opponent team will be given that many points.

15) If an anti or antis who are out, having violated Rule No.14, holds a raider or have violated the said rule while holding or helping to hold the raider, the raider shall be declared NOT OUT and the anti or antis who touches the raider's court shall be declared OUT.

16) When a team manages to put out the entire opponent team and none of the opponents are entitled to be revived, then that team scores a LONA and two extra points for LONA shall be awarded in addition to the points scored by the team putting out all the players of the opponent. The play continues and all the players who are out shall enter in their court within Ten Seconds. Other wise the referee or umpire shall award one technical point to the opponent. If the team fails to enter within one minute, the team shall be scratched from the match and the match shall be awarded to the opponent.

17) If a raider is warned or in any way instructed by one of his own side, the Umpire or Referee shall award one technical point to the opponent.

18) A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk. The one who violates the rule shall be declared OUT. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee shall declare such raider NOT OUT.

Note:

If a raider is caught by his clothes or hair the raider shall be declared NOT OUT and the anti or antis who have violated the Rule No.18 shall be declared OUT .

19) When one or two players of a team are left during the game and the Captain of the team declares them out in order to bring in the full team, the opponent shall score as many points as the players that existed in the court at the time of declaration as well as Two Extra Points for LONA.

20) A Player or players who are out shall be revived in the same order as they were out when one or more opponents are out.

RULES OF MATCHES

01) Team

Each team shall consist of maximum 12 Players. 7 Players shall take the ground at a time and the remaining players are substitutes.

02) Duration of the match

The duration of the time of the match shall be two halves of 20 minutes in case of Men & Junior Boys with 5 Minutes interval. In the case of Women, Junior Girls, Sub -Junior Boys& Girls two halves of 15 Minutes with 5 minutes interval. The teams will change court after interval. The number of players for each team at the start of second half shall remain the same as it was at the end of first half.

NOTE: The last raid of each half of the match shall be allowed to be completed even after completion of the scheduled time as mentioned above.

03) 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.

4) Time Out

a) 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.

b) 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.

c) 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.

5) Substitution

- a) Five Reserve Players can be substituted with the permission of Referee during time out or interval.
- b) Substituted Players can be re-substituted.
- c) 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
- d) No substitution is allowed during the official time out.
- e) Substitution is not allowed for out players.

6) Bonus Point

- a) 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.
- b) 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.
- c) 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.
- d) 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.
- e) 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.
- f) There shall be no revival for bonus point.
- g) 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.

7) Result The team, which scores the highest number of points at the end of the match, shall be declared the winner.

8) Tie in Knock Out If there is a tie in the Knock out matches the match will be decided on the following basis:

1. Both the teams should field 7 Players in the Court.
2. Both teams should play the game on the baulk line.
3. The baulk line shall be treated, as Baulk Line Cum Bonus Line and all the Bonus point rules shall be followed.
4. If the raider succeeds in crossing the baulk line cum bonus line he will get one point.

5. 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.
 6. The out or revival rule shall not be applicable, only points scored will be counted.
 7. 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.
 8. Each team shall be given 5 Raids by different raiders to raid alternately.
 9. 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.
 10. The side, which raids first at the beginning of the match, shall be allowed to raid first
 11. 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.

❖ **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 W inner.

9) League System

In the League System the team that wins the match will score two league points and the looser will score zero point. In case of Tie both the sides will score one league point each.

Tie in league points:

If there is a tie in the league points scored in the league system, the winner and runner of the pool will be decided on the basis of "For and Against Points" scored by using the following formula:

- a) The team which scores less than 25% of the league points will not be considered for the "For and Against Points" formula.
- b) To decide the tie, the "For and Against points" of the concerned teams against the teams which scored 25% or more of the league points will be considered and the difference calculated.
- c) The team which is scoring highest score difference of "For and Against" will be declared pool winner.
- d) Even after considering "For and against" points, if there is a tie, the total points "SCORED FOR" only will be counted.
- e) Even after this if there is a tie, the result of the match played between the teams is to be considered.
- f) Even after this if there is a tie, the highest number of points scored without applying 25% rule shall be considered.

- g)** Even after this if there is a tie, the W inner and Runner will be decided on toss.

Note: Walkover is given to the opponent team by the referee due to late reporting, non-reporting or due to any other technical issues of the defaulting team. Such team will be scratched from the competition and the score of such teams shall not be considered to decide the tie. The same rule shall be applicable to teams which concede the match also.

- 10)** If owing to failure of light, heavy rains or any other unforeseen circumstances, a match could not be completed in the same session; such a match shall be replayed in the next session. In case of replay, the players need not be the same for fielding a team.
- 11)** 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.
- 12)** Nails of the players must be closely clipped and no ornaments of any sort shall be allowed.
- 13)** All players must have distinct numbers on their T-shirt of at least 4 Inches thickness in front and 6 inches thickness at the back. The team should follow the dress code compulsorily.
- 14)** Application of oils or any other soft substances to the body shall not be allowed.
- 15)** Shoes are compulsory in case the match is played on the mat surface.

KHO KHO

(BOYS" & GIRLS")

1. The rules as adopted by the Kho Kho Federation of India apply, with modifications wherever applicable.
2. All the matches at Cluster level will be played on Knockout basis. In case the numbers of teams reporting are 8 or less than 8, the tournament may be conducted on league cum knock out basis.
3. All the matches at National level shall be played on league cum knock out basis.
4. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
5. In matches played on league basis, "points for minus the total points against" shall decide the tie. Should the tie still persist; it shall be decided by "spin of coin".
6. A team shall consist of a maximum number of twelve players.
7. The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

ROPE SKIPPING (Boys & Girls)

1. The competition will be conducted according to the rules of Rope Skipping Federation of India, with modifications wherever applicable.
2. The championship will be held directly at National level.
3. The championship will be held in under 14 & 19 years age category.
4. Separate championship will be held for Boys & Girls category.
5. A team shall consist of maximum four players in each category.
6. In each age group, entries from total 25 Boys Teams/Schools and 25 Girls Teams/Schools will be accepted on first cum first basis.
7. The competition will be held for “Team Championship”.
8. A separate Individual Championship too will also be held. Each team reaching to participate shall nominate one player who shall participate in Individual Championship.
9. All members of the team shall wear same colour uniform, preferable cycling shorts, T-shirt & shoes.
10. **Injury:** In case of an injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored based on what was shown.
11. **Broken Rope or Handle:** If a rope or a handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. **List of events**

| Individual Championship (Boys & Girls) | Team Championship (07 Championships) |
|---|---|
| <ol style="list-style-type: none"> 1. Speed – Hop 2. Speed – Sprint 3. Speed – Endurance 4. Freestyle <p>(Each team shall nominate one player for the following championships. For each championship, Team shall nominate a different player)</p> | <ol style="list-style-type: none"> 1. SR Speed and Double Under Relay 2. Double Dutch Speed Relay 3. Single Rope Pair Freestyle 4. Single Rope Team Freestyle 5. Double Dutch Single Freestyle 6. Double Dutch Pair Freestyle 7. Double Dutch Pair Speed |

SKATING

(GIRLS" & BOYS")

1. The championship will be held according to the RSFI (9RR) rules & regulations, with modifications wherever applicable.
2. From each school only one participant can participate in each event.
3. A skater can take part in maximum two events in her/his age group.
4. A skater can take part either in Quads or in In-line events.
5. From each Zone, in each event, separately in Girls" & Boys" in different age categories, the first and second position winner will qualify to participate in the CBSE Nationals.

Events of Speed Skating (Quads) - Girls' & Boys'

| | Under 09 | Under 11 | Under 14 | Under 17 | Under 19 |
|--------------------|--------------|--------------|--------------|--------------|--------------|
| Rink Race 1 | 500 M Speed | 500 M Speed | 500 M Speed | 500 M Speed | 500 M Speed |
| Rink Race 2 | 1000 M Speed | 1000 M Speed | 1000 M Speed | 1000 M Speed | 1000 M Speed |
| Road 1 | One Lap | One Lap | One Lap | One Lap | One Lap |

In case of quad, at Zonal level, the school will send 2 players, the top skater will get 2 races of his/her choice and the other skater will get the remaining race.

Note: The winners of CBSE Nationals will participate in SGFI Nationals as per following criteria:

Gold Medals = 5 points, Silver Medal = 3 points and Bronze Medal = 1 point

The points will be added and the top 3 performers will be sent to SFGI Nationals. In case of tie-up of points, there shall be a tie-breaking race (*one lap, two lap and three lap rink races*) at the National level.

In SGFI National, top player will get 2 races of his/ her choice, and the second skater will get the 2 races of his/ her choice (*one race compulsorily out of 2 races which the top performer has selected*), and the third skater will get the remaining 2 races.

Events of In-Line Skating - Girls' & Boys'

| | Under 09 | Under 11 | Under 14 | Under 17 | Under 19 |
|--------------------|--------------|--------------|--------------|--------------|--------------|
| Time Trial | 300 M Speed | 300 M Speed | 300 M Speed | 300 M Speed | 300 M Speed |
| Rink Race 3 | 500 M Speed | 500 M Speed | 500 M Speed | 500 M Speed | 500 M Speed |
| Rink Race 4 | 1000 M Speed | 1000 M Speed | 1000 M Speed | 1000 M Speed | 1000 M Speed |
| Road 2 | One Lap | One Lap | One Lap | One Lap | One Lap |

In case of In-Line, at Zonal level, the school will send 2 players, the top skater will get 2 races of his/her choice and the other skater will get the remaining 2 races.

Note: The winners of CBSE Nationals will participate in SGFI Nationals as per following criteria:

Gold Medals = 5 points, Silver Medal = 3 points and Bronze Medal = 1 point

The points will be added and the top 3 performers will be sent to SFGI Nationals. In case of tie-up of points, there shall be a tie-breaking race (*one lap, two lap and three lap rink races*) at the National level.

In SGFI National, top player will get 3 races of his/ her choice, and the second will get the remaining 3 races (*Two races compulsorily out of 3 races which the top performer has selected*) of his/her choice, and the third skater will get the remaining 2 races.

6. The skater taking part in Quads should wear the skates that should not have heels attached to the shoe & should not be high ankle.
7. The skating costume should be skin tight.
8. Helmet is compulsory.
9. The wheels for speed skating is only to be used which are broader in size.
10. The decision of the technical committee/referee shall be final.
11. Any photograph/video clipping other than from official camera shall not be considered for any reference.
12. No protest will be entertained from parents.
13. Protest, if any, has to be submitted in writing by the team Coach/Manager with the Chief Referee, within 15 min of the announcement of result. The decision of the Jury of Appeal shall be final.

SHOOTING

Age Categories: Under 14, 17 & 19 Years.

Shooters can take part in any one of the categories.

Individual & Team Medals will be treated as under:

- 03 Medals - Where there are minimum 04 entries.
- 02 Medals - Where there are minimum 03 entries.
- 01 Medal - Where there are minimum 02 entries.
- No Medal - In case there is a single entry.

Every school can send maximum 01 team in each age category separately in girls & boys group.

A school team shall consist of maximum 05 students in each age category. However, only 03 players shall play Team Championship. But all 05 can participate in Individual Championship.

From every zone, top 02 teams & top 05 individuals in every age-group and event shall qualify to participate in nationals.

| Events for Under 14, 17 & 19 |
|---|
| <ul style="list-style-type: none">> Air Rifle Men (Peep Sight)> Air Pistol Men> Air Rifle Women (Peep Sight)> Air Pistol Women |

Participants must carry their own respective Air-Rifles, Air-Pistols & Pellets for the matches, as these will not be provided at the venue.

SWIMMING

(BOYS'' & GIRLS'')

1. The CBSE Swimming Competition shall be conducted under the rules of the Swimming Federation of India (SFI), with modifications wherever applicable.
2. Every school will be entitled to enter only one swimmer in each of the following events:

Events for Boys' & Girls'

| Under 11 yrs | Under 14 yrs | Under 17 yrs | Under 19 yrs |
|--------------------------|--------------------------|--|---|
| 50 m Free Style | 50 m Free Style | 50 m Free Style | 50 M Free Style |
| 100 m Free Style | 100 m Free Style | 100 m Free Style | 100 M Free Style |
| 50 m Back Stroke | 200 m Free Style* | 200 m Free Style* | 200 M Free Style* |
| 50 m Breast Stroke | 50 m Back Stroke | 400 M Free Style* 800 M Free Style* | 400 M Free Style* |
| 50 m Butterfly Stroke | 100 m Back Stroke | 50 M Back Stroke | 800 M Fee Style* for Girls'' & 1500 M Free Style* for Boys'' |
| 200 M Individual Medlay* | 50 m Breast Stroke | 100 M Back Stroke | 50 M Back Stroke |
| 4x50 m Free Style Relay | 100 m Breast Stroke | 200 M Back Stroke* | 100 M Back Stroke |
| 4x50 m Medlay Relay | 50 m Butterfly | 50 M Breast Stroke | 200 M Back Stroke* |
| | 100 m Butterfly | 100 M Breast Stroke | 50 M Breast Stroke |
| | 200 m Individual Medlay* | 200 M Breast Stroke* | 100 M Breast Stroke |
| | 4x100 m Free Style Relay | 50 M Butterfly Stoke | 200 M Breast Stroke* |
| | 4x100 m Medlay Relay | 100 M Butterfly Stroke | 50 M Butterfly Stroke |
| | | 200 M Butterfly Stoke* | 100 M Butterfly Stroke |
| | 200 M Butterfly | 200 M Individual Medlay* | 200 M Butterfly Stroke* |
| | | 400 M Individual Medlay | |
| | 200 M Breast Stroke | 4x100 M Free Style Relay | 200 M Individual Medlay* |
| | 200 M Back Stroke | 4x100 M Medlay Relay | 400 M Individual Medlay* |
| 4x100 M Free Style Relay | | | |
| | | 4x100 M Medlay Relay | |

IMPORTANT:

Events marked (*) will be conducted on time trial basis. It would mean that every swimmer in these events will get only one chance, and the final positions in these events will be determined on the basis of time recorded in different heats.

3. In under 11 years age group, a swimmer can participate in maximum three Individual events and in relays.
In under 14 years age group, a swimmer can participate in maximum four Individual events and in relays.
In under 17 & 19 years age group, a swimmer can participate in maximum five Individual events and in relays.

* The Individual Championship (Best Swimmer) in any age group will be awarded only to **one** swimmer on the basis of medals won, and in case of tie, performance will be taken into consideration.

4. From each Zone, the first and second position winners will qualify to participate in the Nationals.

Swimming Continued:

5. At Zone level, in case there are less than four swimmers present for a particular event, it may be conducted and swimmers may be awarded the medals and the merit certificate. But they may not be awarded the points so as to be included for the Individual or Team Championship. However, the names of first and second position winning swimmers may be forwarded for participation in Nationals.
6. At National level, in case there are less than four swimmers present for a particular event, it may be conducted and swimmers may be awarded the medals and the merit certificate. But they may not be awarded the points so as to be included for the Individual or Team Championship.
7. No swimmer shall be permitted to participate without proper swimming costume.
8. The decision of the Referee on all technical aspects will be final.
9. In case of any protest, the decision of Jury of Appeal/Protest Committee shall be final.
10. The championship will be decided separately in boys & girls section.
11. The points shall be awarded on the team basis according to the point systems as per the following criteria as adopted by SFI.

| POSITION | INDIVIDUAL EVENTS | RELAYS |
|-----------------------|-------------------|-----------|
| 1 st Place | 07 Points | 14 Points |
| 2 nd Place | 05 Points | 10 Points |
| 3 rd Place | 04 Points | 08 Points |
| 4 th Place | 03 Points | 06 Points |
| 5 th Place | 02 Points | 04 Points |
| 6 th Place | 01 Points | 02 Points |

12. A separate prize may be given to the Individual Champion in Boys and Girls section, in all the age categories. For deciding the Individual Champion, the performance in the individual events and individual medley may be taken into consideration. In case of tie in points; two swimmers can be declared as joint Individual Champions.
13. A prize may be given to the school scoring total maximum points and may be declared as over-all Champion.
14. All the first three position winning swimmers shall be awarded with the Merit Certificate and the medal. However, only first and second position holders will participate in National event.
15. All the remaining participants shall be provided with a Participation Certificate.
16. In the case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who swims the finals, shall be awarded the Medals and Certificates.
17. New Meet Record(s) wherever created should be clearly indicated as 'NMR'.
18. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

TABLE TENNIS

(BOYS" & GIRLS)

1. All the matches will be played according to the rules of the Table Tennis Federation of India (TTFI) as adopted by them from time to time, with modifications wherever applicable.
2. Every school can send one team comprising of maximum four players, in Under 14, Under 17 & Under 19 yrs separately in Boys" & Girls" category.
3. In Boys" Category, the team shall consist of maximum four & minimum two players.
4. In Girls" Category, the team shall consist of maximum four & minimum two players.
5. The order of play shall be as follows:

| Boys & Girls' Category | | | |
|------------------------|---------|-----|---|
| (i) | A | v/s | X |
| (ii) | B | v/s | Y |
| (iii) | Doubles | | |
| (iv) | A | v/s | Y |
| (v) | B | v/s | X |

6. The matches up to quarter final stage will be played as best of three games. Semi final & final matches will be played as best of five games.
7. The balls to be used in the tournament shall be ITTF approved.
8. From each Cluster, the First position winning teams and First Runner Ups in each age group, separately in Boys" & Girls category, shall qualify to participate in the Nationals.
9. No change in composition of team from Cluster level to National level will be allowed.
10. The school Organizing Cluster level competition shall take a Group Photo of the teams/Individual Players that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
11. At Cluster level the tournament will be organized on knock out basis.
12. At National level team championship shall be organized on league cum knock out basis.

INDIVIDUAL CHAMPIONSHIP - AT CLUSTER & NATIONAL LEVELS

- (b) In addition to the team championship, separate Individual Championship will be conducted at each Cluster level.
- (c) At Cluster & National levels, the Individual Championship shall be organized on knock out basis.
- (d) In Cluster level Individual Championship, only the schools that are participating as a 'team', shall be eligible to sponsor one player to play in Individual Championship in each category separately for boys & girls.
- (e) The scoring system will be the same.
- (f) From each Cluster, the first and second position winners shall qualify to participate in the Nationals.

IMPORTANT

1. Players can take time out for one minute, once in whole match.
2. Expedite system shall come into operation if a game is unfinished after 10 minutes play. If the expedite system is introduced, all subsequent games of the match shall be played under the expedite system.
3. Play shall be continuous throughout a match except that a player is entitled to:
 - (a) An interval of up to one minute between successive games of a match.
 - (b) Brief intervals for toweling after 6 points from the start of each game and at the change of ends in the last possible game of a match.
4. In each age group, as per TTFI ranking list, the top ten ranking players shall be eligible to play directly at National level in "Individual Championship" team of his/ her school. However, if any player, ranking in top ten, has played at respective Cluster level Individual Championship, and has lost, shall no more be eligible to participate in Individual championship at National level.

MIXED DOUBLES CHAMPIONSHIPS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, a separate Mixed Doubles Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player from its team (other than the one who has already been nominated to play Individual Championship) to play in Mixed Doubles Championship in each Age Category.
3. In all the Age Categories; the nominated Girls & Boys would be paired by lot.

TAEKWONDO

(Girls" & Boys)

1. The competition will be held as per the Rules & Regulations of the Taekwondo Federation of India, with modifications wherever applicable.
2. The competition will be held at Zone and National level.
3. At Zone level, one player from each school can participate in each weight category, separately in Girls" & Boys" group.
4. Schools organizing the championship must arrange and provide the Chest guard & Head gear to the participants.
5. Participants must wear own WTF approved Groin guard; Forearm guard & Shin guard.
6. The competition shall be conducted in the following age & weight categories:

| Under 14 | | Under 17 | | Under 19 | |
|-------------|-------------|-------------|-------------|-------------|-------------|
| Boys | Girls | Boys | Girls | Boys | Girls |
| Below 18 Kg | Below 16 Kg | Below 35 Kg | Below 32 Kg | 41-45 Kg | Below 40 Kg |
| 18-21 Kg | 16-18 Kg | 35-38 Kg | 32-35 Kg | 45-48 Kg | 40-42 Kg |
| 21-23 Kg | 18-20 Kg | 38-41 Kg | 35-38 Kg | 48-51 Kg | 42-44 Kg |
| 23-25 Kg | 20-22 Kg | 41-45 Kg | 38-42 Kg | 51-55 Kg | 44-46 Kg |
| 25-27 Kg | 22-24 Kg | 45-48 Kg | 42-44 Kg | 55-59 Kg | 46-49 Kg |
| 27-29 Kg | 24-26 Kg | 48-51 Kg | 44-46 Kg | 59-63 Kg | 49-52 Kg |
| 29-32 Kg | 26-29 Kg | 51-55 Kg | 46-49 Kg | 63-68 Kg | 52-55 Kg |
| 32-35 Kg | 29-32 Kg | 55-59 Kg | 49-52 Kg | 68-73 Kg | 55-59 Kg |
| 35-38 Kg | 32-35 Kg | 59-63 Kg | 52-55 Kg | 73-78 Kg | 59-63 Kg |
| 38-41 Kg | 35-38 Kg | 63-68 Kg | 55-59 Kg | Above 78 Kg | 63-68 Kg |
| Above 41 Kg | Above 38 Kg | 68-73 Kg | 59-63 Kg | | Above 68 Kg |
| | | 73-78 Kg | 63-68 Kg | | |
| | | Above 78 Kg | Above 68 Kg | | |

7. No player shall be below 10 years so as to participate in the championship.
8. The player shall be allowed to participate only in their respective weight category and no jumping in the weight category shall be permitted (actual body weight).
9. Weigh-in shall be conducted one day prior to the day of competition.
10. There shall be at least four competitors in a particular weight category so as to conduct the competition.
11. The time duration for competition shall be as per the WTF rule.
12. Each competition arena should have four corner judges, one center referee, one recorder & one time keeper.
13. The competition shall be conducted on Single Elimination Tournament System.
14. Team winners will be decided by the following pattern:
 - i. Each eligible contestant will score 01 point.
 - ii. Contestant will get 01 point for every winning match (Including a bye)
 - iii. Gold Medal will be awarded 07 points.
 - iv. Silver Medal will be awarded 03 points.
 - v. Bronze Medal will be awarded 01 point.
15. Merit Certificate will be provided to first, second & third positions winners. (Both the semi-finalist will be provided the certificate of Merit and Bronze Medal for the third place).
16. All other participant's will be provided with the participation certificates.
17. The Arbitration Board Members/ Protest Committee shall include: Principal Organizing School; Organizing Secretary; CBSE Observer & In-charge Technical Officials/ Chief Referee.

TENNIS

(BOYS" & GIRLS")

1. CBSE Tennis Tournament will be played according to the rules and regulations of AITA, with modifications wherever applicable.
2. Each school can send one team, comprising of maximum four players, in both the age groups i.e. under 17 & 19 yrs, separately in Boys" & Girls" category.
3. The tournament at Zone level shall be played at Knock-out basis. In case the number of teams at Zone level is less, the tournament may be organized on league cum knock out basis.
4. All the matches shall be played as best of 13 (thirteen) games with six all as tie breaker. Semi-final will be played on "short set" basis and finals will be played on the best of three sets with tie-breaker rule, if necessary
5. The tournament shall consist of two single and one doubles event in both the sections i.e. boys and girls. Two singles matches shall be held first and in tie case (one all) double will follow.
6. All the other participants shall be awarded with the Participation Certificates who actually come to play.
7. The decision of the referee shall be final.
8. Players must report 15 minutes in advance in proper kit for the match.
9. Players must be prepared to play more than one match in a day.
10. The code of conduct for the player shall be strictly observed on and off the field.
11. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

NATIONALS

1. All matches will be played on league-cum-knock out basis.
2. From each Zone, the first and second position winners shall qualify to play in the CBSE Nationals. All the teams will be divided into pools. The teams may be divided in such a way that no two teams from any Zone are put in same pool.
3. All league matches shall be played best of 13 games. SF & Final shall be played on best of three tie-break sets basis.
4. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.

INDIVIDUAL CHAMPIONSHIP (BOYS' & GIRLS') ONLY AT NATIONAL LEVEL

- (i) Individual Championship shall also be played at National level on knock out basis.
- (ii) Each team reaching in Nationals can sponsor one player to play Individual Championship in each age group, separately in Boys" & Girls" category.
- (iii) The scoring system shall remain the same.
- (iv) At National level, the third day of the Championship shall be dedicated exclusively to the Individual Championship.
- (v) All the matches shall be played as best of 13 (thirteen) games with six all as tie breaker. Semi-final will be played on "short set" basis and finals will be played on the best of three sets with tie-breaker rule, if necessary.
- (vi) In each age group, as per AITA ranking list, the top ten ranking players shall be eligible to play directly at National level in "Individual Championship". However, if any player, ranking in top ten, has played at respective Cluster level Individual Championship, and has lost, shall no more be eligible to participate in Individual championship at National level.

MIXED DOUBLES CHAMPIONSHIPS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, a separate Mixed Doubles Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player from its team (other than the one who has already been nominated to play Individual Championship) to play in Mixed Doubles Championship in each Age Category.
3. In all the Age Categories; the nominated Girls & Boys would be paired by lot.

VOLLEYBALL
(BOYS" & GIRLS")

1. The rules as adopted by the Volleyball Federation of India shall be followed, with modifications wherever applicable.
2. At Cluster level, all the matches shall be played on knock out basis.
3. The matches at Cluster level shall be played as best of three sets, each set of 25 points. A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two point lead is achieved (26-24; 27-25;)
4. The semi final and final, will be played as best of five sets. In case of a two – two sets tie, the deciding set (fifth set) will be played to 15 points until a two point lead is achieved (16-14; 17-15;)
5. Maximum two „time outs“ per set, of 30 seconds each will be allowed on the request of concerned coach/captain.
6. The colour and design of the playing kit of the members of team must be the same, except for „libero“ (defensive player) who must wear a uniform contrast in colour with that of the other members of the team.
7. At National level, matches shall be played on league cum knock out basis.
8. All the matches at National level will be played on the basis of best of five sets.
9. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches. The match to decide the third and fourth positions shall also be played.
10. In the matches played on league basis, in case of tie, the match will be decided as follows:
At first the following calculations will be taken -
Match won = 02 points. Match lost = 01 point. Match forfeited = 00 point.

Result will be tabled as under:

| A | B | C | D | E | F | G | H |
|------------------|-------------|--------------|--------------|----------|-----------|--------------------------|---------|
| Name of the team | Matches Won | Matches lost | Total Points | Sets won | Sets lost | <u>Total score point</u> | |
| | | | | | | Favour | Against |

In case of a tie of total points at (D) between two or more teams, the following equation determines the ranking:

$$\frac{\text{Sets won (E)}}{\text{Sets lost (F)}}$$

The team of higher rate of sets will be ranked higher. If the tie still persists, the following equation will be applied:

$$\frac{\text{Total score points in favour (G)}}{\text{Total score points against (H)}}$$

Team of higher rate of scored points will be ranked higher.

If the tie remains undecided, precedence will be given to the team winning the match in which the concerned teams have played against each other.

12. Ordinarily, no team shall be called upon to play two matches a day. In exceptional circumstances, however if a team is asked to play two matches a day, there should be at least a gap of four hours between the two matches.
13. A team shall consist of a maximum of 12 players.

The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing Nationals along with the original entry Performa.

YOGASANA (Boys & Girls)

The event will be conducted for Boys and Girls Category in Under-14, Under-17 and Under-19 age category at Zonal and National level.

- a) Group Competition (Maximum 5 players and minimum 4 players can participate, however, if team has less than 5 players then they will not qualify for group championship)
- b) Individual Rhythmic Yoga Competition
- c) Individual Artistic Yoga Competition.
An individual team member can participate in the group competition 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 other asanas of the competitor's choice are to be performed excluding compulsory asanas.

A total of 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 a maximum of three attempts for optional asanas in Group C and their 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 | 3 Mark |
| b) | Forward bend | 3 Mark |
| c) | Backward bend | 3 Mark |
| d) | Dress | 1 Mark |

(ii) Individual Artistic Yoga Competition:

- A. A separate competition will be held for boys and girls in each category under 14, 17 and 19 Yrs.
B. One competitor for each region will be allowed in each group and category.

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

1. Vrischikasana
2. Standing Linkarasana
3. Natarajasana
4. Sthambh Sirasan (Dhruvasana)
5. Dhwajasana
6. Utthit Dwipad Skandhasana
7. Kand Pidasana
8. Standing Eka Pada Skandasana

C. Holding time of each asana is 15 seconds for all groups and categories.

D. Points will be awarded out of 10 Marks.

E. Participants have to chant Omkar - must clear pronounce A-U-M (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 |

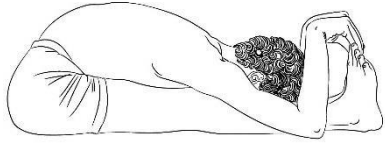
(iii) Rhythmic Yoga Competition

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 than 150 seconds or less than 120 seconds, one point will be deducted.

GROUP (TRADITIONAL) YOGASANA KEY POINTS

Group A PASCHIMOTTONASANA

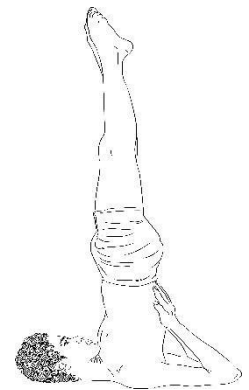


Index finger, other fingers folded inside.

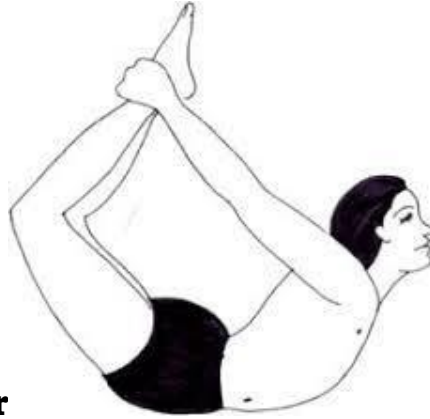
- Back maximum stretched with abdomen, chest, shoulders & forehead touching legs.
- No gap between the floor and leg.
- Toes pointing up together, aligned to other fingers, to be gripped with thumb and
- Grip on toe and Thumb should be on big toe.
- Elbows on the ground, touching legs.

SARBANGASANA

- Spine, legs and hips up to shoulders in straight line.
- Chin to be locked.
- Toes pointing upward.
- Palms placed on back.
- Shoulder distance between both elbows.



PURNA DHANURASANA



Either



Or

- Avoid holding inner side of the feet.
- Competitor must hold outer side or upper side of the feet.
- Try to less bend both elbow and knee.
- Less portion of the abdomen touches with the floor.
- Both arms should be touch with the ears. But keep feet shoulder distance.



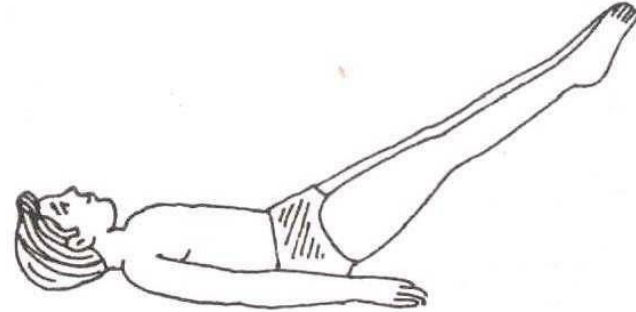
MATSYASANA

- Forehead and both knees should be on the floor.
- Both elbows touch the floor.
- Hands holding both toes but don't take any support

- by the holding of the toes.
- Heels touching the abdomen.
- Good posture depends upon less distance. between head and hip.

UTTHAN PADASANA

- Knee should be straight and both legs maintain 45° angle with the floor.
- Both shoulders should touch the floor.
- Both hands are placed on both sides of the body and don't take any support of the hand.
- Good posture depends upon without trembling leg.



PURNA MATSYENDRASANA

- Athletes should be in complete twist.
- One foot on another hip joint.
- Any foot over another thigh, sole touching the floor.
- Knee under the armpit.
- Hand should catch the toes.
- Foot behind folded knee.
- Gluteus muscles and folded knee in contact with

the floor.

- Another hand catches the shinbone on the leg.
- Chin over the shoulder.



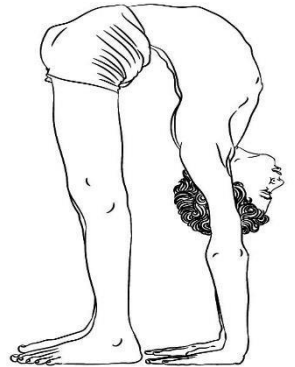
Group B GARVASANA

- Athlete should balance on glutei muscles.
- Keep Padmasana perpendicular to the ground.
- Keep wrist in contact with each other.
- Keep backbone straight.

- Toe planter flexion.

PURNA CHAKRASANA

- Hands and feet at shoulder's width, fingers pointing towards heel.
- Arms & legs to be perpendicular to the ground & parallel to each other.
- Maximum arch at thighs, hips & back.
- Head placed in between arms.
- Each arm touches the ear.
- Fingers closed.



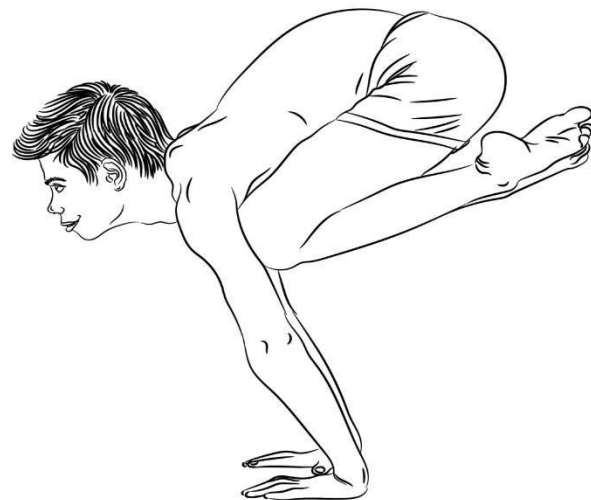
KUKKUTASANA

- Hands must be entered from the front side of feet.
- Padmasana must not be lifted above the elbows.
- Hands are parallel to each other and perpendicular to the ground.
- Flat palm with finger closed.
- Fully exposed thorax or chest.
- Knees, Glutes & elbows must be in a straight line with straight Spine.
- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.



BAKASANA

- Hands must be straight.
- Knees should be placed under the armpit.
- Toes and feet should be joined together.
- Face facing forward.
- Spine must be straight (No Curve on Back).



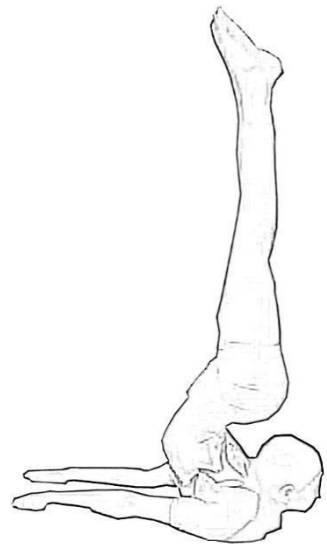
BHUMASANA



- Abdomen, Chest, shoulders and chin touching the ground.
- Back maximum straight
- Knees on the ground with toes pointing upward, Finger in contact with big toe
- Arms in straight line
- Both big toe, wrist, elbows, shoulders should be in on straight line.
- Split in 180°

PURNA SHALAVASANA

- Both hands placed parallel to each other on the floor.
- Shoulder, throat and chin should be touch with the floor.
- Both legs don't cross the head level.
- Chest to leg should be maintained 90° with the floor.
- Glutei muscles should not touch the head.
- With knee extension Hip to toe should be in straight line.



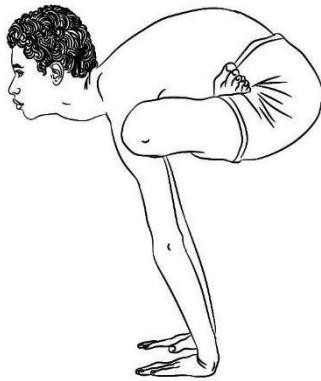
Group C SANKHASANA



- Whole body balanced on toe.
- Hands in Namaskar mudra in front of chest.
- Any leg should fold behind the back.
- The ankle to knee of behind leg should be parallel to the floor.
- Leg ankle is contact with shoulder blade.

UTTHITA PADAHASTASANA

- Both Legs straight with toes pointing upward.
- Back maximum stretched with abdomen, chest, shoulders, and forehead touching the legs.
- Palms holding the heels with balance on buttocks.
- Biceps touching thighs.



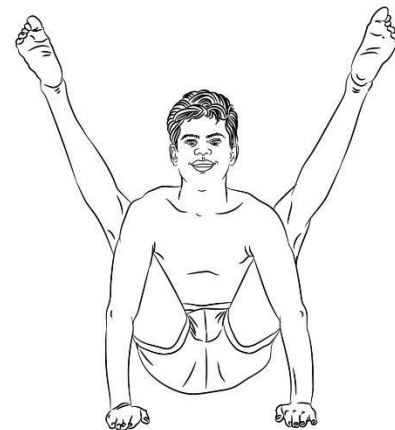
URDHA KUKKUTASANA

- looking forward.
- Both the hands are straight and parallel to each other.

- Crossed (lotus feet) must be placed under the armpit.
- Palms' facing front side, fingers are closed.
- Head should be straight by

UTTHITA TITIVASANA

- Both legs must be straight.
- Legs should be placed just behind the shoulder.
- Spine should be straight.
- The full body with legs must be placed in the same line vertically.
- Hands must be parallel to each other with completely exposed chest (Thorax region).
- Toes in planter flexion and flat palms.



BYAGHRASANA



- Athlete should be in half hand balance.
- Face facing forward.
- Shoulder distance between the hands.
- Hands parallel to each other.
- Legs should be in straight line and both legs tightly closed.
- Glutei muscles should not touch the head.

SIRSASANA

- The front portion of the head should be placed on the ground.
- Fingers to be interlocked on back portion of the head.
- Head, Back, Hip and Legs should be in one straight line.
- Keep toes pointing upward.
- Keep Elbows parallel to each other.



INDIVIDUAL ARTISTIC YOGASANA KEY POINTS

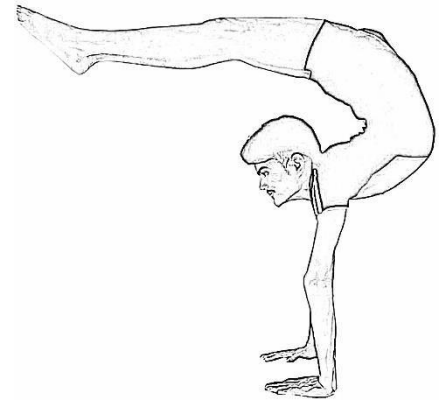
STANDING VRISCHIKASANA

- Athletes must be in full hand balance position with back bend.
- Shoulder distance between the hands.
- Knees and feet should touch each other.
- Hold feet resting on cranium.
- Face facing forward and maximum arch in the back.



STANDING LINKARASANA

- The athlete must be in full hand balance position.
- Arms should be straight at shoulder level distance with fingers closed.
- Keep both legs straight forward over the head with toes pointed in front.
- Hip should not touch the back of the head.
- Face facing forward and maximum arch in the back.



NATARAJASANA

- Athlete must be in one leg balance in back bend position.
- Legs must be in splits of 180° degree keeping knee extended.
- Both hands gripping on extended knee with pointed toes upward.
- Both upper arms must touch the ear and face facing forward.

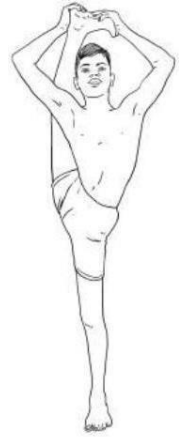
STHAMBH SIRASANA

- Athlete must be in one leg balance and body should be straight.
- Hands, trunk and leg should be perpendicular to the floor.
- By bending at knee keep one leg behind the back parallel to the ground.
- Head in between the hands and face facing forward.



DHAWJASANA/FLAG POSTURE

- Athletes must be in one leg balance without bending at knee.
- The other leg should be stretched straight touching side of the head.
- Both elbows in straight alignment, gripping of heel with the same hand and toes with the other hand.
- Gaze in front keeping neck straight.



STANDING EKA PADA SKANDHASANA

- Athletes must be in one leg balance without bending at knee. • Any one heel should touch the opposite side shoulder and toe of folded leg stretched out.
- Back, neck and head to be maximum straight.
- Hand folded in the front of chest.

KANDAPEEDASANA

- Heels are at the naval keeping back maximum straight.
- The toes are pointing upwards and soles are touching belly.
- Knees are resting on the floor.
- Keep one hand extending straight at shoulder level parallel to the floor.
- The other hand folded at elbow is on the back of head and palm on shoulder of extended hand.



UTTHIT DWIPAD SKANDHASANA

- The athlete must be in complete hand balance position.
- Shoulders are to be taken out from the crossing of legs behind the head.
- Arms parallel to each other up to shoulder width keeping fingers together.
- Back maximum straight and gaze forward.