Gear up for the seventh installment of the adrenaline pumping, bone crackling & crowd shrieking tournament. Athletes & supporters from around the country are welcome to be a part.

February 1-2, 2019
SEVENTH NATIONAL SPORTS MEET-2019
FEBRUARY 1-2, 2019

GENERAL RULES

RULES & REGULATIONS

- Any participant or observer will not be allowed to enter the premises without an ID card of his/her college
- Registrations to all games can be done in advance or on the spot
- Decision of coordinators and umpires of each game will be final and binding on all participants in any matter. No disputes regarding the results shall be entertained
- Each game is a knockout series
- **No Registration fee** for games except for Volleyball, Gully Cricket, Kho-Kho, Kabaddi, Futsal and Basketball which is ₹1000 per team. Exciting prizes will be given to winners
- Last Date of registration: January 28, 2019
- Futsal and Kabaddi match only for boys team
- Only Two teams can participate in Table Tennis, Carrom, Chess, High Jump/Long Jump from One Institute/College (Girls and Boys teams will treat Individually)
- Only one team can participate in Volleyball, Gully Cricket, Kho-Kho, Kabaddi, Futsal, Basketball and Tug Of War (Girls and Boys teams will be treated individually)

RULES & REGULATIONS

TABLE TENNIS

**Coordinators:**
Ayushi Saxena: 9602812760
Ravi Sharma: 8420186296
Shubham Sharma: 7027070070

The server should
- Start with the ball resting freely on an open palm
- Project the ball vertically upwards, without imparting spin, so that it rises at least 16 cms
- Strike the ball so that it touches first his/her court and then, after passing over the net assembly, touches directly the receiver’s court
- A set is when one of the players or pairs, first score 11 points. In the event that both players/pairs score 10 points, a set is to be won by the first player/pair to gain a 2-point lead. A full match is won when a player or pair wins the best of any odd number of sets (3, 5, 7)

A point is scored when
- An opponent fails to make a correct service
- An opponent fails to make a return
- The ball touches any part of an opponent’s body
- An opponent strikes the ball twice in succession
- If an opponent or anything an opponent wears, touches the playing surface or net during play
- If a doubles opponent strikes the ball out of the sequence established by the first server and first receiver
- If the ball touches the table surface, it is declared in
- If it touches the side of the table, it is declared out
- A player is not allowed to strike the ball in volley, unless the opponent’s ball leaves the table and if I strike the ball in volley behind the table, in which case the point would be given to me
• Team of 6 players, 3-front row, 3-back row
• Maximum of three hits per side
• A player may not hit the ball twice in succession (A block is not considered a hit)
• Ball may be played off the net during a volley and on a serve
• A ball hitting boundary line is in
• A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, the ceiling above a no playable area
• It is legal to contact the ball with any part of a player’s body
• It is illegal to catch, hold, or throw the ball
• If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn’t the team’s 4th hit)
• A player cannot block or attack a serve from on or inside the 10 foot line
• After the serve, front line players may switch positions at the net
• At higher competition, the officiating crew may be made up of two referees, line judges, scorer and an assistant scorer
• Maximum teams permissible - 16 (first come first serve basis)

Volleyball Rules Violations
The following are some basic volleyball rules for violations:
• The result of a violation is a point for the opponent
• When serving, stepping on or across the service line as you make contact with the serve
• Failure to serve the ball over the net successfully
• Contacting the ball illegally (lifting, carrying, throwing, etc.)
• Touching the net with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play
• When blocking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation
If both:
1) Your opponents haven’t used 3 contacts and
2) They have a player there to make a play on the ball
• When attacking a ball coming from the opponents court, contacting the ball when reaching over the net is a violation if the ball hasn’t yet broken the vertical plane of the net
• Crossing the court centreline with any part of your body. Exception: if it’s the hand or foot, the entire hand or entire foot must cross for it to be a violation
• Serving out of order
• Back row player blocking (deflecting a ball coming from their opponent), when at the moment of contact the back row player is near the net and has part of his/her body above the top of the net (an illegal block)
• back row player attacking a ball inside the front zone (the area inside the 10 foot line), when at the moment of contact the ball is completely above the net (an illegal attack)
1. Duration:
   • Each team consists of 9 players
   • Single innings will consist of chasing and running turns with 7 minutes duration. Each match will consist of two innings
   • An interval of 5 minutes is allowed after an inning and 2 minutes between two turns
2. The side of the chasers scores one point for putting out each runner.
3. The chaser or runner has the option to end the turn before the expiry of the allotted time.
4. The captain of the toss winning team will have the choice of chasing or running.
5. At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9th chaser will stand at either of the posts.
6. The runners will fix their entry serially with the scorer.
7. With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before “kho” is given. If a runner fails to enter the field, he is given out.
8. A runner goes out by the following means:
   • If touched by a chaser
   • Fails to enter the field when a runner is given out
   • If he touches the seated chasers twice or after receiving a warning for similar infringement
9. Rules for the chasers:
   • “Kho” is to be given from behind a sitting chaser and loudly
   • The seated chaser shall not get up without getting “kho”
   • An active chaser shall not recede to give “kho”
   • An active chaser shall sit down immediately after giving “kho”
   • After getting “kho” the sitting chaser becomes active and follows the direction he is facing
   • An active chaser is not to cross the centreline
   • He is to take the direction that he has initially taken to the M or N posts
   • When an active chaser leaves a post, he shall go in the direction of other post remaining on the side of the centreline which he was facing before leaving the post
   • Chasers are not to obstruct runners while being seated
   • The face (shoulder line) of an active chaser must be in a direction he has taken. He shall not turn his face. He is only allowed to turn his face parallel to the centreline
   • If a foul is committed by an active chaser he will be directed to go in the opposite direction of his chaser as indicated by the umpire and if a runner is put out by this act he will not be given out
   • When an active chaser lets go his hold of the post or goes beyond the rectangles he is known as leaving the post

Scoring in Kho-Kho
The side of the chasers scores 1 point for putting out each runner. If one team scores 9 points more than the other team, the winning team may ask the losers to chase without losing their option to chase afterwards. A substitute shall be allowed to replace an injured player at the discretion of the referee.

Officials in Kho-Kho

Two Umpires:
They supervise the game in their respective halves, divided by the centreline. A foul is indicated by continuous short whistles till the foul is corrected. An “out” is declared by a short whistle.

Referee:
The referee helps the umpires and gives the final decision in case of any difference between them.

Time-keeper:
He keeps the record of time and hands it over to the scorer at the end of an innings. He starts the turn by blowing a whistle: one long and one short. The end of the turn is indicated by a long whistle. Scorer: Keeps a record of runners who are out and makes them sit. Assistant Scorer: He helps the scorer.
The object of Tug-of-War is to pull the other player or team across the centreline. To do this, you must use a rope and pull against one another until they come across the line in any way, or if they choose to forfeit. Each side must have 7 players.

As mentioned earlier, the centre of the rope should align with the centre marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game for each team is to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the centre red mark crosses over to centreline, the team to pull the rope to their area wins the game.

The tug-of-war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces "Pick up the rope", he then says "Take the string", and finally he tells the players to "Pull". Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified. Each one will get 3 chances.

Fouls: There is a particular technique that needs to be applied while playing this game, if not then there will be a foul which can call in for disqualifications. For eg, lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called 'locking'. Touching the ground for a longer period of time is also considered as a foul.

CARROM
Rishabh Alwani: 8302848184
Jyotsana Bhatia: 9680808757
Kabaddi Rules:
Players in a team: 7
Substitute players in a team: 2
Substitution limit: 3
Duration: Two equal periods of 10 minutes each
Half-time: Maximum of 5 minutes

Rules of play
1. A raider shall continue to chant “Kabaddi” as the approved chant. If he is not keeping the proper approved chant in the opponent’s court, he shall be declared out and the opponent will be awarded one point and the chance to raid. Under such circumstances, he shall not be pursued.
2. The raider must start his chant before he touches the opponent’s side of the half court. If he starts the chant late, he shall be declared out by the Umpire or Referee and the opponent will be awarded one point and the chance to raid.
3. Each team shall score one point for every opponent out or put out. The side, which scores an ALL-OUT, shall score two extra points. The out and revival rule will be applicable.
4. No bonus point and golden raid.
5. If the match is a tie then extra 5 minutes will be awarded to decide the result of the match.
6. Regular rules of play shall be followed.

Note:
1. If a player is found 2 times with offenses then he will be debarred from the remaining game and the game will continue with remaining players.
2. Final decision will be taken by the match referee.
3. Maximum 16 teams will be considered by Jaipuria Institute of Management for the tournament (on first come, first serve basis).

PUBG
Coordinator:
Vinay Khandelwal: 8955043821
Shubham K. Mittal: 9929209997

- Only two people can register from one college
- Entry fee for the tournament - ₹200
- The tournament would contain of 3 rounds
- All rounds will be of solo gaming (No Duo or Squad)
- There will 2 groups
- Each group will start with half players (from total players) for qualifying.
- Top 10 from each group will compete in semifinals.
- Top 5 in each group will be combined and the final will be between 10 players.
- Top 2 players will be acknowledged
LONG JUMP

The athletic jump would be measured as mentioned below

- The official selects the first break (imprint) made in the sand by the athlete's foot, hand or whichever is closest to the imprint made in the take-off area by the take-off foot
- If the athlete takes-off before the take-off mat or board, then the jump shall be measured from the break in the sand, in a perpendicular line, to the back edge of the take-off area
- The tape is straightened and laid over and in contact with imprint made by take-off foot in the take-off area or back of take-off area as applicable

Note- One participant per college.

GULLY CRICKET

Coordinators:
Yash Meena: 8502888438
Rohit Karamwani: 9799995893
Mishita Singhal: 9252525256

- Total no. of players in each team: 7
- Overs per inning: 8
- Bowling shall be under-arm and a single bowler can bowl a maximum of 2 overs
- Last man batting is allowed
- One tip, one hand out is applicable
- Wide ball and over throw as per normal cricket rules
- No LBW and no free hit on NO BALL
- In case of a tie, super over is applicable
- If the ball hits outside the gully ground, it will be given out
- Grounded shot outside the gully ground will be treated as 4 runs
- Maximum teams permissible: 16 (On first come, first serve basis)
Rules:
Number of players in a team: 5, one of whom shall be a goalkeeper
Number of substitutes: 2
Substitution limit: 3
Duration: Two equal periods of 10 minutes each; clock will be stopped whenever the ball is out of play. Time can be prolonged only to take a penalty kick.
Half-time: Maximum of 5 minutes

Fouls
Direct free kick awarded or punishment given by referee when a player intentionally commits any of the following offenses:
- Kicking or attempting to kick an opponent
- Tripping an opponent
- Jumping at an opponent
- Charging an opponent in a violent or dangerous manner
- Charging an opponent from behind
- Striking, attempting to strike or spitting at an opponent
- Holding an opponent
- Pushing an opponent
- Charging an opponent with shoulder (i.e., shoulder charge)
- Sliding at an opponent (i.e., sliding tackle)
- Handling the ball (except the goalkeeper)
- Dangerous play (e.g., attempting to kick the ball held by the goalkeeper)
- Obstruction
- Charging the goalkeeper in the penalty area (i.e., goalkeeper charge)
- A substituting player enters the pitch from an incorrect position or before the player he is substituting has entirely left the pitch
- Player persistently infringes the Laws of the Game
- Player shows dissent with any decision of the referee
- Players found guilty of ungentlemanly conduct

Note:
1. If a player is found 2 times with offenses then he will be debarred from the remaining game and the game will continue with remaining players.
2. Passing the full time of game and both teams are on equal score then penalty kick shoot-out will be introduced in the game (3-3 chances will be given to both teams).
3. Final decision will be taken by the match referee.
4. A maximum 16 teams will be considered by Jaipuria Institute of Management for the tournament (On first come, first serve basis)
CHES

Directors:  
Shail Kalra: 9785868386  
Himanshu Gupta: 7014692563

- The white player makes the first move
- Touch-move
- If a player touches one of their own pieces they must move that piece as long as it is a legal move. (of course you can't "touch" a piece online, so this is a tournament rule which does not matter on our website). If a player touches an opponent's piece, they must capture that piece. A player who wishes to touch a piece only to adjust it on the board must first announce what they are doing, usually by saying "adjust"
- Special moves like castling & en-passant are in the game
- The replacement piece in the special pawn rule is to be placed on the same square in the last row where the pawn was

HIGH JUMP

Coordinator:  
Lovely Shivnani: 9587398606

- One participant per college
- Each participant can attempt 3 times & the maximum height will be taken into consideration
- High jumper’s shoes can have a maximum thickness of 13 mm in the sole and 19 mm in the heel
- Competitors jump unaided and take off from one foot over a 4m-long horizontal bar
- They seek to clear the greatest height without knocking the bar to the ground
For the qualifying game

Each game is divided into sections of two halves, 10 min. each.

For the final game

The game will have two halves, twenty min each. Every half is further divided into two parts of 10 min. each.

A team should have 5 on court players with two extras at the sideline. The swap with extras can be made twice, once in each half.

₹1000 entry fee for each team and only one team/institute, maximum number of teams for the tournament:16.

Fouls and Violations

FOULS

Personal fouls: They can be any type of illegal physical contact.

• Hitting • Pushing • Slapping • Holding • Illegal pick/screen - when the opposition player is moving. When an opposition player physically obstructs a defender to block his path.

Personal foul penalties: If a player is being obstructed, while shooting, then he is awarded two free throws if his shot doesn’t go in, but will be only one if his shot does go in.

• Three free throws are awarded if the player is fouled while shooting for a three-point goal and they miss. If a player is fouled while shooting a three-point shot and makes it anyway, he is awarded one free throw, making him score four points on the play.

• Inbounds: If fouled while not shooting, the ball is given to the team the foul was committed upon. They get the ball at the nearest side or baseline, out of bounds, and have 5 seconds to pass the ball onto the court.

• One & one: If a team commits seven or more fouls, then the fouled player is awarded one free throw. If he makes his first shot, then another is awarded.

• Ten or more fouls: If a team commits ten or more fouls, then the fouled player is awarded two free throws.

Charging: An offensive foul that is committed when a player pushes or runs over a defensive player. The ball is handed to the opposite team.

Blocking: Blocking is an illegal personal contact, resulting from a defender not establishing position in time to prevent an opponent's drive to the basket.

Flagrant foul: Violent contact with an opponent. This includes hitting, kicking, and punching, resulting in free throws plus the offense retaining possession of the ball after the free throws.

Intentional foul: When a player makes physical contact with another player with no reasonable effort to steal the ball. It is a judgment call for the officials.

Technical foul: A player or a coach can commit it which does not involve player contact or the ball but is instead about the ‘manners’ of the game. Foul language, obscenity, obscene gestures, and even arguing can be considered a technical foul, as can technical details regarding filling in the scorebook improperly or dunking during warm-ups.

VIOLATIONS

Walking/Traveling: Taking more than a step and a half without dribbling the ball is traveling. Moving your pivot foot once you’ve stopped dribbling is traveling.

Carrying/palming: When a player dribbles the ball with his hand too far to the side of, or sometimes, even under the ball.

Double Dribble: Dribbling the ball with both hands at the same time or picking up the dribble and then dribbling again is a double dribble.

Held ball: Occasionally, two or more opposing players will gain possession of the ball at the same time. In order to avoid a prolonged and/or violent tussle, the referee stops the action and awards the ball to one team or the other on a rotating basis.

Goal tending: If a defensive player interferes with a shot while it’s on the way down towards the basket, after having touched the backboard, or while it’s in the cylinder above the rim, it’s goaltending and the shot counts. If committed by an offensive player, it’s a violation and the ball is handed to the opposing team for a throw-in.

Backcourt violation: Once the offense has brought the ball across the mid-court line, they cannot go back across the line during possession. If they do, the ball is awarded to the other team.

Time restrictions: A player passing the ball inbounds has five seconds to pass the ball. If he does not, then the ball is handed to the other team. Other time restrictions include - a player cannot have the ball for more than five seconds, when being closely guarded and in some states and levels, shot-clock restrictions requiring a team to attempt a shot within a given time frame.
### OUTDOOR GAMES

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Events/Sports</th>
<th>Venue</th>
<th>Timings</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Inauguration</td>
<td>Saraswati Temple</td>
<td>9.30 am - 10.00 am</td>
</tr>
<tr>
<td>2</td>
<td>Volleyball</td>
<td>Lawns</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>3</td>
<td>Gully Cricket</td>
<td>Lawns</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>4</td>
<td>Kho-Kho</td>
<td>Lawns</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>5</td>
<td>Kabaddi</td>
<td>Lawns</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>6</td>
<td>Futsal (Mini Football)</td>
<td>Lawns</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>7</td>
<td>Basketball</td>
<td>Court</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>8</td>
<td>Long Jump</td>
<td>Behind Cafeteria</td>
<td>02.00 pm onwards</td>
</tr>
<tr>
<td>9</td>
<td>Tug-of-War</td>
<td>Lawns</td>
<td>03.00 pm onwards</td>
</tr>
<tr>
<td>10</td>
<td>Fun Games</td>
<td>Lawns</td>
<td>03.00 pm onwards</td>
</tr>
<tr>
<td>11</td>
<td>High Jump</td>
<td>Behind Cafeteria</td>
<td>04.00 pm onwards</td>
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<tr>
<td>1</td>
<td>Chess</td>
<td>Room No. 111</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>2</td>
<td>Carrom</td>
<td>Room No. 111</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>3</td>
<td>Table Tennis</td>
<td>Room No. 110</td>
<td>10.15 am onwards</td>
</tr>
<tr>
<td>4</td>
<td>Cyber Games</td>
<td>Computer Lab 2</td>
<td>10.30 am onwards</td>
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<tr>
<td>1</td>
<td>Gully Cricket</td>
<td>Lawns</td>
<td>09.00 am onwards</td>
</tr>
<tr>
<td>2</td>
<td>Kho-Kho</td>
<td>Lawns</td>
<td>09.00 am onwards</td>
</tr>
<tr>
<td>3</td>
<td>Volleyball</td>
<td>Lawns</td>
<td>09.30 am onwards</td>
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<tr>
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<td>Kabaddi</td>
<td>Lawns</td>
<td>09.30 am onwards</td>
</tr>
<tr>
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<td>Futsal (Mini Football)</td>
<td>Lawns</td>
<td>09.30 am onwards</td>
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<tr>
<td>6</td>
<td>Tug-of-War</td>
<td>Lawns</td>
<td>12.00 noon onwards</td>
</tr>
<tr>
<td>7</td>
<td>Basket Ball</td>
<td>Court</td>
<td>09.00 am onwards</td>
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<td>Cyber Games</td>
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<td>Chess</td>
<td>Room No. 111</td>
<td>09.30 am onwards</td>
</tr>
<tr>
<td>4</td>
<td>Carrom</td>
<td>Room No. 111</td>
<td>09.30 am onwards</td>
</tr>
<tr>
<td>5</td>
<td>Valedictory</td>
<td>Auditorium</td>
<td>04.00 pm onwards</td>
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</tbody>
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### FOR REGISTRATIONS, CONTACT -

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