Third National Sports Meet  
SPARDHA-2014  
4th and 5th November, 2014

Students’ Sports Committee:  
President – Dishant Singh: 8745088780

Main Coordinators  
Krishna Choudhary: 7838757982  
Nitin Abrol: 8800000904  
Lovish Sharma: 9899933329  
Puneet Kumar: 8800546790

General Rules

1. Participants are required to carry their identity cards without which the entry will not be permitted.
2. Participants must be accompanied by faculty member of respective college without which the entry will not be permitted.
3. Maximum one team per college is allowed for team event. Number of participants permitted for individual event is given as per the event listed below.
4. All the players/teams are required to report on time. If they will not report within 10 minutes of announcement the player/team will be disqualified.
5. For events like Gully Cricket, Table Tennis, Cyber Games, Badminton participants are required to bring their own equipments.
6. Registration for all the events has to be done on first day. On the second day registration will only be open for athletics.
7. You will be responsible for your own belongings.
8. No travelling allowance will be paid to the participants.
9. No accommodation will be provided to the participants from Delhi &NCR region.
10. Two warnings for infringements of the rules or inappropriate behaviour, including usage of foul language, will be given. A further warning will result in disqualification.
11. Except Cyber games there will be two separate categories for boys & girls.
12. On the spot registration can also be done but for smooth functioning, we prefer the registration in advance.
13. There will be maximum 16 entries permitted for team event and 32 entries permitted for individual events.
14. Registration will be on first come first serve basis.
15. ELATE reserves the right of changing rules of any event (if required) during the course of the meet and the same should be accepted by the participating teams/individuals.
Event wise – RULES & REGULATIONS
INDOOR EVENTS

1. TABLE TENNIS (Singles & Doubles)
Coordinators:
Gaurav Shukla - 9953728471
Sidhant Jain – 9654499054

- No. of participants –
  Singles – One player (separately for boys & girls)
  Doubles – One team consist of two players
- Matches will be played for two categories – boys and girls.
- League and Semi-final matches will be of 3 sets whereas the final match will be of 5 sets.
- Participants are required to bring their own rackets.

**Scoring**
- For each game, the first player to reach 11 points wins that game, however a game must be won by at least a two point margin.

**Flow of the Match**
- Each player serves two points in a row and then switch server. However, if a score of 10-10 is reached in any game, then each server serves only one point and then the server is switched. After each game, the players switch side of the table. In the final game (i.e. 3rd game), the players switch side again either player reaches 5 points.

**Legal Service**
- The ball must rest on an open hand palm. Then it must be tossed up at least 6 inches and struck so the ball first bounces on the server’s side and then the opponent’s side.
2. **CAROM**  
**Coordinators:**  
Bijay kumar – 9717460277  
Ankur Nakaib- 9871850962

- No. of participant – **Two team consist of Two players (separately boys & girls)**  
- Matches will be played for two categories – boys and girls.  
- Team matches will be played in both of the categories.  
- When placing the striker on the board for striking, it should touch both ‘base lines’, either covering the end circle totally, and not touching it at all. The striker might not touch the oblique arrow line.  
- The first player breaks by using his/her index finger. Player one flicks the striker in a forward direction (shooting backwards is not allowed at any point in the game)  
- The first player to pot a carom piece will carry on potting the same color for the duration of the game.  
- If the player pots a carom piece he/she play again, having replaced the carom striker between his/her baseline. This continues until he/she fails to pot one of his/her pieces, then it is the opponents turn.  
- Carom pieces can only be struck directly if it is not touching the player’s baseline or situated behind the base line. If this is the case the player must hit the carom piece by rebounding the carom striker off any side of the carom board or any other carom piece on the carom board.  
- The queen may be ‘pocketed’ at any point after the first piece has been pocketed, but before the last carom piece is pocketed.  
- If the red piece is pocketed the player must then pocket one of his/her own carom pieces straight after. If the player fails to pocket, then the queen must be replaced in the centre of the carom board.  
- The last piece of your color can not be potted if queen is on the board.  
- The winner is the first player to pocket all of his/her carom pieces and the queen.
No. of participants- **Two player (separately boys & girls)**

- Matches will be played for two categories – boys and girls.
- This game will be a time game. Each player is required to make a move in 30 seconds failing which the player loses the match.
- Player with white pieces will move first then the opponent makes a move and so on. The main goal is to try and capture your opponent’s king and not let your king get captured. The first one to capture the opponent’s king wins the game.
- Once the step has taken, it will not be set again.
- When you move your piece properly to a square occupied by an opponent’s piece, you capture this piece. Captured piece is now out of the chessboard.
- The king can move one square in any direction that is not attacked by an opponent’s piece. If it is attacked by an opponent’s piece, it is in check.
- The Queen can move any number of squares horizontally, vertically, or diagonally. It can't move over the pieces.
- The Rook can move any number of squares horizontally or vertically. It can't move over the pieces.
- Bishop can move any number of squares diagonally. It can't jump over the pieces.
- The Knight’s move is as a letter "L". It moves two squares horizontally and one square ahead or backward or it moves two squares vertically and one square left or right. Knight can jump over the other pieces.
- The pawn always moves ahead. It moves one square but every pawn has right to move 2 squares ahead if it is first move. The pawn captures diagonally, but only 1 square ahead.
- If a pawn reaches the rank furthest at the opponent side, it is promoted to Queen, Rook, Knight or Bishop. It cannot become a King or a pawn.

**Castling**

- Under certain, special rules, a king and rook can move simultaneously in a castling move.
- The following conditions must be met:
  - The king that makes the castling move has not yet moved in the game.
  - The rook that makes the castling move has not yet moved in the game.
  - The king is not in check.
  - The king does not move over a square that is attacked by an enemy piece during the castling move, i.e., when castling, there may not be an enemy piece that can move (in case of pawns: by diagonal movement) to a square that is moved over by the king.
  - The king does not move to a square that is attacked by an enemy piece during the castling move, i.e., you may not castle and end the move with the king in check.
  - All squares between the rook and king before the castling move are empty.
  - The King and rook must occupy the same rank (or row).

- After you threat your opponent's king, if your opponent can’t find any appropriate square to escape his king or can't capture the attacking piece or place another piece between his king and the attacker, he is checkmated.
4. **CYBER GAMES**
   Coordinators:
   Arpan ojha– 8800561916
   Navarun – 9582538804

- No. of participant- **One Player (for NFS)**
- **One team consist of five players (for COUNTER STRIKE)**
- There will be no different categories like boys and girls.
- Settings will be provided to you for cyber games and the participants are not required to bring their own settings.
- Participants need to carry all required the equipments.
1. **Volleyball**  
   **Coordinators:**  
   Lovish Sharma – 9899933329  
   Puneet Kumar – 8800546790

- No. of participants – **Eight players (separately for boys & girls)**  
- Matches will be played for two categories – boys and girls.  
- In League matches there will be 3 sets for 15 points each.  
- In Semi-finals and Finals there will be 3 sets for 25 points each.

**Positions**  
Of the 6 players 3 are to the front and 3 to the back, with the back player at the left being the server.

**Serving**
- Serve from behind the back line.  
- The serve must be hit with the hand.  
- Ball may be served underhand or overhand.  
- Once the ball has been served ANY player can move ANYWHERE on court and even chase the ball out of court if needed.

**Hitting the ball**
- The ball may be hit with any part of the body (hand, head, chest, even the foot! . . .) with the exception of the serve which must to be hit with the hand.  
- The hit has to be clean - no scoops, catch-and-rethrows, dunks etc.  
- Your team have up to 3 touches to return the ball over the net - although it can be returned by the 1st or 2nd touch.  
- A player mustn’t have 2 consecutive hits - but having the 1st and 3rd hit is OK.

**In the rally**
- Players mustn’t touch the top of the net.  
- The only part of a player’s body that is allowed to land on the opponent’s court is the foot, and then only if part of it is above the centre line.  
- The ball mustn’t touch the posts.  
- The ball CAN touch the net.  
- The ball is allowed to go into the net and bounce out - the rally continues and this does not count as one of the 3 touches.  
- If one of your players hits the ball out of court, the others can chase the ball and hit it back into court or over the net.  
- If the other team hits the ball more than 3 times your team wins a point.

**Blocking**
- Blocking = jumping at the net with the arms up to stop the ball coming over the net.  
- Remember, players mustn’t touch the net.  
- Blocking a serve isn’t allowed.  
- A block does not count as a regular hit - so your team still have 3 more hits, also if you block then you are also allowed to make the 1st hit.

**Attacking**
- Attack = whilst in the attack zone, hitting the ball from above the height of the net towards the other side  
- A back court player is not allowed to attack.  
- A back court player is allowed to hit the ball from below the height of the net whilst in the attack zone
A back court player is allowed to hit the ball from above the height of the net whilst in the defense zone.
If part of the ball is over the net then it's OK to attack the ball (even if it's mostly on the other side).
If all of the ball is on the other side of the net then the only shot that can be played is a block (i.e., not a hit)

**Rotation - everybody gets to play in every position**
- Every time your team wins the serve from the other team all your players rotate their position on court - clockwise.
- If you lose the serve your team doesn't rotate.
- If you keep the serve your team doesn't rotate.

**Substitution**
- Up to 6 substitutions per set
- Substitutions take place before the serve

**Time-Outs**
- Up to 2 time-outs per set of 30 seconds each
- Time-outs take place before the serve
2. GULLY CRICKET
Coordinator – Krishna Choudhary - 7838757982
- Ashutosh Dhyani - 9711547267
- Matches will be played for only boys categories.
- There shall be 10 players in each team.
- An inning will be of 8 overs whereas semi-final and final match would be of 10 overs.
- Bowlers can bowl maximum two overs each.
- Last man batting is not allowed.
- One bounce- one hand catch rule is NOT applicable.
- Wide ball, overthrow as per normal cricket rules.
- No LBW and no free hit on BO BALL.
- If match is draw, Super over shall take place for decision.
- If the ball is hit outside the ground, batsman will be considered out.
- Grounded shot outside the ground will be called as 4 runs.
- Numbers of the teams are limited to only 16 (on first come first serve basis)

3. MINI FOOTBALL
Coordinator - Rahul Chaudhary-8586825326
Krishna Chaudhary- 7838757982
- Matches will be played for only boys categories.
- There shall be seven players in each team.
- Match will be of two periods of 10 minutes each and break of 2 minutes.
- There will be no offside rule applicable.
- Any number of substitutes may be used at any time with the permission of the game leader (referee). Players may re-enter the game and all substitute must have a period of play.
- The kick off is taken from the centre of the playing area to start the game and after a goal has been scored.
• During free kicks although they are indirect and the opposition should be at least three yards away.
• Goalkeepers:
  ✓ can handle the ball in the penalty area and there are no restriction on the number of steps they may take holding the ball.
  ✓ Cannot handle the ball outside of the penalty area.
• During penalty and corner kicks player is allowed to take from the centre of playing area without goalkeeper.
• Player are requested to play barefoot or can use anklet or can use normal playing shoes (no football boot is allowed)
• During tie, each team is allowed to take five penalty shot from the centre followed by sudden death.
• **Number of team are limited to only 16** (on the first come first basis)

4. **TUG OF WAR**  
Coordinator:  
Abhishek Charri – 9560524768

• No. of participants – **Thirteen players (separately for boys & girls)**  
• Matches will be played for two categories – boys and girls.  
• No spiked footwear.  
• Gloves may be worn.  
• Overall pull to be 12 feet and winner is the team to pull their opposition 6 feet from the starting mark.  
• No hand over hand pulling allowed. Team members must go back with rope when pulling.  
• No knot is permitted on the rope end.
• All team members to remain on their feet at all times, no hands are persistently allowed on the ground apart from the anchorman who is permitted to use one hand on the ground.
• Direction of pull will be decided by toss of coin.
• Prior to commencement of pull, judge will ask captains if they are ready, then give the command 'take the strain', at this point team members may heel in, when teams are balanced, order to 'pull', is given and the tie has commenced.

3. **ATHLETICS (SHOTPUT)**
   Coordinators:
   Harshit Dubey – 8527070382
   Rupam Mondal- 8447893265
   • No. of participants – **Two players (separately for boys & girls)**
   • There will be two categories - boys and girls.
   • Enter and exit the back of the throwing ring/circle or area.
   • Throw the shotput in any manner.
   • The best of three non-consecutive throws will be marked as the final score.
   • Do not step on or over the shot-put toe board.
   • A legal put must be initiated from the shoulder and the crotch of the neck with one hand only. The shot does not drop below the shoulder.

4. **ATHLETICS (DISCUSS THROW)**
   Coordinators:
   Nitin Abrol – 880000904
   Mukul Sharma – 8860571571
   • No. of participants – **Two players (separately for boys & girls)**
   • There will be two categories - boys and girls.
   • Upon calling the participant’s name, he/she has 60 seconds to begin the throwing motion.
   • The participant is not allowed to wear gloves. The participant may not tape his/her fingers, except to cover a cut or open wound.
   • The participant must rest the disc in his hand holding with his all fingers.
• Participant is allowed to touch the inside surface of the circle but must not touch the top or outside of the.
• Shot must land in the legal sector of the throwing area.
• Participant must exit the throwing circle from the back.
• Does not wait in the circle until the shot has landed.
• A participant will have three attempts to register the legal best.

5. **ATHLETICS (LONG JUMP)**

   **Coordinators:**
   - Rishikesh – 8826753792
   - Tarveenjeet – 8800563898

   • No. of participant – **Two players (separately for boys & girls)**
   • There will be two categories - boys and girls.
   • Start behind the takeoff line.
   • The best of three non-consecutive jumps will be marked as the final score.
   • Measure the distance of the jump from the takeoff line / board to the closest impression made in the sand by any part of the body.
   • Exit pit from the sides or rear. Walking back toward the runway and crossing over the takeoff line will result in a foul.
   • Running: Participants must be able to jump at least 1M, the minimum distance between the toe board and sand pit.
   • Standing: Athlete must use both feet on the take-off.
6. **BADMINTON (Singles & Doubles)**
   Coordinators:
   Animesh Negi – 9536120479
   Saloni Gulati – 7409270270

- No. of participants –
  - **Singles** – One Player (separately for boys & girls)
  - **Doubles** – One Team consist of two players (separately for boys & girls)

- Matches will be played for two categories – boys and girls.
- League and Semi-final matches will be of 3 sets whereas the final match will be of 5 sets.
- No doubles matches will be played in singles categories.
- Participants are required to bring their own rackets.
- To win a match, you have to win 2 out of 3 games.
- To win a game, you have to score 15 points for men & 11 points for women.
- In singles, you will serve on the right service court when your score is an number while you will serve on the left service court when your score is an odd number.
- In doubles, if you serve & receive first on the right service court during a match, you will continue to serve there when the score of your side in an even number. Reverse pattern for your partner.