BE A SPORT

Indoor Games - Table Tennis • Chess • Carrom
Cyber Games • Push Ball Game And Many More...

Outdoor Games - Galli Cricket • Volleyball • Kho-Kho & Many More Fun Games...

COMPETITIONS

Separate Games for Boys & Girls
Exciting Prizes for Winners

Jaipuria Jaipur
Fourth National Sports Meet-2015
September 11-12, 2015
FOURTH NATIONAL SPORTS MEET-2015
SEPTEMBER 11-12, 2015

GENERAL RULES

RULES & REGULATIONS

• Any participant or observer will not be allowed to enter the premise 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 result shall be entertained.
• Each game is knockout series.
• No Registration fee for games except Volleyball, Gully Cricket.
• Exciting prizes for winners

VOLLEYBALL

Coordinator:
Jaykumar Patel - 9033543635
Ritika Mathur - 9928893160

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 opponent hasn’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)
KHO-KHO

Coordinator:
Jaya Singh- 7073060401
Sugandha- 9587925026

1. Duration:
   (a) Each team consists of 9 players.
   (b) Single inning will consist of chasing and running turns with 7 minutes duration. Each match will consist of two innings.
   (c) 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:
   (a) If touched by a chaser.
   (b) Fails to enter the field when a runner is given out.
   (c) If he touches the seated chasers twice or after receiving a warning for similar infringement.

9. Rules for the chasers:
   (a) "Kho" is to be given from behind a sitting chaser and loudly.
   (b) The seated chaser shall not get up without getting "kho".
   (c) An active chaser shall not recede to give "kho".
   (d) An active chaser shall sit down immediately after giving "kho".
   (e) After getting "kho" the sitting chaser becomes active and follows the direction he is facing.
   (f) An active chaser is not to cross the centre line.
   (g) He is to take the direction that he has initially taken to the M or N posts.
   (h) When an active chaser leaves a post, he shall go in the direction of other post remaining on the side of the centre line which he was facing before leaving the post.
   (i) Chasers are not to obstruct runners while being seated.
   (j) 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 centre line.
   (k) 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.
   (l) 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 KhoKho
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 KhoKho

Two Umpires:
They supervise the game in their respective halves, divided by the centre line. 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.
TUG OF WAR

Coordinator:
Nilesh Shukla- 9806658499
Himanshu Rajput- 9782483874

The object of Tug-of-War is to pull the other player or team across the centre line. 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 is for each team 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 centre line, 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 e.g. 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.

LONG JUMP

Coordinator:
Manveer- 8852036440
Shivangi- 7073060391

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 takeoff 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 takeoff foot in the take-off area or back of take-off area as applicable.

Note: One participant per college.

GULLY CRICKET

Coordinator:
Prakamya- 9929650806
Jayesh Vanzara- 7073059887

- Registration Fee Rs. 500 per team
- Total no. of players in each team- 7
- Inning of 8 overs
- Bowling shall be under-arm and single bowler can bowl maximum 2 over
- Last man batting is allowed
- One tip one hand out applicable
- Wide ball and overthrow as per normal cricket rules.
- No LBW and no free hit on NO BALL.
- In case of 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 (first come first serve basis)
HIGH JUMP
Coordinator:
Nisarg Sharma - 9782483911
Atisha Goyal - 7597492582
- 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.

PUSH BALL
Coordinator:
Vishakha - 9473826518
Yuvraj Solanki - 9586520109
- 2 players per team
- Target to win - 5 Goals
- Cash prize for winning & runner up team
- Maximum teams permissible - 16 (first come first serve basis)

SHOT PUT
Coordinator
Jai Sharma - 9509902329
Prachi - 9903990998
- The shot must land within an angle of approximately 30 degrees
- The distance thrown will be measured from the front of the circle to where the shot lands at its nearest disturbance of the soil.
- The shot is held at the base of the fingers not the palm
- Raise the shot above your head with only one hand
- Push the shot into your neck
- Crossing the circle while throw and leaving the circle before landing of shot shall be a foul.

100 M RACE
Coordinator:
Jay Patel - 9782483893
Neel Shah - 9782483936
- Two participants per college
- Following would disqualify the participant:
  - A false start (when the feet of a runner leave the starting blocks before the start signal)
  - Interchanging the track
  - Leaving the track
  - Obstructing another participant’s track
DISCUS THROW
Coordinator:
Shivanshi- 7073059880
Chirag Chauhan- 9672005452

- The discus is to be thrown from within the circle i.e. 2.5 metres in diameter
- Participant should stay within the circle all the time
- Each participant will have 3 attempts to throw

Fouls occur when:
- The player steps out of the circle
- The discus is dropped outside the circle during first swing
- The player throws with both hands
- The player exits out the front half of the circle.

TABLE TENNIS
Coordinator:
Prateek - 8058495984
Shraddha- 9983131206

The Server should:
- start with the ball resting freely on an open palm
- project the ball near vertically upwards, without imparting spin, so that it rises at least 16cm.
- 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 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:
1. an opponent fails to make a correct service,
2. an opponent fails to make a return,
3. the ball touches any part of an opponent's body,
4. an opponent strikes the ball twice in succession,
5. if an opponent, or anything an opponent wears, touches the playing surface or net during play,
6. 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 I strike the ball in volley behind the table, in which case the point would be given to me.
For each strike, the player must position the striker within the baseline OR on one of the two circles at either end of the baseline.

In striking, the player's hand or arm must not cross the diagonal foul lines at either end of the baseline.

A player may only pocket and cover the Queen if that player has already pocketed at least one piece of that player's colour.

Should a player pocket the Queen before being permitted to cover it, the turn continues but the Queen is returned to the centre at the end of the turn.

Fouls

- When a player commits a foul, the turn comes to an end immediately and a penalty is incurred. The penalty is that one pocketed piece is returned to the board by the opponent anywhere within the main circle.

A foul is recorded in the following situations:

- The striker is pocketed.
- The striker or any other piece leaves the board.
- A player contravenes the rules for striking.
- A player touches any piece in play, other than the striker.
- might not touch the oblique arrow line.

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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

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DO NOT MISS FUN GAMES - Biscuit Eating, Sack Race, Lemon Race, Knot a Tie ....
# GAME SCHEDULE

## DAY 1 (September 11, 2015)

<table>
<thead>
<tr>
<th>S.No</th>
<th>Events/Sports</th>
<th>Name</th>
<th>Venue Timing</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Registration</td>
<td>Outside Cafeteria</td>
<td>9.00 AM Onwards</td>
</tr>
<tr>
<td>2</td>
<td>Inaugural</td>
<td>Saraswati Temple</td>
<td>9.45 AM-10.30 AM</td>
</tr>
<tr>
<td>3</td>
<td>Volley Ball</td>
<td>Lawns</td>
<td>10.30 AM Onwards</td>
</tr>
<tr>
<td>4</td>
<td>Chess Room</td>
<td>No. 111</td>
<td>10.30 AM Onwards</td>
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<tr>
<td>5</td>
<td>Gully Cricket</td>
<td>Lawns</td>
<td>10.30 AM Onwards</td>
</tr>
<tr>
<td>6</td>
<td>Cyber Games</td>
<td>Computer Lab 2</td>
<td>11.00 AM Onwards</td>
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<tr>
<td>7</td>
<td>Carrom</td>
<td>Room No. 111</td>
<td>10.45 AM Onwards</td>
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<tr>
<td>8</td>
<td>Table Tennis</td>
<td>Room No. 110</td>
<td>11.30 AM Onwards</td>
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<tr>
<td>9</td>
<td>Kho-Kho</td>
<td>Lawns</td>
<td>12.30 PM Onwards</td>
</tr>
<tr>
<td>10</td>
<td>Long Jump</td>
<td>Behind Cafeteria</td>
<td>02.00 PM Onwards</td>
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<tr>
<td>11</td>
<td>Push Ball</td>
<td>Table Outside Cafeteria</td>
<td>03.00 PM Onwards</td>
</tr>
<tr>
<td>12</td>
<td>Shot Put</td>
<td>Lawns</td>
<td>03.00 PM Onwards</td>
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<td>13</td>
<td>Tug of War</td>
<td>Lawns</td>
<td>03.00 PM Onwards</td>
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<td>14</td>
<td>Fun Games</td>
<td>Lawns</td>
<td>03.00 PM Onwards</td>
</tr>
<tr>
<td>15</td>
<td>100 M Race</td>
<td>Near Saraswati Temple</td>
<td>04.00 PM Onwards</td>
</tr>
<tr>
<td>16</td>
<td>High Jump</td>
<td>Behind Cafeteria</td>
<td>04.00 PM Onwards</td>
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## DAY 2 (September 12, 2015)

### SEMI-FINALE & FINAL ROUNDS

<table>
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<th>S.No</th>
<th>Events/Sports</th>
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<th>Venue Timing</th>
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<tbody>
<tr>
<td>1</td>
<td>Volley Ball</td>
<td>Lawns</td>
<td>09.30 AM</td>
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<tr>
<td>2</td>
<td>Discus Throw</td>
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</tr>
<tr>
<td>3</td>
<td>Gully Cricket</td>
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<td>09.00 AM</td>
</tr>
<tr>
<td>4</td>
<td>Kho-Kho</td>
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<td>5</td>
<td>Chess</td>
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<td>Carrom</td>
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<tr>
<td>7</td>
<td>Table Tennis</td>
<td>Room No. 110</td>
<td>10.30 AM</td>
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<tr>
<td>8</td>
<td>Cyber Games</td>
<td>Computer Lab 2</td>
<td>11.30 AM</td>
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<tr>
<td>9</td>
<td>Push Ball Table</td>
<td>Outside Cafeteria</td>
<td>12.30 PM</td>
</tr>
<tr>
<td>10</td>
<td>Tug of War</td>
<td>Lawns</td>
<td>03.00 PM</td>
</tr>
<tr>
<td>11</td>
<td>Valedictory</td>
<td>Auditorium</td>
<td>04.00 PM</td>
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</tbody>
</table>

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