



PRESIDENCY UNIVERSITY

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Approved by AICTE, New Delhi



POLICY ON PHYSICAL EDUCATION AND SPORTS

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Sanne
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BANGALORE

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About Presidency University

Physical Education, Physical Activity and Sports represent an important component of and contributor to holistic education. The growing contribution of sports to the realization of development and peace is explicitly identified in the 2030 agenda for sustainable development. Sport for Development and Peace (SDP) is expected to be explicitly linked to the shared values and commitment of institutions to promoting sustainable development, democracy and diversity. Therefore, intentional planning and policy promulgation of the physical education and sports sector of an educational institution is imminent to promote competitiveness, leadership, shared values, equality, oneness, health and fitness amongst the learners. Therefore, Presidency University has chosen to put this relevant policy in place.

There is no better time than now to have a systematic and holistic focus on ensuring that Physical Education (PE) and sports become an integral part of Indian society. With an eye on optimizing health, economic growth, productivity, livelihoods and life skills, and capitalizing on the favorable demographic dividend, prioritizing PE and sport is a clear policy and research imperative. Using the existing comparative advantages and building upon several of the foundational initiatives that exist in India, the State of Play initiative is poised to help create the sustainable 'active for life' ecosystem, targeting universal participation in India by 2047.

Presidency Group of Institutions (PGI), along with the University, constitutes 7 Schools and a College. While the college offers programmes to students at both the undergraduate and postgraduate levels in information technology, commerce, management and journalism, the schools offer National and International Boards of Studies. Presidency College, located in Bengaluru, has been re-accredited by NAAC with 'A+'. Recently, Presidency Group of Institutions (PGI) was bestowed with the "Most Promising Institute in South India" award at the British South India Council of Commerce and Business Meet 2014.

The latest venture of the group Presidency University is a testimony to the fact that the group has almost over three decades of experience in education from K to 12 to Higher Education. Presidency University aspires to be among the best universities in the world in the shortest span possible, with focus on innovative and research-oriented teaching methodology, state-of-the-art facilities, industry-friendly curriculum with concrete action plans and an unwavering commitment to the pursuit of excellence.

1. Physical Education and Sports

VISION

Presidency University has felt the importance of Sports and Games as essential components of human resource development, helping to promote good health,



comradeship and sprit of healthy competition which in turn will have positive and deep impact on the holistic development of personality of the student. They act as potential source of energy, enthusiasm and inspiration for the development and prosperity of the nation.

MISSION



Excellence in Sports at different levels enhances the sense of achievement, National pride and Patriotism. Sports facilitates, beneficial recreation, improve productivity, foster social harmony, inculcating sense of discipline and dedication in general life. Sports give a strong message of peace, friendship and understanding among the people of participating teams.

OBJECTIVES

- (a) To promote health, fitness, awareness and encourage mass participation
- (b) Through Organizing Inter-Collegiate Competition in recognized Sports and Games. So that the National objectives of Unity in Diversity to be achieved.
- (c) To instil a sense of discipline, self-respect and respect for others.
- (d) To build a healthy society with strong youth force of technical background.
- (e) To provide Sports Scholarship, Incentives, Cash Awards, and Best Sports Person Award to Sportspersons to maintain sustained interest among students to participate and perform progressively.
- (f) To Develop adequate and Standard Sports Infrastructure Facilities like, Playing Fields, Gymnasium, Track & Field, Swimming Pool and procure Quality Equipment.

2. PRESIDENCY UNIVERSITY SPORTS COUNCIL

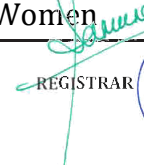

Dr. D Subhakar	Vice-Chancellor, PU
Ms. Sameena Noor Ahmed Panali	Registrar, PU
Maj. Gen. Gurdeep Singh Narang	Dean DSA
Dr. Arif Ali Khan	Director of Physical Education & Member Secretary, PU
Dr. Anu Sukhdev	Asst. Dean DSA, PU
Dean	School of Computer Science
Dean	School of Engineering
Dean	School of Management
Dean	School of Commerce
Dean	School of Law
Dean	School of Design
HOD (Senior)	Science Department


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Two Students Representative	School of Computer Science
Two Students Representative	School of Engineering
Two Students Representative	School of Management
Two Students Representative	School of Commerce
Two Students Representative	School of Law
Two Students Representative	School of Design

Presidency University encourage for participation in AIU South-Zone & All India Inter-University Sports/Games and Other events as per the Calendar of AIU Sports.

S. No.	Sports/Games	Category	Category
1.	Archery	Men	Women
2.	Athletics	Men	Women
3.	Badminton	Men	Women
4.	Ball Badminton	Men	Women
5.	Basketball	Men	Women
6.	Best Physique	Men	--
7.	Chess	Men	Women
8.	Cricket	Men	Women
9.	Cross Country Race	Men	Women
10.	Football	Men	Women
11.	Gymnastics	Men	Women
12.	Hand Ball	Men	Women
13.	Hockey	Men	Women
14.	Judo	Men	Women
15.	Kabaddi	Men	Women
16.	Kho-Kho	Men	Women
17.	Mallakhamba	Men	Women
18.	Netball	Men	Women
19.	Power Lifting	Men	Women
20.	Softball	Men	Women
21.	Swimming	Men	Women
22.	Table Tennis	Men	Women
23.	Taekwondo	Men	Women
24.	Tennis	Men	Women
25.	Throw Ball	Men	Women
26.	Tug Of War	Men	Women
27.	Volleyball	Men	Women
28.	Water Polo	Men	Women


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S. No.	Sports/Games	Category	Category
29.	Weight Lifting	Men	Women
30.	Wrestling	Men	Women
31.	Yoga	Men	Women

3. Duties & Responsibilities of the Director of Physical Education:

- (a) AIU Sports Co-ordination, Cricket, Gym including Hostel gym, Overall
- (b) Supervision, Accounting, Sports Inventory, etc.
- (c) To prepare the agenda to be discussed during the University Sports Council Meeting[s].
- (d) To send the Proceedings of the University Sports Council Meeting[s] for Ratification by the EC / AS / Members and Finance Officer.
- (e) Meeting[s] for Ratification by the EC / AS / Members and Finance Officer.
- (f) To convene Meeting of University as per the requirement.
- (g) To Select the Manager and Coach / send University Teams and Individuals to participate in the Inter-University Tournaments and Other Sports Competitions.
- (h) To Organize Intra-School Competitions in various Sports & Games including Athletics Meet for the Students of Presidency University.
- (i) To maintain the Indoor and Outdoor Sports Infrastructure Facilities in the University Campus.
- (j) To reserve the Indoor and Outdoor Sports Infrastructure Facilities on request by other Agencies for Conducting Competitions and to Collect the Fee Prescribed by the University Sports Council.
- (k) To Organize Workshops/ Clinics /Seminars/ Conferences/ Referee's Examination of Various Sports Activities/ Coaches Training Programmes in Various Sports Activities by involving SAI, SAK & Various Sports Agencies.
- (l) Selection of players for grant of sport scholarships.
- (m) Monitoring progress and achievement of students granted sport scholarship.
- (n) Conduct of Practice matches with outside Universities/Institutions.
- (o) Selection of Institute Captain/ Vice captains and office bearers for Sport committee by 30th September every year.

4. RESPONSIBILITIES OF SPORT COACHES

- (a) For selection, training, coaching, practice sessions and participation in various sports events would be as follows: -
- (b) Football, General Fitness & Hostel Sports all sports Coaches are required to:
 1. Maintain records of practice matches held.
 2. Organize matches with clubs and other college teams.
- (c) Prepare rules for conduct of sport event for which he / she has been made responsible.


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- (d) Select three teams comprising both of hostellers and day scholars.
- (e) Select Captains and vice-captain of each team.
- (f) Conduct practice matches and mark the attendance of the students attending the practice.

✚ Conduct of Intramural/ Inter School Games

Whatever form of games for the year are required to be conducted that is Intramural between schools and departments will be decided and the sport officers will be responsible for their conduct with the help of other sport committee and sport captains. Proper records would be maintained for conduct of all matches with the list of participants and results (Winners and Runners up).

✚ Participation in inter University Games/State & national level Tournaments

Sport Officer /DPE would be responsible for: -

- 1) Preparing and putting up the proposal for the participation and budget requirement one month in advance.
- 2) Responsible for selection and training of the team.
- 3) Issue of Sport items and kit and their proper accounting.
- 4) Maintaining the record of practice and being present for the practice
- 5) Accompanying the team for the matches.
- 6) Proper accounting of the expenditure and final settling of accounts.
- 7) Scan the certificates received during the tournament and submit a report with Photographs within one week of completion of the event.
- 8) Maintain records of results of all such events for various accreditation processes.

✚ Issue of Sports Kit and stores

Issue will be made on the recommendations of the concerned sport officer. Proper issue records will be maintained. Items shall be returned after participating in the event. Stores which have become unserviceable due to usage shall be kept separately and produced during the Annual Stock taking board.

✚ Ground Attenders to be utilized properly.

- 1) They will work every day in the field for a minimum of three hours.
- 2) Ground will be kept clean of all the empty bottles, packages etc.
- 3) They shall also be marking and maintaining the volleyball ground near basketball.

Court and also in the hostels.

- 4) They shall carry out repair and maintenance of the sport items in the stores.

Store keeper

He will be responsible for: -

- 1) For receipt, proper accounting and issue of sport items and equipment.
- 2) He will update all records.
- 3) Prepare gate pass for stores being sent for repairs and receipt of the stores after repair.
- 4) Prepare Annual Stock Taking proceedings every year and make entries in the stock register after approval of Annual stock taking board proceedings.

5. ANNUAL STOCK TAKING

- a. Stock verification will be conducted every year in the last week of March.
- b. All stores held on charge will be produced for physical check by the Committee Member convened for the purpose.
- c. Items will be segregated in three categories; Serviceable, Repairable & Unserviceable after the approval of proceedings, all unserviceable items will be auctioned or destroyed by burning. Items needing repairs will be sent for repairs to authorized dealer.
- d. Entries for final stock shall be made in the stock register.

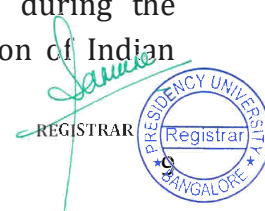
6. PARTICIPATIONS IN VARIOUS TYPES OF SPORT EVENTS

1. Our students can participate in following type of sport events being conducted by various sports.
 - (a) South Zone / All India Inter University Championships organized by Association of Indian Universities.
 - (b) State Level Inter University Tournaments organized by Sports Authority of Karnataka (SAK).
Open State & Nationals tournaments organized by the respective sports & Games Associations.
 - (c) Inter-Institution Tournaments/Memorial Tournaments organized by the Individual Institutions.
 - (d) Tournaments organized by clubs and other private sectors undertakings.
 - (e) Intramural games.
 - (f) Hostel games.

Actions to be taken for Participation

2. South zone / All India Inter University Championships

- (a) Affiliation fee must be paid by our Institution by Apr/May every year, the xerox copy of Affiliation fee receipt should be produced at the time of participation to organizing committee.
- (b) Advance information of our participation in the events during the particular academic year should be given to the Association of Indian



Universities for sports& games.

- (c) Eligibility proforma duly signed by the competent authority should be submitted at the time of participation as per the norms followed by the Association of Indian Universities.
- (d) Individual Institution Player Identity (ID) affixed with photo, Date of Birth and the class of study certified by the Head of the Department /Dean Students Affairs/ Registrar.
- (e) 10th/12th mark sheet (Date of Birth must be in the mark sheet) & UG Degree Certificate/Provisional Certificate. These certificates must be attested by the Head of the Department /Dean Students Affairs.

3. State Level Tournaments organized by Sports Authority of Karnataka (SAK)

- (a) An intimation for participation in various events will be forwarded by due date to the Organizing committee responsible to conduct the sports & games.
- (b) Eligibility proforma will be submitted at the time of participation duly signed by the Competent authority as per the norms followed by the Sports Authority of Karnataka (SAK).
- (c) Individual Institution Identity (ID) should be produced at the time of participation.
- (d) 10th/12th mark sheet (Date of Birth must be in the mark sheet)/ Diploma Certificate for the players, attested by the Head of the Department /Dean Students Affairs will be kept ready for checking by the Organizing Committee.

4. State & National Level Open Tournaments organized by the respective Sports& Games Associations.

- (a) A minimum of four teams should be selected at the commencement of session for the games in which our team wish to represent / participate at State & National level Open tournaments. Out of these four teams one best team should be formed, trained and practiced before participation in the event.
- (b) Bona fide Certificate from our Institution, along with Eligibility Performa will be issued to the students. On Duty will be granted to the participants by Dean Student Affairs.

5. Inter-Institution Tournaments organized by the individual institutions

- (a) Bonafide Certificate from our Institution, along with Eligibility Performa will be issued to the students.
- (b) Individual Institution Identity (ID) should be produced at the time of

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participation.

- (c) Participants must follow the rules and regulations sent by the organizing committee.
- (d) On Duty will be granted to the participants from our Institution.

6. Private Tournaments organized by clubs and other private sectors Establishments

- (a) Bona fide Certificate from our Institution, along with Eligibility Performa will be issued to the students.
- (b) Individual Institution Identity (ID) should be produced at the time of participation.
- (c) Participants must follow the rules and regulations sent by the organizing committee.
- (d) On Duty will be granted to the participants from our Institution.

7. RULES & REGULATIONS INTRA-MURAL GAMES

Presidency University has framed a set of rules and regulations on the lines of **AIU** and **Sports Authority of India (SAI)** as adopted by **Sports and Games Federations of India**. These rules and regulations will help us to organize good quality tournaments and sports meets.

1. Intramural Games

- Players should follow the rules regulations given by the Department of Physical Education.
- Team players or athlete's entry form must be submitted by the respective team captains or year representatives to the Department of Physical Education at least three days before commencement of the match/athletic event.
- One student can participate in maximum of two racket games and two other games other than racket games. This is to encourage a greater number of students to take part in the intramural games.
- In athletic events one student can compete in maximum of four events other than relay.
- Participants must show their ID card for verification before the match/athletic event starts.
- Participants must be in proper sportswear as per their respective games/athletic events. Improperly dressed students will not be permitted to participate.

2. Hostel Games

- Players should follow the rules regulations given by the Department of Physical Education.
- Team players or athlete's entry form must be submitted by the respective

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team captains or year representatives to the Department of Physical Education at least three days before commencement of the match/athletic event.

- One student can participate in maximum of two racket games and two other games other than racket games.
- In athletic events one student can compete in maximum of four events other than relay.
- Participants must show their hostel ID card for verification before the match/athletic Event starts.
- Participants must be in proper sportswear as per their respective games/athletic events students improperly dressed will not be permitted to participate.

8. ATHELETICS RULES AND REGULATIONS

Competition shall be conducted according to the latest rules and regulations as adopted by the Amateur Athletic Federation of India /Association of Indian Universities, [AIUSB] unless otherwise specified.

Only Two competitors in each Individual event and One Team for Relay shall selected to represent Presidency University in AIU event. In respect of the entry for reserves, one for Event and Two for Relay Race.

No competitor shall participate in more than **05 Events** [either in Track or Field] and One Relay Event.

9. ATHELETIC EVENTS

Sl. No.	MEN SECTION	WOMEN SECTION
01	100 MTS	100 MTS
02	200 MTS	200 MTS
03	400 MTS	400 MTS
04	800 MTS	800 MTS
05	1500 MTS	1500 MTS
06	5000 MTS	5000 MTS
07	10000 MTS	10000 MTS
08	20 KM WALKING RACE	5 KM WALKING RACE
09	110 MTS. HURDLES	100 MTS. HURDLES
10	400 MTS. HURDLES	400 MTS. HURDLES
11	SHOT PUT	SHOT PUT
12	DISCUS THROW	DISCUS THROW

13	JAVELIN THROW	JAVELIN THROW
14	HAMMER THROW	HAMMER THROW
15	BROAD JUMP	BROAD JUMP
16	HIGH JUMP	HIGH JUMP
17	TRIPLE JUMP	TRIPLE JUMP
18	POLE VAULT	POLE VAULT
19	DECATHLON	HEPTATHLON
20	4 x 100 MTS. RELAY	4 x 100 MTS. RELAY
21	4 x 400 MTS. RELAY	4 x 400 MTS. RELAY
22	HALF MARATHON	HALF MARATHON

10. BADMINTON

The tournament shall be conducted as per latest rules adopted by Badminton Association / AIUSB/ PU Sports Council. The Tournaments shall be conducted on following pattern.

Sl. No.	Order of Matches	
	Men	Women
1	1st Singles	1st Singles
2	2nd Singles	Doubles
3	1st Doubles	2nd Singles
4	3rd Singles	-
5	2nd Doubles	-

The College participating in the Tournament shall bear the cost of the Shuttle Cock for each match. The quality and make / brand of the Shuttle Cock shall be decided by the Annual Meeting / Director of Physical Education, VTU.

The number of players representing a College in a team shall not be less than 4 and more than 6 for Men and not less than 2 and more than 4 for Women.

11. BALL BADMINTON [M & W]

Ball Badminton Federation of India Rules will be followed. The game shall be played by five players a side, two fronts, one center and two backs with Ball Badminton rackets and woolen ball upon a court and 5 players will be sitting as substitutes for each side. Such a game shall be called a game of "Fives".

12. RULE CHANGES IN BALL BADMINTON

Attempting to receive an out ball is allowed.

- (a) A Ball after touching the net, travelling to opponent's court is allowed.
- (b) Each set will be played with 35 points rally scoring system.
- (c) In a set if the score is 34 each, then a two-point difference is needed to win the set.
- (d) In this stage, a team that secure either two-point difference or reaching 39 [final Point] is the winner.
- (e) Only one hand will serve in one over, starting from right side.
- (f) There is service rotation [5 players] in each set and it should be entered in the score point.
- (g) One time out with one minute duration is introduced in each set.
- (h) In each set there will be three court changes at 9 points, 18 points and 27 points.
- (i) A new score sheet will be designed and circulated based on the changes.
- (j) A Second referee will be introduced to judge the foot fault, line cut and overhand service.
- (k) Boundary line are inside the measurements of the court that means a line ball is right.

13. BASKETBALL RULES AND REGULATION

- (a) Each team can have a maximum of 5 players on the court at any one time. Substitutions can be
- (b) Made as many times as they wish within the game.
- (c) The ball can only be moved by either dribbling (bouncing the ball) or passing the ball. Once a player puts two hands on the ball (not including catching the ball) they cannot then dribble or move with the ball and the ball must be passed or shot.
- (d) After the ball goes into a team's half and they win possession back the ball must then make it back over the half way line within 10 seconds. If the ball fails to do so then a foul will be called and the ball will be turned over.
- (e) Each team has 24 seconds to at least shot at the basket. A shot constitutes either going in the basket or hitting the rim of the basket. If after the shot is taken and the ball fails to go in the basket, then the shot clock is restarted for another 24 seconds.
- (f) The team trying to score a basket is called the offence whilst the team trying to prevent them from scoring is called the defence. The defence must do all they can to stop the offence from scoring by either blocking a shot or preventing a shot from being fired.
- (g) After each successful basket the ball is then turned over to the opposition.

- (h) Fouls committed throughout the game will be accumulated and then when reached a certain number will be eventually being awarded as a free throw. A free throw involves one player from the offensive team (the player fouled) to take a shot unopposed from the free throw line. Depending on where the foul was committed will depend on the number free throws a player gets.
- (i) Violations in basketball include travelling (taking more than one step without bouncing the ball), double dribble (picking the ball up dribbling, stopping then dribbling again with two hands), goaltending (a defensive player interferes with the ball travelling downwards towards the basket) and back court violation (once the ball passes the half way line the offensive team cannot take the ball back over the half wayline)

14. CRICKET RULES AND REGULATION

- (a) Each team is made up of 11 players.
- (b) The bowler must bowl 6 legal deliveries to constitute an over.
- (c) A game must have two umpires stood at either end of the wicket. The umpires then must count the number of balls in the over, make decisions on whether the batsmen is out after an appeal and also check that the bowler has bowled a legal delivery.
- (d) A batsmen can be given out by either being bowled (the ball hitting their stumps), caught (fielder catches the ball without it bouncing), Leg Before Wicket (the ball hits the batsmen's pads impeding its line into the stumps), stumped (the wicket keeper strikes the stumps with their gloves whilst the batsmen is outside of their crease with ball in hand), hit wicket (the batsmen hits their own wicket), Handled ball (the batsmen handles the cricket ball on purpose), timed out (the player fails to reach the crease within 30 seconds of the previous batsmen leaving the field), hit ball twice (batsmen hits the cricket ball twice with their bat) and obstruction (the batsmen purposely prevents the fielder from getting the ball).
- (e) Test cricket is played over 5 days where each team has two innings (or two chances to bat).
- (f) The scores are then cumulative and the team with the most runs after each innings is the winner.
- (g) One Day cricket is played with 50 over. Each team has 50 over to bat and bowl before swapping and doing the previous discipline. The team with the most runs at the end of the game wins.
- (h) International games will have a further two umpires known as the third and fourth umpire. These are in place to review any decisions that the on-field umpires are unable to make.
- (i) The fielding team must have one designated wicket keeper who is the only person allowed to wear pads and gloves on the field. The wicket keeper stands

behind the opposite end to the bowler to catch the ball.

15. BEST PHYSIQUE

- (a) The latest rules as adopted by the Indian Body Building Federation / AIUSB [WeightClass] shall be followed, unless otherwise specified.
- (b) The Competitors shall be weighed only on posing trunks. Each competitor can come only Twice for Weighing.
- (c) Weighing-in shall be done at least 3 hours before the Competition.
- (d) There shall be at least 3 Judges.
- (e) A Screening Committee shall be formed and the Committee reserves the right to admit or reject any Competitor for Physical Handicap, substandard Posture, Irregular Body Development etc., at the Weighing time only.
- (f) The Competitions shall be in two phases, Semi-finals and Finals. Maximum of 15Competitors shall be allowed for Finals.
- (g) Any vulgar display will lead to disqualification of Competitor.
- (h) Application of permitted Colour or Oil is permitted.
- (i) The Competitions shall be held in the Weight Categories listed below.

Sl. No	WEIGHT CATEGORY
1	Upto 60 kg
2	+ 60 to 65 kg
3	+ 65 to 70 kg
4	+ 70 to 75 kg
5	+ 75 to 80 kg
6	+ 80 to 85 kg
7	+ 85 to 90 kg
8	Above 90 kg

16. CHESS

- (a) The tournament shall be conducted under the latest rules adopted by the ChessFederation of India / AIUSB / VTU Sports Council unless otherwise specified.
- (b) The Tournament shall be played according to the SWISS METHOD if the participating teams are more than ten, and shall be played on round robin league if nine or less than nine. The Tournament will not be conducted if the participating Teams are less than 4.
- (c) The number of rounds to be played will depend, on number of teams participating. The Arbiter shall announce number of rounds to be played

before the start of the Tournament.

- (d) The Chess Clocks shall be used for the Matches where ever available.
- (e) A Team consists of 6 players but only 4 players will play against the other of the same status in order of ranking.
- (f) Each College shall clearly state the ranking order of its team while sending the entry [Fixed Board Order]. The reserves shall be ranked on the 5th & 6th ranks.
- (g) In the event of substitution, the Board Order shall be changed in such a way that the Higher ranked player cannot come down and play against a lower ranked player, however a lower ranked player can go up and play against a higher ranked player [Round Playing Order], which shall be submitted to the Arbiter 1 hour before the start
- (h) Of the specific round. One player or two players may be substituted for any round of the tournament. And the substitution is round specific only. The Team shall refer modifications of Team and any disputes to Arbiter and his decision is final and binding.
- (i) A player by Win gets 1 Point, by Draw gets ½ Point and by Loss 0 Points.
- (j) Only for Selection of VTU Chess Team, by Win 3 Points, by Draw 1 Point and by Loss 0 Points. [Deliberately a Higher Rank Player Losing to Lower Rank Player in Selection Trials will lead to serious disciplinary action by Selection Committee Members]

17. CROSS COUNTRY RACE

- (a) The Rules of the Cross-Country Athletic Federation of India [AFI] and the guidelines of the AIU will be applied for the competitions.
- (b) 10km Race both in men & women section with a maximum of 6 athletes can participate.
- (c) The first 4 Athletes performance will be taken into consideration for the team Championship.

18. FOOTBALL RULES AND REGULATION

- (a) A match consists of two 45 minutes' halves with a 15-minute rest period in between.
- (b) Each team can have a minimum of 11 players (including 1 goalkeeper who is the only
- (c) Player allowed to handle the ball within the 18-yard box) and a minimum of 7 players are needed to constitute a match.
- (d) The field must be made of either artificial or natural grass. The size of pitches is allowed to
- (e) Vary but must be within 100-130 yards long and 50-100 yards wide. The pitch

must also be marked with a rectangular shape around the outside showing out of bounds, two six-yard boxes, two 18-yard boxes and a centre circle. A spot for a penalty placed 12 yards out of both goals and centre circle must also be visible. The ball must have a circumference of 58-61cm and be of a circular shape.

- (f) Each team can name up to 7 substitute players. Substitutions can be made at any time of the match with each team being able to make a maximum of 3 substitutions per side. In the event of all three substitutes being made and a player having to leave the field for injury the team will be forced to play without a replacement for that player.
- (g) Each game must include one referee and two assistant referee's (linesmen). It's the job of the referee to act as timekeeper and make any decisions which may need to be made such as fouls, free kicks, throw ins, penalties and added on time at the end of each half. The referee may consult the assistant referees at any time in the match regarding a decision. It's the assistant referees job to spot offside in the match (see below), throw ins for either team and also assist the referee in all decision making processes where appropriate.
- (h) If the game needs to head to extra time as a result of both teams being level in a match, then
 - (i) 30 minutes will be added in the form of two 15-minute halves after the allotted 90 minutes.
 - (j) If teams are still level after extra time, then a penalty shootout must take place.
 - (k) The whole ball must cross the goal line for it to constitute as a goal.
 - (l) For fouls committed a player could receive either a yellow or red card depending on the severity of the foul; this comes down to the referee's discretion. The yellow card is a warning and a red card is a dismissal of that player. Two yellow cards will equal one red. Once a player is sent off then they cannot be replaced. If a ball goes out of play off an opponent in either of the side lines, then it is given as a throw in. If it goes out of play off an attacking player on the base line, then it is a goal kick. If it comes off a defending player it is a corner kick.

19. HANDBALL RULES AND REGULATION

- (a) A match consists of two periods of 30 minutes each.
- (b) Each team consists of 7 players; a goalkeeper and 6 outfield players.
- (c) Outfield players can touch the ball with any part of their body that is above the knee.
- (d) Once a player receives possession, they can pass, hold possession or shoot.
- (e) If a player holds possession, they can dribble or take three steps for up to three seconds without dribbling. Only the goalkeeper is allowed to come into contact with the floor of the goal area.

20. JUDO

The organization and Sporting Code in conjunction with statutes and the contest rules adopted by JFI [Judo Federation of India] shall apply unless or otherwise modified in these rules.

The competition shall be conducted in the following weight categories for:

Sl. No.	Men	Women
1	Up to 56 kg	Up to 48 kg
2	+ 56 to 60 kg	+ 48 to 51 kg
3	+ 60 to 66 kg	+ 51 to 55 kg
4	+ 66 to 73 kg	+ 55 to 59 kg
5	+ 73 to 81 kg	+ 59 to 63 kg
6	+ 81 to 90 kg	+ 63 to 67 kg
7	+ 90 to 100 kg	+ 67 to 72 kg
8	Above 100 kg	-

Weight Criteria

Men: Should not be greater than 85 kg.

Women: Should not be greater than 75 kg.

21. RULES OF KABADDI

- Each team shall consist of no more than 12 players with only 7 taking to the field at anyone time.
- Because of the physical nature of Kabaddi, matches are categorized in age and weightcategories.
- There are six officials looking after each Kabaddi match. The officials comprise of areferee, a scorer, two assistant scorers and two umpires.
- The duration of the match is two halves of 20 minutes with a half time break of 5 minutes.
- At the start of a Kabaddi match, there is a coin toss with the winner having the choice asto whether to have the first raid or not. In the second half of the match, the team that didnot raid first shall begin the second half with a raid.
- To win a point when raiding, the raider must take a breath and run into the opposition's half and tag one or more members of the opposing team and then return to their own half of the pitch before inhaling again.

- (g) To prove that another breath hasn't been taken, the rider must continue to repeatedly yell the word 'Kabaddi'. Failure to do this, even for just a moment means that the rider must return to their own side of the court without points and the opposite team is awarded a point for a successful defence play.
- (h) The team being raided is defending, and the players must prevent the raiders from tagging them and returning back over the halfway line. Whilst in defence, a team may score a point by successfully preventing the raider returning to their own half after tagging them. Raiders may only be grabbed by their limbs or torso, not by their hair, clothes or anywhere else, and defenders are not permitted to cross the centre line.
- (i) Each team will take turns in raiding and defending. Following halftime, the two teams switch sides of the court and the team who defended first in the first half begin the second half by raiding.
- (j) The game continues in this way until the time is up, the team with the most points at the end of the match is declared the winner.

22. KHO-KHO

Kho- Kho is one of the oldest games played in India as the game's roots date back to Mahabharata. The rules as adopted by the Kho-Kho Federation of India shall apply to the Inter-University Kho-Kho Tournament.

23. MALLAKHAMB

The rules as adopted by the Mallakhamba federation of India shall be followed, unless otherwise, modified in these rules. There are 3 types of Mallakhamba which are played on competitive level.

1) FIXED MALLAKHAMB

It is a vertical pole fixed in the ground. Generally teak wood or Sesame [a type of rose wood] is commonly used because of its physical properties such as toughness and soft surface. Castor oil is applied to its surface in order to reduce the friction and minimize the injuries. Generally, it is 10 to 12 feet high above the ground level. It has got a diameter of 5 to 6 inches at the bottom and 1.5 to 2 inches at the top.

2) HANGING MALLAKHAMB

It is a small version of the fixed Mallakhamba and is generally used for balancing exercises. The wooden pole is suspended with the help of a hook and chain. The degree of difficulty while performing this exercise is due to its swinging and revolving motion. The full body has to be kept very close to this Mallakhamba. It is hanged at the height of 3.5 to 4 feet above the ground.

3) ROPE MALLAKHAMB

It is a different type of Mallakhamba from those mentioned above and is a modernized version of the cane Mallakhamba. The structural difference between the above 2 and the Rope Mallakhamba is noteworthy. The Rope Mallakhamba is an answer to the modern-day problems like space and transportation. Various Yogic and Gymnastic positions are performed gracefully on the rope Mallakhamba and that too without tying literal knots to the rope.

24. NETBALL

Team Consists		
Duration	Four Quarters	15-4-15-12-15-4-15 Minutes
Substitutes		

The Netball Tournament will be run in accordance with the rules of the Net ball Federation of India.

25. SUBSTITUTIONS AND TEAM CHANGES

(a) Both teams have the right to make substitutions and/or team changes:

- During an interval
- When play is stopped for injury/illness or blood.
- The number of substitutions is not limited provided the players used are those named for the match.

26. POWER LIFTING

The rules as adopted by the Indian Power Lifting Federation shall be followed, unless otherwise, modified: In a Competition, there are three events:

1. BENCH PRESS
2. SQUAT
3. DEAD LIFT

Each College is allowed a maximum of eight competitors spread throughout the range of the eight bodyweight categories for men and seven competitors throughout the range of seven bodyweight categories for women.

There must not be more than two competitors from any one College in any particular bodyweight category.



The following Weight classes:

Sl. No.	Men	Women
1	Upto 59 kg	Upto 47 kg
2	+ 59 to 66 kg	+ 47 to 52 kg
3	+ 66 to 74 kg	+ 52 to 57 kg
4	+ 74 to 83 kg	+ 57 to 63 kg
5	+ 83 to 83 kg	+ 63 to 72 kg
6	+ 93 to 105 kg	+ 72 to 84 kg
7	+ 105 to 120 kg	Above 84 kg
8	Above 120 kg	-

27. SOFTBALL

The Inter-Collegiate Softball [M&W] Tournament shall be conducted according to the rules as adopted by the Softball Association of India unless otherwise modified in these rules.

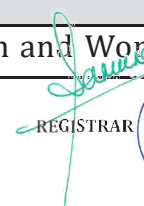

Team Consists	15 Players	
Duration	50 Minutes	
Substitutes	04 Players	

28. SWIMMING / AQUATIC

- The Competitions shall be conducted according to the latest rules as adopted by the Swimming Federation of India / AIUSB / VTU Sports Council.
- Each College shall be permitted to enter a maximum of two Swimmers for each Individual Events and six Swimmers for Relays.
- Selection of University Men and Women Swimming Teams will be held during the Inter-Collegiate Competition on the basis of the Qualifying Standard Circulated by the Department of Physical Education as per A.I.U. Norms Every Year.

The following EVENTS:

Sl. No.	STYLE / STROKE	EVENTS	CATEGORY
		50, 100, 200 & 400 Meters	Men and Women


 REGISTRAR


1	FREE STYLE	800 Meters	Women
		1500 Meters	Men
2	BUTTER FLY	50, 100 & 200 Meters	Men and Women
3	BACK STROKE	50, 100 & 200 Meters	Men and Women
4	BREAST STROKE	50, 100 & 200 Meters	Men and Women
5	INDIVIDUAL MEDLEY	200 & 400 Meters	Men and Women
6	RELAYS	4X100 & 4X200 Meters Free style 4X100 Meters Medley	Men and Women

29. TABLE TENNIS

The latest rules as adopted by the Table Tennis Federation of India / AIUSB shall apply, unless otherwise specified.

The Matches shall be played on the basis of Modified "Swaythling Cup" Pattern. The team should consist of a Minimum of Three players in order to start the match.

The Men and Women team may comprise of a maximum of five and four players respectively.

The order of play shall be as follows:

- 1) A v/s X,
- 2) B v/s Y,
- 3) C v/s Z,
- 4) A v/s Y,
- 5) B v/s X

30. TAEKWONDO

The Taekwondo competition will be run in accordance with the rules of the Taekwondo Federation of India.

Sl. No.	Men	Women
1	Upto 54 kg	Upto 46 kg
2	+54 to 58 kg	+ 46 to 49 kg
3	+ 58 to 63 kg	+ 49 to 53 kg

4	+ 63 to 68 kg	+ 53 to 57 kg
5	+ 68 to 74 kg	+ 57 to 62 kg
6	+ 74 to 80 kg	+ 62 to 67 kg
7	+ 80 to 87 kg	+ 67 to 73 kg
8	Above 87 kg	Above 73 Kg

31. **TENNIS**

The latest rules as adopted by the All-India Lawn Tennis Association [AILTA]/AIUSB shall apply, unless other specified. The Tournament shall be played on Two Singles and One Doubles. A player can play One Singles and Doubles.

The number of players representing a College shall not be less than 2 and more than 4.

Sl. No.	Order of Matches
	Men & Women
1	1st Singles
2	2nd Singles
3	Doubles

32. **THROW BALL**

- Latest Throw Ball Federation of India Rules will be followed for Conducting Matches. The Team may comprise of a Maximum of Twelve Players.
- Throw ball is played on a court that measures 12.2m x 18.3m with a neutral box at either side of the centre measuring 1.5m.
- A net is placed across the centre of the court at a height of 2.2m.
- Throw ball shall be played between two teams, each consisting of twelve players, seven of whom can be active on the pitch at any one time. The remaining five players are substitutes.

33. **TUG- OF- WAR**

- Tug-of-War meet will be conducted in the following Weight categories:

MEN

- Outdoor in Ground Competition: Senior Boys total team weight [Eight Members]640kg

WOMEN

- Outdoor in Ground Competition: Senior Girls total team weight [Eight

Members]480kg

MIXED

Outdoor in Ground Competition: Men & Women “Four Plus four” [4+4]
total teamweight [Eight Members 4 Male & 4 Female] 560 Kilo.

A team [8+1 Extra player = total 9 No.'s of players] shall consist of eight pulling members at the start of a competition. There may be only one replacement [extra Player] during the Championship with the permission of the referees.

TEAM: [8 + 1 = 9 Nos.]

Teams shall consist of eight pulling members at the start of a competition. Once a team has pulled no substitutes are permitted. There may be only one replacement during the championship with the permission of the Chief Judge [see TWFI rules-2010.]

34. SPORT DRESS FOR TUG- OF- WAR

Teams will wear normal sport clothing consisting of shorts, sport shirts on T-Shirts and knee- Stockings and DRM Boot [Army /Police Boot] as per TWFI rules for outdoor competition. And Indoor Tennis shoes allowed for indoor competitions.

35. VOLLEYBALL RULES AND REGULATION

- (a) Each team consist of 6 players and 6 substitutes. Players can be substituted at any time but if They are to return can only be swapped for the player that replaced them.
- (b) Each team can hit the ball up to three times before the ball must be returned. The defensive team can then try and block or return the ball again hitting it a maximum of three times.
- (c) Games are played up to **25** points and must be won by 2 clear points.
- (d) Violations will be called for the following:
- (e) Stepping over the base line when serving the ball. Ball hits the net and fails to get over the net (If the ball hits the net and still goes over the net then this is perfectly legal).
- (f) Players are not allowed to carry, palm or run with the ball.
- (g) Players must not touch the net with any part of the body. If the net is said to have hitthem rather than vice-versa, then this is ok. The ball cannot travel under the net.
- (h) Players cannot reach over the net and hit the ball

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36. WEIGHT LIFTING

- (a) The latest rules as adopted by the Weight Lifting & Power Lifting Federation of India shall be followed, unless otherwise specified.
- (b) Each College can enter Two Competitors for each Weight category. However, the Team strength in Weight Lifting & Power Lifting should not be more than EIGHT Participants excluding Coach / Managers in Men section and not more than SEVEN participants in Women section.
- (c) The Competitions shall be held in the Weight Categories listed below:

Sl. No.	Men	Women
1	Upto 56 kg	Upto 48 kg
2	+56 to 62 kg	+ 48 to 53 kg
3	+ 62 to 69 kg	+ 53 to 58 kg
4	+ 69 to 77 kg	+ 58 to 63 kg
5	+ 77 to 85 kg	+ 63 to 69 kg
6	+ 85 to 94 kg	+ 69 to 75 kg
7	+ 94 to 105 kg	Above 75 kg
8	Above 105 kg	-

37. WRESTLING

- (a) The latest Rules of Wrestling / Judo Federation of India / AIUSB / shall apply, unless otherwise specified.
- (b) Each College may enter One Competitor in each Weight Category.
- (c) The Competition shall be held in the below listed Weight Categories.

Sl. No.	Men	Women
1	Upto 50 kg	Upto 48 kg
2	+50 to 55 kg	+ 48 to 51 kg
3	+ 55 to 60 kg	+ 51 to 55 kg
4	+ 60 to 66 kg	+ 55 to 59 kg
5	+ 66 to 74 kg	+ 59 to 63 kg

6	+ 74 to 84 kg	+ 63 to 67 kg
7	+ 84 to 96 kg	+ 67 to 72 kg
8	+ 96 to 120 kg	-

38. YOGA

- (a) Yoga Championship shall be held for both boys and girls section separately in the Asanas and Kriyas [Exercises].
- (b) A team may consist maximum of six competitors [including one reserve]. A team consisting less than five competitors, shall not be eligible for team championship but their performance will be considered for individual position. For team Championship marks of only best five will be counted.
- (c) The competitors will have to retain each yogic exercise as follows which will be counted after attaining the final position. One Minute for each compulsory asana.
- (d) One round of Surya Namaskar (In twelve count) within two minutes each for Sutraneti/Rubberneti, Jalneti, Nauli and Shat Karma Kapalhati and within 10 minutes for Vastra Dhauti.
- (e) Yogic exercise of part A [a] will be performed together and other yogic exercise will be performed one by one by each member of the team.

39. THROWBALL RULES AND REGULATION

- (a) Throw ball is played on a court that measures 12.2m x 18.3m with a neutral box at either side of
- a. The center measuring 1.5m.
- (b) A net is placed across the centre of the court at a height of 2.2m.
- (c) Throw ball shall be played between two teams, each consisting of twelve players, seven of whom can be active on the pitch at any one time. The remaining five players are substitutes.
- (d) Throw ball uses rally scoring in which points can only be scored when serving.
- (e) Matches should be played for the best of three sets, each set's winner being the first to score 15 points.
- (f) Service is done immediately after the referee's whistle at the start of the game and after a point is scored. It is done from behind the back line towards any area of the opposition "half".
- (g) Points are lost in Throw ball if a team fails to return a serve or throw such as by hitting the net or failing to catch the ball and then throw it back
- (h) Balls should not be volleyed as in volleyball but should be caught and then thrown quickly. Any ball being released should be done so from on or above the shoulderline only

- (i) Passes are not allowed in Throw ball, as soon as a player receives the ball, they should return it over the net immediately.
- (j) Two players cannot catch the ball simultaneously.
- (k) All players should be appropriately dressed with a team jersey and shorts with their number being printed on the back of the jersey.

40. BADMINTON RULES AND REGULATIONS

- (a) A game can take place with either two (singles) or four (doubles) players.
- (b) An official match has to be played indoors on the proper court dimensions. The dimensions are 6.1m by 13.4m, the net is situated through the middle of the court and is set at 1.55m.
- (c) To score a point the shuttlecock must hit within the parameters of the opponent's court.
- (d) If the shuttlecock hits the net or lands out, then a point is awarded to your opponent.
- (e) Players must serve diagonally across the net to their opponent. As points are won then serving stations move from one side to the other. There are no second serves so if your first serve goes out then your opponent wins the point.
- (f) A serve must be hit underarm and below the server's waist. No overarm serves are allowed.
- (g) Each game will start with a toss to determine which player will serve first and which side of the court the opponent would like to start from.
- (h) Once the shuttlecock is „live“ then a player may move around the court as they wish. They are permitted to hit the shuttlecock from out of the playing area.
- (i) If a player touches the net with any part of their body or racket, then it is deemed a fault and their opponent receives the point.
- (j) A fault is also called if a player deliberately distracts their opponent, the shuttlecock is caught in the racket then flung, the shuttlecock is hit twice or if the player continues to infract with the laws of badminton.
- (k) Each game is umpired by a referee on a high chair who overlooks the game. There are also line judges who monitor if the shuttlecock lands in or not. The referee has overriding calls on infringements and faults.
- (l) Let may be called by the referee if an unforeseen or accidental circumstance arose. These may include the shuttlecock getting stuck in the net, server serving out of turn, one player was not ready or a decision which is too close to call.
- (m) The game has only two rest periods coming the form of a 90 second rest after the first game and a 5-minute rest period after the second game.
- (n) If the laws are continuously broken by a player, then the referee holds the

- power to dock that
- (o) Player of points with persisting fouls receiving a forfeit of the set or even the match.

41. TABLE TENNIS RULES AND REGULATIONS

- (a) Table Tennis is played over a pre-agreed number of games and the first to 11 points wins each game.
- (b) The toss of a coin or another form of lot-drawing determines which of the players shall serve
 - i. First.
- (c) Each table tennis player serves twice in turn and serves must be made from an open palm, the ball tossed six inches then struck so it bounces on the service side, clears the net, then bounces on the receiver's side.
- (d) Points are decided as described above and games must be won by two clear points. At 10-10 each player serves once only, in turn, until one player established a two-point lead and wins the game.
- (e) After each game the players rotate both the end of the table from which they are playing as well as who serves and receives the ball first.
- (f) In the deciding game of a match the players swap ends after either player reaches five points.

42. CARROM RULES AND REGULATIONS

Basic rules

- (a) For the very first turn, the player is allowed three attempts to "break" i.e. Disturb the central group of counters.
- (b) It doesn't matter which piece the striker hits first and it doesn't matter if the striker hits no pieces.
- (c) If a striker pockets the Queen and/or one or more pieces of his/her own colour, the player retrieves the striker and takes another strike.
- (d) If the player pockets no pieces or commits a foul, the turn finishes.

Covering the Queen

- (a) A player may only pocket and cover the Queen if that player has already pocketed at least one piece of that player's colour.
- (b) 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.
- (c) If a player pockets the Queen and one of her own pieces in the same turn, these counts and that player has covered the Queen. Such a player must have already pocketed at least one piece in order to cover the Queen as per normal.
- (d) When a player pockets the Queen but does not cover it, the Queen is returned as near as possible to the centre circle by the opponent.

Other Rules

- (a) Pieces returned to the centre can be placed on top of other pieces within the main circle.
- (b) If pieces come to rest standing on their edge or overlapping another piece, they are left as they are until moved again in the normal course of play.
- (c) If the striker comes to rest under another piece, the striker should be removed with as little disturbance to the covering piece as possible.

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. Any other pieces requiring to be returned to the board are also placed within the main circle by the opponent. It is normal for pieces to be positioned in order to confer an advantage for the opponent.

A foul is recorded in the following situations: -

- (a) The striker is pocketed.
- (b) The striker or any other piece leaves the board.
- (c) A player pockets an opponent's piece. If the Queen was also pocketed, it is returned to the centre by the opponent together with the penalty piece. Any other pieces pocketed in the same strike remain pocketed.
- (d) A player pockets the final opponent's piece. Regardless of whether the Queen has been covered, the opponent's piece is returned to the center in addition to the penalty piece.
- (e) A player pockets the final piece before the Queen has been covered. In this case both the pocketed piece and a penalty piece are returned to the centre.
- (f) A player contravenes the rules for striking.
- (g) A player touches any piece in play, other than the striker.
- (h) The first player to strike fails to break the counters in three attempts.
- (i) Where a penalty is incurred but no pocketed pieces exist to return, the penalty is "owed" until a piece becomes available. If a penalty is owed, when a piece becomes available due to being pocketed, the piece is returned to the center by the opponent at the end of the turn. Should the opponent forget to do this before the start of the next turn, any owed penalties are lost.

SCORING

- (a) At the end of the game the winner scores 1 point for each opponent's piece left on the board.
- (b) If the winner has less than 24 points and the winner also covered the Queen, a bonus 5 points are scored.
- (c) If the winner has 24 or more points, then no points are scored for covering the

Queen.

- (d) The maximum score for one game is therefore 14 points. A match is played to 29 points.

43. RULES AND REGULATIONS

- 1) White is always first to move and players take turns alternately moving one piece at a time. Movement is required. If a player's turn is to move, he is not in check but has no legal moves, this situation is called "Stalemate" and it ends the game in a draw.
- 2) Each type of piece has its own method of movement. A piece may be moved to another position or may capture an opponent's piece, replacing on its square (en passant being the only exception). With the exception of the knight, a piece may not move over or through any of the other pieces.
- 3) When a king is threatened with capture (but can protect himself or escape), it's called check. If a king is in check, then the player must make a move that eliminates the threat of capture and cannot leave the king in check.
- 4) Checkmate happens when a king is placed in check and there is no legal move to escape. Checkmate ends the game and the side whose king was checkmated loses.

44. KARATE RULES AND REGULATIONS

- (a) Karate Kumite matches take place on a matted square of 8m x 8m with an additional 1m on all sides that is called the safety area.
- (b) Once the referee and judges have taken their places, competitors should exchange bows.
- (c) The fight starts when the referee shouts "SHOBU HAJIME!"
- (d) Both fighters should attempt scoring techniques (punches, kicks and throws) on their opponent. These are classified as Yuko, Waza-ari and Ippon and are one, two and three points respectively.
- (e) If the referee deems a scoring technique may have been used, the referee shouts YAME and
- (f) The contestants, judges and referee all resume their original positions.
- (g) The judges will then indicate their opinion by means of a signal and if a score is to be awarded, the referee identifies the contents and the area that they attacked and then awards them the relevant score (Yuko, Waza-ari or Ippon) and then restarts the bout by shouting "TSUZUKETEHAJIME!"
- (h) If one competitor establishes a clear lead of eight points during a match, then the referee calls a halt to the bout and declares them the winner.
- (i) If no competitor establishes a clear lead of eight points during the fight, then the fighter who has the most points is declared the winner.
- (j) In the event of the points being level, the referee and the judges will decide who

is the winner of The bout.

- (k) Fights can end earlier if one competitor is knocked down and is not in a position to carry on or if one fighter is disqualified.

45. TAEKWONDO RULES AND REGULATIONS

- (a) Taekwondo matches should be contested by competitors of the same sex and in the same classified weight category.
- (b) The competition area is a mat that measures 8 meters squared.
- (c) Taekwondo matches are contested over 3 x 2-minute rounds with a rest of 1 minute between rounds.
- (d) Each fighter attempts to knockout their opponent or score points by landing blows on their opponent's torso or head. Kicks are allowed to both the torso and head, whilst punches are only allowed to the body. Below the waist is not a permitted target.
- (e) If a fighter and their coach think that a point has been missed or that a mistake has been made, they can make a protest. A video replay is then looked at by judges and a decision is made.
- (f) Fighters can lose points by the way of penalties. These can be incurred by actions such as:
- 1) Punching to the face
 - 2) Attacking with the knee
 - 3) Attacking below the waist
 - 4) Stepping out of the ring with both feet
 - 5) Turning your back on your opponent
 - 6) Pushing, holding or grabbing your opponent
 - 7) Feigning injury
 - 8) The match is won by the fighter who knocks their opponent out or who has the greater number of points at the end of the three rounds.
 - 9) If the match is a draw, a golden point round is fought, with the fighter landing the first scoring point being declared the winner.

46. YOGA RULES AND REGULATIONS

- (a) Yoga should be practiced empty stomach. If you had food, wait for at least 3 hours before practicing.
- (b) Relax for 10 seconds at least after each yoga exercise.
- (c) Avoid excessive intake of tea or coffee when you are practicing yoga
- (d) Wear comfortable clothes for practicing yoga.
- (e) First begin with easy poses and thereafter you can advance to the tough ones.
- (f) Do not practice yoga on naked ground. Always use thin yoga mat or thick bed sheet for Yoga.
- (g) Before you start Yoga, you must clear your bowels and bladder. Clean your

nostrils and throat of all mucus.

- (h) Woman should not practice yoga during menstruation.
- (i) Food can be taken after an hour of practicing yoga.
- (j) Morning is the best time to prepare for yoga and it is always better to practice yoga where there is abundant clean air.
- (k) Don't do yoga twenty minutes before and after taking a shower as blood circulation could speed up after taking a shower. It is better to take a cold shower after practicing it.

47. JURY OF APPEAL

The Jury of Appeal for Tournaments should be constituted with the following members only:

- (a) Chairman: Dean DSA, PU & Director of Physical Education, PU
- (b) Convener: Organizing Secretary of the tournament
- (c) Members: Four Senior Faculty of the different schools

48. GROUNDS / COURTS / EQUIPMENT'S

- (a) The Grounds, Courts and the Equipment that will be used during the Tournament. The Director of Physical Education will make arrangements for the same.
- (b) Marking of Play field will be done well in advance before the start of the matches.

49. FOOD AND REFRESHMENT

The Director of Physical Education will make arrangements for working lunch for all the participating teams/Officials in the tournaments / competitions.

50. INDISCIPLINE

- (a) In case of Misconduct of any Individual Player[s], or a Team as a whole or Manager or Coach, the Organizing Committee/ Director of Physical Education shall have Powers even to Scratch the Team/Disqualify the Individual Player[s] from Participation in the Tournament based on the Report of the Match Officials.
- (b) The Organizing Secretary has to convene the Meeting of Managers of Participating Teams on the Previous Day of before the Commencement of the Tournament, under the Chairmanship of Dean DSA, in the presence of Director of Physical Education and hod or his Nominee in order to brief them about the Arrangements, Facilities and Program.'



51. GENERAL RULES TOURNAMENTS / COMPETITIONS

Guidelines

- (a) Participation in the university Tournaments / competitions the college/institution contingent must be accompanied by a team manager, preferably the physical education director or a teaching faculty in the absence of physical education director. Contingents not accompanied by team manager will not be allowed to take part in the competitions.
- (b) The tournaments are conducted on a knockout basis unless otherwise specified and only one team in each activity from a college will be allowed for participation.
- (c) The decision of the referee/umpires pertaining to the facts during the course of the game is final.
- (d) Changes if any, in the dates, timings and venues necessitated by circumstances beyond the control of the organizers, will be notified by the officials concerned. The teams shall oblige the change of schedule.
- (e) No request for postponement of matches/competitions will be entertained.
- (f) University will provide sufficient tennis balls, Cricket balls and shuttle cocks for the team selection trials.
- (g) All the participating colleges/institutions shall compulsorily carry their college flag for taking part in the march past during inaugural and closing ceremonies.

52. DOCUMENTS

Participating teams in the Tournaments / competitions should submit the following documents to the organizing Secretary / Convener duly attested by the head and Physical Education Director at the time of registration:

- (a) Entry Form (Eligibility Pro-forma)
- (b) College Identity Card.
- (c) Present Course Admission Receipt. [if required]

53. REGISTRATION

- (a) To participate in the Intra-University Tournaments / Competitions shall send Entry to the department of Physical Education & Sports before **seven days** of the Competition.
- (b) The Registration fee to be paid for Zone/ Inter Zone / Single Competition for Men and Women sections.



54. ELIGIBILITY RULES

- (a) Only a Bonafide regular student, who is currently officially enrolled/registered/pursuing a Degree/B.Tech from P.U with University Serial Number [Roll No] which has a minimum duration of one academic year, and whose examination is conducted by the University shall be eligible to participate in Intra-University activities.
- (b) Ph.D. students shall be eligible to participate only in PU Team selection trial if they are pursuing full time degree from PU and his age shall not cross 25 years as on July.
- (c) Provisional admission to a course of a College/Institute shall not make the student[s] eligible to represent the College in Intra-University activities.
- (d) In case of a student migrating from one School to another, his/her migration case will be considered eligible only after his/her admission in the P.U is regularized.
- (e) Student [s] joining lower class/course from higher professional Course/Degree merely for the sake of participation or winning Sporting competitions will be not be courage at the cost of academic qualification essentially required for better career prospects of elite athletes.
- (f) Students detained or applied for revaluation for eligibility are not considered to participate in P U Sports/Cultural activities.
- (g) The students who are not Indian Nationals shall be eligible to participate in PU Inter Collegiate competitions only. Only 2 not Indian Nationals are allowed for PU team selections.
- (h) The students who get their admissions delayed due to technical difficulties can participate in further phase of the Tournament with due submission of documents.
- (i) All students participating in the Inter-College / University Tournaments shall fulfill the following conditions:
 - 1) Not more than 8 years have elapsed since a student passed the examination qualifying him/her for first admission to a university or college affiliated to university.
 - The 8-year period mentioned above shall be distributed as below:
 - Not more than 5 years after passing 10+2 or equivalent while pursuing graduate courses/studies.
 - Not more than 3 years after passing Graduation or equivalent while pursuing post graduate course/studies. Irrespective of any other conditions like change of class/course/faculty, joining lower class from higher, changing academic to professional courses or vice versa, provided that students admitted, after passing +2 examination, to graduate courses of more than 3 years' duration like Medical, Engineering, Agriculture.

Pharmacy etc. Shall be eligible to participate in the Inter-University tournaments for the actual length of such graduate courses/studies.

- Only students, who are less than 25 years of age as on first July of the academic year in which the tournament is held, can participate.
- The students to be eligible to participate in PU Inter-Collegiate Sports activities must be within 09 years after passing qualifying exams. [Pre-University, Diploma], i.e., 05 years in Under Graduate courses plus 04 years in post Graduate Courses as per FISU rules.
- Bonafide Students Including the Foreign Nationals who fulfil the Eligibility Criteria Laid down by the A.I.U. will be Allowed to Participate in the Tournament as Team Player/s.

55. FIXTURES

The Matches will be played as per the Fixtures drawn and according to dates and timings fixed by the Organizing Committee/ Director of Physical Education P U.

The following point to be considered while drawing the fixtures:

- 1) 1st and 2nd place team of previous year should fall in two different halves so that they should meet only in the final of the Tournaments.
- 2) The Fixtures shall be drawn in the presence of all the captains of the respective teams/faculty coordinators.
- 3) Draws shall be taking out the chits for vacant places. Preferably by announcing the positions in the draws where the vacant slots will be filled. Care should be taken to fill the slots of the same sequence alternatively.

56. CO-ORDINATES / COSTUMES

The school shall be Worn the coordinates by Players while taking part in the Competitions/Tournaments. The team should wear the coordinates and costumes recognized by official body of the respective Sport.

57. OFFICIALS

- (a) The Department of Physical Education/Organizing Committee, Presidency University shall be the responsible for nominating Qualified/ Experienced/ Senior and Neutral Officials to officiate the Games and Sports.



- (b) The Teams shall report to the Official- In-charge of the respective Games at least 30 Minutes before the Scheduled Time. Failing which the Teams will be liable to be scratched/ walkover.

58. DECLARATION OF THE CHAMPIONSHIP FOR INDIVIDUAL & TEAM EVENTS:

Sl. No.	Position	Individual Events	Team Events(Relay)
1	1st Place	5	10
2	2nd Place	3	6
3	3rd Place	1	2

- (a) Individual Championship: Individual Championship in Men and Women section will be awarded separately based on their performance.
- (b) Team Championship: Team Championship in Athletic, Weightlifting, PowerLifting, Best Physique, Judo, Wrestling, etc., will be awarded on the highest points earned by each team / Schools, separately for Women and Men, including relay race points.
- (c) Overall Championship: Overall Championship in Men and Women will be decided by Awarding 5 points for Winner, 3 points for Runner and 1 point for Third Place winner. A Trophy will be awarded to the School Which Secures Highest Number of Points. In case of a Tie, Points Earned as Winners will be Counted followed by Runner's position and Third Position in that Order. If the tie still remains it may be decided by the Spin of Coin.

59. BEST ATHLETE:

Best Athlete in Men and Women section will be awarded separately based on their performance refer.

60. PROTEST

Protests are normally discouraged. However, genuine case of protest on other than the decisions of match officials will be entertained in writing from the Captain/Faculty In-charge within One Hour from the Time the match ended, with a Protest Fee of Rs **1000/-** [Rupees One Thousand only] which will be Refunded in case the Protest is Up- Held.

61. GYM FACILITIES

- (a) Gym facilities have been provided in Men hostel free of cost of Presidency University.
- (b) Fitness Centre at Girls new hostel is proposed to be equipped with modern


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machines and a coach.

- (c) Dos and Don'ts displayed in the Fitness centre are required to be followed for safety of participants.

SHOULD BE STRICTLY ADHEARED TO.

<u>DO's</u>	<u>DON'TS</u>
1. SHARE A SPOT	1. DON'T PULL OR PUSH SOME ONE
2. BE A FRIEND NOT A BULLY	2. DON'T PLAY WHEN THE BARS ARE WET
3. NO PLAYING WHEN CLASSES ARE ON GOING	3. DON'T DO UPSIDEDOWN TRICKS
4. WEAR PROPER GYM ATTIRE	4. DON'T DROP THEWEIGHTS
5. KEEP YOUR SHIRT ON WHILETRAINING	5. NO EATING, ALCOHOLIC BEVERAGES
6. BRING YOUR OWN SEAT TOWEL	6. DON'T WAEREARPHONES WHILE DOING WORKOUTS
7. RETURN WEIGHTS TO RACK AFTER USE	7. DON'T BREAK THEGYM RULES
8. WIPE DOWN EQUIPMENTS AFTER USE	8. DON'T WEARSLEEVELESS SHIRTS
9. KINDLY REPORT ANY EQUIPMENT MALFUNCTION	9. DON'T MAKE NOICE INSIDE THE FITNESS CENTRE
10. BE COURTEOUS AND RESPECTFUL OF OTHERS	10. USE A SPOTTER WHEN LIFTING - NOEXCEPTIONS

62. GUIDELINES FOR OF SELECTION OF STUDENTS FOR SPORTSSCHOLARSHIP

- (a) The fresh students who are admitted into various courses of study in the university departments are eligible to apply for the sports scholarship.
- (b) The fee concession is applicable only for the first-year course of study. The fee concession for subsequent years of course of study will be renewed based on the sports achievement of the candidate during the course of study.
- (c) The eligible candidates should apply for the sports scholarship in the prescribed form available in the Physical Education Department and submit the form with all necessary sports achievement's certificates.
- (d) The candidate who has participated in All India Inter University Tournaments by direct qualification will be considered on the basis of certificate verification and selection trials.
- (e) The sports achievements of the players must be for last two years from the date of admission.
- (f) The trials will be conducted by the Physical Education Department and the candidates.

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- (g) Performance will be evaluated by a three member's committee (Dean Student Affairs /Director of Physical Education and two specialization experts from the discipline concerned).
- (h) The candidate has to apply for renewal of sports concession for subsequent yearsof study based upon the performance during the year.
- (i) The university authorities have the right to cancel the awarded sports scholarship to a candidate if the candidate is found to have violated the rules of the university / hostel / sportsmanship or is involved in a disciplinary case.
- (j) If a candidate claims the incentive/sports concession for South zone and All India achievements of a same year in a game, the concession will be awarded based upon the higher participation.
- (k) The Sub junior / junior / senior national's sports participations and achievers certificate will be considered only when they have represented through the associations which were found in the list of approved and recognized associations by Sports Development Authority of Tamil Nadu or respective State.
- (l) The International sports participants and achiever's certificates in Olympics games and non-Olympic Games will be considered if the candidate has participated through the approved and recognized associations by SAK and IOA.
- (m) The Dean Student Affairs/Director of Physical Education has the discretion to take the final decision in the case of any dispute with regard to eligibility for sports scholarship.

63. PROCEDURE OF SELECTION OF SPORTS SECRETARIES/ TEAM CAPTAINS

The selection of Sports Secretaries (Men & Women) will be carried out by the Dean Student Affairs in conjunction with Director Physical Education on commencement of the session. This official shall be selected from the list of Captains.

64. FOR SELECTION OF SPORTS SECRETARIES

- (a) The Sports Secretaries must have good quality of Sportsmanship.
- (b) They must have participated in the State/National Level Tournaments/ Competitions.
- (c) They must have good knowledge about organizing of intramural Sports & Games.
- (d) They would be required to assist in conduct of intramural Sports & Games in a smooth manner under the guidance of Sports officers & Dean Students Affaires/Director of Physical Education.



65. SELECTION OF TEAM CAPTAINS

- (a) The team captains will be selected by the Sports Officers with the permission of Dean Student Affairs/Director of Physical Education.
- (b) A team captain should be a senior and good player enjoying respect of his teamMembers.
- (c) He should have participated in intramural and inter-university games and won medals.

66. CONDUCT OF INTER-UNIVERSITY TOURNAMENTS AT PRESIDENCY UNIVERSITY

Alhaj Dr. Nissar Ahmed Founder's Trophy Football Tournament (Men)

Our beloved founder **Alhaj Dr. Nissar Ahmed** was dedicated to the cause of education in its totality. The cognitive skills have a value of their own and their special status in the scheme of education is beyond a shadow of doubt. The psychomotor skills deserve equal attention and reinforced promotion measures. Our beloved founder was quite aware of this and so he contributed liberally in promoting sports. Founder's Trophy Football Tournament is a fitting tribute to **Alhaj Dr. Nissar Ahmed** for his yeoman services and missionary zeal to the cause of physical education. A Trophy has been instituted to be awarded to the winners of **Football** Tournament to be organized annually in his honor from 2023-24.

Conduct of Tournaments

- (a) These tournaments can be conducted in the month of October / February every year
- (b) Participation in these tournaments will be based on invitation. No entry fee will be levied for these tournaments.
- (c) These tournaments are open to universities and colleges. The list of physical duly certified by the Head of the institution must be submitted before the match.
- (d) Only full time Bonafide students are eligible to participate. Part time students are not eligible.
- (e) All the matches will be played at the university Grounds / Courts.
- (f) Participants must produce their university / college identity cards at the time of their matches.
- (g) In all matters concerning these tournaments, the tournament committee's decision shall be final.
- (h) The tournament committee reserves the right to accept or reject any entry, alter the date, time or any other matter connected with the tournament.
- (i) The decision of the Referees will be final in all matches. No protest will be entertained.

- (j) Cash prizes will be given to four prize winners in each game as per the details given below.

Event	Winners	Runners-up	III place	IV place
Foot Ball (M)	Rs.25000/	Rs.150000/	Rs.10,000/	Rs.5,000/

Take away trophies will be awarded to the Winners and Runners-up and suitable Individual Prizes and Certificates will be given to the Prize Winners.

67. CONDUCT OF ANNUAL SPORTS DAY

General

Details of expenditure likely to be incurred on conduct of Annual Sports Day should be included in the Budget to be submitted to the Registrar in April every year.

Date of conduct of Annual Sports Day should be intimated to Dean Academics. It should be preferably in Jan last week. Intramural games should be conducted as per plans and only few events should be conducted on the Annual Sports day.

68. BEST ATHLETE AWARD

Meritorious Award will be provided for Best Outgoing Sports Person (Athlete) [Male & Female] for their highest level of performance during their course.

Sequence of Action D- Day: Annual Sports Day

D-45-day Place order for items required for conduct of Annual sports day. Number of trophies, cups and certificates to be printed be finalized and order be placed. Request Accounts Department to credit the sanctioned amount for conduct of Annual Sports Day into the account of Director Physical Education.

D-30- day Finalize Chief Guest one month prior to conduct of Annual Day. Obtain informal Confirmation and apprise VC. Preparation of Annual Sports Report.

D-20 day. Have a circular sent from the office of Registrar giving out details of various Committees. Circular for March past Competition to be also sent

D -15 Day Conduct a Coordinating Meeting to be chaired by Registrar in which responsibilities of various committees should be explained. Invitation card for Annual Sports day to be issued to all including a personal meeting with Chief Guest to hand over Invitation card along with a copy of Agenda.

D-10 Day.

- Receipt of Memento for the Chief Guest, Banner, Trophies, cups, and certificates.
- Names of Winners and Runners up of events which have already been conducted should be printed on certificates.


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- (c) Finalize list of players receiving cash prizes.
- (d) Place order for Refreshments.
- (e) Commencement of preparation of ground for conduct of Annual Sports day.
- (f) Check Gas Cylinder and Torch.
- (g) Constitute committee to access the march past.

D-7 Day

Final Coordinating Coordination Meeting with various committees to obtain confirmation of action completed. Finalized Agenda of Annual Sports Day to be circulated to all.

1. Rehearsals of March past to commence.
2. Printing of Annual Sports Report.
3. Marking of ground for track events.
4. Banner announcing Annual Sports Day to be displayed at the College Gate

D-2 Day

1. Marking of ground for March past.
2. Coordination Meeting with Team Captains and Sports Officers

D-1 Day

1. Full dress rehearsal of Annual Sports Day.
2. Flags to be put.

D Day: Annual Sports Day

Stage, Seating arrangements & installation/testing of PA equipment to be completed by 10.00AM.

Trophies, cups, certificates to be shifted to the venue. Conduct of the event as per Agenda.

D + 15 Day

Prepare detailed account of the expenditure and submit to the Accounts Department.

69. SELECTION PROCESS OF UNIVERSITY TEAMS

University Sports Council will constitute a committee to select the probable list for the University team for every particular discipline.

Newly admitted, if any state, national and university represented players or eligible to attend directly to the coaching camp.

Committee consisting of minimum five members with required specialization as the need arises.



Selection trials shall be conducted along with the Inter collegiate competition. Competitions which are not held, separate selection trials shall be conducted based on the situation / requirement.

70. DUTIES OF PLAYERS, MANAGERS AND COACHES PARTICIPATING IN INTERUNIVERSITY TOURNAMENTS / COMPETITIONS.

University Player

The players who have been selected to represent University team is directed to report to the concerned Team Manager with the below mentioned documents.

Institution Identity Card

SSLC & PUC /12th Std., and previous course degree/ Diploma certificate/ Markscards.

Eligibility Proforma

1. First & Present Academic Year Admission Receipt
2. Four Passport and stamp Size recent colour Photographs
3. Undertaking letter from the parents (Format given)

71. MISCONDUCT:

If any University Player Misbehaves during the Coaching / Inter- University Competitions, disciplinary Action will be initiated by the Director of Physical Education, based on the Report Submitted by the Team Manager/Coach, byway of barring the Player from participating in the University Inter-Collegiate Tournaments/Inter-University Tournaments for a period of one to three years depending on the Gravity of Misconduct.

Nomination of University Team Managers / Coaches

- (a) Duties /Role and Responsibilities of the University Team Manager
- (b) Required documents shall be collected from the players.
- (c) Preparation of AIU team eligibility pro-forma.
- (d) To provide /Support the Coach with material relating to the team
- (e) To provide /Organize the equipment for team practices and games
- (f) Ensure the team members Know, who, when and where they are playing
- (g) Organize the distribution of uniforms/coordinates, track suits, and ensure they are worn correctly.
- (h) Coordinate the transport arrangements.
- (i) Disburse TA/DA and other Allowances to the team members as per the University norms and obtain the receipts for the amount paid.

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- (j) Ensure the results of the matches and report is to be submitted to the University.
- (k) Complete a Manager Report and submit it to the university within a week of the tournament.
- (l) The team Manager have to submit the detailed accounts immediately after returning from the Inter University Tournament / Competition.

72. DUTIES OF THE UNIVERSITY TEAM COACH

- (a) Coordinate the team selection process in accordance with the university selection guidelines.
- (b) Coordinate a suitable training programme. Prepare the team for the competition.
- (c) Provide coaching support to the student athlete to assist in their preparation and participation for the completion.
- (d) Arranging of friendly matches with other Universities with prior permission.
- (e) Plan with and assist the individuals arrive at the correct venue with adequate time for warm-up and commencement of the competition.
- (f) Implement a game plan to ensure our team is competitive during the event.
- (g) Ensure all team members behave in an appropriate manner at all-time both in competition and social environment.
- (h) Complete a coach report and submit it to the University of the Tournament.

73. PROCEDURES TO BE FOLLOWED TO ATTEND THE INTER-UNIVERSITY TOURNAMENTS/ COMPETITIONS.

Documents: The following documents / materials shall collect from the University.

- (a) Match / Competition Schedule
- (b) Players TA & DA Forms
- (c) Manager/Coach TA & DA Forms
- (d) Eligibility proforma
- (e) Registration Fee
- (f) Co-ordinates / Costumes for Players / Manager / Coach

74. TA & DA:

The TA/DA of University Team Players/Mangers/Coaches and Other Accompanying Officials will be borne by the University as per the Provisions made


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in the University Sports Council from time- to-time. Money earmarked for various teams as per Budget Allocation. The same amount will be sent to the concerned Institution Principal & in turn the team Manager Shall Maintain Proper Accounts and submit the same through the Principal to the Office of the Director of Physical Education on Completions of Inter University Competition. Coordinates & Blazer: The University Players/Officials will be provided **blue colour** Track Suit, Jersey and Navy Blue Blazer with University Logo as per the colour Combination proposed by the University Sports Council.

Sl. No.	Participation	Gold Medal	Silver Medal	Bronze Medal	Quarter Final / 4 th / 5 th / 6 th Placed
1	All India	15,000	12,000	10,500	2,000
2	Subsequent Medal [Each]	7000	5000	3000	1,000
3	South Zone /South West Zone	10,000 Each Player	7,500 Each Player	5,000 Each Player	1,000 Each Player

75. PRESIDENCY UNIVERSITY FINANCIAL ASSISTANCE POLICY

Cash award and incentives for Inter University achievements for players

76. BEST ATHLETE AWARD

Gold Medal will be provided for Best Outgoing Athletes [Male & Female] for their highest Achievements during their course study.

77. FINANCIAL ASSISTANCE

Financial assistance for participating at international competitions

Particulars	Amount	
STUDENT participating in Olympics, World Championship, World Universities Meet	1,00,000	Or Actual's, Whichever Is more
STUDENT participating in Asian Games, Commonwealth Games, Afro Asian Games	75,000	
STAFF participating in Recognized Veteran International events once in THREE YEARS	50,000	


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