

EUPHORIA 2025 - SPORTS GUIDE

OUTDOOR SPORTS

1. FIELD FOOTBALL BOYS
2. BASKETBALL BOYS
3. BASKETBALL GIRLS
4. BOX CRICKET BOYS
5. BOX CRICKET GIRLS
6. VOLLEYBALL BOYS
7. VOLLEYBALL GIRLS
8. KABADDI BOYS
9. THROWBALL GIRLS
10. RINK FOOTBALL BOYS (Inter-Collegiate)
11. RINK FOOTBALL GIRLS
12. TUG OF WAR BOYS
13. TUG OF WAR GIRLS

INDOOR SPORTS

BOYS:

1. TABLE TENNIS SINGLES
2. TABLE TENNIS DOUBLES
3. CARROM SINGLES

GIRLS:

1. TABLE TENNIS SINGLES
2. TABLE TENNIS DOUBLES
3. CARROM SINGLES

MIXED:

1. CHESS
2. CARROM DOUBLES

ATHLETICS

BOYS

1. - 100 METERS
2. - 200 MTRS
3. - 400 MTRS
4. - 800 MTRS
5. - 4×100 METERS RELAY
6. - 4×400 METERS RELAY
7. - SHOT PUT
8. - DISCUS THROW
9. - JAVELIN THROW

GIRLS

1. - 100 METERS
2. - 200 MTRS
3. - 400 MTRS
4. - 4×100 METERS RELAY
5. - SHOT PUT
6. - DISCUS THROW
7. - JAVELIN THROW

GENERAL GUIDELINES

LEAGUE GAMES: 1 TEAM FROM EACH DEPT

1. FIELD FOOTBALL BOYS
2. BASKETBALL BOYS
3. VOLLEYBALL BOYS
4. THROWBALL GIRLS
5. TUG OF WAR BOYS
6. TUG OF WAR GIRLS
7. BOX CRICKET BOYS

KNOCKOUT GAMES: 1 TEAM EACH DEPT

1. BOX CRICKET GIRLS
2. VOLLEYBALL GIRLS
3. KABADDI BOYS
4. BASKETBALL GIRLS

POOL GAMES:

RINK FOOTBALL BOYS (Inter-Collegiate)

1. 32 max entries (16 teams from DBCL and 16 teams from outside college)
2. 2 fixed slots for each department; teams to register before the closing date.

RINK FOOTBALL GIRLS:

1. 16 max entries.
2. 1 fixed slot for each department; teams to register before the closing date.
3. 2 max slots for a department after the 1 fixed slot registration closes. Entries on 1st come 1st served basis.

INDOOR GAMES:

4 entries from each department for games mentioned on page 1.
1st come 1st served.
The link will be shared via the faculty coordinators.

RULE BOOK

General instructions applicable to all sports.

1. A Player Can Only Participate In 4 Games (Outdoor).
2. A Player Can Only Participate In 2 Events (Indoor).
3. A Player Can Only Participate In 4 Events (Track and Field).
4. Players playing field football cannot play rink football.
5. Referee's decision is final, no appeals from teams will be entertained after the decision is made.
6. Only the team captains are permitted to convey or discuss any matter on and off the field.
7. In case of any grievances, a written letter format to be submitted addressing the sports coordinator and Fr. McEnroe Lopes, duly signed by the captain within 30 minutes after the completion of the game.
8. Any issues of violence or chaos created by any of the team players will result in strict actions on the participation of the entire department.
9. Once named, a player cannot be removed or added to the team sheet.
10. Best athlete Boy and Girl will be awarded.
11. No spectators (non-participants) will be allowed on the playing arena.
12. Any department students entering the playing area will lead to disqualification of the department from the entire tournament,
13. Teams will be facilitated with DUGOUTS, all the substitute players, coaches and managers to remain in this allotted space to avoid any suspension.
14. Use of foul language by the players will lead to strict consequences.
15. Team captains must sign the score sheet after the end of every match.
16. Wearing of department jersey is advised for all the games, whereas, it's compulsory to wear for Basketball, Field Football, Rink Football, Volleyball, Throwball and Box Cricket.
17. For all the games, the organizing committee decision will be final and binding. If anyone from the department create any issues regarding the said games, the same will be suspended.

1. FIELD FOOTBALL

N0. OF PLAYERS - 15

PLAYING - 9

SUBSTITUTE - 6

ENTRY FEE – RS. 800/- PER TEAM

RULES :

1. Total 12 matches in the first round.
2. The first two teams with leading points from Pool 'A' and 'B' will cross each other for semi-finals.
3. First semi-final will be played between the winner of Pool 'A' against the runner up team of Pool 'B' and the second semi-final between winner of Pool 'B' against the runner up of Pool 'A'.
4. For the third place, the match will be played between the losers of two semi-finals.
5. Points to be awarded: winners 3 points / draw 1 point / loss 0 points.
6. Teams at the end of league stage finish in equal number of points, the following criteria will be considered to qualify for semifinals:
 - A. Goal difference (goal scored for and against)
 - B. Head to head match results in the respective pools draw / win.
 - C. Toss of coin.
7. At the end of the league stage all the yellow and red cards will be null and void.
8. This is a 9 a side tournament with 6 substitutes. No rolling substitute, total registration is 15 players.
9. The duration of the full time game is 50 minutes, 25 minutes each way and 5 minutes water break.
10. Tie - breaker will apply from semi- final onwards.
11. Incase of late start, the match timings will reduce to 20 minutes each way or will be decided on the basis of referee's or the organizing teams' decision.
12. Teams should report 15 minutes before kick-off.
13. Incase of any changes in the timings of the match the committee will inform in advance to the team captain.
14. No offside rule during the game
15. Any objection, only the captain will discuss with the referee on field.
16. Add on time for each half will be the sole decision of the on field referee.
17. If any team misbehaves on and off the field, strict action will be taken and committee decision will be final & binding.

2. BASKETBALL - BOYS

N0. OF PLAYERS - 10

PLAYING - 5

SUBSTITUTE - 5

ENTRY FEE – RS. 400/- PER TEAM

RULES:

1. Every shot inside the arc shall be awarded 2 points.
2. Every shot behind the arc shall be awarded 3 points.
3. Every successful free throw shall be awarded 1 point.
4. The regular playing time shall be as followed: 4 quarters of 7 minutes playing time each.
5. The clock shall be stopped during dead ball situations and free throws.
6. If the score is tied at the end of playing time, an extra period of time will be played of 2 minutes and 30 seconds.
7. There shall be an interval of 1 min before the overtime starts.
8. A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the playing court with 3 players ready to play.
9. A team is in a penalty situation after it has committed 6 fouls.
10. Fouls during the act of shooting inside the arc shall be awarded 2 free throws, whilst fouls during the act of shooting behind the arc shall be awarded 3 free throws.
11. Fouls during the act of shooting followed by a successful made bucket shall be awarded 1 additional free throw.
12. Team fouls 7, 8 and 9 shall always be awarded with 2 free throws. The 10th and any subsequent team foul will be awarded with 2 free throws and ball possession. This clause is applied also to fouls during the act of shooting.
13. All technical fouls will be always awarded with 1 free throw and ball possession whilst unsportsmanlike fouls will be awarded with 2 free throws and ball possession.
14. The game shall continue with an exchange of the ball behind the arc at the top of the court after a technical unsportsmanlike foul.

3. BASKETBALL - GIRLS

N0. OF PLAYERS - 6

PLAYING - 3

SUBSTITUTE - 3

ENTRY FEE – RS. 200/- PER TEAM

RULES:

1. Every shot inside the arc shall be awarded 1 point.
2. Every shot behind the arc shall be awarded 2 points.
3. Every successful free throw shall be awarded 1 point.
4. The regular playing time shall be as follows: two halves of 10 minutes playing time.
5. The clock shall be stopped during dead ball situations and free throws.
6. If the score is tied at the end of playing time, an extra period of time will be played.
7. There shall be an interval of 1 min before the overtime starts.
8. A team shall lose the game by forfeit if at the scheduled starting time the team is not present on the Playing court with 2 players ready to play.
9. A team is in a penalty situation after it has committed 6 fouls.
10. Fouls during the act of shooting inside the Arc shall be awarded 1 free throw, whilst fouls during the act of shooting behind the arc shall be awarded 2 free throws.
11. Fouls during the act of shooting followed by a successful made bucket shall be awarded 1 additional free Throw.
12. Team fouls 7, 8 and 9 shall always be awarded with 1 free throw. The 10th and any subsequent team foul will be awarded with 2 free throws and ball possession. This clause is applied also to fouls during the act of shooting.
13. All technical fouls will be always awarded with 1 free throw and ball possession whilst unsportsmanlike fouls will be awarded with 2 free throws and ball possession.
14. The game shall continue with an exchange of the ball behind the arc at the top of the court after a Technical unsportsmanlike foul.

4. VOLLEYBALL - BOYS & GIRLS

N0. OF PLAYERS – 12

PLAYING - 6

SUBSTITUTE - 6

ENTRY FEE – RS. 400/- PER TEAM

RULES :

1. Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
2. Points are made on every serve for the winning team of the rally (rally-point scoring).
3. Players may not hit the ball twice in succession (a block is not considered a hit).
4. Ball may be played off the net during a volley and on a serve.
5. A ball hitting a boundary line is considered in.
6. A ball is out if it hits an antennae, the floor completely outside the court, any of the net or cables outside the antennae, the referee stand or pole, or the ceiling above a non-playable area.
7. It is legal to contact the ball with any part of a player's body.
8. It is illegal to catch, hold or throw the ball.
9. A player cannot block or attack a serve from on or inside the 10-foot line.
10. After the serve, front-line players may switch positions at the net.
11. Match will be of 3 sets; the number depends on level of play, First 2 sets of 21 points each will be played, incase of a 1-1 set win situation, a third set of 15 points will be played.
12. Dues system will be applied in all sets.

Fouls will be considered and a point will be awarded to the opposition team in case of the following situations;

1. Stepping on or across the service line when serving while making contact with the ball.
2. Failure to serve the ball over the net successfully.
3. Ball-handling errors and contacting the ball illegally (double touching, lifting, carrying, throwing, etc.)
4. Touching the net with any part of the body while the ball is in play.

5. Blocking a ball coming from the opponent's court and contacting the ball when reaching over the net if your opponent has not used 3 contacts and has a player there to make a play on the ball.
6. Attacking a ball coming from the opponent's court and contacting the ball when reaching over the net when the ball has not yet broken the vertical plane of the net.
7. Crossing the court centerline with any part of your body, with the exception of a hand is only considered a violation if the entire foot crosses the court centerline.
8. Serving out of rotation or out of order.
9. Back row player attacking a ball inside the front zone (the area inside the 3M/10-foot line) when, at the moment of contact, the ball is completely above the net. This is an illegal attack.

5. THROWBALL - GIRLS

N0. OF PLAYERS - 10

PLAYING - 7

SUBSTITUTE - 3

ENTRY FEES – Rs. 400/- PER TEAM

RULE :

1. One team per Department.
2. Each team will consist of 7 active players and 2 substitutes.
3. A match will be played best of 3 sets of 15 points each.
4. The right to choose the initial order of serving, receiving and positions shall be decided by the teams and the toss winner may choose to serve or receive first or to start at a particular end.
5. The ball should be caught with a firm grip. No twists while catching.
6. Double touch is not allowed during service and throughout the rally.
7. Players cannot catch the ball with the assistance of the body or legs.
8. The ball should be served after the whistle and within 5 seconds.
9. The ball should be served without crossing the service line and with a single hand.
10. Warning will be given only once during the match to each team for crossing the service line while serving. After one warning, crossing the line will be considered a point for the opposite team.
11. Any ball during the rally should be released within 3 seconds.
12. During service, the ball cannot touch the net.
13. During the rally, ball touching the net will be considered illegal.
14. Players cannot touch the net during the rally.
15. A player cannot rotate (360 degrees) or turn around while catching or throwing the ball.
16. While catching or releasing, the ball should not touch any part of the body except the palm.
17. Any ball falling on the sideline or end line is a good ball.
18. The player has to sit and catch the ball when it is below the waist level hence the player has to be seated in the same position and throw the ball.
19. Shifting the ball from left to right or right to left is permitted.
20. 2 timeouts of one minute is permitted for each team during every set.
21. Teams can substitute players only when it is their turn to serve.

6. BOX CRICKET - BOYS & GIRLS

N0. OF PLAYERS - 11

PLAYING - 9

SUBSTITUTE - 2

ENTRY FEES – Rs. 400/- PER TEAM

RULES:

1. Every qualifying match will be of 4 overs each while the playoff matches and the final will be of 5 overs each.
2. Only One bowler can bowl 2 overs and the rest one over each.
3. If batswo/man is out of crease and the ball is above the waist then the ball is not a No Ball. It is a fair delivery.
4. Batswo/man will be called out if he/she hits the ball over the provided boundaries of the playing box.
5. Underarm bowling is compulsory.
6. Ball should be pitched beyond the no ball line otherwise it will be called as a No Ball.
7. Usual NO BALL and WIDE BALL rule will be applicable.
8. Overthrow runs will be counted in all possible manner - single, double, 1D, 2D, and boundary as well.
9. Bowlers must have at least one leg grounded inside the box while releasing the ball.
10. Leg byes or any sort of byes will not be considered.
11. Teams can bring their own bats or else will have to manage with the bats provided by the organizers.
12. Only the team captain is allowed to discuss any objections by the team with the umpire.

7. KABADDI - BOYS

N0. OF PLAYERS - 12

PLAYING - 7

SUBSTITUTE - 5

ENTRY FEES – Rs. 500/- PER TEAM

RULES :

1. A player is not allowed to have any chains, rings, *kadas* or any other sharp objects on the body.
2. Nails of the players must be closely clipped.
3. Application of oil-based substances on the body or limbs is prohibited.
4. Players with long hair (below shoulder length) are required to neatly tie and clip the hair into a bun shape.
5. Footwear and stockings are not allowed. Player has to be barefoot.
6. Approved light head-gears are permitted at the discretion of the referee.
7. Other raiding rules will remain as standard rules.
8. Chanting of kabaddi for the raider during the raid, crossing the baulk line or a touch line is mandatory.
9. A match lasts two equal periods of 20 minutes.
10. Players are entitled to an interval at half-time, the half-time interval will be 3 minutes.
11. Each team is allowed to take a maximum of two time-outs in each half where either team is permitted to make substitution, the duration of a time out will be 30 seconds only.
12. A super tackle (3 or less players on court for the defending team) will be awarded 2 points, an all-out will bag 2 extra points.
13. In case of a tie at the end of full time, an extra time of 5 minutes will be given.
14. If after the completion of the tie-breaker, the points scored is still equal, the game shall be decided as per the golden raid rule.
15. A coin toss will take place and the winner of the coin toss will decide whether to raid or to defend. If the raider fails to score a point in that one raid, the defending team wins. In case of a successful raid the raiding team wins the game.

8. RINK FOOTBALL – GIRLS (Inter-Department)

N0. OF PLAYERS - 8

PLAYING - 5

SUBSTITUTE - 3

ENTRY FEES – Rs. 300/- PER TEAM

RULES:

1. Duration of the game will be 7 minutes each half with a 2-minute break.
2. 5-a-side with 3 substitutes.
3. Rolling substitution.
4. Only 8 players will be registered and no change will be allowed throughout the tournament.
5. If a team does not arrive on time, opposition will be given a walkover.
6. In case of any misbehavior, the team is liable to be debarred from the tournament.
7. Players can only form teams from within their department / college.
8. The management committee has all rights to change any schedule with prior intimation to the team captains within 24 hours.
9. Yellow card will result in suspension for 2 minutes in the current game.
10. Red card will result in suspension for the current game only.
11. No player shall be allowed to play bare feet.
12. Goals can only be scored from anywhere of playing area.
13. Referee's decision on the field will be final.
14. Further basic rules will be explained before the game.
15. In case of a draw, there will be a penalty shootout (3 + Sudden Death)
16. Players who were on the field at the full time whistle will need to take the first 3 penalties.
17. Incase of a tie even after penalties, a toss of coin will decide the winner.
18. Goalkeeper is not allowed to use hands.
19. Girls Rink Football will be played on the Basketball Court.

9. TUG OF WAR - BOYS & GIRLS

N0. OF PLAYERS - 10

PLAYING - 8

SUBSTITUTE - 2

ENTRY FEES – Rs. 400/- PER TEAM

TOTAL TEAM WEIGHT - BOYS - 800 KGS TOTAL

TEAM WEIGHT - GIRLS - 750 KGS

RULES - will be conveyed on the spot.

RULES FOR ATHLETICS AND INDOOR SPORTS WILL BE INFORMED PRIOR TO THE MATCHES - ON SPOT.

**PRATHAMESH PARAB
(SPORTS COORDINATOR)**