

RULE BOOK 2026

POTATO RACE

Rules:-

1. 2 or 3 or 4 Potatoes 1 basket (per track)
2. Pick up one potato at a time
3. Cannot throw potato
4. Basket leke dusri taraf bhagna hai saare potatoes collect karne ke bad
5. Leg should be behind the starting line
6. no cutting tracks
7. 3 winners per round
8. While sprinting, if potato falls then they have to pick up and run

SHOT PUT

Rules:-

1. 2 chances per participants.
2. The player should be inside the circle.
3. There will be a qualifying line for small and big group.(No measurement if fouled).
4. Tiebreaker incase needed.
5. Make sure if the kid is comfortable holding the weight.
6. Throw with one hand only.
7. Make sure that the posture is right before the throw.

BOOK BALANCE

Rules:-

1. Kids will place the notebook on their head.
2. Complete the race without the book falling.
3. Kids cannot touch the book during the race. They cannot bend the books. No accessories on the head.
4. If the book falls, kid will restart the race from starting point.
5. If they touch the book, instant disqualification.
6. Book should be on kid's head while crossing the finish line.

TUG OF WAR

Rules:-

1. Pull the rumal towards your side to win
2. Whistle ke baad hi pull karna hai, 2 warnings then disqualification.
3. 12 players per team. Team with more players will need to bench a few to equal the opposite team.

HOOLAHOOOP

Rules:-

1. All 4 teams will play at one time (one team one track)
 2. Each team will have 8 or 12 players. (depends on each team size)
- **Hoolahoop**
 1. Players will have to pass through hula hoops.
 2. Leaving their hands while passing the hoola hoops is not allowed.
 3. Holding the hoola hoops is not allowed.
 4. After to and fro, 12 players will have to complete 3 activities.
 - **Lemon n Spoon (kid 1,2,3,4)**
 1. Keep the lemon on the spoon, keep it in your mouth and cross the finish line.
 2. If lemon falls before the finish line, restart.
 - **Jump with the ball (kid 5,6,7,8)**
 1. Kids have to place the ball between their feet/ankle/knee
 2. Jump with the ball and cross the finish line.
 3. They have to go back n fro
 4. If ball falls, resume from the same point and continue.
 5. Kid has to bring their ball. Robins can't help.
 6. Robin Ref will stand at the point where kid drops the ball.
 - **Relay (Remaining 4 kids)**
 1. Sprint relay, jakar aao

SNATCH THE BALL

Rules:-

1. 33 balls in middle of the court, including 3 golden ball.
2. Normal balls 1 point each, Golden ball 3 point each
3. Equal balls will be placed in all 6 containers (both teams combined)
4. After the whistle, kids have to run to the opponent camp and collect 1 ball and keep it in their camp.
5. One kid can only pick up 1 ball at a time.
6. Defending the ball or stopping/stalling/snatching not allowed, can result in disqualification of the player or entire team.
7. Round will be for 2 mins
8. End of the round, team with highest points will win.
9. Only balls which are placed inside the safe zone will be counted. kids holding the balls in hand while running will not be counted.
10. There will be 3 safe zones per side. One in the center.

TUNNEL RELAY

Rules:-

1. Approx 12 kids per team standing in a line at equidistant spots.
2. First kid should pass the ball to kid behind, either over their head or through their legs.
3. The next kid will pass it behind in the other way and so on.
4. *Example: If the 1st kid passes the ball over the head then next kid passes through their leg, the third kid then passes over the head and so on.*
5. Once the ball reaches last kid in the line, that kid will run in the front and continue the same process until the team crosses the finish line.
6. Kids are not allowed to move from their spots.