



THE ANNUAL SPORTS FEST OF IIT GUWAHATI



Rulebook

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INTRODUCTION

IIT Guwahati is thrilled to present the 11th edition of its eagerly anticipated sports fest, SPIRIT! As the largest sporting event in Northeast India, this four-day celebration kicks off on October 24th and wraps up on October 27th. SPIRIT offers an incredible platform for college teams to showcase their sportsmanship and compete for top honours ! Prepare yourselves for an unforgettable experience at SPIRIT '24 at IIT Guwahati. This fest is set to welcome the finest athletes, ready to raise the bar once more. From thrilling competitions to heart-pounding moments, SPIRIT promises to captivate you and ignite the competitive fire with!

**OUT HUSTLE
OUTWORK
OUTPLAY
OUTLAST**

GENERAL RULES

1. Each contingent should have a leader.
2. Identity cards issued at the time of registration should be carried at all times and must be produced on demand. In case anyone loses the Identity card, he/she should immediately collect a new one else he/she will not allow competing in his/her respective games
3. In case of participation in multiple events, he/she will be responsible in the case of a clash of any events.
4. Types of Tournaments: League, knockout or League come knockout depending on the number of teams registered.
5. The contingent leader is responsible to take care of the discipline and decorum of his/her team.
6. A maximum of 5 managers or coaches will be allowed to accompany their contingent (their registration will be made as a participant)

7. Acts of hooliganism, abuse, fighting, eve teasing, disrupting rules and harmony of the campus, vandalising infrastructure or instruments are strictly prohibited
8. Boys are strictly prohibited from girl's accommodation at any time vice versa.
9. Usage/consumption and/or possession of alcohol, drugs, substances, and devices of smoking is strictly prohibited.
10. All the contingent members must obey the rules and regulations of the security department of the institute.
11. Any issue of eve teasing will be severely penalised by the SPIRIT Committee resulting in the disqualification of the whole contingent.
12. Decisions made by the officials will be final and no objections will be entertained.

PARTICIPATE IN PEACE AND HARMONY

ACCOMODATION & FACILITIES

1. The contingent can avail the lodging facility at IIT Guwahati by paying for the accommodation facilities available.
2. Four types of facilities are available for accommodation and following are the prices for span of 4 days from 24-27th October per head
 - Dormitory style - 700/-
 - Double occupancy - 1000/-
 - Single occupancy - 1200/-
 - Guest rooms with attached washroom - 1400/-
3. Beddings will be provided along with a basic hospitality kit, but participants must bring their own bed-sheets and essential items.
4. The coaches or managers accompanying the contingent will also have to pay the accommodation fee depending upon the room that they choose to stay at.
5. We have limited accommodation so we will be providing accommodation on a first come first serve basis.

6. Refreshments will be provided to all participants during their events.
7. Queries, to change the given accommodation will be entertained.
8. We strongly discourage you from carrying any valuables and we will not be responsible under any circumstance for any loss you may suffer during your stay at IIT Guwahati. You are expected to take care of your own luggage.
9. The accommodation fees doesn't include the food charges and must be availed separately
10. There are various hostel messes , canteens and foodcourts across the campus and choice can made out of any of these
11. While in case of messes specifically the charges per day are
 - Breakfast - 60 /- per head
 - Lunch - 75 /- per head
 - Dinner - 75/- per head

ARRIVAL

1. Every participant should produce their valid institute ID cards at the time of Registration.
2. The arriving contingent must report at the Sports Gymkhana Office for their final registration and get their accommodation details.
3. Make sure that the complete contingent arrives at the same time for smoother and faster registration.
4. Only the registered participants will be allowed to participate in their events.
5. Fixtures will be released 2 days before the inauguration, and no request to change the fixture shall be entertained.
6. You are requested to contact the Public Relations Team at least 24 hours before your arrival.

A confirmation letter given to you by our Public Relations Team will be mandatory to produce at the time of registration.

DOCUMENTATION REQUIRED

1. Two hard copies of the Contingent Details.
2. Identity cards and 2-passport size photographs with the respective names (behind the photograph) of every member of the contingent.
3. Confirmation letter given to you by our Public Relations Team.
4. Institute / college ID card of their respective college (not older than 1 year)



ATHLETICS

- Events for **Males**: 100 m, 200 m, 400 m, 800 m, 1500 m, 5000 m race, 110 m Hurdles, 400 m Hurdles race, 4x100 m Relay, 4x400 m Relay race, Long Jump, High Jump, Triple Jump, Discus Throw, Javelin Throw, Hammer Throw, Shot put and Pole Vault.
- Events for **Females**: 100 m, 200 m, 400 m, 800m, 1500 m race, 110m Hurdles, 4x100 m Relay, 4x400 m, Relay race, Long Jump, High Jump, Shot put and Discus Throw.

RULES ARE AS FOLLOWS:

1. The competition shall be conducted under the World Athletic Rules as adopted from time to time by Athletics Federation of India unless otherwise modified in these rules.
2. Each college will be entitled to enter two competitors plus one reserve per event except for relay races. For relay races, not more than one entry of four with two reserves per event shall be accepted.
3. An Athlete can participate in a maximum of three events, excluding relays.
4. Lots for lanes will be drawn during heats at the call room.
5. The schedule of event will be strictly followed, in case of any unwanted conditions decision of the Technical officials will be final.
6. Minimum of three participants are required to have a Competition.

7. Overall championship trophies will be awarded to the teams up to 2nd position. The sum total of points secured in all the events by a team will determine 1st, 2nd , 3rd and 4th positions in Athletics.
8. The corresponding points which will be awarded to a team for various events are indicated below.

Individual Events:

1st position — 5 points

2nd position — 3 points

3rd position — 2 points

4th position — 1 point

Relay Races:

1st position — 10 points

2nd position — 6 points

3rd position — 4 points

4th position — 2 points

9. In case of a tie for an event, points will be shared by both the athletes and their corresponding teams as shown below. In case of relay events, the points will be double as the relay events have double weightage.

1st and 2nd position - 4 points

2nd and 3rd position - 2.5 points

3rd and 4th position - 1.5 points

10. No Athlete will be allowed to participate barefoot in any Athletics Competitions as per the Rules of AFI.

11. Best Athlete in each category will be decided on the basis of World Athletics Scoring Table.



BADMINTON

1. The competition shall be conducted under the Badminton World Federation (BWF) rules as adopted from time to time by the Badminton Association of India unless otherwise modified.
2. The tournament for the men and women section will be conducted on the lines of the Inter-State Badminton Championship.

3. The Ties for men and women will be separately decided according to the pattern given below:
 - The tie for men shall be decided by the combined result of 3 singles and 2 doubles.
 - The tie for women by the results of 2 singles and 1 doubles.
 - Result of a tie, however, can be declared when either of the competing team wins 3 matches in the men's section and 2 matches in the women's section.
4. Matches will be played in the best of three sets format.
5. The order of events shall be as follows:
 - Men : First Single/Second Single/First Double/ Third Single/Second Double.
 - Women : First Single/Double/ Second Single.
6. Number of Players: Maximum of 5 and minimum of 4 players for men and in case of women, maximum 3 and minimum 2 players.

7. Tie Event structure:

Men: Up to 12 teams (4 pools of 3 teams each)*

Women: Up to 12 teams (4 pools of 3 teams each)*

*League matches followed by knockouts, starting from Semi-finals and followed by Finals.

8. Result (Men and Women) of best of three sets each set of 15 points for league matches and each set of 21 points for knockout matches.

9. Tie will be resolved by successively applying the following criteria:

- Individual matches won/individual matches lost.
- Games won by the team/games lost by the team.
- Points for/Points against.

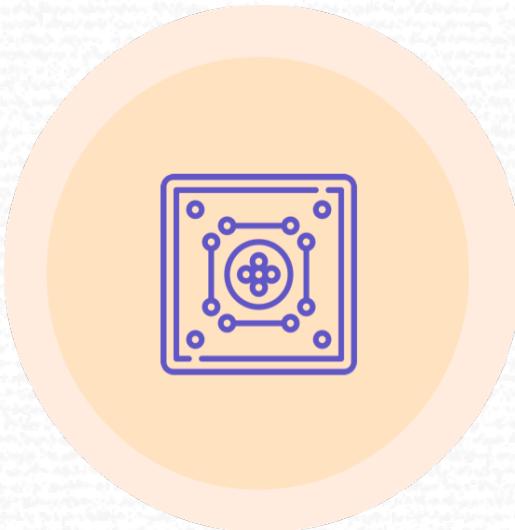
10. The tally for all the matches played in the league fixture will be considered.



BASKETBALL

1. The tournament will be conducted according to the International Basketball Federation (FIBA) Rules as adopted from time to time by the Basketball Federation of India, unless otherwise modified.
2. The number of players representing any college shall not be more than 12 and not more than 12 certificates shall be awarded to a team.
3. All the matches shall be conducted on a league cum knock-out basis.

4. During matches if the score is same after the end of the scheduled time, Basketball Federation Rules will be applied, i.e. the game shall continue with as many extra periods of 5 minutes as necessary to break the tie.
5. On completion of the league matches, if two or more teams are on same points, then the tie shall be resolved as follows:
 - A. If two teams are tied head-to-head, wins among the teams will be considered to break the tie.
 - B. If more than two teams are equal in placing, a second classification will be established, taking into account only the results of the games between the teams that have tied.
6. If there are still teams tied after the second classification, the basket average will be used to determine the placing, taking into account only the results of the games between the teams that tied.
7. If there are still teams tied, the placing will be determined using the goal average from the results of all their games played in the group.



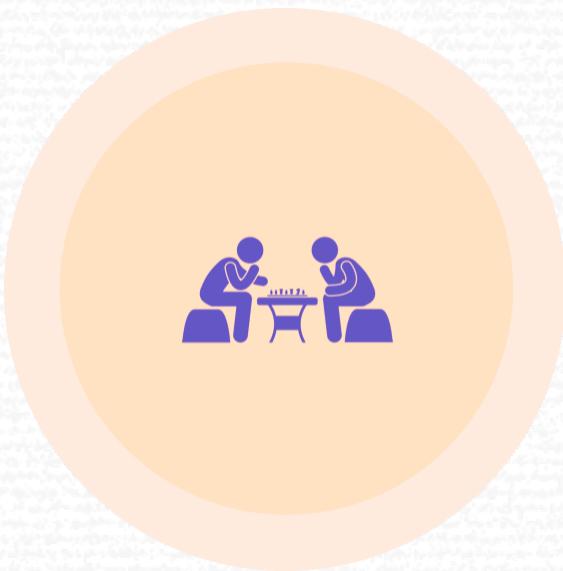
CARROM

1. A team can have a maximum of 4 players.
2. There will be 3 games in a match. They are 2 singles and 1 doubles.
3. A game consists of 3 boards (for the league stage only) and at the end the team that scores the maximum points will win. If there is a tie after 3 boards, one extra board (not considered for total points) will be played to break the tie.
4. A player cannot play more than 2 games in a match.
5. The team that wins 2 games will win the match.

6. The top 2 teams from each pool in the league stage will qualify for the quarter-finals.
7. Thereafter it will be a knockout stage with quarterfinals, semifinals, and finals.
8. In case of a tie in the league stage, tie breaks will be the total points scored in all the league stage games.
9. Thumbing (Hands) is allowed.
10. A toss will be there. The team that wins the toss will have a choice to choose strike or side.
11. Whoever strikes first, must play white only.
12. Pocketing the queen must be followed by pocketing another coin on the same strike.
13. The red 'queen' can be pocketed at any time after sinking your first piece but must be sunk before your last one. After pocketing the queen, you must sink one of your carrom men, thereby 'covering' it, into any pocket in the next shot, or else it is returned to the centre spot.
14. Once the queen is covered, whoever clears all their carrom men first wins the 'board.'

15. The winner of a board collects one point for each of the opponent's carrom men left at the finish and three points for the queen if covered by the winner (if covered by the loser, no one gets those points).
16. When placing the striker on the board to shoot, it must touch both 'base lines, either covering the end circle completely or not touching it at all. The striker should not touch the diagonal arrow line.
17. If while shooting for the queen you also sink one of your carrom men in the same shot, the queen is automatically covered, no matter which went first.
18. If a piece jumps off the board, it is placed on the centre spot. If pieces land on end or overlap, they are left that way.
19. If the centre spot is partially covered when replacing the queen or a jumped piece, the piece should cover as much red as possible. If totally covered, the piece is placed opposite the next player behind the red spot.
20. If you touch your last piece directly before the queen, you have to pay a penalty.

21. While covering the queen(or when the queen is on board), if you pocket your opponent's last coin then you will lose the board by the number of your coins lying on the board along with three points for the queen.
22. If you sink your last coin before the queen, you will lose the board by the number of your opponent's coins on the board along with three points for the queen.
23. If the striker does not leave both lines, go again. You get three tries to break before losing your turn.
24. Only the players who are playing that particular match can talk. Any suggestions or sledging from outside during an ongoing board is not allowed.
25. In case of any dispute the organising committee will take the final decision, consulting with the referee.



CHESS

1. Chess competition will be played in accordance with the "FIDE Laws Chess" (<https://www.fide.com/FIDE/handbook/LawsOfChess.pdf>). The FIDE Tournament Rules will be used in conjunction with the Laws of Chess.
2. The pairing system used will be FIDE Swiss System.
3. Depending upon the number of entries, the first round may be qualifier/knockout and out of which teams will be selected for the Swiss League.
4. You will be informed before the tournament starts.

5. Players need to download the Chess Clock app from Play Store before hand.
6. Phones should be in silent mode in the playing hall.

Team Structure

1. In case of tie-break , the following would be taken into account in the given order of priority.
 - Direct Encounter : Head to head match results.
 - Buchholz/ Sonneborn Berger.
 - Armageddon match: Teams can choose their player for the match, with a time control of 5+3. Colour would be based on toss.
2. Time control will be 25 minutes + 10 sec increment from move 1.
3. Time control for tie breakers is 5 minutes + 3 sec increment form move 1.
4. Toss for colour will be done on the first board only. Other boards will have the colour with respect to the first board (For example, if a team has white on board 1 then its colour will be black, white, and black on boards no 2, 3, and 4 respectively.)

Role of Team Captain

The role of a team captain is basically an administrative one during play. The captain shall be required to: -

1. Deliver a written list naming the players of his team playing the next round, at least 15 mins before the start of the round. If the captain fails to submit the order, the board order for previous round will be used.
2. To communicate to his players their pairing.
3. To sign the protocol indicating the results in the match at the end of the play, etc.
4. The captain will be required to deliver the order of players before the start of the tournament.
5. Order of players will be fixed for the whole tournament. It shall not be changed and team found altering team order will be disqualified.
6. During the match, captain can **only** communicate whether to take a draw offer or reject.

TOUCH MOVE

- The touch move rule applies to all groups.
- When castling, the king shall be touched and moved first. Players will receive a warning for the first violation of this rule. Thereafter, if the rook is touched before the king, castling is not allowed and the rook must move (if legally possible).

CLOCKS

- Players must make their move and press the clock with the same hand. Clocks may not be picked up or moved during the game.

WON GAMES

A game is won:

1. By checkmate;
2. If the opponent resigns;
3. If the opponent runs out of time, provided the following conditions are met: To claim a win on time, a player must notify a tournament official and have mating material. Claiming a win on time is invalid after a checkmate or stalemate has been played, or after a player has resigned or agreed to a draw.

DRAWN GAMES

A game is drawn:

1. By stalemate;
2. By agreement of the players during the game;
3. By threefold repetition (see section below);
4. By fifty move rules (see section below);
5. If a player has insufficient mating material (lone K, only K+B, or only K+N) and the opponent runs out of time.

All decisions given by Chief Arbiter will be final and are unquestionable.

Illegal Moves:

1. Loss would be given on two illegal moves, with time penalty of 2 mins on the first illegal move.
2. Illegal moves need to be claimed to the arbiter. Any unclaimed illegal would not be acknowledged.



CRICKET

1. Matches shall be played according to the ICC rules in force, as adopted from time to time by the Board of Control for Cricket in India unless otherwise modified.
2. All the matches shall be conducted on a league cum knock-out basis and each side is allowed to complete 10 overs unless the opposing team is dismissed earlier.
3. Each bowler can bowl a maximum of two overs. The semi-finals and finals will be 20 overs and each bowler can bowl a maximum of 4 overs.

4. The bowling team is given 85 minutes to complete its quota of 20 overs and 45 minutes for a 10 over match. The penalty for every short over will be decided by all the umpires.
5. No spike shoes will be allowed to be used by the players.
6. If there is a tie, the team with the better run rate shall be considered for deciding to place in league matches and SUPER OVER in all the knockout matches.
7. The umpires are empowered to rearrange the number of overs by each side in case of a delayed start or if play is suspended. The number of overs by each side in case of a delayed start or if play is suspended. The number of overs for the team batting second will not be reduced if the team batting first has been dismissed in fewer than the agreed number of overs.
8. Each team shall submit a list of players with college IDs not exceeding sixteen who may participate in the tournament. Not more than 16 certificates shall be awarded to a team. Failing to provide legitimate IDs will not allow that player to participate.

9. In case, if any team is found playing a player who does not belong to that particular college, that team will be banned from the tournament with immediate effect and no PRIZE will be awarded in any case.
10. Impact player rules will be followed in the tournament.

Rules regarding the postponement of cricket matches because of rain:

1. Minimum of 6 overs per inning is required to declare the result of the match in 20 over matches and a minimum of 3 overs per inning is required in 10 over matches.
2. The final decision taking power will remain in the hands of officials and the SPIRIT Committee in discussions with the captains of the team.

The unruly behaviour of the student members of any team member shall be generally dealt with suitable punishment like debarring etc.



FOOTBALL

1. The duration of each match shall be 60 minutes (30-10-30) which is subject to change as per weather condition or any other circumstances by the umpires.
2. Every team shall submit a list of players, not exceeding 16, who may participate in the tournament. Not more than 16 certificates shall be awarded to a team.
3. A maximum of 5 substitutions are allowed per team per game as per Fifa rules.

4. There will be 2 or 4 pools, depending on the number of teams. After pool stage matches will be followed by semifinals and finals.
5. A team will be awarded 3 points for a win, 1 for a draw, and zero for a lost match in league.
6. In case a team gives a walkover, it loses the match by a default 3-0 score.
7. When a player receives a yellow card, it serves as a caution or warning. This allows the player another opportunity to remain on the field for the rest of the game. In contrast, a red card requires the player to leave the field immediately.
8. Yellow card in league matches will not be carried forward in the knockout matches.

9. In case of a tie, goal differences (i.e. Goals FOR minus Goals AGAINST) of all the matches played by the team shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament shall be considered. If tie still persists, the number of goals "AGAINST" throughout the tournament shall be considered. If the tie still persists then the head the on result of the two teams will be considered (winning team will advance). If this does not resolve the tie, then there will be a coin toss.

10. Every player should wear proper Sports attire. If not, responsibility for any injury would not be taken by Spirit IIT Guwahati.

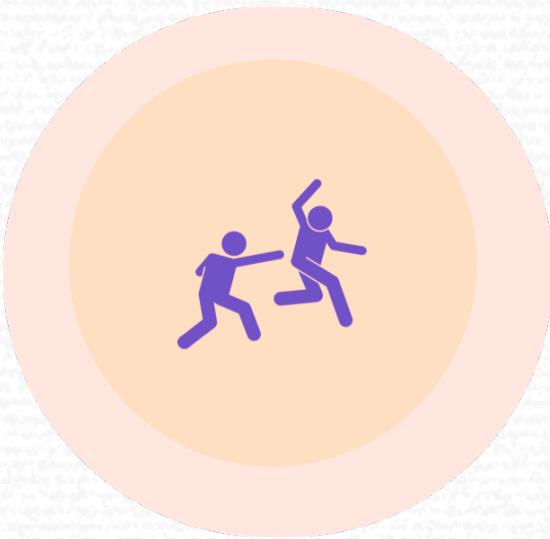
Unruly behaviour of the student members of any team member shall be generally dealt with suitable punishment debarring etc.



HOCKEY

1. Matches shall be played according to the rules of the FIH as adopted from time to time by the Indian Hockey Federation unless otherwise modified.
2. The number of players representing any college shall not be more than 16.
3. Match will be of four quarters each of 15 minutes (15-2-15-5-15-2-15) which is subject to be changed as per weather conditions or any other circumstances by the umpires.

4. 3 points will be awarded for each win and no points for a lost match.
5. During the league stage, after the expiry of playtime, if a tie still persists, the points will be shared equally (1 point each team will be awarded).
6. In the event of a draw at the end of a knockout game, the winner will be decided by eight seconds rule, and no extra time will be given.
7. The yellow cards given during the league stages would not be carried forward in the knock-out stages.
8. If a goalkeeper fouls intentionally, a penalty stroke will be awarded.
9. Teams should strictly bind with the schedule.



KABADDI

1. Matches shall be played according to the rules of the International Kabaddi Federation (IKF).

Time

- A match lasts two equal periods of 20 minutes.
- Players are entitled to an interval at half-time. The half- time interval must not exceed five (5) minutes.

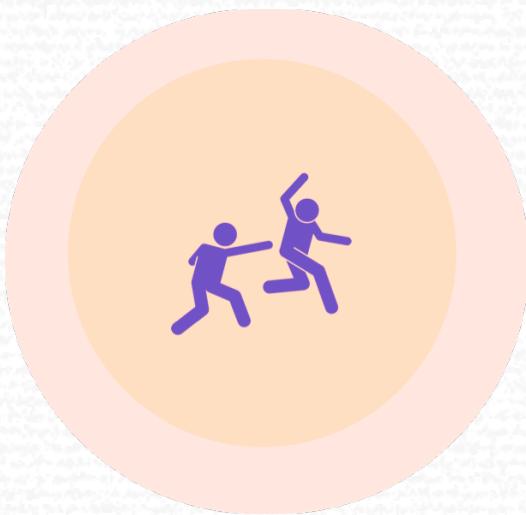
Weight Criteria

MEN: Should not be greater than 80Kg.

Team Size

Each team will consist of 12 Players.

- In Case of tie during knockout the IKF rule will be applicable.
- In case of tie during League matches, the IKF rules will be followed.



KHO-KHO

1. Matches shall be played according to the rules of the Kho-Kho Federation of India unless otherwise notified.
2. The number of players representing any college shall not be more than 12.
3. Match will be of four innings each of 7 minutes which is subject to be changed as per weather conditions or any other circumstances by the umpires.
4. 3 points will be awarded for each win and no points for a lost match.

5. During the league stage, if ties persist, 1 point will be given to each team.
6. In case of a match tie situation in the knockout stage, we will go with the first player tie breaker.
7. Rule of tie breaker: Both the teams will go for chasing and while chasing they have to gather 1 point in minimum time. The team which takes the minimum time to get their first point in tie breaker will be declared as the winners.
8. The referees are empowered to decide the timing of the match in case of delay in the start or if the match is suspended.
9. The referee's decision is final, no arguments from any player will be entertained. Rules regarding the postponement of the match due to rain will be decided by the referee.



LAWN TENNIS

1. Rules are the same for both Men and Women.
2. The number of players representing an institute shall not be less than two and not more than four.
3. Each match shall be played in the best of three sets. The match will be played in the following sequence: one singles, one doubles, and the reverse singles.
4. Captain should have to submit the names of players who are going to play the match beforehand.

5. The results of the full match shall be declared when either of the teams wins two matches.
6. Tie breaker will be played for all sets.
7. Tie between two teams of the same pool will be resolved by successfully applying the following criteria.
 - A. Individual Matches won/Individual Matches lost.
 - B. Sets won by the Team/Sets lost by the team.
 - C. Points for/Points Against-set score to be taken



TABLE TENNIS

The rules of the tournament of the International Table Tennis Federation as adopted from time to time by the Table Tennis Federation of India shall apply unless otherwise modified.

1. The number of players representing any institute shall neither be less than three nor more than four. Only four certificates shall be awarded to the winning team.
2. Each single will be played in a best-of-five games format with each game of 11 points.

For MEN: Matches will be held on the basis of five singles.

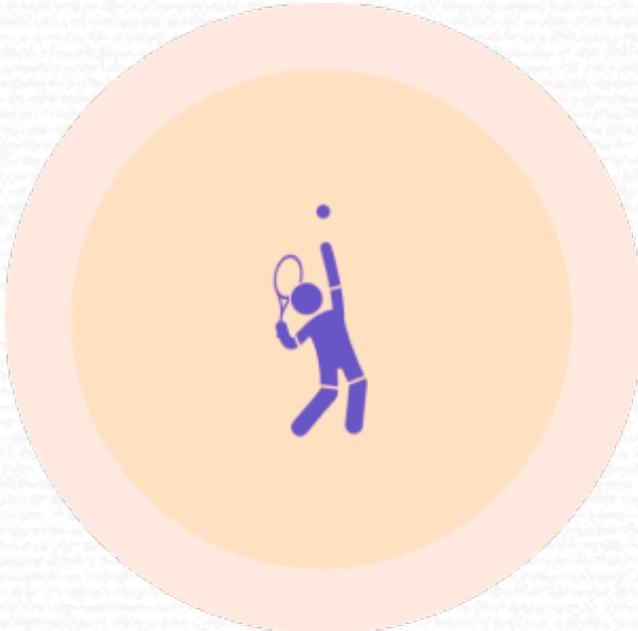
The order of play shall be as below:-

Three players on one side are numbered A, B and C, and the three players on the other side are numbered X, Y and Z.

1st Match	A vs X
2nd Match	B vs Y
3rd Match	C vs Z
4th Match	A vs Y
5th Match	B vs X

For WOMEN: Matches will be held on the basis of two singles and one doubles. The order of play shall be as follows:

1st Match	A vs X
2nd Match	Doubles
3rd Match	B vs Y



SQUASH

The rules of the World Squash and Squash Racket Federation of India as adopted from time to time, shall be followed unless otherwise modified.

1. Every college should submit a list of players, not exceeding 4.
2. The matches will be played on a league cum knockout basis.

1. All the matches shall be played in the best of 5 games format.
2. Scoring will be according to 11 points game.
3. The order of play shall be as follows:
 - A. Three players on one side are numbered A, B and C, while the three players on the other side are numbered X, Y and Z.
 - B. The Order of play shall be:
 - A vs. X
 - B vs. Y
 - C vs. Z
4. The result of the tie shall be declared when either team wins two matches.



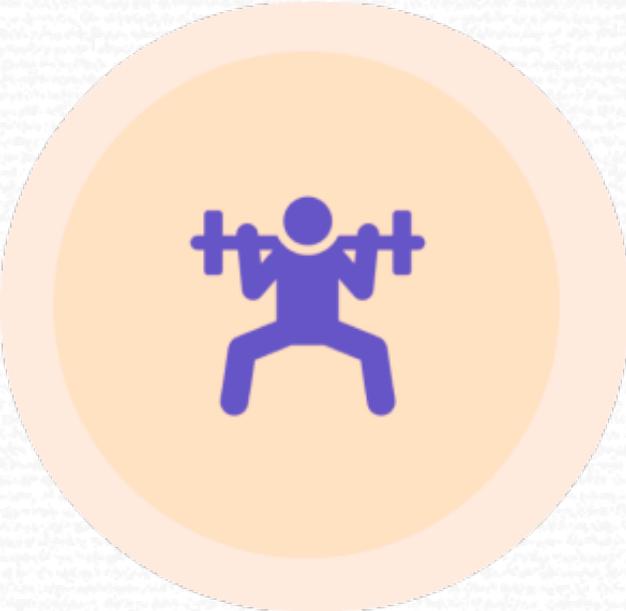
VOLLEYBALL

1. Every team will submit a list of players, not exceeding 12
2. The tournament shall be played on a league cum knockout basis. All the matches were played in the best of 5 sets for men, and the best of 3 sets for women.
3. The following points system will be followed for the matches played on a league basis. Match Won: 3 points. Match Lost: 0 points. Technical forfeit: 1 point.

4. Any team refusing to play a match without justification will be eliminated from the competition and the results of the matches already played will be canceled.
5. All the players will be required to show their ID cards before the beginning of the match failing which the defaulting individual will not be allowed to play.
6. Any disciplinary violation by any member of the team will lead to disqualification of the team and Teams must report on time to the court and no extra time will be given for warm-ups, if late.
7. All participants need to come in a proper kit - shorts (no three-fourths, denim shorts, tracks etc. are allowed).
8. If any player does not come in a proper kit or shoes, the player will not be allowed to play the match.
9. Teams must bring their own adequate volleyballs for practice; no balls will be provided by the institute for practice. However, a ball will be provided for the match.

10. Courts may be pre-reserved for Institute events or team practice. Information regarding the same will be put up on the noticeboard.
11. Damage to the courts or equipment would imply strict disciplinary action and fines against the offender.
12. Games are played to 21 points done by rally scoring; win by two, with a 23-point cap. Rally scoring means there is a point for every serve. Teams will switch sides when the first team reaches 11 points.
13. Players must wear shorts and a shirt. Jewellery is not permitted with the exception of flat wedding bands.
14. Headbands and kneepads are optional. Shoes must be worn at all times in the bar/patio area of VBGB.

The decision of the referees and the umpires will be final and binding. No protests would be entertained. Therefore, any team leaving the field of (lay as a mark of protest and conceding a walkover shall be deemed to have lost the fixture and will be eliminated from the rest of the event.



WEIGHTLIFTING

1. The competition shall be conducted under the International Weightlifting Federation Rules as adopted from time to time by the Weightlifting Federation of India, unless otherwise modified.

2. The competitions in the following weight class as shown in the Table will be held. The corresponding points of each event for Weightlifting Championship are indicated in the table
3. Each college will be allowed to enter two competitors for each weight class. The competition for a weight class will be held even if there is only one competitor.

Categories	Individual Points			
	I	II	III	IV
Up to 55 kg	5	3	2	1
55 to 61 kg	5	3	2	1
61 to 67 kg	5	3	2	1
67 to 73 kg	5	3	2	1
73 to 81 kg	5	3	2	1
81 to 89 kg	5	3	2	1

4. Each college will be submitting a complete team list (2 participants) of participants with the weight category in which they will be participating before the weighing in on the first day, irrespective of whether the competition for that weight category is being held on that day or not.
5. In case of a tie for the Weightlifting Championship, the team winning the maximum number of gold medals will be awarded the Championship. If a tie persists, the team winning the maximum number of silver medals will be awarded the championship and so on.
6. The progression after every successful attempt for the same weightlifter must be a minimum of 1 Kg.
7. Certificates shall be awarded to the top three places in all weightlifting categories.
8. The competitors should only wear ‘position slips’ and no oil or grease should be applied on the body at any stage.

Best Lifter:

A Sinclair coefficients formula.

The Sinclair coefficients, derived statistically, are adjusted every Olympic year and are based on the Total World Records in the various bodyweight categories as of the previous several years.

ACTUAL TOTAL x SINCLAIR COEFFICIENT = SINCLAIR TOTAL

The Sinclair Total is calculated by taking an athlete's total (combined max snatch and clean & jerk) and multiplying that number by the Sinclair Coefficient.

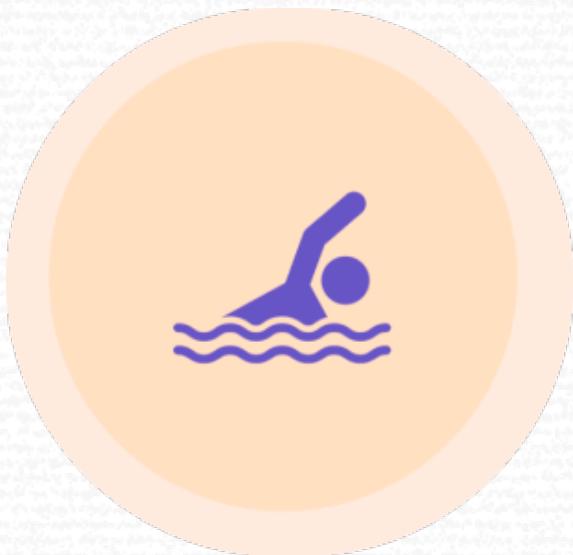
Example: Who is the strongest?

- If a 50kg man totals 178kg, a 100kg man totals 303kg and the
- 130kg man totals 323kg?
- The math looks like this:
- 50kg male has a Sinclair coefficient of 1.713308.
- $178\text{kg (total)} \times 1.713308 = 304.969$ (Sinclair Total)
- The 100kg male's coefficient is 1.112602.
- $303\text{kg (total)} \times 1.112602 = 337.118$

- The 130kg coefficient is 1.030222.
- $323\text{kg (total)} \times 1.030222 = 332.762$

The strongest man by this definition is the 100kg man.

Sinclair scores more fairly comparing lifters of different body weights. The score is obtained by multiplying the lifter's Snatch and Clean & Jerk total by a coefficient which is based on body weight. The total lifts of the gold medal winners in every weight class at each Olympic Games are used to determine the formula that will be used for calculating Sinclair coefficients. Thus, Sinclair coefficients and scores are only valid for the four-year period commencing on 01 January of the year immediately following an Olympic Games.



SWIMMING

1. Swimming competition shall be conducted under FINA rules adopted from time to time by the Swimming Federation of India unless otherwise modified in these rules.
2. The following events, as mentioned in Tables, will be held for both men and women. The corresponding points of each event for the Swimming Championship are also indicated in the table.

Sr. No.	Event	Distance	1st	2nd	3rd	4th	Category
1	Freestyle	50m	5	3	2	1	Both
2		100m	5	3	2	1	Both
3		200m	5	3	2	1	Men Only
4		Relay 4x100m	10	6			Both
5	Breaststroke	50m	5	3	2	1	Both
6		100m	5	3	2	1	Men Only
7	Backstroke	50m	5	3	2	1	Both
8		100m	5	3	2	1	Men Only
9	Butterfly	50m	5	3	2	1	Both
10		100m	5	3	2	1	Men Only
11	Individual Medley	200m	5	3	2	1	Men Only

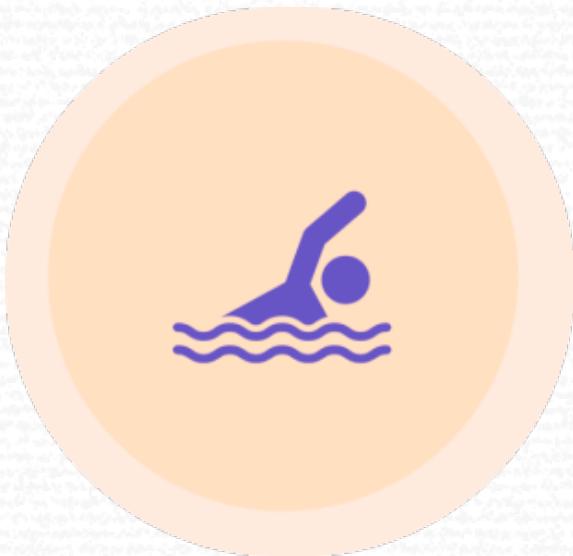
3. Except for relay races, each team shall be entitled to enter not more than two competitors plus one reserve per event.
4. For relay races, not more than 1 entry of four with 1 reserve per event shall be allowed.
5. If possible no two participants of the same team shall participate in the same heat.
6. A swimmer (Men & Women) can participate in 2 events excluding relays.

7. If a swimmer, after qualifying in heats, does not participate in further rounds, without any valid reason, he may be debarred from the competition/not considered the best swimmer.
8. If any non-participating student enters the swimming pool during the competition, the swimmers of the concerned team will be disqualified from that event.
9. In case of a tie for an individual event, points will be shared by both swimmers & colleges as shown here:

Position tied for	Number of teams		
	2	3	4
1	4	3.5	3.0
2	2.5	2.0	1.5
3	1.5	1.0	0.5

10. The sum total of points secured by a team will decide the first, second and third position.
11. Certificates shall be awarded to the first four places in all swimming events.

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WATER POLO

The competitions shall be conducted under FINA as adopted from time to time by the Swimming Federation of India unless otherwise modified.

1. Each college shall submit a list of players, not exceeding 13 (7 playings + 6 reserves).
2. A team will be awarded 3 points for a win, 1 for a draw, and 0 points for a lost match.

3. As per SFI rules the total goals ‘FOR’ minus the total Goals ‘AGAINST’ of all the matches played by the team in the league matches shall decide the tie during league matches. If the tie still persists, SFI rules will be adopted for breaking the tie.



YOGA

1. Competitor has to perform 4 compulsory Yoga Asanas.
2. Holding time of Compulsory Yogasanas is 30 seconds.
3. Always start and end your Yogasanas performance with Namaste Mudra.

Mens



Urdhva Kukkutasana



Paripurna-Matsyendrasana



Padma-Mayurasana



Eka Pada-Rajakapotasana-III

Womens



Pincha Mayurasana



Chakra-Bandhasana



Dandayamana
Janushirasana



Ek-Pada-Skandhasana

COSTUME RULES

1. The costume that the players use must be of a non-transparent material.
2. The neckline of the costume should be around the neck and should not have any cuts.
3. Costume may be according to the theme, tasteful and decorous.
4. Costumes for both athletes in a pair event should be the same or same pattern or same theme decorous.
5. The costume must be tight-fitting so as to enable the judges to evaluate the correct positions. However, decorative applications or details are allowed according to the theme as long as it does not risk the safety of the players.
6. It is allowed to wear long tights over or under the leotards or full length one-piece dresses.
7. The hair style must be neat and clean.
8. The make-up used should not hide the identity of the player.
9. Total marks for Costume is 2 Marks. Deduction by 'A' Judge in multiple of 0.5/1.00 marks for not fulfilling criteria by 'A' Judge.



ALL THE BEST

