

# ZONAL GAMES AND SPORTS ACTIVITIES 2025-26

## ZONE-21(DISTT.SOUTH WEST-B-1) NAJAFGARH

### GAMES/SPORTS SCHEDULE

1.	<b>TABLE TENNIS</b> (SR, JR. & SUB JR.) (BOYS & GIRLS)	23,24,25,26 JULY,2025	MOUNT CARMEL	MR. RAJNEESH	9818400950	8:00 AM
2.	<b>BADMINTON</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	28,29,30,31 JULY, & 1,2 AUGUST,2025	BASAVA INT. SCHOOL	MR. CHANDRAKANT MR. SUNIL MR. GAURAV MR. SAGAR	9868443543 7982942477 9810778493 9990277688	8:00 AM
3.	<b>THROW BALL</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	28,29,30,31 JULY, 2025	G CO-ED SSS SEC-2 DWARKA	MR. N.L MEENA MR. SHASHI	9968616656 9555155583	8:00 AM
4.	<b>JUDO</b> (SR. JR. & SUB JR.) (BOYS & GIRLS)	11,12,13,14 AUGUST, 2025	G CO-ED SSS SEC-3 SITE-1	MR. WAQAR MR. RAVIT KUMAR MR. HEMANT (COACH)	8506881898 9990615640 9650141055	8:00 AM
5.	<b>ROPE SKIPPING</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	25,26, AUGUST, 2025	BAL BHARTI SEC-12	MS RICHA TULI MR. VIVEK SONI	9899246055 8802220396	8:00 AM
6.	<b>BASKETBALL</b> SR & JR. SUB JR. (GIRLS)	4,5,6,7,8 AUGUST, 2024	ITL PUBLIC SCHOOL	MR. RAJPUT MR. ISHWAR BHATI	9718477509 8860500060	8:00 AM
	SR & JR. (BOYS)	4,5,6,7,8 AUGUST 2024	G.D GOENKA SEC-10	MR. VIKAS	7503767007	8:00 AM
	SUB JR. (BOYS)	11,12,13 AUGUST, 2025	BAL BHARTI SEC-12	MR. VIVEK SONI MR. VIKAS	8802220396 7503767007	8:00 AM
7.	<b>KHO KHO</b> (SR, JR. SUB JR.) (BOYS & GIRLS)	18,19,20,21,22 23 AUGUST, 2025	G.CO-ED SSS SEC-3 SITE-1	MR. WAQAR	8506881898	8:00 AM
8.	<b>BALL BADMINTON</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	25,26,28 AUGUST, 2025	GCSV SEC-17 DWARKA	MR. ROHIT MR. WASIM MS. TANU MR. VIVEK	9999043374 8447317124 8860891487 8802220396	8:00 AM
9.	<b>KABADDI</b> (SR, JR & SUB JR.) (BOYS & girls)	4,5,6,7,8 AUGUST, 2025	G.CO-ED SSS POCHANPUR	MR. M.L MEENA MR. C.L MEENA MR. JAGMINDER MR. SEHDEV MR. PRAVEEN MR. WAQAR	8076935455 8383959272 9810617758  9540979392 8506881898	8:00 AM
10.	<b>LAWN TENNIS</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	4,5,6,7,8 AUGUST, 2025	NEW ERA PUBLIC SCHOOL	MR. MUKESH	9810622316	8:00 AM
11.	<b>FENCING</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	20,21,22,23 AUGUST, 2025	N.K BAGRODIYA SEC-4	MR. PRAVEEN MR. MANOJ	7011930092	8:00 AM
12.	<b>FOOTBALL</b> SR., JR., SUB JR. (BOYS)	23,25,26,28,29,30 AUGUST, 2025	PRAGATI PUBLIC SCHOOL	MR. R.S NEGI MR. BHARAT MR. SUSHANT	9818366074 9711141716 9811818893	8:00 AM
13.	<b>HOCKEY</b> (SR. JR. & SUB JR) (BOYS & GIRLS)	20,21,22,23 AUGUST, 2025	G.CO-ED SSS POCHANPUR	MR. M.L MEENA	8076935455	8:00 AM
14.	<b>YOGA</b> (SR, JR & SUB JR.) (BOYS)	,5,6,7 AUGUST,2024	GBSSS SEC-2 DWARKA	MR. N.L MEENA MR. DEVENDER MS. MONIKA MS. POONAM	9968616656 8384090317 7428313531 9899228778	8:00 AM
	(SR, JR & SUB JR.) (GIRLS)	1,2,4 AUGUST,2025	SAM INT. SCHOOL	MR. TARUN SAINI MR. DEVENDER MR. N.L MEENA MS. MONIKA MS. POONAM	9718098010 8384090317 9968616656 7428313531 9899228778	8:00 AM



15.	<b>SOFT BALL</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	1,2,3 SEPTEMBER, 2025	RPVV SEC-10	MR. NAVEEN DESWAL MR. VIRENDER MR. AKASH GAHLOT	8708129902 8638652857 8527363399	8:00 AM
16.	<b>CRICKET</b> (SR & JR) (BOYS)	1,2,3,4,5,6 SEPTEMBER, 2025	BAL BHAWAN SCHOOL	MR. SANDEEP GUPTA MR. AKASH GAHLOT MR. SACHIN HOODA	9999266026 8527363399 9729740173	8:00 AM
	SUB JR. (BOYS)	1,2,3 SEPTEMBER, 2025	GCO-ED SEC-6 SITE-2	MR. PAWAN	9896721272	8:00 AM
17.	<b>NET BALL</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	11,12 AUGUST, 2025	G CO-ED SSS SEC-22, DWARKA	R.K MEENA MR. TARUN SAINI MR. VIRENDER	9555299558 9718098010 8638652857	8:00 AM
18.	<b>BASEBALL</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	4,5,6 SEPTEMBER, 2025	RPVV SEC-10	MR. NAVEEN MR. AKASH GAHLOT	9812384927 8527363399	8:00 AM
19.	<b>ATHLETICS</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	8,9,10,11,12 SEPTEMBER, 2025	RPVV SEC-10, DWARKA	MR. SANJAY MR. NAVEEN MR. VIRENDER	9013467552 8708129902 8638652857	8:00 AM
20.	<b>HAND BALL</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	13,14 AUGUST, 2025	G Co-ed SSS SEC-22	MR. R.K MEENA MR. VIRENDER MR. AJIT KUMAR MR. TARUN SAINI	9555299558 8638652857 9050129029 9718098010	8:00 AM
21.	<b>VOLLEYBALL</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	21,22,23,25,26,28,29,30 AUGUST, 2025	GBSSS SEC-2 DWARKA	MR. N.L MEENA MR. SHASHI	9968616656 9555155583	8:00 AM
22.	<b>TAEKWANDO</b> (SR, JR & SUB JR.) (BOYS & GIRLS)	31 JULY & ,1,2,4,5 August, 2024	G CO-ED SSSSEC-16, DWARKA	MR. SURENDER MR. ROHIT MR. SATYA NARAYAN MR. NAVEEN MR. SANDEEP	9311110677 9999043374 9896884778 9671007820 9250488598	8:00 AM
23.	<b>KARATE</b> SR. JR. SUB JR. (BOYS AND GIRLS)	22,23,24 JULY,2025	SCSC SKV NO-1 PALAM ENCLAVE	MR. NAVDEEP MR. MITHILESH MR. VINOD DUTT	9896687509 9810705858 8130220180	8:00 AM
24.	<b>THANG-TA</b> SR. JR. SUB JR. (BOYS AND GIRLS)	29,30,31 JULY,2025	SCSC SKV NO-1 PALAM ENCLAVE	MR. NAVDEEP MR. MITHILESH MR. VINOD DUTT	9896687509 9810705858 8130220180	8:00 AM
25.	<b>CHESS</b> SR. JR. SUB JR. (BOYS AND GIRLS)	18,19,20 AUGUST,2025	G CO-ED SSSSEC-16, DWARKA	MR. SURENDER MR. ROHIT MR. SANDEEP	9311110677 9999043374 9250488598	8:00 AM

### IMPORTANT POINTS: -

1. In case of any changes in dates/programme, the venue-in-charge will inform all the participating schools after informing secretary.
2. No coaches/Parents allowed on the venue
3. No students should be unattended during the competition (in this case PET/TEACHER INCHARGE is responsible)
4. First Aid kit/water bottles/etc. will be brought by teacher in charge(school)
5. Refreshment will be provided by school @20/- reach and conveyance @30/- each per day
6. Walkover will be given after 30 minutes of given time.
7. ID Card is mandatory duly sign by HOS.

CONVENER ZONE-21

ORG. SECRETARY



## Code of conduct for Teachers & Players

1. The accompanying teacher and captain for the school are responsible at all times for ensuring that play/match is conducted within the spirit of the game.
2. Team officials and players must at all-time accept the referee/ Umpire decision.
3. Player and Team officials shall not verbally abuse, insult or intimidate any Umpire/Referee/ Player. Any player/ Team Official should not engage in any conduct towards or speak to any other Match officials, Referee, Spectators or Team officials in a manner.
4. Player, Team Official shall not use crude or abusive language or makes offensive gesture. Player and Team Officials shall not bet at any time. N.O.C is required before leaving the school premises.
5. Each School will participate in at least two sports activities in zonal sports competitions participation in more than two sports activities is desirable.
6. Each having yoga teacher will compulsory participates in zonal yoga competition.
7. Player, Team officials shall not use or in any way be concerned in the use of or distribution of illegal drugs.
- I. If a Team/ Player are found engaging in above misconduct, the match observer/Venue In-charge and Org. Sect. Will conduct joint inquiry. If found guilty the player maybe
  - i. Banned for two matches.
  - ii. Reporting to the respective school Authority about his misconduct.
  - iii. Withdrawing of earlier won places in Zonal Tournament.
  - iv. No further participation in Zonal, Inter-Zonal Tournament.
- II. Team Official will be responsible for his Team at all Times. The team Official or Whose Team Players violates the code of conduct will be issued a recorded stern warning which will be forwarded to the school authorities through the chairman or the organizing Sect. of the Zonal Games.
- III. In Extreme cases of misconduct by the Team Officials, he or she may be denied official permission to go to venue of any Match.
- IV. In case of Team Officials Misconduct, the Enquiry will be jointly conducted by
  - i. **Chairperson of Zonal Games.**
  - ii. **Organizing Sect.**
  - iii. **Sect. (Boys & Girls).**
  - iv. **Observer of the game.**
  - v. **Venue In-charge**



## Rules for games and sports for the year 2025-26 District Zone-21 Distt. south West B-1

1. The Tournament will be conducted in Four categories (1) Senior (2) Junior (3) Sub-Junior (4) Primary
2. The Tournament will be open to all the students of Govt. Aided/ Public Recognized Senior Secondary and Middle Boys and Girls school, Under Jurisdiction of Directorate of Education of Zone-21, distt. South west B-1
3. No Boy/Girl can take part in more than two games excluding individual game + Athletics
4. Age
  - Age for senior less than 19 years, junior less than 17 Years and for sub junior under 14 years.
  - Age for Senior category born on or after 1<sup>st</sup> January, 2007 or after (Under 19 Years)
  - Age for Junior category born on or after 01-01-2009 or after (Under 17 Years)
  - Age for Sub-Junior category born on or after 01-01-2012 or after (under 14 Years)
  - Age for Primary category born on or after 01-01-2015
5. Each school will provide its own sport kit.
6. Each school must wear distinctive color for participation (uniform).
7. The team will be accompanied by a responsible teacher who will be responsible for discipline, safety, conduct and authenticity of the players, otherwise team will not be allowed to participate.
8. Each player must bring his/her current identity Card duly completed in all respected without I-Card, the player/players will not be allowed to take part in the Games and Yoga. (Issued by Zone)
9. Zone's selected team (from various schools) shall take part in the Inter zonal tournaments. Zonal team to each game will be selected by org. secretary or secretary and without prior approval of org. Secretary no team can participate in inter zone directly.
10. Protest: Protest if any, may be submitted to the Ground In-Charge within half hour of conclusion of the match and Rs.500/- should be accompanied with the protest as protest fee up to 4 children and every next child can be protested in addition of Rs. 200/- each boy (Max1000/-) and the protest should be confirmed within 24 hrs. by the Head of the concerned institution. The protest fee will be refundable in case the protest is in favor of the protesting party.
11. All the rules and regulations adopted by various federations of games will be followed except where specified otherwise.
12. The decision of the Referee/Umpire Judge/official shall be final on the play field in all respect.
13. In any dispute/protest, the decision of the Executive Committee/Protest Committee shall be final.
14. Team should reach at the venue 30 minutes before match.



15. A student can take part only in one category of the tournament i.e. Senior/Junior, Sub- Junior. However, he may participate in swimming, wrestling and athletics in his own category.
16. All the Winner/ Runner-up teams Athletes will be verified from the school without any protest.
17. IMPORTANT: Walk over will be awarded against a team which fails to report after 30 min of its scheduled time of the match.
18. Note: - Chairman and Zonal Sports Executive Committee has a right to alter, change and amend any instruction and programme specified above.

## JUDO COMPETITION

### The Weight Categories:

#### Girls

Mini Sub. Junior Girls	:	18,21,24,27,30, above 30 kg
Sub Jr. Girls	:	23,27,32,36,40,44, above 44kg
Junior Girls	:	36,40,44,48,52,56,61 above 61kg
Senior Girls	:	36,40,44,48,52,56,61, above 61kg.

#### Boys

Mini Sub. Junior Boys	:	18,21,24,27,30, above 30 kg
Sub Jr. Boys	:	25,30,35,40,45,50 above 50kg.
Junior Boys	:	40,45,50,55,60,65,71 above 71kg
Senior Boys	:	40,45,50,55,60,65,71 above 71kg.

### IMPORTANT NOTE:

1. Contest Rules of TFI will be followed.
2. Two participants from each school can participate in each weight categories.
3. Fixtures will be drawn after weighing.
4. Decision of officials/Judges will be final.
5. The participants should wear Judo Costume only.
6. I-Cards with D.O.B and class will be valid and has to be shown at the time of weight as well as competitions.
7. Entries will be made separately according to the age categories boys/girls separately.

## ROPE SKIPPING COMPETITION

- **INDIVIDUAL EVENTS: -**

1. Speed sprint 30 second
2. Double under 30 second
3. Speed endurance 3 minutes
4. Single rope free style 60-75 second

- **TEAM EVENTS: -**

1. Speed relay 4x30 second
2. Double under relay 4x30 second
3. Double Dutch speed relay 4x45 second
4. Single rope team free style 60-75 second
5. Double Dutch single free style 60-75 second

# ZONAL SPORTS ACTIVITIES

## ZONE-21, DISTT. SOUTH WEST B-1

### Entry Performa 2025-26

Game/Event: \_\_\_\_\_ Boys/Girls \_\_\_\_\_ Category: \_\_\_\_\_

Sl. No.	Name of Student	Student ID/ Admn.No.	Game/ Event	Father's Name	D.O.B	Class

Name of P.E.T.: \_\_\_\_\_ Signature of P.E.T. \_\_\_\_\_

Stamp & Sign of Principal \_\_\_\_\_



## CONSENT SLIP/NO OBJECTION CERTIFICATE

I, \_\_\_\_\_ Parent  
of \_\_\_\_\_ studying  
in Class \_\_\_\_\_ Section \_\_\_\_\_ Roll No. \_\_\_\_\_ ID/Admn. No \_\_\_\_\_  
in your School here by give my consent to send my ward to Play  
Game \_\_\_\_\_ &  
Practice for the same from date \_\_\_\_\_ to \_\_\_\_\_. I know  
the teacher accompanying him/her will take care of my ward. However, I am  
sending my ward at my own risk & responsibility. He/She is medically fit. The  
Teacher, School and Department of Education of Delhi will not be responsible  
for any kind of mishappening or injury during the game and practice.

Name of Parent \_\_\_\_\_

Signature of Parent \_\_\_\_\_

Mobile No. Of Father \_\_\_\_\_

Address: \_\_\_\_\_