



SPIRIT 2022

Annual Sports Fest of IIT Guwahati

13-16 October 2022

RULE BOOK

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INTRODUCTION

IIT Guwahati brings you the **ninth edition** of its much-awaited sporting extravaganza, **SPIRIT**. It is the largest sports fest in North East India. This four-day premiere sporting carnival kicks off on **13 October** and concludes on **16 October**. SPIRIT is a great platform for college teams to exhibit their exceptional sporting spirit, and compete for glory!

Pack your kits for an exhilarating experience of **SPIRIT'22** at IIT Guwahati. The fest awaits the sporting prodigies to raise the bar once again. We are sure that the roller coaster moments during various events will enthrall you with their palpitations, and unleash the spirit within you!

EXPERIENCE

THE

EBULLIENCE

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, pool, or knockout depending on the number of teams registered.
5. The contingent leader is responsible for taking care of the discipline and decorum of his/her team.
6. A maximum of 2 managers or coaches will be allowed to accompany their contingent (their registration will be made as a participant)
7. The participation fee is Rs.**100 per participant per event**.
8. Acts of hooliganism, abuse, fighting, eve teasing, disrupting rules and harmony of the campus, and vandalizing infrastructure or instruments are strictly prohibited
9. Boys are strictly prohibited from girls' accommodation at any

time and vice versa.

10. Usage/consumption and/or possession of alcohol, drugs, substances, and devices of smoking is strictly prohibited.
11. All contingent members must obey the rules and regulations of the security department of the institute.
12. Any issue of eve teasing will be severely penalized by the **SPIRIT Committee** resulting in the disqualification of the whole contingent.
13. Decisions made by the officials will be final and no objections will be entertained.
14. Individual participation is only allowed in **athletics, aquatics, and weightlifting**, in other events team participation is required.
15. Minimum of 4 teams are required for an event to be hosted. If participation in a certain event is less, then the SPIRIT team has the right to scrap the event. In this case, the money will be refunded.
16. **In case of rain or any other unavoidable circumstances the final decision making power will remain in the hands of officials and SPIRIT Committee.**

Participate in peace and harmony

ACCOMMODATION & FACILITIES

1. The contingent can avail of the accommodation facility at IIT Guwahati hostels by paying an amount of **Rs.100 per head per day** for the dorm facility. Double sharing rooms will be available with extra charges.
2. Participants need to pay for their food. They can avail of mess food on minimal charges (40 for Breakfast, 65 for Lunch, 65 for Dinner).
3. Canteens and Juice centers are also available in all hostels
4. We have limited accommodation, so we will be allotting accommodations on a first come first serve basis.
5. Everyone who wants to stay on the IITG campus during SPIRIT needs to register for accommodation.
6. Accommodation will be available only from 6 pm on 12th October to 6 pm on 17th October. For stay except for this period, kindly contact the team in advance with valid reasons.
7. Beddings will be provided but participants must bring their own essential items.
8. The coaches or managers accompanying the contingent will also have to pay an accommodation fee of Rs.100.
9. Kindly bring the confirmation letter which will be mailed to

-
- you. In case the mail is not received, contact the PR team.
10. Refreshments will be provided to all participants during their events.
 11. No queries to change the given accommodation will be entertained.
 12. We strongly discourage you to carry any valuables and we won't be responsible under any circumstance for any loss you may suffer during your stay at IIT Guwahati.
 13. Kindly carry a lock and chain for the safety of luggage. You are expected to take care of your own luggage

DOCUMENTS 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.

ARRIVAL

1. Every participant should produce their valid institute ID cards at the time of Registration.
2. The arriving contingent must report to 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.
7. Please provide complete travel details which must include time and mode of arrival (if via railways then PNR nos.) & departure, before 9th October 2022 so that our hospitality team can make the necessary arrangement.

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



ATHLETICS

- Events for males are: 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, Pole Vault.
- Events for females are: 100 m, 200 m, 400 m, 800 m, 1500 m race, 100 m Hurdles, 4x100 m Relay, 4x400 m Relay race, Long Jump, High Jump, shot put, Discus Throw, Javelin Throw.

RULES ARE AS FOLLOWS:

1. The competition shall be conducted under the International Athletic Federation Rules as adopted from time to time by

AFI unless otherwise modified in these rules.

2. Except for relay races, each college will be entitled to enter not more than two competitors plus one reserve per event. 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. An athlete must bind to the timetable, in case of any delay the athlete will be disqualified.
5. In a standard track of eight lanes, the distribution of lanes and qualifying to the subsequent round will be done as per standard rules for 100m, 200m, and 400m run.
6. Spirit has the right to cancel heats, semifinals, and any event in case of insufficient participants.
7. Overall Athletics championship trophy will be decided by the total no. of points secured in all the events by a team.
8. The corresponding points which will be awarded to a team for various events are indicated below.

Individual Events:

- a. 1st position – 5 points
- a. 2nd position – 3 points
- b. 3rd position – 2 points
- c. 4th position – 1 point

Relay Races:

- d. 1st position – 10 points
 - e. 2nd position – 6 points
 - f. 3rd position – 4 points
 - g. 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 the case of relay events, the points will be double as the relay events have double weightage.
- a. 1st and 2nd position – 4 points
 - b. 2nd and 3rd position – 2.5 points
 - c. 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 points secured for any one event of his/her best performance from the Points Table.



Badminton

1. The tournament for men and women section will be conducted on the lines of Inter-State Ties for men and women and will be separately decided according to the pattern given below.
2. The tie for men shall be decided by the combined result of 3 singles and 2 doubles, and for women by the results of 2 singles and 1 double. The result of a tie, however, can be declared when either of the competing teams wins 3 matches in the men's section and 2 matches in the women's. Results for Men and Women will be based on the best of three and two sets (each set of 21 points) respectively.
3. The order of events-

MEN: First Singles/Second Singles/First Doubles/Third Singles/Second Doubles

WOMEN: First Singles/Doubles /Second Single

4. Number of Players: Maximum of 5 and minimum of 4 players for men and in case of women, maximum 3 and minimum 2 players.

5. 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.*

6. 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.

7. Tie between two teams in the pool stage will be resolved by:

Individual matches won/individual matches lost, Games won by the team/games lost by the team, Points for/Points against, and the tally for all the matches played in the league fixture will be considered. Result of best of three sets (each set of 21 points).



Basketball

1. The number of players representing any college for both boys and girls shall not be more than 12.
2. For men, there will be 2 or 4 pools depending on the number of teams. Pool stage matches will be followed by the quarter-finals, semi-finals, 3rd place match, and finals.
3. For women, there will be 8 teams participating in 2 pools of 4 teams each. This will be followed by the top 2 teams from each pool qualifying for the semi-finals. The 3rd place match and finals will follow.
4. During matches if the score is the 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 the same points, then the tie shall be

resolved as follows:

6. If two teams are tied head-to-head, wins among the teams will be considered to break the tie.
7. If more than two teams are equal in place, a second classification will be established, taking into account only the results of the games between the teams that have tied.
8. 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 are tied.
9. If there are still teams tied, the placing will be determined using the goal average from the results of all the games played in the group.



Chess

1. Chess competition will be played in accordance with the “FIDE Laws Chess”. 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 a qualifier/knockout and out of which teams will be selected for the Swiss League.
4. You will be informed before the tournament starts.

Team Structure

1. If there is a tie between 2 teams for a place in the semi-final spot then priority order to break it.
 - Head-to-head results will be taken into consideration.
 - Sum of individual points.

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- Tiebreaker match which will be 4 vs 4 with a reduced time limit.
 2. If there is a tie between 3 teams, then the priority order to break the tie is
 - Sum of individual points.
 - Tiebreaker match which will be 4vs4 with reduced time control.
 3. Semi-finals match will be A1 vs B2 and B1 vs A2.
 4. After the semi-finals there will be a match for third place and then finals.
 5. Time control will be 30 minutes + 30-sec increment from move 1.
 6. Time control for tie breakers is 5 minutes + 3-sec increment from move 1.
 7. 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: -

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1. Deliver a written list naming the players of his team playing the next round.
 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. The order of players will be fixed for the whole tournament. It shall not be changed and the team found altering the team order will be disqualified.

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:

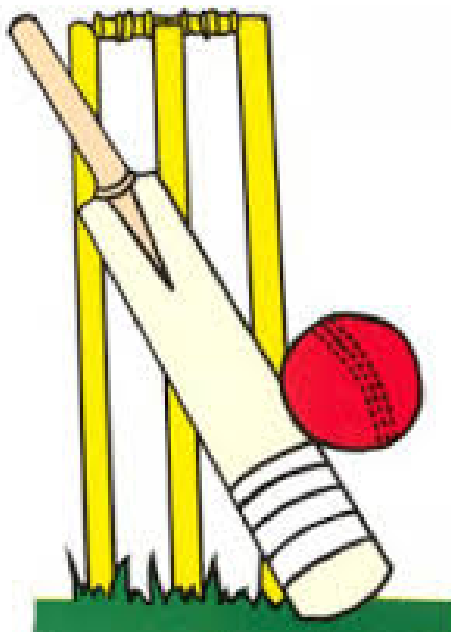
- 1) By checkmate;
- 2) If the opponent resigns;
- 3) If the opponent runs out of time, provided the following conditions are met: To claim a win on time, a player must notify a tournament official and have mating material. Claiming a win on time is invalid after a checkmate or stalemate has been played, 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 three-fold repetition (see the section below);
- 4) By fifty move rules (see the 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.



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. Each team shall submit a list of players with college IDs not exceeding sixteen who may participate in the tournament. Failing to provide legitimate IDs will not allow that player

to participate.

3. All the matches shall be conducted on a league cum knock-out basis. 10 overs per innings in league stages and 20 overs per innings in semi-finals and finals. This format may be changed into a knockout basis due to rain.
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. In case of a tie, the team with the better net run rate shall be considered for deciding to place in league matches. And in case of a tie in knockouts, SUPER OVER will be played.
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.
8. One team may have 2 back to back matches in a day and we will try to give proper rest timings for those teams.

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



Football

1. Matches shall be played according to the FIFA rules as adopted from time to time by the All India Football Federation unless otherwise modified.
2. It will be a league-cum-knockout tournament. And this format may be changed into knockout basis due to rain.
3. The duration of each match shall be 60 minutes (30-10- 30) which is subject to change as per weather conditions or any other circumstances by the officials.
4. Every team shall submit a list of a maximum of 16 players, who will participate in the tournament.
5. A maximum of 4 substitutions are allowed per game.
5. A team will be awarded 3 points for a win, 1 for a draw, and zero for a lost match.

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6. In the league stage, in the event of a draw, teams will be awarded 1 point each. In the knockouts, a penalty shootout will decide the winner.
 7. In case a team gives a walkover, it loses the match by a default 3-0 score.
 8. 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 a tie still persists, the number of goals 'AGAINST' throughout the tournament shall be considered. If the tie still persists then the head-to-head result of the two teams will be considered (the winning team will advance). If this does not resolve the tie, then there will be a coin toss.
 9. One team can have 2 matches in a day and we will try to give proper rest timings for those teams.

Unruly behavior of the student members of any team member shall be generally dealt with suitable punishment like 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. Every team shall submit a list of a maximum of 16 players, who will participate in the tournament.
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 0 points for a lost match.

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5. During the league stage, if a tie persists, 1 point will be given to each team.
 6. In case of a match tie situation in the knockout stage, we will go with a penalty shootout in which we follow an 8-second rule to decide the match winner.
 7. Only 8 seconds will be given to the players to score the goal, during the shoot-out, once the umpire blows the whistle.
 8. One team can have 2 matches in a day and we will try to give proper rest timings for those teams.

General rules

9. The yellow cards given during the league stages would not be counted in the knock-out stages.
10. Teams are strictly suggested to bind with the schedule and timetable, any untidiness may cause the reduction of points.



Kho-Kho

1. The number of players representing any college shall not be more than 12.
2. Matches shall be played according to the rules of the **Kho-Kho Federation of India** unless otherwise notified.
3. Match will be of four innings each of 9 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 tiebreaker will be declared the winner.
8. Any violence of rule or sportsmanship in the field will result in a ban followed by a warning.
9. The referees are empowered to decide the timing of the match in case of a delay in the start or if the match is suspended.
10. 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 either to stop and note the timing or to start the match again.



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 single, one double, and the second 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.

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6. Tie breaks will be played for the first 2 sets and no tie break for the third and final set (tie break of 7 points).
 7. One team can have 2 matches in a day and we will try to give proper rest timings for those teams.
 8. 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. Order of play shall be:

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

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

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



Volleyball

1. The rules of the International Volleyball Federation (FIVB) as adopted from time to time by the Volleyball Federation of India (VFI) shall be followed for both men and women unless otherwise modified.
2. Every team needs to submit a list of players, not exceeding 12.
3. The tournament shall be played on a league cum knockout basis. All the matches will be played in the best of 5 sets for men, and the best of 3 sets for women.
4. 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.
5. 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.

6. 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.
7. 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.
8. Teams are required to 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.
9. Courts may be pre-reserved for Institute events or team practice. Information regarding the same will be put up on the noticeboard.
10. Damage to the courts or equipment would imply strict disciplinary action and fines against the offender.

The decisions made by the referees and umpires will be final and enforceable. Protests won't be entertained. Any team that protests by walking off the field of play and then concedes a walkover will be regarded to have lost the game and will be disqualified from the remainder of the competition.



Weightlifting

1. Weightlifting competitions will take place in the following categories and as per the rules of the International weightlifting federation:
 - a) Up to 55 kg
 - b) Up to 61 kg
 - c) Up to 67 kg
 - d) Up to 73 kg
 - e) Up to 81 kg
 - f) Up to 89 kg
 - g) Up to 96 kg
 - h) over 96 kg
2. Each college can send in a maximum of two entries for each category.
3. A minimum of 4 participants will participate in a category: otherwise SPIRIT reserves the right to cancel

the event.

4. The progression after every successful attempt for the same weightlifter must be a minimum of 1Kg.
5. 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.





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 the 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	1 st	2 nd	3 rd	4 th	Category
1	Freestyle	50m	5	3	2	1	Both
2	Freestyle	100m	5	3	2	1	Both
3	Freestyle	200m	5	3	2	1	Men only

4	Relay	4*100m	10	6	4	2	Men
5	Relay	4*50m	10	6	4	2	women
6	Breaststroke	50m	5	3	2	1	Both
7	Breaststroke	100m	5	3	2	1	Men only
8	Backstroke	50m	5	3	2	1	Both
9	Backstroke	100m	5	3	2	1	Men only
10	Butterfly	50m	5	3	2	1	Both
11	Butterfly	100m	5	3	2	1	Men only
12	Individual Medley	200m	5	3	2	1	Men only
13	Medley Relay	4*100m	10	6	4	2	Men

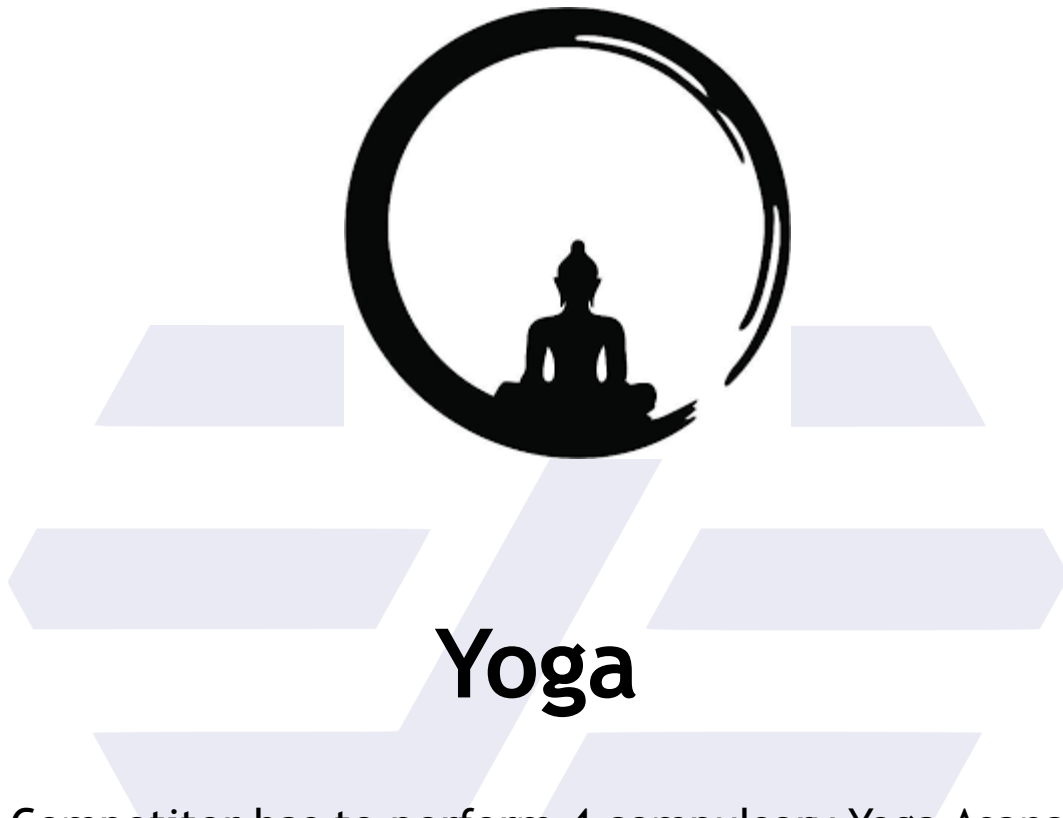
3. Except for relay races, each team shall be entitled to enter not more than two competitors plus one reserve per event.
4. For relay races, not more than 1 entry of four with 1 reserve per event shall be allowed.
5. If possible no two participants of the same team shall participate in the same heat.
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 and colleges as shown here

Position tied for	Number of teams		
	2	3	4
1	4.0	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 positions on the leaderboard.
11. Certificates shall be awarded to the first four places in all swimming events.



Yoga

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

Mens



Urdhva Kukkutasana



Paripurna-Matsyendrasana



Padma-Mayurasana



Eka Pada-Rajakapotasana-III

Women



Pincha Mayurasana



Chakra-Bandhasana



Dandayamana Janushirasana



Ek-Pada-Skandhasana

Costume Rules

1. The costume that the players use must be of a nontransparent 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.

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6. It is allowed to wear long tights over or under the leotards or full-length one-piece dresses.
 7. The hairstyle must be neat and clean.
 8. The make-up used should not hide the identity of the player.

The total marks for Costume are 2 Marks. Deduction by 'A' Judge in multiple of 0.5/1.00 marks for not fulfilling criteria by 'A' Judge.

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.



13th - 16th October 2022