

Annual Sports Fest of IIT Guwahati

13-16 October 2022

**RULE BOOK** 

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## INTRODUCTION

IIT Guwahati brings you the **eighth 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!

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. Acts of hooliganism, abuse, fighting, eve teasing, disrupting rules and harmony of the campus, and vandalizing infrastructure or instruments are strictly prohibited
- 8. Boys are strictly prohibited from girls' accommodation at any time and vice versa.
- 9. Usage/consumption and/or possession of alcohol, drugs,

substances, and devices of smoking is strictly prohibited.

- 10. All contingent members must obey the rules and regulations of the security department of the institute.
- 11. Any issue of eve teasing will be severely penalized 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.
- 13. The participation fee is Rs.100 per participant per event.
- 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.

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.
- 3. We have limited accommodation, so we will be allotting accommodations on a first come first serve basis.
- 4. Everyone who wants to stay on the IITG campus during SPIRIT needs to register for accommodation.
- 5. Accommodation will be available only from 12:00 noon on 12th October to 12:00 noon on 17th October. For stay except for this period, kindly contact the team in advance with valid reasons.
- 6. Beddings will be provided but participants must bring their own essential items.
- 7. The coaches or managers accompanying the contingent will also have to pay an accommodation fee of Rs.100.
- 8. Kindly bring the confirmation letter which will be mailed to you. In case the mail is not received, contact the PR team.
- 9. Refreshments will be provided to all participants during their events.

- 10. No queries to change the given accommodation will be entertained.
- 11. 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.
- 12. 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, 110 m Hurdles, 4x100 m Relay,4x400 m, Relay race, Long Jump, High Jump, shot put, Discus Throw.

#### **RULES ARE AS FOLLOWS:**

 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.

- 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. As far as possible, changes, if any, should be intimated fifteen minutes before the start of the event. Lots for lanes will be drawn as soon as the first call is given.
- 5. An athlete must bind to the timetable, in case of any delay the athlete will be disqualified.
- 6. 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.
- 7. Spirit has the right to cancel heats, semifinals, and also any event in case of an insufficient number of participants.
- 8. Overall championship trophies will be awarded to the teams up to the 3rd position. The sum total of points secured in all the events by a team will determine 1st, 2nd, and 3rd positions in Athletics.
- 9. 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
- 10. 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
- 11. No Athlete will be allowed to participate barefoot in any Athletics Competitions as per the Rules of AFI.
- 12. 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 & 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, starting from Semi-finals and followed by 3rd place and Finals.

- 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).

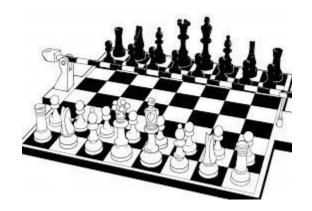


### **Basketball**

- 1. The number of players representing any college shall not be more than 12 in the case of men and not more than 12 certificates shall be awarded to a team.
- 2. The number of players representing any college shall not be more than 12 in the case of women and not more than 12 certificates shall be awarded to a team.
- 3. 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.
- 4. 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.

- 5. 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.
- 6. On completion of the league matches, if two or more teams are on the same points, then the tie shall be resolved as follows:
- 7. If two teams are tied head-to-head, wins among the teams will be considered to break the tie.
- 8. 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.
- 9. 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.
- 10. 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

- 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 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.

- Tie breaker match which will be 4 vs 4 with reduced time limit.
- 2. If there is a tie between 3 teams, then the priority order to break tie is
  - Sum of individual points.
  - Tie breaker 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: -

- 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:

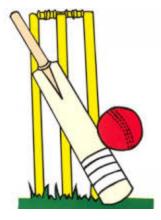
- 1) By checkmate;
- 2) If the opponent resigns;
- 3) If the opponent runs out of time, provided the following conditions are met: To claim a win on time, a player must notify a tournament official and have mating material. Claiming a win on time is invalid after a checkmate or stalemate has been played,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



## Cricket

- 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.

# Rules regarding the postponement of cricket matches because of rain:

1. When rain affects play during the innings of the first team itself, the match will be continued, from where it

- has been discontinued. The umpires shall decide whether the ground is fit for play.
- 2. When rain affects the play during the innings of the Second Team batting and if the team batting second has not yet batted for half the number of overs, the match will be manned as in "1".
- 3. If the team batting second has batted for more than fall the overs and if further play is not possible on the same day, the winner is decided by the team with a better scoring rate based on the DLS method.
- 4. Minimum of 5 overs per inning is required to declare the result of the match. The unruly behavior of the student members of any team member shall be generally dealt with suitable punishment 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 4 substitutions are allowed per game.
- 4. There will be 2 pools depending on the number of teams. Pool stage matches will be followed by semi-finals and finals.
- 5. During the league stage, after the expiry of play-time, if the number of the goal of both the playing teams are the same then a penalty shootout will decide the winner, if the tie persists, the points shall be shared equally.

- 6. A team will be awarded 3 points for a win, 1 for a draw, and zero for a lost match.
- 7. In case a team gives a walkover, it loses the match by a default 3-0 score.
- 8. A yellow card will be given as a caution or warning to the player. It provides players receiving them another chance to stay on the field for the remainder of the game, whereas a red card means that the player has to leave the pitch with immediate effect.
- 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 headthe 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 shin guards. If not, responsibility for any injury would not be taken by Spirit IIT Guwahati.

Unruly behavior 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, 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. The yellow cards given during the league stages would not be counted in the knock-out stages.
- 9. If a goalkeeper fouls intentionally, a penalty stroke will be awarded.
- 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 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. 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 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.
- 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. 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**

#### Rules:

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 <sup>st</sup> Match	A vs X
2 <sup>nd</sup> Match	B vs Y
3 <sup>rd</sup> Match	C vs Z
4 <sup>th</sup> Match	A vs Y
5 <sup>th</sup> 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 <sup>st</sup> Match	A vs X
2 <sup>nd</sup> Match	Doubles
3 <sup>rd</sup> Match	B vs Y



# 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). If any player does not come in a proper kit or shoes, the player will not be allowed to play the match.
- 8. 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.
- 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.
- 11. 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.
- 12. Players must wear shorts and a shirt. Jewelry is not permitted with the exception of flat wedding bands. 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. Weightlifting competitions will take place in 5 categories:
  - a) Up to 56 kg b) Up to 62 kg c) Up to 69 kg
- d) Up to 77 kg e) Over 77 kg
- 2. Each college can send in a maximum of two entries for each category.
- A minimum of 4 or more 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.
- 6. 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, irrespective of whether the competition for that weight category is being held on that day or not.
- 7. Participants will be supposed to perform two lifts, clean and jerk and snatch. Each participant will be given 3 attempts for each lift. Max of these 3 attempts for each of the 2 lifts will be added. The positions will be decided on this basis.



# **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	1 <sup>st</sup>	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	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 4*100m Relay 4*50m	10	6			Men Women
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
12	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 first, second and third position.
- 11. Certificates shall be awarded to the first four places in all swimming events.



# Yoga

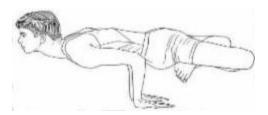
- 1. Competitor has to perform 4 compulsory Yoga Asanas.
- 2. Holding time of Compulsory Yogasana is 30 second.
- 3. Always start and end your Yogasana performance with Namaste Mudra

### Mens





### Urdhava Kukkutasana



Padma-Mayurasana

### Paripurna-Matsyendrasana



Eka Pada-Rajakapotasana-III





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.
- 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 is 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 playing + 6 reserves), can participate
- 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.

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