

TECHNICAL GUIDELINES & STANDARD OPERATING PROCEDURES (SOPs) OF MALLAKHAMB GAME

1. Name Of The Game: Mallakhamb

2. Technical Guidelines

2.1 Disciplines of Mallakhamb

1. Pole Mallakhamb 2.Hanging Mallakhamb 3. Rope Mallakhamb

2.2 Panel of Technical Officials:

- ❖ Chief Judge – 1
- ❖ Judges – 4
- ❖ Timekeeper – 1
- ❖ Scorer – 1
- ❖ Set Writer – 1

2.3 Apparatus Championships It will consist of the following events/apparatus:

(i) For Boys and Men – Pole, Hanging and Rope Mallakhamb

(ii) For Girls and Women – Pole and Rope Mallakhamb

Category And Age Groups				
Gender	Cadet	Sub Junior	Junior	Senior
Men/Boys	Under 12yrs	Under 14yrs	Under 18yrs	Above 18yrs
Women/Girls	Under 12yrs	Under 14yrs	Under 16yrs	Above 16yrs

Cut - off date for all the age groups will be 31st December every year

Team Strength: Each team will consist of maximum of 6 players, but not less than 5 in each age group.

2.4 Age Groups, Apparatus And Competitions

Age Group	Pole Optional	Hanging Optional	Rope Optional	Competition No.		
				I	II	III
U/12 Years & U/14 Years Age Group Boys and Girls	YES	NO	YES	YES	YES	YES
U/16 Years & A/16 Years Age Group Girls	YES	NO	YES	YES	YES	YES
U/18 Years & A/18 Years Age Group Boys	YES	YES	YES	YES	YES	YES

2.5 Type Of Competitions

In every Championship, Three Competitions will be conducted as mentioned below

(A) Competition No. I (Team Championship and Qualifying Round for competition II & III)

- (i) Team Championship will be decided from the Competition No. I. All the players from participating teams will have to participate in this competition and will perform an optional set.
- (ii) To decide the Team Championship, the participation of 03 complete teams having not less than 05 players in each team is compulsory. Out of six scores, the best 05 scores of the players on each apparatus will be considered for the team championship, Marks of less than 5 players from a state unit will not be considered for calculating Team Championship. This competition will also consider a Qualifying round apart from the Team Championship.

(B) Competition No. II: (All Round Individual Event)

- (i) This Competition decides the All-Round Individual Championship collectively on all the apparatus in a particular age group.
- (ii) From the total scores of all the two (women) or three apparatus (Men), the best 18 players from the competition- I, will qualify for competition II, subject to the maximum of 02 players from the qualified team.
- (iii) If the scores of more than two competitors are from the same team between Sr. No.1 to 18, then the base scores of Competition No. I on all the apparatus will be considered. If Base Scores are not possible, then the decision will be made by picking up a Chit.

(C) Competition No. III (Apparatus Championship)

This competition is to decide the Champion of each apparatus. The eight best players from Competition No. I on each apparatus, with a qualifying standard score from competition-I on the respective apparatus for this competition, subject to not more than two players from one team, will be considered on the respective apparatus.

Note: If due to unavoidable circumstances competitions II & III can't be conducted, the Jury of Appeal may declare the results of the Individual & Apparatus championship from competition No. I .

2.6 Events Of Competition

1. Men Section

- 1.1. Apparatus Event Final for Men on Pole Mallakhmab
- 1.2. Apparatus Event Final for Men on Hanging Mallakhamb
- 1.3. Apparatus Event Final for Men on Rope Mallakhamb
- 1.4. Team Event Final for Men-on Pole, Hanging & Rope Mallakhmab
- 1.5. All Round Individual Event Final for Men on combined Score on Pole, Hanging & Rope Mallakhamb

2. Women Section

- 2.1. Apparatus Event Final for Women on Pole Mallakhmab
- 2.2. Apparatus Event Final for Women on Rope Mallakhamb
- 2.3. Team Event Final for Women on Pole, & Rope Mallakhamb
- 2.4. All Round Individual Event Final for Women on combined Score on Pole, Hanging & Rope Mallakhmab

2.7 Uniform:

Uniform of Boys /Men Competitors

- Pole and Hanging Mallakhamb- The competition attire will be Langot and Jangiya
- Rope Mallakhamb- Langot and Shorts with Sando Banian or T-shirt or Wrestling Costume

Uniform of Girls /Women Competitors

- Rope Mallakhamb- Gymnastic Costume, or T-Shirt & Shorts.

2.8 Match / Performance Duration:

Performance Duration: Each player : 1:30 minutes

Scoring System: Total 10 Points (As per Mallakhamb Federation of India Rules and Regulations)

Final score is calculated by deducting penalties from the maximum score as per rulebook.

3. STANDARD OPERATING PROCEDURES (SOPs)

3.1 Safety Measures

1. Use of **standardized Mallakhamb apparatus** only.
2. Apparatus must be:
 - ❖ Smoothly polished
 - ❖ Free from cracks or damage
3. **Mats** must be placed around the base of the pole/rope.
4. Oil application should be **minimal and regulated**.

3.2 Injury Management and First Aid

1. **First Aid Kit** must be available at the venue.
2. Presence of: Physiotherapist / Medical Officer (preferred)
3. Immediate care for: 1. Muscle strain 2. Skin abrasions 3.Joint sprains
4. Serious injuries must be referred to the nearest hospital.
5. Players with medical issues must be **declared fit** before participation

3.3 Technical Officials – Roles & Responsibilities

Chief Judge:

- Overall supervision of competition
- Final authority on scores and disputes

Judges:

- Fair and accurate evaluation
- Follow federation scoring norms

Timekeeper:

- Monitor performance duration

Recorder/Scorer:

- Accurate score recording and result preparation

Ground Officials:

- Ensure apparatus safety
- Maintain discipline and order

4. Playfield / Apparatus Specifications

4.1 Playing Area & Markings

- **Clear Area:** Minimum 100 m × 100 m around apparatus