

# **Kreeda Mahotsav 2.0**

## **Rules and Regulations**

### **Introduction**

This rulebook contains the official rules and regulations for Kreeda Mahotsav 2.0 (2026), organised by the Sports Club. All participants, team managers, and officials are required to read and adhere strictly to these rules. The objective of this rulebook is to ensure fair play, discipline, safety, and smooth conduct of all sporting events.

Participation in Kreeda Mahotsav 2.0 implies acceptance of all rules mentioned herein. The organising committee reserves the right to amend or interpret rules whenever necessary in the interest of the event.

### **General Rules (Applicable to All Events)**

#### **Participation Limit:**

1. A participant is allowed to participate in a **maximum of three (3) games per day**.
  - **Day 1:** Out of the three games, **at most two (2) can be team events**, and the remaining **one (1) must be an individual event** or all **three (3) can be individual events**.
  - **Day 2:** Out of the three games, **at most two (2) can be team events**, and **at least one (1) must be an individual event** or all **three (3) can be individual events**.

Exceeding these limits will lead to **disqualification**.

- In **team events**, the **entire team** will be disqualified.
- In **individual events**, the **participant** will be disqualified.

#### **2. Authority of Officials:**

- The **referee's decision and the Sports Club Committee's decision shall be final and binding** in all matters related to the event.
- No appeals will be entertained after the decision is announced.

#### **3. Eligibility:**

- The event is open only to the students of NFSU Delhi and alumni's.
- Valid college ID must be produced on demand.

#### **4. Reporting Time:**

- Participants must report at least **15 minutes before** the scheduled match time.

- Late arrival may result in walkover or disqualification.

**5. Substitution & Registration:**

- Only registered players are allowed to participate.
- No replacement or substitution is allowed once the tournament has started unless explicitly permitted.
- Multiple entries will not be entertained.
- For team events, only the team captain is authorised to register the team. Team members registered by the captain will be considered final.

**6. Team Composition (Course-wise):**

- All teams must be formed **course-wise**.
- **Inter-course or mixed teams are strictly not allowed.**
- Any team found violating this rule will be **disqualified immediately**.

**7. Discipline & Conduct:**

- Any form of misbehaviour, abuse, argument with officials, or unsportsmanlike conduct will result in immediate disqualification.

**8. Injuries & Safety:**

- The organisers are not responsible for injuries sustained during the event.
- Participants are advised to warm up properly and use appropriate sports gear.
- First-Aid medical assistance will be provided in cases of injuries

**9. Use of Unfair Means:**

- Use of unfair means, impersonation, or violation of rules will lead to strict action including permanent disqualification from the fest.

# **Day 1(18/02/2026)**

**Below are the rules and regulations of track and field events:**

## **1. 100 Meters Running (Sprint Race)**

### **Objective:**

Participants must complete a 100-meter sprint in the shortest possible time while staying within their assigned lanes.

### **Rules and Regulations:**

#### **1. Starting Position:**

- Athletes must begin the race in a crouched starting position with both hands and feet behind the starting line.
- Athletes will be given chest no.

#### **2. False Start Rule:**

- If a participant moves before the whistle, it is considered a false start.
- A single false start will lead to immediate disqualification.

#### **3. Lanes and Running Path:**

- Each runner is assigned a specific lane.
- They must remain within their lane throughout the race.
- Stepping on or outside the lane lines may result in disqualification.

#### **4. Finish Line and Winning Criteria:**

- The race is won by the first runner whose torso (not arms, legs, or head) crosses the finish line.
- The decision is made by the race official or by electronic timing systems if available.

#### **5. Use of Performance Aids:**

- No external assistance, such as pacing or wind assistance, is allowed.
- Wearing spiked shoes is permitted but must comply with competition standards.

#### **6. Tiebreakers:**

- If two athletes finish simultaneously, then the decision will be made by the committee/referee present.

## **2. 400 Meters Running (Mid-Distance Sprint)**

### **Objective:**

Participants must complete a full lap (400 meters) around the standard running track while staying within their designated lanes.

### **Rules and Regulations:**

#### **1. Starting Position:**

- Athletes start from staggered positions to ensure equal distance for all lanes.
- Athletes will be given chest no.

#### **2. False Start Rule:**

- If a participant moves before the whistle, it is considered a false start.
- Immediate disqualification for any runner who starts before the whistle.

#### **3. Lane Discipline:**

- Participants must remain within their assigned lane throughout the race.
- Stepping outside the lane may lead to disqualification unless forced due to interference by another athlete.

#### **4. Winning Criteria:**

- The first runner whose torso crosses the finish line is declared the winner.
- The committee will make the decision, and officials will be present.

#### **5. Tiebreakers:**

- The referee will make the decision, and officials will be present.

## **3. 1600 Meters Running (Long-Distance Race)**

### **Objective:**

Participants must complete four full laps around the standard track (1600 meters) in the shortest time possible.

### **Rules and Regulations:**

#### **1. Starting Position:**

- Runners start from a waterfall line or from staggered alleys.
- Athletes will be given chest no.

#### **2. Lane Usage and Change Rules:**

- Runners must stay in their assigned lanes until the first bend.
- After a designated mark (typically after the first 100 meters), runners can move to the inside lane for a shorter distance.

- Overtaking is allowed but must be done without obstructing other competitors.

**3. Pacing and Assistance:**

- No external pacing or coaching is allowed from outside the track.
- Any pushing, pulling, or obstructing other runners will lead to disqualification.

**4. Winning Criteria:**

- The athlete whose torso crosses the finish line first after completing four laps wins the race.

**5. Lap Counting:**

- Runners must keep track of their laps. Race officials may use lap counters to assist.

**6. Disqualifications:**

- Stepping off the track or obstructing another competitor may lead to disqualification.
- Any unsportsmanlike conduct will result in removal from the race.

**General Regulations for All Running Events:**

- Athletes must wear proper sports attire and running shoes.
- If an athlete is injured during the race, medical personnel will determine if they can continue.

## **4. 4x200m Relay Race**

**Objective:**

Teams of four athletes compete to complete a total distance of 800 meters by each runner covering 200 meters in sequence.

**Team Composition:**

- Each team must consist of 4 runners.
- No substitutions are allowed once the race begins.

**Rules and Regulations:**

**1. Lanes & Baton Exchange:**

- Each team is assigned a specific lane.
- Athletes will be given chest no.
- Baton exchange must occur within the designated exchange zone.

**2. Running Order:**

- The running order must be decided before the race starts and cannot be changed.

### **3. False Start:**

- Any false start will lead to immediate disqualification of the team.

### **4. Baton Rules:**

- A dropped baton may be recovered, but only by the runner who dropped it, and without obstructing other competitors.
- Throwing the baton is strictly prohibited.

### **5. Lane Discipline:**

- Athletes must remain within their assigned lanes throughout their leg of the race.

### **6. Winning Criteria:**

- The team whose final runner's torso crosses the finish line first while holding the baton is declared the winner.

### **7. Disqualifications:**

- Improper baton exchange.
- Lane infringement.
- Obstructing other teams.

## **5. Javelin Throw**

### **Objective:**

Athletes must throw the javelin as far as possible while ensuring it lands within the legal sector. The longest valid throw-out of two attempts is recorded.

### **Equipment and Specifications:**

- The javelin must be held at the grip and thrown over the shoulder or upper part of the arm.
- The weight and size of the javelin depends on the category (men's/women's events).

### **Rules and Regulations:**

#### **1. Throwing Area & Foul Line:**

- The throw must be executed from within the designated runway.
- The athlete cannot step beyond the foul line or outside the runway boundaries.
- After the throw, the competitor must leave from behind the throwing arc.

#### **2. Throwing Technique:**

- The javelin must be thrown in an overhand motion.
- Side-arm or spinning techniques are not allowed.
- The javelin tip must strike the ground first for the throw to be valid.

### 3. **Landing Sector:**

- The javelin must land within the designated 30 degree sector.
- If the javelin lands outside this sector, the attempt is invalid.

### 4. **Number of Attempts & Scoring:**

- Each athlete is allowed **two attempts**.
- The best throw (longest valid distance) is recorded as the final score.
- Distances are measured from the foul line to the nearest mark made by the javelin.

### 5. **Invalid Attempts:**

- Stepping over the foul line.
- Using an illegal throwing technique.
- Javelin not landing tip-first.

## 6. **Shot Put**

### **Objective:**

Participants must push (not throw) a heavy spherical object (the "shot") as far as possible within a circular throwing area. The best of two attempts is recorded.

### **Equipment and Specifications:**

- The shot must be of legal weight and size according to the competition category (men's/women's events).
- The throwing circle has a diameter of **2.135 meters** (7 feet).

### **Rules and Regulations:**

#### 1. **Throwing Area & Foul Line:**

- The throw must be performed from inside the throwing circle.
- The athlete cannot step outside the circle before the shot lands.
- The athlete must exit the throwing circle from the back after the attempt.

#### 2. **Throwing Technique:**

- The shot must be pushed, not thrown.
- The shot must rest near the athlete's neck and be pushed using one hand.
- Any overhand or sidearm movement results in disqualification.

#### 3. **Landing Sector:**

- The shot must land within the designated 30-degree sector.
- If the shot lands outside the legal area, the attempt is invalid.

#### 4. **Number of Attempts & Scoring:**

- Each athlete gets **two attempts**.
- The best valid throw is recorded as the final score.
- The distance is measured from the inside edge of the throwing circle to the nearest mark made by the shot.

#### 5. **Invalid Attempts :**

- Stepping out of the throwing circle during the attempt.
- Throwing instead of pushing the shot.
- Shot landing outside the valid sector.

## 7. **Discus Throw**

### **Objective:**

Athletes must throw a heavy disc (discus) as far as possible while ensuring it lands within the legal sector. The longest valid throw out of two attempts is recorded.

### **Equipment and Specifications:**

- The discus must be of legal weight and size for the category (men's/women's events).
- The throwing circle has a diameter of **2.5 meters** (8 feet 2.5 inches).

### **Rules and Regulations:**

#### 1. **Throwing Area & Foul Line:**

- The throw must be executed from within the designated throwing circle.
- The athlete cannot step outside the throwing area before the discus lands.
- After the throw, the athlete must exit from the rear half of the circle.

#### 2. **Throwing Technique:**

- The discus must be thrown in a spinning motion using one hand.
- The throw must be completed in a smooth motion without unnecessary pauses.

#### 3. **Landing Sector:**

- The discus must land within the designated **30-degree sector**.
- If the discus lands outside this area, the attempt is invalid.

#### 4. **Number of Attempts & Scoring:**

- Each athlete gets **two attempts**.
- The best throw (longest valid distance) is recorded as the final score.



- Distances are measured from the inside edge of the throwing circle to the nearest mark made by the discus.

#### 5. **Invalid Attempts:**

- Stepping outside the throwing circle.
- Discus landing outside the legal sector.
- Using an illegal throwing motion.

#### **General Regulations for All Throwing Events:**

- **Proper Attire:** Competitors must wear sports attire and appropriate footwear.
- **Time Limits:** Athletes must complete their attempt within a set time (40 sec) after their name is called.
- **Tie-Breaking Rule:** The second-best throw is considered if two competitors have the same best throw.

### **Below are the rules and regulations of team events:**

#### **8. Kho-Kho (Girls)**

##### **Objective:**

Kho-Kho is a traditional Indian tag sport where the chasing team attempts to tag out the opposing team's runners within a set time.

##### **Team Composition:**

- Each team consists of **9 players**, with a maximum of **3 substitutes**.
- Players must rotate positions according to the rules.

##### **Match Format:**

- A match consists of **two innings**, each lasting **5 minutes** (chasing and defending alternately).
- The team with the most successful chases at the end of both innings wins.

##### **Rules and Regulations:**

##### 1. **Starting Play:**

- The chasing team sits in a row, alternating directions, except for the active chaser.
- The defenders enter the field and try to avoid being tagged.

##### 2. **Tagging Opponents:**

- A chaser can only move in one direction (cannot turn back).
- Chasers can pass the chase by touching a teammate with a hand and saying "Kho."
- The defender is out if tagged before the time expires.

### 3. Fouls:

- If a chaser moves in the wrong direction, it results in a foul.
- A chaser cannot cross the central lane; violating this leads to a warning.

### 4. Winning Criteria:

- The team with more successful chases at the end of both innings wins.
- If scores are tied, an extra round may be played.

## 9. Futsal

### Objective:

Futsal is a fast-paced indoor football game played with five players per team, including the goalkeeper and max 3 substitutes.

### Team Composition:

- Each team has **5 players** (including **1 goalkeeper**).
- Unlimited rolling substitutions are allowed.

### Match Format:

- Matches are played in **two halves of 5 minutes** each.
- A tie is settled by **penalty shootouts** if necessary.

### Rules and Regulations:

#### 1. Gameplay Rules:

- Throw-ins replaced by kick-ins.
- No offside rule applies.
- **A goalkeeper cannot hold the ball for more than 4 seconds.**

#### 2. Fouls and Penalties:

- **Slide tackles** are not allowed.
- Accumulated fouls lead to a free kick.
- Yellow and red cards apply for misconduct.

#### 3. Winning Criteria:

- The team scoring the most goals win.
- If tied, penalty kicks determine the winner.

## 10. Kabaddi (Boys)

### Objective:

Kabaddi is a contact team sport where one team scores points by sending a raider into the opponent's half to tag defenders and return safely without being tackled.

**Team Composition:**

- Each team consists of 7 players on court.
- A maximum of 3 substitutes is allowed.

**Match Format:**

- Matches will be played in two halves of 10 minutes each.
- A 5-minute break will be given between halves.

**Rules and Regulations:**

**1. Raid Rules:**

- The raider must chant "Kabaddi" continuously during the raid.
- Failure to do so will result in the raider being declared out.
- A timer of 30 seconds will be there for a raid.

**2. Scoring:**

- One point is awarded for each opponent tagged successfully.
- Bonus point is awarded if the raider crosses the bonus line with one foot in the air.

**3. Out & Revival:**

- A player is out if tackled successfully or steps out of bounds.
- One player is revived for each point scored.

**4. Fouls:**

- Holding by hair, clothes, or dangerous tackles is strictly prohibited.
- Intentionally violent behaviour will lead to immediate disqualification.

**5. Winning Criteria:**

- The team with the highest score at the end of the match wins.
- In case of a tie, the decision will be taken by the referee/committee.

## **Day 2 (19/02/2026)**

### **1. Arm Wrestling**

#### **Objective:**

Two competitors face each other, gripping hands, and attempt to pin their opponent's arm to the table. The winner advances in a knockout format.

#### **Rules and Regulations:**

##### **1. Weight Categories:**

- Competitors will be divided into different weight classes to ensure fair competition.
- Each player must be weighed before the tournament begins.

For Boys:

- Below 60 Kg
- 60-70 Kg
- 70-80 Kg
- 80-90 Kg
- Above 90 Kg

For Girls:

- Below 50 kg
- 50-60 Kg
- 60-70 Kg
- 70-80 Kg
- Above 80 Kg

##### **2. Match Setup:**

- Both competitors must place one elbow on the elbow pad of the table.
- The other hand must grip the table handle for support.
- The grip must be firm, with thumbs locked before the referee starts the match.

##### **3. Starting the Match:**

- The referee ensures proper hand placement and wrist alignment.
- The match begins when the referee gives the command “**Ready... Go!**”

##### **4. Winning Criteria:**

- A player wins when they successfully pin the opponent's hand to the touchpad on the table.
- The referee must clearly see the pin for it to be valid.

## 5. Fouls and Disqualifications:

- **Elbow Fouls:** Lifting the elbow off the pad results in a warning. Two warnings lead to disqualification.
- **Shoulder Fouls:** Moving the shoulder below the table height is illegal.
- **Grip Fouls:** If a player lets go of the grip before the referee starts, it counts as a warning.
- **Intentional Fouls:** Any unsportsmanlike conduct, such as twisting the wrist improperly or using two hands, leads to immediate disqualification.

## 6. Tournament Format:

- The competition follows a **knockout system**, where winners progress to the next round until a champion is determined.

# 2. Chess

## Objective:

Players compete in a game of strategy where the goal is to checkmate the opponent's king.

The tournament follows a **knockout format** with a **5-minute time control per player**.

## Rules and Regulations:

### 1. Tournament Format:

- **Knockout System:** Losing a match eliminates the player from the tournament.

### 2. Time Control:

- Each player gets **5 minutes** to complete all their moves.
- If a player runs out of time, they lose the game unless the opponent has insufficient material to checkmate.

### 3. Gameplay Rules:

- Standard **chess rules** apply.
- Players must move the pieces using only one hand.
- A move is completed once the player presses the chess clock.
- If an illegal move is made and the opponent points it out before completing their turn, the move must be taken back.

### 4. Winning Criteria:

- **Checkmate:** If a player's king is in check and no legal move can save it, the game ends in a checkmate.
- **Resignation:** A player may concede the match at any time.

- **Timeout:** If a player's time runs out and the opponent has enough material to checkmate, the player loses.
- **Draw Conditions:**
  - Stalemate (no legal moves available, but the king is not in check).
  - Threefold repetition (same position occurs three times).
  - Fifty-move rule (no pawn moves or captures for 50 consecutive moves).

### **3.Carrom (Doubles - 2v2)**

#### **Objective:**

- **9 black and 9 white with 1 red**
- **Teams of two players each compete to pocket all their assigned pieces (either white or black) and the queen, scoring the highest points within the game rules.**

#### **1. Rules and Regulations:**

##### **1. Starting Position:**

- The board is set up with the queen at the center, surrounded by black and white pieces in a specific arrangement.
- The player taking the first turn (striker) is decided by a toss.
- The striker must be placed within the designated baseline area before a shot is taken.

##### **2. Turns and Striking Rules:**

- Players take alternate turns in a fixed sequence.
- The board will be played for ten minutes.
- Each player gets one strike per turn unless they score a valid pocket.
- If a player fails to pocket any piece, the turn passes to the opponent team.

##### **3. Queen and Covering Rule:**

- The queen must be pocketed before the last piece of a player's assigned colour.
- After pocketing the queen, the player must pocket one of their own pieces in the next strike to "cover" the queen.
- If the covering attempt fails, the queen is returned to the center of the board.
- To pocket queen the player must have pocketed atleast one coin else he/she needs to pocket 2 coins continuously.

##### **4. Fouls and Penalties:**

- A foul occurs if:
- The striker is pocketed.

- A player pockets an opponent's piece chance will be given to the next person.
- If a player hits the opponent's coin directly
- If a player hits the coin touching his respective side of the arrow directly

#### **5. Winning and Scoring:**

- A team wins by pocketing all their assigned pieces and covering the queen.
- Points are awarded based on the pieces pocketed:
- Queen: 3 points (only if covered)
- Each opponent's piece remaining on the board adds 1 point to the winning team's score.

#### **6. Tiebreakers:**

- A final deciding board is played if both teams reach the winning score in the same round. (for the finals only)

### **4. Badminton (Doubles)**

#### **Objective:**

Teams attempt to score points by hitting the shuttlecock over the net into the opponent's court.

#### **Match Format:**

- Matches follow a knock-out format.
- Each set is played up to **11 points** (with a 2-point lead).

#### **Rules and Regulations:**

##### **1. Service Rules:**

- The serve must be diagonal and underhand.
- If the server commits a fault, the serve goes to the opponent.

##### **2. Scoring System:**

- A point is scored on every rally.
- The side that wins the rally gets to serve next.

##### **3. Faults and Violations:**

- Shuttlecock must not land outside the court.
- Touching the net or stepping into the opponent's court is a foul.

##### **4. Winning Criteria:**

- The team that reaches 11 points first will win the match (with a 2-point lead).

## 5. Tug of War (TUG)

### Objective:

Teams pull a rope against each other, aiming to drag the opposing team across a designated marker.

### Team Composition:

- Each team has **8 members and 2 substitutes**.
- A referee ensures fair play.
- Referee will toss a coin to choose the start point.

### Match Format:

- Matches follow a **best of 3 pulls** format.
- The team that wins **two pulls** out of three wins the match.

### Rules and Regulations:

#### 1. Starting Play:

- Teams grip the rope with both hands.
- The match begins with the referee's whistle.

#### 2. Winning Criteria:

- A team wins by pulling **the opponent's marker past the centerline**.
- If a team **falls or loses grip**, they lose the round.

#### 3. Fouls:

- Sitting or lying down while pulling is not allowed.
- Twisting the rope around the body is prohibited.

## 6. Volleyball

### Objective:

Volleyball is played between two teams aiming to score points by hitting the ball over the net into the opponent's court.

### Team Composition:

- Each team consists of **6 players** with **2 substitutes**.

### Match Format:

- Matches follow the **knock-out** format.
- Each set is played to **11 points** (with a 2-point lead).
- The final will be played to **15 points** of three sets.



## **Rules and Regulations:**

### **1. Service:**

- The ball must be served from behind the baseline.
- The serve must be done after the whistle of the referee.

### **2. Rally and Scoring:**

- A point is awarded on every rally (Rally Point System).
- The ball must be hit within three touches before returning over the net.

### **3. Faults and Violations:**

- Touching the net results in a foul.
- Carrying or holding the ball is not allowed.
- Completely stepping over the centerline leads to a fault.

### **4. Winning Criteria:**

- The team that wins **11 points first will** win the match.

## **7. Table Tennis**

### **Objective:**

Players aim to win points by hitting the ball over the net, ensuring it lands on the opponent's side of the table.

### **Match Format:**

- **Knockout format**
- Each set is played up to **11 points** (with a 2-point difference).

## **Rules and Regulations:**

### **1. Service Rules:**

- The serve must land in the opponent's court.

### **2. Rally Rules:**

- A rally continues until a player fails to return the ball.
- The ball must bounce once before hitting it.

### **3. Faults:**

- If the ball does not clear the net, the opponent is awarded a point.
- Touching the table with the free hand is not allowed.

### **4. Winning Criteria:**

- The team that reaches 11 points first will win the match (with a 2-point lead).

## **8. E-Sports**

### **1. Valorant Tournament Rules**

#### **Eligibility**

1. Open to all college students.
2. Participants must bring their own systems (PC/laptop).
3. Power points will be provided.

#### **Match Format**

1. Standard 5v5 matches.
2. Single elimination bracket.
3. Each match will be played on a designated map chosen by the tournament organizer.

#### **Game Settings**

1. Mode: Standard competitive mode.
2. Rounds: First to 13 rounds.
3. Sides: Teams will alternate between attacking and defending.

#### **Conduct**

1. Good sportsmanship is always expected.
2. No cheating or use of unauthorized software.
3. Any form of harassment or abusive behaviour will result in disqualification.

#### **Miscellaneous**

1. All participants must be on time for their matches.
2. The tournament organizer's decisions are final.

## **2. Battlegrounds Mobile India**

#### **Objective:**

Players compete in **Battlegrounds Mobile India**, aiming to secure the highest rank as per match rules.

#### **Eligibility:**

- Open to all eligible students.
- Participants must bring their own mobile devices.
- Use of emulators, modded APKs, hacks, or third-party software is strictly prohibited.

#### **Match Format:**

- Match type will be informed after the registration closes.

- Game type (Solo / Duo / Squad) will be decided by the organisers based on registrations.
- Single-elimination or point-based system may be used, as decided by the organising committee.

**Game Settings:**

- Standard BGMI settings will be used.
- All players must use their personal BGMI accounts.
- Custom rooms will be created by the organisers.

**Scoring & Winning Criteria:**

- Ranking will be decided based on survival position, kills, and overall performance.
- The final decision on scoring and qualification rests with the organisers.

**Conduct & Fair Play:**

- Fair play and sportsmanship are mandatory.
- Teaming in solo matches, exploiting glitches, or intentional misconduct will lead to immediate disqualification.
- Abusive language or behaviour will not be tolerated.

**Technical Issues:**

- Players are responsible for their own devices, battery, and connectivity.
- Matches will not be replayed due to technical or connectivity issues.

**Authority:**

- The decision of the referees and organising committee shall be final and binding.