



Sports Board IIT Guwahati

Presents



Rule Book



Table of content

Name of Event	Page No.
1.) Athletics	07
2.) Badminton	10
3.) Basketball	11
4.) Chess	12
5.) Cricket	14
6.) Football	16
7.) Hockey	17
8.) Kho-Kho	19
9.) LAWN Tennis	20
10.) Squash	22
11.) Table Tennis	23
12.) Volleyball	25
13.) Weightlifting	27



Inviting you to Spirit'17

Dear Sportsmen,

It is with great pleasure that we invite you to SPIRIT 2017, the annual Open Sports Meet of Indian Institute of Technology Guwahati. Last time, SPIRIT was organized on a large scale and saw more than 30 colleges and clubs take part. With an even greater list of events and larger prizes, SPIRIT 2017 promises to be bigger, better and more happening. So, I request you to come be a part of the sports extravaganza and relish Four days of intense action from 12th October, 2017 to 15th October, 2017.

Welcome to

SPRIT 2017 IIT GUWAHATI

I. AIMS AND OBJECTIVES

1. The main objective of "SPIRIT" Sports Meet is to organize Sports competitions in some selected Olympics recognized Events, to encourage sportsmanship, to promote and create a better harmony, understanding and friendly interaction among the students of the India as well as to foster a close association among them.
2. To make the students aware of the importance of sports and games in day to day life.
3. To help students to move skillfully and effectively not only in sports, games and exercises but also in all active life situations.
4. To raise the standard of sports in India and to work for the development of character and values through sports among the People.
5. The Sports Meet shall be conducted in accordance with the provisions, which are formulated from time to time.



ELIGIBILITY

All the bonafide members of Institute/ college / club shall be eligible to participate. A consolidated list of the contingent members, attested as bonafide members by the concerned authority should be submitted to the convener of the meet before its commencement.

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REGISTRATION FEE

For this year's festival Registration fees is Rs. 200 hundred per player
This edition will have also have cash prize for winners.

Sports	Team strength	Registration money (per teams)
Kho Kho	12	2400
Athletics (3 events)	Individual	200
Badminton	5 (Men)-3 (Women)	1000- 600
Basketball	12(Men)-12 (Women)	2400-2400
Cricket	16	3200
Hockey	16	3200
Football	16	3200
Lawn Tennis	4 (Men)-3 (Women)	800-600
Table Tennis	4 (Men)-3 (Women)	800-600
Vollyball	12	2400
Chess	5	1000
Squash	4	800
Weightlifting	Individual	200



INSTRUCTIONS, RULES AND REGULATIONS

1. In case of any injury only First Aid will be provided by the organisers. Further medical treatment should be carried on participant's own expense.
2. Original Photo Id card issued from respective college or Club should be shown at the time of reporting along with a photocopy of the same.
3. Accommodation will be provided on pay basis.
4. Participants are required to be present at least 30 minutes before the start of their events.
5. Each team shall bear the travelling, incidental and boarding and lodging expenses of own.
6. For all games and sports, 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 play as a mark of protest and conceding a walk-over shall be deemed to have lost the fixture and will be eliminated from rest of the event. Only the remaining teams will be considered as participating in that event.
7. Any unruly or inappropriate behavior of the participants will not be tolerated during the course of the festival. The decision of the organizers in these regards will be final and binding.
8. Participants are required to bring their own sports equipment.



ATHLETICS

- Events for male 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, 4x100 m Relay, 4x400 m Relay race, Long Jump, High Jump, shot put, Discus Throw.
- **Rules are as follow:**
 - A. 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.
 - B. Except for relay races, each team 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.
 - C. 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.
 - D. In a standard track of eight lanes, distribution of lanes and qualifying to subsequence round will be done as per standard rules for 100m, 200m, 400m run.
 - E. An Athlete can participate in a maximum of three events, excluding relays.



- F. Overall championship trophies will be awarded to the teams up to 3rd position. The sum total of points secured in all the events by a team will determine 1st, 2nd and 3rd positions in Athletics.
- G. The corresponding points which will be awarded to a team for various events are indicated below.

Individual Events:

- 1st position – 5 points
- 2nd position – 3 points
- 3rd position – 2 points
- 4th position – 1 points

Relay Races:

- 1st position – 10 points
- 2nd position – 6 points 3rd position – 4 points 4th position – 2 points

- H. In case of a tie for an event, points will be shared by both the athletes and their corresponding teams as shown below. In case of relay events, the points will be double as the relay events have double weightage.

- 1st and 2nd position – 4 points
- 2nd and 3rd position – 2.5 points
- 3rd and 4th position – 1.5 points

- I. If an athlete, after qualifying in heats, does not participate in the finals without giving a valid reason, as per AFI rules, he/she may be debarred from the competition and will not be considered for best athlete.



- J. Best athlete for both Male and Female will be decided by the maximum number of points obtained by an athlete in the Athletics championship. In case of a tie for best athlete, the award will be shared.
- K. Certificates & medals shall be awarded to the 1st, 2nd & 3rd places in all the athletic events.

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BADMINTON

- A. The competition shall be conducted under the International Badminton Federation rules as adopted from time to time by the Badminton Association of India, unless otherwise modified.
- B. The tournament for men and women section will be conducted on the lines of Inter State Badminton Championship. Ties for men and women will be separately decided according to the pattern given below.
- C. 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 one doubles. Result of a tie, however, can be declared when either of the competing teams wins 3 matches in men's section and 2 matches in the women Result (Men and Women) of best of three sets (each set of 21 points).
- D. The order of events shall be as follows:
- MEN: First Singles/Second Singles/First Doubles/Third Singles/Second Doubles
 - WOMEN: First Singles/Doubles /Second Singles
- E. Number of players:
- MEN: The number of players representing any team can be a maximum of 5 members.
- WOMEN: The number of players representing any team can be a maximum of 3 members.
- F. Tie will be resolved by successively applying the following criteria:
1. Individual matches won/individual matches lost.
 2. Games won by the team/games lost by the team.
 3. Points for/Points against.
- The tally for all the matches played in the league fixture will be considered. Result (Men and Women) of best of three sets (each set of 21 points).



BASKETBALL

- A. The tournament will be conducted according to the International Basketball Federation Rules as adopted from time to time by the Indian Basketball Federation unless otherwise modified.
- B. The number of players representing any team will not be more than 12 in case of men and not more than 12 certificates be awarded to a team.
- C. The number of players representing any team will not be more than 12 in case of women and not more than 12 certificates will be awarded to a team.
- D. During matches if the score is 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 is necessary to break the tie.
- E. On completion of the league matches, if two or more teams are on same points, then the tie shall be resolved as follows:
 - i) If two teams are tied, head-to-head wins among the teams will be considered to break the tie.
 - ii) If more than two teams are equal in placing, a second classification will be established, taking into account only the results of the games between the teams that have tied.
 - iii) If there are still teams tied alter 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 tied.
 - iv) If there are still teams tied, the placing will be determined using the goal average from the results of all their games played in the group.



CHESS

- A. There will be 2 groups (A and B) each consisting of 4 teams.
- B. 1 team will be of IITG in each group.
- C. Each team will consist of 5 (4+1) players i.e. 4 players will play in a match and 1 is extra.
- D. First there will be a round robin in each group and top 2 teams from each group will qualify for semi-finals.
- E. If there is a tie between 2 teams for a place in semifinal spot then priority order to break tie is.
 - a. Head to head result will be taken into consideration.
 - b. Sum of individual points.
 - c. Tie breaker match which will be 4 vs 4 with reduced time limit.
- F. If there is a tie between 3 teams, then priority order to break tie is
 - a. Sum of individual points.
 - b. Tie breaker match which will be 4vs4 with reduced time control.
- G. If there is a tie between 4 teams then the priority order for tie break is sub points a and b under point F.
- H. Semifinals match will be A1 vs B2 and B2 vs A1
- I. After semifinals there will be a match for third place and then finals.



- J. Players must give the list of players who are going to play with the board number on which they are going to play only 2 minutes before scheduled time to the arbiter. Teams can change the order of the players in every match according to their wish. Any 4 players among 5 can play in any match.
- K. Toss for color will be done on the first board only. Other boards will have the color with respect to first board. For example, if a team has white on board 1 then its color will be black, white, and black on boards no 2, 3, and 4 respectively.
- L. Time control will be 30 minutes + 30 sec increment from move 1.
- M. Time control for tie breakers is 5 minutes + 3 sec increment from move 1.



CRICKET

- A. 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.
- B. All the matches will be conducted on league cum knock out basis and each side is allowed to complete 20 overs unless the opposing team is dismissed earlier. Each bowler can bowl a maximum of 4 overs. The semi-finals and finals also will be of 20 overs.
- C. The bowling team is given 2 hours to complete its quota of 20 overs. The penalty for every short over will be decided by the all captains prior to the meet.
- D. No spike shoes will be used by the players.
- E. The cricket captains should discuss the rules and regulations for the conduct of the cricket matches.
- F. If there is a tie, the team having the better run rate shall be considered for deciding placing.
- G. The umpires are empowered to rearrange the number of overs by each side in the event 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 agreed number of overs.
- H. Each Team shall submit a list of players not exceeding sixteen who may participate in the tournament. Not more than 16 certificates shall be awarded to a team.



- I. Rules regarding the postponement of cricket match due to rain
 - a. 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 will decide whether the ground is fit for play or not.
 - b. 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 “i”.
 - c. If the team batting second has batted for more than half the overs and if further play is not possible on the same day, the winner is decided to be the team with better scoring rate at the particular point where and when the second team stopped batting.
- J. The winning team will be credited with 4 points and in case of draw both team will get 2 points each in the league stage.



FOOTBALL

- A. Matches shall be played according to the rules of FIFA as adopted from time to time by the All India Football Federation unless otherwise modified.
- B. The duration of each match shall be 70 minutes (35-5-35). During the league stage, after the expiry of play-time, if the tie still persists, the points shall be shared equally.
- C. Every team should 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.
- D. A maximum of 4 substitutions are allowed per game.
- E. No extra time will be given in knockout stage of football matches even if the match is drawn. There will be direct penalty shootout to decide the winner.
- F. The yellow cards and red cards will not be counted in the next match.
- G. A team will be awarded 3 points for a win, 1 for draw, and zero for a lost match.
- H. In case of tie, goal differences (i.e. Goals FOR minus Goals AGAINST) of all the matches played by the team shall be considered.



HOCKEY

- A. 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.
- B. The match will be played of 4 quarters of 15 minutes each with breaks of 2 minutes each after first and third quarters while 10 minutes break after half time.
- C. The matches shall be played on league cum knock out basis. During Stage after the expiry of playtime, if tie still persists, the points will be shared equally.
- D. Every Team shall submit a list of players, not exceeding 16, who may participate in the tournament.
- E. No extra time will be given in knockout stage of hockey matches even if the match is drawn. There will be no penalty shootout; only 8 second rule will be followed to decide the winner.
- F. In the 8 second rule, 5 chances shall be given to each team to score a goal starting from the 25-yard line within a span of 8 seconds. If a tie still exists after the given five chances, then there will be sudden death.
- G. The yellow cards given during the league stages would not be counted in in the next match.
- H. A team will be awarded 3 points for a win, 1 for draw, and zero for a lost match.



- I. In case of a tie according to the points, goal differences, (i.e. Goals 'FOR' minus Goals 'AGAINST') of all the matches played by the team in tie shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament will be considered. If still the tie persists, numbers of goals 'AGAINST' throughout the tournament will be considered.
- J. Self-goals will be not counted as goals against the FIH rules i.e. (if the ball touches or is played by a player of the defending team in the shooting circle, and then travels over the goal line without first leaving the circle, then it will be counted as an "own goal" against the defending team)



HOCKEY

- A. Matches shall be played according to the National Kho-Kho Federation rules in force, as adopted from time to time, unless otherwise modified.
- B. All the matches will be conducted on league-cum-knock out basis.
- C. Athletes are allowed to play with or without shoes and kits are to be borne by the teams themselves.
- D. If a situation of tie arises, the teams would be asked for first man out according to the mutual decision taken by captains of both the team or else would be asked to play an extra innings depending on the decision of referees.
- E. Each team shall submit a list of players not exceeding twelve who may participate in the tournament.
- F. Not more than twelve certificates shall be awarded to a team.
- G. The referees are empowered to decide the timings of the match in case of delay in start or if match is suspended. The referee's decision is final, no arguments from any player will be entertained.
- H. 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

- A. The rules of the International Tennis Federation as adopted from time to time by the All India Lawn Tennis Association shall apply, unless otherwise modified. Each match shall be played following a best of three sets format. The match will be played on the following sequence first singles, doubles and second singles. The two singles players on one side are named A & B and two singles players on the other side are named X & Y.
- B. The order of play shall be
 - a. 1st Match: A vs. X
 - b. 2nd Match: Doubles Match
 - c. 3rd Match: B vs. Y
- C. Players playing at A, B, X and Y will be submitted by the captain before the start of the match.
- D. To win a team has to win 2 out of three matches, if a team wins first 2 matches then the third match won't be played and the result will be declared.
- E. Each match will be best of three sets; tie break will be played for the first 2 sets and no tie break for the third and final set. (tie break of 7 points)
- F. Tie will be resolved by successfully applying the following criteria.
 - 1. Individual Matches won/Individual Matches lost.
 - 2. Sets won by the Team/Sets lost by the team.
 - 3. Points for /Points Against-set score to be taken.



- G. The score standings, when the match is decided, shall be considered for the calculations indicated above.
- H. The number of players representing an institute shall not be less than two and not more than four. Not more than four certificates will be awarded to a team.
- I. The general rules for Tennis (Women) are the same. The sequence followed would be first singles, doubles and second singles. The selected players for the matches will be submitted by the captain before the start of the match.

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SQUASH

- A. The rules of the squash Racket Federation of India as adopted from time to time shall be followed unless otherwise modified.
- B. Every team should submit a list of players not exceeding 04. Not more than 04 certificates shall be awarded to a team.
- C. The matches will be played on league cum knockout basis. All the matches shall be played following a best of 5 sets format.
- D. Scoring will be according to 11 points game.
- E. Player taking a 360° turn has to call and then turn, otherwise the shot would not be considered legal.



TABLE TENNIS

- A. 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.

Team Event Men

- B. Matches will be held on the basis of five singles.
- C. The order of play shall be as follows:
- i) 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
 - a. $A > X$
 - b. $B > Y$
 - c. $C > Z$
 - ii) Order of play shall be:
 - 1. A vs. X
 - 2. B vs. Y
 - 3. C vs. Z
 - 4. A vs. Y
 - 5. B vs. X
- D. The result of the tie shall be declared when either of the team wins three matches. The number of players representing any institute shall not be less than three or more than four. Only four certificates shall be awarded to a winning team.
- E. Each single shall be played on best of five games basis with each game of 11 points.



Women

- F. Matches will be held on the basis of two singles and one doubles.
 - i) The order of play shall be as follows:
 - First Match: A vs. X Second Match: Doubles match
 - Third Match: B vs. Y
 - ii) A, B and X, Y shall be determined by a draw of lots. The result of the match shall be declared when either of the team wins 2 matches.
- G. Each match will be played following a best of five games format, based with each game of 11 points.
- H. The number of players representing an institute shall not be less than two or more than three.
- I. Not more than three certificates will be awarded to a team.
- J. Tie will be resolved by successfully applying the following criteria.
 - 1. Individual Matches Won/Individual Matches Lost
 - 2. Games won by the Team/Games lost by the team
 - 3. Points for/Points against.
- K. The score standings, when the match is decided, shall be considered for the calculations indicated above. The tally for all matches played among the tied teams in the league fixture will be considered.

Singles Event

- a) Maximum Two players from each team can participate in the Singles tournament.
- b) Singles will be a best of five, whosoever wins 3, will go to the next round.
- c) It will be a knock-out tournament.



VOLLEYBALL

- A. The rules of the International Volleyball Federation [FIVB) as adopted from time to time by the Volleyball Federation of India (VFI) shall be followed unless otherwise modified.
- B. Every Team shall submit a list of players, not exceeding 12. Not more than 12 certificates shall be awarded to a team.
- C. The tournament shall be played on league cum knockout basis. All the matches shall be played on the best of 5 sets.
- D. The following points system will be followed for the matches played on league basis.

Results	Winners	Losers
3-0	3 pts	0 pts
3-1	3 pts	0 pts
3-2	2 pts	1 pts

Technical forfeit: 1 point

- E. Any team refusing to play a match without proper justification will be eliminated from the competition and the results of the matches already played will be cancelled.



- F. In case of teams having equal points the following equation will determine the ranking.

EXAMPLE: $C = A/B$

A Team B Team

A-Total number of sets won 11 9

B-Total number of sets lost 4 3

C-Ratio of set "B" team is $11/4=2.75$ $9/3 = 3.0$ having highest ratio 3.0 The team with higher ratio "C" will be ranked higher. If the tie still remains, then the following system will be applied.

A Team B Team

A-Total number of winning points 120 90

B-Total number of lost points 90 125

$Z = A/B$ $120/90=1.33$ $90/125=0.72$

The team with higher ratio "Z" will be ranked higher. If the tie still remains then the following procedure will be adopted. Two teams involved: precedence will be given to the team winning that match, in which they played against each other. In no circumstances extra match will be played to determine which team ranked higher.

- G. The tally of all matches played in the league fixture will be considered. The general rules for Volleyball (Women) are the same. The game will be best of three sets.



WEIGHTLIFTING

- A. The competition shall be conducted under the International Weight Lifting Federation Rules as adopted from time to time by the Weightlifting Federation of India, unless otherwise modified.
- B. Each team will be allowed to enter two competitors for each weight class. The competition for a weight class will be held even if there is only one competitor C.
- C. The competitions in the following weight class as shown in the Table will be held. The corresponding points of each event for Weightlifting Championship are indicated in the table.

Category	1 st Position	2 nd Position	3 rd Position	4 th Position
Under 56	5	3	2	1
Under 62	5	3	2	1
Under 69	5	3	2	1
Under 77	5	3	2	1
Above 77	5	3	2	1

- D. Each team 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 or not.



Best lifter:

A separate prize will be awarded to the best lifter on the basis of the following formula:

Let 'X' be the weight of the lifter

Let 'a' be the weight lifted by snatch

Let 'b' be the weight lifted by jerk

Then $k = (a + b) - 2X$

Best Lifter: The lifter with the highest 'k'

- E. In case of tie for Weightlifting Championship, the team winning maximum number of gold medals will be awarded the Championship. If tie still persists, the team winning maximum number of silvers will be awarded championship and so on. The progression after every successful attempt for the same weightlifter must be a minimum of 1 kilogram. Certificate shall be awarded to the first three places in all weightlifting events.