



Navneet Bherpo

Rules & Regulation: -

Aquatics:

Tele match type water games in swimming pool.

Water levels of about 4 to 5 feets.

Open group for 8 years & above (male & female).

All games swimcap is must for Participant.

Skating Relay:

Team of 4 Mixed doubles skating 50 mts each.

Quads or Inline allowed.

Two male and Two female mix team of each Age group
(08 - 10) + (11 - 13).

Handminton:

Team of 4 + 3 Males group (14 - 20) playing lawn tennis
using their hands instead of Raquets.

Bucket Ball:

A team of 7 + 3 players trying to score.

Similar to basket ball.

Two teams: 7 member male team & 7 member female
team. Age Group 12+ with minimum 3 person of 35+ in
each Team.

Handball:

Team of 5 + 5 Females only for Age group 35+
playing handball in a fenced ground.

Lagori:

Team of 7 players above 50 years (3 Females + 4 Males)

Will have to play conventional Lagori.

Triatholon:

For Males between Age group 08 – 12 years and 13 – 16 years will have to perform:

100 mts running + 15 full situps + 100 mts cycling.

For Males between Age group 17 – 25 years and 26 – 35 years will have to perform

200 mts running + 25 full situps + 200 mts cycling.

For Males between 35 years above:

200 mts running + 20 full situps + 200 mts cycling.

For Females taking part between Age group 08 – 12 years and 13 – 16 years will have to perform:

50 mts running + 10 full situps + 50 mts cycling.

For Females taking part between Age group 17 – 25 years and 26 - 35 years will have to perform:

100 mts running + 15 full situps + 100 mts cycling.

For Females 35 years and above will have to perform:

100 mts running + 15 full situps + 100 mts cycling.

Participant will have to get their own cycle any number of gears allowed

Relay:

Mix gender race of 100 mts each with 2 males and 2 females from each of the following category:

(08 - 12) & (13 - 16) & (17 - 25) & (26 - 35) & (35 +)

3 Legged Race: (Two Age Gropus)

Team of 2 Males each group (08 - 12) & (13 - 16)

Team of 2 Females each group (08 - 12) & (13 - 16)

4 Legged Race: (Three Age Groups)

Team of 3 Males each group (17 - 25), (26 - 35) & (35 above)

Team of 3 Females each group (17 - 25), (26 - 35) & (35 above)

Tug-of-War:

Team of 15 strong people pulling the opponent team beyond the touch line.

15 Member Team each group Male (Below 16) & (16 +)
and Female (Below 16) & (16 +)

Cycling:

30 Km race of 6 member Team containing One female & Two members above 35 years and rest Team members 16 Years & above.

Quiz:

Topics: GK, Current Affairs, Sports, Cartoon, Science, Geography, Movies, TV, Music, Invention, Discoveries, Mumbai, Kutch, India.

8 Member core team consisting 8 years & above.

In the core Team 1 member of each age group as below compulsory.

Also 7 member Teams of age groups 8 to 12, 13 to 18, 18 to 25, 26 to 35, 35 to 50, 51 & above,

In each team including core team at least 3 female & 3 male compulsory

Dance:

You have perform Dance in Sequence of Solo, Duet and Group (No limit for no. of Group Members)
Performance Maximum time limit is **12** mins.

Street Play(Skit):

Maximum time limit for the Performance is **12** min
Limited props, no electronic gadgets, no recorded music.
Live music allowed, No limit for No. of Group members
Maintain spirit of street play only to be performed on stage.

...Team Navneet Bherpo