



HSNC University, Mumbai
University Schools



COSMOS

Presents



28TH & 29TH AUGUST, 2024

ORGANISED BY THE QUANTUM SPORTS
CLUB

Events	Date	Format	Venue
Sprint Race 100m (Boys)	28 Aug (Day 1)	Heats & Finals	PDP Ground
Sprint Race 100m (Girls)	28 Aug (Day 1)	Heats & Finals	PDP Ground
Sprint Race 200m (Boys)	28 Aug (Day 1)	Heats & Finals	PDP Ground
Sprint Race 200m (Girls)	28 Aug (Day 1)	Heats & Finals	PDP Ground
Long Jump (Boys)	28 Aug (Day 1)	Direct Finals	PDP Ground
Long Jump (Girls)	28 Aug (Day 1)	Direct Finals	PDP Ground
Shot Put (Boys)	28 Aug (Day 1)	Direct Finals	PDP Ground
Shot Put (Girls)	28 Aug (Day 1)	Direct Finals	PDP Ground
Tug of War (Boys & Girls)	28 Aug (Day 1)	Two Pools	PDP Ground
Football (Boys & Girls)	28 Aug (Day 1)	Two Pools	PDP Ground
Relay 4x100m (Boys)	28 Aug (Day 1)	Heats & Finals	PDP Ground
Relay 4x100m (Girls)	28 Aug (Day 1)	Heats & Finals	PDP Ground
Table Tennis	29 Aug (Day 2)	TBD	HSNC University
Arm Wrestling	29 Aug (Day 2)	TBD	HSNC University
Carrom	29 Aug (Day 2)	TBD	HSNC University
Chess	29 Aug (Day 2)	TBD	HSNC University



SPRINT RACE

100M BOYS/GIRLS

Heats - Preliminary races to qualify for the finals

Finals - Top qualifiers from heats compete in the final race

RULES & REGULATIONS

- Top qualifiers from each heat and the fastest overall times will advance to the finals.
- The number of heats depends on the number of participants.
- Random lane & people assignments for the heats and finals.
- Ties in qualifying times may result in a runoff between the participants.
- Races start with "On your mark", "set" followed by the starting gun/clap.
- Switching lane while running will lead to disqualification.
- Any interference with another runner will lead to straight disqualification.
- Results are based on official timing systems.
- Proper footwear are required.
- Medals would be awarded to the top 3 finishers in the finals.
- Event Judges decision will be final.

SOLO



PDP



HEATS & FINALS



3 WINNERS





SPRINT RACE

200M BOYS/GIRLS

Heats - Preliminary races to qualify for the finals

Finals - Top qualifiers from heats compete in the final race

RULES & REGULATIONS

- Top qualifiers from each heat and the fastest overall times will advance to the finals.
- The number of heats depends on the number of participants.
- Random lane & people assignments for the heats and finals.
- Ties in qualifying times may result in a runoff between the participants.
- Races start with "On your mark", "set" followed by the starting gun/clap.
- Switching lane while running will lead to disqualification.
- Any interference with another runner will lead to straight disqualification.
- Results are based on official timing systems.
- Proper footwear are required.
- Medals would be awarded to the top 3 finishers in the finals.
- Event Judges decision will be final.

SOLO



PDP



HEATS & FINALS



3 WINNERS





LONG JUMP

BOYS / GIRLS

RULES & REGULATIONS

- Each participant is allowed a set number of attempts which is 3.
- The take-off board is marked clearly, and participants must jump from behind this board.
- If any part of the foot crosses the take-off board before take-off, the jump is considered a foul and will not be measured.
- Any technique is allowed, as long as it is performed within the boundaries of the competition.
- The jump will be measured from the take-off line to the nearest mark in the landing area made by any part of the body.
- The longest valid jump out of all attempts will be recorded as the participant's final result.
- If an athlete falls backward after the jump, the measurement is taken from the closest point of contact.
- Athletes must complete their jump within a set time which is 30-45 seconds after being called.
- Medals would be awarded to the top 3 finishers based on their best valid jump.
- The decision of the judges and officials is final.

SOLO



PDP



FINALS



3 WINNERS





SHOT PUT

BOYS / GIRLS

RULES & REGULATIONS

- Each participant is allowed 3 throws.
- The athlete must stay within the circle during the throw. The circle is surrounded by a stop board, and stepping outside the circle before the shot lands results in a foul.
- The shot must be placed close to the neck and rest on the shoulder. It must be released above the shoulder level using one hand.
- The shot must be pushed, not thrown like a baseball. The pushing motion should be continuous and fluid.
- Distance will be measured from the inside edge of the stop board to the nearest mark made by the shot in the landing area.
- Only the longest valid throw out of all attempts will be recorded as the participant's result.
- Only the athlete and officials are allowed in the throwing area during the event.
- Medals would be awarded to the top 3 finishers based on their best valid throw.
- All decisions made by the judges and officials are final.

FOULS

- Stepping out of the circle before the shot lands.
- Releasing the shot below shoulder height.
- Exiting the circle from the front half instead of the rear half after the throw.

SOLO



PDP



FINALS



3 WINNERS





TUG OF WAR

BOYS / GIRLS

RULES & REGULATIONS

- The team should comprise 6 members with a minimum of 2 girls.
- Pull the center marker past your winning line to win.
- No sitting, wrapping the rope or fouling allowed.
- In case of disrespect to the opposing team, bullying or any kind of disrespect will directly lead to disqualification.
- Teams must register in advance to fit in the bracket.
- No OTSE (On the spot entry) allowed.
- Referee's decision is final.
- First-aid will be available on site.
- Only One team will be declared as winner.

TEAM



PDP



TWO POOLS



1 WINNER





FOOTBALL

BOYS / GIRLS

RULES & REGULATIONS

- Standard football rules with specific modifications apply.
- Each team consists of 7 members which includes a minimum of 2 girls. Additionally, 2 substitutes (1 Girl Minimum) are mandatory.
- Substitutions can only be made when the ball is out of play. Unlimited substitutions are permitted.
- Each team must have a captain who will act as the team's representative.
- Play restarts with a goal kick after a goal. Direct goals from goal kicks are not allowed.
- Each player is allowed two personal fouls. Exceeding this results in the player being side-lined for the remainder of the half. If a team accumulates 4 fouls in one half, the opposing team is awarded a penalty.
- If more than 2 players from a team are sent off, the opposing team is declared the winner.
- Matches consist of two 10-minute halves with no break. Finals will be two 15-minute halves.
- In case of a draw, the winner will be decided by a penalty shootout (3 penalties per team).
- A special element awaits you on the day of the event.
- Only one team will be declared as a winner.
- The Referee's decision will be final and not to be argued.

TEAM



PDP



TWO POOLS



1 WINNER





RELAY RACES

4 X 1 0 0 M B O Y S / G I R L S

RULES & REGULATIONS

- Each team consists of 4 runners.
- Teams must register with all members listed before the event.
- Each team will be provided with a standard relay baton.
- The baton exchange must occur within the 20m exchange zone. Baton exchanges outside the exchange zone results in disqualification.
- Each runner must stay in their assigned lane throughout the leg.
- The races begins with "On your mark", "Set" and the starting gun/clap.
- A false start results in a warning; a second false start results in disqualification for the team.
- If the baton is dropped, it must be retrieved by the same runner who dropped it, without obstructing other teams.
- The race is timed from the start gun to when the final runner crosses the finish line with the baton.
- Proper running shoes must be worn.
- Medal to be awarded to the top 3 teams based on final race results.
- All decisions made by the judges are final.

TEAM



PDP



HEATS & FINALS



3 WINNERS





TABLE TENNIS

RULES & REGULATIONS

- Matches will be played in a best of 5 format, with each game going to 11 points.
- In singles, service alternates every 2 points. A legal serve involves tossing the ball and ensuring it bounces on both sides of the table.
- If the ball touches the net during service but lands correctly, the serve is replayed. Otherwise, the opponent scores a point.
- Points are scored if the opponent fails to return the ball correctly, misses the table, or commits a foul like touching the table with their free hand.
- Players change ends after each game.
- Any disputes should be resolved by the referee's or a designated official, whose decision would be final.

SOLO



CLG



TBD



3 WINNERS





ARM WRESTLING

RULES & REGULATIONS

- Matches are best of three rounds.
- Each round lasts until one competitor's hand touches the pad or their arm is pinned.
- Competitors must start with their elbows on the pad and hands gripped firmly.
- Both competitors' shoulders must be square to the table at the start.
- No lifting of the elbow off the pad during the match; doing so results in a foul.
- Two fouls result in a loss of the round.
- If neither competitor gains an advantage within 30 seconds, a referee's grip may be applied.
- Matches are supervised by a referee who will enforce the rules and ensure fair play.

SOLO



CLG



TBD



3 WINNERS





CHESS

RULES & REGULATIONS

- Basic Rules and technicalities of chess will be followed.
- Any foul play or cheating would lead to disqualification.
- The set up will be provided in-house.
- A maximum of 2 minutes will be provided to play a move, unable to follow the same would lead to a first warning. However, a second warning would lead the opponent to a win.

SOLO



CLG



TBD



3 WINNERS





CARROM

RULES & REGULATIONS

- It is an individual event.
- The game is played with 19 discs: 9 white, 9 black, and 1 red (the queen).
- Players alternate turns, trying to pocket their assigned color discs.
- The queen must be covered by pocketing a disc of your assigned color immediately after pocketing the queen.
- The game ends when all discs of one color are pocketed. The player that pockets all their discs wins the board.
- Fouls, such as pocketing the striker or incorrect positioning, result in a penalty (returning a pocketed disc).

SOLO



CLG



TBD



3 WINNERS





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Form:

<https://forms.gle/fiXyyMmMdhjGnVJ39>



Location: Priyadarshini Park (PDP), Nepean Sea Rd, Malabar Hill, Mumbai, Maharashtra 400006