



## General rules:

- Matches shall be played according to the rules of respective International federation as adopted from time to time by the All India Federation of the respective sport unless otherwise modified.
- Decision made by Judges/Referee will be final and binding.
- Rules and schedule are subject to change in the spirit of game and due to external factors.
- All participants must be present with their Institute and Udgosh ID cards at the commencement of the match.

## Points distribution:

S. No.	Events	Points			
		I	II	III	IV
MEN & MIXED					
1	Athletics	20	12	8	4
2	Badminton	10	6	4	2
3	Basketball	10	6	4	2
4	Carrom	5	3	2	1
5	Chess	5	3	2	1
6	Cricket	10	6	4	2
7	Football	10	6	4	2
8	Futsal	10	6	4	2
9	Handball	10	6	4	2
10	Hockey	10	6	4	2
11	Kabaddi	10	6	4	2
12	Kho-kho	10	6	4	2
13	Lawn Tennis	10	6	4	2
14	Mr. Udghosh	5	3	2	1
15	Powerlifting	10	6	4	2
16	Sports Quiz	5	3	2	1





17	Squash	10	6	4	2
18	Table Tennis	10	6	4	2
19	Volleyball	10	6	4	2
20	Weightlifting	10	6	4	2
<b>WOMEN</b>					
1	Athletics	10	6	4	2
2	Badminton	10	6	4	2
3	Basketball	10	6	4	2
4	Football	10	6	4	2
5	Futsal	10	6	4	2
6	Handball	10	6	4	2
7	Kho-Kho	10	6	4	2
8	Lawn Tennis	10	6	4	2
9	Squash	10	6	4	2
10	Table Tennis	10	6	4	2
11	Volleyball	10	6	4	2





## Athletics

- The competition shall be conducted under the International Athletics Federation rules as adopted from time to time by AFI, unless otherwise modified.
- Each college will be entitled to enter not more than **two competitors per event**. For relay races, not more than an entry of four with one reserve per event shall be accepted.
- An athlete is allowed to participate in a **maximum of 3 events** excluding relays.
- 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.
- 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.
- The competitions will be held for the following events:

### MEN:

1. 100m
2. 200m
3. 400m
4. 800m
5. 1500m
6. 5000m
7. 110m Hurdles
8. 400m Hurdles
9. 4\*100m Relay
10. 4\*400m Relay
11. Long jump
12. Triple jump
13. High jump
14. Pole vault
15. Shot put
16. Discuss throw
17. Hammer throw
18. Javelin throw

### WOMEN:

1. 100m
2. 200m
3. 400m
4. 800m
5. 1500m





6. 4\*100m Relay
7. 4\*400m Relay
8. Long jump
9. High jump
10. Shot put
11. Discuss throw
12. Hammer throw
13. Javelin throw

- The points for individual positions for I, II, III and IV are 5, 3, 2, 1 respectively. For relay races, the points will be 10, 6, 4, 2 respectively.
- The sum total of points secured in all the events in athletics by a college will determine 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> positions in Athletics.
- 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 athlete who has broken the most number of meet records would be recognized. If the tie is still unresolved, award is given to the players having better team category rank.
- Certificate shall be awarded to the first three places in all the athletic events.
- Starter blocks and vaulting poles are not provided by organizing team.
- In any event if there are less than 3 entries, that event will be considered as cancelled.
- In case of a tie for an individual event, points will be shared by both athletes and colleges as shown in the following table. In case of relay events the points will be double as the relay events have double weightage. If the number of tied players/teams are more than 4, 4 players/teams will be chosen by lot and then points distributed accordingly.

Positions tied for	No. of tied players/teams		
	2	3	4
I	4.0	3.33	2.75
II	2.5	2.0	1.5
III	1.5	1.0	0.75
IV	0.5	0.33	0.25





- In case of tie for the Athletics Championship for men and women, points will be shared as shown in following tables. If the number of tied teams are more than 3, 3 teams will be chosen by lot and then points distributed accordingly.

Positions tied for (Men)	No. of tied teams	
	2	3
I	16	12
II	10	8
III	6	3
IV	2	1

Positions tied for (Women)	No. of tied teams	
	2	3
I	8	6
II	5	4
III	3	1
IV	1	0





## Badminton

- The tournament for men and women section will be conducted on the lines of Inter State Badminton Championship.
  - Number of players:  
Men: The number of players representing any college in a team must be **minimum of 4 members** and can be a **maximum of 5 members**.  
Women: The number of players representing any college in a team must be **minimum of 4 members** and can be a **maximum of 3 members**.
  - The order of events shall be as follows:  
Men: Singles / Singles / Doubles / Singles / Doubles  
Women: Singles / Doubles / Singles
  - Each set will be of 21 points and there will be 3 sets in a game.
  - Players must wear **neat and clean non-marking shoes** with red sole while on court.
  - 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.
- Any new rule or a change in rules will be informed to the teams by the event coordinators prior to the beginning of match. In any case, the decision of referee and the officials shall be considered final.
  - **In case of any discrepancy, the decision of referees shall be considered final**







## Basketball

- The tournament will be conducted according to the International Basketball Federation (FIBA) rules as adopted from time to time by the Basketball Federation of India (BFI), unless otherwise modified
- The maximum team limit is **12 players**
- Each player is strictly required to bring and deposit their Udgosh as well as college ID cards at the table in order to play the match
- A team member is entitled to play when his name has been entered on the score-sheet before the start of the game and as long as he has neither been disqualified nor committed five (5) fouls
- Each team member shall wear a jersey numbered according to the international FIBA rules printed in a solid color contrasting with the color of the jersey
- Only the coach is allowed to stand near the court with the team during their match. If a team does not have a coach, captain shall take the responsibility and no other person will be allowed on the court
- If opponent teams are wearing similar colored jerseys, team A will have to wear bibs
- Any equipment that is designed to increase a player's height or reach or in any other way give an unfair advantage is not permitted. Also, the equipment that can harm other players are also not allowed
- All the matches will be played with multicolored leather pasted balls
- Only non-marking shoes are allowed on the court
- Game lost by forfeit:  
If the team is unable to field five players till 10 minutes after the scheduled starting time of the game or if the team refuses to play the match, then the match is awarded to the opponent by 20-0

NOTE: A team is supposed to report at the respective court 20 minutes before their match. The match will not be rescheduled in case of a common player in more than 1 sport.





- The captain shall, immediately at the end of the game, inform the referee if his team is protesting against the result of the game and sign the score sheet in the space marked “Captain’s signature” in case of protest
- No practice slots shall be provided to any team. The court shall remain closed in the afternoon for cleaning purposes
- The match shall start with a jump ball
- **Rules for Time Out-**
  - Each time-out shall last one (1) minute
  - A time-out opportunity begins when:
    - For both teams, the ball becomes dead, the game clock is stopped and the official has ended his communication with the scorer's table.
    - For both teams, the ball becomes dead following a successful last or only free throw
    - For the non-scoring team, a field goal is scored.
  - Two (2) time-outs may be granted to each team at any time during the first half; three (3) at any time during the second half and one (1) during each extra period. Unused time-outs may not be carried over to the next half or extra period
  - A time-out shall not be permitted to the scoring team when the game clock shows 2:00 minutes or less of the fourth period and of each extra period and, following a successful field goal unless an official has stopped the game

- **Rules for Tie-breakers-**

On completion of the league matches, if two or more teams are on same points, then the tie shall be resolved as follows: -

1. If two teams have same points in first round then the head to head winner of the two teams will be considered eligible for the next round
2. If all the three teams in the group have the same points then score difference of group matches will be calculated. If a team wins one match by 50-30 and losses other by 18-40 then its score difference will be  $(50+18) - (30+40) = -2$ . The team with highest positive score difference will qualify for the next round.
3. If the two teams have the same score difference and greater than the third one then head to head winner of the two teams will be considered eligible for the next round







4. If all the three teams have the same score difference then the winner will be decided by lottery

- The team will have to take responsibility of any intentional damage caused on the court
- Any new rule or a change in rules will be informed to the teams by the event coordinators prior to the beginning of match.
- **In case of any discrepancy, the decision of referees shall be considered final**





## Carrom

- Matches shall be played according to the rules of International Carrom Federation as adopted from time to time by The All India Carrom Federation unless otherwise modified.
- A team will consist of 2 players. You can participate individually but your second partner will be provided by event coordinator (if available).
- Each Team or player is assigned a color coin and can only pocket that color coin.
- Pocketing the queen must be followed by pocketing another coin on the same strike.
- The red 'queen,' can be pocketed at any time after sinking your first piece but must be sunk before your last one. After pocketing the queen, you must sink one of your carrom men, thereby 'covering' it, into any pocket in the next shot, or she is returned to the center spot.
- Once the queen is covered, whoever clears all their carrom men first wins the 'board'.
- Queen & cover can be pocketed in the same turn, irrespective of the order of falling of coin in the pockets.
- The winner of a board collects one point for each of the opponent's carrom men left at the finish and three points for the queen if covered by the winner (if covered by the loser, no-one gets those points). No more points are collected for the queen after your score reaches 21.
- As per new rules a game consists of 21 points .
- When placing the striker on the board to shoot, it must touch both 'base lines', either covering the end circle completely, or not touching it at all. The striker may not touch the diagonal arrow line.
- Shooting styles are very personal - whichever 'grip' works for you is fine as long as you 'flick' the striker and don't push it. Generally, it is best to orient your body in order to see the line of your aim while shooting comfortably; you may not move or leave your chair.



- For forward shots, you can use your index finger, middle finger, or even the 'scissors' shot. Before shooting, try touching the striker with your fingernail, to be sure that it's really on line. This will improve your accuracy and prevent you from hurting your finger.
- Carrom men can be struck directly only if they are not touching the player's baseline or situated behind the baseline. If the carrom man is behind the baseline, the player must hit the carrom man by rebounding the carrom striker off any side of the carrom board or any other carrom piece on the board
- Sinking the striker costs you one piece and your turn. But, if you sink a piece in the same shot, then two come up and you do not shoot again.
- After sinking the striker, your opponent places the due piece(s) within the center circle. If you haven't sunk one yet, you owe one.
- If while shooting for the queen you also sink one of your carrom men in the same shot, the queen is automatically covered, no matter which went first.
- If a piece jumps off the board, it is placed on the center spot. If pieces land on end or are overlapping, they are left that way.
- If the center spot is partially covered when replacing the queen or a jumped piece, the piece should cover as much red as possible. If totally covered, the piece is placed opposite the next player behind the red spot.
- If you touch your last piece directly before the queen, you have to pay a penalty.
- If you sink your opponent's piece, you lose your turn. If you sink their last piece, you lose the board and three points.
- If you sink your last piece before the queen, you lose the board, three points and one point for each of your opponent's pieces left.
- If the striker does not leave both lines, go again. You get three tries to break before losing your turn.
- IIT Kanpur's team matches will be scheduled after 6pm on weekdays.





## Chess

- The game is going to be played between 2 players from different teams (a team consists of 4 players who actually play in tournament and one extra).
- All the team members must belong to the same Institute. 4 players play against the 4 players of their opponent team) on a chessboard. If a player from Team A wins against a player from Team B, then he gets 1 point for his team and if they end in a draw, both the players get 0.5 points for their team, to be added into the round points of the team.
- At the end of each round, the winner team of each match will be given 1 point while the other will be awarded a zero. The winner will be decided on the basis of the round points. If the round points of both the teams playing against each other are the same, both the teams will be awarded 0.5 points.
- For example, If team A playing against team B wins 3 out of 4 matches and loses 1 (That is 3 of the players in team A win their matches), then it gains 3 round points while team B gains 1. So, team A will be declared as the winner and will be awarded 1 point.
- The points of the team as a whole will be considered for ranking and not that of individual players.
- Tournament follows all competition Rules.
- Act of Moving the Pieces: The movement of pieces is to be done with one hand. Once the hand is taken off a piece after moving it, the move cannot be retracted unless the move is illegal. When castling, the player should first move the king with one hand and then move the rook with same hand.
- Touch And Move Rule: If a player having the move touches one of their pieces as if having the intention of moving it, then the player must move it if it can be legally moved. So long as the hand has not left the piece on a new square, the piece can be placed on any accessible square. If a player touches one of the opponent's piece, then that piece must be captured in that move. If none of the touched pieces can be moved or captured there is no penalty. However, A player, by first declaring that he is going to adjust the pieces, may do so without the necessity to move that piece.

Timing: Tournament games may be played under time constraints, using Chess Clock.

Each player must make the moves within the time controls or forfeit the game. Each



player will get 1 hour to finish all his/her moves. The clock must be pressed using the same hand that is used to play the move. Hovering a hand above the clock button is not allowed. Arbiters may decide to add a clock to any ongoing game. In that case the time allotted to each player is at the sole discretion of the arbiters/event coordinators.

- **Illegal Moves:** If a player plays a move which, under the circumstances is not valid or legal, he will be given a warning by the Arbiter. On playing another illegal move in the same game, the player may be declared lost by the Arbiter.
- The Arbiter's decision shall be final in case of any discrepancies. There will be no separate tournament for girls, but only a single tournament open to all.

## **The Swiss System**

- In Swiss System tournaments, all players get to play all the rounds and no two opponents face each other again. The opponents facing each other must be having same points or nearly same points in this tournament, the team points shall be considered for pairing.
- This method of ranking is tentative and might be subjected to slight modifications as per Arbiter decision.
- Along with the rules mentioned above, all the rules outlined by FIDE for tournaments shall be applicable.
- The pairing of the Teams for a particular round will be done by Swiss System of Pairing as given above.
- Due to Academic reasons, matches of IIT Kanpur will be held only after 6:00 pm on weekdays.







## Cricket

- There are 12 teams in competition which are divided into 4 pools A, B, C and D consisting of 3 teams each.
- Each team plays 2 matches against other two teams of same pool.
- Top teams of each pool qualify for semifinals thereafter knockout stage starts.
- However, losing teams face each other for third place.
- In group stage 3 points will be awarded for winning match and in case match is abandoned, 1 point will be given to both the teams.

### **Cricket in Udgosh'18 will be played according to the rules of T20 proposed by ICC.**

1. Powerplay in first 6 overs: only maximum of 2 fielders can be outside the 30-yard inner circle and maximum 5 fielders thereafter and maximum 5 fielders on leg side.
2. Each bowler can bowl maximum 4 overs.
3. Free hit will be awarded to batting team of any kind of no-ball.
4. One short pitched ball (which ends above batsman's shoulders) is allowed per over.

### **Some important points: -**

1. Since matches will be played by white balls every team has to be in colored jerseys.
2. Time limit for completion of 20 overs will be 90 minutes thereafter 6 runs of penalty will be awarded to batting team per over.
3. Teams should reach 15 minutes before the scheduled time of the match.
4. In match umpire's and match referee's decision has to be final.
5. In case any match is abandoned due to some unavoidable reasons team with better net run rate progresses in group stage progresses.

### **In case of a tie: -**

If match between two teams results in a tie either in group stage or knockout stage result will be decided by super over as per ICC rules those of which are:

1. Team batting second bats first and is bowled 1 over in which they can afford 2 wickets.
2. Team batting first then have to chase down the score created by other team in 1 over without losing 2 wickets.
3. In case super over also results in a tie or any other unavoidable situation team with more number of boundaries in their innings and super over combined will be declared winner.
4. Fielding and other rules remain same as per the last over of the innings.



\*Apart from all this teams are requested to be disciplined and coordinate with the organizing team as well as the match officials. Teams should accept the official's decision. In case of any other discrepancy decision of organizing team will be considered final.





## Football

- 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.
- 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.
- Every team shall 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.
- In the event of a draw at the end of a knockout game, no extra time will be allotted; we will directly go for penalty shootouts.
- The yellow cards given during the league stages won't be counted further in knockout stages.
- A team will be awarded 3 points for a win, 1 for draw, and zero points for a lost match.
- In case of tie, goal differences (i.e. Goals FOR minus Goals AGAINST) of all the matches played by the team shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament shall be considered: If tie still persists, number of goals 'AGAINST' throughout the tournament shall be considered.





## Futsal

- The competition shall be conducted under the USYF rules as adopted from time to time by Futsal Association of India, unless otherwise modified.
- Matches will be conducted on concrete surface with the dimensions 32m\*19.5m.
- Every team must consist of 5 **players** (a goalkeeper and four outfield players) and maximum of 9 substitutes. There is no restriction on the number of substitutions that may be made during a match.
- Matches comprise of two periods each lasting **10 minutes** of actual playing time.
- Teams are entitled to a one-minute time-out in each period. A team that does not request a time-out in the first half of the match is only entitled to one time-out during the second half. There are no time-outs in extra time.
- A substitute player may replace a sent-off player and enter the pitch **two full minutes** after the sending-off. They may, however, enter the pitch before the two minutes have elapsed should their team concede a goal while a player down.
- There will be no outside and hence no corner or throw-in will be awarded
- Official present there has all the authority to give cards to a player depending on his behavior and decision of the official will be final. He/she has all the authority to take decision on disputable matters
- Green Card: Just a warning, Second Green Card: 1 min suspension  
Yellow Card: 1 min suspension Second Yellow Card: 3 min suspension
- Wearing shoes while playing is a must. No other footwear will be allowed.
- A team will be awarded 3 points for a win, 1 for draw, and zero points for a lost match.
- In case of Draw, we'll have two halves of 2 min each. If the match is still draw, we'll go to the penalty shootouts.
- In case of tie in points table, goal differences (i.e. Goals FOR minus Goals AGAINST) of all the matches played by the team shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament shall be considered: If tie still persists, number of goals 'AGAINST' throughout the tournament shall be considered.





## Handball

- The tournament will be conducted according to the International Handball Federation Rules as adopted from time to time by the Indian Handball Federation, unless otherwise modified.
- **The Playing Court:** No one except the goalie is allowed to stand in the goal area. The goal opening is 2 meters by 3 meters. Players may jump into the area if the ball is released before landing in the area.
- **Number of Players:** There are seven players on each team (six court players and one goalie). A maximum of 12 players may dress and participate in a game for each team. Substitutes may enter the game at any time through own substitution area as long as the player they are replacing has left the court.
- **Uniform of the Players:** Player numbers are 1 to 20. Uniform shirts and shorts are the same color. The goalkeeper must wear a different color shirt from teammates and opponents. No jewelry is allowed.
- **Referees:** There are two referees, a court referee and a goal line referee. Referees have complete authority: Their decisions are final. The referees are assisted by a timer and a scorer.
- **Duration of the Game:** The game consists of 2, 30-minute halves with 5-minute half-time. This is running time except for injury or one team time-out per half. The teams change benches at half-time. The game ends in a tie unless the game demands a winner.
- **Passive Play:** It is illegal to keep the ball in a team's possession without making a recognizable attempt to attack and to try to score. In other words, a team cannot stall (free-throw awarded to the other team).
- **Throw-Off:** A throw-off is taken by the team that wins the coin toss and chooses to start the game with the ball. Each team must be in its own half of the court with the defense 3 meters away from the ball. Following a whistle, the ball is passed from center court to a teammate and play begins. Throw-off is repeated after every goal scored and after half-time.
- **Scoring:** A goal is scored when the entire ball crosses the goal line inside the goal. A goal may be scored from any throw (free-throw, throw-in, throw-off, goal-throw).







- **Playing The Ball**

*A player is allowed*

- To run with the ball for 3 steps.
- To hold the ball for 3 seconds.
- Unlimited dribble with 3 steps allowed before and after dribbling (no double-dribble).

*A player is NOT allowed*

- To endanger an opponent with the ball.
- To pull, hit or punch the ball out of the hands of an opponent.
- To contact the ball below the knee.
- To dive on the floor for a rolling or stationary ball.
- **Defending the Opponent:** A player is allowed to use the torso of the body to obstruct an opponent with or without the ball. However, using the outstretched arms or legs to obstruct, push, hold, trip or hit is NOT allowed. The attacking player is not allowed to charge into a defensive player.
- **Throw-In:** A throw-in is awarded when ball goes out of bounds on the sideline or when the ball is last touched by a defensive player (excluding the goalie) and goes out of bounds over the end line. The throw-in is taken from the spot where the ball crossed the sideline, or if it crossed the end line, from the nearest corner. The thrower must place one foot on the sideline to execute the throw. All opposing players must stay 3 meters away from the ball.
- **Referee Throw:** A referee throw is awarded when . . . The ball touches anything above the court after a simultaneous infringement of the rules after simultaneous possession of the ball. The Referee throws the ball vertically between two opposing players. The jumping players may grab the ball or tap it to a teammate. All other players must be 3 meters away from the throw. The referee throw is always taken at center court.
- **Free-Throw:** For a minor foul or violation, a free-throw is awarded to the opponent at the exact spot it took place. If the foul or violation occurs between the goal area line and the 9-meter line, the throw is taken from the nearest post outside the 9-meter line. The thrower must keep one foot in contact with the floor, then pass or shoot.
- **7-Meter Throw:** The 7-meter throw is awarded when . . .  
A foul destroys a clear chance to score  
The goalie carries the ball back into his or her own goal area  
A court player intentionally plays the ball to his or her own goalie in the goal area and the goalie touches the ball. A defensive player enters his or her goal area to gain an advantage over an attacking player in possession of the ball.





All players must be outside the free-throw line when the throw is taken. The player taking the throw has 3 seconds to shoot after referee's whistle. Any player may take the 7-meter throw.

- **Goal-Throw:** A goal-throw is awarded when . . . The ball rebounds off the goalkeeper over the end line. The ball is thrown over the end line by the attacking team. The goalie takes the throw inside the goal area and is not restricted by the 3-step/3-second rule.
- **Progressive Punishments:** Pertain to fouls that require more punishment than just a free-throw. "Actions" directed mainly at the opponent and not the ball (such as reaching around, holding, pushing, hitting, tripping and jumping into an opponent) are to be punished progressively.
- **Warnings (yellow card):** The referee gives only one warning to a player for rule violations and a total of three to a team. Exceeding these limits results in 2-minute suspensions thereafter. Warnings are not required prior to giving out a 2-minute suspension. 2-minute suspensions awarded for . . . -Serious or repeated rules violations - Unsportsmanlike conduct -Illegal substitution. -The suspended player's team plays short for 2 minutes.
- **Disqualification and Exclusion (red card):** A disqualification is the equivalent of three, 2-minute suspensions. A disqualified player must leave court and bench, but the team can replace player after the 2-minute suspension expires.





## Hockey

Matches shall be played according to the rules of the FIH (Fédération Internationale de Hockey) as adopted from time to time by the Indian Hockey Federation unless otherwise modified.

- Game will consist of two teams of eleven players each. You can have five substitutes to be used throughout the game. You can be substituted at any time during a game except when a penalty stroke or a corner is being taken.
- The tournament shall be played league cum knockout basis.
- Each team must have a captain on the field and they must wear a distinctive arm band.
- Match will be of four quarters each 15 minutes long with a 3-minute break between two quarters. The format is subject to change as per weather conditions or any other circumstances by the umpires.
- No extra time will be allotted in case of tie; we will go with penalty shootout.
- In case of points clash for semi-final matches the team who scored more number of goals will be considered. But if still the point score are level then committee member will decide.





## Kabaddi

- The tournament will be conducted according to the International Kabaddi Federation Rules as adopted from time to time by the Indian Kabaddi Federation, unless otherwise modified.
- Each team contains 7 players each with 5 players in reserve.
- Flip a coin to decide which team will go first.
- If your team goes first, send a "raider" across the midline.
  - In Kabaddi, teams take turns sending players (called "raiders") across the midline to the other team's side of the court.
  - The raider tries to tag members of the other team and run back to his side — each player he touches equals one point for his team if he makes it back safely.
  - However, the raider must start repeatedly yelling "Kabaddi" before he crosses the midline and cannot stop repeating this word until he crosses back over to his team's side.
  - If he stops yelling or takes a breath on the opponent's side of the court, even momentarily, he must return to his own side of the court, scoring no points.
  - In this case, one point is awarded to the defending team for a successful play.
  - Each member of a team must raid in sequence — if a team member raids out of order, the opposing team gets one point.
- If your team doesn't go first, defend!
  - If your team is being raided, you and the other three players in play are "anti-raiders" or "stoppers."
  - Your goal is to keep the raider from tagging you and crossing back over the midline.
  - Note that a raider may not be grabbed or held by his clothes, hair, or any part of his body other than his limbs and torso.
- Take turns alternating between raiding and defending.
- The two teams alternate between raiding and defending for two halves of twenty minutes each (with a five minute break between halves.)
- After halftime, the two teams switch sides of the court.
- The team with the most points at the end of the game wins!
- Send players out when they are tagged, captured, or break a rule. In Kabaddi, players can be temporarily sent "out" of play for a variety of reasons. If this happens, they may not be replaced by players in reserve — substitutions are only made for players who are not out. Below are a list of circumstances in which a player may be sent out.
- If the raider tags any defending players and makes it back to his side, the players he tagged are out.
- If a raider is captured and cannot pass back over the midline before he runs out of breath, he is out.
- If any player (raiding or defending) steps outside the boundary lines, he is out (unless he was deliberately pulled or shoved, in which case, the offending player is out.)







- If a team has three unproductive raids in a row, the third raider is out. An unproductive raid occurs when a raider cannot score any points (or loses points) during a raid. However, if a raider can cross the baulk line and return to his side of the court, the raid counts as a successful one even if he doesn't tag anyone.
- If a defending team member enters the raider's side of the court before his team is officially given the chance to raid, he is out.
- "Revive" players by getting an opponent out. Whenever your team gets a member of the opponent team out, you have a chance to bring back (or "revive") someone on your team who has previously been ruled out. This is true for both raiding and defending teams.
- Players are revived in the order they were gotten out — bringing back players out of order results in a point for the other team.
- **Score a "Lona"** by getting the entire other team out. If you can get the entire other team out at once for any combination of reasons and none of their players are eligible for revival, your team scores a "Lona" (two extra points for that play.) When this happens, the entire opposing team is revived.
- **Score a "super catch"** by capturing the opponent with three or fewer defenders. If your team is defending with less than three players and you still manage to prevent the raider from getting back to his side of the court, you score an additional "super catch" point.
- This point is *on top* of the point you get for getting the raider out, so you get two points in total for the play.

**Score points when your opponents break the game's rules.** Most penalties in Kabaddi result in one point being awarded to the opposing team. Below is a list of offenses that can earn the opposing team points.

- If a raider says anything besides the pre-approved "Kabaddi" chant while he is raiding, the raid is over and the defending team gets a point plus the chance to raid (but the raider is not out.)
- If the raider starts his chant late (in other words, after he crosses the mid line), the raid is over and the defending team gets a point plus the chance to raid (but, again, the raider is not out.)
- If a raider goes out of order, the defending team gets a point and the raid is over.
- If more than one raider enter the opponent's court at once, the raid is over and the defending team gets a point.
- If any defenders enter the raider's side of the court before it is their turn to raid, each defender that does so earns a point for the other team.
- If after a Lona, the wiped-out team doesn't return its revived players back to the field within ten seconds, the opposing team earns one point.
- If the raider's teammates attempt to help him by calling out warnings or advice, the defending team gets a point.
- If players deliberately get out in order to force a Lona and revive their team members, the opposing team scores an extra point for each offending player that was on the field in addition to the two Lona points.







## Kho-Kho

- Rules given by the Kho-Kho Federation of India will be followed.
- Event shall be conducted on the league cum knockout basis.
- Each team consists of 12 players, but only 9 players take the field.
- Duration:
  - An innings will consist of chasing and running turns which will be of 9 minutes duration. Each match will consist of two innings.
  - An interval of 5 minutes is allowed after an inning turn.
- The side of the chasers scores one point for putting out each runner.
- The captain of the toss winning team will have the choice of chasing or running.
- At the commencement of the game the eight chasers (players sitting in the squares) will sit in the squares facing opposite directions. No adjacent chasers should face in the same direction. The 9<sup>th</sup> chaser will stand at either of the posts.
- The runners and chasers will fix their entry serially with the scorer.
- With the commencement of the game three runners are to get inside the court. As soon as a runner is put out the next three runners must enter the field before or after one "kho" is given. If a runner fails to enter the field, he is given out.
- A runner goes out by the following means:
  - (a) If touched by a chaser.
  - (b) Fails to enter the field when a runner is given out.
  - (c) If he touches the seated chasers twice or after receiving a warning for similar infringement.
- Rules for the chasers:
  - (a) "Kho" is to be given from behind a sitting chaser and loudly.
  - (b) The seated chaser shall not get up without getting "Kho".
  - (c) An active chaser shall not recede to give "Kho".
  - (d) An active chaser shall sit down immediately after giving "Kho".
  - (e) After getting "Kho" the sitting chaser becomes active and follows the direction he is facing.
  - (f) An active chaser is not to cross the center line.
  - (g) He is to take the direction that he has initially taken to the M or N posts.
  - (h) When an active chaser leaves a post, he shall go in the direction of other post remaining on the side of the center line which he was facing before leaving the post.
  - (i) Chasers are not to obstruct runners while being seated
  - (j) The face (shoulder line) of an active chaser must be in a direction he has taken. He shall not turn his face. He is only allowed to turn his face parallel to the center line.
  - (k) If a foul is committed by an active chaser he will be directed to go in the opposite direction of his chaser as indicated by the umpire and if a runner is put out by this act he will not be given out.
  - (I) When an active chaser let go his hold of the post or goes beyond the rectangles he is known as leaving the post.
- A substitute shall be allowed to replace an injured player at the discretion of the referee.





## Lawn Tennis

- 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 team must consist of players belonging to the same college.
- Tie Format: Best of three matches (2 singles + 1 doubles).
- Format of the matches will be – Singles-Doubles-Singles. The two singles matches must be played by different players.
- In case a team wins the first two matches in the tie, the third match will not be played.
- The tournament will be conducted on a synthetic court and Wilson balls will be used throughout the tournament.
- All participants need to come in proper kit -shorts (no three-fourths, denim short, tracks etc. are allowed) and non-marking shoes. If any player does not come in proper kit the player won't be allowed to play the match.
- Due to inclement weather or other such contingencies, the organizers reserve the right to change the above rules without prior notice. For example, in case of rain delays, the matches can be decided in a single set instead of best of 3 sets, to accommodate a tighter schedule.
- In case of any ambiguity, the organizers reserve the right to exercise their judgement.
- No college shall be allowed to enter more than one team in the competition except the home team. IIT Kanpur can have more than one team participating in the event.
- Teams are allowed to cheer their player but there should not be any hooting or jeering against other team's players. Shouting in between the rallies is strictly not allowed.
- Teams are advised to report to the courts at least 15 minutes before their scheduled match time for warming up and practice. In case a team is more than 20 minutes late from their scheduled match time, the opponent team can claim a Walkover. Walkover decisions will be up to the discretion of the chair umpire.
- In case of any discrepancy, chair umpire will have the final call.
- In case, 2 or more teams have same no. of points at the end of the league stage, the team that has conceded lesser no. of sets overall would move ahead. In case of a tie there, the number of games conceded overall would be considered. In case of a tie there, the number of points conceded would be considered. In case of a tie there, if there are 2 remaining teams, the winner of the match between the two in the league stage would move ahead. In case of more than two teams, LUCKY DRAW would be used.
- Point would be replayed on the basis of 'BALL-ON-COURT' only if the ball caused an obstruction to the play or the player in the point in whatsoever way. No point would be replayed unnecessarily if the ball entering the court caused no obstruction whatsoever.





- The appeal for 'BALL-ON-COURT' must be done before the point ends. It won't be awarded after the point ends. The discretion in awarding the same would be solely of the Chair Umpire.
- Foot-Faults will be observed. The discretion would again be in the hands of the Chair Umpire.
- Arguments with the Chair Umpire by the players or other people outside the court regarding ANYTHING would NOT BE TOLERATED. The organizers reserve the RIGHT to DISQUALIFY a team if they feel the need to do so in this matter of unnecessary arguments.

**For men matches:** The team strength should be minimum -3, maximum – 4.

- Tournament would be conducted on league cum knockout basis.
- Each match would be of a Best of Three Tiebreak sets match.
- The names of the players playing the Singles, Doubles and Reverse Singles matches would be noted down right at the beginning of each match.

**For women matches:** The team strength would be minimum -2, maximum – 4 .

- Tournament would be conducted on league cum knockout basis.
- Each match would be a Best of Three MINI-SETS tie break match (first to win 4 games with a difference of at least two or a tie break in case of 3-3) in the league stage. The semi-finals, and final would be played in FULL SETS (6 games).
- The names of the players playing the Singles, Doubles and Reverse Singles matches would be noted down right at the beginning of each match





## Mr. Udghosh

- There will be just a single category (open) for all the participants.
- Contestants will be asked to walk in board shorts (shorts must be just above the knee in length and can be one inch below the belly button.)
- Competitors will enter the stage without a shirt and barefoot.
- No lewd acts allowed for example the moon pose.
- Competitors will walk to the center of the stage alone and perform quarter (1/4) turns with optional pose of hand on hip or in pocket, finish facing the judges as directed then proceed to the side of the stage.
- The competitors will be brought back out in a group and directed to do quarter turns. Judges will have the opportunity to compare competitors against each other in quarter turns.
- There will be 7 compulsory poses:
  - Front Double Biceps.
  - Front Lateral Spread.
  - Side Chest.
  - Side Triceps.
  - Rear Double Biceps.
  - Rear Lateral Spread.
  - Abdominal & Thigh.
- Top three players will be awarded.
- Winner of the competition will be awarded the title 'Mr.Udghosh'.







## Powerlifting

The competition will be held as per the International Powerlifting Federation Rules unless otherwise modified.

Athletes in the sport are divided in five weight classes and placing is based on the total weight lifted on the three main lifts:

1. Squat
2. Bench Press
3. Deadlift

- Five body weight categories:

Weight categories	Male(in kg)
I	Under 56
II	56-62
III	62-69
IV	69-77
V	Above 77

- Each competitor is allowed three attempts on each lift. The lifter's best valid attempt on each lift counts toward his competition total.
- Three referees judge the lift.
- If two or more lifters achieve the same total, the lighter lifter ranks above the heavier lifter.
- A good lift is signaled by indicating a white flag, and an illegal one by a red flag.
- Once the highest value has been collected for each lift, the total weight lifted in squat , bench press and deadlift added up. The lifter with the highest combined weight lifted becomes the champion.
- In the case of a tie, then the lifter whose body weight is less becomes the champion.
- The weight of an athlete's first lift determines their place in the starting order. If they choose to go for a light weight, they will go earlier in the order.
- Referee's decision will be last decision.
- Weighing of players will be started before 2 hours from competition.
- During the weighing player must mention his first lift for squat, bench press and deadlift to referee.



# UDGHOSH '18



15<sup>TH</sup> EDITION

- Player must come with proper kit during competition.
- A player can participate in only one category.
- In case of any controversy during competition and weighing judge's decision will consider as final decision.





## Sports Quiz

- Players have to register as a team of 3 people which includes 1 reserve member
- The team can have any number of men and women
- 2 members from a team participate at a stretch in one round.
- From one college a maximum of **4 teams** can participate
- First round will have a set of 30 questions same for all teams and they have to submit solutions without any external help in given time. Top 16 teams will be selected for the second round
- Second round will have 20 questions and top 8 teams will progress to next round based on score. In case of tie team with better score in previous round progresses.

For final round:

1. Five rounds where 1 or 2 questions will be asked to each team.
  2. A question will be asked to a team and they have to answer it in given time or pass it to next team. No penalty for wrong answer.
  3. Next team can answer the question and get a bonus of half the total points of that question or can also pass to next team.
  4. It will be followed by a buzzer round of 5 questions where question will be common for all teams and first one to answer gets points.
  5. Note that in buzzer round if you claim to know answer and your answer is wrong then you will be penalized.
  6. Team with best score in final round will be declared winner.
- There will be 1x3 gold, 1x3 silver and 1x3 bronze medals.





## Squash

- Squash competition shall be conducted under World Squash Federation rules adopted time to time by the Squash Racket Federation of India unless otherwise modified in these rules.
- Every college should submit a list of players not exceeding 4.
- The seeding of each of the players should be submitted prior to the commencement of the tournament.
- The list of the playing 3 should be submitted prior to the commencement of each match.
- All the matches shall be played on the best of 3 games.
- The games would be played between players in the order of their seeds.
- Scoring will be according to 11 points game.





## Table Tennis

- The rules of the tournament will be of the International Table Tennis Federation as adopted from time to time by the Table Tennis Federation of India shall apply unless otherwise modified.
- There can be a maximum of 4 players and a minimum of 3 players in each team for men's and maximum of 4 and minimum of 2 for women's team.
- The team competition will follow a Group and Knockout (single elimination) format.
- If a player is not able to play a match due to injury he or she will forfeit the match but he or she can participate in his subsequent matches of the team match. If a player is not able to play, the team may continue the competition with two players
- Results for both men and women individuals will be best of 5 sets of 11 points. A team will win against the other team when the team has won a majority of the possible individual matches.
- The order of play shall be as follows

### MEN:

- 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.
- The remaining matches (if necessary) will be set in a way to ensure that each player plays a maximum of two matches according to the following system:

Order	Type	ABC team	XYZ team
1	Singles	A	X
2	Singles	B	Y
3	Singles	C	Z
4	Singles	A	Y
5	Singles	B	X

### WOMEN:

- Matches will be held on the basis of two singles and one doubles.
- The order of the play shall be as follow





Order	Type	ABC team	XYZ team
1	Singles	A	X
2	Doubles	Any 2 players	Any 2 players
3	Singles	B	Y

- 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.
- In case of tie during league stage:-
  - In case of tie (in number of matches won) between two teams, the winner of the head-to-head match between them will proceed to the next round.
  - In case of tie between more than two teams, the difference of team score between each team will be considered (team with bigger margin would proceed to the next round). If tie still continues the difference in score line of each match would be considered for the decision.







## Volleyball

- The rules of the International Volleyball Federation as adopted from time to time by the All India Volleyball Association shall apply, unless otherwise modified.
- Each college must submit the list of players, not more than 12.
- The tournament shall be played league cum knockout basis. All the league matches shall be played on the best of 3 sets.
- Matches at the further stages will be played on the best of 5 sets, of which the last set will be of 15 points.
- The following points system will be followed for the matches played on league basis.
  1. Match Won : 3 points
  2. Match Lost : 0 point
  3. Match abandoned: 1 point
- Any team refusing to play match without justification will be eliminated from the competition and the results of the matches already played will be cancelled.
- In case of teams having equal points, the following equation will determine the ranking.
$$C = \text{Total number of sets won} \div \text{Total number of sets lost}$$
The team with higher ratio "C" will be ranked higher.
- If the tie still remains, then the following system will be applied.
$$Z = \text{Total number of winning points} \div \text{Total number of lost points}$$
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. 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.

### General Guidelines:

- All participants need to come in proper kit -shorts (no three-fourths, denim short, tracks etc. are allowed). If any player does not come in proper kit or shoes, the player won't be allowed to play the match.





- Teams must bring their own adequate volleyballs for practice. No balls will be provided from the institute for practice.
- Teams are allowed to cheer their player but there should not be any hooting or jeering against other teams' players.
- 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.



## Weightlifting

- The rules of the International Volleyball Federation as adopted from time to time by the All India Volleyball Association shall apply, unless otherwise modified.
- Athletes in the sport are divided in five weight classes and placing is based on the total weight lifted on the two main lifts:
  1. Snatch
  2. Clean and Jerk
- Five body weight categories:

Weight categories	Male(in kg)
I	Under 56
II	56-62
III	62-69
IV	69-77
V	Above 77

- Each athlete is allowed three attempts at each chosen weight for each lift.
- Three referees judge the lift.
- A good lift is signaled by indicating a white flag, and an illegal one by a red flag.
- Once the highest value has been collected for each lift, the total weight lifted in the snatch is added to the total weight lifted in the clean and jerk. The lifter with the highest combined weight lifted becomes the champion.
- In the case of a tie, then the lifter whose body weight is less becomes the champion.
- The weight of an athlete's first lift determines their place in the starting order. If they choose to go for a lightweight, they will go earlier in the order.
- Referee's decision will be last decision.
- Weighing of players will be started before 2 hours from competition.
- During the weighing player must mention his first lift for snatch and clean jerk to referee
- Player must come with proper kit during competition.
- A player can participate in only one category.
- In case of any controversy during competition and weighing judge's, decision will be considered as final decision.



## Women's Football

- 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.
- 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.
- Every team shall 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.
- In the event of a draw at the end of a knockout game, no extra time will be allotted; we will directly go for penalty shootouts.
- The yellow cards given during the league stages won't be counted further in knockout stages.
- A team will be awarded 3 points for a win, 1 for draw, and zero points for a lost match.
- –In case of tie, goal differences (i.e. Goals FOR minus Goals AGAINST) of all the matches played by the team shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament shall be considered: If tie still persists, number of goals 'AGAINST' throughout the tournament shall be considered.





## Women's Hockey

Matches shall be played according to the rules of the FIH (Fédération International de Hockey) as adopted from time to time by the Indian Hockey Federation unless otherwise modified.

- Game will consist of two teams of eleven players each. You can have five substitutes to be used throughout the game. You can be substituted at any time during a game except when a penalty stroke or a corner is being taken.
- The tournament shall be played league cum knockout basis.
- Each team must have a captain on the field and they must wear a distinctive arm band.
- Match will be of four quarters each 15 minutes long with a 3-minute break between two quarters. The format is subject to change as per weather conditions or any other circumstances by the umpires.
- No extra time will be allotted in case of tie; we will go with penalty shootout.
- In case of points clash for semi-final matches the team who scored more number of goals will be considered. But if still the point score are level then committee member will decide.

