

RULE BOOK

ATHLETICS

Men:

Individual Events – 100m, 200m, 400m, Long Jump, Shot Put

Group Events – 4X100 m relay

Women:

Individual Events – 100m, 200m, 400m

Group Events – 4X100 m relay

1. Each athlete is allowed to participate in a maximum of FOUR individual track and field events.
2. Each institute is allowed to have a maximum of TWO participants in each of the individual track and field events.
3. For Relay, both men and women, only one team per institute are allowed.
4. For Long Jump and Shot put, best of three attempts will be considered for the final standings
5. Based on the participation and field conditions, the organizers may or may not decide to have heats for track and field events.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

BADMINTON

Mixed Team event

Format:

**Men's singles, Women's singles, Men's doubles, Mixed doubles,
Men's singles**

1. Maximum 2 players can play 2 matches
2. No player can play 2 singles or 2 doubles
3. Players are requested to come in proper attire (t-shirt, shorts and Gum sole shoes)
4. Matches will be played on wooden indoor courts therefore Gum sole shoes are mandatory
5. Matches will be played with feather shuttles
6. All the matches will be knockout
7. All matches will be best of 3 sets of 21 points each

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

BASKETBALL

Men

1. Only one team comprising of 10 members (Playing 5 + 5 substitutes) can participate from each institute
2. Each match will consist of 4 quarters (10 minutes each).
3. 1 timeout is allowed per team per quarter
4. Format will be either round robin or knockout depending on the number of participant teams
5. Match ball will be provided by organizers (Size 7)

Women

1. Only one team comprising of 10 members (Playing 5 + 5 substitutes) can participate from each institute
2. Each match will consist of 4 quarters (7 minutes each)
3. 1 timeout is allowed per team per quarter
4. Format will be either round robin or knockout depending on the number of participant teams
5. Match ball will be provided by organizers (Size 6)

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

CARROM

1. Only one team consisting of at least 4 members (3 men and 1 woman) would be allowed per institute.
2. Each round will comprise of 1 singles (men), 1 singles (women), 1 doubles (men), 1 mixed doubles
3. The decision of which team gets to start first would be taken by a coin toss. The person starting would also be arranging the pieces on the board.
4. Each match will be a best out of 3 boards.
5. The points system will be explained before the start of the match.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

CHESS

1. This is a mixed event (no separate team for girls). Only one team per institute comprising of 3 players would be allowed.
2. Each match would be of 3 games, i.e. each player would play against a player from the opponent team.
3. All games would be played with 20 minutes' clock time to each player. Board order would be fixed and should be specified at the start of the tournament.
4. In case of no result within the stipulated time, the player whose time runs out first would be declared as the loser.
5. Touch to move will be followed strictly.
6. Illegal moves are not allowed and the opposing player may ask for a time penalty of 20 seconds.
7. Other team members are not allowed to talk to any player during the game and must communicate only through the organizers.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

CRICKET

1. There will be only one team per institute. The maximum squad size is 15.
2. The mandatory dress code for the participating teams will be: T-Shirt, Track pant/Full pant & shoes. Teams are expected to bring their own cricket kit.
3. Matches will be 12 overs a side with finals being 15 overs a side.
4. Power plays:
 - a. For all 12 over matches there will be 4 overs of power play (2 overs mandatory, 1 over bowling and one over batting power play)
 - b. For mandatory and bowling power plays only 2 fielders are allowed outside 30-yard circle. For batting power play 3 fielders are allowed outside 30-yard circle
 - c. For all non-power play overs, at least 4 fielders should be present inside the 30-yard circle.
5. Bowling
 - a. 2 bowlers can bowl a maximum of 3 overs and 3 bowlers can bowl a maximum of 2 overs in a 12 over game.
 - b. 5 bowlers can bowl a maximum of 3 overs a 15 over game.
6. Runners for batsmen are not allowed.
7. Matches will be played with red leather ball.
8. In case of a tie, winner is decided with the help of a super over. In case of tie in the super over team with more number sixes wins. If the number of sixes is also the same, team with more number of boundaries wins.
9. On field umpires' decision is final and binding.
10. Each team will get 60 minutes (70 for Finals) to bowl their overs failing which they will be given a penalty of 5 runs for every over bowled after the specified time limit
11. The format will be knockout or round robin based on number of participating teams

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

FOOTBALL

1. Team Size: An institute can field only one team for the tournament comprising of 13 players max (9 on-field + 4 on the bench)
2. A minimum of 9 players on both sides need to be present for the match to start.
3. Each match will be of 40 minutes, split into two halves of 20 minutes each with a 5-minute break between both halves.
4. In case of no result in regulation time, the game will directly go to penalties. Rules for the penalty shootout will be clarified on the spot.
5. Only 2 substitutions will be allowed during the course of the match.
6. Offside rules are applicable.
7. Quick transition after a stop in play is under the discretion of the referee.
8. Standard Yellow and Red rules are applicable as per FIFA regulations.
9. The allowance for the time lost will be at the discretion of the referee.
10. Referee's decision will be final and binding. Foul play may result in a yellow/red card.
11. The format will be knockout or Round Robin based on the number of participating teams. Any subsequent changes in the rules will be communicated accordingly.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

FUTSAL

1. Team Size: An institute can field only one team for the tournament comprising of 9 players max (6 on-field + 3 rolling substitutes)
2. A minimum of 6 players on both sides need to be present for the match to start.
3. Each match will be of 30 minutes, split into two halves of 15 minutes each with a 5-minute break between both halves.
4. In case of no result in regulation time, the game will directly go to penalties. Rules for the penalty shootout will be clarified on the spot.
5. Substitutions are rolling and can be done only when the ball goes out of play by informing the referee.
6. A player can come in and go out any number of times during the match.
7. No offside rules are applicable.
8. Direct Free kicks are not allowed.
9. For outsides, there will only be kick-ins; not throw-ins. Quick transition after a stop in play is under the discretion of the referee.
10. Goals scored from your own half with no contact in the opposition half will be disallowed
11. Red card would lead to suspension for the current half and the subsequent half of the game. For e.g.- In case the player is suspended in the second half of the game, he will miss the remainder of that half and the 1st half of the next game.
12. Referee's decision will be final and binding. Foul play may result in a yellow/red card.
13. The format will be knockout or Round Robin based on the number of participating teams. Any subsequent changes in the rules will be communicated accordingly.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

SQUASH

1. An institute can field only one team, comprising of a minimum of 3 players and a maximum of 4 players. Each player can play only one match.
2. The game will be of 3 sets of 11 points each. The finals will be of 5 sets of 11 points each. If the score in a game is tied at 10-10, a player must win by 2 clear points.
3. The teams have to submit the order of players at least 15 mins before the start of the game.
4. Dunlop Pro Double Dot, official ball for PSA will be used for the tournament.
5. Participants need to carry their own racquets. Balls will be provided by the organizers.
6. Players must wear gum sole shoes/canvas shoes.
7. Immediately preceding the start of play, a period not exceeding five minutes shall be allowed on the court for the purpose of warming-up.
8. The format will be a knockout or round robin based on number of participating teams.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

TENNIS

General Rules:

1. The order of players proposed to play games should be pre-decided and submitted to the Organizing Committee before the beginning of the fixture and cannot be changed thereafter.
2. Players need to carry their own racquets. Balls will be provided by the organisers.

MEN:

1. There will be only one team from the institute comprising of Minimum 2 and Maximum 4 players.
2. Each tie will have 3 matches – 2 singles & 1 doubles per team. A player can play only one singles match (However he will be eligible to play doubles match).
3. Each match will be of 1 set with a tiebreak at 6-6. Also, there will be only one point for the deuce (40-40).
4. The team winning 2 matches will be declared as the winner.

DOUBLES:

1. There will be only ONE team from the institute.
2. Each match will be of 1 set with a tiebreak at 6-6. Also, there will be only one point for the deuce (40-40).

Players can represent in both singles and doubles format. All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

THROWBALL

1. There will be only one team representing the institute comprising a maximum of 10 players (7 active players + 3 substitutes).
2. The matches will be played as best of 3 sets of 15 points each. Semi-final and final will be played as best of 3 sets of 21 points each. Service change is counted as a point.
3. 2 time outs allowed per set.
4. The ball must be thrown above shoulder (no side arms/under arm allowed).
5. The ball must be caught with 2 hands and thrown with one hand only.
6. The ball cannot touch any part of the body beyond the palm.
7. Shifting of ball from one hand to another is not allowed.
8. Double touch while catching the ball is not allowed.
9. All balls below the waist line have to be caught sitting.
10. While serving, the ball must cross the foul line.
11. The ball must be released within 3 seconds of catching.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

TABLE TENNIS

MEN:

1. The team should comprise of a minimum of 4 players and a maximum of 7 players.
2. The Order of the matches would be as follows:
 - a. 1st Men Singles, b. 2nd Men Singles, c. Men Doubles
 - d. 3rd Men Singles, e. 2nd Men Doubles
3. The singles matches would be the best of 3 games till the quarter-finals and best of the 5 games thereafter.
4. Each game will be played for 11 points.
5. Each player can play a maximum of 2 matches (including singles and doubles). However, he can play only 1 singles match.
6. Participants are required are to carry their own racquets. Balls will be provided.

WOMEN:

1. The team should comprise of a minimum of 2 players and a maximum of 4 players.
2. The Order of the matches would be as follows:
 - a. 1st Women Singles, b. Women Doubles, c. 2nd Women Singles
3. The singles matches would be the best of 3 games till the quarter-finals and best of the 5 games thereafter.
4. Each game would be played for 11 points.
5. Each player can play a maximum of 2 matches (including singles and doubles). However, she can play only 1 singles match.
6. Participants are required are to carry their own racquets. Balls will be provided.

Matches would be knock out or round robin based on number of registrations. All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.

VOLLEYBALL

1. An institute can send a team of 10 players consisting of 6 active players and 4 substitutes.
2. There will be no rotation of players within the court.
3. The matches will consist of 3 sets, except the finals which will be of 5 sets. Each set will be of 25 points except the decider set which will be of 15 points.
4. At least 3 players should serve from a team alternatively.
5. All matches will be a knockout
6. The schedule maybe changed at the discretion of the organizers. The decisions of the organizers in this regard will be final.

All other standard rules of the game apply. Decision of the referee & the SPRINT team would be final in case of any controversy. Each player should have his/her college ID-card.