



Government Engineering College, Aurangabad

Arthua, Kasma, Rafiganj Aurangabad Bihar 824125



RULEBOOK

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Cricket

LIST OF ORGANIZING Co-ordinator

Piyush Kumar : 8434783420

Mantu Kumar : 9546863083

RULE BOOK

Cricket is a game that owes much of its unique appeal to the fact that it should be played not only within its Laws but also within the spirit of the Game. Any action which is seen to abuse this spirit of fair play rests with the captains.

1. Responsibility of captain

The ~~captains~~ are responsible at all time for ensuring that game is conducted within the spirit of the game as well as within the rules mentioned.

2. Player's conduct

In the event, if a player fails to comply with instructions by an umpire, or criticized by words or actions the decisions of an umpire, or shows dissent, or disrepute the game, the umpire concerned shall take action.

3. Fair and unfair play

According to the rules the umpires are the sole judges of fair and unfair play. The umpires may intervene at any time and tis the responsibility of the captain to take actions, where ever required.

4. The umpires are authorized to intervene in cases of:

- Time wasting
- Damaging the pitch
- Dangerous and unfair bowling
- Any other action that they consider to be unfair

5. The Spirit of the Game involves

- Your opponents
- Your own captain and team
- The role of the umpires
- The game's traditional values (Sportsmanship spirit)

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Cricket

6. It is against the Spirit of the Game:

- To dispute an umpire's decision by word, action or gesture
- To direct abusive language towards an opponent or umpire
- To indulge in cheating or any sharp practice, for instance:
 - a.to appeal knowing the batsman is not out
 - b.to advance towards an umpire in an aggressive manner when appealing
 - c.to seek to distract an opponent either verbally or by harassment with persistent clapping or unnecessary noise under the guise of enthusiasm and motivation of one's own side

7. Violence

There is no place for any act of violence on the field of play.

Rules and Regulations

4. Matches shall be played according to the ICC rules.
5. All the matches will be conducted on Knock out basis.
6. Each side is allowed to complete 10 overs unless the opposing team is dismissed earlier.
7. The finals will be of 15 overs.
8. Each bowler can bowl a maximum of 2 overs(in 10 overs match) or 3 overs(in 15 overs match).
9. Rules during Powerplay v/ There will be powerplay of 3 overs in 10 overs and 4 overs in 15 over matches respectively. Only 2 fielders are allowed outside the circle in powerplay. v/ After power play 5 fielders are allowed outside the circle.
10. Free hit will be given for all type of NO BALLS whether it is waist height, step no ball, touching the stumps of non-striker end or unfollowing the fielding restrictions
11. All types of extras are counted except leg-byes. Wides, byes & overthrows are counted.
12. Only 1 bouncer is allowed per over. In case of second bouncer NO BALL will be called and FREE HIT will be provided.
13. Bowling action should be smooth and legal. No chucking and bending is allowed.
14. The tournament will be of tennis ball type.
15. Dress code is necessary throughout the tournament. If failed will lead to disqualification of team from the tournament.
16. No LBW will be considered. 14. SCOOP BATS ARE ALLOWED.
15. Every team are advised to report before 45 mints of scheduled time of match



Players are instructed to respect each other, the role of the Umpires and the game's traditional values. There should be no unnecessary appealing, cheating or sharp practice, sledging or intimidation and definitely no violence. The Umpire's decision should be accepted without dissent.

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Football

LIST OF ORGANIZING Co-ordinator

Shashikant Prasad : 6206214104

Sandeep : 7870053782

Rules and Regulations:

RULEBOOK

Matches are generally played by two teams of 11 to a side. The goalkeeper is included in the 11-player total. A total of only 5 Substitution in 3 times is allowed throughout the match.

A direct free kick is awarded when a player: Kicks or attempts to kick an opponent.

Trips or attempts to trip an opponent.

Jumps at an opponent. Charges an opponent.

Strikes or attempts to strike an opponent. Pushes an opponent.

Tackles an opponent. Holds an opponent.

Handles the ball deliberately.

If any of these are fouls are committed by a player in their team's penalty area, the opposing team is awarded a penalty kick. Indirect free kicks are awarded if a player:

Plays in a dangerous manner. Impedes the progress of an opponent.

Distract/Interfere the goalkeeper from releasing the ball from his/her hands.

Yellow cards are awarded as a caution or warning to a player and can be issued for the following offenses:

Unsporting behaviour. Dissent by word or action.

Persistent infringement of the Laws of the Game. Delaying the restart of play.

Failure to respect the required distance when play is restarted with a corner kick, free kick, or throw-in.

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- Entering or re-entering the field of play without the permission.
- Deliberately leaving the field of play without the referee's permission.

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Football

Red Card are used to send a player off the field, and can be issued for the following offenses: Serious foul play

Violent conduct..

Spitting at an opponent or any other person.

Denying the opposing team a goal or an obvious goal-scoring opportunity by deliberately handling the ball (the goalkeeper being an exception).

Denying an obvious goal-scoring opportunity to an opponent moving towards the player's goal by an offense punishable by a free kick or a penalty kick.

Using offensive or abusive language and/or gestures. Receiving a second caution (yellow card) in the same match.

Free Kicks

Free Kick is broken into two categories, direct and indirect. A direct kick can be shot directly into the opponent's goal without touching another player. An indirect free kick is indicated by the referee raising his hand during the kick. An indirect kick can only go into the goal if it has subsequently been touched by another player before it enters the goal. The ball must be stationary for both types of kicks.

The Penalty Kick

A penalty kick is awarded either when a defensive player fouls an attacking player or commits a handball in his/her team's penalty area. The penalty kick is placed at the penalty spot, and all players on both teams must remain outside the penalty box during the shot. They may enter the box immediately after the shot is taken. The goalkeeper may move horizontally along the goal line before the shot is taken, but he may not come off the line until the ball is struck.

The Throw-In

A throw-in is awarded when the possessing team plays the ball out of bounds over the touchline. While taking a throw-in, a player must release the ball with both hands simultaneously and keep both feet firmly planted on the ground. If these conditions are not met, play is stopped and the throw-in is given to the opposing team. Players are not allowed to score directly off a throw-in.

The Goal Kick

A goal kick is awarded when the offensive team plays the ball out of bounds over the defensive team's goal line. After the ball is out of play, the defender or goalkeeper may place the ball anywhere within the six-yard goal box and kick the ball back into play.

The Corner Kick

A corner kick is awarded to the offensive team when the defensive team plays the ball out of

bounds over its goal line. The ball is placed within the corner area and is kicked back into play by the offensive team. Players can score directly off a corner kick.

Offside

When an attacking player receives the ball while on his opponents half, he must be level behind the second to last defender (the last typically being the goalkeeper). However, this rule



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Football

only applies if he is involved with the play. To get a better understanding of the offside rule, please see the guide section for a more detailed explanation.

The Referee

The referee is the authority on the field, and his word is law. If you question a referee's decision, you can be disciplined further simply for dissent.

The Assistant Referees

The assistant referees are primarily responsible for assisting the referee in performing his duties - this includes signaling with a flag when a ball goes of play, when a player is fouled, or when a player is in an offside position



Lines man directions



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Football

Field markings are approximate and are not to scale of actual field

1. Matches shall be played according to the above, mentioned rules.
2. All the matches will be conducted on Knock out basis.
3. Each college participating in the tournament shall submit a list of players not exceeding 18 members to the organizing authority.
4. The tournament will of regular size 5 Football and match duration before semi-final will be of 70 mins (30 -10 -30) and semi-final and final will be 100 mins (45 — 10 - 45).
5. Dress code is necessary throughout the tournament. All the players need to carry their own FOOTBALL BOOTS, SHIN GUARD. All players must have same t-shirt and must wear shorts only.



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Volleyball

LIST OF ORGANIZING Co-ordinator

Harish :8825397327

Rahul : 6201281840

RULEBOOK

SERVE RULES

Ball may be served underhand OR overhand.

Ball must be clearly visible to opponents before serve.

First game serve is determined by a volley, each subsequent game shall be served by the previous game loser.

Serve must be returned by a bump only, no setting or attacking a serve. Server must serve from behind the restraining line (end line).

SCORING

Rally scoring will be used. (There will be a point scored on every score of the ball). Offense will score on a defensive miss or out of bounds hit.

Defense will score on an offensive miss, out of bounds hit, or a serve into the net. Game will be played to 25 points.

Must win by 2 points.

GAME PLAY

All matches are League-cum-knockout based. Maximum of 3 hits per side.

Player may not hit the ball twice in succession (a block is NOT considered a hit). Ball may be played off the net during a volley and on a serve.

A ball touching a boundary line is good.

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Volleyball

If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play. A player must not block or attack a serve.

BASIC VIOLATIONS

Stepping on or over the line on a serve
Failure to serve the ball over the net successfully
Hitting the ball illegally (carrying, palming, throwing, etc.)

When executing a follow through.

When blocking a ball which is in the opponents court but is being returned (Block cannot contact the ball until AFTER the opponent attempting to return the ball makes contact).

Reaching under the net.

Failure to serve in the correct.

SPECIAL INSTRUCTIONS

For both boys & girls. NO ROTATION has to be followed i.e. STATIC rule has to be adopted.

Each game will be of 3 sets

The team winning the two sets out of three will be declared as winner. The final match will be of 5 sets.

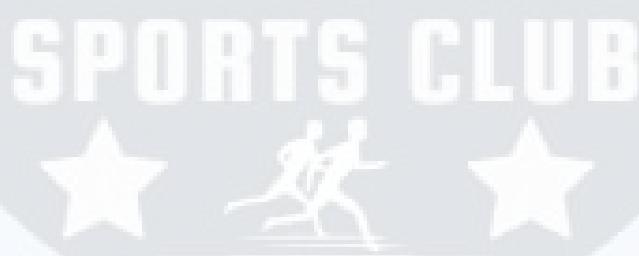
All the National rules of volleyball will be followed, except rotation.

Jersey of all participants are compulsory along with their distinguished jersey number printed on it.

Umpire decision will be last decision. Dress code (including shoes) is necessary throughout the tournament. If failed will lead to disqualification of team from the tournament.

A team can have maximum players and minimum of 9 players for boys. A team can have maximum 9 players and minimum of 6 players for girls.

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Badminton

LIST OF ORGANIZING Co-Ordinator

Abhishek Kumar : 7488694795

Vinit : 6299358244

RULEBOOK

Rules and Regulations:

(BOYS)

All matches are League-cum-knockout based.

The games will be of purely team based i.e. Thomas Cup Pattern. Three games of singles and two games of doubles.

There will be three set of 21 points. In case of 21-20 points the match will be extended to 22 and so on in such a way that there should be a difference of 2 points. Either single or double game, winner will get score 1 point.

The team with maximum points will proceed to next round Player must be in sports wear with shoes.

(GIRLS)

Two games of singles and one game of doubles.

Players participating in singles can't participate in doubles. Player must be in sports wear with shoes,

(MIXED-DOUBLES)

There will be chance of mixed-doubles decided on decent number of team's registration.

It's a separate event, and separate title will be given to winner & runner.

SERVICE

Singles service in badminton

The player who serves first in any game shall do so from the right side of the service court on which they begin the match.

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Badminton

If the server has won an even number of points during a game, then they shall serve from the right side of the service court for the subsequent point. In case the server has won an odd number of points during a game, then he/she serves from the left side of the service court for the subsequent point.

Doubles service in badminton

The basic service rules remain the same.

The receiver must stand on the alternate service court and the pair who wins the point shall become the server for the subsequent point.

The server and receiver have to stand on diagonally opposite sides of the badminton court. The right to serve in a doubles game shall be as follows: -From the initial server who started the game from the right service court To the partner of the initial receiver.

To the partner of the initial server. To the initial receiver.

Back to the initial server and so on.

No player on the receiving side shall receive two consecutive services in the same game.

If any player has served or received out of turn or served or received from the wrong side of the court, it is deemed a service court error and it is immediately corrected. The first side to reach 21 points, with a two-point difference. The sides are required to change sides after each game,

Faults

The rules of badminton consider the following as faults: If the shuttle lands outside the boundaries of the court, passes through or under the net, fail to pass the net, touches the person or dress of a player or touches any other

object or person. If the initial point of contact with the shuttle is not on the striker's side of the net. "If a player touches the net or its supports with racket, person or dress, invades an opponent's court over the net with racket or person except as permitted? If a player

deliberately distracts an opponent by any action such as shouting or making

gestures. If the shuttle is caught and held on the racket and then slung during the execution of a stroke. If the shuttle is hit twice in succession by the same player with Ovo strokes. If the shuttle is hit by a player and the player's partner successively or touches a player's racket and continues towards the back of that

player's court. If, on service, the shuttle is caught on the net and remains suspended on top, or, on service, after passing over the net is caught in the net.

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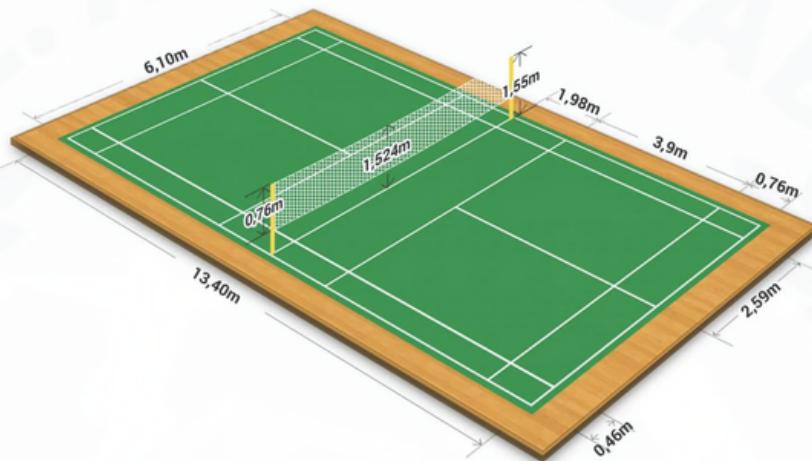
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Badminton

winning side can serve in the next game, and similarly, any player from the losing side can be receive in the next game.



SPORTS CLUB

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Kabaddi

LIST OF ORGANIZING Co-ordinator

Shashi Ranjan Singh : 6206214104
Sandeep : 7870053782

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RULES OF PLAY

1. The team that wins the toss shall have the choice of the court or the raid and the team that loses the toss shall have the remaining choice. In the second half, the court shall be changed and the team, which did not, opted for raid shall send their raider first. The game in the second half shall continue with the same number of players, as it was at the end of the first half.
2. A player shall be out if any part of his body touches the ground outside the boundary but during the struggle a player shall not be out if any part of his body touches the ground outside the boundary by keeping contact of the playfield. The portion of contact must be inside the boundary.
- c. If any player goes out of the boundary during the course of play, he shall be out. The Umpire or Referee shall try to take out such players at once. The Umpire or Referee shall declare such players out by calling out the numbers. No whistle shall be blown as the raid may continue.
- d. If an anti or antis who have gone out of bounds (as per rule 03 a), hold a raider, the raider shall be declared NOT OUT. The anti or antis who have gone out of bounds only will be declared out.
5. When the struggle begins, the play field includes the lobbies. During the struggle and after the struggle in the same raid, the players involved in the struggle can use the lobbies to enter their respective courts. This rule will only be applicable in the anti's court.
6. A raider shall continue to chant "KABADDI" as the approved cant. If he is not keeping the proper approved cant in the opponent's court, he shall be ordered back and the opponent will be given one technical point and chance to raid. Under such circumstances, he shall not be pursued.
7. A raider must start his cant before he touches the opponent's court. If he starts the cant late, he shall be ordered back by the Umpire or Referee and the opponent will be

given one technical point & a chance to raid.

07) If a raider goes out of turn, the Umpire or Referee shall order him to go back and a technical point will be given to opponent team.

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Kabaddi

1. Not more than one raider shall enter the opponent's court at a time, if more than one raider enters the opponent's court at a time, the Umpire or Referee shall order all to go back to their court and a technical point will be awarded to the opponent and chance to raid.
2. After a raider has reached his court or is put out in the opponent's court, the opponents shall send their raider within 5 Seconds. Thus alternately each side shall send their raider until the end of the game. In case the raider fails to start his raid within 5 seconds the team loses its chance to raid and the opponent team gets a technical point.
3. If a raider, who is caught by the anti or antis, escapes from their attempt to hold and reaches his court safely he shall not be pursued. Note: But if a raider touches the anti or antis and reaches back to his court safely he may be pursued.
4. If a raider, while in the opponent's court loses his cant, he shall be out.
5. When a raider is held, the antis shall not try deliberately to stifle his cant by shutting his mouth, using violent tackling leading to injuries, any type of scissoring or use of any unfair means. If such incident happens, the Umpire or Referee shall declare the raider NOT OUT. (For punishment see no. 3 & 4 of the rules under heading "Officials").
6. No anti shall willfully push the raider out of the boundary by any part of his (Anti's) body, nor shall any raider willfully push or pull an anti or antis out of the boundary. If the raider is pushed outside the boundary or the anti is pushed or pulled out side the boundary, the Umpire or Referee shall declare the raider or the anti, as the case may be, as NOT OUT, and the anti or the raider who pushes or pulls the opponents outside the boundary shall be declared out.
7. During the course of raid none of the antis shall touch the raider's court until completion of the raid. In case any anti or antis touches the raider's court before completion of the raid they will be declared out and the opponent team will be given that many points.
8. If an anti or antis who are out, having violated Rule No.14, holds a raider or have violated the said rule while holding or helping to hold the raider, the raider shall be declared NOT OUT and the anti or antis who touches the raider's court shall be declared OUT.
9. When a team manages to put out the entire opponent team and none of the opponents are entitled to be revived, then that team scores a LONA and two extra points for LONA shall be awarded in addition to the points scored by the team putting out all the players of the opponent. The play continues and all the players who are out shall enter in their court within Ten Seconds. Otherwise the referee or umpire shall award one technical point to the opponent. If the team fails to enter within one minute, the team shall be scratched from the match and the match shall be awarded to the opponent.

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Kabaddi

1. If a raider is warned or in any way instructed by one of his own side, the Umpire or Referee shall award one technical point to the opponent.

2. A raider or an anti is not to be held by any part of his body deliberately other than his limb or trunk. The one who violates the rule shall be declared OUT. If the raider is held deliberately other than his limb or trunk, the Umpire or Referee shall declare such raider NOT OUT.

Note

If a raider is caught by his clothes or hair the raider shall be declared NOT OUT and the anti or antis who have violated the Rule No.18 shall be declared OUT

3. When one or two players of a team are left during the game and the Captain of the team declares them out in order to bring in the full team, the opponent shall score as many points as the players that existed in the court at the time of declaration as well as Two Extra Points for LONA.

4. A Player or players who are out shall be revived in the same order as they were out when one or more opponents are out.



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Athletics

LIST OF ORGANIZING Co-Ordinator

Abhay : 9905020253

Karan : 7542948313

Vishal : 6205856347

Mantu : 8935840059

Sachin : 8789373261

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Rules :

- The order in which contestants take their preliminary trials is determined by the games committee. If weather or other conditions results in unfairness, referee may alter the order of trials.
- Measurement shall be made with non-stretchable tape, such as fiberglass, nylon, steel, or scientific measuring devise. For records, recommend that a steel tape be used.
- The time limit to be excused for another event is determined by the games committee.
- To obtain a better grip, competitors may use chalk, adhesive, rosin or similar substance.
- If number of players will be more than 8 then best from 3 trails will be taken for best from him/her, and 8 players will be selected for next round from them.
- Then after from that 8 selected player 3 player will be declared as 1st,2nd,3rd position.
- If number of players will be less than 8 then best from 6 trails will be taken for best from him/her, and will be declared as 1st,2nd,3rd position.
- In case of player's throw gets coincide then best from his/her previous data will be considered as a best .
throw. Participants must be in shoes in every events of athletics.
- All jumps shall be measured from the nearest break in the landing area made by any part of the body, or anything that was attached to the body at the time it made a mark, to the take-off line, or the measurement shall be taken perpendicular to the take-off line or its extension.
- Every rules are as per IAAF rule.

SPRINT & MARATHON :

- An athlete fails if: he/she while taking off, touches the ground beyond the take-off line with any part of his/her body, whether running up without jumping or in the act of jumping; or (b) he takes off from outside either end of the board, whether beyond or before the extension of the take-off line.
- Participants must be in shoes in every events of athletics.
- Every rules are as per IAAF rule.

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Arm Wrestling

LIST OF ORGANIZING Co-ordinator

Aditya Kumar : 7070312613

Ranjan : 8287883114

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ITEM 1 : TEAMS

Must be composed of players of the states represented. If required, a team member or individual may have to produce any document demanded by IAF to establish his/her bona fides to so represent his/her state. The term "team" for all intents and purpose, will mean all of the categories presented both female and male. A team trophy will be awarded, based only on total points accumulated for all categories in both genders.

Teams can be broken down to determine points by gender, only to establish ranking of female and male teams from each state.

ITEM 2 : NUMBER IN A TEAM

Up to two competitors, per category, per state.

This includes "Masters, Grand Masters, Disabled and Youth" division.

ITEM 3 : WEIGHT CLASSES

(A) SENIOR:

Men: Up to 55Kg, 60Kg, 65Kg, 70Kg, 75Kg, 80Kg, 85Kg, 90Kg, 100Kg, 110Kg & 110+Kg.

Women: Up to 50Kg, 55Kg, 60Kg, 65Kg, 70Kg, 80Kg, & 80+Kg.

(WEIGHINS)

- i. There is no clothing allowance; therefore weigh ins will be done in the nude if an athlete wishes to qualify for a certain weight class. (Weight has to register to zero, i.e.: if 70kg class it will have to zero to 70.0kg). Without prejudice or bias, if an athlete has artificial limbs or limb, they must weigh in with them on if they wish to compete with them on.
- ii. There will be no dispute regarding procedure during weigh-ins. Weigh-ins will follow registration roster by numerical order, i.e.: first team to register with IAF General Secretary, will be the first team weighed and so on. The IAF will have the right to disallow entry to any state not meeting IAF requirements or which creates disorder.
- iii. All weigh-ins to be done on IAF approved scales. Weigh-in will be done no sooner than 24 to 30 hours before the first day of competition start time.
- iv. During weigh-in, an athlete may be accompanied by a team official of their own state.
- v. More than one official weigh-in scale may be used.
- vi. The Director of Weigh-ins is the final authority on all weigh-in procedures.
- vii. A competitor may weigh-in to their normal weight or jump one weight class higher.

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Arm Wrestling

ITEM 4: EQUIPMENT SPECIFICATIONS (TABLE):

SIT DOWN: 28" from floor to top of table. STAND-UP: 40" from floor to top of table.

All other specifications are identical for both sit down and stand-up table tops.

- a. Table Top: 36" across and 26" deep.
- b. Elbow Pads: 7"x 7" square shape. 2" thick, made of heavy high quality foam material, covered with a vinyl/rexin type cover. The foam and covering can be attached to a 1/8" metal sheet, 7"x 7" with four threaded bolts, welded to the bottom to be able and attach elbow pads to the table top. A line, either painted, upholstered or taped from hand grip to hand grip to establish center of the table will always be used at IAF tournaments.
- c. Touch Pads: 12" long x 4" high x 2" wide. Made of heavy high quality foam material covered with a vinyl/rexin type cover. The foam and covering can be attached to a 1/8" metal sheet, 14"x 2" with three threaded bolts, welded to the bottom to be able and attach touch pads to the table top.
- d. Placement: Elbow pads should be set 2" from their respective edge. They should overlap each other by 1/2 to the right of center for a right arm table and overlap each other by 1/2 to the left of center for a left arm table.
- e. Touch Pads: Should be on an angle, 5" out from the inside corner of the elbow pad to the inside corner of the pad and 1/2" from its respective edge measured to the outside corner of the pad. Running at an angle towards the hand peg it should measure 2 3/4" from the hand peg to the outside corner of the touch pad. If it's for a right arm table, these measurements should be made on the left side of the elbow pad and reversed if it's a left arm table.
- f. Hand Pegs: Should be placed midway at 13" on each edge of the table, 1" in from the edge. The peg itself should be 1" in diameter and 6" high form the table top.

ITEM 5 : SEATS

They should be 18" square and 18" from floor surface to seat top surface. The front edge should be exactly in line with the table edge. The seat and table should be secured to a platform or floor.

ITEM 6: MATERIAL

The best material to use is square tubing although tubular steel, flat iron or angle iron may be used, but not more than 2" in diameters or width. The table top and seat top are normally made of 3/4" thick plywood.

The table top and seat may have a thin sheet of foam, covered with vinyl/rexin type material to add a comfortable finished look. No plexi-glass or reflective tape is to be used on the table top or seats.

ITEM 7 : STICKUM STAND

A stand suitable for chalk/rosin or stickum should be placed on either side of the table but at a suitable

distance away so as not to bother referees or minor officials with the dust floating in the air or with competitors preparing for a match.

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Arm Wrestling

ITEM 8 : REFEREES

(A) DIRECTOR OF REFEREES:

- i. Is responsible for referee assignments at and during IAF competition.
- ii. Is responsible to supervise the referees during the competition and issue a performance report card at the end of the tournament to each participating referee.
- iii. Is responsible to remove any referee that is deemed irresponsible or technically unfit to referee a IAF tournament.
- iv. Is responsible to bring to the attention of the IAF executive, documented proof of a referee who is to be disciplined for unwarranted behavior or blatant misconduct.
- v. Is responsible to make certain referees conform to IAF referee dress code at IAF tournaments.

B) DIRECTOR OF REFEREE TRAINING:

- vi. Is responsible to assure assigned referees are competent both physically and technical, to referee a IAF tournament.
- vii. Is responsible to implement a short but comprehensive referee clinic with assigned referees prior to the competition.
- viii. Is responsible to oversee a worldwide referee training program, implement the program and to keep current to any changes in rules.

C) COMPETITION REFEREE:

- ix. Is responsible to wear proper IAF dress code for referees which is short sleeve black and white striped shirt, with Stripes being 1" wide, black pants, socks and shoes. Individuals name and ranking may be printed on their back. Ranking to appear on right shoulder sleeves, 1" up from cuff.
- x. Is responsible to know IAF rules thoroughly and to make certain to attend IAF clinics prior to tournaments.
- xi. Is responsible to conduct themselves in an unbiased and professional manner. Referees are not to congratulate Individual competitors; they may congratulate both competitors on a match well done.
- xii. A qualified referee will be allowed to referee on day that they are not pulling.

Competition Rules ITEM 1

IAF championships will always be double elimination. All contestants must lose twice. No seeding prior to championships. Contestants are placed on draw sheet by luck of the draw. Team members from the same state will never be matched unless it becomes inevitable.

ITEM 2

Contestants for each weight class will be announced and they will come to the stage to be verified against the draw sheet.

ITEM 3

Contestants' names will be called and they have 60 seconds to come to the table. Failure to appear in 60 seconds, they will be given a loss. They will approach the table, shake hands with their opponent, and then...

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Arm Wrestling

ITEM 5

Back pressure to the extent that it pulls your opponents arm across the marked center of the table will not be allowed. This infraction will be deemed the same as a false start.

ITEM 6

Anyone with long hair will have to have their hair restrained in some fashion. Head bands are permitted but not hats.

ITEM 7

Shoulders will be kept square to the table. They may slope to either side before the start.

ITEM 8

There will be a hand width between the shoulder and forearm of each competitor as well as between the chin and hand prior to the start.

ITEM 9

Referees are not there to use force or wrestle with you. A referee will lightly touch competitor's hands to see that they are properly aligned, wrists straight and arms centered to the table top.

ITEM 10

The signal given by the Head Referee is "Ready...Go!" in an unspecified cadence. At the end of the match the referee will say "Stop" and indicate the winner by raising his arm towards him/her. All effort must be made by the referee that the competitors are aware the match is stopped.

ITEM 11

A pin is when any part of the natural wrist line to finger tips, touches or goes below the touch pad.

ITEM 12

Competitor's legs can be wrapped around the table leg or braced against an opposite table leg prior to the start of the match, providing they are not interfering with their opponent. Feet can be off the ground during competition and legs can be moved in any fashion as long as they don't interfere with their opponent.

ITEM 13

In the event of an injury during competition, the competitor's name will continue to be brought forward until he/she has fulfilled the two loss commitment. The match that a competitor was injured in will be regarded as a loss.

ITEM 14

There is no time limit during an actual bout. However, if in the estimation of the Head Referee or a IAF authorized physician, that a competitor is deemed unfit to continue, the match will be stopped.

ITEM 15

No breaks in contest during or between matches, unless there is equipment failure, draw sheet mistake or authorised by officials.

ITEM 16

No competitor will be matched twice against the same opponent unless for place standing.

ITEM 17

The referee's may give a disabled puller some allowances for his ~~handicap~~.

~~18~~ You can only pin your opponent on the winning side of the table.

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Weight Lifting



LIST OF ORGANIZING CO- Ordinator

Rishav : 6207808533

Anshu : 9512988349

Aditya Ranjan : 9852818180

RULEBOOK

Weight Lifting

- The bar cannot travel downward before reaching the final position
- You must stand erect with the shoulders back
- You must stand with your knees straight at the completion of the lift
- You cannot have the bar rest on the thighs during the lift
- You cannot step forward or back or move the feet laterally during the 'up phase'
- You must return the bar to the floor while maintaining control with both hands

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Table Tennis

LIST OF ORGANIZING Co-ordinator

Shubham Aarav : 7856077056

Anup : 6205391556

RULEBOOK

Official Rules of Table Tennis

1. GAMES ARE PLAYED TO 11 POINTS

A Game is played to 11 points. A Game must be won by two points. A Match is generally the best three of five Games.

2. ALTERNATE SERVES EVERY TWO POINTS

Each side of the table alternates serving two points at a time. EXCEPTION: After tied 10-10 ("deuce"), service alternates at every point. Can you lose on a serve in ping pong? Yes! There is no separate rule for serving on Game Point.

3. TOSS THE BALL STRAIGHT UP WHEN SERVING

How do you serve the ball in ping pong? Hold the ball in your open palm, behind your end of the table. Toss at least 6" straight up, and strike it on the way down. It must hit your side of the table and then the other side. NOTE: Once the ball leaves the server's hand it is in play, and so counts as the receiver's point if the ball is missed or mis-hit.

4. THE SERVE CAN LAND ANYWHERE IN SINGLES

There is no restriction on where the ball lands on your side or your opponent's side of the table. It can bounce two or more times on your opponent's side (if so, that's your point), bounce over the side, or even hit the edge.

5. DOUBLES SERVES MUST GO RIGHT COURT TO RIGHT COURT

The serve must bounce in the server's right court, and receiver's right court (NOTE: landing on center line is fair). Doubles partners switch places after their team serves twice.

6. A SERVE THAT TOUCHES THE NET ON THE WAY OVER IS A "LET"



Can the ball hit the net in ping pong? Yes, during a RALLY, if it touches the top of the net and otherwise lands as a legitimate hit. BUT not when serving. If a served ball hits the net on the way

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Table Tennis

over and otherwise legally bounces in play, it's a "let" serve and is done over. There is no limit on how many times this can happen.

1. ALTERNATE HITTING IN A DOUBLES RALLY

Doubles partners must alternate hitting balls in a rally, no matter where the ball lands on the table.

2. VOLLEYS ARE NOT ALLOWED

Can you hit the ball before it bounces in ping pong? No. In regular tennis you may "volley" the ball (hitting the ball before it bounces on your side of the net). But in table tennis, this results in a point for your opponent. NOTE: When your opponent hits a ball that sails over your end of the table without touching it and then hits you or your paddle, that is still your point.

3. IF YOUR HIT BOUNCES BACK OVER THE NET BY ITSELF IT IS YOUR POINT

If you hit the ball in a rally or on a serve and it bounces back over the net after hitting your opponent's side of the table (due to extreme spin), without your opponent touching it, that is your point.

4. TOUCHING THE BALL WITH YOUR PADDLE HAND IS ALLOWED

What happens if the ball hits your finger or hand during a ping pong rally? If the ball touches your PADDLE hand and otherwise results in a legal hit, there is no rule violation and play shall continue as normal. Your paddle hand includes all fingers and hand area below the wrist. But what if the ball touches a player's body anywhere else during a ping pong rally? You may not touch the ball with your non-paddle hand for any reason. It will result in a point for your opponent. BUT if your opponent's hit sails over your side of the table without touching it, and hits any part of you or your paddle, that is still your point.

5. YOU MAY NOT TOUCH THE TABLE WITH YOUR NON-PADDLE HAND

You may touch the ball or the table with your paddle hand (after reaching in to return a short serve, for example), or other parts of your body. NOTE: If the table moves at all from your touching it during a rally, that is your opponent's point.

6. AN "EDGE" BALL BOUNCING OFF THE HORIZONTAL TABLE TOP SURFACE IS GOOD

An otherwise legal serve or hit may contact the top edge of the horizontal table top surface and be counted as valid, even if it bounces sidewise. The vertical sides of the table are NOT part of the legal playing surface.

13. HONOR SYSTEM APPLIES TO DISAGREEMENTS

If no referee is present during a match and the players disagree on a certain call, the "honor system" applies and the players should find a way to agree, or play the point over. Ping pong carries a tradition of fierce but fair play. Help us keep it that way!

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Carrom

LIST OF ORGANIZING Co-ordinator

Shubham Singh : 9852609729

Vishnukant Singh : 7646065254

RULEBOOK

General Rules:

There will be two singles, one doubles from a team. One player can play doubles from single i.e. he/she will be as a common player.

Participants are required to register themselves through the registration link. For full details please visit the website <http://www.indiancarrom.co.in/laws-of-carrom/> Winners will be chosen according to the final points scored. All matches are League-cum- knockout based.

MISCELLANEOUS RULES

Sinking the striker costs you one piece and your turn. But, if you sink piece in the same shot, then two come up and you 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 pieces, 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 sink your opponent's piece, you lose your turn. If you sink their last piece, you lose the board and three points.

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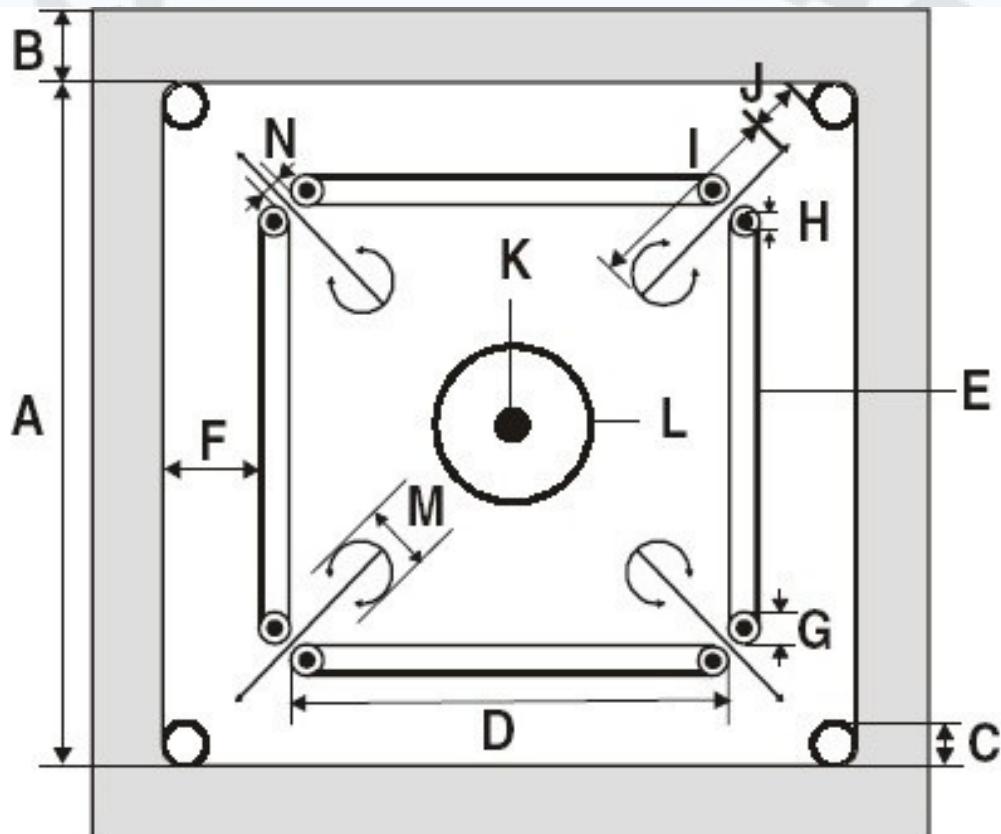


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Carrom **RULEBOOK**

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.



A : 73.50-74cm	F : 10.15cm	J : 5cm
B : 6.35-7.60cm	G : 3.18cm dia	K : 3.18cm dia(0.16cm*)
C : 4.45cm dia(0.15cm*)	H : 2.45cm dia	L : 17cm dia(0.30cm*)
D : 47cm(0.30cm*)	I : 26.70cm max. 0.15cm thick	M : 6.35cm dia
E : 0.50-0.65cm thick		N : 1.27cm

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Chess

LIST OF ORGANIZING Co-ordinator

Prabhat Kr. Thakur : 9905799383

Ashish : 8092354481

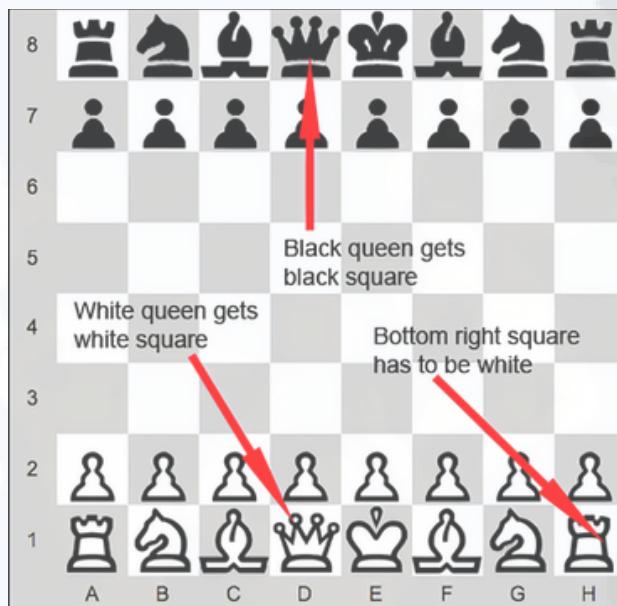
Shantanu : 8294987997

RULEBOOK

Playing Rules

TTU Intramural chess is self-officiated. Players should review the rules prior to play and honor the legitimate calls of their opponents. The Intramural Sports Office will settle disagreements that cannot be resolved in a reasonable time.

Initial Setup



Overview

- The goal in chess is delivering a checkmate – trapping your opponent's king.
- Chess is played between two players each having 16 chess pieces (white/black). Players alternate turns moving their pieces on a 64-square board of alternating dark/light colors. The game ends when one side's king piece is "Checkmated".

Determining who Starts

- Players will come together at the beginning of the contest to play paper-rock-scissors to determine who will play white.

General Rules

- White moves first and players take turns alternately moving one piece at a time; movement is required if it is a player's turn to move, is not in check, and has no legal moves, it is a "Stalemate", and the game will end. Points will determine the winner.

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Chess

- Each type of piece has its own method of movement. A piece may be moved to another empty position or may capture an opponent's piece, replacing on its square.

In Game Rules

• Check:

- When the king of a player is in a position to be captured by a piece of the opponent, one says that the king is in check. It is considered good manners to say check when one checks ones opponent.
- It is not allowed to make a move, such that ones king is in check after the move. If a player accidentally tries to make such a move, he must take the move back and make another move (following touch move rules).
- Note that there are three different possible ways to remove a check:
 - Move the king away to a square where he is not in check.
 - Take the piece that gives the check. (In case of a check, given by a rook, bishop or queen)
 - Move a piece between the checking piece and the king.

• Checkmate:

- o When a player is in check, and he cannot make a move that removes his king from the check, then he is mated. The player that is mated lost the match, and the player that mated him won the match.

• Stalemate:

- o When a player cannot make any legal move, but he is not in check, then the player is said to be stalemated. In a case of a stalemate, the winner will be determined by the points of captured pieces.

• Touch Move:

- Chess being a mental game, it is expected that players will consider their moves in advance. On a player's move, if they touch their own piece, they are required to move that piece, unless it has no legal moves. If they touch an opponent's piece, they are required to take that piece if they may legally do so. A move is not final, however, until the player lets go of the piece.
- As some of our IM players may be newer to the game and trying to learn/improve we hope opponents with more experience will be lenient when it comes to such intricacies and help explain some of the finer details.

Winning the Game

- The match is over when a king on either side is captured
- If time expires, the player with the most points from captured pieces wins.

- o In the event of a tie in points, the next player to capture an opponent's piece will be the winner.

- In the event of a

- o ~~Stalemate~~: The player with the most points from captured pieces will be the

- o ~~Winner~~: There is a tie in points, the player with the most pieces still on the board will be the winner

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Tug of War

LIST OF ORGANIZING Co-ordinator

Sachin : 7367049049

Neeraj : 9934240084

Amit Anand : 7366888737

RULEBOOK

Basic Tug of War Rules

The Rope

The game involves usage of single equipment i.e. a rope. There is a red mark made in the middle of the rope. This red mark on the rope needs to be at a perpendicular angle to the exact center point on the ground, before the commencement of the game. A white mark is made exactly 13 feet from the red mark on either sides of the rope. The game is won when either side with this white mark crosses the center point.

Teams

According to the rules of tug of war, each team can accommodate a maximum of 8 members. However the combined weight of these members should not exceed the weight determined for the particular category.

Field and Marking

The game has to be played on a flat grassy patch of land. A line referred to as a center line is marked on the playing zone and the rope is placed in a manner that its center mark should align the center marked on the ground. On either sides of the rope at the distance of 4 m from the center line, 2 more marks need to be made. This is the point where in the first member of each team will stand.

How to Play

As mentioned earlier, the center of the rope should align with the center marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory. The objective of the game is for each team to pull the rope along with the members of opposition team to their side. As soon as the second mark on the rope from the center red mark crosses over to center line, the team to pull the rope to their area wins the game.

Competition

The tug of war competition requires a judge. There are 3 different commands that the judge gives to the players. The judge first announces "Pick up the rope", he then says "Take the string", and finally he tells the players to "Pull". Once the pull command is said out the teams start pulling the rope. If a member of the team falls down that member is given a caution. Each team is allowed two cautions before getting disqualified.

Fouls

There is a particular technique that needs to be applied while playing this game, if not there will be a foul which can call for disqualifications. For e.g. lowering your elbow below the knee level while pulling the rope is considered to be a foul and is called 'locking'. Touching the ground for a longer period of time is also considered as a foul.

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