



Diesta 2025
Rule Book

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GENERAL RULES AND REGULATIONS

General Rules & Regulation

- "Each pool is responsible for putting forward their participants
- "Malpractices will lead to instant disqualification from an event"
- The judges' decisions are final.
- The venues and timings of events will be made available on the website.

Position	Points awarded
1st	100
2nd	70
3rd	40
4th	20
5th and below	10
Malpractice	-60

OVERALL CHAMPIONSHIP SCALING SYSTEM

Each pools' scaled Culti (C) score =

$$\frac{\text{Their total score in Culti}}{\text{Sum of total scores of all pools in Culti}} \times 1000$$

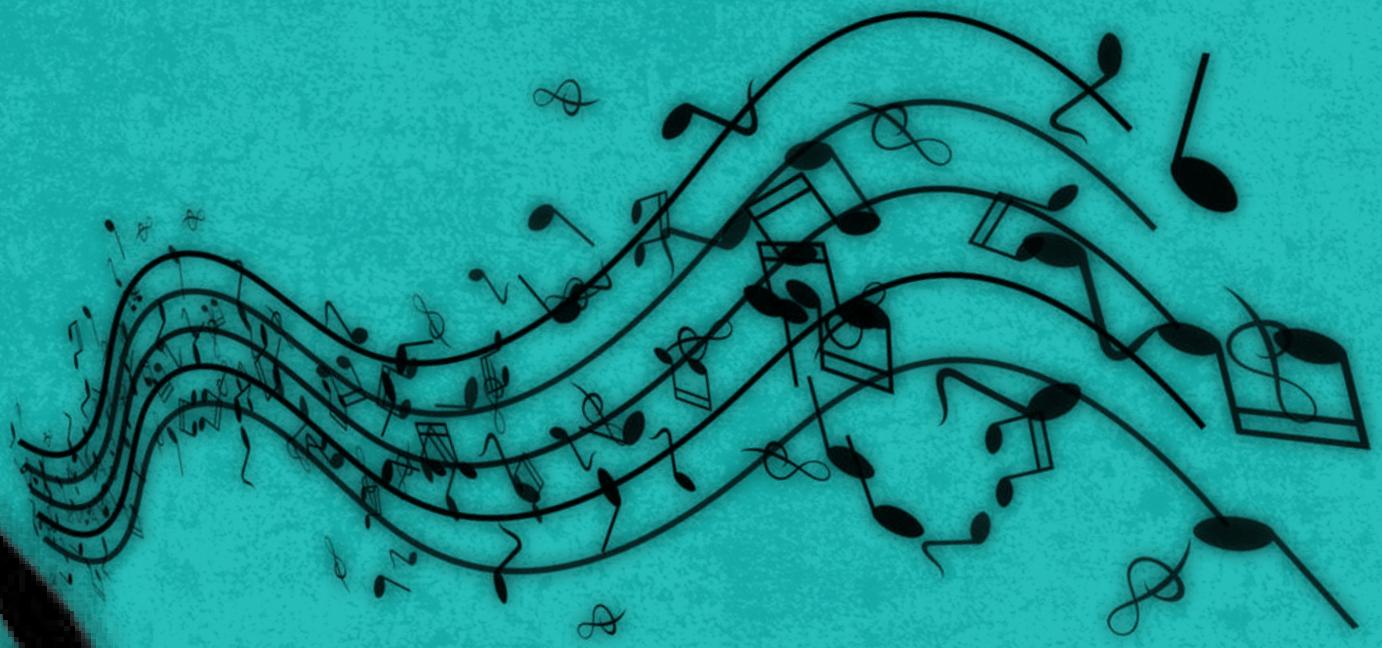
Each pools' scaled Sports (T) score = $\frac{\text{Their total score in Sports}}{\text{Sum of total scores of all pools in Sports}} \times 1000$

Diesta score = C+S

Note:

- An event that is less than 100 points will be scale accordingly. For example, an event where the first position is worth 50 points will be awarded 50/100 points for all the respective positions i.e 2nd, 3rd.

CULTURALS



SOLO DANCE (40 PTS)

Rules

- **Dance Formats:** All dance formats are welcome, and performers can choose any music they prefer.
- **Performance Duration:** The performance should be at least 1 minutes 30 seconds and not more than 3 minutes.
- **Props:** Props are allowed but must be set up and removed efficiently. Dangerous props are prohibited. Points will be deducted if prop removal is too slow. Creative use of props can earn extra marks.
- **Confetti/Materials:** The use of confetti, newspaper pieces, or similar materials is not allowed. Points will be deducted if these are used.
- **Participants:** Each Departmental Pool can have 2 duo/trio performances.
- **Music Guidelines:** Music must be submitted 2 days before the competition. Any music or scene with profanity, racial/regional slurs, or offensive content will result in a 10-mark penalty.
- In case of any discrepancy in points, the judges decision will be final

SHUFFLE CREW

Judgement criteria

- Choreography -30%
- Coordination – 25%
- Creativity & Uniqueness (Prop Usage, Costume, Variety) – 10%
- Energy – 20%
- Overall Impact – 15%

DUO/TRIO DANCE (60 PTS)

Rules

- Dance Formats: All dance formats are welcome, and performers can choose any music they prefer.
- Performance Duration: The performance should be at least 2 minutes and not more than 5 minutes.
- Group Restrictions: No duo or trio should compete against each other in the same performance.
- Props: Props are allowed but must be set up and removed efficiently. Dangerous props are prohibited. Points will be deducted if prop removal is too slow. Creative use of props can earn extra marks.
- Confetti/Materials: The use of confetti, newspaper pieces, or similar materials is not allowed. Points will be deducted if these are used.
- Participants: Each Departmental Pool can have 2 duo/trio performances.
- Music Guidelines: Music must be submitted 2 days before the competition. Any music or scene with profanity, racial/regional slurs, or offensive content will result in a 10-mark penalty.
- In case of any discrepancy in points, the judges decision will be final

SHUFFLE CREW

Judgement criteria

- Choreography -30%
- Coordination – 25%
- Creativity & Uniqueness (Prop Usage, Costume, Variety) – 10%
- Energy – 20%
- Overall Impact – 15%

GROUP DANCE (100 PTS)

- **No. of teams per Department Pool :** 1
- **No. of participants per Team:** 5-32 (including backstage members and lights and sound in-charges)
- **Time Limit:** 5-15 minutes (including stage setup and post performance cleanup)
- **Description:** A group event where participants perform together as a cohesive unit with musicality showcasing various styles and cultures.

SHUFFLE CREW

RULES

- Music pieces should be a minimum of 5 and a maximum of 13 minutes long and must not be vulgar (contain inappropriate, lewd, or obscene language). This is left to the judge's discretion.
- Songs of all types/languages are allowed (remixes, folk, etc. are allowed).
- Props may be used to enhance the performance. Normalisation of scores will be done to have objective judging.

GROUP DANCE (100 PTS)

Penalty:

- 1.15:01 – 16:00 – 20 marks
- 2.16:01 – 17:00 – 30 marks
- 3.17:01 – 18:00 – 40 marks
4. After 16 minutes the music will be stopped along with a penalty of 50 marks.
5. Cumulative duration of 20 seconds or more taken from another dance, be it original moves or an unique dancing style will lead to losing all marks from originality
6. More than 10 seconds of choreography on a song copied from a particular (single) source video on the same song will be penalised (this is applied to independent sequences and not cumulative 10 seconds across all the sequences).

SHUFFLE CREW

Judging Criteria:

- Choreography and versatility -25%
- Coordination – 25%
- Energy + Body language (expressions)- 15%
- Stage utilization + Transitions – 10%
- Overall Impact + X factor – 10%
- Creativity and Originality – 15%
- (Creativity includes prop usage, costume, variety etc.)

FILMMAKING - 75 HRS (100 PTS)

BEHIND THE LENS

- Competition is a theme-based event. Submission will be online.
- You must complete everything-scripting, shooting and editing before Deadline. A short synopsis of the film also has to be submitted
- **Theme:** Will be announced on [Date]
- **Submission deadline:** 75 hours after theme is announced (will finalize after dates are revealed), online submission [google form]
- **Video Specifications:**
 - a. **Resolution:** Minimum 1080p.
 - b. **File format:** MP4 or MOV.
 - c. **Duration:** 6-12 min

Rules

- Each Departmental Pool should make a filmmaking team and give us a team leader (POC) (Not DR)
- All actors and technicians should be from the same Departmental Pool. Team size is not more than 15 members per team and the list should be submitted in advance.

Other details of the short film:

1. Should be shot only on a phone camera
2. You can use max 1 min of Stock Footage
3. Stock music and sound effects can be used with proper credits.
4. Subtitles are compulsory in case of usage of any language other than English.
5. Content must be original and created by the participants during the competition timeframe.
6. Only one submission per Departmental Pool.
7. Content must not include offensive, discriminatory, or inappropriate material.
8. Plagiarism or violation of any of the above rules will result in disqualification.

FILMMAKING - 75 HRS (100 PTS)

BEHIND THE LENS

Judgement criteria:

- Story and Screenplay – 30%
- Cinematography & Direction – 25%
- Editing (also includes background score, sound design, foley, VFX, etc.) – 25%
- Production – 10%
- Overall Impact (overall vibes from the film) – 10%

Late submission:

- Deduction of 10 points every hour for the first three hours.
- Any submission made after three hours of submission deadline won't be accepted

REEL MAKING (100 PTS)

- A competition where they want to convey the message in a short video format(reel).
- **Theme:** Will be announced on (DATE)
- **Submission deadline:** 5 Days after theme is announced [will finalize after dates are revealed], online submission [google form]
- **Video Specifications:**
 1. **Aspect ratio:** 9:16 (vertical format), if short in horizontal format(16:9) please rotate and submit.
 2. **Resolution:** Minimum 1080p.
 3. **File format:** MP4 or MOV.
 4. **Maximum Duration:** 1 minute

BEHIND THE LENS

Rules

- Each Departmental Pool should make a team and give us a team leader (PoC) (Not DR)
- All actors and technicians should be from the same Departmental Pool, no limit for number of participants and the list should be submitted in advance.

Other details of the Reel:

- Should be shot only on a phone camera
- Use of copyrighted music is allowed. You can use a maximum of 5 seconds of stock footage.
- Only one submission per Departmental Pool.
- Content must be original and created by the participants during the competition timeframe.
- Content must not include offensive, discriminatory, or inappropriate material.
- Plagiarism or violation of any of the above rules will result in disqualification.

REEL MAKING (100 PTS)

BEHIND THE LENS

Judgement criteria:

- Creativity (35%): Originality and inventiveness of the content.
- Adherence to Theme (20%): How well the reel aligns with the given theme.
- Storytelling (25%): Clarity and engagement of the narrative or message.
- Technical Quality (20%): Production quality, including visuals and sound.

Late submission:

- Deduction of 10 points every hour for the first three hours.
- Any submission made after three hours of deadline won't be accepted.

STAGE PLAY (60 PTS)

- **No. of Teams per department:** 1 team per department.
- **No. of Participants per Team:** Each team can have 2-6 participants, including backstage/crew members.
- **Time Limit:** The performance must not exceed 15 minutes, measured from an empty stage to an empty stage.

Rules:

- 1.The play can be either an original or an adaptation. Proper credits must be provided in case of adaptations.
- 2.The play must be performed in English or Hindi, but the use of slang from other languages is allowed.
- 3.The use of flammable substances or liquids is strictly prohibited.
- 4.Interruptions caused by applause will not count toward the play's total timing.
- 5.Any damage caused to the stage during the performance will result in a 30% penalty.

RANG DE MANCH

- 6. Teams exceeding the time limit will face penalties:
 - 10 marks will be deducted for every minute after the 15th minute.
 - Performances exceeding 17 minutes will result in disqualification.
- 7. Judges' decisions will be final and binding.

Judgement criteria:

- Script & Direction: 35 points
- Acting (vocal and facial expressions): 35 points
- Props, Costumes, and Music: 15 points
- Message Conveyed Through the Play: 15 points

A TO Z IMPROV (60 PTS)

- **No. of Teams per department:** 2 teams per department.
- **No. of Participants per Team:** Each team can have 4-6 participants.

Rules:

1. Teams will be provided with a topic, and they must create a conversation based on it.
2. Two teams will face off at a time.
3. During the conversation, one member from each team will take turns speaking, ensuring their sentences are relevant to the ongoing discussion.
4. The starting letter of each sentence must follow alphabetical order (e.g., "A", "B", "C"...).
5. Any interruptions caused by applause will not count toward the game's time.
6. The overall tone of the conversation should aim to be funny and engaging.
7. Judges' decisions will be final and binding.

RANG DE MANCH

Judgement criteria:

- Wittiness
- Narration Skills, Fluency, and Confidence
- Audience Interaction (How well the performance resonates with the audience)

MONOLOGUE COMPETITION (80 PTS)

RANG DE MANCH

- **No. of Teams per department:** 1 team per department.
- **No. of Participants per Team:** Only one participant per performance is allowed. [One crew member allowed for operating lights and sound, so the maximum team size allowed is 2]
- **Time Limit:** The performance must be at most 5 minutes, measured from an empty stage to an empty stage.

Rules:

1. Participants must deliver a monologue as a poem, prose, or a creative toast to a person, place, situation, process, or system.
2. Language can be English, Hindi, or a mix of both.
3. The content can be original or adapted, but originality will earn bonus points.
4. Background sounds or effects are allowed to enhance the performance.
5. The monologue can be comedic, satirical, serious, or a mix of these genres.

- 6. Participants must ensure clarity of speech and audibility during their performance.
- 7. Any form of disrespectful or inappropriate content will lead to immediate disqualification.
- 8. Judges' decisions will be final and binding.

Judgement criteria

- Originality: 10 points
- Presentation: 30 points
- Content: 30 points
- Audience Engagement: 30 points

VIBES

SOLO SINGING(40 PTS)

Rules

- 2 participants per Departmental Pool are allowed.
- Backing tracks/looping are not allowed. The use of a tanpura is allowed.
- The performer is allowed one instrumentalist to back them.
- They are also allowed to play one instrument themselves, in which case they will not be allowed a backing instrumentalist.
- Time limit is 7 mins + 2 mins for stage setup.
- Crossing the time limit, usage of vulgar language will lose you points.

Judgement criteria

- Vocal ability – 20%
- Stage presence – 10%
- Song selection/Creativity – 20%
- Pitch – 25%
- Rhythm – 20%
- Adhering to the time limit – 5% (0.2% will be deducted per second past the time limit)

FREE STYLE (60 PTS)

Rules

- Any musical performance is allowed, except singing (vocals).
- The use of a backing track/looping is allowed.
- Time limit is 6 mins + 1 mins for stage setup.
- There can be at most two performances from each Departmental Pool.
- Crossing the time limit, usage of vulgar language will lose you points.
- Each performance can have at least one and at most two members.

Judgement criteria

- Technical skill
- Originality/Creativity
- Stage presence
- Adhering to the time limit

BATTLE OF BANDS (100 PTS)

VIBES

Rules

- A band should consist of at least 3 members.
- There must be at least one instrument on stage throughout the performance.
- Time limit is 15 mins + 5 mins for stage setup.
- Crossing the limit, usage of vulgar language will lose you points.

Judging Criteria

- Coordination – 35%
- Individual Performance – 10%
- Stage Presence – 15%
- Adhering to the time limit – 20%
- Song selection – 20%

COSPLAY (100 PTS)

Introduction

The **Cosplay Clash Contest** is a celebration of pop culture, dedicated to showcasing the artistry and creativity involved in cosplay. It is a craftsmanship award show that includes registration and a stage display. The event aims to foster public awareness and appreciation of fictional characters from various realms such as manga, comics, and anime.

The excitement lies in dressing up as your favorite characters and entertaining the audience. Characters can be drawn from a wide variety of pop culture, including:

- *Anime*: Ichigo Kurosaki, Mikasa Ackerman, Tanjiro, Kaonashi (*Spirited Away*)
- *Comics*: Superman, Spider-Man, Dr. Doom, Iron Man
- *Movies and TV* : Darth Vader, Captain Jack Sparrow, Sherlock Holmes, Homelander
- *Pop Icons*: Michael Jackson, Barbie, Wednesday Addams
- *Miscellaneous*: Pushpa, Bahubali, John Wick, Hitler, Shaktimaan

OTAKU

Problem Description and Evaluation

Each Departmental Pool must select a minimum of one participant to earn participation points. Group cosplays, such as *Powerpuff Girls* or *Naruto/Sasuke*, will count as a single entry. The media to be played in the background while the cosplayer performs has to be submitted at least 3 hours before the event. Last-minute changes are strictly discouraged.

Participants will have one week to prepare costumes, props, and makeup. They are expected to dress as their selected characters and arrive at the venue. Any lighting and slideshow controls should be set up by the cosplayer before cosplaying. The Otaku Club is not responsible for any mishap in case things don't go as planned

COSPLAY (100 PTS)

Rules

1. Character Selection: Participants are encouraged to represent a character or element from the pop culture realm. Examples include:

- Anime Characters: Ichigo Kurosaki, Mikasa Ackerman, Tanjiro
- Comics/Movies: Darth Vader, Iron Man, Captain Jack Sparrow
- Pop Icons: Ash Ketchum, Barbie, Michael Jackson

2. Stage Presentation: Contestants will exhibit 2–3 poses before exiting the stage. In case of media submission before the 3 hour mark, pre-selected music will be played throughout the event. The time limit per participant on stage is 45–100 seconds.

3. Participation Limits: A maximum of ten participants per Departmental Pool is allowed. Teams may include a narrator to improve their performance.

4. Props and Weapons:

- Functional weapons are strictly not allowed.
- Simulated or costume weapons must be approved by security or The Otaku Club in advance. All props and weapons will be inspected and tagged.

OTAKU

5. Safety Guidelines: Running within the venue is strictly prohibited. Violators may be removed from the event.

6. Photography and Recording: Cameras and recording devices are allowed but must not interfere with other attendees' enjoyment. Social media uploads are unrestricted.

7. Lighting and Slideshow: In case the cosplayer has intention of timing their performances with their slideshow, kindly bring a partner to manage slides. The same goes for lighting, if applicable to the venue.

8. Code of Conduct: Toxic behavior at the venue will not be tolerated.

COSPLAY (100 PTS)

Judgement Criteria

Participants will be awarded points based on:

- Extent of costume detailing and effort: Take risks to score more.
- Stage Presence and character accuracy: Both outfit and mannerism will be counted.
- Overall Crowd reaction: Hence it requested to bring your friends to cheer, their support might break the ice eventually leading to good scores.

Creative Cosplay Ideas

1. Anime/Manga: Jake from Subway Surfers, Ash Ketchum, Eren Jaeger, Tanjiro
2. Movies/TV: John Wick, Oppenheimer, Light Yagami, Sherlock Holmes
3. Pop Icons: Michael Jackson, Barbie, Wednesday Addams, Snow White
4. Indian Cinema: Bahubali, Pushpa, Shaktimaan, Krrish
5. Miscellaneous: Hitler, Modi, Nobita, Captain Jack Sparrow, Homelander

OTAKU

Contact Information

For further queries, please contact the coordinators of Otaku Club - IITH:

- Antalene: 72003 72858
- Rambha Satvik: 93812 73004
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Cosplay Showdown reserves the right to modify any policy or rule at any time without prior notice

THEME BASED PHOTOGRAPHY(100 PTS)

- **Theme:** "Faces of the Department"
- **Description:** Portrait photography focusing on individuals—students, professors, or staff—withing the department.
- **Note:** The theme of the event will be released only after the timeframe starts.

Rules:

- Three entries from a team are allowed.
- Post-processing is allowed but should not alter the integrity of the face or identity of the subject.
- Participants must submit a short description (50-100 words) about the subject.
- Photos must be original and taken during the event timeframe.

PHOTO STORY COMPETITION(100PTS)

- **Theme:** "A Day in the Life"
- **Description:** Capture a series of photos that narrate a student's daily life in your department. The story should reflect key moments, emotions, and experiences—highlighting everything from routines to challenges and interactions.

Rules:

- Each participant/team can submit 6–12 photos narrating a student's day in the department.
- The photos must be sequential and convey a cohesive story, including captions for each image (20-50 words per caption).
- Post-processing is allowed but should not misrepresent the story or heavily manipulate the visuals.
- Plagiarized photos or previously captured images will result in disqualification.
- Submission must be in a digital album (JPEG/PNG format) with filenames numbered to represent sequence (e.g., 1.jpg, 2.jpg).
- Participants must provide a title for their photo story.

MINI MOSSAIC(100 PTS)

Rules

1. This is a team event, where each team consists of 4 members (exactly 4). A theme would be given on the spot.
2. Each team would be given 4 small canvases to paint on. The canvas pieces must be merged/ combined in some manner to become a single piece relevant to the theme. At the same time, each of the individual pieces must be self-sustaining (i.e., each of the 4 pieces must be meaningful, but not necessarily theme-relevant).
3. Each team member must strictly work on only one of the pieces throughout the event.
4. The planning, discussion, and rough work of each team can be done together, however the work on the pieces must be done separately. The pieces are to be combined or merged only after the work on each piece is fully completed.
5. Each piece must be differentiated style-wise.

GESTURE

General Rules

- The duration of the event is 3 hours, and all teams must arrive on time to the venue.
- All materials will be provided to each team and external materials are not allowed.
- There can only be one team from each Departmental Pool, which has exactly 4 members.
- Violation of any of the above mentioned rules would strictly lead to negative points (in some cases, direct disqualification).
- Any form of plagiarism from the internet is not allowed. Gesture will not be held responsible for vandalism of the IITH property, and strict actions would be taken against the vandal.

LITSOC

ENGLISH POETRY WRITING(60PTS)

Description:

- There shall be only one participant from each departmental Pool.
- The participants will be given a prompt based on which they have to write a poem.
- There shall be no constraints on the writing style of the poems. However, the use of poetic devices would be appreciated and awarded bonus marks.
- 1.5 hours and 1 participant.
- If any of the participants is caught plagiarising, they will be disqualified immediately.

Judgement criteria

- Creativity, Usage of given prompt, originality.

GENERAL QUIZ(70PTS)

Description

- As the name suggests, a quiz based on a wide range of topics shall be conducted. Each departmental Pool will have one team, with a maximum size of 6. The quiz will contain 25 questions.
- There will be 5 starred questions which will decide the ranking in case of a tie between two teams.
- If any discrepancies arrive during the quiz, the QM's word will be the final decision.

SACRED WORD GAMES(70 PTS)

Description :

A written word games set, which will be a mixed bag of word games. A lively and engaging event centered around word-based challenges, including crosswords, anagrams, and creative puzzles. Participants compete to showcase their vocabulary, problem-solving skills, and quick thinking in a fun, competitive atmosphere. Prelims will be conducted in a written format, following which the top 4 teams proceed to the finals in a pounce/bounce + written format.

No of teams per branch : 2 (maximum)

No of participants per team : 1 – 2

Time Limit : 30 mins prelims + 1.5 to 2 hours finals

Rules :

- Prelims will consist of a written word game set to solve within the stipulated time.
- The top 4 teams advance to the finals, which will have a format similar to quiz finals (pounce/bounce and written rounds).
- In case a dispute arises, the setter's word is final.

Judging Criteria :

As per the scoring format of the set. For prelims, there will be starred (★) sections to break ties if multiple teams have the same points. Any further ties will be settled by the setters.



SPORTS

SQUASH (100 PTS)

Rules

- There will only be 1 singles event
- Each game will be of 5 (3 for girls) sets and each set will be of 11 points
- Rules can be found on: [https://thesquashcompany.com/ rules-of-squash/](https://thesquashcompany.com/rules-of-squash/)
- Note-PAR Scoring is followed
- Win: 3 points | Draw: 1 point | Lose: 0 points
- Maximum no. of participants:2

CRICKET(100 PTS)

Rules for Girls' Cricket

- 7 vs 7 for girls
- Each team should comprise at least 7 players.
- Each innings will be of 6 overs for girls.
- Tie match would lead to a super over.
- There will be 2 umpires in each match and the collective decision of both the umpires will be final.
- Each bowler can bowl a max of 2 overs.
- There will be no runs offered on a ball, if after the contact of bat with ball , the ball travels to the region behind the stumps at the striker end(dead zone).
- As soon as the ball goes into the dead zone it will be declared as a dot ball(if it's a legal delivery).
- There will be no fielding restrictions.

CRICKET(100 PTS)

Rules for Boys' Cricket

- 11 vs 11 for boys
- The format of the tournament will be group stage followed by knockout.
- Points system - Win: 2 points | Tie: 1 point | Lose: 0 point
- Each team should comprise at least 11 players and a maximum of 16 players.
- Each innings will be of 12 overs for boys.
- Tie match would lead to a super over.
- Net Run Rate (NRR) will be used to tie - break between teams with same points, if NRR is same , then the team which has given less extras in bowling will go to the next round.
- There will be 2 umpires in each match & the collective decision of both the umpires will be final.
- Only 2 bowlers can bowl max. of 3 overs. There is no limit on the no. of bowlers used.
- Powerplay will be the first 2 overs. A power surge of 2 overs can be opted by the batting team between overs 2 and 10.
- If a team doesn't opt for power surge before the beginning of the 9th over. Then the 9th and 10th over will be automatically declared as power surge by the umpires.
- In Powerplay, only 2 fielders can be kept outside the 30 yard circle.
- Power Surge has the same fielding restrictions as the powerplay.
- There can't be more than 2 fielders excluding the wicket keeper on the on side behind the popping crease in any over.
- If team A is not available in the buffer time of 15 minutes from the official reporting time, then the opposition captain (team B) has a choice to appeal for a win by unavailability of opposition. If he does so, then the match will be deemed as a bye given to the opposition team (team B).

VOLLEYBALL (100 PTS)

Rules

- 6 vs 6 for boys and girls
- The tournament will be league followed by knockouts.
- 3 sets for pool matches (last set changeover at 14)
- 5 sets for all the knockout and final matches (last set will be 15 points and changeover at 8)
- Rotation is not mandatory. If rotation is not followed, service should be done on an alternate basis after a break
- There are no restrictions on the number of substitutions

Other rules of the game would be:

- Players should be in proper attire (should not wear shirts or pants).
- Shoes are mandatory to play the game.
- Playing teams should report to the concerned referees 15 minutes before the game.
- Every player in the game should maintain the decency and dignity of the game.

Points criteria in league matches:

- WIN: 2 points
- DRAW: 1 point
- LOSE: 0 points
- If the number of wins are equal for any two teams, we will consider the number of "set wins" in the league matches, if the number of SET wins is also equal then we will consider the total number of points scored by a team in the league matches.
- All other rules of Volleyball will be applicable
- The umpire decision is final
- 2 substitute players are suggested
- Maximum no. of participants: 12

FOOTBALL(100 PTS)

Rules

- 11 V 11 for boys and 5 V 5 for girls.
- Minimum number of players for girls is 4 and boys is 7.
- Duration(boys) – 20 min each half with 5 mins break.
- Duration(girls) – 10 min each half with 5 mins break.
- Substitution – 3 rolling subs can be made(boys). 2 rolling subs can be made(girls). (Rolling subs – a player substituted in a match can be re-substituted in the same match)
- Referee's decision will be considered final.
- If a player is suspended in the group stage, then he/she can't be played in the semis.
- Players can't wear accessories that could harm the opponents.
- If a team is not ready to start the match within 10 min of the allotted time the opponent team will get the bye(if the opponent's team captain wants it).
- Points system – Win: 3 points | Tie: 1 point | Lose: 0 point
- Maximum number of participants: 16 for boys. 8 for girls
- 5 +5 minutes of extra time will be added in the knockout matches if the score is level in the given time.
- Even after extra time, the score remains the same then there will be penalties.

TABLE TENNIS (100 PTS)

Rules

MEN:

- Each team should have a minimum of 3 players and a maximum of 4 players
- The matches will be held on the basis of 4 singles and 1 doubles

WOMEN:

- Each team should have a minimum of 2 players and a maximum of 3 players
- The matches will be held on the basis of 2 singles and 1 doubles
- The playing order: Singles/ Doubles/ Singles

BASKETBALL (100 PTS)

Rules

- 5 vs 5 for boys and girls.
- Each game consists of 4 quarters of 5 minutes each(7 minutes for FINALS).
- All the rules that apply in an official basketball match apply.
- A player has a max. of 5 fouls per game after which he/she won't be allowed to play that game.
- Each team has 2 time-outs, a 1-minute time out and a 20-seconds timeout per quarter.
- The teams are expected to be on court at least 15 min. before the scheduled start of the match.
- The decisions given by the referees during the matches are final and cannot be questioned.
- In case of a tie in the match, extra time of 2.30 min. will be given and repeated until a winner is found. And each team has a 30-seconds timeout in each of that 2:30 min.
- Points criteria in league matches: Win : 3 points | Draw : 1 point | Lose: 0 points
- In case at the end of the league the points of 2 teams are equal, then the team with more aggregate score in the games played among them will be selected.
- Still if the aggregate score is also equal then the team with greater points scored(in the matches among them) would be selected.
- If both of the above statements are unable to decide, then the team with lower number of fouls(in the matches among them) would be selected.
- If a team is unable to get at least 3 players on the basketball court at the time of their match then the opponent team will be declared a winner by walkover.
- Maximum no. of participants: 12

HOCKEY(100 PTS)

Rules

- 11 vs 11 boys and girls (both can play combinely if interested)
- There will be 4 quarters of each with 10 mins
- Points criteria in matches: win : 3points, lose : 0 points Draw: 1 point.
- In league stage if the teams have same score then the team with highest goal difference will be given priority(if it is also same then will go with field goals)
- 5 substitute players are suggested.
- maximum no of participants :16
- other hockey rules prescribed by FIH apply :<https://www.fih.hockey/static-assets/pdf/fih-rules-of-hockey-June23-update.pdf>
- NOTE: Atleast 9 players should be there to participate in the matches and both the teams should arrive 20 minutes before the match

LAWN TENNIS (100 PTS)

Rules

- There should be at least 2 players in one team
- The order of the matches are: Singles -> Doubles -> Reverse singles
- There will be one set for each match.
- No advantage points in doubles.
- If there is a tie in the league matches, the number of games won by teams will decide which team will proceed to the qualifiers
- If the set score is 6-6, there will be a tie breaker - For singles you need 7 points to win, and for doubles, you need 10 points to win.
- Maximum no. of participants: 4
- Points criteria in league matches are win: 3 points, Draw:1 point, Loss : 0 points.
- One player can play a maximum of 2 matches(singles, doubles or singles,reverse singles or doubles, reverse singles)

BADMINTON (100 PTS)

Rules

- Boys team of 5 players and girls team of 3 players.
- In the boys section it has 3 singles matches and 2 doubles matches. The order of the matches is 1st singles match, 2nd singles match, 1st doubles match, 3rd singles match, 2nd doubles match.
- In the Girls section it has 2 singles matches and 1 doubles matches. The order of the matches is 1st singles match, 1st doubles match, 2nd singles match.
- Each game will be 3 sets and each set will be of 21 points.
- Points criteria in league matches: Win: 3 points | Draw: 1 point | Lose: 0 points.
- Maximum no. of participants: male – 5, female–3.
- In case two teams have the same number of points in the table, the decision will be based on the points that they lost to other teams in the league stage matches. If the points lost are also same, a tie-breaker match will be played in the same format as mentioned above in point 2 and 3 for the respective gender.

- 15 mins delay will be acceptable after the scheduled time for a team to be present, if the team does not arrive till 15 mins after the scheduled time then the opponent team will be given a walkover
- If the scheduled date and time of a match is not suitable to a certain team, the badminton coordinator and the departmental representative must be informed a day before the scheduled match.

CHESS(100 PTS)

Rules

- Boys 5 vs. 5 and Girls 3 vs. 3 (excluding substitutes)
- It will be a round-robin match for each team where each team plays with 5 other teams
- Timing will be 15+10
- The top 4 will be selected for semis
- This will be a 7-day tournament
- If a tie happens in a tournament match it can be scored as draw with score 2.5 – 2.5
- In semis selection if there is a tie situation in the score table , we will prefer the team which has more individual wins.

CARROMS(100 PTS)

Rules

- Carroms game will be separate for girls and boys
- 2v2 for boys and girls
- Each team will have 4 girls and 4 boys
- 2 substitute players are suggested
- The rules that are followed are here:
<http://www.indiancarrom.co.in/laws-of-carrom>
- The format will be league followed by knockouts.
- In a match we will have 3 boards matches each will be of 8 minutes time.
- The winner gets 3 points | draw: 1 point | lose : 0 points

AQUATICS(300 PTS)

Events

All the six events given below are conducted for both girls and boys.

- 50m, 100m, 200m Freestyle
- 50m, 100m Backstroke
- 50m, 100m Breaststroke
- 50m Butterfly
- 4*50m Freestyle relay
- 4*50m Medley relay

Mixed Events

- 4*50m free mixed relay
- 4*50m mixed medley relay

- REFERENCE DOCUMENT FOR WORLD AQUATICS RULES:
2023_2025_SWIMMING RULES (fina.org)

Rules

- Rules According to FINA guidelines.
- Maximum 2 players of each team are allowed to participate in individual events and 1 reserve player.
- Relays : one team(4 members) + 2 reserves from each department.
- An individual is allowed to participate in only 3 individual events.
- Rules as per world Aquatics.

Points system

For Non Relay events :

- 1st- 20 points,
- 2nd- 15 points
- 3rd – 10 points
- 4th- 5 points,
- 5th and more- 3 points

For Relay events :

- 1st- 30 points,
- 2nd- 20 points
- 3rd – 15 points
- 4th- 10 points
- 5th and more- 3 points

WEIGHTLIFTING (100 PTS)

Weight categories:

Boys

- Below 56.00 kg
- 56–62 kg
- 62–69 kg
- 69–77 kg
- Above 77.00 kg
- 0.2 kg margin will be given in all the categories.
- Lower weight class participants can shift to higher weight category if willing but participation will be allowed in 1 category only.
- Weigh-in will be on the time of the event

Rules

- All participants have to perform their event/events on a given day as per their weight category.
- The order will be Snatch, Clean & Jerk
- All the TCRR guidelines will be followed for the events.

Basic Information

- A total of 3 attempts will be given to register your best lift
- If a participant fails all three attempts of a single event he/she is disqualified.
- 1 participant is allowed from each department cluster for each weight category.
- All the other standard weightlifting rules will be followed

Tie Breakers

- Highest total in snatch
- No of attempt to achieve final Clear&Jerk total
- Weight of the participant

- **LIFT WON'T BE COUNTED IF ANYONE VIOLATES THE RULE & YOU WILL BE HELD RESPONSIBLE FOR YOUR OWN INJURY IF YOU "EGO LIFT".**

POWERLIFTING (100 PTS)

Weight categories:

Boys

- Below 56.00 kg
- 56-62 kg
- 62-69 kg
- 69-77 kg
- Above 77.00 kg
- 0.2 kg margin will be given in all the categories.
- Lower weight class participants can shift to higher weight category if willing but participation will be allowed in 1 category only.
- Weigh-in will be on the time of the event

Girls

- Below 60.00 kg
- Above 60.00 kg

Tie Breakers

1. Highest total in squats
 2. Highest total in benchpress
 3. Number of attempts to achieve the best deadlift
 4. Weight of the participants
- **LIFT WON'T BE COUNTED IF ANYONE VIOLATES THE RULE & YOU WILL BE HELD RESPONSIBLE FOR YOUR OWN INJURY IF YOU "EGO LIFT".**

Basic Information

- A total of 3 attempts will be given to register your best lift
- If a participant fails all three attempts of a single event he/she is disqualified.
- 1 participant is allowed from each department cluster for each weight category.
- All the other standard powerlifting rules will be followed

Rules

- All participants have to perform their event/events on a given day as per their weight category.
 - The order will be Snatch, Clean & Jerk
 - All the TCRR guidelines will be followed for the events.
- 1. Squats:** Your hip joint should go below or equal to your knee before starting upward movement. Barbell squat pad is not allowed.
- 2. Benchpress:** Lift off from rack will be provided by spotter. Your bar should touch chest before lifting it up. You are not allowed to bounce the bar through your chest during initial upward movement.
- 3. Deadlift :**You are not allowed to rest the bar on thigh and dragging it up during the lift. You should stand erect with your shoulders back and knees straight at completion of lift. If your hands are removed from the bar at any point while lifting or dropping ,the lift will be counted as invalid.

ATHLETICS(300 PTS)

Track events:

- 100m Race
- 200m Race
- 400m Race
- 800m Race
- 5000m Race
- Relay 4×100m Race

Non-track events:

- Long Jump
- High Jump (boys)
- Javelin Throw
- Shot Put
- Discus Throw

Rules

- The competition shall be conducted under the International Athletics Federation Rules as adopted from time to time by AFI unless otherwise modified in these rules.
- In each event only 2 players from each event can participate.
- An athlete can participate in any 2 events excluding relays.
- In each individual event 1st position – 5 points. 2nd position – 3 points. 3rd position – 2 points. 4th position – 1 point.
- In relay 1st position – 10 points. 2nd position – 6 points. 3rd position – 4 points. 4th position – 2 points.
- 5000 mts (BOYS) 1st position – 7 points, 2nd position – 5 points, 3rd position 3 points, 4th and 5th – 1 point each. Any number of players can participate from each team. It is open to all boys.
- All athletes should report on time.