

AEROBICS

(Boys & Girls)

Age Category: Under 14 & 19 years.

Important: Following numbers of Players/Teams would be accepted on first-cum-first basis.

- 1) Sports Aerobics – Individual Male – 50 entries in each age category
- 2) Sports Aerobics – Individual Female – 50 entries in each age category
- 3) Fitness Aerobics – Team (Mix or Same Gender) – 25 Teams in each age category

*The numbers of entries can be increased or decreased.

RULES

Event	Divisions	No. of Players
1) Sports Aerobics	Individual Male	01
	Individual Female	01
2) Fitness Aerobics	Team (Mix or Same Gender)	07 Maximum

A player participating in one event can also participate in other event (example, a player participating in Sports Aerobics – Individual Male can also take part in Fitness Aerobics – Team, but in same age division). The rest of the technical details are as follows:

Performance Time: 2 minutes with a grace period of +/-5 seconds

Attire (Uniform):

- For women: Leotard, two piece, tights, close fitting tops & pants and supportive aerobics shoes. The top section of a leotard or two pieces must have arm or neck sections attached to it.
- For men: Shorts, bike pants, close fitting tops, supportive aerobic shoes, wristbands and strapping are allowed.

Structure – Rounds of Competition:

All national competitions will have three rounds of competition, depending upon the number of registrations in the competition division: Preliminary round/Semi-final round/Final round.

- Preliminaries: The purpose of this round is to find the 12 highest ranked competitors/teams to proceed to the semi-final round. In the case where there are 25 or more in a competition division, the highest ranked 15 will proceed to the semi-final round.
- Semi-finals: The purpose of this round is to find the 6 or 7 top ranked competitors/teams to proceed to the final round.
- Finals: The purpose of this round is to find the order of the top 6 or 7 competitors/teams.

Events:

1. Sports Aerobics: Individual Male -1 & Individual Female -1

Performance Music:

- **Western Music** which contains language, with minimum lyrics is allowed. But, music which contains language, which is considered not appropriate and/or offensive, will not be acceptable.
CD is to be used; there must be nothing else but one recording of the performance music on it.

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A] Compulsory Exercises:

- 1) Jumping Jack
- 2) High Leg Kick
- 3) Push Ups – Two arms

B] Obligatory Movements: Select any one from each group – a, b, c & d

a) Push Up Group

- 1) Two Arm Push-up triceps
- 2) Two Arm Hinge Push-up triceps

b) Static Strength Group

- 1) Straddle Press
- 2) Two Arm Supported Planche closed or open legs

c) Jump Group

- 1) Air Jack
- 2) Pirouette Jump – 180 degree turn

d) Split Group

- 1) Front Split right & left
- 2) Needlepoint on left & right

C] Additional Movements: All can be done or any one

- 1) Free fall to push up landing from standing position
- 2) Two Arm supported Wenson
- 3) Straddle Jump
- 4) Pike Jump
- 5) Prone Straddle Split (Pancake)

2. Fitness Aerobics: Team – 6 (mix or same gender)

Performance Music:

- **Western Music without any lyrics/words is allowed.**
- CD is to be used; there must be nothing else but one recording of the performance music on it.

Performance:

- 1) Do artistic and aerobics, non-stop aerobic exercise
- 2) High Impact Music
- 3) Variation of formation; in any order; minimum 03
- 4) Co-ordination and choreography
- 5) No words/lyrics should be there in the music

Acceptable Moves:

- 1) Aerials landing two feet
- 2) Two arm push up
- 3) Two arm transitional presses (not turning)
- 4) Transitional flexibility moves

- 5) Standing free fall to push up
- 6) Lift as beginning and ending pose (standing position or on the floor)

ATHLETICS (BOYS' & GIRLS')

1. The meet shall be conducted according to the rules of Amateur Athletic Federation of India, with required modifications if necessary.
2. Every school will be entitled to enter only one athlete in each event, except in relay races where a team of maximum five athletes can be entered.
3. The various age categories and list of events in which competition will be held:-

Under 14 years		Under 16 years		Under 19 years	
Boys	Girls	Boys	Girls	Boys	Girls
100 M	100 M	100 M	100 M	100 M	100 M
		200 M	200 M	200 M	200 M
400 M	400 M	400 M	400 M	400 M	400 M
800 M	800 M	800 M	800 M	800 M	800 M
4 x 100 M Relay	4 x 100 M Relay	1500 M	1500 M	1500 M	1500 M
		3000 M	4 x 100 M Relay	5000 M	3000 M
Long Jump	Long Jump	4 x 100 M Relay	4 x 400 M Relay	4 x 100 M Relay	4 x 100 M Relay
		4 x 400 M Relay	Long Jump	4 x 400 M Relay	4 x 400 M Relay
Shot Put 4 Kgs	Shot Put 3 Kgs	Long Jump	High Jump	Long Jump	Long Jump
		High Jump	Shot Put 3 Kgs	High Jump	High Jump
		Triple Jump	Discus Throw 1 Kg	Triple Jump	Triple Jump
		Shot Put 5 Kgs	Javelin Throw 500 Gms	Shot Put 6 Kgs	Shot Put 4 Kgs
		Discus Throw 1.5 Kgs		Discus Throw 1.75 Kgs	Discus Throw 1 Kg
		Javelin Throw 700 Gms		Javelin Throw 800 Gms	Javelin Throw 600 Gms

NOTE: Weight of all the equipments shall be carefully checked before hand and signed by the Organizing secretary.

4. An athlete can participate in maximum two individual events and in relay.
5. Each school will submit event-wise list of participating Athletes (detailed entry) so as to reach the Cluster-level Organizing School at least SEVEN

DAYS before the actual commencement of the meet on the prescribed form. **Postal delays will not be considered as an excuse for accepting late entries.** The detailed entry list must be signed by the principal of the school concerned with seal.

6. On the spot entry/changes will not be permitted.

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7. The athletes winning first & second position at Cluster level shall qualify to take part in National level Athletic Meet. However, in relays, only the first position winning team from each Cluster will be allowed to participate in Nationals.
8. In a particular event, if the number of athletes is less than four; but they are from different Institutions/Clusters, it may be conducted. The winners may be awarded the medals and the merit certificate, but, they may not be awarded the points so as to be included for the Team Championship. However, their points will be considered for individual championship.
9. In case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who runs the finals, shall be awarded the Medals and Certificates.
10. Immediately after the Cluster level meets, the Organizing School shall send the list of athletes qualified, with their school name and complete postal address to the National Meet Organizing School.
11. All the Principals of such schools from where the Athletes have qualified to participate in the National meet must inform their Athletes, indicating the venue and the dates of the National meet and plan their journey (reservation etc.). They should also inform the Organizing School about their arrival and departure schedule.

12. In relays, only a single school team will be allowed to participate.

13. The Overall Championship separately in boys and girls sections in all the age groups may be decided. The points shall be awarded according to the following system:-

Position	Individual Events	Team Events (Relays)
1 st Place	07	14
2 nd Place	05	10
3 rd Place	04	08
4 th Place	03	06
5 th Place	02	04

14. The Merit Certificates shall be awarded only up to 3rd position. However Participation Certificates will be awarded to all those who actually take part in Cluster/National level as the case may be.
15. A separate prize may be given to the Individual Champion in Boys and Girls section, in all the age categories.
16. The Individual Champion (Best athlete) in any age group will be awarded only to one athlete on the basis of performance/points as per the AFI Scoring Table.
17. A prize may be given to the school scoring total maximum points (total points in all the age groups in Boys' & Girls' categories) and may be declared as over-all Champion.

18. In the National Athletic Meet, the record of performance up to 6th Place shall be maintained. In case where no 6th Place is available, up to 4th or 5th performance will be maintained. Such performance will be made available to the CBSE Sports Cell.
19. New Meet Record(s) wherever created should be clearly indicated as '**NMR**' and wherever the performance is equal to the existing record, may be clearly indicated as '**EMR**'.
20. From organizing school, in each event, only one athlete will participate.
21. The schools Organizing Cluster level meet shall take a Group Photo of the teams that have qualified to participate in national level meet. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

BADMINTON (BOYS' & GIRLS')

1. CBSE Inter-School Badminton Tournament will be conducted according to the rules of Badminton Association of Indian (BAI).
2. Every school will be eligible to send one team in different age groups in the Zone Level Championship consisting of maximum 04 players.
3. All the participants must carry their valid age proof certificate and school/CBSE Board Identity-card.
4. All the matches must be played on indoor courts with proper lighting arrangements.
5. In Team Championship, the order of play shall be: Singles – Doubles – Singles.
6. All the matches that are played on "league basis" – shall be of best of one game of 31 points with change of side at 15 points. The player that reaches first at 31 points, wins the match.
7. All the matches that are played on "knock-out basis" – shall be of best of three games of 15 points each, & a match is won with the difference of 02 points. In case, of 14 – all; the game shall continue; however, the player that reaches first at 19 points wins the match.
8. At Zone Level all the matches will be played strictly on knock-out basis. In case the numbers of teams in a particular age category are less, the championship in that category may be organized on league cum knock out basis.
9. From each Zone first two position winning teams (i.e. winner & runners-up) will qualify to participate in the National Championship.
10. No change shall be permitted in the composition of team from Zonal Level to National Level.
11. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate in National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
12. National Championship will be conducted on League cum knock-out basis for which all the teams will be divided into different pools.
13. At National level, one day of the Championship shall be dedicated exclusively to the Individual Championship.
14. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.

INDIVIDUAL CHAMPIONSHIP (BOYS' & GIRLS') ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, separate Individual Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player who shall play singles title in each Age Category separately for boys & girls.
3. In each age group, as per BAI ranking list, the top ten ranking players shall be eligible to play directly at National level in "Individual Championship". However, if any player, ranking in top ten, has played at respective Cluster level Individual Championship, and has lost, shall no more be eligible to participate in Individual championship at National level.

MIXED DOUBLES CHAMPIONSHIPS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, a separate Mixed Doubles Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player from its team (other than the one who has already been nominated to play Individual Championship) to play in Mixed Doubles Championship in each Age Category.
3. In all the Age Categories; the nominated Girls & Boys would be paired by lot.

BASKETBALL (BOYS' & GIRLS')

1. The tournament will be conducted according to the Basketball Federation of India rules.
2. The number of players representing a school shall not more than twelve.
3. All the matches at Cluster level shall be conducted on knock out basis. In case the number of teams is less, the Cluster level tournament too may be organized on league basis.
4. The First & Second position winning teams from each Cluster will qualify to participate in National level tournament.
5. At National level, the matches shall be conducted on league cum knock out basis.
6. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
7. The match to decide the third and fourth positions shall also be played.
8. In any match, played on knock out basis including the final, if there is a tie, extension of five minutes shall continue to be given till the game is decided.
9. In case of a tie in matches played on league basis, the following procedure shall decide the winner, runner-up etc.
 - i) The team which has beaten the other team in the league matches shall be the winner.
 - ii) The tie between more than two teams will be decided on the basis of points scored and points against. The team securing the greatest quotient will be the winner. The points scored for and against shall be counted only in the matches played between the teams in tie.
 - iii) If the tie still persists, the formula will be points scored – points against. The team with highest difference is declared the winner. Again the scoring will be counted in the matches played between the teams in tie.
10. The number "6" size Ball will be used for Girls' matches.
11. A team shall be prepared to play more than two matches in a day.
12. All participating teams shall carry with them two sets of playing kit (uniform), one set of light color and the other set of dark color.
13. The team that has been named first in the fixture, will sit on the left side of the Official's Table, and shall score towards the right side of the court.

14. The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
15. Protest if any, must be submitted in writing along with the fee within 20 min after the declaration of the result.
16. In case a team intends to protest against the opposite team; the Captain of team that intends to protest, must sign the score sheet.
17. In case a team forfeits & walks out of the court without completing the match, it shall lose the right to submit any protest and shall be debarred from rest of the tournament.

CARROM (Boys & Girls)

1. All the matches will be played according to the "Laws of Carrom" as adopted by the All India Carrom Federation (AICF) from time to time unless otherwise modified in these Rules by the CBSE.
2. The championship will be held in under 19 years age category.
3. Separate championship will be held for Boys & Girls category.
4. The championship will be held directly at National level.
5. Entries from total 48 Boys Teams/Schools and 48 Girls Teams/Schools will be accepted on first cum first basis. Schools interested in participation may forward the Entry Performa directly to the National Organizing School.
6. The competition will be held for "Team Championship" and "Individual Championship".
7. A team shall consist of maximum four players.

Team Championship

1. From each team, three players (out of 4 players) shall be entitled to play team championship. The fourth player shall be a reserved player and can be replaced in the subsequent rounds, if so desired by the Captain/Manager of the Team.
2. Team Championship event will be played on 'League-cum-Knock-out' basis.
3. Each tie of the Team Championship will be decided on the basis of best of three 'Singles' matches to be played simultaneously.
4. The order of play shall be as under:
 - (i) P1 v/s P1 (ii) P2 v/s P2 (iii) P3 v/s P3
5. Managers/Captains of each participating school shall submit the names of three players for the Team Championship in the above order 30 minutes before commencement of the round; otherwise the order of players will be taken as submitted by the participating School in the Entry Performa. The name of the reserved player shall be written at the bottom.
6. Depending upon the number of entries received, teams will be divided into pools. The strength of each group will be with a maximum difference of one. All ties in

each group will be played on league basis. In the league rounds, each team winning two matches out of three matches played will be declared winner of the tie and awarded two points. The team securing maximum points in each group shall qualify for the knock-out rounds. In case of tie of points between two teams for the top place in any group, the earlier result of the tie played between the two teams shall decide their relative position. In case of tie among more than two teams, the position of these teams shall be determined on the basis of sets aggregate for and against the matches played earlier in the group. In case there is again a tie even at this stage, the points average for and against shall be taken into account and their position determined.

7. Each match of the tie shall be decided by best of three sets of 21 points each or maximum of 4 boards or time limit of 20 minutes, whichever is earlier.
 8. In case of equal points in a set at the end of 4 boards or 20 minutes, rule of tie breaker and sudden death will be applied. In tie breaker, both the players will be given one chance each, after the toss, for pocketing a coin in any pocket which will be placed by the Umpire within the arrow circle or at the place of his choice but similar place for both the players. In sudden death, whenever the coin is pocketed by any player, the set will be treated as complete.
 9. Each coin (called carrom men) shall have ONE point and the Queen shall have TWO points.
 10. Queen is NOT required to be covered.
 11. Time limit for making a stroke by a player will be 10 seconds.
 12. Play shall continue throughout the match except two minutes interval between 1st and 2nd sets for change of ends and similarly before possible 3rd set of the match.
 13. Players will have to report at their respective carrom boards/table for each match 5 minutes before the scheduled time. Players can test the boards for 2 minutes during those 5 minutes. All the matches shall start simultaneously.
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14. In case any player reports late i.e. after the start of session /matches, he/she will not be allowed to play his/her match and walk-over awarded against that player.
 15. Any request for postponement of matches will not be accepted.

Individual Championship

1. In addition to the Team event, "Individual Championship" will also be organized separately in Boys and Girls category.
2. Individual Championship shall be organized on 'Knock-Out' basis.
3. Every team participating in Nationals, separately in Boys & Girls category, can sponsor two players who shall play Individual Championship.
4. The scoring system/playing pattern will remain same.

Important

1. The teams winning first three positions shall be awarded Merit Certificates and the remaining teams will be presented Participation Certificates.
2. Each player shall bring his/her own 'Striker' for playing their matches. The Striker shall have a diameter of 4.13 cms maximum and a weight of 15 gms maximum.
3. Set limit for Semi Final & Final rounds in both Team and Individual Categories will be extended to best of six sets but other rules will remain same.
4. Carrom championship will be organized on AICF approved '**SYNCO**' brand Carrom Boards, carrom stands, carrommen (coins) sets and strikers. Boric Powder shall be used for play during the competitions.

CHESS
(GIRLS' AND MIXED TEAM)

1. Rules of the All India Chess Federation and FIDE shall apply to the Inter-School Chess tournament unless, otherwise, modified in these rules.
2. The team championship will be held in under 14 & 19 years age category in both the sections i.e. Girls and Mixed.
3. Every school that wishes to participate is entitled to field the following four teams. The constitution of team members shall be :
 - (i) Under 14 years mixed category: Either only Boys' or Boys' & Girls' mixed team
 - (ii) Under 14 years Girls category: Only Girls' as team members
 - (iii) Under 19 years mixed category: Either only Boys' or Boys & Girls mixed team
 - (iv) Under 19 years Girls category: Only Girls as team members
4. The tournament will be played according to the Swiss System (Seven/Six Rounds). A team shall not play against any other team more than once.
5. A team may consist of a maximum of 05 players. Each playing against the other of the same status in order of ranking.
6. Each school shall clearly state the names of its team members before the start of the tournament. Captain/Manager shall submit the original ranking order to the Chief Arbiter before the start of the tournament.
7. Each team must play through the entire tournament. However, if a team is forced by circumstances beyond its control to withdraw from the tournament, the team/s will not be paired for the remaining matches.
8. The session of play shall be of 40 moves in 90 minutes followed by 30 minutes sudden death rule. In case of availability of Digital Clocks in absolute numbers the time control shall be 90 minutes for the entire with 30 seconds increment from move one.

9. **Scoring system:** The team winning the match will be awarded '2' points and losing team '0'. In case of draw, both the teams will be awarded '1' point each. For example, teams winning by 4 - 0; 3½ - ½; 3 - 1 or 2½ - 1½, will be awarded '2' points, irrespective of their score.
 10. The final positions of the teams shall be determined by the number of points scored by each team.
 11. The position of teams, which finish with the same number of game points, shall be determined by the application of the following tie-breaking procedures, in sequence from (a) to (b) to (c) to (d) to the extent required.
 - (a) By the sum of the game scores of all the teams opponents.
 - (b) By the sum of match points won.
 - (c) By the sum of the game of all the opponents defeated plus one half of the game scores of all the opponents with which tied result was achieved.
 - (d) By the sum of the game scores of all the team's opponents, excluding the opponents who scored the highest number of game points and the opponent who scored the lowest number of game point.
 12. For breaking the tie for Board Prizes; the higher placed team member will be considered for Board Prize.
 13. What-so-ever the circumstance is, request pertaining to postponement of first round will not be entertained.
 14. The walk-over time shall be 15 minutes.
 15. Not more than four Merit Certificates shall be awarded to any team.
 16. Each team while sending their eligibility Performa will also confirm in writing that they will bring two Chess clocks and two Chess sets, along with them.
 17. Board Prize Winners will be awarded only the Merit Certificates. (No Medals).
 18. The members of the teams winning "Team & Individual Championships" will be awarded the Merit Certificates & Medals.
 19. From each Zone, top four teams, in each age category separately in both the sections, shall qualify to participate in the National Championship.
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20. At National level the third day of the championship shall be dedicated exclusively to the individual championship.
 21. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at /National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

INDIVIDUAL CHAMPIONSHIP - CHESS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, separate Individual Championship shall also be played at National level on knock out basis, in under 14 & 19 years categories, separately in both the sections.
2. Each team reaching in Nationals shall sponsor one player who shall play Individual Championship.
3. The tournament will be played on a five/seven round Swiss basis.
4. Besides the above, schools that have players having more than 2000 "ELO Rating Points" as per July 2013 FIDE Rating List too shall be eligible to play Individual Championship directly at National Level.
5. But, each school can sponsor only one player for Individual Championship; no matter they have more than one such player who has above 2000 ELO points.
6. The time control for the Individual Championship shall be 30 minutes each for the entire game.

FOOTBALL
(BOYS')

1. All the matches shall be played according to the rules of All India Football Federation, unless, otherwise modified in these rules.
2. A Football team shall consist of maximum 18 players. No player shall be allowed to take part in the Tournament without proper kit.
3. All the matches at Cluster level shall be played on Knock out basis. In case of draw match at cluster level no extra time will be given.
4. Up to the semifinal stage matches, the duration of the match shall be 35-10-35 min. and the finals shall be of 45-10-45 min.
5. Maximum five players can be substituted in a game.
6. Procedure to determine the winner of a match shall be on the basis of penalty kicks where the competition rules require there to be a winning team after a match has been drawn.
7. The referee shall choose the goal at which the penalty kicks have to be taken.
8. If after both teams have taken five penalty kicks each, and both have scored the same number of goals, or have not scored any goal, penalty kick continues to be taken in the order of 6th, 7th and so on alternately from each side, until one team has scored a goal more than the other from the same number of kicks.
9. With exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time, are allowed to take penalty kicks.

10. At Cluster level tournament too, if the number of participating teams is eight or less than eight, the tournament can be arranged with league system.
11. From each Cluster, the first two position winning teams shall qualify for National level Tournament.
12. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches. The match to decide the third and fourth positions shall also be played.
13. The National level Tournament shall be played on league cum knock out basis. Knock out matches will commence only after the league phase of tournament is over.
14. In all the matches played on league basis points shall be awarded as '3' and '0' to winner and looser respectively. In case of a drawn match one point to each team shall be provided.
15. In case of a tie on the points system at the pool level, then the pool winner shall be decided on the basis of goal differences. If the goal scored by each team has no difference, the draw of lots may be provided to decide the tie which shall be held in the presence of Organizing School Principal, CBSE Observer, both the teams Captains & Chief Referee.
16. Semi-final losers' will play the hard line match to decide 3rd and 4th place in the tournament.
17. Unless unavoidable, no team shall be called upon to play more than two matches in a day. There shall be at least three hours gap between the end of the earlier match and the commencement of the next match.
18. First three teams (winner, runner-up and hard line match winner) will be provided with Merit Certificates. Other than the winners, all participants will be provided with Participation Certificate who actually participates in the tournament.
19. The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

FOOTBALL (GIRLS')

1. All the matches shall be played according to the rules of All India Football Federation, unless, otherwise modified in these rules.
2. A Football team shall consist of maximum 18 players. No player shall be allowed to take part in the Tournament without proper kit.
3. The tournament will be held at Zone & National level.
4. The top 05 teams from each Zone shall qualify to participate in the Nationals.
5. The duration of the match shall be 35-10-35 min.
6. Maximum five players can be substituted in a game.
7. Procedure to determine the winner of a match shall be on the basis of penalty kicks where the competition rules require there to be a winning team after a match has been drawn.
8. The referee shall choose the goal at which the penalty kicks have to be taken.
9. If after both teams have taken five penalty kicks each, and both have scored the same number of goals, or have not scored any goal, penalty kick continues to be taken in the order of 6th, 7th and so on alternately from each side, until one team has scored a goal more than the other from the same number of kicks.
10. With exception of the foregoing case, only players who are on the field of play at the end of the match, which includes extra time, are allowed to take penalty kicks.
11. The National level Tournament shall be played on league cum knock out basis.
12. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
13. In all the matches played on league basis points shall be awarded as '3' and '0' to winner and looser respectively. In case of a drawn match one point to each team shall be provided.
14. In case of a tie on the points system at the pool level, then the pool winner shall be decided on the basis of goal differences. If the goal scored by each team has no difference, the draw of lots may be provided to decide the tie which shall be held in the presence of Organizing School Principal, CBSE Observer, both the teams Captains & Chief Referee.
15. Semi-final losers' will play the hard line match to decide 3rd and 4th position in the tournament.
16. Unless unavoidable, no team shall be called upon to play more than two matches in a day. There shall be at least three hours gap between the end of the earlier match and the commencement of the next match.
17. First three teams (winner, runner-up and hard line match winner) will be provided with Merit Certificates. Other than the winners, all participants will be provided with Participation Certificate who actually participates in the tournament.

HANDBALL
(BOYS' & GIRLS')

1. The Handball Tournament shall be conducted according to the rules as adopted by the Handball Federation of India (HFI), unless otherwise modified in these rules.
2. Each team shall consist of maximum 14 players including 02 Goal Keepers. Not more than seven players, i.e. six court players plus one goal keeper shall be present on the court at a time.
3. Only the substitutes, two team officials and suspended players (if any), are allowed to stay in the substitution area. One official from each participating team must be listed on the scoring sheet as being the only responsible person to speak to the game officials.
4. The tournament at Zone level shall be organized at knock out basis. In case the numbers of teams reporting are 8 or less than 8, the tournament may be organized on league cum knock out basis.
5. From each Zone, the First and second position winning teams will qualify to participate in Nationals.
6. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
7. At National level, the tournament shall be organized on league cum knock out basis for which all the teams may be divided into pools.
8. At National level- All the teams reporting shall be divided into two pools. From each pool, the team emerging on top two positions will qualify for semi final stage matches.
9. If a match ends in a draw after having been played for the normal period and winner has to be decided then:-
 - An extra time is played, following a five minutes intermission, if a game is tied at the end of the normal playing time. A fresh coin toss determines ball possession and the right to choose ends.
 - The extra time period will consist of two halves of five minutes each. The team changes ends at half time but there will be no half time break.
 - If the match is again tied after the first extra time period, a second period will be played after a five minutes break. In this extra time period again teams will play two halves of five minutes each.
 - If the tie is not decided even after 2nd extra time, the match will be decided by taking penalty throws to be taken in set of five throws; after first set of throws if the match is still tied, another set of five penalty throws shall be taken.
 - If a match is still not decided then sudden death system should be followed.
10. The Merit Certificates shall be awarded to the teams winning first, second and third positions.
11. Participation Certificates will be awarded to all other players who actually participate in the tournament.

HOCKEY

(BOYS' & GIRLS')

1. The matches shall be played according to the rules as adopted by Indian Hockey Federation/Indian Women's Hockey Federation, unless, otherwise modified in these rules.
2. At Zone level, the tournament up to the semi-final stage will be on knockout basis. From the semi-final stage the matches shall be played on Round Robin league basis.
3. At Zone level, if number of teams is less, the tournament can be organized on league basis.
4. First two position winning teams in different age group from each Zone will qualify to play in the National.
5. If any match played on knock out basis ends in a draw, it shall be played to the finish and the procedure shall be as follows:

After the normal playing period of 70 minutes (35-5-35), if the game ends in a draw, an extra time of 15 minutes ($7\frac{1}{2}$ - $7\frac{1}{2}$) of extra time may be given. If tie still persist, the tie-breaker rule shall be applied.
6. In the case of under 14 yrs age group, time duration can be reduced by the Organizing School during the meeting of the Coaches/Managers before the tournament begins.
7. The National level Championship will be played on league-cum knockout basis, where all the teams will be divided into pools. The teams to be included within a pool will be decided by draw of lots, but no pool should have winner and runner up of same zone. The draw shall be made in the manager / coaches meeting.
8. At National level- All the teams reporting shall be divided into two pools. From each pool, the team emerging on top two positions will qualify for semi final stage matches.
9. In all the matches played on league basis points shall be awarded as '3' and '0' to winner and looser respectively. In case of a drawn match one point to each team shall be provided.
10. In the matches played on league basis and ending in a draw, points may be shared by both the teams.
11. If tie still persists; after the league matches (meaning two or more teams ending up with equal points), to decide the positions, following procedure may adopted:

Goal difference = "Goal for" minus "Goal against".
12. If the tie still remains between the two schools, the winner will be decided by applying the tie- breaker rule amongst the team in tie.
13. All the results of a school withdrawing in the mid-stream shall be cancelled and no goal shall be awarded to the schools against whom the withdrawing school had to play.
14. At National level, a match (for third position) will also be played between the two losing semi-finalist teams to decide the third & fourth place.
15. In case, a team is asked to play two matches in a day, there should be at least a gap of 2 to 3 hours between two matches.
16. Each school shall submit a list of players not exceeding eighteen who may participate in the tournament.

17. The Merit Certificates shall be awarded to teams winning first three positions. All the other participants shall be awarded with Participation Certificates who actually participated in the tournament.
18. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school Organizing National level competition along with the original entry Performa.
19. Protest if any, must be supported by documentary proof.

Note: The winners of the CBSE National Hockey Championship will be recommended to participate in the Jawaharlal Nehru Hockey Tournament.

JUDO (BOYS' & GIRLS')

- 1) The competition will be conducted as per the rules and regulations of the Judo Federation of India, unless modified in these rules.
- 2) At Zone level, only one player from each school can participate in each age group and weight category.
- 3) The participants shall be 10 years and above to participate in the competition.
- 4) Judo dress shall be as per the Technical Rules of Judo Federation of India.
- 5) The competition shall be conducted in the following age and weight categories:

BOYS' (Weight in Kgs)				GIRLS' (Weight in Kgs)			
U-12	U-14	U-16	U-19	U-12	U-14	U-16	U-19
Below-25	Below-35	Below-45	Below-55	Below-25	Below-35	Below-40	Below-45
Below-30	Below-40	Below-50	Below-60	Below-30	Below-40	Below-45	Below-50
Below-35	Below-45	Below-55	Below-65	Below-35	Below-45	Below-50	Below-55
Below-40	Below-50	Below-60	Below-70	Below-40	Below-50	Below-55	Below-60
Above-40	Above-50	Above-60	Below-75	Above-40	Above-50	Above-55	Below-65
			Below-80				Above-65
			Above-80				

- 6) The Judoka/Judosist shall be allowed to participate only in their respective weight categories (actual body weight) and no jumping in the weight categories will be allowed.
- 7) The fixtures will be drawn after having weight done of Judokas.
- 8) The competition shall be conducted on knock out-cum-single repechage system. The competition of each weight category will be separated into two groups by a draw. From each group (pool) one finalist will be established by knock out system. Each competitor, who has been defeated in his /her elimination, will be put in the repechage round which takes place in the knock out system. The winners of the two repechage groups will be awarded the joint third place (Bronze Medal).
- 9) Merit Certificate will be provided to first, second & third positions winners. (Both the semi-finalist will be provided the certificate of Merit and Bronze Medal for the third place).
- 10) All other participant's will be provided with the participation certificates.
- 11) No protest will be entertained against the judgment of officials.
- 12) The Jury of Appeal shall include:
 1. Principal Organizing School

2. Organizing Secretary
 3. CBSE Observer
 4. Mat Chairman-Boys
 5. Mat Chairman-Girls
- 2) The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

NOTE: (1) Age & category wise entry, separately for Boys' & Girls' shall be sent to the Organizing Schools so as to reach them at least seven days before the meet.

(2) The Mat Chairman will be appointed by the CBSE Observer at the venue, who shall be JFI-NDIO or a NSNIS Diploma holder in Judo.

(3) From each Zone, in each weight category, separately in Boys & Girls, in different age groups, first & second position winners will qualify to participate in Nationals.

(4) All teams must report at least a day before the commencement of the championship.

KHO KHO (BOYS' & GIRLS')

1. The rules as adopted by the Kho Kho Federation of India apply unless otherwise modified in these rules.
2. All the matches at Cluster level will be played on Knockout basis. In case the numbers of teams reporting are 8 or less than 8, the tournament may be conducted on league cum knock out basis.
3. From each Cluster, the first & second position winning teams will qualify to participate in the CBSE National Championship.
4. All the matches at National level shall be played on league cum knock out basis.
5. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
6. In matches played on league basis, "points for minus the total points against" shall decide the tie. Should the tie still persist; it shall be decided by "spin of coin".
7. A team shall consist of a maximum number of twelve players.
8. Match to decide third & fourth positions will also be played at Cluster & National level.
9. The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

ROPE SKIPPING (Boys & Girls)

1. The competition will be conducted according to the rules of Rope Skipping Federation of India, unless otherwise modified in these rules.
2. The championship will be held directly at National level, maximum 03 days.
3. The championship will be held in under 19 years age category.
4. Separate championship will be held for Boys & Girls category.
5. A team shall consist of maximum four players in each category.
6. Entries from total 50 Boys Teams/Schools and 50 Girls Teams/Schools will be accepted on first cum first basis.
7. The competition will be held for "Team Championship".
8. A separate Individual Championship too will also be held. Each team reaching to participate shall nominate one player who shall participate in Individual Championship.
9. All members of the team shall wear same colour uniform, preferable cycling shorts, T-shirt & shoes.
10. **Injury:** In case of an injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored based on what was shown.
11. **Broken Rope or Handle:** If a rope or a handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. **List of events**

Individual Championship (Boys & Girls)	Team Championship (07 Championships)
1. Speed - Hop	1. SR Speed and Double Under Relay

2. Speed - Sprint 3. Speed - Endurance 4. Freestyle (Each team shall nominate one player for the following championships. For each championship, team shall nominate a different player)	2. Double Dutch Speed Relay 3. Single Rope Pair Freestyle 4. Single Rope Team Freestyle 5. Double Dutch Single Freestyle 6. Double Dutch Pair Freestyle 7. Double Dutch Pair Speed
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SKATING (GIRLS' & BOYS')

1. The championship will be held according to the RSFI (7rr) rules & regulations.
2. From each school only one participant can participate in each event.
3. A skater can take part in maximum two events in her/his age group.
4. A skater can take part either in Quads or in In-line events.
5. From each Zone, in each event, separately in Girls' & Boys' in different age categories, the first & second position winners will qualify to participate in the Nationals.

Events of Speed Skating (Quads) - Girls' & Boys'

	Under 08 yrs	Under 10 yrs	Under 12 yrs	Under 14 yrs	Under 16 & 19 yrs
Rink Race Time Trial	300 M Speed	300 M Speed	300 M Speed	300 M Speed	300 M Speed
Rink Race	500 M Speed	500 M Speed	500 M Speed	500 M Speed	500 M Speed
Road Race	1000 M Speed	1000 M Speed	1500 M Speed	2000 M Speed	3000 M Speed

Events for In-Line Skating - Girls' & Boys'

	Under 08 yrs	08+ to 10 yrs	10+ to 12 yrs	12+ to 14 yrs	14+ to 16 yrs & 16+ to 19 yrs
Rink Race Time Trial	300 M Speed	300 M Speed	300 M Speed	300 M Speed	300 M Speed
Rink Race	500 M Speed	500 M Speed	500 M Speed	500 M Speed	500 M Speed
Road Race	2000 M Speed	2000 M Speed	2000 M Speed	3000 M Speed	5000 M Speed

- In under 10 yrs - Participant must be 08+ to 10 yrs.

- In under 12 yrs - Participant must be 10+ to 12 yrs.
- In under 14 yrs - Participant must be 12+ to 14 yrs.
- In under 16 yrs - Participant must be 14+ to 16 yrs.
- In under 19 yrs - Participant must be 16+ to 19 yrs.

6. The skater taking part in Quads should wear the skates that should not have heels attached to

the shoe & should not be high ankle.

7. The skating costume should be skin tight.

8. Helmet is compulsory.

9. The wheels for speed skating is only to be used which are broader in size.

10. The decision of the technical committee/referee shall be final.

11. Any photograph/video clipping other than from official camera shall not be considered for any reference.

12. No protest will be entertained from parents.

13. Protest, if any, has to be submitted in writing by the team Coach/Manager with the Chief

Referee, within 15 min of the announcement of result. The decision of the Jury of Appeal shall be final.

ROLLER HOCKEY (BOYS) - ONLY AT NATIONAL LEVEL

1. In addition to above, the Roller Hockey Championship for Boys will directly be held at National Level under "Open Category".
2. Entries from total 10 Teams/Schools will be accepted on first cum first serve basis.
3. From any school only 01 team can participate.
4. A team shall consist of maximum 10 players including 02 Goal Keepers.
5. The player must carry approved Hockey Stick & wear the required protection kit.
6. The duration of match shall be 20-10-20 (running time)
7. The championship will be held on league cum knock-out basis.

SWIMMING
(BOYS' & GIRLS')

1. The CBSE Swimming Competition shall be conducted under the rules of the Swimming Federation of India (SFI) unless modified in these rules.
2. Every school will be entitled to enter only one swimmer in each of the following events:

Events for Boys' & Girls'

Under 12 yrs	Under 14 yrs	Under 16 yrs	Under 19 yrs
50 m Free Style	50 m Free Style	50 m Free Style	50 M Free Style
100 m Free Style	100 m Free Style	100 m Free Style	100 M Free Style
50 m Back Stroke	200 m Free Style*	200 m Free Style*	200 M Free Style*
50 m Breast Stroke	50 m Back Stroke	400 M Free Style* 800 M Free Style*	400 M Free Style*
50 m Butterfly Stroke	100 m Back Stroke	50 M Back Stroke	800 M Free Style* for Girls' & 1500 M Free Style* for Boys'
200 M Individual Medley*	50 m Breast Stroke	100 M Back Stroke	50 M Back Stroke
4x50 m Free Style Relay	100 m Breast Stroke	200 M Back Stroke*	100 M Back Stroke
4x50 m Medley Relay	50 m Butterfly	50 M Breast Stroke	200 M Back Stroke*
	100 m Butterfly	100 M Breast Stroke	50 M Breast Stroke
	200 m Individual Medley*	200 M Breast Stroke*	100 M Breast Stroke
	4x100 m Free Style Relay	50 M Butterfly Stroke	200 M Breast Stroke*
	4x100 m Medley Relay	100 M Butterfly Stroke	50 M Butterfly Stroke
		200 M Butterfly Stroke*	100 M Butterfly Stroke
		200 M Individual Relay*	200 M Butterfly Stroke*
		4x100 M Free Style Relay	200 M Individual Medley*
		4x100 M Medley Relay	400 M Individual Medley*
			4x100 M Free Style Relay
			4x100 M Medley Relay

IMPORTANT:

Events marked (*) will be conducted on time trial basis. It would mean that every swimmer in these events will get only one chance, and the final positions in these events will be determined on the basis of time recorded in different heats.

3. In under 12 years age group, a swimmer can participate in maximum three Individual events and in relays.
In under 14 years age group, a swimmer can participate in maximum four Individual events and in relays.
In under 16 & 19 years age group, a swimmer can participate in maximum five Individual events and in relays.

* The Individual Championship (Best Swimmer) in any age group will be awarded only to **one** swimmer on the basis of medals won, and in case of tie, performance will be taken into consideration.

4. From each Zone, the first and second position winning Swimmers/Relay teams will qualify to participate in the Nationals.

Swimming Continued:

5. At Zone level, in case there are less than four swimmers present for a particular event, it may be conducted and swimmers may be awarded the medals and the merit certificate. But they may not be awarded the points so as to be included for the Individual or Team Championship. However, the names of first and second position winning swimmers may be forwarded for participation in Nationals.
6. At National level, in case there are less than four swimmers present for a particular event, it may be conducted and swimmers may be awarded the medals and the merit certificate. But they may not be awarded the points so as to be included for the Individual or Team Championship.
7. No swimmer shall be permitted to participate without proper swimming costume.
8. The decision of the Referee on all technical aspects will be final.
9. In case of any protest, the decision of Jury of Appeal/Protest Committee shall be final.
10. The championship will be decided separately in boys & girls section.
11. The points shall be awarded on the team basis according to the point systems as per the following criteria as adopted by SFI.

POSITION	INDIVIDUAL EVENTS	RELAYS
1 st Place	07 Points	14 Points
2 nd Place	05 Points	10 Points
3 rd Place	04 Points	08 Points
4 th Place	03 Points	06 Points
5 th Place	02 Points	04 Points
6 th Place	01 Points	02 Points

12. A separate prize may be given to the Individual Champion in Boys and Girls section, in all the age categories. For deciding the Individual Champion, the performance in the individual events and individual medley may be taken into consideration. In case of tie in points; two swimmers can be declared as joint Individual Champions.
13. A prize may be given to the school scoring total maximum points and may be declared as over-all Champion.
14. All the first three position winning swimmers shall be awarded with the Merit Certificate and the medal.
15. All the remaining participants shall be provided with a Participation Certificate.
16. In the case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who swims the finals, shall be awarded the Medals and Certificates.
17. New Meet Record(s) wherever created should be clearly indicated as '**NMR**'.
18. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

Equathlon (Swimming+Running) - Only During National Championship

Henceforth, during the National Championship, Equathlon Championship (Swimming + Running) will also be organized under "Open Category". All those

teams/schools who are participating in Nationals, can nominate 01 Boy + 01 Girl for the Championship. The competition will include 500 M Swimming (any style) followed by 03 KM running.

TABLE TENNIS (BOYS' & GIRLS')

1. All the matches will be played according to the rules of the Table Tennis Federation of India (TTFI) as adopted by them from time to time, unless otherwise modified in these rules by the CBSE.
2. Every School will be entitled to enter one team in each age group separately in Boys' & Girls' category.
3. In Boys' Category, the team shall consist of maximum four & minimum three players.
4. In Girls' Category, the team shall consist of maximum four & minimum two players.
5. The order of play shall be as follows:

Boys' Category				Girls' Category			
(i)	A	v/s	X	(i)	A	v/s	X
(ii)	B	v/s	Y	(ii)	B	v/s	Y
(iii)	C	v/s	Z	(iii)	Doubles		
(iv)	A	v/s	Y	(iv)	A	v/s	Y
(v)	B	v/s	X	(v)	B	v/s	X

6. The matches up to quarter final stage will be played as best of three games. Semi final & final matches will be played as best of five games.
7. The balls to be used in the tournament shall be ITTF approved.
8. The teams winning first three positions shall be awarded with the Merit Certificates. Not more than four Merit Certificates will be awarded to a team.
9. The remaining teams shall be distributed with the Participation Certificates.
10. From each Cluster, the First position winning teams in each age group, separately in Boys' & Girls category, shall qualify to participate in the Nationals.
11. No change in composition of team from Cluster level to National level will be allowed.
12. The school Organizing Cluster level competition shall take a Group Photo of the teams/Individual Players that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
13. At Cluster level the tournament will be organized on knock out basis.
14. At National level team championship shall be organized on league cum knock out basis.

INDIVIDUAL CHAMPIONSHIP - AT CLUSTER & NATIONAL LEVELS

- (a) In addition to the team championship, separate Individual Championship will be conducted at each Cluster level.
- (b) At Cluster & National levels, the Individual Championship shall be organized on knock out basis.
- (c) In Cluster level Individual Championship, only the schools that are participating as a **'team'**, shall be eligible to sponsor one player to play in Individual Championship in each category separately for boys & girls.
- (d) The scoring system will be the same.
- (e) From each Cluster, the first & second position winning player of Individual Championship shall qualify to participate in the Nationals.

IMPORTANT

1. Players can take time out for one minute, once in whole match.
2. Expedite system shall come into operation if a game is unfinished after 10 minutes play. If the expedite system is introduced, all subsequent games of the match shall be played under the expedite system.
3. Play shall be continuous throughout a match except that a player is entitled to:
 - (a) An interval of up to one minute between successive games of a match.
 - (b) Brief intervals for toweling after 6 points from the start of each game and at the change of ends in the last possible game of a match.
2. In each age group, as per TTFI ranking list, the top ten ranking players shall be eligible to play directly at National level in "Individual Championship". However, if any player, ranking in top ten, has played at respective Cluster level Individual Championship, and

has lost, shall no more be eligible to participate in Individual championship at National level.

MIXED DOUBLES CHAMPIONSHIPS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, a separate Mixed Doubles Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player from its team (other than the one who has already been nominated to play Individual Championship) to play in Mixed Doubles Championship in each Age Category.
3. In all the Age Categories; the nominated Girls & Boys would be paired by lot.

TAEKWONDO
(Girls' & Boys)

1. The competition will be held as per the Rules & Regulations of the Taekwondo Federation of India unless modified in these rules.
2. The competition will be held at Zone and National level.
3. At Zone level, one player from each school can participate in each weight category, separately in Girls' & Boys' group.
4. From each Zone, in each weight category, separately in Girls' & Boys' group, first and second position winning player shall qualify to participate in the Nationals.
5. Schools organizing the championship must arrange and provide the Chest guard & Head gear to the participants.
6. Participants must wear own WTF approved Groin guard; Forearm guard & Shin guard.
7. The competition shall be conducted in the following age & weight categories:

Boys'		Girls'	
Under 19 years	Under 14 years	Under 19 years	Under 14 years
Below-45	Below-25	Below-40	Below-20
Below-50	Below-30	Below-45	Below-25
Below-55	Below-35	Below-50	Below-30
Below-60	Below-40	Below-55	Below-35
Below-65	Below-45	Below-60	Below-40
Below-70	Below-50	Below-65	Below-45
Below-75	Above-50	Above-65	Above-45
Below-80			
Above-80			
All weights mentioned above are in kilograms			

8. No player shall be below 10 years so as to participate in the championship.
9. The participants are advised to register themselves with the TFI and obtain the ID Card after paying the registration charges and filling the prescribed form available at the TFI web site www.tfiindia.com Once registered, they can participate in all the TFI organized championships.
10. The player shall be allowed to participate only in their respective weight category and no jumping in the weight category shall be permitted (actual body weight).
11. Weigh-in shall be conducted one day prior to the day of competition.
12. There shall be at least four competitors in a particular weight category so as to conduct the competition.
13. The time duration for competition shall be as per the WTF rule.
14. Each competition arena should have four corner judges, one center referee, one recorder & one time keeper.
15. The competition shall be conducted on Single Elimination Tournament System.
16. Team winners will be decided by the following pattern:
 - i. Each eligible contestant will score 01 point.
 - ii. Contestant will get 01 point for every winning match (Including a bye)
 - iii. Gold Medal will be awarded 07 points.
 - iv. Silver Medal will be awarded 03 points.
 - v. Bronze Medal will be awarded 01 point.
17. Merit Certificate will be provided to first, second & third positions winners. (Both the semi-finalist will be provided the certificate of Merit and Bronze Medal for the third place).
18. All other participant's will be provided with the participation certificates.

19. All other participant's will be provided with the participation certificates.
20. The Arbitration Board Members/Protest Committee shall include: Principal Organizing School; Organizing Secretary; CBSE Observer & In-charge Technical Officials/Chief Referee.

TENNIS (BOYS' & GIRLS')

1. CBSE Tennis Tournament will be played according to the rules and regulations of AITA unless otherwise modified in these Rules.
2. Each school can send one team, comprising of maximum four players, in both the age groups i.e. under 14 & 19 yrs, separately in Boys' & Girls' category.
3. The tournament at Zone level shall be played at Knock-out basis. In case the number of teams at Zone level is less, the tournament may be organized on league cum knock out basis.
4. All the matches shall be played as best of 13 (thirteen) games with six all as tie breaker. Semi-final will be played on "short set" basis and finals will be played on the best of three sets with tie-breaker rule, if necessary
5. The tournament shall consist of two single and one doubles event in both the sections i.e. boys and girls. Two singles matches shall be held first and in tie case (one all) double will follow.
6. Merit Certificates and Medals shall be awarded to the first three positions winning teams in both the sections.
7. All the other participants shall be awarded with the Participation Certificates who actually come to play.
8. The decision of the referee shall be final.
9. Players must report 15 minutes in advance in proper kit for the match.
10. Players must be prepared to play more than one match in a day.
11. The code of conduct for the player shall be strictly observed on and off the field.
12. The school Organizing Zone level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.

NATIONALS

1. All matches will be played on league-cum-knock out basis.
2. From each Zone the first two position winning teams shall qualify to play in the CBSE Nationals. All the teams will be divided into pools. The teams may be divided in such a way that no two teams from any Zone are put in same pool.
3. All league matches shall be played best of 13 games. SF & Final shall be played on best of three tie-break sets basis.
4. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams.
From each pool, the two teams emerging on top will qualify to play the knock-out stage matches.
5. Merit Certificates will be awarded to teams up to 3rd position.

INDIVIDUAL CHAMPIONSHIP (BOYS' & GIRLS') ONLY AT NATIONAL LEVEL

- (i) Individual Championship shall also be played at National level on knock out basis.
- (ii) Each team reaching in Nationals can sponsor one player to play Individual Championship in each age group, separately in Boys' & Girls' category.
- (iii) The scoring system shall remain the same.
- (iv) At National level, the third day of the Championship shall be dedicated exclusively to the Individual Championship.
- (v) All the matches shall be played as best of 13 (thirteen) games with six all as tie breaker. Semi-final will be played on "short set" basis and finals will be played on the best of three sets with tie-breaker rule, if necessary.
- (vi) In each age group, as per AITA ranking list, the top ten ranking players shall be eligible to play directly at National level in "Individual Championship". However, if any player, ranking in top ten, has played at respective Cluster level Individual Championship, and has lost, shall no more be eligible to participate in Individual championship at National level.

MIXED DOUBLES CHAMPIONSHIPS - ONLY AT NATIONAL LEVEL

1. In addition to the Team Championship, a separate Mixed Doubles Championship shall also be played at National level on knock out basis.
2. Each team reaching in the Nationals shall nominate one player from its team (other than the one who has already been nominated to play Individual Championship) to play in Mixed Doubles Championship in each Age Category.
3. In all the Age Categories; the nominated Girls & Boys would be paired by lot.

VOLLEYBALL

(BOYS' & GIRLS')

1. The rules as adopted by the Volleyball Federation of India shall be followed, unless otherwise modified in these rules.
2. At Cluster level, all the matches shall be played on knock out basis.
3. The matches at Cluster level shall be played as best of three sets, each set of 25 points. A set is won by the team which first scores 25 points with a minimum lead of two points. In the case of a 24-24 tie, play is continued until a two point lead is achieved (26-24; 27-25;)
4. The semi final and final, will be played as best of five sets. In case of a two - two sets tie, the deciding set (fifth set) will be played to 15 points until a two point lead is achieved (16-14; 17-15;)
5. Maximum two 'time outs' per set, of 30 seconds each will be allowed on the request of concerned coach/captain.
6. The colour and design of the playing kit of the members of team must be the same, except for 'libero' (defensive player) who must wear a uniform contrast in colour with that of the other members of the team.
7. The first & second position winning teams from every Cluster will qualify to participate in National level tournament.
8. At National level, matches shall be played on league cum knock out basis.
9. All the matches at National level will be played on the basis of best of five sets.
10. **At National level:** All the teams reporting may be divided into different pools in such a way that by and large no pool is of less than four teams. From each pool, the two teams emerging on top will qualify to play the knock-out stage matches. The match to decide the third and fourth positions shall also be played.
11. In the matches played on league basis, in case of tie, the match will be decided as follows:

At first the following calculations will be taken -

Match won = 02 points. Match lost = 01 point. Match forfeited = 00 point.

Result will be tabled as under:

A	B	C	D	E	F	G	H
Name of the team	Matches won	Matches lost	Total points	Sets won	Sets lost	<u>Total score point</u>	
						Against	Favour

In case of a tie of total points at (D) between two or more teams, the following equation determines the ranking:

Sets won (E)

Sets lost (F)

The team of higher rate of sets will be ranked higher. If the tie still persists, the following equation will be applied:

Total score points in favour (G)

Total score points against (H)

Team of higher rate of scored points will be ranked higher.

If the tie remains undecided, precedence will be given to the team winning the match in which the concerned teams have played against each other.

12. Ordinarily, no team shall be called upon to play two matches a day. In exceptional circumstances, however if a team is asked to play two matches a day, there should be at least a gap of four hours between the two matches.
13. A team shall consist of a maximum of 12 players.
14. The first three position winning teams will be awarded with merit certificates. Remaining teams will be awarded with participation certificates.
The school Organizing Cluster level competition shall take a Group Photo of the teams that have qualified to participate at National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing Nationals along with the original entry Performa.

YOGA (Boys & Girls)

1. The competition shall be conducted according to the following rules:
2. The championship will be held directly at National level, maximum 03 days.
3. The championship will be held in under 19 years age category.
4. Separate championship will be held for Boys & Girls category.
5. A team shall consist of maximum five players in each category.
6. Entries from total 50 Boys Teams/Schools and 50 Girls Teams/Schools will be accepted on first cum first basis.
7. The competition will be held separately in Girls & Boys Category for "Team" & "Individual" Championships.
8. All members of the team shall wear same colour Uniform, preferably Cycling Shorts & T-Shirts.
9. **List of Asanas** - Surya Namaskar, Halasana, Gomukhasana, Padahastasana, Ekpadasirasana, Baddha Padmasana, Vir Bhadrasana, Chakrasana, Purna Dhanurasana, Matsyasana, Ushtrasana, Akarna Dhanurasana, Utthita Padmasana, Bakasana, Kukkutasana & Ardha Matsyendrasana.
10. The Organizing School shall appoint technically qualified & experienced officials for the Championship: Technical Secretary (01), Chief Judge (01), Judges (05), Scorers (02) & Time Keeper (01). The officials shall prepare the Score-Sheet for the Championship in advance.
11. For Team Championship entire Team shall be called together on the stage. The team shall perform compulsorily Surya Namaskar & 05 Asanas out of the remaining & to be selected by draw of lots. Every Performer on the stage shall be evaluated by a Judge separately. The total points scored by each Player shall be consolidated to decide the Team Championship.
12. The competition shall be conducted in 02 rounds namely preliminary round & final round.
13. After the preliminary round, the top 12 High Scoring Teams shall be selected for final round.
14. Individual Championship - 02 Players to be nominated by each Team participating in Nationals shall be eligible to take part in the Individual Championship. Each Player shall perform compulsorily Surya Namaskar & 05 Asanas out of the remaining & to be selected by draw of lots. Every Performer shall be evaluated by 03 Judges. The points given by the 03 Judges shall be consolidated to decide the Individual Championship.
15. Scoring - Each Asana shall carry 10 marks; (i) Way of performing the asanas (starting & returning - 02 marks) (ii) Perfection of posture - 04 marks (iii)

Exhibition of the posture – 02 marks & (iv) Fixed retention duration of the posture – 02 marks.

16. The Team/Individual may be given maximum 05 minutes to perform the Asanas.
17. All the Players while performing shall bear a Chest Number provided by the Organizing School.