

EXTRA-CURRICULAR ACTIVITIES PLATFORM

XTRNIA

- where activities becomes achievements -



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XTRNIA is India's premier extracurricular platform – a transformative space where school students from across the country connect, compete, and grow beyond the boundaries of the classroom.

At XTRNIA, learning takes on new life. Through exhilarating competitions, creative challenges, and collaborative events, students engage in experiences that awaken imagination, build confidence, and ignite a spirit of leadership and teamwork.

Right now, we're gearing up, for something truly EPIC: the Inter School Team Sports Competition across Bengaluru. We have chosen a game that is of strength and teamwork that ANYONE can play: The Tug-of-War!

TUG-OF-WAR



When is it happening?

27, January 2026.

Who can participate?

- Students from Class 1 to 12.
- Faculty members and school officials.

How will it happen?

- It's a school vs school, class vs class, teacher vs teacher battle, where boys and girls of the same class will team up to take on other schools.
- If a class from one school has more students than its competing class from another school, it must match the number of participants by selecting their best players.
- In schools with multiple sections for a particular class (e.g., Class 6A, 6B), an internal competition must be held first. The winning section will represent the school in the inter-school match.

Prize For Every Class & Teachers:

1st Prize: ₹20,000

2nd Prize: ₹15,000

3rd Prize: ₹10,000

But that's not all! If the student wins, the sports teacher wins too. For example, if a class wins 2nd place, they will be awarded ₹15,000, and their sports teacher will also receive an additional ₹15,000. Additionally, the school with the most wins will receive a special prize.

How to Participate?

- Fill the registration form.
- Registration Fee: Just ₹15 per student or faculty.
- As part of the mandatory registration process, each school must create and submit a video challenging other schools with us to be featured on our YouTube channel.

Where will it happen?

- Sports teachers will coordinate with other schools to perform the battle at a mutually agreed playground.
- Every competition video must be shared with us as proof to be featured on our YouTube channel for public viewing and judgement.

Additionally, the video that receives the most views on our YouTube channel will also win exciting prizes, matching the competition prizes: 1st Prize: ₹20,000; 2nd Prize: ₹15,000; and 3rd Prize: ₹10,000.

Instructions for videos:

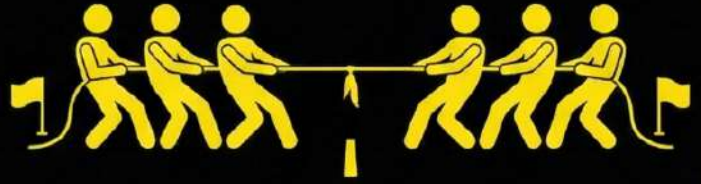
- Keep the video under 90 seconds in length.
- Ensure clear sound and high-quality visuals.
- The challenge video must have a minimum of 30 students.
- The competition video must be stable and clearly angled.
- Share the video with us.
- Once officially uploaded, share the videos to boost views.

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Tug-of-War Tournament Rules

OBJECTIVE

Two teams pull on opposite ends of a rope. The goal is to pull the other team's flag or line on the ground.



WHAT YOU NEED



1 long, strong rope



with a mark in the center



2 cones or marks on the ground
(about 4 meters from the center mark)



Whistle

HOW TO PLAY

1



Line up both teams, each holding
the rope evenly

2



When the whistle blows,
both teams pull!

3



A team wins when they pull the other
team past their cone/mark

4



Matches are usually played as best of 3
rounds. Switch sides after each round

DO'S AND DON'TS



DO'S

- Pull together as a team
- Keep both hands on the rope
- Stand on your feet



DON'TS



SAFETY TIPS

- ✓ Wear closed shoes (no sandals)
- ✓ No pushing or rough play



- ✗ No pushing or rough play



Listen to the referee or organizer at all times