

GUIDELINES & RULES

Interim constitution of family week events



FAMILY WEEK - 2022 **PHYSICS DEPARTMENT**

11th-16th September

Disclaimer

Organizing committee will have the highest authority to overrule any below mentioned rules and guidelines in case of any emergency(ies). Everyone must abide by the decision of the committee and decision makers(referees, arbiters etc) once they register.

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A. Introduction

The Physics Department of St. Xavier's College, with utmost pride and honor, announces the initiation of Family Week from 11th to 16th of September. The week-long event is celebrated every year by the whole department with great excitement and engagement.

The event commences at 9 AM on Sunday, 11 September, 2022. The entire physics department is expected to enter the venue, the Watrin Hall, by 8:50 AM. The opening ceremony will be followed by one or two sporting events on the same day.

***Note:** On the Weekdays, students are required to attend the class at regular time. The number of classes will be 2-4 per day throughout the week. Students and teachers will be notified in advance about the classes.*

B. Rules & Format

The Department of Physics including all staffs and students should abide by the following set of rules and regulations:

General Rules

- a. Every student from the physics department should participate in at least one of the events apart from the physics hunt.

P.S: Physics hunt is a compulsory event for all the students of the physics department.

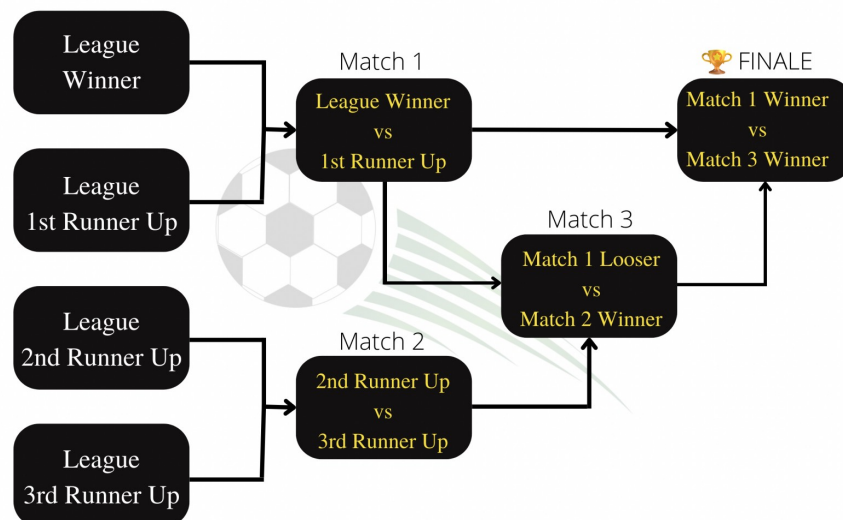
- b. Students should confirm their participation by filling the google form provided via their college email.
- c. Every student is required to attend the whole program throughout the week.

- d. Attendance is mandatory on every event day (from 11th to 16th September).
- e. Everyone must abide by the rules and norms of the college.

Game Rules & Format

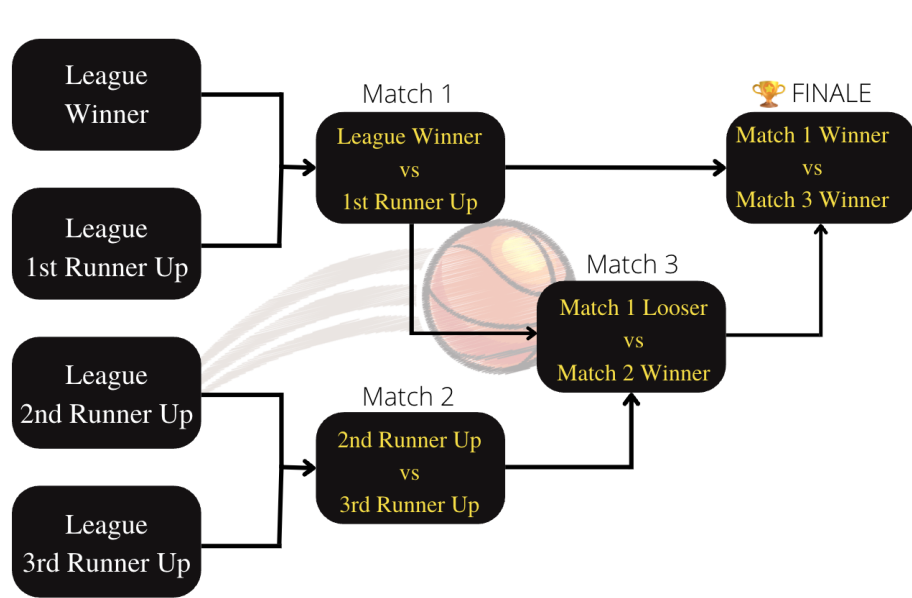
2.1 Futsal

- 5 players versus 5 players, one of which will be a Goalkeeper.
- No offsides or free-kicks. Starting the ball after any violation will be done from the sidelines.
- Goal kicks should not cross the midline and goal keepers are not allowed to throw the ball across the midline after a save.
- Goalkeepers are not allowed to receive the ball from the same team with their hands. (Exception: the passer is not using legs to pass the ball.)
- The competition will be in a league format if there are more than 4 teams. In the case of 4 teams, there will be a league+brackets system.
- Each team can have a maximum of 5 players on the field at once during the game. Substitutions can be made as many times as they wish within the game.



2.2 Basketball

- 5 players versus 5 players
- Starting the ball after any violation will be done from the sidelines.
- The competition will be in a league format if there are more than 4 teams. In the case of 4 teams, there will be a league+brackets system.
- Each team can have a maximum of 5 players on the field at once during the game. Substitutions can be made as many times as you wish within the game.
- For any violations, the referee's decisions will be the final decisions.



2.3 Collage

- Class-wise team for B.Sc.

- M.Sc can merge teams.
- You will be given all the supplies needed for the competition.
- Free theme most probably but might be provided to the participants on the competition

2.4 Table Tennis

Guidelines:

- Games are played to 11 points
- Alternate serves every two points.
- Toss the ball straight up when serving.
- The serves can land anywhere in singles.
- Doubles serves must go right court to right court.
- A serve that touches the net on the way over is a 'Let'.
- Alternate hittings in a double rally.
- Volleys are not allowed.
- If your hit bounces back over the net by itself it is your point.
- You may not touch the table with a non-paddle hand.
- An 'edge' ball bouncing off the horizontal table top surface is good.
- Referee's decisions aren't questionable.

2.5 Stand Up Comedy

Be the reason for all the giggles and laugh around, and be the best of all.

General Guidelines:

- It is an individual competition.
- Time limit is 8 to 10 minutes.
- Participants will be judged on the basis of content, fluency, spontaneity, presentation and sense of humor.

- No participant can point out any individual or religion in any way, and any dual meaning obscene content is strictly not allowed.
- Negative marking for exceeding time limit.
- Decision of the judges will be final and binding.

2.6 Spoon Race

- The competition will be held multiple times by randomly making the group among the participants. For example, if there are 20 participants, 2 groups of 10 people will be formed randomly. Then, 10 people will compete first and the first 5 will go to the next round and so on.
- Each person with the spoon and marble in their mouth will have to carry it to the designated spot and back to the beginning line.
- The participant should rotate about themselves (one time) midway between the starting line and destination line.
- If the player drops the marble along the way, he or she must return to the beginning line and begin again.

2.7 Badminton

- Each individual or team will compete against randomly selected opponents on a knock out basis.
- A match goes up to 21 points.
- Every time there is a serve, one point is scored.
- If the score is 20-20, the individual or team must win by at least 2 points.
- In terms of serving, at the beginning of the game when the score is 0-0 or if the server's score is even, they will serve from the right service court. However, if the server's score is odd, they will serve from the left service court.

- The rally is over once the cock contacts the floor, does not return over the net or lands outside the court lines.
- Referee's decisions aren't questionable.

2.8 Skipping

- Each individual will be given 5 minutes to skip.
- One able to complete a clear valid skip, the highest number of times in the allocated time will win the competition.
- The participant will have 2 lives within 5 minutes to continue their skipping.

2.9 Chess

- Individuals will compete against the randomly selected opponent on a knock out basis.
- Known existing rules of chess are meant to be followed.
- In case of disagreements regarding moves or any other conduct, the decision made by the arbiter will be respected.

2.10 Dancing

- Both solo and group events will be conducted. You can merge the team with anyone from the physics department.
- Costumes should be managed by the participants themselves.
- The song and dance should not violate the standard norms and regulations of college.
- Participants should provide their song (in .mp3 format) to the organizing committee in advance.

2.11 Singing and music

- Both solo and group events will be conducted. You can merge the team with anyone from the physics department.
- Musical instruments are not provided and tracks(if applicable) should be given to the volunteers and organizers in mp3 format.
- The song and lyrics should not violate the standard norms and regulations of college.

2.12 Painting

- Solo event
- Free theme
- Paints are provided however brushes should be managed by the participants.

2.13 Debate

- World School Debate Competition (WSDC) format will be followed.
- 3 members in each team.
- An orientation session will be held before the competition.
- You may check the information from these sites:
 - https://www.youtube.com/watch?v=_44DUadtPjo
 - https://www.youtube.com/watch?v=JTCETd_DGI
 - [The WSDC Format](#)
- Language: English and Nepali

2.14 Physics Hunt

- Participation is mandatory for all the students.
- Group event
- Volunteers can not participate.

C. Remarks

We express our best wishes to everyone for the competitions and look forward to seeing active participation. Family Week shall be celebrated with utmost enthusiasm and engagement by everyone from the department. *Happy Family Week! Happy Physics!*
