

IIT Ropar's

AAROHAN'20

RULEBOOK



AAROHAN

SPORTS FEST, IIT ROPAR

Athletics

- The competition shall be conducted under the International Association of Athletics Federations Rules as on 31/01/2020.
- Only two participants from an institute/college can participate in an event.
- For any change, if any, should be intimated thirty minutes before the first call for that event is given. Thereafter no changes will be entertained.
- An athlete can participate in a maximum of three events excluding relay.
- The corresponding points for an event in Aarohan Athletics Championship will be as follows:

1st Position: 5 points

2nd Position: 3 points

3rd Position: 2 points

4th Position: 1 point.

- Athletics Championship trophy will be awarded to the team scoring maximum points.
- In case of a tie for an individual event for positions and Athletics Championship, the tie will be resolved as per International Association of Athletics Federations rules



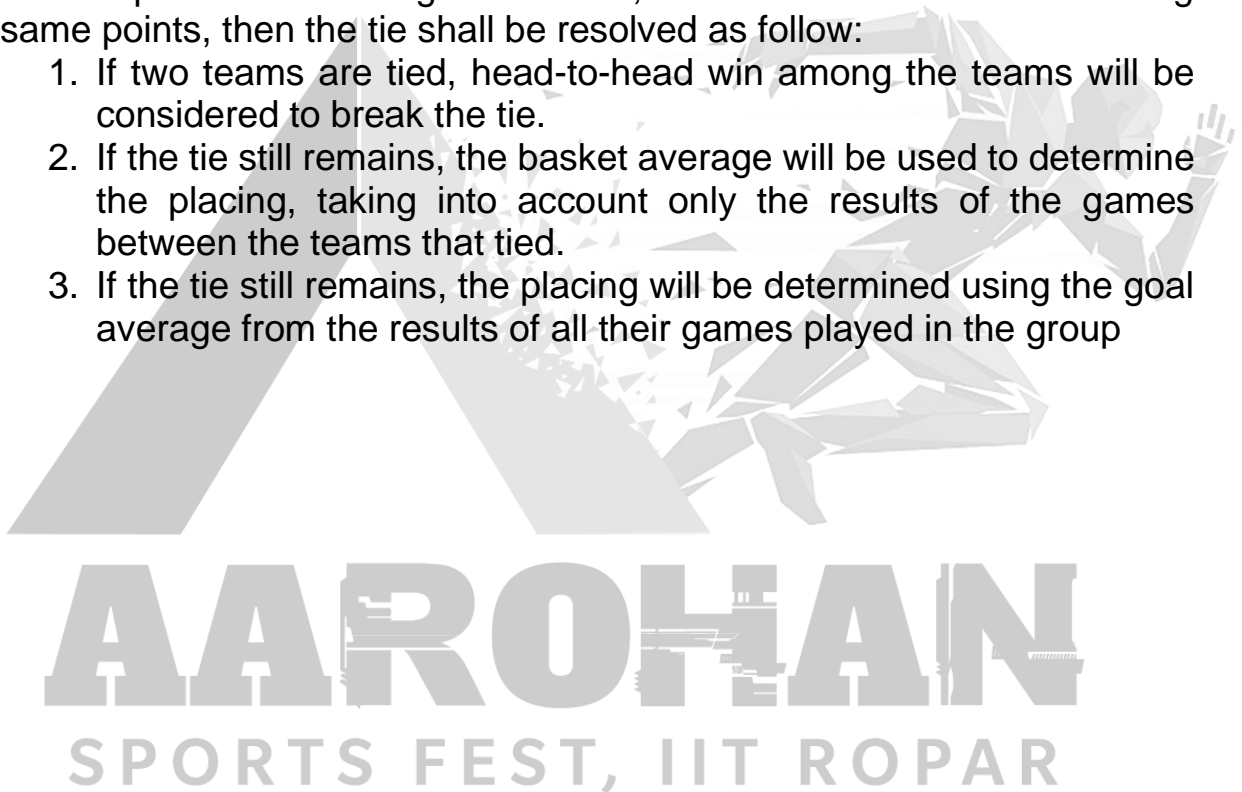
Badminton

- The competition shall be conducted under the International Badminton Federation rules as on 31/01/2020 adopted by the Badminton Association of India will be followed.
- For Boys:
 1. The tie shall be decided by the combined result of 3 singles and 2 doubles.
 2. Result of a tie, however, can be declared when either of the competing teams win 3 matches.
 3. Result of best of three sets (each set of 21 points).
 4. The order of events shall be as follows:
First Singles-Second Singles-First Doubles-Third Singles-Second Doubles
 5. A maximum of 5 players can represent a team.
- For Girls:
 1. The tie shall be decided by the combined result of 2 singles and 1 double.
 2. Result of a tie, however can be declared when either of the competing teams win 2 matches.
 3. The order of events shall be as follows:
First Singles-Doubles-Second Singles
 4. A maximum of 3 players can represent a team.
- Tie will be resolved by successively applying the following criteria:
 1. Individual matches won/individual matches lost.
 2. Games won by the team/games lost by the team.
 3. Points for/Points against.
 4. The tally for all the matches played in the league fixture will be considered.

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Basketball

- The tournament will be conducted according to the International Basketball Federation Rules as on 31/01/2020 adopted by the Indian Basketball Federation will be followed.
- The number of players representing any team will not be more than 12 and not more than 12 certificates be awarded to a team.
- During matches if the score is same after the end of the scheduled time, Basketball Federation Rules will be applied, i.e. the game shall continue with as many extra periods of 5 minutes as is necessary to break the tie.
- On completion of the league matches, if two or more teams are having same points, then the tie shall be resolved as follow:
 1. If two teams are tied, head-to-head win among the teams will be considered to break the tie.
 2. If the tie still remains, the basket average will be used to determine the placing, taking into account only the results of the games between the teams that tied.
 3. If the tie still remains, the placing will be determined using the goal average from the results of all their games played in the group



Chess

- The tournament will be conducted as per FIDE rules of chess.
- It is a team event and each team can have a max. of 6 players. Out of which 4 will play and remaining will be substitutes.
- It's a mixed event, so there can be any number of boys or girls in the team.
- Before the start of every round the captain has to give the board order.
- Time control will be 45 minutes + 10 seconds increment.
- If there is a tie in deciding the position of teams then a tie breaker will be played between two best players (one from each team) chosen by the teams.
- There will be a captain meet before the tournament starts. Any issues or confusion regarding the rules will be resolved in captains meet.
- Final decision in any case resides with the organisers.
- Use of electronic devices is not allowed during the match. It may result in a defeat for the player found guilty.



Cricket

- Matches shall be played according to the ICC rules in force, as on 31/01/2020 adopted by the Board of Control for Cricket in India will be followed.
- All the matches will be conducted on knock out basis and each side is allowed to complete a maximum of 15 overs or unless the opposing team is dismissed earlier. The final and the semi-finals will be of 20 overs.
- Each bowler can bowl a maximum of 3 overs in league matches and 4 overs in finals and semi-finals.
- The bowling team is given 80 minutes to complete its quota of 15 overs. The penalty for every short over will be decided by the all captains prior to the meet.
- If there is a tie, the team having the better run rate shall be considered for deciding placing.
- The umpires are empowered to rearrange the number of overs by each side in the event of a delayed start or if play is suspended.
- Each team shall submit a list of players not exceeding fifteen who may participate in the tournament. Not more than 15 certificates shall be awarded to a team.
- A team will be awarded 2 points for a win, 1 for draw, and zero for a lost match.
- Rules regarding the postponement of cricket match due to rain:
 1. When rain affects play during the innings of the first team itself, the match will be continued, from where it has been discontinued. The umpires will decide whether the ground is fit for play or not.
 2. When rain affects the play during the innings of the second team batting and if the team batting second has not yet batted for half the number of overs, the match will be manned as in (1).
 3. If the team batting second has batted for more than half the overs and if further play is not possible on the same day, the winner is decided to be the team with better scoring rate at the particular point where and when the second team stopped batting.

Football

- Matches shall be played according to the rules of FIFA as on 31/01/2020 adopted by the All India Football Federation will be followed.
- The duration of each match shall be 60 minutes (30-10-30). During the league stage, after the expiry of play-time, if the tie still persists, the points shall be shared equally.
- Every team should submit a list of players, not exceeding 16, who may participate in the tournament. Not more than 16 certificates shall be awarded to a team.
- No extra time will be given in knockout stage of football matches even if the match is drawn. There will be direct penalty shootout to decide the winner.
- The yellow cards given during the league stages would not be counted in knock out stages.
- A team will be awarded 3 points for a win, 1 for draw, and zero for a lost match.
- In case of tie, goal differences (i.e. Goals FOR minus Goals AGAINST) of all the matches played by the team shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament shall be considered: If tie still persists, number of goals 'AGAINST' throughout the tournament shall be considered. If tie still persists then head to head matches will be considered.

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Hockey

- Matches shall be played according to the rules of the FIH as adopted from time to time by the Indian Hockey Federation unless otherwise modified.
- b) The duration of each match shall be 60 minutes (15-2-15-5-15-2-15). The matches shall be played on league cum knock out basis. During league stage, after the expiry of playtime, if tie still persists, the points will be shared equally.
- Every IIT shall submit a list of players, not exceeding 16, who may participate in the tournament. Not more than 16 certificates shall be awarded to a team.
- No extra time will be given in knockout stage of hockey matches even if the match is drawn. There will be no penalty shootout; only 8 second rule will be followed to decide the winner.
- In the 8 second rule, 5 chances shall be given to each team to score a goal starting from the 25-yard line within a span of 8 seconds. If a tie still exists after the given five chances, then there will be sudden death.
- The yellow cards given during the league stages would not be counted in knock out stages.
- A team will be awarded 3 points for a win, 1 for draw, and zero for a lost match.
- In case of a tie according to the points, goal differences, (i.e. Goals 'FOR' minus Goals 'AGAINST') of all the matches played by the team in tie shall be considered. If the tie still persists, the number of goals 'FOR' throughout the tournament will be considered. If still the tie persists, numbers of goals 'AGAINST' throughout the tournament will be considered.

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Table Tennis

- The rules of the tournament of the International Table Tennis Federation as on 31/01/2020 adopted by Table Tennis Federation will be followed.
- Men's Matches will be held on the basis of five singles.
- Women's Matches will consist of two singles and one doubles.
- For Men: The order of play shall be as follows:
Three players on one side are numbered A, B and C and the three players on the other side are numbered X, Y and Z. Order of play shall be:

- A vs X
- B vs Y
- C vs Z
- A vs Y
- B vs X

Both the teams shall submit the names of the players playing the respective matches prior to the game.

- For Women: The order of play shall be as follows:
First match conducted will be singles (best of five) followed by a doubles and then the third match which shall be again singles.
Both the teams shall submit the names of the players playing the respective matches prior to the game.
- Men: The result of the tie shall be declared when either of the team wins three matches. The number of players representing any team shall not be less than three or more than four. Only four certificates shall be awarded to a winning team.
- Women: The number of players representing any team shall not be less than two or more than three. Only three certificates shall be awarded to a winning team.
- Each single shall be played on best of five games basis with each game of 11 points.
- Tie will be resolved by successfully applying the following criteria:
 1. Games won by the Team/Games lost by the team
 2. Individual Matches Won/Individual Matches Lost (doubles will also be considered in women's).
 3. Points for/Points against
- The score standings, when the match is decided, shall be considered for the calculations indicated above. The tally for all matches played among the tied teams in the league fixture will be considered.

Tennis

- The rules of the International Tennis Federation as on 31/01/2020 adopted by the All India Lawn Tennis Association will be followed.
- The match will be played on the following sequence first singles, doubles and second singles. The two singles players on one side are named A & B and two singles players on the other side are named X & Y.
- The order of play shall be
1st Match: A vs X
2nd Match: Doubles Match
3rd Match: B vs Y
- Players playing at A, B, X and Y will be submitted by the captain before the start of the match.
- To win, a team has to win 2 out of three matches, if a team wins first 2 matches then the third match won't be played and the result will be declared.
- Each match will be of only one set.
- Tie will be resolved by successfully applying the following criteria.
- Individual games won/Individual games lost.
- The score standings, when the match is decided, shall be considered for the calculations indicated above.
- The number of players representing a team shall not be less than two and not more than four. Not more than four certificates will be awarded to a team.

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Volleyball

- The rules of the International Volleyball Federation [FIVB] as on 31/01/2020 adopted by the Volleyball Federation of India (VFI) will be followed.
- Every team shall submit a list of players, not exceeding 12.
- The tournament shall be played on league basis. All the matches shall be played on the best of 3 sets.
- The following points system will be followed for the matches played on league basis.

- Match won: 3 points
- Match lost: 0 point
- Technical forfeit: 1 point

- Any team refusing to play a match without proper justification will be eliminated from the competition and the results of the matches already played will be cancelled.
- In case of teams having equal points, the following equation will determine the ranking.

EXAMPLE: $C = A/B$

	Team P	Team Q
A-Total number of sets won:	11	9
B-Total number of sets lost:	4	3

C-Ratio of sets is $11/4=2.75$ $9/3 = 3.0$

Team Q is having highest ratio = 3.0

The team with higher ratio "C" will be ranked higher.

- If the tie still remains, then the following system will be applied:

	Team P	Team Q
A-Total number of winning points:	120	90
B-Total number of lost points:	90	125

$Z = A/B$ $120/90=1.33$ $90/125=0.72$

The team with higher ratio "Z" will be ranked higher.

- If the tie still remains then the following procedure will be adopted:
Two teams involved: precedence will be given to the team winning that match, in which they played against each other. In no circumstances extra match will be played to determine which team ranked higher. The tally of all matches played in the league fixture will be considered.

Powerlifting

- Powerlifting competition will take place in these categories:
Men-squat, bench press, and deadlift:
 - Up to 59 kg
 - Up to 66 kg
 - Up to 74 kg
 - Up to 83 kg
 - Over 93 kg
 - Up to 105 kg
 - Up to 120 kg
 - Over 120 kgWomen-deadlift only:
 - Up to 47 kg
 - Up to 52 kg
 - Up to 57 kg
 - Up to 63 kg
 - Over 72 kg
 - Up to 84 kg
 - Over 84 kg
- Each college can send in max of two entries for each category.
- A minimum of 4 or more participants will participate in a category; otherwise AAROHAN reserves the right to cancel the event.
- The progression after every successful attempt for the same weightlifter must be a minimum of 1 Kg.
- The competition shall be conducted under the International Powerlifting Federation Rules as adopted from time to time by the Indian Powerlifting Federation, unless otherwise modified.
- Each college will be submitting a complete team list (2 participants) of participants with the weight category in which they will be participating before the weighing in on the first day, irrespective of whether the competition for that weight category is being held on that day or not.
- Participants(men) will be supposed to perform three lifts: squat, bench press, and deadlift. Each participant will be given 3 attempts for each lift. Max of these 3 attempts for each of the 3 lifts will be added. The positions will be decided on this basis. Participants(women) will be supposed to perform one lift: deadlift only. Each participant will be given 3 attempts for each lift. Max of these 3 attempts for each of the lift will be added. The positions will be decided on this basis.

