



Council's National School Sports & Games



The Council has a firm belief on the holistic development of the child, in body, mind and spirit. Though academics and examinations are its prime concern, the Council endorses the importance and significance of sports and games in a child's life.

The Council has therefore embarked on a mission to conduct the Council National School Sports & Games annually to identify talents at the school level and provide these children an opportunity to develop and reach their full potential. This is also in keeping with the Government's initiative of identifying sporting talent among children at the school level and developing Sports Schools through the Khelo India School Games and the Khelo India Scheme respectively.

The Council aims to provide a suitable platform for all children studying in Council affiliated schools to showcase their talents and skills in various sporting disciplines. Once identified, the next step is to play on a bigger stage and represent the Council at the Annual National School Games conducted by the School Games Federation of India (SGFI) and thereafter at the Khelo India School Games.

For the smooth conduct of the Council's National School Sports & Games, the Council has compiled a set of rules and regulations. These are meant to guide those at the ground level to conduct and supervise various games in an impartial and fair manner. The handbook containing the rules and regulations have been framed to incorporate those of the Sports Authority of India (SAI) and to modify it to suit the local conditions where the games are to be held.

Aim: To create a sense of unity, integrity, honesty, fraternity, friendship and a true competitive spirit among the students of the regional schools of the Council for the Indian Schools Certificate Examination now hence forth referred to as (CISCE).

Objective:

- To inculcate in young minds the spirit of healthy competition while exhibiting their talents and potential.
- To help students develop an all-round personality and bring out the best in them to pave a bright future associated with sports and games activities.

Means:

Providing a platform for various sports and games to be conducted annually, thus facilitating a healthy mental, physical and psychological exposure.

RULES AND REGULATIONS:

CISCE has framed this set of rules and regulations by incorporating the existing rules and regulations of various Sports and Games Federations of India. These are essential to conduct the National events smoothly and successfully. They should be strictly adhered to by the host regions of the National events and the participants.

A. Categories: There shall be four categories –
i) Junior Boys ii) Junior Girls iii) Senior Boys iv) Senior Girls

B. Eligibility:

a) Age & Status

- (i) **Juniors** (Under 17): Girls and boys born on or after 01/01/2002 and studying in class 12th or below but not below 6th standard.
- (ii) **Seniors** (Under 19): Girls and boys born on or after 01/01/2000 and studying in class 12th or below but not below 6th standard.

b) Membership: Participants must be bonafide CISCE students.

c) Documents for verification:

- (i) A Photo affixed school ID card showing the Date of Birth (DOB) and the class of study duly certified by the Head of School/Principal.
- (ii) Participant's Aadhaar Card with a photocopy.
- (iii) The eligibility forms duly completed, certified and forwarded by the Regional Coordinator.
- (iv) Mark-sheet of the previous class attended duly attested by the Head of School.
- (v) Birth certificate issued by the competent authority of the State/Central Government.

d) A player of the junior category may compete in the senior category under the following conditions:

- (i) Such players will not be permitted to participate in two categories of the same discipline.
- (ii) Such players may be permitted to participate in one discipline in one category and in another discipline in another category.

C. General Rules and Guidelines:

- (i) The final entries for each event must reach the host school 7 days in advance.
- (ii) Intimation regarding participation must reach the host school 15 days in advance.
- (iii) The participants / teams must report and depart as per the schedule of the events. The travel details must be informed to the host school well in advance for making suitable arrangements. Early arrivals or delayed departures must be avoided as they shall not be the responsibility of the host school.
- (iv) Parents of participants are not allowed as escorting officials; neither will they be permitted to enter the venue except in the capacity of a spectator.
- (v) Only those escorts approved by the Regional Coordinator will be permitted to act on behalf of the participants.
- (vi) Any escorts other than the managers and coaches approved by CISCE, will not be catered to by the host school.
- (vii) The schedule and venues of the sports and games events shall be the prerogative of the Executive Committee of CISCE.
- (viii) Only the Executive Committee of the CISCE has the authority to amend, modify, change, annul or interpret the rules, regulations and guidelines stated in this "Hand Book" of the National Events.
- (ix) The decision of the officials / judges / referees / umpires is final and will be binding on participants.
- (x) The Code of conduct must be strictly complied by all officials accompanying students.
- (xi) In case of disputes / misconduct, the team players are liable to be debarred / suspended from all future events.

D. General rules for Sports events:

- 1) Sports events will be conducted as per the rules and regulations of the various Sports Federations / Associations in the country. However, in case of an eventuality, rules may be adapted as per the local needs and situations with the approval of the Sports Committee of the CISCE.
- 2) The Team Manager/Incharge should be present at the meeting of the managers.
- 3) Fixtures will be finalized at the managers' meeting.
- 4) The teams with managers and coaches must report to the officials thirty minutes before the schedule of the matches.
- 5) The team that does not report on time will be disqualified. Post 20 minutes of waiting from the scheduled time, the opponent will get a 'walk - over'.
- 6) The managers and coaches must ensure the discipline of their respective teams for the smooth conduct of the games / events.
- 7) All participating teams should have their own proper colour (dress code), as specified by the CISCE and the kit/ equipment as per the requirement of the game in question.
- 8) Each member of the team will be compulsorily verified, and their eligibility approved by the officials prior to the commencement of the event.
- 9) The CISCE, in consultation with the Regional Coordinator and the Host School, shall constitute an Organizing Committee for each event to be conducted.
- 10) The Regional Coordinator and the Host School shall form a team of well qualified officials for the conduct of the events in question. Any incompetent official, if found, shall be replaced forthwith.
- 11) There shall be a three-member Jury of Appeal consisting of a CISCE officer and two persons of knowledge and expertise from the place of the event.
- 12) The Jury of Appeal will deal with all matters of disputes and settle them amicably in all fairness and justice within a given time. The decision shall be final and binding on all concerned.
- 13) All matters of dispute must be filed in writing endorsed by the manager and the coach with a fee of ₹1000/- within 10 minutes of the announcement of the result of the event in question. If the appeal is upheld the deposit will be refunded; if not, the total amount will be forfeited. Participants are not permitted to appeal to the jury directly.
- 14) The manager or the coach must form part of the contingent at the opening and closing ceremonies of the events with their respective regional flags.
- 15) During the duration of the event/ match, the Manager should ensure the required discipline of his / her team as directed by the officials.
- 16) Overall Championship will be decided, considering the total number of points scored by the participants. The same will apply to decide the team championships in each category.
- 17) In case of a 'tie' in deciding the championship, the same will be awarded by considering the number of Golds scored by the tied regions; if it remains inconclusive, then the Silvers scored will be considered and so on.
- 18) All participants should be prepared for any eventuality during the events such as injury, postponement, change in schedule, collision in schedule, bad weather etc. for which appropriate measures must be taken in advance.

- 19) No participant is to be absent from the venue even if his/her event is not scheduled. Changes will be notified only through the P/A system. No protest will be accepted for missing an event due to unforeseen situations.
- 20) Teams must adhere to the daily time table for meals, rest, practice sessions etc. without fail.
- 21) Any shopping, sightseeing etc. will be the sole responsibility of the team escorts only.
- 22) Team Escorts will consist of:
 - i. Team Manager – 1
 - ii. One coach each for each category.
 - iii. Any other escorts other than the above mentioned will be charged separately as per the rates decided by the Organizing Committee.
- 23) All the games / matches will be conducted on a “league cum knockout” format. The rules may be adjusted to facilitate the league rounds but not the semi-finals and finals.

E. Points Table

Gold Medal	-	1 st Position – five points.
Silver Medal	-	2 nd Position – three points.
Bronze Medal	-	3 rd Position – one point.

Note: In case of a ‘tie’ for any position the points of that position alone will be equally shared among the ‘tied’ participants.

F. Awards & Certificates

- a) Gold, Silver and Bronze medals will be awarded for the First, Second and Third positions respectively.
- b) Merit Certificate for the winners and participation certificates will be awarded for the rest. Both merit and participation certificates will not be awarded to the same participant.
- c) While preparing the certificates, details mentioned in the Eligibility Form will be treated as final.

G. Individual & Team Championships

- 1) Athletics :
 - i. Best athletes in all categories (4)
 - ii. Championships in all categories (4)
 - iii. Overall Championship (1)
- 2) Badminton : Team Championships in all four categories (4)
- 3) Basketball : Team Championships in all four categories (4)
- 4) Carrom : Team Championships in all four categories (4)
- 5) Chess : Team Championships in all four categories (4)
- 6) Cricket : Team Championships in two categories (Boys)(2)
- 7) Football : Team Championships in two categories (Boys)(2)
- 8) Hockey : Team Championships in two categories (Boys)(2)

- 9) Kabaddi : Team Championships in two categories (Boys)(2)
- 10) Karate : Team Championships in all four categories (4)
- 11) Kho-Kho : Team Championships in two categories (Girls)(2)
- 12) Lawn Tennis : Team Championships in all four categories (4)
- 13) Skating : Team Championships in all four categories (4)
- 14) Swimming :
 - i. Best swimmers in all categories (4)
 - ii. Championships in all categories (4)
 - iii. Overall Championship (1)
- 15) Table Tennis : Team Championships in all four categories (4)
- 16) Taekwondo : Team Championships in all four categories (4)
- 17) Throwball : Team Championships in two categories (Girls)(2)
- 18) Volleyball : Team Championships in all four categories (4)
- 19) Yoga : Team Championships in all four categories (4)

H Sports Events and their specific rules.

1. ATHLETICS (for all categories)

- a) Only two participants in each event will be permitted to participate from a region in each category.
- b) One competitor can participate in **three** events only, excluding the relay.
- c) Events for the National Athletic Meet 2018:
 - (i) Track events for boys :100 mtrs, 200 mtrs, 400 mtrs, 800 mtrs, 1500 mtrs, 110 mtrs Hurdles, 5 km walk & 4 x 100 mtrs Relay. (Note: 110 Mtrs hurdles is only for senior boys; Junior boys will have only 100 mtrs hurdles.)
 - (ii) Field events for boys: Long Jump, High Jump, Triple Jump, Shotput, Discus Throw & Javelin Throw.
 - (iii) Track events for girls: 100 mtrs, 200 mtrs, 400 mtrs, 800 mtrs, 100 mtrs Hurdles, 3 km walk & 4 x 100 mtrs Relay.
 - (iv) Field events for girls: Long Jump, High Jump, Triple Jump, Shotput, Discus Throw & Javelin Throw.
- d) Throws:

Categories	Shot Put	Discus Throw	Javelin Throw
Junior Girls	4 Kg	1 Kg	600 gm
Senior Girls	4 Kg	1 Kg	600 gm
Junior Boys	5 Kg	1.5 Kg	700 gm
Senior Boys	5 Kg	1.5 Kg	800 gm

e) Hurdles:

Distance	Category	Height of Hurdles	No. of Flights	First Hurdle from the starting point	Other Hurdles' Distance	Distance from the last Hurdle to the finish.
100 mts.	Jr. Girls	0.840 m	10	13 m	8.50 m	10.50 m
100 mts.	Sr. Girls	0.840 m	10	13 m	8.50 m	10.50 m
100 mts.	Jr. Boys	0.840 m	10	13 m	8.50 m	10.50 m
110 mts.	Sr. Boys	0.99 m	10	13.72 m	9.14 m	14.2 m

f) Jumps :

Category	Take off for Tripple Jump	Take off for Long Jump
Boys	9 m	1 m
Girls	8 m	1 m

- g) All participants will be provided with two sets of chest numbers to be worn visibly on his/her chest and back. The size of the numbers shall not exceed 150 mm x 25 mm.
- h) The participants should report to the Reporting booth at the first call. After the third call, no participant will be permitted to participate in that event. In case a participant is unable to report to the reporting booth for a valid reason, he/she should obtain prior permission from the officials through the manager/coach.
- i) The Referee and the officials in charge of conducting the events should brief the participants before the commencement of each event regarding the track or lane rules, changing the track, pushing or tripping the competitors which will eventually lead to disqualification from a particular event or events.
- j) Some of the events require heats to select the participants for the finals. The timing, and not the position at the heats, will decide the qualifiers for the finals.
- k) The track umpires are assistants to the referee, without the power of decision.
- l) During the 4x100 Relay, the baton must be carried in hand throughout the race. In case the baton is dropped, it should be picked up. The race will be invalid for a participant who finishes the race without the baton.
- m) The baton shall be made of wood or light metal, which shall not be more than 300 mm and not less than 280 mm long; the thickness shall be 120 m and with a weight less than 50 gram. The baton shall be coloured, so that its visibility is noticeable easily during the race. The referee can disapprove of any baton if it is not made according to the specifications.

- n) All regional teams are required to be in their proper uniform / tracksuits and carry their sports kits. The participants can use spikes and starters (optional). No participant will be allowed to run bare foot.
- o) Officials:

1	Field Director	11	Announcers
2	Field Marshal	12	Funnel Steward
3	Referee	13	Result Recorder
4	Medical Officer	14	Time Keepers
5	Track Judges	15	Final Controller
6	Judge's Steward	16	Final Judge & Recorder
7	Time Keeper	17	Technical Manager
8	Competitors' Steward	18	Press Steward
9	Starter	19	Event Store - Keeper
10	Umpires & Scorers	20	Jury of Appeal

2. BADMINTON (For Jr. Boys, Jr. Girls, Sr. Boys , Sr. Girls)

- The game will be conducted as per the rules and regulations of the AIBA (All India Badminton Association). However, rules may be changed according to the local needs and situations.
- Two Singles and one Doubles will be conducted for each category.
- One player cannot play both the games, i.e. Singles and Doubles.
- Each team will consist of a minimum of three and a maximum of five members.
- Each participant must strictly observe the dress code and colour as per the respective regions. T-shirt with collar, shorts, badminton skirt for girls, non-marking badminton shoes, personal badminton racquets etc. must be taken care of.
- All participating players should be ready to play in flood lights, if required.
- The competition is between teams and not individual players.
- The format of matches: One Singles followed by Doubles and then Singles, if required.
- The winning team will be decided based on "best of three" games.

3. BASKETBALL (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls)

- The game will be conducted according to the rules of BFI (Basketball Federation of India). However, rules may be changed according to the local needs and situations.
- The entire team will consist of 12 players.
- The team must carry a standard prescribed size of basketball while reporting for the match.
- Each team must strictly follow the regional colour and the dress code.

4 CARROM (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls)

The game will be conducted as per the rules and regulations of the AICF (All India Carrom Federation). However, rules may be changed according to the local needs and situations.

- a. Each team will consist of a minimum of three and a maximum of five players.
- b. Singles and Doubles will be played in all categories. One Player cannot play both the games i.e. Singles as well as Doubles.
- c. Format: One singles followed by doubles and singles if need be.
- d. Each participant must strictly follow the full-dress code.
- e. All the games will be played on a league cum-knock out basis.
- f. The Chief Referee has the right to change the game plan as and when required.

5. CHESS (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls)

The event will be conducted as per the rules and regulations of AICF (All India Chess Federation). However, the rules may be changed according to the local needs and situations.

- a. The team will consist of 5 members in each category.
- b. Each participant must strictly follow the full dress code.
- c. The Chief Referee has the right to change the game plan as and when required.

6. T20 CRICKET (For Junior & Senior Boys)

- a. Matches will be conducted as per the rules and regulations of the BCCI (Board of Control for Cricket in India). However, the rules may be changed according to the Local needs and situations.
- b. All matches will be played in the T – 20 format.
- c. Each participant must strictly follow the dress code as per the Regional colour.
- d. The total team will consist of 16 members inclusive of the wicket keeper.
- e. Matches may be played in day-night schedule, if required.
- f. Only the match balls will be supplied by the Host. Personal kit for the matches will be brought by the respective teams/players.
- g. In the league round, matches may be played of 12 overs a side; Semi-finals and finals will be of 20 overs a side.
- h. There shall be one team each in each category.

7. FOOTBALL (For Jr. Boys, Sr. Boys)

- a. Matches will be conducted as per the rules and regulations of AIFF (All India Football Federation). However, the rules may be changed according to the local needs and situations.
- b. Total team will consist of 16 players, inclusive of the goal keeper.

- c. Each team must strictly follow the dress code and colour as per the respective regions. Team jersey, shorts, shin guards with socks and studded boots make up the kit. Only Goal keeper is permitted to wear gloves.
- d. The duration of the match officially is 90 minutes; divided into two 45 minutes halves with an interval of 5 minutes. If required 30 minutes extra time will be given; 15 minutes of two halves.
- e. Each team must carry a standard prescribed size football while reporting for the match.
- f. There shall be one team in each category.

8. HOCKEY (For Junior & Senior Boys)

- a. The game will be conducted as per the rules and regulations of the IHF (Indian Hockey Federation). However, the rules may be changed according to the local needs and situations.
- b. The duration of the match officially lasts for 70 minutes; two halves of 35 minutes each with an interval of 5 minutes. Extra time will be given – 15 minutes of two halves each, if required.
- c. The total team will consist of 16 players, inclusive of the goal keeper.
- d. Each team must adhere to the dress code and the proper kit.
- e. There will be one team each in each category.

9. KABADDI (For Junior & Senior Boys):

The game will be conducted as per the rules and regulations of the AKFI (Amateur Kabaddi Federation of India). However, the rules may be changed according to the local needs and situations.

- a. Each team shall consist of not more than 12 players with only 7 taking to the field at any given time of participation.
- b. Each participant must strictly follow the full dress code.
- c. The game in the second half will resume with the same number of players, as they were at the end of the first half.
- d. Each game will be of
For Boys: 40 minutes divided in two halves of 20 minutes each with a break of 5 minutes in between two halves.
- e. Weight category: Below 57 Kg for Under 17 Boys and below 65 Kg for Under 19 boys.

10 KARATE (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls):

The Championships will be contested on the basis of the Karate Association of India (KAI) Contest Rules & Regulations and the Sporting Code and amendments made there to by the JFI from time to time.

- a. Each boys' team will consist of 13 contestants and girls' team will consist of 11 contestants.
- b. Entries by name will be submitted in duplicate in the enclosed form during accreditation.

- c. No change or re-arrangement of contestants will be allowed after the entries are submitted. A contestant who is unable to qualify at any stage will be disqualified and no other contestant can be substituted in his/her place.
- d. A contestant must fit exactly into his/her weight category and cannot contest in a higher or lower weight category. Each contestant shall be permitted on the scale only once during the official weigh-in. If the contestant's weight is above or below the prescribed limits of that particular weight category, he/she shall be disqualified.
- e. No permission will be granted to contest if a contestant is found to be, above or below the stated weight category.
- f. Weight-in shall be conducted on the same day on which matches in that category will be scheduled.
- g. All matches will be of 3(three) minutes duration.
- h. Any contestant and/or officials who by work, action or deed disturb and/or interrupts the smooth and normal conduct of the Championships will be liable for IMMEDIATE disqualification.

Weight Categories for under 17 Boys – 35 kg, 35-40 kg, 40-45 kg, 45-50 kg, 50-55 kg, 55-60 kg, 60-65 kg, 65-70 kg, +70 kg.

Weight Categories for under 19 Boys – 45 kg, 45-50 kg, 50-55 kg, 55-60 kg, 60-65 kg, 65-70 kg, +70 kg.

Weight Categories for under 17 Girls – 32 kg, 32-36 kg, 36-40 kg, 40-44 kg, 44-48 kg, 48-52 kg, 52-56 kg, 56-60 kg, +60 kg.

Weight Categories for under 19 Girls – 40 kg, 40-44 kg, 44 kg – 48 kg, 48-52 kg, 52-56 kg, 56-60 kg, +68 kg.

Weight - in :

Trial	Weight:	Every day:	6 am to 7 am
Final	Weight:	Every day:	7 am to 8 am

11 KHO-KHO (For Junior & Senior Girls) : The game will be conducted as per the rules and regulations of the KKF (Kho-Kho Federation of India). However, rules may be changed according to the local needs and situations.

- a. Each team will consist of 12 players.
- b. Each participant must strictly follow the full-dress code.
- c. All games will be played on a league cum-knock out basis. The Chief Referee has the right to change the game plan as and when require.
- d. An innings will be of 9 minutes' duration. Each match will consist of 2 innings for each team.

12. LAWN TENNIS (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls)

- a. The game will be conducted as per the rules and regulations of the AITF (All India Tennis Federation). However, rules may be changed according to the Local needs and situations.

- b. Two Singles and one Doubles will be conducted for each category.
- c. Each team will consist of minimum three and maximum of five members in each category.
- d. One player cannot play both the games, i.e. Singles and Doubles.
- e. Every participant must follow the dress code, colour as per the respective Region T-shirt will collar, shorts, Tennis Skirt for girls, non-marking tennis shoes, personal tennis racquets etc. must be taken care of.
- f. All the players should be ready to play in flood lights, if required.
- g. The competition is between teams and not individual players.
- h. The format of matches: One Singles followed by Doubles and then Singles, if required.
- i. The winning team will be decided based on the “best of three” games.

13. SKATING (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls)

The event will be conducted as per the rules and regulations of the RSFI (Roller Skating Federation of India). However, rules may be changed according to the local needs and situations.

- a. The team will consist of 6 members in each category: three in “Quad” and three for “Inline”.
- b. One participant can participate in **two** events only.
- c. Each participant must strictly follow the full dress code.
- d. The Chief Referee has the right to change the game plan as and when required.
- e. Competitors must wear shorts and matching short-sleeved shirts or one-piece, short-sleeved outfits. Bare midriff uniforms are prohibited. Skaters will be issued two chest numbers: One number will be placed on the back with the other number to be placed on the left thigh of the participant.
- f. No interchange of categories is permitted i.e. those in “Quad” cannot play in Inline and vice versa.
- g. Events: 300 Mtrs, 500 Mtrs and 1000 Mtrs Races.

14. SWIMMING (For Jr. Boys, Jr. Girls, Sr. Boys, Sr. Girls)

- a. Only two participants each from the region in each category in each event will be permitted.
- b. A participant can compete only in 3 events excluding the Freestyle relay.
- c. The costumes of all competitors and trainers shall be in good moral taste. They must be non-transparent.
- d. The Referee has the authority to debar any competitor, whose costume does not conform to the given standards.
- e. There shall be a Technical Committee to oversee the smooth conduct of the competition.

- f. Duties of the Technical Committee:
 - i. To ensure the rules for swimming and implement them as per the SFI (Swimming Federation of India).
 - ii. To ensure the specifications of the pool as per the national standard.
 - iii. To ensure that the participants have the suitable swimming suit, chest numbers and the lanes for the competition.
 - iv. To deal with any dispute or indiscipline during the event.
 - v. To provide emergency medical aid for the participants.
 - vi. To ensure that the event is conducted by qualified officials.
 - vii. To ensure the accurate distance for all the events in the respective disciplines.
 - viii. To ensure that there are referees for each lane to avoid any disputes.
 - ix. To ensure that the time keeper keeps the record of the timings clocked during the competition and displays them on the display board.
 - x. To ensure that disputes, if any, are submitted to the Jury of Appeal in the proper way.
- g. Disqualification, if any, can be made only by the official in-charge for a valid and grave reason.
- h. A swimmer is not permitted to wear any device or use any substance, which may help his/her speed or buoyancy.
- i. Goggles may be worn and rubdown oil applied for safety measures, if approved by the Referee.
- j. The participants cannot grasp the lane dividers to assist his/her forward motion.
- k. Officials:

a) Referee	b) Time Keepers (lane wise)
c) Lane Judges.	d) Recorders
e) Starter	f) Clerk of Course
g) Stroke Judge with Turn Judges	h) Announcer
- l. Details of the events: 50 and 100 Mtrs Free Style, Breast, Back and Butterfly strokes plus 4 into 50 Mtrs FreeStyle relays.

15. TABLE TENNIS (For Jr. Boys, Jr. Girls , Sr. Boys , Sr. Girls)

The games will be conducted as per the rules and regulations of TTFI (Table Tennis Federation of India). However, rules may be changed according to the local needs and situations.

- a. The team will consist of minimum three and maximum five members in each category.
- b. Singles and Doubles will be played in all categories. One Player cannot play both the games i.e. Singles as well as Doubles.
- c. Format: One singles followed by Doubles and then singles if need be.
- d. Each participant must strictly follow the full dress code.
- e. All the games will be played on a league cum-knock out basis.

- f. The Chief Referee has the right to change the game plan as and when required.
- g. A set is one when one of the players or pairs first score 11 points. In the event of both players/pairs scoring 10 points, a set is to be won by the first player/pair to gain a 2 point lead. A full match is won when a player or pair wins the best of 3 sets.

16 TAEKWONDO (For Jr. Boys, Jr. Girls, Sr. Boys , Sr. Girls)

The competition will be held as per the Rules & Regulations of the TFI (Taekwondo Federation of India). However, the rules may be changed according to the local needs and situations.

- a. Each boys' team will consist of 10 athletes and the girls' team will consist of 11 athletes.
- b. The athletes shall be allowed to participate only in their respective weight category. No athlete shall be permitted to switch to another weight category.

Weight Categories for under 17 Boys – 35 kg, 35-38 kg, 38-41 kg, 41-45 kg, 45-48 kg, 48-51 kg, 51-55 kg, 55-59 kg, 59-63 kg, 63-68 kg, 68-73 kg, 73-78 kg, +78 kg.

Weight Categories for under 19 Boys – 45 kg, 45-48 kg, 48-51 kg, 51-55 kg, 55-59 kg, 59-63 kg, 63-68 kg, 68-73 kg, 73-78 kg, +78 kg.

Weight Categories for under 17 Girls – 32 kg, 32-35 kg, 35-38 kg, 38-42 kg, 42-44 kg, 44-56 kg, 46-49 kg, 49-52 kg, 52-55 kg, 55-59 kg, 59 – 63kg, 63 – 68 kg, +68 kg.

Weight Categories for under 19 Girls – 40 kg, 40-42 kg, 42-44 kg, 44-46 kg, 46-49 kg, 49-52 kg, 52-55 kg, 55-59 kg, 59-63 kg, 63 – 68 kg, +68 kg.

In a Taekwondo match, each competitor wears several pieces of protective equipment's and they are:

Head guard

Chest (trunk) protector

Groin guard

Forearm guards

Hand protectors

Shin guards

Mouth guard

17 THROWBALL (For Junior & Senior Girls)

The game will be conducted as per the rules and regulations of the TFI (Throwball Federation of India). However, rules may be changed according to the Local needs and situations.

- a. Each participant must strictly follow the full dress code.
- b. Each team will consist of 9 players and 3 substitutes.
- c. The team must carry a standard prescribed full - size throwball while reporting for the match.
- d. Each set will be of 15 points relay and each match will be a best of 3.
- e. Five substitutions maximum are permitted per team per set.

18. VOLLEYBALL (For Jr. Boys, Jr. Girls, Sr. Boys , Sr. Girls)

- a. The game will be conducted as per the rules and regulations of the VFI (Volleyball Federation of India). However, rules may be changed according to the Local needs and situations.
- b. Each participant must strictly follow the full dress code, as per the regional colour.
- c. Each team will consist of 12 players.
- d. The team must carry a standard prescribed full - size volleyball while reporting for the match.
- e. Each set will be of 25 points relay and each match to be on the best of 5 sets.

19. YOGA (For Jr. Boys, Jr. Girls, Sr. Boys , Sr. Girls)

The event will be conducted as per the rules and regulations of the YFI (Yoga Federation of India). However, rules may be changed according to the local needs and situations.

- a. The team will consist of seven members. (A minimum of three and maximum of seven members).
- b. Each participant must strictly follow the full dress code.
- c. The Chief Referee has the right to change the game plan as and when required.
- d. Artistic Yoga consists of presentation of various asanas by male/female including forward and backward bending, balancing, supine and prone lying, sitting postures etc. performed in all four directions with music. It is the synchronization of body movements with music (without a break).
- e. Number of postures performed should be 8-10 of the competitor's choice.
- f. Time duration for the presentation will be 120 to 150 seconds.

REGIONAL COLOURS	:	FOR TRACK SUITS / PRESCRIBED UNIFORMS
1. Andhra Pradesh	:	Purple with white stripes
2. Bihar & Jharkhand	:	Sky Blue with white stripes
3. Karnataka	:	Dark yellow with navy blue stripes
4. Kerala	:	Maroon with white stripes
5. Maharashtra & Goa	:	Orange with navy blue stripes
6. North India	:	Grey with white stripes
7. North West	:	Brown with white stripes
8. Odisha & Chhattisgarh	:	Parrot Green with white stripes
9. Tamil Nadu	:	Navy Blue with white stripes
10. UP & UK	:	Yellow with maroon stripes
11. West Bengal & North East	:	Bottle Green with maroon stripes
12. Overseas	:	White with Skyblue stripes

CISCE



**COUNCIL FOR THE INDIAN SCHOOL CERTIFICATE
EXAMINATIONS, New Delhi**

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