

SPARDHA'26

ARM WRESTLING (MEN)



Registration Fees	Rs. 100.00 per Player	Winner	Rs. 500.00
Minimum Teams Required in each Category: 06		Runner up	Rs. 250.00
Faculty Coordinators:		Body Weight Category	
Dr. Asjad Usmani,	98916 99 297	Featherweight	Below 65 Kgs.
Mr. Tilakdeb Mukherjee	99584 30 383	Lightweight	65 – 75 Kgs.
Ms. Bhaswatee Dass	97064 03 186	Middleweight	75 – 85 Kgs.
Student Coordinators:		Heavyweight	85 – 100 Kgs.
Dev	76786 01 834		
Disha Negi	99715 47 731		

Rules:

- Players must be the *Bonafide* students of a college/Institute/University.
- Matches are held at an **official arm-wrestling** table with elbow pads and hand grips.
- Players are not supposed to carry any sharpened objects or wear rings on their fingers.
- Both the players must have to report **30 min.** before the scheduled time of the match.
- If the player does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- All the matches will be Knockout.
- The Referee shall have the power to disqualify a player from a match, an event, or a competition for seriously unfair or offensive behaviour.
- Each match is officiated by two referees, one on each side, so the officials can see the competitors and their grip from both sides.
- **WEIGHT CATEGORIES**
 - Below 65Kg
 - 65+ - 75 Kg
 - 75+ – 85 Kg
 - 85+ – 100 Kg
 - 100 kg Above
- There is no time limit to a match, but a referee may call a halt to the match if one or both competitors are, in his opinion, not in a fit state to carry on.
- The competitors should approach the table, make themselves comfortable, and then grip their opponent's hand. The grip should be palm to palm with the thumb knuckle visible. The competitors' other hands should grip their respective hand pegs.

SPARDHA'26

- Competitors can choose to start a match in the referee's grip or in a strip, but both competitors must agree to this.
- Once the referees are agreed with the grip from both competitors, the contest will begin. Each competitor should attempt to pin their opponent's arm onto the touchpad.
- Pressure should be in a sideways capacity to force their opponent's hand to the touchpad. Back pressure in an attempt to drag the opponent off toward the center of the table is not allowed.
- The match is won when one competitor pins their opponent's hand onto the touchpad. At this point, if the head referee is happy that it is a valid pin, they will shout 'stop!' and indicate the inner by immediately raising their arm.
- A valid pin is when any part of the competitor's natural wrist touches the touchpad.
- There are numerous fouls that can be committed in Arm wrestling. These include touching a part of your own body during the match, crossing your shoulder into the opposition area, dropping the shoulder below the height of the touchpad, foul language, abuse, or poor sportsmanship, to name a few.
- Two warnings equal one foul, and two fouls equal disqualification, meaning that their opponent immediately wins the match.
- **Cross-Category Matches Allowed:** A 100+ kg participant can challenge anyone below 100 kg. The match happens only if the lower category participant accepts.
- **Cash Prize Money:** If the lower category participant wins, will get an extra ₹200 prize, only cash no certificate, no medal. No cash prize if 100+ kg participants win.
- **Challenge Round Format:** Takes place after the main category matches. Participants must officially declare their challenge before the round starts. **Max 5** Challenges are allowed on **First Come First Serve** biases.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

NB:

- The referee's decision is final
- The **Organising Committee** reserves the right to cancel the event if fewer than six teams register or appear. In such an instance, a formal notification will be issued to all teams, and a refund will be made.

SPARDHA'26

BADMINTON (MEN & WOMEN)

Registration Fees Singles	Rs. 150.00 per Player	Winner (Singles - Boys)	Rs. 1000.00
Registration Fees Doubles	Rs. 250.00 per Team	Runner-up (Singles - Boys)	Rs. 500.00
Faculty Coordinators:		Winner (Singles - Girls)	Rs. 800.00
Ms. Charan Preet Kaur	98110 50 956	Runner-up (Singles - Girls)	Rs. 400.00
Ms. Priyanka Mavi	98730 58 682	Winner (Doubles - Boys)	Rs. 1500.00
Mr. Rachit Kadian	82959 77 332	Runner-up (Doubles - Boys)	Rs. 800.00
Student Coordinators:		Winner (Doubles - Girls)	Rs. 1000.00
Chinoy (for boys)	81789 86 407	Runner-up (Doubles - Girls)	Rs. 500.00
Jai (for boys)	93110 98 783	Winner (Mixed)	Rs. 1000.00
Riddhi Saxena (for girls)	99990 47 981	Runner-up (Mixed)	Rs. 500.00
Jagriti (for girls)	73035 43 814		



Rules:


- All games will be played in Outdoor Court
- Player(s) must be the **Bonafide** student of a college.
- Both The playing team must have to report **30 min.** before the scheduled time of match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Qualifying rounds will be the knockout matches of **11 points**.
- Semi-final will be the knockout matches of **21 points**.
- Final rounds will be of **21 points** and **3 sets**.
- The students have to carry their own kits that include racket, non - marking/sports shoes.
- Shuttlecock (synthetic) will be provided.
- Dress code for both girls – sports t-shirt with shorts or long tights/leggings.
- Dress code for boys – sports t-shirt with shorts.
- Toss – Toss will be the deciding factor for choosing whether to serve or receive first and the side of the court.
- Before serving a player must wait until his/her opponent is ready.
- The feet of both players must remain in a stationary position until the serve is made.
- It is not a fault if you miss the shuttle while serving.
- Each game is umpired by the referee who overlooks the game. The referee has overriding calls on the infringements and faults.
- Only winner and runner-up team will be rewarded by cash prize, certificate of appreciation and medals.
- Cash Prize reward may increase, depending on the number of registrations.

NB:

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SPARDHA'26

BASKETBALL (MEN & WOMEN)

Registration Fees (boys)	Rs. 1000.00 per Team	Winner Boys		Rs. 5000.00
Registration Fees (girls)	Rs. 700.00 per Team	Runner-up Boys		Rs. 2500.00
		Winner Girls		Rs. 3000.00
Minimum Teams Required	06	Runner-up Girls		Rs. 1500.00
Faculty Coordinators				
Mr. Deepak Kr.	97166 82 666	Dr. Santosh Kr. Singh		76783 79 924
Ms. Priyanka Attri	88022 39 771	Dr. Ruchi Sawhney		99999 49 511
Student Coordinators				
Vishal Chaudhary (boys)	98993 54 000	Amala S. Francis (girls)		74289 91 460
Kevin (boys)	99991 97 958	Merlin (girls)		92050 01 842
Minimum Players	05	Substitutes		07

Rules:

- An Institute/College/University can register a maximum of **two teams** per sport.
- All the players must be bona fide students of the same college; if not, then your Team will be **disqualified**
- Both teams must report **30 minutes** before the scheduled time of the match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- A team must have at least **5 players** to start the game.
- Substitutes are allowed, and a team can have up to 7 substitutes (making a total squad of 12).
- Knockout matches will comprise **2 halves of 10 minutes** each and a 2-minute break between quarters.
- Semi-final matches will comprise **4 quarters of 8 minutes** each and a 2-minute break between quarters.
- Final match will comprise **4 quarters of 10 minutes** each and a 2-minute break between quarters.
- Overtime periods last 5 minutes if the game is tied at the end of regulation.
- Every member of the team shall wear an identical kit.
- The Referee shall have the power to disqualify a player from a match, an event, or a competition for seriously unfair or offensive behaviour.
- Only the captain/coach of the team is allowed to talk to the jury of appeals regarding any appeal or protest at a fee of **₹ 1000.00**.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

NB:

- The referee's decision is final
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SPARDHA'26

VOLLEYBALL (MEN & WOMEN)

Registration Fees (boys)	Rs. 1000.00 per Team	Winner Boys	Rs. 5000.00
Registration Fees (girls)	Rs. 700.00 per Team	Runner-up Boys	Rs. 2500.00
		Winner Girls	Rs. 3000.00
Minimum Teams Required	06	Runner-up Girls	Rs. 1500.00
Faculty Coordinators			
Mr. Bhanuj Sobti	98736 68 165	Dr. Shailza	88609 26 690
Ms. Tanya Jolly	83769 42 868	Mr. Ashfaq Ahmad	95406 06 296
Student Coordinators			
Vivek Goswami (boys)	98717 13 613	Uditi Uppal (girls)	92898 05 015
Manas (boys)	97736 59 117	Ashmita (girls)	88606 47 416
Minimum Players	06	Substitutes	06

Rules:

- An Institute/College/University can register a maximum of **two teams** per sport.
- All the players must be the **Bonafide** students of the same college.; if not, then your Team will be disqualified
- Players are not supposed to carry any sharpened objects or wear rings on their fingers.
- Both teams must report **30 minutes** before the scheduled time of the match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Each team consists of **6 players**.
- One "**Libero**" shall be allowed per team. He shall be allowed to replace any player in the back row. Replacements of the "**Libero**" shall not be counted as a substitution. He shall be wearing a different jersey.
- A team can have up to **6 substitutes** (12 players total).
- Player rotation not allowed.
- A maximum of 3 substitutions will be allowed per team per set.
- Every match will be on a knockout basis of 21 points. All matches will follow the rally point system.
- There will be two time-outs of 30 seconds available to each team in each set.
- Rotation will only be applicable if both the teams agree otherwise the default style will be fix for both in men & women.
- Every member of the team shall wear an identical kit.
- The referee's decision will be considered as the last decision.
- The Referee shall have the power to disqualify a player from a match, an event, or a competition for seriously unfair or offensive behaviour.
- Only the captain/coach of the team is allowed to talk to the jury of appeals regarding any appeal or protest at a fee of **₹ 1000.00**.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

NB:

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SPARDHA'26

CHESS (MIXED)



Registration Fees	Rs. 100.00 per Player	Winner	Rs. 1500.00
Minimum Teams Required	06	Runner-up	Rs.700.00
Faculty Coordinators:		Student Coordinators:	
Ms. Naghma Abidin	97180 90 975	Riya	70425 80 139
Ms. Deepika Kirti	90130 72 536	Kartik Sexena	93151 75 251

Rules:

- Players must be the *Bonafide* students of a college/Institute/University.
- The players must have to report **30 min.** before the scheduled time of match.
- If the player does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- If player has touched a piece during game, has to move the same piece.
- **First Round**
 - First round will be elimination round.
 - Each player will have (10+5) minutes to complete the game.
 - If the game will draw, the players have to go for blitz round for time control (3+0).
- **Second Round**
- Game format will be Swiss Tournament Rules (10 + 5 Time Control), only 4 (Four) rounds will be played.
- **General Regulations Second Round:**
 - The tournament will be conducted in accordance with the latest FIDE Laws of Chess.
 - The tournament will use the Swiss system pairing format. The number of 4 (Four) rounds will be played.
- **Time Control & Format:**
 - Each player will have (10+5) minutes to complete the game.
 - Players must press the clock with the same hand used to make the move.
 - If a player oversteps the time limit, they lose the game unless the opponent does not have sufficient material to checkmate, in which case the game is declared a draw.
- **Pairings & Tiebreaks:**
 - Pairings will be made using the Swiss system, based on the official Swiss pairing rules. If all are still equal, a Blitz tiebreak may be played.
- **Fair Play & Conduct:**
 - Players must not use any external assistance, including electronic devices or chess engines.
 - Mobile phones must be in airplane mode or kept in a designated area. If a phone rings during a game, the player forfeits the game.
 - Any form of cheating or unfair conduct will lead to immediate disqualification.
 - Players must respect their opponents and the arbiters. Unsporting behaviour will not be tolerated.
- **Notation & Claims:**
 - Players are not required to record moves in rapid time control.
 - In case of a dispute, the arbiter's decision will be final.
 - If an illegal move is made, the opponent may claim a win if the player makes two illegal moves in the same game.
 - A player may claim a draw if a position is repeated three times.
- Only winner and runner-up team will be rewarded by cash prize, certificate of appreciation and medals.
- Cash Prize reward may increase, depending on the number of registrations.

NB:

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SPARDHA'26

FOOTBALL (MEN)



Registration Fees	Rs. 1600.00 per Team	Winner	Rs. 10000.00
Minimum Teams Required	06	Runner-up	Rs.4000.00
Faculty Coordinators:		Student Coordinators:	
Dr. P. K. Nayak	99118 93 687	Gaurav	98105 18 530
Dr. Asjad Usmani,	98916 99 297	Anugrah	84487 09 683
Ms. Anubhuti Ityalam	98990 70 561	Aaron	83684 79 606
Mr. Rohit Kr.	76781 26 664	Pratham	98994 50 735
Minimum Players	11	Substitutes	05

Rules:


- An Institute/College/University can register a maximum of **two teams** per sport.
- All the players must be the *Bonafide* students of the same college. ; if not, then your Team will be **disqualified**
- Players are not supposed to carry any sharpened objects or wear rings on their fingers.
- Both teams must report **30 minutes** before the scheduled time of the match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Each team consists of **11 players** (10 outfield players and 1 goalkeeper).
- A match can start with at least 9 players if a team cannot field all 11 players. Further no addition in team or as substitute during the match.
- Substitutions:
 - Up to **5 substitutions** are allowed in most competitions (with three substitution windows during the match).
- Substituted players cannot return to the field.
- Knockout matches time duration shall be **15-2-15 min.**
- Semi-final matches time duration shall be **30-5-30 min.**
- Final match time duration shall be **45-10-45 min.**
- Every member of the team shall wear an identical kit. Players must wear jerseys, shorts, socks, shin guards, and boots.
- Goalkeepers must wear a jersey that distinguishes them from other players and officials.
- In case of a “draw”, a penalty shoot-out shall be held.
- The Referee shall have the power to disqualify a player from a match, an event, or a competition for seriously unfair or offensive behaviour.
- Only the captain/coach of the team is allowed to talk to the jury of appeals regarding any appeal or protest at a fee of ₹ **1000.00**.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.

NB:

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SPARDHA'26

KABBADI (MEN & WOMEN)

Registration Fees (boys)	Rs. 1000.00 per Team	Winner Boys		Rs. 4000.00
Registration Fees (girls)	Rs. 700.00 per Team	Runner-up Boys		Rs. 2000.00
		Winner Girls		Rs. 3000.00
Minimum Teams Required	06	Runner-up Girls		Rs. 1500.00
Faculty Coordinators				
Mr. Shubham Gaur	97117 89 595	Ms. Swati Gupta		98736 03 775
Student Coordinators				
Akhlesh (boys)	97174 28 136	Sneha (girls)		83840 49 181
Aman (boys)	97183 88 540	Pratyaksha (girls)		99531 04 931
Minimum Players	07	Substitutes		05

Rules:

- An Institute/College/University can register a maximum of two teams per sport.
- All the players must be the *Bonafide* students of the same college; if not, then your Team will be disqualified
- Players are not supposed to carry any sharpened objects or wear rings on their fingers.
- Both teams must report **30 minutes** before the scheduled time of the match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Each team consists of 12 players (**7 outfield** players and 5 substitutes).
- Substitutions:
- Up to **3 substitutions** are allowed in most competitions (with three substitution windows during the match).
- Substituted players cannot return to the field.
- All the matches will be conducted on a Knockout basis.
- Qualifying matches with time duration of **12 – 3 – 12 min.**
- Semifinal matches with a duration of **15 – 3 – 15 min.**
- Final matches with a duration of **20 – 5 – 20 min.**
- Every member of the team shall wear an identical kit. Players must wear jerseys, shorts, socks, and boots.
- Starting the Game: A toss is conducted to decide which team starts as the raider or defender.

SPARDHA'26

- **Raiding:** The game starts with a player from one team, the "raider," entering the opponent's half, touching as many defenders as possible, and returning to his own half while chanting "kabaddi, kabaddi."
- **Defending:** The defenders attempt to tackle the raider before he returns to his half. If the defenders successfully hold the raider, they earn a point.
- **Scoring Points:** Points are scored by the raiding team when the raider successfully touches opposing defenders and returns to his half without being tackled. Conversely, the defending team earns points by preventing the raider from returning to his half.
- **Outs and Revivals:** If a raider is tackled or steps out of bounds, he is declared "out," and the defending team earns a point. However, each team usually has a chance to revive one player per half who has been declared out.
- **Touch and Bonus Points:** In addition to tackling, points are also awarded for touching the opponent without being tackled. Bonus points are awarded to the raider if he crosses a certain line or touches a certain area on the court.
- **Winning the Game:** The team with the most points at the end of the specified duration wins the match.
- **Weight limit for men - 85KG Weight limit for Women - 75KG**
- The Referee shall have the power to disqualify a player from a match, an event or a competition for seriously unfair or offensive behaviour.
- Only the captain/coach of the team is allowed to talk to the jury of appeals regarding any appeal or protest at a fee of ₹ 1000.00.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

NB:

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SPARDHA'26

TABLE TENNIS (MEN & WOMEN)

Registration Fees	Rs. 150.00 for Singles	Winner	Boys (Single)	Rs. 1000.00
Registration Fees	Rs. 250.00 for Doubles	Runner-up	Boys (Single)	Rs. 500.00
Faculty Coordinators:		Winner	Girls (Single)	Rs. 600.00
Mr. Amandeep Singh Arora	87448 73 050	Runner-up	Girls (Single)	Rs. 300.00
Ms. Sakshi	79881 64 619	Winner	Boys (Doubles)	Rs. 1500.00
Ms. Ritika Mehra	95609 88 606	Runner-up	Boys (Doubles)	Rs. 800.00
Student Coordinators:		Winner	Girls (Doubles)	Rs. 1000.00
Nayan (boys)	85956 73 931	Runner-up	Girls (Doubles)	Rs. 500.00
Vivek (boys)	93183 03 668	Winner	Mix	Rs. 1000.00
Sadiya Zehra (girls)	79069 76 169	Runner-up	Mix	Rs. 500.00
Krishna Purohit (girls)	70425 83 301	Minimum Teams Required		06

Rules:


- Player(s) must be the **Bonafide** student of a college; if not, then your Team will be **disqualified**
- Both The playing team must have to report **30 min.** before the scheduled time of match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Qualifying rounds will be the knockout matches of **11 points**.
- Semifinal round will be the knockout matches of **11 points** in **best-of-3** format.
- Final rounds will be of **11 points** in **best-of-5** format.
- A player must win by at least **2 points** (e.g., 11-9 is a win, but 11-10 is not). If the score is 10-10, the game continues until one player leads by 2 points.
- In singles each player **serves 2 times consecutively**, then the opponent serves.
- In doubles the first server serves **twice**, then the second team member serves, followed by the opponents.
- The students have to carry their own kits that include racket, non - marking/sports shoes.
- Dress code for girls – sports t-shirt with shorts or long tights/leggings
- Dress code for boys – sports t-shirt with shorts.
- Toss – Toss will be the deciding factor for choosing whether to serve or receive first and the side of playing.
- Each game is umpired by the referee who overlooks the game. The referee has overriding calls on the infringements and faults.
- Only winner and runner-up team will be rewarded by cash prize, certificate of appreciation and medals.
- Cash Prize reward may increase, depending on the number of registrations.

NB:

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SPARDHA'26

TUG OF WAR (MEN & WOMEN)

Registration Fees (boys)	Rs. 1000.00 per Team	Winner Boys		Rs. 4000.00
Registration Fees (girls)	Rs. 700.00 per Team	Runner-up Boys		Rs. 2000.00
		Winner Girls		Rs. 3000.00
Minimum Teams Required	06	Runner-up Girls		Rs. 1500.00
Faculty Coordinators				
Mr. Hari Mohan Jain	98911 19 490	Ms. Anurupa Ganguly		63984 09 890
Mr. Suraj Kr. Rai	70683 75 484	Ms. Swati Sharma		75037 37 126
Student Coordinators				
Uzair (boys)	98184 06 917	Shreya Rawat (girls)		92892 85 388
Nitesh Kr. Senapati (boys)	93115 13 288	Suvechha Das (girls)		97491 20 674
Minimum Players	11	Substitutes		05

Rules:


- An Institute/College/University can register a **maximum of two teams** per sport.
- All the players must be the *Bonafide* students of the same college; if not, then your Team will be **disqualified**
- Both teams must report **30 minutes** before the scheduled time of the match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Playing team in a Tug of War competition consists of **8 people**.
- Substitutes are allowed, and a team can have up to **2 substitutes** (making a total squad of 10).
- Maximum Team weight allowed **640Kg**.
- The rope is of circumference of approximately 20-24 mm and is marked in the middle with a Centre line as well as two marks that should be placed 4cm from the centre line.
- At the start of the pull, the center line of the rope should immediately be above the line marked on the ground.
- Both teams pull the rope, the winner being the team who manages to pull the mark on the rope closest to their opponents over the Centre line.
- All matches will be of **best of 3**.
- The rope must be pulled underarm, and nobody's elbow must go below the knee, otherwise a foul will be called.
- Every member of the team shall wear an identical kit.
- Players are Not allowed to wear Studds, only normal sports shoes are allowed
- The Referee shall have the power to disqualify a player from a match, an event or a competition for seriously unfair or offensive behaviour.
- Only the captain/coach of the team is allowed to talk to the jury of appeals regarding any appeal or protest at a fee of **₹ 1000.00**.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

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SPARDHA'26

KHO-KHO (MEN & WOMEN)

Registration Fees (boys)	Rs. 800.00 per Team	Winner Boys		Rs. 4000.00
Registration Fees (girls)	Rs. 600.00 per Team	Runner-up Boys		Rs. 2000.00
		Winner Girls		Rs. 3000.00
Minimum Teams Required	06	Runner-up Girls		Rs. 1500.00
Faculty Coordinators				
Dr. Varun Tiwari	99907 70 021	Ms. Ritika Dahiya		94664 21 400
Dr. Vijeyata Chauhan	85270 84 927			
Student Coordinators				
Didymus (boys)	99109 02 387	Anushka (girls)		93103 19 881
Samuel (boys)	78358 06 856	Latika (girls)		88609 94 912
Minimum Players	09	Substitutes		03

Rules:

- An Institute/College/University can register a **maximum of two teams** per sport.
- All the players must be the *bonafide* students of the same college; if not, then your Team will be **disqualified**
- Players are not supposed to carry any sharpened objects or wear rings on their fingers.
- Both teams must report **30 minutes** before the scheduled time of the match.
- If the team does not turn up within **10 minutes** of the scheduled time, the opposite party will get a walkover.
- Each team consists of 12 players (**9 outfield** players and 3 substitutes).
- Substitutions:
- Up to **3 substitutions** are allowed in most competitions (with three substitution windows during the match).
- Substituted players cannot return to the field.
- All the matches will be conducted on a Knockout basis.
- Qualifying matches with time duration of **9 – 2 – 9 min.**
- Semifinal matches with a duration of **9 – 2 – 9 min.**
- Final matches with a duration of **9 – 2 – 9 min.**
- Every member of the team shall wear an identical kit. Players must wear jerseys, shorts, socks, and boots.
- Starting the Game: A toss is conducted to decide which team starts as the attacker or defender. Attack begins with **one active chaser** running from behind a pole
- **Kho-Kho Rules (Chasing Team)**
- ✓ **Giving "KHO"**
 - The active chaser can tap the back of a sitting teammate and say **"KHO"**.
 - The tapped chaser becomes the **new active attacker**.
 - You **cannot** give "KHO" to a teammate sitting facing the **same direction** as you.

SPARDHA'26

✓ Turning Rules

- A chaser **cannot cross the central lane** before touching a pole.
- A chaser must **run around a pole** to switch side.
- You **cannot step on or cross** the central lane (foul).

✓ Fouls While Chasing

- Cutting across the central lane.
- Taking support of a sitting teammate.
- Giving “KHO” incorrectly.
- Obstruction or pushing the defender illegally.

▪ Defending Rules

- 3 defenders enter first, then next 3, until all 12 get their turn.
- Defenders can:
 - **Run anywhere** on the field.
 - **Turn around poles.**

▪ Dodge, change direction, slide.

- They cannot:
 - Step outside the boundary.
 - Obstruct chasers intentionally.
 - Hold the pole or sit on the ground unnecessarily.

▪ Scoring

- Each defender **tagged = 1 point**.
- Team with the **highest total points** after both innings **wins**.

▪ **Winning the Game:** The team with the most points at the end of the specified duration wins the match.

- The Referee shall have the power to disqualify a player from a match, an event or a competition for seriously unfair or offensive behaviour.
- Only the captain/coach of the team is allowed to talk to the jury of appeals regarding any appeal or protest at a fee of **₹ 1000.00**.
- Only the winner and runner-up team will be rewarded with a cash prize, certificate of appreciation, and medals.
- The cash Prize reward may increase depending on the number of registrations.

NB:

- The referee's decision is final
- The **Organising Committee** reserves the right to cancel the event if fewer than six teams register or appear. In such an instance, a formal notification will be issued to all teams, and a refund will be made.