

FOOTBALL RULES AND REGULATIONS

- **1. Team Composition**: Each team must consist of 12 players (7 on-field + 5 substitutes).
- **2. Governing Rules**: The tournament will follow the latest rules and regulations of the Federation IFA.
- **3. Player Attire**: All players must wear complete football gear including shin guards, stockings, and studs.
- **4. Match Format**: Matches will be played on a knockout basis.
- **5. Game Type**: This is a 7-a-side format.
- **6. Match Duration**: Each game will consist of two halves of 15 minutes each.
- **7. Substitution Rule**: Unlimited rolling substitutions are allowed.
- **8. Offside Rule**: No offside rule will be applied.
- **9. Side-Line Restarts**: Sidekicks will be used to restart the play from the side-lines.
- **10. Goalkeeper Restart**: There will be no goal kicks—only underarm throws are allowed by the goalkeeper.
- 11. Multiple Matches: Teams must be prepared to play up to 3 matches in a day.
- **12. Final Authority**: The decision of the Tournament Committee will be final. The committee includes the Principal, Referees, and the Physical Education Department of the host school.
- 13. Coaches should be ready to handle different categories at a time and in different courts.

BASKETBALL RULES AND REGULATIONS

- **1. Team Composition**: Each team must consist of 12 players (5 on-court players + 7 substitutes).
- 2. Governing Rules: The tournament will be conducted as per the latest rules and regulations of the Basketball Federation of India (BFI).
- **3. Tournament Format**: All matches will be played on a knockout basis.
- 4. Match Duration:

Preliminary Rounds: 4 quarters of 8 minutes each.

Semi-finals & Finals: 4 quarters of 10 minutes each.

- **5. Referee's Decision**: The referee's decision will be final. No protests will be entertained.
- **6.** Code of Conduct: Teams indulging in misbehaviour or misconduct on the court will be disqualified from the tournament.
- **7. Reporting Time**: Teams must report at least 30 minutes before their scheduled match time. Failure to do so will result in a walkover being awarded to the opposing team.
- **8. Multiple Matches**: Teams should be prepared to play up to 3 matches in a single day.
- **9. Final Authority**: The decision of the Tournament Committee will be final. The committee comprises the Principal, Referees, and the Physical Education Department of the host school.
- 10. Basketball tournament will be held on
 - 1st August 2025 Grade 7th & 8th Boys & Grade 9th to 12th Boys
 - 2nd August 2025 Grade 7th & 8th Girls & Grade 9th to 12th Girls



VOLLEYBALL RULES AND REGULATIONS

- **1. Team Composition**: Each team must consist of 12 players (6 on-court players + 6 substitutes).
- **2. Governing Rules**: The tournament will be conducted as per the latest rules and regulations of the Volleyball Federation of India (VFI).
- **3. Tournament Format**: All matches will be played on a knockout basis.
- **4. Match Duration**: The matches will be played for 15 points (3set) game.
- **5. Referee's Decision**: The referee's decision will be final. No protests will be entertained.
- **6.** Code of Conduct: Teams indulging in misbehaviour or misconduct on the court will be disqualified from the tournament.
- **7. Reporting Time**: Teams must report at least 30 minutes before their scheduled match time. Failure to do so will result in a walkover being awarded to the opposing team.
- **8. Multiple Matches:** Teams should be prepared to play up to 3 to 4 matches in a single day.
- **9. Final Authority**: The decision of the Tournament Committee will be final. The committee comprises the Principal, Referees, and the Physical Education Department of the host school.
- 10. Volleyball tournament will be held on
 - 1st August 2025 Grade 7th & 8th Boys & Grade 9 to 12th Girls
 - 2nd August 2025 Grade 9th to 12th Boys.

TENNIS RULES AND REGULATIONS

- **1. Team Composition**: Each team must consist of a minimum of 2 players for the team event.
- **2. Governing Rules**: All matches will be conducted as per KSLTA rules.
- 3. Match Format: The tournament will be played on a knockout basis.
- **4. Order of Play**: Each team match will include 2 Singles matches and 1 Doubles match.
- **5. Scoring Format**: Matches will be played in a Best of 7 games format. In case of a 3-3 tie, a 7-point tiebreaker will decide the winner. Deuce will be one-point only.
- **6. Multiple Matches**: Teams should be prepared to play more than one match in a day.
- **7. Dress Code**: Players must wear proper sports kit and non-marking shoes.
- **8. Final Authority**: The decision of the Tournament Committee will be final. The committee includes the Principal, Referees, and the Physical Education Department of the host school.



ENTRY FORM FOR GROUP GAMES (BASKETBALL, FOOT BALL & VOLLEY BALL)

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Seal & Signature of the Principal



TENNIS ENTRY FORM

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| Note: participants to | carry valid school ID card (year 2025-2 | 26). | |
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ATHLETIC RULES AND REGULATIONS

1. Participant Limit:

- Each school is allowed to nominate a maximum of two participants per event in each category.
- One participant can participate in any TWO FIELD EVENTS+ ONE TRACK EVENT OR TWO TRACK EVENTS+ONE FIELD EVENT, apart from relay.
- **2. Event Timings**: All events will commence strictly as per the scheduled timings. Participants must be present at the venue on time.
- 3. Dress Code: All athletes must compete in proper athletic attire. Inappropriate dress may lead to disqualification.
- **4. Qualification Criteria**: For track events, qualifiers will be determined based on Time Trials.
- **5. Decision Authority**: The referees' decision will be final. No protests or objections will be entertained under any circumstances.
- **6. Disqualification Clause**: The organizing committee reserves the right to disqualify any athlete at any stage (even post-qualification) if found overage or not a bonafide student of the school.

Events:

| Grade | 100m | 200m | 400m | 800m | Long Jump | Shot Put | 4X100 Relay |
|---------------|----------|----------|----------|----------|--------------|----------|----------------|
| Grade 7 & 8 | √ | √ | √ | √ | V | √ | √ |
| Grade 9 & 10 | √ | √ | √ | V | V | √ | √ |
| Grade 11 & 12 | √ | √ | √ | √ | √ | √ | √ |



ATHLETICS ENTRY FORM

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| SL | NAME OF THE STUDENTS | CLASS | 100m | 200m | 400m | 800m | LONG JUMP | SHOT PUT | 4X100n Relay |
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Seal & Signature of the Principal



SWIMMING RULES AND REGULATIONS

- 1. Non-Medalist Meet: This meet is strictly for non-medalist swimmers. Participants who have won medals in any CBSE/ICSE/State/Zonal/National/International meet (excluding relays) conducted by the Karnataka Swimming Association, Department of Youth Empowerment & Sports, or School Games Federation of India are not eligible to participate.
- **2**. **Governing Rules**: The rules and guidelines of the Karnataka Swimming Association (KSA) will be followed throughout the event.
- **3. Event Format**: All events will be conducted on a Time-Trial basis, and the one-start rule will be strictly implemented.
- **4. Category Participation**: Participants are allowed to compete only in the category corresponding to their current class.
- 5. Entries Per Event: Each school may nominate only two participants per event per category.
- 6. Event Limit: A participant may enter in a maximum of 3 individual events (excluding relays).
- 7. Final Decision: The decision of the Organizing Committee shall be final. No protests or appeals will be entertained.
- **8. Warm-up and Start Time**: The pool will be open for warm-up from 8:00 a.m. to 8:30 a.m.. The events will begin at 9:00 a.m. sharp.
- **9. Access Restriction**: Parents are not permitted inside the school campus. Only coaches or PE teachers are allowed to accompany the students.
- 10. Entry Forms: Please submit separate entry forms for Boys and Girls.
- 11. No Spot Entries: Spot entries will not be accepted under any circumstances.

Events:

| | 50mts F/S | 50mts B/K | 50mts B/R | 50mts B/F | 100 mts IM | 4x25mts Freestyle Relay | |
|---------------|--------------|--------------|--------------|--------------|---------------|-------------------------------|----------|
| Grade 7 & 8 | √ | √ | √ | √ | √ | \checkmark | √ |
| Grade 9 & 10 | \checkmark | ✓ | ✓ | √ | √ | \checkmark | ✓ |
| Grade 11 & 12 | √ | √ | √ | √ | √ | √ | √ |



Swimming Entry Form

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| ccon | npanying Teacher's name & phor | ne no: | | | | | | | |
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| SL | NAME OF THE STUDENTS | CLASS | 50m F/S | 50m B/K | 50m B/R | 50m B/F | 100m IM | 4x25m F/S Relay | 4x25m Medley Relay |
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