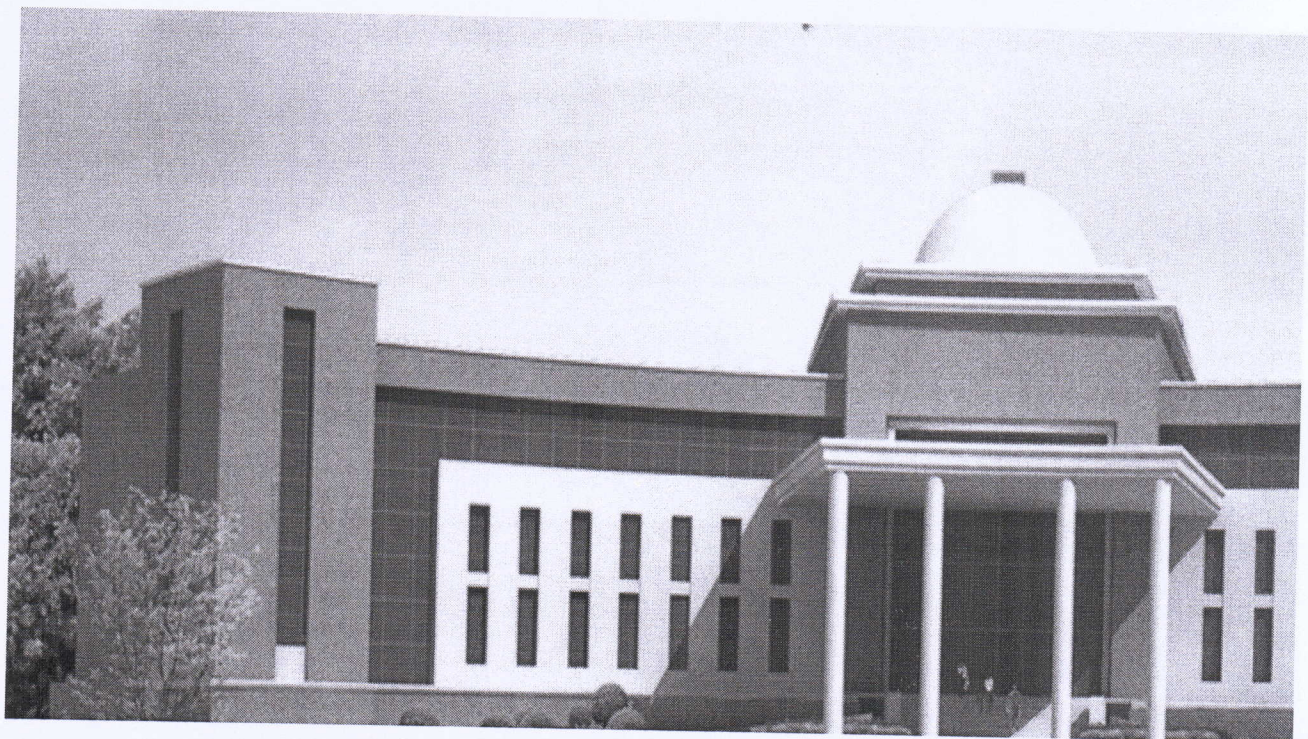


# CENTRAL UNIVERSITY OF SOUTH BIHAR



## SPORTS AND GAMES MANUAL



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## INTER-SCHOOL TOURNAMENTS

Sports play a vital role in the Holistic development of the youth in the University Education system. Central University of South Bihar has been organizing Inter School/Department tournament since its establishment. Participation of students in these tournaments generates the spirit of healthy competition. It is therefore necessary that the Inter School/Department tournaments shall be governed by Rules and Regulations and be update as and when necessary. University Sports Committee had frame Rules and Regulation of Inter School/Department programme in 2021. The first addition was taken out in the year 2021; incorporating the amendments which had taken place during the intervening periods. All the Inter School/Department competition shall be conducted in accordance with the rules prescribed by the respective sports federations and adopted by associations of Indian university, New Delhi, from time to time unless otherwise, the rules are modified.

It is hope that the rules contained will help in smooth conduct of the competition among the participants and will induced the participants to underline the idea of play the game in the spirit of the game.

Inter-School tournament will be an annual Event based on knockout basis.  
All the mateches will be played in proper kit.

### SUBMISSION OF ENTRIES:-

1. The detailed entries duly completed in the prescribed proforma must reach the sports committee before the last entry date.
2. To conduct the inter School tournaments, minimum entries for individual/team events shall be five or more from different schools, otherwise the event will stand cancelled

## RULES OF ELIGIBILITY

### Eligibility Rules

1. Only bonafide students of CUSB shall be eligible to participate in the Inter-School Tournaments
2. All students participating in the Inter-School Tournaments shall fulfill the following compulsory conditions:
  - a) Only bonafide, full time student, who is enrolled for a course in the University, which is of a minimum duration of one academic year, and whose examination is conducted by the university, shall be eligible to participate in the Inter-school tournaments.

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- b) Ph.D students will be eligible to participate only if they are regarded to be bonafide students.
- c) Provisional admission to a course in the University shall not make the student eligible to represent their team in the tournament.

### **PROTEST**

Only the participating teams representative appointed by School are allowed to lodge their protests, if any, against any matter other than the decision of the referees/umpires as under: -

- (i) Protest, relating to any other matter shall be submitted in writing to the University Sports Committee, through the school incharge within 24 hours of the conclusion of the game. (Sunday and Holidays will be excluded for calculating the period of 24 hours). Team/s leaving the playing field under protest shall be deemed to have lost the match and forfeited its right to protest. The protest received after the prescribed time limit shall not be entertained. University Sports Committee decision in the matter of protest shall be final and binding on all the teams and the participants.

### **GENERAL INSTRUCTION**

### **IDENTITY CARD & INSURANCE**

- (a) Each member of a team participating in an Inter-School Tournaments shall carry Academic Identity Card which shall bear the following:
  - (i) Photograph of the player & his/her signature.
  - (ii) Attestation of the photograph under the seal by the Dean of the School. The signatures of the attesting authority must be on the photograph.
- (b) The player(s) not carrying Identity Cards shall not be allowed to participate in the concerned tournament.

### **BRIEF RULES OF THE SPORTS & GAMES**

The Inter School tournaments/competition shall be conducted under the rules of respective sports federation as adopted by A.I.U., unless, otherwise, modified in these rules.

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## ATHLETIC

1. Each School/Department shall be permitted to send Two entries in each Individual Event and ONE team for each relay event consisting of four players with two reserves in a team. Decathlon or Heptathlon will be consisting as a one event as the case may be.
2. An Athletic/s can participate maximum Two individual events including Half Marathon, Decathlon or Heptathlon i.e. individual and two Relays as case may be.
3. The following events shall be included in Inter-School Athletic meet for Men & Women: -

### MEN

Track Events: 100, 200, 400, 800, 1500, 5000, & 10000 Mts. Races, 110 & 400 Mts. Hurdles, 4 X 100 & 4 X 400 Mts. Relay Races, & 10 Kms Walk, Steeplechase, Half Marathon.

Field Events: Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Hammer Throw, Discus Throw, Javelin Throw and Decathlon.

### WOMEN

Track Events: 100, 200, 400, 800, 1500, 5000, 10000 Mts. Races, 100 & 400 Mts. Hurdles, 4 X 100 & 4 X 400 Mts. Relay Races, 5 Kms. Walk, Steeplechase, Half Marathon.

Field Events: Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw and Hammer Throw, Heptathlon.

4. POINTS & CERTIFICATE:- In each event including relay races the winning School shall be awarded 7 points for the first place, 5 points for the second place 4 point for the third place 3 point for the fourth place, 2 point for the fifth place and 1point for the sixth place to decide general Championship.

Merit Certificates shall be awarded up to first three positions in each event. For relay races, merit certificates shall be awarded to all the 4 members of the teams winning first, second and third positions, who constituted the team for the final race.

5. CHAMPIONSHIP:- There shall be a separate Championship each for Men & Women sections. The School securing the highest total number of points for the Men section & women section shall be declared as the champion School for the Men & Women sections separately. There shall, however, be no overall championship combined both for Men & Women sections respectively. In case of a tie, the School winning the greater number of first places shall be adjudged as the champion School.

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### BADMINTON

1. There shall be Inter-School Badminton Tournaments i.e. Team Championship for men & women.
2. The Tournament Committee shall decide draws and seeding.
3. Tournament Committee shall be the final authority for fixing/changing the programme of fixtures and to settle any disputes arising during the tournament.
4. Request for postponement of fixture shall under no circumstances be granted.
5. In the event of any fixture of the programs being cancelled or postponed by University due to unavoidable circumstances, the next fixture shall be taken up for play.
6. Entries received after the date and time mentioned in the calendar will not be accepted.
7. The number of players representing a School in a team shall not be less than four and more than Six for Men and not be less than two and more than Four players for Women.
8. The order of event shall be as follow:

Men:	Women:
First Singles,	First Singles,
Second Singles,	Second Singles,
First Doubles,	Doubles
Third Singles,	
Second Doubles,	

### BASKETBALL

1. The team shall consist of Twelve players.
2. The players should wear number (4 to 15) on both sides of their jersey/shirts.
3. Entries received after the date and time fixed for the purpose will not be accepted.

### CARROM

1. The tournament will be played on in following events:

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles
2. Each School shall be permitted to send Two entries i.e. 'A' and 'B' in each event.
3. The names of A & B once submitted can under no circumstances be changed.

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### CHESS

1. The tournament will be held for team championship Men & Women separately.
2. The tournament will be conducted according to the Swiss league Method (Maximum six rounds).
3. A team consists of a maximum of six players (including two reserves players) but only four players shall be allowed to participate each player Playing against the player of opponent team of the same status in order of ranking.
4. The chess clocks shall be used if available.
5. In the event of inability of a playing member to participate, the ranking Order shall be changed in such a way that only the player following him in the ladder takes his place and so on. No player shall be replaced during the course of the tournament.

### CRICKET

1. The matches shall be played in accordance to the BCCI rules adopted from time to time, by the university, unless, otherwise, modified by University Sports Committee.
2. Each School participating in the tournament shall submit a list of players not exceeding sixteen to the Sports Committee
3. The University Sports Committee will decide the number of overs to be played.

### FOOTBALL

1. Each School participating in the tournament shall submit a list of players not exceeding Twenty to the University Sports Committee on or before the date fixed for the purpose.

### HANDBALL

1. Each team shall consist of not more than twelve players.
2. Only the substitutes, not more than 2 teams' officials and suspended player(s), if any, are allowed to stay in the substitution area. One of the officials of each participating team in a match must be listed on the scoring sheet as being the only responsible person to speak to the game officials.

### HOCKEY

1. The tournaments will be organized in accordance with the rules of Indian Hockey Federation/Indian Women's Hockey Federation, as adopted by A.I.U., from time to time by unless, otherwise these rules are modified
2. Each School participating in the tournament shall submit a list of Eighteen players to the University Sports Committee on or before the date fixed for the purpose.

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### KABADDI

1. Each School participating in the tournament shall submit a list of players not exceeding Twelve to the University Sports Committee.

### KHO-KHO

1. Each School participating in the tournament shall submit a list of players not exceeding Twelve to the University Sports Committee.

### TABLE- TENNIS

1. There shall be Inter-School Badminton Tournaments i.e. Team Championship for men & women.
2. The Tournament Committee shall decide draws and seeding.
3. Tournament Committee shall be the final authority for fixing/changing the programme of fixtures and to settle any disputes arising during the tournament.
4. Request for postponement of fixture shall under no circumstances be granted.
5. In the event of any fixture of the programs being cancelled or postponed by University due to unavoidable circumstances, the next fixture shall be taken up for play.
6. Entries received after the date and time mentioned in the calendar will not be accepted.
7. The number of players representing a School in a team shall not be less than four and more than Six for Men and not be less than two and more than Four players for Women.
8. The order of event shall be as follow:

i.	Men:	Women:
ii. First	Singles, First	Singles,
iii.	Second Singles,	Second Singles,
iv. First	Doubles,	
	Doubles	
	Third	Singles,
v. Second Doubles,		

### VOLLEYBALL

1. Each School participating in the tournament shall submit a list of players not exceeding Twelve to the University Sports Committee.

### YOGASANAS

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1. Inter-School Yoga Competition shall be conducted for team and individual championship for M & W.
2. A team may consist of maximum of Six competitors (including one reserve). A team, consisting of less than five competitors, shall not be eligible for Team Championship but their performance will be considered for Individual Positions.
3. For Individual Championship the best of twelve performer will be again perform in Asanas & Suryanamaskar set of compulsory & optional yogic exercises and suryanamaskar to decide eight position. The duration will be 5 min. each. Performer can use music for Rhythm and to make performance more attractive
4. The following Asanas and Kriyas (Exercises) for Inter-School Yoga Competitions:  
(Compulsory Yogic Exercises for Men and Women)
  1. Asanas: a) Paschimottamasana, b) Sarvangasana, c) Dhanurasana, d) Karna
  2. Surya Namaskar – Men & Women – In twelve counts.
  3. Shat Kriyas (for Women)
    - a) Jal Neti or Sutra Neti
    - b) Shat Karm Kapalbhathi (Jal Kapalbhathi)  
(Water intake through mouth and out through nostrils)
  4. Shat Kariya (For Men)
    - a) Shat Karm Kapalbhathi (Jal Kapalbhathi)  
(Water intake through mouth and out through nostrils)
    - b) Vastra Dhauti (muslin cloth 6 to 7 m. in length and 8 cm. in width) or Nauli (Vam, Dakshin & Madhyam)

**Part B (Optional Yogic Exercises – do any three)**

- |            |                                       |                                |
|------------|---------------------------------------|--------------------------------|
| For Men:   | 1. Mayur Asana<br>(UrdhvaKukkutasana) | 2. Padambakasana               |
|            | 3. Hanuman Asana                      | 4. Titiabhasana                |
|            | 5. Purna Chakra Badhasana             |                                |
|            | 6. Vrishchik Asana                    | 7. Purna Shalbhasana           |
| For Women: | 1. Vatayan Asan                       | 5. Ardhabadh Padmottanasana    |
|            | 2. Purna Bhujangasan                  | 6. Vibhakta Pashchimottanasana |
|            | 3. Purna Matsyendrasana               | 7. Natraj Asan                 |
|            | 4. Ekpad Shirshasan                   | 8. Ekpad Rajkapotasan          |

**Note: The University Sports Committee shall have the Authority to change/ modify the Rules and Regulations.**

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