

RULES & REGULATIONS FOR VARIOUS SPORTS

1. FOOTBALL (Boys & Girls)

Team Size: 11 players + 5 substitutes

Match Duration: 40 mins (20+20) for PUC / 60 mins (30+30) for UG

Basic Rules:

- Only 11 players on field.
- Rolling substitutions allowed (max 5).
- Offside rule applies.
- No dangerous tackles.
- Referee decision is final.

2. TENNICOIT (Girls Only)

Team Size: 6 players + 2 substitutes

Rules:

- Match of 30 points; best of 3 sets.
- No body contact; proper ring use.

3. TABLE TENNIS

Format: Singles & Doubles

Rules:

- Best of 5 or 3.
- Each game 11 points.
- Serve alternates every 2 points.

4. BADMINTON

Format: Singles & Doubles

Rules:

- Best of 3 games (21 points).
- Rally scoring.
- Faults: net touch, double hit.

5. CHESS

Rules:

- Standard FIDE rules.
- Touch-move enforced.
- Time: 10 min + 5 sec.

6. CARROMS

Rules:

- Best of 3 boards / 25 points.
- Queen must be covered.
- Fouls: striker pocket, etc.

7. CRICKET (Boys & Girls)

Team Size: 11 players + 5 substitutes

Rules:

- Boys: 10–12 overs; Girls: 6–8 overs.
- Over-arm bowling only.
- No ball/wide as per standard rules.

8. VOLLEYBALL (Boys & Girls)

Team Size: 6 on court + 6 subs

Rules:

- Best of 3 sets (25 points).
- No net touch.
- Rotation mandatory.

9. ATHLETICS (Track & Field)

Track:

- False start = DQ.
- Baton exchange in zone only.

Field:

- 3 attempts.
- Follow event technique.

10. BASKETBALL (Boys & Girls)

Rules:

- 4x8 minute quarters.
- No travelling or double-dribble.
- 5 fouls = elimination.

11. KABADDI (Boys & Girls)

Rules:

- Raider must chant continuously.
- No dangerous holds.

12. KHO-KHO (Boys & Girls)

Rules:

- 9 players on field.
- No early Kho; stay within boundaries.

13. TUG OF WAR

Rules:

- 8 members.
- No jerks; maintain grip behind line.