

Shree H. N. Shukla
Homoeopathic
Medical College & Hospital

Recognized by CCH, Ministry of AYUSH, Govt. of Gujarat and India, Affiliated to Saurashtra University.

THE ATHLETIC AURA OF MEDICOS

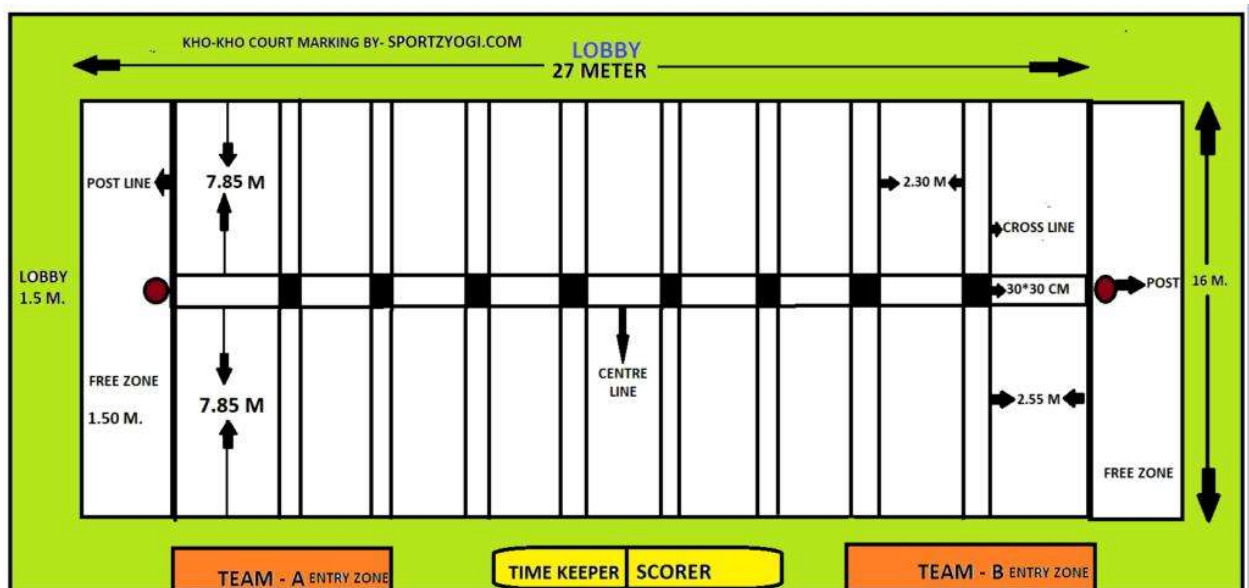
COMMON RULES FOR ALL THE PLAYER

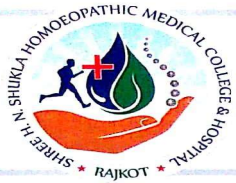
- ALL THE PLAYER HAVE TO COME ON TIME ACCORDING THERE GAME.
- IF THE ANY TEAM OR ANY PLAYER ARE NOT COME AT TIME THEY WILL BE DISQUALIFY FOR THE GAME.
- ALL THE PLAYER HAVE COME IS SPORTS DRESS.
- SPORTS SHOES ARE COMPULSARY.
- ALL THE PLAYER ALWAYS CARRY THERE COLLEGE ID CARD.
- ALL THE PLAYER HAVE TO MAINTAIN ENVIROMENT & DO NOT MISBEHAVE.
- IN CASE OF ANY MISBEHAVE THE DECISION WILL BE ON ORGANISER.
- IN ALL THE GAME REFEREE DECISION IS FINAL.
- DO NOT FIGHT WITH EACH OTHER, SHOW ALWAYS A SPORTSMENSHIP.

THE ATHLETIC AURA OF MEDICOS

Kho kho

- 11 Players are in Team, 9 Player are in Ground.
- 2 substitute will done by each team
- After Toss will be decide who will Defend of Raid.
- Speak Kho very Clear and Loudly.
- At a time 3 Player will be Ride.
- Don't injured any Player purposely.
- Shoes will be compulsory.
- You can't argument with referee, Referee's Decision will be last.
- Last decision will be on organiser.
- Full Track pant & sports T shirt are Compulsory (shorts are not allowed).
- Hair touch will be out.
- Don't Run Outside the Ground.
- Game will be 14min.
- 6 min. Two half.
- 2 min. Break time
- You have to cut your Nails
- Top of the table will be direct on final
- 2nd & 3rd will be semi final.

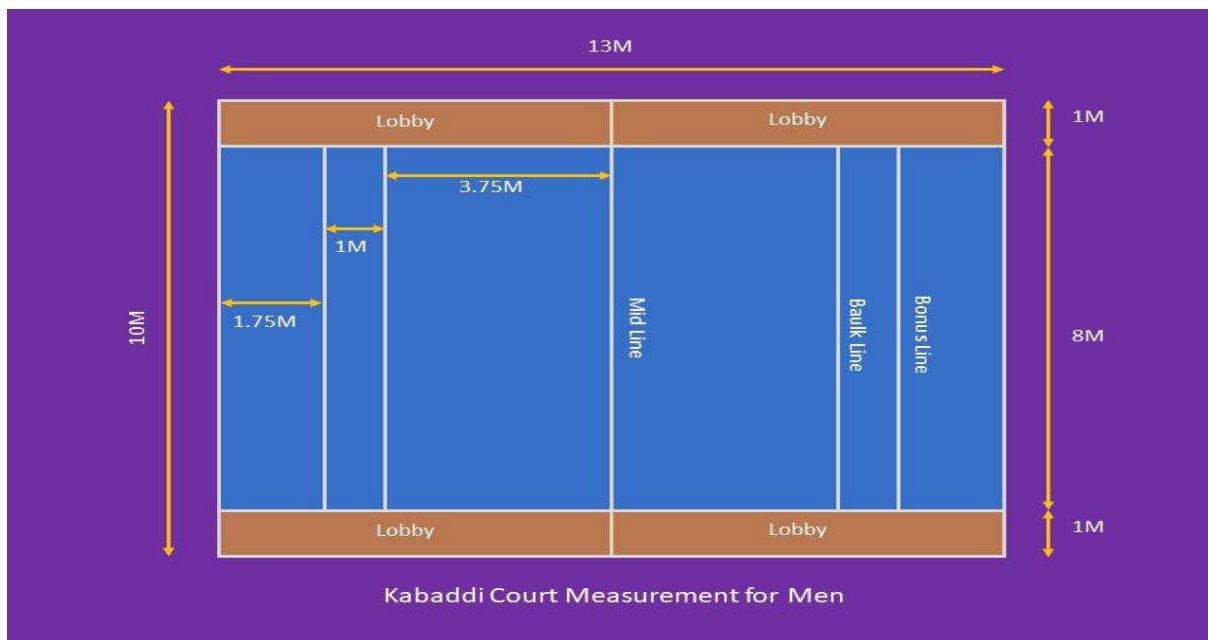


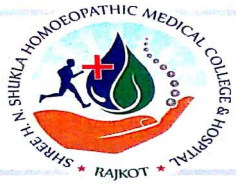


THE ATHLETIC AURA OF MEDICOS

Kabaddi

- Each team shall consist of no more than 9 players with only 7 taking to the field at any one time.
- 2 substitute will done by each team
- Kabbadi - Kabbadi Speck will be compalsary
- Raid is maximum 30sec.
- Without touch with any Defender rider goes on Lobby it's rider out.
- Referee's decision will be last, Player are not allowed against of Referee.
- If Defender pulls Rider's Jersey the point will given to Rider.
- When Rider is doing Raid, Only Captain will allowed for Guide.
- You Have to Cut your Nails
- Pursuit will be Considered
- 20 min. Total Game time
- 10 min two half with 5 min. Break in between two half.
- Shorts are compulsory
- Top of the table will be direct on final
- 2nd & 3rd will be semi final.

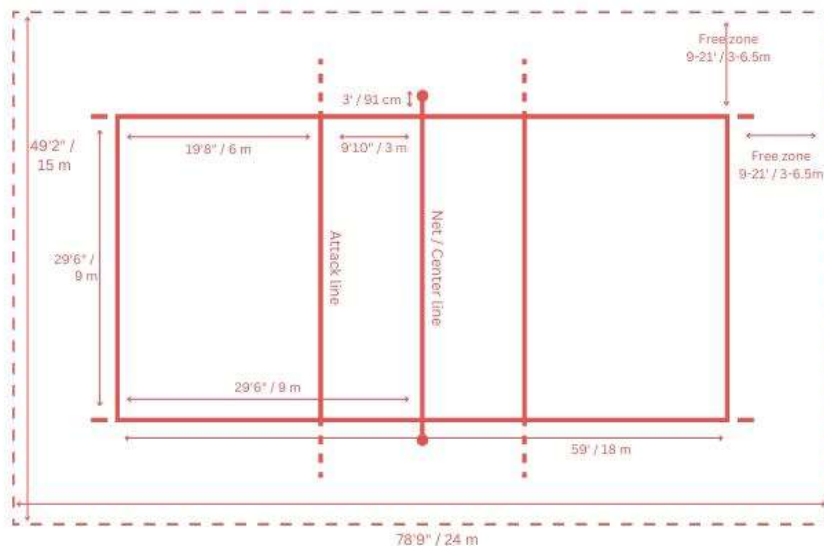


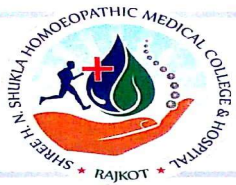


THE ATHLETIC AURA OF MEDICOS

Volleyball Rules

- Only 6 players on the floor at any given time: 3 in the front row and 3 in the back row.
- 2 substitute will done by each team
- Centre netty couldn't Service
- Net Touch not allowed
- If ball was goes outside of ground only one player allowed to take ball
- Maximum 3 Touch
- If ball was touch on tree point will given to opposite team
- Back player allowed for servicing
- Ball is on the line it considered in inside
- Header will be allowed
- Any case of emergency only one kick allowed
- After whistle Service will do
- Ground can't change by going under the net
- Service time in side neti is out in 3 meter line
- Shoes are compulsory
- Shotting are not allowed in game
- Total two set , 11 point will be win for set
- Top of the table will be direct on final
- 2nd & 3rd will be semi final.

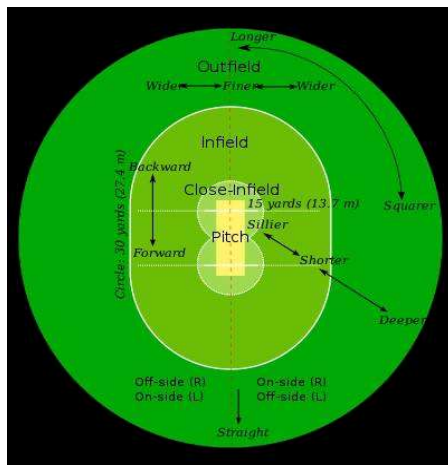




THE ATHLETIC AURA OF MEDICOS

Cricket boys

- Match will be played with tennis ball. Total 10 over inning.
- Register team has to submit a squad of 13 players in advance. no change will be permitted later on.
- 2 substitute will done by each team.
- clg I'd card is compulsory.
- new tennis ball will be used for each inning play
- each inning will complete in 45 min. otherwise Penalty will given.
- if any team found guilty in term of violence rules, ruled behaviour, abusing word will be kick out in tournament immediately.
- if there is a tie in a match then super over decide match winner
- T shirt, track pant and sport shoes are compulsory
- Three over of power play in a league round, semi & final
- first three over of compulsory power play (Two fielder out side inner circle).
- After a power play max 5 fielders out side inner circle is permitted.
- No ball and wide ball run will count.
- NO LBW
- first bounce and second bounce will be no ball
- In wided the ball is above height will given no ball
- When bowler start the run up any filder interrupt that will given no ball
- 2 bowler can bowl max 3 over and others 2 bowl 2 overs
- On the batsman lag side can filde 5 plyers





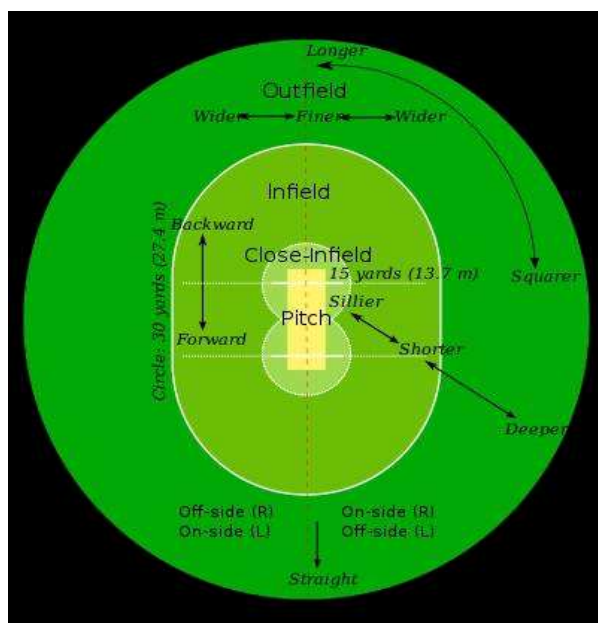
Shree H. N. Shukla Homoeopathic Medical College & Hospital

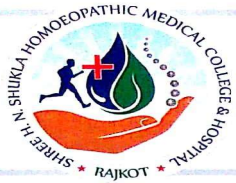
Recognized by CCH, Ministry of AYUSH, Govt. of Gujarat and India, Affiliated to Saurashtra University.

THE ATHLETIC AURA OF MEDICOS

Cricket girls

- Match will be played with tennis ball. Total 6 over match
- Register team has to submit a squad of 7 players in advance. no change will be permitted later on
- each inning will complete in 25 min. otherwise Penalty will given.
- if any team found guilty in term of violence rules, ruled behaviour, abusing word will be kick out in tournament immediately.
- if there is a tie in a match then super over decide match winner.
- T shirt, track pant and sport shoes are compulsory.
- Two over of power play in a league round, semi & final.
- In league round first two over of compulsory power play (Two fielder outside inner circle).
- Boundary will be 30 yards
- No ball and wide ball run will count.
- NO LBW
- Top of the table will be direct on final
- 2nd & 3rd will be semi final.





Shree H. N. Shukla
Homoeopathic
Medical College & Hospital

Recognized by CCH, Ministry of AYUSH, Govt. of Gujarat and India, Affiliated to Saurashtra University.

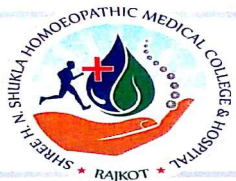
THE ATHLETIC AURA OF MEDICOS

Chess

- If you touch the piece it must be compulsory to move it.
- 2 illegal move is allowed, in 3rd illegal move will player lose the game
- King can move without check
- No necessary to speak check while giving check
- Always first touch king for castling
- When opponent have only king alive there is 50 moves to checkmate him.
- In playing on chess clock, the person who is firstly time out consider as lose the game
- Each player get timing of 7 minute. And +2 sec. increment.
- All player have to come with mobile phone , and Download chess game & chess clock application.

Long Jump

- Every Player have 2 set for Jump
- In both set Longest jump will winner
- After Whistel Jump will start.



Shree H. N. Shukla
Homoeopathic
Medical College & Hospital

Recognized by CCH, Ministry of AYUSH, Govt. of Gujarat and India, Affiliated to Saurashtra University.

THE ATHLETIC AURA OF MEDICOS

Arm Wrestling

- Each match is officiated by two referees, one on each side so the officials can see the competitors and their grip from both sides.
- 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 peg.
- Competitors can choose to start a match in the referee's grip or in a strip but both competitors must agree to this.
- After Whistle game will start.
- Once the referees are happy with the grip from both competitors, the contest will begin. Each competitor should attempt to pin their opponent's arm onto the touch pad.
- Pressure should be in a sideways capacity to force their opponent's hand to the touch pad. Back pressure in an attempt to drag the opponent off toward the centre of the table is not allowed.
- The match is won when one competitor pins their opponent's hand onto the touch pad. 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.
- Two warnings = one foul and two foul equals disqualification meaning that their opponent immediately wins the match.



THE ATHLETIC AURA OF MEDICOS

Badminton

- A game can take place with either two (singles) players.
- To score a point the shuttlecock must hit within the parameters of the opponents court.
- If the shuttlecock hits the net or lands out then a point is awarded to your opponent.
- Players must serve diagonally across the net to their opponent. As points are won then serving stations move from one side to the other. There are no second serves so if your first serve goes out then your opponent wins the point.
- A serve must be hit underarm and below the servers waist. No overarm serves are allowed.
- Each game will start with a toss to determine which player will serve first and which side of the court the opponent would like to start from.
- Once the [shuttlecock](#) is 'live' then a player may move around the court as they wish. They are permitted to hit the shuttlecock from out of the playing area.
- If a player touches the net with any part of their body or racket then it is deemed a fault and their opponent receives the point.
- The game has only two set of 7 point, for win the set 7 point is *necessary for win a set*
- If the laws are continuously broken by a player then the referee holds the power to dock that player of points with persisting fouls receiving a forfeit of the set or even the match.
- First stage is knockout matches
- After knockout round semis and final will start.

