

RULES AND REGULATIONS

- हर अंचल से निम्नलिखित प्रतियोगी होंगे -

CRICKET -	1 टीम - 10 खिलाड़ी - (8 + 2 रिज़र्व)
BASKETBALL -	1 टीम - 9 खिलाड़ी - (7 + 2 रिज़र्व)
BADMINTON -	3 खिलाड़ी
CHESS -	3 खिलाड़ी
CARROM -	3 खिलाड़ी

- इन प्रतियोगिताओं में वे ही भाग ले सकते हैं जिनका जन्म 1 जनवरी 1977 - 31 दिसम्बर 1999 के बीच हुआ हो।
- इन खेलों में भाग लेने वाले सभी प्रतियोगी अपने अपने अंचल का प्रतिनिधित्व करेंगे।
- हर अंचल के लिए एक रंग नियुक्त किया गया है -
उत्तरांचल - हरा, पश्चिमांचल - पीला, दक्षिणांचल - नीला, पूर्वांचल - गुलाबी
मध्यांचल - हल्का बैंगनी
- सभी खिलाड़ियों को उनकी टीम के रंग के अनुसार T-shirts, caps, bottles, ID Cards इत्यादि दिए जाएँगे।
- हर अंचल अपनी टीम के लिए 2 Managers नियुक्त करेगी। हमारी ओर से सभी संपर्क एवं सूचना इन Managers को दी जाएगी। Managers के नाम हमारे पास 15 अगस्त तक आ जाने चाहिए।
- सभी अंचलों की ओर से प्रतियोगियों की अंतिम सूची हमारे पास 20 अक्टूबर 2017 तक E-mail के ज़रिए आ जानी चाहिए।
- सभी अंचलों को अक्टूबर तक एक Registration Form भेजा जाएगा। हर खिलाड़ी के लिए एक Form को भरकर उस खिलाड़ी की एक stamp size photo के साथ हमारे पास 15 नवम्बर तक आ जानी चाहिए।
- कोलकाता में रेजिस्ट्रेशन के वक्त हर खिलाड़ी को अपनी एक Photo Identity प्रेषित करनी होगी।
- सभी खेल प्रमाणित अधिकारियों की निगरानी में सम्पन्न होंगे।
- सभी विजेताओं को जयचिन्ह, प्रमाणपत्र, पदक, ईनाम राशी एवं सभी प्रतियोगियों को प्रमाणपत्र द्वारा विभूषित किया जाएगा।
- हर टीम के रहने की व्यवस्था होटल में की जाएगी। सभी खिलाड़ी अपनी टीम के साथ ही रहेंगे। एक कमरे में 3 खिलाड़ी रहेंगे। कमरों का निर्धारण टीम के कोलकाता आने के पहले कर दिया जाएगा।
- टीम के सभी खिलाड़ियों के लिए Luggage tags पहले भेज दिए जाएँगे। कोलकाता आने से पहले सभी को अपने Luggage पर Tags लगा कर लाना है।
- Dress Code - Team T-Shirt, White Full Pants with White socks or knee length white divided skirt with long white socks, Flat sole Sport Shoes.

- खेलने के उपकरणों की व्यवस्था हम रखेंगे पर सभी टीमों अपने - अपने उपकरण ला सकती है।
- खिलाड़ियों के लिए चिकित्सकों की टीम रहेगी।
- उद्घाटन समारोह के लिए सभी टीमों से निवेदन है कि वे अपनी टीम की एक Dress Code रखें।
- हर टीम को समय की पाबंदी रखनी होगी। किसी भी प्रकार की अनुशासनहीनता के लिए पूरी टीम पर अंकों का जुर्माना लगाया जा सकता है।
- 16 दिसम्बर को उद्घाटन समारोह के पहले CAPTAIN'S MEET होगी जहाँ सभी कप्तानों को UMPIRES, REFREES से मिलने का एवं खेलों के नियमों को समझने का मौका मिलेगा।
- हमारी ओर से हर अंचल के लिए एक संयोजिका नियुक्त की गई है। खेलों के विषय में किसी भी प्रकार की जानकारी के लिए आप या तो मुझसे या फिर अपनी संयोजिका से संपर्क कर सकते हैं।

	सोनाली मूँधड़ा -	09830338117
उत्तरांचल -	मोनिका माहेश्वरी -	09897207099
पश्चिमांचल -	विभा राठी -	09819012822
दक्षिणांचल -	अरुणा लढ्ढा -	09422259239
पूर्वांचल -	अनीता धूत -	09864243005
मध्यांचल -	अर्चना मूँधड़ा -	09324129449

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कार्यक्रम सूची

16.12.17, शनिवार

10:00 AM - 04:00 PM - रेजिस्ट्रेशन

06:00 PM - CAPTAIN'S MEET

07:30 PM - उद्घाटन समारोह

17.12.17, रविवार

SPACE CIRCLE CLUB

09:00 AM - 07:00 PM - GROUP STAGE MATCHES

08:00 PM - सांस्कृतिक कार्यक्रम

18.12.17, सोमवार

SPACE CIRCLE CLUB

09:00 AM - 07:00 PM - GROUP STAGE MATCHES

08:00 PM - सांस्कृतिक कार्यक्रम

19.12.17, मंगलवार

09:00 AM - 01:00 PM - शिक्षात्मक पर्यटन (वैकल्पिक)

02:00 PM - FINAL MATCHES – SPACE CIRCLE CLUB

20.12.17, बुधवार

SPACE CIRCLE CLUB

10:00 AM - 01:00 PM - समापन समारोह

RULES FOR 8-8 CRICKET

BASIC

- The game will be played in the Round Robin format. The top 2 teams will qualify for the Finals.
- Each team shall comprise of 8 playing members and 2 reserves.
- The match shall be 8 over per innings, and only one innings each. Approximate time per innings is 30 min.
- Each team must have at least 4 bowlers .
- No fielder can move or talk after the bowler starts running from the bowling end or else the ball will be counted as a No - ball.

- If the non - striker batswoman leaves her position before the delivery, then the bowler can run her out on the discretion of the Umpires as per the general rules of Cricket.

SCORING

- The front and the 2 side netting is a 4 bonus runs zone if hit after a bounce and 6 bonus runs if the ball hits the net on the full. No bonus runs are added.
- Overthrows that hit the run zones will get the bonus runs added to the runs taken. However no additional runs will given if the ball hits twice the same run zone after a deflection from the fielder.
- When a batswoman intentionally deflects the ball by any part of her body into a scoring run zone the run will not be counted. However batswoman can take runs by running between the wickets.
- When a batswoman hits a ball and it directly hits the corner post, then the batting team will be given 6 bonus runs. If the ball touches the post after a bounce , then the batting team will be given 4 bonus runs.

DISMISSALS

- To run a batswoman out , the bales have to be removed with the ball or ball in hand before the batswoman make their respective grounds.
- No LBW rules are applicable.

EXTRAS

- For the first 7 overs of each innings, WIDE BALL (anything outside the leg stump and 12 inches wide of the off stump) or a NO BALL is penalized with 5 runs and 3 runs respectively which will be added to the batting side's score. No additional ball will be bowled. In these overs the batswoman cannot be declared out on a Wide Ball.
- Any delivery above shoulder height will be called a No ball.
- Any full toss delivery above waist height is a No ball.
- For the last over of both innings, any wide and no balls delivered will award the opposition with 2 runs. An additional ball is also to be bowled.

RUNNER

- A batswoman can be allowed to keep a runner but only at the discretion of the Umpire.

DRAW

- If the score of both the teams is leveled (match tied), then 1 super over per side will be played. a fall of maximum 3 wickets will be allowed in this over.

PITCH AND BALL

- The pitch will be 58 feet long. The game will be played with a Cosco tennis ball.

DRESS CODE

- All players must wear their team jerseys (to be provided by us), white full pants, sport shoes with flat sole (no metal Spikes).

PENALTIES

- A player is deemed to be absent if she has not joined the game before the fourth over of the first innings irrespective of the whether her side is batting or fielding. 6 penalty runs will be deducted from the score of the team for every absent player.
- When one player is absent during her teams bowling or batting innings, her over must be bowled or batted by the player nominated by the opposite team's Captain. These over(s) are to be bowled or batted at the last of bowling or batting innings.
- Less than 6 players from either the batting or bowling side will result in a walk over.
- If a team fails to report to the match officials within 20 min. of the scheduled match timing, a walkover will be awarded to the opponent team.
- The Umpire's decision is final on the field. Any swearing, arguing with the Umpire, rough play, overly aggressive play, mistreatment of the equipment, unduly wasting time will incur a penalty of 6 or multiple of 6 runs.

FORMAT FOR CRICKET

TEAMS - A, B, C, D, E

DAY - 1 - 17.12.17

09:00 AM - 08:00 PM

A vs B

C vs D

A vs E

B vs C
D vs E

DAY - 2 - 18.12 17

09:00 AM - 08:00 PM

A vs C
B vs D
C vs E
A vs D
B vs E

DAY - 3 - 19.12 17

06:30 PM

FINALS WILL BE PLAYED BETWEEN THE TOP 2 TEAMS

RULES FOR BASKETBALL

TEAMS/ NUMBER OF PLAYERS

- The game will be played in the Round Robin Format. The top 2 teams will qualify for the Finals.
- Each Team shall comprise of 9 players, with a maximum of 7 players of each team on the court at any time.
- Teams may make as many substitutions as they like.

THE OBJECTIVE

- The objective of the game is to put the ball in the opposing team's basket.
- The team with the most points at the end of the game wins.

DURATION

- The game consists of three periods of 10 minutes.
- If the scores are tied, overtime periods of five minutes will be played until one team has more points than the other (at the end of the 5-minute period)

SCORING

- A basket scored from near the basket (inside the three-point arc) is worth two points.
- A basket scored from far (beyond the three-point arc) is worth three points.
- A basket scored from the free-throw line is worth one point.

MOVING THE BALL

- The ball may either be passed from one player to another, or dribbled by a player from one point to another (bounced while walking or running).
- Before passing or shooting the ball, a player may take two steps (without dribbling).
- Once a player has stopped dribbling, he may not start to dribble again.
- Once the team in possession of the ball has passed the half-court line, it may cross back over the line with the ball.

SHOT CLOCK

- When a team gains possession of the ball, they have a maximum of 24 seconds to attempt a shot.
- Additionally, offensive players may not remain within the restricted area (key) for more than three consecutive seconds.

FOULS

- A personal foul occurs when there is illegal contact between two opponents. A player who makes more than five personal fouls is excluded from the game.

- A foul made on a player attempting a shot results in the awarding of the same number of free-throws as those of the shot taken (two from inside the arc, three from outside). If a player is fouled but makes the attempted shot, the shot counts and an additional free-throw will be awarded.
- Once a team has made four fouls in a period, each additional foul (on a player not attempting a shot) will result in the automatic awarding of two free-throws.
- The Referee's decision is final on the court. Any swearing, arguing with the Referee, rough play, overly aggressive play, mistreatment of the equipment, unduly wasting time will incur a penalty of 2 or multiples of 2 points.

DRESS CODE

- All players must wear their team jerseys (to be provided by us), white full pants, sport shoes with flat bottoms.

FORMAT FOR BASKETBALL

TEAMS - A, B, C, D, E

DAY - 1 - 17.12.17

09:00 AM - 12:30 PM

A vs B
C vs D
A vs E
B vs C
D vs E

DAY - 2 - 18.12 17

09:00 AM - 12:30 PM

A vs C
B vs D
C vs E
A vs D
B vs E

DAY - 3 - 19.12 17

02:00 PM

FINALS WILL BE PLAYED BETWEEN THE TOP 2 TEAMS

RULES FOR BADMINTON

- The game will be played in the Fixture Format. All the players will be divided into 4 Groups. This grouping will be done through Lottery. The player who will top her group will qualify for the Semi-finals.

- 15 points constitute the group stage matches and 21 points constitute the Semi Final and Final matches (with deuce).
- The service must be delivered to the diagonal service court. A bird that lands on a line is considered good. The bird must land in the long, narrow court.
- A let serve is one in which the bird touches the top of the net but lands in the proper court. A service that is let is served again. It is a fault unless it lands in the service court.
- Only one service (trial) is allowed per inning, unless the bird is missed entirely or it is a “good” let.
- The service alternates to courts. The service starts in the right-hand court at the beginning of the game, but thereafter service is made from the right-hand court when the score is even (for that side) and from the left-hand court when the score is odd (for that side).
- It is a fault (loss of service or hand for the serving-side and loss of point for receiving-side) when:
 1. service is illegal; i.e., the bird is struck when above the waist or the head of the racket is higher than the hand when hit
 2. service or played shot lands outside the specified court, passes through or under the net, or hits a player or obstruction outside the court.
 3. server or receiver steps out of his proper court before delivery of serve or feints in any way before the serve.
 4. a player reaches over the net to hit a bird (she may follow a shot over).
 5. a player touches the net with her racket or any part of his/her body.
 6. a player hits the bird twice or momentarily holds or throws it with his/her body.
 7. a player fails to return the bird to the opponent’s proper court. (she cannot hit a doubtful bird and call “out”, as permitted in some sports.)
 8. the server steps forward as she serves.
 9. the bird is hit on the rim or neck of the racket – called a “wood.”
- The Referee's decision is final on the court. Any swearing, arguing with the Referee, rough play, overly aggressive play, mistreatment of the equipment, unduly wasting time will incur a penalty of 2 or multiples of 2 points.

DRESS CODE

- All players must wear their team jerseys (to be provided by us), white full pants, sport shoes with flat bottoms.

FORMAT FOR BADMINTON

GROUP A

GROUP B

GROUP C

GROUP D

a	e	i	m
b	f	j	n
c	g	k	o
d	h	l	p

DAY - 1 - 17.12.17

02:00 PM ONWARDS

COURT 1	COURT 2	COURT 3	COURT 4
a vs b	e vs f	i vs j	m vs n
c vs d	g vs h	k vs l	o vs p
a vs c	e vs g	i vs k	m vs o

DAY - 2 - 18.12.17

02:00 PM ONWARDS

COURT 1	COURT 2	COURT 3	COURT 4
a vs d	e vs h	i vs l	m vs p
b vs c	f vs g	j vs k	n vs o
b vs d	f vs h	j vs l	n vs p

DAY - 3 - 19.12.17

SEMI FINAL - 04:30 PM

COURT 1

COURT 4

Winner of Group A vs Winner of Group D

Winner of Group B vs Winner of Group C

FINAL - 05:30 PM

RULES FOR CARROM

- The game will be played in the Fixture Format. All the players will be divided into 4 Groups. This grouping will be done through Lottery. The player who will top her group will qualify for the Semi-finals.
- Each match will comprise of 4 Boards. Time limit for each board will be 15 min.
- Winner will be that player who secures 25 points first or that player who has more points at the end of each match.
- Each piece is 1 point and the Red piece is 5 points.

Players take turns to play. A turn consists of one or more strikes. A player wins by pocketing all of the pieces of their chosen colour first. However, neither player can win until one or other player has "covered the Queen". To cover the Queen, a player must pocket one of her own pieces immediately after pocketing the Queen. If the Queen is pocketed but not covered, the Queen is returned to the board. Both players normally try to cover the Queen in addition to trying to win the game because a player who wins and also covers the Queen receives bonus points.

STRIKING

- For each strike, a player must position the striker within the baseline OR on one of the two circles at either end of the baseline.
- A striker within the baseline must touch both the front line and rear line.
- The striker may not "cut the moon" - be placed partially within the baseline and within the circle.
- The player must flick the striker with one finger so that it crosses the front baseline - it is not permitted to flick backwards and horizontally.
- A piece that is on or behind the front baseline must not be struck by the striker until the striker has crossed the front baseline.
- In striking, the players hand or arm must not cross the diagonal foul lines at either end of the baseline.

BASIC RULES

- For the very first turn, the player is allowed two attempts to break i.e. disturb the central group of counters only if no piece is struck at the first attempt.
- Each player gets 15 seconds for each strike.
- It doesn't matter which piece the striker hits first or if the striker hits no piece.
- If the striker pockets the Queen and the striker, the player retrieves the striker and places both the pieces in the center.
- If the player pockets no pieces or commits a foul, the turn finishes.

COVERING THE QUEEN

- A player may only pocket and cover the Queen if that player has already pocketed at least one piece of her own colour.
- Should a player pocket the Queen before being permitted to cover it, the turn continues, but the Queen is returned to the centre at the end of the turn.
- If a player pockets the Queen and one of her own pieces in the same turn, this counts and that player has covered the Queen. Such a player must have already pocketed at least one piece in order to cover the Queen as per normal.
- When a player pockets the Queen but does not cover it, The Queen is returned as near as possible to the centre circle by the Judge.

OTHER RULES

- Pieces returned to the centre can be placed on top of other pieces within the main circle.
- If pieces come to rest standing on their edge or overlapping another piece, they are left as they are until moved again in the normal course of play.
- If the striker comes to rest under another piece, the striker should be removed with as little disturbance to the covering piece as possible by the Judge.
- When the Queen is on the board, no other piece can be placed in its place.

FOULS

When a player commits a foul, the turn comes to an end immediately and a penalty is incurred. The penalty is that one pocketed piece is returned to the board by the opponent anywhere within the main circle. Any other pieces required to be returned to the board are also placed within the main circle by the opponent. It is normal for pieces to be positioned in order to confer an advantage for the opponent. A foul is recorded in the following situations -

- The striker is pocketed
 - The striker or any other piece leaves the board.
 - A player pockets an opponent's piece. If the Queen was also pocketed, it is returned to the centre by the opponent together with the penalty piece. Any other pieces pocketed on the same strike remain pocketed
 - A player pockets the final opponent's piece regardless of whether the Queen has been covered, the opponents piece is returned to the centre in addition to the penalty piece.
 - A player pockets the final piece before the Queen has been covered. In this case both the pocketed piece and a penalty piece are returned to the centre.
 - A player contravenes the rules for striking.
 - A player touches any piece in the play other than the striker.
-
- The first player to strike fails to break the counter in two attempts. Where a penalty is incurred but no pocketed pieces exist to return the penalty is "owed" until a piece becomes available. If

a penalty is owed, when a piece becomes available due to being pocketed, the piece is returned to the centre by the opponent at the end of the turn. Should the opponent forget to do this before the start of the next turn, any owed penalties are lost.

SCORING

- At the end of one Board, the winner scores 1 point for each opponent's piece left on the board.
- If the winner has less than 25 points and the winner also covered the Queen, a bonus 5 points are scored.
- If the winner has 25 or more points, then no points are scored for covering the Queen.
- The maximum score for one Board is therefore 14 points. A match is played to 25 points.

DRESS CODE

All players must wear their team jerseys (to be provided by us), white full pants.

- The Judge's decision is final on the court. Any swearing, arguing with the Judge, rough play, overly aggressive play, mistreatment of the equipment, unduly wasting time will incur a penalty of 2 or multiples of 2 points.

FORMAT FOR CARROM

GROUP A

GROUP B

GROUP C

GROUP D

a	e	i	m
b	f	j	n
c	g	k	o
d	h	l	p

DAY - 1 - 17.12.17

10:00 AM ONWARDS

BOARD 1	BOARD 2	BOARD 3	BOARD 4
a vs b	e vs f	i vs j	m vs n
c vs d	g vs h	k vs l	o vs p
a vs c	e vs g	i vs k	m vs o

DAY - 2 - 18.12.17

10:00 AM ONWARDS

BOARD 1	BOARD 2	BOARD 3	BOARD 4
a vs d	e vs h	i vs l	m vs p
b vs c	f vs g	j vs k	n vs o
b vs d	f vs h	j vs l	n vs p

DAY - 3 - 19.12.17

SEMI FINAL - 03:00 PM

BOARD 1

BOARD 2

Winner of Group A vs Winner of Group D

Winner of Group B vs Winner of Group C

FINAL - 05:00 PM

RULES FOR CHESS

The game will be played as per the SWISS FORMAT.

The game will be played over 9 rounds. the player with the most number of points after 9 rounds will be declared the winner.

Time control - 30 min. for each player.

At the beginning of the game the chessboard is laid out so that each player has the white (or light) color square in the bottom right-hand side. The chess pieces are then arranged the same way each time. The second row (or rank) is filled with pawns. The rooks go in the corners, then the knights next to them, followed by the bishops, and finally the queen, who always goes on her own matching color (white queen on white, black queen on black), and the king on the remaining square.

HOW THE CHESS PIECES MOVE

KING

The king can only move one square in any direction - up, down, to the sides, and diagonally. The king may never move himself into check (where he could be captured). When the king is attacked by another piece this is called "check".

QUEEN

The queen is the most powerful piece. She can move in any one straight direction - forward, backward, sideways, or diagonally - as far as possible as long as she does not move through any of her own pieces. And, like with all pieces, if the queen captures an opponent's piece her move is over.

ROOK

The rook may move as far as it wants, but only forward, backward, and to the sides.

BISHOP

The bishop may move as far as it wants, but only diagonally. Each bishop starts on one color (light or dark) and must always stay on that color.

KNIGHT

Knights move by going two squares in one direction, and then one more move at a 90 degree angle, just like the shape of an "L". Knights are also the only pieces that can move over other pieces.

PAWN

Pawns move forward, but capture diagonally. Pawns can only move forward one square at a time, except for their very first move where they can move forward two squares. Pawns can only capture one square diagonally in front of them. They can never move or capture backwards. If there is another piece directly in front of a pawn he cannot move past or capture that piece.

SPECIAL RULES OF CHESS

- Pawns have another special ability and that is that if a pawn reaches the other side of the board it can become any other chess piece (called promotion). A pawn may be promoted to any piece. A pawn is usually promoted to a queen. Only pawns may be promoted.
- The last rule about pawns is called “**en passant**,” which is French for “in passing”. If a pawn moves out two squares on its first move, and by doing so lands to the side of an opponent's pawn (effectively jumping past the other pawn's ability to capture it), that other pawn has the option of capturing the first pawn as it passes by. This special move must be done immediately after the first pawn has moved past, otherwise the option to capture it is no longer available.
- One other special chess rule is called castling. On a player's turn he may move his king two squares over to one side and then move the rook from that side's corner to right next to the king on the opposite side. However, in order to castle, the following conditions must be met:
 - it must be that king's very first move
 - it must be that rook's very first move
 - there cannot be any pieces between the king and rook to move
 - the king may not be in check or pass through check
- Notice that when you castle one direction the king is closer to the side of the board. That is called castling "kingside". Castling to the other side, through where the queen sat, is called castling "queenside". Regardless of which side, the king always moves only two squares when castling.
- The player with the white pieces always moves first which is decided by a toss.

CHECKMATE

The purpose of the game is to checkmate the opponent's king. This happens when the king is put into check and cannot get out of check. There are only three ways a king can get out of check: move out of the way (though he cannot castle!), block the check with another piece, or capture the piece threatening the king. If a king cannot escape checkmate then the game is over. Customarily the king is not captured or removed from the board, the game is simply declared over.

DRAW

There are 5 reasons why a chess game may end in a draw:

- The position reaches a stalemate where it is one player's turn to move, but his king is NOT in check and yet he does not have another legal move
- The players may simply agree to a draw and stop playing
- There are not enough pieces on the board to force a checkmate (example: a king and a bishop vs. a king)
- A player declares a draw if the same exact position is repeated three times (though not necessarily three times in a row)
- Fifty consecutive moves have been played where neither player has moved a pawn or captured a piece

TOUCH MOVE

If a player touches one of their own pieces they must move that piece as long as it is a legal move. If a player touches an opponent's piece, they must capture that piece. A player who wishes to touch a piece only to adjust it on the board must first announce the intention, usually by saying "adjust".

CLOCKS AND TIMERS

Most tournaments use timers to regulate the time spent on each game, not on each move. Each player gets the same amount of time to use for their entire game and can decide how to spend that time. Once a player makes a move they then touch a button or hit a lever to start the opponent's clock. If a player runs out of time and the opponent calls the time, then the player who ran out of time loses the game (unless the opponent does not have enough pieces to checkmate, in which case it is a draw).

SCORING

The winner gets 1 point.

If the game ends in a draw, each player gets 1/2 point.

Each player is allowed 2 illegal moves.

DRESS CODE

- All players must wear their team jerseys (to be provided by us), white full pants.
- The Draw for each round will be presented 30 min before the round.
- Mobiles will not be allowed during the game.
- The Arbitor's decision is final. Any swearing, arguing with the Arbitor, rough play, overly aggressive play, mistreatment of the equipment, unduly wasting time will incur a penalty of 2 or multiples of 2 points.

FORMAT FOR CHESS

DAY - 1 - 17.12.17

10:00 AM

3 ROUNDS TO BE PLAYED

DAY - 2 - 18.12.17

10:00 AM

4 ROUNDS TO BE PLAYED

DAY - 3 - 19.12.17

03:00 PM

2 ROUNDS TO BE PLAYED