



# VIDYASAGAR UNIVERSITY

Department of Sports  
Midnapore – 721 102  
West Bengal

Phone: (03222) 276554/555/557/558

Fax No.: (03222) 275329

Email : [vidya295@mail.vidyasagar.ac.in](mailto:vidya295@mail.vidyasagar.ac.in)

Ref. No. VU/SPT/363/17

Date. 10.07.2017

To

The Principal / Teacher- in-Charge

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.....

Sir/Madam,

It is our great pleasure to inform you that the proposed Sports Calendar of Vidyasagar University has been published on 05.7.2017. The proposed Sports Calendar also available in the website of the University ([www.Vidyasagar.ac.in](http://www.Vidyasagar.ac.in)).

I also glad to inform you that this year University Annual Athletic Meet will be held within 1<sup>st</sup> week of December, 2017 (Probably 6-7 December, 2017). In this regard the College Annual Sports must be completed by 19<sup>th</sup> November, 2017, and all the Colleges should submit the list of players within 23<sup>rd</sup> November, 2017.

Inter College players' registration forms of different games and sports also be necessary to submit ten (10) days before commencements of respective tournaments for the proper identification of the players.

Player's registration forms (Two copies), Sports Calendar, Rules & Regulations, last date of entry, Eligibility guideline, Mandatory guideline, Eligibility Check list & date of fixture drawing etc. of all games and sports will not be sent separately to the respective Colleges. They are requested to be down loaded from the University website ([www.Vidyasagar.ac.in](http://www.Vidyasagar.ac.in)).

Kindly pay ANNUAL SPORTS FEES within the 1<sup>st</sup> week of August, 2017, otherwise the team will not be eligible to participate in any type of Inter College tournament (please enclose money receipt in entry time)

Your kind co-operation is highly solicited.

Thanking you,

*Suhas Barik*  
(SUHAS BARIK)  
Sports Officer

Copy to:-

1. Registrar, Vidyasagar University.
2. DSW (Actg.) & Chairman, Sports Committee, Vidyasagar University.
3. U.G. Secretary, Vidyasagar University.
4. P.G. Secretary, Vidyasagar University.
5. The Secretary to the Vice-chancellor for kind information to the Hon'ble Vice-chancellor.
6. The Information Scientist for wide circulation on the University website.
7. Guard File.

*Registration sir  
Pl. upload all  
the papers (no pages)  
7. run University  
website  
10/7/17*

*IS  
For website  
pls. 21/7/17*



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## PROPOSED SPORTS CALENDER 2017-2018

Sl. No.	Discipline	Date & Time	Venue	Remarks
01	<b>FOOTBALL</b>	17 <sup>th</sup> to 28 <sup>th</sup> August, 2017	Sahied Kshudiram Bose Kirangan, V.U. (Daily 3 matches)	
	Inter College			
	<b>East Zone Inter-Varsity Tournament</b>		Rajib Gundhi University. Arunachal Pradesh	
	<b>All India Inter-varsity Tournament</b>		Calicut University	
02	<b>KHO-KHO</b>	4 <sup>th</sup> – 5 <sup>th</sup> September, 2017	Sahied Kshudiram Bose Kirangan, V.U.	
	Inter College (M&W)			
	<b>East Zone Inter-Varsity (M&amp;W)</b>	-----	VBSPurbanchal University (M&W)	
	<b>All India Inter-varsity Tournament (M)</b>		Gujarat Vidyapeeth (W) Univ. of Mysore (M)	
03	<b>VOLLEY BALL</b>	11 <sup>th</sup> – 12 <sup>th</sup> September, 2017	Sahied Kshudiram Bose Kirangan, V.U.	
	Inter College (Men)			
	<b>East Zone Inter-varsity (Men)</b>	-----	KIIT University, Bhubaneswar	
	<b>All India (Men)</b>		Rani Durgawati Univ.	
04	<b>ATHLETICS</b>	Last week of November 2017		
	College Sports 2017-2018			
	Annual Sports 2017-2018(VU) PG Sports 2017-2018	1 <sup>st</sup> week of December 2017	Sahied Kshudiram Bose Kirangan, V.U.	
	<b>All India Ath. Meet 2016-2017 (M&amp;W)</b>	-----	ANU University Guntur (AP)	
05	<b>CRICKET</b>	From 14 <sup>th</sup> September, 2017	Sahied Kshudiram Bose Kirangan, & V.C. Bunglow Ground, V.U.	
	Inter College Tournament (MEN)			
	<b>East Zone Inter-varsity</b>	-----	KIIT University, Bhubaneswar (M)	
06	<b>Yoga (M&amp;W)</b>	18 <sup>th</sup> September 2017	Amenity Centre V.U Campus	
	Inter College (M&W)			
	<b>All India Yoga (M&amp;W)</b>	-----	KIIT University, Bhubaneswar (M/W)	

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Sl. No	Discipline	Date & Time	Venue	Remarks
7.	<b>CHESS</b>	20 <sup>th</sup> September, 2017	Amenity Centre V.U. Campus	
	Inter College (M/W)			
		.....	Calcutta University, (M)	
	Inter University (M)			
8.	<b>KABADDI (M&amp;W)</b>	30 <sup>th</sup> to 31 <sup>st</sup> October, 2017	Sahied Kshudiram Bose Kirangan, V.U. ----- L.N. Mithila (M) APS, Rewa (W) ----- MDU, Rohtak (M&W)	
	Inter College (M/W)			
	East Zone Inter Univ.			
	All India			

  
(SUHAS BARIK)  
Sports Officer

N.B. *Sports Calendar is subject to change if required.*



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### LAST DATE OF ENTRY AND DRAWN OF FIXTURE Session – 2017-18

#### EVENTS:

##### 1. FOOTBALL: (17<sup>th</sup> to 28<sup>th</sup> August 2017)

- \*Last date of entry - 7<sup>th</sup> August, 2017
- \*Drawn of fixture - 10<sup>th</sup> August 2017, at 2.p.m
- \*Entry fees - Rs. 200/-

##### 2. KHO-KHO (M&W) (4<sup>th</sup> to 5<sup>th</sup> September, 2017)

- \*Last date of entry - 24<sup>st</sup> August 2017
- \*Drawn of fixture - 29<sup>th</sup> August 2017, at 2.p.m
- \*Date of Match (for Women) - 4<sup>th</sup> September 2017
- \*Date of Match (for Men) - 5<sup>th</sup> September 2017
- \*Entry fees - Rs. 200/-(each)

##### 3. VOLLEYBALL: (11<sup>th</sup> – 12<sup>th</sup> September, 2017)

- \*Last date of entry - 1<sup>st</sup> September 2017
- \*Drawn of fixture - 6<sup>th</sup> September 2017, at 2.p.m
- \*Entry fees - Rs. 200/-

##### 4. CRICKET: (From 14<sup>th</sup> Sept. 2017)

- \*Last date of entry - 4<sup>th</sup> September 2017
- \*Drawn of fixture - 7<sup>th</sup> September 2017, at 2.p.m
- \*Entry fees - Rs. 200/-

##### 5. Yoga (M&W) (18<sup>th</sup> September, 2017)

- \*Last date of entry - 11<sup>th</sup> September, 2017
- \*Entry fees - Rs. 200/-(each)

##### 6. ATHLETICS: (1<sup>st</sup> week of December, 2017)

- \*Last date of entry - before 15days of the commencement of the Meet
- \*Entry fees - Rs. 200/-

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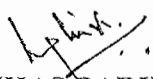
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7. KABADI: (30<sup>th</sup> 31<sup>st</sup> October, 2017)

- |                            |   |
|----------------------------|---|
| *Last date of entry        | - 23 <sup>rd</sup> October, 2017          |
| *Drawn of fixture          | - 25 <sup>th</sup> October 2017, at 2.p.m |
| *Date of Match (for Women) | - 30 <sup>th</sup> October 2017           |
| *Date of Match (for Men)   | - 31 <sup>st</sup> October 2017           |
| *Entry fees                | - Rs. 200/-(each)                         |

8. CHESS: (20<sup>th</sup> September, 2017)

- |                     |                                   |
|---------------------|-----------------------------------|
| *Last date of entry | - 12 <sup>th</sup> September 2017 |
| *Entry fees         | - Rs. 200/-                       |

  
(SUHAS BARIK)  
Sports Officer

N.B. - Date may be change if required.



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**\* Mandatory guidelines for participation in Inter College Tournament of Vidyasagar University for the session 2017-18.**

1. The eligibility proforma of different games and sports of each college should be submitted to sports officer before 10 days of commencement date of tournament (Please download from our University website) ([www.Vidyasagar.ac.in](http://www.Vidyasagar.ac.in)).
2. After receiving the eligibility proforma, the college will be eligible for participation in games and sports, after that the fixture will be drawn.
3. If any participant / Team/Team Manager / violates the rules during inter college tournament, the disciplinary committee enquire into the matter and committee may decide on punishment for 1(one) to 3(three) years suspension of that college from participation in any form of University tournament.
4. If any college team wants to protest against any other college team, it has to do so within one hour of the accomplishment of the game by depositing Rs. 200/- by the teacher-in-charge or manager to Sports Officer along with writing application on the ground only otherwise the protest will not be accepted.
5. In every discipline, original and attested copies of admit card of Madhyamik examination, H.S. Mark sheet, Registration certificate, admit card of University, recent fess book of the college and college identity card must be submitted before 10 days of the commencement of the tournament. Original will be back after the verification.
6. In every discipline entry fees Rs. 200/-(Rupees Two hundred) must be submitted before 10 days of the commencement of the tournament.
7. Only students who are less than 25 years of age as on 1<sup>st</sup> July, 2017 of the academic year in which the tournament is held, can participate.
8. Those players who will take admission in the 1<sup>st</sup> year, until they receive their registration No. or admit card from the University:- admit card of Madhyamik examination, H.S. Mark sheet, Registration certificate, admit card of University, recent fess book of the college and college identity card along with Principal's forwarding letter which also included their names and photographs must have to be submitted.
9. The college who did not deposit the ANNUAL SPORTS FEES in time are not allowed to participate in all the Inter College tournament. (Please enclose money receipt in entry time)
10. Failed and dropped candidates will not be allowed to participate in the Inter College & Inter University tournament

  
(SUHAS BARIK)  
Sports Officer



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### Inter College Sports & Games Competition Session 2017-18 ELIGIBILITY Guideline for Participation in all Games & Sports as per AIU Norms.

#### A. Eligibility Rules:-

1. Only a bonafide student, who is currently and officially enrolled / registered for a degree or diploma at the university/college whose status is recognized by the appropriate authority of the country, which is of a minimum duration of one academic year and whose examination is conducted by the university shall be eligible to participate in National/International University Games.

1.(i) Ph.D. and M.Phil. Students will also be eligible to participate only if in terms of the concerned University's rules they are regarded to be bonafide students and fulfill other conditions laid down in this behalf.

2) All eligible students while participating in National/International University Games/ Championships shall fulfill the following essential conditions:-

(a) Not more than 9 years have elapsed since a student passed the examination qualifying him/ her for first admission to a degree or diploma course of university or college affiliated to a university.

(b) The nine year eligibility period for participation of students in competitions shall be distributed as under:-

i. not more than 5 years after passing/ qualifying 10+2 examination or equivalent examination while studying in Under Graduate Courses/Degrees.

ii. Not more than 4 years after passing/qualifying Graduate Course/Degree while studying in Post Graduate Courses/Degrees. This period also includes M. Phil and Ph. D. Courses.

c) All other Professional Courses where admission is obtained after passing Graduate Degree Examination(s), e.g. LL.B., MBBS, BCA, BBA .B.Ed., BP. Ed & B. Lib. etc. will be clubbed together with other Postgraduate Courses like M.A., MBA, M.Sc., M.Com., M. Lib., M.Ed. and M P. Ed etc, as the case may be.

d) Only students who are less than 25 years of age as on 1<sup>st</sup> July, 2017 of the academic year in which the tournament is held, can participate.

3) A student shall not be allowed to represent more than one university in National/International University Games during a single or same academic year.

4) Provisional admission to a course/degree of university or college shall not make the student(s) eligible to represent the university in National/International University Games.

5) A student who is employed on full time basis shall not be eligible to participate in National/International University Games/Championships. However, student(s) who receive nominal stipend only, from Public or Private Sector(s), as the case may be, towards financial assistance to support/continue studies can also participate in National/International University Games, provided he/she submitted "No Objection Certificate" (NOC) from the respective Department/Organization, categorically stating that he/ she is permitted to participate in National /International University Games, while pursuing study after his/her admission in a college / university is regularized



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6) One year means the academic year in which the tournament is held irrespective of whether the student's result is declared or not. It will normally extend from 1<sup>st</sup> July of one year for 12 calendar months to the next year.

(7) A bonafide student may not be considered to be eligible to participate in National/International University Games if he/she does not pass/qualify a particular class within the period of two years, both at Graduate and Post Graduate Courses/Degrees. However, duration/length of both the courses will remain unchanged such as not more than five years after passing 10+2 examination or equivalent examination in Under Graduate Courses. Similarly, not more than four years after passing Graduate Courses while studying in Post Graduate Courses including M .Phil or Ph.D. Courses, as the case may be.

### Documents required for the Participation:

1) Every Competitor will have to submit the attested copy of his/her Admit Card of Madhyamik, Mark Sheet of H.S. Exam, previous Year Mark Sheet (for 2<sup>nd</sup> , 3<sup>rd</sup> year & P.G. students), University Registration Certificate (for 2<sup>nd</sup> , 3<sup>rd</sup> year & P.G. students), Current year Fees Book for all & College Identity card (facsimile shall not be entertained) along with the Eligibility Proforma 10 days before the starting of schedule tournament & original at the time of an hour before their schedule match.

2) The Fees Book of the participating Students must be attested by the Principal/Teacher-in-Charge.


3) The Principal/ Teacher –in-Charge will sign those photos of the Competitors in such a manner so that their Seal & signature may cover the photos & the remaining portion of the Eligibility Proforma.

4) No Undertaking will be accepted from the Teacher –in- charge regarding the Eligibility documents before the schedule Match.

5) All Teacher in-charge or Escorting Teacher are requested to fill up the eligibility check list along with their Eligibility Proforma (Eligibility Check list attached herewith).

### C. Disqualification from the Tournament:

1) If it is detected that any ineligible participant represent the College Team, the said Team will be Scratched & penal action will be taken against the College by the Disciplinary Committee of University Sports Board.

  
(SUHAS BARIK)  
Sports Officer  
Vidyasagar University

N.B. –Please Download 2 Copies of Registration Form for each Games & Sports [Original for College Copy, 2<sup>nd</sup> Copy for University ]





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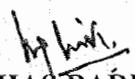
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### 15<sup>th</sup> INTER COLLEGIATE FOOTBALL (MEN) TOURNAMENT 2017 RULES & REGULATIONS

1. All the Matches will be played in the "Sahied Kshudiram Bose Kirangan" (V.U. Play Ground) from 11A.M. on 17<sup>th</sup> to 28<sup>th</sup> August, 2017. Every day three (3) Matches will be held (every team should report before one hour of commencement of the game).
2. All the Inter-University eligibility rules shall be applicable (as per AIU) in the conduct of the Inter-Collegiate tournament.
3. All the team should bring their own Uniform and College Flag & Practice Ball.
4. Authorized representative (i.e. Teacher-in-Charge of games/Physical Instructor) shall carry all the documents which are maintained in the registration form & Eligibility guideline.
5. 20 Players will be registered among which 16 Players will be enlisted no addition or alteration will be allowed thereafter
6. Each College Football team shall consist of 18 members as follows— **Player-16, Coach-1 and Manager-1.**
7. The Tournament shall be played on knock-out basis.
8. Match will be played as per **AIU Rules.**
9. The age limit of the players should be strictly within **25 years** as on 1<sup>st</sup> July, 2017
10. The committee reserves the right to change the venue, date, time of any match.
11. Each college football team must bring their Jersey (with numbering) as per their respective college Colours and please bring one extra set of Jersey (with numbering).
12. No TA/DA will be provided to participating team. No boarding and lodging will be provided. The Matches will be started at **11 AM, 1PM and 3PM** (Three matches) so that the team can go back to their Respective place. **Tiffin will be provided all the team members.**
13. In case of any match being abandoned due to natural calamities, the fate of the match will be decided by toss.
14. In case of match drawn in schedule time, no extra time will be played, directly tie- breaking system will be followed.
15. Please follow the mandatory guidelines and Eligibility guidelines for the year 2017-18
16. Two copies Players registration form (fill up) is necessary to submit 10days before commencement of tournament
17. Please fill up the Eligibility check list
18. Contact Details: 7063216845/9932263976/9476435641

  
(SUHASK BARIK)  
Sports Officer



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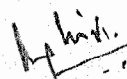
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**13<sup>th</sup> INTER COLLEGIATE KHO-KHO (MEN/WOMEN) TOURNAMENT 2017**  
**RULES & REGULATIONS**

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1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) from 10A.M. on 4<sup>th</sup> to 5<sup>th</sup> September, 2017. All Colleges should report within 9-00A.M. (every team should report before one hour of commencement of the game).
2. All the Inter-University eligibility rules shall be applicable (as per AIU) in the conduct of the Inter-Collegiate tournament.
3. All the team should bring their own Uniform and College Flag.
4. Authorized representative (i.e. Teacher-in-Charge of games/Physical Instructor) shall carry all the documents which is maintained in the registration form and Eligibility guideline [7.(i) ]
5. Each College Kho-Kho team shall consist of 14 members as follows— **Player-12, Coach-1, and Manager-1.**
6. The Tournament shall be played on knock-out basis.
7. Match will be played as per **AIU Rules.**
8. The age limit of the players should be strictly within **25 years** as on 1<sup>st</sup> July, 2017
9. The committee reserves the right to change the venue, date, time of any match.
10. Each college Kho-Kho team must bring their Jersey (with numbering) as per their respective College colours
11. **No TA/DA** will be provided to participating team. No boarding and lodging will be provided. The Matches will be started at 10A.M. and **Tiffin will be provided all the team members.**
12. **In case of any match being abandoned due to natural calamities, the fate of the match will be decided by toss.**
13. The matches shall be conducted as per rules of the Kho-Kho Federation of India
14. **Please follow the mandatory guidelines and Eligibility guidelines for the year 2017-18**
15. **Two copies Players registration form (fill up) is necessary to submit 10days before commencement of tournament**
16. **Please fill up the Eligibility check list.**
17. Contact Details: 7063216845/9932263976/9476435641

  
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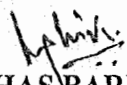
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## 13<sup>th</sup> INTER COLLEGIATE VOLLEBALL (MEN) TOURNAMENT 2017 RULES & REGULATIONS

1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) 10A.M. On 11<sup>th</sup> to 12<sup>th</sup> September, 2017. All Colleges should report within 9- 00A.M. (every team should report before one hour of commencement of the game).
2. All the Inter-University eligibility rules shall be applicable (as per AIU) in the conduct of the Inter-Collegiate tournament.
3. All the team should bring their own Uniform and College Flag & Practice Ball.
4. Authorized representative (i.e. Teacher-in-Charge of games/Physical Instructor) shall carry all the documents which is maintained in the registration form and Eligibility guidelines [7.(i) ]
5. Each College Volleyball team shall consist of 14 members as follows— **Player-12, Coach-1, and Manager-1.**
6. The Tournament shall be played on knock-out basis.
7. Match will be played as per AIU Rules.
8. The age limit of the players should be strictly within **25 years** as on 1<sup>st</sup> July, 2017
9. The committee reserves the right to change the venue, date, time of any match.
10. Each college Volleyball team must bring their Jersey (with numbering) as per their respective College colours.
11. **No TA/DA** will be provided to participating team. No boarding and lodging will be provided. The Matches will be started at 10A.M. and **Tiffin will be provided all the team members.**
12. **In case of any match being abandoned due to natural calamities, the fate of the match will be decided by toss.**
13. **Match will be decided by best of three games only final will be decided by best of five.**
14. The matches shall be conducted as per rules of the volleyball Federation of India
15. Please follow the mandatory guidelines and Eligibility guidelines' for the year 2017-18
16. **Two copies Players registration form (fill up) is necessary to submit 10days before commencement of tournament**
17. **Please fill up the Eligibility check list.**
18. Contact Details: 7063216845/9932263976/9476435641

  
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Sports Officer



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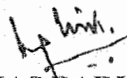
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**7<sup>th</sup> INTER COLLEGIATE KABADDI (MEN/WOMEN) TOURNAMENT 2017**  
**RULES & REGULATIONS**

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1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) from 10A.M. on 30<sup>th</sup> to 31<sup>st</sup> October 2017. All Colleges should report within 9-30A.M. (every team should report before one hour of commencement of the game).
2. All the Inter-University eligibility rules shall be applicable (as per AIU) in the conduct of the Inter-Collegiate tournament.
3. All the team should bring their own Uniform and College Flag.
4. Authorized representative (i.e. Teacher-in-Charge of games/Physical Instructor) shall carry all the documents which is maintained in the registration form and Eligibility guidelines [7. (i) ]
5. Each College Kabaddi team shall consist of 14 members as follows— Player-12, Coach-1, and Manager-1.
6. The Tournament shall be played on knock-out basis.
7. Match will be played as per AIU Rules.
8. The age limit of the players should be strictly within 25 years as on 1<sup>st</sup> July, 2017
9. The committee reserves the right to change the venue, date, time of any match.
10. Each college Kabaddi team must bring their Jersey (with numbering) as per their respective College colours
11. No TA/DA will be provided to participating team. No boarding and lodging will be provided. The Matches will be started at 10A.M. and Tiffin will be provided all the team members.
12. In case of any match being abandoned due to natural calamities, the fate of the match will be decided by toss.
13. The matches shall be conducted as per rules of the Kabaddi Federation of India
14. Please follow the mandatory guidelines and Eligibility guidelines for the year 2017-18
15. Two copies Players registration form (fill up) is necessary to submit 10 days before commencement of tournament
16. Please fill up the Eligibility check list.
17. Contact Details: 7063216845/9932263976/9476435641

  
(SUHAS BARIK)  
Sports Officer



**VIDYASAGAR UNIVERSITY**  
**Department of Sports**  
Midnapore – 721 102  
West Bengal

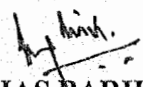
Phone: (03222) 276554/555/557/558  
Fax No.: (03222) 275329  
Email : [vidya295@mail.vidyasagar.ac.in](mailto:vidya295@mail.vidyasagar.ac.in)

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**7<sup>th</sup> INTER COLLEGIATE CRICKET (MEN) TOURNAMENT 2017**  
**RULES & REGULATIONS**

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1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” & V.C. Bunglow Ground at 10 A.M from 14<sup>th</sup> September 2017. All Colleges should report within 9-00 A.M. (every team should report before one hour of commencement of the game).
2. All the Inter-University eligibility rules shall be applicable (as per AIU) in the conduct of the Inter-Collegiate tournament.
3. All the team should bring their own Uniform, Cricket gears, Practice Ball & College Flag.
4. Authorized representative (i.e. Teacher-in-Charge of games/Physical Instructor) shall carry all the documents which is maintained in the registration form and Eligibility guideline [7.(i) ]
5. Each College Cricket team shall consist of 18 members as follows—Player-16, Coach-1, and Manager-1.
6. The Tournament shall be played on knock-out basis. (80 mins. + 20 mins. + 80mins).
7. Match will be played as per AIU Rules.
8. The age limit of the players should be strictly within 25 years as on 1<sup>st</sup> July, 2017
9. Each college team brings their own gears and jersey (only ball will be provided) nail spikes are not allowed in this tournament.
10. This is a 20-20 Cricket tournament. Match will be held on Mat Wicket/Turf Wicket
11. The Toss will be held on 15 minutes before the competition and the player list should be submitted 30 minutes before the competition.
12. No TA/DA will be provided to participating team. No boarding and lodging will be provided. The Matches will be started at 10A.M. and 2P.M. (Two matches) so that the team can go back to their Respective place. Tiffin will be provided all the team members.
13. In case of any match being abandoned due to natural calamities, the fate of the match will be decided by toss.
14. Please follow the mandatory guidelines and Eligibility guidelines for the year 2017-18
15. Two copies Players registration form (fill up) is necessary to submit 10days before commencement of tournament
16. Please fill up the Eligibility check list.
17. The matches shall be conducted as per rules of the CAB.
18. Contact Details: 7063216845/9932263976/9476435641

  
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**Viyasagar university Inter College yoga Competition- 2017-18**

Syllabus, Rules and Regulations for inter college Yoga Competition for Men and women of Vidyasagar University session 2017-18

**PART-A (Compulsory yogic Exercises for Men And Women)**

I= ASANAS (M&W)

- 1) PASCHIMOTTANASANA
- 2) SARVANGASANA
- 3) DHANURASANA
- 4) KARNA PIDASANA

II= Surya Namaskar (M&W) in twelve counts.

III= Shat Kriyas (For Girls Only)

- 1) Jal Neti or Sutra Neti.
  - 2) Shit Karam kapalbhati.(water intake through mouth and out through Nose)
- IV= Shat Kriyas (For Boys Only)
- 1) Shit Karam Kapalbhati.
  - 2) Vastra Dhauti (Muslin Cloth 6 to 7 mts. In length and 8 cm. in width.)

**OR**

**NAULI (Vam, Dakhin and Madhyam)**

**PART-B Optional yogic exercises (Select any three respectively)**

**For Men Only**

- 1) MAYURASANA.
- 2) PADAMBAKASANA.(URDHA KUKUTTASANA.)
- 3) HANUMANASANA.
- 4) TITIABHASANA.
- 5) PURNA CHAKRA BADHASANA.
- 6) SETHUBANDH SARVANGASANA.
- 7) VRISCHIKASANA.
- 8) PURNASALAVASANA.

**For women only**

- 1) VATAYANASANA
- 2) PURNA BHUJANGASANA
- 3) PURNA MATSENDRASANA
- 4) EKPAD SHIRASASANA
- 5) ARDHA BADH PADMOTANASANA.
- 6) BIBHAKTA PASCHIMOTTANASANA.
- 7) NATARAJANASANA.
- 8) EKPAD RAJKAPAOPASANA.

- 1) Inter college yoga competition will be held for Boys and girls section separately in the Asanas and kriyas
- 2) A team may consist maximum of six competitors (including one reserve). A team consisting less than five competitors, shall not be eligible team championship but there performance will be considered for individual position. For team championship marks of only best five will be counted.



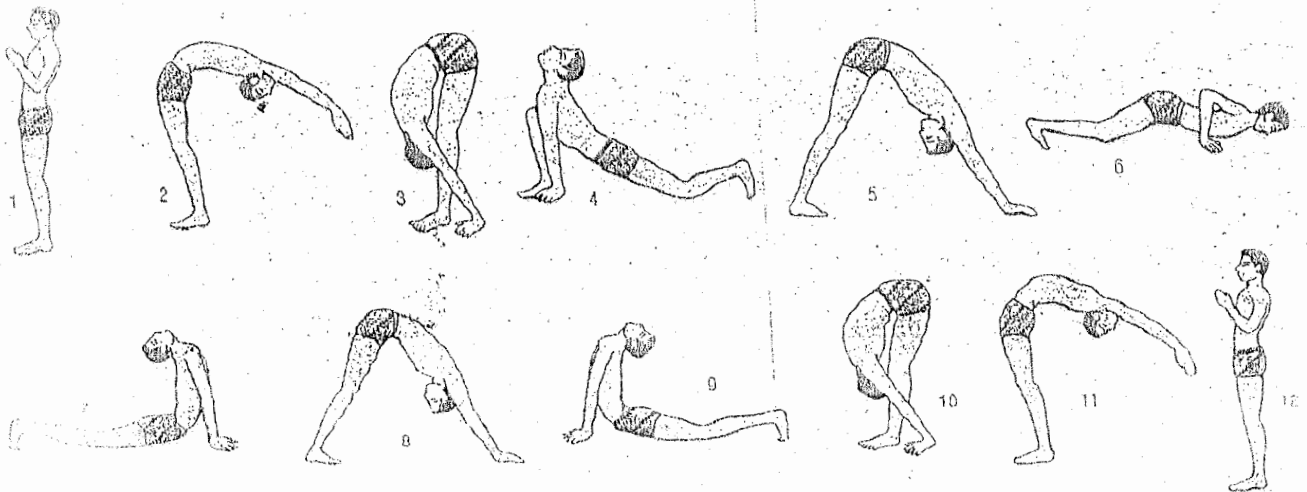
**VIDYASAGAR UNIVERSITY**  
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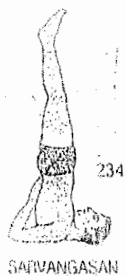
- 3) The competitors will have to retain each yogic exercises as follows which will be counted after attaining the final position.
- One minute for each compulsory Asana.
  - One round of Surya Namaskar (in twelve counts)
  - Within two minutes each for Sutraneti, jalneti, Nauli, shitkaram kapalbhati and within 10. minutes for Vastra Dhauti
- 4) Yogic exercise of Part –A will be performed together and other yogic exercise will be performed one by one each member of the team.
- 5) Marks for part A and part B are as under -----
- |                                     |           |
|-------------------------------------|-----------|
| Part -A: i) Four Compulsory Asana – | 40 marks. |
| ii) Surya Namaskar –                | 10 marks  |
| iii) Two Shat Kriyas-               | 20 marks. |
| Part-B : Three optional Asanas –    | 30 Marks. |
- .....
- Total – 100 Marks.**
- 6) One chief Judge plus five Judges, a scorer and a time keeper will be appointed for each section..
- 7) The sequence of participating team shall be drawn by the sports committee of university.
- 8) Dress: The men and women competitors will wear short & vest (Men), short 7 Sports Shirt Or gymnastic costume (women) dresses.
- 9) The judges will award the marks out of 10 to each competitor for each yogic exercise separately. The maximum and minimum marks will be delated. The average of other remaning three will be constitute the final score. In the case more than one Judge gives the same maximum or minimum marks, the marks awarded by only one Judge will be delated and other will be counted maximum or minimum.
- 10) The will be free to move around, in order to observe the different angles during the retention period. He can ask any competitors to perform any yogic Exercise again.
- 11) All the participating college will be submitting the list of their competitors along with the list of yogic exercise of their choice on or before 10 days commencement of the competition.
- 12) In case of tie, it will be decided as follows: a) Aggregate of marks in compulsory and optional yogic exercise and remaining exercises.

  
(SUHAS BARIK)  
Sports Officer

## Surya Namaskar



## Compulsary Asanas



SARVANGASANA



DHANURSAM



PASCHIMOTTANASAN



KARNAPIDANASAN

## Optional Asanas for Men



BHUVIRASANA



HANUMANASAN



PADAMBAKASAN



PURNA SALABHASANA



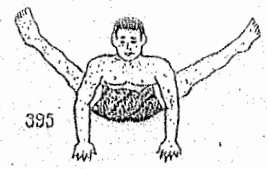
SETUBANDH SARVANGASANA



PURNA CHAKRA  
BANDHASANA

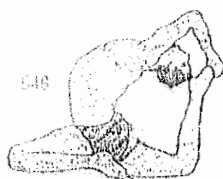


VRISCHIKASAN



TITTIBHASANA

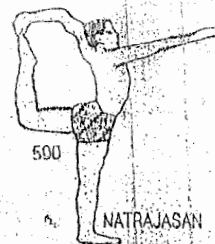
## Optional Asanas for Women



EKPAD RAJAKAPOTASAN



PURNA BHUJANGASANA



NATRAJASAN



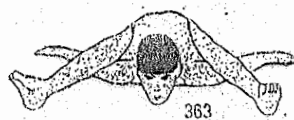
VATAYANASAN



ARDHBADH  
PADMOTTANASAN



EKA PADA  
SIRSASAN



VIBHAKTA  
PASCHIMOTHANASAN



PURNA  
MATSYENDRASANA



**VIDYASAGAR UNIVERSITY**

## Department of Sports

Midnapore – 721 102

West Bengal

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Email : [vidya295@mail.vidyasagar.ac.in](mailto:vidya295@mail.vidyasagar.ac.in)

## Eligibility Check List, 2017-18

Name of the College.....

Discipline: - .....

Please ( ) or (X) as applicable

[illegible]

**Signature of the Teacher in charge/ Team Manager**

**N.B. Please make a photo-copy when necessary**



# ORIGINAL FOR COLLEGE COPY

# VIDYASAGAR UNIVERSITY

MIDNAPORE :: WEST BENGAL :: PIN -721102

Phone : (03222) 276554/276555/276557/276558

**Players Registration Form, 2017-2018**

Name of the College \_\_\_\_\_

Address \_\_\_\_\_

Telephone No \_\_\_\_\_ Fax No. \_\_\_\_\_ Discipline \_\_\_\_\_

SL. NO.	NAME OF THE PLAYERS	FATHER'S NAME	CLASS YEAR	REGISTRATION NO OF THE UNIVERSITY	DATE OF BIRTH	FULL SIGNATURE OF THE PLAYER
1						
2						
3						
4						
5						
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7						
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12						
13						
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17						
18						
19						
20						

I certify that above information are true and genuine to the best of my knowledge and belief.

**N.B. :** To be field in by the college in duplicate. Original for the college Copy and 2nd for University copy must be submitted to the university, before 10 days of the commencement of the tournament, both the copies Should be submitted to the university, The copy of the College will be returned to the respective teams before the Commencement of the game. No addition alteration will be allowed after commencement of Match. original and attested copy Admit card of Madhyamik Examination, H.S. Mark Sheet, Registration Certificate of the University, Admit card of the University, recent fees book of the college and college Identify card must be submitted before 10 days of the commencement of the tournament. Only bonafide students will participate in this tournament. The age limit for the players should be strictly within 25 years as on 1st July, 2017. Students who are employed are not eligible to participate in the competition. Those college attending Inter College tournament without proper dress code should be a exempted from participation. Others instructions must be follow as per the Eligibility Guidelines & Mandatory Guidelines.

Date .....

Full Signature of the Manager/ Teacher in-charge.

Signature of the Principal  
(with Seal)



# 2nd FOR UNIVERSITY COPY

## VIDYASAGAR UNIVERSITY

MIDNAPORE :: WEST BENGAL :: PIN -721102

Phone : (03222) 276554/276555/276557/276558

Players Registration Form, 2017-2018

Name of the College \_\_\_\_\_

Address \_\_\_\_\_

Telephone No. \_\_\_\_\_ Fax No. \_\_\_\_\_ Discipline \_\_\_\_\_

SL. NO.	NAME OF THE PLAYERS	FATHER'S NAME	CLASS YEAR	REGISTRATION NO OF THE UNIVERSITY	DATE OF BIRTH	FULL SIGNATURE OF THE PLAYER
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Date .....

Full Signature of the Manager/ Teacher incharge.

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(with Seal)