



VIDYASAGAR UNIVERSITY

P.O. : Vidyasagar University, Midnapore - 721 102, Dist.: Paschim Medinipur,
West Bengal, INDIA.

Ref. No: VU/R/1017/2018

Date: 20.07.2018

To

The Principal / Teacher- in-Charge/Officer-in-Charge

.....
.....

Dear Sir / Madam,

I am writing to inform you that the proposed Sports Calendar of Vidyasagar University has been published on 13.6.2018. The said Sports Calendar is also available in the website of the University (www.vidyasagar.ac.in).

This is to inform you that in this year the University Annual Athletic Meet will be held within 1st week of December, 2018. In this connection you are requested to complete the Annual Sports of your college latest by 22nd November, 2018. All the Colleges are requested to submit the list of players positively within 26th November, 2018. Inter College players' registration forms of different games and sports will also be submitted ten (10) days before commencement of respective tournament for 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 download the documents from the University website (www.vidyasagar.ac.in).

I am also requesting you to Kindly pay the Annual Sports Fees within the 1st week of August, 2018, otherwise the team will not be eligible to participate in any type of Inter College tournament (kindly enclose the money receipt at the time of entry).

Your kind co-operation in this regard is earnestly solicited.

Thanking You,

Yours sincerely,


20/07/18
(Dr. J.K. Nandi)

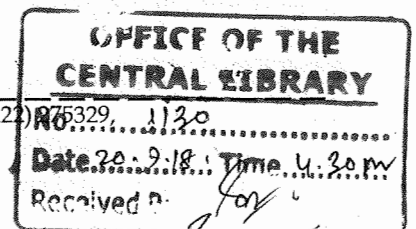
Dean of Students Welfare (Addl. Charge)

Dean of Students' Welfare (Addl. Charge)
VIDYASAGAR UNIVERSITY
Midnapore - 721102, W.B.

① DSW (Addl. Charge) Sir
Pl. Upload all the Papers (16 pages)
of our University website
Him.
20/7/18

② Dy Libⁿ/IS
Pls. do the needful
to upload it on
the website
MS
20/07/18

Tele-Fax (953222) 275297 /EPABX: 276554-555-557, Fax : (953222) 275329, 1130
e-mail : registrar@mail.vidyasagar.ac.in





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

Inter College Sports & Games Competition Session 2018-19
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 1st July, 2018 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

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 1st July of one year for 12 calendar months to the next year.

(7) A bonafied 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



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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 2nd, 3rd year & P.G. students), previous year admit (For 2nd, 3rd year & PG students), University Registration Certificate (for 2nd, 3rd year & P.G. students), Current year Fees Book & College Identity card 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) For attestation of documents facsimile should not be entertained

3) The Fees Book of the participating Students must be attested by the Principal/Teacher-in-Charge/O.I.C.

4) The Principal/ Teacher –in-Charge/O.I.C 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 as well as in Identity Card.

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

6) All Pricipal/Teacher in-charge/O.I.C 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, 2nd Copy for University]



VIDYASAGAR UNIVERSITY

Department of Sports

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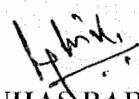
Phone: (03222) 276554/555/557/558

Fax No.: (03222) 275329

Email : vidya295@mail.vidyasagar.ac.in

*** Mandatory guidelines for participation in Inter College Tournament of Vidyasagar University for the session 2018-19.**

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).
2. After receiving the eligibility proforma, the college will be eligible for participation in games and sports, and then 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. 500/- by the Principal / teacher-in-charge/O.I.C. or manager to Sports Officer along with writing application on the ground only otherwise the protest will not be accepted.
5. In every discipline, originals 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 commencement of the tournament. Original will be back after the verification.
6. In every discipline entry fees Rs. 2000/-(Rupees Two thousand) 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 1st July, 2018 of the academic year in which the tournament is held, can participate.
8. Those players who will take admission in the 1st 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/ teacher-in-charge/O.I.C.forwarding letter which also included their names and photographs must have to be submitted.
9. Additional Registration of the player(s) of all games should be rejected from the below end of the Registration Form
10. Team must escorted by respective College Teacher/Staff
11. 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)
12. Failed and dropped candidates will not be allowed to participate in the Inter College & Inter University tournament


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PROPOSED SPORTS CALENDER 2018-2019

Sl.No.	Discipline	Date & Time	Venue	Remarks
01	FOOTBALL (Men)	16 th to 28 th August, 2018	Sahied Kshudiram Bose Kirangan, V.U. (Daily 3 matches)	
	Inter College			
	East Zone Inter-Varsity Tournament		Sambalpur Univ.	
	All India Inter-varsity Tournament		Univ. of Mumbai	
02	FOOTBALL (Women)	29 th – 30 th August, 2018	Sahied Kshudiram Bose Kirangan, V.U.	
	Selection Trial			
	East Zone Inter-Varsity Tournament			
	All India Inter-varsity Tournament			
03	KHO-KHO	6 th – 7 th September, 2018	Sahied Kshudiram Bose Kirangan, V.U.	
	Inter College (M&W)			
	East Zone Inter-Varsity (M&W)		Utkal University (M&W)	
	All India Inter-varsity Tournament (M)		RML Awad, Faizabad (W) Univ. of Mumbai (M)	
04	VOLLEY BALL	12 th - 13 th September, 18	Sahied Kshudiram Bose Kirangan, V.U.	
	Inter College (Men)			
	East Zone Inter-varsity (Men)	-----	KIIT Univ.	
	All India (Men)		CSJM, Kanpur	
05	CRICKET	From 18 th September, 2018	Sahied Kshudiram Bose Kirangan, V.U.	
	Inter College Tournament (MEN)			
	East Zone Inter-varsity	-----	Ravenshaw Univ. Cuttack	
	All India (Men)		KIIT Univ. Bhubaneshwar	
06	Yoga (M&W)	25 th September 2018	Amenity Centre V.U Campus	
	Inter College Tournament (MEN)			
	All India Yoga (M&W)	-----	Univ. of Madras	
07	ATHLETICS (M&W)	Last week of November, 2018		
	College Sports 2018-2019			
	Annual Sports 2018-2019 (VU) & PG Sports 2018-19	1 st week of December, 2018	Sahied Kshudiram Bose Kirangan, V.U.	
	All India Athletic Meet, (M&W) 2018-19	Mangalore Univ.	

(SUHAS BARIK)
Sports Officer

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



LAST DATE OF ENTRY AND DRAWN OF FIXTURE

Session – 2018-19

EVENTS:

1. FOOTBALL: (16th to 28th August 2018)

*Last date of detail entry

*Drawn of fixture

*Entry fees

- 10th August, 2018

- 13th August 2018, at 2.p.m

- Rs. 2000/-

2. KHO-KHO (M&W) (6th to 7th September, 2018)

*Last date of detail entry

*Drawn of fixture

*Date of Match (for Women)

*Date of Match (for Men)

*Entry fees

- 27th August 2018

- 29th August 2018, at 2.p.m

- 6th September 2018

- 7th September 2018

- Rs. 2000/-(Each)

3. VOLLEYBALL: (12th – 13th September, 2018)

*Last date of detail entry

*Drawn of fixture

*Entry fees

- 5th September 2018

- 6th September 2018, at 2.p.m

- Rs. 2000/-

4. CRICKET: (From 18th September, 2018 onwards)

*Last date of detail entry

*Drawn of fixture

*Entry fees

- 12th September 2018

- 13th September 2018, at 2.p.m

- Rs. 2000/-

5. Yoga (M&W) (25th September, 2018)

*Last date of detail entry

*Entry fees

- 17th September, 2018

- Rs. 2000/- (Each)

6. ATHLETICS: (1st week of December, 2018)

*Last date of detail entry

*Entry fees

- before 10days of the commencement of the Meet

- Rs. 2000/-


(SUHAS BARIK)
Sports Officer

N.B. – As per decession of the verification & scrutiny Sub-Committee no late entry should be entertained after the last date of entry of respective games.

Eligibility Check List, 2018-19

Name of the College.....

Discipline: -

Please (✓) or (X) as applicable

[illegible]

Signature of the Teacher / Coach /Team Manager

Whats App No./Contact No. -

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, 2018-2019

Name of the College _____

Address _____

Telephone No. _____ Mail ID/Fax No. _____ Discipline _____

SL. NO.	NAME OF THE PLAYERS	FATHER'S NAME	CLASS, YEAR & ROLL NO.	REGISTRATION NO OF THE UNIVERSITY	DATE OF BIRTH	FULL SIGNATURE OF THE PLAYER
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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. Attested copy of 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 along with the Registration Form. Only bonafide students will participate in this tournament. The age limit for the players should be strictly within 25 years as on 1st July, 2018. 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.

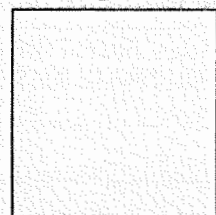
Date

Full Signature of the Teacher/Coach/Manager

Signature of the Principal/T.I.C./O.I.C
(with Seal)

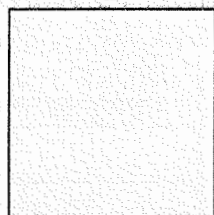
Recent passport size Photographs are Required to be Attested by the Head of the Institution and also signature by the player on the photograph. Session 2018-19

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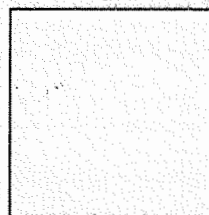
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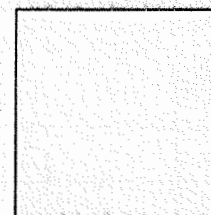
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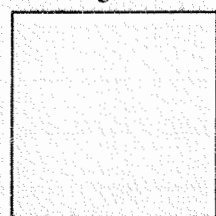
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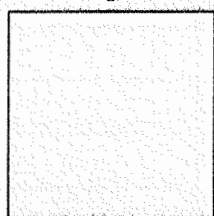
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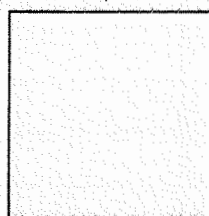
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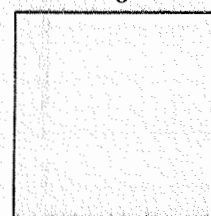
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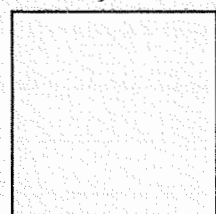
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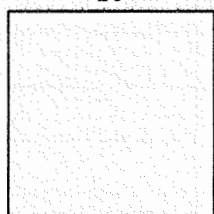
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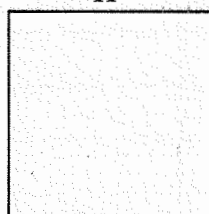
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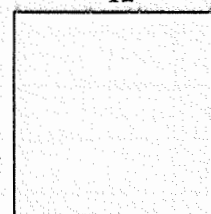
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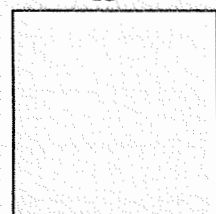
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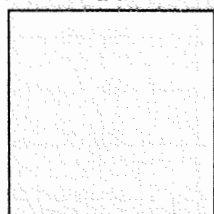
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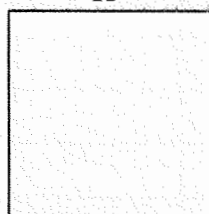
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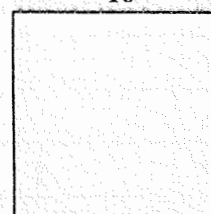
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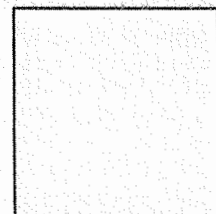
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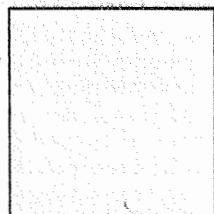
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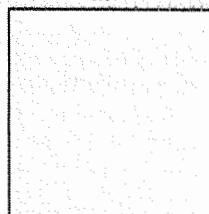
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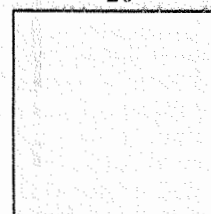
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Name :

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Name :

Signature of the Authorised Person of
University/Sports Officer

Full Signature of the Teacher/
Coach/Manager

Signature of the Principal/T.I.C./O.I.C
(with Seal)



2nd FOR UNIVERSITY COPY

VIDYASAGAR UNIVERSITY

MIDNAPORE :: WEST BENGAL :: PIN -721102

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

Players Registration Form, 2018-2019

Name of the College _____

Address _____

Telephone No. _____ Mail ID/Fax No. _____ Discipline _____

SL. NO.	NAME OF THE PLAYERS	FATHER'S NAME	CLASS, YEAR & ROLL NO.	REGISTRATION NO OF THE UNIVERSITY	DATE OF BIRTH	FULL SIGNATURE OF THE PLAYER
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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. Attested copy of 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 along with the Registration Form. Only bonafide students will participate in this tournament. The age limit for the players should be strictly within 25 years as on 1st July, 2018. 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 Teacher/Coach/Manager

Signature of the Principal/T.I.C./O.I.C
(with Seal)

**Recent passport size Photographs are Required to be Attested by the Head of the Institution
and also signature by the player on the photograph. Session 2018-19**

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Name :

Signature of the Authorised Person of
University/Sports Officer

Full Signature of the Teacher/
Coach/Manager

Signature of the Principal/T.I.C./O.I.C
(with Seal)



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Department of Sports

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West Bengal

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

Fax No.: (03222) 275329

Email : vidya295@mail.vidyasagar.ac.in

16th INTER COLLEGIATE FOOTBALL (MEN) TOURNAMENT 2018
RULES & REGULATIONS

1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) from 10-30A.M. on 16th – 28th August, 2018. 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/Coach/Manager) shall carry all the original documents which are maintained in the registration form & Eligibility guideline.[7.(1)]
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 1st July 2018
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 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 2018-19
16. Two Copies players registration form (fill-up) is necessary to submit 10 days before commencement of the tournament.
17. Please fill up the Eligibility check list
18. Any query please Contact: 7063216845/9932263976/9476435641


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Midnapore – 721 102

West Bengal

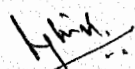
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**14th INTER COLLEGIATE VOLLEBALL (MEN) TOURNAMENT 2018
RULES & REGULATIONS**

1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) 10A.M. On 12th to 13th September, 2018. All Colleges should report within 9- 00A.M.
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/Coach/Manager) shall carry all the original documents which are maintained in the registration form & Eligibility guideline.[7.(1)]
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 1st July 2018
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 2018-19
16. **Two Copies** players registration form (fill-up) is necessary to submit 10 days before commencement of the tournament.
17. Please fill up the Eligibility check list.
18. Any query please Contact: 7063216845/9932263976/9476435641


(SUHAS BARIK)
Sports Officer



VIDYASAGAR UNIVERSITY

Department of Sports

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**14th INTER COLLEGIATE KHO-KHO (MEN/WOMEN) TOURNAMENT 2018
RULES & REGULATIONS**

1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) from 10A.M. on 6th to 7th September, 2018. All Colleges should report within 9-00A.M.
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/Coach/Manager) shall carry all the original documents which are maintained in the registration form & Eligibility guideline.[7.(1)]
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 1st July 2018
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. Please follow the mandatory guidelines and Eligibility guidelines for the year 2018-19
14. Two Copies players registration form (fill-up) is necessary to submit 10 days before commencement of the tournament.
15. Please fill up the Eligibility check list.
16. Any query please Contact: 7063216845/9932263976/9476435641


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8th INTER COLLEGIATE CRICKET (MEN) TOURNAMENT 2018
RULES & REGULATIONS

1. All the Matches will be played in the “Sahied Kshudiram Bose Kirangan” (V.U. Play Ground) from 10A.M from 18th September 2018. Every day three (2) 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, Cricket gears, Practice Ball & College Flag.
4. Authorized representative (i.e. Teacher/Coach/Manager) shall carry all the original documents which are maintained in the registration form & Eligibility guideline.[7.(1)]
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 CAB Rules.
8. The age limit of the players should be strictly within 25 years as on 1st July 2018
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 match and 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 2018-19
15. Two Copies players registration form (fill-up) is necessary to submit 10 days before commencement of the tournament.
16. Please fill up the Eligibility check list.
17. Any query please Contact: 7063216845/9932263976/9476435641


(SUHAS BARIK)
Sports Officer



Viyasagar university Inter College yoga Competition- 2018-19

Syllabus, Rules and Regulations for inter college Yoga Competition for Men and women of Vidyasagar University session 2018-19

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.



3) The competitors will have to retain each yogic exercises as follows which will be counted after attaining the final position.

I) One minute for each compulsory Asana.

II) One round of Surya Namaskar (in twelve counts)

III) 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 thee will be constitute the final score. In the case more than one Judge give the same maximum or minimum marks. the marks awarded by only one Judge will be delated and other will be counted maximum or minimum.

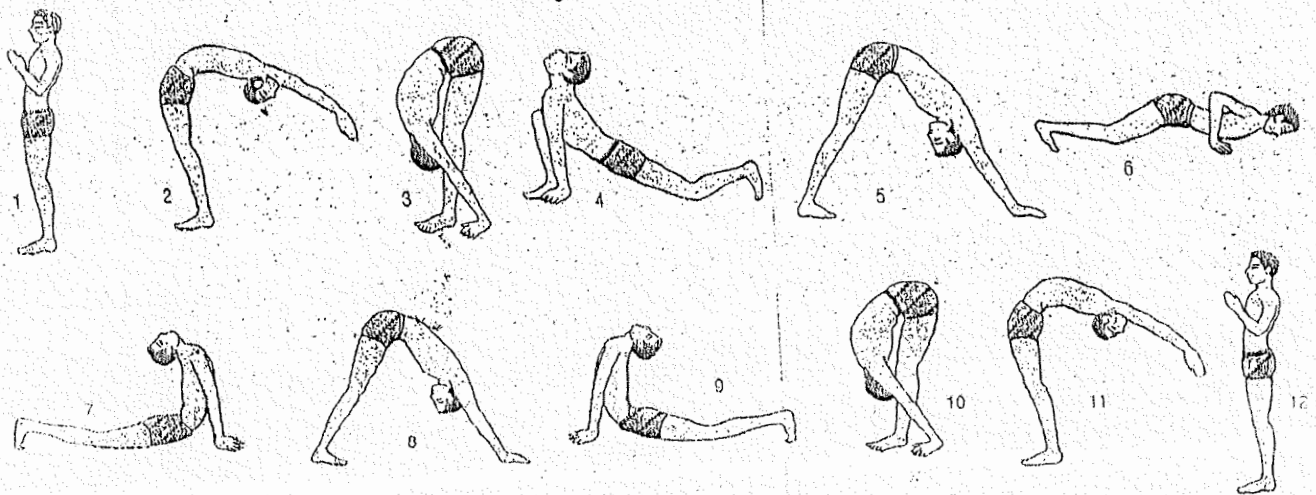
10) The will be free to move around, in order to observe the different angles during the retention period. He can ask any competitors to perform any yogic Exercise again.

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.

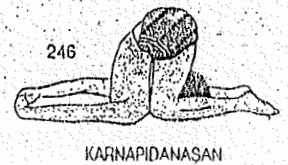
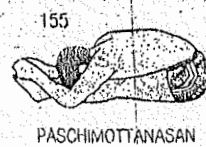
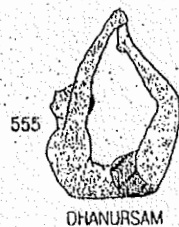
12) In case of tie, it will be decided as follows: a) Aggregate of marks in compulsory and optional yogic exercise and remaining exercises.


(SUHAS BARIK)
Sports Officer

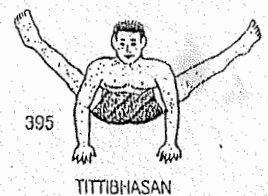
Surya Namaskar



Compulsary Asanas



Optional Asanas for Men



Optional Asanas for Women

