

Avishkar 2025 Event Rules and Regulations

1. Running-

- The winners in running competition will be decided on the basis the timing.
- There will 2 chances for achieving the best timing. The top 3 best timings from both the chances will be awarded as the winners.
- Although, players can opt for running in only 1 chance also. Running in 2 chances in not compulsory.
- No gender limits.

2. Shot Put-

- Separates puts will be for girls (5 kg) & Boys (7.5 kg) provided. Only players who have qualified from Individual Qualification rounds will be selected for Short Put throw. Best of three will be selected as winner.
- No gender limits.

3. Discuss Throw-

- Common discuss will be for girls & Boys provided. Only players who have qualified from Individual Qualification rounds will be selected for Short Put throw. Best of three will be selected as winner.
- No gender limits.

4. Long Jump-

- Qualification rounds will be taken for Long Jump. Boys & Girls shall qualify for the competition by the jump of 3.50 Meter & 2.50 Meter respectively.
- Best of three will be selected as winner.
- No gender limits.

5. High Jump-

- Qualification rounds will be taken for High Jump. Boys & Girls shall qualify for the competition by the jump of 100 cm & 70 cm respectively.
- Best of three will be selected as winner.
- No gender limits.

6. Chess-

- General rules of chess are applied.
- Two players from each team will be participating in chess i.e. one boy & girl.
- The matches will be in same gender.
- The chess will be played on Time Control rules. Every player must play his/her move within the given time.

7. Marathon (5 KM) -

- Marathon for Boys & Girls will be started together from the starting point.
- All participants should wear shoes compulsory.
- Water will be provided at the half distance of the marathon. Students spotted walking during the marathon will be warned once, but will be disqualified on second spotting. Emergency vehicle will be with the marathon troop. In case of any emergency players should stop running immediately.

8. Drawing-

- Competition will be separate for both the genders.
- Drawing canvas will be provided by the SNA. All other drawing & painting material shall be arranged by the participants.
- Participants will be given 2 Hours.
- **Theme- Kargil War 1999**

9. Relay-

- 3 Boys and 3 Girls will start from each end. Teams can decide whether to start from Girl or Boy.
- Next player can start running only after tagging from previous player. Early running without tagging will be considered as foul.
- Winner will be decided from the last batch, by which player crosses the finish line.

10. Cards (Mendicot)-

- 2 Boy & 2 Girl from each team will play a game in pair of Girl & Boy.
- Every team will have to collect most of the Mendis from the deck of cards.
- The Trump card will be hidden by the next player of the shuffler.
- In case of a Tie, descending order of the Mendis will be considered. The descending order of Mendis will be Spade, Heart, Diamond and Clubs.

11. Carrom-

- The carrom game will be time based as given in event list. The teams have to collect all or more coins & queen in given time.
- The teams can go for the queen only after collecting the 5 normal coins. For queen, a cover has to be collected.
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- In case of time over, coins of each team calculated. The normal coins will have 1 point and queen has 5 points.
- The last normal coin has to be taken with queen.
- In case the striker goes into the well, it will be considered as a due and it has to be filled by paying normal coin on the board.

12. Badminton-

- 2 Boy & 2 Girl from each team will play a game in pair of Girl & Boy.
- Service will start always from the left. Even services will be done from right and odd from left.
- Toss service allowed only.
- All other rules of badminton applicable.

13. Cooking Competition-

- Cooking competition will take place in 2 phases.
- In Phase I- a readymade food item will be provided. Two members from each team will be allowed to taste the food item. Team members shall feel the taste.
- There will be a market in which ingredients used for that dish will be kept.
- After identifying the taste, on instruction, team members shall enter the market get the exact ingredients for that food item.
- After making the food product, its taste must be similar to the food product given before. Based on the similarity marks will be given.
- In Phase II- Teams will be allowed to make dishes as per they like. The dish shall be in starter, main course and dessert form.
- Scores of both the phases will be added and winner will be declared.

14. Rangoli-

- Rangoli has to be drawn within the 5 feet x 5 feet box.
- Materials shall be other than rangoli powder such as sand, soil, cloth etc.
- **Theme- Dominance of Indian Army**

15. Make Over-

- Make over competition will be assessed on basis of Make-up, Hair Style, Costume and Mehendi.
- Any free style makeover can be done.

16. Kho-Kho-

- General Kho-Kho rules are applied.
- If any player run for more than 3 Minutes, it will be considered as Dream Run and that team will get 1 point.
- All defenders will start running from a same point. All attackers shall give a Kho after knocking out a batch.
- League stage matches will be for single inning and semis and finals will be of double innings.
- In case of Mixed Boys, at least 4 Four boys shall be in playing 9 from each team.

17. Kabaddi-

- General kabaddi rules are applied.
- If any Raider touches more than 3 defenders before crossing the mid line, it will be considered as Super Raid. That team will get an extra point along with the touch points.
- If 2 or less than 2 defenders holds raider in court, then the tackle will be considered as the Super Tackle. Defending team will get one extra point.
- Two consecutive empty raids are allowed. But the 3rd raid will be considered as Do or Die raid. Raider compulsory score at least on touch point or bonus point.
- Courts will be changed in half time.
- In case of Mixed Boys, at least 3 Four boys shall be in playing 7 from each team.

18. Volleyball-

- General volleyball rules are applied.
- 3 Boys & 3 Girls are allowed to play. 1 Boy & 1 Girl can be kept ready as replacement. But the replacements will be done in same gender.
- Serves shall be made from behind the end line and from corners of the ground.
- Consecutive serves will be in alternate gender manner i.e. If first serve does the boy, then 2nd will be done by a girl. No Consecutive serves are allowed.
- Girls and boys can play at any position. There will be clockwise rotation of players. The libero will only receive the ball. After rotation, the Middle Back player will be considered as the Libero, who cannot attack. Although, even after rotation, players can change their position after the serve.

19. Cricket-

- General cricket rules are applied.
- During Batting, One Girl & One Boy is compulsory. Wicket replacement will be from same gender.
- During Bowling, One Girl & Boy will bowl overs alternately. Over specification as follows- League Stage Boy- 3 Overs and Girl- 2 Overs (All Separate Players), Semi Boy- 4 Overs and Girl- 3 (One Girl can bowl 2 overs) & Final Boys- 6 Overs & Girls 4 Overs (1 Boy & 1 Girl can Bowl 2 overs).
- Ground marking rules will be explained on the day of sports.

20. Dodgeball-

- General dodgeball rules are applied.
- The ball must hit directly on or below the knees till foot. It will be considered as a point. One or more bounces are not allowed.
- The ball thrown out of the ground will be collected by the other non-playing members of the attacking team also. The ball came out the ground can be hit or thrown anywhere by the non-playing members of the defending team. But the ball can be hit or thrown away only once during a single ground drop away.

21. Tug of War-

- General tug of war rules is applied.
- In total there will be 10 players i.e. 5 Boys & 5 Girls irrespective of their weights.

22. Singing-

- Every group will have two participations.
- Every group will have two participations in form of Solo, Duet or Group.
- Every performer must arrange their Music Tracks, Music Instruments or any other support material on their own.
- Teams can take Musicians from other teams to play the music part.
- Any faulty music track or music material will be the fault of the team.

23. Fancy Dress Competition-

- Whole group can participate in Fancy Dress Competition.
- The primary criteria for assessment will be the number participation.
- Performers can get up their look in various famous characters. Performers will get a chance for ramp walk. The character must be clearly visible to the judges.
- Performers can also plan some short act or performance within the that time.

24. Comedy reel or prank competition-

- Every group can create maximum 5 and minimum 1 reel. There are no any restrictions for the members included.
- The reels will be analyzed by the Management team. Then the reels will be uploaded to the ION YouTube channel. The winners will be decided on the basis of Likes got on the reel. Higher the liked higher the chances of winning.
- Before making any reel, concepts can be discussed with The Organizer.

Note: Umpires Decision, Last Decision (पंचांशी वाद, संघ बाद)