

**RULES & REGULATION FOR INTER COLLEGIATE
COMPETITION FOR THE YEAR 2019-2020**

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University of Mumbai
Calendar for the Inter-Collegiate Tournaments 2019-20

Sr. No.	Name Of The Events	Last Date For Preliminary Entry	Last Date For Detail Entry i.e. Name List	Date Of The Tournaments
1	Chess (M * & W)			
2	Table Tennis (M & W)			
3	Badminton (M & W)			
4	Foot Ball (M & W)			
5	Kabaddi (M* & W)			
6	Swimming (M&W) & Diving (M)			
7	Water Polo (M)			
8	Kho-Kho (M* & W)			
9	Basket Ball (M & W)			
10	Cross Country (M & W)			
11	Volleyball (M* & W)			
12	Cycling (M & W)			
13	Base Ball (M & W)			
14	Archery (M & W)			
15	Cricket (M* & W)			
16	Half Marathon (M & W)			
17	Judo (M & W)			
18	Tennis (M & W)			
19	Gymn. & Mallakhamb (M&W)			
20	Taekwondo (M & W)			
21	Weight Lifting (M & W)			
22	Best Physique (M)			
23	Hand Ball (M & W)			
24	Squash (M & W)			
25	Athletics (M & W)			
26	Hockey (M & W)			
27	Shooting (M & W)			
28	Soft Ball (M & W)			
29	Ball Badminton (M & W)			
30	Wrestling (M & W)			
31	Yoga (M & W)			
32	Power Lifting (M & W)			
33	Carrom (M & W)			
34	Fencing (M & W)			
35	Tug Of War (M & W)			
36	Boxing (M & W)			
37	Ascen.& Descending (M& W)			

Note: Age limit of the students shall be minimum 17 years and maximum upto 25 years. (i.e. Date of birth-1st July, 1994 onwards)

(*-Tournament will be conducted on five zone basis & the dates of Inter-Zonal will be intimated after the zonal tournaments.

The provisional entries and detailed entries duly completed in the prescribed proforma must reach along with Xerox copies of payment of sports contribution & consolidated entry fees on or before 5.00 p.m. on the respective stipulated dates prescribed in the sports calendar 2018-19, otherwise they will not allow participating in the respective sports tournament/ competitions.

INTER-COLLEGIATE TOURNAMENTS

The University/College Education system Sports play a vital role in the Holistic development of the youth. With this knew, University of Mumbai has been organizing Inter Collegiate Sports since its establishment. Participation of students in these tournaments generates the spirit of healthy competition. It is therefore necessary that the Inter Collegiate tournaments shall be governed by Rules and Regulations and be update as a when necessary. University had frame Rules and Regulation of Inter Collegiate programme in 1900. The first addition was taken out in the year 2000; incorporating the amendments which had taken place during the intervening periods. All the Inter College competition shall be conducted in accordance with the rules prescribed by the respective sports federations and adopted by associations of Indian university New Delhi, from time to time unless otherwise, the rules are modified.

It is hope that the rules contained will help in smooth conduct of the competition among the participants and will induced the participants the underline the idea of play the game in the spirit of the game.

Inter-Collegiate Tournaments/Competitions in the following sports shall be annually organized in the basis of **One Zone & five Zones** as stated below: Tournaments shall be played on knockout, league and Knockout cum league basis etc. as decided by the Sports Committee from time to time.

A) ZONES AND EVENTS:

i) ZONES FOR INTER COLLEGE :-

Inter-Collegiate Tournaments organized on Five Zones basis, The College/Institution shall be grouped in to zones are as follows,

- (1) Colleges of Mumbai City and Central Suburban up to Mulund - **Zone One**
- (2) Colleges on Western Suburban from Bandra to Bhayander - **Zone Two**
- (3) Colleges of Thane District & Palghar District – **Zone Three**
- (4) Colleges of New Mumbai and Raigad District – **Zone Four**
- (5) Colleges of Ratnagiri & Sindhudurg District – **Zone Five.**

ii) EVENTS OF THE TOURNAMENTS

- | | | |
|---------------------------|---------------------------|-----------------------------------|
| 1) Archery (M & W) | 14) Fencing (M & W) | 27) Squash Rackets (M & W) |
| 2) Athletics (M & W) | 15) Football (M & W) | 28) Swimming (M&W) & Diving (M) |
| 3) Badminton (M & W) | 16) Gymnastic (M & W) | 29) Table Tennis (M & W) |
| 4) Ball Badminton (M& W) | 17) Half Marathon (M & W) | 30) Taekwondo (M & W) |
| 5) Baseball (M & W) | 18) Handball (M & W) | 31) Tennis (M & W) |
| 6) Basketball (M & W) | 19) Hockey (M & W) | 32) Volleyball (M*& W) |
| 7) Best Physique (M) | 20) Judo (M & W) | 33) Water Polo (M) |
| 8) Boxing (M &W) | 21) Kabaddi (M* & W) | 34) Weight Lifting (M & W) |
| 9) Carrom (M & W) | 22) Kho-Kho (M* & W) | 35) Wrestling (M & W) |
| 10) Chess (M* & W) | 23) Malkhamb (M & W) | 36) Yogasana (M & W) |
| 11) Cricket (M* & W) | 24) Power Lifting (M & W) | 37) Ascending. & Descending (M&W) |
| 12) Cross Country (M & W) | 25) Shooting (M & W) | |
| 13) Cycling (M & W) | 26) Softball (M & W) | |

*** Tournament shall be on five Zone Bases**

B) SUBMISSION OF ENTRIES :-

1. The entries and detailed entries duly completed in the prescribed proforma must reach along with Xerox copies of payment of sports contribution & consolidated entry fees on or before 5.00 p. m. on the respective stipulated dates prescribed in the sports calendar 2019-20. Otherwise they will lose their rights to participate in the respective sports tournament/ competitions.
2. Entries with complete information for participating in the Inter-Collegiate tournament(s)/ competition(s) will have to submit by hand delivery or by registered post to ensure its receipt. Attested copy of H.S C. passing certificate of each player. & N.O.C. from club if player is playing on contract and getting scholarship

The entries sent by Fax will not be accepted.

3. To conduct inter collegiate tournaments on one zone bases, minimum entries for individual/team events shall be five or more from different five colleges, otherwise event will stand cancelled & selection trial will be conducted to select university team only, for which medal and merit certificates will not be awarded.
4. To conduct inter collegiate tournaments in team events on five zone basis In case, the minimum required numbers of entries in particular zone/s are not received till the last date of receiving the entries, then the entering team/s shall be merged into the nearest Zone in which more entries are received and the tournament shall be conducted.
5. Immediately on completion of the zonal tournament, the College Organizing shall communicate to the Director of Physical Education & Sports the names of the qualifying teams for Inter-Zonal Tournament. The qualifying teams should not leave their headquarters for the Inter-Zonal Tournament unless they receive intimation regarding Venue & date of tournament from the Director of Physical Education & Sports, University of Mumbai.

(C) TEAM QUALIFY FOR INTER-ZONAL :-

The minimum number of teams to be included from each zone for the Inter-Zonal Tournaments in team events where the Inter-Collegiate Tournament conducted on five Zone basis will be as under: -

<u>Zones</u>	<u>Nos. of qualifying teams</u>
Zone I – Mumbai City	4
Zone II – Mumbai Suburban	4
Zone III – Thane & Palghar Dist.	4
Zone IV – Navi Mumbai & Raigad Dist.	2
Zone V – Ratnagiri & Sindhudurg Dist.	2

D) RULES OF ELIGIBILITY :-

REVISED ELIGIBILITY RULES FOR PARTICIPATION IN INTER-COLLEGE TOURNAMENTS 2019-20

A. Eligibility Rules

1. Only bonafide, full time student, who is enrolled for a degree or post-degree or diploma course which is of a minimum duration of one academic year and whose examination is conducted by the university subsequent to passing the 12th class examination under the 10+2 pattern of education by a recognized Board of Higher Secondary/Senior Secondary conducted in the country or an equivalent examination shall be eligible to participate in the Inter-College Tournaments approved by the Inter-University Sports Board of India.
 - 1.1 Students of Open Universities shall be considered to be bonafide students and shall be eligible to participate provided they fulfill other conditions. However, students enrolled in Correspondence Course, Institutes or Universities, casual students, external students and students pursuing Bridge courses shall not be eligible to participate in Inter-College Tournaments.
2. All students for participating in the Inter-College Tournaments shall fulfill the following compulsory conditions:
 - a) Age limit of the students shall be minimum 17 years and maximum upto 25 years. (i.e. Date of birth-1st July, 1994 onwards)
 - b) Only bonafide, full time student, who is enrolled for a course of the University, which is of a minimum duration of one academic year, and whose examination is conducted by the university, shall be eligible to participate in the Inter-University tournaments.
 - c) Students of Open Universities shall be considered to be bonafide students and shall be eligible to participate provided they fulfill other conditions.
 - d) Ph.D., M.Phil., Compartment, etc. students will be eligible to participate only if in terms of the concerned university rules they are regarded to be bonafide students and fulfill other conditions laid down in this behalf. All students participating in the Inter-University Tournaments shall fulfill the following conditions.
 - e) Not more than 8 years have elapsed since a student passed the examination qualifying him/her for first admission to a university or college affiliated to a university. The 8 years period mentioned above shall be distributed as below:-
 - i) Not more than 5 years after passing 10+2 or equivalent while pursuing graduate courses/studies.
 - ii) Not more than 3 years after passing Graduation or equivalent while pursuing post graduate courses/studies. Irrespective of any other conditions like changes of class/courses/faculty, joining lower class from higher, changing academic to professional courses or vice-versa, provided that students admitted, after passing +2 examination, to graduate courses of more than 3 years duration like Medical, Engineering, Agriculture, Pharmacy, etc. shall be eligible to participate in the Inter-University tournaments for the actual length of such graduate courses/studies.

- f) Only students, who are less than 25 years of age as on first July of the academic year in which the tournament is held, can participate.
- g) Students shall not be full-time employees of Public or Private sector as the case may be.
- h) A students shall not be allowed to represent more than one University during a single academic year.
- i) Provisional admission to a course or University shall not make the student eligible to represent the University.
- j) In case of a student migrating from one University to another, his/her migration case will be considered eligible only after his/her admission in the new university is regularized and he/she is admitted as a bonafide student by the new university.
- k) No Objection Certificate (NOC) is mandatory to be eligible for participation for those students, who received or receiving stipend/financial support for pursuing excellence in competitive sports as career from Public or Private Sector to support their studies, as the case may be.

B. Explanation

1. 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 June/July of one year to 12 calendar months to the next Year.
2. The restriction of participation in Inter-College Tournaments to a period of one year more than the length/duration of academic course means that the students pursuing a three-year degree programme (i.e. B.A., B.Com., B.Sc. etc.) can participate for four years, while a student pursuing four year programme (i.e. BE, B.Tech. etc.) can participate for five years.

C. Disqualifications for violation of Eligibility Rules

1. Any disqualification of a player on grounds of ineligibility will result in the automatic scratching of the team for that academic year. The team shall also be debarred from participating in the tournament (in that game) to be held in the following year.
2. A player disqualified on the grounds of ineligibility shall not be permitted to participate in Inter-College Tournaments in the next year also.
3. Those players, who are selected for the University Team to participate in the Inter-University Championships / Tournaments and if, they represent some other organizations **without the** permission of Sports Department, University of Mumbai, shall be debarred from participation in the Inter-University Tournaments, Inter-Collegiate Tournaments.

E] DISCIPLINARY ACTION :-

If a college /institution is found to have violated any rule/s of eligibility any time when the said sports/tournament is in progress or even after conclusion of the same, in case of one or more player/s, the name of such College/institution shall be cancelled from the said discipline and its performance (if any) shall be treated as null and void. Further the said case will be referred to the University authorities who may impose a fine not exceeding Rs. 10,000/= apart from debarring the college /institution from participating in the said discipline for the number of years as recommended thereon.

The said player/s thus debarred will not be allowed to represent the University for any sports/tournaments in the said academic year in which the eligibility rules are violated.

It is obligatory on the students participating in the Inter-Collegiate Sports/Tournaments organized by the University to make themselves available for the coaching camps representing the University at Inter-University Tournaments, failing which their prizes/merit certificate/s in sports won in the said academic year may be revoked and their performance at the all the competitions conducted/organized by the University in the said academic year may be considered as null and void. Such students will also be liable for appropriate disciplinary action including debarring the student/s from participating for the number of years and recovering the expenditure incurred on them by the University in addition to any other penalty as decided by the University authorities later on.

F) PROTEST :-

Only the participating teams representative appointed by college are allowed to lodge their protests, if any, against any matter other than the decision of the referees/umpires as under: -

(i) Protest, if any, regarding the technical disputes during the proceedings of the sports/tournament shall be submitted by the Professor-in-charge or the member of the staff of the affiliated college/recognized institution/department of the University nominated by the Principal, in writing on the official letter-head to the Organizing Secretary within 2 hrs. Of the conclusion of the game together with a protest fee of Rs. 1,000/- paid in cash.

(ii) Protest, relating to any other matter shall be submitted in writing to the sports in-charge of the University, through the college authority within 24 hours of the conclusion of the game together with a protest fees of Rs.1,000/= paid in cash. (Sunday and Holidays will be excluded for calculating the period of 24 hours). Team/s leaving the playing field under protest shall be deemed to have lost the match and forfeited its right to protest. The protest received after the prescribed time limit shall not be entertained. The protest fee will be forfeited if the protest is not upheld. University decision in the matter of protest shall be final and binding on all the teams and the participants.

G) GENERAL INSTRUCTION:

(a) Registration of Team or Individual entry:-

i) The entries for participating in the Inter-Collegiate Sports and Tournaments to be held in the year 2019-20 will not be accepted and registered unless the participating college has paid to the University the following fees for the current year and also for the preceding years as requested in this office circulars issued from time to time.

- 1. Annual Sports Contribution**
- 2. Consolidated Entry Fee**
- 3. Fine Amount if any.**

(b) ANNUAL SUBSCRIPTION (SPORTS CONTRIBUTION):-

The payment of annual subscription / sports contribution & Consolidated Entry Fee is mandatory to every students enrolled in affiliated colleges. Contribution will be per student 15% of Gymkhana fees (i.e. Rs.60/- per students) vide circular No. क्र. क्रीडा /७२, दि. ३१/१२/१८, collected from the student every year at the time of admission or as might be revised by the University from time to time. Further they are requested to remit the outstanding of Annual Sports Contribution for previous year(s) may please remit to the university by Demand Draft issued in favour " The Finance and Accounts Officer, University of Mumbai". Otherwise they not be allowed to participate in the Inter-Collegiate tournaments unless the arrears are cleared.

(c) PAYMENT OF CONSOLIDATED ENTRY FEE:-

It is mandatory to all affiliated Colleges to University of Mumbai shall be pay consolidated entry fees as follows.

Enrolment of students in colleges during the academic year 2019-20	Consolidated entry fee to be paid to the University
Below 500 Students	Rs. 400=00
501 to 1000 Students	Rs. 600=00
1001 to 1500 Students	Rs. 800=00
1501 to 2000 Students	Rs. 1,000=00
2001 to 2500 Students	Rs. 1,200=00
Above 2501 Students	Rs. 1,500=00

College submitted entries to participate in any Inter Collegiate tournament / competition but fails to participate will have to pay fine as Rs.500/- for Team sports and Rs.100 for Individual Sports: -

i) The programme circulars, fixtures and draws of all the tournaments/competitions shall be loaded on university website www.mu.ac.in click on Faculty then sports & then click on desired sub-heads, hard copy will not send to participating colleges by post or courier. If require then the participating college will have to send their representative to University Sports department before the commencement of the tournament/competition to collect the draws/ programme. The complaints about non-receipt of circulars, draws and programme of fixtures will not be entertained if the participating institution fails to collect the same as stated herein.

(d) IDENTITY CARD & INSURANCE:-

- (a) A student taking part in Inter-Collegiate/inter university tournaments must be insured under “YUVA RAKSHA” scheme. Proof of insurance must be submitted during the Inter collegiate tournaments on demand. The Students insured under the “YUVA RAKSHA” scheme shall be consider & allow to participate in inter collegiate and inter university tournaments.
- (b) Each member of a team participating in an Inter-Collegiate Tournaments shall carry **Academic year Identity Card** which shall bear the following,
 - (i) Photograph of the player & his/her signature.
 - (ii) Attestation of the photograph under the seal by the Principal of the college. The signatures of the attesting authority must be on the photograph.
- (c) The player(s) not carrying Identity Cards shall not be allowed to participate in the concerned tournament.

(e) ACCREDITED REPRESENTATIVE:-

Every college sending its Team/Individual to participate in Inter-Collegiate Tournament shall be accompanied by responsible college staff member under no circumstance shall a Team be allowed to participate in a Tournament unless accompanied by a college staff.

(f) COLOURS:-

All the college should have their registered colour, and the college teams shall participate in Inter-Collegiate tournaments in their respective colors. In case of clash of colors between two teams it shall be decided by the spin of coin as to which team will wear the playing uniform other than of its own colour.

(g) APPELLATE POWER:-

Appellate power rest with the Chairman of the respective tournaments committee. Appeals made to the tournament committee by the aggrieved colleges against the decisions of the organizers shall be considered only if received with in Twenty Four hours (working day) of the completion of the match. These protest shall be considered by the tournament committee, if need be, in consultation with any authority in the game concerned. While doing so, respective tournament committee may invite representative of the concerned college for hearing and necessary enquiry into the matter at their own expenses.

The tournament committee of respective game shall be authorized to take decisions. Whenever, necessary, such disputes may even be referred to the Sports Committee. The decisions taken by the tournament committee, Sports Committee, as the case may be, shall be binding on the parties concerned.

No member; including college In charge person / an official; of a participating team shall interfere with the conduct of the tournament or any match of the tournament and shall not enter into argument with the supervising officials or the organizing officials; nor shall they question the judgment of the umpire(s) / referee(s) / judge(s) etc. A participating team however has every right to lodge a written protest on any point on which it feels aggrieved but in that case; the procedure as laid down in the rule shall be strictly followed.

Any official not complying with the rules contained in the foregoing Para shall render liable to disciplinary action. She/he may be debarred from participation in the Inter-Collegiate tournament by the concerned authority for a period ranging from one to three years, depending upon the magnitude of his/her offence. Such misbehavior shall also be brought to the notice of the authorities of the college concerned for the necessary disciplinary action that they deem fit to take against him/her.

No official of any affiliated college/institute shall go to the press on any controversial issue. Those violating this clause shall be liable to disciplinary action which may be to extent of debarring the concerned college team official from participation in any capacity; in the Inter-Collegiate tournaments for a period as may be determined by the sports committee.

Doping is strictly prohibited if any Athlete's tested positive shall be debarred from the concerned tournament and the expenses incurred on testing have to be borne by the student or college concern. Doping (WADA) – According to WADA instruction performance enhancing drugs have been banned for use by the sports person's because of the fact that these drugs have dangerous and deadly side-effects on the physical and mental health of the potential athletes-precious human resources. You are, therefore, requested to advise young sports person to avoid the use of performance enhancing drugs during training and competitions.

Mumbai University team(s) shall be participating in National University Sports/Games Inter University Tournament. However, Individual/s entry will not be send, if the individual do not achieve qualifying mark of the respective sports events i.e. 6th place performance of previous year Inter University tournaments. Inter University participation certificates will not be issued to the player/s who do not achieve the prescribed entry standard at Inter University Tournaments.

In the case of Team / Individual/s where subjective evaluation applicable; the team/individual do not reach quarterfinal stage consecutively for two years, then the team / individuals shall not send for Inter University tournaments; if send until & unless the team / individuals qualify for quarterfinal stage certificate/s and D. A. will not be given to them.

(h) EXPENSES:-

Participating colleges shall bear T.A. & D.A., incidental and the boarding expenses of its own teams/individual athletes for Inter collegiate tournaments as per University team's norms.

(i) Gurunanak Dev General Championship Trophy :-

The college securing the highest number of points in inters college Sports/Tournaments in Team Championship, General Championship, Individual Championship in the men and women section shall be declared as the overall champion college and shall be awarded Gurunanak Dev General Championship Trophy. The point shall be awarded as follows, Team and General Championship for First place – 100 point, Second place – 60 point and Third place - 20 point. Individual Championship for First place – 15 point, second place – 10 point and Third place – 5 point will be given.

H) **BRIEF RULES OF THE SPORTS & GAMES :-**

The Inter Collegiate tournaments/competition shall be conducted under the rules of respective sports federation as adopted by A.I.U., unless, otherwise, modified in these rules.

1. ARCHERY:-

1. The following events shall be included in inter college archery competition **Indian, Compound & Recurve (FITA) Round** for individual championship only. Individual Athletes can participate any **Two** events only.
2. Each College shall be permitted to send **Four** Entries in each Individual event for men & women.
3. The competition will be held if five colleges report on venue for Individual Championship, if not then selection trials will be conducted.
4. Qualifying mark for selection for participation in Inter University Archery shall be circulated during Inter Collegiate Archery competition. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Archery competition.

2. ATHLETIC:-

1. Each College/Department shall be permitted to send **Two** entries in each Individual Event and ONE team for each relay event consisting of four players with two reserves in a team. Decathlon or Heptathlon will be consisting as a one event as the case may be.
2. An Athletic/s can participate maximum **Two** individual events including Half Marathon, Decathlon or Heptathlon i.e. individual and two Relays as case may be.
3. The following events shall be included in Inter-Collegiate Athletic meet for Men & Women: -

MEN:

Track Events: 100, 200, 400, 800, 1500, 5000, & 10000 Mts. Races, 110 & 400 Mts. Hurdles, 4 X 100 & 4 X 400 Mts. Relay Races, & 10 Kms Walk, Steeplechase, Half Marathon.

Field Events: Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Hammer Throw, Discus Throw, Javelin Throw and Decathlon.

WOMEN:

Track Events: 100, 200, 400, 800, 1500, 5000, 10000 Mts. Races, 100 & 400 Mts. Hurdles, 4 X 100 & 4 X 400 Mts. Relay Races, 5 Kms. Walk, Steeplechase, Half Marathon.

Field Events: Long Jump, High Jump, Triple Jump, Pole Vault, Shot Put, Discus Throw, Javelin Throw and Hammer Throw, Heptathlon.

4. POINTS & CERTIFICATE:- In each event including relay races the winning College shall be awarded **7** points for the first place, **5** points for the second place **4** point for the third place **3** point for the fourth place, **2** point for the fifth place and **1**point for the sixth place to decide general Championship.

Merit Certificates shall be awarded up to first three positions in each event. For relay races, merit certificates shall be awarded to all the 4 members of the teams winning first, second and third positions, who constituted the team for the final race.

5. CHAMPIONSHIP:- There shall be a separate Championship each for Men & Women sections. The college securing the highest total number of points for the Men section & women section shall be declared as the champion college for the Men & Women sections separately. There shall, however, be no overall championship combined both for Men & Women sections respectively. In case of a tie, the College winning the greater number of first places shall be adjudged as the champion college. College securing first place will be awarded 100 pts, second place 60 pts. & 3rd place 20 pts.

6. Qualifying mark for selection for participation in All India Inter University Athletic meet shall be 8th place performance last year All India Inter-University Athletic meet and the same will be circulated during Inter Collegiate Athletic meet. All India Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at All India Inter University Athletic meet.

3. BADMINTON:-

1. There shall be two Inter-Collegiate Badminton Tournaments i.e. Team Championship and Individual Championship for men & women.
2. The Tournament Committee shall decide draws and seeding.
3. Tournament Committee shall be the final authority for fixing/changing the programme of fixtures and to settle any disputes arising during the tournament.
4. Request for postponement of fixture shall under no circumstances be granted.
5. In the event of any fixture of the programs being cancelled or postponed by University due to unavoidable circumstances, the next fixture shall be taken up for play.
6. Entries received after the date and time mentioned in the calendar will not be accepted.

7. The number of players representing a college in a team shall not be less than **four** and more than **Six** for Men and not be less than **two** and more than **Four** players for Women.
8. The Colleges participating in the tournament shall equally bear the cost of shuttle-cocks used during their match/s. The Tournament Committee shall decide the quality and the brand of the shuttles to be used during the tournament.
9. The order of event shall be as follow:

Men:	Women:
First Singles,	First Singles,
Second Singles,	Second Singles,
First Doubles,	Doubles
Third Singles,	
Second Doubles,	

INDIVIDUAL CHAMPIONSHIP:

1. The Individual Championship shall be held separately for Men's Singles & Women's Singles to decide the University Champion.
2. Each College shall be permitted to send **Two** entries 'A' and 'B' with the names of both 'A' and 'B' players entered therein.
3. The names of players submitted for these tournaments shall not be allowed to change under any circumstances.
4. **Entries without the name/s of player/s will not be accepted.**

4. BALL BADMINTON:-

1. The team will consist of **Ten** players and the number of participants for the Men & Women tournaments shall be minimum five (5) College.
2. The player should wear number 1 to 10 on both sides of their Jersey/shirts.
3. The player's jersey/shirts colour must be other than orange and yellow because the ball colour is orange-yellow.
4. Participating colleges are requested to use their own Ball Badminton balls, branded ball shall be decided by the tournament committee for the tournaments.
5. The colleges participating in the tournament will have to provide rackets and new ball for their team for the match at their own cost.
6. The tournament committee shall decided draw and seeding.
7. Postponement under any circumstances will not be granted.

5. BASEBALL:-

1. The teams shall consist of sixteen players.
2. Size and quality of the ball & Sluggers prescribed by the Baseball Association shall be used in the competition.
3. Each college participating in the tournament shall submit a list of players not exceeding **sixteen**, to the University on or before the prescribed date.
4. The colleges have to provide a new match Ball (brands decide by committee) for their team for every match at their own cost.

6. BASKETBALL:-

1. The team shall consist of **Twelve** players.
2. The players should wear number (4 to 15) on both sides of their jersey/shirts.
3. Entries received after the date and time fixed for the purpose will not be accepted.
4. The colleges participating in the tournament will have to provide a Ball (brands decide by committee) for their team for the match at their own cost.

7. BEST PHYSIQUE (Men):-

1. Inter-Collegiate Best Physique Competition shall be held in eight weight categories as given below: -

1. Upto 60 kg.	5. Upto 80 kg
2. Upto 65 kg	6. Upto 85 kg
3. Upto 70 kg	7. Upto 90 kg
4. Upto 75 kg	8. + 90 kg
2. A college shall be permitted to enter **One competitors** and **One reserve** in each weight class.
3. For judging the **'Shri Mumbai University'** first position in each weight group shall be considered.
4. To hold competition in particular weight class there must be at least 5 player from different colleges, otherwise selection trials will be conducted for the particular weight class to select player for University team.

8. BOXING:-

1. To hold competition in particular weight class there must be at least 5 boxers from different colleges, otherwise selection trials will be conducted for the particular weight class to select boxer for University team.
2. Each boxer will have to submit, along with the entry form his/her current MEDICAL RECORD CARD issued & duly certified by an authorized Medical Practitioner/officer. However, the boxer will be allowed to participate in the competition only after the Medical Officer appointed by the University tournament committee, certifies his medical fitness. No weight shedding shall be allowed after the weighing in has started. Also no alterations/additions shall be allowed after the draw has been made.
3. Each college is entitled to enter one boxer and one reserve in each weight class but only one boxer shall be allowed to compete. a competitor once weighed in can under no circumstances refuse to box or give a walk-over, unless the Medical Officer finds him medically unfit. Competitors violating this rule will be liable to disciplinary action being taken against them. The colleges may send one reserve for each weight category.
4. Each College should nominate with proper instructions regarding duties, two assistance to assist the boxer representing their college.
5. The competition shall be conducted for the following weight classes:

<u>Men</u>		<u>Women</u>	
1. Light Fly Weight	46 to 49 Kgs.	1. Light Fly Weight	45 to 48 Kgs.
2. Fly Weight	Upto 52 Kgs.	2. Fly Weight	Upto 51 Kgs.
3. Bantam Weight	Upto 56 Kgs.	3. Bantam Weight	Upto 54 Kgs.
4. Light Weight	Upto 60 kgs.	4. Feather Weight	Upto 57 Kgs.
5. Light Welter Weight	Upto 64 Kgs.	5. Light Welter Weight	Upto 60 Kgs.
6. Welter Weight	Upto 69 Kgs.	6. Light Middle Weight	Upto 64 Kgs.
7. Middle Weight	Upto 75 Kgs.	7. Welter Weight	Upto 69 Kgs.
8. Light Heavy Weight	Upto 81 Kgs.	8. Middle Weight	Upto 75 Kgs.
9. Heavy Weight	Upto 91 Kgs.	9. Light Heavy Weight	Upto 81 Kgs.
10. Super Heavy Weight	91 to 105 Kgs.	10. Heavy Weight	+ 81 Kgs.

Note: Weight categories for Women shall be circulated at the time of Inter-Collegiate Boxing Championship.

6. Use of Boxing Shorts, Cup-protectors i.e. Guard, Gum-Shield and Head Gear by the boxer will be compulsory.
7. To decide the Team Championship, the winner of each bout will receive five point runners up three points and third place one each.
8. In the case of two or more colleges obtaining an equal number of points, the placing shall depend on:
 - A) The number of victories in the final, and if this is equal
 - B) The number of second places.
9. No boxer will be allowed to box if he/she is not accompanied by the teacher-in-charge.

9. CARROM:-

1. The tournament will be played on One Zone and Knock-out basis in following events:
Men's Singles Women's Singles
Men's Doubles Women's Doubles
2. Each college shall be permitted to send **Two** entries i.e. 'A' and 'B' in each event.
3. The names of A & B once submitted can under no circumstances be changed.

10. CHESS:-

1. The tournament will be held for team championship Men & Women separately.
2. The tournament will be conducted according to the Swiss league Method (Maximum six rounds).
3. A team consists of a maximum of **six** players (including two reserves players) but only four players shall be allowed to participate each player Playing against the player of opponent team of the same status in order of ranking.
4. The chess clocks shall be used if available.
5. Each college shall clearly state the ranking order along with FEDE rating if any of it's' team while sending the entry. The reserve players shall be ranked at the bottom.
6. In the event of inability of a playing member to participate, the ranking Order shall be changed in such a way that only the player following him in the ladder takes his place and so on. No player shall be replaced during the course of the tournament.
7. No cash prizes shall be awarded.

11. CRICKET (MEN):-

1. The matches shall be played in accordance to the MCA Model rules adopted from time to time, by the university, unless, otherwise, modified in these rules.
2. One day matches will be played at Zonal level & Up to final of Zone IV & V and first round of Inter-Zonal Tournament. The Quarter Final and up to 3rd place matches shall be of two days and from quarter Final will be of four days in duration as per MCA Rule matches.
3. The tournament will be played on Knock-out basis.
4. One day matches of 45 over will be played up to first round of Inter Zonal Tournament. The matches from quarter final stage to Semi-finals shall be of two days duration. In case, the results of the match are not obtained on both innings at the end of second day, the result of the match shall be decided on the basis of first inning score. If however, the first inning is not completed at the end of second day, the winner shall be decided on run rate in accordance with MCA Model Rule.

5. Each college participating in the tournament shall submit a list of players not exceeding **sixteen** to the organizer in respective zone and University on or before the prescribed date for the purpose.
6. The colleges from all Zones will have to submit their entry and eligibility Performa to the Director of Physical Education. & Sports, University Sports Pavilion, Marine Lines, Mumbai- 400 020.

12. CRICKET (WOMEN):-

1. The matches shall be played in accordance to the MCA Model rules adopted from time to time, by the university, unless, otherwise, modified in these rules.
2. A team shall not consist of more than **sixteen** players.
3. The tournament will be held provided minimum 5 colleges actually participate in the tournament.

13. CROSS COUNTRY RACES:-

1. The distance for men shall be 12.5 kms. & for women 6 Kms.
2. Team consist of **Nine** Athletes for men section and **Six** Athletes for women section, shall be allow to run, However, for calculating the Championship the places of first 6 Athletes of each team for men and first 4 Athlete of each team for women, team will be considered for calculating the total point.
 - (a) Individual entries shall be permitted.
 - (b) Team entry of any college will be considered only if a minimum 6 men and 4 women of the respective college actually participate in the race.
3. (a) for deciding the team championship, points shall be awarded to the competitors up to 6th position for men section and 4th position for women Section in the following order:

1 st Position	One Point
2 nd Position	Two Points
3 rd Position	Three Point and so on

 - (b) The College winning the minimum number of points shall be declared as Champion.
 - (c) In case of “Tie” the college whose last runner is closer to the first runner shall be declared a Champion.
4. Qualifying mark for selection for participation in Inter University Cross Country Races shall be circulated during Inter Collegiate Cross Country Races. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Cross Country Races.

14. CYCLING:-

1. The competition shall be conducted under the rules of Cycling Federation of India as adopted by A.I.U., unless, otherwise, modified in these rules.
2. a) for track events Use of the Racing Cycles only will be allowed in the competition i.e. fixed wheel must be fitted; Brakes, bell and wing nuts are not permitted.
b) For road races and circuit events free wheel, two independent brakes in full working order must be fitted. Coaster hubs, change speed gears and wing nuts are permitted.
3. Competitors Dress: Competitors attire for all events must consist of a sleeved jersey or vest, knickers reaching at least half way to the knee corresponding the college colures of the competitors. All attire must be free from political signs or badges and trade advertisements. Crash helmet is essential. Turban with proper fold is permitted in place of crash helmet. Hand gloves are included in the rider's normal dress.
4. Medical certificates and insurance: on demands entrant must produce a Medical fitness certificate of a registered medical practitioner.
5. The competition shall be conducted in the following events:

MEN

1 KM. Time Trials
1 KM. Sprint
1 KM. Massed Start
4 KM. Ind. Pursuit
Elimination Race
20 KM. Point Race
1500 Mts. Team Time Trial
4 KM. Team Pursuit
Olympic Team Sprint
Keirin Race
100 K.M. Road Messed start
50 KM Road Team Time Trial
30 KM Time Trial
Criterium

WOMEN

500 Mts. Time Trial
1 KM Sprint
1 KM Messed Start
3 KM Ind. Pursuit
15 KM Point Race
1500 Mts. Team Time Trial
3 KM Team Pursuit
Olympic Team Sprint
Keirin Race
100 KM Road Messed Start
50 KM Road Team Time Trial
30 KM Time Trial
Criterium

6. Each college shall be permitted to send **Two** names in each event.
7. Each event for Men and Women will be held separately only if the Competitor from **5 different** colleges actually participates in the race.
8. Qualifying Standard for selection for Inter-University team shall 6th place performance last year Inter-University competition and shall be circulated at the time of Inter-Collegiate competition. Inter-University certificate will not be given if the player who do not achieve the prescribed entry standard at Inter-University cycling competition.
9. The insurance and license issued by Association of athlete is essential and shall be present on demand.

15. FENCING:-

1. The player shall be permitted to participate in **Two** events only.
2. College shall permit to send **Four** Entries in each Individual event.
3. The Competition be conducted in accordance with the rules prescribed by Fencing federation and adopted by Association of Indian Universities, New Delhi from time to time unless, otherwise these rules are modified.
4. Tournaments will be organized for Individual events only.
5. The competition will be held if five colleges report of venue for Team & Individual championship if not then selection trials shall be conducted.
6. The competition will be held on knock out basis in three types viz, FOIL, SABRE and EPEE for Men & Women separately.
7. The player who scored 75% or more points at Inter-collegiate may consider for University team. Inter-University participation certificate will not be issued if player(s) fails to score 50% or more score at Inter-University Fencing competition.

16. FOOTBALL:-

1. The tournament will be conducted on One Zone basis on knockout - cum League cum- knock out basis.
2. No player shall be permitted to participate in the tournament without proper Uniform.
3. Each college participating in the tournament shall submit a list of players not exceeding **Twenty** to the University on or before the date fixed for the purpose.

17. GYMNASTIC:-

1. The Inter Collegiate Gymnastic competition shall be conducted in accordance with the International Rules prescribed from time to time and as adopted by the University Tournament Committee for Gymnastic.
2. The Inter-Collegiate Gymnastic programme shall consist of the following Competitions.

A) Team Competition:

1. Team competition will be for 12 exercises i.e. six compulsory exercise and six optional exercises (one compulsory and one optional exercise on each apparatus) Note: A gymnast obtaining 50% marks in the compulsory set of exercises shall qualify to participate in the optional sets of exercises.

2. Team championship as well as individual all round championship will be declared in this competition.
- 3) **Individual Event Final** (App. Championship)
The best eight gymnasts on each apparatus from competition (Team Competition) will again compete in optional exercise to decide the first three positions on each apparatus.
- 4) **Note:** In this competition only standard equipment should be used.

➤ **Team Championship:**

Each college team will consist of **Seven Gymnasts** who will participate in all exercises in team competition. The result of the competition will be decided by taking the total scores.

Once the entry has been made no change in the competition of the team is permitted. A college, which cannot enter a complete team of six gymnasts, may enter competitors individually. For carrying out the exercise, the individual gymnasts will be formed into one or several groups or will be attached to another team. Their order of use of apparatus will be decided by the jury.

I. Individual All-Round Championship:

Individual all-Around championship will be decided by taking the total scores obtained in compulsory and optional exercise on all apparatus in competition (Team Championship).

II. Individual Event Final (Individual Apparatus Championship) .

The best eight gymnasts on each apparatus, from competition one (team Competition) will be selected to compete for apparatus championship. They will perform only optional exercise. Evaluation will be done out of maximum 10.00 points.

Competition Rules:

Each gymnast must execute the whole competition programme before he is eligible to secure any position in any apparatus. Entries to the tournament are to be made on prescribed forms provided in good time by University.

The competitors and the judges must devote themselves entirely and exclusively to the competition. They may accept other tasks only after having completed all the liabilities related to the competition.

The Competitors /scored 75% or more points at Inter-Collegiate may be considered for University team.

Gymnastic (Women):

The Inter-Collegiate Gymnastics programme for women shall consist of the following competitions:

1. **Team Competition:**

- (1) The competition shall consist of 8 exercises i.e. four compulsory Exercises and Four Optional Exercises (one compulsory and one optional on each apparatus).
- (2) Team Championship as well as Individual All Round Championship will be declared in this competition.

2. **Individual Event Final** (App. Championship)

3. The best eight girls on each apparatus from competition 1 (Team Competition) will again compete in optional exercise to decide the first three positions on each apparatus.

4. **Note:** In this competition only standard equipment should be used.

1. **Team Championship:** Each college may enter one team of Seven women gymnasts who will participate in all exercises in Team competition. The result of the competition will be decided by taking the total scores of the best five gymnasts on each event. Once the entry has been made no change in the composition of the team is permitted. A college, which cannot enter a complete team of six gymnasts, may enter competitors individually for carrying out the exercise. The individual gymnasts will be formed into one or several groups or will be attached to another team. Their order of use of apparatus will be decided by the jury

2. **Individual All Around Championship:**

Individual All round Championship shall be decided by taking the total of scores obtained in compulsory and optional exercise on all apparatuses in competition No. 1.

3. **Individual Event Final:**

The best eight gymnasts on each apparatus from team competition will be selected to compete for Apparatus Championship. They will perform only Optional Exercise. On the basis of their performance in optional exercise the position will be decided out of 10 points. The gymnasts who scored 75% or more points at Inter-collegiate may consider for University team.

Note: Inter-University participation certificate will not be issued if Gymnast (s) fails to score 50% or more score at Inter-University Gymnastic Championship in all events.

18. HALF MARATHON:-

1. The distance for men and women races shall be 21 kms.
2. Each college shall be permitted to send **Four** entries for Men & Women Separately.
3. Qualifying mark for selection for participation in Inter University Half Marathon shall be circulated during Inter Collegiate Half Marathon. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Half Marathon.

19. HANDBALL:-

1. Each team shall consist of not more than **sixteen** players. A team, while playing, must use a goalkeeper without interruption. Not more than 7 players i.e. 6 court players plus 1 goalkeeper will be present on the court at any one time.
2. Only the substitutes, not more than 2 teams' officials and suspended player(s), if any, are allowed to stay in the substitution area. One of the officials of each participating team in a match must be listed on the scoring sheet as being the only responsible person to speak to the game officials.
3. The tournaments up to semi-final stage will be played on knock out basis. From the semi-final stage, league system shall be applied.

20. HOCKEY:-

1. The tournaments will be organized in accordance with the rules of Indian Hockey Federation/Indian Women's Hockey Federation, as adopted by A.I.U., from time to time by unless, otherwise these rules are modified
2. Each college participating in the tournament shall submit a list of players **Eighteen** to the University on or before the date fixed for the purpose.

21. JUDO: -

1. The competitions for Men and Women shall be conducted in the following weight categories.

MEN

1. Up to 56 kg.
2. Up to 60 kg.
3. Up to 66 kg.
4. Up to 73 kg.
5. Up to 81 kg.
6. Up to 90 kg.
7. Up to 100 kg.
8. Above 100 Kgs.

WOMEN

1. Up to 44 kg
2. Up to 48 kg.
3. Up to 52 kg.
4. Up to 57 kg.
5. Up to 63 kg.
6. Up to 70 kg.
7. Up to 78 kg.
8. Above 78 kgs.

2. Each college shall be permitted to send **Two** competitors in each weight Category one name registered for the particular category will not be changed. Player will not allow the change the weight group.
3. Weigh in will be arrange before the competition. All participants shall to report for weigh in before scheduled time.
4. The competition shall be conducted on Knock out-cum-single repachage system. The competitors of each weight category will be separated into two groups by a draw. From each group (Pool) one finalist will be established by Knock-out system. Each competitor, who has been defeated in his/her group (Pool) by the finalist in the order of his/her elimination will be put in the repechage round which takes place in the knock-out system. The winners of the two repechage groups will be awarded the joint third place (Bronze Medal).
5. For deciding the championship, first place winner in each weight category shall be awarded 3 points; second place winner 2 points and third place winner shall be awarded half point each. Championship for men and women shall be awarded separately. The team securing highest points shall be declared 1st, team securing second highest – 2nd and the team securing third highest points 3rd. In case of Tie for first, second and third place(s) the team getting highest number of first place, second place or the third place as the case may be, shall be the deciding factor for breaking the Tie. Despite following this method if the Tie still remains then the teams involved shall be declared joint position holders.

22. KABADDI:-

1. The tournaments up to Semi-final stage will be played on knock out basis. From the Semi-final stage, league system shall be applied
2. The colleges from all zones will have to submit their entry and eligibility to the Director of Physical Edun. & Sports, University Sports Pavilion, Marine Lines.
3. Each college participating in the tournament shall submit a list of players not exceeding **Twelve** to the organizers in the respective zone.

23. KHO-KHO:-

1. The tournaments up to Semi-final stage will be played on knock out basis. From the Semi-final stage, league system shall be applied
2. The colleges from all zones will have to submit their entry and eligibility proforma to the Director of Physical Edun. & Sports, University Sports Pavilion, Marine Lines, Mumbai- 400 020.
3. Each college participating in the tournament shall submit a list of players not exceeding **Twelve** to the organizer in the respective zone.

24. MALLAKHAMB:-

1. The Inter-Collegiate competition in Mallakhamb will consist of,
 - I) One 'Compulsory set' of exercises and
 - II) One 'Optional set' of Exercises.
2. **Compulsory Set of Exercises:**
The compulsory set of exercises consists of the 10 exercises in all. Only one chance will be given for compulsory set, each performer must perform the same in same sequence. i.e. Free Ghoda Mount, Dasrang Twice, One Leg suidora with both the sides & pashchimottanasan, Bajarang catch, Nagmodi Vel, One hand Mayurasan, Short Arm Balance, Machhli Ghana and Bandar Pakad Vault. Performers, who secure more than 50% marks in compulsories, will only be qualified for the Optional Exercises.
3. **Optional Set of Exercises.** Each optional set will be evaluated for 0 to 10 points.
4. **Time Limit:** Each set of exercises will have a time limit from 60 to 90 seconds. Compulsory set will not have a minimum time limit, but performance extending beyond 90 seconds will have a time deduction.
5. **Team Championship:** The team, in which more than minimum 3 players are qualified for Optional, will be considered as a team qualified for team championship. If there are more than minimum 3 such full teams qualified for Optional, then only Team Championship merit certificates will be awarded, In absence of minimum 3 teams qualified for the Optional, only Individual Championship merit certificates will be awarded.
6. **Individual Championship:** For the individual Championship, 6 best players from the competition no. I, i.e. from compulsories as well as optional, 6 best players according to merit will be selected for competition No. II in such a way that not more than 2 from the same team are selected. They are required to perform another optional set of exercises and their marks are added to half the marks secured in competition No. 1.
7. A team shall not consist of more than **Five** players (including one reserve), Substitution of the reserve before the beginning of the competition is allowed. A team with a minimum of 5 players will also be counted as a team. A team, which does not enter minimum **Five** competitors, may enter one or two players for Individual Championship.
8. The player who scored 75% or more points at Inter-collegiate may consider for University team.

Note:

Inter-University participation certificate will not be issued if player (s) fails to score 50% or more score at Inter-University Malkhamb Championship.

25. POWER LIFTING:-

1. The tournament shall be held in the following Body Weight Categories:

MEN	WOMEN
1. 59 Kgs.	1. 47 Kgs.
2. 66 Kgs.	2. 52 Kgs.
3. 74 Kgs.	3. 57 Kgs.
4. 83 Kgs.	4. 63 Kgs.
5. 93 Kgs.	5. 72 Kgs.
6. 105 Kgs.	6. 84 Kgs.
7. 120 Kgs.	7. + 84 Kgs.
8. +120 Kgs.	

2. Each college shall be permitted to send **Two** names in each weight category.
3. For determining the championship, First Place 5 points, Second Place 3 points and Third Place 1 point will be awarded for each Weight category.
4. If any competitor breaks the record in the 3rd chance, he/ she will be given one more chance to better his/ her performance, but his/ her 4th attempt shall not be calculated in the total.
5. Qualifying mark for selection for participation in Inter University Power Lifting shall be 6th place performance at last year Inter-University championship and the same shall be circulated during Inter Collegiate Power Lifting competition. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Power Lifting competition.

26. SHOOTING:-

1. The competition will be held for Men & Women separately in 2 types i.e. Air Rifle Shooting & Air Pistol Shooting.
2. Person taking part in Air Rifle Shooting is not allowed to take part in Air Pistol Shooting
3. Each college shall be permitted to send one team consists of **Four** shooter for each event. **Fourth** Shooter representing a team; enter shall be treat entry in the respective individual event.
4. Qualifying marks (points) shall be 6th place performance last year All India Inter-University shooting championship and the same shall be circulated during Inter College Shooting competition. If more competition qualifies the standard, then selection trials will be conducted to select University team. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Shooting Championship.

27. SOFTBALL:-

1. Size and quality of the ball & Sluggers prescribed by the Softball Association of India shall be used in the competition.
2. Each college participating in the tournament shall submit a list of players not exceeding **Fifteen**, to the University on or before the prescribed date.
3. The colleges participating in the tournament will have to provide a new Ball for their team for every match at their own cost.

28. SQUASH RACKETS:-

1. The tournament shall be played in singles only and on Knock-out basis.
2. Individual Championship, Each college shall be **Four** players but only three players shall be allowed to participate, each player play against the other of the same status in order of ranking.
3. Each college shall clearly state the ranking order of its players while sending the entry.
4. Each game shall be decided as the best of five sets.
5. The cost of squash ball in a match shall be borne by the respective participating colleges. Quality and make of the ball shall be decided by the university.
6. Individual Championship, Each college shall be permitted to send two names i.e. 'A' & 'B'. The names of A & B once submitted can under no circumstances be changed.

29. SWIMMING, DIVING & WATER POLO:-

A) SWIMMING: -

1. The competitions shall be conducted in the following events for Men & Women:

Free Style	: 50, 100, 200, 400, 800(W), 1500(M) Mts.
Back Stroke	: 50, 100, 200 Mts.
Breast Stroke	: 50, 100, 200 Mts.
Butterfly Stroke	: 50, 100, 200 Mts.
Individual Medley	: 200, 400 Mts.
Free Style Relay	: 4x100, 4X200 Mts.
Medley Relay	: 4x100 Mts.
2. Each college may enter 2 (two) competitors in each swimming event with a one substitute for each events.
3. For each relay event, each college may enter only one team with 2 substitute swimmers.
4. The names of swimmers actually swimming in a Relay race must be submitted in the order in which they are to swim, at least an hour before the start of the session in which the event is to take place. In Medley Relay the names must be submitted as per their respective strokes.
5. The Competition shall be conducted on Time-Trial.

6. Qualifying mark for selection for participation in Inter University Swimming Championship shall be 6th place performance at last year Inter-University Swimming Championship and the same shall be circulated during Inter Collegiate Swimming Championship. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Swimming Championship.

B) DIVING: -

1. Each college may enter a not more than 2 (two) for each diving event.
2. The High Board Diving Competition should preferably be conducted from 10 mts. Board and the Spring Board competition from 3 mts. Board.
3. Only the dives prescribed by the SFI rules shall be executed and no other dives may be permitted/added.
4. List of dives must be submitted along with the entry form in Triplicate.
5. The player who scored 75% or more points at Inter-collegiate may consider for University team. Inter-University participation certificate will not be issued if player(s) fails to score 50% or more score at Inter-University Diving Championship.

C) WATER POLO: -

- Water Polo team shall consist of 13 players (9 playing and 4 reserves).

30. TABLE TENNIS:-

1. The tournament shall be played in Swathing Cup lines in Men and Davis cup lines in Women section. The order of the play shall be given by the chief referee before commencements of the matches
2. The result of a match shall be declared when either team wins 5 matches in men and wins 3 matches in women.
3. The number of players representing a college shall not be less than **Three** or more than **Five** in men and not be less than **Two** or more than **Four** in women sections.
4. There shall be two Inter-Collegiate Table Tennis Tournaments – one for team championship and the other for Individual Championship.
5. The Team & Individual Championship shall be played on **One Zone and Knock-out basis.**
6. The Tournament Committee shall decide draws & seeding.
7. Each participating college shall nominate a Captain who will be one of the members of the team.
8. For Individual Championship each college shall be permitted to send Two entries i.e. 'A' and 'B'. The names of player A & B once submitted can under no circumstances be changed.
9. Preliminary rounds of the tournament up to Quarter finals stage shall be played as best of three sets and there after the rounds from Quarter finals stage shall be played as best of five sets.
10. The cost of ball in a match shall be borne by the respective participating colleges. Quality and make of the ball shall be decided by the university.

31. TAEKWONDO:-

1. Each college will allow **Two** entries in each Weight categories.
2. The tournament will organize on one zone basis singles elimination tournament system in the following Weight categories.

S.N.	Category	Men	Women
1.	Fin	Below 54 Kg.	Below 47 Kg.
2.	Fly	54 to 58	47 to 51
3.	Bantam	58 to 62	51 to 55
4.	Feather	62 to 67	55 to 59
5.	light	67 to 72	59 to 63
6.	Welter	72 to 78	63 to 67
7.	Middle	78 to 84	67 to 72
8.	Heavy	Above 84 Kg.	Above 72 Kg.

32. TENNIS:-

1. The tournament will be played on One Zone and Knock-out basis.
2. The tournament will be conducted in the following events:

Men's Singles	Women's Singles
Men's Doubles	Women's Doubles

3. Each college shall be permitted to send four entries.
4. The names as per college seeding with ranking if any was submitted can under no circumstances be changed. Maximum number of participating colleges for each event shall be **Five** (5) for Men and Women otherwise event will not be conducted.

33. TUG-OF-WAR:-

1. The tournament will be played on knock-out basis.
2. Each college shall be permitted only one Team Heavy Weight for Men & Women separate only.
3. Teams consist of 8 players and 1 reserves

34. VOLLEYBALL:-

1. The tournaments up to Semi-final stage will be played on knock out basis. From the Semi-final stage, league system shall be applied
2. The colleges from all zones will have to submit their entry to the Director of Physical Education & Sports, University Sports Pavilion, Marine Lines, Mumbai- 400 020 & the eligibility proforma of the colleges from zone I, II, III, IV & V will have to submit to the Principal of the organizing colleges, which will be intimated at the relevant time.
4. Each college participating in the tournament shall submit a list of players not exceeding **Twelve** to the organizers in their respective zone.

35. WEIGHT LIFTING:-

1. The competition shall be held in the following weight Categories:

Men	Women
1. 56 kgs.	48 kg
2. 62 kgs.	53 kg
3. 69 kgs.	58 kg
4. 77 kgs.	63 kg
5. 85 kgs.	69 kg
6. 94 Kgs.	75 kg
7. 105 kgs.	+ 75 kg
8. + 105 kgs.	

2. Each college shall be permitted to enter **Two** competitors for each weight Category.
3. For the purpose of Championship, first three places will be awarded five, Three & one points each Weight category respectively.
4. Extra attempt will not be allowed as per present rules.
5. Qualifying mark for selection for participation in Inter University Weight Lifting shall be 6th place last year Inter-University championship and the same shall be circulated during Inter Collegiate Weight Lifting competition. Inter University participation certificates will not be issued to athletes who do not achieve the prescribed entry standard at Inter University Weight Lifting competition.

36. WRESTLING:-

1. The Inter-Collegiate Wrestling Competition will be conducted on One Zone and Knock-out basis. The standard weights for the competition shall be as follows:

<u>MEN</u>		<u>WOMEN</u>	
1.	Upto 57 Kgs	1.	Upto 50 Kgs
2.	Upto 61 kgs.	2.	Upto 53 Kgs
3.	Upto 65 Kgs	3.	Upto 55 Kgs
4.	Upto 70 Kgs	4.	Upto 59 Kgs.
5.	Upto 74 Kgs.	5.	Upto 62 Kgs.
6.	Upto 79 Kgs.	6.	Upto 65 Kgs.
7.	Upto 86 Kgs.	7.	Upto 68 Kgs.
8.	Upto 92 Kgs.	8.	Upto 72 Kgs.
9.	Upto 97 Kgs.	9.	Upto 76 Kgs.
10.	Upto 125 Kgs.		

2. Each college will be permitted to enter **Two** competitors in each weight class.
3. A wrestler shall be allowed to compete in one weight class only, either in his own weight or in the next higher weight Class, whichever he chooses at the time of official Weighing.
4. While a bout is in progress, first there shall be no coaching from outside, if coaching is done even after due warning, points may be deducted from the competitor being coached.
5. For purpose of championship three places shall be awarded 5, 3 and 1 point in each Weight category respectively.

37. YOGASANAS:-

1. Inter-Collegiate Yoga Competition shall be conducted for team and individual championship for M & W.
2. A team may consist of maximum of **Six** competitors (including one reserve). A team, consisting of less than five competitors, shall not be eligible for Team Championship but their performance will be considered for Individual Positions.
3. Individual Championship the best of twelve performer will be again perform in Asanas & Suryanamaskar set of compulsory & optional yogic exercises and suryanamaskar to decide eight position. The duration will be 5 min. each. Performer can use music for Rhythm and to make performance more attractive
4. The following Asanas and Kriyas (Exercises) for Inter-Collegiate Yoga Competitions:

(Compulsory Yogic Exercises for Men and Women)

1. Asanas: a) Paschimottamasana, b) Sarvangasana, c) Dhanurasana, d) Karna
2. Pidanasan.
3. Surya Namashkar – Men & Women – In twelve counts.
4. Shat Kriyas (for Women)
 - a) Jal Neti or Sutra Neti
 - b) Shit Karm Kapalbhata (Jal Kapalbhata)
(Water intake through mouth and out through nostrils)
5. Shat Kariya (For Men)
 - a) Shit Karm Kapalbhata (Jal Kapalbhata)
(Water intake through mouth and out through nostrils)
 - b) Vastra Dhauti (muslim cloth 6 to 7 m. in length and 8 cm. In width)
or Nauli (Vam, Dakshin & Madhyam)

Part B (Optional Yogic Exercises – do any three)

- For Men:**
- | | |
|---------------------------------------|---------------------------|
| 1. Mayur Asana
(UrdhvaKukkutasana) | 2. Padambakasana |
| 3. Hanuman Asana | 4. Titiabhasana |
| 5. Purna Chakra Badhasana | 6. Setubandh Sarvangasana |
| 7. Vrischik Asana | 8. Purna Shalbhasana |

- For Women:**
- | | |
|------------------------|-------------------------------|
| 1. Vatayan Asan | 5. Ardhabadh Padmottanasan |
| 2. Purna Bhujangasan | 6. Vibhakta Pashchimottanasan |
| 3. Purna Matsyendrasan | 7. Natraj Asan |
| 4. Ekpad Shirshasan | 8. Ekpad Rajkapotasan |
