

Rules & Regulations
Of
Sporting Events,
Manfest-Varchasva, 2018



IIM LUCKNOW



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BADMINTON (MEN & WOMEN)

MEN

- a) Each Badminton (Men) match will comprise of 5 games in the following order:
 - i. Men's Singles
 - ii. Men's Singles
 - iii. Men's Doubles
 - iv. Men's Singles
 - v. Men's Doubles
- b) Each game will consist of 3 sets of 21 points each.
- c) A player can play a maximum of two games comprising of only one game of each format - Singles, Doubles. Therefore, a minimum of 4 men have to participate in a match.
- d) A minimum of 4 and maximum of 7 men will be allowed to participate in a match.
- e) The team winning 3 games will be declared as the winner of the match.
- f) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- g) The order of games and players proposed to play particular games will have to be pre-decided and submitted to the Organizing Committee before the beginning of the match and cannot be changed thereafter.
- h) There will be a time out after 11 points after which each team can take a maximum of 1 time out during the course of a game.
- i) The matches will be conducted on feather shuttles (Yonex AS 2 Speed 2) provided by the Organizing Committee.
- j) Teams are expected to bring their own racquets and non-marking shoes (without non-marking shoes students have to play barefoot).
- k) Matches will be conducted on an indoor court.
- l) In case of injury or incapacity to play occurs during a game, no replacement will be allowed, and if the player refuses to play (retires hurt), the game will be deemed won by the opponent. Also the player will be counted as having played that game.
- m) The referees' decisions will be final and abiding.
- n) All other standard Badminton rules apply.

WOMEN

- a) Each Badminton (Women) match will comprise of 3 games in the following order:
 - i. Women's Singles
 - ii. Women's Doubles
 - iii. Women's Singles
- b) Each game will consist of 3 sets of 21 points each.
- c) ONLY ONE player can play a maximum of two games comprising of only one game of each format -



Singles, Doubles. Therefore, a minimum of 3 women have to participate in a match.

- d) A maximum of 4 women will be allowed to participate in a match.
- e) The team winning 2 games will be declared as the winner of the match.
- f) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- g) The order of games and players proposed to play particular games will have to be pre-decided and submitted to the Organizing Committee before the beginning of the match and cannot be changed thereafter.
- h) There will be a time out after 11 points after which each team can take a maximum of 1 time out during the course of a game.
- i) The matches will be conducted on feather shuttles (Yonex AS 2 Speed 2) provided by the Organizing Committee.
- j) Teams are expected to bring their own racquets and non-marking shoes (without non-marking shoes students have to play barefoot).
- k) Matches will be conducted on an indoor court.
- l) In case of injury or incapacity to play occurs during a match, no replacement will be allowed, and if the player refuses to play (retires hurt), the match will be deemed won by the opponent. Also the player will be counted as having played that game.
- m) The referees' decisions will be final and abiding.
- n) All other standard Badminton rules apply.

SPECTATOR PROTOCOL

- a) Spectators will not stand in the area in front of the seating arrangements made across the lengths of the court, and are expected to remain seated. Spectators will not stand/sit in the space behind the back lines of the court.
- b) Spectators will not enter the court until the game is called as completed by the referee(s).
- c) Cheering etc., should be restricted to the time between points, and spectators are expected to remain silent during points.
- d) Prompting from spectators is actively discouraged and will be penalized.



BASKETBALL (MEN & WOMEN)

MEN

- a) Each team can have a maximum of 12 players with 5 active players on the court at any point of time.
- b) Rolling substitutions will be allowed.
- c) Clock will be stopped when ball is not in play.
- d) Duration: 4 quarters of 10 minutes each with a 2 minute break between the quarters. There will be a break of 10 minutes after 2 quarters.
- e) After 4 personal fouls, the player will be fouled out at 5th foul (personal or technical).
- f) After 4 team fouls in any quarter, every foul will result in 2 free shots being awarded to the opposite team.
- g) 2 time-outs in the 1st half and 3 timeouts in the 2nd half are allowed (unused timeouts in the 1st half will not be carried over to the 2nd half).
- h) In case of scores being level at the end of 4th quarter, 5 minutes of extra time will be played. (1 time out per team will be allowed in this period). The game shall continue with as many extra periods of 5 minutes as necessary to break the tie.
- i) Standard Size-7 Basketball will be used.
- j) The referees' decisions will be final and abiding for all calls including foul calls.
- k) All other standard international full court Basketball rules apply.

WOMEN

- a) Each team can have a maximum of 10 players with 5 active players on the court at any point of time.
- b) Rolling substitutions will be allowed.
- c) Clock will be stopped when ball is not in play.
- d) Duration: 4 quarters of 8 minutes each with a 2 minute break between the quarters. There will be a break of 10 minutes after 2 quarters.
- e) After 4 personal fouls, the player will be fouled out at 5th foul (personal or technical).
- f) After 4 team fouls in any quarter, every foul will result in 2 free shots being awarded to the opposite team.
- g) 2 time-outs in the 1st half and 3 timeouts in the 2nd half are allowed (unused timeouts in the 1st half will not be carried over to the 2nd half).
- h) In case of scores being level at the end of 4th quarter, 5 minutes of extra time will be played. (1 time out per team will be allowed in this period). The game shall continue with as many extra periods of 5 minutes as necessary to break the tie.
- i) Standard Size-6 Basketball will be used.
- j) The referees' decisions will be final and abiding for all calls including foul calls.
- k) All other standard international full court Basketball rules apply.

SPECTATOR PROTOCOL

- a) Spectators will remain one meter away from the end line as well as the base line during the course of the event.
- b) Spectators will not enter the court until the game is called as completed by the referee(s). Doing so may result in a technical foul against the team whose spectator enters the court during play.



CARROM (UNISEX)

- a) The squad will consist of minimum of 3 male and 1 female players.
- b) A Carrom match (between two colleges) will comprise of 5 games in the following order:
 - i. Singles (Men)
 - ii. Singles (Women)
 - iii. Mixed Doubles
 - iv. Singles (Men)
 - v. Doubles (Men)
- c) No player can play 2 Singles games. Only one player of a team can play more than two games.
- d) A maximum of 7 players will be allowed to participate in a match.
- e) Each game will be of 8 boards or 25 points, whichever is earlier.
- f) The team that achieves highest cumulative score among 8 boards is considered to be winner of that game. In case of tie of a game:
 - For matches before semis and finals, one who has won more number of boards will be declared winner. If again tie, then a tie-breaker round of 1 board will take place.
 - For semis and finals: one who has won more no of boards will be declared winner. If again tie then another round of 4 boards. If again tie on both count (points as well no of wins) then a final single board will be played for which referee will make a toss for break.
- g) The team winning 3 games will be declared as the winner of the match between the two colleges.
- h) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- i) The order of games and players proposed to play particular games will have to be pre-decided and submitted to the Organizing Committee before the beginning of the match and cannot be changed thereafter.
- j) The queen will carry 3 points and all other coins will carry 1 point.
- k) All the fingers including thumb can be used to play both above and under the line.
- l) In case of an injury or incapacity to play occurs during a game, no replacement will be allowed, and if the player refuses to play (retires hurt), the game will be deemed won by the opponent. Also the player will be counted as having played that game.
- m) All other India Carrom Federation rules will be followed.
- n) Foul will be given only if the opponent claims it.

SPECTATOR PROTOCOL

- a) Spectators may please be seated through the event and not approach the Carrom table at any time during play.
- b) This is a 'quiet' spectator sport. Prompting or shouting from spectators is actively discouraged, and can be penalized.



CHESS (UNISEX)

- a) This is a Mixed Event (no separate Girls Event). Team of minimum 5 and maximum 6 is required which can comprise of both males & females.
- b) 5 games will be played in each match, i.e., each player will play a match against a player from the opponent team.
- c) All teams would have a fixed board order during all the matches. Captains need to submit a board order before the start of the tournament. The substitute can only be introduced at the last board. In this case the board number of all players having greater number than that of the substituted player will decrease by 1. Example If the A, B, C, D & E are playing at boards 1, 2, 3, 4 & 5 respectively and if B is being substituted by F, then the new board order would be A, C, D, E & F.
- d) Chess Clocks will be used during the matches with **30 minutes straight finish time settings with no increments after each move.**
- e) Players need to press the clock with the same hand with which they moved the piece. The opponent team/player may ask the opponent to wait 5 seconds if this rule is violated.
- f) Touch to move will be followed strictly. The opposing player can force the opponent to move the same piece that was touched. Once the touched piece is dropped to a different position then the move cannot be taken back (except for illegal moves).
- g) Illegal moves are not allowed & the opposing player may ask for time penalty of 20 seconds.
- h) Players are not allowed to talk to any player during the game & must communicate through the organizers. Time penalty of at max 10 minutes may be imposed in such cases. Players are advised not to move around to watch other games & focus on their own game.
- i) In case of any discrepancy (not mentioned in the rules) the organizers may use their judgment to make decisions.

SPECTATOR PROTOCOL

- a. Spectators may not enter the area marked around the tables at which the event will take place.
- b. This is a 'quiet' spectator sport. No sort of cheering or slogan shouting will be allowed at or immediately outside the venue of the event until the match is announced as completed.
- c. Prompting from spectators is actively discouraged, and can be penalized.



CRICKET (MEN ONLY)

- a) Minimum 11 and maximum 17 members required per team.
- b) All rounds will be knock out rounds.
- c) Matches will be played in daylight with a red leather season ball on mats.
- d) Matches will be 12 overs per side for initial stages, and 15 overs each side for Semi Finals and Finals.
- e) Time of 1 hour per inning will be allowed for 12 overs match with 5 minutes break & 1 hour 15 minutes per inning for 15 overs match with 5 minutes break between the innings.
- f) Fielding restrictions: 3 overs per side for 12 overs match & 4 overs per side for 15 overs match.
- g) The squad of playing eleven must be named before the toss for every game.
- h) Rest of the rules will be as per T20 ICC Cricket rules with neutral umpires.
- i) **DRESS CODE:** Strictly Cricket Whites with Sports Shoes (NO METAL SPIKES).
- j) Alum teams will also be participating in this event.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the field of play during the course of the match.
- b) Spectators will not enter the field of play until the match is called as completed by the umpire(s).
- c) It shall be an offence for a team if their supporters are found guilty of throwing objects/missiles at team players or officials during the course of the game. Under these circumstances, the umpire may, at his discretion, choose to abandon the match. When a match is abandoned due to objects being thrown onto the field of play, by a team's supporters, the offending team shall forfeit the match points.



FOOTBALL (MEN ONLY)

- a) Each team will have 9 active players (8 + 1 goal-keeper; unless any player is sent off). Maximum squad size allowed is of 16 players.
- b) Rolling substitution will be allowed during the course of the match, with maximum 7 substitutions allowed. A player can enter the field twice only.
- c) The total duration of the match will be 50 minutes (2 halves of 25 minutes each). Semi Finals and Finals will be of 60 minutes (2 halves of 30 minutes each). There will be a break of 5 minutes between the halves.
- d) 2 halves of Extra time (of 7.5 minutes each) will be played only in case of a tie in final. Penalties will be played in case of tie after the Extra Time.
- e) The allowance for time lost will be at the discretion of the referee.
- f) The referees' decisions will be final and abiding.
- g) Students part of the institutes Student Exchange Programs will be deemed as the part of the contingent. But at a particular point of time only 1 exchange player will be allowed as an on field player.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the field of play during the course of the match.
- b) Spectators will not enter the field of play until the match is called as completed by the referee(s).
- c) It shall be an offence for a team if their supporters are found guilty of throwing objects/missiles at team players or officials during the course of the game. Under these circumstances, the referee may, at his discretion, choose to abandon the match. When a match is abandoned due to objects being thrown onto the field of play, by a team's supporters, the offending team shall forfeit the match points.



FRISBEE

- a) Team will be composed of 7 players (5 Boys and 2 Girls) with a maximum squad size of 15.
- b) Half time is at 20th minute or 8 points, whichever comes earlier. Half time break will be of 5 minutes.
- c) 2 Time outs are allowed per team. No timeout after soft cap. Timeout duration will be of 2 minutes excluding 45 minutes of game play.
- d) Each point starts with a throw-off from the goal line (“**The pull**”). All players just remain in their end zone until the pull is thrown. At the start of the game a toss decides which team throws the first pull. After a goal is scored, play stops. The team that scored stays in that end zone and throws the pull and becomes the defensive team. So, teams change their direction of attack after each point. If the pull lands outside the playing field the thrower can either start play from the side line where the disc left the field, or from the front of the end zone.
- e) A disc is **in-bounds** when the receiving player is inside the playing field when they catch the disc. If you catch the disc after jumping in the air, your first point of contact must land inside the field. The side lines are not part of the playing field. If you catch the disc in-bounds, and then momentum takes you out-of-bounds, you must return to where you left the field before you can throw the disc. You are allowed to throw the disc so that it flies outside the playing field and then comes back in, as long as it does not touch anything out-of-bounds and is caught inside the field. If the disc goes out-of-bounds, it is a turnover. It does not matter which team last touched the disc. Play continues from the spot where the disc left the field.
- f) You are not allowed to run while you have possession of the disc (“**travel**”). After catching the disc while running, you must stop as quickly as possible. Once you stop, you must keep one foot still, but you are allowed to move the other foot: this is called **pivoting**.
- g) The thrower has 10 seconds to throw the disc (**The 10-second rule**). A defender can stand in front of you (remember: no contact!) and count aloud to ten in one second intervals. If the disc is still in your hand at the “t” of “ten”, the other team gets possession of the disc.
- h) The defensive team takes possession of the disc (“**turnover**”) if the offence fails to catch a pass, or if they catch it out-of-bounds, or if it is intercepted or knocked down by a defensive player. Turnovers also occur when:
 - i. The marker reaches “ten” before the disc was thrown.
 - ii. The disc is handed from one player to another without being thrown.
 - iii. The thrower catches their own throw without the disc being touched by anyone else.
 - iv. The offensive team tries to catch the pull, but drops it.
- i) After an in-bounds turnover the other team may immediately resume play at the point where the disc was caught or stopped.
- j) Fouls, Violations and Infractions occur if any of the following events take place:
 - i. Physical contact.
 - ii. Contact that is dangerous or affects the outcome of the play is a Foul.



- iii. The thrower is defended by more than one player at the same time (“double team”).
 - iv. The marker comes closer than one disc diameter to the thrower (“disc space”).
 - v. The marker hits or grabs the disc out of the hand of the thrower. They may however try to block the disc with their hands or feet after it is thrown.
 - vi. If opposing player catches the disc at the same time. In such a case, the offensive player gets possession of the disc.
 - vii. Players are not allowed to create shepherds, picks or screens to obstruct the path of defensive players (“pick”).
- k) If you believe an opposing player has fouled you, you can call “foul”. If the disc is in the air, play continues until possession is established (a catch or a turnover). If your team gets possession, then play continues, otherwise, play stops immediately. After play stops, you explain what the foul was and discuss this with the other player involved. If the opponent disagrees that there was a foul, they may call “contest” and the disc is returned to the previous thrower. If they agree that there was a foul, they call “uncontested” and, generally, you take possession of the disc. Play is resumed with a “check”: the marker touches the disc in the thrower’s hand and calls “disc in”.
- l) You score a goal if you catch the disc in the end zone that you are attacking. If you are in the air, your first point of contact must be in the end zone. If your foot touches the goal line it is not a goal. After a goal, play stops and teams swap which end zone they are defending. The first team to 15 goals wins, with a time cap of 90 minutes OR Soft cap is at 75 minutes. No time out after the soft cap. After finishing the point of 75th minute, add 2 points to the leading team's score and whoever reaches that score first wins before the hard cap, which is at 85 minutes. If game goes into hard cap, you finish the point and whoever is leading at that stage wins. If there is a tie, teams play for universal point.
- m) After each point you may substitute as many players as you want. During a point a player may only be substituted due to an injury. After an injury, play stops and the other team may also substitute a player, if they wish.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the field of play during the course of the match.
- b) Spectators will not enter the field of play until the match is called as completed by the referee(s).
- c) It shall be an offence for a team if their supporters are found guilty of throwing objects/missiles at team players or officials during the course of the game. Under these circumstances, the referee may, at his discretion, choose to abandon the match. When a match is abandoned due to objects being thrown onto the field of play, by a team's supporters, the offending team shall forfeit the match points.



FUTSAL (MEN & WOMEN)

MEN

- a) Each team will have 5 active players (including goal keeper). Maximum squad size allowed is of 8 players.
- b) Matches will be of 2 halves of 10 minutes each for initial stages, and 15 minutes each for semis and finals. 5 minutes of break will be taken after each half.
- c) Extra time of 7 minutes will be played in case of tie after full time. Penalties will follow, if there is no result even after extra time.
- d) Rolling substitutions are allowed. There is no limit on number of substitutions.
- e) Only interceptions, blocks and clean tackles are allowed.
- f) Rough tackles are not allowed, and will result in a yellow card. Any tackle on the keeper inside D-area would be a foul, except in case of a back-pass.
- g) Kick-ins will be taken instead of throw-ins in case the ball goes out of the side lines.
- h) When the ball goes out, the players are not allowed to hit the ball directly into the goal. A goal scored in such a fashion would not be allowed and the team would concede possession.
- i) The keeper can only throw underarm when in possession.
- j) 5 second rule applies whenever the play is resumed (kick-in, corner, goal kick).
- k) Penalty rule: Only “one-step kick” on the goal allowed.
- l) Yellow card rule: The player will have to leave the field for 3 minutes (time to be noted by assistant referee), the team will play with one member less.
- m) Red card rule: 2 yellow cards or direct red results in a player being sent-off, the team will play with one member less for the rest of the match.

WOMEN

- a) Each team will have 5 active players (including goal keeper). Maximum squad size allowed is of 10 players.
- b) Matches will be of 2 halves of 7 minutes each for initial stages, and 10 minutes each for semis and finals. 5 minutes of break will be taken after each half.
- c) Extra time of 5 minutes will be played in case of tie after full time. Penalties will follow, if there is no result even after extra time.
- d) Rolling substitutions are allowed. There is no limit on number of substitutions.
- e) Only interceptions, blocks and clean tackles are allowed.
- f) Rough tackles are not allowed, and will result in a yellow card. Any tackle on the keeper inside D-area would be a foul, except in case of a back-pass.
- g) Kick-ins will be taken instead of throw-ins in case the ball goes out of the side lines.
- h) When the ball goes out, the players are not allowed to hit the ball directly into the goal. A goal scored in such a fashion would not be allowed and the team would concede possession.
- i) The keeper can only throw underarm when in possession.



- j) 5 second rule applies whenever the play is resumed (kick-in, corner, goal kick).
- k) Yellow card rule: The player will have to leave the field for 3 minutes (time to be noted by assistant referee), the team will play with one member less.
- l) Red card rule: 2 yellow cards or direct red results in a player being sent-off, the team will play with one member less for the rest of the match.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the field of play during the course of the match.
- b) Spectators will not enter the field of play until the match is called as completed by the referee(s).
- c) It shall be an offence for a team if their supporters are found guilty of throwing objects/missiles at team players or officials during the course of the game. Under these circumstances, the referee may, at his discretion, choose to abandon the match. When a match is abandoned due to objects being thrown onto the field of play, by a team's supporters, the offending team shall forfeit the match points.



LAWN TENNIS (MEN & WOMEN)

MEN

- a) Each Tennis fixture will comprise of 5 matches in the following order:
 - i. Singles
 - ii. Singles
 - iii. Doubles
 - iv. Singles
 - v. Singles
- b) Each match (whether singles or doubles) is best of 17 games, i.e., the player who wins 9 games is the winner of that match.
- c) All matches (singles and doubles) have deuce as two points.
- d) Each player in a team can play a maximum of two matches (both singles allowed). Therefore, a minimum of 3 men will have to participate in a fixture.
- e) A maximum of 6 men will be allowed to participate in a fixture.
- f) The team winning more number of matches will be declared as the winner of the fixture.
- g) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- h) In case of injury or incapacity to play occurs during a match, no replacement will be allowed, and if the player refuses to play (retires hurt), the match will be deemed won by the opponent. Also the player will be counted as having played that game.
- i) The break between points can maximum be of 20 seconds and the break between games can maximum be of 90 seconds.
- j) The order of players proposed to play particular games will have to be pre-decided and submitted to Organizing Committee before the beginning of the fixture and cannot be changed thereafter.
- k) Breaks / Time-outs will not be allowed during the game. Only drinks can be taken while the game is on.
- l) Teams are expected to bring their own racquets.
- m) The referees' decisions will be final and abiding.
- n) All other standard Tennis rules apply.

WOMEN

- a) Each Tennis fixture will comprise of 3 matches in the following order:
 - i. Singles
 - ii. Doubles
 - iii. Singles
- b) Each match (whether singles or doubles) will be best of 11 games.
- c) All matches (singles and doubles) have deuce as two points.
- d) Each player in a team can play a maximum of one singles and one doubles. Therefore, a minimum of 2



women will have to participate in a fixture.

- e) A maximum of 3 women will be allowed to participate in a fixture.
- f) The team winning more number of matches will be declared as the winner of the fixture.
- g) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- h) In case of injury or incapacity to play occurs during a match, no replacement will be allowed, and if the player refuses to play (retires hurt), the match will be deemed won by the opponent. Also the player will be counted as having played that game.
- i) The break between points can maximum be of 20 seconds and the break between games can maximum be of 90 seconds.
- j) The order of players proposed to play particular games will have to be pre-decided and submitted to Organizing Committee before the beginning of the fixture and cannot be changed thereafter.
- k) Breaks / Time-outs will not be allowed during the game. Only drinks can be taken while the game is on.
- l) Teams are expected to bring their own racquets.
- m) The referees' decisions will be final and abiding.
- n) All other standard Tennis rules apply.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the area designate for play during the course of the event.
- b) Spectators will not enter the court during play.
- c) Spectators must not be seated/standing/ walking behind the baseline at any time during play.
- d) Cheering etc., should be restricted to the time between points, and spectators are expected to remain silent during points.
- e) Prompting from spectators is actively discouraged and can be penalized.



POWER-LIFTING

MEN

- 1) Each college can have a maximum of **2 participants** in each category.
- 2) Participant will be termed as a 'lifter' from here onwards.
- 3) Body weight will be taken 2 hours before the event starts
- 4) The 'category' will be allotted according to the body weight measured by the weighing machine kept at the gymnasium between the timing mentioned above only.
- 5) There will be three lifts in following order
 - a. Squat
 - b. Bench press
 - c. Deadlift
- 6) Each lifter will be given three attempts per lift; only the best attempt will be counted.
- 7) Each lifter will make opening calls for each lift (squat, bench, deadlift) while giving the body weight.
- 8) The lifter will be allowed to make one change before the competition begins.
- 9) Once the competition has started no lifter will be allowed to make changes in the opening lifts.
 - a. For e.g. in the squat if the lifter has registered 80kg as the opening lift, and while doing the first attempt, the lift fails.
 - b. Then he/she will be allowed to increase the weight for the second attempt but cannot go below 80 kg. The minimum weight for the second attempt will be 80kg.
 - c. Immediately after the attempt, the lifter has to convey weight to be loaded in his/her next attempt. This weight cannot be changed once noted by the judge and will be the minimum bar weight for further lifts.
 - d. Only in the third deadlift attempt, a lifter is allowed to make one change.
 - e. If a lifter has registered 100kg for third deadlift attempt, he/she can get this changed subjected to the condition that this weight cannot be lower than the second attempt.
- 10) There will be three judges for each lift.
- 11) To get a good attempt in each lift at least 2 of the three judges have to pass the lift,
- 12) Else the lift will be considered as failed.
- 13) If all the three attempts in either one of the subevent (squat/bench/deadlift) are called as "no/fail" lift, the lifter will be disqualified.
- 14) In the case of disqualification, there will be no ranking for the lifter; there has to be one good attempt in each subevent (squat/bench/deadlift) for the lifter to be considered for ranking.
- 15) Rules for each subevent (squat/bench/deadlift) will be told before the event starts, please follow the instructions carefully, especially the commands for the start and stop/down.
 - a. If the lifter starts / stops / racks the weight before the judge signals, the lift will be counted as failed.
- 16) The decision of the three judges will be final.
- 17) Competition is held category wise as per body weight (**under 59kg, under 66 kg, under 74 kg,**



under 84 kg, under 95kg and 95+ kg).

- a. For each weight category, there will be separate rankings. The combined total of the best attempt of the three subevents (squat/bench/deadlift) will be used for ranking.
 - b. There will be no sub-ranking for subevent (squat/bench/deadlift) under powerlifting.
- 18) Raw event: Only wrist wraps, knee sleeves and lifting belt permitted.
- a. Hand gloves and other equipment not permitted.
- 19) The competition (powerlifting and bench-press) will be played as per the International Powerlifting Federation (IPF) rules.

Bench-Press Rules

- a) Point 2, 3, 4, 6, 7, 9a, 9b, 9c, 10, 11, 12, 13, 15, 16, 18 of the powerlifting rules above apply here.
- b) Only bench press players will participate along with the powerlifting event.
- c) i.e. when a weight category under powerlifting has completed squats, they move to bench press, at this time the only bench press players will be added to the event.
- d) The bench press will be treated as a separate solo event for ranking.
- e) There will be no separate attempts. An attempt by a lifter in the powerlifting bench press will be double counted for individual ranking under bench press if the lifter participates in both the events.

WOMEN

Powerlifting event for women would be conducted based on sufficient participation.

Generic Rules

- a) The participant should wear round neck half sleeve t-shirt (preferably in single color, plain) irrespective of the event. Elbows should be clearly visible. The t-shirt cannot be v-neck / sleeveless / full sleeves / collared.
- b) Compression / lycra material t-shirt are strictly not allowed.
- c) Each participant should wear shorts with knees clearly visible to the judge. Compression tights, and running pants are not allowed.
- d) All the lifts will be done with the longest (weightlifting) bar in the gym. The weight of that bar is 20kg. This weight will be counted in the total weight lifted.
- e) Wearing knee-length (football) sock is suggested for safety reasons in deadlifts. This can help prevent bruises to the shins. Though this is optional, but any injury caused is responsibility of player.



SNOOKER (UNISEX)

- a) Team shall comprise of minimum 4 and maximum 6 players.
- b) The event will be played following the international rules.
- c) Each game will be a best of 5 matches in the following order:
 - i. Singles
 - ii. Singles
 - iii. Doubles
 - iv. Singles
 - v. Doubles
- d) One player can play a maximum of 2 matches (1 Singles and 1 doubles) in a game.
- e) The order of players proposed to play particular games will have to be pre-decided and submitted to Organizing Committee before the beginning of the fixture and cannot be changed thereafter.
- f) Each frame in all rounds before the semis will have a 30 min time limit, with the player leading the match emerging victorious in case there is no clear cut winner.

SPECTATOR PROTOCOL

- a) Spectators must be seated throughout the event and not approach the Snooker table at any time during play.
- b) This is a quiet spectator sport. Prompting or shouting from spectators is actively discouraged, and can be penalized.

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SQUASH (MEN & WOMEN)

- a) 3 players from each side will play one another. So there will be 3 matches (each player plays 1 match only). The winner will be from the best of the 3 matches. All the matches will be knockout format.
- b) **First Round:** The outcome of each match will be decided from the best of a set of 3 games of 11 points each. All the matches will follow knock out format.
- c) **Rounds in between:** The winning team is decided from best of 3 matches, with each match winner decided from best of 3 games of 11 points.
- d) **Finals:** The outcome of each match will be decided from the best of a set of 5 games of 11 points each.
- e) Team shall comprise of minimum 3 and maximum 5 players.
- f) Teams will declare the order in which the 3 players will play to the referee before the start of the match. The order of the team should be in accordance with true ranking. Ruling of the referee will be final.
- g) The order of players proposed to play particular games will have to be pre-decided and submitted to Organizing Committee before the beginning of the fixture and cannot be changed thereafter.
- h) The break between points can maximum be of 20 seconds and the break between games can maximum be of 150 seconds.
- i) Entry to court will not be permitted without non-marking shoes.
- j) Teams are expected to bring their own racquets.
- k) The referees' decisions will be final and abiding.
- l) All other standard Squash rules apply.

SPECTATORS PROTOCOL

- a) Spectators will not enter the court until the game is called as completed by the referee(s).
- b) Cheering etc., should be restricted to the time between points, and spectators are expected to remain silent during points.
- c) Prompting from spectators is actively discouraged and will be penalized.



TABLE TENNIS (MEN & WOMEN)

MEN

a) Each match will comprise of 5 games (3 singles, 2 doubles) in the following order:

Order	Type
1	Singles
2	Singles
3	Doubles
4	Singles
5	Doubles

- b) Each game will consist of 5 sets of 11 points each with service changing sides every 2 points in a game.
- c) A player can play at max 1 singles and 1 Doubles. Therefore, a minimum of 4 men from each team will have to participate in a match.
- d) A maximum of 7 men from each team will be allowed to participate in a match.
- e) The team winning more number of games will be declared as the winner of the match.
- f) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- g) The order of players proposed to play particular games will have to be pre-decided and submitted to Organizing Committee before the beginning of the match and cannot be changed thereafter.
- h) In case of injury or incapacity to play occurs during a game, no replacement will be allowed, and if the player refuses to play (retires hurt), the game will be deemed won by the opponent. Also the player will be counted as having played that game.
- i) Each team can take a maximum of 1 time out during the course of a game.
- j) Teams are expected to bring their own Table-Tennis bats.
- k) The referees' decisions will be final and abiding.
- l) If the referee feels the player's service is not meeting the requirements of the game, a warning will be given first. If the referee calls foul for subsequent services, the point will be given to the opposite team.
- m) All other standard Table-Tennis rules apply.

WOMEN

a) Each match will comprise of 3 games in the following order:

- i. Singles
- ii. Doubles
- iii. Singles

- b) Each game will consist of 3 sets of 11 points each with service changing sides every 2 points in a game.
- c) A player can play at max 1 Singles and 1 Doubles. Therefore, a minimum of 2 women from each team will have to participate in a match.
- d) A maximum of 4 women from each team will be allowed to participate in a match.
- e) The team winning more number of games will be declared as the winner of the match.



- f) 'Dead rubbers' will not be played in the interests of paucity of time to organize remaining events in the meet.
- g) The order of players proposed to play particular games will have to be pre-decided and submitted to Organizing Committee before the beginning of the match and cannot be changed thereafter.
- h) In case of injury or incapacity to play occurs during a game, no replacement will be allowed, and if the player refuses to play (retires hurt), the game will be deemed won by the opponent. Also the player will be counted as having played that game.
- i) Each team can take a maximum of 1 time out during the course of a game.
- j) Teams are expected to bring their own Table-Tennis bats.
- k) The referees' decisions will be final and abiding.
- l) If the referee feels the player's service is not meeting the requirements of the game, a warning will be given first. If the referee calls foul for subsequent services, the point will be given to the opposite team.
- m) All other standard Table-Tennis rules apply.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the area designated for the players. Spectators must not stand in the space behind the table.
- b) Cheering etc., should be restricted to the time between points, and spectators are expected to remain silent during points.
- c) Prompting from spectators is actively discouraged and can be penalized.



THROWBALL (WOMEN ONLY)

- a) The teams must consist of 7 players and maximum of 5 substitutes.
- b) The match will be played as best of 3 sets of 25 points each. Service change will counted as a point (continuous points rule applies).
- c) The ball must be thrown above shoulder (no side arms allowed).
- d) The ball must be caught with 2 hands and thrown with one hand only.
- e) The ball cannot touch any part of the body beyond the palm.
- f) Shifting the ball from one hand to another is not allowed.
- g) Pushing the ball is not allowed.
- h) Two players cannot catch the ball simultaneously.
- i) A player cannot turn 360° with the ball in hand.
- j) Spinning the ball is allowed, even for service.
- k) The ball must be released within 3 seconds of catching.
- l) Service only after the whistle has been blown and within 5 seconds of the whistle.
- m) While catching service, double touch by two people is not permitted. For all other balls, double touch by two different people is allowed. Double touch by same person (dubs) is not allowed.
- n) Jumping while catching is not allowed. Jumping while throwing the ball is allowed, including for service.
- o) Line must not be cut during service. This will cause a service break and no re-serve will be given.
- p) If the ball falls within the box, then it is a foul.
- q) If a player steps into the box, with or without a ball, it is a foul.
- r) The ball can touch the net, except for service.
- s) Player in same team can catch the ball after it touches the net and falls back in same court only if double touch hasn't happened before. This is not valid for catching a service from the opposite team.
- t) Any ball that falls on the line (either boundary or box) is considered in.
- u) The arrangement in each half-court must be 2-3-2 at the time of service.
- v) 2 time outs allowed per set.
- w) Every player in the court has to serve and rotation is compulsory.
- x) Five substitutions allowed per set.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the designated space as marked by the Organizing Committee.
- b) Spectators will not enter the court until a match is called as completed by the referee(s).
- c) Prompting from spectators is actively discouraged and can be penalized.



VOLLEYBALL (MEN & WOMEN)

MEN

- a) Each squad will comprise of a maximum of 12 players with 6 active players on the court at any point of time.
- b) Best of 3 sets of 25 points each with last set as decider in the league matches (In case both team win a set each) and final will be of 5 sets with the last set for 15 points (side change after 8 points).
- c) Service change will be counted as a point (continuous point rules apply).
- d) There will be rotation of the players within the court as per standard volleyball rules.
- e) On line ball during play as well as during service will be considered right.
- f) **Net fault:** Hitting the top band of the net or taking support from the net is classed as interfering with play. Line cross will be treated as a foul for any body part when the game is on.
- g) A maximum of 2 players can be designated as Liberos. If the team wishes to use Libero, it has to decide and declare the designated Libero(s) before commencement of play. The team may for any reason exchange the original libero with the reserve libero – but only once in the match.
- h) A maximum of 3 substitutions including 1 injury substitution will be allowed in each set per team. Liberos can only have an injury substitution. A player of the starting line- up may leave the game, but only once in a set, and re-enter, but only once in a set, and only to his/her previous position in the line-up.
- i) Time outs: A team can take a maximum of 3 time-outs of 30 seconds each in a set. If the set reaches or runs beyond a deuce, then 1 additional time out will be allowed.
- j) In case a player gets injured, a medical time out of 1 minute will be allowed. Medical time-outs will be limited to 2 per game.
- k) The player who undergoes a medical substitution, cannot come back to play the same game.
- l) The referee's decisions will be final and abiding.
- m) All other standard Volleyball rules apply.
- n) Rotation is compulsory.
- o) All other standard Volleyball rules apply.

WOMEN

- a) Each squad will comprise of a maximum of 12 players with 6 active players on the court at any point of time.
- b) The matches will be a best of 3 sets of 25 points each. The finals will be of 5 Sets with the last set of 15 points (side change after any one team reaches 8 points).
- c) Service change will counted as a point (continuous point rules apply).
- d) On line ball during play as well as during service will be considered right.
- e) A maximum of 2 players can be designated as Liberos. If the team wishes to use Libero, it has to decide and declare the designated Libero(s) before commencement of play.
- f) **Net fault:** only hitting the top band of the net or taking support from the net is classed as interfering with play. Contact with the opponent's court with any part of the body above the feet also permitted, in



conjunction with the net rule. But if the contact interferes with an opponent physically, or with the opponent's ability to play the ball, then it would be considered a fault.

- g) A maximum of 3 substitutions including 1 injury substitution will be allowed in each set. Liberos can only have an injury substitution. A player of the starting line-up may leave the game, but only once in a set, and re-enter, but only once in a set, and only to his/her previous position in the line-up.
- h) Time outs: A team can take a maximum of 2 time-outs of 30 seconds each in a set. If the set reaches or runs beyond a deuce, then 1 additional time out will be allowed.
- i) In case a player gets injured, a medical time out of 1 minute will be allowed. Medical time-outs will be limited to 2 per game.
- j) The player who undergoes a medical substitution, cannot come back to play the same game.
- k) The referees' decisions will be final and abiding.
- l) Rotation is compulsory.
- m) All other standard Volleyball rules apply.

SPECTATOR PROTOCOL

- a) Spectators will remain outside the designated space as marked by the Organizing Committee.
- b) Spectators will not enter the court until a match is called as completed by the referee(s).
- c) Prompting from spectators is actively discouraged and can be penalized.

SWIMMING (MEN & WOMEN)

Swimming Men :

Swimming events will be held in a heat plus finals format. In case the number of participants are less than the number of lanes (5), a direct final will be conducted for that event.

- a) Swimming competition shall be conducted under FINA rules adopted time to time by the Swimming Federation of India unless otherwise modified in these rules.
- b) A swimmer shall be disqualified for a foul start or not adhering to the FINA rules for stroke technique or turnovers. The referee/ stroke judge's decision would be final and binding.
- c) Following events will be held in a heat plus final format i. 50-meter freestyle (Men) ii. 50-meter Backstroke (Men) iii. 50-meter Breaststroke (Men) iv. 50-meter Butterfly stroke (Men) v. 4 X 50-meter Relay (free style) vi. 4 X 50-meter Relay (medley)
- d) The point's distribution would be 5 points for gold, 3 for silver and 1 for bronze medal in each of the individual events
- e) At max. 3 students from each institute can participate in an event and 1 back up swimmer can be named for each event.
- f) A swimmer can participate in any 1 single events and one relay.
- g) The sum total of all the points won by an institute will decide the overall championship.
- h) Tie breaker: More gold then more silver and then more bronze

Swimming Women :

Swimming events will be held in a heat plus finals format. In case the number of participants are less than the number of lanes (5), a direct final will be conducted for that event.

- a) Swimming competition shall be conducted under FINA rules adopted time to time by the Swimming Federation of India unless otherwise modified in these rules.
- b) A swimmer shall be disqualified for a foul start or not adhering to the FINA rules for stroke technique or turnovers. The referee/ stroke judge's decision would be final and binding.
- c) Following events will be held in a heat plus final format i. 25-meter freestyle (W) ii. 25-meter Backstroke (W) iii. 25-meter Breaststroke (W) iv. 25-meter Butterfly stroke (W) v. 4 X 25-meter freestyle relay.
- d) The point's distribution would be 5 points for gold, 3 for silver and 1 for bronze medal in each of the individual events
- e) At max. 3 students from each institute can participate in an event and 1 back up swimmer can be named for each event.
- f) A swimmer can participate in any 1 single events and one relay.
- g) The sum total of all the points won by an institute will decide the overall championship.
- h) Tie breaker: More gold then more silver and then more bronze.



DECLARATION

I on behalf of my Institute's contingent hereby accept the rules and guidelines mentioned herein. I also take responsibility that my teams and contingent will abide by these rules and guidelines.

In addition, we pledge to play the sport in the right spirit.



DISCLAIMER

IIM Lucknow Sports Committee reserves the rights to modify rules and regulations during MV the way it deems fit in case of any unavoidable circumstances.

NOTE: Any sport with less than or equal to 3 participating teams will be declared a non-medal sport. No player can play more than 3 sports. **Students part of the institutes Student Exchange Programs will be deemed as the part of the contingent.** All the matches will be knockout format unless specified otherwise.

Participants are required to show their valid student college id cards with photos when demanded for verification at any stage by IIM Lucknow sports committee. Further in case of any dispute, the decision of IIM Lucknow sports committee will be considered as final.