

**Association of Odisha – Chhattisgarh ICSE Schools
Inter – School Sports Meet
Rules and Regulations**

Rules and Regulations are essential to conduct the State Sports Meet successfully and smoothly. The Sports Committee of ASISC has framed the rules and regulations integrating the SAI Rules and Regulations. These have been adapted to State Sports Meet of Orissa – Chhattisgarh Region. These shall be strictly adhered to by the Host School and participating Schools while conducting the Sports Meet.

1. CATEGORIES:- There shall be four categories:

1. Junior Boys
2. Junior Girls
3. Senior Boys
4. Senior Girls

2. ELIGIBILITY

- a. Age Limit:- The participants of the junior category should be born on or after 1 January 1996 and the participants of the senior category should be born on or after 1 January 1994. The age should be verified from the school admission register and certified by the Principals of the respective schools.
- b. Participation:- Only two participants can take part from each School in an event. A participant may take part in four events excluding the relay race. Of the four events one should be from either track / field event.
- c. Photo Id card:- All participants should hold a photo Id card duly signed by the Head of School. This is necessary to verify the identity of participants in case of any complaints from other participating schools.

3. SPORTING EVENTS *included in the State Sports Meet are:-*

a. **TRACK:-**

Boys: 100 m, 200 m, 400m, 800 m, 1500 m. 5 km walk and 4 X 100 m Relay.

Girls: 100 m, 200 m, 400 m, 800 m, 3 km walk and 4 X 100 m Relay.

b. **FIELD:-**

Boys: Long Jump, High Jump, Shot Put, Discus Throw, Javelin Throw and Triple Jump.

Girls: Long Jump, High Jump, Shot Put, Discus Throw and Javelin Throw.

4. RULES AND REGULATIONS:

1. Sports Meet is conducted normally according to the norms prescribed by the AAFI (Amateur Athletic Federation of India). In case of necessity, particularly to the local needs and situation, the organising committee can frame rules and regulations and accordingly implement

them with the approval of the Executive Committee of Association.

2. Only the member schools of Orissa – Chhattisgarh region can present their teams for Sports Meet. A list of names of participants should reach the host school on or before 25th September 2010.
3. The teams shall register on time and report their arrival to the organising committee. They shall register the team through proper format enclosed herewith.
4. The Host Principal shall select a team of officials to conduct all the events. The officials shall be well qualified and experienced in conducting the events.
5. The Jury of Appeal shall supervise/observe the proceedings and ensure that the events are conducted as per the rules and regulations laid down for the particular sports meet.
6. The Jury of Appeal shall have the President and two members of the executive committee of the Association as its members.
7. All the competitors shall wear their chest number in all the events. Every competitor shall be provided with two numbers to be worn visibly on his / her chest and back. The size of the numbers shall not exceed 150mm X 25mm and the same font of number shall be issued to all the competitors of the Sports Meet.
8. It is mandatory for all the participants to take part in the Opening and Concluding Ceremony of the Sports Meet. The school teams should have their school flags with them for the opening and closing ceremony.
9. The athletes should report to the starting point at the first call. After the third call no athletes are allowed to participate in that event. In case, an athlete is unable to report to the starting point for any item for genuine reason, he/she should obtain the prior permission of the Field Marshal.
10. Athletes or Team Managers shall not cause any delay in conducting any event. An athlete causing any hindrance to start an event will be disqualified from that event. Appropriate action also will be taken by the Organising Committee.
11. Grievances, if any, with regard to the team members' age and the other matters should be duly brought to the notice of the Organising Committee.
12. The Referees and the officials in charge of conducting the events should brief the athletes before the commencement of every event. They should clearly instruct the athletes regarding the track or lane rules, changing the track, pushing or tripping the other competitors that will eventually lead to the disqualification from a particular event or events.
13. Some of the events require heats to select participants for the finals. The timings, not the position, at the heats will only decide the qualifiers for the finals.
14. Any protest over the decisions of the judges should be lodged in writing by the team manager to the Jury of Appeal within 30 minutes after the completion of the event with an appeal fee of Rs.100.00, and the decision of the Jury shall be final.
15. Points awarded for each event -

1 st position	=	5 points
2 nd position	=	3 points
3 rd position	=	1 point

16. There shall be 4 team championships and 4 individual championships.
 - a. ICSE Track and field Championship for boys.
 - b. ICSE Track and field Championship for girls.
 - c. ISC Track and field Championship for boys.
 - d. ISC Track and field Championship for girls.
17. The team championship shall be decided on the basis of total points secured by school teams consisting of boys / girls for the track and field events.
18. In case of a tie, Championship Trophy shall be awarded individually.
19. The track event umpires are assistants to the referee, without the power to decide.
20. During the 4 X 100 m. relay the baton must be carried in the hand throughout the race. In case the baton is dropped, it should be picked up. Without baton even if he/she finishes first it will be considered disqualified. The baton shall be made of wood or light metal, which shall not be more than 300mm and not less than 280 mm. The thickness shall be 120mm and with a weight less than 50 grams. The baton shall be coloured so that its visibility is noticeable easily during the race. The referee can disapprove any baton if it is not made according to the specifications.
21. No team manager, coach or PET shall enter the field and interfere while the events are in progress.
22. Athletes shall be prepared for any eventuality during the Athletic Meet such as postponement, anticipation or change in the events. After the registration of names, no change will be allowed for any item. In case of change of schedule of the meet the team manager will be intimated in advance.
23. The team Managers are fully responsible for the discipline of the team at all times during the meet. For violation of any rule or discipline, the entire team may be disqualified.
24. The team managers should ensure that their team follows the daily timetable for meals and other activities.
25. Every Team is required to use its proper uniform, tracksuit or sports kit. The athletes can use spikes and starters (optional).
26. The decision of the Jury of Appeal shall be final for all disputes; and it must be honoured at all cost.
27. Parents of the athletes will not be allowed at the venue.
28. The entry and registration forms should be duly filled in and sent only to the Host School Principal.
29. The athletic team should have an escort teacher from the participating school. Accommodation will be provided separately for boys and girls in two different schools at Hamirpur, Rourkela.
30. Any other staff accompanying the team will meet his / her expenditures.
31. The name, date of birth, and other details of the athletes as mentioned in the entry forms will be entered in the certificates.