



केन्द्रीय विद्यालय संगठन / KENDRIYA VIDYALAYA SANGATHAN
(Min. of Education, Govt. of India)
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F. No. 110355/01/2024-25/KVS (HQ)/Sports/NSM/3244-3247

Date-02.07.2024

केवल ई-मेल

उपायुक्त,
केन्द्रीय विद्यालय संगठन,
समस्त संभाग/आंचलिक शिक्षा एवं प्रशिक्षण संस्थान

विषय: - KVS Sports Modalities for the Session 2024-25 and onwards के संबंध में-

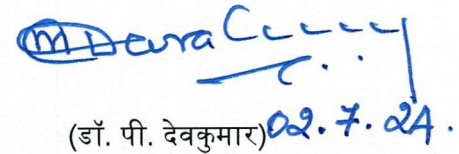
Sir/Madam,

Please find enclosed herewith the KVS Sports Modalities 2024-25 and onwards as guidelines for smooth conduct of KVS Regional/National Sports Meet.

You are requested to download and circulate the same to all KVs under your jurisdiction. No hard copy of Sports Modalities will be sent by post.

This issues with approval of the Competent Authority.

भवदीय,


(डॉ. पी. देवकुमार) 02.7.24.

संयुक्त आयुक्त (शैक्षिक एवं खेलकूद)

प्रतिलिपि :

1. निजी सचिव, आयुक्त, केन्द्रीय विद्यालय संगठन (मुख्यालय), नई दिल्ली को सूचनार्थ।
2. निजी सहायक, उपायुक्त (शैक्षिक/वित्त/प्रशासन/), केन्द्रीय विद्यालय संगठन (मुख्यालय), नई दिल्ली को सूचनार्थ।
3. सहायक आयुक्त (ईडीपी/खेलकूद/प्रशिक्षण/वित्त/बजट), केन्द्रीय विद्यालय संगठन (मु.), नई दिल्ली को सूचनार्थ।

केन्द्रीय विद्यालय संगठन (मु.)नई दिल्ली
**KENDRIYA VIDYALAYA SANGATHAN (HQ),
NEW DELHI**



**KVS SPORTS MODALITIES 2024-25
&
ONWARDS**

18, संस्थागत क्षेत्र, शहीद जीत सिंह मार्ग, नईदिल्ली -110016
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NEW DELHI-110016**

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SECTION -A

INTRODUCTION

Under the target for all round development of the child's personality, Kendriya Vidyalaya Sangathan gives equal importance to Sports & Games, Physical & Health Education and growth of each Student. Apart from simple exercises during morning assembly and games periods, every child is encouraged and given opportunity to participate in various Games & Sports / Yogic activities as per their choice. All students are divided into seven age categories to compete in individual Sports events, and they are divided into four houses at the school level for competing in team Games.

To promote sports culture in Vidyalayas, every child has to play/participate in number of disciplines of his/her choice at various levels. For achieving this target, every year KVS Conducts Sports Meet at different level i.e Vidyalaya level, Cluster level, Regional level, National level and select its team for participation in SGFI. KVS organizes Sport events as and when approved by the NSCB in it's meeting chair by the Authority of KVS.

Sports Administration & Management in KVS

KVS is an Autonomous Body under the Ministry of Education having the following Sports Administration and Management set up to control Sports & Games activities in KVS at National/Regional/Vidyalaya level.

Sports Administration

- **At National Level-**

National Sports Cell(HQ) ➔ Assistant Commissioner(Sports) or Deputy Commissioner(Acad.) ➔ Joint Commissioner(Acad.) ➔ Addl. Commissioner(Acad.) ➔ Commissioner, KVS.

- **Regional Level-**

Regional Sports Cell(RO) ➔ Assistant Commissioner(Sports) Deputy Commissioner.

- **Vidyalaya Level-**

TGT(P&HE) or Teacher -in-charge (Sports) ➔ ASO/SSA ➔ Principal of Vidyalaya.

Sports Control Board

- **National Sports Control Board (NSCB)-**

Chairman : Commissioner, KVS
Vice Chairman : Additional Commissioner(Acad.)
Treasurer : Joint Commissioner(Finance),
Members : Joint Commissioner(Acad.) and
All Deputy Commissioners of ROs, Directors of ZIETs, Three Principals &
Two TGT- P&HE (For one-year tenure on rotation).
Member Secretary : Assistant Commissioner / Deputy Commissioner (Sports)

- **Regional Sports Control Board (RSCB)-**

Chairman : Deputy Commissioner
Treasurer : Finance officer of RO
Members : Two Principals (01 Year tenure) & Four TGT-P&HE (02 Male & 02 Female)
for two years tenure on rotation.
Member Secretary : Assistant Commissioner (Sports)

- **School Sports Committee (SSC)-**

Chairman : Principal of the Vidyalaya
Members : 01 PGT, 01 TGT, 01 PRT & 02 Senior Student (Head Boys & Girl),
ASO or SSA of Vidyalaya
Member Secretary : TGT(P&HE) /Teacher -in-charge (Sports)

Sports & Games events and age category

| S. No. | Event | Age Group- Boys | | | Age Group- Girls | | |
|---|---|-----------------|----|-----|------------------|----|-----|
| | | 14 | 17 | 19 | 14 | 17 | 19 |
| 1 | Archery | 14 | 17 | 19 | 14 | 17 | 19 |
| 2 | Athletics | 14 | 17 | 19 | 14 | 17 | 19 |
| 3 | Badminton | 14 | 17 | 19 | 14 | 17 | 19 |
| 4 | Basketball | 14 | 17 | NIL | 14 | 17 | NIL |
| 5 | Boxing | 14 | 17 | 19 | 14 | 17 | 19 |
| 6 | Chess | 14 | 17 | 19 | 14 | 17 | 19 |
| 7 | Cricket (T-20) | 14 | 17 | NIL | 14 | 17 | NIL |
| 8 | Football | 14 | 17 | NIL | 14 | 17 | NIL |
| 9 | Handball | 14 | 17 | NIL | 14 | 17 | NIL |
| 10 | Hockey | 14 | 17 | NIL | 14 | 17 | NIL |
| 11 | Judo | 14 | 17 | 19 | 14 | 17 | 19 |
| 12 | Kabaddi | 14 | 17 | NIL | 14 | 17 | NIL |
| 13 | Kho- Kho | 14 | 17 | NIL | 14 | 17 | NIL |
| 14 | Rope Skipping | 14 | 17 | 19 | 14 | 17 | 19 |
| 15 | Shooting | 14 | 17 | 19 | 14 | 17 | 19 |
| 16 | Skating | 14 | 17 | 19 | 14 | 17 | 19 |
| 17 | Swimming & Diving | 14 | 17 | 19 | 14 | 17 | 19 |
| 18 | Table Tennis | 14 | 17 | 19 | 14 | 17 | 19 |
| 19 | Taekwondo | 14 | 17 | 19 | 14 | 17 | 19 |
| 20 | Tennis | 14 | 17 | 19 | 14 | 17 | 19 |
| 21 | Volleyball | 14 | 17 | NIL | 14 | 17 | NIL |
| 22 | Yogasana | 14 | 17 | 19 | 14 | 17 | 19 |
| Sports Discipline up to Regional level only (*RSM) | | | | | | | |
| 23 | GYMNASTICS (Floor Exercise) | 14 | 17 | 19 | 14 | 17 | 19 |
| 24 | MALLKHAMB (Pole for Boys & Rope for Girls) | 14 | 17 | 19 | 14 | 17 | 19 |
| 25 | WRESTLING (Free Style) | 14 | 17 | 19 | 14 | 17 | 19 |

SECTION-B

REGIONAL (INTER KV) SPORTS MEET

The Deputy Commissioners will invite entries from all the Kendriya Vidyalayas under their jurisdiction in all Games and Sports (**Ref- Section-C**) for participation in individual and team events for the Regional Meet.

The following points should be kept in mind while conducting the Regional Sports Meet:-

- (i) Regional Sports Meet should be completed by Regions well in time as per schedule.
- (ii) The Venues for conducting events should be approved/ verified by the Deputy Commissioner of the Region to avoid any complication at the later stage.
- (iii) Each Regional venue should constitute a Selection Committee headed by the Deputy Commissioner/Assistant Commissioner of Region and having TGT(P&HE) Expert of event from the concerned Region, Host Principal, one selector from SAI/Federation/Reputed Players/Outsource for each event duly approved by the Deputy Commissioner of concerned Region.
- (iv) The Events/Schedule should be planned in such a way that movement of participants/teams is minimized. The event(s) should be allotted to Institutes/outsource venue/Vidyalaya based on the availability of standard and sufficient Sports Infrastructure and local resources as per Sports norms. (**Section-J**)
- (v) RSCB will ensure journey plan of participants for KVS National Sports Meet in advance as per KVS Guidelines and entitlement.
- (vi) Playing Kit arrangements for participants of concerned Region should be planned well in advance and their quality & sizes must be verified by the Competent Authority/ Committee before issuing to the participants (**Appendix-IX**).
- (vii) Jury of Appeal to be constituted, headed by the Deputy Commissioner/Assistant Commissioner of Region and Host Principal, Expert TGT (P&HE) deputed and TGT (P&HE) of the venue, one member from SAI/Federation/Reputed Players/outsource at Regional Venues before commencement of the tournament.
- (viii) To encourage the mass participation in KVS Sports Meet, one the child shall be allowed to participate in only one Sports i.e. either in team event or Individual Sports at KVS Regional and National level Sports Meet.

SECTION-C

BENCHMARK & SELECTION CRITERIA

To maintain the standard and quality of KVS Sports Meet, it is mandatory to strictly follow the Benchmarks & Selection criteria to avoid the entry of sub-standard players/teams for National/SGFI participation. The details are as under-

1. **Regional Meet:-** Each Region will prepare its own Regional Benchmark based on the previous year's performance of the Regional Sports Meet.
2. **National Meet:-** For KVS National Sport Meet the benchmark will be decided every year by KVS(HQ) on the basis of previous year's performance of the NSM/SGFI Meet.
3. Downloaded entry form from the KVS Sports Portal duly signed by the Competent Authority to be submitted at Regional Venue/National venue.
4. **Selection Process of Regional teams for KVS NSM & SGFI:-**
 - (a) **Team Events U-14 (Boys & Girls)-** The winner Vidyalaya team will participate up to KVS National Sports Meet and mixed team will be selected for SGFI Meet. Events are Basketball, Football, Handball, Kabaddi, Kho-Kho, Volleyball, Cricket and Hockey.
 - (b) **Team Events U-17 (Boys & Girls)-** The Vidyalaya team will participate in Regional Meet **(For the selection of Regional team, school may send outstanding players for trial/selection on last day of tournament)** and then mixed team (Best players) will be selected for the KVS National Sports Meet and KVS team for National School Games (SGFI) during NSM. The Events are Basketball, Handball, Hockey, Kabaddi, Kho-Kho, Volleyball, Cricket and Football for KVS Regional Sports Meet/National Sports Meet.
 - (c) **For Individual/Semi Team Events in U-14, 17 & 19 (Boys & Girls)-** The existing system will continue as per SGFI norms.
5. All the Deputy Commissioners while sponsoring teams/players for the KVS National Sports Meet will ensure that the Physical Fitness (Strength, Endurance, Speed, flexibilities, Coordination) and skills required for particular event should be checked before selection of player/team and during Coaching Camp at all level. The Physical fitness profile of the students will be one of the parameters during selection at different levels. Over and Under Weight/Age and Medically unfit students/substandard teams should not be allowed to participate in KVS National Sports Meet and other National Tournaments.

SECTION-D

COACHING CAMP DURING SUMMER/AUTUMN/WINTER FOR PRE-NATIONAL/ NATIONAL/SGFI/ISF-WSC ETC.

1. The Regional Sports Cell (RSC) will prepare the plan of Coaching Camp for Regional team (if Required) with the approval of Regional Sports Control Board of their Region in the following :
 - (i) For Individual events in all categories i.e. Under-14, 17 & 19 for Boys and Girls.
 - (ii) For Team events Coaching Camp for Under-14 & 17 (Boys & Girls) and also for the team selected for Khelo India Games/SGFI/ISC-WSC.
2. For Under-14 (Boys & Girls) all team events, the respective Vidyalaya (School Winner) will organize Coaching Camp at own KV or Sports Institutes/Sports Academy/SAI Centre/University as per feasibility.
3. The duration of the Coaching Camp shall be decided by the Deputy Commissioner/ RSC of the concerned Region depending upon the need/requirement of the game/event.
4. Coaching Camp should be planned scientifically for all Sports events and necessary Sports Infrastructure/Equipments, Qualified Coaches/Trainers/Reputed players may be hired/engaged as per rule.
5. Practice Matches/Bouts shall be planned/scheduled by host Principal/Coach/ Manager/RSC at Coaching venue as well as outside the Coaching venue before participating in Tournaments/Competitions/Championships.
6. To compensate the Loss of Studies(LoS), Study classes shall be arranged at Coaching Venue for the Students who are attending the Coaching Camp.
7. Coaching Camp shall be organized for KVS Teams/Players before participation in NSG (SGFI) /International Competitions.
 - (i) It is mandatory to attend Coaching Camp for all selected students/participants of KVS team before participation in SGFI/ISF-WSC. In case, any Student/player is not attending National Coaching Camp without the approval (**Except unavoidable circumstances**) of KVS (HQ) in prescribed format (**Attached**) then he/she will not allow to participate in the related competition as well as other sports competitions. The Deputy Commissioner of concerned Region will ensure the participation of selected students from their Region, relaxation may be given to genuine case, if strongly recommended with justification and proof by the Deputy Commissioner of concerned Region.
 - (ii) The Reputed International Players/National Player/SAI Coach (Approved) shall be engaged/hired for National Coaching Camp at Venue by the Deputy Commissioner of the Region (**If required**).
 - (iii) Sports Counsellor may be engaged/arranged for KVS team at Coaching Venue (for one or two Session) by the Deputy Commissioner of host Region/Principal/ Vidyalaya (**If required**).
 - (iv) Regional Sports Control Board (RSCB) may approve the Coaching Camp for the Students to nurture the Talent (basic camp) / Regional team/Vidyalaya team during summer Vacation/Autumn/Winter break as per request/need/demand of Principal/Regional Sports Cell/TGT(P&HE) of the concerned Vidyalaya.

SECTION-E

DEPUTATION OF STAFF BY RO/KVS (HQ)

The Deputation of TGT(P&HE)/Teachers/KVS Officers shall be done as Escorts/Coaches & Manager/Technical Assistance/Expert of Games/Contingent Manager/KVS Observer/Technical Observer/Technical Officials during Regional/National/SGFI/ISC-WSC Meet/Coaching Camp at Regional/National level:-

1. **Escort Teachers:-**

- a- The General teacher-students ratio is 1:10, However, the Deputy Commissioner of Region will take a decision in this regard to increase the escorts on need basis. The Ratio may be relaxed as per the requirement of team, venue, distance, mode of transport and safety & security of the students.
- b- All the Regions should ensure that required number of escorts have to be sent with the teams/players. While selecting the escort teacher it should be taken care that the teacher should not be who is **under medical Treatment/Medically Unfit/Physically challenged/need Specialcare etc. , and in the case of female teachers who are having child below the Age of five (5) & single parents who are having child below 10 years of age may be avoided as escort teachers.**
- c- For the Girls Contingent/Team, if the strength is more than five, one male teacher shall be deputed along with the female teacher with approval of the Deputy Commissioner of the concerned Region.
- d- **Para Sports:-** Escort student ratio will be 1:5. However, the ratio may be relaxed as per the requirement of team, venue, situation & distance, mode of transport, Safety & Security of the Students by the Competent Authority.

2. **Contingent Manager:-** Contingent Manager (Assistant Commissioner/Principal/ Vice Principal) and Technical Coordinator (TGT P&HE) may be deputed for KVS Regional and National Sports Meet with their Regional Contingent by the concerned Deputy Commissioner of the Region.

3. **KVS Observer & Technical Observer/Technical Officials/Technical Assistant/Expert of Sports:-** KVS (HQ) will depute Observers & Technical Observer/Technical Officials/Technical Assistance/Expert of Games at NSM Venue/SGFI Coaching venues as and when it required with approval of the Authority.

4. **Contractual Sports Coaches-** Contractual Sports Coaches/Experts may be allowed/deputed with the School team for Regional/National Meet with approval by the Competent Authority accordingly.

SECTION-F

PARTICIPATION IN OTHER THAN KVS TOURNAMENTS

1. **International School Federation-World School Championship (ISF-WSC)** - KVS (Team/Individual) shall be allowed to participate in ISF-WSC Championship/Asian School Tournament/other International Competition/Championship through School Games Federation of India (SGFI) after the approval of KVS(HQ).
2. **Federation/Local Tournaments-** Vidyalaya teams/players may also be allowed/ permitted to participate in reputed Local/Federation Tournament/Championship /Competitions at School/District/State/National level which are organized by the District Association/State Association/National Federation/Academies /local clubs.
3. **Paralympics Games-** CwSN Students may be allowed to participate in District/State/National/International Para Sports Competition/Tournament directly after permission from the Vidyalaya/Regional Authority accordingly.
4. **KIYG/KISG/Fit India-** Students may be allowed/permitted to participate in these Competition/Tournament which are organized by Khelo India School Games/Khelo India Youth Games/Reliance Foundation Youth Sports/District Olympic Association/Sports Authority of India/Sports Federation etc. All expenditure will be incurred from VVN of Vidyalaya /RSCB of the concerned Region.
5. **Deputation As Technical Officials-** Permission shall be given at Regional level by the Deputy Commissioner, if TGT(P&HE) deputed as Technical Official (Referee/Umpire/Coach/Manager/Selector) by SAI/Khelo India/Recognised Sports Association/Federation on the following conditions-
 - (i) If services are required by the Sports Federation, all expenditure will be borne by concerned Federation.
 - (ii) If Services are required by the Govt. of India/Satate Govt./SAI/SGFI/Fit India/Khelo India, the expenditure will be borne as per instructions.

SECTION-G

TENTATIVE NUMBER OF DAYS ALLOTTED TO CONDUCT KVS NSM

| S. No. | Event | Age Group- Boys | | | Age Group- Girls | | | No. of days allotted For NSM (Maximum) |
|--|--|-----------------|----|-----|------------------|----|-----|--|
| | | 14 | 17 | 19 | 14 | 17 | 19 | |
| 1 | Archery | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 2 | Athletics | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 3 | Badminton | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 4 | Basketball | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 5 | Boxing | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 6 | Chess | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 7 | Cricket (T-20) | 14 | 17 | NIL | 14 | 17 | NIL | 7 |
| 8 | Football | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 9 | Handball | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 10 | Hockey | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 11 | Judo | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 12 | Kabaddi | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 13 | Kho- Kho | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 14 | Rope Skipping | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 15 | Shooting | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 16 | Skating | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 17 | Swimming & Diving | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 18 | Table Tennis | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 19 | Taekwondo | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 20 | Tennis | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| 21 | Volleyball | 14 | 17 | NIL | 14 | 17 | NIL | 5 |
| 22 | Yoga | 14 | 17 | 19 | 14 | 17 | 19 | 5 |
| Sports Discipline up to Regional level only (*RSM) | | | | | | | | |
| 23 | GYMNASTICS (Floor Exercise) | 14 | 17 | 19 | 14 | 17 | 19 | N/A |
| 24 | MALLKHAMB (Pole for Boys & Rope for Girls) | 14 | 17 | 19 | 14 | 17 | 19 | |
| 25 | WRESTLING (Free style) | 14 | 17 | 19 | 14 | 17 | 19 | |
| Note- | | | | | | | | |
| <ol style="list-style-type: none"> 1. *RSM Marked (S.No. 23, 24 & 25) Sports events will be conducted up to Regional level only, if three or more KVs are registered in team events and minimum 03 players in Individual events from different KVs. 2. In Cricket for Boys and Girls (U-14 & 17) matches will be played on league basis for maximum of 16 overs and 20 overs for knock out matches (Quarter, Semi final & final). 3. Number of days (Maximum 07 Days) will be decided by the host Region for NSM Cricket U-14 & 17(Girls) on the basis of teams registered through KVS Sports Portal. 4. Regions will decide number of days to conduct KVS Regional Sports Meet as per registered teams/Players/availability of Sports infrastructures in their Region/KV/Venue. | | | | | | | | |

SECTION-H

GUIDELINES FOR CONDUCTING KVS REGIONAL/NATIONAL SPORTS MEET

I- General Guidelines -

- i) Host Region should constitute an Organizing & Technical Committees at venue for the smooth conduct of KVS Regional Sports Meet/National Sports Meet/National School Games(SGFI).
- ii) A brief Meeting shall be conducted with the Organizing Committee and Officials of events including Escorts/Coaches/Managers one day before the Meet/Tournament/Competitions in which the Schedule/Draw/Fixtures to be drawn/decided in the presence of Technical Assistant and the Technical Committee of Tournament/Event.
- iii) Teams/Players/Officials should report at National/Regional venue one day before the Tournament to avoid hassles in last minutes as per instructions of host Region/Venue.
- iv) All Participants, Escorts/Manager/Coach/Officials, Volunteers, Cooking staff, School staff and workers must have ID card which is issued by the Host Venue/Vidyalaya/Region.
- v) The Safety and Security of the participating students and escort teacher should not be compromised at any level and at any cost.
- vi) KVS (HQ) will depute team of Officers/Officials as Observer/Technical Observer/Technical Assistance/Event Expert for KVS National Sports Meet/NSC(SGFI).
- vii) There will be **NO** combined Opening/Closing Ceremony (Except Athletics & Swimming Venue) during any level of KVS Sports Meet.

II- Specific Guidelines-

1. **KVS National/Regional Flag-** The host Region of KVS National Sports Meet will arrange and issue Regional **FLAGS** with Pole/Pipe to all participating Region(s) for March Past/Oath Taking Ceremony at opening & closing function. The flag size is 4ft X 3ft and the Color of flags will be the same as allotted for playing kits of concerned Region and KVS National Flag size is 4ft X 3ft in Navy Blue colour with emblem as given in the **Section-O**.
2. **Play Field & Ground-**All the Deputy Commissioners of Regions are requested to ensure proper maintenance of School play fields/grounds and Sports Infrastructure. The Vidyalaya can engage daily wage labourers for maintaining play fields as and when it required under the supervision of TGT (P&HE)/Incharge of Sports and also Groundmen for marking.
3. **Medical & Physical Fitness Certificate-** The Medical/Physical Fitness Certificate (**RECENT**) from authorised Doctor shall be submitted by the Participants/Teams along with consent letter from the parents to their respective Vidyalaya and it must be kept in concerned Vidyalaya only.
4. **Consent Certificate/No Claim Certificate -** The Consent letter/Willingness (Fresh) Certificate and No Claim Certificate must be obtained from parents by the Principal/TGT(P&HE) before participation at any level of Tournament/Competition/Sports Meet and it must be placed/kept in respective Vidyalaya only.
5. **Passport & Aadhar -** Selected Students for SGFI/ISF-WSC/International tournaments must have to submit their Passport & Aadhar Card copy to concerned KV/Region before participating in SGFI/ISF-WSC/International Sports competition as per SGFI norms (if required).
6. **Trophies/Medals & Certificates -** KVS (HQ) will arrange Medals, Trophy/Memento and Certificates for KVS National Sports Meet for all Games/Events (allotted) separately for Boys and Girls and same may be applied at RSM also. The details are as follows:-
 - (i) Trophy/Memento for championships i.e 1st, 2nd & 3rd Positions -
 - For Individual events i.e. (U-14, 17 & 19 combined) championships will be given to (Boys & Girls) separately.
 - For Team Events (08 team games) the Championship will be given to Under-14 & 17 (Boys & Girls) separately.

- (ii) Gold, Silver and Bronze Medals shall be given to First, Second & Third position holders in all Individual Events and Team Events. However for Boxing, Judo & Taekwondo/ Wrestling - Gold for First, Silver for Second and 02 Bronze for Third (Two) position (Looser of Semifinals).
- (iii) Sharing of Positions (1st, 2nd & 3rd)/Medals (Gold/Silver/Bronze) should not be done at any level of Tournament/Competition. If Tie is there, it must be broken (Cleared) as per respective rules.
- (iv) Participation/Merit Certificates shall be given to all participants of National Sports Meet by the host Region. All Certificates may be printed (Semi Print) centrally and sent to NSM venues for further action.
- (v) Participation/Merit Certificates shall be given to all participants in RSM by the host. All Certificates may be printed (Semi Print) centrally and sent to all RSM venues for further action.

7. **Overall Championship for Regions-**

Overall Championship for Individual discipline(s) and team discipline(s) shall be calculated on the basis of medals/scores/points obtained in all age categories (U-14,17&19) for Boys & Girls separately by NSC (HQ) and overall Championship will be awarded to Regions (1st/2nd/3rd) in DC Conference/NSCB meeting.

a) **Individual/Team Discipline (Events)-**

| S. No. | Level of Meet/ Competition | Participation /Merit Certificates given by host | Positions & Medals | | | |
|--------|----------------------------|---|--------------------------|--------------------------|--------------------------|---|
| | | | 1 st Position | 2 nd Position | 3 rd Position | Two (02) Bronze medals shall be given to players defeated in semifinals bouts of Boxing, Taekwondo, Judo & Wrestling. |
| 1 | Regional | RSCB | Gold | Silver | Bronze | |
| 2 | National | NSCB | Gold | Silver | Bronze | |

b) **Specifications of Certificates, Medals and Trophy/Memento etc-**

| S. No. | Items | Material | Size | weight | Thickness | Remarks |
|--------|---|----------------------------|------|-----------------|--------------------------|--|
| 1 | Certificate | Plastic Paper | A-4 | N/A | - | - |
| 2 | Medals (Gold, Silver & Bronze for all Events) | Metallic (Antique Finish) | 3.0" | 80 to 100 Grams | Standard & as per weight | Gold, Silver & Bronze with Printed Ribbon (2.5 CM X 92 CM) |

Note -

- All the Medals and Trophies will be procured centrally after due approval from KVS(HQ).
- For individual events, the Championship shall be given in combined (Including U-14,17 & 19) but separately for Boys & Girls, if conducted at same venue.
- No Championship shall be given for Individual Events, if the event conducted by various Regions in different Age categories.
- Overall Individual (Event) Championship will be given after calculation of medals/points in all age (14+17+19) Groups.
- Team Championship (Winner, 1st Runner up & 2nd Runner up) will be given in all games for Under-14 & 17 Boys & Girls separately.
- Over all Championship (Included all Individual & Team events) will be awarded to Regions (1st, 2nd & 3rd Position) during NSCB/DCs conference after calculation of points based on Gold/Silver/Bronze medals by National Sports Cell, KVS(HQ).

SECTION- I

LODGING AND BOARDING (STAY & FOOD) ARRANGEMENT FOR REGIONAL/NATIONAL/SGFI/COACHING CAMP

I- Food Arrangements:- Venue Principal/Head of Institute shall make proper kitchen/Storage/Cleaning arrangement at centre for preparing nutritious and healthy & tasty food in hygienic environment. To ensure neat and hygienic cooking/dinning environment, food should be tasted by the Committee/Venue Principal/Staff before serving. The tentative Food menu for the Tournament/Meet/Programme is given below :-

| S. NO. | ITEMS | ITEMS/MATERIALS & QUANTITY |
|--|---|---|
| 1 | Break Fast | 1. Milk-200 ml or more 2. Breads with butter/Jam and Sprouts (Moong/Chana/Moongfali/Rajma/Soyaseed) 3. Idli & Vada with Sambhar & Chatni/Dalia/Poha (any one) OR Aloo Parantha, Curd & Pickle OR Puri & Sabji 4. Bananas (2 Pcs) or Apple -1 Pcs (Qtn. 100-150 Gm.) OR Seasonal Fruits OR 02 Pcs of Eggs (Boiled) |
| 2 | Refreshment (At 11.00 to 11.30 AM.) (For Official Only) | 1- Fruits Juice Packed(100-150 ml.) OR 2- Tea & Biscuits |
| 3 | Lunch & Dinner | 1. Chapati (Tawa/Tandoor etc.) 2. Rice/Rice Pulao (Veg.) 3. Daal/Razma/Chhole (Any one) 4. Mixed Veg (Seasonal)/Kofta/Beson curry 5. Paneer for Vegetarian and Eggs/Fish/Chicken/Mutton curry for non-vegetarian. (FOLLOWING ITEMS ARE MANDATORY IN LUNCH & DINNER) 6. Soup(Tomato/Vegetable) 7. Salad & Pickle (mixed) 8. Papad (Branded) fried/Roasted. 9. Curd/Raita (Vegetable or Boondi) 10. Sweet dish (Dinner) and Fruits Custard/Kheer/Fruits - Apple/Orange/Kinnow in lunch |
| 4 | Refreshment (At 5.00 to 5.30 PM) | 1. Juice (Packed 100-150 ml.) 2. Snacks-Sandwich/Samosa/Aaloo Bonda/Paneer Pakora/Patties = 02 Pcs or more(100-150 Gm.) |
| 5 | Sleep Time (Bed Time) | 1. Milk (200-250 ml.) Or Ice Cream (40-50 ml.) as per feasibilities /Weather. |
| Note:- | | |
| <p>a) The Principal of host venue will ensure to provide the same scale/standard of meal/food to all Players/Escorts/Coaches/Technical Officials/Staff deputed/engaged from other schools at venue.</p> <p>b) No DA (for Lodging & Boarding) will be charged from Players/Managers/Escorts/Coaches during Regional/National/NSC(SGFI)/Coaching Camp/Meet etc.</p> <p>c) Non -Vegetarian meal shall be provided once in a day (either in Lunch or Dinner).</p> <p>d) As far as possible meal should be served in buffet system.</p> <p>e) Proper seating arrangements in dining area (Table with cover & Chairs) should be made for Students & Staff separately.</p> <p>f) Day-wise Menu shall be displayed on the Notice Board/Dining area & Kitchen and a copy of the same must be given to Escorts/Managers of the teams.</p> <p>g) Fresh vegetables, Branded & Packed food materials should be used for preparation of Meal/Food.</p> | | |

II- Stay arrangements for Coaching Camp before participation in NSM/NSG etc.

The following facilities/materials should be provided at venue by the Deputy Commissioner of host Region to all the Participants/Escorts/Coaches/Technical Officials during Sub-Regional /Regional/National Sports Meet/KVS Coaching Camp/SGFI Meet etc.

- i) Adequate number of Cots, Mattresses, Bed-Sheets and Pillows with cover, Quilt or Blanket should be provided to participating Students & Teachers whenever its required. The Bedding should be clean & hygiene and it should be changed once in Meet or as and when it needed.
- ii) Clean RO (Pure) water for drinking shall be provided at Dining area/Competition venue/Practice area (Ground) with dispenser and the same shall be provided/kept in rooms and it should be filled/replaced regularly.
- iii) Fresh running water (Hot water during winter) should be provided for bathing and washing hands in Toilets/ Washrooms.
- iv) Existing toilets may be converted into separate bathrooms and toilets for boys & Girls/Staff.
- v) All Lights and Fans should be functional and power back-up (Generator) may also be arranged.
- vi) Mosquito liquid repellent (All Out/Good night) should be provided in all stay rooms.
- vii) Nylon Rope/Cord for drying/hanging clothes and Electric charging points (for mobile charging) shall be provided to participants/teams.
- viii) Sufficient Buckets and mugs should be provided to the participants.
- ix) Rooms should have curtains for privacy of students, especially for the Girls.
- x) Toilets should be cleaned thrice a day. Rooms should be cleaned once a day. Cleaning staff should be available 24 hours in proper dress code & ID card at stay & play venue.
- xi) Entertainment for students may be arranged by host in the form of Cultural Programme/Celebration of Festival/TV Programme/Video of day activities and matches in evening/night before 10.00 P.M.
- xii) CCTV Camera and PA System for announcement should be installed in the Vidyalaya/Stay venue and it must be monitored by a team on regular basis.
- xiii) Proper disposal of sanitary napkins Pads must be arranged in Girls/Female Washrooms.
- xiv) Allotment of accommodation to teams must be ensured before the arrival of teams.

SECTION – J

TECHNICAL GUIDELINES

Play Ground/Field/Play Court/Arena, Swimming Pool, Track & Field, Equipments, officials/Referees/Umpires and Competitions-

I- Instructions-

1. The Regional and National Sports Meet for Athletics must be conducted on standard synthetic Track and Hockey should also be conducted on the Artificial grass/Turf surface as per norms.
2. Swimming & Diving competition should be conducted in standard pool and at moderate temperature of water as per weather.
3. Kho-Kho, Kabaddi matches will be conducted on matting surface (Mat) only.
4. The Digital (Scientific) Watch, Photo finish device, starter or Gun/Essential devices/Gadget (as per federation rules) should be used during competitions/trials at Regional/National/SGFI level along with adequate number of officials (time recorders, lap scorers) as per the Association/Federation norms.
5. All matches should be Conducted/played on Standard surface/playing court/ground/Arena/Ring/Rink as per SGFI/Federation norms of the event/games.
6. Skating competition shall be conducted on standard Rink (Approved) to avoid variations of timings and Road Race events shall be organized on Safe & Secured path.
7. All Electronic devices should be used during competition as and when it required for all kinds of records/purpose i.e. Time recording, computerized merit list, allotment of lane in Athletics & Swimming, Photo finish devices.
8. Video recording should be done for all final events of Athletics, Swimming, Rope Skipping and remaining events in Quarter Finals/Semi-Finals/Final Bouts/Matches to avoid any dispute.
9. All Playing equipments, materials & protective gear should be used of standard quality and approved by the Federation/Sports Authority of India (SAI) to avoid any dispute/injury during competitions.
10. It should be ensured that participants/players/students shall not be allowed to participate without proper playing kit and accessories as per norms of the event.
11. Qualified Referees/Umpires/Technical officials/Selectors shall be engaged/hired from Recognised Sports Federations/Sports University/Sports Institute for conducting of KVS Regional/National/SGFI Sports Meet etc.
12. Digital weighing machine shall be used for verifying/checking the actual weight of participants in all weight categories on the preceding day of event before finalizing the fixtures/schedule.
13. Display of live score facilities shall be provided at competition venue.

II- Tentative requirement of Officials/Umpires/Referees and Play Grounds/Courts for conducting KVS National Sports Meet-

| S. No. | Events/ Games | Minimum requirement of Play Ground /Field/ Court /Arena /Ring /Rink for each age category (Except Athletics & Swimming). | No. of Referees /Umpires /Judges for one ground /court / field /Arena /Ring /Rink required (Including selector for team game) |
|--------|-------------------------------|--|--|
| 1 | Archery | 1 Range (8-10 Target) | As per Minimum requirement |
| 2 | Athletics | One Synthetic Track & Field (400M with 8 Lanes) | 30-35 |
| 3 | Badminton | 2 | 5 |
| 4 | Basketball | 2 | 6 |
| 5 | Boxing | 2 Ring | 8 |
| 6 | Chess | 24 Table | As per Minimum requirement |
| 7 | Cricket | 2 | 6 |
| 8 | Football | 2 | 6 |
| 9 | Hockey | 2 | 6 |
| 10 | Handball | 2 | 6 |
| 11 | Judo | 2 | 8 |
| 12 | Kabaddi | 2 | 6 |
| 13 | Kho-Kho | 2 | 6 |
| 14 | Lawn Tennis | 2 | 5 |
| 15 | Rope Skipping | 2 Arena | 6 |
| 16 | Skating | 1 Rink | 10 |
| 17 | Shooting | 1 Range (8-10 Target) | 6 |
| 18 | Swimming & Diving | One Pool with Diving Facilities (50M Length) | 25-30 |
| 19 | Table Tennis | 4 | 5 |
| 20 | Taekwondo | 02 | 8 |
| 21 | Volleyball | 2 | 6 |
| 22 | Yogasana | 1 Hall (02 Arena) | 6 |
| 23 | Gymnastic (Floor only)*RSM | 1 Set (12 x 12 Mtr. Floor) | As per Minimum requirement |
| 24 | Wresting (Free Style)*RSM | 1 Arena/Bout Floor | As per Minimum requirement |
| 25 | Mallkhamb*RSM | 1 Apparatus / Arena | As per Minimum requirement |

Note:

- i. All Athletic, Swimming & Diving (U-14, 17 & 19) events shall be conducted in one stadium/pool where all facilities are available.
- ii. Host Region may increase number of Play grounds/fields/Arena/Ring with the approval of RSCB, if needed/required.

III-Conduct of Tournaments/Competition etc.

- (i) The Matches for team events will be played on league cum knockout basis and fixtures should be drawn by scientific method in front of all participating team Captains/ Manager/Coaches/Escorts etc.
- (ii) For team events-
- Teams will be divided into Two/Four/Eight Pools as per entries and fixture will be drawn accordingly.
 - Top four teams (Previous year's Semi finalist) of U-17 KVS National Sports Meet may not be in same Pool/group while making fixture through Sports Portal for Meet/Tournament.
 - The winners of quarter final matches will qualify for Semi finals.
 - Final match will be played between the winners of semifinals.
 - In addition to this, one hard-line match will be played for 3rd & 4th Place.
- (iii) The fixtures/Matches schedule must be communicated to all the Participants, Coaches and Escorts well in advance and the same should also be displayed at prominent Notice board/Places.
- The Organizing Committee will constitute a Technical Committee for each event and Jury of appeal for the Tournament/Sports Meet.
 - Organizing Authority or Principal/TGT(P&HE) will ensure that all technical equipment/accessories related with the events to be used mandatory during matches/competition in KVS National/Regional Sports Meet/Tournament.

Note: i) If the number of reported teams (team events) are seven or less than seven for KVS National Meet, the tournament will be conducted on league cum knock out basis also as per norms of Competition.

- iv) **For the Regional Sports Meet, Deputy Commissioner of the Region will decide pattern of the tournament (no. of matches) on the basis of the entries received and will fix the duration (no. of days) of the tournament.**

IV- Individual Events-Competitions/Selection of Teams/Players-

- The Games i.e. Table-Tennis, Badminton and Tennis will be played as first singles, doubles and second singles, for individual events i.e. Badminton, Table-Tennis and Tennis top four seed will play for individual singles and top five winning students of individual singles can be selected for the next higher level. Regions will invite entries from individual players for Regional level singles tournaments and conduct the Regional level competitions directly. The best four singles players should be selected for KVS National Meet and Five for SGFI Meet.
- The Matches/Bout/Attempt/Competition for Badminton, Taekwondo, Tennis, Table-Tennis, Judo, Boxing, Rope Skipping, Archery, Athletics, Swimming, Shooting and Chess will be played as per the SGFI Rules & Norms.
 - In Archery, If equipment failure is observed during competition, 10 minutes may be given for rectification/resolve the issues.**
 - Archers must bring their Playing Equipments/Accessories for competition.**
- The Events related with Athletics, Swimming, Rope Skipping, Skating where the Time/Trial is recorded should be as per the KVS Bench marks.
- Skaters can opt two races out of three in quad event and three out of four races in In-line events for competition. **A player can take part either in quad or In-line events. No player can take part in both events.**
- Only three participants can take part in KVS National Sports Meet & SGFI in one age group in the events of quad and three participants can take part in KVS National /SGFI in the event of In-line. While selecting the team of participants for quad/In-line, preference will be given to winner of first place/Gold medalist. If team cannot be constituted with three players who are gold medalists then Silver/Bronze medalist may be selected for higher level. If the gold medalists are more than three, then merit /marks will be calculated as maximum points.

- vi) In Rope Skipping, the best players to be selected on the basis of individual and team performance as per the SGFI norms and for master events the player secured gold will be given preference and remaining players will be selected on the basis of point system. The points secured by the participants to be recorded for future reference.
- vii) If the number of participants is less than three, the participation certificate may be awarded to the Individual concerned and he/she may be selected/recommended for next higher level competition after trial. However, his or her physical fitness and playing ability as per norms should be recorded according to the concerned event. No merit certificate, medals and cash award will be given in such cases.

V- Selection Criteria (team events) for KVS team- The Following guidelines shall be followed for selection procedure of the Regional Team and KVS National team during RSM/NSM events in team games (i.e. Basketball, Cricket, Football, Hockey, Handball, Kho-Kho, Kabaddi and Volleyball). The details are as follows -

A- At Regional Level -

- (i) Selection of Regional teams for Boys & Girls U-17 (Basketball, Cricket, Hockey, Handball, Kho-Kho, Kabaddi, Football & Volleyball) shall be done during KVS Regional Sports Meet from all the participating teams on the basis of individual performance of player as per requirement of team recommended to participate in upcoming KVS National Sports Meet.
- (ii) There will be **NO** team selection for U-14 (Boys & Girls) in any team of the games (Basketball, Cricket, Hockey, Handball, Football, Kho-Kho, Kabaddi & Volleyball). The winner (Vidyalaya) team of U-14 (Boys & Girls) will participate in upcoming KVS National Sports Meet directly.
- (iii) In Individual Games, Benchmark (Qualifying) shall be mandatory for selection of students in the Regional team to participate in upcoming KVS National Sports Meet.

B- At National Level -

- (i) Selection of KVS National teams of U-14 & 17 (Boys & Girls) of Basketball, Cricket, Hockey, Handball, Football, Kho-Kho, Kabaddi & Volleyball shall be done from all participating teams during the KVS National Sports Meet on the basis of the performance of individuals, composition of team, requirement of team, role of player in team, demand of player's position in team and it will be recommended for participation in upcoming KVS National Sports Meet.
- (ii) The number of players shall be selected among all participating teams but number of players should not be higher side from any team (Region) than the winning team. They should be either equal or less than the players selected from the winning team.

For Example- Basketball U-14 team, total 03 players are selected from Delhi Region (Winner of NSM) and nine players selected from other participating teams (i.e. Agra-2, Gurugram-3, Chandigarh-1, Chennai-2, Guwahati-1). Total -12 (twelve) only.

- (iii) For Individual Games, the Benchmark (Qualifying) would be mandatory for selection in KVS team to participate in upcoming National School Games (SGFI).

Note-

- a- The team selection (as per requirement of team composition) should be selected and justified according to the Game/Event before declaring the list of selected participants. It should be properly checked and verified by the Deputy Commissioner/Assistant Commissioner and Venue Principal accordingly. The selected player analysis will be kept ready for any future reference.
- b- Performance data of selected students should be analyzed and procured by host Region/KV/Venue for record/any query/justification.
- c- All selected students should be verified physically at ground before declaration of Selected KVS team for further tournament/participation by the selection committee.

VI- The Following Guidelines are to be followed for engaging of Referees/ Umpires/Officials cum selectors etc.

- (i) Request Letter must be sent to the Federation/Association/Sports Academy/SAI Centre/Sports University with all details & requirement.
- (ii) Letter must includes the following details:
 - a) Name of Tournament/Competition.
 - b) No. of days for Tournament.
 - c) Date & venue for Tournament/Competition.
 - d) No. of Referee/Umpire/Officials cum selectors/Arbiters are required.
 - e) Details of Expertise for particular Sports events.
 - f) A Copy of Identity Card/Authority letter issued by the Competent Authority of the concerned Federation of Game.
 - g) Acceptance of honorarium (as per KVS norms).
- (iii) After receiving the details from concerned Agency/Authority, Estimate & Plan for engagement of the Referee/Umpire/Officials/Arbiters as per the requirement for per day or Number of match per day.
- (iv) Remuneration for Referees/Umpires/Officials cum selectors for conducting Regional/ National Meet will be paid maximum @ **Rs.2000/(Rupees Two thousands)** or as per the Federation's norms but not more than Rs. 2000/-per day or whichever is less.
- (v) Letter may be issued to the concerned Federation/Association/Sports Academy/SAI Centre with number of expertise, dates, time per day or per matches.
- (vi) For team events i.e Football, Hockey, Basketball, Volleyball, Handball, Kho-Kho and Kabaddi, minimum three matches to be allotted to each Referee/Umpire per day, if it is less than three matches in a day the payment should be on pro-rata basis.
- (vii) For Cricket tournament, minimum 02 matches a day is to be allotted to one Official/ Umpire/Referees.
- (viii) For all Individual events (including Kho-Kho & Kabaddi) six hours (3+3 hours) per day.
- (ix) Nature of duty of official(s) should be rotated as per requirement of events during competitions.
- (x) Daily records should be maintained of engaged officials/umpires/referees by the Organizer.
- (xi) Payment should be made on the basis of number of days engaged(not based on number of games in a day).
- (xii) The mode of payment should be made as per the KVS norms.
- (xiii) Detail of receipt must be taken and kept in record.
- (xiv) Bills/Voucher should be verified by the Committee.
- (xv) Number of officials cum selectors/Umpires/Referees may be decreased as Meet/Tournament progresses after quarter finals competition.

Note: One Expert/Official of the event/game may be invited during the draw for fixture and the remuneration may be paid as per KVS Norms.

VII-Calculation of Championship at National level –

- a) The Events/Game Championship will be calculated for Boys & Girls separately by host Region and Trophy will be given accordingly.
- b) Overall Championship of NSM will be calculated by KVS (HQ) on the basis of Number of Gold/Silver/Bronze Medals won by Region(s) in all events (Boys & Girls separately). First preference will be given to the number of Gold, then Silver and third is Bronze Medal.
- c) Over all Rank of Regions will also be calculated on the basis of Medals/Points scored by Region up to 6th place in all events. The details as given below-

| Events | Points | | | | | |
|------------|------------------------|--------------------------|--------------------------|-----------------|-----------------|-----------------|
| | 1 st (Gold) | 2 nd (Silver) | 3 rd (Bronze) | 4 th | 5 th | 6 th |
| All events | 8 | 6 | 4 | 3 | 2 | 1 |

VII- Eligibility Certificates & Documents -

- i) **Eligibility Certificates/Entry Forms:-** Students/teams/KV will submit downloaded list/Form of students as submitted in online entry by the concerned KV/Principal/Region at the time of registration for Inter KV/KVS Regional/National.
- ii) Eligibility Certificates in quadruplicate (04 copies) and Passport copy/Aadhar copy (if required) in respect of all the students selected for the SGFI/ISF-WSC Tournament will be submitted to the Host Region (Coordinating Region)/Venue Principal (co-ordinating the KVS Team) for SGFI/ISF-WSC Championship participation as per the norms of Sports Meet/Competition.
- iii) The Passport & Aadhaar Card should be submitted before participating in the SGFI/ISF-WSC, If asked/Required by the organizer.
- iv) **Age Groups-** The following instructions will be followed to select students in the age categories of Under 14/17/19 to participate in KVS Regional/National/SGFI/ISF-WSC -
 - a) Age category of under 14/17/19 will be calculated as on 31st December of particular year and as per SGFI norms.
 - b) Students from class VI and onwards shall only be allowed to participate in the Regional/National Sports events.
 - c) Students those appeared in class 12th examination may also be permitted to participate in National school Games (SGFI) till he or she is on roll in the Vidyalaya Record.
 - d) Age of Students/Participants will be verified from concerned Vidyalaya record.
 - e) If any student/participant is found under/over age or underweight/overweight, the responsibilities will be fixed on concerned Vidyalaya/Region.

SECTION-K

ONLINE ENTRY AND DATA PROCUREMENT THROUGH SPORTS PORTAL

KVS have an online Sports Portal from 2019-20 onwards, for managing sports and games organizing Regional & National Sports Meet. The link for KVS Sports Portal is <https://sports.kvsindia.in>. The KV/Region of the participating team in the KVS National Sports Meet will adhere to the following guidelines and Certification/Declaration.

1. Schools have gone through and understood the contents of information given in sports portal and eligibility criteria prescribed there in. it shall abide by rules & regulations and online official entry process of participation in KVS National Sports Meet. School shall also abide by rules and regulations specified in the KVS Sports Modalities and instructions given from time to time by KVS.
2. Certify that the eligibility of players submitted online through sports portal are according to the rules of championship.
3. Certify that these players are students of class 6th & above.
4. Declare that every player of Vidyalaya's team belongs to U-14/17/19 category as on the last day of the year (31st December) and hence they are eligible to participate in their respective age category.
5. School is aware that during verification of online details of players by the host Venue, if any discrepancy is detected including name, father's name, date of birth, class, admission number, school name, eligibility and gender, then teams/players participation will liable to be disqualified/cancelled.
6. Declare that school is aware that in the process of filling online entry, after completing the entry, once it click on **finalize & print button** then cannot make any correction at Vidyalaya level and this would be considered as final entry and accordingly Regional/National Venue will make the participation of such players and on the base of this the Identity Cards, Participation Certificates, Merit Certificates will be issued by KVS National Venue.
7. School is aware that the personal information of the students is provided genuine & authentic. If any correction (edition/deletion) is required then Vidyalaya is liable to pay the fee as per instructions.
8. Declare that school will not disclose or share the school login ID and Password with unauthorised person.
9. Declare that school is aware of the fact that if any player is absent in tournament after filling the online official entry then it has to be intimated to host Venue.
10. School is hereby declare that a printout of the official entry form shall be submitted at host Venue. The print out of official entry forms shall be signed by the competent authority, and copy of the same documents shall be kept in the Vidyalaya record.

(B) Very Important Instructions for filling online official entry form:

1. A Login ID & Password for school access to Sports Portal will be provided to the official email ID of concerned Kendriya Vidyalaya by concerned Regional Sports Cell. Regional Sports Cell should maintain the confidentiality of the password.
2. By Login ID & Password, KV will be able to login into the official website of KVS Sports portal. Kendriya Vidyalaya shall enter the details of his team and upload the photographs of the players online. After Finalization of entries, a printout shall be taken and countersigned by the competent authority and same shall be sent to Regional Venue with the participating teams.
3. That once the entries are 'Finalized' by the users, further the Vidyalaya will not be able to make any changes online on his level. Hence, before finalizing the entries, Vidyalaya is suggested to thoroughly examine the documents and only after getting assured shall enter the information in the official entry form and click '**Finalize & Print**'.

4. On the basis of said online entry and data available prior to the tournament, National Venue will provide Identity Cards to the players at the venue of tournament and also announce the match fixtures. The organizer will also be able to arrange facilities like lodging, boarding & transport etc. related to the tournament on time.
5. On the basis of online data, participation & merit certificates shall be issued after the completion of tournament.

How to make online entries

1. Login to : sports.kvsindia.in

From global login select- School- use login id and password and login.

2. Go to Tab upload student data- download- Blank template- fill details- select game from drop down box-fill admission no/name of the student/mothers name/father name/DOB(date/month/year)/gender from drop down box/age group from drop down box /class / mobile no. (from dropdown box select shoe size/T-shirt & short/track suit / blazer size / Veg./Non-Veg. options as well)
3. From upload Tab menu - upload the file filled with student's data.
4. **Save the students photo in JPEG format with the file name same as admission number from the Tab Menu, upload photo (bulk photos can be uploaded). Photos can be uploaded from Tab Menu CGA wise/individually.**
5. Go to Tab Menu, CGA wise students assign the events, verify the data. If satisfied submit once all the students of that event verified, finalize and take print out.

Kindly ensure the following before proceeding further:

- a. Correct Name as per the admission register
- b. Date of birth
- c. Father Name
- d. Mother Name
- e. Kit details

Photograph & Signature of Player: passport size photographs collected from the players should have the player's name & date on which the photograph was taken should be printed on the photograph. The printed photo with name & date along with Signature of the players should be scanned together as per specimen shown and kept ready before filling the official entry form. These photographs along with signature of players as one image should be uploaded.

Note: It is advised to fill the official entry very carefully since once the form is 'CONFIRMED & PRINTED' by user, no changes can be made. On the basis of the information filled in the official entry form, the ID of players, merit certificates and participation certificates shall be issued.

Signature of TGT (P&HE)/ Authorised Person

Signature of Principal

SECTION-L

SAFETY AND SECURITY MEASURES

1. Safe and secure transport should be arranged for the participating students & escorts from stay venue to play venue and vice versa.
2. Fire safety measures must be functional at stay venue and play venue.
3. Water tanks, septic tanks, drains and deep pits at the games and stay venue should be closed to avoid any untoward incidents.
4. Terrace gate/doors must be locked.
5. Security guard and CCTV camera must be functional round the clock at Dining area, Common places and corridor etc.
6. Medical facilities/Medical assistance must be arranged at stay & play venue at all times. If any emergency it should be referred to nearby Hospital immediately.
7. Electrical switches, wires, electric points and appliances must be checked so that incidents of short circuit etc. are avoided.
8. Before the start of events, the stay venue should be fumigated and pest control measures be taken. The area should be cleaned and extra vegetation, grass, bushes etc. removed, Cleanliness should be ensured at all times.
9. Unwanted visitors must be prohibited at stay & play venue. In case a child has a visitor, the parent/guardian of the child should be asked to verify beforehand. A visitor turning up suddenly to visit a child should not be permitted in the premises. At any point of time child should not be allowed to go out without escort and permission of the venue principal. Escorts should have the telephone number of all the students under their care as well as their parents.
10. Visitors register should be maintained at stay venue.
11. Only authorized persons should be allowed for video & photography during Sports Meet.
12. Important Contact numbers must be displayed prominently on notice boards and other frequently used places and a copy should be given to all escort teachers.
13. 24 hour help desk should be available at stay venue so that students/escorts can contact them at any time in case of emergency/any problem.
14. The help desk staff should have telephone facility/mobile number to contact.
15. A Register should be maintained in which complaints are noted along with action taken with date and time of redressal.

SECTION- M

CASH AWARD CHART

The following cash awards will be given to the winners in National sports Meet/NSG (SGFI)/ other tournament as follows-

| Tournament/ Meet | Event/ Game | Medal/Position | | | | Amount reimburse from Account /Fund / Board |
|--|--------------------|----------------------|------------------------|------------------------|--------------------------|---|
| | | 1 st Gold | 2 nd Silver | 3 rd Bronze | * 4 th Bronze | |
| KVS National Sports Meet | Individual | Rs.10,000/- | Rs. 8,000/- | Rs. 5,000/- | Rs. 5,000/- | NSCB |
| | Team (each member) | Rs.5,000/- | Rs.3,000/- | Rs.2,000/- | N/A | |
| National School Games (SGFI)/ National Yoga Olympiad (NYO) | Individual | Rs.15,000/- | Rs.12,000/- | Rs.10,000/- | Rs.10,000/- | NSCB |
| | Team(each member) | Rs.10,000/- | Rs.7,500/- | Rs.5,000/- | N/A | |
| Federation Tournament (if sponsored by KVS) | Individual | Rs.12,000/- | Rs.8,000/- | Rs.4,000/- | Rs.4,000/- | NSCB |
| | Team (each member) | Rs.5,000/- | Rs.3,000/- | Rs.2,000/- | N/A | |
| International level (ISF-WSC) (if sponsored by KVS) | Individual | Rs.50,000/- | Rs.30,000/- | Rs.20,000/- | Rs.20,000/- | NSCB |
| | Team (each member) | Rs.10,000/- | Rs.6,000/- | Rs.4,000/- | N/A | |

Note-

- 1- *4th Position/Place for Boxing, Judo, Taekwondo and Wrestling events only.
- 2- Cash prize will be given to all Individual and Team games.
- 3- Cash prize will be given to Board prize in chess event for SGFI.
- 4- It is mandatory to qualify/Cross the Bench mark to get cash award for Gold/ Silver/Bronze medals in Athletics/Swimming & Diving/Skating/Shooting/ Archery/Rope skipping during NSM.
- 5- A Child who is selected for SGFI Meet but will fully refuses/withdraws to represent KVS in SGFI Meet/higher tournament will not be eligible to get cash award of National Sports Meet (Medals).
- 6- The Principal will verify performance of students before giving cash award to the winners of Gold/Silver/Bronze medals at KVS National Sports Meet.

A- Distribution of Cash Awards:-

- (i)- The cash award will be distributed in the Vidyalaya based on the list of winners for Cash Award provided by the host Region(s). The award will be distributed to the winners (Students) in a befitting manner i.e. on the occasion of Annual Day/ Sports Day/any other function in Vidyalaya/Region.
- (ii) The Expenditure of the cash award for winners of KVS NSM/SGFI initially will be incurred from VVN of concerned Vidyalaya or RSCB of concerned Region and it will be reimbursed from NSCB Fund.
- (iii)- The Expenditure of the cash award for winner of National School Games (SGFI), initially will be incurred from RSCB by concerned Region and it will subsequently be reimbursed from the NSCB.

B-Interpretation of cash Awards to winners-

(i)- **Individual Events-** Athletics, Archery, Badminton, Boxing, Chess, Judo, Tennis, Shooting, Skating, Swimming & Diving, Table-Tennis, Taekwondo, Yogasana and Rope Skipping.

(ii)-**Team Events-** Basketball, Cricket, Football, Handball, Hockey, Kabaddi, Kho-Kho and Volleyball.

(iii)-The following events shall be treated as team championship of events and cash award will be given to winners. i.e-

- a) Doubles of Badminton/Tennis/Table-Tennis.
- b) Team events of Yogasana, Chess, Rope Skipping, Relay events of Athletics & Swimming.
- c) Cash award will be given to forth position holder (Loser of Semifinals) in Judo, Taekwondo & Boxing.

SECTION- N

GUIDELINES FOR EXPENDITURES (ADVANCE & SETTLEMENT)

1. Expenditure by KV -

The Vidyalaya will make the following expenditure on their teams/players from Vidyalaya Vikas Nidhi (VVN)/School Fund as per following details-

- (a) Expenditure on TA & DA for participating students during the journey period from their respective KV to the Venue of the Regional Sports Meet and back will be met from VVN of KV concerned. Further, in case sufficient fund is not available in RSCB of the Region, then pro-rata expenditure for conduct of Regional Sports Meet (including DA) will be paid by the concerned KV out of their VVN.
- (b) Expenditure on playing kit and playing equipments/accessories etc. for participating students will be met out from VVN of KV concerned up to Regional level participation.
- (c) Expenditure on TA & DA for escorting teacher will be met out from the School Fund of the concerned KV during journey period up to RSM.
- (d) Expenditure on Participation in local Federation Competition/District Competitions will be incurred from VVN etc.
- (e) TA & DA for Journey period from Vidyalaya to Coaching/Reporting Venue of SGFI participating as KVS team/Players will be incurred by concerned Vidyalaya.
- (f) More than 08 hours, the rate will be **Rs. 400/-** only.
- (g) If Journey period is more than 6 hours but less than 08 hours, the rate of DA will be **Rs.275/-** per student.
- (h) If not staying overnight and not availing lodging facilities and dinner than DA will be paid **Rs.275/-** per head per day.

2. Expenditure by Region (RSCB)-

- (a) To conduct the Regional Sports Meet/Tournaments and Regional Coaching Camp in all Games & Sports. In case sufficient fund is not available in RSCB of the Region, then pro-rata expenditure for conduct of Regional Sports Meet (DA) will be collected from the participating KVs by Regional Sports Venue KV.
- (b) Preparation of Play-fields, Playing equipments, Hiring of Shamyana materials, Cots & Mattress /Bed roll for all participants/escorts/officials etc.
- (c) Purchase of Trophies/Medals/Memento and Printing of Certificates/ID Cards (If applicable) for participants.
- (d) Playing Kits & Playing equipments to participating students/Teachers/Coaches/Managers/Escort deputed for KVS National Sports Meet.
- (e) Honorarium may be paid @ **Rs. 2000/-** per day per head as remuneration included conveyance charges for Officials cum selectors/Umpires/Referees and Coaches hired for conducting matches during Regional Sports Meet or as per Federation/Association norms but restricted to **Rs. 2000/-** only and also breakfast and lunch (to be reimbursed by RSCB).
- (f) Maintenance & Development of School play grounds & hiring of grounds for conducting of KVS Regional or KVS National Sports Meet/NSG Meet/Coaching Camp for KVS team going to participation in SGFI Meet.
- (g) Expenditure on Boarding and Lodging, Regional Coaching Camp, local transportation and TA & DA up to National venue and back for Regional Team/Players at Regional Coaching venue/Collecting Centre of the Region.
- (h) Expenditure on Medical facilities/First Aid etc. during Regional Meet and Coaching Camp/ Journey period.
- (i) Distribution of Cash Award to the winner of KVS National Sports Meet.
- (j) An amount of **Rs. 500/- (Food Rs. 400/- & Accomodation + Bed roll Rs. 100/-)** per person for Lodging and Boarding arrangements for participating Students/Teachers/Escorts/Coaches/teachers etc as per KVS norms..

In case of journey-

- i- More than 08 hours, the rate will be **Rs. 400/-** only.
- ii- If Journey period is more than 6 hours but less than 08 hours, the rate of DA will be **Rs.275/-** per student.
- iii- If not staying overnight and not availing lodging facilities and dinner than DA will be paid **Rs.275/-** per head per day.

3. Expenditure by NSCB-

Expenditure on conducting of KVS National Sports Meet will be incurred by the NSCB, KVS (HQ) in the following heads:-

- i. An amount of **Rs. 500/- (Food Rs. 400/- & Accommodation + Bed roll Rs.100/-)** for Lodging and Boarding arrangements for participating Students/Teachers/Escorting /Coaches/teachers etc. as per KVS norms.
- ii. Purchase of Medals, Trophies /Shields, Printing of Certificates, ID cards & flex/banners etc.
- iii. Hiring of tentage/Shamyanas and all arrangements for organizing KVS National Sports Meet will be met out from NSCB.
- iv. Hiring Sports Infrastructure/Play grounds etc. other than KV ground.
- v. Engagement of Officials cum selectors /Umpires/Referees etc. for conducting Sports Meet.
- vi. All expenditure for Coaching Camp i.e Playing Kit, playing Equipments, DA (Loading & Boarding) during Tournament/Competition for SGFI/International level will be incurred/reimbursed from NSCB.
- vii. Honorarium for the officials may be paid as per Association/Federation norms up to maximum of **Rs.2000/-** per day per head including conveyance charges and also breakfast and lunch (to be reimbursed by NSCB).

Note- No expenditure will be reimbursed for repairing & maintenance/developing of play ground/field/Arena/ring/Track and Purchasing of Play equipments/Infrastructure/ Playing accessories etc. from NSCB.

4. Expenditure for KVS team/Players/Teachers participating in National School Games (SGFI) Tournaments-

- i) Playing kit for participants.
- ii) Playing kit for teachers deputed as team Coach/Manager for KVS Team.
- iii) Track Suit, Shoes & Socks for team Coach/Manager/Contingent Manager/D-Mission of KVS team.
- iv) Blazers for all members of contingent/team registered for tournament only.
- v) Expenditure on Lodging & Boarding for KVS team/Contingent as per KVS norms.
- vi) Medical-aid, Transportation, Engagement of National or International players/SAI Coach/Sports Counselor etc. for KVS team after approval of RSCB/Deputy Commissioner of host Region.
- vii) Booking of Sports Infrastructure/Play grounds etc. for KVS team during Coaching Camp if required other than KV Ground.
- viii) Cash Prizes for Winners of SGFI/Khelo India Games/International level competition if sponsored by KVS(HQ).
- ix) Organizing/Conducting/Hosting of National School Games (SGFI Meet) in KVS after approval of KVS(HQ).
- x) Coaching Camp for KVS Teams Participating in SGFI and high level tournament with the approval of KVS(HQ).

Note- Food/Transportation bills during journey Period should not be insisted upon from escort teachers for Regional/KVS National/SGFI Sports Meet. Self Certified/Verified vouchers should be sufficient. If required, verification can be done from the Students.

5- Expenditure of Participation in International School Federation Games- All Expenditures on Transportation/Playing Kits/Registration fee/TA & DA and other contingency charges for participating in International School Federation, World School Championship/Tournament as School Team or Individual through KVS/SGFI will be met out from RSCB by concerned Region and it may be reimbursed from NSCB.

6- Guidelines For Advance-

For conducting the KVS National Sports Meet/SGFI Meet & Coaching Camp for KVS National teams/International Participation, if Regions (RSCB) not have adequate funds to incurred the expenditures for organizing National Sports Meet/SGFI Meet/Other International Events, Region may ask for an advance under the different heads from NSCB.

A)- Submission of Account-

The consolidated account of final bill should be submitted to National Sports Cell, KVS (HQ) by the host Region within 45 days from date of completion of Events. Accounts should be submitted with attested bills & Vouchers after pre-audited at RO level by the Finance wing in the prescribed format.

B) While submitting the expenditure, the following points should be noted:-

- i. All bills/Vouchers must be pre-audited by the Finance wing of Regional and countersigned by the Deputy Commissioner. Stamp of pre-audit, Paid & cancelled should also on the consolidated statement of pre-audited & admitted amount.
- ii. All original bills/Vouchers should be kept at Regional office.
- iii. The detail showing the head wise expenditure to be submitted to KVS HQ.

C) FORMAT FOR SEEKING ADVANCE FROM NSCB

Name of Region.....
 Name of Venue/KV.....
 Name of Event-.....
 Date of Event-.....To.....
 Group.....(Boys/Girls).....Age Group.....

| S. No. | Heads of Expenditures (Proposed) | Estimated Expenditure in Rs. | | | |
|---|--|------------------------------|----------------|---------------|--------------------|
| | | No. of Participants | No. of Days | Rate/ Cost | Amount (in Rs.) |
| 1 | DA (as per KVS Order) | | | | |
| 2 | Transport from stay venue to play venue etc. | | | | |
| 3 | Hiring of Tentage/Shamyana etc. | | | | |
| 4 | Hiring of Sports Stadium/ Ground/Equipments other than KVS. | | | | |
| 5 | Honorarium for Officials/Referees/ Umpires as per norms. | | | | |
| 6 | Lighting & PA Systems etc. | | | | |
| 7 | (i) Photography (ii) Video (iii) Print Media (iv) Printing of Banners/Placard/Flex/Standee etc. | | | | |
| 8 | Medical Expenses | | | | |
| 9 | Medals, Trophy & Mementos | | | | |
| 10 | Hiring of electronic gadget / Device for Meet (if applicable) | | | | |
| 11 | Printing of Sports Certificates, Invitation Brochures, ID-Cards for participants and Badges etc. | | | | |
| 12 | Opening Ceremony of NSM (Athletic and Swimming) /SGFI Meet only | | | | |
| 13 | Miscellaneous expenditure with details(if any) | | | | |
| | Total amount required | | | | |
| Rupees (In words)- | | | | | |
| Note- Details of estimated budget should be enclosed with advance application asked for conducting Sports Meet/Tournament. | | | | | |

Signature of Finance officer

Signature & seal of
Deputy Commissioner

● Check List for Pre-Audit of Bills for RSCB/NSCB/NSG/Coaching Camp/ISF

| | |
|-----|--|
| 1. | Name of KV/Region ----- |
| 2. | Name of Sports event conducted (Boys/Girls)----- |
| 3. | Number of Participants registered ----- |
| 4. | Number of Escort teachers registered ----- |
| 5. | Number of Pages -----enclosed |
| 6. | Advance taken from RSCB/NSCB - Rs.----- |
| 7. | Total amount submitted for reimbursement Rs.----- |
| 8. | List of Participants duly signed by the mother school Principal and counter signed by venue Principal |
| 9. | Whether the Kit (sports playing kit) and other items were provided by the Regional office/Venue Principal -Yes/No |
| 10. | Requisitions for all the items duly signed by the in-charge along with date. |
| 11. | A copy of Supply Order. |
| 12. | Officer order/circular Letters issued by competing authority for conducting the event. |
| 13. | Checking of Purchase procedure if less than Rs. 25000/- relevant certificate as per GFR 2005. |
| 14. | Approval of Chairman on Comparative statement. |
| 15. | Certificate of CS-41. |
| 16. | Stamped Receipt for more than Rs. 5000/-. |
| 17. | Stock Entry of the items. |
| 18. | Certificate regarding completion of the work satisfactorily. |
| 19. | Copy of Comparative statement. |
| 20. | Deduction of Tax/TDS etc. as per norms. |
| 21. | In case of hiring of Transportation (in the absence of PAN) then Income Tax 20% deduction and copy of vehicle registration. |
| 22. | Number of vehicles(transport) engaged per day , log inventers-showing per kilometer/ per day. |
| 23. | TIN and Bill Number should be mentioned on Bill. |
| 24. | In case of DA paid other than venue (during journey etc.) in Train/Bus etc. date wise self voucher may be submitted with signatures of participants. |
| 25. | Head wise statement of expenditures. |
| 26. | EMD (Earned Money Deposit) taken or not. |
| 27. | Signature of the Principal on all papers/bills/vouchers. |
| 28. | Copy of relieving orders of escort teachers along with strength list participating. |
| 29. | Receipt of the sports kit distribution with signature of students. |
| 30. | Allotment of Sports event by KVS HQ. |
| 31. | Detail of Sports infrastructure/facilities hired for the event. |
| 32. | Payment receipts of engaged infrastructure for the event. |
| 33. | Correspondence with Fedration/Sports officials/Umpire to conduct the event. |
| 34. | Number of officials engaged per day. |
| 35. | Daily attendance sheet of officials/umpires engaged for the event. |
| 36. | Vouchers of payments made to the officials/umpires (Attested by the Authority). |
| 37. | The copy of the fixtures (match's schedule). |
| 38. | Summary of cash awards given to the winner. |
| 39. | Any others details. |
| 40. | Submission of expenditure should be sent by registered post. |

Format for Submission of Expenditure for conducting NSM

**Detail of expenditures incurred by host Region for hosting NSM.....wide letter
F.No.....dated**

.....
Name of Region..... Venue/KV.....
Name of Games/Events..... Age & Group.....

1- Detail of Sports Meet-

(a) NSM held fromto(date) No. Days

2- Participants/Coaches/Managers-

(a) No. of participants..... (enclose the list)
(b) No. of Coaches/Managers..... (enclose the list)
Total strength

3- Expenditure from RSCB fund for NSM -

(a) D.A. (Lodging & Boarding) of Participants @ Rs..... per day/per head(Actual as quotation)
No. of Days NSM X Rs..... (Voucher. No.....) Rs.....
(b) D.A. of Coach/Manager @ Rs.per day/per head
Total No. of Days of NSMX Rs. 500/- = Rs.....
Total (a+b) Rs.....

4- Transportation hired/engaged NSM Meet-

(a) From(Place)to..... Total days
Amount paid for Transport / Convenes (Voucher. No.....) Rs

5- Hiring of Sports Stadia / Infrastructure/Ground/ Electric Gadget & Device for NSM -

(a) Name & No. of Infrastructure.....for No. of Days
(b) Stadium/ Infrastructure (Per day/Hours) @ Rs.....X No. of days Rs.....
(c) Electronic devices (Per day/Hours) @ Rs.....X No. of days Rs.....
(d) Any other (Per day/Hours) @ Rs.....X No. of days Rs.....

Total (a+b+c+d) amount paid (Voucher. No.....) Rs

6- Remuneration paid to Officials/Referees/umpires engaged from Outsourcess-

(a) No. of Officials (hired/engaged) for No. of Days
(b) Total No. Officials @ Rs.....X No. of Days..... (Voucher No.....) Rs.....

7- Hiring of Light/PA System/Generator for Power backup-

(a) For Light X No. day.....@ Rs.....(Voucher No.....)Rs.....
(b) For P A System X No. day.....@ Rs.....(Voucher No.....)Rs.....
(c) For Generator X No. day.....@ Rs.....(Voucher No.....)Rs.....

Total (a+b+c) Rs.

8- Hiring of Tentage/Shamyana etc.

(a) Shamyana X No. of Days X @ Rs..... Rs.....
(b) Chairs X No. days X @ Rs..... Rs.....
(c) Table X No. of Days X @ Rs..... Rs.....
(d)No. of Day X @ Rs.Rs.....
(e)No. of Day X @ Rs.Rs.....
(f)No. of Day X @ Rs.Rs.....

Total of (a+b+c+d+e.....+...+... (as per Voucher. No.....)

Total Rs.

9- Medical Assistance / First Aid / Ambulance Expenses-

(a) Medical Materials.....(Vouchers/Bills No.) Rs.....
(b) Ambulance Charge X No. of Days X @ Rs.....(Bill/Voucher No.) Rs.....
(c) Doctor/Nurse X No. of Days X @ Rs.....(Bill/Voucher No.....) Rs.....
(d) Any other.....(Bill/Voucher No.....) Rs.....

Total (a+b+c+d)

Total Rs.....

Cont.-

10- Expenditures for Photo & Videography/LCD Display/Banners/Flex/Publicity etc.

- | | |
|-----------------------------|---------|
| (a) Photography..... | Rs..... |
| (b) Videography..... | Rs..... |
| (c) LCD Display System..... | Rs..... |
| (d) Banners/flex etc | Rs..... |
| (e) Any other | Rs..... |

Total of (a+b+c+d+e) (as per Voucher. No.....) Total Rs

11- Expenses of Medals/ Trophy/ Memento/Certificate/ Identity Card-

- | | |
|--|---------|
| (a) Medals X No. of Pieces X @ Rs..... (Bill/Voucher No.....) | Rs..... |
| (b) Trophy X No. of Pieces X @ Rs..... (Bill/Voucher No.....) | Rs..... |
| (c) Memento X No. of Pieces X @ Rs..... (Bill/Voucher No.....) | Rs..... |
| (d) Certificates X No. of Pieces X @ Rs..... (Bill/Voucher No.....) | Rs..... |
| (e) Banners/Flex X No. of Pieces X @ Rs..... (Bill/Voucher No.....) | Rs..... |
| (f) Identity Card X No. of Pieces X @ Rs..... (Bill/Voucher No.....) | Rs..... |

Total of(a+b+c+d+e+f) (as per Voucher. No.....) Total Rs

12- Hiring of Manpower for Meet..

- (a) No. of Labour/Ground man X No. of Days X @ Rs(per day/per head) Rs.

13- Cash Award for NSM winner (Team/Individual events wise)-

- | | |
|---|---------|
| (a) No. of Gold Medal X @ Rs..... (as per winner list enclosed) | Rs..... |
| (b) No. of Silver Medal X @ Rs..... | Rs..... |
| (c) No. of Bronze Medal X @ Rs..... | Rs..... |

Total (a+b+c) Rs.

14- Expenditure of Opening & Closing Ceremony (Athletics & Swimming Only)-

- (a)
- (b)
- (c)

Total (a+b+c) Rs.

15- Any other Miscellaneous Expenditure-(with justification & vouchers)

- | | |
|----------|---------|
| (a)..... | Rs..... |
| (b)..... | Rs..... |

Grand Total (Column 1 to 15) Rs.....

(Rupees in words.....)

Note- Attested copies of Bills & Vouchers are to be submitted. Original will remain at venue where the expenditures incurred.

Sign.of venue Principal

CERTIFICATE OF VERIFICATION

This is to certified that above information of Expenditures/Bills/Vouchers have been physically verified and checked by the committee and found correct as per original.

In-charge
Regional Sports Cell (TGT-P&HE)

Assistant Commissioner (Sports)

Pre-audited by

Signature & Seal of Finance officer (RO)

Signature of Deputy Commissioner

Format for Submission of Expenditure for Settlement

Summary of expenditures incurred for Coaching Camp/Participation in -----
 Tournament wide KVS (HQ) letter No.dated
Name of Host Region-----**Host Venue/KV**-----
Name of Game/Event----- **Boys/Girls**-----**Age**-----
Date of Coaching Camp**To**..... **No. of Days**.....
Dates of Sports Meet **To**..... **No. of Days**.....

1. Expenditure of DA -

| S. No. | Participants | Strength | No. of Days | DA @ Rs. | Total amount in R |
|--------|--------------------|----------|-------------|----------|-------------------|
| a) | Students | | | | |
| b) | Coaches | | | | |
| c) | Managers/D-Mission | | | | |
| d) | Others | | | | |
| Total | | | | | |

2. Expenditure from RSCB fund for SGFI Camp and Participation in SGFI as per Sports Modalities -

| S. No. | Particulars | Strength | Cost @ Rs. /- Per | Total amount in Rs. | Remarks |
|--------|-------------|----------|-------------------|---------------------|--|
| a) | Students | | | | per students/ coaches amount for Sports kit should be calculated |
| b) | Coaches | | | | |
| c) | Managers | | | | |
| d) | D-Mission | | | | |
| Total | | | | | |

3. Transportation hired/ engaged for Coaching Camp & SGFI Meet-

| S. No. | Particulars | Quantity (Set) | No. of Days | Charge per/Day Rs. | Total Amount | Remarks |
|--------|-------------|----------------|-------------|--------------------|--------------|-------------------------------|
| a) | Bus | | | | | Mode of transports used |
| b) | Mini Bus | | | | | |
| c) | Van | | | | | |
| d) | Car/Taxi | | | | | |
| Total | | | | | | |

4. Remuneration/ Amount paid to Coaches /Officials /Counselor engaged from Outsources-

| S. No. | particular | Numbers | No. of Days | Charge per day@ R | Total Amount | Remarks |
|--------|-------------------------|---------|-------------|-------------------|--------------|--|
| a) | Coaches | | | | | As per sports modalities reported coaches / counselor engaged |
| b) | Counsellor | | | | | |
| c) | Grounds Man/ Labours | | | | | |
| d) | Doctor/Nurse | | | | | |
| Total | | | | | | |

5. Sports Infrastructure booked/Hired (outsources) -

| S. No. | Infrastructure | Quantity | No. of Days | Charge per day@ R | Total Amount | Remarks |
|--------|----------------|----------|-------------|-------------------|--------------|--|
| a) | | | | | | The Infrastructure Other than KVs ,rent paid for Coaching camp |
| b) | | | | | | |
| c) | | | | | | |
| d) | | | | | | |
| Total | | | | | | |

6. Registration fee/charges paid for SGFI and Miscellaneous -

| S. No. | Infrastructure | Quantity | Fee | Charge per day@ R | Total Amount | Remarks |
|--------|----------------|----------|-----|-------------------|--------------|---|
| a) | | | | | | Registration charges Paid Per students as per SGFI Norms |
| b) | | | | | | |
| c) | | | | | | |
| d) | | | | | | |
| Total | | | | | | |

7. Medical Expenses for KVS Team

| Mention the Details of Medical Expenses, if any | | | | Total Amount |
|---|------------------------------------|--|--|--------------|
| 8. | Miscellaneous Expenditures, if any | | | |

Signature of In-charge (TGT-P&HE)
(Sports)

Signature of Assistant Commissioner

Signature of Finance Officer

Checked and Verified/Pre-audited by-

Signature of Deputy Commissioner of Region

DETAILS OF EXPENDITURES IN KVS NATIONAL SPORTS MEET/SGFI & OTHER TOURNAMENTS

S.No. 1 - Registrations of Teams/Players/Officials/Escorts-

| Registration at Venue | | | |
|-----------------------|-------------------------------------|--------------------------|-------|
| No. of Students | No. of Escorts/ Coaches/Teachers | No. of Officials engaged | Total |
| | | | |

S.No. 2- Transportation -

| Vehicles/Buses engaged | | | | | | |
|------------------------|-------|----------------------|---------|-------------|-------------|-------|
| S. No. | Dates | No. of Buses per day | Purpose | Hours | | Total |
| | | | | Morning(AM) | Evening(PM) | |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

S.No. 3- Honorarium for Officials/Umpires/Referees/Selectors/Ground Mans/Labours etc.

| Details of Man power engaged/ Hired | | | | | | Remarks |
|-------------------------------------|--------|------------|-----------|---------------------|-------|---------|
| Events Conducted | Days | Engagement | | | | |
| | | Officials | Selectors | Ground Mans/Labours | Total | |
| | Day -1 | | | | | |
| | Day -2 | | | | | |
| | Day -3 | | | | | |
| | Day -4 | | | | | |
| | Day -5 | | | | | |
| | Day -6 | | | | | |
| | Day -7 | | | | | |
| | Day -8 | | | | | |

S.No. 4- Hiring of Sports Infrastructure/Play fields (other than KV)

| Infrastructures | | | | | |
|-----------------|----------------|-------|----|-------------|----------|
| S. No. | Name of Events | Dates | | No. of Days | Quantity |
| | | From | To | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

Note- Please enclose schedule and fixtures of matches.

Verified by
Regional Sports Cell

Assistant Commissioner (Sports)

SECTION- O

COLOURS OF REGIONS

Colours allotted to the Regions/Contingents-

| S. No. | Region | Base Color and combination with sublimation |
|--------|-------------------|---|
| 1 | Arga | Blue Navy with Black |
| 2 | Ahmedabad | Blue Navy with Red |
| 3 | Bengaluru | Blue Navy with white |
| 4 | Bhopal | Yellow (Athletic) with Black |
| 5 | Bhubneswar | Yellow (Athletic) with Red |
| 6 | Chandigarh | Yellow (Athletic) with white |
| 7 | Chennai | Blue (Sky) with Black |
| 8 | Dehradun | Blue (Sky) with Red |
| 9 | Delhi | Blue (Sky) with white |
| 10 | Earnakulam | Green (Olive) with Black |
| 11 | Gurugram | Maroon with Yellow |
| 12 | Guwahati | Green(Olive) with Red |
| 13 | Hyderabad | Green(Olive) with White |
| 14 | Jabalpur | Red (Dark) with Black |
| 15 | Jaipur | Red (Dark) with Blue |
| 16 | Jammu | Red (Dark) with White |
| 17 | Kolkata | Black (Jet) with White /Gray |
| 18 | Lucknow | Magenta with Black |
| 19 | Mumbai | Magenta with Yellow |
| 20 | Patna | Magenta with White |
| 21 | Raipur | Blue (Royal) with Blue |
| 22 | Ranchi | Blue (Royal) with Red |
| 23 | Silcher | Blue (Royal) with White |
| 24 | Tinsukhiya | Maroon with Blue (Light) |
| 25 | Varanasi | Maroon with white |
| 26 | KVS National Flag | Navy Blue with Red and Golden Text & KVS Emblem |

Note:-

- **Sublimation design is permissible on playing Kits & Track Suits.**
- **The Colours of Playing Kits & Track Suits for KVS teams shall be Navy Blue base with sublimation colours for representing/ participating in NSG(SGFI) and other National Events.**
- **The Colour of Blazers (SGFI) will be Navy blue with KVS crest only.**

SECTION - P

REGIONAL SPORTS CELL

Duties and Responsibilities of KVS Regional Sports Cell

- a. Maintaining the records of Sports Infrastructures in Region.
- b. Maintenance of Profile of Students, TGT(P&HE), Contractual Sports Coaches & Yoga experts etc.
- c. Uploading the data and details of students/teachers for online entry on KVS Sports Portal.
- d. Records of all Students participated in KVS RSM, NSM, SGFI, International and other than KVS Sports Competition etc.
- e. Profile of Top Sports Achievers (Students/Teachers) at SGFI, National and International level.
- f. Record of expenditure on Sports development, Organizing of Sports Meet/Tournaments/Competitions etc.
- g. To coordinate/communicate with all concerned KVs, Regions and National Sports Cell (HQ) etc.
- h. A Meeting of TGT (P&HE) Twice in a year or as per need at Regional level under Chairmanship of Deputy Commissioner/Assistant Commissioner(Sports).
- i. Collection, Analysis and submission of all the data related with Yoga, Fit India, Khelo india, Sports & Games should be communicate to KVs/Region(s)/KVS(HQ) as and when it is required.
- j. Supervision of KVS Regional/National/SGFI/other tournaments and submission of report to the concerned Regional Sports Cell / KVS (HQ).
- k. Planning for development of Sports, Coaching Camps for Regional/Vidyalaya team/players during Summer vacation, Winter and Autumn break with approval of RSCB.
- l. Monitoring of scheduled activities of Fitness Programme etc., procure and forwarding compiled data to KVS(HQ) of respective Region.
- m. Any Disputes/Queries/Clarification/RTI related with KV/Regional Sports Meet/Regional Coaching Camp/Selection etc. should be settled at RO level and it should not be referred/sent/forwarded to KVS(HQ).
- n. In-Charge of Regional Sports Cell (TGT-P&HE) may visit the venue during Regional/National/SGFI Sports Meet/ Coaching Camp within the Region after approval by the Deputy Commissioner of the concerned Region.
- o. All Queries/Clarification/Disputes related with sports should be settled/solved/replied at Regional level only by TGT(P&HE)/Principal/Assistant Commissioner(Sports)/Deputy Commissioner of concerned Region accordingly.

APPENDIX - I

Age Groups & No. of Participants

1. ATHLETICS (TRACK & FIELD EVENTS) - Number of Participants and Events for KVS RSM/NSM & NSG (SGFI)

| S. No. | Event | Under - 14 | | | | Under - 17 | | | | Under - 19 | | | | | | | |
|--------|---------------|--|-----------|--|-----------|--|----------|--|----------|--|----------|--|----------|----------|----------|----------|----------|
| | | Boys | | Girls | | Boys | | Girls | | Boys | | Girls | | | | | |
| | | No. of Participants up to KVS National level | For SGFI | No. of Participants up to KVS National level | For SGFI | No. of Participants up to KVS National level | For SGFI | No. of Participants up to KVS National level | For SGFI | No. of Participants up to KVS National level | For SGFI | No. of Participants up to KVS National level | For SGFI | | | | |
| 1 | 100 M | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 2 | 200 M | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 3 | 400 M | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 4 | 600 M | 2 | 2 | 2 | 2 | No Event | No Event | No Event | No Event | No Event | No Event | No Event | No Event | | | | |
| 5 | 80 M Hurdle | 2 | 2 | 2 | 2 | No Event | No Event | No Event | No Event | No Event | No Event | No Event | No Event | | | | |
| 6 | High Jump | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 7 | Long Jump | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 8 | Shot put | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 9 | Discus throw | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 10 | 800 M | No Events | No Events | No Events | No Events | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | | | |
| 11 | 1500 M | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | |
| 12 | 3000 M | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | | |
| 14 | 100 M Hurdle | | | | | No Event | No Event | 2 | 2 | No Event | No Event | 2 | 2 | No Event | No Event | 2 | 2 |
| 15 | Triple Jump | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 16 | Pole Vault | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 17 | Javelin throw | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 18 | Hammer throw | | | | | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | |
| 19 | 3 km Walk | | | | | No Event | No Event | 2 | 2 | No Event | No Event | 2 | 2 | No Event | No Event | 2 | 2 |
| 20 | 5 Km Walk | | | | | 2 | 2 | No Event | No Event | 2 | 2 | No Event | No Event | 2 | 2 | No Event | No Event |
| 21 | 110 M Hurdle | | | | | 2 | 2 | No Event | No Event | 2 | 2 | No Event | No Event | 2 | 2 | No Event | No Event |

| | | | | | | | | | | | | | |
|----|--------------------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|
| 22 | 400 M Hurdle | No Event | No Event | No Event | No Event | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 23 | 4 x 100 M Relay | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 24 | 4 x 400 M Relay | No Event | No Event | No Event | No Event | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 25 | 6 km Cross Country | No Event | No Event | No Event | No Event | No Event | No Event | No Event | No Event | 2 | 2 | No Event | No Event |
| 26 | 4 km Cross Country | No Event | No Event | No Event | No Event | No Event | No Event | No Event | No Event | No Event | No Event | 2 | 2 |

Note- An athlete can participate in maximum three (03) events besides the relay events.

APPENDIX – II

ATHLETICS- SPECIFICATION OF EQUIPMENTS, WEIGHT & HEIGHT AS PER SGFI NORMS -

| S. No. | Equipments Weight/ Height | Boys | | | Girls | | |
|--------|---------------------------|---------|----------|----------|---------|----------|----------|
| | | U-14 | U-17 | U-19 | U-14 | U-17 | U-19 |
| 1 | 80 M Hurdles | 0.762 M | - | - | 0.762 M | - | - |
| 2 | 100 M Hurdles | - | - | - | - | 0.762 M | 0.762 M |
| 3 | 110 M Hurdles | - | 0.914 M | 0.914 M | - | - | - |
| 4 | 400 M Hurdles | - | 0.838 M | 0.838 M | - | 0.762 M | 0.762 M |
| 5 | Shot Put | 4.0 Kg | 5.0 Kg | 5.0 Kg | 3.0 Kg | 3.0 Kg | 3.0 Kg |
| 6 | Discus Throw | 1.0 Kg | 1.5 Kg | 1.5 Kg | 1.0 Kg | 1.0 Kg | 1.0 Kg |
| 7 | Hammer Throw | - | 5.0 Kg | 5.0 Kg | - | 3.0 Kg | 3.0 Kg |
| 8 | Javelin Throw | - | 700 Gram | 700 Gram | - | 500 Gram | 500 Gram |

APENDIX - III

2. SWIMMING & DIVING - Number of Participants and Events for KVS RSM/NSM & NSG (SGFI)

| Sl. No. | Event | Under - 14 | | | | Under - 17 | | | | Under - 19 | | | |
|---------|--------------------|-------------------|-----------|-------------------|-----------|-------------------|-----------|-------------------|-----------|-------------------|-----------|-------------------|-----------|
| | | Boys | | Girls | | Boys | | Girls | | Boys | | Girls | |
| | | KVS National Meet | SGFI Meet | KVS National Meet | SGFI Meet | KVS National Meet | SGFI Meet | KVS National Meet | SGFI Meet | KVS National Meet | SGFI Meet | KVS National Meet | SGFI Meet |
| 1 | 50m free style | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 2 | 100m free style | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 3 | 200m free style | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 4 | 400m free style | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 5 | 50m back stroke | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 6 | 100m back stroke | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 7 | 200m back stroke | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 8 | 50m Breast stroke | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 9 | 100m Breast stroke | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 10 | 200m Breast stroke | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |

| | | | | | | | | | | | | | |
|----|-------------------------|---|---|---|---|---|---|---|---|---|---|---|---|
| 11 | 50m Butterfly | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 12 | 100m Butterfly | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 13 | 200 m Butterfly | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 14 | 200m Ind. Medlay | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 15 | High Board | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 16 | High Board 1 M | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 17 | Spring Board 1M | 2 | 2 | - | - | - | - | - | - | - | - | - | - |
| 18 | Spring Board 3M | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 19 | 4x100m free style relay | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 20 | 4x100m Medlay relay | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 21 | 800m free style | - | - | - | - | 2 | 2 | - | - | - | - | 2 | 2 |
| 22 | 400m Ind. Medlay | - | - | - | - | 2 | 2 | 2 | 2 | 2 | 2 | 2 | 2 |
| 23 | 1500m free style | - | - | - | - | - | - | - | - | 2 | 2 | - | - |

Note- A Swimmer may participate in three events besides the relay events.

APPENDIX - IV

3. BOXING- Number of Participants, Events & weight Category (In Kg.) for KVS RSM/NSM/NSG (SGFI)

| S. No. | Under - 14 | | | | Under - 17 | | | | Under - 19 Boys | | | |
|--------------|---------------------------------|----------------|-----------------------------------|----------------|---------------------------------|----------------|----------------------------------|----------------|---------------------------------|----------------|----------------------------------|----------------|
| | Weight for Boys (Above - Below) | No. of Players | Weight. for Girls (Above - Below) | No. of Players | Weight for Boys (Above - Below) | No. of Players | Weight for Girls (Above - Below) | No. of Players | Weight for Boys (Above - Below) | No. of Players | Weight for Girls (Above - Below) | No. of Players |
| 1 | 28-30 | 1 | 30-32 | 1 | 42-46 | 1 | 38-42 | 1 | 42-46 | 1 | -45 | 1 |
| 2 | 30-32 | 1 | 32-34 | 1 | 46-48 | 1 | 42-44 | 1 | 46-49 | 1 | 45-48 | 1 |
| 3 | 32-34 | 1 | 34-36 | 1 | 48-50 | 1 | 44-46 | 1 | 49-52 | 1 | 48-51 | 1 |
| 4 | 34-36 | 1 | 36-38 | 1 | 50-52 | 1 | 46-48 | 1 | 52-56 | 1 | 51-54 | 1 |
| 5 | 36-38 | 1 | 38-40 | 1 | 52-54 | 1 | 48-50 | 1 | 56-60 | 1 | 54-57 | 1 |
| 6 | 38-40 | 1 | 40-42 | 1 | 54-57 | 1 | 50-52 | 1 | 60-64 | 1 | 57-60 | 1 |
| 7 | 40-42 | 1 | 42-44 | 1 | 57-60 | 1 | 52-54 | 1 | 64-69 | 1 | 60-64 | 1 |
| 8 | 42-44 | 1 | 44-46 | 1 | 60-63 | 1 | 54-57 | 1 | 69-75 | 1 | 64-66 | 1 |
| 9 | 44-46 | 1 | 46-48 | 1 | 63-66 | 1 | 57-60 | 1 | 75-81 | 1 | 66-69 | 1 |
| 10 | 46-48 | 1 | - | - | 66-70 | 1 | - | - | 81-91 | 1 | 69-75 | 1 |
| 11 | 48-50 | 1 | - | - | 70-75 | 1 | - | - | 91 and above | 1 | 75-81 | 1 |
| 12 | - | - | - | - | 75-80 | 1 | - | - | - | - | 81 and above | 1 |
| 13 | - | - | - | - | 80 and above | 1 | - | - | - | - | | |
| Total | | 11 | - | 09 | | 13 | - | 09 | | 11 | | 12 |

Note: Boxing U-14 (Girls) up to KVS National level only.

APPENDIX -V

4. JUDO – Number of Participants, Events & Weight Category (In Kg.) for KVS RSM/NSM/NSG (SGFI)

| S. No. | Under - 14 | | | | Under - 17 | | | | Under - 19 | | | |
|--------------|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|
| | Weight (Above - Below) | Boys | Weight (Above - Below) | Girls | Weight (Above - Below) | Boys | Weight (Above - Below) | Girls | Weight (Above - Below) | Boys | Weight (Above - Below) | Girls |
| 1 | 21-25 | 1 | 18-23 | 1 | 35-40 | 1 | 31-36 | 1 | 36-40 | 1 | 32-36 | 1 |
| 2 | 25-30 | 1 | 23-27 | 1 | 40-45 | 1 | 36-40 | 1 | 40-45 | 1 | 36-40 | 1 |
| 3 | 30-35 | 1 | 27-32 | 1 | 45-50 | 1 | 40-44 | 1 | 45-50 | 1 | 40-44 | 1 |
| 4 | 35-40 | 1 | 32-36 | 1 | 50-55 | 1 | 44-48 | 1 | 50-55 | 1 | 44-48 | 1 |
| 5 | 40-45 | 1 | 36-40 | 1 | 55-60 | 1 | 48-52 | 1 | 55-60 | 1 | 48-52 | 1 |
| 6 | 45 -50 | 1 | 40-44 | 1 | 60-66 | 1 | 52-57 | 1 | 60-66 | 1 | 52-57 | 1 |
| 7 | 50 and above | 1 | 44 and above | 1 | 66-73 | 1 | 57-63 | 1 | 66-73 | 1 | 57-63 | 1 |
| 8 | - | - | - | - | 73-81 | 1 | 63-70 | 1 | 73-81 | 1 | 63-70 | 1 |
| 9 | - | - | - | - | 81-90 | 1 | 70 and above | 1 | 81-90 | 1 | 70 and above | 1 |
| 10 | - | - | - | - | 90 and above | 1 | - | - | 90 and above | 1 | - | - |
| Total | | 07 | | 07 | | 10 | | 09 | | 10 | | 09 |

5. KABADDI- Weight Category & Specification of Court for KVS RSM/NSM/NSG (SGFI)

| Kabaddi Weight Category & Court | Group | Under - 14 | | | Under - 17 | | |
|---------------------------------|-------|-----------------|------------|----------------|-----------------|------------|----------------|
| | | Weight | Court Size | Weight | Court Size | Weight | Court Size |
| | Boys | Below - 51.0 Kg | Court Size | Size- 11 X 8 M | Below - 55.0 Kg | Court Size | Size- 12 X 8 M |
| | Girls | Below - 48.0 Kg | | Size- 11 X 8 M | Below - 55.0 Kg | | Size- 12 X 8 M |

APPENDIX - VI

6. TAEKWONDO- No. of Participants, Events & Weight Category (In Kg.) for KVS RSM/NSM/NSG (SGFI)

| S. No. | Under - 14 | | | | Under - 17 | | | | Under - 19 | | | |
|--------------|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|------------------------|-----------|
| | Weight (Above - Below) | Boys | Weight (Above - Below) | Girls | Weight (Above - Below) | Boys | Weight (Above - Below) | Girls | Weight (Above - Below) | Boys | Weight (Above - Below) | Girls |
| 1 | 16-18 | 1 | 14-16 | 1 | 31-35 | 1 | 29-32 | 1 | 42-45 | 1 | 36-40 | 1 |
| 2 | 18-21 | 1 | 16-18 | 1 | 35-38 | 1 | 32-35 | 1 | 45-48 | 1 | 40-42 | 1 |
| 3 | 21-23 | 1 | 18-20 | 1 | 38-41 | 1 | 35-38 | 1 | 48-51 | 1 | 42-44 | 1 |
| 4 | 23-25 | 1 | 20-22 | 1 | 41-45 | 1 | 38-42 | 1 | 51-55 | 1 | 44-46 | 1 |
| 5 | 25-27 | 1 | 22-24 | 1 | 45-48 | 1 | 42-44 | 1 | 55-59 | 1 | 46-49 | 1 |
| 6 | 27-29 | 1 | 24-26 | 1 | 48-51 | 1 | 44-46 | 1 | 59-63 | 1 | 49-52 | 1 |
| 7 | 29-32 | 1 | 26-29 | 1 | 51-55 | 1 | 46-49 | 1 | 63-68 | 1 | 52-55 | 1 |
| 8 | 32-35 | 1 | 29-32 | 1 | 55-59 | 1 | 49-52 | 1 | 68-73 | 1 | 55-59 | 1 |
| 9 | 35-38 | 1 | 32-35 | 1 | 59-63 | 1 | 52-55 | 1 | 73-78 | 1 | 59-63 | 1 |
| 10 | 38-41 | 1 | 35-38 | 1 | 63-68 | 1 | 55-59 | 1 | 78 and above | 1 | 63-68 | 1 |
| 11 | 41 and above | 1 | 38 and above | 1 | 68-73 | 1 | 59-63 | 1 | - | - | 68 and above | 1 |
| 12 | - | - | - | - | 73-78 | 1 | 63-68 | 1 | - | - | - | - |
| 13 | - | - | - | - | 78 and above | 1 | 68 and above | 1 | - | - | - | - |
| Total | | 11 | | 11 | | 13 | | 13 | | 10 | | 11 |

APPENDIX - VII

7. SKATING- No. of Participants, Events & Distance for RSM/NSM/NSG (SGFI)

| Under - 14 year | Quad. | | | Inline | | | |
|-------------------------|-----------|---------|-----------|-----------|---------|------------------------|------------------------|
| Events for Boys & Girls | Rink I | Rink II | Road Race | Rink III | Rink IV | Rink V | Road Race |
| Distance in Meters | 500 M + D | 1000 M | 2000 M | 500 M + D | 1000 M | Road Race - II (1 Lap) | Road Race - III 2000 M |
| Group | Boys | | Girls | Boys | | Girls | |
| No. of Participants | 03 | | 03 | 03 | | 03 | |

| Under - 17 & 19 year | Quad. | | | Inline | | | |
|-------------------------------------|-----------|---------|-----------|-----------|---------|----------------------|-----------|
| | Rink I | Rink II | Road Race | Rink III | Rink IV | Rink V | Road Race |
| Distance in Meters | 500 M + D | 1000 M | 3000 M | 500 M + D | 1000 M | Road Race-II (1 Lap) | 3000 M |
| Group | Boys | | Girls | Boys | | Girls | |
| No. of Participants Under - 17 year | 03 | | 03 | 03 | | 03 | |
| Under- 19 year | 03 | | 03 | 03 | | 03 | |

APPENDIX - VIII

8. SPORTS EVENTS- No. of Participant, Age category of Individual & Team Events for RSM/NSM/NSG(SGFI)-

| S. No. | Game/Event | Under-14 | | | | Under-17 | | | | Under - 19 | | | |
|--------|--|-------------------------------|----------|----------|-----------|-------------------------|----------|----------|-----------|-------------------------|----------|----------|------|
| | | Boys | | Girls | | Boys | | Girls | | Boys | | Girls | |
| | | NSM | SGFI | NSM | SGFI | NSM | SGFI | NSM | SGFI | NSM | SGFI | NSM | SGFI |
| 1 | Archery (Indian Round) | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| | Archery (Recurve/FITA Round) | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| | Archery (Compound) | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 | 4 |
| 2 | Badminton | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 3 | Chess | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 4 | Table-Tennis | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 5 | Tennis (Lawn Tennis) | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 | 5 |
| 6 | Cricket (T-20) | 16 | 16 | 16 | Nil | 16 | 16 | 16 | 16 | Nil | | | |
| 7 | Shooting -(10m Open sight Air Rifle) | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| | Shooting -(10m Peep sight Air Rifle) | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| | Shooting- (10m Air pistol) | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 | 3 |
| 8 | Basketball | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | Nil | | | |
| 9 | Kabaddi | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | Nil | | | |
| 10 | Volleyball | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | Nil | | | |
| 11 | Handball | 16 | 16 | 16 | 16 | 16 | 16 | 16 | 16 | Nil | | | |
| 12 | Kho-Kho | 12 | 12 | 12 | 12 | 12 | 12 | 12 | 12 | Nil | | | |
| 13 | Football | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | Nil | | | |
| 14 | Hockey | 18 | 18 | 18 | 18 | 18 | 18 | 18 | 18 | Nil | | | |
| 15 | Yogasana | 5 | 7 | 5 | 7 | 5 | 7 | 5 | 7 | 5 | 7 | 5 | 7 |
| 16 | Rope Skipping (Up to NSM only) | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 | 6 |
| 17 | Gymnastics U-14,17 & 19 (Floor Exercise for Boys & Girls) up to Regional level only | 02 in each age category | | | | 02 in each age category | | | | 02 in each age category | | | |
| 18 | Mallkhamb U-14,17 & 19 (Pole for Boys & Rope for Girls) up to Regional level only | 02 in each age category | | | | 02 in each age category | | | | 02 in each age category | | | |
| 19 | Wrestling U-14, 17 & 19 (Free Style for Boys & Girls) Two (02) participants in each weight (Above - Below) up to Regional only | Weight Free Style U-14 | | | | Free Style U-17 | | | | Free Style U-19 | | | |
| | | S. No. | Boys | Girls | | S. No. | Boys | Girls | | S. No. | Girls | Boys | |
| | | 1 | 32-35 Kg | 28-30 Kg | | 1 | 41-45 Kg | 36-40 Kg | | 1 | 54-57 Kg | 46-50 Kg | |
| | | 2 | 35-38 Kg | 30-33 Kg | | 2 | 45-48 Kg | 40-43 Kg | | 2 | 57-61 Kg | 50-53 Kg | |
| | | 3 | 38-41 Kg | 33-36 Kg | | 3 | 48-51 Kg | 43-46 Kg | | 3 | 61-65 Kg | 53-55 Kg | |
| | | 4 | 41-44 Kg | 36-39 Kg | | 4 | 51-55 Kg | 46-49 Kg | | 4 | 65-70 Kg | 55-57 Kg | |
| | | 5 | 44-48 Kg | 39-42 Kg | | 5 | 55-60 Kg | 49-53 Kg | | 5 | 70-74 Kg | 57-59 Kg | |
| | | 6 | 48-52 Kg | 42-46 Kg | | 6 | 60-65 Kg | 53-57 Kg | | 6 | 74-79 Kg | 59-62 Kg | |
| | | 7 | 52-57 Kg | 46-50 Kg | | 7 | 65-71 Kg | 57-61 Kg | | 7 | 79-86 Kg | 62-65 Kg | |
| | | 8 | 57-62 Kg | 50-54 Kg | | 8 | 71-80 Kg | 61-65 Kg | | 8 | 86-92 Kg | 65-68 Kg | |
| | | 9 | 62-68 Kg | 54-58 Kg | | 9 | 80-92 Kg | 65-69 Kg | | 9 | 92-97 Kg | 68-72 Kg | |
| 10 | 68-75 Kg | 58-62 Kg | | 10 | 92-110 Kg | 69-73 Kg | | 10 | 97-125 Kg | 72-76 Kg | | | |
| | Total | 10 Each | | | | 10 Each | | | | 10 Each | | | |

APPENDIX- IX

SPORTS PLAYING KITS, TRACK SUITS, ACCESSORIES & Items for Players/Coaches/Managers for KVS NSM & NSG (SGFI) Championship

| S. No | Items | Games/Events/Items/Materials | For KVS National Sports Meet from RSCB | For SGFI (NSG) Meet from NSCB | Remark |
|--|--|---|--|--|---|
| 1 | Track Suit | All Events as per Modalities | 1 Set/Pair for each participant before NSM Participation *For Cricket – T-Shirt +Trouser will be provided (As per allotted colours) | 1 Set/Pair for each participants during Coaching Camp for NSG (SGFI) Participation. | Standardized and Branded Playing materials/Items/ Accessories should be provided . |
| 2 | T-Shirts & Shorts (Mandatory for School team /players from VVN for Sub-Regional/Regional) | All Events as per Modalities | | | |
| 3 | Playing Kit (As per Sports / Federation norms) | Archery, Athletics, Swimming, Taekwondo, Judo, Rope Skipping, Skating , Yogasana, Boxing, Wrestling/Mallkhamb / Skating. | | | |
| 4 | Shoes (Jogger) & Socks / Stocking | All Events for KVS NSM/SGFI | From RSCB | From NSCB | |
| 5 | Playing Shoes / Studs / Running Spikes / Cricket Shoes /Ring Shoes/ Mat Shoes. | Boxing, / Kabaddi / Taekwondo /Athletics / Football / Hockey / Cricket / Tennis / Badminton / Basketball / Wrestling / Kho-Kho (If conducting on Mat) from VVN /RSCB only. | | | |
| 6 | Blazer (Coat) | All Events as per Modalities | Nil | For all Participants / Escorts / Coaches / Managers / D-Mission of KVS team deputed by KVS (HQ) only | Standard /Good material with pocket NSG (SGFI). |
| 7 | Protection / Guard - i.e. Arm Guard, Leg Guard(Shin), Abdominal Guard, Chest Guard Gum Guard, Patti, Gloves, Helmet, Skates, Goggles , Swimmer's Cap etc. | As per Games if required | Expenditure incurred from VVN of Concerned KV. (If sufficient fund is not available in VVN than expenditure may be incurred from RSCB) | | As per specification of events wise Branded |
| 8 | Sports Caps in Regional Colors for NSM | For All Participants | By Concern Region (As per allotted Colours) | Sports Caps in KVS Colors | Print on Cap- KVS National Sports Meet |
| 9 | Duffel / Kit Bag for Participants (15 Inches -Drum Shape) | All Events | Nil | Individually for each participants | Good quality |
| 10 | Kneecaps, /Anklets/ Wristband (As per requirement of Games) | Kabaddi / Volleyball / Kho-Kho / Hockey / Football (as and when its required) | Individual for each participants | Individual for each participants | Branded |
| 11 | Racket/Bat (As per Games & requirement) | Badminton /Table-Tennis / Tennis | Provided by concerned KV from VVN Fund | | Branded as per the need of events |
| 12 | Cricket Bat | Cricket as per requirement | | | |
| 13 | Hockey Sticks | Hockey as per requirement | | | |
| 14 | Skipping Rope | As per event as per requirement | | | |
| 15 | Skates | As per event as per requirement | | | |
| 16 | Common Accessories / Equipment (Carry Bag) | 1- Hockey -Goal Keeper Kit, 2- Boxing- Gloves & Head Gear, 3- Cricket-Helmet, Batting / Keeper Pad 4- Taekwondo-Head Gear & Chest Guard 5- Leg & Arm Guard(Pad) | Commonly issued to team / Players from VVN / RSCB fund by concerned KV / Region for participation NSM / SGFI / Other Competitions. | | Concerned KV/ Coordinating Vidyalaya / Venue /Region will purchase & procure all accessories / equipments and payment will be made from VVN /RSCB fund. |
| 17 | Sports Kit for TGT(P&HE)/ Escort / Coach / Manager for KVS NSM / SGFI (Once in a Session / Year) | <ul style="list-style-type: none"> • For NSM - Blazer (Navy Blue) OR Tracksuit, T-Shirts, Shoes & Shocks will be provided to KVS Staff (Regular) deputed as Coach / Manager/ Escort of Regional/National team for participation in KVS National Meet and the same will be provided to TGT(PHE) deputed as Technical Officials / Experts at host venue by host Region from RSCB Fund by the Host Region / concerned Region. • For SGFI- Track Suit, Sports Shoes (Jogger), Socks, Blazer, T-Shirts & Shorts will be provided to KVS team /Coach / Manager / Contingent Manager & D-Mission (If TGT-PHE) deputed by KVS (HQ) / Region (KVS RO) for Coaching Camp and participating in National School Games (SGFI)/ Other National level event. | | | |
| <p>Note-a) SI. No. 01 to 06 & 08 to 10 items will be issued/provided permanently to participating Student/Escorts/Coach/Manager/ Contingent Manager/D-Mission. b) Expenditure will be met out as mentioned. c) The RSCB of concerned Region will decide Sports playing Kit / Playing Accessories / Equipment for team /participants in KVS Sub-Regional/Regional Sports Meet.</p> | | | | | |

NATIONAL SCHOOL GAMES, 202 .. - ...

CERTIFICATE OF ELIGIBILITY

Boys/Girls Under-14/17/19

Recent passport size
photograph with
name and date of
photograph taken,
duly attested by the
Principal

Signature of student

Region- **KENDRIYA VIDYALAYA SANGATHAN (KVS)**

| | | | | | | |
|----|--|---|---|---|---|--|
| 01 | Name of the Participants (In Block Letters) | | | | | |
| 02 | Father's Name (In Block Letters) | | | | | |
| 03 | Name of Institution (In Block Letters) | | | | | |
| 04 | Institution Full Address (In Block Letters) | | | | | |
| 05 | Institution Phone No. with STD Code No. | | | | | |
| 06 | Last Year Registration No. SGFI | | | | | |
| 07 | Date of Birth (i) In Fig. | | <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | | | |
| | (ii) In Words | | | | | |
| 08 | Discipline (Sports) | Team Games | Events | | Performance in Regional Meet | |
| | | Athletics/Archery / Skating/Rope Skipping / Shooting Swimming | 1- | | | |
| | | | 2- | | | |
| | | | 3- | | | |
| 09 | Pass port Number (if available) | | | | | |
| 10 | Aadhar Card Number (Copy) | | | | | |
| 11 | Age in completed years as on 31 st December 2019 | | Year | Month | Days | |
| | | | <input type="text"/> <input type="text"/> | <input type="text"/> <input type="text"/> | <input type="text"/> <input type="text"/> | |
| 12 | Home Address in Full & Phone /Mobile No. | | | | | |
| 13 | Admission Number & Year | | | | | |
| 14 | Date of Joining in the School | | | | | |
| 15 | Standard & section studying in current year | | | | | |
| 16 | Standard Studying last year | | | | | |
| 17 | Personal Identification Marks | | 1. | | | |
| | | | 2. | | | |
| 18 | Signature of Participant | | | | | |

1. Certified that the above participant is a Bonafied student of this institution for the academic year.
2. Certified that I have personally verified the admission records maintained in the school and found correct.
3. Certified that it is understood in the event of information furnished above found to be partly or wholly untrue, the above students is liable to be disqualified for a period of two years in case the students is a member of the team, then the participant is liable to be disqualified for a period of two years in case the students is a member of the team, then the participant is liable to be disqualified for a period of two years in case the students is a member of the team, then the participant is liable to be disqualified as a whole.

Signature of Competent
Authority of State/UT/Unit
with Seal

Signature with Seal Manager/Coach
Post/Designation.....

Signature with Seal of the Head of
Institution/Principal /Head Master

For Office Use only

Name of Invigilator.....

Sign of Invigilator.....

APPENDIX-XI



KENDRIYA VIDYALAYA
(Under KVS.....Region)

F. No. Dated.....

Mr. / Mrs. :

Parents of Master/Miss

Class & Section

Subject -Information and Consent letter for Participation/Selection in Sports -regd.

Dear Sir/Madam,

1. Your ward Master/Miss..... Class.....Section.....has been selected to represent the Vidyalaya ingames and to participate in the KVS Regional / National / SGFI / Khelo India Youth Sports / International Level Sports Competition/ Tournament at Venue / Kendriya VidyalayaFrom...../...../202... to...../...../202...

2. The Student will be escorted by KVS teachers/Staff/Other and the Boarding and Lodging expenditure will be made by Vidyalaya/Authority/Federation. If the student may be selected for a high level participation, he/she has to participate in event. The venue and date shall be informed by the KVS/Concerned Authority/Federation.

3. Furthermore, though the Escort/Teacher will always strive to take the best care of the students, it is to be ensured from your side and your ward's side that the student would be always disciplined and obeys the instructions of the teachers to ensure his/her own physical safety and for good impression to himself/herself and to the Vidyalaya.

Hence, you are requested to give strict and clear instructions to your ward in this regard. The Vidyalaya/KVS/Organizing Authority/ Federation or the Escorting teachers/Staff shall not be held responsible for any Injury/Damage /Loss/Miss happening due to non-obeying the Instructions.

4. He/she will follow Instructions / Guidelines for selection and participating in Sports activities/competition mentioned in KVS Sports Modalities.

5. In case your child is selected for SGFI Meet and refused to participate/withdraw from the SGFI will not eligible to get cash award of KVS National Sports Meet.

6. You are requested to read & understand the points and fill in the Performa appended in next page back side of this page and return to the undersigned immediately to record your consent to the selection and outstation participation of your ward and your acceptance of the above mentioned conditions.

(.....)
(.....)

TGT(P&HE)

Mobile No.....

Principal

APPENDIX-XII

To
The Principal
Kendriya Vidyalaya,
.....
.....

Subject- Acceptance/ Willingness of Parents for Participation in Sports Activities/Competition-regd.

Sir/Madam,

With reference to your letter No.
.....dtd.....

I,.....Father/Mother of Master / Miss
....., Class.....Section..... of Kendriya Vidyalaya

.....(.....Region) Hereby affirm that **I HAVE NO OBJECTION TO SEND MY
WARD/DAUGHTER/SON** for participation in games.....as mentioned
in your letter. I hereby agree to all the conditions and give my consent to his/ her participation, further in
case of his/her the selection for higher level if found eligible, I shall not withdraw him/her in between except
in exceptional cases with due permission of Deputy Commissioner of Region, I shall also instruct him/ her to
strictly follow the Instructions of the Escorts/Teacher/Coach and I shall not hold KVS responsible for anything
arising out of the failure of the students to follow the instructions and non-selection of ward at any level.

Therefore, I am submitting my consent letter along with Medical/Fitness certificate with full faith in
Vidyalaya / KVS about participation of my ward. I and my Family will neither violet any rules nor overlook
the instructions/decisions of KVS Authority at any stage in the subject of sports participation/selection /
Result.

Date:...../...../.....

Parent's Signature & date

Name of parent.....

Phone Number:.....

Address:.....
.....

GYMNASTICS FOR BOYS & GIRLS

(Under -14, 17& 19)

A- Floor Exercise (Compulsory & Optional Event)

- In Gymnastics the floor refers to a specially prepared exercise surface which considered and apparatus it is used by both Boys and Girls Gymnastics.
- Boys & Girls Gymnastics also perform on a 12 M X 12 M spring floor .
- Timing - 90 seconds for compulsory event & Optional event each.
- Rules require that gymnasts touch each corner of the floor at least once time during their routine but men each corner covered. As per gymnastics rules.

B- Competition -

- **Compulsory event-** For Class VI and above students on Floor Exercise in Gymnastics as -

| S. No | Element | Class of Difficulties | Value |
|-----------------------------------|-----------------------------|-----------------------|-------|
| 1 | Cartwheel | A+ | 1.00 |
| 2 | Back Walkover | B | 2.00 |
| 3 | Back Roll | A- | 0.50 |
| 4 | Plane Balance | A- | 0.50 |
| 5 | Split | A+ | 1.00 |
| 6 | Front Roll | A- | 0.50 |
| 7 | Hand Stand Roll | A+ | 1.00 |
| 8 | High Tuck Jump | A- | 0.50 |
| 9 | Cross Leg Balance | A+ | 1.00 |
| 10 | Dismount one Leg Handspring | B | 2.00 |
| TOTAL NUMBER OF DIFFICULTY | | 10.00 | |

- **Optional Events** - For Class VI and above students on Floor Exercise in Gymnastics (Choice combination of exercise)

| S. No. | Element | Class | Value |
|---|---------------------------|-------|-------|
| 1 | Both leg Handspring | B | 2.00 |
| 2 | Cartwheel | A+ | 1.00 |
| 3 | Back roll to Handstand | A+ | 1.00 |
| 4 | Back walkover | B | 2.00 |
| 5 | Plane balance | A- | 0.50 |
| 6 | Split | A+ | 1.00 |
| 7 | Forward roll | A- | 0.50 |
| 8 | Dive roll | A- | 0.50 |
| 9 | Handstand roll | A- | 0.50 |
| 10 | 360° 1/1 turn jump | A- | 0.50 |
| 11 | Cross leg balance Y scale | A+ | 1.00 |
| 12 | Front walkover | B | 2.00 |
| 13 | One leg handspring | B | 2.00 |
| 14 | Handstand with 180° turn | A- | 0.50 |
| 15 | Back roll | A- | 0.50 |
| 16 | One hand cartwheel | A- | 0.50 |
| 17 | Round off | A+ | 1.00 |
| 18 | Pike Jump | A- | 0.50 |
| 19 | Handstand hold 2 second | Z | 0.50 |
| 20 | Round off flic- flac | B | 2.00 |
| TOTAL NUMBER OF DIFFICULTY - 20.00 | | | |

C- JUDGE- As per Gymnastics (Floor event) norms.

- **Specific Deduction for Floor Exercise Element**

| ERROR | SMALL 0.10 | MEDIUM 0.30 | LARGE and fall .50/1.00 |
|--|------------|-------------|-------------------------|
| Insufficient height in acrobatic element | + | + | |
| Lack of flexibility during static element | + | + | |
| Pause 2 sec. or move before element or acrobatic series | + | | |
| Uncontrolled momentary Landing (also in transitions) | + | + | Fall + 1.00 |
| Jump to prone landing after element | + | + | |
| Landing with fact hands foot and hand or with any other part of the body outside of the floor area | | + | |
| Landing or touching with one foot or one hand outside the floor area. | + | | |
| Exercise longer than 70 second for man and 90 second for woman | +2 sec | 2.5 second | 5 |
| Holding part less than 2 second. | + | | |
| Holding part less than 1 second | | + | |
| Not utilize to 4 corner | | + | |

➤ **Basic Technique of Floor Exercise**

1. Cartwheel

- Cartwheel is a sideways rotatory movement of the body is performed by bringing the hand to the floor one at a time while the body inverts the leg travel over the body trunk while one or both hand are on the floor and then the feet return to the floor one at a time ending with the performance standing upright.

2. Walkover

- The legs are held straight in a split as they travel overhead the back is then arched until the leading foot touches the floor such that the performer is briefly in a back bridge position in gymnastics a front walkover typically ends with one foot extended in front and arms raised.

3. Side Scales

- Gymnastics balance exercise in which the body remains straight while pivoting on a single leg. They get their name from the old time weight measurement balance scales where one side goes down as the other rises.

4. Split

- A person who has assumed a split position is said to be in a split or doing the split when executing a split the line defined by the inner thighs of the leg from an angle of approximately 180° degrees.

5. Forward Roll

- The forward roll is one of the most basic element in gymnastics and one of the first learnt. The forward roll is started from standing position and then the gymnast crouches down places their hands shoulder wide a part hand facing forward.

6. Handstand Roll

- The handstand roll the start of basic tumbling because you are combining two skills together kick handstand and forward rolls it is important to have a strong understanding of both skills. Beginners will bend their arms during the forward roll advance will keep arms straight when forward rolling.

7. High Tuck Jump

- Rapidly dip down into a quarter squat and immediately explode upward. Drive the knees towards the chest. Jump as high as you can raising your knees up and then ensure good land by re-extending your legs.

8. Back Roll

- The back roll is similar to the forward roll but in reverse. The gymnast starts in a standing position and bends to a squat/sitting position with their arms in front. They then lower and lean back slightly until their bottom reaches the floor. The gymnast feet are then placed on the floor and the gymnast stands.

9. Cross Leg Scale Y Type

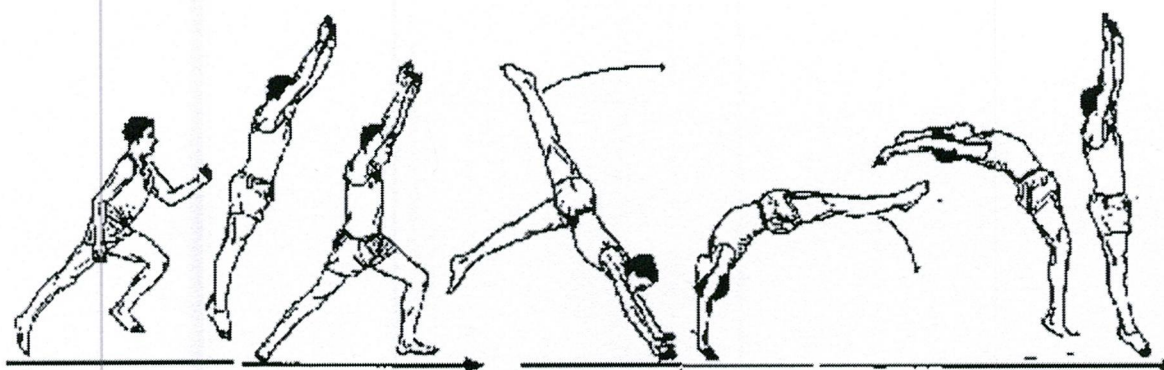
- Standing balances in a standing balance. The gymnast balances on one feet while maintaining a pose Y Scale. The gymnast extends one leg out to the side of the body so that the foot remains at shoulder or head level.

10. One leg Handspring

- One Leg Handspring is an acrobatic move in which a person executes a complete revolution of the body by lunging head first from an upright position into an inverted vertical position and then pushing off from the floor with the hands so as to leap back to an upright position.

11. Both leg handspring -

- both leg handspring (flying handspring) is an acrobatic movement in which a person executes a complete revolting of the body by lunging head first from an upright position into an inverted vertical position and then pushing off (i.e. spring) from the floor with the hands so as to leap back to upright position.



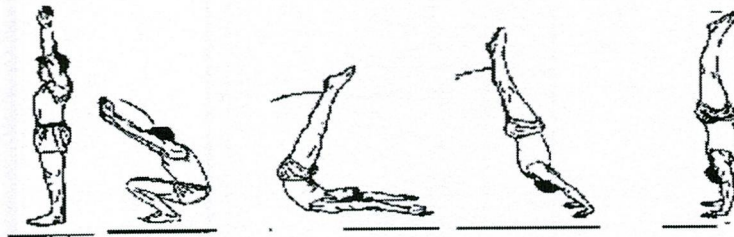
2. Cartwheel

- Cartwheel is a sideways rotatory movement of the body is performed by bringing the hand to the floor one at a time while the body inverts the leg travel over the body trunk while one or both hand is on the floor and then the feet return to the floor one at a time ending with the performance standing upright.



3. Back roll to handstand

- Round your back slightly and contract your abdominals so that your legs move up from alone when you roll back handstand when your hands touch the floor your leg should point straight up roll back to handstand and elevate yourself on your extended arms so that you go into a perfect handstand position.

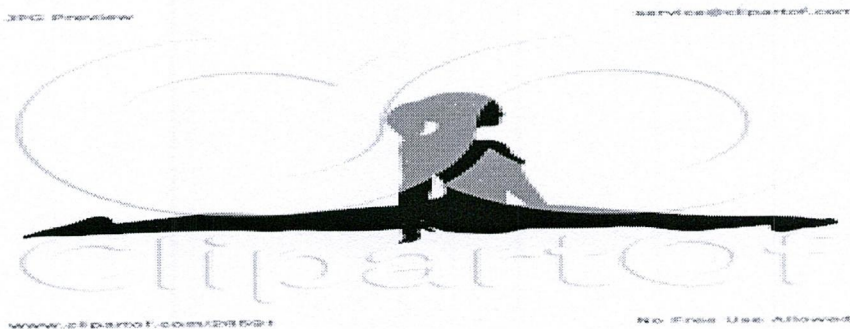


4. Walkover

- The legs are held straight in a split as they travel overhead the back is then arched until the leading foot touches the floor such that the performer is briefly in a back bridge position in gymnastics a front walkover typically ends with one foot extended in front and arms raised.

6. Split

- A person who has assumed a split position is said to be in a split or doing the split when executing a split, the line defined by the inner thighs of the leg from an angle of approximately 180° degrees.



7. Forward Roll

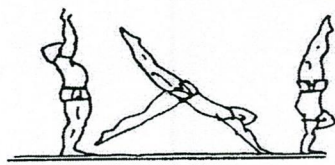
- The forward roll is one of the most basic element in gymnastics and one of the first learnt. The forward roll is started from standing position and then the gymnast crouches down places their hands shoulder wide apart hand facing forward.

8. Drive roll

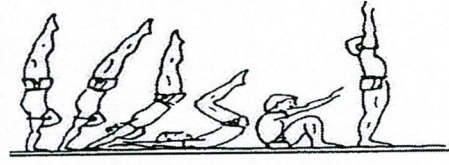
- A drive roll is an acrobatic element that begins with a horizontal forward diving motion and result in a forward somersault.

9. Handstand Roll

- The handstand rolls the start of basic tumbling because you are combining two skills together kick handstand and forward rolls it is important to have a strong understanding of both skills. Beginners will bend their arms during the forward roll advance will keep arms straight when forward rolling.



go up confidently



fall forward over the top

10.360* turn

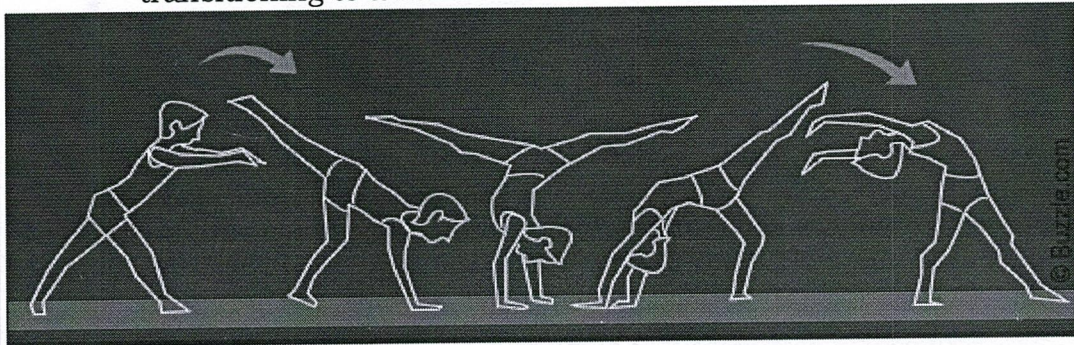
- A complete circle is 360* so if you want to describe someone who has come full circle you might say he has made a 360* turn.

12. Cross Leg Scale” Y “ Type

- Standing balances in a standing balance. The gymnast balances on one foot while maintaining a pose Y Scale. The gymnast extends one leg out to the side of the body so that the foot remains at shoulder or head level.

13. Front walkover

A front walkover is an acrobatic movement sequence it begins with the performer standing up straight with arm raised and positioned near to the ears the performer then longer forward and quickly raises one leg with the other leg following as if transitioning to a handstand.



14. One leg Handspring

- One Leg Handspring is an acrobatic move in which a person executes a complete revolution of the body by lunging head first from an upright position into an inverted vertical position and then pushing off from the floor with the hands so as to leap back to an upright position.

15. One leg Handspring

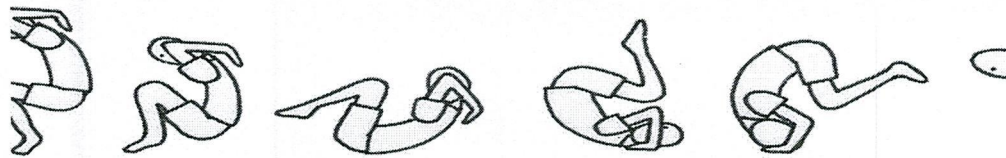
- One Leg Handspring is an acrobatic move in which a person executes a complete revolution of the body by lunging head first from an upright position into an inverted vertical position and then pushing off from the floor with the hands so as to leap back to an upright position.

16. Handstand with 180* turn

- This achieved by twisting the hands and shoulders as the hands are placed on the ground the two hands are generally placed down one after the other so that the first hand is twisted by 90* and the second hand by almost 180* from the direction of travel.

15. Back Roll

- The back roll is similar to the forward roll but in reverse. The gymnast starts in a standing position and bends to a squat/sitting position with their arms in front. They then lower and lean back slightly until their bottom reaches the floor. The gymnast feet are then placed on the floor and the gymnast stands.



17. One hand cartwheel

- If you are already comfortable doing a two hand cartwheel with just a bit of practice you can learn to do a one hand cartwheel doing a one handed cartwheel can be a little tricky at first but once you have it done it's a piece of cake it's also great preparation for learning how to do one hand cartwheel this article will teach you variations of the one handed cartwheel the first using your far arm or the opposite hand as your lead foot and the second using your near arm or the same hand as lead foot.

17. Round off

- A round off is a move in gymnastics similar to a cartwheel except the gymnast lands with two feet place together on the ground instead of one foot at a time facing the direction of arrival round off are used by most acrobatic sports including Gymnastics.

18. Pike jump

- Cheerleading pike jump tips cheerleading should sit on the ground with both legs straight in front of them reaching for the for the pointed toes this is also known as a pike stretch during this jump cheerleading must remember to bring the leg to the body and hands not the hands and body to the legs.

19. Handstand to 180*turn

- A handstand is the act of supporting the body in a stable inverted vertical position by balancing on the hands same variation of a handstand is performed on every gymnastics apparatus and also handstand 180*turn and many tumbling skills pass through a handstand position during their execution.

20. Round off back flip (flic flac)

- Round off back flip is a gymnastics skill that allows you to use the momentum from the basic round off to generate a fast and powerful back flip.



21. Round off to Back Salto

- A Salto is a flip performed around an imaginary axle drawn horizontally across the waist. The body must be in a tucked position as the leg go over the head and the gymnast should stick the landing with his feet glued to the mat without any forward or backward sway.

22. One Leg to Both Leg Handspring

- In the jump phase the gymnast swings both arms up by the ears and jumps into the air while transitioning to an arch position with the head in a neutral position. He has to hold his arms and legs straight and feet together and this body shape is to be maintained until his hands contact the floor.

23. Split to Jump Handstand

- A split is a popular move in gymnastics where the legs are extended in the opposite directions. However, do not wait for your child to master one side before introducing the other after which the feet should be together for jump and then go for handstand.

24. Forward Salto

- The Forward Salto is mostly a floor routine but it can be used to mount or dismount apparatus as well. During optional competition, the body must be in a tucked position as the legs go over the head and the Gymnast must stick to the landing with his feet.

25. Side Scale

- Gymnastics balance exercise in which the body remains straight while pivoting on a single leg. This get its name from the old time weight measurement balance scales where one side goes down as the other side rises.

26. Jump to 720 Degree Turn

- The 720 Degree Performance evaluation is required for the improvement in performance of the people in their jobs and to ensure that the prospect of the organization, employees and the customer are met. It is a proficient tool to improve and recompense the performance of the personnel.

27. Round off to Flie - Flac

- Round off Flie – Flac is a gymnastic skill that allows you to use the momentum from the basic round off to generate a fast and powerful flic-flac.

28. Forward Pike Salto

- Pike is a gymnastics body position used in jumps and saltos with the body bent forward at the waist and with the legs kept straight. Somersaulting skills done in the Pike position are more difficult than the ones in the tuck position and easier than the saltos done in the layout position.

29. Head Suit

- A headspring is an acrobatic move in which a person executes a complete revolting of the body by lunging head first from an upright position into an inverted vertical position and then pushing off from the floor with hands so as to leap back to an upright position.

30. Round off Straight Body (Dismount)

- In the up phase, the gymnast stands up straight on his feet with arms in front at an angle which is slightly above the horizontal with hands on the floor. The body's angular momentum is used to transform the gymnast's body shape from slide arch through a liner shape to a hollow shape.

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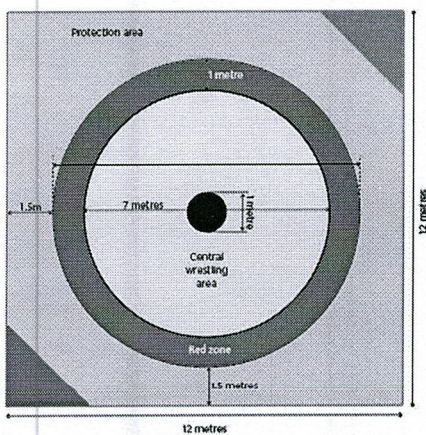
WRESTLING (FREE STYLE)

(Under- 14, 17 & 19)

This Games/Event was introduced for promotion and Development of Wrestling (Free style) Sports in all KVs for Boys & Girls group. The Competitions will be conducted up to KVS Regional Sports Meet(*RSM) only and all Rule & Regulation will be applied as per Wrestling Federation of India.

- Group- Boys & Girls
- Age- Under 14, 17 & 19

Wrestling Mat



Wrestling Dress



NATIONAL GAMES IN YOGASANA U-14/U-17/U-19
(Boys & Girls)
RULES & REGULATIONS

1. Grouping. Yoga Competition will be organized for Boys & Girls sections separately. There will be three age groups for the competition as under:-

- a) Under 14
- b) Under 17
- c) Under 19

2. Event Category: Yoga Competition will be organized in following categories:

- a) Traditional Yogasana (Individual)
- b) Artistic Yogasana (Individual)
- c) Rhythmic Yogasana (Individual)

3. Composition of a Team.

A Team Composition for Yogasana Competition (Regional and KVS National):

a) Team Size:

- A maximum of FIVE competitors can be included in a team from a School/Region in the competition.

b) Event Breakdown:

- Three (3) Best Individual Competitors for traditional Yogasana
- One (1) competitor for Rhythmic Yogasana
- One (1) competitor for Artistic Yogasana

c) Individual Traditional Yogasana Participation:

- A school can submit entries for one (1), two (2), or three (3) individual Yogasana competitors.
Important: A competitor can participate in either Rhythmic Yogasana OR Artistic Yogasana, but not both. They can, however, compete in individual traditional Yogasana events along with their chosen Rhythmic/Artistic Yogasana.

d) Age Group Participation:

- A school/region can submit entries for higher age groups as well.
For example, a competitor in the Under-14 (U-14) boy's category can also participate in the Under-17 (U-17) and Under-19 (U-19) events. However, a competitor in the U-19 category cannot participate in any lower age group events.

A Team Composition for Yogasana Competition (SGFI)

a) Team Size:

Team may comprise a maximum of SEVEN (Five for Group traditional Yogasanas, One for Rhythmic & One for Artistic) competitors (including one reserve) & Minimum of FIVE*. A team consisting of less than four competitors will not be eligible for the team championship. However, their performance will be considered for individual position(s). For the team championship, only the scores awarded to the best four players will be counted.

b) Event Breakdown:

- Five (5) Best Individual Competitors for traditional Yogasana
- One (1) competitor for Rhythmic Yogasana
- One (1) competitor for Artistic Yogasana

NOTE:- *Minimum of FIVE (five for group traditional Yogasana where one can take part in both team and Individual Artistic Yoga and one who can take part in both team & Rhythmic Yoga).

4. Traditional Yoga Competition (Team and Individual). The Traditional Asanas given in following chart –as per duration mentioned below are to be performed for the competition.

| Groups | | Asanas | Duration | | |
|---------|---|---|----------|---------|---------|
| | | | U- 19 | U- 17 | U- 14 |
| Group A | 1 | Paschimottanasana (Elbow must touch the floor) | 2 ½ Min | 2 ½ Min | 1 ½ Min |
| | 2 | Sarvangasana | 2 ½ Min | 2 ½ Min | 1 ½ Min |
| | 3 | Matsyasana | 2 ½ Min | 2 ½ Min | 1 ½ Min |
| | 4 | Purna Dhanurasana | 2 ½ Min | 2 ½ Min | 1 ½ Min |
| | 5 | Purna-Matsyendrasana | 2 ½ Min | 2 ½ Min | 1 ½ Min |
| | 6 | Uttan Padasana | 2 ½ Min | 2 ½ Min | 1 ½ Min |
| Group B | 1 | Purna Chakrasana (Finger should touch the heels) | 30 Sec. | 30 Sec. | 20 Sec. |
| | 2 | Kukkutasana | 30 Sec. | 30 Sec. | 20 Sec. |
| | 3 | Garbhasana | 30 Sec. | 30 Sec. | 20 Sec. |
| | 4 | Bakasana | 30 Sec. | 30 Sec. | 20 Sec. |
| | 5 | Bhumasana | 30 Sec. | 30 Sec. | 20 Sec. |
| | 6 | Purna Shalabhasana | 30 Sec. | 30 Sec. | 20 Sec. |
| Group C | 1 | Sankhyasana (Knee should not touch the Floor) | 20 Sec. | 20 Sec. | 15 Sec. |
| | 2 | Vyaghrasana | 20 Sec. | 20 Sec. | 15 Sec. |
| | 3 | Urdhava Kukutasana | 20 Sec. | 20 Sec. | 15 Sec. |
| | 4 | UtithTitibhasana | 20 Sec. | 20 Sec. | 15 Sec. |
| | 5 | Sirsasana | 20 Sec. | 20 Sec. | 15 Sec. |
| | 6 | Utith Padhustasana | 20 Sec. | 20 Sec. | 15 Sec. |

5. Assigning and Selection of Asanas. A total of five asanas will be performed by the competitors as under:-

| Group A | Group B | Group C | Optional Asanas | Total |
|--|---|--|---|-------------|
| One asana from this group Asanas by draw on the spot | One asana from this group Asanas by draw on the spot. | One asana to be selected by the Participant on his / her own choice. | Any two asanas at the option of the participant excluding all the three groups. | Five asanas |

i) At the time of competition asanas from group 'A' & group 'B' will be assigned by draw system on the spot. While in group 'C' any one asana can be selected by the player. Every participant has to perform three compulsory asanas, separate draws will be made for boys and girls section.

(ii) Three compulsory asanas are to be performed from the given list of eighteen asanas in Group 'A' 'B' and 'C' In addition to this two any other asanas of the player's choice are also to be performed excluding compulsory asanas. Thus totals 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and thus a competitor will be given marks out of total of 50 marks

6. Asana Performance Time variation: If required the organizers may reduce the time limit for the asana. For example, the time limit of an asana may be reduced from two minutes to one minute. Such change, if made, will be applicable to all participants. Under no circumstances the time limit will be extended.

7. Attempts to perform Asanas. There will be only one attempt for compulsory asanas of Group A & B. Three attempts will be given for optional asanas Group 'C' & own choice asanas). No chance will be given for group A & B.

NOTE –

- No asana will be changed or altered once fixed or declaration obtained by the competitor
- Any props / supportive things allowed in the performance of the any asanas.

8. Marking / Judging Scheme. The judging criteria will include construction, holding and lasting of asana. Expression of tension or trembling will also be noted. The final pose will be accepted with a smiling face and a pleasant expression.

9. Marks / Score distribution. Each asana will be of 10 marks. A competitor will be awarded a maximum of 50 points for 5 asanas and 10 points for Surya Namaskar in final round and each asana will be judged out of 10 points. Detailed distribution of the points to be awarded by the judges is as under including Surya Namaskar:-

| S No | Details of Parameter | Points |
|------|--|----------|
| a) | Way of performance to reach the final stage of the asana | 1 Point |
| b) | Perfect posture of the asana | 4 Points |
| c) | Exhibition of the asana without tension and trembling | 2 Points |
| d) | Stay in the asana for a fixed time | 2 Points |
| e) | Returning to the original posture | 1 Point |

10. Categorization of Advance Asanas & Scoring. (Optional choice asanas)

| S. No. | Parameter | For example | Points |
|--------|---|-------------------------|--------|
| a) | Balance factor and flexibility of Torso and waist it will also include risk factor. | Standing Vruschik Asana | 10 |
| b) | Asana with only flexibility (without balance). | Dimbasana, Deepasana | 8 |
| c) | Other asana | Garudasana, Vatyanasana | 6 |

Note: For the 'A' grade asana marking will be out of 10 marks. For 'B' grade asana out of 8 marks and for 'C' grade marking will be out of 6 marks. The category of the asanas will be decided by the panel of judges at their discretion.

11. SuryaNamaskara: will be compulsory asana for the final round. Points allotted areas below

| | | | | |
|----------------------|----------|---------------------|----------|--------------|
| Body Posture | 3 points | Forward bend | 3 points | Total |
| Backward bend | 3 points | Dress | 1 points | |

12. Panel of Judges. The panel of Judges will comprise one Chief Judge, four judges, one scorer and two time keepers and also an announcer and stage manager. There will be separate panel of judges for both boys and girls sections. The Chief Judge has the power to change the decision of one or all the judges for the sake of justice.

The judges will write the points awarded for each asana on separate score sheets and display the points, for the spectators to see the scores so that no one can reduce the points and announce it again.

The judge will award marks out of 10 marks to each competitor for each asana separately. The maximum and the minimum (highest and lowest) will be deleted and the average of other remaining three judges will constitute the final score. The scorer will compile and compute the points and announce them.

The judges are free to observe the candidate on the carpet and, if needed, can ask the competitor to perform the asana again. No judge is allowed to stand in front of player in the balance asana

13. Appointment of Judges / Referees: The judges / referees for each event shall be appointed by the organizing committee. No objection shall be entertained on such appointments.

14. Dress Code. Track Suits will not be allowed while performing asanas. Slacks, Shorts or Swimming Costumes are compulsory during the asana. Participants are strictly instructed to put on tight underwears with elastics.

15. Tie Breaking:

In-case of equal points, the performer's total points given by all judges will decide the winner.

- a) If a tie still remains then the performer who has more points in the optional asana will be declared the winner.
- b) If a tie still remains then the points obtained in Group 'C' asana will decide the winner.
- c) If still there are more than one competitors with equal marks, they will be declared joint winners but if the tie is for the first place, the winner will be decided by the toss of a coin.

16. Final Round Rules for Individual and team competition

- a) The competitors will have to perform five asanas from group 'A', 'B', 'C' as per judges' instruction. There will not be more than two asanas from one Group. The asana performed in the preliminary round will not be repeated.
- b) The competitor will perform two asanas of their choice excluding compulsory 18 asanas.
- c) Suryanamaskar will be compulsory asana for the final round. The marking will be as under:-

| | | | | |
|---------------|-----------|--------------|-----------|-----------------|
| Body Posture | 03 points | Forward bend | 03 points | Total 10 points |
| Backward bend | 03 points | Dress | 01 points | |

d) Individual championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship.

Note: (1) During the SGFI selection trials, participants will be required to perform all 18 asanas from group A, B & C and any two optional asanas. Their selection will be based on their overall performance of these asanas.

(2) If the number of teams is less than three then only trials for Nationals (SGFI) will be organized.

17. Individual & Team Championship.

a) In individual Championship, the winner will get 5 marks, the runner up will get 3 marks & second runner up will get 2 marks.

b) The school/Region with maximum marks will be declared the Champion School/Region.

18. Date of Birth & Eligibility. The rules for the date of birth, eligibility and protest note will be according to the SGFI rules and norms.

Since there is no class criteria, please note that the minimum class for participation in the KVS tournaments (U -14 or above) is class VI (No child below class VI shall be allowed)

19. Individual Artistic Yoga Competition

a) Separate competition will be held for Girls and Boys in all categories: under 14, 17 & 19 years.

b) Only one participant from each school/Region, each group & each category will participate.

c) The player will have to perform any five asanas of their choice from the following list:

i) List of Asanas

| S No | Asana Name | Duration | Point |
|-------|--|----------|-------|
| i) | Standing Vruchikasana | 15 Sec. | 10 |
| ii) | Standing Linkarasana | 15 Sec. | 10 |
| iii) | Natrasana | 15 Sec. | 10 |
| iv) | Sthambh Sirsasana (Duruvasana or Bhagirathasana) | 15 Sec. | 10 |
| v) | Dharajasan (Flag Postures) | 15 Sec. | 10 |
| vi) | Standing Eka Pada Skandasana | 15 Sec. | 10 |
| vii) | Kandapeedasana | 15 Sec. | 10 |
| viii) | Utthid Dwipad Kandasana | 15 Sec. | 10 |

ii) **PranavDhavni.** (Om Chanting) will also be performed by all the participants & the criteria for the allotment of marks shall be as under:-

| S No | Duration | Points | S No | Duration | Points |
|------|----------|----------|-------|----------|-----------|
| i) | 20 Sec. | 1 Point | ii) | 30 Sec. | 2 Points |
| iii) | 35 Sec. | 3 Points | iv) | 40 Sec. | 4 Points |
| v) | 45 Sec. | 5 Points | vi) | 50 Sec. | 6 Points |
| vii) | 60 Sec. | 7 Points | viii) | 70 Sec. | 8 Points |
| ix) | 80 Sec. | 9 Points | x) | 90 Sec. | 10 Points |

20. Individual Rhythmic Yoga Competition.

In this competition the competitor has to perform not less than 8 & not more than 10 asanas in a time limit of maximum 2.30 minutes or 150 sec.




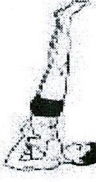





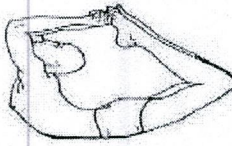
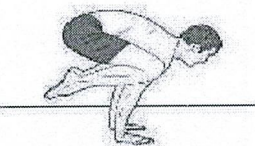

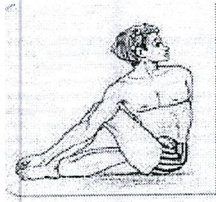


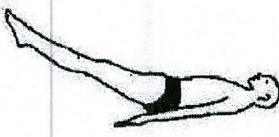

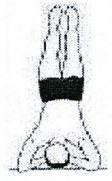
- a) The competitor will show the various asanas (postures) i.e. forward bending, balancing, front & backward lying postures sitting postures etc. In all the four directions with music.
- b) Only one competitor from each school/Region in each group & category can participate.
- c) It is compulsory to show all the postures as mentioned above.
- d) The asanas & body movement should be synchronized with music.
- e) All the music arrangements like recorder, CD player or CDs are to be arranged by the competitors themselves. The player as to declare all the asanas list before start the event
- f) If a competitor takes more time i.e. more than 2.30 minutes, one point will be deducted from the points of each judge and loss of 5 points from the total.
- g) Competitor has to show all the movement of asanas with clear demonstration of asanas i.e. holding of the postures (5 to 7 seconds holding time)

NOTE:-One competitor can take part only in one competition either Artistic or Rhythmic.

21. Now as per new rules the medal tally will be as follows:

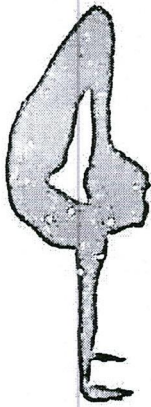
| S No | Category | Medals | | |
|--|--------------------------------------|-----------|-----------|-----------|
| | | G | S | B |
| 1 | Traditional Yogasana (Individual) | 6 | 6 | 6 |
| 2 | Individual Artistic Yoga Competition | 6 | 6 | 6 |
| 3 | Individual Rhythmic Yoga Competition | 6 | 6 | 6 |
| Total Medals | | 18 | 18 | 18 |
| Trophy for Best Teams (Overall Championship) (Boys & Girls) | | 6 | | |

LIST OF ASANAS AS PER ATHLETIC GROUPS

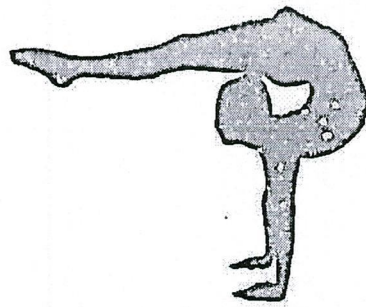
| Group A | Group B | Group C |
|---|---|---|
|  |  |  |
| PASCHIMOTTANASANA | PURNACHAKRASANA | VYAGHRASANA |
|  |  |  Urdhva Kukkutasana |
| SARVANGASANA | GARBHASANA | URDHVAKUKKUTASANA |
|  |  |  |
| MATSYASANA | KUKKUTASANA | SANKHYASANA |
|  |  |  |
| PURN DHANURASANA | BAKASANA | UTPADAHASTASANA |
|  |  |  |
| PURN-MATSYENDRASANA | BHUMASANA | UTITH-TITTIBHASANA |
|  |  |  |
| UTTANPADASANA | SHALABHASANA | SIRSASANA |

ARTISTICS INDIVIDUAL

NATIONAL SCHOOL GAMES INDIVIDUAL ARTISTIC YOGA POSTURE



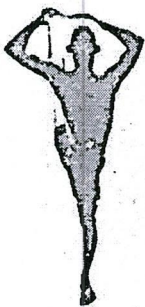
Standing Vrishchikasana



Standing Linkarasana

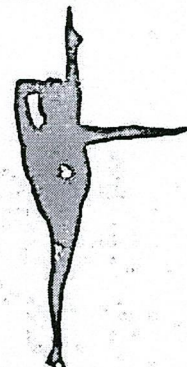


Natrasan

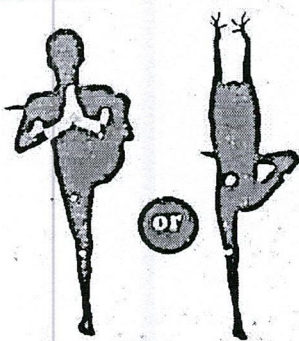


Sthambha Sirsasna

or

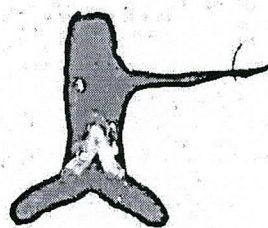


Dharajasan

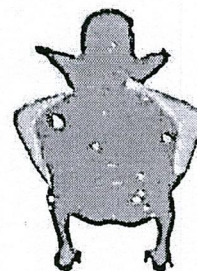


Standing Eka Pada Skandasana

or

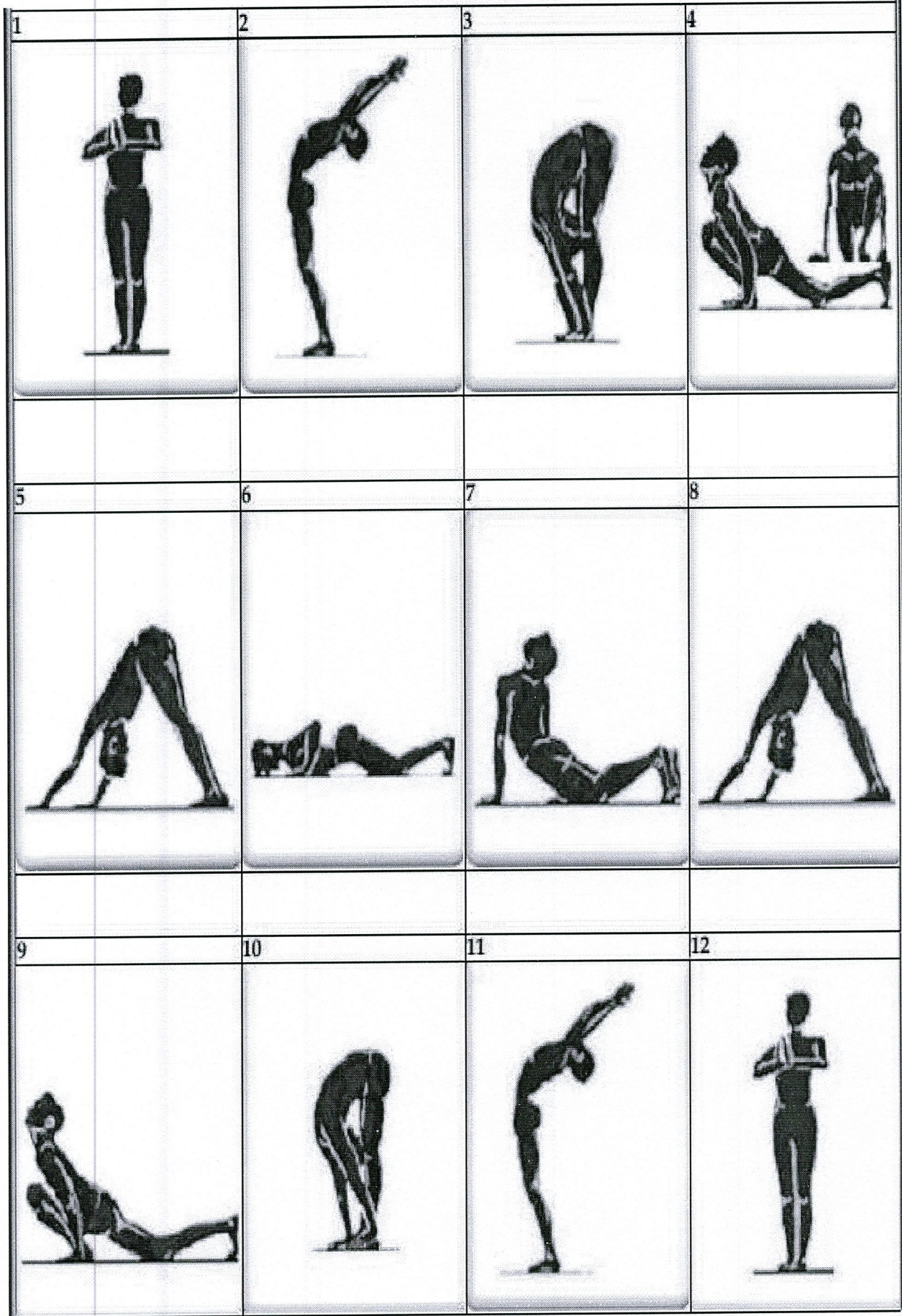


Kandapeedasana



Utthid Dwipad Kandasana

SURYA NAMASKAR



KVS NATIONAL SPORTS MEET 20.....-.....

(To be submitted by KVS Observer)

Name of Host Region..... Name of the Venue:-
 Name of Event/Game: Group:- Boys/Girls , Age Group:-.....
 Name of the Principal:-..... Mobile
 No. of Participants reported :-..... No. of Escorts/Coaches reported at venue:-.....
 No. of officials (Umpires/Referees) engaged:-..... Name of Agency.....

| S.N. | Parameter of Observation/Assessment | Standard | Rating on 5 Point Scale 5-Excellent, 4-Very Good, 3-Good, 2-Average, 1-Below Average | Specific observation / Suggestion / Comments |
|------|---|----------|---|--|
| 1 | Safety & Security at Stay Venue (KV/Outsource)- | | | |
| 2 | Lodging & Boarding arrangement at Venue – | | | |
| 3 | Services & Supply – | | | |
| 4 | Transport , Play Facilities & Technical Officials - | | | |
| 5 | Health & Hygiene Care – | | | |
| 6 | Other – | | | |

Please attach (As far as possible) the following:

1. Digital Photographs of the Kitchen Area, Dining Area, Toilets and Wash Rooms, Rooms of Participants, Fields/Play Area and any other places relevant to your report (By email only).
2. Copy of the Menu served at Morning Breakfast, Tea/Juice, Lunch, Evening Tea & Snacks and Dinner and at Night on the day of your visit.
3. KVS Observers will submit the report to KVS(HQ) followed by hard copy separately for each venue/Region visited during the Course of NSM, 20.....

Analysis of secured points-

| Rating | 5-Excellent | 4-Very Good | 3-Good, | 2-Average | 1-Below Average | Overall Points awarded |
|--------|-------------|-------------|---------|-----------|-----------------|------------------------|
| Points | | | | | | |

- Any Suggestions/Comments /Remarks for up gradation of standard -

.....
.....
.....
.....

Sign. & date:-.....

Name:-.....

Designation:-.....

Office:-.....

Mobile No:-.....

KVS NATIONAL SPORTS MEET 20.....-.....

To,
 Assistant Commissioner (Sports)
 Kendriya Vidyalaya Sangathan (HQ)
 New Delhi -110016

Subject- Submission of Information/Report of NSM 20.....-.... by the Technical Assistant (TGT(PHE) – reg.

Sir/Madam,

With Reference to letter F. No Dtdthe subject cited above, I was deputed as Technical Assistant to assist/ support to Deputy Commissioner/ Principal of host Region/venue before, during and post of KVS National Sports Meet , 20..... , which is given below as-

A- INFORMATION & FEEDBACK OF NSM BY TECHNICAL ASSISTANT(TGT-PHE)

| |
|---|
| 1. Name of Technical Assistant Mr. / Mrs.-..... |
| 2. Posted in KV & Region..... |
| 3. Mobile No. & Email ID-..... |
| 4. Name of Host Venue & Region-..... |
| 5. Date of Meet -.....to..... |
| 6. Reporting date -.....at.....AM/PM |
| 7. Reported to DC/AC/Principal Mr. / Ms |
| 8. Relieved from NSM venue on.....atAM/PM |
| 9. No. of Days stayed at NSM Venue-..... |

B- Information of allotted Events at venue and participants reported(Events wise)-

| S. No. | Name of Events & Age group | No. of Region Reported at venue | Strength | | No. of Escort / Coach / Manager reported |
|--------|----------------------------|---------------------------------|--------------------|----------------------|--|
| | | | No. of Boys/ Teams | No. of Girls / Teams | |
| | | | | | |
| | | | | | |
| | | | | | |
| Total | | | | | |

C- Information of Playing Infrastructures & officials engaged -

| S. No. | Name of Events / Games | No. of Play Ground / Field / Court / Track / Pool engaged | | No. & Name of officials engaged (Umpire / Referee / Judge) | |
|--------|------------------------|---|--|--|---|
| | | At Outsource Venue / KV venue | Conditions of Play infrastructure (Indoor/Outdoor) | No. of officials | Name of Federation /Association Institute /University / Collage / Academy / Club etc. |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

D- Information of Fixture & Schedule for Matches / Bouts / Events / Competition (Copy enclosed)

| S. No. | Name of Event & age Group | Method of Play / Tournament applied by host | Date wise Matches / Bout / Competition conducted at venue | No. of Matches/ Bout / Competition / Round conducted at venue |
|--------|---------------------------|---|---|---|
| | | | | |
| | | | | |
| | | | | |

E- Information of Playing Materials/Equipments used during NSM by organiser-

| S. No. | Events/ Games | Name of Materials / Equipments / Items / Device / Brand & Qualities used. | | Remarks , if any |
|--------|---------------|---|--|------------------|
| | | Brand / Make | Excellent / Very Good / Good / Average / Below average | |
| | | | | |
| | | | | |
| | | | | |

F- Information of Result/ Certificates/Medals/Trophy (Prepared & Distributed)-

| S. No. | Events | Result (Prepared / Declared) | Certificate (Prepared & Distributed) | Medal | Trophy | Remarks, if any |
|--------|--------|------------------------------|--------------------------------------|-------|--------|-----------------|
| | | | | | | |
| | | | | | | |
| | | | | | | |

G- Technical Support given by Technical Assistance (TGT-PHE) at Venues -

| S. No. | Area / field / Subject | Yes / No | If Yes, then brief |
|--------|---|----------|--------------------|
| 1 | Preparation of Draw / Fixture / Match Schedule etc. | | |
| 2 | Uploading of data / result / winners etc. | | |
| 3 | Monitoring of daily Schedule/ Competition / Match etc. | | |
| 4 | Verification of Play Infrastructures/ Equipment/ Materials devices etc. | | |
| 5 | Resolved Technical dispute (if any) | | |

H- Suggestions by Technical Assistant (TGT-PHE) if any-

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| |

Date-...../...../.....

Signature of Technical Assistant with date

- **Comments by Principal / Assistant Commissioner(Sports) of host venue/ Region -**

| |
|-------|
| |
| |
| |

Signature & Name with date

(Principal / Assistant Commissioner(Sports) host venue/Region)

FORMAT FOR INSPECTION REPORT OF COACHING /TRAINING OF KVS REGIONAL/NATIONAL TEAM

(To be filled at venue by the Inspecting officer)

To,

..... Commissioner
 Kendriya Vidyalaya Sangathan
 Region

Subject- Submission of Inspection report of the Coaching Camp/Training-reg.

Sir/Madam,

With Reference to letter F. No..... dated...../...../..... the subject cited above. I deputed as observer / expert to inspect / visit Coaching Camp for KVS National/Regional team of Event / Gameage & group..... is / are being held at from to

The detail report of inspection / visit is submitted for your kind perusal and information please.

1. Details of allotment Events at venue and dates-

| S. No. | Name of Events/Games (Age & group) | Coaching venue | Schedule | | Name of Principal/I/C Venue |
|--------|------------------------------------|----------------|------------------|-----------------------|-----------------------------|
| | | | Date of Coaching | Date of NSM/SGFI Meet | |
| | | | | | |
| | | | | | |
| | | | | | |

2. Details of Participants, Hiring of outsource Coaches & Ground -

| Name of Events/Games | No. of Ground /field/ Court/ Arena | No. of participants | | Name of Deputed Coach / Manager by RO/KVs | | Name of Hired Coach / Manager/Counsellor from outsource | |
|----------------------|------------------------------------|---------------------|-------|---|----|---|--------|
| | | Boys | Girls | Name | KV | Name | office |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

3. Schedule of Coaching Camp Schedule -

| Event/Games | Duration(Days) of Coaching camp | Timing of Coaching/Training session | | | Total Duration of daily coaching |
|-------------|---------------------------------|-------------------------------------|--------------|-----------------|----------------------------------|
| | | Morning Session | Noon Session | Evening Session | |
| | | | | | |
| | | | | | |
| | | | | | |

Note- All related documents should be enclosed before submitting report.

4. Common verification of Fitness of Players / Team-

| Events/ Games | No. of Players reported | Over age Students reported | Over/under weight reported | Suffering with Fitness/Medic al Problem | Remarks about Fitness players / team (Out Standing /Very Good/ Normal) |
|------------------|-------------------------------|----------------------------------|----------------------------------|---|--|
| | | | | | |
| | | | | | |
| | | | | | |

4. Feedback of Participants/Coach & Manager/ Inspecting officer- at Venues -

| S. No. | Area / field / Subject | Three Scale of ranking (Outstanding -05 / Very Good-04 /Good-03) Total- 5x5=20 points | | | |
|-----------|---|---|-------|---------|-----------------------|
| | | Participants | Coach | Manager | Inspecting officer |
| A | Stay facilities (Room, Bed, light etc) | | | | |
| B | Food & Refreshment facilities (Tea/ B.F./Lunch/ES/Dinner etc. | | | | |
| C | Bathroom, toilets & Water facilities etc. | | | | |
| D | Play Facilities Hired for coaching & Practice etc. | | | | |
| E | Sports Accessories/ equipments provided for coaching | | | | |
| F | Matches arranged from outside (other than KVs | | | | |
| G | Team/Player visited / played matches/bout at other venue | | | | |
| H | Playing Kit (As per MVS Norms) | | | | |
| I | Medical facilities at venue (Doctor / Nurse/ First Aid) | | | | |
| J | Transportation(Local) | | | | |

5. Any requirement /Suggestions/ Comments by the Players/ Coach/Manager etc -

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6. Comments/ Suggestions by the inspecting officer on Coaching/Training Camp-

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Note- Documents are to be attached by inspecting officer with this report to KVSRO/(HQ) i.e. Coaching Schedule, Menu chart, Photograph of Play Infrastructure, Practice & Matches Food & Stay arrangement, Toilets & Bathrooms etc.

Date-...../...../.....

Signature

Name

Designation

Office.....

Mobile

