



MISL 2023 Activities Categories Details (Rules and Regulations inclusive)

(1) Table Tennis –

- a) This is a Singles Tournament only
- b) Subdivided as per age above/below 45 years as on 11th Feb 2023
- c) You may register up to 2 participants in category above 45 years and 3 participants in category below 45 years – **Male & Female Separate.**
- d) League Matches will be of 11 points (Best of 3). In case 2 straight games are won by a participant – the 3rd game will NOT be played
- e) Finals will be of 21 points (Best of 3). In case 2 straight games are won by a participant – the 3rd game will NOT be played
- f) The referee will do the toss by hiding the ball in a palm and asking one team member to choose. The winner of the toss serves first or chooses a side of the table to play from. Sides will be alternated after each game
- g) The ball must be kept in an open palm position at the time of serve and no spin at serve is permitted. Service should be above the table
- h) In case of a debated point – the referee decision shall be honoured
- i) Each player gets 2 serves each.
- j) The Winner & Runner Up in the finals will be awarded
- k) Get your **own TT rackets** – TT balls will be provided



(2) Indoor Rowing

- This is a Team Tournament of 4 players
(Male and Female together– No age criteria)

The sport will be conducted on standard Indoor Rowing Machines

The Machines will be aligned with a software (displayed as boats on a screen) that will record the time taken to row and also display same for reference on a large screen so that the rowers and the audience can witness the race

As you row – the boat moves forward!

- a) Team Relay is a 1000 metre race
- b) Each member of the team will row for 250 metres, leave the machine and allow the next rower to take over. The switch over time WILL be counted in your final timing
- d) Fastest timing wins!
- e) In case of a dead heat (same timing) in the **qualifying rounds** – both teams move to the next round
- f) In case of a dead heat (same timing) in the **final** – joint winners will be announced
- g) Participants must wear sports clothing (track suits/ shorts and tshirts) and flat sport shoes (no heels will be allowed)
- h) The rowing machines will be available for a period of about 30 minutes before the starting of the event for any practice sessions that may be desired by the participants. Participants are encouraged to arrive early at the venue.
- i) The Winner & Runner Up in the finals will be awarded



(2) Carrom

This will be a Singles Tournament (Males and Females compete together – No age criteria)

You may register upto 10 participants in this category

- a) Each contest will be of 3 boards (A contestant who wins 2 boards out of 3 will be declared as the winner regardless of board points)
In case 2 straight games are won by a participant – the 3rd game will NOT be played
The winner of a board will be the player who pockets all the coins of his colour (black/white) from the board
- b) The referee will do the toss by hiding the 2 coins (black and white) in each palm and asking one team member to choose. The winner of the toss (who chooses the correct colour) strikes first. Strikes will be alternated after each board
- c) The first player breaks using his/her finger by flicking the striker in a forward direction towards the center formation of Carrom pieces.
- d) Incase you bag only the striker, the player will play a “Due” which will be placed within the big concentric circle and the opponent plays thereafter.
- e) Incase you bag the striker along with 1 or more coins, the contestant player will pay a “ Due” i.e one coin more than the number of coins bagged, and the contestant player will play thereafter. The coins will be placed in the large concentric circle.
- f) NOTE : NO “Due” coins can be placed in the smaller concentric circle.**
- g) If the red piece/ queen is pocketed, the player must then pocket one of their own carrom pieces in the same turn. Should the player fail to pocket a piece, then the queen must be replaced in the centre of the carrom board.
- h) The winner is the first player to pocket all of his/ her carrom pieces (& the queen if not already pocketed).
- i) Incase the striker is pocketed BEFORE you have pocketed a single coin of your colour – the due is exempted
- j) All equipment will be supplied by the organisers. If players intend to use their own striker, it must be subject to agreement by the opponent . THUMB Shots are permitted as per referee guidelines**
- k) For any debate point – the referee decision will be honoured
- l) The Winner & Runner Up in the finals will be awarded



4) Chess

This will be a Singles tournament (Males and Females compete together – No age criteria)

You may register upto 3 participants in this category

- a) The winner and runner up of the finals will be awarded
- b) For any debate point – the arbiter decision will be honoured
- c) Player will get 10 minutes (per player) + 2 seconds increment per move**
 - (Organisers will provide the clock)
- d) Players can resign or claim a draw to the arbiter at any time
- e) Chess is a game of killer instinct. Agreed draw may be taken only after explaining the reason to the arbiter
- f) Players will be declared lost if they speak, use mobile phones, keep their hand on or hover around the clock or bang pieces to disturb the opponent
- g) First illegal move will be declared lost. Claim a win to the arbiter if your opponent violates any of the following rules:
 - 1) Play after your opponent presses his clock in previous move
 - 2) Pawn promotion: Move pawn to last rank & then replace it by a piece you want to promote it to
 - 3) Use only 1 hand to play, press clock, capture & castle, moving King first followed by the rook
 - 4) Touch to move – Play the same piece if you touch it
- h) The Winner & Runner Up in the finals will be awarded



(5) Darts

This will be a **Singles Tournament** (Males and Females compete together – No age criteria)

You are **NOT** permitted to carry your own darts . You may register upto 2 participants in this category

- a) The game format will be '**High Score**' format played over 3 rounds (in each game)
- b) Each player will get 3 rounds alternatively (Total darts to throw will be 9 per participant per game)

Play begins at zero and the total of the player's three darts is added to the previous total each round. Highest score totalled in 3 rounds WINS

- c) The format will be knock out pattern
- d) The referee will decide the first team of throwers by tossing a coin
The participant that wins the toss will throw first
- e) The aim is to try and score the highest points by the end of 3 rounds (total).
 - o The black outermost area of the dart board will NOT count for any score
 - o The shaded areas will count as a single score as that marked on the board
 - o The thin outer "doubles" ring counts as two times the number hit and the thin inner "triples" ring counts as three times the number hit.
 - o Outer ring of Bulls eye will be a score of 25 points
 - o Inner ring of Bulls eye will be a score of 50 points
- f) In case of a tie – There will be 1 more round (3 darts to each player) – The player that scores the highest total WINS
- g) The winner and runner up of the finals will be awarded
- h) For any debate point – the referee decision will be honoured



(6) Personality Contest

Maritime Personality 2023

This will be a **Single participant** contest with No age criteria in the individual category (Male and Female Inclusive)

Round 1: This round will be a Personality walk (Traditional /Western outfits of your choice)

Round 2: A 'Rapid Fire Questionnaire' by judges which will include questions - based on your personality, values, views and/or opinions.

Round 3: The two finalists of each category will "face off" in a time-bound debate. Topics for the debate will be provided by the organisers and judged by eminent personalities of the Maritime Industry

The winner in each category will be announced as the 'Maritime Personality' of the year

(7) Sketching Competition

This is a Singles competition only with no age criteria (Male and Female inclusive)

Sketching is your chance to use your imagination and share your sketching skills with the world.

There aren't any boundaries to what you sketch (except obscenity/ nudity and insulting art towards religion, caste, gender or creed)

This will be a time-based activity and all sketching material will be provided by the organisers.

The time given for this activity will be 2 hours.

The winner & runner up will be awarded on the basis of neatness and creativity

(8) Swimming Contest :

- a) This is a Singles challenge ,subdivided as per Male & Female categories.
- b) You may register **ONE** participant in each category (Male under 45, Male over 45, Female Under 45 & Female over 45)
- c) The race will be a **25 meter dash** to the finish line.
- d) Please carry your own Swimming equipment – Cap, Swimming Costume, Goggles – All Compulsory
- e) The Winner & Runner Up in the finals will be awarded