



Sports 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 1st Sept 2018
- c) League Matches will be of 11 points (Best of 3)
- d) Finals will be of 21 points (Best of 3)
- e) 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
- f) 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
- g) Players are entitled to practice on the match table for up to 2 minutes immediately before the start of a match
- h) In case of a debated point – the referee decision shall be honoured
- i) Each player has 2 serves and the service continues to alternate between opponents
- j) The Winner & Runner Up of the finals will be awarded
- k) Get your **own TT rackets** – TT balls will be provided



(2) Indoor Rowing

- There are 2 categories of Tournaments (Team & Singles)
- Team Tournament – 4 players
- Singles Tournament (Male and Female separately – 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
- c) Singles is a 500 metre race (one stretch, no breaks)
- 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 60 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 and Runner Up of the finals will be awarded



(2) Carrom

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

- a) Each contest will be of 3 games/boards (Best of 3 wins!)
The winner of a game/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 white) strikes first. Strikes will be alternated after each game/board
- c) The first player breaks using his/her index finger by flicking the striker in a forward direction towards the center formation of Carrom pieces.
- d) The queen may be 'pocketed' at any point after the first piece has been pocketed, but before the last carrom piece is pocketed.
- e) 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.
- f) The winner is the first player to pocket all of his/ her carrom pieces (& the queen if not already pocketed).
- g) Incase the striker is pocketed – the player will pay a 'due' of one coin of his colour which will be placed within the central ring by the opponent player & the turn goes to the oponent
- h) Incase the striker is pocketed BEFORE you have pocketed a single coin of your colour – the due is exempted
- i) Incase you bag a coin (of your colour) and a striker , the player will pay a 'Double Due' which will now be 2 coins of your colour which will be placed within the central ring by the opponent player & the turn goes to the opponent – BUT he retains his turn
- 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 and runner up of the finals will be awarded



4) Chess

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

- 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



(5) Darts

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

You are **NOT** permitted to carry your own darts

- a) The game format will be '**High Score**' format played over 3 rounds (in each game)
- b) Each team will get 3 rounds alternatively (Total darts to throw will be 18 per team 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 totaled 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 team that wins the toss will throw first (One player followed by the other of the same team)
- e) Each player in the team will get 3 darts to throw (total 6 darts per team per round)
- f) 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
- g) In case of a tie – There will be 1 more round (6 darts to each team) – The team that scores the highest total WINS
- h) The winner and runner up of the finals will be awarded
- i) For any debate point – the referee decision will be honoured