



Rules & Regulations for "Seafarer" participation in MISL 2017

Sports Categories Details (Rules and Regulations inclusive)

(1) Table Tennis

This is a Singles Tournament only

Separate categories for Males and Females

Further subdivided as per age above/below 45 years as on 1st Sept 2017

- a) The game of Table Tennis will be played up to **11 points and all games will be Singles only.**

The winner is the player who first scores **11 points**, unless both players score **10 points** (called deuce). Then a game will be won by the first player to gain a two **point** lead.

- b) Each contest will be of 3 games (Best of 3 wins!)
- c) 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
- d) 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
- e) Players are entitled to practice on the match table for up to 2 minutes immediately before the start of a match
- f) In case of a debated point – the referee decision shall be honoured
- g) Each player has 2 serves and the service continues to alternate between opponents
- h) The Winner & Runner Up of the finals will be awarded
- i) Get your **own TT rackets** – TT balls will be provided
- j) Wear sports shoes

Draws will be based on the number of entries and the draw table will be provided online (www.misl.in) at-least 7 days before the event. If the team/ player does not show up on the time as mentioned in the draw – the team/player will be disqualified and a win will be awarded to the opponent



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(2) Indoor Rowing

- There are 2 categories of Tournaments (Couple & Singles)
- **Couple Tournament** – 2 players (Seafarer + Spouse)
- **Singles Tournament** (Seafarer - Male and Female separately – No age criteria)

The sport will be conducted on standard Indoor Rowing Machines which will be secured on a stage/platform

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) Couple Relay is a 500 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. Competitive Event kick off at 9 AM sharp on the day of the event
- i) The Winner and Runner Up of the finals will be awarded

Draws will be based on the number of entries and the draw table will be provided online (www.misl.in) at-least 7 days before the event. If the team/ player does not show up on the time as mentioned in the draw – the team/player will be disqualified and a win will be awarded to the opponent



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3 Carrom

This will be a Singles Tournament (Seafarer Male and Female Separate Category – 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 (shooting backwards is not allowed at any point in the game) towards the center formation of Carrom pieces.
- d) If the player pots a carom piece they play again, after replacing the carrom striker between their baseline. This continues until they fail to pot one of their pieces, then it is the opponents turn.
- e) Carrom pieces can only be struck directly if it is not touching the player's baseline or situated behind the base line. If this is the case, the player must hit the carrom piece by rebounding the carrom striker off any side of the board or any other carrom piece on the board in a forward direction.
- f) The queen/ red piece may be 'pocketed' at any point after the first piece has been pocketed, but before the last carrom piece is pocketed.
- 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) NO Sideways or Backward shooting will be allowed



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- j) In case 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 opponent
- k) In case the striker is pocketed BEFORE you have pocketed a single coin of your colour – the due is exempted
- l) In case 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
- m) All equipment will be supplied by the organisers and the players are NOT allowed to use their own strikers
- n) For any debate point – the referee decision will be honoured
- o) The winner and runner up of the finals will be awarded

Draws will be based on the number of entries and the draw table will be provided online (www.misl.in) at-least 7 days before the event. If the team/ player does not show up on the time as mentioned in the draw – the team/player will be disqualified and the opponent will be awarded the win



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4) Chess

This will be a Singles tournament (Seafarer separate categories for Male and Female – Age No criteria)

- a) The format will be '**Time Bound & Points Based**'

Further, It will be a Single game Knock Out pattern

- b) The duration of each game will be a maximum of 30 minutes (Unless the king is lost (checkmate) within 30 minutes)
c) Each move will have to be carried out in a maximum of 2 minutes based on the timer
d) If there is no 'Straight Winner' (Loss of King) – the winner will be decided on the basis of points scored by killing the opponent's chess pieces

The referee will count the points on below basis:

Pawn - 1 point
Knight (Horse) - 3 points
Bishop (Camel)- 3 points
Rook (Elephant) - 5 points
Queen - 9 points

- e) If there is a tie – The players will set a 'fresh board' and the first player to score 8 points will be declared the winner
f) The winner and runner up of the finals will be awarded
g) For any debate point – the referee decision will be honoured

Draws will be based on the number of entries and the draw table will be provided online (www.misl.in) at-least 7 days before the event. If the team/ player does not show up on the time as mentioned in the draw – the team/player will be disqualified and the opponent will be awarded a win



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(5) Darts

This will be a Doubles Tournament (You & Another seafarer can participate as a team)

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
Draws will be based on the number of entries and the draw table will be provided online (www.misl.in) at-least 10 days before the event. If the team/ player does not show up on the time as mentioned in the draw – the team/player will be disqualified and the opponent team will be awarded the win