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RULES & REGULATIONS – ARCHERY

SPORT RULES & REGULATIONS

- Each athlete must adhere to the following guidelines whilst choosing their events for participation:
 - U-10 - Indian Bow and/or Recurve Bow or Compound Bow
 - U-14 - Indian Bow and/or Recurve Bow or Compound Bow
 - U-17 - Indian Bow and/or Recurve Bow or Compound Bow
 - U-19 - Indian Bow and/or Recurve Bow or Compound Bow
- Athletes are required to carry their own Archery Kit.
- Athletes must not use their bows unless instructed otherwise.
- If any archer is not following the archery rules or he is shooting dangerously then the archer shall be disqualified on the spot.
- Every athlete's equipment will be checked before the competition. Breach of Archery guidelines or any level of manipulation of one's equipment will lead to immediate disqualification.
- If any damage is caused by an Archer, the responsibility of such damage shall be of the Archer.

TOURNAMENT FORMAT

- The Archery Tournament will be conducted as per the World Archery FITA Target Archery (Federation Internationale de Tir a l'Arc) Rules.
- A qualifying round will take place on the same day of the scheduled tournament to determine the Athletes for the Elimination Round.
- The qualifying round will consist of a total of 12 X 2 rounds of 3 arrows for Indian Bow and 6 X 2 rounds of 6 arrows for Compound and Recurve Bow for both boys & girls.
- The Elimination Round will consist a total of 5 rounds across all age groups, for both boys & girls.
- The tournament format may change depending on number of registrations.

QUALIFICATION EVENT

Indian Round Category	Distance	Target Face Size	No. of Arrows in Each End	No. of Ends	Total No. of Arrows		Total Points
Under 10 Boys & Girls	10m	122cm	3 in 2 min	12	36		360
						Total	360
Under 14 Boys & Girls	30m	122cm	3 in 2 min	12	36		360
	20m	80cm	3 in 2 min	12	36		360
						Total	720
Under 17 Boys & Girls	30m	122cm	3 in 2 min	12	36		360
	20m	80cm	3 in 2 min	12	36		360
						Total	720
Under 19 Boys & Girls	40m	122cm	3 in 2 min	12	36		360
	30m	10-ring face 80cm	3 in 2 min	12	36		360
						Total	720

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - ARCHERY

Recurve Round Category	Distance	Target Face Size	No. of Arrows in Each End	No. of Ends	Total No. of Arrows		Total Points
Under 10 Boys & Girls	10m	122cm	6 in 4 min	6	36		360
	15m	122cm	6 in 4 min	6	36		360
						Total	720
Under 14 Boys & Girls	50m	122cm	6 in 4 min	6	36		360
						Total	360
Under 17 Boys & Girls	60m	122cm	6 in 4 min	6	36		360
						Total	360
Under 19 Boys & Girls	70m	122cm	6 in 4 min	6	36		360
						Total	360

Compound Round Category	Distance	Target Face Size	No. of Arrows in Each End	No. of Ends	Total No. of Arrows		Total Points
Under 10 Boys & Girls	10m	6-ring face 80cm	6 in 4 min	6	36		360
	15m	6-ring face 80cm	6 in 4 min	6	36		360
						Total	720
Under 14 Boys & Girls	50m	6-ring face 80cm	6 in 4 min	6	36		360
						Total	360
Under 17 Boys & Girls	50m	6-ring face 80cm	6 in 4 min	6	36		360
						Total	360
Under 19 Boys & Girls	50m	6-ring face 80cm	6 in 4 min	6	36		360
						Total	360

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - ARCHERY

ELIMINATION ROUND

INDIAN ROUND - (INDIVIDUAL)

- Elimination rounds are played up to 5 sets of 3 arrows on the same target face 122cm.
 - Under 10 Boys & Girls - 10m
 - Under 14 Boys & Girls - 30m
 - Under 17 Boys & Girls - 30m
 - Under 19 Boys & Girls - 40m
- If an Archer wins a set, he / she receives two points.
- If the set is drawn, the competitors receive one point each.
- If an Archer has not won a majority of the sets, the outcome is decided by a single arrow shoot-off. The competitor closest to the middle will be declared as the winner.
- The first Archer who achieves six set points wins.

RECURVE - (INDIVIDUAL)

- Elimination rounds are played up to 5 sets of 3 arrows 122cm.
 - Under 10 Boys & Girls - 10m
 - Under 14 Boys & Girls - 50m
 - Under 17 Boys & Girls - 60m
 - Under 19 Boys & Girls - 70m
- If an Archer wins a set he /she receives two points.
- If the set is drawn, the competitors receive one point each.
- If an Archer has not won a majority of the sets, the outcome is decided by a single arrow shoot-off. The competitor closest to the middle will be declared as the winner.
- The first Archer who achieves six set points wins.

COMPOUND - (INDIVIDUAL)

- Compound matches are decided using cumulative scoring in 50m
- Archers shoot 15 arrows in five ends of three arrows.
- The archer with the highest 15-arrow score wins the match.

In case of a tie, the outcome is decided by a single arrow shoot-off. The competitor closest to the middle will be declared as the winner

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - ARCHERY

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.
- The SFA Championship 2022, Uttarakhand Archery Competition will be conducted in accordance with the age groups mentioned in the table below for both boys and girls.

Age Group	Cut Off Dates
U-10	Born on or after 1st January 2013
U-14	Born on or after 1st January 2009
U-17	Born on or after 1st January 2006
U-19	Born on or after 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case. In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - ARCHERY

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - ATHLETICS

SPORT RULES & REGULATIONS

- Athletes can participate in a maximum of two individual events and one relay.
- Athletes must wear appropriate apparel for the sport of Athletics.
- No athlete may wear other sport spikes in any event, only athletic spikes or running shoes will be allowed. Athletic spikes length: Synthetic Track - 9mm.

TOURNAMENT FORMAT

- The format for any event may be modified by the Competition Director at any time during the course of the Championship.
- Athletics will be conducted for track & field events. Following is the tournament format for each of the disciplines:

Track Events

- For all track events there will be a maximum of 3 rounds for each event.
- Athletes with the top 24 timings in the heats will qualify for the Semi Finals.
- Thereafter the top 2 athletes from each Semi Final will qualify for the Final (i.e. 6 athletes). In addition to the 6 athletes that qualify for the finals the best two athletes (basis timing) will be selected for the Final from the remaining semi-finalists. The top 3 (basis timing) athletes in Final will be declared as winners
- If there are 8 or less athletes for a race run in lanes then a direct final will be held.
- For long distance races, a direct final will be held. If there are too many entries, the races will be run in manageable groups and results will be declared basis timing.
- For all hurdles races and relays if more than 8 competitors, the results will be declared in a single round as per timing.
- If there are too many participants in 300m and 600m a qualifying round will be held and the top 12 athletes with the best timing will participate in a final round. The top 3 (basis timing) athletes in Final will be declared as winners.

Field Events

There are two different formats that will be followed for field events:

- All athletes that have registered for Long Jump, Shotput, Discus Throw, Hammer Throw and Javelin Throw must participate in a round where they will be given three attempts each. Athletes with the top 8 performances will then qualify for the Final round. In the Final round, athletes will be allowed three attempts each, thereafter the Top 3 performances will be declared as winners.
- Knockout Round: All High jump athletes will be allowed 3 attempts to clear per height. If an athlete fails to do so three consecutive times, he/she will be disqualified.
- For field events all first attempts will be measured and thereafter a qualifying mark set.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - ATHLETICS

ELIGIBILITY CRITERIA

- The SFA Championship Uttarakhand 2022 Athletics Competition will be conducted in accordance with the age groups mentioned in the table below for both boys and girls.
- All Athletes from SFA registered schools will be given first preference.

Age Group	Cut Off Dates
U-6	Born on or After 1st January 2017
U-8	Born on or After 1st January 2015
U-10	Born on or After 1st January 2013
U-12	Born on or After 1st January 2011
U-14	Born on or After 1st January 2009
U-16	Born on or After 1st January 2007
U-18	Born on or After 1st January 2005

COMPETITION ORGANIZING COMMITTEE

- Competition Director.
- Chief Judge.
- SFA representative.

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - ATHLETICS

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - BADMINTON (SINGLES)

SPORT RULES & REGULATIONS

- Athletes must carry their own badminton racquet and must wear appropriate apparel for the sport of Badminton. Only non-marking / gum sole shoes will be permitted while playing matches.
- Only one Coach/Parent per player will be allowed on the field of play during a match
- Any misconduct on part of the coach/parent may result in him/her not being allowed on field of play throughout the duration of the championship
- Players must wear gum sole/non-marking shoes

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls.
- One match of 21 points each up till the Semi Finals. Semi Finals and Finals will be a best of 3 games of 21 points each.
- Athletes will be allowed to participate in one age category only.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports for all will get first preference for participation.
- First preference will be given to District, State and National ranked players. Remaining vacant slots will be allocated on a first come first serve basis.

Age Group	Cut Off Dates
U-11	Born on or After 1st January 2012
U-13	Born on or After 1st January 2010
U-15	Born on or After 1st January 2008
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - BADMINTON (SINGLES)

- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - BADMINTON (DOUBLES)**SPORT RULES & REGULATIONS**

- Athletes must carry their own badminton racquet and must wear appropriate apparel for the sport of Badminton. Only non-marking / gum sole shoes will be permitted while playing matches.
- Only one Coach/Parent per team will be allowed on the field of play during a match
- Any misconduct on part of the coach/parent may result in him/her not being allowed on field of play throughout the duration of the championship
- A doubles team must consist of players from the same school.
- Players must wear gum sole/non-marking shoes

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls.
- One match of 21 points each up till the Semi Finals. Semi Finals and Finals will be a best of 3 games of 21 points each.
- Athletes will be allowed to participate in one age category only.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.
- First preference will be given to District, State and National ranked players. Remaining vacant slots will be allocated on a first come first serve basis.

Age Group	Cut Off Dates
U-11	Born on or After 1st January 2012
U-13	Born on or After 1st January 2010
U-15	Born on or After 1st January 2008
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - BADMINTON (DOUBLES)

- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes after their match is announced the team of match officials will have the full right to announce a walkover at their sole discretion

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - BASEBALL**SPORT RULES & REGULATIONS**

- A team will have 9 on field players with 6 substitutes.
- The coach of a team is not allowed to enter the field of play in an ongoing match.
- Any misconduct on part of the coach may result in him not being allowed in the team seating area/dugout

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories.
- A player can play in more than one age category but not in different teams within the same age category.

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-14	Born on or after 1st January 2009
U-19	Born between 1st January 2004 and December 31st 2008

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - BASEBALL

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
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- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS - BASKETBALL**SPORT RULES & REGULATIONS**

- Athletes must wear appropriate apparel for the sport of Basketball.
- The coach of a team is not allowed to enter the field of play in an ongoing match.
- Any misconduct on part of the coach may result in him not being allowed in the team seating area/dugout
- A team will have 5 on field players with 7 substitutes.

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls which may be subject to change.
- Each Quarter will be of 7 minutes duration.
- A player can play in more than one age category but not in different teams within the same age category.

ELIGIBILITY CRITERIA

- Team(s) from schools registered with Sports For All will get first preference for participation.
- Incomplete details in the entry forms or any manipulation in the entries will not be accepted by the Tournament Organizing Committee.

Age Group	Cut Off Dates
U-11	Born on or After 1st January 2012
U-14	Born on or After 1st January 2009
U-16	Born on or After 1st January 2007
U-18	Born on or After 1st January 2005

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARKHAND 2022

RULES & REGULATIONS - BASKETBALL

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS - BOXING

SPORT RULES & REGULATIONS

- The AIBA rule will be followed to adjudge a walkover.
- Weighing in for all player will take place a day prior to the start of the boxing tournament. If an athlete is absent for the weighing in process, he/she will not be eligible to participate in the Tournament.
- Athletes will be informed if there is any change in weighing in schedule.
- It is mandatory for all U-19 & U-17 Female Boxers to submit non-pregnancy declaration form duly signed by either parents or legal caretaker before their first bout. However, U-19 Female Boxers born in the year 2004 can give self-declaration of Non-Pregnancy at the time of Medical Examination prior to weighing in.
- A Boxer is expected to get his/her own boxing gear and must adhere the following guidelines:
 - a. The boxing uniform & head guard must be UBA / BFI or AIBA approved.
 - b. Each boxer must have 2 sets of uniforms: 1 red and 1 blue.
 - c. The belt-line must be 6 – 10 cm and white in colour.
 - d. Each boxer must carry his/her own form fitted mouth guard and must not be red/partially red in colour.
 - e. Bandages must not be less than 2.5m and not more than 4.5m in length. Width must be 5.7cms.
 - f. No body piercing and accessories will be allowed to be worn during the medical examination, weighing in and bout.
 - g. Competition boxing gloves will be provided by The Tournament Committee at the venue.

TOURNAMENT FORMAT

- The Boxing tournament at SFA Uttarakhand 2022 will be held as per UBA (Uttarakhand Boxing Association) / AIBA's (Amateur International Boxing Association) Technical and Competition Rules.

Sr.	Age Group	Number of Rounds and Duration	Rest Between Round	Number of Counts
1	U – 19 Girls & Boys	3 Min. X 3 Rounds	1 Minute	3 In a round / 4 In a Bout
2	U – 17 Girls & Boys	2 Min. X 3 Rounds	1 Minute	3 in a round / 4 in a Bout
3	U – 15 Girls & Boys	2 Min. X 3 Rounds	1 Minute	2 in a round / 3 in a Bout
4	U – 13 Girls & Boys	1.5 Min. X 3 Rounds	1 Minute	2 in a round / 3 in a Bout
5	U – 11 Girls & Boys	1 Min. X 3 Rounds	1 Minute	2 in a round / 3 in a Bout

ELIGIBILITY CRITERIA

Students from schools registered with Sports For All will get first preference for participation.

Age Groups & Events	Weight Categories (kg)
Cub Class Boys & Girls (U-11)	Below 24, 26, 28, 30, 32, 34, 36, 38, 40, 42
Cadet Class Boys & Girls (U-13)	Below 28, 30, 32, 34, 36, 38, 40, 42, 44, 46
Sub Junior Boys & Girls (U-15)	Below 32, 34, 36, 38, 40, 42, 44, 46, 48, 50, 52, 54, 57, 60
Junior Boys & Girls (U-17)	44 - 46, 48, 50, 52, 54, 57, 60, 63, 67, 70, 75, 80, 80+
Youth Boys (U – 19)	46 – 49, 52, 56, 60, 64, 69, 75, 81, 91, 91+
Youth Girls (U – 19)	-45 , - 48, 51, 54, 57, 60, 64, 69, 75, 81, 81+
Age Group	Cut Off Dates
U - 11	Born on or after 1 st January 2012
U - 13	Born on or after 1 st January 2010
U - 15	Born on or after 1 st January 2008
U - 17	Born on or after 1 st January 2006
U - 19	Born on or after 1 st January 2004

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - BOXING

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - BOXING

- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - CHESS

SPORT RULES & REGULATIONS

- Writing every move in the notepad provided is compulsory for players except for U-7 & U-9 chess players

TOURNAMENT FORMAT

- The tournament will be played on a 'SWISS LEAGUE' basis as per the FIDE (World Chess Body) guidelines.
- An athlete is eligible to play all rounds, irrespective of win / loss / draw.
- The decision of the arbiters will be final and binding on all.
- **Time control:** 40 minutes plus 3 seconds increment / player.
- **Tie break:** In case of a tie, the tie will be resolved in the order
 - Buchholz
 - Median Buchholz
 - Berger
 - Toss
- One illegal move completed and the game will be declared as a loss.
- If there is any dispute, the athlete should report to the arbiter immediately. Once the game is over and the result is submitted, no dispute shall be resolved.
- Both the athletes are requested to submit their results to the arbiter.

ELIGIBILITY CRITERIA

Age Group	Cut Off Dates
U-7	Born on or after 1st January 2016
U-9	Born between 1st January 2014 and December 31st 2015
U-11	Born between 1st January 2012 and December 31st 2013
U-13	Born between 1st January 2010 and December 31st 2011
U-15	Born between 1st January 2008 and December 31st 2009
U-17	Born between 1st January 2006 and December 31st 2007
U-19	Born between 1st January 2004 and December 31st 2005

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director
- Chief Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.

RULES & REGULATIONS - CHESS

- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - FENCING**SPORT RULES & REGULATIONS**

- Athletes must wear appropriate uniform for the sport of Fencing.
- All athletes must get their own kit & equipment.
- All bouts will be conducted using electronic equipment.
- Athletes will not be allowed to remove their weapon from their kit until the commencement of their match.
- A weapon which is removed out of the kit must not leave the stipulated playing arena.

TOURNAMENT FORMAT

- A league & knockout tournament will be played across all age groups, for both boys & girls.
- All league matches will be of 3 minutes.
- All knockout matches will be of 6 minutes with a 1 minute interval at half time.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-12	Born on or After 1st January 2011
U-14	Born on or After 1st January 2009
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - FENCING

- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc. For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
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TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - FOOTBALL

SPORT RULES & REGULATIONS

- Athletes must wear appropriate apparel for the sport of Football
- The coach of a team is not allowed to enter the field of play in an ongoing match.
- Any misconduct on part of the coach may result in him not being allowed in the team seating area/dugout

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls which may be subject to change.
- The team composition for each age group is as follows:
 - **U-10:** 7 players on field + a maximum of 5 substitutes
 - **U-12:** 9 players on field + a maximum of 5 substitutes
 - **U-14:** 11 players on field + a maximum of 7 substitutes
 - **U-16:** 11 players on field + a maximum of 7 substitutes
 - **U-18:** 11 players on field + a maximum of 7 substitutes
- A player can play in more than one age category but not in different teams within the same age category.
- The match duration for each age group is as follows:
 - **U-10:** 10 minutes per half + 5 minute interval at half time
 - **U-12:** 15 minutes per half + 5 minute interval at half time
 - **U-14:** 25 minutes per half + 10 minute interval at half time
 - **U-16:** 25 minutes per half + 10 minute interval at half time
 - **U-18:** 25 minutes per half + 10 minute interval at half time
- The ball sizes for each age group will be as follows:
 - **U-10:** Size 3
 - **U-12:** Size 4
 - **U-14:** Size 5
 - **U-16:** Size 5
 - **U-18:** Size 5

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.
- Incomplete details in the entry forms or any manipulation in the entries will not be accepted by the Tournament Organizing Committee.

Age Group	Cut Off Dates
U-10	Born on or After 1st January 2013
U-12	Born on or After 1st January 2011
U-14	Born on or After 1st January 2009
U-16	Born on or After 1st January 2007
U-18	Born on or After 1st January 2005

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.

- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - FOOTBALL

- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
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EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
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PROTEST POLICY

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TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - FOOTBALL

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS - HANDBALL**SPORT RULES & REGULATIONS**

- A team will have 7 on field players with 5 substitutes.
- The coach of a team is not allowed to enter the field of play in an ongoing match.
- Any misconduct on part of the coach may result in him not being allowed in the team seating area/dugout

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories.
- The match duration for each of the age categories & events is as follows:
 - U-10 & U-12 Boys and Girls - 10 minutes per half with a 2 minute interval
 - U-14, U-16 & U-18 Boys and Girls - 15 minute per half with a 5 minute interval
- A player can play in more than one age category but not in different teams within the same age category.

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-10	Born on or after 1st January 2013
U-12	Born on or after 1st January 2011
U-14	Born on or after 1st January 2009
U-16	Born on or after 1st January 2007
U-18	Born on or after 1st January 2005

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
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SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - HANDBALL

- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
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EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS - HOCKEY**TOURNAMENT FORMAT**

- A knockout tournament will be played across all age groups and event categories.
- The match duration for each of the age categories is as follows:
 - U-12 Boys: Each half of 10 minutes with a 5 minute interval at half time.
 - U-14, U-16 & U-18 Boys & Girls: Each half of 15 minutes with a 5 minute interval at half time.
- In case of a draw at full time, the result of the match will be decided basis 5 penalty strokes given to both the teams.

SPORT RULES & REGULATIONS

- Athletes must wear the appropriate apparel for the sport of hockey. It is compulsory for all players to wear astro turf shoes and shin guards for their matches. Without which they will not be allowed to play.
- All athletes must be identified by their respective jersey numbers. Each athlete should wear his/her jersey with the same jersey number throughout the tournament.
- A team will have 11 on field players with 5 rolling substitutes. It is compulsory to include 2 goalkeepers in your squad.

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-12	Born on or after 1st January 2011
U-14	Born on or after 1st January 2009
U-16	Born on or after 1st January 2007
U-18	Born on or after 1st January 2005

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director.
- Tournament Referee.
- SFA Representative

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarkhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.

SFA CHAMPIONSHIP UTTARKHAND 2022

RULES & REGULATIONS - HOCKEY

- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS - JUDO

SPORT RULES & REGULATIONS

- The schedule for weighing in will be communicated prior to the championship.
- If an athlete is absent for the weighing in process, he/she will not be eligible to participate.
- Any athlete found over age or with any manipulation in his/her documents, will be disqualified without any kind of prior intimation.
- Athletes must wear and carry their appropriate uniform for the sport of Judo.
- Athletes are strictly prohibited from using chokes & locks during their matches.

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups for both, boys and girls.
- The match duration for each age category is as follows:
 - U-8 Boys & Girls: 2 minutes
 - U-10 Boys & Girls: 3 minutes
 - U-12 & U-14 Boys & Girls: 4 minutes
 - U-17 & U-19 Boys & Girls: 5 minutes
- Each Athlete can participate only in one age group & weight category.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.

Age Groups & Events	Weight Categories
Boys & Girls (U-8)	-18, -21, -24, -27, -30, -33, -36, +36
Boys & Girls (U-10)	-21, -24, -27, -30, -33, -36, -39, -42, -46, -50, +50
Boys (U-12)	-24, -27, -30, -34, -38, -42, -46, -50, -55, -60, +60
Girls (U-12)	-23, -26, -29, -32, -36, -40, -44, -48, -52, -57, -63, +63
Boys (U-14)	-30, -34, -38, -42, -46, -50, -55, -60, -66, +66
Girls (U-14)	-32, -36, -40, -44, -48, -52, -57, -63, +63
Boys (U-17)	-35, -40, -45, -50, -55, -60, -66, -73, +73
Girls (U-17)	-40, -44, -48, -52, -57, -63, +63
Boys (U-19)	-35, -40, -45, -50, -55, -60, -66, -73, +73
Girls (U-19)	-40, -44, -48, -52, -57, -63, +63

Age Group	Cut Off Dates
U-8	Born on or After 1st January 2015
U-10	Born on or After 1st January 2013
U-12	Born on or After 1st January 2011
U-14	Born on or After 1st January 2009
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - JUDO

- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - KABADDI**SPORT RULES & REGULATIONS**

- It is advisable for the athletes to wear appropriate shoes, since the Kabaddi Tournament will be played on mats.
- A team will have 7 on field athletes and 5 substitutes.

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories.
- The matches will be of 30 minutes in duration with a 5 minute interval at half time.
- An athlete can play in more than one age category but not in different teams within the same age category.

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-14	Born on or after 1st January 2009
U-17	Born on or after 1st January 2006
U-19	Born on or after 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - KABADDI

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS – KARATE KATA

TOURNAMENT FORMAT

- Each athlete can participate in only one age group.
- Kata match duration for U-7, U-9, U-11 & U-13 boys and girls will be 2 minutes/match
- Kata match duration for U-15, U-17 & U-19 boys and girls will be 3 minutes/matches

RULES & REGULATIONS

- Athletes must wear their appropriate uniform for the sport of Karate.
- Athletes must carry their own protective gear.
- For Kata, athletes will perform their Kata Routine. The Judges will decide the winner basis technical criteria devised by the KAI (Karate Association of India)

Age Group	Cut Off Dates
U-7	Born on or after 1st January 2016
U-9	Born on or after 1st January 2014
U-11	Born on or after 1st January 2012
U-13	Born on or after 1st January 2010
U-15	Born on or after 1st January 2008
U-17	Born on or after 1st January 2006
U-19	Born on or after 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – KARATE KATA

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - KARATE KUMITE

SPORT RULES & REGULATIONS

- Gum Guards are compulsory for every athlete (except for U-7 and U-9). athletes without gum guards will be disqualified from the tournament.
- The schedule for weighing in will be communicated prior to the championship.
- If an athlete is absent for the weighing in process, he/she will not be eligible to participate.
- If any athlete is found over age or with any manipulation in his/her documents, the athlete/team will be disqualified without any kind of prior intimation.
- Athletes must wear appropriate uniform for the sport of Karate. Athletes must carry their own protective gear.

TOURNAMENT FORMAT

- For Kumite, a knockout tournament will be played across all age groups for boys and girls.
- Each Athlete can participate in only one age group and weight category.
- Kumite match duration for U-7, U-9, U-11 & U-13 boys and girls will be 2 minutes/match
- Kumite match duration for U-15, U-17 & U-19 boys and girls will be 3 minutes/match

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.

Age Group & Events	Weight Categories
U-7	-22, 22 – 25, 25 – 28, 28 – 31, +31
U-9	-25, 25 – 28, 28 – 31, 31 – 34, +34
U-11	-30, 30 – 34, 34 – 38, 38 – 42, 42 – 46, +46
U-13	-34, 34 – 38, 38 – 42, 42 – 46, 46 – 50, +50
U-15	-38, 38 – 43, 43 – 47, 47 – 51, 51 – 55, +55
U-17	-43, 43 – 48, 48 – 53, 53 – 58, 58 – 63, +63
U-19	-43, 43 – 48, 48 – 53, 53 – 58, 58 – 63, +63

Age Group	Cut Off Dates
U-7	Born on or after 1st January 2016
U-9	Born on or after 1st January 2014
U-11	Born on or after 1st January 2012
U-13	Born on or after 1st January 2010
U-15	Born on or after 1st January 2008
U-17	Born on or after 1st January 2006
U-19	Born on or after 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - KARATE KUMITE

- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – KHO-KHO

SPORT RULES & REGULATIONS

- The Kho Kho Tournament will be conducted as per the official rules laid down by the Kho-Kho Federation of India.
- Athletes must wear appropriate apparel for the sport of Kho-Kho.
- A team will have 9 on field players with 6 substitutes

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories.
- The innings duration for each of the age categories is as follows:-
 - U-14 Boys & Girls: 7 minutes
 - U-18 Boys & Girls: 9 minutes

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-14	Born on or After 1st January 2009
U-18	Born on or After 1st January 2005

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship 2019.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – KHO-KHO

- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS - SHOOTING (INDIVIDUAL)

SPORT RULES & REGULATIONS

- No athlete must use their guns before their scheduled event.
- Athletes must carry their own guns.
- No guns must be removed from their cover outside the stipulated arena.
- All weapons and ammunition must be in compliance with the ISSF/NRAI rules.

TOURNAMENT FORMAT

- The Tournament will be played according to the ISSF (International Shooting Sport Federation) & NRAI (National Rifle Association of India) rules.
- The match duration for all events will be 75 minutes (including 15 minutes sighting time)
- A total of 40 bullets will be allowed to be shot after in the remaining 60 minutes

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.

Age Group	Cut Off Dates
U-14	Born on or After 1st January 2009
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - SHOOTING (INDIVIDUAL)

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - SKATING

SPORT RULES & REGULATIONS

- Player can participate in any number of events
- Player must wear appropriate apparel for the sport of skating i.e. Skin Suits & Helmets.

TOURNAMENT FORMAT

- The tournament format will be as follows:
 - Any event category which has a participation of over 15 skaters, we shall have heats, Semi Final & Finals.
 - Any event category which has a participation below 15 skaters, we shall have Semi Finals & Finals.
- Skaters with tenacity (primary) skates shall be part of the quad and/or in line category that he/she may have chosen. No Separate race shall be carried out for them.

ELIGIBILITY CRITERIA

- The SFA Championship Uttarakhand 2022 Skating Competition will be conducted in accordance with the age groups mentioned in the table below for both boys and girls.
- All Players from SFA registered schools will be given first preference

Age Group	Cut Off Dates
U-5	Born on or after 1 st January 2018
U-7	Born on or after 1 st January 2016
U-9	Born on or after 1 st January 2014
U-11	Born on or after 1 st January 2012
U-14	Born on or after 1 st January 2009
U-17	Born on or after 1 st January 2006
U-19	Born on or after 1 st January 2004

COMPETITION ORGANIZING COMMITTEE

- Competition Director.
- Chief Judge.
- SFA representative.

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - SKATING

- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Players will be allowed inside the field of play basis their schedule.
- Provisions for drinking water have been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us at uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form within 15 minutes of the event
 - Pay a protest fee of Rs. 1000/-
- The protest committee will arrive at a decision within the duration of the skating tournament.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and has an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine cases to be able to provide a seamless sporting experience.
- SFA assures that all Players will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES AND REGULATIONS – SPORT MMA

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups for boys and girls.
- Each Athlete can participate only in one age group & weight category.

RULES & REGULATIONS

- Gum Guards are compulsory (except for under 9). Athletes without gum guards will be disqualified from the tournament.
- The schedule for weighing in will be communicated prior to the championship.
- If an athlete is absent for the weighing in process, he/she will not be eligible to participate.
- Athletes must wear appropriate apparel for the sport of Sport MMA. Athletes must carry their own protective gear.

Age Group & Event	Weight Categories
U-9	-25, -28, -31, -34, +34
U-11	-29, -33, -37, -41, +41
U-13	-33, -38, -43, -48, -53, -58, + 58
U-15	-38, -43, -48, -53, -58, + 58
U-17	-52 (Straw weight) 52.2 – 56.7 (Flyweight) 56.7 – 61.3 (Bantum weight) 61.3 – 65.9 (Feather weight) 65.9 – 70.5 (Light weight) 70.5 – 77.3 (Welter weight) 77.3 – 84.1 (Middle weight)
U-19	-52 (Straw weight) 52.2 – 56.7 (Flyweight) 56.7 – 61.3 (Bantum weight) 61.3 – 65.9 (Feather weight) 65.9 – 70.5 (Light weight) 70.5 – 77.3 (Welter weight) 77.3 – 84.1 (Middle weight)

Age Group	Cut Off Dates
U-9	Born on or After 1st January 2014
U-11	Born on or After 1st January 2012
U-13	Born on or After 1st January 2010
U-15	Born on or After 1st January 2008
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every athlete must carry his/her School ID along with age proof at all times during the tournament.
- No athlete will be allowed to play his/her match if they do not have their school ID along with valid age proof (Adhar Card preferred)
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- Any athlete found over age or with any manipulation in his/her documents, will be disqualified without any prior intimation.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in case of unavoidable circumstances. All schools are requested to co-operate in any such case.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES AND REGULATIONS – SPORT MMA

- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- Athletes will not be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any further details of the tournament, the School Authority / Parent / Athlete can call or email us on uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The athlete must report at the venue's main registration desk 45 minutes prior to his/her scheduled match.
- The athlete has to report 15 minutes prior to his/her scheduled match time at the Sport MMA registration desk.
- If the athlete fails to report 10 minutes after the match is announced, the opponent will get a walkover.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.
- Incomplete details in the entry forms or any manipulations in the entries will not be accepted by the Tournament Organizing Committee.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- Kindly note, in case any player is found guilty of unfair play in matches, SFA committee holds the right to deduct up to 50 points from the school's total tally in ranking table.
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES AND REGULATIONS – SPORT MMA

TOURNAMENT ORGANIZING COMMITTEE

- Tournament Director
- Referee Commission
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - TABLE TENNIS (DOUBLES)**SPORT RULES & REGULATIONS**

- Athletes must carry their racquet and wear appropriate apparel for the sport of Table Tennis.
- All Table Tennis Federation of India (TTFI) approved Equipment will be used in the Tournament.
- A doubles team must consist of players from the same school.

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls.
- U-12 matches will be a best of 5 games of 11 points each till Finals
- For U-15, U-17 and U-19 matches will be best of 5 games of 11 points each till Quarter Finals & best of 7 games of 11 points each for the Semi Finals & Finals
- Each athlete can participate in one age category only

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.
- First preference will be given to District, State and National ranked players. Remaining vacant slots will be allocated on a first come first serve basis.

Age Group	Cut Off Dates
U-10	Born on or After 1st January 2013
U-12	Born on or After 1st January 2011
U-15	Born on or After 1st January 2008
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - TABLE TENNIS (DOUBLES)

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - TABLE TENNIS (SINGLES)

SPORT RULES & REGULATIONS

- Athletes must carry their table tennis racquet and wear appropriate apparel for the sport of Table Tennis.
- All Table Tennis Federation of India (TTFI) approved Equipment will be used in the Tournament.

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls. U-10 and U-12, matches will be a best of 5 games of 11 points each till Finals
- For U-15 and U-17 matches will be best of 5 games of 11 points each till Quarter Finals & best of 7 games of 11 points each for the Semi Final & Final
- Each Athlete can participate in one age category only

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.
- First preference will be given to District, State and National ranked players. Remaining vacant slots will be allocated on a first come first serve basis.

Age Group	Cut Off Dates
U-10	Born on or After 1st January 2013
U-12	Born on or After 1st January 2011
U-15	Born on or After 1st January 2008
U-17	Born on or After 1st January 2006
U-19	Born on or After 1st January 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - TABLE TENNIS (SINGLES)

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – TENNIS (SINGLES)

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, boys and girls.
- **U-10:**
 - The matches up till the Quarter Finals will be of 1 mini set (4 games).
 - Tie break will be on 3-3.
 - Semi Finals and Finals will be a best of 3 Mini Sets with tie break on 3-3 for each set.
 - For all matches, deuce will be one point with server to decide the side.
 - Matches will be played with green dot balls for the U-10 age group only.
- **U-12, U-14, U-16, U-18:**
 - The matches up till the Quarter Finals will be of 1 set (6 games) & tie break will be on 5-5.
 - Semi Finals will be of 17 games
 - Finals will be a best of 3 sets with tie break on 6-6 for each set.
 - For all matches, deuce will be one point with server to decide the side.
- Each Athlete will be allowed to participate in one age category only.

RULES & REGULATIONS

- Every athlete must carry their All India Tennis Association card (AITA), school ID card along with his/her age proof at all times during the tournament. No athlete will be allowed to play his/her match if they do not have their AITA card or valid age proof along with his school ID.
- Athletes must wear appropriate apparel for the sport of Tennis. Only non-marking / gum sole shoes will be permitted while playing matches.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.
- Preference will be given to AITA ranking players. Remaining vacant slots will be allocated on a first come first serve basis.

Age Group	Cut Off Dates
U-10	Born on or After 1st January 2013
U-12	Born on or After 1st January 2011
U-14	Born on or After 1st January 2009
U-16	Born on or After 1st January 2007
U-18	Born on or After 1st January 2005

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – TENNIS (SINGLES)

- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - TENNIS (DOUBLES)**SPORT RULES & REGULATIONS**

- Every athlete must carry their All India Tennis Association card (AITA), if registered, along with his/her age proof at all times during the tournament.
- Athletes should carry their tennis racquet and wear appropriate uniform for the sport of Tennis. Only non-marking/gum sole shoes will be permitted while playing matches.
- A doubles team must consist of players from the same school.

TOURNAMENT FORMAT

- A knockout tournament will be played across all age groups and event categories for both, Boys and Girls.
- The matches up till the Quarter Finals will be of 1 set (6 games) & tie break will be on 5-5.
- Semi Finals will be of 17 games
- Finals will be a best of 3 sets with tie break on 6-6 for each set.
- For all matches, deuce will be one point with server to decide the side.

ELIGIBILITY CRITERIA

- Students from schools registered with Sports For All will get first preference for participation.
- Teams will be accommodated on a first come first serve basis.

Age Group	Cut Off Dates
U-14	Born on or After 1st January 2009
U-16	Born on or After 1st January 2007
U-18	Born on or After 1st January 2005

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - TENNIS (DOUBLES)

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS - WRESTLING

TOURNAMENT FORMAT

- The format for all age groups and events are as follows:
- A knockout tournament will be played across all age groups for boys and girls.
- Each match will be of 2 rounds of 2 minutes each with a 30 rest period.
- Each Athlete can participate only in one age group & weight category.

AGE GROUP TABLE

Age Group Table

Add Content		
Age Group & Event	Weight Categories (Kg)	Operation
Boys (U-14)	32,35,38,41,45,49,55 & 60	Delete
Boys (U-17)	42,46,50,54,58,63 & 69	Delete
Girls (U-17)	33,38,40,43,46,49,53 & 56	Delete

ELIGIBILITY CONTENT

- Students from schools registered with Sports For All will get first preference for participation.
- Incomplete details in the entry forms or any manipulations in the entries will not be accepted by the Tournament Organizing Committee.

Age Group	Cut Off Dates
U-14	Born on or after 1st January 2009
U-17	Born on or after 1st January 2006
U-19	Born on or after 1st January 2004

RULES AND REGULATIONS

- Every athlete must carry his/her School ID along with age proof at all times during the tournament.
- No athlete will be allowed to play his/her match if they do not have their school ID along with valid age proof (Adhar Card preferred)
- The athlete must report at the venue's main registration desk 45 minutes prior to his/her scheduled match.
- The athlete must report 15 minutes prior to his/her scheduled match time at the Wrestling registration desk.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If an athlete is absent for the weighing in process, he/she will not be eligible to participate.
- Any athlete found over age or with any manipulation in his/her documents, will be disqualified without any prior intimation.
- Athletes must wear appropriate apparel for the sport of Wrestling. Athletes must carry their own protective gear.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS - WRESTLING

- The Tournament Organizing Committee has the right to postpone or cancel the tournament in case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- Athletes will not be allowed to use their mobile phones in the stipulated playing arena.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT ORGANIZING COMITEE

- Tournament Director
- Referee Commission
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 points
 - Silver – 3 Points
 - Bronze – 1 Point

RULES & REGULATIONS – VOLLEYBALL**TOURNAMENT FORMAT**

- A knockout tournament will be played across all age groups and event categories for both, Boys and Girls.
- The matches will be played of a best of 3 sets of 25 points each.
- A player can play in more than one age category but not in different teams within the same age category.

RULES & REGULATIONS

- Athletes must wear appropriate apparel for the sport of Volleyball.
- A team will have 6 on field players and 6 substitutes

ELIGIBILITY CRITERIA

- Teams from schools registered with Sports For All will get first preference for participation.
- Incomplete details in the entry forms or any manipulations in the entries will not be accepted by the Tournament Organizing Committee.

Age Group	Cut Off Dates
U-12	Born on or After 1st January 2011
U-14	Born on or After 1st January 2009
U-16	Born on or After 1st January 2007
U-18	Born on or After 1st January 2005

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.
- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – VOLLEYBALL

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

- In the event that an athlete wishes to lodge a protest against his/her their opponent with respect to age or any other unfair practices etc. he/she will need to follow the below mentioned steps:
 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 15 Points
 - Silver – 10 Points
 - Bronze – 5 Points

RULES & REGULATIONS – YOGASANA

TOURNAMENT FORMAT & RULES AND REGULATIONS

- A competitor has to perform 5 compulsory Yogasana and 2 optional Yogasana in the 1st Round. (Reference Images Provided after the Points System)
- Optional Yogasana charts have been mentioned below with 5 different varieties of Forward Bend/Backward Bend/Twisting/Hand Balance/Leg Balance.
- A competitor shall select these 2 optional Yogasana from different varieties. Only A/B/C category can be performed in the first round. Compulsory Yogasana to be avoided as optional Yogasana. Repetitions of any Yogasana or selecting Yogasana of same varieties will result in getting 0 marks for second Yogasana.
- Holding time of Compulsory and Optional Yogasana is mentioned in the table below.
- Always start and end your Yogasana performance with Namaste Mudra.

Age Group	Compulsory Yogasana Holding Time	Optional Yogasana Holding Time
U-14 Boys & Girls	45 seconds	15 seconds
U-17 Boys & Girls	60 seconds	15 seconds
U-19 Boys & Girls	60 seconds	15 seconds

ELIGIBILITY CRITERIA

- Athletes from schools registered with Sports For All will get first preference for participation.
- Incomplete details in the entry forms or any manipulations in the entries will not be accepted by the Tournament Organizing Committee.

Age Group	Cut Off Dates
U-14	Born between 1st January 2014 to 31st December 2009
U-17	Born Between 1st January 2008 to 31st December 2006
U-19	Born Between 1st January 2005 to 31st December 2004

CHAMPIONSHIP RULES & REGULATIONS

- Every Participant must carry his/her school ID along with age proof at all times during the tournament. No participant will be allowed to play his/her match if they do not have their school ID along with valid age proof.
- The Tournament schedule will be published on our website – www.sfaplay.com 15 days prior to SFA Championship Uttarakhand 2022.
- If any participant is found over age or with any manipulation in his/her documents, he/she will be disqualified without any kind of prior intimation.
- Participants must wear appropriate apparel for their respective sport.
- The Tournament Organizing Committee has the right to postpone or cancel the tournament in the case of unavoidable circumstances. All schools are requested to co-operate in any such case.
- In case of any dispute the decision of the Tournament Organizing Committee will be final and binding.
- No participant will be allowed to use their mobile phones in the stipulated playing arena.
- Parents, fellow schoolmates, friends and other spectators are requested view the various matches across sports outside the respective sporting arenas - seating arrangements & holding areas have been made for the same.
- Athletes will be allowed inside the field of play basis their schedule.
- Provisions for drinking water has been made at all sporting arenas. Kindly note, this is only available for players and sport officials at the time of play.

SFA CHAMPIONSHIP UTTARAKHAND 2022

RULES & REGULATIONS – YOGASANA

- Notice boards are available across the venue and at the respective sporting arenas. Players, Parents, Coaches are requested to view the same for information such as match scores, draws, schedules etc.
- For any kind of further details of the tournament the School Authority / Parent / Player can contact us on our info lines or email us on the following: uk.support@sfaplay.com

EVENT PROCESS & FLOW

- The participant must report at the venue's main registration desk 60 minutes prior to his/her scheduled match.
- The team/player must report 15 minutes prior to their scheduled match time at the sports registration desk.
- If any team/player fails to report within 10 minutes of the match is announced the team of match officials will have the full right to announce a walkover at their sole discretion.

PROTEST POLICY

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 - Contact the tournament director/SFA Representative
 - Fill out the protest form
 - Pay a deposit of Rs. 1000/-
- The protest committee will arrive at a decision within a maximum of 48 hours.
- In the event that an athlete is found to be overage has been disqualified SFA will not be liable to conduct a rematch of for any athlete/team who may have lost to him/her in the interest of the time. However, the overage athlete will be disqualified without any prior notice. The player may also face a ban on participating at the SFA Championship of up to 3 years. The same will be mentioned on his/her sporting profile on www.sfaplay.com
- To entertain genuine protests, SFA has taken the decision of levying a protest fee. Handling protests is a time-consuming process and have an impact on the schedule of the other matches scheduled for any given day. Hence, it is critical for SFA to entertain only the genuine ones to be able to provide a seamless sporting experience.
- SFA assures that all athletes will be given fair and equal treatment irrespective of the registration packages.

TOURNAMENT COMMITTEE

- Tournament Director
- Tournament Referee
- SFA Representative

POINTS SYSTEM

- The points for the medals are mentioned below –
 - Gold – 5 Points
 - Silver – 3 Points
 - Bronze – 1 Points

REFERENCE IMAGES

- The reference images for each category for the compulsory and the optional Yogasana are attached below.

SFA CHAMPIONSHIP UTTARAKHAND 2022
RULES & REGULATIONS – YOGASANA

COMPULSORY YOGASANA

U-14 BOYS

1. EKA-PADA-SKANDHASANA



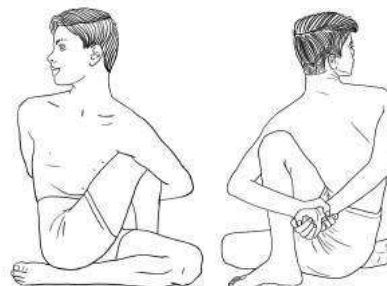
2. PASCHIMOTTANASANA



3. KAPOTASANA



4. ARDHA-MATSYENDRASANA - I



5. KUKKUTASANA



1. UPAVISHTA-KONASANA



2. PURNA-CHAKRASANA



3. PARIVRITTA PARSHVA KONASANA



4. UTTHITA-EKPADA-SKANDHASANA



5. GARUDASANA



1. VIRANCHYASANA - I



2. UPAVISHTA-KONASANA



3. POORNA-SHALABHASANA



4. PARIPURNA-MATSYENDRASANA



5. TITTIBHASANA



1. UPAVISHTA-KONASANA



2. POORNA-MATSYASANA



3. PARIPURNA-MATSYENDRASANA



4. KUKKUTASANA



5. VATAYANASANA



FB-1
Forward Bend Standings (FBS)

FBS-A
Mark - 0.6

FBS-B
Mark - 0.7

FBS-C
Mark - 0.8

FBS-D
Mark - 0.9

FBS-E
Mark - 1.0

1



Uttanasana - II



Padapasha-
Parshvottanasana



Adhomukh
Tittibhasana



Kardalikasana - I



Urdhvamukha
Tittibhasana

2



Malayasana



Prasarit-pash
padottanasana



Skandha-Pada-
Adhomukh-Shwanasana



Kardalikasana - II



Sheersha-Kurmasana

3



Parshvottanasana



Put-Pada-
Shwanasana



Paripurna-Tittibhasana



Panavasana



Adhomukh-
Skandhapadasana

4



Prasarit
Padottanasana-1



Prapada-Uttana-
Prushthasana



Suptakonasana



Ardha Baddha
Padmottanasana



Utthit-Padamula
Tittibhasana

5



Prasarit
Padottanasana-2



Padahastottanasana



Samatvasana



Skandha-Pada-
Dandasana



Shatapadyasana

FB-2
Forward Bend Floor (FBF)

FBF-A
Mark - 0.6

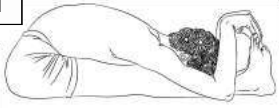
FBF-B
Mark - 0.7

FBF-C
Mark - 0.8

FBF-D
Mark - 0.9

FBF-E
Mark - 1.0

1



Paschimottanasana



Upavishta- Konasana



Saralahasta-
Pinda-Padmasana



Urdhvamukha-
Paschimottanasana - 1



Supta Tittibhasana

2



Halasana



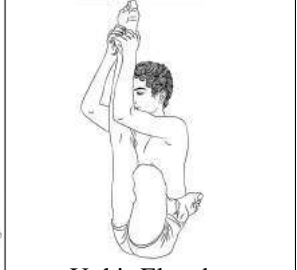
Krounchasana



Karna-Peedasana



Timayasana



Utthit-Ekpada-
Hasta-Prushtasana

3



Ardha-baddha-Padma-
Paschimottanasana



Salamb-
Sarvangasana-1



Baddha-Viparit-
Kurmasana



Parshva-Pindasana-
Yukta-Sarvangasana



Yoga-Nidrasana

4



Marichyasana - 1



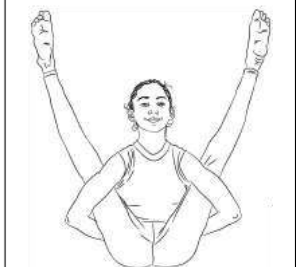
Marichyasana - 2



Pindasanayukta-
Sarvangasana



Urdhva-Padapadma-
Sarvangasana



Saraghasana

5



Skandasana - I



Urdhavamukha-
Paschimottanasana - 2



Bhrunasana



Ramadootasana



Pingalasana

▪ BB-1 ▪
Back Bend Standing (BBS)

BBS-A
Mark - 0.6

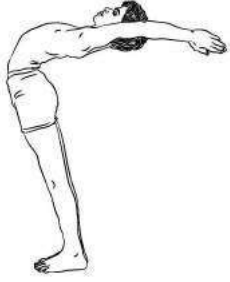
BBS-B
Mark - 0.7

BBS-C
Mark - 0.8

BBS-D
Mark - 0.9

BBS-E
Mark - 1.0

1



Ardha-Chandrasana



Nandighoshasana



Tryanga-Mukhotanasana



Eka-Pada-Urdhva-Dand-Dhanurasana



Urabhrasana

2



Bheemasana



Veernilasana



Sooryanamaskarasana



Mahakarnasana



Mahaneelasana

3



Chamatkarasana



Darukasana



Poorna-Chakrasana



Konarkasana



Dimbasana

4



Chitroshtakasana



Gajananasana



Chakra-Garudasana



Eka-Pada-Lambakona-Chakrasana



Dhawaja Dwarasana

5



Eka-Pada-Setubandha-chakrasana



Girijasana



Chakravavyuvhasana



Kambalasana



Kosha Krumikasana

BB-2
Back Bend Floor (BBF)

BBF-A
Mark - 0.6

BBF-B
Mark - 0.7

BBF-C
Mark - 0.8

BBF-D
Mark - 0.9

BBF-E
Mark - 1.0

1



Ushtrasana



Laghu-Vajrasana



Purna-Chakrabandhasana



Shankhapalasana



Chitrapatargasana

2



Ekapada-
Rajakapotonasan-3



Govardhanasana



Ardha-Kapota-
Vamadevasana



Ekapada-Viparit-
Shalbasana



Mriga-Mukhasana

3



Sharangasana



Mahaveerasana



Vayuputrasana



Sugreevasana



Viparita-Valkhilyasana

4



Ekapada-Viparit-
Dandasana - 1



Padmanabhasana



Padangushtha-
Dhanurasana



Padma-Jhashasana



Prajaktasana

5



Shivadhanushyasana



Poorna-Matsyasana



Gandabherundasana



Supta-Dimbasana



Vibhakta-Viparita-
Shalabhasana

■ TB-1 ■
Twisting Body Floor (TBF)

TBF-A
Mark - 0.6

TBF-B
Mark - 0.7

TBF-C
Mark - 0.8

TBF-D
Mark - 0.9

TBF-E
Mark - 1.0

1



Parivritta - Padmasana



Parivritta-Janu-Shirshasana



Ardha-Matsyendrasana - 1



Parivritta-Ramadootasana



Parivritta Upavishta-Konasana

2



Ardha-Matsyendrasana - IV



Shoolpashasana



Kesarisutasana



Parivritta-Ushtrasana



Katipada-Matsyendrasana

3



Parighasana



Maricchyasana-III



Parivritta-Paschimottanasana



Marichyasana - 4



Parivritta-Eka-Pada-Shirasana

4



Ranaveerasana



Uddalakasana



Trishoolpashasana



Ardha-Padma-Shoolpashasana



Pushpadantasana

5



Baddhapada-Matsendrasana



Amit-Vikramasana



Padaputa-Parivritta-Janu-Shirasana



Paripurna-Matsyendrasana



Utthit-Pada-Parivritta-Janu-Shirasana

■ TB-2 ■
Twisting Body Balance (TBB)

TBB-A
Mark - 0.6

TBB-B
Mark - 0.7

TBB-C
Mark - 0.8

TBB-D
Mark - 0.9

TBB-E
Mark - 1.0

1



Parivrutta-Namanasana



Shrugalasana



Parivritta-Uttanasana



Maroodasana-1



Malayasana

2



Himavanasana



Baddha-Parivritta-Parshva-Konasana



Mahendrasana



Kanchangangasana



Kailasasana

3



Parivritta-Utkatasan



Baddhapada-Parivritta-Upveshasana



Angushta-Padottanasana



Maheshwarasana



Parivritta-Vishwamitrasana

4



Parivritta-Parshva-Konasana



Parivritta-Trikonasana



Ardhapadma-Parivritta-Parighasana



Nishigandhasana



Putpada-Vishwamitrasana

5



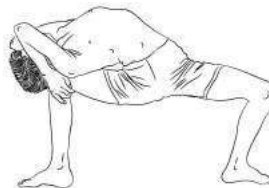
Vindhyasana



Parivritta-Padottanasana



Parivritta-Kallyasana



Parshva-Kallyasana



Vetallasana

LB-1
Leg Balance Backward Bend (LBB)

LBB-A
Mark - 0.6

LBB-B
Mark - 0.7

LBB-C
Mark - 0.8

LBB-D
Mark - 0.9

LBB-E
Mark - 1.0

1



Saral-Natrajasana



Natarajasana



Dwihastapada-
Natarajasana



Urdhvamukha-
Veerabhadrasana



Kunjarasana

2



Hastapada-Lasyasana



Muktahasta-
Marutsakhasana



Anta-Gulfa-Hasta-
Natarajasana



Greevapada-
Natarajasana



Viparita-Dandayama-
Tripurasana

3



Baddha-Natrajasana



Lasya-Natrajasana



Yoganandasana



Sundara-Vimanasana



Vamdeva-
Tripurasana

4



Hastanka-Lasyasana



Raj-Vimanasana



Shikhapada-Natrajasana



Pratyanchyasana



Ekapada-Tryanga-
Mukhottanasana

5



Pratiruddhasana



Vayu-Rathasana



Skandhapada-
Natrajasana



Tandavasana



Mohini-Astrasana

■ LB-2 ■

Single Leg balance Forward Bend (LBF)

LBF-A
Mark - 0.6

LBF-B
Mark - 0.7

LBF-C
Mark - 0.8

LBF-D
Mark - 0.9

LBF-E
Mark - 1.0

1



Urdhva-Prasarita-
Lambakonasana



Dandayamana-
Janushirasana



Dhwajadandasana



Ruchikasana-2



Muktabhastha-
Trivikramasana

2



Swarga-Dwijasana



Veeerbhandrasana-III



Parivrutta-Baddha-
Ardhachandrasana



Vamanasana



Urdhva-Prasarit-
Eipadasana - II

3



Pasha-Lamba-
Konasana



Parivrutta-Swarga-
Dwijasana



Uttkata-Dandayamana-
Janushirasana



Pakshikasana



Kanishhasana

4



Garudasana



Pashstrasana



Niralamba-
Vatayanasana



Sankhyasana



Trishoolasana

5



Vrukshasana
(Namaskara)



Pushpakasana



Garuda-
Vimanasana



Bhingyasana



Sarasasana

■ HB-1 ■

Hand Balance Forward Bend (HBF)

HB-F-A
Mark - 0.6

HB-F-B
Mark - 0.7

HB-F-C
Mark - 0.8

HB-F-D
Mark - 0.9

HB-F-E
Mark - 1.0

1



Brahmacharyasana



Urdhva-
Kukkutasana



Adhomukh-
Vrukshasana



Dand-Tolan-
Paschimottanasana



Urdhvamukha-Hasta-
Padmasana

2



Kukkutasana



Mayoorasana



Ekapada-Vaksha-
Mayoorasana



Chakorasana



Adhomukha-Utthit-
Koormasana

3



Bakasana



Ashtavakrasana



Koundinyasana



Parivrutta-Tittibhasana



Bramhastrasana

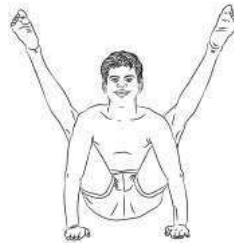
4



Dwipada-
Koundinyasana



Padma-Mayoorasana



Tittibhasana



Fanindrasana



Ekahasta-Padma-
Mayoorasana

5



Bhallukasana



Makshikasana



Ekapada-Prushtha-
Tittibhasana



Utthit-Ekapada-
Prushta-Sheershasana



Parashupashasana

HB-2

Hand Balance Backward Bend (HBB)

HBB-A
Mark - 0.6

HBB-B
Mark - 0.7

HBB-C
Mark - 0.8

HBB-D
Mark - 0.9

HBB-E
Mark - 1.0

1



Pinch-Mayurasana



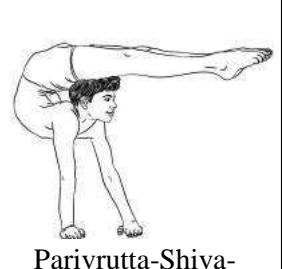
Padanka-
Vrshikasana - II



Ekpada-Vrushik-Shiva-
Linkarasana



Nagastrasana



Parivrutta-Shiva-
Lingakarasana

2



Eka-Pada-Pinch-
Mayoorasana



Vrushikasana - II



Karkotasana



Padma-Vrushikasana



Kakmukta-Hastasana

3



Vrushikasana - 1



Adhomukh-Vrikshasana



Paripurnasana



Ekpada-Kokilasana



Dwipada-Kokilasana

4



Jatukasana



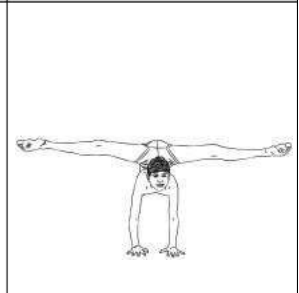
Padma-Pada-
Vrushikasana - II



Shiv-Lingakarasana



Putpada-Kokilasana



Hast-Samkonasana

5



Ardha-Padma-
Pincha-Mayoorasana



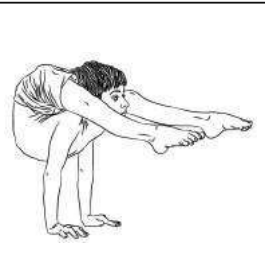
Ekapada-Skandha-
Shiva-Lingakarasana



Ekapada-Kokila-
Vrushikhsana - 1



Utthit-Lamb-
Konasana



Vibhakt-Pada-Shiva-
Lingakarasana