

ICAR Inter Zonal Tournament Rules

The games and sports will be conducted in 9 events during this tournament which are Volley Ball (Volley & Shooting), Cycling, Athletics, Foot Ball, Kabaddi, Basketball, Badminton, Table Tennis, Chess and Carom for men and women. The entire tournament will be supervised by the officials of the District Sports Council, Jodhpur and Sports Authority of India. The tournament will be conducted as per the standard rules applicable. Accordingly, the rules for the tournament are as follows:

General Rules

Tournament consists of both individual events and team events for men and individual events for women. The winners of team events for men (including 4x100m relay race) in respective zones are eligible for Inter-Zonal tournament. First and second placed athletes of respective zones are eligible for all other events. The following specific event wise rules will be applied for the tournament. The entire tournament, either team events for men or individual events for men and women, is on knock-out basis.

Jury of Appeal

In the case of any complaint with regard to any event in the tournament, the concerned contingent manager must submit a written complaint within 30 minutes of the conclusion of the event to the concerned Tournament Official. Since all the Referees and Umpires are our guests it is advised that arguing with the referees and umpires may please be avoided. The Tournament Official will in turn submit the complaints and his/her remarks to the Organizing Secretary of the tournament. The final decision on the case will be taken in the Jury of Appeal wherein the comments and observations of tournament officials, and Tournament Referee will be heard. The decision of the Jury of Appeal is final.

NOTE: Competitors participating in the events in inebriated condition will be banned from further participation in the tournament. The matter will be brought to the notice of the concerned Director of the Institute. All the Managers of Contingents are required to report to the concerned Tournament Officials for time schedule of events on the first day of the respective event to avoid time delays and disappointment.

Foot Ball (Team Event for Men)

The time allotted for football is 35 + 35 minutes in two halves. Winner is decided by goal difference. In case of draw at the end of full time, extra time of 7 + 7 minutes will be applied, however, in case of draw yet again at the conclusion of extra time; tie breaker of 5 penalty shots for each team will be given to decide the winner. Substitutes will be allowed during play as per rules. Injury time will be added in case of any hold up during the match. The matches will be supervised by one referee and two linesmen. Red and Yellow cards will be applied as per rules. Two yellow cards for one player in any single match will be treated as Red Card and automatically

disqualifies the player from the on going match. Red card indicates that the player is suspended from further participation in the match.

Volley Ball (Smashing) (Team Event for Men)

Volley Ball (Volley) is the standard volleyball play with 6 players on court following rotation system. Time outs and change of players is allowed as per rules. The winner will be based on best of three games of 25 point system with difference of two points between winner and loser. No service side over is allowed. In the event of a third game, after one game all, the final game will be decided on 15 points only with the difference of two points till completion. All other standard volleyball rules apply.

Volley Ball-Shooting (Team Event for Men)

This particular type of volleyball will have 7 players on court. The winner will be decided on the basis of best of three games of 15 points and service change with the difference of two points. Substitutes and time out will be allowed as per rules.

Kabaddi (Team Event for Men)

Standard rules of Kabaddi will apply. Each match is of 20 + 20 minutes duration with 7 players on court. Winner is decided by point's superiority. No substitutes allowed during play except in the interval. In case of draw at end of the game, 5 + 5 minutes extra time will be given.

Badminton (Team Event for Men and Singles & Doubles for Women)

IBF rules will apply. The winner is decided by best of three games of 21 point system with no service change side out. Winners score is decided by two point difference. This system will apply to Badminton team event (men) where two singles and one doubles tie will be played. Badminton (singles and doubles) for women will be based on best of three games of 21 point system with no service change side out.

Table Tennis (Team Event for Men and Singles & Doubles for Women)

Table tennis is a team event for men and Single and doubles events for women only. Winner is based on best of five games on 11 point system. Each player will be getting two services alternatively. Winner is decided by two-point difference. All other standard rules will apply.

Carom (Men and Women)

The winner is decided based on the player to reach 25 points first or score superiority in 8 boards during preliminary matches till finals. All the other standard rules will apply.

Athletics (19 events for Men and Women)

Men: 100, 200, 400, 800 and 1500 Races, 4 x 100 m Relay, Long jump, High Jump, Shot Put, Discus and Javelin Throw

Women: 100, 200 m Races, Long Jump, High Jump, Shot Put, Discuss and Javelin

In all throws and jumps total of 3 chances will be given to each competitor. In all the races, athlete will be disqualified if he /she commit foul starts in races. Lane crossing and lane jumping automatically disqualifies the player in races such as 100, 200, 400 M and 4 x 100 M relay race. In the 800 M race for men, first 200 meters in individual lanes and subsequently, till completion in the lane number 1 or in any lane. There is no lane discipline required in 800 and 1500 M race. Heats will be conducted based on the number of entries. There are no heats in 1500 M race. The athletes should report to the Tournament Officials and Referee at least 15 minutes in advance. In case any athlete reports late in throws and jump events, he/she will be allowed in the ongoing round only.

Relay race (4 x 100) is not included for athletic championship. In the event of a tie between two athletes in points for championship, the best performance records will be considered and the decision of the Athletics' Referee and Tournament Referee shall be final.

Cycling (5 k Race)

Cycling race will be conducted for 5 km using bicycles with no gear. The concerned players should bring their own bicycles. Safety helmet for cyclists is mandatory. The other standard cycle races rules will apply.