

No. 22-01/2024-WL&Sports
 Government of India
 Ministry of Communication
 Department of Posts
 Welfare & Sports Section

Dak Bhawan, Sansad Marg
 New Delhi-110001
 Dated: 20.03.2025

To

All Heads of Postal Circles

Subject: Guidelines for conducting All India Postal Tournaments - regarding.

In order to bring clarity for conducting the All India Postal Tournaments, a comprehensive set of guidelines is being shared which shall now govern the conduct of selection trails and AIP Tournament. This set includes guidelines on 13 Sporting Events and 1 Cultural Meet which shall be effective from date of issue.

2. This has approval of competent authority.

Encl: As above

Sunita

(Sunita)

Director (Welfare & Sports)

Copy to:

- (i). PPS to Secretary (Posts)/ PPS to Director General (Postal Services).
- (ii). PPS to Members, PSB/AS & FA
- (iii). Sr. DDG (Vig)/Sr. DDG (PAF).
- (iv). CGM (PLI), CGM(Parcel), CGM (BD).
- (v). All DDsG/All Directors/All ADsG
- (vi). Army Postal Service, 1 CBPO, New Delhi.
- (vii). Rafi Ahmed Kidwai National Postal Academy.
- (viii). All Postal Training Centers
- (ix). All Staff Members of Dak Bhawan (E-Office Notice Board)
- (x). The General Manager, CEPT, Mysore with the request for uploading on the Website of India Post.

Ankit Panwar

(Ankit Panwar)

Section Officer (Welfare and Sports)

ALL INDIA POSTAL TOURNAMENT GUIDELINES

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Guidelines relating to All India Postal Athletics & Cycling Tournament

The following guidelines shall govern the conduct of All India Postal Athletics & Cycling Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. CIRCLE LEVEL SELECTION TRIALS:

(i) The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Meet. The pattern of the selection trails at Circle level will be decided by the Circle Sports Board concerned as per guidelines of National/International Federation governing the rules of Athletics & Cycling at that time.

(ii) Single circle level trial may be conducted.

(iii) It is reiterated that only the athletes who fulfill the minimum qualifying standard should be selected to represent the Circle Team. Each circle can send a maximum of 22 Athletes (Max. 16 athletes + Max. 6 Cyclist), one Manager and one Coach for the All India Meet. An athlete can compete in any number of events but circle can nominate only one athlete for each individual event.

(iv) Efforts should be made to select the best talent available in the Circle. The selection committee shall consist of the President of the Circle Sports Board or his nominee Chief referee/qualified coach (NIS Qualified or of similar level), Secretary, Circle Sports Board and Coach of the Circle's Team concerned, which would select a team for participation in the All India Postal Tournaments.

2. ELIGIBILITY: The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3.CONDUCT OF TOURNAMENT:

- a) All matches will be played in two wining sets i.e. best of three games in league matches and three wining sets i.e. best of five games to knock-out matches.

- b) The tournament at all levels will be conducted in accordance with the rules and regulations of the Athletics & Cycling Federation of India.

The details of the events are as under:

S.No.	For Men Only (Athletes)	Revised minimum qualifying standards
1	100 Metres Sprint	11.5 Sec.
2	200 metres sprint	24.5 Sec
3	400 metres Run	57.0 Sec.
4	800 metres Run	2.03.0 Minutes
5	1500 metres Run	4.35.0 Minutes
6	5000 metres Run	16.30.0 Minutes
7	10000 metres Run	36.00.0 Minutes
8	3000 metres Steeple Chase	11.30.0 Minutes
9	110 metres Hurdles	17.2 Sec.
10	100 metres Hurdles	1.00.1 Minutes
11	Long Jump	6 metres
12	Triple Jump	13 metres
13	High Jump	1.68metres
14	Pole Vault	3.5 metres
15	Short Put	11 metres
16	Discuss Throw	35 metres
17	Javelin Throw	50 metres
18	Hammer Throw	35 metres
19	20kms Walk	2 hours
20	4X100 metres Relay	Strongest possible team should be formed amongst the competitions who have qualified for participation in All India Meet.
21	4X400 metres Relay	
22	Decathlon	3000 points

S.No.	For Women Only (Athletes)	Revised minimum qualifying standards
1	100 Metres Sprint	14.3 sec
2	200 metres sprint	30.5 sec

3	400 metres Run	1.03.0 minutes
4	800 metres Run	2.10.0 minutes
5	1500 metres Run	5.10.0 minutes
6	100 metres Hurdles	22.0 Sec
7	Short Put	9 metres
8	Javelin Throw	27 metres
9.	Hammer Throw	25 meters
10	Discuss throw	26 metres
11	Long Jump	4.1metres
12	High Jump	1.35metres
13	4X100 metres Relay	Strongest possible team should be formed amongst the competitions who have qualified for participation in All India Meet.
	4X400 metres Relay	

c) The above mentioned events will be held only if at least three contestants are available for participation.

d) The standards prescribed above for item 1 to 4 & 8 for Men and 1 to 6 for Women should be rigidly applied and rounding of fraction to the advantage of competitors should not be admissible. While applying standards in the long distance events, both for men and women the fraction of a second or inch in the records of the circle meet may be ignored or rounded off to the advantage of the competitors.

e) In Men Section Sl No. 1 to 19 and 22 and in women Section Sl. No 1 to 13, those who secure first and second position in the Circle Meet should be sent for participation in All India Athletic Competitions, provided they have attained the minimum qualifying standards in the respective events to participate in the All India Meet as pointed out above.

f) In the All India Postal Athletic Meet where the result is to be determined by the scoring of points the method of scoring for individual team and relays events will be as follows:-

1 st Place	7 points
2 nd place	5 points
3 rd place	4 points
4 th place	3 points
5 th place	2 points
6 th place	1points

g) The above points will count for team championship only. The points secured in individual events would be counted to determine the position of the concerned

circle team . The award of trophies to Best Athlete will be adjudged on the lines of decathlon table (vide No. 9-8/71-sports dt. 6.7.71)

4. All participants should be in proper Kit/Attire suitable to their event as per standard practices in National Level/International Level sporting events. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.

5. Jury of Appeal shall be instituted as per guidelines issued from Postal Sports Board from time to time.

6.TEAM LEADERS:

i.The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.

ii.Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.

iii.The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

7. CERTIFICATES AND TROPHIES :

i) The winners and runners up (1st, 2nd& 3rd) at All India Tournament will be awarded certificates of merit and trophies/medal, if the host Circle can institute the same conveniently. Certificates of merits Participation certificates shall be issued to all participants/managers/coaches.

ii) It is desirable that expenditure should not be incurred on costly trophies and cups.

- iii) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

8. INTIMATION OF RESULT AND REPORT THEREOF: The Secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements, final results, in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, 2nd Floor, Dak Bhawan, New Delhi-110001

POSTAL SPORTS BOARD

Guidelines relating to All India Postal Badminton Tournament

The following guidelines will govern the conduct of All India Postal Badminton Tournament from the date of issue. These will be superseding all previous instructions issued in this regard: -

1. CIRCLE LEVEL SELECTION TRIALS:

- 1.1. The Circle Sports Boards shall conduct Circle level competitions by either having trials or by conducting tournaments for selecting the best possible Circle teams for representing their Circle in the All-India Postal Meet in the following events:

(i)	Men's team event
(ii)	Women's team event
(iii)	Men's Singles
(iv)	Men's Doubles
(v)	Women's Singles
(vi)	Women's Doubles
(vii)	Mixed Doubles
(viii)	Veteran's Singles

- 1.2. The Circle Sports Boards shall select the **best 7 Men (6+1 Veteran) and 4 women players** to represent their Circles in All India Postal Badminton Tournament.
- 1.3. Team selection should be done on basis of Single as well as Doubles. **Players can select any player within the Circle as a partner for doubles as far as Circle Level Team Selection is concerned.**
- 1.4. The tournament at all levels shall be conducted strictly in accordance with the Rules and Regulations of Badminton Association of India.
- 1.5. The decision of the chairman, Postal Sports Board shall be final in all other matter including eligibility etc.

2. CONDUCT OF ALL INDIA POSTAL TOURNAMENT

2.1 Team Events

Team Event: Men - Knock Out Basis - Best of 5 Matches.

Order of play:

- i. Men Single.
- ii. Men Single
- iii. Men Double.
- iv. Men Single.

- v. Men Double.

I and II: Doubles (All the Men players are eligible to play)

Team Event: Women - Knock Out Basis - Best of 3 Matches.

Order of play:

- i. Women Single.
ii. Women Double.
iii. Women Single.

2.2 Individual Events

1	Men's Singles (2 Entry Per Circle)
2	Men's Doubles (1 Entry Per Circle)
3	Women's Singles (2 Entry Per Circle)
4	Women's Doubles (1 Entry Per Circle)
5	Mixed Doubles (1 Entry Per Circle)
6	Veteran's Singles Men's (Only one entry per Circle is allowed)

2.3 Inter-Circle Doubles Pair:

a. During the individual events (Men Doubles, Women Doubles, Mixed Doubles), players may choose their partner amongst any of the participating player (own Circle or any of the participating Circles).

b. Since only 1 Doubles entry is allowed per Circle, the entry for inter-Circle pairs formed shall be counted from anyone of the 2 Circles concerned. The name of Circle from whose quota the double entry is to be counted will be intimated to the host Circle before fixtures/draws of the individual matches.

c. Inter-Circle pairs, shall have consent of both the players and their Circles concerned. Managers of the teams may convey the same while submitting entries for individual events to the host Circle.

d. For players that were nominated in the Postal Directorate's team in the preceding year (from last year's AIP Badminton tournament to instant AIP Badminton tournament) for any of the National level event, the inter-Circle pair formation will be deemed allowed by Circles concerned, with consent of the Central Observer/Technical Delegate. In such cases, the doubles entry will be counted from the Circle of the player having higher rank in preceding year's AIP Badminton, in case of tie, Central Observer/Technical Delegate/Chief Referee may decide the same.

2.3 **DRAW**

Draw for team events should be held during the Manager's meet, in presence of all team Managers. During the draws of individual events managers may also be asked to be present. The draw should be in accordance to standard practices of Badminton Association of India. At present the "*Tournament Software*" may preferably be used for the same.

3. **ELIGIBILITY**

The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

Veteran Player: A veteran player should complete 45 years of age before All India Postal Badminton Tournament Commences.

4. **SPECIAL CASUAL LEAVE**

Special Casual leave may be granted as per directions issued from Postal Directorate from time to time. However, ongoing practices may be followed for now.

5. **TEAM LEADERS**

- 5.1 Every contingent should be accompanied by a Manager and a Coach or Manager cum Coach as the case may be the President of the Circle Sports Board may select at his own discretion suitable officials connected with the event.
- 5.2 Only those officials who are qualified coach in the particular discipline should be nominated as coach and in case no qualified coach is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
- 5.3 As regards, Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Inspector or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

6. **CERTIFICATE AND TROPHIES:-**

- a. The winners and runners up in all the events at All India Tournament will be awarded certificates of merit and trophies/cup if the Host Circle can institute the same conveniently.
- b) **Semifinalist in every category should be awarded Bronze Medal. 3rd and 4th Place match is no longer required.**
- c) Trophy/Cup for Best performer Men and Women may be awarded if the Host Circle can institute the same conveniently.
- d) Certificates of merit, medals and cups may be given at the Circle Tournament.
- e) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

7. **POSTAL GOLD MEDAL**

The Triple Crown winners (both amongst men as well as women) in All India Postal Tournaments will be awarded a trophy/memento worth Rs. **5000/-** each. The winner of Triple Crown for this purpose means the winner of Men/Women singles, Men/Women doubles and mixed doubles.

8. **INTIMATION OF RESULTS AND REPORT THEREOF:-**

The Secretary of the Host Circle Sports Board Should arrange to send brief write-up of the tournament, achievements and final results in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, Dak Bhawan , Parliament Street, New Delhi-110001.

Guidelines relating to All India Postal Basketball Tournament

The following guidelines shall govern the conduct of All India Postal Basketball Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. **CIRCLE LEVEL SELECTION TRIAL:** The preliminary trials/screening will be conducted strictly in accordance with the rules and regulations of BFI/Basketball India. The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Basketball Tournament.
2. Each Circle Postal Sports Board shall nominate a team of 12 Players which includes 5 playing (including one team leader/captain) and 7 substitute. The names of the above mentioned players are required to be submitted to the Secretary of hosting circle sports board once the circle selection trials was conducted.
3. **ELIGIBILITY:** The following categories of employees in Department of Posts shall be eligible:
 - i. All regular employees of Department of Posts.
 - ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time

4. **CONDUCT OF TOURNAMENT:** - The All India Postal Basketball Tournament shall be conducted for 7 to 8 days (excluding day for manager's meet) depending on number of participating Circles and in accordance with latest rules and regulations of BFI/Basketball India.
 - i.) The All India Postal Basketball Tournament will be conducted as per rules & regulations of BFI/Basketball India.
 - ii.) The All India Postal Basketball Tournament may be conducted league cum knockout basis.
 - iii.) Participating teams will be divided in to two groups, i.e., A & B under the direction of tournament director.

SEMI FINAL:

(SF-1) Winner of Group '(A)' Vs Runner of Group '(B)'

(SF-2) Winner of Group '(B)' Vs Runner of Group '(A)'

FINAL:

Winner of (SF-1) above Vs. Winner of (SF-2) above mentioned.

- (iv) In addition to decide the winners and runner-up team the All India Postal Basketball Tournament will also decide 3rd and 4th position also.
 - (v) In case two teams of a pool secure equal number of points, the pool winner will be decided on a point difference. In case there remains to be a draw again the regulations of BFI/Basketball India to be adhered.
5. All Participants should be in proper kit as per standard practices in National Level basketball tournaments. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.
 6. The tournament shall be conducted under supervision of qualified tournament director under the rules & regulations of BFI/Basketball India. Players associated with Basketball may be appointed as referees/coaches for the smooth conduct of All India Postal Basketball tournament.
 7. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.
 8. **TEAM LEADERS:**The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
 - i. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
 - ii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

9. CERTIFICATE AND TROPHIES:

- The winners, runners up & 3rd place in All India Postal Basketball Tournament will be awarded certificates of merit, medals and trophies if the host circle can institute the same conveniently.
- The host circle will ensure that all the cups and trophies are being displayed at the main venue of the tournament before commencement of the matches.
- It is desirable that expenditure should not be incurred on costly trophies and cups.
- Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

10. INTIMATION OF RESULT AND REPORT THEREOF:

The secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements and detailed final results to the Secretary, Postal Sports Board, Department of Posts, New Delhi-110001 along **with score of all participants/Teams.**

POSTAL SPORTS BOARD

Guidelines relating to All India Postal Carrom Tournament

The following rules/instructions shall govern the conduct of All India Postal Carrom Tournament. -

1. CIRCLE LEVEL SELECTION TRIALS:

(i). Circle level selection trials/screening shall be conducted strictly in accordance with latest rules and regulations (used at International/National level). Name of competitors (Men and Women) may be made available to the Postal Sports Board and organizing Secretary of tournament hosting circle well in advance.

(ii) The selection committee shall meet under the Chairmanship of the President of the Circle Sports Board or his nominees to select a team for participation in the All India Postal Tournament from that Circle.

(iii) Once the Circle Team comprising of best sportsperson from that Circle has been selected, it represents the Circle in the All India Postal Sports Tournament.

The following rules of International Carrom Federation and adopted by the All India Carrom Federation will govern the actual conduct of All India Postal Carrom Tournament-

2. PLAYING SURFACE

The playing surface of the Carrom Board should be of ply wood or of any other wood equally smooth and be of not less than 8 mm in thickness and of a minimum of 73.5 cm and a maximum of 74 cm.

Carrom Board shall be able to have at least three and a half runs of a normally smooth striker of 15 gms. weight, when struck with the maximum force, from one of the base lies, to the opposite frame of the Carrom Board.

3. FRAMES

Adjoining the playing surface of the Carrom Board, there shall be wooden frames with inside curved corners made of Rosewood or any other brand wood with good resistance, with a minimum height of 1.90 cm and a maximum of 2.54 cms from the playing surface. The breadth of the frame shall be not be less than 6.35 cms and not more than 7.60 cms. Suitable bracings shall be provided underneath the playing surface and fastened with the frame.

4 POCKETS

The pockets of the four corners of the Carrom Board shall be round inwardly and not outwardly and be of 4.45 cm in diameter with admissible variation of not more than 0.15 cm. The place of plywood adjoining the corners of the frame shall be cut off.

5. BASE LINES

(a). Two straight lines of 47 cm in length with admissible variation of 0.30 cm equally distorted on all sides, black in color, shall be drawn on each of the four sides of the playing surface, parallel to the frame on each side. The lower of these two lines, which shall be between 0.50 cm and 0.65 cm thickness shall be 10.15 cm away from the frame and the other one 3.18 cm away from the lower part of the base line.

(b). The base lines shall be closed by Circles of 3.18 cm in diameter at either end within this Circle a portion 2.54 cm in diameter shall be colored in red. These Circles shall be called base circles. These shall be drawn so as to touch both the base lines and also the upper base lines of the adjacent side when imaginably extended. The distance between the base circle on one side and that of the other may be 1.27 cm approximately.

6. ARROWS

Four arrows, black in colour, of not more than 0.15 cm thickness shall be drawn at each corner of the Carrom Board at an angle of 45 degrees to any of the adjacent sides and each of them shall pass through the gap between the two base Circles and points towards the centre of the pocket leaving a clear distance of 5.00 cm from the edge of the pocket. The length of the arrow shall not exceed 26.70 cm. A decorative arch of 6.35 cm in diameter with a pointer at both the ends, drawn at the starting point of the arrows leading towards the pocket, is permissible.

7. CENTRE CIRCLE

Exactly in the centre of the Carrom Board there shall be a Circle of 3.18 cm in diameter drawn black in colour with admissible variation of 0.16 cm. it shall be called the Centre Circle and shall be colored in red.

8. OUTER CIRCLE

A circle of 17.0 cm in diameter with the centre point of the Carrom Board as its centre shall be drawn black in colour with admissible variation of 0.30 cm. It shall be called the Outer Circle. Any decorative design in this circle is permissible.

9. CARROM - MEN

The Carrommen used in play shall be of good quality wood (approved by All India Carrom Federation) and circular in shape. The diameter of a Carromman shall not be more than 3.13 cm and not less than 3.02 cm. It shall be of not less than 0.70 cm and not more than 0.90 cm in thickness. The edge shall be round and plain. The weight shall not be less than 5.00 grams and not more than 5.5 grams. Thus there shall be nine whites, nine blacks and one red Carrommen, and they shall be uniform. The Carrommen shall have a smooth movement in a flat position of the surface of the Carrom board when struck by the striker.

10. STRIKER

The Striker shall be smooth and round with a diameter of not more than 4.13 cm. and weighing not more than 15.00 grams. A Striker made of any material other than metal, with the specifications prescribed above, may be used. A Striker, with metal fixed and viable to the eye shall not be allowed. Engraved decent designs on the striker are permissible. The striker will not be provided by the host Circle. The same has to be brought by the players

11. TABLE OR STAND

The Table or stand on which Carrom Board is placed for play shall be less than 63.00 cm. and not more than 70.00 cm. in height. The Carrom Board, when placed on it, shall not be uneven or shake. However, padding below the Carrom Board and/or table or stand on which the Carrom Board is placed, may be used to make the playing surface of the Carrom Board level and firm as far as possible.

12. STOOL OR CHAIR

The Stool or Chair on which the player sits for playing shall not be less than 40.00 cm. and not more than 50.00 cm. in height. The Chair, if used shall be armless.

13. POWDER

The powder used shall be of high quality to keep the playing surface smooth and dry. The powder shall not be wet. Pouches/Containers filled with powder should be used to spread the powder evenly over the playing surface.

14. NETS

The pockets shall be fully covered from beneath by nets fixed at the bottom of the Carrom Board. Each net shall have the capacity of holding at least 10 Carrommen

15. LIGHT

The light shall be hung/fitted at a convenient height above the Carrom Board so that when a conical or square shade, preferably of metals, is used, the light shall fall only on the Carrom Board including the frame. The shade shall be one with the inner side completely snow-white. The bulb used, preferably transparent white, shall be between 60 and 100 watts. However, the height of the light can be altered at the request of a player in such manner that the naked light does not strike the eyes of the players.

16. SITTING POSITION

- (a). In singles, the players shall sit opposite to each other.
- (b). In doubles, the partners shall sit opposite to each other, occupying all four sides.
- (c). Position adopted for sitting by a player before taking his turn to strike may be changed at any time provided the chair or stool on which he is sitting is not lifted moved and/or distributed during his turn of play.
- (d). During the play no part of the body of a player except the playing arm shall touch the carrom board, stand or table on which the carrom board is placed. However, wearing/clothing, ring bangles and/or watch worn by a player are exempted during his turn of play, but these should not touch the playing surface.
- (e). Use of any material to raise and/or adjust the height of the seat is permissible after the completion of the Board only.
- (f). No part of the body, except the 'hand' of the player shall go beyond the imaginary lines of the arrows.

17. HOW TO STRIKE

- (a). The striker shall be struck and not pushed
- (b). The stroke shall be made with the finger with or without the support of other fingers.
- (c). Any hand may be used in play.
- (d). While taking the stroke, the 'hand' may touch the playing surface
- (e).
 - (i). The elbow of the playing hand shall not come within the playing surface nor shall extend beyond the imaginary lines of the arrow.

(ii). The 'hand' may, however, cross the arrow.

(f).

(i). While making a stroke, taking support of the Stool or Chair, Stand or Table of the Carrom Board and/or keeping the legs on the rim of the stand/table, by the players, is not permissible.

(ii). However, hands may rest on his body and legs may rest on the rim of the stool or chair, on which he sits.

18. TOSS

(a). There shall be a toss by the Umpire at the commencement of each match. The toss shall be by spin of coin or by means of calling the Carrommen. The player/pair winning the toss shall have the choice of side or the option to strike first. If the winner decide to have the choice of side, he shall indicate same to the umpire, who shall instruct the loser to side first.

(b). In doubles, the pair winner of the toss shall have the option as above.

(c). If, however, break is chosen by the winner of the toss, the choice of side shall lie with the loser, and winner shall have to sit first.

(d). Once the losers have sat down, they cannot inter-change. This order of sitting shall continue throughout the match

19. TRIAL BOARD

Players will have to report to their respective Carrom Boards for each match five minutes before the scheduled time. Players can test the boards for two minutes within those five minutes and shall start their matches right in time. Trial boards will not be allowed. In case a player doesn't report for his/he match to the Umpire on his/her allotted Carrom Board till the start of the session/match, walkover to be awarded against that player.

20. BREAK

(a). Before the break, the Carrommen are so arranged, in a first position, that the Queen shall occupy the Centre Circle and the rest of the Carrommen are placed around the queen in the first row keeping the Black and White Carrommen alternately. In the

second row, three white Carrommen will form shape 'Y' with the white Carrommen in the first row. The remaining space is filled up by placing black and white Carrommen alternately. All Carrommen so arranged should be in compact round, touching each other, within the outer circle. A player may use his fingers or striker to keep the Carrommen intact.

(b). The Carrommen should be arranged for the break with least possible loss of time after each other.

(c). Break is taken by a player who has chosen to strike first.

(d). The player who is to break shall have the white Carrommen during the board leaving the black Carrommen to his opponent. The queen shall be the common

(e). Break is considered to have been made if the Striker touches any of the Carrommen even slightly.

(g.)

(i). Break is not considered to have been made if no Carrommen is touched by the Striker in its usual run or jumping out. In that case, a maximum of two more chances shall be allowed

(ii). If after permissible number of chances, no Carrommen is touched, the right to break shall be lost and the turn to play shall pass to the opponent who shall have black Carrommen for play but no re-arrangement of Carrommen already arranged shall be permitted. The above condition will prevail till the break is affected

(iii). If a player in his attempt to break, plays an improper stroke or pockets his striker without touching any of the Carrommen, he shall lose his turn. However, Due/penalty shall not be applicable.

(g). The break shall be taken only after the Umpire calls 'play' and the stroke shall be made within 10 seconds of such call. The 'play' shall be deemed to have begun from the moment the Umpire calls.

(h). If the break is made before the Umpire calls 'play' all the Carrommen and/or queen pocketed shall be taken out for placing and an additional Carromman as penalty or Due shall be declared. The player shall lose his turn.

21. TURN OF PLAY

- (a). As long as the player pockets his own Carromman and /or queen in accordance with the Laws, his turn shall continue otherwise it shall pass on to the opponent.
- (b).
- (i). In the first game the player who chooses to break the first board shall have the white Carromman. The turn to break shall pass alternately during the game.
 - (ii). In the second game the player who did not have the first turn to break shall have his turn first.
 - (iii). In the third game, the turn to break passes on to the first player.
- (c). In doubles, however, the turn passes on to the player sitting to the right hand side of the player who had his turn.
- (d). A player shall not take more than 10 seconds for making stroke from the moment the Carrommen/Queen/Striker has come to rest and picked up by the opponent and/or after observing the time limit for placing the Carrommen and/or Queen and/or foregoing Due/Penalty Carromman, if any.
- (e). If the turn is availed by a player who plays out of turn, before the Umpire could control, the offending player shall loose his turn and a foul is declared. If the above remains unnoticed, till the next stroke is taken, the turn shall be allowed and the next turn shall be as per laws.

22. HOW TO SCORE

- (a).
- (i). The player who completes pocketing all his Carrommen first wins the board.
 - (ii). The Value/points are as follows:
 - Queen 3 points up to and including 21 points.
 - Carromman:1 points each
- (b).
- (i). The number of Carrommen of the opponent on the carrom board shall be the points gained by that player in that board.

- (ii). The player is entitled to be credited with the value of the queen, only if he wins the board.
- (iii). The player who loses the board is not credited with the value of the queen, even if he has pocketed and covered the Queen
- (c).
 - (i) The player loses the advantage of getting the credit of an additional 3 points for covering the Queen, once he has reached the score of 22.
 - (ii) But if a player covers the queen and no Carrommen remains on the board, he/she will be awarded 1 point.
- (d). The maximum number of points that can be scored in a board is 12 only. Any Due and/or, penalty Carromman shall automatically be written off.
- (e).
 - (i). A game shall be of 25 points or eight boards. The player who reaches 25 points first or leads at the conclusion of the eighth board shall be the winner of the game
 - (ii). Each set (game) to be decided on the basis of a maximum of 8 boards or 25 point whichever is earlier from 1st round till final in all categories of events and matches. In case the score is equal to the end of the eighth board, an extra board shall be played to decide the winner. Before the extra board, there shall be a toss to choose break only.
- (f). All matches shall be decided by the best of three games only.

23. CHANGE OF SIDES

- (a). In singles, the change of sides by the players shall be made in the opposite direction at the conclusion of each game.
- (b). In doubles, the change of sides by the players shall be made to the next right hand side, at the conclusion of each game.
- (c).
 - (i). In the third game for matches the change of sides shall be made after the fourth board or after any player/pair has scored 13 points whichever is earlier.
 - (ii). The change of sides remaining unnoticed by the Umpire or any player, shall take place as and when noticed, but after completion of that particular board.

(d) The players shall not take more than two minutes to change sides.

24. FOUL

In general, any act of violation of Laws or anything done in contrary to what is specifically or implied (as understood commonly) in these Laws, shall be broadly classified as.

(A). Technical Foul

(B). Foul

(A). TECHNICAL FOUL

(i). Any act of violation of the Laws committed by the player before the first stroke of his turn shall be deemed as a Technical Foul. A Technical Foul shall entail one Carromman of the offending player being brought out for placing by the opponent and turn shall continue.

(ii). Any act of Violation of the Laws committed by the player presently not having his turn shall also be deemed a technical foul. A penalty shall be imposed as per rule.

(B). FOUL

(i). Any act of violation of the Laws Committed by the player during or after the first stroke of his turn shall be deemed as Foul. A Foul shall entail one Carromman of the offending player being brought out for placing by the opponent and the turn to play shall be lost.

(ii). While pocketing the Carrommen and/or Queen, if a Foul is committed, the number of Carrommen and /or Queen so pocketed with an additional Carromman shall be brought out for placing and the turn of the player shall be lost.

25. CARROMMEN OVER BOARD

(i). If a Carromman and /or queen jump out the playing surface, the jumped Carromman and or queen shall be placed by the Umpire in the Centre Circle, if space permit, covering it fully or the maximum portion of it that is available.

(ii). If both the Queen and a Carromman jump in the same stroke preference shall be given to place the Queen first, and the jumped Carromman shall be placed, touching the Queen, in the opposite direction of the player presently having his turn.

(iii) If both White and Black Carrommen jump in the same stroke, preference shall be given to place the Carromman of the player who made that stroke first and the other Carromman shall be placed, touching the first Carromman in the manner described in Rule (ii) above.

(iv). If more than 2 Carrommen jump in the same strike, the placing of the first 2 Carrommen shall be in accordance with rule (ii) and Rule (iii) above. The rest of the Carrommen will be placed, touching the first 2 Carrommen as far as possible.

(v). If Carrommen and /or queen jump out and fall back on the playing surface, the Carromman and /or queen shall be placed by the Umpire in the Centre circle as per laws. The position of the disturbed Carrommen, if any, shall be corrected by the Umpire, as far as possible at his discretion

(vi). If, however, Carromman and /or queen jump out and fall back on the playing surface after hitting the shade, bulb or light fittings, it shall be considered to have naturally travelled disturbed Carrommen, if any, shall not be arranged.

26. CARROMMEN ROLLING AND OVERLAPPING

(a). If Carromman and /or queen stands on its rim, it shall be allowed to remain as it is.

(b). If two Carromman and/or queen overlap each other, they shall be left undisturbed.

(c).

(i). If the striker rests on Carromman and /or queen, the striker shall be removed without disturbance to the Carromman and /or queen by the Umpire. If disturbed, the original position of the Carromman and /or queen shall be restored, as far as possible, by the Umpire

(ii) If this happens at the mouth of the pocket and in the process of removal of the striker the Carrommen and/or queen lose its centre of gravity and fall into the pocket, they shall be deemed to have been pocketed.

(d).

(i). If Carromman and /or Queen rest on the striker, the striker shall be removed by the Umpire by lifting the Carromman and /or queen and replacing them, as far as possible, in the position where they could rest if the striker was not there.

(ii). If, however, this happened at the mouth of the pocket and in the process of removal of the Carromman and /or queen, the striker loses its centre of gravity and

falls into the pocket, it shall be deemed to have been pocketed. A due shall be declared to be imposed as per laws.

(e). If a Carromman resting previously at the mouth of the pocket and actually falls into the pocket for any reason, it shall be considered to have been properly pocketed

27. DUES AND/OR PENALTIES

(a)

(i). If in proper stroke a player pockets his striker longer, his turn shall be lost and one of his Carromman will be taken out as penalty by his opponent for placing Such penalty Carromman shall be called 'Due'.

(ii). If this happens before any of his Carrommen is pocketed the Penalty/ Due shall remain outstanding and shall be taken out as soon as it is available.

(b). If a player pockets the striker with his own Carromman, the number of Carrommen so pocketed, with a Due Carromman, shall be taken out for placing and the player shall continue his turn

(c). If a player pockets the striker with the Carromman of his opponent, the Carromman shall be deemed to have been pocketed. The due as per Rule (a) (i) shall be taken out for placing and the player shall lose his turn.

(d). If a player pockets the striker with Carromman of his own and of his opponent, the number of his own Carromman pocketed, with a due Carromman shall be taken out for placing by the opponent and the player shall continue his turn.

(e). If a player pockets the Carromman of his opponent by an improper stroke, the Carromman so pocketed shall be deemed to have been pocketed. The due shall be taken out for placing by the opponent and the player shall lose his turn.

(f)

(i). If a player pockets his own Carromman by improper stroke, the Carromman so pocketed with a Due Carromman shall be taken out for placing by the opponent and the player shall lose his turn.

(ii). If a player pockets his own Carromman with the striker by an improper stroke, the Carromman so pocketed with a Due shall be taken out for placing by the opponent and the player shall lose his turn.

(g).

- (i). Due or Penalty Carromman shall be taken out for placing immediately after being available, but only after the completion of the stroke, though it may be during the turn of the same player.
 - (ii). In Doubles the Due and /or penalty Carromman shall always be taken out for placing by the player who is sitting on the right hand side of the player having his turn at the time of availability of Carromman
 - (iii). If, however, during the turn of a player, he pocketed the Carromman of the opponent with or without his Carromman and the due and /or penalty Carromman becomes available, the player himself shall take out the Carromman for placing
- (h).
- (i). If due and /or penalty Carromman is available for placing but sufficient space is not available, the player who has to place the Carromman shall be permitted to do so immediately after space becomes available
 - (ii). In Doubles, however, if the eligibility to place the Due and or penalty Carromman, has passed on to the partner the partner alone shall have the right to take out and place the Carromman.
- (i). If space is available for placing the Due and /or penalty Carromman, but the player who has to place the Carromman, does not desire to risk a Foul, he shall loss his chance to place and his claim for placing shall stand forfeited.
- (j). If the space becomes available for placing the Due and/or penalty Carromman during the turn of the player, eligible to place, the placing shall be made immediately.
- (k).
- (i). While placing the Due and /or penalty Carromman, if a player places his own Carromman by mistake, it has to be rectified if pointed out by the Umpire or the opponent. A foul shall be declared as per laws.
 - (ii). If not noticed either by the Umpire or the opponent before the next stroke is made, the Carromman so placed shall be regarded as valid.
- (l). If more than one Carromman are to be placed by a player as Due and /or penalty, the Carromman available shall be placed immediately and rest of the Carrommen have to be placed as soon as available.
- (m).
- (i). Placing shall be considered as complete once the finger is removed from the Carromman, provided the Carromman placed is inside the outer circle.

- (ii). However, while placing Due/Penalty Carromman holding of any other Carromman and /or striker is not permitted
- (n). If a player places or moved the Due and /or Penalty Carromman away from the outer circle, he shall be asked to place the Carromman inside the outer circle. A foul shall be declared as per laws
- (o). While placing the Due and /or penalty Carromman the player should not move any other Carromman and/or Queen. The Carromman so placed shall not disturb any other Carromman. If it so happens, the same shall be replaced by the Umpire in the original position, as far as possible. A Foul shall be declared against the offending player as per Laws.
- (p). A player may choose to forego the due and /or penalty Carromman in total only and not partially. Such decision shall be communicated to the Umpire within 10 seconds, failing which the right to place the due and /or Carromman shall be forfeited.
- (q). The time limit for placing Due and /or penalty Carromman shall be 10 seconds after the announcement made by the Umpire.
- (r).
- (i). Due and /or penalty Carromman cannot be set off against each other.
- (ii). Due and /or penalty Carromman shall not be placed covering the Centre circle wholly or partially. If placed, the player shall be asked to rectify. A foul shall be declared against the offending player as per laws.
- (s). In Doubles, a player shall not take out the penalty and /or due Carromman for his partner, who has to place it. In case his partner does not find the required Carromman in the pockets his side, he shall request the Umpire to provide, specifying the colour and number of Carrommen he needs for placing.
- (t). During the course of the Board, if a player gets up from the seat during his turn or of his opponent's turn, for any reason, he shall lose the Board with the number of his Carromman and /or Queen lying on the Board. If the score of the opponent is 22 or more he shall lose the Board by the number of Carromman only.

28. QUEEN

- (a). A player has the right to pocket the Queen and to cover it provided a Carromman of his own has already been pocketed.

(b). The Queen shall be placed by the Umpire only in the Centre Circle. While placing so, however, if Shot is automatically formed, it cannot be altered

(c). If the Centre Circle is partially or completely covered by other Carromman, the queen shall be placed so as to occupy most of the uncovered portion or in any position adjacent to the Centre Circle in such a way so that it is not easy to pocket for the player having his turn. The placing of the Queen by the Umpire, in such a situation shall be final.

(d).

(i). If the Queen is pocketed before any Carromman of the player is pocketed, the queen shall be taken out for placing and the player shall lose his turn

(ii). If a player pockets the queen, while there is a Due against him, the Queen shall be taken out for placing and the player shall lose his turn.

(iii). However, if after recovery of Due and /or penalty, all the nine Carromman are on the Carrom Board, a player shall have the right to pocket the Queen and to cover it.

(iv). If, at the break or in a subsequent stroke when all his nine Carromman are on the Carromboard, the Queen is pocketed along with the striker, the Queen shall be taken out for placing and a Due shall be declared. The player shall lose his turn.

(e). If the queen is pocketed by a stroke and is not covered, the Queen shall be taken out for placing. If not noticed by the Umpire or by the opponent, before the next stroke is made, the Queen shall be recorded as properly covered.

(f)

(i). If the queen and the Carromman of a player are pocketed together in one stroke, the Queen shall be considered covered.

(ii). However, at the Break and /or in any subsequent stroke, when all 9 Carromman of the player are on the carrom board, if the Queen and one of the Carrommen are pocketed together, the Queen has to be covered. If more than one Carromman and the queen is pocketed together, the Queen shall be considered covered.

(g).

(i). If the Queen, Carromman and the striker are pocketed together by a proper stroke the Queen and the Carrommen so pocketed with an additional one as due, shall be taken out for placing and player shall continue his turn.

(ii). If the Queen, Carromman and striker are pocketed together by an improper stroke, Queen and the Carromman so pocketed with two additional Carromman as due shall be taken out for placing and the player shall lose his turn.

(h).

(i) If the Queen and the Striker are pocketed together by a proper stroke, the queen shall be taken out for placing by the Umpire. An additional Carromman shall be taken out for placing by the opponent and the player shall continue his turn.

(ii). If the Queen and the Striker are pocketed together by an improper stroke, the queen shall be taken out by the Umpire for placing. An additional Carrommen shall be taken out for placing by the opponent and the player shall lose his turn

(i).

(i) While covering the Queen, if the striker alone is pocketed, the Queen shall be taken out for placing. A Carromman of the offending player shall be taken out as the Due for placing by the opponent and player shall lose his turn.

(ii). While covering the Queen, if the striker alone is pocketed, by an improper stroke the Queen shall be taken out for placing. Two Carrommen of the offending player shall be taken out as Due for placing by the opponent and the player shall lose his turn

(j)

(i). While covering the Queen, if a player pockets the striker along with his Carromman, the Carromman so pocketed plus one Carromman as due shall be taken out for placing by the opponent. The player shall however, continue his turn. If in the subsequent stroke no Carromman of the player is pocketed the Queen shall not be considered to have been covered and it shall be taken out for placing.

(ii). While covering the Queen, if a player pockets his striker along with his Carromman by an improper stroke, the Carromman so pocketed plus two Carrommen as due shall be taken out for placing by the opponent and the player shall lose his turn and Queen shall not be considered to have been covered and it shall be taken out for placing.

(k)

(i). While covering the Queen if a player pockets the last Carromman of his own together with the last Carromman of opponent, he shall be awarded 3 points. If the score is 22 or more he shall win by 1 point.

(ii). While covering the Queen, a player pockets the last Carromman of his own together with the last Carromman of his opponent by an improper stroke the opponent shall win by three points, if the score is 22 or more he shall win by one point. If demanded, an additional point for the improper stroke shall be awarded to the opponent.

(I).

(i). While covering the Queen, if a player pockets the last Carromman of his opponent, he shall lose the Board by the number of his Carrommen lying in the Carrom board together with the points for the Queen. If the score of the opponent is 22 or more, he shall lose by the number of Carrommen only.

(ii). While covering the queen , if a player pockets the last Carromman of his opponent by an improper stroke he shall lose the Board by the number of his Carrommen lying on the board together with the points for the queen. If the score of the opponent is 22 or more, he shall lose by the number of Carrommen only. If demanded, an additional point shall be awarded to the opponent.

(m)

(i). If a player pockets the Queen along with his last Carromman and the last Carromman of his opponent by a proper stroke the player shall win the Board by 3 points. If the score is 22 or more he shall will by 1 point.

(ii). If a player pockets the Queen along with his last Carromman and the last Carromman of the opponent by an improper stroke the opponent shall win the board by 3 points. If he score 22 or more he shall lose by 1 point. If demanded one additional point shall be awarded

(n)

(i). If a player pockets the last Carromman of his own and of the opponent by a proper stroke while the Queen is on the Carrom board, the opponent shall be awarded 3 points. If the score is 22 or more he shall be awarded only 1 point.

(ii). If a player pockets the last Carromman of his own and of his opponent by an improper stroke while the queen is on the board, the opponent shall be awarded 3 points. If the score is 22 or more he shall be awarded only 1 point. If demanded the opponent shall be awarded 1 additional point.

(o).

(i). If a player by a proper stroke pockets the last Carromman of the opponent when the Queen is on the Board, he shall lose the Board by the number of his own Carromman lying on the Board together with the points for the Queen. If the opponent's score is 22 or more he shall lose by the number of Carrommen only.

(ii). If a player pockets the last Carromman of the opponent by an improper stroke when the queen is on the Board, he shall lose the board by the number of his own Carrommen lying on the board together with the points for the queen. If the opponent score is 22 or more he shall lose the Board by number of Carrommen only. If demanded, the opponent shall be awarded on point in addition.

(p).

(i). If a player pockets his last Carromman by a proper stroke leaving the queen on the board, he shall lose the board by 3 points. If the opponent's score is 22 or more he shall lose by one point.

(ii). If a player pockets his last Carromman by an improper stroke leaving the queen on the board, he shall lose the board by 3 points. If the opponent s score is 22 or more he shall lose by the one point. If demanded, the opponent shall be awarded one additional point.

(q).

(i). If the player pockets his last Carromman along with the striker leaving the queen on the carrom board, by a proper stoke, he shall lose the board by 3 points. If the score of the opponent is 22 or more, he shall lose by one point. One additional point shall be awarded if demanded by the opponent.

(ii). If the player pockets his last Carromman along with the Striker leaving the queen on the board by an improper stroke, he shall lose the Board by 3 point. If the score of the opponent is 22or more, he shall lose by one point. If demanded the opponent shall be awarded two additional points.

(r).

(i). If a player pockets the queen, his last Carromman, the last Carromman of his opponent by a proper stroke together with the striker the player shall lose the board by 3 points. If the score of the opponent is 22 or more, he shall lose by one point. One additional point shall be awarded if demanded by the opponent.

(ii). If a player pockets the queen, his last Carromman, the last Carromman of his opponent together with the striker by an improper stroke, he shall lose the Board by 3 points. If the score of the opponent is 22 or more, he shall lose by one point if demanded, the opponent shall be awarded two additional points

- (s)
- (i). If a player pockets the last Carromman of his own and of his opponent together with the striker by the proper stroke he shall lose the Board by one point, if the Queen has been covered by him. One additional point for the pocketed striker shall be given if demanded by the opponent.
- (ii). If a player pockets the last Carromman of his own and of his opponent together with the Striker by an improper stroke, he shall lose the Board by one point, if the Queen has been covered by him. Two additional point for the pocketed striker shall be given if demanded by the opponent.
- (t).
- (i). If a player pockets a last Carromman of his opponent along with the Striker leaving the Queen on the Board by a proper stroke, he shall lose the Board by the number of Carrommen lying on the Board plus the value of the Queen. If the score is 22 or more, he shall lose by the number of Carromman only. One additional point for the pocketed striker shall be awarded if demanded by the opponent.
- (ii). If a player pockets the last Carromman of his own and of his opponent together with the Striker by an improper stroke he shall lose the Board by 3points, if the Queen has been covered by the opponent. Two additional point for the pocketed striker shall be awarded if demanded by the opponent.
- (u). If the Queen resting perilously at the mouth of the pocket and actually falls into the pocket for any reason, it shall be considered to have been pocketed.
- (v). A player shall not utilize the Due and/or penalty Carrommen to make a shot with the Queen. If utilized, he shall be asked by the Umpire to rectify. A foul shall be declared as per laws.

29. GENERAL

- (a). A stroke shall be taken by means of a Striker only. The striker shall be brought by the player and certified by the Chief Referee/umpire before play.
- (b). While taking a stroke, if the Striker jumps over the board, the turn of the player shall continue if he pockets his own Carrommen and/or Queen in that stroke.
- (c). A changed new striker, duly approved by the Chief Referee/Umpire, shall be allowed in a match, after the particular board is completed. However, if in the middle of the board, the striker is broken, it is permitted to change the same only after completion of the particular stroke.

- (d).
- (i). Once set the position of the Carrom board shall not be changed in the middle of the match.
 - (ii). However, the sole authority to make any change after examination, on appeal by any player, lies with the Umpire.
- (e). The Carrom board, table or stand on which the Carrom board is placed, allotted for a match can be changed only after the completion of a Board. The sole authority for deciding the condition of the Carrom board, Table or Stand rests with the Umpire.
- (f). Any broken Carromman, if appealed for replacement, shall be replaced by the Umpire in the original position of the broken Carrommen as far as possible.
- (g).
- (i) The time count stops when there is an appeal to the Umpire by a player, during the play. The play shall not continue unless the Umpire has ordered 'Play'.
 - (ii). The player who violates, shall lose the entire board with the number of his Carrommen lying on the Board with the points of the Queen, as per Laws, if it is lying on the board.
- (h).
- (i). The Powder shall be applied evenly, by the player having the turn, over the playing surface before break. The use of powder shall be neither excessive nor scanty.
 - (ii). The Powder shall not be applied or removed after the Umpire has announced 'Play'.
 - (iii). Any wilful attempt to remove or wipe powder from the playing surface shall not be permitted.
 - (iv). The removal of powder from the playing surface by way of blowing, wiping or any other way shall not be permitted.
 - (v). For any infringement, as stated above in (h) (ii), (iii) & (iv) a foul shall be declared against the offending player as per laws.
 - (vi). However, along the Base line and Base circles of his side, excess powder, if any, may be removed with the help of the striker only, by the player during the turn of play.

(vii). The Umpire shall have the right to control, the even application of powder on the playing surface.

(viii). The Umpire should be requested for removal of dust, insects, etc., from the Carrom board during the course of play.

(i) A stroke is considered complete only after the Striker, Carromman and/or disturbed by the Striker comes to rest. The Striker shall be removed by the player from the board immediately after the stroke is completed. The Umpire may assist on request.

(j)

(i). as long as a player pockets his own Carromman and/or Queen the time count starts as soon as the stroke is complete

(ii). However, in a stroke, when a player fails to pocket his Carromman and/or Queen, the time count for the opponent shall start only after the Striker has been removed from the board

(iii). A player shall not make the stroke before the opponent picks up his Striker from the board

(k).

(i). When a player pockets the Carromman of his opponent knowingly or unknowingly, the Umpire shall stop the player from playing further.

(ii). If unnoticed by the Umpire or by the opponent, the Carrommen pocketed shall be considered to have been properly pocketed. The turn of the player shall be lost as and when noticed.

(l)

(i). The player shall not hit, tap or disturb the Carrom board wilfully or otherwise. If done, a Foul shall be declared against the offending player as per Laws.

(ii) However, if it is done by the player in such a way that rearrangement of the Carrommen becomes impossible, he shall lose the entire board with the number of Carrommen lying on the board with the points for the Queen as per Law.

(m).

(i). A stroke shall be considered to have been made, if the Striker slips, leaving any Baseline or Base circle, irrespective of whether it has touched any Carrommen or not.

- (ii). However, if the Striker slips and does not leave any base line or base circle or moves any Carromman, stroke shall not be considered to have been made
- (n). A player may find out the score from the Umpire only during his turn of play.
- (o). A player shall not distract the attention of the opponent by any act.
- (p).
- (i). While taking stroke, the Striker must touch both the base lines.
- (ii). If the strike is made from the Base Circle, the Striker must cover the Base Circle fully, but shall not touch the arrow.
- (q). In doubles, during the course of a Board, the partners are not allowed to talk or communicate with each other by gestures. Any Violation in this regard shall be penalized with a Foul as per laws.
- (r). Players shall not talk to the spectators during the course of a game without the permission of the Umpire.
- (s). The players shall not hold any solid material, except the Striker in either hand during the course of his turn
- (t). The Carrommen and/or Queen shall not be moved or disturbed after the break, except by way of a stroke. If touched, moved or disturbed, the same shall be replaced in the original position by the Umpire, as far as possible and a Foul shall be declared against the offending player as per Laws
- (u). The run of the Striker shall not be tested on the playing surface during the course of a Board.
- (v).
- (i). The player shall not keep his striker on the frame or in the pocket of the Carromboard during the play.
- (ii). However, the player shall be permitted to place the striker and/or Carrommen on the playing surface, near his base line only, while placing the Due and/or penalty Carrommen.
- (w). If the players pass over their turn consecutively for 3 times each, that particular Board shall be cancelled and be replayed

(x). Only 2 minutes rest within playing arena will be allowed between second and third sets(games).

(y). A player is permitted to concede a game and/or match at any stage.

(z). In case of any unforeseen circumstances beyond the control of Umpire who feels that rearrangement of the Carrommen is not possible, that particular Board shall be replayed.

(z).(a) If a Carromman is broken by the stroke during the course of the Board, the position of the bigger part of the broken Carromman is considered for all purposes and the Umpire decision shall be final.

(z).(b) In the event of the Carrommen lying on the Base lines/Base circles, preventing the player from taking a stroke for want of Space for placement of his striker, that board shall be replayed

30. LOSS OF ENTIRE MATCH

A player shall be liable to lose the entire match for any act of indiscipline and/or breach of any of the Law and/or any of the following:

(i). Fails to report to the Umpire at his match Board within 15 minutes after the match is announced.

(ii). Fails to abide by the time limit given for the rest in the deciding game during a match

(iii). Refuses to abide by the decision of the Umpire and/or Chief Referee.

(iv). Passes insulting remarks against the Umpire, Chief Referee, authorities before or during or immediately after the match.

(v) Smokes or smells foul while at play due to intoxicating drinks and/or is under the influence of drugs

(vi). Plays with an uncertified Striker.

(vii). Discontinues play during the course of match, without the permission of the Umpire.

(viii). Disturbs and distracts the attention of the opponent while at play more than twice, despite Umpire's warning.

(ix). Leaves the match Board area during the game without the permission of the Umpire

31. PROTEST

(a). All protests shall be written in English or Hindi addressed to the Secretary of the tournament and shall be submitted through the Chief Referee/Referee duly signed by the player/captain or the manager of the team

(b). The oral protests shall be intimated to the Umpire immediately after the incident takes place along with the prescribed scrutiny fee. No protest shall be entertained without payment of scrutiny fees

(c). The written protest shall be submitted within 15 minutes of completion of that particular Board.

(d). The protest shall represent facts only, as had occurred, the decision of the Umpire/Chief Referee and the point appealed against by the aggrieved party.

(e). Protest in uncouth and abusive language shall be summarily rejected and invite disciplinary action.

(f). Once a protest is lodged, it shall not be permitted to be withdrawn.

(g). Once a protest is recorded and handed over, the play shall continue from where it stopped. The result of the match shall not be announced till the protest is considered.

(h).

(i). if the protest is upheld, the match shall continue from the beginning of that particular board in which the protest was lodged and the scrutiny fee refunded

(ii). In case the protest is overruled, the result already obtained shall stand and the scrutiny fee forfeited.

(iii). The decision of the tournament authorities shall be conveyed to the parties concerned within one hour from the time protest was lodged.

31. The following events will be played:

(i). Team events.

(ii). Individual events.: Individual Singles/Doubles.

32. TEAM EVENTS

- (i). Each team will play three matches of three games of eight boards as per the rules
- (ii). The teams will be divided into four groups i.e. A, B, C, D (If the number of teams are eleven or less than eleven, two groups may be formed and if the number of participating teams is 12 or more than 12, the teams may be placed in four groups) in consultation with the Chief Referee and Secretary of Sports Board of host Circle.
- (iii). The matches will be played on league-cum-knockout basis. Eight teams will reach in knockout and play quarter-finals as per the format given below:

A	B	C	D	Presume if 16 teams are participating
1	5	9	13	
2	6	10	14	
3	7	11	15	
4	8	12	16	

- (iv). In the knockout stage, the matches will be played as under:

Quarter Finals (QF)

- QF1. Winner of Group A Vs Runner of Group D
 QF2. Runner of Group A Vs Winner of Group D
 QF3. Winner of Group B Vs Runner of Group C
 QF4. Runner of Group B Vs Winner of Group C

Semi Finals (SF)

- SF 1. Winner of Group QF1 Vs Winner of Group QF2.
 SF 2. Winner of Group QF3 Vs. Winner of Group QF4.

Finals: Winner of SF1 Vs Winner of SF2

33. INDIVIDUAL EVENTS.

- (i). Men Singles: There will be Six entries per Circle in Single matches. Each player will play three games of eight boards and the winner will be placed in the next stage.
- (ii) Women Singles: There will be Four entries per Circle in Single matches. Each player will play three games of eight boards and the winner will be placed in the next stage.

(iii). Men Doubles: Each circle will field three pair each for doubles. There will be three games of eight boards and the winner will be placed in the next stage.

(iv). Women Doubles: Each circle will field two pair each for doubles. There will be three games of eight boards and the winner will be placed in the next stage.

34. There may be Five Sessions on all days, as under-

I Session II Session III Session IV Session V Session

- I. 9.00 A.M. to 10.30 A.M
- II. 11.00 A.M. to 12.30 P.M.
- III. 1.30 P.M. to 3.00 P.M
- IV. 3.30 P.M. to 5.00 P.M.
- V. 5.00 P.M. to 6.30 P.M.

Players are expected to play any number of matches a day and are directed to consult the Chief Referee/Asstt. Chief Referee before departing the tournament hall.

35. ELIGIBILITY

The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

36. JURY OF APPEAL:-

Jury of Appeal shall be instituted as per guidelines issued from Postal Sports Board from time to time.

37. TEAM LEADERS:-

- i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
- ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.

- iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

38. CERTIFICATE AND TROPHIES

- i. The winners, runner ups and second runner ups in Singles, Doubles and team events will be awarded with trophies and cups. Certificates of Merit may also be given to the winners and runners up and participation certificates to all the participants
- ii. Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

39. INTIMATION OF RESULTS AND REPORT THEREOF:-

The Secretary of the Host Circle Sports Board Should arrange to send brief write-up of the tournament, achievements and final results in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, Dak Bhawan , Parliament Street, New Delhi-110001.

Guidelines for the All India Postal Chess Tournament

CIRCLE LEVEL SELECTION TRIALS:

The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All-India Postal Meet. The pattern of the selection trails at Circle level will be decided by the Circle Sports Board concerned as per guidelines of International/National Federation governing the rules of Chess at that time.

- ii) **Each team (Men/Women) will consist of five players + 1 Coach + 1 Manager.**
- iii) Efforts should be made to select the best talent available in the Circle. The selection committee shall consist of the President of the Circle Sports Board or his nominee, Chief referee/qualified coach (NIS Qualified or of similar level), Secretary, Circle Sports Board and Coach of the Circle's Team concerned, which would select a team for participation in the All-India Postal Tournaments.

2. ELIGIBILITY: The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT:

Mode of Conducting the Tournament:

- The All-India Postal Chess Tournament shall be conducted in the following parts:
 - Team Championship with Swiss System (separately).
 - Individual Championship with Swiss System (separately).
- The tournament shall be played under the FIDE Laws of Chess & will be implemented the latest Rules whenever any changes arises.
- **System of play:** Swiss System with FIDE rules.
- **No. of Rounds:**
 - Team: Five Rounds
 - Individual: Seven Rounds

Composition of the Team: Each team shall consist of four players (at least 3 players) and one reserve player. The seeding of the teams will be done based on the average rating of the best 4 players. These names should be reconfirmed in person at the time of Technical Meeting. The Fixed Board Order should be decided by the respective team Coach/Captain/Manager before/at the technical meeting.

SYSTEM OF PLAY:

The Tournament shall be played by Swiss system under the FIDE Laws of Chess.

TIME CONTROL:

A time control of 90 minutes each plus 30 seconds increment per move from move number 1 (one) will be followed.

STANDINGS & TIE BREAK:

Men/Women Team Event:

(a) Match Points (b) Game Points (c) Direct Encounter (d) Buchholz Cut1 (e) Sonneborn Berger based on match points of the opponents multiplied by game points scored against the opponent by the team.

Men/Women Individual Event:

(a) Match Points (b) Direct Encounter (c) Buchholz Cut1 (d) Sonneborn Berger (e) Greater no. of wins

DEFAULT TIME:

The default time is 30 minutes.

4. The total duration of the tournament will be seven days as detailed below

- | | |
|-------------------------------|----------|
| a) Opening Ceremony etc | ½ day |
| b) Team Championship | 2 ½ days |
| c) Individual championship | 3 ½ days |
| d) Prize distribution/closing | ½ day |
| | 7 days |

- Internal adjustments may be made by Host Circles as per actual conduct of tournaments.

5. PLAY REGULATIONS: -

PROTESTS:

Protests, if any, against the decision of the Chief Arbiter shall be made in writing to the Chief Arbiter at least within 30 minutes of the incident with a protest fee of Rs.1000/- (deposited with Organizing Postal Circle) which shall be refunded if the appeal is upheld. The decision of the appeals committee shall be FINAL and BINDING on all the participants.

Original Board Order: Managers have to submit Original Board Order within one hour of Managers meeting positively.

Board Order: Managers have to submit Board Order at least half an hour before the start of every round positively, otherwise original board order will be assumed final. Order of players in board order cannot be alter from Original Board Order.

Scoring System:

Team Event: The team winning the match will be awarded 2 points and losing team 0. In case of draw, both the teams will be awarded 1 point each. Bye team will be awarded 2 match points and 0 game point.

Individual Event: Winner will be awarded 1 Point and loser 0. In case of draw, both the players will be awarded 0.5 point each.

- **No mobile phone/ electronic gadgets/wrist watch allowed inside the tournament hall even in switch off mode. If found, his/her game will be treated as lost.**
- **Role of Captain**
 - To submit results of each round in Team Championship.
- Players are requested to inform any correction/spellings in their Name/Rating/FIDE ID/ State/DOB/Sex (Women players are to check the letter 'F' in front of their name) before the start of first round.

Other basic rules:

- Touch & Move Rules will be Followed (Touch Means Hold or Grip, not Fingered, Wrist etc.).
- TWO ILLEGAL MOVE WILL BE LOST (if clock not pressed would not count be illegal).
- Once pairing displayed would not be change (if any discrepancy in result).
- All Players, Managers & Coaches shall abide by all the rules & regulations of the tournament.
- Arbiter's decision would be final decision.
- Notation is mandatory till last move (if player is not writing then inform immediately don't wait for last moment).
- No smoking shall be allowed in the tournament hall.
- Players shall follow AICF Regulations.

Arbiters

Tournament Organizing Committee shall appoint Qualified International Arbiters to conduct the All-India Postal Chess Tournament.

6. All participants should be in proper Kit/Attire suitable to their event as per standard practices in National Level/International Level sporting events. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.

7. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.

8. TEAM LEADERS:

i. The team should be accompanied by a Coach and a Manager or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.

ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the

circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.

- iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

9. CERTIFICATES AND TROPHIES:

- i) The winners and runners up (for Teams) (1st, 2nd & 3rd) & top 10 individual players at All India Tournament will be awarded certificates of merit and trophies/medal, if the host Circle can institute the same conveniently. Certificates of merits Participation certificates shall be issued to all participants/managers/coaches.
- ii) It is desirable that expenditure should not be incurred on costly trophies and cups.
- iii) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently

10. INTIMATION OF RESULT AND REPORT THEREOF:

The Secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements, final results, in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, 2nd Floor, Dak Bhawan, New Delhi-110001

Guidelines relating to All India Postal Cricket Tournament

The following guidelines will govern the conduct of All India Postal Cricket Tournament from the date of issue. These will be superseding all previous instructions issued in this regard:-

1. CIRCLE LEVEL COMPETITIONS AND SELECTION:

- 1.1 Since Cricket is a team event, therefore, the Circle Sports Boards shall conduct Circle level competitions by either having trials or by conducting tournaments for selecting the best possible Circle teams for representing their Circle in the All India Postal Meet.
- 1.2 The results of the Circle Tournament, together with a list of 15 players selected to represent the Circle in All India Postal Cricket Tournament may be sent to the Organizing Secretary, of the host Circle

2. CONDUCT OF TOURNAMENT

- 2.1. The tournament will be held on league cum knock-out basis for a total period of 7 days as below:
 - League matches - 4 days
 - Quarter-finals - 1 day
 - Semi-finals - 1 day
 - Finals & 3rd place match- 1 day

**The number of days allotted as above may be adjusted by the host Circle, if required, but should not exceed the overall limit of 7 days under any circumstance.*

- 2.2 The league matches should be played of 20 overs a side. International/National Level rules of T-20 matches shall be applicable. Quarter Final onwards matches may be conducted for 50 overs or 20 overs as deemed suitable by the Host Circle depending on number of participating team and other relevant constraints. **Quarter Final may or may not be conducted** depending on number of participating teams. However, all changes shall be communicated by host circle to participating Circle well in advance.
- 2.3 Host Circle is authorized to make any changes in the format of the tournament including tie breaker rules depending upon local circumstances in line with BCCI/ICC guidelines.

- 2.4 Each bowler shall not be allowed to bowl more than 1/5th of the total number of the overs allowed for an inning.

3. **TIMING:**

- 3.1. Morning Session 9.30AM to 1.00 PM
 Lunch interval 1.00 PM to 1.45 PM
 Afternoon Session 1.45 PM to 5.15 PM

The host Circle may change the timings depending upon weather conditions.

- 3.2 One drinks interval will be permitted after 10 overs have been bowled up to quarter final stage and from semi-final stage. The drinks break will be after every 17 overs are bowled.
- 3.3 In the matches, where the start is delayed or where play is suspended, the object should always be to rearrange the number of overs so that both the teams have the opportunity of batting for the same number of overs (minimum 15 over each side). The calculation of the number of overs to be bowled shall be based on an average rate of 15 over per hour in the time remaining before close of play.
- 3.4 If the number of overs of the side batting first is reduced, no fixed time will be specified for the close of its innings and in the event of the team fielding second falling to bowl, if necessary, the reduced number of overs in a match, the hours of play shall be extended until the required number of overs have been bowled or a result achieved, provided in the opinion the Umpires the light and weather are suitable to continue the match.
- 3.5 If owing to suspension of play during the innings of the team batting second, it is not possible for that team to have the opportunity of batting for the same number of over as the team batting first, they will bat for a number of overs to be calculated as in 3.3 above.
- 3.6 The team batting second shall not bat for a greater number of overs than the first team unless the latter has been all out in less than the agreed number of overs.

4. **DRAW**

The participating teams should be drawn into four groups and the draw of the tournament should be held during the Manager's meeting.

While selecting the draw, each of the four semi-finalists of previous year tournament shall be placed in each different group and other quarter finalists

barring the semi-finalists shall be drawn by lot and placed as second team of the each group. Rest of the participating teams shall be put in a lot and drawn equally into the groups.

From Quarterfinal stage, matches shall be held on following basis

(i) Quarter Finals (If conducted by Host Circle)

QF 1- Winner of Group A vs Runner of Group D

QF 2- Winner of Group C vs Runner of Group B

QF 3- Winner of Group D vs Runner of Group A

QF 4- Winner of Group B vs Runner of Group C

(ii) Semi-finals

SF 1- Winner of QF 1 vs Winner of QF 4

SF 2- Winner of QF 2 vs Winner of QF 3

(iii) 3rd vs 4th Place

Loser of SF 1 vs Loser of SF 2

(iv) Finals

Winner of SF 1 vs Winner of SF 2

5. **RESULT:**

5.1 A result can be achieved only if both teams have batted for at least 15 overs or unless the team batting second scores enough runs to win in less than that of 15 overs. All other matches in which one or both teams have not had an opportunity of batting for a minimum of 15 overs shall be declared as drawn matches.

5.2 In the matches, in which both teams have had opportunity of batting for 35/40 overs in an uninterrupted match, the team scoring the higher number of runs shall be the winner. If the scores are equal, the winner shall be the team which has lost lesser number of wickets.

5.3 If the team batting second does not get the opportunity to complete the agreed number of overs, and has neither been all out nor has passed its opponents score, then the following shall apply:-

i) The result shall be declared by taking into consideration the total number of runs scored by the team batting first at the end of the number of overs, where the

Innings of the team batting second is Interrupted The team having higher score at the stage shall be declared as winner.

ii) If the runs scored by both the teams are equal, rules (b) above shall apply- For the purpose of this rule only a part of an over bowled shall not be taken into account.

iii) In the event of the runs scored, the number of overs and wickets lost of both the teams being the same, the result shall be reckoned as a "TIE". If the match ending in a draw or Tie, the winner may be decided by the 'Spin of Coin'.

Note: Applicability of 5.1 and 5.2 is dependent on number of overs a match is conducted, as host Circle is permitted to conduct all matches for 20 overs also.

6. NUMBER OF OVERS PER BOWLERS:

The Bowler shall not bowl more than 1/5th of total overs. 4 overs in case of 20overs, 10 overs in case of 50 overs, seven (7) overs in the case of 35 overs match, eight over in case of 40 over match and 10 over in case of 50 over match. In a match where the start is delayed and the innings of both the teams is restricted from the start to less than 35/40 over, no bowler may bowl more than one fifth (1/5th) of the total over allowed except that where the total over is not divisible by 5, an additional over shall be allowed to the minimum of bowler necessary to make up the balance. In the event of a bowler breaking down and being unable to complete an over, the remaining balls will be bowled by another bowler. Such part of an over will count as a full over only in so far as each bowler limit is concerned.

7 MISCELLANEOUS

- 7.1 The scorer should record in the scorebook the total score by a side at the end of each over.
- 7.2 Underhand bowling will not be allowed.
- 7.3 There shall not be more than five (5) fielders on the on/ leg side of the strikers.
- 7.4 If 30-yard circle is there not less than 4 fielders should be placed within the 30-yard circle throughout the match.
- 7.5 The umpires appointed to officiate the matches shall be the sole judges in respect of interpretation of rules and regulations.
- 7.6 The host circle will provide only the following equipment's
- Stumps and bails
 - Cricket balls
- 7.7 The circle teams will have to bring all other necessary equipment's and accessories with them

7.8 Every Circle should provide the following equipment's to the Regional teams for participation in All India Postal Cricket Tournament.

- (i) Four pairs batting leg-guards
- (ii) Four pairs of batting gloves
- (iii) One pair of wicket-keeping inner gloves
- (iv) One pair of Wicket-keeping gloves.
- (v) One pair of Wicket keeping pads
- (vi) Abdomen Guards in sufficient numbers
- (vii) Cricket balls in sufficient numbers
- (viii) Cricket bats in sufficient numbers

8. **ELIGIBILITY**

The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

9. **TEAM LEADERS**

- a) The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
- b) Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
- c) The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development

Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

10. CERTIFICATES AND TROPHIES

- a) The winners, runners up and all participants in events at All India Meets will be awarded 'Certificates of Merit'. Also the trophies for the winners and runners up, if the host circle can institute it conveniently.
- b) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

11. INTIMATION OF RESULTS AND REPORT THEREOF:-

The Secretary of the Host Circle Sports Board Should arrange to send brief write-up of the tournament, achievements and final results in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, Dak Bhawan , Parliament Street, New Delhi-110001.

Guidelines relating to All India Postal Cultural Meet

The following rules will govern the conduct of All India Postal Cultural Meet. They will be superseding all previous instructions issued in this regard:-

1. CIRCLE LEVEL SELECTION TRIALS:

- 1.1. Each participating Circle must initiate Circle level selection trials and complete the same as early as possible with reference to instructions given. The names of the competitors, along with names of participating events may then be sent to the Organizing Secretary of the host Circle where the Cultural Meet is to be held and to this office immediately after the respective Circle Level selection competitions are over
- 1.2. The actual programme for the conduct of the meet, venue and other relevant information will be intimated by the host Circle in due course.

2. PARTICIPATION

- 2.1. All Postal Circles may participate in the All India Postal Cultural Meet and each Circle may send only one team.
- 2.2. The Postal Directorate may participate in Delhi Circle
- 2.3. Each Circle may send up to a maximum of 16 participants, two accompanists and one Manager. In case Manager is a participating artiste then the number of Participants other than Manager should not exceed 15. However, if sponsoring Circle is not sending group dance team then maximum of 14 participants, one accompanist and one Manager. In case Manager is a participating artiste then the number of Participants other than Manager should not exceed 13. (Limits mentioned in this para are not applicable for Short play. The limit for number of artist of Short Play is separately mentioned at para 6.)

3. ELIGIBILITY FOR PARTICIPATION:

- 3.1. The employees of the Department (including GDS), their spouse and dependent children can participate in the Meet. Definition of dependent children will be as per specifications of Government of India.
- 3.2. While sending the entries, the Welfare Officer of the Circle will indicate the designation and office of posting in respect of employees. In respect of spouse and dependent children of employees, he should furnish the names of participants,

details of the employee and relationship and dependency certificate in respect of dependent children.

4. **PATTERN OF COMPETITIONS:**

- 4.1 The competitions will be held in two group's viz. Junior Group and Senior Group.
- 4.2 For the Junior Group only those dependent children of the employees will be eligible who are below 14 years of age.
- 4.3 For determining the age crucial date will be 30th September of the year of the meet irrespective of the date of organization of the Meet. For example, for the Meet of the year 2019-2020, the crucial date will be 30.09.2019.
- 4.4 In case the child is above 14 years of age he/she cannot participate in the junior group.
- 4.5 The Employees, their spouse and their children above 14 years of age, may participate in the Senior Group.
- 4.6 The total number of participants in Junior and Senior Groups put together in respect of any Circle will not exceed the limit as prescribed in Para 2 .3 above.
- 4.7 In cases of participants in the Junior Group, the Welfare Officer of the Circle will personally verify the date of birth of the child and will indicate it on the entry form sent to the host Circle. A copy of any government issued birth certificate/age proof may be obtained and enclosed with the entry form, duly attested by the Welfare Officer. In case the above provisions are not complied with, the participants in the Junior Group may not be sent for the Meet as they will not be allowed to participate under any circumstances.

5. **ITEMS OF COMPETITION**

The Competitions will be held broadly in the following streams:

(i)	Music	(a)	Hindustani Style
		(b)	Carnatic Style
(ii)	Dance	(c)	Classical Solo Dance
		(d)	Group/Folk Dance

(iii)	Mono-Acting
(iv)	Short Play

5.1 (i) MUSIC

Competition will be held separately for Hindustani and Carnatic styles, in vocal and instrumental music. Items and time allowed for the two groups are as follows:-

(A) HINDUSTANI STYLE

Sl No.	ITEM	Time Allowed	
		Senior Group	Junior Group
(i)	Vocal Music Classical	10 minutes	07 minutes
(ii)	Vocal Music Light	04 minutes	04 minutes
(iii)	Vocal Music Folk	04 minutes	04 minutes
(iv)	Instrumental Music-String: Sitar, Violin, Sarod, Guitar	10 minutes	07 minutes
(v)	Instrumental Music-Wind: Flute, Shehnai	10 minutes	07 minutes
(vi)	Instrumental Music- Percussion: Tabla, Pakhawaj	10 minutes	07 minutes

(B) CARNATIC STYLE

Sl No.	ITEM	Time allowed	
		Senior Group	Junior Group
(i)	Vocal Music Classical	10 minutes	07 minutes
(ii)	Vocal Music Light	04 minutes	04 minutes
(iii)	Vocal Music Folk	04 minutes	04 minutes
(iv)	Instrumental music- String: Violin, Veena	10 minutes	07 minutes
(v)	Instrumental Music- Wind: Flute, Nadaswaram	10 minutes	07 minutes

(vi)	Instrumental Music- Percussion: Mridangam, Ghatam	10 minutes	07 minutes
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5.1 (ii) DANCE

Competition will be held separately for classical solo Dance forms and Group/folk Dance. The details are as under:-

(A) CLASSICAL SOLO DANCE

Competition will be held in the following classical solo Dance forms:-

Sl No.	ITEM	Time allowed	
		Senior Group	Junior Group
(i)	Bharatanatyam	12 minutes	7 minutes
(ii)	Kathakali	--do--	--do--
(iii)	Kuchipudi	--do--	--do--
(iv)	Kathak	--do--	--do--
(v)	Manipuri	--do--	--do--
(vi)	Odissi	--do--	--do--
(vii)	Satriya	--do--	--do--
(viii)	Mohiniyattam	--do--	--do--

(B) GROUP/ FOLK DANCE

Competition will be held in Group/Folk Dance. A minimum of 4 and maximum of 8 participants may perform a group/folk dance depicting any custom in Indian Cultural Heritage. **Time allowed will be 10 minutes for Senior Group** and 7 minutes for Jr. Group.

5.1 (iii) MONO-ACTING

Competition will also be held in mono-acting. Time allowed will be 5 minutes for both the Senior and Junior groups. The time limit includes the introduction by the participant as to what he/she is performing and the acting as well. The introduction, if any, will be given by the concerned participant.

6 SHORT PLAY

- a) There will be a short play competition. The play may be on a theme of social relevance.
- b) It should be an original script written by an employee of the Department or his/her spouse or dependent children. **Script should not have been staged during the last 4 events or been rejected in the past.**
- c) The scripts will be sent to the Directorate neatly typed in triplicate for selection. If the script is in regional language then complete English translation may also be sent neatly typed in triplicate.
- d) A maximum of 6 scripts will be selected by the Directorate for entry into the competition. The script once approved by the Directorate will not be changed.
- e) A maximum of 8 artists will be allowed in a short play. No artist will be allowed to play more than one role. All the artists (male, female and children) will be from amongst the members of staff of the Circle, their spouse and dependent children.
- f) In addition to 8 participants, there can be a Director in the short-play team. The Director also will have to be a member of the staff, their spouse or dependent children. In case the Director participates in the play, the contingent of short-play team will be restricted to 8 only and not nine.
- g) The duration of short play will be a minimum of 20 minutes and up to a maximum of 45 minutes. Fifteen minutes will be allowed for setting, lighting and dismantling etc. There will be no interval in the play.
- h) There should be minimum number of breaks during the One Act Play
- j) Preference may be given to new comers over those who have been representing the Circles in the past.

7. OBSERVANCE OF TIME LIMIT

- 7.1 The time limits prescribed for various items are the maximum outer limits only. A participant will have to perform within the prescribed time limit. In case any participant exceeds the prescribed time limit marginally, he/she may not be disqualified but marks may be deducted by the Judges. In case one exceeds the time limit abnormally, the judges may disqualify the participant. In case of short-play, the same rules will apply to the Circles. In this context, the host Circle may brief the Judges accordingly.
- 7.2 For proper observance of time limit, all the events will invariably be video recorded by the host Circle. (Host Circle may use any electronic device for video recording purpose, professional cameras are not mandatory). Recorded video may

be kept with the host Circles at least up to the closing ceremony. The Host Circle may make available recordings in a CD/Online to the Secretary, Postal Sports, Department of Posts, Dak Bhawan for records.

- 7.3 For observing the time limit, a three colour lighting system will be there, for guidance of the performer as well as the Judges. When the item starts, green light will be on and on completion of the scheduled time, red light will be on. For items in which prescribed time limit is up to 5 minutes, yellow light will be on, before one minute of completion and for items in which prescribed time limit is above 5 minutes, yellow light will be on before 2 minutes of completion of scheduled time. **For Short Play the yellow light will be on before 10 minutes before the completion of scheduled time.** A time keeper will observe this with a stop watch.
- 7.4 In case of Vocal music time, count will start as soon as a participant starts singing. In case of instrumental music time count will start as soon as a participant starts playing the instrument. In dance items time count will start as soon as a participant appears on the stage, or in case someone starts from Centre stage, time count will start as soon as movement starts. In case of short play time count will start as soon as the screen of the stage is opened. In case of mono-acting time count will start as soon as the participant starts explaining, in case one explains before acting, or in case there is no explanation time count will start as soon as one starts performing.

8. STANDARD OF PARTICIPATION

Merely winning a first place in a particular item in Circle level meet shall not entitle one to participate in the All India Meet. The Circle boards, before sponsoring a participant should satisfy themselves that the participant conforms to a considerably good standard of performance. In case the winner of the first place in the Circle level meet is not available for participation in the meet, the person securing second position can also be sponsored in case the participant conforms to a good standard of performance.

9. ACCOMPANIST

- 9.1 Each Circle can bring up to **two accompanists (provided the Circle is participating in Group/Folk Dance event) or one accompanist (if Circle is not participating in Group/Folk Dance event)**, if necessary, for accompanying any of items mentioned in Para's 5.1(i), 5.1(ii) and 5.1(iii).
- 9.2 The accompanist need not necessarily be an employee of the Department or his/her spouse or dependent children.
- 9.3 Additional accompanist, if any required, is to be provided by the host Circle.

- 9.4 There is, however, no restriction on the other participating artistes of the same circle in accompanying any participant of the Circle.
- 9.5 Host Circle will provide three accompanists.

10. GUIDELINES FOR JUDGES

Sample proforma for judgment of performances are attached from Annexure-I to VI. They may be provided to the judges concerned separately for each event. (These are for **reference purposes only** and not to be made bounding on the judges)

Annexure – I	(Mark sheet proforma for Vocal Music)
Annexure – II	(Mark sheet proforma for Instrumental Music)
Annexure – III	(Mark sheet proforma for Classical Solo Dance)
Annexure – IV	(Mark sheet proforma for Group/Folk Dance)
Annexure – V	(Mark sheet proforma for Mono-Acting)
Annexure – VI	(Mark sheet proforma for Short Play)

11. ESCORT

- 11.1 One escort will be allowed for each male artist up to 15 years (Fifteen years) of age, and each female artist up to 18 years (eighteen years) of age.
- 11.2 The crucial date for determining age limit will be the same as indicated in Para-4.3.
- 11.3 The child artist's parents or elder (adult) brother elder (adult) sister will be accepted as escort. In case the employee, whose ward is a participant, nominates anyone other than himself/herself as an escort, a declaration may be obtained from him/her to this effect. The employee of the Department shall be responsible for the conduct of the escort.
- 11.4 If more than one child (entitled for escort) of the same official participates in the meet, only one escort for all children will be permitted.

12. LIMITATIONS IN PARTICIPATION

- 12.1 In no item can there be two participants from the same Circle-

12.2 No participant can participate in more than two items in a particular group as indicated below:

Group 'A'	Items indicated in sub para (i), (ii), (iii) of Para 5.1 (i) (A) & sub para (i), (ii), (iii) of Para 5.1 (i) (B).	Vocal Music Classical, Vocal Music Light, Vocal Music folk- both Hindustani and Carnatic Style.
Group 'B'	Items indicated in sub para (iv) of Para 5.1 (i) A & & sub para (iv) of Para 5.1 (i) (B).	Instrumental music-string sitar, violin, sarod, Guitar – Hindustani Style. Instrumental music-String Violin, Veena-Carnatic Style
Group 'C'	Items indicated in sub para (v) of Para 5.1 (i) A & & sub para (v) of Para 5.1 (i) (B).	Instrumental Music-Wind Flute, Shehnai – Hindustani Style. Instrumental Music-Wind Flute, Nadaswaram – Carnatic Style.
Group 'D'	Items indicated in sub para (vi) of Para 5.1 (i) A & & sub para (vi) of Para 5.1 (i) (B).	Instrumental music – Percussion Tabla, Pakhawaj – Hindustani Style. Instrumental music– Percussion Mridangam, Ghatam – Carnatic Style
Group 'E'	Items indicated Para 5.1 (ii) (A).	Classical Solo Dance- Bharatanatyam, Kathakali, Kuchipudi, Kathak, Manipuri, Odissi, Satriya, Mohiniyattam.

13. HONOURS AND AWARDS

- 13.1 On the basis of performance of the participants and their standard of performance three best participants (circles in case of group dance) will be selected for first, second and third prizes. In case of short play, 2 best Circles will be awarded Championship prize and runner-up prize.
- 13.2 In case of a tie in marks more than one participant can be ranked in the same position and may be given prizes.
- 13.3 Participants below 8 years of age whose performance is up to a certain standard may also be given consolation prizes.
- 13.4 It is, however, not mandatory to award all or any of the prizes for first three positions. Prizes may be given for all or any of the position, if the participants are adjudged suitable for these positions on the basis of performance. If performances

of none of the participants are up to the mark then no prizes may be given. The judges may be briefed by host Circle accordingly.

14. PANEL OF JUDGES & JURY OF APPEAL

- 14.1 The performance of the participants will be adjudged by a panel of judges, whose decision will be final.
- 14.2 All the judges will have to put their signatures on the formal result sheet after the marks are compiled. This will be further authenticated by the Directorate's Observer, Technical delegate and a designated officer of the host Circle. Results would be announced on the same day.
- 14.3 There can, however, be an appeal against any of the decisions in the meet to a Jury of Appeal comprising of the following:

Chairman	Chief Postmaster General or a SAG Officer nominated by CPMG
Member-I	DPS (HQ)
Member-II	Directorate's Observer
Member-III	Technical Delegate

The Jury of appeal should dispose of the appeals at the earliest and in any case before close of the meet and announce the decision.

- 14.4 In disputed items prize distribution will be held up till the announcement of decision of Jury of Appeal. No appeal will be accepted after distribution of prizes.

15. BEST CIRCLE AWARD

- 15.1 A Best Circle Award and a Second Best Circle Award will be given on the basis of performance of participants in items indicated in Para's 5.1 (i), (ii), (iii) and (iv).

- 15.2 For this purpose the following point system will be followed

- (X) For all items except that indicated in Para 5.1 (ii) (B):-

First Position	5 Points
Second Position	3 Points

Third Position	1 Point
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(Y) For Group Dance as indicated in Para 5.1 (ii) (B):-

First Position	10 Points
Second Position	6 Points
Third Position	2 Points

15.3 The Circle obtaining maximum number of points will be given 'Best Circle Award' and the Circle obtaining next to maximum number of points will be given the Second Best Circle Award.

15.4 In case of tie for any position on the basis of number of points, the Circle obtaining more number of first prizes will be given the award.

15.5 In case of a tie on the basis of number of first prizes, the Circle obtaining more number of second prizes will be given the award.

15.6 Further in case of tie on the basis of number of second prizes, the award will be given to the Circle having smaller contingent. For the purpose, of deciding strength of the contingent, the number of participants, Manager and accompanist will be taken into consideration.

15.7 If despite the above, there is a tie, joint winners for the particular award will be declared.

16. AWARDS IN SHORT PLAY

16.1 In the short play competition the following awards will be given on the basis of assessment of the panel of judges:

- a) Best Actor prize.
- b) Second prize in Acting (Male).
- c) Best Actress prize.
- d) Second prize Acting (Female)
- e) Best Director Prize.
- f) Second prize in Direction
- g) Best Script prize
- h) Second prize in Script
- i) Championship prize in short-play

j) Runners-up prize in short-play

16.2 A panel of judges will adjudge the performance and decide the prizes.

16.3 **All the short plays will be staged on a single day and the results will be compiled and announced in the evening of the same day.**

16.4 Appeals against the decision, if any, will be preferred by the disputing Circles on that day itself and the decision of the jury of appeal will be announced before distribution of prizes.

17. **CERTIFICATES AND TROPHIES:**

(i) The winners and runners up in events at All India Meets will be awarded 'Certificates of Merit', and trophies/Shields Cups on permanent basis, if the Host Circle can institute the same conveniently.

(ii) Certificates and Cups may be given to the winners of Circle level Selection Trials also.

(iii) The host Circle will ensure that all the Cups and Trophies are displayed at the main venue of the Meet.

(i) It is desirable that expenditure should not be incurred on costly trophies and cups.

(ii) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

18. In case of gross violation by any participant or Circle in addition to disqualifying, the host Circle may send to the Directorate the findings of the 'Jury of Appeal' for further action.

19. **INTIMATION OF RESULTS AND REPORT THEREOF:-**

The Secretary of the Host Circle Sports Board Should arrange to send brief write-up of the tournament, achievements and final results in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, Dak Bhawan , Parliament Street, New Delhi-110001.

Guidelines relating to All India Postal Football Tournament

The following guidelines shall govern the conduct of All India Postal Football Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. CIRCLE LEVEL SELECTION TRIAL:

The preliminary trials/screening will be conducted strictly in accordance with the rules and regulations. The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Football Meet. The pattern of the selection trails at Circle level will be decided by the Circle Sports Board concerned as per guidelines of All India Football Federation.

ii. Efforts should be made to select the best talent available in the Circle. The selection committee shall consist of the President of the Circle Sports Board or his nominee Chief referee/qualified coach (Licensed Coach), Secretary, Circle Sports Board and Coach of the Circle's Team concerned, which would select a team for participation in the All India Postal Tournaments.

iii. Each team shall consist of 22 (Twenty Two) players/Officials including One Technical Qualified Coach and One Manager. Technical Qualification here shall refer to licensed coaches as per AIFF.

2. ELIGIBILITY: The following categories of employees in Department of Posts shall be eligible:

- i. All Regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT

- a. The All India Postal Football Tournament will be conducted on league-cum-knockout basis for a period of 5/6 days (excluding day for manager's meet) depending on number of participating Circles and in accordance with latest rules and regulations (used as International/National level).

- b. The duration of the match will be 35-40 Minutes for League matches and 45 Minutes for Knock out matches.
- c. All participating circles will be drawn into 2(Two) groups i.e. A and B keeping in view the last year's results of AIP Tournament (as declared by Postal Sports Board) during the manager's meet in presence of Central Observer, Technical Delegate and match commissioner
- d. The semi-finals and finals would be conducted as follows:

Semi final

- | | | |
|------------------------|-----|--------------------|
| i) Winner of Pool 'A' | V/s | Runner of Pool 'B' |
| ii) Winner of Pool 'B' | V/s | Runner of Pool 'A' |

Final

Winner of 1st Semi Final against Winner of 2nd Semi Final.

Hard Line Match

Loser of Semi-Finalists will be considered as 3rd Runner Up.

NOTE: Incase of more than 10 teams of participation, the decision will be taken by technical officials, Central Observer and Technical Delegate for drawing fixtures, as per guidelines of AIFF.

- e. In case two teams of a pool secure equal number of points, the pool winner will be decided on Goal Average. In case, the tie still remains by adopting this method, then a playoff match will be played between these two teams to decide the pool winner.
- f. The Tie breaker and Sudden Death rules will be applied in the Semi-Final and Final in case there is a draw. (*Extra time off is not required at Departmental Level Tournaments*)
- g. The wearing of football studs (shoes) will be compulsory at Postal Football Tournaments.
- h. Each team should strictly adhere to the 2(Two) colour jerseys approved by Postal Sports Board with numbers on each jersey/vest on chest and back.

4. TEAM LEADERS :

- i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
 - ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
 - iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.
5. All participants should be in proper Kit/Attire suitable to their event as per standard practices in National Level/International Level sporting events. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.
 6. The tournament shall be conducted under supervision of qualified referees, technical team who may be invited from relevant sports federation/association. Equipment used shall be of nationally accepted standards.
 7. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time. It is mentioned in compendium of Postal Sports Board and is also being used in all AIP Tournaments.

8. CERTIFICATE AND TROPHIES:

- i. The first three winners will be awarded with Medals (Gold, Silver and Bronze) and Certificates of merits Participation certificates shall be issued to all participants/managers/coaches.

- ii. The host Circle including 3rd Runner Up will be awarded with trophies, medals and merit Certificates. The best player of the tournament, best goalkeeper and best team also should be awarded
- iii. Certificates of merits, medals and cups may be given at the Circle level Tournament also Facilitation should be given at concerned divisions.
- iv. It is desirable that expenditure should not be incurred on costly trophies and cups.
- v. Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently

9. INTIMATION OF RESULT AND REPORT THEREOF:

The Secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements, final results, in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, 2nd Floor, Dak Bhawan, New Delhi-110001

POSTAL SPORTS BOARD

Guidelines related to All India Postal Hockey Tournament

The following guidelines shall govern the conduct of All India Postal Hockey Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. **CIRCLE LEVEL SELECTION TRIAL:** The preliminary trials/screening will be conducted strictly in accordance with the rules and regulations of FIH/Hockey India. The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Hockey Tournament.
2. **ELIGIBILITY:** The following categories of employees in Department of Posts shall be eligible:
 - i. All regular employees of Department of Posts.
 - ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT:

The All India Postal Hockey Tournament shall be conducted for 5 days (excluding day for manager's meet) depending on number of participating Circles and in accordance with latest rules and regulations of FIH/Hockey India.

4. SELECTION FOR ALL INDIA POSTAL TOURNAMENT:

- Each Circle Postal Sports Board will furnish as per given below:
 - (i) In case of 18 Players which includes 2 Goalkeepers and 16 Field Players.
 - (ii) In case of 16 Players which includes 1 Goalkeeper and 15 Field Players.
- The names of the above mentioned players are required to be submitted to the Secretary of hosting circle sports board once the circle selection trials was conducted.

5. TEAM LEADERS :

- i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.

- ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
 - iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.
6. All Participants should be in proper kit as per standard practices in National Level Hockey tournaments. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.
 7. The tournament shall be conducted under supervision of qualified tournament director under the rules & regulations of FIH/Hockey India..
 8. The All India Postal Hockey Tournament will be conducted as per rules & regulations of FIH/Hockey India.
 - The All India Postal Hockey Tournament may be conducted league cum knockout basis.
 - Participating teams will be divided in to two groups, i.e., A & B under the direction of tournament director.

SEMI FINAL:

(SF-1) Winner of Group ‘(A)’ Vs Runner of Group ‘(B)’

(SF-2) Winner of Group ‘(B)’ Vs Runner of Group ‘(A)’

FINAL:

Winner of (SF-1) above Vs. Winner of (SF-2) above mentioned.

- In addition to decide the winners and runner-up team the all India Postal Hockey Tournament will also decide 3rd and 4th position also.

- In case two teams of a pool secure equal number of points, the pool winner will be decided on a Goal average. In case there remains to be a draw again the regulations of FIH/Hockey India to be adhered.

9. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.

10. Certificates and Trophies:

- The winners, runners up & 3rd place in All India Postal Hockey Tournament will be awarded certificates of merit, medals and trophies if the host circle can institute the same conveniently. Certificates of merits participation certificates shall be issued to all participants/managers/coaches.
- Individual Awards may be given as follows;
 - (A) Player of the tournament
 - (B) Best Goalkeeper
 - (C) Best Defender
 - (D) Best Attacker
- The host circle will ensure that all the cups and trophies are being displayed at the main venue of the tournament before commencement of the matches.
- It is desirable that expenditure should not be incurred on costly trophies and cups.
- Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

11. INTIMATION OF RESULT AND REPORT THEREOF:

The Secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements and final results in accordance to instruction laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Post, 2nd floor, Dak Bhawan, Parliament Street, New Delhi-110001.

Guidelines relating to All India Postal Kabaddi Tournament

The following guidelines shall govern the conduct of All India Postal Kabaddi Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. CIRCLE LEVEL SELECTION TRIALS:

The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Meet. The pattern of the selection trails at Circle level will be decided by the Circle Sports Board concerned as per guidelines of Amateur Kabaddi Federation of India (AKFI).

ii) Efforts should be made to select the best talent available in the Circle. The selection committee shall consist of the President of the Circle Sports Board or his nominee Chief referee/qualified coach (NIS Qualified or of similar level), Secretary, Circle Sports Board and Coach of the Circle's Team concerned, which would select a team for participation in the All India Postal Tournaments.

iii. Each team will consist of twelve players + 1 Coach + 1 Manager.

iv. Weight Limit of participants shall be 85 Kg (inclusive). It shall stand amended as per latest rules of AKFI from time to time.

2. ELIGIBILITY: The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT:

i. The All India Postal Kabaddi Tournament shall be conducted for 4 to 5 days (excluding day for manager's meet) depending on number of participating Circles and in accordance with latest rules and regulations (used as International/National level).

ii. Each Kabaddi match will be of 45 Minutes (20-5-20 Minutes) and will be governed by rules laid down by the AKFI as amended from time to time.

iii. All participating teams will be drawn into four groups i.e. A, B, C & D (*number of groups may be increased or decreased on the basis of number of participating teams, as per AKFI rules*) keeping in view the last year's results of AIP Tournament (as declared by Postal Sports Board) during the manager's meet in presence of Central Observer, Technical Delegate and competition Director.

iv. The tournament will be conducted on league-cum-knockout basis and winner and runner team from each group will be taken for playing the knock-out round.

v. In the knock out round (Quarter Finals):-

- a. Winner of group A will play against runner of Group D.
- b. Winner of group C will play against runner of group B.
- c. Runner of group C will play against winner of group B.
- d. Runner of group A will play against winner of group D.

vi. The Semi-Finals will be played as:-

- A. Winner of quarter final match (a) above will play against winner of quarter final match (b)
- B. Winner of quarter final match (c) will play against winner of quarter final match (d) above.

vii. The final match will be played as:-

Winner of 1st Semi Final against Winner of 2nd Semi Final.

viii. Both the teams which loses semi finals will be awarded third position however, for official consideration the semi-finalist team which had lost against winner of final match which be placed at third position and the semi-finalist team which had lost against runner up of final match shall be place at fourth position

4. RULES OF PLAY:

Tournaments shall be conducted strictly in accordance with the rules and regulations of the AKFI. Following rules shall be followed for the conduct of tournament at both Circle and AIP Level:-

- a) Each of the lines in Court parallel to the midline (Marchline) is known as the baulkline. The distance of the baulkline from the midline (Marchline) shall be 3.75 meter in case of Men's tournament.
- b) Bonus Line: The line parallel to baulk line towards end line is known as bonus line. The distance of Bonus line shall be 1 meter from the baulk line towards end line.
- c) Crossing the bonus line:- When raider comes in contact with the ground between the end line and bonus line and leaves the contact of ground between the middle and bonus line, this is known as crossing the bonus line.
- d) If a raider goes out of turn the Umpire or Referee shall order him to get back and warn the teams. Even after warning if the team does a technical fault, a point shall be awarded to the opponent team.
- e) If a raider is warned or in any way instructed by one of his own side Umpire, the Referee shall award one Technical point to the opponent team.

5. PLAY REGULATIONS

- a) If any player is suspended/disqualified from the match there will be no substitution allowed for that particular player. Team shall play with less number of players. The player suspended/disqualified shall be counted for awarding the Bonus and Lona points.
- b) In case there is a **tie in knock-out matches**: -
- There shall be 5 raids for each team by different players alternately.
 - All the seven players shall be inside the court to defend.
 - The teams shall play on Baulk Line.
 - The Baulk line will be treated as Baulk-cum-bonus line for all purposes.
 - If the raider succeeds to cross the Baulk-cum-bonus line, he shall be awarded one point.
 - If the raider manages to cross the Baulk-cum-bonus line and scores a point/points he shall be awarded the point/points scored in addition to the point for crossing the Baulk-cum-Bonus line point
 - There shall be not be any out and revival system, only points scored shall be counted.
 - The teams shall give chest number and name of the player in order for their turn of raiding. No team can substitute once the team is fielded.
 - Each raid will be started by Referee by calling the chest number alternately.
 - The first raid shall be given to the team which has started the first raid of the match. No toss will be taken again.

- In case even after 5 raids if there is a tie the game will be decided as per the Golden Raid rule.
- If player/players are suspended temporarily or disqualified during the tie breaker, the team will play with less number of players. Such players will be counted to award Bonus Point

c) GOLDEN RAID :-

- Even after 5-5 raids, if there is a tie, a fresh toss will be taken and the team that wins the toss will have the chance to raid i.e. "GOLDEN RAID"
- If there is a tie even after the Golden Raid then a chance will be given to the opponent team for the Golden Raid.
- In the Golden Raid the team which scores the leading point will be declared as Winner.
- Even if there is no result after having given a chance of Golden Raid to both the teams the winner will be decided by TOSS.

d) TIE IN LEAGUE SYSTEM:

In the **league system** the teams that win will score 2 points, loser will score zero point.

In case of a tie, both the teams will score 1 point each. If there is a tie in league points, the winner and runner of the pool will be decided on the basis of "For and Against Points" scored by using the following formulas, the order of classification, as follows:-

- The team which scores less than 25% of League points will not be considered for the "For and Against Points" formula.
- To decide the tie, the "For and Against points" of the concerned teams against the teams which scored 25% or more of the league points will be considered and the difference calculated.
- The team which is scoring highest score difference of "For and Against" will be declared group winner.
- Even after considering "For and Against" points, if there is a tie, the total points "SCORED FOR" only will be counted.
- Even after this if there is a tie, the Winner and Runner will be decided on toss.
- Any team that gives walk over or concedes the match against opponent team, that team will be scratched from the tournament. The points scored during the League matches will not be counted for the breaker. Same procedure will apply in case of a debarred team.

e) Time Out:

- Each team shall be allowed to take 2-time outs of 30 seconds in each half, such **time out** may be called by captain/Coach of the team with the permission of Referees.

- During time out teams shall not leave the ground, if any violation is committed by the players or Coach one technical point shall be awarded to the opponent team, such time out period will not be included in the regular duration of play.

- Official time out: In the event of an injury to a player only the Referee shall call such time out, period of time out should not exceed 2 minutes.

f) Substitution :

5 Reserve players can be substituted with the permission of Referee during the time out period only. Substituted players can be re-substituted.

g) A side shall start the match with seven players.

h) The bonus line shall be applicable when there are minimum six players in the Court. The bonus point shall be awarded by the Referees/Umpire after the completion of Raid, by showing thumb upwards towards the side which scores.

i) There shall not be any revival of player for the Bonus point

j) Benches/chairs to be provided for the extra players, Coach and Manager by the side of Court.

6. DUTIES OF TECHNICAL OFFICIALS:

The tournament shall be conducted under supervision of qualified referees, technical team who may be invited from relevant sports federation/association.

a. Duties of Referee:

- Take the toss.
- Announce the score of each side before the last 5 minutes is declared.
- Supervise in general, the conduct of the whole match.
- Announce the substitution & replacement of players.
- Announce the time of each minute of the last 5 minutes of the Second half.
- The referee or the Umpire shall have the power to warn/temporarily suspend/suspend the player for the match or for the tournament by using the cards.

Green Card : Warning

Yellow Card: Temporary suspension for 2 minutes.

Red Card: Suspension for the match for the tournament

- b. Duties of Umpire:
- The umpires will conduct the match and give decisions according to the rules of play and matches till the game is ended.
 - The umpires will assist the Referee in identifying out players by their chest numbers.
 - Umpires will assist the Referee during Substitution & Timeouts.
- c. Duties of Scorer/Assistant Scorers/Third Raid Scorer/Buzzer (Timer):
- Duties shall be as per guidelines of AKFI
7. The Weight of the players will be finalized during managers meeting and shall be treated as same throughout the tournament.
8. All participants should be in proper Kit/Attire suitable to their event as per standard practices in National Level/International Level sporting events. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.
9. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.

10. TEAM LEADERS:

- i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
- ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
- iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

11. CERTIFICATE AND TROPHIES:

- i. The winners and runners up (1st, 2nd & 3rd) at All India Tournament will be awarded certificates of merit and trophies/medal, if the host Circle can institute the same conveniently. Certificates of merits Participation certificates shall be issued to all participants/managers/coaches.
- ii. It is desirable that expenditure should not be incurred on costly trophies and cups.
- iii. “Best Raider”, “Best Catcher”, “Player of tournament” may be awarded with trophy/medal/certificates based on the performance during the AIP Tournament.
- iv. Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently

12. INTIMATION OF RESULT AND REPORT THEREOF:

The Secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements, final results, in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, 2nd Floor, Dak Bhawan, New Delhi-110001

Guidelines relating to All India Postal Table Tennis Tournament

The following rules/instructions shall govern the conduct of All India Postal Table Tennis Tournament in Department of Posts. -

The Circles shall conduct the under mentioned events at Circle level by having either selection trials or by tournament for selection trials or by tournament for selecting the 6 men, (5 general+1 veteran) and **5 women players (5 women players are selected in a team as per norms of TTFI and ITTF)** to represent the Circle in the above All India Postal Competitions for the following events:-

1. **TEAM EVENTS** :

Shall be conducted in League cum Knockout Basis

- i. Men Team Events.
- ii. Women Team Events.

2. **INDIVIDUAL EVENTS:**

Shall be conducted in League-cum -Knockout Basis or Knock Out Basis, depending on number of participants and number of tables available.

- ii. Men singles & Women Singles
- iii. Men Doubles and Women Doubles
- iv. Mixed Doubles
- v. Veteran Singles (MEN)

The players of the age of 45 years or above are allowed to play veteran event as follows:-

- I. Veteran Single(age 45 years and above)
- II. Open singles.
- III. Men's Doubles.

It is mandatory to have completed 45 years to play Veteran. The players participating as veteran players will not be allowed to play Men's Team and mixed doubles. Players participating in veteran events should bring any Government ID/document as age proof.

3. **ELIGIBILITY**

The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

4. CONDUCT OF TOURNAMENT

The competitions at all levels shall be strictly in accordance with the rules and regulations of the International Table Tennis Federation / Table Tennis Federations of India. The following important rules and regulations have to be strictly adhered to:-

TABLE TENNIS RACKETS: Strictly in accordance with ITTF/TTFI regulations at all levels.

UNIFORMS: Strictly in accordance with ITTF Regulations at all levels. In the opening ceremony, all the teams are required to be in the same tracksuit. In the team championship, each team will be required to play in the same kit during the match. Similarly in doubles and mixed doubles also, it will be mandatory for every pair to wear the same kit.

5. DRAWS FOR THE ALL INDIA MEET: -

- i. The draws will be finalized by the Referee, Deputy Referee, Postal Directorate's Observer and Technical Delegates in accordance to the rules and regulations of ITTF and TTFI.
- ii. Team championship's draws shall be held in manager's meet.
- iii. Individual Championship's draws shall be prepared at venue on the basis of last year's performance/Seeding. (*New Recruit players may be considered for placing in other half of 1st and 2nd seeded player*).
- iv. Draw and Schedule shall be properly displayed on the notice board and circulated to all managers/teams concerned.

6. TEAM EVENTS

MEN'S TEAM EVENT

The regulations for the competitions for Men's team event will be the best of five(5) Singles. The team that wins 3 matches first shall be declared winner. The Men's team events will be conducted as per league-cum-knockout basis. All individual matches in the team events will be determined by the best of 5 Games of 11 points each. Winner will be decided on the best of five matches. Order of play shall be follows :-

- i. 'A' VS 'X'
- ii. 'B' VS 'Y'
- iii. 'C' VS 'Z'
- iv. 'A' VS 'Y'
- v. 'B' VS 'X'

SINGLE MATCHES

WOMEN'S TEAM EVENT

The regulations for the competitions for Women's team event will be the Best of 5 Matches (Four Singles and one doubles. The team that wins Three (3) matches shall be declared winner. The Women's team events will be conducted as per league-cum-knockout basis. All individual matches in the team events will be determined by the best of 5 Games of 11 points each. Winner will be decided on best of five matches order of play shall be follows:-

- i. 'A' VS 'X' SINGLES
- ii. 'B' VS 'Y' SINGLES
- iii. DOUBLES
- iv. 'A' VS 'Y' REVERSE SINGLES
- v. 'B' VS 'X' REVERSE SINGLES

Stage I - All the teams shall be drawn into Groups as per last All India Table Tennis Tournament Position & play one another in a Round Robin League System to determine the position in each group.

Stage II – In the second stage, the No.1 & No.2 Team of each Groups shall play by progressive knock out system, to determine the final positions.

7. MEN SINGLES AND WOMEN SINGLES

Up to Pre Quarter Final the matches will be played on the basis of best of 5 (five) games of 11 points each. From Pre Quarter Final onwards the matches will be played on the basis of best of 7 (seven) games of 11 points each. Position Matches 3rd& 4th and 5 to 8 will be played best of 5 (Five) Games.

8. VETERAN SINGLES (MEN) MEN DOUBLES/WOMEN DOUBLES/MIXED DOUBLES

All the matches will be played on the basis of best of 5 (Five) games of 11 points each.

9. ENTRIES (INDIVIDUAL EVENTS KNOCK OUT SYSTEM)

- | | |
|--------------------------|--|
| i) MEN SINGLES | 6 Entries per circle
(5 General & 1 veteran Singles (Men)). |
| ii) WOMEN SINGLES | 5 Entries per circle. |
| iii) MEN DOUBLES | 2 Entries per circle. |
| iv) WOMEN DOUBLES | 2 Entry per circle. |
| v) MIXED DOUBLES | 5 Entries per circle. |

10. RULES

A. GAMES

According to the new rules each game will be of 11 (Eleven) points each. A game shall be won by player or pair first scoring 11 points unless both players or pairs score 10 points when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

B. THE ORDER OF SERVING, RECEIVING AND ENDS.

i) After each 2 points have been scored the receiving player or pair shall become the serving player or pair and so on until the end of the game, unless both players or pairs score 10 points, when the game shall be won by the first player or pair subsequently gaining a lead of 2 points.

ii) The player or pair serving first in a game shall receive first in the next game of the match, and in the last possible game of a doubles match the pair due to receive next shall change their order of receiving when first one pair scores 5 points.

iii) The player or pair starting at one ending a game shall start at the other end in the next game of the match and in the last possible game of a match the players or pairs shall change ends when first one player or pair scores 5 points.

C. THE EXPEDITE SYSTEM

i) Except where both players or pairs have scored at least 9 points, the expedite system shall come into operation if a game is unfinished after 10 minutes play or at any earlier time at the request of both players of pairs.

ii) If the expedite system is introduced, or if a game last longer than 10 minutes, all subsequent games of the match shall be played under the expedite system.

D. INTERVALS

Play shall be continuous throughout a match except that any player is entitled to an interval of up to 1 minute between successive games of a match. Brief intervals for toweling after every 6 points from the start of each game and at the change of ends in the last possible game of a match may be provided.

E. TABLE TENNIS BALL

The ITTF Approved ABS Plastic Ball of 40+ mm may be used.

11. **ON DUTY/ SPECIAL CASUAL LEAVE** : Ongoing practices and directions issued from Postal Directorate, if any shall be followed

12. PLAYING FACILITIES : -

- i. The hall should be big enough to accommodate minimum of 6 tables.
- ii. Each table has proper surrounding arena as per ITTF and TTFI norms.
- iii. Flooring must be wooden or Flooring mat in good condition.
- iv. Lighting intensity must be minimum 800 lux uniformly spread over the playing area.
- v. Sitting arrangements must be sufficient for players and spectators.
- vi. VIP dais and Chief referee dais.
- vii. Changing room and washroom for players and separate for Ladies and Gents.

13. The host Circle will provide accommodation as per existing practices.

14. Travelling Allowance, Daily Food Allowance, Kit Allowance, Track Suit allowance etc. to be granted as per guidelines circulated time to time by the Directorate.

15. As the said tournament is a prestigious tournament for departmental players, family members are not allowed with the circle team. This will enable the organizing committee of respective circle to manage the tournament in a very proper and disciplined way.

16. TEAM LEADERS

- (i) Every contingent should be accompanied by a Manager and a Coach or-Manager cum Coach as the case may be the President of the Circle Sports Board may select at his own discretion suitable officials connected with the event.
- (ii) Only those officials who are qualified coach in the particular discipline should be nominated as coach and in case no qualified coach is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
- (iii) As regards, Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Inspector or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

17. CERTIFICATE AND TROPHIES:

- a) The winners and runners up in all the events at All India Tournament will be awarded Certificates of merit and cups/trophies/medals. In team games coach is also eligible for merit certificate/medals/trophies. Participation certificate will be given to all Players, Coaches and Managers.
- b) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

18. POSTAL GOLD MEDAL

The Triple Crown winners (both amongst men as well as women) in All India Postal Tournaments will be awarded a trophy/memento worth **Rs. 5000/- each**. The winner of Triple Crown for this purpose means the winner of Men/Women singles, Men/Women doubles and mixed doubles.

19. INTIMATION OF RESULTS AND REPORT THEREOF:-

The Secretary of the Host Circle Sports Board Should arrange to send brief write-up of the tournament, achievements and final results in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, Dak Bhawan , Parliament Street, New Delhi-110001.

Guidelines relating to All India Postal Volleyball Tournament

The following guidelines shall govern the conduct of All India Postal Volleyball Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. CIRCLE LEVEL SELECTION TRIALS:

The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Meet. The pattern of the selection trails at Circle level will be decided by the Circle Sports Board concerned as per guidelines of International/National Federation governing the rules of Volleyball at that time.

ii) Each team (Men and Women) will consist of twelve players + 1 Coach + 1 Manager. If Circle is nominating both men and women's team then separate coach may be nominated, however only 1 manager to be appointed.

iii) Efforts should be made to select the best talent available in the Circle. The selection committee shall consist of the President of the Circle Sports Board or his nominee, Chief referee/qualified coach (NIS Qualified or of similar level), Secretary, Circle Sports Board and Coach of the Circle's Team concerned, which would select a team for participation in the All India Postal Tournaments.

2. **ELIGIBILITY:** The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT:

- a) All matches prior to quarter final stage will be played in league format and each team would require two wining sets out of three matches (best of three games).
- b) All matches post quarter finals (inclusive) shall be played in knock-out basis and each team would require three wining sets out of five matches (best of five games).

- c) The tournament at all levels will be conducted in accordance with the rules and regulations of the recognized volleyball federation/committee (International/National).
- d) The AIP Volleyball tournament may be conducted for 4/5 days (based on number of teams).

4. **PLAY REGULATIONS:**

Following rules shall be followed for the conduct of tournament at AIP Level:-

- a) All participating team will be drawn into four groups i.e. A,B,C,D on the basis of the last year results by the host Circle in consultation with the Technical Delegates and Observer deputed by the Postal Directorate.
 - b) The draw for the competition will be decided on the basis of the number of teams participating and keeping the last year's results in view.
 - c) Tournament shall be conducted with technical support of qualified umpire/referees that may be associated with local/state level associations/federations of Volleyball of suitable stature.
 - d) Pointing system in best of three or best of five shall be as per latest available rulings of recognized International/national Sports Federation.
 - e) Decisions of Technical Committee shall be final; however appeal may be filled to Jury of Appeal.
 - f) Organizing committee of the AIP tournament may attempt to schedule the matches in a way that gives sufficient rest to the teams in between of matches.
5. All participants should be in proper Kit/Attire suitable to their event as per standard practices in National Level/International Level sporting events. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.
6. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.

7. **TEAM LEADERS:**

- i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
- ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available,

then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.

- iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

8. CERTIFICATE AND TROPHIES:

- i. The winners and runners up (1st, 2nd & 3rd) at All India Tournament will be awarded certificates of merit and trophies/medal, if the host Circle can institute the same conveniently. Certificates of merits Participation certificates shall be issued to all participants/managers/coaches.
- ii. It is desirable that expenditure should not be incurred on costly trophies and cups.
- iii. "Best Attacker/Smasher", "Best Setter", "Best Libero", "Universal" of tournament may be awarded with trophy/medal/certificates based on the performance during the AIP Tournament.
- iv. Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently

9. INTIMATION OF RESULT AND REPORT THEREOF:

The Secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements, final results, in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, 2nd Floor, Dak Bhawan, New Delhi-110001

Guidelines relating to All India Postal WL-PL-BP Tournament

The following guidelines shall govern the conduct of All India Postal Weight Lifting, Power Lifting and Best Physique Tournament from the date of issue. These will be superseding all previous instructions / orders issued in this regard: -

1. **CIRCLE LEVEL SELECTION TRIAL:** The preliminary trials/screening will be conducted strictly in accordance with latest rules and regulations (used as International/National level). The Circle Sports Boards shall conduct Circle Level trials for selecting the best possible Circle teams for representing their Circle in the All India Postal Meet in the following events:
 - i. Weight Lifting
 - ii. Power Lifting
 - iii. Best Physique

2. **ELIGIBILITY:** The following categories of employees in Department of Posts shall be eligible:
 - i. All regular employees of Department of Posts.
 - ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT:

The All India Postal Tournament shall be conduct for 4 to 5 days (excluding day for manager's meet) depending on number of participating Circles and in accordance with latest rules and regulations (used as International/National level).
Order of events:

- i. Weight Lifting.
- ii. Power Lifting.
- iii. Best Physique.
- iv. Dak Shree event (Best Physique).

4. SELECTION FOR ALL INDIA POSTAL TOURNAMENT:

- i. After screening/trial (at Circle level) each of the participating Circle Sports Board shall select maximum of **18 + 2 (Veteran of Best Physique)** players to represent their Circles in All India Postal WL-PL-BP Tournament. Amongst 18 participants no bifurcation is there amongst WL, PL and BP, **2 veterans** however are in addition to 18 and are only for Best Physique. It may

be attempted to nominate only 1 player per weight category to avoid overcrowding of only a particular weight group.

- ii. The team selection should be done on the basis of merit and according to the rules and regulations of federations of Weight Lifting, Power Lifting and Best Physique or as per guidelines issued by Indian Olympic Association as amended from time to time.
- iii. **The minimum qualifying standard for All India Postal Weight Lifting and Power Lifting will be the total of last scoring contestant of the immediately preceding AIP Tournament of relevant category. Result issued by Postal Sports Board to be used for the same.**
- iv. **Upon completion of the tournament Host Circles shall intimate detailed information regarding scoring of last contestant as mentioned above.**
- v. The names of the selected competitors may be made available to the Postal Sports Board and organizing secretary of tournament host circle within stipulated time after Circle Level screening / trials are over.

5. **Weight Lifting:** - Two (2) lifts to be executed in the following sequence:
 - a) The Snatch b) The Clean & Jerk.

MINIMUM QUALIFYING STANDARDS:

Sr. No	Weight Category	Snatch	Clean & Jerk	Total
1	55 KG	Equal to score of the last contestant (in each category) of the immediately preceding AIP WL/PL/BP tournament. Result of Postal Sports Board to be used.		
2	61 KG			
3	67 KG			
4	73 KG			
5	81 KG			
6	89 KG			
7	96 KG			
8	102 KG			
9	109 KG			
10	+109 KG			

6. **Power Lifting:** - Three (3) lifts to be executed in the following sequence:

a) Squat b) Bench c) Dead Lift.

MINIMUM QUALIFYING STANDARDS:

Sr. No	Weight Category	Squat	Bench	Dead Lift	Total
1	59 KG	Equal to score of the last contestant (in each category) of the immediately preceding AIP WL/PL/BP tournament. Result of Postal Sports Board to be used.			
2	66 KG				
3	74 KG				
4	83 KG				
5	93 KG				
6	105 KG				
7	120 KG				
8	+120 KG				

7. **Best Physique:-** Following Body Weight Classes shall be used for Senior:

Sr. No	Weight Category
1	Up to 55 KG
2	60 KG
3	65 KG
4	70 KG
5	75 KG
6	80 KG
7	85 KG
8	90 KG
9	100 KG
10	+100 KG

Veterans: Age categories for Veteran: 40 yrs+ & 50yrs +. No weight category for Veterans. Veterans shall only be allowed to take part in Veteran category BP championship (not in senior category). Points in veteran category event shall not be counted for team championship.

8. The Weight Group of players will be finalized during managers meeting and shall be treated as same throughout the tournament.
9. All participants should be in proper Kit/Attire suitable to their event as per standard practices in National Level/International Level sporting events. It shall be responsibility of the manager/coach of the team that all participants adhere to the guidelines.

10. The tournament shall be conducted under supervision of qualified referees, technical team who may be invited from relevant sports federation/association. Equipments used shall be of nationally accepted standards.
11. The Champion team will be decided on the basis of performance / total points of team achieved in the event (Veteran excluded). Points shall be calculated of every category even if participants in a particular category are less than 3.
12. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.

13. TEAM LEADERS:

- i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.
- ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.
- iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

14. CERTIFICATE AND TROPHIES:

- i. The first three winners will be awarded with Medals (Gold, Silver and Bronze) and Certificates of merits for all categories of events (Weight Lifting/Power Lifting/Best Physique). Participation certificates shall be issued to all participants/manager/coaches.
- ii. In the case of Championships, the Champion teams and runners up teams will be awarded with Trophies /cup of all three events.

- iii. “Best Circle” will be awarded on basis of maximum Gold medal winners in all three events combined.
- iv. “Best lifter” trophy/cup and satin sash to be awarded for Weight Lifting on the basis of points achieved.
- v. “Strongman” trophy/cup and satin sash to be awarded for Power Lifting on the basis of points achieved.
- vi. “**Dak Shree**” trophy/cup and satin sash to be awarded in respect of Best Physique. It shall be awarded to the winner of the competition held amongst the gold winner of all categories.
- vii. It is desirable that expenditure should not be incurred on costly trophies and cups.
- viii. Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought, if could be done conveniently.

15. INTIMATION OF RESULT AND REPORT THEREOF:

The secretary of the host Circle Sports Board would arrange to send brief write up of the tournament, achievements and detailed final results to the Secretary, Postal Sports Board, Department of Posts, New Delhi along **with score of all participants.**

Guidelines relating to All India Postal Wrestling Tournament

The following rules/regulations shall govern the conduct of All India Postal Wrestling Tournament. :-

1. CIRCLE LEVEL SELECTION TRIALS:

(i) Circle level selection trials/screening shall be conducted strictly in accordance with latest rules and regulations (used at International/National level). Name of competitors may be made available to the Postal Sports Board and organizing Secretary of tournament hosting circle well in advance.

(ii) Each circle may nominate up to a maximum of 20 players (10 Greco-Roman + 10 Freestyle) in All India Postal Wrestling tournament.

2 ELIGIBILITY: The following categories of employees in Department of Posts shall be eligible:

- i. All regular employees of Department of Posts.
- ii. Gramin Dak Sevak.

Eligibility may be changed by Postal Sports Board from time to time.

3. CONDUCT OF TOURNAMENT

(i) The All India Postal Wrestling Tournament shall be conducted as per latest rules and regulations (used at International/National level), for a period of 4 days (excluding day for manager's meet) in two styles:-

- (a) Greco-Roman and
- (b) Freestyle

(ii) Weight categories are as follows:-

S. NO.	Greco-Roman (in Kgs)	Freestyle (in Kgs)
1	55	57
2	60	61
3	63	65
4	67	70
5	72	74
6	77	79
7	82	86
8	87	92
9	97	97
10	130	125

(iii) Weight Category shall be automatically update, as and when done by recognized international federation and applied by recognized national sports federation (if any).

(iv) **Dak Kesari title:** A special event shall be conducted during AIP Wrestling Tournament, preferably on the last day of the tournament, for the title of Dak Kesari. Each of the participating team **may** nominate up to 2 of their players (from amongst their team only) for Dak Kesari event. This event shall only be conducted in freestyle wrestling format. Only 1 Dak Kesari title is to be awarded therefore, 2 players of a Circle can compete against each other also. In case, only a single nomination is received (with no challenger), he shall be declared as Dak Kesari.

Points scored in Dak Kesari event, shall not be counted for team championship.

(v) Event for women wrestling may be conducted, if at least 5 Circles nominate women players for participation. Rulings, weight categories, would be as per rules of recognized federations.

4. **PLAY REGULATIONS**

(i) Each contestant shall be allowed to participate in the competition only in the single weight category which corresponds to his weight at the time of the officials weighing. The competitor can however, opt for the next category higher than that for which he is registered. However, for the weight category of 125kg in Freestyle and 130kg in Greco-Roman, contestants must weigh over 97Kg. This may be treated amended in case of changes in rulings of recognized international federation and applied by recognized national sports federation (if any).

(ii) Final list of contestants must be submitted to the weighing committee before weighing without fail duly signed by the Manager and Coach. Throughout the entire period of weighing the wrestlers have the right to get on their scale as many time as they wish but only according to his turn. Nominations of up to two contestants willing to compete for Dak Kesari shall also be submitted by Manager and Coach.

5. **DRESS OF THE COMPTITOR (KIT)**

(i) The contestant must appear in the edge of the mat with singlet of the color assigned to them (red or blue) underneath of which they must wear an athletic supporter.

(ii) The singlet must adhere to the body, covering it from the middle of the thigh. The neck and arm openings must not be more than the width of two palms. Light knee pads/caps are permitted.

(iii) It is forbidden to add anything at all to this dress except when the match is interrupted because of the injury or any other reason, during the break the wrestler may cover himself with a warm garment.

(iv) For meeting the above requirements, it is necessary to possess (i) two singlet's, one RED and one BLUE (ii) Ankle shoe (iii) Athletic supporter.

6. The tournament shall be conducted under supervision of qualified referees, technical team who may be invited from relevant sports federation/association. Equipments used shall be of nationally accepted standards.

7. **Jury of Appeal** shall be instituted as per guidelines issued from Postal Sports Board from time to time.

8. **TEAM LEADERS:-**

i. The team should be accompanied by a Manager and a Coach or as the case may be the President of the Circle Sports Board may select suitable officials at his own discretion.

ii. Only those officials who are qualified coach/senior player in the particular discipline should be nominated as coach and in case none of them is available, then any other player of the discipline who had represented Postal or played for the circle may be nominated as Coach as per the discretion of the President of the Circle Sports Board.

iii. The Manager, the officials selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Development Officer or Welfare Officer be appointed as Manager without any Sports background in the particular discipline. The President, Circle Sports Board must ensure that the Manager be knowledgeable about the same and should have the organizing capacity.

9. **DRAWS:-**

Participants shall be paired off according to the numerical order determined by the drawing of lots made during weighing of the concerned weight category. Numbered tokens must be used at the time of weighing for draw and pairing.

10. **CERTIFICATE AND TROPHIES:-**

(i) The winning and runners up team shall be awarded with Trophy/Cup if the Host Circle can institute the same conveniently. Winning players (1st, 2nd, and 3rd) shall be awarded medals/trophies/cup. Participation certificates shall be issued to all participants/manager/coaches.

- (ii) The winner of Dak Kesari event shall be awarded **Dak Kesari** title along with Trophy/Cup/Mace and a Satin Sash.
- (iii) It is desirable that expenditure should not be incurred on costly trophies and cups.
- (iv) Sponsorships for the purpose of certificates/trophies from reputed institutions/firms/brands/trust may be sought if could be done conveniently.

11. **INTIMATION OF RESULTS AND REPORT THERE OF:-**

The Secretary of the Host Circle Sports Board Should arrange to send brief write-up of the tournament, achievements and final results in accordance to instructions laid down by Postal Sports Board to the Secretary, Postal Sports Board, Department of Posts, Dak Bhawan , Parliament Street, New Delhi-110001.

POSTAL SPORTS BOARD

ALL INDIA POSTAL CULTURAL MEET – 20 HELD AT _____ CIRCLE
FROM _____ TO _____
RESULT / JUDGEMENT SHEET FOR MONO ACTING HELD ON _____

Group: Senior / Junior Time Limit: _____ minutes

Name of the Participant	Circle	Voice Modulation (Out of 20 Marks)	Variety of characters (Out of 20 Marks)	Flow of expressions (Out of 15 Marks)	Acting skill (Out of 25 Marks)	Selection of Script (Out of 10 Marks)	Overall Impression (Out of 10 Marks)	<u>TOTAL</u> <u>(100 Marks)</u>

Note : Minus marking to the extent of maximum 10 marks may be made by the judges for indecency in speech, action or gestures beyond dramatic norms.

Name and signature of the judge _____

ALL INDIA POSTAL CULTURAL MEET – 20 HELD AT _____

CIRCLE _____

From _____ To _____

RESULT / JUDGEMENT SHEET FOR SHORT PLAY HELD ON _____Time Limit: Minimum 20 minutes and Maximum 45 minutes.

	Name of the Short Play						
	Circle						
SCRIPT	Theme, Characters, Dramatic sequence and conflicts (Out of 75 marks)						
	Overall Construction and effects (Out of 25 marks)						
DIRECTION	Selection of Players, Constructions, Make up and Stage Craft (Out of 50 marks)						
	Overall Planning, Creative Powers and Presentation (Out of 50 marks)						
PRODUCTION	Team Work, Characterisation (Out of 40 marks)						
	Technique, Use of requisites (Out of 35 marks)						
	Overall Production (Out of 25 marks)						
ACTING	Appearance, Voice Delivery, Pronunciation (Out of 40 marks)						
	Character Study, Presentation, Freeness and Movements (Out of 40 Marks)						
	TOTAL						

Note 1: Minus marking to the extent of maximum 10 marks may be made by the judges for indecency in speech, action or gestures beyond dramatic norms.

Note 2: This proforma is exclusively for deciding championship and runner up prizes only. A panel of judges will adjudge the performance and decide the prizes separately for Best Actor, Best Actress, Best Direction, Best Script and Second prizes in Acting (Male), Acting (Female), Direction and Script.