

## SPORTS CHAMPIONSHIP



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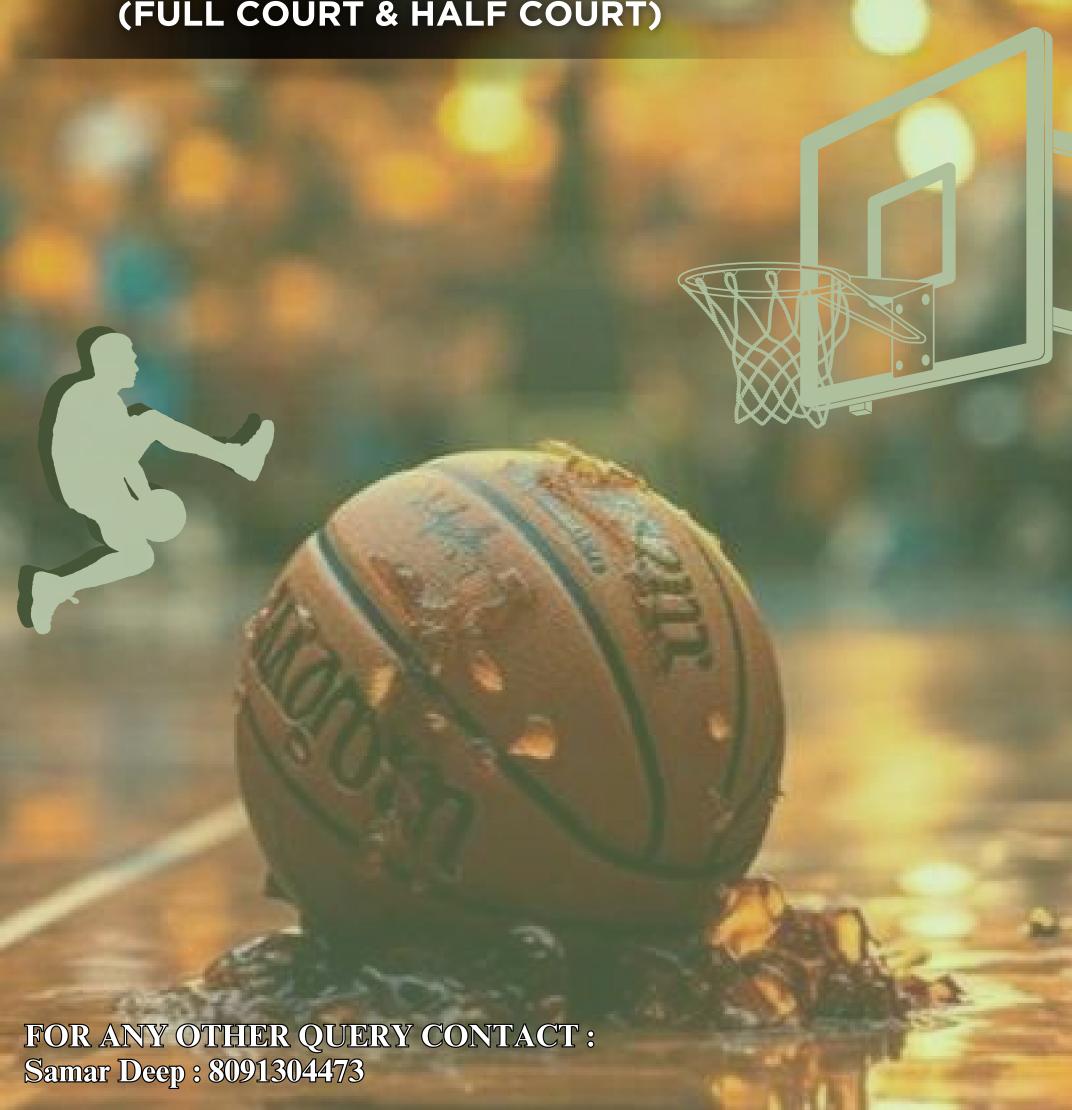
Gladiators Pehlwani Hath Championship-Arm-Wresling

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77.



LAYUP GLADIATORS
CHAMPIONSHIP- BASKETBALL
(FULL COURT & HALF COURT)



#### **□** Eligibility & Registration

Teams must register before the deadline with the organizing committee.

Each team must submit a list of players (usually 10-12 players)

A player can represent only one team in the tournament.

#### 2 Team Composition

5 players on court at a time up to 7 substitutes allowed. Minimum 4 players are required for a team to start a match. Uniform: Same color jerseys with visible numbers (0-99).

#### Match Duration

Standard game: 4 quarters of 10 min each (FIBA rules)
1-minute interval between quarters; 5-10 min half-time.
If scores are tied, 5 min overtime periods are played until a winner is decided.

#### 4 Scoring System

Field goal inside the arc = 2 points
Beyond 3-point line = 3 points Free throw = 1 point

#### **➡ Playing Rules**

Jump ball starts the game.

24-sec shot clock (for senior level)

8-sec rule: Team must move the ball past mid-court within 8 sec.

Dribbling: No double-dribble or carrying the ball.

Personal fouls, technical fouls & unsportsmanlike conduct follow FIBA guidelines.

A player is disqualified after 5 personal fouls.

#### G. Time-outs & Substitutions

Each team: 2 time-outs per half (1 in overtime). Substitutions allowed only during a dead ball, with referee permission.

#### 7. Officials

One referee + one or two umpires to control the game. The scorer & timekeeper must maintain scoresheet, fouls, & clock.

#### 8. Discipline & Fair Play

Respect referees, opponents & officials.
Use of foul/abusive language or violent behavior can lead to disqualification.
No jewellery or dangerous items during play.

#### **9.** Other Administrative Rules

Teams must report 15 min before match start.

If a team is late by 10 min, walkover may be awarded.

The organizing committee's decision on disputes is final & binding.

Medical assistance and first-aid should be available on site.

Registration Fees- 500/- (Per Person)

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### SOCCER GLADIATORS CHAMPIONSHIP FOOTBALL(7V7)

FOR ANY OTHER QUERY CONTACT :Pawan Kumar : 8199023244

#### 1. Eligibility & Registration

Teams must register before the deadline with the organizing committee.

Maximum 10 players per squad (7 playing + 3 substitutes). A player can represent only one team in the tournament. Players must carry valid ID for age/category verification.

#### 2 Team Composition & Equipment

7 players on the field (including goalkeeper).
Minimum 5 players needed to start a match.
All players wear same-colored jerseys with visible numbers; goalkeepers must wear a distinct color.
Shin guards & proper football boots are compulsory.

#### **₹ Field & Ball**

Recommended field size: 45-60m length × 25-40m width. Goal size: 12 ft × 6 ft (or similar mini-goal). Size- 5 ball (adults)

#### 4 Match Duration

Standard game: 2 halves of 20 min each (can be 25 min for finals).

5 min half-time.

If scores are level in knockouts: extra time (2 × 5 min) or penalty shootout.

#### **屆 Kick-off & Restart**

Kick-off decided by toss. Goal kicks from inside the penalty area. Corner kicks as normal.

#### a Offside & Rules of Play

No offside in most 7-a-side formats.

Slide tackles discouraged or banned for safety (state clearly).

All free kicks are indirect unless inside the penalty area (then penalty kick).

The goalkeeper may not pick up a deliberate back-pass.

#### 7. Fouls & Discipline

Follows FIFA foul rules (tripping, pushing, handball, etc.). Persistent fouling or dissent = yellow card (2 min sin-bin or warning).

Serious foul play or violent conduct = red card; team plays with 6 players.

#### 8. Substitutions

Rolling substitutions allowed, but only during stoppages with referee consent.

The substituted player must leave the field before replacement enters.

#### **Points & Standings(For league)**

Win = 3 points
Draw = 1 point
Loss = 0 points

#### 10. Administrative Rules

Teams must report 15 min before scheduled kick-off. Late arrival of more than 10 min may lead to walkover. The referee's decision is final in all on-field matters. The organizing committee handles disputes & appeals.



First-aid and drinking water must be available.

Metal studs or jewellery are not allowed.

Weather or ground conditions: organizers may postpone or shorten games if needed.

Registration Fees- 500/- (Per Person)

FOR ANY OTHER QUERY CONTACT :Pawan Kumar: 8199023244



#### 1. Ceneral Cuidelines

Matches are played on an approved football table (standard 4-rod or 5-rod design). Games can be singles (1 vs 1) or doubles (2 vs 2). All participants must register before the deadline; late entries may not be accepted.

#### 2. Team Composition

Singles: One player per side.

Doubles: Two players per side (one controls the defensive

rods, the other controls the offensive rods).

Substitutes are not allowed once a game begins.

#### Match Format & Scoring

Standard format: Best of 3 or 5 games.

A game is won by the first team to score **5** goals (or as set by organizers).

If the score is tied at game point (e.g., 4-4), a team must win by 2 clear goals, or organizers can fix a "sudden death" at 6-6.

#### 4 Serve & Restart

Coin toss decides first serve

The ball is served through the serving hole at the start of each game.

After a goal, the conceding team serves next.

The ball dropped off the table is put back into play by the last team that served.

#### 5. Ball in Play & Dead Ball

A ball that stops moving and is unreachable is considered a dead ball:

If between rods, re-serve through the nearest serving hole. If behind a goal, a goal kick is awarded to the defending side.

#### © Rod & Shot Rules

No spinning: A spin is any rod rotation of more than 360° before or after striking the ball.

Players must keep one hand on each rod they control (unless switching quickly).

No jarring, lifting, or shaking the table to influence the ball.

#### 7. Time Limits

5 seconds maximum possession per rod. After 5 sec, the ball must be passed or shot. A ball may not stay stationary on the goalie rod for more than 15 sec.

#### 8. Fouls & Penalties

Illegal spins, jarring, or distraction = warning or loss of possession.

Repeated fouls may lead to awarding a goal or game to the opponent.

Unsportsmanlike behavior (verbal abuse, aggressive contact) may lead to disqualification.

#### **9.** Officials & Scoring

A referee or scorekeeper oversees matches, tracks goals, and settles disputes.
The referee's decision is final.

#### 10. Tournament Administration

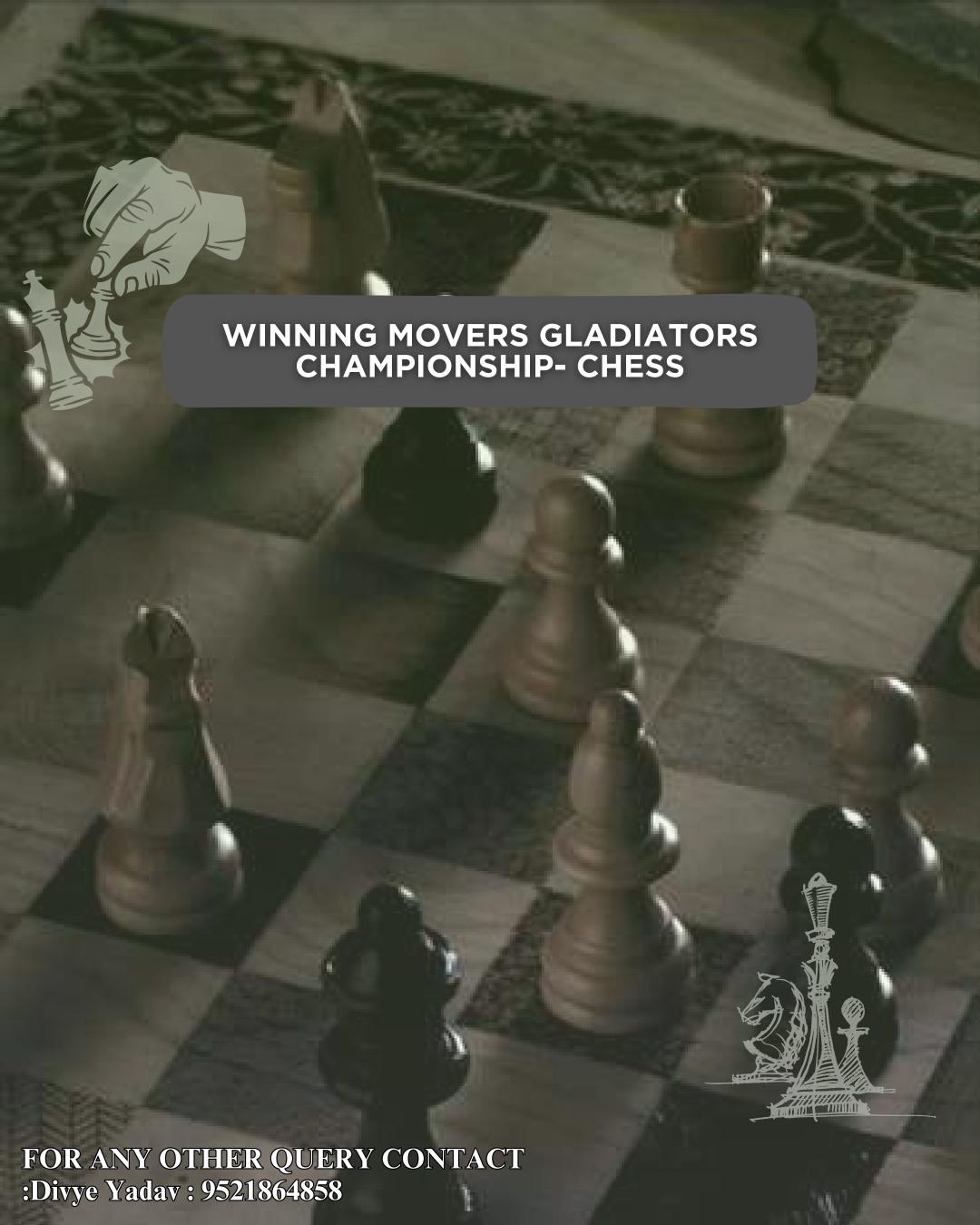
Players must report 10 min before their scheduled match. Late arrival may result in forfeiture. Organizers decide the tournament format (knockout, round-robin, or league).

#### III Safety & Equipment

Only standard foosballs and rods are allowed (no custom weights or modifications). Keep hands clear of the opponent's rods to avoid injuries. Food or drinks are not allowed on or near the table.

Registration Fees- 500/- (Per Person)

FOR ANY OTHER QUERY CONTACT :Aryan Thakur: 9041724107



#### 1 General Guidelines

The tournament shall follow the FIDE Laws of Chess unless otherwise stated.

Players must report to the arbiter at least 10-15 minutes before the start of each round.

Mobile phones, smart watches, or electronic devices are not allowed inside the playing area.

#### 2. Tournament Format

Choose a format based on time and number of participants: Swiss system (most common for large events).

Round-robin (all-play-all).

Knock-out (for small fields).

The number of rounds and pairing system should be announced in advance.

#### ■ Time Control

Standard/classical: 90 min for 40 moves + 30 min for the rest, with 30-sec increment.

Rapid: 10-60 min per player.

Blitz: 3-10 min per player.
Bullet: under 3 min (rare for formal events).

Organizers must specify which time format will be used.

#### 4 Starting the Game

White pieces move first.

Clocks start at the arbiter's signal.

Late arrival: If a player is more than 15 min late, the game may be declared lost.

#### **Basic Rules of Play**

Moves must be made with one hand and clearly completed before pressing the clock.

"Touch-move" rule applies: if you touch a piece, you must move it (if legal).

Promotion: Pawn reaching the last rank must be replaced immediately with queen, rook, bishop, or knight of the same color.

#### G. Illegal Moves & Penalties

An illegal move must be corrected, and two minutes are added to the opponent's clock.
Repeated illegal moves may result in loss of the game.

#### 7. Scoring & Results

Win = 1 point
Draw = ½ point
Loss = 0 points

Tie-breaks may include Buchholz, Sonneborn-Berger, head-to-head, or playoff.

#### 8. Conduct & Fair Play

Players must maintain silence; no analysis or discussion near boards.
No outside assistance (coaching, phones, engines).
Unsportsmanlike behavior may lead to expulsion.

#### Appeals & Disputes

An Appeals Committee may be formed for formal protests.

Appeals must be lodged within a set time (e.g., 15 min after the game).

#### **Equipment & Setup**

Boards: Standard 64-square (light on right). Pieces: Staunton design, contrasting colors. Chess clocks must be used for timed formats.

#### **™ Safety & Miscellaneous**

Ensure comfortable lighting and noise-free environment.

Provide scoresheets and pens for recording moves (for classical games).

Refreshments should be outside the playing hall

#### Registration Fees- 500/- (Per Person)



#### POWERLIFTING (BENCH PRESS)

#### 1. Equipment & Attire

Use an approved flat bench, barbell, and weight plates. Wear a proper lifting costume (singlet/T-shirt, shorts or lifting suit).

Shoes must have a firm sole; belt & wrist wraps allowed (if permitted by organizers).

#### 2. Lift Procedure

Lifter lies on the bench with head, shoulders & buttocks in contact with the bench

Feet must stay flat on the floor during the lift.

After the "Start" signal, lower the bar to the chest, pause, then press upward.

Hold the bar with elbows locked until the "Rack" signal.

#### **€.** Commands (by Referee)

"Start" - after the bar is held motionless with arms extended.

"Press" - after the bar touches and stops on the chest.

"Rack" - after arms are fully extended at the finish.

#### 4. Causes for Disqualification

Failing to observe referee's commands.
Bar not lowered to chest or bounced off chest.
Any downward movement of the bar after the press starts.
Buttocks/shoulders lifting off bench or feet moving.
Uneven extension or heaving the bar.

#### **5. Attempts & Scoring**

Each lifter gets 3 attempts; best successful lift counts. If two lifters achieve the same weight, the one with lower bodyweight wins

#### **a Safety**

Spotters must be present on both sides of the bench. Collars must be used on the barbell. Warm up properly and ensure equipment is secure.

#### POWERLIFTING (DEAD LIFT)

#### 1. Equipment & Attire

Use an approved barbell and weight plates with collars.

Wear a lifting suit or snug T-shirt/shorts; shoes with firm soles are required.

Lifting belt, knee-high socks, and wrist straps (if allowed) may be used as per event rules.

#### 2 Lift Procedure

Barbell is placed horizontally in front of the lifter's shins.

Grip the bar with both hands (any grip style). Pull the bar upward in a continuous motion until standing erect with knees locked, shoulders back, and hips extended.

Maintain control and wait for the referee's "Down" signal before lowering the bar.

Return the bar to the platform while keeping hands on it (no dropping).

#### **Causes for Disqualification**

Dropping the bar or letting it roll out of the hands. Hitching or resting the bar on the thighs while pulling.

Failure to lock knees and straighten shoulders at the top.

Stepping forward/backward or losing balance before the "Down" command.

Lowering the bar without the referee's signal.

#### 4. Attempts & Scoring

Each competitor has 3 attempts; the heaviest successful lift is counted. If lifters achieve the same weight, the lighter bodyweight ranks higher.

#### 5. Safety

The platform must be clear, dry, and stable.
Spotters/loaders should secure plates and clear the area.
Warm up properly and use chalk if needed for grip.

Registration Fees- 500/- (Per Person)



#### Match Format

Singles: 1 vs 1 | Doubles: 2 vs 2.
Best of 5 or 7 games (decided by organizer).
A game is won by the first player/team to reach 11 points with at least a 2-point lead.

#### 2. Service Rules

Toss ball at least 16 cm vertically from an open palm. Strike ball behind end line, above table level. Serve alternates every 2 points (after 10-10 = each serve). In doubles: serve must go diagonally from right half-court.

#### 3. Play Rules

Rally starts with a legal serve, then alternate returns. The ball must bounce once on the receiver's side before being returned.

Point ends if:

The ball was not returned correctly.

The ball touches anything other than the racket/hand below the wrist.

The player moves the table or touches the net.

#### 4 Scoring & Result

Win = 1 point per rally (no "server only" scoring).
The match is won by the player/team winning the majority of games.

#### **5.** Discipline & Conduct

No coaching/talking during the rally. Respect officials and opponents. No time-wasting or delaying play.

#### **Administration**

Players must report 10 min before the scheduled match. Late arrival beyond 5 min may result in walkover. Umpire's decision is final.

Registration Fees- 500/- (Per Person)

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### GLADIATORS PEHALWANI HATH CHAMPIONSHIP - ARM-WRESTLING

### ARMWRESTLING



#### 1. Equipment & Setup

Use a standard arm-wrestling table with elbow pads, hand pegs, and safety pads.

Competitors stand or sit as per table design; feet must stay flat on the floor or footrests. Rings, watches, or sharp jewellery are not allowed.

#### 2 Starting Position

Elbows must stay on the pads throughout the match. Shoulders square to the table, wrists straight, and grip established before the start.

The referee checks the grip, gives commands: "Ready... Go!"

#### 3. Winning a Bout

Win is achieved when the opponent's hand touches or crosses the pin pad/line.

Best of 3 or 5 rounds (decide before event).

The referee signals the result.

#### 4 Fouls & Warnings

Lifting or sliding the elbow off the pad.

Early start before "Go."

Using two hands or grabbing anything other than hand peg. Intentional slip without proper grip.

Two fouls = loss of that round.

#### **Safety Rules**

No twisting or jerking the arm sideways (to avoid injury). Stop immediately if you feel pain or hear a pop in the arm/shoulder.

The referee may halt a bout if unsafe.



Each lifter gets 1 min to set up once called.
Late arrival may lead to disqualification.
The Organizer's/Referee's decision is final.

Registration Fees- 500/- (Per Person)

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