



RULES AND REGULATIONS

Game : Archery (Girls & Boys)

1. The Archery competition will be conducted according to the latest and revised rules of Archery Championship with modifications wherever applicable.
2. The competition will be held in the following three categories in U-14, U-17 & U-19 years age separately for boys and girls groups.
3. There are two types event which are Indian Round and Recurve.
4. A team shall consist of maximum of four players.
5. A school can enter only one team in each category. Meaning a School can enter one team each in Indian Round, Recurve & Compound separately for boys and girls.
6. The competition will be held outdoors.
7. The decision of the Refrees/Judges shall stand final and cannot be challenged.
8. In each category, the position/medal winners would be decided on the basis of "Ranking Event" (with no elimination round).
9. All players must carry their on personal equipments including Bow, Arrows & Accessories.
10. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Proforma.

The details of the events are given below.

U14 Boys and Girls

a) Indian Round

1. 30 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - total 12 rounds of 3 arrows each.
2. 20 m in 80 cm face target ---3 arrows/ 1 min 30 Secs - total 12 rounds of 3 arrows each.

b) Recurve

1. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 30 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.

c) Compound

1. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 30 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.

U17 Boys and Girls

a) Indian Round

1. 50 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.
2. 30 m in 80 cm face target----3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.

b) Recurve

1. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each.
3. 30 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each.

c) Compound

1. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each.

U19 Boys and Girls

a) Indian Round

1. 50 m in 122 cm face target ---3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each
2. 30 m in 80 cm face target----3 arrows/ 1 min 30 Secs - Total 12 rounds of 3 arrows each.

b) Recurve

1. 70 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each
3. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each

c) Compound

1. 70 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each.
2. 60 m in 122 cm face target ---6 arrows/ 3 Mins Total 6 rounds of 6 arrows each
3. 50 m in 122 cm face target ---6 arrows/ 3 Mins Total 12 rounds of 3 arrows each



Game : SWIMMING (Boys & Girls)

- The DAV Swimming Competition shall be conducted under the rules of the Swimming Federation of India (SFI) unless modified in these rules.
- Every school will be entitled to enter two swimmer in each of the following events:

Under 14 yrs.	Under 16 yrs.	Under 19 yrs.
50 m Free Style	50 m Free Style	50 M Free Style
100 m Free Style	100 m Free Style	100 M Free Style
200 m Free Style*	200 m Free Style*	200 M Free Style*
50 m Back Stroke	400 M Free Style*	400 M Free Style*
	800 M Free Style*	
100 m Back Stroke	50 M Back Stroke	800 M Free Style* for Girls' & 1500 M Free Style* for Boys'
50 m Breast Stroke	100 M Back Stroke	50 M Back Stroke
100 m Breast Stroke	200 M Back Stroke*	100 M Back Stroke
50 m Butterfly	50 M Breast Stroke	200 M Back Stroke*
100 m Butterfly	100 M Breast Stroke	50 M Breast Stroke
200 m Individual Medley*	200 M Breast Stroke*	100 M Breast Stroke
4x100 m Free Style Relay	50 M Butterfly Stroke	200 M Breast Stroke*
4x100 m Medley Relay	100 M Butterfly Stroke	50 M Butterfly Stroke
	200 M Butterfly Stroke*	100 M Butterfly Stroke
	200 M Individual Relay*	200 M Butterfly Stroke*
	4x100 M Free Style Relay	200 M Individual Medley*
	4x100 M Medley Relay	400 M Individual Medley*
		4x100 M Free Style Relay
		4x100 M Medley Relay

IMPORTANT:

Events marked (*) will be conducted on time trial basis. It would mean that every swimmer in these events will get only one chance, and the final positions in these events will be determined on the basis of time recorded in different heats.

- The championship will be held in U-14, U-17 & U-19 years age category for boys & girls.
- In under 14 years age group, a swimmer can participate in maximum two Individual events and in relays.
In under 17 & 19 years age group, a swimmer can participate in maximum four Individual events and in relays.
- From each Cluster/Zonal, the first and second position winning Swimmers will qualify to participate in the Nationals. However, in relays only the first position winning team from each Cluster/Zonal will be allowed to participate in Nationals.
- At National level, in case there are less than four swimmers present for a particular event, it may be conducted and swimmers may be awarded the medals and the merit certificate. But they may not be awarded the points so as to be included for the Individual or Team Championship.
- No swimmer shall be permitted to participate without proper swimming costume.
- The decision of the Referee on all technical aspects will be final.
- In case of any protest, the decision of Jury of Appeal/Protest Committee shall be final.
- The championship will be decided separately in boys & girls section.
- The points shall be awarded on the team basis according to the point systems as per the following criteria as adopted by SFI.

POSITION	INDIVIDUAL EVENTS	RELAYS
1 st Place	07 Points	14 Points
2 nd Place	05 Points	10 Points
3 rd Place	04 Points	08 Points
4 th Place	03 Points	06 Points
5 th Place	02 Points	04 Points
6 th Place	01 Points	02 Points

- All the first three position winning swimmers shall be awarded with the Merit Certificate and the medal. However, only first and second position holders will participate in National event.
- All the remaining participants shall be provided with a Participation Certificate.
- A prize may be given to the school scoring total maximum points and may be declared as overall champion.
- In the case of relays, all the five members of the team (if five names are given before the meet in the eligibility Performa and all five have attended the meet) irrespective of who swims the finals, shall be awarded the Medals and Certificates.
- The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal / National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.



DAV SPORTS RULES AND REGULATIONS 2023-24

Game : Shooting (Air Rifle & Pistol) (Girls & Boys)

1. The competitions will be held in the following three categories U-14, U-17 & U-19 years age.
2. Every school can send maximum 01 team in each age category separately in Girls and Boys group.
3. Each player can participate in only one event.
4. A school team shall consist of maximum 05 students in each age category. However, only 03 players shall play Team Championship.
5. There will be three events which are **.177 open sight Air Rifle 10 Meters, .177 Peep sight Air Rifle 10 Meters and .177 Air Pistol 10 Meters.**
6. The number of shots to be fired will be 40 and the time allotted will be 60 mins.
7. From every zone, top 02 teams & top 05 individuals in every age-group and event shall qualify to participate in nationals.
8. Participants must carry their own respective Air-Rifles & Air-Pistols.
9. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.



DAV SPORTS RULES AND REGULATIONS 2023-24

Game : Weight Lifting (Girls & Boys)

1. The competition will be conducted according to the rules of Indian Weightlifting Federation (IWLF) with modifications wherever applicable.
2. The competitions will be held in the following three categories U-14, U-17 & U-19 years age.
3. At Cluster level, two players from each school can participate in each age group and weight category.
4. The participants shall be 12 years and above to participate in the competition.
5. Athletes must wear a weightlifting costume and sport footwear which compiles with the following criteria :
 - * must be one piece
 - * must be collarless
 - * may be of any colour
 - * must not cover the elbows
 - * must not cover the knees
6. The fixture will be drawn after having weight.
7. In the sport of weightlifting the IWLF recognizes two (2) lifts which must be executed in the following sequence:
 - a) The Snatch
 - b) The Clean & Jerk
8. Merit certificate will be provided to first, second and third position winners. (Both the Semi-finalist will be provided the certificate of merit and bronze medal for the third place.)
9. No protest will be entertained against the judgement of officials.
10. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.
11. The competition shall be conducted in the following age and weight categories:

U-14		U-17 & 19	
BOYS	GIRLS	BOYS	GIRLS
49 kg	40 kg	55 kg	45 kg
55 kg	45 kg	61 kg	49 kg
61 kg	49 kg	67 kg	55 kg
67 kg	55 kg	73 kg	59 kg
73 kg	59 kg	81 kg	64 kg
81 kg	64 kg	89 kg	71 kg
89 kg	71 kg	96 kg	76 kg
96 kg	76 kg	102 kg	81 kg
102 kg	81 kg	109 kg	87 kg
+102 kg	+81 kg	+109 kg	+87 kg



DAV SPORTS RULES AND REGULATIONS 2023-24

Game : Rope Skipping (Girls & Boys)

1. The competition will be conducted according to the rules of Rope Skipping Federation of India, with modifications wherever applicable.
2. The championship will be held at Cluster/Zonal/National level.
3. The championship will be held in under 14, 17 & 19 years age category.
4. Separate championship will be held for Boys & Girls category.
5. A team shall consist of maximum four players in each category.
6. The competition will be held for “Team Championship”.
7. A separate Individual Championship too will also be held. Each team reaching to participate shall nominate one player who shall participate in Individual Championship.
8. All members of the team shall wear same colour uniform, preferable cycling shorts, T-shirt & shoes.
9. **List of Events :**

Individual Championship (Boys & Girls)	Team Championship (07 Championships)
<ol style="list-style-type: none">1. Speed – Hop2. Speed – Sprint3. Speed – Endurance4. Freestyle <p>(Each team shall nominate one player for the following championships. For each championship, Team shall nominate a different player)</p>	<ol style="list-style-type: none">1. SR Speed and Double Under Relay2. Double Dutch Speed Relay3. Single Rope Pair Freestyle4. Single Rope Team Freestyle5. Double Dutch Single Freestyle6. Double Dutch Pair Freestyle7. Double Dutch Pair Speed

10. **Injury :** In case of an injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored based on what was shown.
11. **Broken Rope or Handle :** If a rope or a handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two attempts at the same event. The last attempt determines the score.
12. The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.



DAV SPORTS RULES AND REGULATIONS 2023-24

Game : Aerobics (Girls & Boys)

Age Category: Under 14, 17 & 19 years.

Important: Following numbers of Players/Teams would be accepted.

- 1) Sports Aerobics – Individual Male
- 2) Sports Aerobics – Individual Female
- 3) Fitness Aerobics – Team (Mix or Same Gender)

RULES

Event	Divisions	No. of Players
1) Sports Aerobics	Individual Male	01
	Individual Female	01
2) Fitness Aerobics	Team (Mix or Same Gender)	06-08

A player participating in one event can also participate in other event (example, a player participating in Sports Aerobics – Individual Male can also take part in Fitness Aerobics – Team, but in same age division). The rest of the technical details are as follows:

Performance Time: 2 minutes with a grace period of +/-5 seconds

Attire (Uniform):

- For women: Leotard, two piece, tights, close fitting tops & pants and supportive aerobics shoes. The top section of a leotard or two pieces must have arm or neck sections attached to it.
- For men: Shorts, bike pants, close fitting tops, supportive aerobic shoes, wristbands and strapping are allowed.

Structure – Rounds of Competition:

All national competitions will have three rounds of competition, depending upon the number of registrations in the competition division: Preliminary round/Semi-final round/Final round.

- Preliminaries: The purpose of this round is to find the 12 highest ranked competitors/teams to proceed to the semi-final round. In the case where there are 25 or more in a competition division, the highest ranked 15 will proceed to the semi-final round.
- Semi-finals: The purpose of this round is to find the 6 or 7 top ranked competitors/teams to proceed to the final round.
- Finals: The purpose of this round is to find the order of the top 6 or 7 competitors/teams.

Events:

1. Sports Aerobics: Individual Male -1 & Individual Female - 1 Performance Music:

Western Music which contains language, with minimum lyrics is allowed. But, music which contains language, which is considered not appropriate and/or offensive, will not be acceptable.

CD is to be used; there must be nothing else but one recording of the performance music on it. Music Tempo – 125 Beat Per Min.



DAV SPORTS RULES AND REGULATIONS 2023-24

Game : Aerobics (Girls & Boys)

A] Compulsory Exercises (Max. 04):

- 1) Jumping Jack
- 2) High Leg Kick
- 3) Push Ups – Two arms

B] Obligatory Movements: Select any one from each group – a, b, c & d

a) Push Up Group

- 1) Two Arm Push-up triceps
- 2) Two Arm Hinge Push-up triceps

b) Static Strength Group

- 1) Straddle Press
- 2) Two Arm Supported Planche closed or open legs

c) Jump Group

- 1) Air Jack
- 2) Pirouette Jump – 180 degree turn

d) Split Group

- 1) Front Split right & left
- 2) Needlepoint on left & right

C] Additional Movements: All can be done or any one

- 1) Free fall to push up landing from standing position
- 2) Two Arm supported Wenson
- 3) Straddle Jump
- 4) Pike Jump
- 5) Prone Straddle Split (Pancake)

2. Fitness Aerobics:

Performance Music:

- Western Music without any lyrics/words is allowed. Music shall include minimum lyrics/words & also must not include at all any un-parliamentary words.
- CD to be used; there must be nothing else but one recording of the performance music.
- Music Tempo – 145 Beat Per Min. (In case the beats are less than 145 per min; the points would be deducted)

Performance:

- 1) Do artistic and aerobics, non-stop aerobic exercise
- 2) High Impact Music
- 3) Variation of formation; in any order; minimum 03
- 4) Co-ordination and choreography 5) Repetition of steps & sequences shall have negative marking.

Acceptable Moves:

- 1) Aerials landing two feet
- 2) Two arm push up
- 3) Two arm transitional presses (not turning)
- 4) Transitional flexibility moves
- 5) Standing free fall to push up
- 6) Lift as beginning and ending pose (standing position or on the floor)

Note : The school Organizing Cluster/Zonal level competition shall take a Group Photo of the teams that have qualified to participate at Zonal/National level competition. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.