



DEPARTMENT OF SPORTS
INTER HOUSE SPORTS MEET 2018-19
24TH SEPTEMBER 2018 TO 28TH SEPTEMBER 2018

1. General Instructions:

- A) The Championship will be conducted in following three categories:
Level 1: - Students of Classes 3rd to 6th
Level 2: - Students of Classes 7th to 9th
Level 3: - Students of Classes 10th to 12th
- B) Each house will field one team in each category.
- C) In Cricket team of 15 members will be accepted from a single house in each level.
- D) In Football team of 15 members will be accepted from a single house in each level.
- E) In Basketball team of 12 members will be accepted from a single house in each level.
- F) In Table tennis a team of 3 members will be accepted from a single house in each level.
- G) In Table tennis a team of 3 members will be accepted from a single house in each level.
- H) In Tennis a team of 3 members will be accepted from a single house in each level.
- I) In Athletics and Swimming 2 Participants are allowed to participate in single event and an individual can participate in 2 events not more than this
- J) Teams will be required to wear House colour.
- K) The tournament will be played on Knock out basis.

2. Jury of Appeals will consist of the following: -

(a) Chairperson-Principal.

(b) Members- HOD Sports, Respective discipline coach

All disputes, protests and disagreements will be referred to the Jury of Appeals within an hour after the match gets over. Protests will be entertained from House in Charge /Captain only.

Protest against judgments of officials will be required in writing within thirty minutes of conclusion of the particular event.

Decision of the Jury will be final and binding on all parties.

3) **Points System**

The houses will get 4,3,2, and 1 point for first, second, third and fourth position respectively for minor (Individual Events) games and for the major games (Team Games) the points will be 8,6,4 and 2 for first, second, third and fourth position.

4) **Over all Championship:**

In each division winners will be awarded 4 Points, runner-Up 3 Points, Third position 2 Points and fourth position 1 Point respectively.

Overall Championship will be determined by Cumulative total of points earned in all three categories.

5) **General Rules of different games**

A) **TABLE TENNIS**

1. Match will be played of 11 points.
2. Game will be of Three sets
3. All the matches will be played according to the rules of ITTF.

B) **FOOTBALL**

1. Match will according to the rules of FIFA.
2. Two half of 15 minutes with a break time of 5 minutes.
3. If match result is draw the result will be opted by penalty shootout.
4. Team Captain has to submit there playing 11 with substitute 30 minutes before the game.

C) **SWIMMING**

1. Swimmer are not allowed to change their stroke during swim.
2. Early start counts as a foul and participants will get disqualified

D) **TENNIS**

1. All the matches will play according to the rules of AITA.
2. Matches will be played on 7 game basis.

E) **BASKETBALL**

1. All the matches will play according to the rule of FIBA.
2. In level 1 match will be played of 4 quarter of 5 min with rest time of 2 minutes.
3. In level 2 & 3 match will be played of 4 quarter of 7 min with rest time of 2 minutes.

F) **CRICKET**

1. All the match will play according to the rules of ICC.
2. It's a T-20 format tournament.
3. All the matches have to played in house dress with white ball.

6) **Spirit of Sports:**

Beyond the rules and regulations, the competition is expected to be governed by the Spirit of Sports, in the true traditions of Sehwaq International School. **“We’d rather lose than win by unfair means”**.

7) **LIST OF EVENTS WITH DATES, TIMINGS AND VENUES**

EVENTS IN ATHLETICS AND SWIMMING

Athletics	Swimming
1. 100meter	1. 25 meter free style
2. 200meter	2. 25 meter back stroke
3. 400meter	3. 25 meter breast stroke
4. 800meter	4. 25 meter butter fly
5. 4*100 meter relay	5. 4*25 meter free style relay
6. Long jump	
7. Shotput throw	

24/9/2018 MONDAY

LEVEL AND GAME	TIMINGS	VENUE	EVENT CORDINATOR
Level 1 Cricket	9:30 Am to 3 Pm	SISJ Cricket ground	Mr. Sushanta
Level 2 Football	9:30 Am to 12:30 Pm	SISJ Football ground	Mr. Kuldeep
Level 3 Basketball	9:30 Am to 12:30 Pm	SISJ Basketball court	Mr. Arvind
Level 2 Table tennis	1 Pm to 3 Pm	SISJ Gymnasium	Mr. Pankaj
Level 1 Cricket 3 rd position	After 3 Pm	SISJ Cricket ground	Mr. Sushanta
Level 3 Swimming	1 Pm to 3 Pm	SISJ Swimming pool	Mr. Mohd Zahoor

25/9/2018 TUESDAY

LEVEL AND GAME	TIMINGS	VENUE	EVENT CORDINATOR
Level 1 Basket ball	9:30 Am to 12:30 Pm	SISJ Basketball court	Mr. Arvind
Level 2 Cricket	9:30 Am to 3 Pm	SISJ Cricket ground	Mr. Sushanta
Level 3 Football	9:30 Am to 12:30 Pm	SISJ Football ground	Mr. Kuldeep
Level 1 Swimming	1 Pm to 3 Pm	SISJ Swimming pool	Mr. Mohd Zahoor
Level 3 Table tennis	1 Pm to 3 Pm	SISJ Gymnasium	Mr. Pankaj
Level 2 Cricket 3 rd position	After 3 Pm	SISJ cricket ground	Mr. Sushanta

26/9/2018 WEDNESDAY

LEVEL AND GAME	TIMINGS	VENUE	EVENT CORDINATOR
Level 1 Football	9:30 Am to 12:30 Pm	SISJ Football ground	Mr. Kuldeep
Level 2 Basketball	9:30 Am to 12:30 Pm	SISJ Basketball court	Mr. Arvind
Level 3 Cricket	9:30 Am to 3 Pm	SISJ Cricket ground	Mr. Sushanta
Level 1 Table tennis	1 Pm to 3 Pm	SISJ Gymnasium	Mr. Pankaj
Level 2 Swimming	1 Pm to 3 Pm	SISJ Swimming pool	Mr. Mohd Zahoor
Level 3 Cricket 3 rd position	After 3 Pm	SISJ Cricket ground	Mr. Sushanta

27/9/2018 THURSDAY

LEVEL AND GAME	TIMINGS	VENUE	EVENT CORDINATOR
Level 1 Tennis	9:30 Am to 10:30 Am	SISJ Tennis court	Mr. Rajesh
Level 2 Tennis	10:30 Am to 11:30 Am	SISJ Tennis court	Mr. Rajesh
Level 3 Tennis	11:30 Am to 12 :30 Pm	SISJ Tennis court	Mr. Rajesh
Level 3 Athletics	9:30 Am to 10:30 Am	SISJ Athletic court	Mr. Rajesh & Mr. Nitin
Level 1 Athletics	10:30 Am to 11:30 Am	SISJ Athletic court	Mr. Rajesh & Mr. Nitin
Level 2 Athletics	11:30 Am to 12 :30 Pm	SISJ Athletic court	Mr. Rajesh & Mr. Nitin
Level 2 and 1 Cricket final	9:30 Am to 3:30 Pm	SISJ Cricket ground	Mr. Sushanta

28/9/2018 FRIDAY

LEVEL AND GAME	TIMINGS	VENUE	EVENT CORDINATOR
Level 3 Cricket final	9:30 Am to 12:30 Pm	SISJ Cricket ground	Mr. Sushanta
PRIZE DISTRIBUTION	1:30 PM	AMPHI THEATER	Mr. Raju singh Mr. Nitin Mr. Azad Mrs. Sujata Miss. Disha

Mr. Raju Singh Chouhan
(HOD Sports)

Mr. Dharendra singh
(Principal)