

SPORTS EVENTS

| EVENTS FOR BOYS | EVENTS FOR GIRLS | MIXED EVENTS - BOYS & GIRLS |
|-----------------------------|-----------------------------|--------------------------------|
| | | MARCH PAST |
| 100 M | 100 M | |
| 200 M | 200 M | |
| 400 M | 400 M | |
| 800 M | | |
| 1500 M | | |
| 4 *100 M RELAY | 4 *100 M RELAY | |
| 4 * 200 M RELAY | 4 * 200 M RELAY | 4 *200 M RELAY |
| 4 * 400 M RELAY | | |
| 200 M HURDLES | 100M HURDLES | |
| CHESS | CHESS | |
| CARROM | CARROM | |
| LONG JUMP | LONG JUMP | |
| DISCUS THROW | DISCUS THROW | |
| HIGH JUMP | | |
| SHOT PUT | SHOT PUT | |
| THREE LEG RACE | THREE LEG RACE | |
| JAVELIN THROW | | |
| FOOTBALL | | |
| CRICKET TOURNAMENT | | |
| BASKETBALL | BASKETBALL | |
| TABLE TENNIS –SINGLE | TABLE TENNIS –SINGLE | |
| BADMINTON –SINGLE | BADMINTON – SINGLE | |
| VOLLEYBALL | | |
| | KHO KHO | |
| | THROWBALL | |
| TUG OF WAR | TUG OF WAR | |

GENERAL INSTRUCTIONS

1. The decision of the game officials will be final.
2. Only bonafide students of J.P. Group of institutions will be eligible to participate in Inceptra.
3. The participants should be in proper kit (specific color) failing which the students shall not be allowed to participate.
4. All games and sports will be conducted on knock out basis.
5. The team must report at the play ground at least 15 minutes, before the scheduled time.
6. Team Managers are requested to be present with their teams during the respective matches and follow the fixture with reference to time, day & venues.
7. Any act of misconduct by any member of the team will result in debarring the team from the Inceptra.
8. It is obligatory for all teams to participate in march-past competition of the opening ceremony.
9. Rules & Regulations are subject to manipulation according to the sports technical committee JP Inceptra . Venue and time of matches can be changed by the sports technical committee.

(RULES AND REGULATIONS OF GAMES AND SPORTS)

1. FOOTBALL

- a) The duration of the matches upto semi final will be 20-05-20 min.
- b) Final will be played 35-10-35 min.
- c) Each team will comprise of 16 players.
- d) Three players can be substituted in a match.

2. VOLLEYBALL

- a) The competition will be played on best of three matches.

Set I-25, Set II -25, Set III-15 points (if any)

- b) Each team will comprise of 12 players.

3. BASKETBALL

- a) The duration of matches upto semi finals will be of two halves i.e. 15-10-15 min. only.
- b) Final will be played by four quarters i.e. 10-02-10-15-10-2-10.
- c) Team will consist of 12 players only.

4. CRICKET

- a) 12 overs matches will be played up to semi finals.
- b) Final will be played of 20 overs.
- c) Team will consist of 14 members only, 03 player will remain extras.
- d) All rules and regulation will be followed.

5. THROWBALL

- a) Matches will be played on best of three basis
Set I-21, Set II -21, Set III-15 points (if any)
- b) Team Member 12

6. Kho-Kho

- a) The match consists of two innings of chasing and defending.
- b) The chasing and defending turns must be nine min. each.
- c) No of players - 12

7. TABLE-TENNIS (Single)

- a) Matches will be played on best of the three basis.
- b) A game will have 11 points.
- c) Only one player will participate.
- d) Boys final will be played on best of five matches.

8. CARROM

- a) Matches will be played on general basis
- b) Maximum scorer will be the winner
- c) No. of Players – 02

9. CHESS

- a) Matches will be played on general basis
- b) No. of Players – 01 per college.

10. ATHELETICS (ALL RACES, JUMPS & THROWS)

- a) Only one player can participate from each Institution, except relay races.
- b) In relay race four students can participate, one will be stand-by.