



BRIEF HISTORY OF THE DEPARTMENT OF PHYSICAL EDUCATION

The first University to be established in the erstwhile princely state of Mysore in 1916, University of Mysore has been striving for academic excellence, and at the same time sponsoring varieties of activities that would contribute to the wholesome development of personality and promote health among students. Sports and Games are one such area promoted by the University with an intention of ensuring Physical, Mental and Emotional Health of the Student Community. For smooth conduct of the sports endeared by the students, the Department of Physical Education was established by the University of Mysore in the year 1928. The following persons rendered services as full fledged Directors of Physical Education.

Capt. M. G. Vijaya Sarathi 1942-56

Sri. A. Narayana Swamy 1956-65

Capt. H. Veeraraj Urs 1965-84

Sri V. Chikkavenkatappa 1984-93

Dr. C. Krishna 1993-till date

The Department of Physical Education caters to the Sports needs of students from 04 Constituent Colleges, 04 Post Graduate Centres and All the Affiliated Colleges.

SPORTS POLICY

The DEPARTMENT OF PHYSICAL EDUCATION is organizing the Sports Programmes on the basis of practice followed by the previous Administrative Heads and Staff derived on the basis of guidelines of ASSOCIATION OF INDIAN UNIVERSITIES (A.I.U) and other Sports Agencies. Now it is felt that a well defined SPORTS POLICY is required to carry out the Student Sports Activities smoothly and it is also very much essential from the Administrative Point of view. The Department of Physical Education, University of Mysore, Mysore, therefore felt the need to evolve a Sports Policy which provides guidelines for effective functioning of the Department to achieve the desired goals. Hence, this Sports Policy.

I. OBJECTIVES:

- To promote students' sports participation and to create awareness about the benefits of Physical Education & Sports and to spread Sports Culture among the Students.
- To search Sports Talent at the College level and to groom them as better performers.
- To Project the Potentials of University by organizing National Level Tournaments.
- To provide Incentives and bestow Awards to Sportspersons to maintain sustained interest among students to participate and perform progressively.
- To involve Alumni, N.R.I's & other Sports Agencies for raising funds for the Development of Sports Infrastructure.
- To initiate measures to evolve Group/Individual Accident Insurance Scheme for Sportspersons taking part in the Inter-University Competitions.
- To Develop Adequate and Standard Sports Infrastructure Facilities like Playing Fields, Gymnasium, Swimming Pool, Track & Field, and procure Quality Equipment.
- To provide Systematic Coaching Programme by involving Qualified & Competent Personnel to groom University Teams & Sports Talent.

II. CONSTITUTION OF UNIVERSITY SPORTS COMMITTEE:

The University Sports Committee shall be constituted at the beginning of each Financial Year. The committee shall be constituted as follows.

Chairman	:	Honourable VICE-CHANCELLOR
Member-secretary	:	Director, Department of Physical Education.
Members	:	<ol style="list-style-type: none">1. Registrar, University of Mysore.2. Finance Officer, University of Mysore.3. Three Syndicate Members nominated by the Honourable Vice-Chancellor.4. Four Experts from the Physical Education & Sports field as recommended by the Director, Department of Physical Education.5. One Sports Journalist as recommended by the Director of Physical Education.

II.A. RESPONSIBILITIES & POWERS OF THE SPORTS COMMITTEE:

- To formulate Sports Policies, frame Rules & Regulations of Physical Education & Sports Programme from time - to - time.
- To suggest measures for Promotion of Sports Activities among the University Post-Graduate Centers, Constituent & Affiliated Colleges.
- To suggest measures to carry out the Sports Activities according to the University Budget Allocation and Allocation of University Sports Development Fund for Sports Activities & Development Programmes.

- To frame the Guidelines for Admission of Students under “Sports Quota” in the University and Affiliated Colleges.
- To frame the Guidelines for Awarding Sports Scholarships to Outstanding Sportspersons of University.
- To revise the Entry Fee Structure of University Swimming Pool and Fee for Utilization of Various Sports Facilities(such as Gymnasium Hall, Swimming Pool and other Sports Grounds) from time- to- time.
- To revise the proposals of Cash Award for Inter-University Medalists, Cash Prize for Inter-Collegiate Team Championship Winners, Mr .Mysore University Title Winner and Creators of New Record in Athletics and Cross Country Races.
- To suggest the names of Renowned Persons for delivering **annual lecture** of “Prof.Seshanna Endowment Lecture in Physical Education and Sports” according to the Endowment Conditions.
- To approve the names of suitable Physical Education and Coaching Professionals to serve on Various Selection Committees for Selecting Sportspersons for University Teams. The Director of Physical Education will propose the names of Experts to be included in the Selection Committees and the same is placed before the University Sports Committee for its Assent.

II. B. Meeting of the University Sports Committee:

- The Sports Committee shall ordinarily meet Twice in a Year, during the months of July/August & February/ March. The Quorum for an Ordinary Meeting shall be Seven Members. For an Ordinary Meeting Ten days notice with agenda shall be given.
- Whenever there is any Valid Reason, an Extraordinary Meeting of the Sports Committee may be convened by the Member-Secretary with Seven days notice. The Quorum for an Extraordinary Meeting shall be Five Members.

II.C. Business to be Conducted at the Meeting of the University Sports Committee:

- Perusal & Approval of Annual Budget Estimates of the Department of Physical Education.
- Perusal & Approval of Panel of Committee Members for Selection of Student Sportspersons for Inter-University Competitions.
- Perusal & Approval of the Budget Estimate for Felicitation Function of All India Inter-University Tournament Medalists, Incentives for Inter-Collegiate Champions and Others.
- To plan the Organization of any Inter-University Tournament allotted by the A.I.U.
- To discuss & ratify the proposals made at the Annual Representatives Meeting of the University & Affiliated Colleges.
- Any other matter pertaining to the Sports Activities may be taken up for discussion & decision with the permission of the Chair.

III. DUTIES & RESPONSIBILITIES OF THE DEPARTMENT OF PHYSICAL EDUCATION:

- To prepare the Agenda to be discussed during the University Sports Committee Meeting(s).
- To send the Proceedings of the University Sports Committee Meeting(s) for Ratification by the University Syndicate.
- To convene Representatives Meeting of University & Affiliated Colleges Every Year in the month of JULY/ AUGUST.
- To Select, Train, Coach and send University Teams and Individuals to Participate in the Inter-University Tournaments and Other Sports Competitions.
- To Organize Inter-Collegiate Competitions in Various Sports & Games for the Students of Constituent, Affiliated Colleges and P.G.centers of University of Mysore.
- To maintain the Indoor and Outdoor Sports Infrastructure Facilities in the University Campus in Co-Ordination with the University Engineering Division.
- To Reserve the Indoor and Outdoor Sports Infrastructure Facilities (except University Swimming Pool) on request by other Agencies for Conducting Competitions and to Collect the Fee Prescribed by the University Sports Committee.
- Monitoring the Admissions of Students and Officials to the University Gymnasium Hall at the Sports Pavilion; Collecting Prescribed Fee, and to Issue Appropriate Admission Cards.
- Monitoring the Admissions of Students to Multigym at the Sports Pavilion by Collecting the Fee Prescribed by the University Sports Committee and to Issue Appropriate Admission Cards.

- To Improve the Standard of Sports in the Colleges through Proper Execution of the Scheme, “Enhancing the Standard of Sports Performance Among University Students” in Various Nodal Centers introduced from the year 2010-2011.
- To conduct the Zonal Conveners & Nodal Officers Meeting to Chalk-Out the Programmes of Activities in the Respective Zones and Nodal Centers and to Allocate Budget for Various Nodal Centers.
- To Organize Workshops/Clinics/Seminars/Conferences/Referee’s Examination of Various Sports Activities/Physical Education & Coaches Training Programmes in Various Sports Activities by involving SAI, SAK & Various Sports Agencies.
- To Conduct Annual Lecture Programme of the “Prof. Seshanna Endowment Lecture in Physical Education & Sports” instituted in the year 2009-2010, by involving Mysore University & Affiliated Colleges Physical Education Teachers’ Association, Mysore.
- To Organize Summer Coaching Camp in Various Sports Activities for the Benefit of Children in the Age Group of 8 to 18 years every year by involving Sports Promoters and Other Agencies.
- To Co-Ordinate with the Chairperson and Staff Members of the Department of Studies in Physical Education and Sports Sciences in Carrying Out the Student Sports Activities, Practical Classes and Examinations with Mutual Discussion/Understanding without affecting the Activities/Programmes of both the Departments.
- To Assist Mysore City Inter-Collegiate Tournament Committee formed by Mysore City Colleges Physical Education Teachers in the year 1956 as a Preparatory Tournament for University

Tournaments, headed by the Director of Physical Education, University of Mysore in Organizing the Mysore City Inter-Collegiate Tournaments without any Financial Burden on the Department of Physical Education, University of Mysore.

- To Conduct Chief Justice Hombegowda Memorial Gold Cup Mysore University Inter-Collegiate Football Tournament (Men) without any Financial Burden on the Department of Physical Education, University of Mysore.
- To Co-Ordinate with the Office Bearers of Karnataka State Cricket Association, Bangalore and Lions Club of Mysore Central, Mysore to carry out their activities as per the Memorandum of understanding (MoU) entered between them and the University of Mysore, Mysore.
- To Assist in Organizing the Sports Competitions of Government Departments, Public & Private Sectors, Dasara Sports etc., without any Financial Burden on the Department of Physical Education & University.
- To extend help to needed Agencies & Institutions by deputing the Department Staff as Resource Persons for Various Professional Improvement Programmes without any Financial Burden to the University.
- To Convene University Players' Alumni Association Meeting as and when required after the formation of the Association.
- To Assist UGC Academic Staff College of University of Mysore, Mysore in Organizing the Refresher and other Courses pertaining to Physical Education & Sports.
- To Supervise the Students' Sports Activities of University Constituent Colleges & other P.G.Centers by deputing the Department Staff as per the decision taken at the Staff Meeting from time- to- time.

- To Assist University Administration in Processing the Applications and Preparing Merit Order List for the Award of Sports Scholarship to Outstanding Sportspersons and also in the Admission Process of Sportspersons for P.G. Courses under Sports Quota.
- To Suggest to the University Authorities regarding the Utilization of University Sports Development Fund and Revision of Tariff for Utilization of Various Play Fields, Gymnasium & Swimming Pool; and Entry Fee Structure for Gymnasium & Swimming Pool from time- to- time.

IV. ANNUAL MEETING OF REPRESENTATIVES OF UNIVERSITY P.G.CENTERS, CONSTITUENT & AFFILIATED COLLEGES:

- Physical Education Directors/Lecturers in Physical Education/ Sports Secretaries, Authorized Representatives of Affiliated Colleges, P.G.Centers, Constituent Colleges & Department Staff are invited to attend the Annual Meeting of Representatives. They shall meet Once a Year normally during the month of July/August at the Headquarters of University of Mysore. The TA/DA of the Representatives Attending the Meeting should be Borne by the Concerned Institutions out of their Sports Funds. The Meeting will be presided by the Director of Physical Education, University of Mysore. The Representatives attending the Meeting shall be Authorized by the Institutions to Accept the Decisions taken during the Meeting.
- In the Annual Representatives Meeting the following Aspects/Issues shall be Discussed and Appropriate Decisions taken:
- Considering the Proposals received from the Colleges and PG Centers for Conduct of Inter-Collegiate Games & Sports and any other Proposals Pertaining to Students' Sports Activities.

- To form Zonal Committees for Conducting Sports Activities in the following Zones, namely, Krishnaraja Zone (Mysore Rural District), Mandavya Zone (Mandya District), Malanad Zone (Hassan District) & Chamaraja Zone (Chamarajanagara District), excepting Chamundi Zone (Mysore city). The Chamundi Zone Activities will be looked after by the Department of Physical Education staff, University of Mysore.
- Selection of Nodal Centers and Fixing of Dates for Conducting the Training Programme under the Scheme “Enhancing Standard of Sports Performance Among University Students”.
- Fixing the Dates of University Selection Trials/Competitions to Select Players for Inter-University Competitions.
- Fixing the Dates for Inter-Zonal Tournaments for Men & Women.
- To Revise University Inter-Collegiate Tournaments Entry Fee Structure, Officiating Charges per Match & Ground Marking Charges from time- to- time.
- Any other subject Pertaining to Physical Education & Sports may be taken up for Discussion & Decision with the Permission of the Chair.

V. Process of Selection of University Teams for Participation in the Inter University Competitions:

- The Selection of Players/Teams for Various Inter-University Competitions will be done by the Committees formed by the University Sports Committee.
- Each Selection Committee which will be Chaired by the Director, Department of Physical Education shall be Comprised of Four Members drawn out of Physical Education/Coaching

Professionals/SAI/SAK Coaches/ other Personnel Proposed by the Director of Physical Education as the need arises.

- Only Bonafide, Fulltime Students, who are Enrolled for a Course of the University, which is of a Minimum Duration of One Academic Year and where Examination is Conducted by the University and those who fulfill the Eligibility Criteria laid down by the A.I.U, New Delhi shall be Eligible to take part in the Selection Process.
- To be Eligible to Represent University the Sportspersons shall fulfil the Minimum Physical Fitness Standards (Norms) Prescribed by the Department of Physical Education, University of Mysore. The Physical Fitness Norms will be Revised from time-to-time.
- In Team Games the Selection Trials will be Conducted for the Players who Pass the “Physical Fitness Tests” Prescribed by the Department of Physical Education from time-to-time. In case of Sportspersons who are Representing Karnataka State, Participating in National Championships, International Championships, Attending National Level Camps and who are unable to Attend or Participate in the Selection Trials may be Considered for Selection to Represent University at the Discretion of the Selection Committee.
- In Individual Events the Players who reach Qualifying Standard Fixed by A.I.U i.e. 6th Position Performance in the Previous Year’s Inter University Competitions, will be considered for Selection to Represent University based on the Recommendation of the Selection Committee.
- In Wrestling/ Best Physique/ Gymnastics/ Yogasana the Selection Committee Members will Finalize the University Teams based on the Performance at the University Inter-Collegiate

Competitions. However Wrestlers & Gymnasts shall Fulfil the Minimum Prescribed Physical Fitness Norms.

- The Eligibility Particulars of the Players who are Attending the University Team Selection Trials should be sent in Advance by the Institutions or Colleges to the Department of Physical Education. The A.I.U. Eligibility Criteria will be followed.
- The University Team's Captaincy will be Decided by the Director of Physical Education, University of Mysore based on Seniority/Game Knowledge/Discipline/Leadership Qualities/Participation in the National Championship/Achievements in the Inter-University Competitions and National Championships/Class/Age. In Ordinary conditions, any **player is entitled to captain a university team** in a particular Game/Event **only once in his/her career.**
- The Selection Committee will Select the Players and Stand-Bys of the University Teams based on their Performance during the Trials/ Competitions. If Performance Standard of any Team / Player is not Satisfactory as felt by the Selection Committee Members, on the Recommendations of the Committee such Team/Player may not be sent for Participation in Inter-University Tournaments. They will be invited for Coaching Camp by the Director of Physical Education on getting the Information from the Organizing University. The duration of Coaching/ Training Camp may vary depending upon Circumstances/ Conditions.
- Attending University Team Coaching is Compulsory and in case any Team Player(s) is/are Absent for Camp, Stand-By(s) will be called for the Camp by Director of Physical Education, However Sportsperson(s) who is/are Participating in the Inter-Collegiate, National or Inter-National Competitions during the University

Team's Coaching Camp may be Exempted by the Director of Physical Education from Attending the Camp.

- If any University Player Misbehaves during the Coaching/ Inter-University Competitions, Disciplinary Action will be initiated by the Director of Physical Education, based on the Report Submitted by the Team Manager/Coach, by way of Barring the Player from Participating in the University Inter-Collegiate Tournaments/Inter-University Tournaments for a period of **one to three years** depending on the Gravity of Misconduct.
- The TA/DA of University Team Players/Mangers/Coaches and Other Accompanying Officials will be Borne by the University as per the Provisions made in the University Sports Committee from time- to- time. Money earmarked for various teams as per Budget Allocation will be Advanced to the Team Manager & in turn they shall Maintain Proper Accounts and Submit the same at the Office of the Director of Physical Education on Completion of Team's Engagement.
- The University Team Mangers/Coaches will be Nominated by the Director of Physical Education based on their Experience/ Knowledge/Ability/Proficiency from among the University Affiliated Colleges Physical Education Directors/ Department Staff/SAI & SAK Coaches.
- The Principals of Affiliated Colleges of University of Mysore should Relieve Immediately the Physical Education Directors who are Nominated as Managers/Coaches to Accompany the University Teams. If any Principal does not Comply with the Request of Director of Physical Education, the Respective College will lose the Privilege of Participating in the University Inter- Collegiate Competitions and University Selection Trials. However if the Principals have valid Reason for not Relieving the Concerned Official to take-up the University Assignment, the

same may be Conveyed to the Director of Physical Education and if the Reason is Valid, that Institution's Physical Education Director will be Exempted from Accompanying the University Team. Apart from Barring of Students Participation from the Inter-Collegiate Tournaments & Selection Trials, the Matter will be Pursued with Authorities of University & Collegiate Education Department, Government of Karnataka for Appropriate Action against such Institutions.

- The University Players/Officials will be Provided with Track Suits/Sports Wears with University Logo as per the Colour Combination Proposed by the Department Of Physical Education. Team Official's Track Suits Colour Combination will be Different from that of the University Players, i.e. Golden Yellow & Maroon Colour Combination Registered with the A.I.U.
- The University Players have to Produce Medical Certificate and give an Undertaking before going to Participate in the Inter-University Tournaments as per the Format issued by the Department of Physical Education Office.
- The University Sportspersons Participating in the Inter-University Tournaments shall be Covered by Appropriate Accident/Medical Insurance Scheme. The Players who may get Injured during the Course of Coaching Camp, Journey Period or while Participating in the Inter-University Tournaments will be Governed by the Conditions of the Accident/Medical Insurance Scheme. For Medical Expenses covering Minor Ailments which are not Covered by Accident/Medical Insurance Scheme Reimbursement of Expenses shall be allowed on Production of Doctors Prescription & Proper Bills which are duly Certified by the Team Manager.
- The University Teams will be fielded for Participation in the Inter-University Competitions in the following Activities for Men

& Women based on the Recommendation of Selection Committees.

- ATHLETICS (M&W), AQUATICS [SWIMMING&DIVING{M&W}], BADMINTON (M&W), BALLBADMINTON (M&W), BASKETBALL (M&W) CHESS (M&W combined), CRICKET (MEN), CROSS COUNTRY RACE (M&W), FOOTBALL(M), GYMNASTICS (M&W), HANDBALL(M&W), HOCKEY(M&W), KABADDI (M&W), KHO-KHO(M&W), TABLE TENNIS(M&W), TENNIS(M&W), WEIGHT LIFTING & BEST PHYSIQUE (M), VOLLEYBALL (M&W), WRESTLING (M&W) & YOGA (M&W).
- The Players who have Represented University of Mysore in Various Activities and the Accompanying Officials of Various Teams may Obtain Representation Certificate/Participation Certificate Signed by the Director of Physical Education, after the Completion of the Inter-University Tournaments/Competitions by Submitting Requisition Letter and Paying Prescribed Fee at the Department Office.
- The Players may obtain Attendance Certificates for the Period of Attending Coaching Camp and Inter-University Tournaments for Regularising their Attendance in their Colleges, as per the University Norms.
- Officials Accompanying the University Teams for Inter-University Competitions will be issued Attendance Certificate on Completion of Assignment.

VI. UNIVERSITY INTER-COLLEGIATE TOURNAMENTS:

- The Department of Physical Education, University of Mysore will Organize University Inter-Collegiate Tournaments in the following Activities on Direct Competitions-Cum-University Team Selection Trials basis and on Zonal & Inter-Zonal Tournaments basis. Any Addition of the New Events based on the Decision taken at the Annual Meeting of the Representatives

shall be Communicated to the Colleges by the Department of Physical Education after due Approval of the University Sports Committee.

- The TA/DA of the Official(Manager/Coach/Sports Attender) accompanying the Institution Team/s for Zonal, Inter-Zonal Tournaments/Competitions and other Programmes Organized/ Conducted by the University shall be Borne by the Concerned Participating Institutions out of their Sports Funds.

LIST OF APPROVED COMPETITIONS/TOURNAMENTS:

- ATHLETICS (M&W): Competition-Cum-University Team Selection Trials.
- CROSS COUNTRY RACE (M&W): Competition-Cum-University Team Selection Trials.
- BEST PHYSIQUE (M), GYMNASTICS (M&W), SWIMMING & DIVING (M&W), WEIGHT LIFTING (M), and WRESTLING (M&W), YOGA (M&W): Competitions-Cum-University Team Selection Trials.
- In Men's Section Competition in all the 14 Games will be Organised on Zonal basis. Winners and Runners of Zonal Competitions will Qualify for Inter-Zonal(University Level) Competitions.
- In the Women's Section Competition in 6 Games shall be Organised on Zonal basis. Winners and Runners of Zonal Competitions will Qualify for Inter-Zonal(University Level) Competitions. In remaining 8 Games Competitions will be Organised Directly at Inter-Zonal (University Level).
- Institutions of University of Mysore are Divided into Five Groups as follows; Chamundi Zone Comprising of Mysore City Colleges, Krishnaraja Zone Comprising of Mysore District Rural Colleges, Chamaraja Zone Comprising of Chamarajanagar District

Colleges, Mandavya Zone Comprising of Mandya District Colleges and Malnad Zone Comprising of Hassan District Colleges.

- Zonal Chairperson(s) & Conveners excepting Chamundi Zone will be Decided every year at the Annual Representatives Meeting. The Zonal Conveners are Authorized to Collect Entry Fee from the Concerned Zonal Colleges as per the Circular issued by the Department of Physical Education, University of Mysore, Mysore as Decided at the Annual Meeting of Representative from time- to- time. For Chamundi Zone the Director of Physical Education, University of Mysore will be the Chairperson and One of the Staff Members of Department of Physical Education, University of Mysore, will be the Convener.
- The Zonal Conveners will Meet under the Chairmanship of Director of Physical Education, University of Mysore in order to Decide the Dates for Zonal Colleges' Representatives Meeting. Zonal Colleges' Representatives Meeting will be Chaired by the Principal of the College to which the Zonal Convener belongs. The Zonal Conveners should Maintain Tournament Accounts and get the same Approved in the Zonal Representatives Meeting.
- The Chamundi Zonal Committee Meetings will be Chaired by the Director of Physical Education, University of Mysore, Mysore.
- In Men Section Zonal Competitions will be Conducted in the following Fourteen Games: 1. Badminton 2. Ballbadminton 3. Basketball 4. Chess 5. Cricket 6. Football 7. Handball 8. Hockey 9. Kabaddi 10. Kho-Kho 11. Softball 12. Table Tennis 13. Tennis 14. Volleyball.

- In Women Section out of Fourteen Games, Zonal Level Competitions will be Conducted in Six Games viz: 1.Badminton 2.Ballbadminton 3.Kabaddi 4.Tennikoit 5.Throwball 6.Volleyball.For Remaining Eight Games viz: 1.Basketball 2.Chess 3.Handball 4.Hockey 5.Kho-Kho 6.Softball 7.Table Tennis 8.Tennis, Direct Entries will be Invited for Inter-Zonal (University level) Tournament. The Number of Games for Zonal Tournament may be Altered at the Annual Meeting of Representatives depending on the Response of Teams Participated at the Inter-Zonal Games Tournaments in the Preceding Year.
- In Men/Women Sections Fixtures for Inter-Zonal Games will be Drawn by the Director of Physical Education, University of Mysore after Receiving the Zonal Competitions Results/ Direct Entries Received from the Organizing Secretary of the Host College. The Fixtures will be Distributed to the Participating Teams after the Inaugural Function at the Managers Meeting Convened by the Director of Physical Education, University of Mysore at the Concerned Venues.
- For Organizing Inter-Zonal Men & Women Games Tournaments, the Department of Physical Education University of Mysore, Mysore will Provide Financial Assistance to the Host College as per the Provisions made in the University Sport Committee. The Allocated Amount will be Drawn on A.C. bill by Director of Physical Education, and the same will be Advanced to the Physical Education Director/Organizing Secretary of the Host College. After the Completion of the Tournament, the Organizing Secretary has to Submit Accounts with the Relevant Vouchers Conforming to the Rules laid down by the University Sports Committee.

VII. ORGANIZATION OF INTER-COLLEGIATE INTER-ZONAL MEN & WOMEN GAMES TOURNAMENT:

1. **Host College / Institution:** The College Entrusted with the Responsibility of Organizing the Inter-Collegiate Tournament by the Department Of Physical Education as per the Decision taken at the Annual Meeting of Representatives will be called 'Organizing College/Host College'.
2. **Organizing Committee:** The Principal of the Host College will be the Chairperson of the Organizing Committee. Director of Physical Education, University of Mysore, Mysore will be the Co-Chairman. Physical Education Director of Host College will be the Organizing Secretary. The Principal of the Host College is Authorized to Constitute a Competent Organizing Committee by Nominating Members to serve on the Organizing Committee. The Principal of the Host College is Authorized to Constitute Various Sub-Committees for the Successful Conduct of the Tournament by Involving Staff, Students and Sports Promoters among the Public, in Consultation with the Organizing Secretary.
3. **Duties of the Host College / Institution:**
 - a. It shall be the Duty of the Host College to Ensure that all the Rules Laid down by the Department of Physical Education, University of Mysore, Mysore for the Inter-Collegiate Tournaments are Complied with.
 - b. In case of any Infringement of the Playing Rules by a Team or Players, the Organizing Committee shall have the Powers to take Appropriate Action. If a Team is found to have included a Non-Bonafide Student as Player, after due Verification, the Team shall be Scratched from the Tournament. The Results of the Matches Played earlier by the Defaulted Team Stands Unaltered.

The Team Playing against the Defaulted Team will have the Right to Play in the Next Match. The Final Placing of Teams shall be Suitably Altered after the Disqualification of a Team or Player.

c. In case of Misconduct of any Individual Player(s), or a Team as a whole or Manager or Coach, the Organizing Committee/ Director of Physical Education, University of Mysore, Mysore shall have Powers even to Scratch the Team/Disqualify the Individual Player(s) from Participation in the Tournament based on the Report of the Match Officials.

d. The Organizing Secretary has to Convene the Meeting of Managers of Participating Teams on the Evening of the Previous Day of the Commencement of the Tournament, under the Chairmanship of the Principal of the Host College, in the presence of Director of Physical Education, University of Mysore or his Nominee in order to brief them about the Arrangements, Facilities and Programme.

e. The Organizing College shall Provide Free, Hygienic Lodging with Adequately Toilet, Drinking Water and Lighting Facilities etc., to the Participating Players and Officials from a day prior to the Commencement of Tournament. As far as possible the Lodging Arrangements shall be nearer to the Playgrounds. The Team Managers shall Deposit Caution Money Prescribed by the Director of Physical Education, University of Mysore with the Official Incharge for Accommodation. The Team will Forfeit the Caution Money if any Damage or Loss is Caused to the Facility/Property Provided.

f. The Grounds, Courts and the Equipment that will be Used during the Tournament must Conform to the Norms Fixed by A.I.U. The Director of Physical Education may Relax the Norms

if Conditions Warrant and also where Minimum Conditions and Requirements are Fulfilled.

g. **Jury of Appeal:** The Jury of Appeal for Inter-Zonal Tournaments should be Constituted with the following Members Only:

Chairman : Principal of the Organizing College

University Representative : Director of Physical Education, University of Mysore or his nominee

Convener : Organizing Secretary of the Tournament

Members : Four Senior Physical Education Directors of Participating Teams

h. Only those Bonafide Students Including the Foreign Nationals who Fulfill the Eligibility Criteria Laid down by the A.I.U. will be Allowed to Participate in the Tournament as Team Player/s.

VIII. RULES OF THE INTER-COLLEGIATE COMPETITIONS/ TOURNAMENTS:

1. General Instructions:

a. For Participation in the University Sports and Games Competitions every College/Institution Contingent must be Accompanied by a Team Manager, Preferably the Physical Education Director or a Teaching Faculty in the Absence of Physical Education Director. Contingents not Accompanied by Team Manager will not be Allowed to take part in the Competitions.

b. Ordinarily the Games Tournaments are Conducted on a Knockout basis unless Otherwise Specified and only One Team in each Activity from a College will be Allowed for Participation.

c. Distinct Institution Colours shall be Worn by Players while taking part in the Competitions/Tournaments. The Colours of Players for Team Games shall be Suitably Numbered on their Vests as per Game Rules.

d. All the Participating Colleges/Institutions shall Compulsorily Carry their College Flag for taking part in the March Past during Inaugural and Closing Ceremonies.

e. The Games Tournament Matches will be Played as per the Fixtures drawn and According to Dates and Timings fixed by the Tournament Co-Ordinator/ Convener/Organizing Secretary/ Director Of Physical Education, University of Mysore at the Venues Mentioned in the Fixture. A Team may be asked to Play a Maximum of Two Matches in a day, Normally. In Extraordinary situations a Team may be asked to play more than Two Matches per Day.

f. In the Games Tournament Teams shall report to the Official-Incharge of the respective Games atleast 15 Minutes before the Scheduled Time. Failing which the Teams will be liable to be Scratched.

g. In Men and Women Games the Overall Championship will be Decided by Awarding 5 points for Winner, 3 points for Runner and 1 point for Third place Winner. A Trophy will be Awarded to the College which Secures Highest Number of Points. In case of a Tie, Points Earned as Winners will be Counted followed by Runners' Position and Third Position in that Order. If the Tie still remains it may be decided by the Spin of Coin.

h. Participating Team Players and Individuals shall bring 'Identification Card' as per the Format Circulated by the Department of Physical Education, University of Mysore, Mysore Duly Signed by the Head of the Institution on the Photograph

with them. Otherwise Players will not be Allowed to Participate in the Competition.

i. The Decision of the Referee/Umpires Pertaining to the Facts during the Course of the Game is Final.

j. Changes if any, in the Dates, Timings and Venues necessitated by Circumstances beyond the Control of the Organisers, will be Notified by the Officials Concerned. The Teams shall oblige the Change of Schedule.

k. The Programme of Matches in Various Games is Drawn only to Suit the General Conveniences of all the Participating Colleges.

l. No Request for Postponement of Matches/Competitions will be Entertained.

m. Protests are Normally Discouraged. However, Genuine case of Protest on other than the Decisions of Match Officials will be Entertained in Writing from the Principal/Physical Education Director/Sports Secretary/Captain within One Hour from the Time the Match Ended, with a Protest Free of Rs. 1000/- (Rupees One Thousand only) which will be Refunded in case the Protest is Up-Held.

n. Those Colleges which have Not Paid the Entry Fees to the Concerned Zonal Conveners will not be Allowed to Participate in the Tournament/Competition.

o. Participating Teams in Games Tournament shall bring Sufficient Number of Serviceable Balls and Other Match Equipment of Prescribed Standard to the Games like Badminton (Skylark/Yonex/Penguin brand Shuttle Cocks), Ballbadminton Balls (Nawab High Power), Cricket (S.G. League/S.G. Seamer Balls), Chess (Chess set: Chessman/Board/Clock), Basketball (Nivia/Vector/Cosco/Sparton), Football (Nivia B/W, Vector),

Handball (Nivia/Cosco), Hockey (BDM/Vampire/Rakshith Balls), Softball (Nivia/ Cosco/Vector), Table Tennis Balls (Orange Colour 40 mm Stag/ XXX/Stigma Balls), Tennis Balls (Winson/Jupiter Balls), Throwball (Nivia/Cosco) and Volleyball (Nivia/Cosco/Sparton/Vector Multicolour) for their Matches.

2. Specific Instructions:

ATHLETICS (MEN):

a. The Competitions shall be Conducted According to the Latest Rules of Athletic Federation of India/Association of Indian Universities. For Accepting Entries, Deciding Team Championship and Deciding Best Athlete, AAFI/AIU Rules will be followed. Each Institution may send Not More Than Two (Except for Half-marathon) Competitors per Event and One Team for Relay.

b. Selection of University Men and Women Athletic Teams will be held during the Annual Athletic Meet. Athletes will be Selected on the basis of the Qualifying Standards Circulated by the Department of Physical Education, University of Mysore, as per A.I.U. Norms and as per the Recommendation of the Selection Committee.

c. **Track and Field Events:** Men Section: 100 mtrs run, 200 mtrs run, 400 mtrs run, 800 mtrs run, 1,500 mtrs run, 5,000 mtrs run, 10,000 mtrs run, Half Marathon (21 kms . 98 mtrs), 110 mtrs Hurdles, 400 mtrs Hurdles, Long Jump, Triple Jump, High Jump, Pole Vault, Shot Put, Discus Throw, Hammer Throw, Javelin Throw, Decathlon, 20 kms Walk, 4x100 mtrs Relay and 4x400 mtrs Relay. Women Section: 100 mtrs Run, 200 mtrs Run, 400 mtrs Run, 800 mtrs Run, 1,500 mtrs Run, 5,000 mtrs Run, 10,000 mtrs Run, 100 mtrs Hurdles, 400 mtrs Hurdles, Long Jump, Triple Jump, High Jump, Shot Put, Discus

Throw, Javelin Throw, Hammer Throw, Heptathlon, 5 kms Walk, 4x100 mtrs Relay and 4x400 mtrs Relay.

d. A Separate Brochure Comprising of list of Officials, Order of Events, Qualifying Standard for Selection of Athletes for Representing University Team, Note for Managers, Officials & Athletes and Up-to Date Records of University Inter-Collegiate & All India Inter-Universities Athletic Meets will be Published by the Department of Physical Education, University of Mysore, during the Annual University Inter-Collegiate Athletic Meet.

e. Half Marathon Runners (Men) Must Bring Medical Certificate for Participation in the Event.

BADMINTON (M &W):

Men Section:

- Matches will be Played on National Cup basis (i.e. Three Singles and Two Doubles) in the order of First Two Singles and One Doubles followed by Third Singles and Second Doubles if Result is not Arrived at.
- In Order to start the Match the Team shall comprise of a Minimum of Four Players Compulsorily, Otherwise Team will not be Allowed for Participation in the Tournament. The Team may Consists of a Maximum Seven Players.

Women Section:

- Matches will be Played on National Cup basis (i.e. Two Singles and One Doubles) in the order of First Singles and One Doubles followed by Second Singles if Result is not Arrived at.
- A Minimum of Two Players must be present in a Team to start the match; otherwise Team will not be allowed to play the Match. The Team may Consists of Maximum of Four Players.

BALLBADMINTON (M & W): Ballbadminton Match will be Decided on best of Three Games and Latest Ballbadminton Federation of India Rules will be followed (Courts will be changed Thrice in Each Game). The Team may Comprise of a Maximum of Ten Players.

BASKETBALL (M & W): Basketball Federation of India Rules with Recent Amendments will be followed. The Team may Comprise of a Maximum of Twelve Players.

CHESS (M & W): Matches will be Conducted on Swiss League System and a Team must Possess a Minimum of Four Players in order to Play the Match. The Team may Comprise of a Maximum of Six Players.

CRICKET (Men):

- All Matches are of One Innings of 30 Overs each side Except Finals which will be of 45 Overs each side.
- 30 Overs must be bowled in Two Hours at an Average of 15 Overs per Hour upto Semi-Finals and 45 Overs must be Bowled in 3 Hours at an Overall Average of 15 Overs per Hour in Finals. Interval time 20 Minutes shall be allowed.
- No Bowler shall bowl more than 6 Overs in 30 Overs Match and 9 Overs in 45 Overs Match.
- No Penalty Run will be Applicable: If a Team is all out within the duration of 2 Hours 20 Minutes in the Matches upto and inclusive of Semi-Finals and 3 Hours 20 Minutes in the Finals.
- In case of Slow Over Rate, Penalty of 10 Runs per Over Bowled Short will be Awarded to Batting Side, Provided the Batting side is not All Out.
- In case of a Tie on Equal Score, the Team with a Better Run Rate per Wicket shall be the Winner. If the Runs per Wicket are also Equal, the Team with Better Run Average shall be the

Winner. If the Tie is still Unresolved, it shall be Decided by the Spin of Coin in the Presence of Umpires.

- If for Any Reason, the Team Batting Second is not Able to Complete 30 or 45 Overs in Allotted Duration of Play, the Team with Better Average Runs per Over at that Stage would be Declared as the Winner.
- If for any Reason a Minimum of First 15 Overs are Not Completed, the Winner will be Decided by the Spin of Coin in the Presence of Umpires. The Team may Comprise of a Maximum of Sixteen Palyers.

CROSS COUNTRY RACES (M & W):

- The Cross Country Races shall be Conducted as per the Latest Rules of Athletic Federation of India as Adopted by the A.I.U.
- The Distance for Men section shall be 12 kms, and for Women section it shall be 6 kms.
- Maximum of 9 Entries for Men and 6 Entries for Women shall be Allowed and all of those shall be Permitted to Run. For Considering the Team Championship 6 Runners in Men section and 4 Runners in Women section must have Completed the Race.
- Less Number of Runners/Individual Entries shall also be Permitted.
- Participants have to Produce Compulsorily the Medical Certificate on the Previous Day of the Competition to the Organizing Secretary.
- The Organizing College shall Show the Route to the Participants on the Previous Day of the Race by Arranging Transportation.

- The College Winning the Minimum Number of Points shall be Declared as Team Champion. In case of 'Tie' the Team whose last Runner is Closer to the First Runner shall be Declared as Champion.
- The University Teams (M&W) will be Selected based on the Performance of the Participants during the Inter Collegiate Competitions, as per the Recommendation of the Selection Committee.

FOOTBALL (Men):

- Matches will be Played According to the Latest Rules of Football Federation of India as Adopted by A.I.U.
- The Duration of the Match shall be 90 Minutes with Ten Minutes Break at Half-Time (45-10-45). If the Match ends in a Draw, Tie-Breaker Rule will be Applied.
- The Official-In Charge of the Matches is Authorized to Modify the Duration of the Matches in Consultation with Both the Team Manager/Captain. The Team may Comprise of a Maximum of Eighteen Players.

GYMNASTICS (M &W):

- The Competitions will be Conducted in the Artistic Gymnastics only as per the Rules of Gymnastics Federation of India as Adopted by A.I.U.
- Colleges can field Individual or Team (6+1) for the Competition.
- The University Teams (M & W) Gymnasts will be Selected on the basis of the Performance in the Competition and after Passing the Physical Fitness Tests (introduced from the year 2002-2003 for Men and from 2010-2011 for Women) as per the Recommendation of the Selection Committee.

HANDBALL (M&W): Handball Federation of India Rules with Recent Amendments will be followed. The Team may Comprise of a Maximum of Twelve Players.

HOCKEY (M &W):

- The Matches will be played According to the Latest Rules of Hockey Federation of India as Adopted by A.I.U.
- The Duration of the Match shall be 15 Minutes each of four quarter with an Interval of 2 Minutes in quarter and 10 Minutes after half time for Men and Women (15-2-15-~~10~~-15-2-15).
- In case of Tie in the Match, Latest Tie-Breaker Rules will be Applied i.e. “Golden Goal”, “Tie-Breaker” and “Sudden Death Rules”. The Team may Comprise of a Maximum of Eighteen Players.

KABADDI (M &W):

- Matches will be Played as per the Latest Rules of Amateur Kabaddi Federation of India as Adopted by A.I.U. The Team may Comprise of a Maximum of Twelve Players.

KHO-KHO (M &W): Latest Kho-Kho Federation of India Rules as Adopted by A.I.U. will be followed for Conducting Matches. The Team may Comprise of a Maximum of Twelve Players.

SOFTBALL (M &W): The Softball Matches will be of Three Innings Only following Latest Federation Rules. In case of Tie after the Third Innings One more Extra Innings will be Played and the same Procedure will be followed till the Result Arrives. Due to Bad Light, Rain or for any Other Reason if the Match is not Completed, Match will be Re-played as per the Date and Time Fixed by the Official-Incharge. The Team may Comprise of a Maximum of Twelve Players.

SWIMMING & DIVING (M &W):

A. The Competitions shall be Conducted According to the Latest Swimming Federation of India Rules as Adopted by A.I.U.

B. Selection of University Men and Women Swimming Teams will be held during the Inter-Collegiate Competition on the basis of the Qualifying Standard Circulated by the Department of Physical Education as per A.I.U. Norms Every Year. The Diving Team will be Selected on the basis of the Overall Performance and the Skills Execution Efficiency of the Divers during the Competition, Considering the Recommendation of the Selection Committee.

C. Swimming Events for Competition:

SWIMMING VARIETY	EVENTS FOR MEN	EVENTS FOR WOMEN
FREE STYLE	50 mtrs, 100 mtrs, 200 mtrs, 400 mtrs, 1,500 mtrs	50 mtrs, 100 mtrs, 200 mtrs, 400 mtrs, & 800 mtrs
BACK STROKE	50 mtrs, 100 mtrs, & 200 mtrs	50 mtrs, 100 mtrs, & 200 mtrs
BREAST STROKE	50 mtrs, 100 mtrs, & 200 mtrs	50 mtrs, 100 mtrs, & 200 mtrs
BUTTERFLY	50 mtrs, 100 mtrs, & 200 mtrs	50 mtrs, 100 mtrs, & 200 mtrs
Individual Medlay	200 mtrs, & 400 mtrs	200 mtrs, & 400 mtrs
Free Style Relay	4x100 mtrs	4x100 mtrs
Medlay Relay	4x100 mtrs	4x100 mtrs

D. Each College shall be permitted to enter a maximum of Two Swimmers for each Individual Event and One Team for Relay.

TABLE TENNIS (M &W): Matches will be Played on the basis of Modified “Swaythling Cup” Pattern with First Three Singles and if needed Reverse Singles. The Team should Consist of a Minimum of Three Players in order to Start the Match. The Men and Women Team may comprise of a Maximum of Five and Four Players Respectively.

TENNIS (M &W): Matches will be Played on the basis of Modified “Davis Cup” Pattern with Two Singles and One Doubles The Men and Women Team may Comprise of a Maximum of Five and Four Players Respectively.

TENNIKOIT (W): Latest Tennikoit Federation of India Rules will be followed for Conducting Matches. The Team may Comprise of a Maximum of Four Players.

THROWBALL (W): Latest Throwball Federation of India Rules will be followed for Conducting Matches. The Team may Comprise of a Maximum of Twelve Players.

VOLLEYBALL (M &W):

- a. The Latest Volleyball Federation of India Rules as Adopted by A.I.U. shall be followed.
- b. All the Matches, both Men and Women shall be Played for Best of Three Sets. The Team may Comprise of a Maximum of Twelve Players.

WEIGHT LIFTING (Men):

- The Competition shall be Conducted According to Latest Rules of Weight Lifting Federation of India as Adopted by A.I.U.

- The Competition will be Conducted in the following Weight Classes:
 1. Upto 56 Kgs.
 2. Upto 62 Kgs.
 3. Upto 69 Kgs.
 4. Upto 77 Kgs.
 5. Upto 85 Kgs.
 6. Upto 94 Kgs.
 7. Upto 105 Kgs.
 8. Above 105 Kgs.
- The Selection of University Team will be held during the Inter Collegiate Competition According to the Qualifying Standard prescribed by A.I.U. as Circulated by the Department of Physical Education every year, and as per the Recommendation of Selection Committee.
- The Competition shall be held Even if there is only One Competitor in a Weight Class.
- Points Awarded for First Three Places for Team Championship purpose is 5, 3, & 1. In case of a Tie the Team Securing Highest Number of First Places followed by Second and Third Places shall be Declared as Champions.

BEST PHYSIQUE (Men):

- Competitions will be Conducted According to the Body Building Federation of India Latest Rules as Adopted by A.I.U.
- Competitions shall be held in the following Weight Categories:
 1. Upto & inclusive 60 Kgs.
 2. Upto & inclusive 65 Kgs.
 3. Upto & inclusive 70 Kgs.
 4. Upto & inclusive 75 Kgs.
 5. Upto & inclusive 80 Kgs.
 6. Upto & inclusive 85 Kgs.
 7. Upto & inclusive 90 Kgs.
 8. Above 90 Kgs.

- University Team will be Selected during the Inter Collegiate Competition based on the Performance and Standard of Participants as per the Recommendation of Selection Committee.
- For Judging “Mr. Mysore University” First Positions in Each Weight Class shall be Considered.

WRESTLING (M &W):

- Competitions will be Conducted According to the Wrestling Federation of India Latest Rules as Adopted by A.I.U.
- Competition will be held in the following Weight Categories:

Men Section

1. Upto 50 kgs.
2. Upto 55 kgs.
3. Upto 60 kgs.
4. Upto 66 kgs.
5. Upto 74 kgs.
6. Upto 84 kgs.
7. Upto 96 kgs.
8. + 96 Kgs upto 120 kgs.

Women Section

1. + 44 Kgs upto 48 Kgs.
2. Upto 51 kgs.
3. Upto 55 kgs.
4. Upto 59 kgs.
5. Upto 63 kgs.
6. Upto 67 kgs.
7. + 67 Kgs upto 72 kgs.

- The University Teams (M &W) Selection Trials will be held among First Three Position Winners in each Weight Category in the Competition, Subject to Passing the Physical Fitness Tests. The University Team will be Selected on the basis of Performance during the Selection Trials and as per the Recommendation of selection committee.
- Each College will be Permitted to Enter Two Wrestlers in Each Weight Class and the Competition will be held in Each Weight Class if there are a Minimum of 3 and 2 Wrestlers in Men & Women sections, respectively.
- For the Purpose of Championship First Three Places i.e. 1st, 2nd & 3rd in each Weight Class shall be Awarded with 5, 3 & 1 point respectively.

YOGA (M &W):

- Yoga Competitions will be held for Men and Women Students Separately and the University Teams will be Selected based on the Performance of Participants during the Competition as per the Recommendation of Selection Committee.
- A Team may Consist of a Maximum of Six Competitors; Five shall be named for Competition and One will be the Reserve. Performance of all Five Competitors shall be Counted for Team Championship.
- A Team with less than Five Competitors shall not be Eligible for Team Championship. Competitors shall be Awarded Individual Prizes viz. I, II and III Places on the basis of Overall Performance in all Sections of Competitions.
- Competitors shall Participate in their College Uniform as indicated here under:

Men: Short and Vest/Sport Shirt

(Competitors opting Nauli shall wear Shorts only while Performing it.)

Women: Short and Vest/Sport Shirt or Gymnastic Costume.

- The Team of Officials includes a Chief Judge, Five Judges, a Scorer and a Time-Keeper for Each Section.
- Five Judges will Assess each Yogic Exercise Performed by the Competitors for a Maximum of Ten Marks. A Maximum Mark and Minimum Mark shall be Deleted and Average of Three Shall be Considered. In case More than One Judge has Awarded Maximum or Minimum Marks, only One Maximum and One Minimum Marks awarded shall be Deleted and the remaining Three shall be Considered.

- In case of a Tie, it will be resolved by Considering the following in that order,
- Aggregate of Marks in Compulsory Yogic Exercises.
- Aggregate of Marks in Optional Yogic Exercises.
- Aggregate of Marks in Shatkriyas.
- Marks Obtained in Suryanamaskara.
- A Judge may Move About to Assess the Performance of Competitors. A Judge may ask a Competitor to Perform any Yogic Exercise or Kriya again, if Need Arises.
- Proficiency of the Competitors in Performing Yogic Exercise will be Judged on the Basis of Degree of Flexibility in each Exercise, Duration of Retention of the Position, Calmness and Final Position Maintained.
- Each Individual Competitor or Team shall be Assessed for a Maximum of 100 Marks.
- The Details of Yogasanas whose Figure Numbers are Indicated in the Parenthesis are given in the Book “Light on Yoga” (Yoga Dipika) Authored by B.K.S. Iyengar (UNWIN Paper BACKS, 1988) and for Suryanamaskara & Shatkriyas, the Book “Asana, Pranayama, Mudra, Bandha”[APMB] Authored by Swami Sathyananda Saraswathi, Bihar School of Yoga, contains the details. The Page Numbers are indicated against each Activity.

Events for competition:

Part-A

- **Compulsory Yogic Exercises**(40Marks)

All the Competitors in a group or Team Perform each of the following Yogic Exercises in that order Simultaneously. A

Maximum of ONE MINUTE shall be allowed to assume Final Position of each Asana.

Asanas (common for Men & Women)

Paschimottanasana (Fig.155) Dhanurasana(Fig.555) Sarvangasana (Fig.234)

- **Suryanamaskara**(10 Marks(AMMB.Pg.161))

Men & Women Competitors, One after Another, shall Perform One Round of Twelve Count Suryanamaskara.

Shatkriyas(20 Marks)

- A Maximum of Two Minutes shall be allowed for Each Shatkriya.In case of Vastra Dhauti a Maximum of 10 Minutes shall be allowed. Competitors Perform Shatkriya One after Another.

- **Women**

- » Jalaneti or Sutraneli
(APMB.Pg.477&481)
- » Shatkarma/Seetkarma Kapalabhathi
(Jala Kapalabhathi {APBM.Pg.509})

- **Men**

- » Shatkarma/Seetakarma
Kapalabhathi(jala Kapalabhathi
{APBM.Pg.509})
- » Vastra Dhauti[Competitors shall use
Muslin Cloth 6-7 Meters in Length &
8cms in Width {APBM.Pg.499}]. Or
- » Nauli[Vama,Dakshina &
Madhyama{APBM.Pg.502-504}]

Part-B

OPTIONAL YOGIC EXERCISES (30 Marks)

Each Competitor shall Perform any Three of the Yogic Exercises listed below in concerned Section. A Maximum of 30 Seconds Shall be Allowed for each Yogic Exercise. One Competitor at a Time shall Perform the Yogic Exercise.

WOMEN

- Vatayan Asana(Fig.58)
- Purna Bhujangasana (Fig.552)
- Paripurna Matsyendrasana(Fig.339)
- Ekapada Shirasana (Fig.371)
- Ardha Baddha Padmottanasana (Fig.52)
- Vibhakta Paschimottanasana (Kurmasana {Fig.363})
- Natarajasana (Fig.590)
- Eka Pada Rajakapotasana (Fig.546)

MEN

- Mayurasana (Fig.354)
- Padmabakasana (Urdhva Kukkutasana[Fig.418])
- *Hanumanasana* (Fig.476a)
- Tittibhasana (Fig.395)
- Purna Chakra Bandhasana[Tryangamukhottanasana(Fig.586)]
- Setu Bandha Sarvangasana (Fig.259)
- Vrischikasana (Fig.537)
- Purna Shalabhasana[Viparita Shalabhasana(Fig.584)].

Note: The Specific Instructions Concerning all the above Sports Activities are Subject to Alterations/Modifications or Change as and when the Rules are Amended by Various Sports Federations.

IX. Certificates, Medals, Trophies, Incentives & Attendance for Inter-Collegiate Competitions:

Zonal tournaments:

- Only the Merit Certificates shall be issued by the Department of Physical Education to the Respective Zonal Conveners for Distribution of the same to Winners & Runners of the Zonal Tournaments. The Certificates shall be Duly Signed by the Concerned Zonal Convener and the Chairperson.

Note: The Zonal Committees are Authorized to arrange for award of Medal, Rolling Trophies to the Winners and Runners by Maintaining Proper Records.

Inter-Zonal Games Tournaments and Individual Events, Inter-Collegiate Competitions:

Merit certificates:

- The Merit Certificates shall be awarded to the First Three Position Holders in the Inter-Collegiate Tournaments/Competitions Duly Signed by the Director of Physical Education & Affixing the Hon'ble Vice-Chancellor's Facsimile on the Merit Certificates.

Medals:

- The First, Second and Third place Winners in the Inter-Collegiate Tournaments/ Competitions will be Awarded Gold, Silver, Bronze Medals, Respectively.

Trophies:

- All the Trophies of the Inter-Collegiate Tournaments/ Competitions shall be Rolling Trophies and the Record of the Existing Trophies shall be maintained by the Department of Physical Education, University of Mysore.

- The Trophies shall be the Property of the Department of Physical Education, University of Mysore. The Rolling Trophies can be Instituted only when they are according to the Specifications given by the Department of Physical Education, University of Mysore. The List of Trophies Instituted are given in Annexure-I.
- The Colleges/Institutions to which the Trophies are Awarded in a Particular Year shall be Responsible for the Safety and Care of the Trophies they Receive. Any Damage or Loss of a Trophy shall be Reported Immediately to The Director, Department of Physical Education, University of Mysore & the College Concerned Should Replace the Trophy Immediately. The New Trophy shall be as per the Specification given by the Department Of Physical Education, University of Mysore.
- It shall be the Responsibility of the College Holding the Trophy to send it to the College which Conducts the Tournament/ Competition, the Next Year.

Attendance:

- The Players Participating in the University Inter-Collegiate Tournaments/Competitions will be Issued with Attendance Certificates for Regularizing their Attendance in their Colleges as per the University Norms. The Team Manager/Coach will also be Issued with the Attendance Certificate.

Incentives:

- The following Cash Prizes will be Presented to the Sportspersons for a).Creating New Records, b) Winning Mr.Mysore University Title. c).The Institution Winning Overall Championship Title at the Inter-Collegiate Tournaments/Competitions will be given Cash Prize after getting the Approval of the University Sports Committee. The Cash Prizes shall be presented during the Felicitation Function of All India Inter University Tournaments

Prize Winning Sportspersons or on a Suitable Date as Fixed by the Director of Physical Education. The University Sports Committee may revise the Amount of Cash Prizes from Time- To -Time.

Cash prize:

- Rs.5,000/- for Creating each New Record in the University Inter-Collegiate Athletic Meet & Cross Country Races.
- Rs.5,000/-Cash for Mr. Mysore University Title Winner in the University Inter-Collegiate Best Physique Competition.
- Rs.10,000/-Cash Prize for **Team** Champions in the Inter-Collegiate Cross Country Races in Men and Women sections, Separately, which will be presented to the Winning College Principal/Physical Education Director for Utilizing the Cash Prize for Providing Sports Facilities to the Students or Procuring Sports Equipment.
- Rs.15,000/-Cash Prize for **Team** Champions in the Inter-Collegiate Athletic Meet in Men and Women section separately, which will be presented to the Winning College Principal/Physical Education Director for Utilizing the Cash Prize for Providing Sports Facilities to the Students or Procuring Sports Equipment.
- Rs.20,000/-Cash Prize for **overall** Champions in the Inter-Zonal Tournaments in Men and Women section Separately, which will be presented to the Winning College Principal/Physical Education Director for Utilizing the Cash Prize for Play Grounds Development or Procuring Sports Equipment.

X. Incentives for All India Inter-University Tournaments

Prize Winning Sportspersons (Medalists):

The following Incentives will be presented to the All India Inter-University Tournaments /Competitions Prize Winning Sportspersons (Medalists) after getting the Approval of the University Sports Committee during March End of the Financial Year. The University Sports Committee may Revise the Proposed Cash Award from Time- to- Time.

Cash Award for Players and Officials (Coach/Manger/Assistant):

- Gold Medalists/Winners, for each Individual-Rs 20,000/-
- Silver Medalists/Runners, for each Individual-Rs 15,000/-
- Bronze Medalists/Third Position Holders, for each Individual-Rs 10,000/-
- Establishing New Record- Rs 20,000/-(in Addition to the Amount Fixed for Medalist)

Blazer:

Maroon/Blue Colour Blazers with University Crest will be provided to All the Players and Officials (Coach/Manager/Assistant) of the All India Inter-University Tournaments/Competitions Prize Winning Teams/Sportpersons.

XI. Duties of Managers and Coaches Accompanying the University Teams:

- The Director of Physical Education shall Nominate the Managers & Coaches from among the University Department of Physical Education Staff, Affiliated Colleges Physical Education Directors who Assist in the Conduct of the University Sports Activities, as well as Sports Authority of India and Sports Authority of Karnataka Coaches.
- The Budget Allocated by the University Sports Committee shall be Drawn by the Director of Physical Education and Advanced to Team Manager. The Team Managers shall maintain the

Accounts as per the Guidelines Provided by the Office of the Department of Physical Education.

- The Team Managers shall Arrange Practice Matches in Consultation with the Coaches after getting Prior Permission from the Director of Physical Education.
- The Team Managers shall Collect all the Relevant Documents pertaining to the Tournament from the Department of Physical Education Office Immediately after Reporting for Duty.
- The Team Managers shall arrange for To & Fro journey of Team Members in Consultation with the Coach following the Instructions of the Organizing University by Collecting the Railway Concession Certificate from the Office of the Department of Physical Education.
- The Team Managers shall keep the Director of Physical Education, University of Mysore Informed about the Day to Day Proceedings of the Matches/Events of the Inter-University Tournaments/ Competitions.
- The Team Managers shall produce all the Required Documents to the Organizing Secretary of the Inter-University Tournaments, Immediately after Reaching the Venue.
- The Team Managers shall Disburse TA/DA & other Allowance to the Team Members as per the Guidelines of the University Sports Committee and Obtain the Receipts for the Amount Paid.
- The Team Managers have to Submit the Detailed Accounts Immediately after Returning from the Inter-University Tournaments along with the Statement of Expenditure to the Office of the Department of Physical Education after Getting the Concurrence of the Director of Physical Education, University of Mysore.

- The Team Coaches shall Maintain the Attendance of Team Players from the Date of Reporting to the Coaching Camp till the Completion of the Inter-University Tournaments/Competition Programme.
- The Team Coaches shall Inform the Director of Physical Education, Immediately about Non Reporting of any Players for the Coaching Camp without a Valid Reason, So that the Director of Physical Education can Drop Such Players from the Team and the Stand-By may be Called for the Camp as per the Merit and Requirement of the Team.
- The Team Coaches shall Maintain Team/Individual Player's Training Schedule of the Coaching Camp after Discussing with the Director of Physical Education and the Coaches shall suitably Chalk Out the Training Schedule of Sportspersons Participating in Individual Events taking into Consideration their Previous Training Schedule in the Interest of their Performance.
- The Team Coaches shall maintain the Performance Appraisal Report of all the Team Players of all the Matches/Events and submit the same to the Director of Physical Education.
- The Managers and Coaches shall be Responsible for Maintaining Team Discipline, Safety and Security of the Team Members starting from the Coaching Camp Period Till the Players Come Back to the Headquarters after Completing the Proceedings of the Inter-University Tournaments/Competitions.
- The Managers and Coaches shall submit a Report about the Players Conduct and the Tournament/Competition results Along with the Attendance Certificate Obtained from the Organizing University to the Director of Physical Education, University of Mysore.

XII. DUTIES AND RESPONSIBILITIES OF STAFF OF DEPARTMENT OF PHYSICAL EDUCATION, UNIVERSITY OF MYSORE.

A. Director of Physical Education

- To Recommend for Constitution of University Sports Committee Every Year to the University Authorities.
- To Conduct the Staff Meetings of the Department of Physical Education as and when required during Every Academic Year to discuss about the Routine Programmes and Other Issues Related to the Department and University.
- Chalk Out the Programme of University Sports Activities for Every Calendar Year at the Beginning of the Academic Year.
- To Convene Representatives Meeting Annually. The Representatives shall be from Affiliated, Constituent Colleges and P.G.Centers of the University.
- To Chalk Out Sports programme during the Annual Representatives Meeting.
- To Arrange University Sports Committee Meetings in Consultation with the Honourable Vice-Chancellor, University of Mysore, Mysore.
- To Prepare Budget Estimate to Carryout University Sports Activities Every Year for Placing Before the University Sports Committee.
- To Conduct Selection Trials for Selecting Various University Teams for Participation in the Inter-University Competitions.
- Organisation of University Inter-collegiate Competitions Every Year.
- Organisation of Inter-University Competition Allotted by Association of Indian Universities, New Delhi.

- Arranging of Coaching Camps for Various Selected Teams of University before the Participation in the Inter-University Competition.
- Fielding of University Teams for Various Inter-University Competitions Organised by Various Universities of India as allotted by Association of Indian Universities, New Delhi.
- To Arrange for Purchase of Sports Materials, Track Suits, Colours etc. for the use of Selected Sportspersons of Various University Teams Every Year.
- Developing and Supervising of Infrastructure Facilities of Indoor and Outdoor Sports Activities in the University Campus.
- Recommend to the University for Constituting Sports Scholarship Committee as per University Norms.
- To Arrange for Awarding Sports Scholarships for Outstanding Sportspersons of University of Mysore Every Year.
- To Arrange Workshops, Seminars, Clinics, Conferences etc. for the benefit of Physical Education Teachers and Coaches in various Sports and Games for Updating their knowledge.
- Encouraging Mass Participation by way of Arranging Lecture Programmes for Students by the Experts in the Field of Physical Education and Sports Sciences.
- To Participate in State, National, Inter-University and International Levels of Physical Education and Sports Conferences, Seminars, Competitions etc. for gaining more knowledge in the Areas of Administration, Organisation, Sports, Management etc. as per U.G.C Guidelines and University Norms.

- To Attend Meetings of Various University Bodies as per the University Statutes and Other Professional Meetings, as per the University Norms.

B) DEPUTY DIRECTOR/ASSISTANT DIRECTOR OF PHYSICAL EDUCATION/PHYSICAL CULTURE INSTRUCTOR.

- To Look after the Sports Activities of the University Constituent Colleges and Post Graduate Centers as Sports Council Secretaries according to Assignment Entrusted by the Director of Physical Education as per the Decisions taken at the Staff Meeting in the Beginning of Every Academic Year.
- To Constitute the Sports Council of the Constituent Colleges/Post Graduate Centers in Consultation with the Principal of Concerned Colleges, Chairperson of Post Graduate Center, and Director of Physical Education.
- To Recommend Members for Constituting Post Graduate Sports Council of Manasagangotri, Mysore, to the University, through Proper Channel.
- To Arrange Sport Council Meetings in Consultation with the Chairpersons as and when Need Arises.
- To Prepare Annual Budget of the Councils in Consultation with the Chairperson to Carry Out the Sports Activities of the students after getting the Approval of the Concerned Sports Councils.
- To Select Various Teams (M & W) for Participation in the University Inter-Collegiate and Other Tournaments in the beginning of the Academic Year after Prior Notification of Minimum Fifteen Days, In Consultation with the Sports Council Chairperson.

- To Send Entries of Teams for Participation in Various Tournaments in Consultation with the Sports Council Chairperson.
- To Supervise the Training Programme of Students Sportspersons during Morning and Evening Sessions on all Working Days Excepting on the Days of Other Assignments Entrusted by the Director of Physical Education/University Authorities.
- To Notify the Various Programmes of University Tournaments/ Selection Trials and Other Physical Education and Sports Activity Programmes from Time- To -Time, for the Information of Students.
- To Organise Annual Sports Activities for Students and Staff during each Academic Year with due Approval of the Concerned Sports Councils, and to Arrange Annual Sports Day function at the End of the Academic Year.
- To Maintain Sports Facilities in the purview of their Respective Sports Councils.
- To Reserve the Sport Facilities available at the Concerned Councils on Request by other Agencies for Conducting Competitions and to Collect Fee Prescribed for the Purpose(s).
- Monitoring the Admission of Users/Individuals who avail Sport Facilities and to Collecting Fee Prescribed by the Respective Sports Councils.
- To Assist the Director of Physical Education in Organising the University Inter-Collegiate Tournaments, Conducting Physical Fitness Tests for Sportspersons during University Team Selection Trials, Conducting Nodal Centre Activities under the Scheme of “Enhancing Standard of Sports Performance among University

Students”, Conducting Annual Summer Coaching Camps in Various Sports and Games etc.

- To assist the Director of Physical Education in carrying out the Routine Work of the Department of Physical Education, as and when entrusted.
- To Enhance Professional knowledge by participating in Refresher and Orientation Courses/Conferences/ Seminars/ Clinics/ Workshops/ Referees Examinations etc. following the U.G.C Guide Lines and University Norms.
- To Officiate in different Tournaments at Various Levels of Competition on Invitation from the Organizers and on the Request of Various Sports Agencies/Institutions following the University Norms and K.C.S.R, with Due Permission from the Director of Physical Education, University of Mysore.
- To Render Professional Service to other Universities/ Institutions/ Sports Agencies whenever required Without Prejudice to Routine Work of the Department/College/Sports Council.

C) COACHES:

- To Coach Players and Teams of University/University Constituent Colleges/Post Graduate Centers Teams and other Local Colleges and Schools, Talented Youngsters on all Working Days during Morning and Evening Sessions Excepting on the Days of Other Assignments Entrusted by the Director of Physical Education/ University Authorities.
- To Assist Secretaries of Sports Councils of University Constituent Colleges in Selecting their Council Teams and in carrying out of Annual Sports Activities of the Students and Staff.

- To Assist the Director of Physical Education in Conducting Physical Fitness Tests during Selection Trials of Players for University Teams. Carry out activities of Nodal Centers under the Scheme “Enhancing Standard of Sports Performance Among University Students” Every Year.
- To Prepare Daily Training Schedule, to Impart Training to the Student Sportspersons of University Constituent & Affiliated Colleges, and other Sportspersons who seek Coaching at the Department of Physical Education Premises.
- To Train University Teams before going for Participation in the Inter-University Tournaments.
- To Assist the Director of Physical Education in Organizing Inter-Collegiate, Inter-University and other Tournaments.
- To assist the Director of Physical Education in conducting Annual Summer Coaching Camps every year.
- To Assist the Director of Physical Education in carrying out the Routine Departmental work, as and when entrusted.
- To Supervise the Concerned Play Fields and Maintain them in Playing Condition with the Assistance of the Ground Staff, Department of Physical Education.
- To Officiate in different Tournaments at Various Levels of Competitions on Invitation from the Organisers and on the Request of Various Sports Agencies/Institutions with due Permission of the Director of Physical Education, following the University Norms and K.C.S.R.
- To Render Professional Service to other Universities/ Institutions/Sports Agencies whenever required without Prejudice to Routine Work of the Department ,following the University Norms.
- To Enhance Professional Knowledge by Attending Refresher and Orientation Courses/ Conferences/ Seminars/ Clinics/ Workshops/ Referees’ Examinations etc., following the University Norms and K.C.S.R.

D) Swimming Instructor/Life savers

- To Watch carefully the Student and Public Swimmers during different Batches on all Working Days, without giving Scope for any Accident.
- To Observe Carefully the Learners/Swimmers and be always Alert in Proper Dress to Rescue their Lives In Case of Drowning during the Pool Working Hours.
- To Assist the Students and Public in Learning Swimming Skills during the Regular Batches and Routine Working Hours.
- To Assist the Director of Physical Education, University of Mysore in Organising Competitions and Coaching Camps.
- To Assist the Swimming Coach during the Training of Competitive Swimmers in the Morning and Evening Sessions during Regular Working Hours of the Pool.
- To Assist the Swimming Coach in Swimming Pool Maintenance.
- To Assist the Organisers of any Swimming Competitions conducted at the University Swimming Pool or at other Places as Technical Officials with due Permission from the Director of Physical Education.
- To Assist the Director of Physical Education in carrying out the Departmental work, as and when Entrusted.

WORKING HOURS

a) Department Of Physical Education Staff:

- 06-30 AM to 09-00 AM :Training of Students in Sports activities, Supervision and Maintenance of Play Fields.
- 11-00 AM to 01-00 PM :Office Work
- 04-00 PM to 06-30 PM :Training and Supervision of Sport Activities.

b) Swimming Coach:

- 06-00 AM to 09-00 AM :Training of Students, Overall Supervision of Swimmers and Swimming Pool Premises.

- 11-00 AM to 01-00 PM :Office Work and Supervision of Swimming Pool Cleaning Process.
 - 04-00 PM to 06-30 PM :Training of Students, Overall Supervision of Swimmers and Swimming Pool Premises.
- c) **Swimming Instructor/Life savers:**
- 06-30 AM to 09-30 AM :Supervision of Swimmers
 - 11-00 AM to 01-00 PM :Office Work and Supervision of Swimming Pool Cleaning Process.
 - 03-00 PM to 06-00 PM : Supervision of Swimmers.
- d) **Ground Staff/D Group Employees:**
- 06-00 AM to 09-30 AM :Maintenance of all Play Fields and Sports Facilities.
 - 02-30 PM to 06-30 PM : Maintenance of all Play Fields and Sports Facilities.

Note:

1. Swimming Pool Staff Working Hours will be Rescheduled by the Director of Physical Education during Every Summer Season (i.e. during March, April and May) in order to Organize the Special Swimming Coaching Camps for the Benefit of Students and Public.
2. Ground Staff/D Group Employees: Shall Assist Director of Physical Education and Other Staff of Department of Physical Education while Organizing any Competitions/Coaching Camps/ Other Sports Activities.

XIII. Duties and Responsibilities of Physical Education Teachers of Affiliated Colleges:

DUTIES PERTAINING TO

1. Teaching

- Basic Skill, Game, Physical Fitness, Competitive Training and Coaching

2. Administration

- Committee, Meeting, Budget, Procuring the Equipment, Notification/ Circular, Arranging to send for Varsity Competitions/ Trials

3. Institution

- Maintenance of facilities, New Facilities, Report to the Principal, Discipline, Conduct of Intramurals, Flag Hoisting, Incentives.

4. Parents

- Fitness, Health, Habits, Practice, Talent

5. Outside Agencies (Extension services)

- Government, Private, Public, Organisation of Competition, Guide, Assist, Secure help for Promising Sportspersons, Lecturers on Drug Abuse, Fitness, Health etc.

6. Personal Development

- From NAAC point of view

Directorate of Collegiate Education in Karnataka assigns the following Duties to Physical Culture Instructors (Physical Education Directors) in Government and Aided, Unaided, Private Institutions

(Ref.: Letter No. / DCE/01/GO/89-90 Dated : 31/03/1990)

1. To Coach, Guide, Train and Supervise Students in general adopt a selective basis in Major Games and Athletics, give Training Daily both in the Morning And Evening Depending Upon the Working Hours and In Consultation with the Principal.
2. Provide Daily 1 Hour Preparatory Work.
3. In Addition to the above mentioned Teaching Work, the following Duties will be Discharged by the PCIs(Physical Education Directors), for Two Hours Every Day during the Working Hours of the Institution.
 - a) To Conduct the Inter-Class Matches.
 - b) To Conduct the Inter-Collegiate Tournaments.
 - c) To Assist the University in Conducting Inter-Varsity Programme.
 - d) To Conduct Annual Competitions for Students.
 - e) To Purchase, Maintain and Use Standard Equipment and Sports Goods for Various Activities in Accordance with the Physical Culture (Sports) Committee Regulations.
 - f) To Prepare, Maintain and use Available Play Fields, Courts and Grounds.
 - g) To Prepare a Plan for the Development and Promotion of Sports and Physical Education.
 - h) To Select and Train the Teams for different Games and Tournaments.
 - i) To Co-Ordinate and Implement the Programme chalked out by the Physical Culture Committee (Sports) of the College and Universities in regard to Sports and Physical Education.

- j) To Assist the Principal in the Maintenance of Discipline and Academic Atmosphere in the College.

FUNCTIONS of PHYSICAL EDUCATION TEACHERS

- Office Management (Budget, Formation of Committee etc.)
- Maintenance of Files (Circulars, Official Memorandum, Correspondence, Fixtures etc.)
- Maintenance of Records (Stock and Issue Registers, Results, University / State Players, Achievement, Health etc.)
- Organisation of Coaching Camps (during Vacations).
- Organisation of Tournaments (Private tournaments with the Assistance of Local Sports Lovers).
- National Days Celebration (Independence Day, Republic Day, National Sports Day and Mourning Days).
- Interactions with Technical Experts of Various Sports Federations.
- Officiating Assignments.

(PERTAINS to SELF APPRAISAL)

- Attending Seminars and Conferences .
- Acquiring Higher Qualification.
- Social Service.
- Personal File.

Working Hours:

6.30 to 9.00AM: Training of Students & Supervision of Play Fields etc.,

11.00 AM to 1.00 Noon: Office Work.

4.00p.m to 6.30 p.m: Training & Supervision of Activities

- Note: Working Hours may be modified by the Principal suiting the needs of Students & Weather conditions.

XIV. PHYSICAL FITNESS TESTS FOR DIFFERENT GAMES & SPORTS & NORMS FOR UNIVERSITY TEAMS (M&W)

SELECTION TRIALS:

BASIC PHYSICAL FITNESS TESTS FOR DIFFRENT GAMES & SPORTS (MEN) [INTRODUCED FROM 2000-2001]

01	Basketball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
02	Badminton (Shuttle)	30 Mtrs. Flying start	Semo.Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
03	Ballbadminton	30 Mtrs. Flying start	Semo.Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
04	Cricket	30 Mtrs. Flying start	Standing Broad Jump	Basketball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
05	Football	30 Mtrs. Flying start	Standing Broad Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
06	Gymnastics (2002-2003)	30 Mtrs. Flying start	Standing Broad Jump	Dips on Par. Bars	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
07	Handball	30 Mtrs. Flying start	10 Hops	Cri./Softball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
08	Hockey	30 Mtrs. Flying start	Standing Broad Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
09	Kabaddi (Players Max. wt.80kgs)	30 Mtrs. Flying start	Semo. Test	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
10	Kho-Kho	30 Mtrs. Flying start	Squat Thrust (Burpee test) for 10 Sec.	Right Boomerang Run	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
11	Table Tennis	30 Mtrs. Flying start	Semo Test	Basketball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
12	Tennis	30 Mtrs. Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
13	Volleyball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run
14	Wrestling (2002-2003)	30 Mtrs. Flying start	Squat Thrust/ Burpee test(for 1 minute)	Jump & Duck (for 1 minute)	6X10 Mtrs. Shuttle Run	1500 Mtrs. Run

**NORMS OF BASIC PHYSICAL FITNESS FOR THE SELECTION TRIALS - MEN SECTION
(INTRODUCED FROM 2000-2001)**

Total Points : 25

Points to qualify : 15

(Scoring Minimum 1 point in each test is compulsory)

SI.No	Name of the Test	POINTS				
		1	2	3	4	5
01	30 Mtrs. Flying Start (Secs.)	4.5-4.3	4.2-4.0	3.9-3.7	3.6-3.4	3.3 & below
02	Two Hands 8 Lbs. Shot Throw [Standing Overhead forward (Mtrs.)]	5.0-6.0	6.01-7.0	7.01-7.49	7.50-7.99	8.0 & above
03	Cricket Ball Throw (Mtrs.)	30.00-40.00	40.01-50.00	50.01-60.00	60.01-70.00	70.01 & above
04	Softball Throw (Mtrs.)	30.00-40.00	40.01-45.00	45.01-50.00	50.01-55.00	55.01 & above
05	Two Hands Basketball Throw [Sitting overhead forward (Mtrs.)]	7.00-7.50	7.51-8.00	8.01-8.50	8.51-9.00	9.01 & above
06	10 Hops [Left leg 5 & Right leg 5 continuously] (Mtrs)]	15.00-16.00	16.01-17.00	17.01-18.00	18.01-19.00	19.01 & above
07	Vertical Jump (Cms.)	42-46	47-51	52-56	57-61	62 & above
08	Right Boomerang Run (Seconds)	15.50-14.91	14.90-13.61	13.60-12.50	12.49-11.80	11.79 & below
09	Burpee Test (Nos.) [Squat Thrust for 10 Secs, for Kho-Kho & 1 min for Wrestling]	20-24 7-11	25-30 12-16	31-36, 17-21	37-42 22-26	43 & above 27 & above
10	Semo Test (Seconds)	16.00-15.01	15.00-14.01	14.00-13.01	13.00-12.01	12.00 & below
11	6X10 Mtrs. Shuttle Run (Seconds)	17.5-16.6	16.5-16.1	16.00-15.6	15.5-15.1	15.00 & below
12	Standing Broad Jump (Cms.)	190-200	201-210	211-220	221-230	231 & above
13	1500 Mtrs. Run (Mins. & Seconds)	7:00-6:16	6:15-6:01	6:00-5:46	5:45-5:31	5.30 & below
14	Dips on Parallel bars (Gym.) [Nos. For 15 Secs]	2-3	4-5	6-7	8-9	10 & above
15	Jump & Duck for 1 Min. [Wrestling (Nos.)]	14-15	16-17	18-19	20-21	22 & above

BASIC PHYSICAL FITNESS TESTS FOR DIFFERENT GAMES & SPORTS (WOMEN) [INTRODUCED FROM 2010-2011]

01	Basketball	30 Mtrs. Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
02	Badminton (Shuttle)	30 Mtrs. . Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
03	Ballbadminton	30 Mtrs. . Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
04	Gymnastics	30 Mtrs. . Flying start	Standing Broad Jump	Pull ups (Modified on Uneven Bars for 15 Secs)	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
05	Hockey	30 Mtrs. . Flying start	Standing Broad Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
06	Kabaddi (Players Max. wt. 70kgs)	30 Mtrs. . Flying start	Semo Test	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
07	Kho-Kho	30 Mtrs. . Flying start	Squat Thrust (Burpee test) for 10 Sec.	Right Boomerang Run	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
08	Table Tennis	30 Mtrs. . Flying start	Semo Test	Baske ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
09	Tennis	30 Mtrs. . Flying start	Semo Test	Cricket Ball Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
10	Volleyball	30 Mtrs. . Flying start	Vertical Jump	8 Lbs. Shot Throw	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run
11	Wrestling	30 Mtrs. . Flying start	Squat Thrust/ Burpee test (for 1 minute)	Jump & Duck (for 1 minute)	6X10 Mtrs. Shuttle Run	1200 Mtrs. Run

UNIVERSITY OF MYSORE

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NORMS of BASIC PHYSICAL FITNESS for THE SELECTION TRIALS - WOMEN SECTION (INTRODUCED FROM 2010-2011)

* Total Points : 25

* Points to qualify : 15

* (Scoring Minimum 1 point in each test is compulsory)

SI.No	Name of the Test	POINTS				
		1	2	3	4	5
01	30 Mtrs. Flying Start (Secs.)	5.5-5.3	5.2-5.0	4.9-4.7	4.6-4.4	4.3 & below
02	Two Hands 8 Lbs. Shot Throw [Standing Overhead Forward (Mtrs.)]	3.00-3.49	3.50-3.99	4.00-4.49	4.50-4.99	5.00 & above
03	Cricket Bail Throw (Mtrs.)	10.00-15.00	15.01-20.00	20.01-25.00	25.01-30.00	30.01 & above
04	Softball Throw (Mtrs.)	5.00-10.00	10.01-15.00	15.01-20.00	20.01-25.00	25.01 & above
05	Two Hands Basketball Throw [Sitting Overhead Forward (Mtrs.)]	3.00-3.99	4.00-4.49	4.50-4.99	5.00-5.49	5.50 & above
06	10 Hops [Left leg 5 Right leg 5 continuously] (Mtrs.)	8.00-8.50	8.51-8.99	9.00-9.50	9.51-10.00	10.01 & above
07	Vertical Jump (Cms.)	20-25	26-29	30-35	36-39	40 & above
08	Right Boomerang Run (Seconds)	20:00-19:01	19:00-18:01	18:00-17:01	17:00-16:01	16:00 & below
09	Burpee Test/Squat Thrust (Nos.) [10 Seconds for KHO-KHO. 1Minute for Wrestling]	1-4 2-4	5-9 5-7	10-14 8-10	15-19 9-11	20 & above 12 & above
10	Semo Test (Seconds)	20.00-19.01	19.00-18.01	18.00-17.01	17.00-16.01	16.00 & below
11	6X10 Mtrs. Shuttle Run (Seconds)	24.00-23.01	23.00-22.01	22.00-21.01	21.00-20.01	20.00 & below
12	Standing Broad Jump (Cms.)	100-119	120-139	140-159	160-179	180 & above
13	1200 Mtrs. Run (Min. & Seconds)	10:0-9:01	9:00-8:01	8:00-7:01	7:00-6:01	6:00 & below
14	Pull ups Modified/on Uneven Bars (Gym.) [Nos. for 15 (Seconds)]	2-3	4-5	6-7	8-9	10 & above
15	Jump & Duck for 60 Seconds [Wrestling (Nos.)]	2-5	6-8	9-11	12-14	15 & above

XV. Award of Sports Scholarship to Outstanding Sportsperson of the University:

Seventy five (75) Outstanding Sportspersons selected by the Scholarship Committee based on the Eligibility Criteria shall be awarded the Sports Scholarship of Rs 2500/- every year.

Following are the Criteria Of Sports Scholarship.

ELIGIBILITY CRITERIA FOR AWARD OF SPORTS SCHOLARSHIP IN THE MYSORE UNIVERSITY FROM 1996 AND ONWARDS.

I ELIGIBILITY:

1.0 Students who have represented the University of Mysore in the Inter-University Tournaments sponsored by the Association of Indian Universities in the Current Academic Year shall be eligible to apply for the award of "UNIVERSITY SPORTS SCHOLARSHIP".

1.1 A student who is recipient of Endowment/Subject/Merit/GOI/State Govt./ PCP and other Scholarship is also eligible to apply for the award of Sports Scholarship in addition to any of the aforesaid Scholarships.

.....continued

II EXISTING CRITERIA:

The following criteria in the same sequence shall be considered for the award of sports scholarship for the eligible candidates:

	Points for awarding sports scholarship under existing criteria		
1.0 A student sponsored by Association of Indian Universities to participate in the World Universities Games and Sports	100 points.		
1.1 A student Winning a place in the All India Inter-university Competitions Winning Gold, Silver or Bronze Medal in the Individual Event or First, Second or Third place in the Team Event shall be Considered for the award of Scholarship in that order	a. Gold/First: 100 points b. Silver/Second: 95 points c. Bronze/Third: 90 points		
1.2 A student who Wins a place in the National Championship as a member of the Combined Universities Team	85 points		
1.3 A student who has participated in the National Championship as a member of the Combined Universities Team/Vizzy Trophy	80 points		
1.4 A student who has participated in the Inter-University Competitions	a. 10 points b. 10 points for every additional representation.		
1.5 A student who has participated in more than one Inter-University Competition as a member of Mysore University.	10 points		
1.6 A student who has won a place in National Championship as a member of Karnataka State team Winning in Senior, Junior, Sub-junior or Mini-National Championship in that order.	a.	Senior:	10 points
	b.	Junior:	8 “
	c.	Sub. Jr:	6 “
	d.	Mini. NIS	4 “
1.7 A. student who has participated in the National Championship as a member of Karnataka State team, in Senior, Junior, Sub-junior and Mini-National Championship in that order.	a.	Senior:	5points
	b.	Junior:	4 “
	c.	Sub. Jr:	3 “
	d.	Mini. NI	2 “
1.8 In the event of a tie, a student pursuing a Higher Course or studying in a Higher Class shall be preferred while awarding the Scholarship.			

XVI Criteria for Allotment of Seats under Sports Quota in the Admission to Post Graduate Degree Courses of University of Mysore:

a) Fifteen seats will be allotted according to the Sports Merit for various P.G.Courses on the basis of the Sports Achievement of the applicants.

b) Criteria are as listed below

CRITERIA FOR ALLOTMENT OF SEATS UNDER SPORTS QUOTA IN THE ADMISSION TO POST GRADUATE DEGREE COURSES(As Approved by the Government of karnataka Vide Letter No.ED/25/UMS/2000,Dated 4-09-2000).

Basic Requirement: Candidates seeking seat under Sports Quota must have Represented University of Mysore in the Inter-University Sports Competitions during his/her study at Degree/Postgraduate Degree/Diploma Courses.

Note: Sports Merit may be computed by awarding the points as per weightage indicated below and the applicant's names arranged in the order of Merit. Seats shall be allotted strictly on Sports Merit.

In case two or more candidates secure same points in Sports Performance, the Merit of the candidates in the Qualifying and Entrance Examinations shall be the Criterion for Selection.

Sl. No.	Competition	Points for			
		Representation	Achievement		
			Gold/I	Silver/II	Bronze/III
1.	Representing India in Olympic Games/World Universities Meets /Commonwealth Games/Asian Games/World Championships organised by the Federations	75	25	15	10
2.	Representing University of Mysore in the Inter-University Tournaments South Zone/ South-West zone[Additional representation (Max. four)]	20 2+2+2+2			
3.	Participation in Inter-Zonal Competitions after qualifying from South Zone/South West Zone Competitions [Additional representation (Max. four)]	30 2+2+2+2	60	50	40
4.	(a) Representing University of Mysore in the All India Inter-University Competition [Additional representation (Max. four)] (b) Representing University of Mysore in the All India Inter-University Competitions and securing any of the first three places. [Additional representation (Max. four)]	20 2+2+2+-2 30 2+2+2+2	60	50	40
5.	Representing Combined Universities Team as a student of University of Mysore in the National Championships	20			
6.	Representing Karnataka State in the National Championships/ National Women Games/National Games/South Zone Championships	20			
7.	Creating New Record in the Mysore University Inter-Collegiate Competitions	5			

XVII U.G : CRITERIA FOR ALLOTMENT OF SEATS UNDER SPORTS QUOTA FOR ADMISSION TO GRADUATE COURSES OF UNIVERSITY OF MYSORE

Note: sports merit may be considered for awarding the points as per weightage indicated below. Points for maximum achievement shall only be considered and no points shall be awarded for additional medal(s) won. In case two or more candidates secure identical points in sports performance and if it is to decide the last seat /s, the tie shall be resolved by considering the academic merit.

Sl. NO.	C O M P E T I T I O N	P O I N T S F O R A C H I E V E M E N T			
		Representation	Gold /I	Silver /II	Bronze/III
1	Representing India in Olympic Games /Common Wealth Games.	85	35	30	25
2	Asian Games / World Championship/Other International.	75	30	25	20
3	Representing Karnataka State in the National Championship Organized by Sports Federation.	60	25	20	15
4	Representing Karnataka State in P.U.C Games/S.G.F.I. School Games	50	20	15	10
5	All India Rural Sports/ All India Women Games/ Representing in Karnataka State South Zone Championship organized by Sports Federations.	40	15	10	05
6	Representing District/P.U.C/School/Clubs in the Karnataka State Level Competitions Organized by State Sports Associations/P.U.C Board/Secondary Schools Education Board.	30	10	07	04
7	Representing Zone /Taluk in District Level Competitions Organized by District Sports Association/P.U.C Board/Secondary Education Board.	20	07	05	03
8	Representing School/College in Taluk Level Competitions Organized by Clubs/P.U.C Board/Secondary Schools Education Board.	15	05	03	01

Percentage recommended for the allotment of seats in various degree courses in the university constituent colleges.

- 1) Maharajs College ; 2% of the total Admission**
- 2) Yuvaraja's College 2% of the total Admission.**
- 3) Uni. Evening College; 2% of the total Admission.**

ANNEXURE - I

Details of the Rolling Silver Trophies instituted for University Inter – Collegiate Tournaments:

Sl. No	Title of the Trophy	Event for which the Trophy is awarded	Donor
1.	M.G.Srinivasa Rao. Memorial Rolling Shield	Athletics (Men) Team championship	Prof. J.C.Rollo
2.	Teresian College Silver Jubilee Rolling Shield	Athletics (Women) Team championship	Teresian College, Mysore
3.	In the memory of Late D.Lingegowda and Puttamma, Manigere Rolling Shield	Cross Country Race (Women) Team championship	Sri. M.Shivalinge Gowda. Physical Education Director, Bharathi College, Bharathi Nagar. (2009)
4.	In the memory of Late D.Lingegowda and Puttamma, Manigere Rolling Shield	Cross Country Race (Men) Team championship	Sri. M.Shivalinge Gowda. Physical Education Director, Bharathi College, Bharathi Nagar. (2009)
5.	Chief Justice Hombegowda Memorial Gold Cup	Football (Men) winners	Late A.M.RAjashekhhar, Advocate (1971)
6.	M.G.Srinivasa Rao, Rolling Trophy	Swimming (Men) Team championship	B.M.S. Engineering College, Bangalore.
7.	M.G.Srinivasa Rao. Memorial Rolling Shield	Wrestling (Men) Team championship	Y.V.Sreenivasa Murthy
8.	In the memory of his father K.Lingaiah Rolling Shield	Wrestling (Men) Team championship	Sri. L.Manjappa, Wrestling Coach, Sports authority of India, D.P.E.U.O.M (2011)

**Details of the Rolling Silver Trophies instituted for
University Inter – Collegiate Women Games:**

Sl. No	Title of the Trophy	Event for which the Trophy is awarded	Donor
1.	Rolling Shield	Ballbadminton	Mrs. Padmini Rangachar, and Mr. H.C. Rangachar(2002)
2.	In the name of Smt.Kempamma Sidde Gowda Rolling Shield.	Badminton (Shuttle)	Sri. H. S. Rame Gowda Physical Director Maharani's Arts College, Mysore(2002)
3.	Rolling Shield	Basketball	Kum. Pavithra Chandra International Basketball Player(2002)
4.	In the Name of Late Sri.Doddahalli Puttaswamy Gowda Memorial, Rolling Shield	Chess	Sri. D Ashokkumar, Physical Director, N.D.R.K College, Hassan, (2002)
5.	J.P.N, Rolling Shield.	Handball	Sri.J. P. Narayana Swamy, Lakshmipura, Arasikere, (2002)
6.	In Memory of Dr. K B Subbaiah Rolling Shield	Hockey	Dr.K. S. Gowtham, (2002)
7.	Rolling Shield	Kabaddi	Sri.Ismail Sharief Managing Director, K.M.S. Coach Builders Pvt.Ltd. Banglaore. (2002)
8.	In memory of Smt.Kempamma Chikkahonnaih Rolling Shield	Kho-Kho	Dr.C. Krishna, Director, Dept. of Physical Education, University of Mysore, (2002)
9.	In the name of Late Smt.Gowramma Chennegowda (Kilara) Rolling Shield	Softball	Sri.K. C. Kumaraswamy, Physical Director, Govt. F G College, Kuvempunagar, Mysore(2002)
10.	In the name of Late Smt.T S Meenakshi (Kodagina Teacher) Rolling Shield.	Table Tennis	Smt.T. S. Yashoda, Physical Director, Maharani's Arts College, Mysore. (2002)
11.	In memory of Kum. S R Savinaya Rolling Shield	Tennis	Lns.S. P. Shyamala and Ln.C.Rajappa Gowda. (2002)
12.	In memory of Latha Thayamma Rolling Shield	Throwball	Sri. K .T. Girish, Hassan(2002)
13.	In the memory of Late Hosahalli, Sri.Siddegowda Rolling Shield.	Tennikoit	Sri.Siddaramegowda, Physical Director. G.F.G.College, K. R. Nagara, (2002)
14.	In memory of Mir Murtuza Hussain Rolling Shield	Volleyball	Prof. Suraiya Jabeen, Mysore. (2002)
15.	Rolling Shield	Overall Championship	Mrs.Shambhavi Marla and Sri.M.S.J.Marla, Physical Director, Teresion College, Mysore. (2002)

**Details of the Rolling Silver Trophies instituted for
University Inter – Collegiate Men Games:**

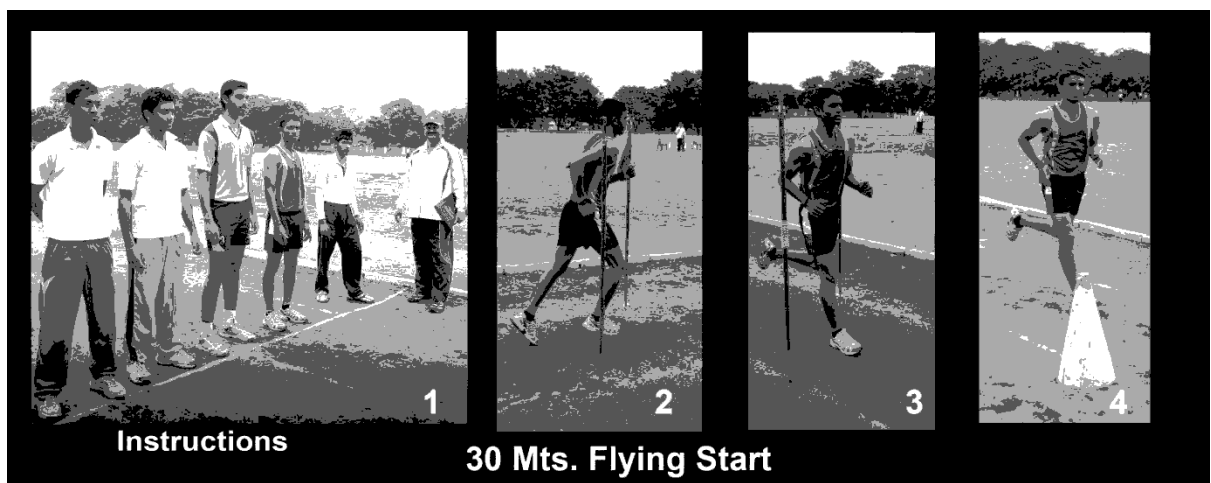
Sl. No	Title of the Trophy	Event for which the Trophy is awarded	Donor
1.	In the name of Late Capt. K.R. Krishna Rolling Shield	Badminton (Shuttle)	Mrs. & Mr. Chnadrapraksh and Family(2001)
2.	In the name of Sri.H..N.Anantha Padmanabha Rao Rolling Shield	Ballbadminton	Smt.Lakshmiddevamma and Family, (2001)
3.	Ismail opticals co., Sayyaji rao Road, Mysore Rolling Shield	Basketball	Abdul Kareem Sait, St.Philomena's old Student 1980-85. (2001)
4.	In Memory of his mother Angelina Moras Rolling Shield	Chess	Rev.Fr.Leslie Moras,. Principal, St.Philomena's College, Mysore(2001)
5.	Annco Industries Rolling Shield	Cricket	Aanco Industries Mtrs of Wooden and Steel furnitures, Bannimantap, Mysore(2001)
6.	Rolling Shield	Football	Rev.Fr.S.D.Joseph, Chairperson, National Co-ordination Committee for SC/ST/OBC.Karnataka(2001)
7.	In the memory of his father J Victor Sundaram Rolling Shield	Handball	Josephat Andrews(2001)
8.	In Memory of Puttappa and Jayamma Rolling Shield	Hockey	Sheshadri H. P. Kanthi Estate, Shanivarasanthe, Coorg. (2001)
9.	In the name of his mother Mrs.Rosali Sebastian hRolling Shield	Kabaddi	S.Jayaseelan, Lecturer, St.Philomena's College, Mysore. (2001)
10.	In memory of Mrs. And Rev.S.Earnest Rolling Shield	Kho-Kho	Christopher, Physical Director, St.Philomena's College, Mysore and Sanjeeva Kanaka, Kho-Kho Coach Sports Authority of India. (2001)
11.	Rolling Shield	Softball	Rev.Fr.Vincent Fernandez Director, Organisation for Development of People, Mysore. (2001)
12.	In Memory of Sri Hansraj Sharma (Founder, Sharma Sports 1939) Rolling Shield	Table Tennis	M/s Sharma Sports, Mysore. (2001)
13.	In Memory of Their father Late C.Srikantan Rolling Shield	Tennis	C.S.Subramanian and C.S.Ramaswamy(2001)
14.	In memory of his Parents late Madalimuthu & Late Amala Parva Mary Rolling Shield	Volleyball	Rev.Fr.M.Vincent, Principal, St.Philomena's. P.U.College. (2001)Mysore.
15.	In memory of Prof.M.G.Srinivas Rao Rolling Shield	Overall Championship	Central College, Bangalore

ANNEXURE - II

MEASUREMENT OF SPEED

30 METERS FLYING START

- OBJECTIVE** : To measure the maximum speed
- EQUIPMENT** : Stop watch (1/10th of a second) and four flag posts.
45 meters running strip, a measuring tape.
- MARKING** : The 45 meters distance is divided into two zones. One of 15 meters and other one of 30 meters say FA (15 mts) and AB (30 mts). Take radius of 30 mts and mark arcs from Point A and Point B, which intersect at point C. Then join CA and extend to M and join CB and extend to N and fix flags at A' B' M and N.



PROCEDURE

: The performer stands behind the line F and on signal 'go' accelerates and crosses the line B with maximum possible speed.

SCORING

: The time keeper stands at point C and when the runner comes in line with flags A' and M he starts the watch and when the torso of runner comes in line B' & N he stops the watch. The time is then noted down to the nearest 1/10 of second. Two trials shall be given and the best trial shall be considered.

MEASUREMENT OF STRENGTH

Two hands 8 Lbs. Shot Throw

(Standing Overhead Forward)

OBJECTIVE :To measure the explosive strength of both arms.

EQUIPMENT :8 lbs. shot, and a measuring tape

MARKING :Putting shot circle with sector lines.



Two Hands 8 lbs. Shot Throw

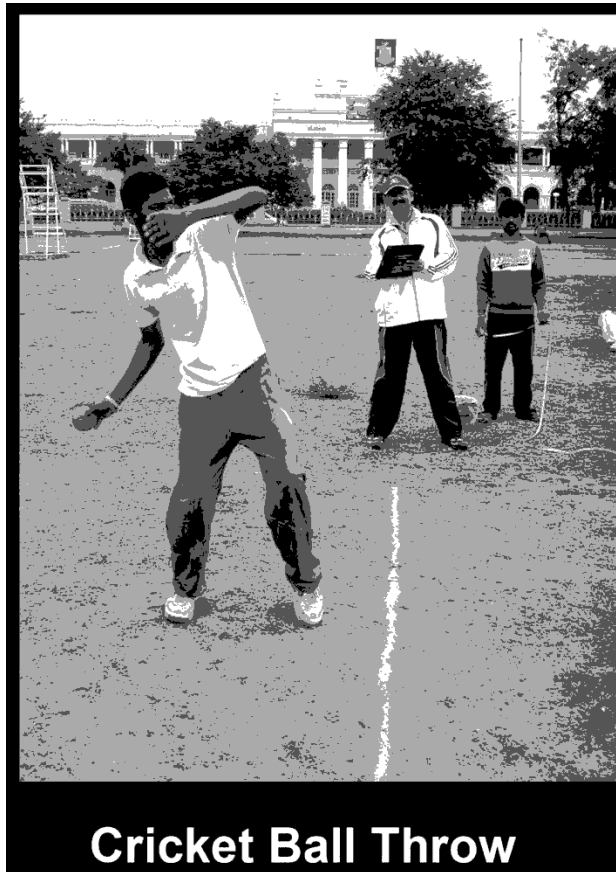
PROCEDURE :The performer stands inside the circle assuming parallel stance. He grips the 8 lbs. shot by both the palms and hold it behind the neck by flexing the elbows. Body shall be erect with simultaneous extension of elbows the shot is thrown in forward direction as far as possible. The student shall not cross the line of the circle in the front half while throwing or immediately after the throw.

SCORING : The distance is measured in meters. The measuring tape is spread from the nearest break made by the shot to the centre of the circle with “zero” of the tape held at the break. The distance is measured from the break to the nearer edge of the putting circle. Best of three trials shall be considered.

CRICKET BALL THROW

OBJECTIVE

:To measure the explosive strength of the arm.



EQUIPMENT

: Cricket ball, a measuring tape.

MARKING

: A starting line of 2 meters, length and parallel lines at regular intervals of 5 meters from 20 mt. to 55 mt. shall be marked.

PROCEDURE

: The performer stands behind the starting line with cricket ball in his strong throwing hand. He shall throw the cricket ball as far as possible in the forward direction. while throwing, taking a step forward is permitted.

SCORING

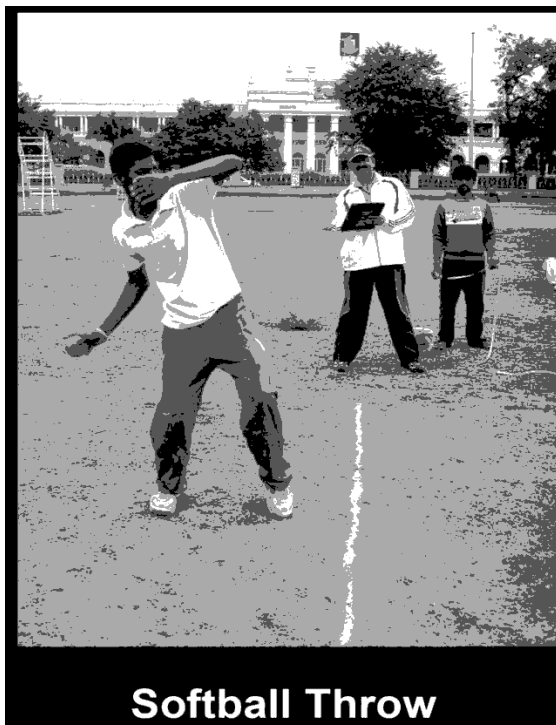
: The distance of throw is measured in meters. The score of best of three throws shall be considered.

SOFTBALL THROW

OBJECTIVE : To measure the explosive strength of the arm.

EQUIPMENT : Softball, a measuring tape

MARKING : A starting line of two meters length and parallel lines at regular intervals of 5 mts. from 25 mt. to 45 mt. shall be marked.



PROCEDURE : The performer stands behind the starting line gripping the softball with his strong throwing hand. He shall throw the softball in forward direction as far as possible. While throwing a step forward is permitted.

SCORING : The distance of throw is measured in meters. The score of best of three throws shall be considered.

TWO HANDS BASKETBALL THROW (SITTING OVERHEAD FORWARD THROW)

OBJECTIVE : To measure the arm strength and upper body coordination.

MARKINGS ANDEQUIPMENT

: Putting the shot circle with toe board, A Basketball and a measuring tape.



PROCEDURE : The performer sits in the centre of the circle assuming straddle sitting position (leg extended and apart). He grips the Basketball by both the hands and holds it behind and overhead by flexing elbows. With simultaneous extension of elbows and forward swing of upper body the ball is thrown in forward direction as far as possible.

SCORING : The distance is measured in centimeters. The score will be best of three throws where the distance shall be measured from the center of the circle to the point where the ball lands first.

TEN HOPS

OBJECTIVE : To measure the leg explosive strength

EQUIPMENT : Measuring tape

MARKING : A starting line of 2 meters shall be marked.

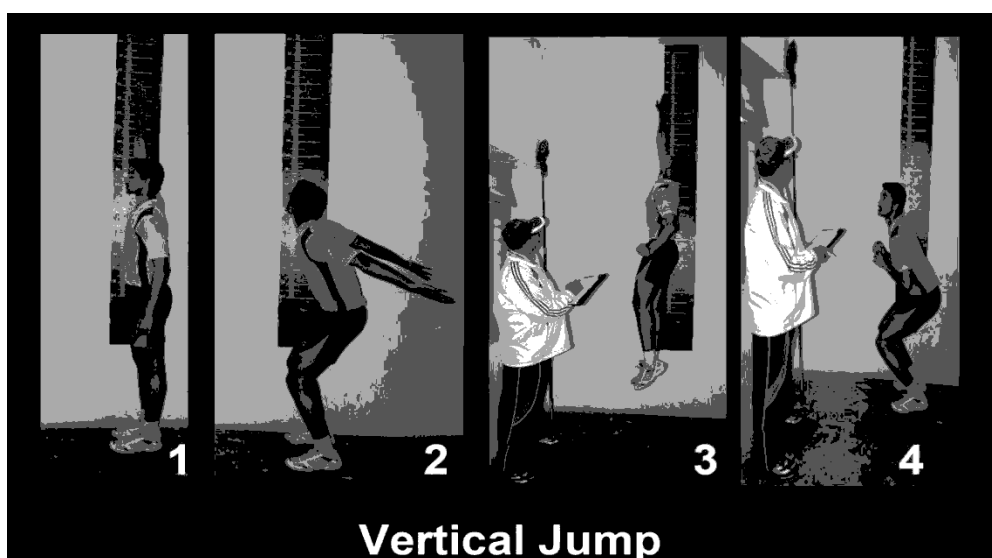


PROCEDURE : The performer stands behind the starting line. On the command “go” he shall hop on his left leg (by flexing the right leg) five (5) times continuously forward to a distance and then changes to right leg, hops five (5) times on his right leg (by flexing the left leg) to a forward distance as far as possible.

SCORING : The distance measured in complete meters.

VERTICAL JUMP

- OBJECTIVE** : To test the explosive strength of leg and extensibility of hip muscles.
- EQUIPMENT** : Duster, chalk powder, measuring tape, a chair and a bench.
- MARKING** : A vertical wall is prominently marked in centimeters upto 4.00 meters.



- PROCEDURE** : The performer dips his fingers of hand in chalk powder and stands sideways against the wall, keeping the arm raised completely above the head and clap the extended hand dipped in chalk powder on the wall. The height is noted. Then he crouches and jumps as high as possible and touch the wall. Again the height is noted. The readings shall be noted by keeping eyes in level with the chalk mark on the graduated marking.
- SCORING** : The standing reach is subtracted from the jumping reach. The score will be best of three jumps, which is recorded in centimeters.

STANDING BROAD JUMP

OBJECTIVE : To measure the explosive strength of the legs.

EQUIPMENT &

MARKING : A measuring tape, a levelled long jump pit with the take off line marked at the edge of the pit.



PROCEDURE : The performer stands behind the take off line with feet together. He flexes his knees, takes back arms, raising the heels a little and along with a vigorous forward and upward arm swing he jumps into the pit to cover the maximum distance.

SCORING : The distance covered in centimeters between the take off line and the nearest landing mark is measured. The score will be best of three trials.

MEASUREMENT OF AGILITY

RIGHT BOOMERANG RUN

OBJECTIVE : To measure the agility of the performer in running and changing direction.

EQUIPMENT AND MATERIALS : One chair for the centre station four Indian clubs or similar objects for the outside stations, one stop watch and a measuring tape.

DIRECTIONS : The student stands behind the starting line facing the centre station. Upon hearing the signal “go” he runs to the centre station makes a quarter right turn and continuous through the course as shown in the figure.



SCORING : The score is determined by the time taken to complete the course. Time is recorded to the nearest tenth of a second.

BURPEE TEST (OR SQUAT THRUST)

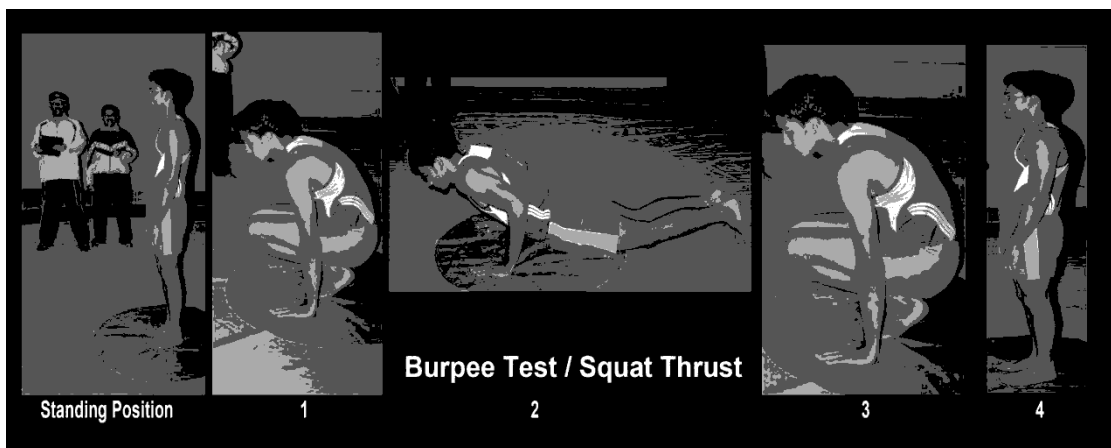
OBJECTIVE : To measure the rapidity by which body position can be changed

EQUIPMENT : Stop Watch

DIRECTIONS : (See figure) from a starting position the student shall

- a) bend the knees and waist and place the hands on the floor in front of the feet,
- b) thrust the legs backward to a front leaning rest position,
- c) return to the squat position, and
- d) rise to a standing position.

From the signal “go” he shall repeat this cyclic movement as rapidly as possible until the command “stop” is given.



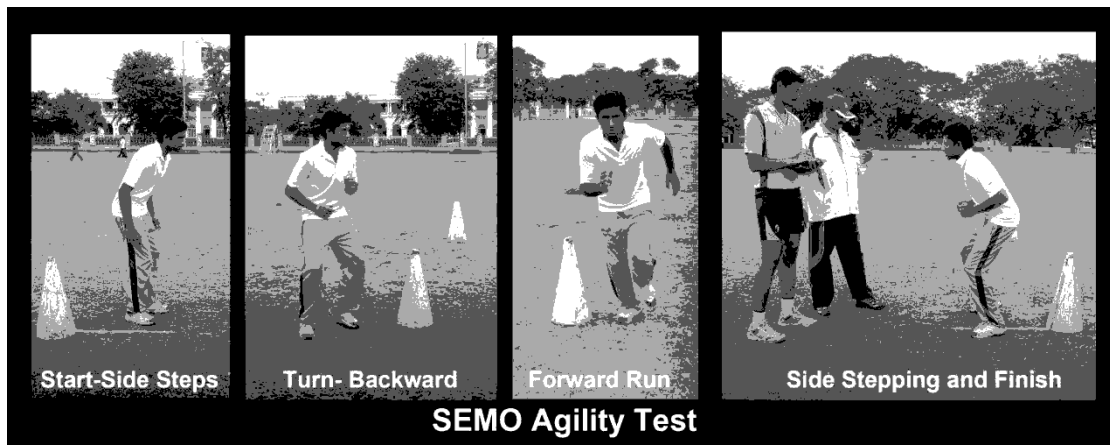
SCORING : The test is scored in terms of the **parts executed** in 10 seconds

For example: Squatting and placing the hands on the floor is **one** part,

- Thrusting legs to the rear is **two**
- returning to squat position is **three**, and
- Returning to the standing position is **four** for Kho-Kho & in Wrestling the execution of all the above parts is considered as **ONE COUNT** in 1minute.

SEMO AGILITY TEST

- OBJECTIVE** : To measure the general agility of the body in maneuvering forward, backward and sideward.
- EQUIPMENT AND MATERIALS** : This test was designed to utilise the free throw lane of a Basketballs court, but any smooth area 12' by 19' with adequate running space round it will suffice. Four plastic cones (9 by 9 inch base with 12" height) or suitable substitute objects and a stopwatch are needed. The cones are places squarely in each corner of the free throw lane as shown in the figure.



- DIRECTIONS** : The student shall stand outside the starting line (at A) with feet and shoulders parallel to the imaginary line joining the objects 'A' & 'B'. The face shall be towards the opposite side of the testing area, and right foot near the starting line. The performer waits for the signal "ready, go". The student on getting the signal should side step from 'A' to 'B' and pass outside the corner cone 'B'. He should then back pedal from 'B' to 'D' and pass to the

inside of the corner cone D. He then should sprint forward from 'D' to 'A' and pass outside the corner 'A'. He should then backpedal from 'A' to 'C' and pass to the inside of the corner cone 'C'. He should then sprint forward to 'C' to 'B' and pass outside the corner cone 'B'. He should then side step from 'B' to the finish line at 'A'.

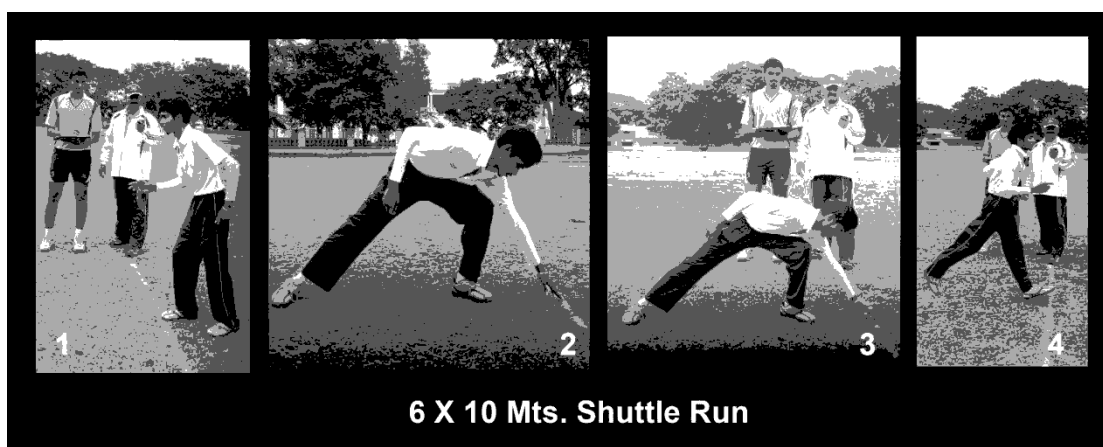
SCORING : The best of the two trials (recorded to the nearest 1/10 second) is recorded as the score. One practice trial may be allowed.

6 X 10 METERS SHUTTLE RUN

OBJECTIVE : To determine the agility of the subject

EQUIPMENT : Stop Watch

MARKING : 10 meters of distance is marked by two parallel lines of 5 meters each. One of the lines serves as starting line.



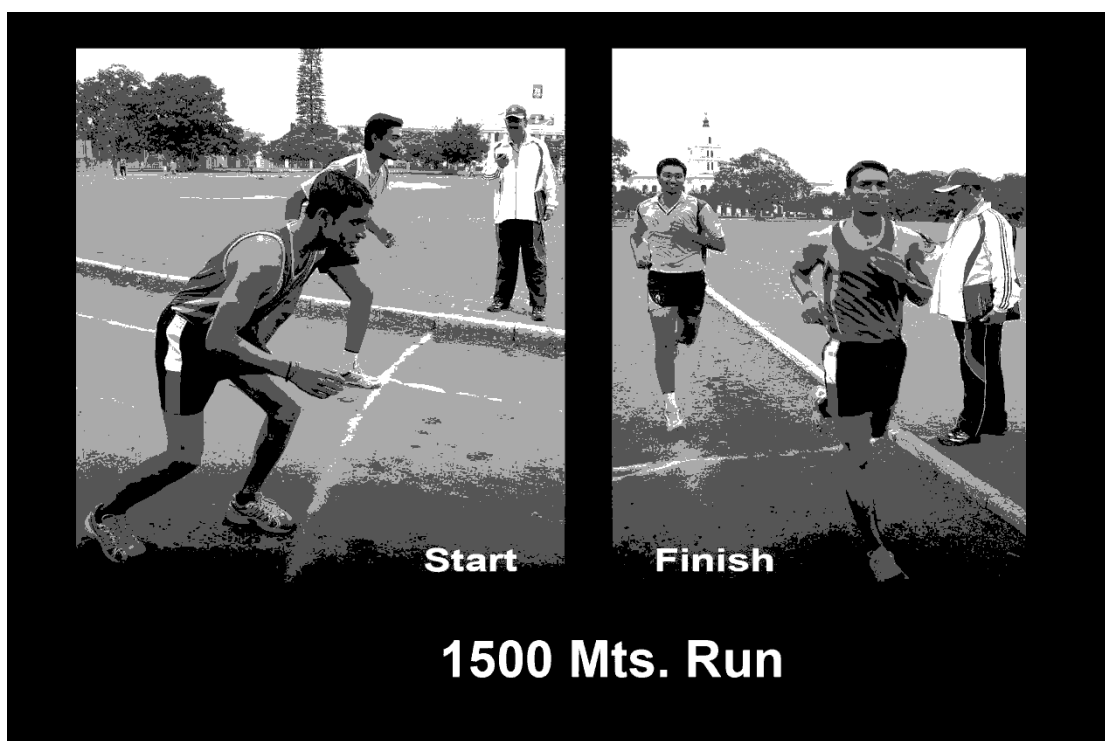
PROCEDURE : The subject stands behind the starting line. On getting starting signal “go” he runs faster towards the other line and touches it with one hand (see figure). turns 180° and comes back to starting line, touches it with a hand and turns again 180° and repeats it for a total of 5 times and finishes on 6th to complete 60 meters.

SCORING : The time taken by the performer to complete the course of 6 X 10 meters is recorded to the nearest 1/10 of second.

MEASUREMENT OF ENDURANCE

1500 METERS RUN

- OBJECTIVE** : To measure the endurance of the students
- EQUIPMENT** : Stop Watch
- MARKING** : The 1500 mt. distance is marked on a level field or marking may be done in a 400/200 mt. track.
- PROCEDURE** : The performer stands behind the starting line. On getting the starting signal he runs 1500 mt. distance in as limited time as possible.



- SCORING** : The time to cover 1500 mt. distance is recorded to the nearest 1/10 of a second.

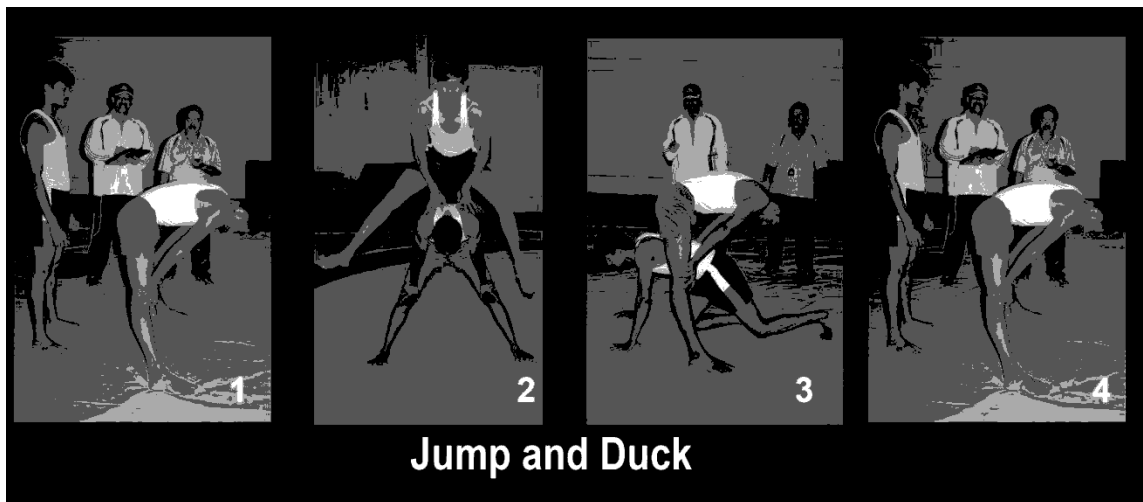
WRESTLING

JUMP AND DUCK

Objective : To measure the specific endurance for wrestlers

Equipment: Wrestling mat and stop watch.

Procedure : The subjects stands behind the partner, who is in the duck position with feet apart and holds both the knees with hands firmly, jumps over the head and lands in front and crawls under the partner's legs and again assumes the starting position.



Scoring :The number of repetitions performed in 1 minute shall be taken into consideration.

PHYSICAL FITNESS TEST IN GYMNASTICS

DIPS ON PARALLEL BARS

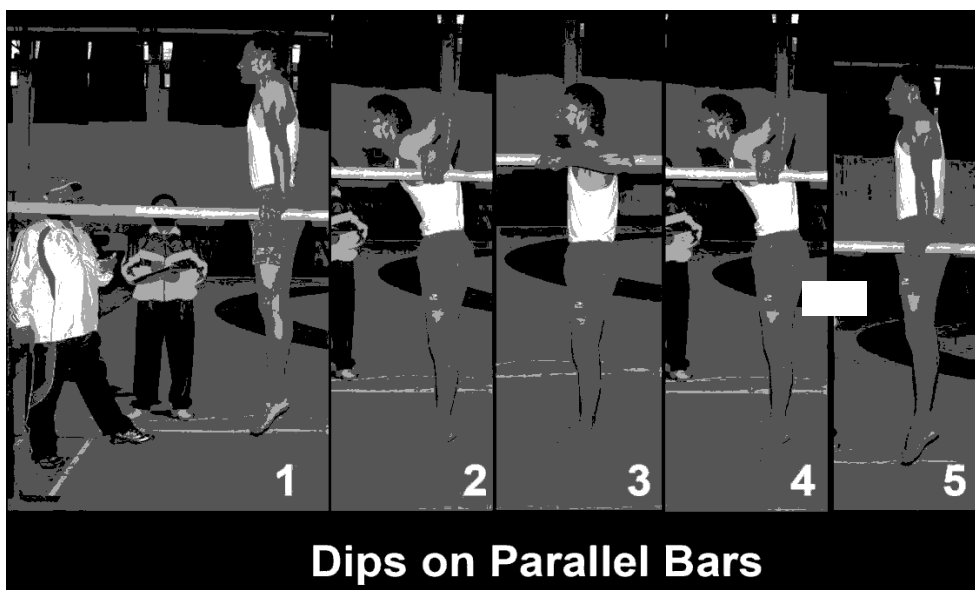
Position 1 : The Gymnast either with the help of a Co-Gymnast or a spring/Beat board shall assume a body erect position resting the body weight on either palms placed on either parallel bars, feet together and toes Stretched (Full Arm Support).

Position 2 : The elbows shall bent to lower the body, feet together and toes stretched (dip position)

Position 3 : Still gripping the Bars with both palms. The Gymnast in a continuous movement shall stretch out the Elbows slightly. So that mid portions of Ulna and Humerus bones rest on parallel bars keeping feet together and Toes touched out. (Half arm Elbow Support).

Position 4 : Continuing the movement the Gymnast without swinging the legs returns to position No.2 (Dip Position).

Position 5 : Gymnast still continuing the movement returns to full arm support position i.e., position No.1



For women gymnasts, this test shall be conducted on the **UNEVEN BARS**.

GYMNASTICS

MODIFIED PULL UPS ON UNEVEN BARS

Objective : To measure the shoulder strength of women gymnasts.

Equipment : Uneven bar and stop watch.

Procedure : The subject assumes inverted grip hold on the lower bar of uneven bars. The legs will be kept forward, the body will be hung down and on command she pulls her body up, to measure her shoulder strength.

Scoring : Total number of counts performed in 15 seconds shall be taken into consideration.

(Dr. C. KRISHNA)
DIRECTOR