

PREFACE

Dear readers,

It is a great pleasure and honour to present the rule book for the much-awaited "Lakshya," our institute's annual sports and fitness event. As we begin this enthralling journey of zeal, sportsmanship, and rigor within our vibrant campus at Vigyanpuri, we present you with the rules and regulations book that will govern the various sporting activities conducted during this event.

The idea of "Lakshya" is an excellent testament to our beloved student community, who are excited to participate in the spirit of sports and foster a sense of discipline, respect, and passion for playing and winning in the game.

Within the further pages of this book, we have enlisted a comprehensive guideline that dictates the smooth operations and procedures of every sports event, manifesting the ideals of a seasoned athlete and a passionate supporter.

We believe in fair play and hope to provide a level playing field for all the participants, creating an unforgettable experience. We expect honesty and integrity on the part of the athletes.

Best of luck to all the athletes, and may your journey through "Lakshya" be filled with moments of resilience, joy, and victory!

Lastly, we would like to extend our gratitude to the authorities of IISER Berhampur, who played a pivotal role in turning this event into a reality. We hope the collective efforts and dedication of everyone involved come to fruition and positively impact the IISER Berhampur community.

Let the games begin, and may we all win!

Sincerely,

Lakshya Organizing Committee

IISER Berhampur.

INTRODUCTION TO LAKSHYA 2024:

IISER Berhampur's annual sports and fitness event is called "Lakshya" and is conducted in the first and second week of February to foster the spirit of sports and encourage physical fitness among the student communities on the campus. Our campus is blessed with a beautiful view of the open sea. We will dive deep into the boundless realms of the sea waves and draw inspiration from the diverse ecosystems, untamed energy and the continuous chaos beholds. Lakshya 2024 is based on the theme of "Open Ocean". The life forms in the sea all face the struggle for survival every single day, which they deter with their agility, cooperation, and exhilarating adaptability. In the same way, we wish to throw the athletes into a series of tests through various games that will propel them to push their limits, attain victory, and make new friends along the way. Let us all come together to explore the endless possibilities of our spirits and be inspired by the energy of an athletic pursuit.

Strive to play, play to win!

INTRODUCTION OF THE HOUSES OF THE SEA:

Lakshya will be a competition between the four mighty houses embodying the essence of the ocean's majestic creatures. They are all described as follows:



TEAM KRAKENS

Known for their fearsome appearance and colossal strength, the Kraken is a horrifying sailor superstition known to appear in the night and drag ships to their watery demise. They represent brute force and a unstoppable determination to win.



TEAM SEA SERPENTS

The sea holds a myriad of uncertainties in the depths, much like the lurking serpentine creatures that slither with ease through the darkness. They are known to be some of the most venomous creatures in existence. They represent the agility and precision that are embodied by the sea serpents.

TEAM GATORS

Alligators are known for their authoritarian resilience and adaptable nature. Such versatility is crucial to excel in challenging situations that the players will face throughout the competition. This house represents the unyielding determination to conquer every obstacle that blocks their way.



TEAM HAMMERHEADS

Named after their fierce and renowned hammer-like heads, they display a sense of community and teamwork that the sharks show during their hunting excursions. Such coordination and sync help overcome challenges with finesse.



Brace yourselves as the Krakens, Sea serpents, Gators, and Hammerheads clash head-to-head in the unstoppable tide of competition that will leave the spectators mesmerized

INDEX

SL. NO.	TITLE	PAGE NO.
I	INTRODUCTION TO LAKSHYA	2
II	INTRODUCTION TO FOUR HOUSES	3
III	COMMON RULES	6
IV	POINTS TABLE	7
V	MARCH PAST	8
VI	ATHLETICS	9
VII	BADMINTON	10
VIII	BASKETBALL	11
IX	CRICKET	12
X	FOOTBALL	13
XI	VOLLEYBALL	15
XII	TABLE TENNIS	16
XIII	KABBADI	20
XIV	CHESS	21
XV	CARROM	27
XVI	LAWN TENNIS	28
XVII	KHO KHO	29
XVIII	CUBING	30

COMMON RULES

- Our campus has Synthetic (Basketball and Kabaddi) courts on the concrete floor and clay courts (Volleyball and Kho Kho). Hence, players need proper non-marking gum sole shoes and outdoor non-marking shoes for the clay court (Volleyball), kho -kho will be played barefoot. Otherwise, the player will not be allowed to participate.
- The tournament is based on a knockout basis.
- The referee's decision shall be final and binding in all events.
- Due to unforeseen circumstances, the schedule of the matches might change. Some events/games may be canceled at short notice for reasons beyond our control, such as unfavorable weather.
- Kindly abide by the rules of IISER BPR.

POINTS

	GOLD	SILVER	BRONZE	4th (PARTICIPATION POINTS)
Athletics	100	80	60	40
Relay (4*100M And 4*400M)	300	240	180	120
Badminton (Mixed doubles and team), Carrom, Chess, Table Tennis (Mixed doubles and Team) Lawn tennis, cubing	500	400	300	200
March Past	800	640	480	320
Basketball, Cricket, Football, Kabaddi, Kho-Kho, Volleyball	1000	800	600	400

MARCH PAST

March Past accounts for a considerable number of points, so we have made well-defined rules for it this year. Every team is required to get their trained members to participate in March Past.

The following are the rules:

- Each March Past team must have a minimum of 20 and a maximum of 30 participants.
- Each March Past team must have a minimum of 10 girls and 10 boys.
- The March Past will be graded based on coordination, command, synchronization, attendance, marching, discipline, appearance, and dispersal

The house that comes first will be awarded 800 points, the second will get 640, and the third will get 480 and the fourth house will be awarded 320 points.

ATHLETICS

- 100 M (Men and Women)
- 200 M (Men and Women)
- 400 M (Men and Women)
- 800 M (Men and Women)
- 1500 M (Men and Women)
- 3000 M (Women)
- 5000 M (Men)
- 4X100 M Relay (Men and Women)
- 4X400 M Relay (Men and Women)
- Long Jump (Men and Women)
- Shot Put (Men and Women)
- Discus Throw (Men and Women)
- Javelin Throw (Men and Women)
- Triple Jump (Men and Women)

GENERAL RULES IN ATHLETICS

- There is a limit (3) to the number of participants from a house.
- For an individual event, points will be shared by athletes and their respective Teams, as shown in the point Table.
- The total of points secured in all the events in athletics by a Team will determine 1st, 2nd and 3rd positions as a whole.
- Decisions of the referees would be final, and no objections would be entertained in the result.
- The relay will be a separate event.

BADMINTON

(MEN, WOMEN AND MIXED)

- The tournament will adhere to the standard Badminton World Federation (BWF) rules.
- It is mandatory for players to wear non-marking indoor shoes designed for badminton.
- There are three categories. (Men's team event, Women's team event and mixed doubles)
- Each men's and women's team can have a maximum of six players, with at least four players required to participate against an opposing team.
- An event comprises three games: singles, doubles, and reverse singles. Points are awarded to a team winning two out of the three matches in that event.
- Before the commencement of the first match, both teams must submit the names of their players in the order of singles, doubles, and mixed doubles.
- In the event of a player sustaining an injury during their match, it will be counted as a forfeit.
- **One pair** from each house is allowed to participate in mixed doubles.
- The order of matches is singles, doubles, and reverse singles. Matches consist of sets of 21 points each [subjected to time constraints] with a best of three for singles, doubles, and mixed doubles.
- The umpire/referee's decision is final

BASKETBALL

(MEN AND WOMEN)

- Standard International Basketball Federation (FIBA) rules will be applied throughout the tournament.
- A team consists of 12 players, out of which five will play in a given match. Substitution rules apply.
- The game shall consist of 4 quarters of 10 minutes each.
- During matches, if the score is the same after the end of the scheduled time, basketball federation rules will be applied, i.e., the game shall continue for an extra 5 minutes until the tie is resolved.
- If a team forfeits the game by refusing to play or being unable to have five players on the court even after 15 minutes. At the start of the match, the FIBA rules will be applied, and the team will lose that match.
- All players must remove any jewelry accessories or ornaments and keep their nails trimmed to a reasonable length before entering the court to prevent any injury to other players.

CRICKET

- Matches shall be played according to the ICC rules in force, as adopted from time to time by the Board of Control for Cricket in India unless otherwise modified.
- All the matches will be conducted on a knockout basis and will be played of 20 overs
- Each bowler can bowl a maximum of 4 overs.
- If a tie exists, super over will be played to decide the winner.
- The umpires are empowered to rearrange the number of overs by each side in the event of a delayed start or if play is suspended.
- Each house shall submit a list of players not exceeding 15 (11+4) who may participate in the tournament
- Round-arm bowling is compulsory.
- The match will be conducted with the red tennis ball.
- Overthrow will be there; 1 bounce allowed per over with byes and leg-byes.

FOOTBALL

MENS

- Each squad should consist of 18 players (11 playing + 7 substitutes)
- Each team member, playing or substitute should have stockings, shins, and football shoes on them.
- Goalkeepers should have a distinct colored jersey.
- Each match will have 30-minute halves with a 10-minute break.
- Standard FIFA rules apply
- A team is allowed to make rolling substitutions.
- If two teams are still tied on all of these counts, then there would be penalties to decide the dispute as to the last option

WOMENS

- Each squad should consist of 12 players (9 playing + 3 substitutes)
- Each team member, playing or substitute should have stockings, shins, and football shoes on them.
- Goalkeepers should have a distinct colored jersey.
- Each match will have 20-minute halves with a 10-minute break.
- Standard FIFA rules apply.
- A team is allowed to make rolling substitutions.
- There will be no offside rule in the game.
- If tied will be decided by playing 15 minutes extra time (total) and then, a penalty shootout, if required.

VOLLEYBALL

(MENS AND WOMENS)

- Standard International Volleyball Federation(FIVB) rules will be followed.
- A team shall consist of at most 12 players, out of which 6 will be part of a team for a given match. Substitution rules apply.
- Each match shall be played on the basis of the best of 3 sets, and the finals shall be played on the basis of the best of 5 sets.
- Any team refusing to play a match without any justification will be eliminated from the competition and the result of the matches already played will be canceled.
- The libero (if present) should have a distinct colored jersey from the entire team.

TABLE TENNIS

(MEN AND WOMEN)

The table tennis contingent of a particular house can consist of a maximum of 4 players for the men's events and 4 for the women's events. There are going to be two separate events.

A. TEAM EVENT:

- A team can consist of 4 players at the most, of which any of the 4 players can play in a particular round.
- All team matches shall be played on the ITTF Rule with a maximum of 5 singles matches. The first team to win 3 out of the 5 will be considered the winner.
- Points awarded for winning Gold, silver, and bronze 500,400,300 and 200.

Team Match Systems:

Best of 5 Matches (New Swaythling Cup system i.e., 5 singles)

- Each of these ties will be played as a best of 5 games, each game won by the first player to eleven points (the 10-10 case will be decided by the first player to win two consecutive points after 10-10).
- Teams on either side will be asked to nominate three players as either A, B, and C or X, Y, and Z (ABC/XYZ will be decided by a toss).

B. MIXED DOUBLES:

- A team shall consist of 2 players from a single house. Any given house can field a maximum of 1 team.
- All matches will be played on the best of five bases.
- The points awarded for winning Gold, Silver, Bronze, and fourth are 500,400,300,200, respectively.

Some General Rules (According to ITTF):

THE RACQUET:

- The racket(blade and rubber) should be in good condition.
- The rubber should extend up to but not beyond the limits of the blade.
- Slight deviations from the continuity of surface or protective fittings may be allowed provided that they do not significantly change the characteristics of the surface.
- Before the start of a match and whenever he or she changes his or her racket during a match, a player shall show his or her opponent and the umpire the racket he or she is about to use and shall allow them to examine it.

THE SERVICE:

- Service shall start with the ball resting freely on the open palm of the server's stationary free hand. Toss and service contact must be behind the table surface (not over).
- The server shall then project the ball nearly vertically upwards, without imparting spin, so that it rises at least 16 cm after leaving the palm of the

free hand and then falls without touching anything before it is stuck.

MISBEHAVIOUR:

Players or coaches or any other advisors shall refrain from behaviour that may affect an opponent, offend spectators, or bring the sport into disrepute, such as abusive language, deliberately breaking the ball or hitting it out of the playing area, kicking the table or surrounds and disrespecting the match officials.

TIME OUT:

Players or pairs are allowed to claim one time-out period of up to one minute during an individual match. The request for a time-out can be made by the player or pair or by the designated adviser in an individual event, or by the team captain in a team event.

- If the ball hits the white line or the top edge of the table, it is considered “in” and the play continues. However, if the ball hits the vertical side of the table, it is considered “out” and the point goes to the opponent. It is important to note that the vertical sides of the table are not part of the playing surface.
- If a table tennis ball hits you and it does not bounce on the table and is past the end line, you will get the point. If the ball is over the table’s playing surface, you will lose the point.
- The ball can hit the player’s finger or the net as long as it lands on the other side of the table.
- Players are allowed to hit the ball around the net as long as it lands on their opponent’s side of the table.

- Players should maintain a proper dress code and wear non-marking shoes(preferred) or any proper sports shoes.

CHESS

- This will be a team event. Each house will have 5 players (4 + 1 substitute) representing it.
- The event will be round robin with each team playing against the other exactly once.
- Teams will have to give the board orders to the arbiter before the start of each round.
- The time control followed will be 15+10 Rapid, i.e., 15 minutes to both sides plus a 10-second increment for each move.
- The team scoring 2.5 points out of 4 will win the given round.
- Standard FIDE rules will apply (Touch move, 2 illegal moves, 50 move rule, etc.)
- In case of a tie between two teams, standard tie-breaking protocols like Game points (TB1), Sonnen Borger(TB3), and Berlin System(TB3) will apply.
- If the tie persists, a blitz armageddon between two players representing their houses will decide the score.

CARROM

GENERAL RULES:

- A team consists of 5 members (2 doubles pairs and 1 for singles.)
- A team should consist of at least one woman.

Note: Rules of the carrom vary from region to region and we are following the below-mentioned rules:

PREPARATION:

To decide who goes first, one player should hold a piece concealed in one hand. If the opponent guesses correctly on which hand, the opponent chooses who goes first, otherwise, the player concealing the piece chooses. The person who plays first aims to pocket the white pieces. The game is played by two opponents sitting opposite each other. To begin, the Queen is placed in the center of the board. Six pieces are put around the Queen directly in a circle, each touching the Queen and their neighbors. The remaining twelve pieces are positioned around the inner circle of six pieces so that each outer piece touches the inner circle. Both circles should have pieces alternating in color. The two circles are oriented so that the Queen, a white piece from the inner circle and a white piece from the outer circle lies in a straight line pointing toward the center of the side of the board where the player who will play first is sitting.

OBJECTIVE:

Players take turns to play. A turn consists of one or more strikes. A player wins by pocketing all of the pieces of their chosen color first. However, neither player can

win until one, or the other player has "covered the Queen." To cover the Queen, a player must pocket one of her own pieces immediately after pocketing the queen. If The queen is pocketed but not covered, the Queen is returned to the board (by the umpire). Both players normally try to cover the Queen in addition to trying to win the game because a player who wins and also covers the Queen receives 5 bonus points.

STRIKING:

- For each strike, the player must position the striker within the baseline OR on one of the two circles at either end of the baseline. Only 30 seconds will be given per strike.
- A striker within the baseline must touch both the front line and the rear line.
- The striker may not "cut the moon" - be placed partially within the baseline and partially within the circle.
- The player must flick the striker with one finger or with the help of two fingers so that it crosses the front baseline - it is not permitted to flick backward or horizontally.
- A piece that is on or behind the front baseline must not be struck by the striker until the striker has crossed the front baseline.
- In striking, the player's hand or arm must not cross the diagonal foul lines at either end of the baseline.

BASIC RULES:

- For the very first turn, the player is allowed one attempts to "break"

- It doesn't matter which piece the striker hits first and it doesn't matter if the striker hits no pieces.
- If a striker pockets the Queen and/or one or more pieces of her own colour, the player retrieves the striker and takes another strike.
- If the player pockets no pieces or commits a foul, the turn finishes.
- If a player pockets the last coin of the opponent before covering the queen, the opponent wins.

COVERING THE QUEEN:

- A player may only pocket and cover the Queen if that player has already pocketed at least one piece of that player's color.
- Should a player pocket the Queen before being permitted to cover it, the turn continues but the Queen is returned to the center at the end of the turn.
- If a player pockets the Queen and one of his/her own pieces in the same turn, this count is considered as the player has covered the Queen. Such a player must have already pocketed at least one piece of his/her own.
- When a player pockets the Queen but does not cover it, the Queen is returned as near as possible to the center circle by the umpire.
- If the player pockets the queen and one of the opponents coin together, the player gets a chance to cover their own coin to cover the queen while the opponent's coin is considered as covered.
- If the winner gets the queen, 5 bonus points will be added to the score of the winner.

- If the player pockets the queen and one of the opponents coins as follow coin, the queen will be returned back to the board and the opponent's coin is considered covered.
- If the player pockets the queen and the opponent's last coin the opponent wins.

OTHER RULES:

- Pieces returned to the center cannot be placed on top of other pieces within the main circle (done by umpire only).
- If pieces come to rest standing on their edge or overlapping another piece, they are left as they are until they move again in the normal course of play.
- If the striker comes to rest under another piece, the striker should be removed with as little disturbance to the covering piece as possible by the umpire.

FOULS:

When a player commits a foul, the turn comes to an end immediately and a penalty is incurred. The penalty is that one pocketed piece is returned to the board by the opponent anywhere within the main circle. Any other pieces required to be returned to the board are also placed within the main circle by the opponent. It is normal for pieces to be positioned in order to confer an advantage for the opponent.

A foul is recorded in the following situations:

- The striker is pocketed.

- If striker and queen pocketed simultaneously in one strike then the queen will come at the centre (will be kept by the umpire) and a penalty piece will come (will be kept by the opposition).
- The striker or any other piece leaves the board (the piece which went out of board during striking will come to the centre as much as possible near centre moon by the umpire, in case of multiple pieces, the remaining pieces will be kept opposite to the next player touching the first piece by umpires but foul will be kept by the opponent only).
- Pieces that leave the playing area and then come back to the playing area by touching foreign objects will be considered as it happened naturally and no foul will be taken but the coin will return to the centre as much as possible closer to the center moon by the umpire.
- The player is not supposed to directly strike any of the opponent's coins and will be considered a foul unless it touches one of their own coins or the striker touches the opponent's coin after getting hit from one of the boundaries.
- A player contravenes the rules for striking
- A player touches any piece in play, other than the striker.
- The first player to strike fails to break the counters in three attempts.

Where a penalty is incurred but no pocketed pieces exist to return, the penalty is "owed" until a piece becomes available. If a penalty is owed, when a piece becomes available due to being pocketed, the piece is returned to the center by the opponent at the end of the turn.

Should the opponent forget to do this before the start of the next turn, any owed penalties are lost.

Other unusual playing activities can cancel the board at any time and the action

will be decided by the umpires on the spot.

OTHER FOULS:

- Repositioning the chairs (little bit unintentional vibrations are okay but major displacement recognised by the umpires can lead to a foul)
- If the player's striking hand crosses the imaginary diagonal partition.
- If the player talks with his partner or any other person, however, he can ask about the rules or any complication that occurred to the umpire.
- Arguing with umpires can lead to disqualification from further rounds of the tournament.

SCORING:

- At the end of the round, the winner scores 1 point for each opponent's piece left on the board. The total score for three rounds is therefore 12 points.

Note: The timing and scoring of each match will be finalised by the umpire at the time of the event.

DOUBLES:

Carrom is played by four people just as often as by two. For the doubles game, partners sit opposite one another and turn to proceed in a clockwise order. Other than that, play is exactly the same as for the singles game.

NOTE: If any other situation occurred regarding the rules then the decision of the umpire will be followed.

KABADDI

- Amateur Kabaddi Federation of India (AKFI) rules will be followed.
- The duration of the match is 40 minutes, which will be divided into two halves of 20 minutes with a 5-minute break in between.
- The weight of each participant must be below 85 Kg or equal to 85 Kg.
- A squad shall consist of at most 12 members, out of which 7 will be part of a team for a given match. Substitution rules apply.
- The substitution of players is not allowed during the tie-break and golden raid plays.
- There will be a do-or-die raid
- In the case of a tie, both teams are given five raids by different raiders to raid alternatively.
- If the tie still persists, then a Golden Raid will be given after a toss
- All players are required to remove any jewelry accessories or ornaments and should keep their nails trimmed to a reasonable length before entering the court to prevent any injury to other players
- One point will be given to the raider for crossing the bonus line if there are at least 6 players on the ground. Bonus points are not awarded when 5 players or less are on the ground.

LAWN TENNIS

- Standard International Tennis Federation rules will be followed.
- The team shall have at most 4 players, and at least 3 will play in a match. Substitution rules apply.
- The league matches shall be best of 11 games if it becomes 5 all then the 11th game will be a tie-breaker.
- Best-of-three play-off (2 singles and a doubles match) among the teams in each group. Order of matches followed will be singles, doubles and the reverse singles.

KHO KHO

- Kho-Kho Federation of India (KKFI) rules will be followed.
- A squad shall consist of at most 12 and at least 9 members, out of which 9 will play at a time. Substitution rules apply.
- The chasing side will score 1 point after they get one runner out each time. So, the total score of the chasing team is equal to the number of defenders who got out.
- There will be two innings, each of 18 minutes in duration. In each inning, a team will chase for 9 minutes and defend for 9 minutes. There will be a 5-minute break after each running/chasing.
- Each inning in the semi-final and Final matches will be of 9 minutes and 7 minutes break.
- If there is a draw in the semi-finals or finals, one more innings will be played. If the draw still persists, winners will be determined by sudden death.

CUBING

- For individual solves, all the WCA Rules apply.
- Each house has to form a team of four members.
- In a particular match, each participant will be given a scramble and asked to solve the cube.
- Then, the time taken by all the participants of a particular house will be added up and compared to the total time of the other house.
- The house whose total time is lesser gets a point.
- The team to reach 3 points first wins.