

RSET's



Deviprasad Goenka Management College of Media Studies (DGMC)
RSET Campus, S. V. Road, Malad (w), Mumbai 400 064, Maharashtra, India

Notice: 938/2022

6th Dec 2022

NOTICE

Sports Day for the AY 2022-2023

The Annual Sports day for AY - 2022-23 is scheduled to take place on PDSA Turf and DGMC Campus **on 23rd and 24th of December, 7am onwards.**

All the students who wish to participate in the various sports activities refer to the attached Brochure.

Note:

- For **Individual games** - students are required to fill the Google forms mentioned in the brochure to register.
- For **Team games** - a separate Registration Desk will be setup on the ground floor from **8th to 13th of December, 2022 from 10.30am to 1pm only.**

Registered students (*Individual & Team Games*) need to fill the Undertaking Form attached with this circular and submit it to the registration desk on the above mentioned day and time.

The last date to register shall be 13th of December 2022.

(No registrations will be accepted after the given date under any circumstances.)

For any further queries students to contact the following Faculties

Prof. Shalu Balan, Prof. Viraj Bandekar, Prof. Srinivasrao Challapalli or Prof. Chandroday Gosh

We look forward to your support and enthusiastic participation in making this event successful.



Dr. Ameer Vora
Principal

Date:-

Undertaking for Annual Sports Day Participation

I, _____ (Name of the Student), from class
_____ (Course) _____ (Division), _____ (Roll
number)_____ wish to participate in the Annual Sports day 2022-23 of Deviprasad Goenka
Management College of Media Studies.

I have read the attached 'RULES & REGULATIONS' and agree to the same.

I have a medical condition: Yes/No

If yes, specify the medical condition:

Yours Sincerely.

Signature of the Parent/Guardian

Signature of the Student

Rules and Regulations

1. I hereby declare that I on my own will and wish, intend to take part and have informed my parents about my participation in the above said competition and they have given their consent without any demur to attend the above competition.
2. I hereby declare that I am aware of serious accidents, risks and death hazards that are involved in taking part in the above said events and competitions. I shall not hold the institute, its staff, and the organizing team for any of the mishaps/accidents/injuries that might occur during the above-said period.
3. I hereby declare that I shall not involve in any of the anti-sports activities, like doping and unfair play.
4. I hereby declare that I will neither join in any coercive agitation/strike which has a tendency to disturb the peace and tranquility of life during the events.
5. I hereby declare that neither I will indulge in, nor tolerate raging in any form, even in words or intentions.
6. I also declare that I am not suffering from any serious /contagious ailment and/or any psychiatric/physiological disorder.
7. I hereby declare that I shall be solely responsible for my involvement in any kind of undesirable /in disciplinary activities during the competitions and shall be liable for punishment as per the authority/Institution. I further understand that the Institution shall in no way provide any support to me and will not be held responsible for my any such action.
8. I further declare that my participation in the competition may be canceled at any stage, if I am found violating the above declaration or if I am found ineligible or the information provided by me is found to be incorrect

RSET's



Deviprasad Goenka
management college of media studies

INDIA'S PREMIER MEDIA SCHOOL

ANNUAL SPORTS DAY 2022

23rd - 24th December 2022

Abstract

"It is a shame for an individual to grow old without seeing the beauty and strength of which his body is capable" - Socrates

Champions aren't made in the gyms. Champions are made from something they have deep inside them – a desire, a dream, a vision. Games and sports have become an integral element of present-day education. They teach them the qualities of discipline, sportsmanship, team spirit and leadership. They also enhance the physical and mental development of students.

Date of the Event:

23rd and 24th December, 2022

<u>OUTDOOR GAMES</u> <u>(7:00 am onwards)</u>	<u>INDOOR GAMES</u> <u>(9:00 am onwards)</u>
<p style="text-align: center;"> Cricket Football Volleyball Dodgeball Tug of war Kho-Kho Konnect 4 Sack Race Cone Race Spoon & marble </p>	<p style="text-align: center;"> Chess Carrom Table Tennis </p>

General Guidelines :

- 1. The Referee/ Umpire's Decision will be final .**
- 2. Any sort of Misconduct or Unsportsmanlike behaviour noticed by the officials will lead to disqualification.**
- 3. In case if participants and their teams are not present at the scheduled time, by default the other team will be declared winners**
- 4. In case if a match is tied, there will be a death game to declare the winner.**
- 5. The slots for each game are limited, the registrations will be on a first come first serve basis.**
- 6. Neither the organising Committee nor DGMC or its staff will be responsible for any injuries caused during the games.**
- 7. (M/F/S) - refers to Male/Female/Staff.**
- 8. The registrations for Individual events will be through google forms and for team games students have to register themselves on the Registration desk set up on the ground floor**

Outdoor Games :-

Event 1

Name of the Event: Cricket

Date of the Event: 23rd December, 2022

Category: (M/F/S)

Registration on Ground floor Registration Desk

Cricket Rules-

1. Each team consists of 6 players.
2. The Umpire's decision will be the final decision.
3. Number of Overs
 - Initial match- 4 over
 - Semi finals- 6 overs
 - Finals 8 overs.
4. Bowlers will not be allowed to run up and bowl, they need to stand with both feet planted when bowling.
5. The No-ball line will be slightly ahead of the half pitch.
6. All the catches will be full toss only (no other rules apply). In case the ball hits the roof net and is caught directly, it will be considered an out.
7. Sidearm bowling will not be allowed.
8. Extras (no balls and wides) will have runs according to the standard rules.
9. In case the ball hits the roof and goes for a boundary it will be considered as four runs only. (Only straight boundaries)
10. No last man standing will be allowed, there have to be 2 batsmen at the crease at all times.

Event 2

Name of the Event: Football

Date of the Event: 23rd December, 2022

Category: (M/F)

Registration on Ground floor Registration Desk

Football Rules-

1. Number of players in each team will be 5 only
2. Each game will be an eliminator game
3. Match format and rules:
 - Initial qualifier matches will be of 10 minutes each. No extra time will be added.
 - Semi-final and final will be of 15 minutes each plus extra time.
 - Each match will have a 1 minute, half time period and to change the sides
4. Carpet roll kick will be applicable (No outside throw allowed)
5. If a match ends with a tie then the fixture will be decided by one step penalty. (One step penalty technique will be demonstrated to the players if needed)
6. Toss winners will get to choose the side of the court and kick off the ball first.
7. After half time, teams will switch sides and other teams will begin with the kick off.

Event 3

Name of the Event: Volleyball

Date of the Event: 23rd December, 2022

Category: (M/F/S)

Registration on Ground floor Registration Desk

Volleyball Rules -

1. Server must serve from behind the end line until after contact, the ball may be served underhand or overhand.
2. Ball must be clearly visible to opponents before serving.
3. There shall be 6 players in each team. .
4. The teams will rotate each time they win the serve.(Players shall rotate in a clockwise manner)
5. A Maximum of three (3) hits per side will be allowed.
6. The ball touching the boundary line is not a foul (crossing the boundary will be considered a point to the opposite team)
7. If two or more players contact the ball simultaneously, it is considered one play and the players involved may not participate in the next play.
8. The first team to win two sets wins the match.
9. Matches Format
 - Initial qualifier match - 3 sets of 9 points each.
 - Semi- finals & finals - 3 sets of 11 points each.

Fouls -

1. Stepping on or over the line on a serve.
2. Failure to serve the ball over the net successfully.
3. Hitting the ball illegally (carrying, palming, throwing, etc).
4. Touching the net with any part of the body while the ball is in play.
5. If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
6. Reaching over the net.

Event 4

Name of the Event: Dodgeball (*INTL. style*)

Date of the Event: 23th December, 2022

Category: (M/F/S)

Registration on Ground floor Registration Desk

Dodgeball Rules:

1. Each team will consist of 6 players.
2. If a player is hit by the ball and the ball is not caught before it is dead, that particular player will be eliminated. However, if a player throws a ball that is caught by an opponent, the throwing player will NOT be eliminated
3. Each match will have a time limit of 10 minutes. The team with the most wins in the 10 minutes will be declared the winner.

Event 5

Name of the Event: Tug Of War

Date of the Event: 23rd December, 2022

Category: (M/F/S)

Registration on Ground floor Registration Desk

Tug Of War Rules-

1. Each team will consist of 5 players.
2. The centre of the rope should align with the centre marked on the ground. As soon as the referee blows the whistle, each team can start pulling the rope into their territory.
3. In order to win each team has to pull the rope along with the members of the opposite team to their side.
4. As soon as the second mark on the rope from the centre red mark crosses over to the centre line, the team that pulls the rope to their area wins the game.

Event 6

Name of the Event: Kho - Kho

Date of the Event: 23rd December, 2022

Category: (M/F)

Registration on Ground floor Registration Desk

Kho-Kho Rules:

1. The chasing team lines up on the middle line, facing in alternate directions. You can only 'chase' on the side of the pitch you're facing.
2. The defenders enter the field in groups of 2. Defenders need to avoid being tagged by a chaser and can run anywhere on the field. If a player gets tagged he/she will be out.
3. If a defender crosses the line to the other side, the chaser taps one of his teammates who is sitting facing the other direction and shouts "Kho!"(Important rule
4. Chasers can swap with a teammate every time the defender moves into the opposite side of the pitch.
5. The team that gets the defenders out the quickest, wins.
6. All rounds will be elimination rounds.
7. Each team will have only 7 participants.
8. A coin toss will be made to decide which team will attack or defend. The time limit will be 5 minutes each.
9. The team that eliminates the defenders quickly will be declared the winner.

Event 7

Name of the Event: Konnect 4

Date of the Event: 23rd December, 2022

Category: (M/F/S)

Registration on Ground floor Registration Desk

Konnect 4 Rules -

1. Each team will consist of 4 runners.
2. Once the team members are numbered it cannot be changes
3. The runners must carry the relay baton with them throughout the entire run until it is handed over to the next runner.

Event 8

Name of the Event: Sack Race

Date of the Event: 23rd December, 2022

Category: (M/F/S)

Registration Link:

<https://forms.gle/UE78MQdSXmFNi1Lp9>

Sack Race Rules -

1. Each person must keep at least one hand on the sack at all times.
2. Once that race begins participants must start hopping towards a marked point.
3. The first person to reach the finish line wins.
4. Skipping lanes, intentionally obstructing other runners will not be allowed

Event 9

Name of the Event: Cone Race

Date of the Event: 24th December, 2022

Category: (M/F/S)

Registration Link:

<https://forms.gle/Fkz34WDVhdpr9XPa6>

Cone Race Rules:

1. There will be one lane for each participant.
2. Obstacles would be placed at intervals along each lane, and a basket would be placed several steps behind the lane.
3. Runner's will race to retrieve obstacles one by one, returning each one to the basket before returning for the next.
4. The winner will be the first one to collect all the obstacles in their lane and take all the obstacles to the marked point.

Event 10

Name of the Event: Spoon & Marble

Date of the Event: 23rd December, 2022

Category: (M/F/S)

Registration Link:

<https://forms.gle/k3jCca8ZijEEDv748>

Spoon & Marble Rules -

1. The game begins with all the participants settling themselves. They all get a spoon and a marble.
2. They have to hold the spoon in their mouth and place the marble on top of it.
3. The players start running during which they balance the spoon in their mouths. The player reaching the finish line first is declared the winner.

Indoor Games :-

Event 11

Name of the Event: Chess

Date of the Event: 24th December, 2022

Category: (M/F/S)

Registration Link:

<https://forms.gle/7wHY6BCBgakwGowE6>

Chess Rules :

1. The game is won by the player who has checkmated his opponent's king. This immediately ends the game, provided that the move producing the checkmate position was a legal move.
2. The game is won by the player whose opponent declares he resigns.
3. Clock runs out, player loses. Timed matches of 10 mins per side
4. If the game is said to end in 'stalemate', this immediately ends the game, provided that the move producing the stalemate position was legal.
5. The game is drawn when a position has arisen in which neither player can checkmate the opponent's king with any series of legal moves. The game is said to end in a 'dead position'. This immediately ends the game, provided that the move producing the position was legal.
6. Touch to move.

Event 12

Name of the Event: Carrom

Date of the Event: 24th December, 2022

Category: (M/F/S)

Registration Link:

<https://forms.gle/hHLrNBz7tnaur6UY6>

Carrom Rules:

1. Queen consists of 5 points.
2. Other pieces 1 point.
3. It will be a Team game (duo).
4. Players can get their strikers if needed.
5. Carrom board and Powder will be provided by the Management.
6. The Break will be decided by the toss.
7. All matches will be Knockout/ Eliminator matches.
8. Underhand not allowed.
9. Thumb hit not allowed and half ball, half line shots not allowed.
10. The player will be disqualified if they commit 5 fouls.

Fouls -

A foul is recorded in the following situations:

1. The striker is pocketed.
2. Skipping other team players' turns and playing.
3. The striker or any other piece leaves the board.
4. A player pockets an opponent's piece. If the Queen was also pocketed, it is returned to the centre by the opponent, together with the penalty piece. Any other pieces pocketed in the same strike remain pocketed.
5. A player pockets the final opponent's piece. Regardless of whether the Queen has been covered, the opponent's piece is returned to the centre in addition to the penalty piece.
6. A player pockets the final piece before the Queen has been covered. In this case both the pocketed piece and a penalty piece are returned to the centre..

7. A player touches any piece in play, other than the striker.
8. The first player to strike fails to break the counters in three attempts.
9. All will be treated as fouls and counted against them as team fouls

Event 13

Name of the Event: Table Tennis

Date of the Event: 24th December, 2022

Category: (M/F/S)

Registration Link:

<https://forms.gle/UTFEmdTVuYJpyxSJ6>

1. GAMES ARE PLAYED TO 11 POINTS

A Game is played to 11 points. A Game must be won by two points. A Match is generally the best three of five Games.

2. ALTERNATE SERVES EVERY TWO POINTS

Each side of the table alternates serving two points at a time.

EXCEPTION:

After tied 10-10 (“deuce”), service alternates at every point. Can you lose on a serve in ping pong? Yes! There is no separate rule for serving on Game Point.

3. TOSS THE BALL STRAIGHT UP WHEN SERVING

How do you serve the ball in ping pong? Hold the ball in your open palm, behind your end of the table. Toss at least 6” straight up, and strike it on the way down. It must hit your side of the table and then the other side.

NOTE: Once the ball leaves the server’s hand it is in play, and so counts as the receiver’s point if the ball is missed or miss-hit.

4. THE SERVE CAN LAND ANYWHERE IN SINGLES

There is no restriction on where the ball lands on your side or your opponent’s side of the table. It can bounce two or more times on your opponent’s side (if so, that’s your point), bounce over the side, or even hit the edge.

5. DOUBLES SERVES MUST GO RIGHT COURT TO RIGHT COURT

The serve must bounce in the server’s right court, and receiver’s right court (NOTE: landing on centerline is fair). Doubles partners switch places after their team serves twice.

6. A SERVE THAT TOUCHES THE NET ON THE WAY OVER IS A “LET”

Can the ball hit the net in ping pong? Yes, during a RALLY, if it touches the top of the net and then otherwise lands as a legitimate hit. BUT not whenserving. If a served ball hits the net on the way over and otherwise legally bounces in play, it's a “let” serve and is done over. There is no limit on how many times this can happen.

7. ALTERNATE HITTING IN A DOUBLES RALLY

Doubles partners must alternate hitting balls in a rally, no matter where the ball lands on the table.

8. VOLLEYS ARE NOT ALLOWED

Can you hit the ball before it bounces in ping pong? No. In regular tennis you may “volley” the ball (hitting the ball before it bounces on your side of the net). But in table tennis, this results in a point for your opponent. NOTE: When your opponent hits a ball that sails over your end of the table without touching it and then hits you or your paddle, that is still your point.

9. IF YOUR HIT BOUNCES BACK OVER THE NET BY ITSELF IT IS YOUR POINT

If you hit the ball in a rally or on a serve and it bounces back over the net after hitting your opponent's side of the table (due to extreme spin), without your opponent touching it, that is your point.

10. TOUCHING THE BALL WITH YOUR PADDLE HAND IS ALLOWED

What happens if the ball hits your finger or hand during a ping pong rally? If the ball touches your PADDLE hand and otherwise results in a legal hit, there is no rule violation and play shall continue as normal. Your paddle hand includes all fingers and hand area below the wrist. But what if the ball touches a player's body anywhere else during a ping pong rally? You may not touch the ball with your non-paddle hand for any reason. It will result in a point for your opponent. BUT if your opponent's hit sails over your side of the table without touching it, and hits any part of you or your paddle, that is still your point.

11. YOU MAY NOT TOUCH THE TABLE WITH YOUR NON-PADDLE HAND

You may touch the ball or the table with your paddle hand (after reaching in to return a short serve, for example), or other parts of your body. NOTE: If the table moves at all from your touching it during a rally, that is your opponent's point.

12. AN “EDGE” BALL BOUNCING OFF THE HORIZONTAL TABLE TOP SURFACE IS GOOD

An otherwise legal serve or hit may contact the top edge of the horizontal table top surface and be counted as valid, even if it bounces sidewise. The vertical sides of the table are NOT part of the legal playing surface.

13. HONOR SYSTEM APPLIES TO DISAGREEMENTS

If no referee is present during a match and the players disagree on a certain call, the “honour system” applies and the players should find a way to agree, or play the point over. Ping pong carries a tradition of fierce but fair play. Help us keep it that way!

For any queries contact us:-

Tanish Raajul	: +91 9372222399
Tanvi Yadav	: +91 8652199043
Trushal Sawardekar	: +91 7400367983
Saurabh Thakur	: +91 9022256273
Sidh Dave	: +91 9987970663