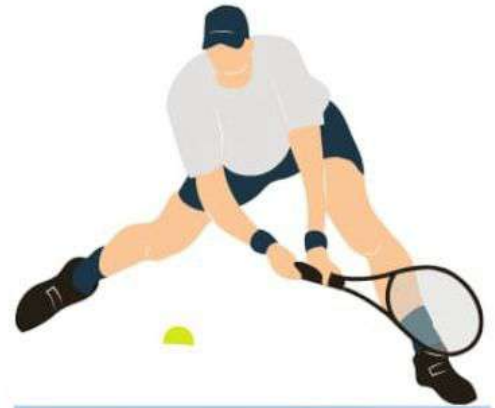




# AJANTA PUBLIC SCHOOL



## BATTLE OF HOUSES

NOTE:  
FOR ANY QUERIES CONTACT  
ARTI SHARMA(HOD SPORTS)  
CONT NO:9871438029

- BASKETBALL
- SOCCER
- FUSION GAMES
- TENNIS
- CRICKET
- YOGA
- HURDLES RACES
- SKATING
- GYMNASTICS
- TAEKWONDO
- SHOTPUT



# BATTLE OF HOUSES

PRITHVI VS AAKASH  
VAYU VS AGNI

2  
Dec

## FOOTBALL & TENNIS

SENIOR & JUNIOR

4  
Dec

## SKATING & BASKETBALL

BOYS & GIRLS

5  
Dec

## FINAL

## SKATING & BASKETBALL

9  
Dec

## CRICKET

MIXED CATEGORY

11  
Dec

## FINAL OF FUSION GAMES

CLASS 1ST TO 4TH

12  
Dec

## FINAL MATCH

## CRICKET & FOOTBALL

14  
Dec

## PARENTS CRICKET MATCH

16  
Dec

## FINAL OF FUSION

## GAMES(HURDLE RACES & SHOTPUT FOR CLASS 11TH)

CLASS 5TH TO 9TH

18  
Dec

## CLOSING CEREMONY

TROPHY AND BADGES  
CEREMONY

**STARTS AT 1 PM TO 2:30 PM**

AJANTA PUBLIC SCHOOL



# FOOTBALL RULES

1. DURATION FOR THE MATCHES WILL BE 15-5-15 MINUTES
2. REFEREE DECISION WILL BE CONSIDERED AS FINAL DECISION
3. PLAYERS MUST BE DRESSED IN PROPER HOUSE UNIFORM AND GEARS.
4. THERE WILL BE A ROLLING SUBSTITUTION.
5. THERE WILL BE KICK IN FROM THE SIDE LINE AND DIRECT GOAL IS NOT ALLOWED FROM THE SIDE LINE.
6. NO DIRECT GOAL FROM GOAL KICK AND CENTER START.
7. IT'S A KNOCKOUT TOURNAMENT.



## **RULES OF LAWN TENNIS FOR INTER HOUSE COMPETITION**

- 1.The game starts with a coin toss to determine which player must serve first and which side they want to serve from.
- 2.The server must then serve each point from alternative sides on the base line.
- 3.At no point must the server's feet move in front of the baseline on the court prior to hitting their serve.
- 4.If the server fails to get their first serve in they may take advantage of a second serve.
- 5.If they again fail to get their second serve in then a double fault will be called and the point lost.
- 6.If the server clips the net but the ball goes in the service area still then let is called and they get to take that serve again without penalty.
- 7.If the ball hits the net and fails to go in the service area then out is called and they lose that serve.
- 8.The receiver may stand where they wish upon receipt of the serve. If the ball is struck without the serve bouncing then the server will receive the point.
- 9.Once a serve has been made the number of shots between the players can be unlimited. The point is won by hitting the ball so the opponent fails to return it in the scoring areas.
- 10.Points are awarded in scores of 15, 30 and 40. 15 represent 1 point, 30 = 2 and 40 = 3. You need 4 points to win a game. If a game lands on 40-40 it's known as deuce. From deuce a player needs to win 2 consecutive points to win the game. After winning one point from deuce, they player is on advantage. If the player wins the next point they win the game, if they lose it goes back to deuce.



## **RULES OF BASKETBALL FOR INTER HOUSE COMPETITION**

1. A free throw will be counted as one point in the game.
2. Each team is allotted a certain number of fouls.
3. Defenders can legally block or steal the ball.
4. The offence has five seconds to inbound the ball
5. The time shall be two 10 minutes halves with 5 minutes rest between.
6. A player can't run with the ball
7. The ball may be thrown in any direction by one or both hands
8. No intentionally foul allowed in game
9. Each team consists of four fouls in 10 minutes
10. Any player does 5 personal foul will be disqualified in the game
11. Only 5 players allowed in the court on the playing time



## **RULES OF CRICKET FOR INTER HOUSE COMPETITION**

1. Umpire's decision is final - The decisions made by the two on-field umpires are final and must be respected by all players.
2. Fielding - The fielding team's goal is to keep the other team's score low by preventing them from scoring runs.
3. Run out - A batter is run out if a fielder hits the stumps with the ball and the batter is unable to complete the run.
4. Maximum number of players - A team can have a maximum of 11 players.
5. Maximum number of overs - An inning can have a maximum of 5 overs & Pro Soft ball will be used for that.
6. Minimum number of bowlers - At least 4 bowlers must be used in an inning.
7. Bowling posture - Bowlers must stand while bowling.
8. Boundary Runs - If the ball clears the ground by travelling through the ground is given 4 Runs, if the ball goes directly out of the boundary rope or line, it is given 6 Runs.
9. Super over - If the game is drawn, a super over is played, with each team batting for one over.
10. Hitting the ball twice while playing a shot & bowling action which throws the ball instead of bowling is prohibited in Cricket.



## **RULES OF SKATING FOR INTER HOUSE COMPETITION**

1. Eligibility: The competition is open to all students of the school.
2. Age Groups: Participants will be divided into age groups (e.g., Under-8, Under-10, Under-12, etc.).
3. Equipment: Participants must wear proper skating gear, including helmets, knee pads, and elbow pads.
4. Safety: The safety of all participants is paramount. Any behavior deemed reckless or dangerous will result in disqualification.

### **Competition Format**

1. Events: The competition will consist of individual events, such as:
  - Speed skating (e.g., 100m, 200m)
2. Heats and Finals: Participants will be divided into heats, with the top performers advancing to the finals.
3. Timing and Scoring: Electronic timing will be used for speed events.

### **Judging Criteria**

Speed Events: Fastest time wins.



## **RULES OF YOGA FOR INTER HOUSE COMPETITION**

**Age group - classes (1 - 4) or (5- 8 )**

**Asanas -**

- 1. Paschimottanasana**
- 2. Halasan**
- 3. Ushtarasan**
- 4. Chakrasan**
- 5. Gomukhasan.**

**General rules -**

- 1. Each participant will be performing given asana.**
- 2. Expression of tension and trembling will be noted.**
- 3. The final pose was accepted with a smiling face and pleasant expression.**
- 4. Each asana to be maintained for 20 second.**
- 5. Each asana will be of 10 marks.**





## **RULES OF GYMNASTICS FOR INTER HOUSE COMPETITION**

1. Any B part element will be (0.60) except on floor .
2. Gymnastics uniform is mandatory for all the Gymnast.
3. Evaluation of the exercise will be as per FIG cod all age group.
4. Age group classes (1-2)or (3-5).
5. Each element will be of 5 marks.
6. Table of elements girls and boys (6 to 9) years.

### **PARTICIPANT HAVE TO PERFORM 10 ELEMENTS OUT OF THESE ALL**

FORWARD ROLL

BACKWARD ROLL

CARTWHEEL

ONE HAND CARTWHEEL

HANDSTAND ROLL

HANDSTAND BRIDGE

T – BALANCE ( 3 SEC HOLD)

Y – BALANCE ( 3 SEC HOLD)

TOE TURN 360

TUCK JUMP

STRETCH JUMP

JUMP 360

2 LEAP JUMP WITH OR WITHOUT STEP

TUCK JUMP 180

FRONT WALKOVER

BACK WALKOVER

ROUND OFF / TUCK JUMP 360



## **RULES OF TAEKWONDO FOR INTER HOUSE COMPETITION**

1. Protective Gear: Wear approved protective gear, including a helmet, chest protector, arm guards, groin guard, and mouthguard.
2. Match Duration: A standard match consists of three rounds, each lasting 2-2 minutes, with a 1-minute break between rounds.
3. Scoring: Points are awarded for valid kicks, punches, and strikes. The competitor with the most points at the end of the match wins.
4. Valid Target Areas: Only kicks, punches, and strikes to the following areas are considered valid: head, body (torso), and arms.
5. Prohibited Techniques: Techniques that target the neck, throat, or joints are prohibited, as are techniques that involve grabbing, pushing, or holding.
6. Fouls: A foul is committed when a competitor intentionally breaks the rules. One warning is given, and repeated fouls result in penalty points.
7. Penalty Points: Penalty points are awarded to the opponent when a foul is committed. Three penalty points result in a win for the opponent.
8. Knockout (KO): A competitor who is knocked down and unable to continue within 10 seconds is declared the loser by KO.
9. Injury: If a competitor is injured and unable to continue, they are declared the loser.
10. Referee's Decision: The referee's decision is final. Competitors must respect the referee's decisions and follow their instructions at all times.