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Dated :- 29.07.2016

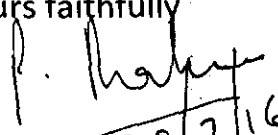
The Deputy Commissioner
Kendriya Vidyalaya Sangathan
All Regions

Subject:- Modalities for 47th KVS National Sports meet 2016-17.

Sir/Madam,

I am forwarding herewith the Modalities of 47th KVS National Sports Meet 2016-17 as approved by Competent Authority for information and further necessary action.

Yours faithfully


(Piya Thakur) 29/7/16

Deputy Commissioner(Acad).

Copy for Information:-

1. The Deputy Commissioner (EDP Cell), KVS(HQ) for uploading on KVS website on announcement page.

KENDRIYA VIDYALAYA SANGATHAN, NEWDELHI

(SPORTS CELL)



सत् त्वं पूषन् अपायुषु
केन्द्रीय विद्यालय संगठन

**Modalities
For
KVS Sports Meet 2016-17**

*As approved by KVS NSCB in its Annual Meeting on 30th June 2016-17

INDEX

S. No	Section	Content	Page No
1	Section A	Technical Modalities	3
2	Section – B	Conduct of Regional Sports Meet	5
3	Section - C	Food & Stay arrangement at Regional and National Meet	6
4	Section-D	Expenditure	8
5	Section-E	Cash Awards	10
6	Section-F	Safety and Security	11
7	Section-G	General Guidelines	12
8	Section-H	Tentative Schedule & Participation	14
9	Section-I	Events & Age group	15
10	Section - J	Colours allotted to regions	16
11	Section- K	Yoga	17
12	Appendix -I	Eligibility format	19
13	Appendix-II	Details of participants- Format	20
14	Appendix-III	Events & No. of participants (Athletics)	21
15	Appendix-IV	Equipments , Weight & Height (Athletics)	22
16	Appendix-V	Events & No. of participants (Swimming)	23
17	Appendix -VI	Boxing	25
18	Appendix-VII	Judo	26
19	Appendix-VIII	Taekwondo	27
20	Appendix-IX	Skating	28
21	Appendix- X	Others events	29
22	Appendix-XI	Details of Sports kit & accessories	30
23	Appendix-XII	Bench mark(Athletics & Swimming)	37

SECTION-A

1. Technical Modalities-

- 1.1 Conduct of tournaments – The matches for team events will be played on basis of league com knockout , and fixtures will be drawn on scientific formula in front of participating team .Therefore all teams must be present during fixture draw. All matches will be played on standard surface/ playing court/ ground as per norms of the event/ game.
- 1.2 The competitions for the team games of table-tennis, badminton and tennis will be held as first singles, doubles and second singles. For individual events of badminton, table tennis, and tennis, top five seed can play for individual singles and top five winning students of individual singles can be selected for the next higher level. The regions will invite entries from individual players for Regional level singles tournaments and conduct the Regional level competitions directly. The best five singles players may be deputed for KVS National and SGFI Meet. The merit / ranking of selected players at the Regional level must be decided before declaring the result and same merit list of selected players should be sent to the venue of KVS National Sports Meet with the details of participants eligible for doubles.
- 1.3 The matches for badminton, taekwondo, tennis, table- tennis ,judo, boxing, rope skipping, archery, shooting , chess etc will be played as per the SGFI / Federation/Associations rules . The Organizing Committee will constitute a Technical Committee of sports/events to conduct the matches fairly as per norms .
- 1.4 The events related with athletics, swimming, rope skipping, skating where the time/time trial are recorded should be as per the KVS bench mark. Scientific digital time watch should be used during competitions / trials. The swimming events should be conducted in moderate temperature pool water.
- 1.5 Skaters can opt for two races out of three races in quad event and three races out of four races in in-line event for competition. A player can take part either in quad or In-line event. No player can take part in both the events quad. Only three participants can take part in KVS National Sports Meet & SGFI in one age group in the event of quad and three participants can take part in KVS National /SGFI in the event of In-line. While selecting the team of participants for quad/in-line, preference will be given to first place holder/gold medalist. If the team cannot be constituted with three players who are gold medalists then silver/bronze medalist may be selected for higher level. If the gold medalists are more than three, then marks will be calculated as maximum points. The skating competition will be conducted on standard rink to avoid time variations of the participants.
- 1.6 In rope skipping the best players are to be selected on the basis of individual and team performance as per the federations norms. The points secured by the participants are to be recorded for further enquiry.
- 1.7 Only electronics devices/ Software may be used during competition for all kinds of record purpose like time recording, computerized merit list, allotment of lane in athletics & swimming, photo finish , video recording to avoid any type of dispute.

1.8 The Regional & National Meet for athletics and hockey will be conducted on synthetic track and synthetic turf surface and swimming competition in standard swimming pool as per the SGFI norms .

1.9 The playing equipments / materials should be as per norms to avoid any injury to players.

1.10 Qualified and registered Referees/ Umpires and Officials will be engaged for Regional / National Sports Meet.

1.11 If the number of participants is less than three, the participation certificate may be awarded to the individual concerned and he / she may be selected /recommended for next higher level competition. However, his or her physical fitness and playing ability as per norms should be recorded according to the event concerned. No merit certificate, medals and cash award will be given in such cases.

1.12 It should be ensured by all regions that there will be no participants/ players/ students allowed to participate without proper playing kit and shoes.

1.13 The championship will be calculated up to sixth position only by awarding score for individual events 10, 6, 04, 03, 02, 01 and for team games 20, 12, 08, 06, 04, 02. Beyond this the host region should not give the position.

1.14 The match schedule/ fixture must be communicated to all the participants, escort well in advance and displayed at prominent places.

1.15 Yoga Competitions to be conducted as per the SGFI norms of "Yoga Competitions".

1.16 The details of age-groups and the class up to which the students are eligible to participate in these games are:-

- a) Under 14 years as on 31.12.2016 and up to Class VIII and born on or after 01.01.2003.
- b) Under-17 years as on 31.12.2016 and up to Class X and born on or after 01.01.2000.
- c) Under-19 years as on 31.12.2016 and up to Class XII and born on or after 01.01.1998.
- d) Eligibility Certificates:-Selected Participants from all KVs /Regions will bring computerized eligibility certificates in single copy up to KVS National Sports Meet 2016-17 and submit to the venue Principal. Without the eligibility certificate, no student will be allowed to participate. Eligibility Certificates (in quadruplicate) in respect of all the students selected for the SGFI will be submitted to the Host Region which is the SGFI Venue and would be coordinating the KVS SGFI team.

Note-Details of number of players for each game /event given in **appendix- III**

SECTION-B

2. Conduct of Regional Sports Meet 2016-17

- 2.1 The Deputy Commissioners will invite entries from all the Kendriya Vidyalayas under their jurisdiction in all games and sports for participation in the regional level meet / tournaments. **The selected team of the region will participate in the National Sports Meet-2016.**
- 2.2 The modalities for conduct of Regional Sports Meet including travelling /escorting duties up to National level will be decided at regional level by the Deputy Commissioner of the region. A Committee should be appointed with Deputy Commissioner as the Chairman for maintaining transparency and to avoid grievances/complaints at a later stage.
- 2.3 For Regional Sports Meet, the Deputy Commissioner will constitute the bench mark for evaluating the performance and eligibility for participation in regional sports meet. However the participation in KVS National Sports Meet , the bench mark will be provided by KVS (HQ).
- 2.4 The Regions will select regional teams (mixed KV) and best players/winners in individual/semi-team events in all games and sports as per event norms(Except for football U-14Boys).
- 2.5 However for team events for under 14 yrs. (Boys & Girls) the winner team of one Vidyalaya will represent the region in 47th KVS National Sports Meet 2016-17 and thereafter a mixed teams (on selection basis) will participate in SGFI 2016-17. **Events are :** Football(Boys Subroto cup only), Kho-Kho (Boys & Girls), Kabaddi (Boys & Girls), Hockey (Boys & Girls) , Hand ball (Boys & Girls) , Volleyball (Boys & Girls) and Basketball (Boys & Girls).
- 2.6 For team events under- 19 (Boys & Girls) and under- 17(Cricket Boys), the selected (mixed) team will represent their region in KVS National Sports Meet and there after again selected team will participate in SGFI 2016-17 .
- 2.7 Coaching camp should be organized for under 14, 17 & 19 yrs. at Regional level. Winner team(team events) of U-14 (boys &girls) the Coaching camp will be organized by concerned Vidyalaya . Coaching camps should be scientifically planned and the selected participants must be allowed to attend teaching classes at coaching venue after coaching session.
- 2.8 The Deputy Commissioner will personally ensure that the selected players / athletes qualify the minimum bench mark .i.e. their performance is equal to or above the sixth place of last year(46th KVS National Sports Meet 2015-16) in the particular events/games wherever applicable. The bench mark will be circulated separately by KVS (HQ).
- 2.9 The participant / teams found below the bench mark at Regional level will not be allowed to participate in 47th KVS National Sports Meet and the certificate of participation will also not be issued in such cases .
- 2.10 The events should be planned in such a manner that movement of participants / teams should be minimized in the interest of events and players.
- 2.11 The events should be allotted to a vidyalaya as per the Infrastructure and local resources available at the vidyalaya as per norms.
- 2.12 The Selection Committee to be constituted at each venue should be approved by the Deputy Commissioner of the region to avoid any dispute/protest and any legal enquiries at any level.

SECTION-C

3. Food and stay arrangement –

3.1 Menu/food chart for the players/coaches/officials during Regional /National Meet.

S. No.	items	Materials & Quantity
1	Break-fast	(i) Milk-200ml (ii) Bread & Butter + Jam =08 pcs (iii) Idli (Sambhar + Chatni)= 08 pcs (iv) Aloo Parantha=02 Pcs (v) Fruits- (Banana=02/Apple=01) (vi) Eggs(Boiled)=02pcs.
2	Lunch	(i) Chapati(Tawa Roti) (ii) Rice (iii) Dal/ Rajma/Chana (iv) Mixed Vegetable (Seasonal) (v) Paneer (for vegetarian) (vi) Salad & Pickle (vii) Fish/Chicken (for non vegetarian)
3	Evening-	(i) Juice-200ml. & Tea (ii) Snacks- Sandwich / Samosa/ Aaloo Bonda=02
4	Dinner	(i) Chapati (ii) Rice (iii) Dal/Rajma/Chana (iv) Mixed Veg(Seasonal) (v) Paneer(For Vegetarian) (vi) Fish/Chicken(For non-vegetarian) (vii) Papad & Pickle (viii) Salad(Mixed)
5	Night (Before Sleep)	Milk with sugar =200ml.(Minimum)

Note:-a) Main meals should be served in buffet style.

b) Above food charge is illustrative only. If a player/escort needs more food, he / she should not be denied.

c) The venue Principal will provide the same scale/standard of food/diet to the Participants/Escort Teacher/PETs/Coaches/Officials as mentioned above and No DA will be charged at venue during stay period of Sports meet.

3.2 Stay arrangements:-

- Proper kitchen arrangement should be made so as to ensure neat and hygienic cooking environment. Nutritious and fresh healthy food should be served. The food should be tasted by the venue Principal and staff as well as any official visiting the venue.
- Adequate number of cots, mattresses, bed-sheets and pillows, quilts should be provided to participating students & teachers where ever required. The bedding should be clean and changed when requested.

- c) Clean RO drinking water at Dining Hall , play and stay venue should be ensured. Fresh running water should be provided for bathing etc.
- d) Existing toilets should be converted into separate bathrooms and toilets.
- e) Lights and fans should be made functional and power back-up (Generator) must be arranged.
- f) Mosquito coils/repellent and emergency light should be provided to the participants.
- g) Plastic rope for drying clothes should be provided to participants.
- h) Sufficient buckets and mugs should be provided to the participants.
- i) Room should have curtains so that privacy of students, especially girls is maintained.
- j) Toilets should be cleaned at least thrice a day. Rooms may be cleaned once a day. Cleaning staff should be available 24 hours at venue.

SECTION- D

4. Expenditure

4.1 Expenditure by KV -

The Vidyalaya will make the following expenditure on their teams out of the Vidyalaya Vikas Nidhi /School Fund as applicable:-

- (a) Expenditure on playing kit and playing equipment for participating students will be met out from VVN of KV concerned for participating in Regional level meet.
- (b) Expenditure on TA/DA for participating students during the journey period from their respective KV to the venue of the Regional level meet and back will be met out of the VVN of KV concerned.
- (c) Expenditure on TA/DA of escorting teacher will be met out of the School Fund of the concerned KV during journey period.

4.2 Expenditure by the Region-

The expenditure will be made on –

- (a) Conduct of the Regional level meet/tournaments in all games
- (b) Preparing play-fields, playing equipment, hiring of tents, mattress, bed roll for participants / escorts etc to conduct Regional meet.
- (c) Purchase of trophies, medals and printing of certificates for players/students.
- (d) Playing kit and equipments for participants /students, PETs and escorts deputed to KVS National Sports Meet.
- (e) Honorarium to officials/umpires/ referees for the matches in regional meet.
- (f) Boarding and lodging of every team/players/escorts in the regional their respective coaching / collection centre of region to the venue of the KVS National Sports Meet and back. Local transportation engaged to conduct the Regional sports meet from stay venue to play venue whenever is required.
- (g) Journey expenditure and TA/DA of participating students/players from
- (h) Expenditure on first-aid/medical facilities etc.

4.3 Expenditure by KVS (HQ):-

- (a) Expenditure on conducting the KVS National Sports Meet will be incurred by the KVS (HQ). An amount of Rs.350/- is fixed as boarding and lodging arrangement including Contingent charges for participating students, PETs, escorting teachers, coaches, officials engaged for conducting sports meet. For journey period more than 08 hours, the rate will be Rs. 350/-. If journey period is less than 08 hours, the rate will Rs.200 students who are not staying overnight and not availing lodging facilities will be paid Rs.200/- per head per day. Food/transportation bills during journey should be insisted upon from escort teachers. Self certified / verified bills should suffice. If required verification can be from students.

- (b) Expenditure on playing equipment, playing kit(for SGFI players & PET deputed as coach), medical-aid, transportation, honorarium to officials for conduct of matches, purchase of medals, trophies, shields, printing of certificates hiring of tent /shamyans and all arrangements regarding organizing of KVS National Sports Meet in each game will also be met by the KVS(HQ).
- (c) The remuneration/honorarium to the Officials engaged for conducting Regional & National level matches will be paid @ **Rs.1000/-** per day per head as remuneration & **Rs.200/-** per day per head as a conveyance charge.

SECTION- E

5. Cash Awards:

KVS has instituted the following cash awards in National level Meet. The expenditure is to be incurred by Host Region on the spot and later on sent to KVS (HQ) for reimbursement along with full particulars. The expenditure on cash awards will be a separate head isolated from the expenditure incurred on KVS National Meet.

5.1 For individual games in KVS National Sports Meet 2016-17- cash awards of **Rs.10000/-, Rs.8000/- and Rs. 5000/-** for winners of first three places will be given. If there is a tie between two Players in any individual events cash award between the two .

5.2 For team games each individual member of the winning teams in first three places will be awarded cash prize of **Rs.5000/-, Rs.3000/-, and Rs.2000/-** respectively in the KVS National Meet.

5.3 Students represent in KVS and win Gold, Silver and Bronze medals in SGFI in all individual games will be awarded onetime cash scholarship of **Rs.15,000/-, Rs12,000/- and Rs.1 0,000/-** respectively.

5.4 For team games each member of the KVS teams which win Gold, Silver and Bronze Medals in SGFI meet will be awarded cash prize of **Rs.1 0000/-, Rs. 7500/andRs.5000/-** respectively.

5.5 For International event, if sponsored by KVS, **Rs.50,000/-** per student will be awarded (Individual /Team events).

Note: a). It should be ensured that all Cash Prizes are distributed to the winners in KVS National Sports Meet & SGFI Meet by the host regions positively, so that unnecessary correspondence & complaints are avoided.

b) For reimbursement expenditure in National Sports Meet, the host Region must submit the Bills & Vouchers within three month after completion of the National Sports Meet.

SECTION-F

6. Safety and Security measures:-

- 6.1 Safe and secure transport arrangements should be made for the participating students. Confirmed reservations must be ensured.
- 6.2 Fire safety measures must be functional at stay venue.
- 6.3 All water tanks, septic tanks, drains and deep pits at the play and stay venue should be closed to avoid any untoward incidents.
- 6.4 Terrace gate / doors must be locked.
- 6.5 Security guard and CCTV camera must be functional round the clock.
- 6.6 Medical facilities /Medical assistance must be arranged at stay & play venue at all times.
- 6.7 Electrical switches, wires, points and appliances must be checked so that incidents of short circuit etc are avoided.
- 6.8 Before the games the stay venue should be fumigated and pest control measures be taken. The area should be cleaned and extra vegetation removed. Cleanliness should be ensured at all times.
- 6.9 Unwanted visitors must be prohibited at stay & play venue. In case a child has a visitor, the parent/ guardian of the child should be asked to verify beforehand. A visitor turning up suddenly to visit a child should not be permitted in the premises. On no account should any child be allowed to go out without proper escort and permission of parent. Escorts should have the telephone number of all the students in their care as well as their parents.

Only authorized persons should be allowed for video & photography.

Important Contact numbers must be displayed prominently on notice boards and other frequently used places.

A - 24 hour help desk should be available at stay venue so that students/ escorts can contact them any time in case of any problem. The helpdesk staff should have telephone facility. A register should be maintained in which complaints are noted along with action taken and date and time of redress.

- **Every child and escort should be issued ID card by the host region.**

SECTION-G

7. GENERAL GUIDELINES –

- 7.1 Team should report at Regional / National venue a day before the match, to avoid any miscommunications among participants, escort teachers and Organizing Committee.
- 7.2 A brief meeting with organizing committee and escorts must be held a day before start of tournament / competitions in which the fixture/ schedule must be drawn/ decided in the presence of escorts and the Technical Committee of meet.
- 7.3 The standard of National Sports Meet should be maintained at all level and all the Deputy Commissioners are to personally insure while sponsoring teams for the national events . Students should be sent for participation after duly evaluation their strength, endurance, speed coordination and the skill part required for particular events. The physical fitness profile of the students will be one of the parameters during selection at different level. The region will develop their own bench mark (parameter) for participation up to regional level. However, For the KVS National Sports Meet, the bench mark will be applied as per the KVS (HQ) Sports Cell.
- 7.4 Regional Sports Meet 2016 should be completed before 31 July 2016
- 7.5 The Deputy Commissioner of host region (KVS National Sports Meet2016-17) will arrange running Trophies/Shields in all Games/Events for Boys and Girls separately to the Winner(1st Position), 1st Runner-up (2nd Position)and 2nd Runner-up(3rd Position)only .
- 7.6 The safety and security consideration should not be compromised in any case at any cost. KVS(HQ) will depute team of Observer for KVS National Sports Meet.
- 7.7 All the regions should ensure that required number of escorts is to be sent with the teams(Avoid to assigned escort duty to genuinely disabled teachers/ female teachers having child below two year age).
- 7.8 **KVS Flag-** Each Regional team will bring at least two (02) flags of their region with them at stay venue . The flags will be of the size of 4ft. x 3ft. The color of the flags will be the same as has been allotted for the playing kit of the players of that region as per given in Section -J.
- 7.9 **Play Field& Ground-**All the Deputy Commissioners of region are requested to ensure proper maintenance of school play field/ground. The Vidyalaya may engage daily wages labour (grounds man) for maintaining play fields as and when required under the supervision of PETs/ In-charge of sports.
- 7.10 **Medical and Consent Certificate-** The Medical Certificate from registered doctor must be submitted by students along with consent letter from parents before sending team / players at any level of Sports Meet.
- 7.11 All Regional Venue Principals/ Deputy Commissioners of the Region should ensure that all the teams and participants should travel by confirmed reservation only, 3AC upper limit in case of non-availability of the berth in 3Tier AC. Journey may be performed by AC Chair Car, 2nd Sleeper Class with confirmed Berth/Seat or by Volvo/AC buses or Non AC Buses with sleeper or comfortable seating preferably owned by respective State Govt.

Note- a) The proposed venue for 48th KVS National Sports Meet 2017-18

1-Banglore 2-Bhopal 3-Gurgaon 4-Guwahati 5-Jammu 6- Delhi

b) In case of any query the following officers may be contacted –

- * Ms. Piya Thakur, Deputy Commissioner (Acad.) KVS (HQ) 011-26521840
- * Dr. P.S Dara, Sports Cell KVS (HQ) 09425025428
- * Shri. H.S Kushwaha, Sports Cell, KVS (HQ) 09506721648

SECTION –H

Schedule for 47th KVS National Sports Meet 2016-17

All venue regions may fix up date between 15th September 2016 to 15th October 2016 for the events. While deciding the date, SGFI National School Game Calendar 2016-17 may be kept in mind which is available in the SGFI website.

S. No.	Region/Venues	Games/Events & Age group
1	Delhi Region (Girls & Boys)	Girls –(U-19, 17 &14) Athletic (Track &Field), Swimming & Diving, Lawn Tennis, Shooting and Yoga
		Boys—(U-19, 17&14) Athletic (Track & Field), Swimming & Diving , Lawn Tennis, Shooting and Yoga
2	Chennai Region (Boys)	Rope Skipping (U-19,17&14) Handball Boys (U-14 &19) Hockey (U-14&19) Basketball (U-14 &19), Cricket (U-17) & Boxing (U-14,17&19)
3	Bhubaneshwar Region (Boys)	Archery (U-14,17&19), Kho-Kho (U-14 & 19), Kabaddi(U-14), & Volleyball(U-14,19)Chess(U-14,17&19)Badminton (14,17,19), Table Tennis (U-14,17,19)
		Cricket (U-19)
4	Hyderabad Region (Girls)	Taekwondo (U-19 ,17 &14) Archery (U-19,17&14) Rope Skipping(U-14,17,19)
		Handball(U-14) , Hockey(U-14) Kabaddi(U-14) , Kho-kho(U-14) Volleyball(U-14 & 19) Basketball(U-14)
		Skating Boys (U-14,17,19)
5	Mumbai Region (Girls)	Judo (U-19,17&14) Chess (Girls U-19,17&14) Skating (U-19,17&14)
		Football (U-14)Kho-Kho(U-19),Kabbadi(U-19),Basketball(U-19) Hockey(U-19),Handball(U-19)Badminton (U-14,17&19) Table Tennis(U-14,17,19)
6	Kolkata Region (Boys)	Football (U-14 SUBROTO CUP)
		Judo (U-19,17 &14) Taekwondo(U-14,17&19) Kabaddi (U-19) Football (U-19)

Note –The Team Events for **Under -14yrs.** [Boys & Girls] will be organized as **Inter KV Tournament** up to KVS National Sports Meet-2016 and mixed team on selection basis for SGFI Meet-2016. Football (U-14) Boys as per the Modalities of SUBROTO CUP.

- **Team events (U-14) :-** Football (Girls), Kho – Kho (Boys & Girls), Kabaddi (Boys & Girls), Hockey (Boys & Girls) , Hand ball (Boys & Girls) , Volleyball (Boys & Girls) and Basketball (Boys & Girls)

SECTION-I

9. Events and Age group for the KVS National Sports Meet 2016

S. No.	Name of Game/Event	Boys-Age Group			Girl- Age Group		
		14	17	19	14	17	19
1	ATHLETICS	14	17	19	14	17	19
2	BADMINTON	14	17	19	14	17	19
3	BASKETBALL	14	NA	19	14	NA	19
4	BOXING	14	17	19	NA	NA	NA
5	CHESS	14	17	19	14	17	19
6	CRICKET	NA	17	19	NA	NA	NA
7	FOOTBALL	14	NA	19	14	NA	NA
8	HANDBALL	14	NA	19	14	NA	19
9	HOCKEY	14	NA	19	14	NA	19
10	JUDO	14	17	19	14	17	19
11	KABADDI*	14	NA	19	14	NA	19
12	KHO- KHO	14	NA	19	14	NA	19
13	LAWN TENNIS	14	17	19	14	17	19
14	SHOOTING	14	17	19	14	17	19
15	SKATING	14	17	19	14	17	19
16	SWIMMING & DIVING	14	17	19	14	17	19
17	TABLE TENNIS	14	17	19	14	17	19
18	TAEKWONDO	14	17	19	14	17	19
20	YOGA	14	17	19	14	17	19
21	VOLLEYBALL	14	NA	19	14	NA	19
22	ARCHERY	14	17	19	14	17	19
23	ROPE SKIPPING	14	17	19	14	17	19

- Selection of Kabbadi Team will be done on the basis of weight category as per SGFI norms-

SECTION- J

10. COLOURS ALLOTTED TO THE REGIONAL CONTINGENTS:-

S. No.	REGION	ALLOTTED COLOURS & ITS COMBINATION
1	ARGA	MAROON WITH YELLOW STRIPES
2	AHMEDABAD	YELLOW WITH GREEN STRIPES
3	BANGLORE	LIGHT SKY BLUE WITH NAVY BLUE STRIPES
4	BHOPAL	GREY WITH GREEN STRIPES
5	BHUBNESWAR	RED WITH WHITE STRIPES
6	CHANDIGARH	NAVY BLUE WITH RED STRIPES
7	CHENNAI	BOTTLE GREEN WITH YELLOW STRIPES
8	DEHRADUN	NAVY BLUE WITH YELLOW STRIPES
9	DELHI	NAVY BLUE BASE WITH SUBLIMATION COLOUR
10	EARNAKULAM	ORANGE WITH BLUE STRIPES
11	GUWAHATI	ORANGE WITH GREEN STRIPES
12	HYDERABAD	BROWN WITH YELLOW STRIPES
13	JABALPUR	MUSTARD WITH BLACK STRIPES
14	JAIPUR	BOTTLE GREEN WITH RED STRIPES
15	JAMMU	BOTTLE GREEN WITH WHITE STRIPES
16	KOLKATA	GREEN WITH BLUE STRIPES
17	LUCKNOW	RED WITH BLUE STRIPES
18	MUMBAI	MAROON WITH WHITE STRIPES
19	PATNA	LIGHT BLUE WITH BLACK STRIPES
20	RAIPUR	GREY WITH WHITE STRIPES
21	RANCHI	SKY BLUE WITH WHITE STRIPES
22	SILCHER	GREEN WITH WHITE STRIPES
23	GURGAON	NAVY BLUE WITH ORANGE STRIPES
24	TINSUKHIYA	BOTTLE GREEN WITH ORANGE STRIPES
25	VARANASI	RED WITH GREEN STRIPES

Note:-The Colour of Playing kit & track suit for KVS team for participating in SGFI Meet will be navy blue base with sublimation colour.

SECTION-K

11-Yoga competition-

(1) National School Games Yogasana Competition will be held for Boys & Girls Section separately. The rules for the date of birth, eligibility and protest note will be according to the SGFI rules and norms.

There will be three age groups in both the sections as under:-

(i) Under 14 Years (ii) Under 17 Years (iii) Under 19 Years

(2) A team must consist of a maximum of five competitors (including one reserve). A team consisting of less than four competitors will not be eligible for team championship, but their performance will be considered for individual position. For championship, marks of only best four players will be counted.

(3) The Yogasana Competition will include the following Asanas for all age groups:-

Group-A (i) Paschimotanasana Note: elbow must touch the floor. (ii) Sarvangasana (iii) Matsyasana (iv) Dhanurasana (Note: Competitor can perform puma Dhanurasana (v) Ardha Matsyendrasana (vi) Uttan Padasana

Group - B (i) Chakrasana (ii) Kukutasana (iii) Shrisasana (iv) Bakasana (v) Bhumasana (vi) Puma Shalabhasana

Group-C (i) Sankhyasana Note: Knee should not touch the floor (ii) Vyaghrasana (iii) Urdhva Kukutasana (iv) Utith Titibhasana (v) Padama Mayurasana (vi) Utith Padhustasana

(4) The asanas of group 'A' to be performed and retained for age group below 14 years - 1 minute and for age groups below 17 years & 19 years 2 minutes

(5) The asanas of group 'B' are to be performed and retained for 15 (fifteen) seconds for age group below 14 years. while for below 17 and 19 asanas are to be performed and retained for thirty seconds.

(6) The asanas of Group 'C' are to be performed and retained for ten seconds for all the age groups.

(7) At the time of competition, asanas from group 'A' & group 'B' will be assigned by draw system on the spot. While in group 'C', anyone asana can be selected by the player. Every participant has to perform three asanas. Separate draws will be made for boys & girls section.

(8) Three compulsory asanas are to be performed from the given list of eighteen asanas in Group 'A', 'B' and 'C'. In addition to this, two any other asanas of the player's choice are also to be performed excluding compulsory asanas. Thus a total 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and thus a competitor will be given marks out of a total of 50 marks.

(9) If required, the authority may reduce the time limit for the asanas. For example, the time limit of an asana may be reduced from two minutes to 1 minute. In any case, the time limit will not be extended. Such change, if made, will be applicable to all participants.

(10) A competitor will be allowed a maximum of three attempts for optional asanas, no further attempt will be granted for compulsory asanas.

(11) No asana will be changed or altered once fixed or obtained by the competitor.

Marking scheme and Grade

(12) Marking scheme will include the construction, the holding and the lasting of an asana. Expression of tension and trembling will also be noted. The final pose will be accepted with smiling face and pleasant expression.

(13) Each asana will be of 10 marks. The detail distribution of these 10 marks will be given by the judges as under:

(i) Way of performance to reach the final stage of the asana-1 mark.

(ii) Perfect posture of the asana - 4 marks.

(iii) Exhibition of the asana without tension and trembling- 2 marks

(iv) Stay in asana for a fixed time - 2 marks.

(v) Returning to original position -1 mark.

(14) For optional of voluntary asanas, categories will be clarified as 'A', 'B' & C grade. 'A' grade will include asanas, which has balance factor and flexibility of torso and waist. It will also include risk factor.

For example- The standing Vruchik asana. Asanas with only flexibility (without balaoce) will be in 'B' grade.

For example- Dimbasana, Deepasana and Vruschikasana. Other asanas are in 'C' grade.

For 'A' grade asana marking will be out of 10 marks.

For 'B' grade, out of 8 marks .

For 'C' grade marking will be out of 6 marks.

The category of the asanas will be decided by the penal of judges on their discretion.

(15) One chief judge, plus four judges, a scorer and a time keeper will ~ form a panel of judges. There will be two panels of judges - one for boys and one for girls sections.

(16) A judge will write the marks of every asanas in their scoring sheet < and display the mark card so that the spectators may see and scorer can not down the points and announce it. The Judges will award marks out of 10 marks to each competitor for each asana separately, the maximum and minimum marks will be deleted (highest & lowest) and the average of other remaining two will constitute the final score.

(17) The judges are free to observe the candidate on the carpet and if needed can order the competitor to perform the asana again.

Dress/Costume

(18) Track suits will not be allowed while performing asanas. Slacks, Shorts or Swimming Costumes are compulsory during the asanas. Participants are strictly instructed to put on tight underwear with elastics.

Tie/Draw

(19) The marking system for a tie :- (i) In case of equal marks, a performer's total marks given by all judges will decide the winner.

(ii) If a tie still remains than a performer who has obtained more marks in optional asanas will be declared as the winner.

(iii) If a tie still remains than marks obtained in group 'C' asanas will decide the winner.

(iv) Still there are more than one competitor with equal marks, they will be decided joint winners. But if the tie is for the first place then the winner will be decided by a toss of again.

(20) (i) If there are more than fifteen teams, best 6 teams will be selected for the final round after the completion of the first round.

(ii) If there are ten or more teams, four best teams will be selected for the final round. (iii) If there are less than ten teams, final will be conducted directly and rules of the final competition will be applied.

(21) The rules for the final competition for individual and teams Championship :-

(a) Competitors will have to perform five asanas from groups 'A', 'B' & 'C' as per judges instruction but there should not be more than two asanas from one group. Asanas performed in preliminary round should not be repeated.

(b) Competitors will perform two asanas of their choice, excluding compulsory 18 asanas.

(c) Surya Namaskar is a compulsory asana for the final competition.

The marking will be as under :- A total of 10 marks as per following divisions –

(i) Body posture - 3 marks

(ii) Forward bend - 3 marks

(iii) Backward bend - 3 marks

(iv) Dress/Costume - 1 mark

(d) Individual Championship will be conducted separately and the best performer from the preliminary round will be selected for the final championship .

(22) For individuals –

(i) The winner will get 5 marks,

(ii) The runner up will get 3 marks.

(iii) 2nd Runner up will get 2 marks.

(23) for team championship-

(i) Winning team will get 10 marks,

(ii) Runners up will get 6 marks.

(iii) 2nd Runners up will get 4 marks.

The Region/State with maximum marks will be declared the championship state.

(23) The rules for the date of birth, eligibility and protest note will be according to the SGFI rules and norms.

Note- For details see SGFI site-

Format

State/UT/Unit- New Delhi

NATIONAL SCHOOL GAMES 201..... -
 Under the aegis School Federation of India
Certificate of Eligibility
 Under-14/17/19 Boys/Girls

Recent passport size photograph with name and date of photograph taken, duly attested by the Principal
Signature of student

01	Name of the Participants (In Block Letters)							
02	Father's Name (In Block Letters)							
03	Name of Institution (In Block Letters)							
04	Institution Full Address (In Block Letters)							
05	Institution Phone No. with STD Code No.							
06	Last Year Registration No. SGFI							
07	Date of Birth (i) In Fig.	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>						
	(ii) In Words							
08	Discipline							
09	Pass port No.(if Available)							
10	Age in Completed years as on 31 st December	<table border="0"> <tr> <td align="center">Year</td> <td align="center">Month</td> <td align="center">Days</td> </tr> <tr> <td align="center"><input type="text"/><input type="text"/></td> <td align="center"><input type="text"/><input type="text"/></td> <td align="center"><input type="text"/><input type="text"/></td> </tr> </table>	Year	Month	Days	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>
Year	Month	Days						
<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>	<input type="text"/> <input type="text"/>						
11	Home Address in Full & Phone /Mobil No.							
12	Admission No. & Year							
13	Date of Joining the School							
14	Standard and Section Studying in this year							
15	Standard Studying last year							
16	Personal Identification Marks	1.						
		2.						
17	Signature of Participant							

Certificate :-

1. Certified that the above participant is a bonafide student of this institution for the academic year.
2. Certified that I have personally verified the admission records maintained in the school and found correct.
3. Certified that it is understood in the event of information furnished above found to be partly or wholly untrue, the above students is liable to be disqualified for a period of two years in case the students is a member of the team, then the participant is liable to be disqualified for a period of two years in case the students is a member of the team, then the participant is liable to be disqualified for a period of two years in case the students is a member of the team, then the participant is liable to be disqualified as a whole.

Signature of competent Authority of State/UT/Unit with Seal	Signature with Seal Manager/Coach Post/Designation.....	Signature with Seal of the Head of Institution/Principal /Head Master
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For Office Use only	Name of Invigilator.....	Sign of Invigilator.....
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Appendix – II

10. Details of selected Participants of KVS Regional /National /SGFI Sports Meet-

S. No	Events & Age Group	Name of Participant	Fathers Name	Class	D.O.B	Ad m. No.	K V	Region	Track Suit Size	T-Shirt	Trouser /Short	Pullover	Blazer	Shoes	Scan photo	Scan Signature	Contact No.

Signature of Principal/
Asst. commissioner/
Dy. Commissioner

Note- (i) Please furnish the above information in MS Excel format and upload on Vidyalaya website.

(i) Details of selected Participants for KVS National Meet will uploaded on Regional (RO) Website .

(iii) Details of selected Participants for SGFI Sports Meet will be uploaded by the Host Region of KVS National Sports Meet 2016-17

17	Javelin throw	-	-	-	-	2	2	2	2	2	2	2	2
18	Hammer throw	-	-	-	-	2	2	2	2	2	2	2	2
19	3 km walk					0	0	2	2	0	0	0	0
20	5 km walk	-	-	-	-	2	2	0	0	2	2	2	2
21	110 mtr hurdle	-	-	-	-	-	-	-	-	2	2	0	0
22	400 mtr hurdle	-	-	-	-	-	-	-	-	2	2	2	2
23	4x100 mtr relay	4	4	4	4	4	4	4	4	4	4	4	4
24	4x400 mtr relay	-	-	-	-	-	-	-	-	4	4	4	4
25	5 km Cross Country	-	-	-	-	-	-	-	-	3	3	-	-
26	3 km Cross Country	-	-	-	-	-	-	-	-	-	-	3	3
Total No. of Events (In Age Group)		10	10	10	10	17	17	17	17	20	20	21	21

Note- An Athletes can participate in maximum three (03) Events besides the relay races .

Appendix – IV

12. The Equipment's Weight & Height given below as per SGFI norms. -

S. No.	Equipments Weight/ Height	Boys U-14	Boys U-17	Boys U-19	Girls U-14	Girls U-17	Girls U-19
1	80 M Hrdl.	76 CM	N/A	-	-	-	-
2	100 M Hrdl	-	91.4 Cm	-	-	76.2 cm	84 cm
3	110 M Hrdl	-	-	99.0 cm	-	-	-
4	400 M Hrdl	-	-	91.4 cm	-	-	76.2 cm
5	Shot Put	4.0 Kg	5.0 Kg	6.0 Kg	4.0 Kg	4.0 Kg	4.0 Kg
6	Discus	1.0 Kg	1.5 Kg	1.75 Kg	1.0 Kg	1.0 Kg	1.0 Kg
7	Hammer	-	5.0 Kg	6.0 Kg	4.0 Kg	4.0 Kg	4.0 Kg
8	Javelin	-	700 gms	800 gms	600 gm.	600 gm.	600 gm.

	stroke												
10	200m breast stroke	2	2	2	2	2	2	2	2	2	2	2	2
11	50m butterfly	2	2	2	2	2	2	2	2	2	2	2	2
12	100m butterfly	2	2	2	2	2	2	2	2	2	2	2	2
13	200 m butterfly	2	2	2	2	2	2	2	2	2	2	2	2
14	200m Ind. Medlay	2	2	2	2	2	2	2	2	2	2	2	2
15	High Board	2	2	2	2	2	2	2	2	2	2	2	2
16	Spring Board 1 Mtr	2	2	2	2	2	2	2	2	2	2	2	2
17	Spring Board 3Mtr.	2	2	2	2	2	2	2	2	2	2	2	2
18	4x100m free style relay	4	4	4	4	4	4	4	4	4	4	4	4
19	4x100m medlay relay	4	4	4	4	4	4	4	4	4	4	4	4
20	800m free style	-	-	-	-	2	2	-	-	-	-	2	2
21	400m Ind. medlay	-	-	-	-	2	2	2	2	2	2	2	2
22	1500m free style	-	-	-	-	-	-	-	-	2	2	-	-
Total No. of Events (In		19	19	19	19	21	21	20	20	21	21	21	21

Age Group)														
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- Swimmer may participate in three events besides the relay races-

Appendix – VI

No. of Participants, Events, Weight Category and distance for Regional/National/SGFI-

14. Boxing-

S. No.	Under – 14 Boys		Under – 17 Boys		Under – 19 Boys	
	Weight	No. of Participants	Weight	No. of Participants	Weight	No. of Participants
1	28-30	1	43-46	1	45-48	1
2	30-32	1	46-48	1	48-51	1
3	32-34	1	48-50	1	51-54	1
4	34-36	1	50-52	1	54-57	1
5	36-38	1	52-54	1	57-60	1
6	38-40	1	54-57	1	60-64	1
7	40-42	1	57-60	1	64-69	1
8	42-44	1	60-63	1	69-75	1
9	44-46	1	63-66	1	75-81	1
10	46-48	1	66-70	1	81-91	1
11	48-50	1	70-75	1	91+	1
12	-	-	75-81	1	-	-
13	-	-	81-86	1	-	-
Total		11		13		11

Appendix – VII

15. No.4 Judo

S. No.	Under – 14				Under – 17				Under – 19			
	Weight	Boys	Weight	Girls	Weight	Boys	Weight	Girls	Weight	Boys	Weight	Girls
1	-25	1	-23	1	-40	1	-36	1	-40	1	-36	1
2	-30	1	-27	1	-45	1	-40	1	-45	1	-40	1
3	-35	1	-32	1	-50	1	-44	1	-50	1	-44	1
4	-40	1	-36	1	-55	1	-48	1	-55	1	-48	1
5	-45	1	-40	1	-60	1	-52	1	-60	1	-52	1
6	-50	1	-44	1	-65	1	-57	1	-65	1	-56	1
7	+50	1	+44	1	-71	1	-61	1	-71	1	-61	1
8	-				+71	1	+61	1	+71	1	+61	1
Total		7		7		8		8		8		8

Appendix – VIII

16. TAEKWONDO

S. No.	Under – 14				Under – 17				Under – 19			
	Weight	Boys	Weight	Girls	Weight	Boys	Weight	Girls	Weight	Boys	Weight	Girls
1	18 kg	1	16 Kg.	1	35 Kg.	1	32 Kg.	1	46 Kg.	1	40 Kg.	1
2	18-21	1	16-18	1	35-38	1	32-35	1	46-50	1	40-43	1
3	21-23	1	18-20	1	38-41	1	35-38	1	50-54	1	43-46	1
4	23-25	1	20-22	1	41-44	1	38-41	1	54-58	1	46-50	1
5	25-27	1	22-24	1	44-48	1	41-44	1	58-62	1	50-54	1
6	27-29	1	24-26	1	48-52	1	44-48	1	62-66	1	54-58	1
7	29-32	1	26-29	1	52-56	1	48-52	1	66-70	1	58-62	1
8	32-35	1	29-32	1	56-60	1	52-56	1	+70	1	+62	1
9	35-38	1	32-35	1	60-64	1	56-60	1	-	-	-	-
10	38-41	1	35-38	1	+64	1	+60	1	-	-	-	-
11	+41	1	+38	1	-	-	-	-	-	-	-	-
Total		11		11		10		10		8		8

Appendix – IX

17. SKATING

Under – 14 year	Quad.			Inline			
Events for Boys & Girls	Rink I	Rink II	Road Race	Rink III	Rink IV	Rink V	Road Race
Distance in Meters	300m	1000m	2000m	300m	500m	1000m	3000m
Group	Boys		Girls	Boys		Girls	
No. of Participants	03		03	03		03	

Under – 17 & 19 year	Quad.			Inline			
	Rink I	Rink II	Road Race	Rink III	Rink IV	Rink V	Road Race
Distance in Meters	300m	1000m	3000m	300m	500m	1000m	5000m
Group	Boys		Girls	Boys		Girls	
No. of participants	03		03	03		03	
Under – 17 year							
Under- 19 year	03		03	03		03	

Appendix – X

18. Other Events- No. of Participant, Age group-

S.No.	Game/Event	Under-14		Under-17		Under - 19	
		Boys	Girls	Boys	Girls	Boys	Girls
18.1	Archery (Indian Round)	4	4	4	4	4	4
	Archery (Fita Round)	4	4	4	4	4	4
18.2	Badminton	5	5	5	5	5	5
18.3	Chess	5	5	5	5	5	5
18.4	Table Tennis	5	5	5	5	5	5
18.5	Lawn Tennis	5	5	5	5	5	5
18.6	Cricket	Nil	Nil	16	Nil	16	Nil
18.7	Shooting - 10m open sight Air rifle	3	3	3	3	3	3
	Shooting 10m peep sight Air rifle	3	3	3	3	3	3
	Shooting 10m Air pistol	3	3	3	3	3	3
18.8	Basketball	12	12	Nil	Nil	12	12
18.9	Kabaddi	12	12	Nil	Nil	12	12
18.10	Volleyball	12	12	Nil	Nil	12	12
18.11	Handball	16	16	Nil	Nil	16	16
18.12	Kho-Kho	12	12	Nil	Nil	12	12
18.13	Football	16	18	Nil	Nil	18	Nil
18.14	Hockey	18	18	Nil	Nil	18	18
18.15	Yoga	5	5	5	5	5	5
18.16	Rope Skipping	6	6	6	6	6	6

Note- Weight category for Kabaddi Event :-

Under 14 Boys size of Play Ground 11X8 Mtr. Weight below 51.0 kg.

Under 14 Girls size of Play Ground 11X8 Mtr. Weight below 48.0 kg.

Appendix – XI

Sports Kit, Tracksuits & Accessories etc.

- List of the Track suit ,Playing Kit and playing accessories for the Players .
- Track suits , T-shirt +Shorts and jogging shoes for PETs/Coaches and Escorts deputed for KVS National /SGFI Meet.

Sl. No.	Game/ Event	Item								
1	Athletic	Provided by Vidyalaya For RSM	T-shirt & Vest	Shorts	Shoes/Running Spikes (As applicable)	Socks	Vest	-	-	-
		Provided by RSCB for NSM	T-shirt & Vest	Shorts	Shoes	Socks	Vest	Running spikes	Track suit	-
		Provided by NSCB for SGFI	T-shirt & Vest	Shorts	Shoes	Socks	Vest	Running spikes	Track suit	Blazer
2	Badminton	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	-	-	-	-
		Provided by RSCB for NSM	T-shirt	Shorts	Badminton Shoes	Socks	-	-	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Shorts	Badminton Shoes	Socks	-	-	Track suit	Blazer
3	Basketball	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	-	-	-	-
		Provided by RSCB for NSM	T-shirt	Shorts	Basketball Shoes	Socks	-	-	Track suit	-

		Provided by NSCB for SGFI	T-shirt	Shorts	Basketball Shoes	Socks	-	-	Track suit	Blazer
4	Boxing	Provided by Vidyalaya For RSM	T-shirt	-	Boxing shoes	Socks	Boxing playing kit	Gum shield	-	-
		Provided by RSCB for NSM	T-shirt	-	Boxing shoes	Socks	Boxing playing kit	Gum shield	Track suit	-
		Provided by NSCB for SGFI	T-shirt	-	Boxing shoes	Socks	Boxing playing kit	Gum shield	Track suit	Blazer
5	Chess	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	-	-	-	-
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	-	-	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	-	-	Track suit	Blazer
6	Cricket	Provided by Vidyalaya For RSM	T-shirt	Trousers	Cricket shoes	Socks	-	Pul over	-	-
		Provided by RSCB for NSM	T-shirt	Trousers	Cricket shoes	Socks	-	Pul over	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Trousers	Cricket shoes	Socks	-	Pul over	Track suit	Blazer
7	Football	Provided by Vidyalaya For RSM	T-shirt	Shorts	Football Shoes	Socks/ Stockings	Shin guard	Football Goal Keeper kit	-	-
		Provided by RSCB for NSM	T-shirt	Shorts	Football Shoes	Socks/ Stockings	Shin guard	Football Goal Keeper kit	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Shorts	Football Shoes	Socks/ Stockings	Shin guard	Football Goal Keeper kit	Track suit	Blazer

8	Handball	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	-	Handball Goal Keeper kit	-	-
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	-	Handball Goal Keeper kit	Track suit	
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	-	Handball Goal Keeper kit	Track suit	Blazer
9	Hockey	Provided by Vidyalaya For RSM	T-shirt	Shorts	Hockey Shoes	Socks/Stockings	Shin guard	Hockey Goal Keeper kit		-
		Provided by RSCB for NSM	T-shirt	Shorts	Hockey Shoes	Socks/Stockings	Shin guard	Hockey Goal Keeper kit	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Shorts	Hockey Shoes	Socks/Stockings	Shin guard	Hockey Goal Keeper kit	Track suit	Blazer
10	Judo	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	Judo Playing kit	-		-
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	Judo Playing kit	-	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	Judo Playing kit	-	Track suit	Blazer
11	Kabaddi	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	Knee caps	Anklets	-	-
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	Knee caps	Anklets	Track suit	-
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	Knee caps	Anklets	Track suit	Blazer
12	Kho-Kho	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	-	-	-	-
		Provided by RSCB for	T-shirt	Shorts	Shoes	Socks	-	-	Track suit	-

		NSM								
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	-	-	Track suit	Blazer
13	Lawn Tennis	Provided by Vidyalaya For RSM	T-shirt	Shorts	Lawn Tennis Shoes	Socks	-	-		
		Provided by RSCB for NSM	T-shirt	Shorts	Lawn Tennis Shoes	Socks	-	-	Track suit	
		Provided by NSCB for SGFI	T-shirt	Shorts	Lawn Tennis Shoes	Socks	-	-	Track suit	Blazer
14	Shooting	Provided by Vidyalaya For RSM	T-shirt	Trousers/ Playing kit	Shooting Shoes	Socks	Gloves	Ear Guard		
		Provided by RSCB for NSM	T-shirt	Trousers/ Playing kit	Shooting Shoes	Socks	Gloves	Ear Guard	Track suit	
		Provided by NSCB for SGFI	T-shirt	Trousers/ Playing kit	Shooting Shoes	Socks	Gloves	Ear Guard	Track suit	Blazer
15	Skating	Provided by Vidyalaya For RSM	T-shirt	Shorts	Skating Shoes	Socks	Skin Suit joint with t-shirts & Shorts	Head Guard		
		Provided by RSCB for NSM	T-shirt	Shorts	Skating Shoes	Socks	Skin Suit joint with t-shirts & Shorts	Head Guard	Track suit	
		Provided by NSCB for SGFI	T-shirt	Shorts	Skating Shoes	Socks	Skin Suit joint with t-shirts & Shorts	Head Guard	Track suit	Blazer

16	Swimming	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	Swimming costume	Cap & Goggles		
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	Swimming costume	Cap & Goggles	Track suit	

		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	Swimming costume	Cap & Goggles	Track suit	Blazer
17	Table Tennis	Provided by Vidyalaya For RSM	T-shirt	Shorts	T.T. Shoes	Socks	-	-		
		Provided by RSCB for NSM	T-shirt	Shorts	T.T. Shoes	Socks	-	-	Track suit	
		Provided by NSCB for SGFI	T-shirt	Shorts	T.T. Shoes	Socks	-	-	Track suit	Blazer
18	Taekwondo	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	Taekwondo Playing kit	-		
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	Taekwondo Playing kit	-	Track suit	
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	Taekwondo Playing kit	-	Track suit	Blazer
19	Volleyball	Provided by Vidyalaya For RSM	T-shirt	Shorts	Shoes	Socks	Knee cap	Anklets		
		Provided by RSCB for NSM	T-shirt	Shorts	Shoes	Socks	Knee cap	Anklets	Track suit	
		Provided by NSCB for SGFI	T-shirt	Shorts	Shoes	Socks	Knee cap	Anklets	Track suit	Blazer

Note: a) Track suit , shoes and accessories for the participating students in KVS National level by the Regional Sports Control Board Fund.

b) For SGFI level track suit, Playing kit, Sports accessories, Blazer and Shoes will be provided by the Hosting Region of SGFI and same will be reimbursed from KVS(HQ) National Sports Control Board Fund.

c) The Track Suit, Shoes and T-Shirts +Shorts will be provided to TGT(PHE) are deputed for KVS NSM 2016-17 and Blazer in SGFI.

d) Other teacher are deputed for KVS National Sports for escorts duties- Track Suit and shoes only.

Appendix-XII

Bench mark for session 2016-17

Events - ATHLETIC (TRACK & FIELD)-

SL. NO.	EVENT	BOYS			GIRLS		
		BOYS-14	BOYS-17	BOYS-19	GIRLS-14	GIRLS-17	GIRLS-19
1	100 MTR	12.8 SEC.	11.8 SEC	11.5 SEC	15.3 SEC	14.7 SEC	14.8 SEC.
2	200 MTR	27.0 SEC	24.6 SEC.	24.1 SEC.	34.0 SEC	30.5 SEC	30.9 SEC.
3	400 MTR	1:00.20	55.1 SEC.	54.1 SEC.	1:15.10	1:17.10	1:11.40
4	600 MTR	1:41.80	N/A	N/A	02:14.2	N/A	N/A
5	80 MTR HURDLE	14.60SEC			18.5 SEC		
6	HIGH JUMP	1.45 MTR.	1.55 MTR.	1.70 MTR.	1.00 MTR. / 3 PL.	1.20 MTR.	1.22 MTR.
7	LONG JUMP	5.45 MTR.	5.95 MTR.	6.42 MTR.	3.03 MTR.	4.12 MTR.	4.23 MTR.
8	SHOT PUT	9.73 MTR.	10.52 MTR.	10.83 MTR.	5.90 MTR.	7.32 MTR.	8.23 MTR.
9	DISCUS THROW	26.65 MTR.	23.09 MTR.	30.43 MTR.	7.72 MTR./3 RD PL.	15.77 MTR.	21.45 MTR.
10	800 MTR	NO EVENTS	2:12.2	2:08.90	NO EVENTS	2:53.50	2:47.30
11	1500 MTR		4:43.00	4:29.00		6:15.00	6:21.30
12	3000 MTR		9:59.60	NO EVENTS		15:04.30	13:29.00
13	5000 MTR		NO EVENTS	17:32.30		NO EVENTS	25:08.90 / 4 TH PL.
14	100 MTR HURDLE		17.1SEC.	NO EVENTS		20.9 SEC	20.5 SEC
15	TRIPLE JUMP		12.11 MTR.	12.40 MTR.		8.84 MTR.	8.92 MTR.
16	POLE VAULT		2.35 MTR. 2 ND PL.	2.60 MTR 1 ST PL.		NO PARTICIPATION	NO PARTICIPATION

17	Javelin throw	NO EVENTS	37.91 MTR./ 4 TH PL.	39.04 MTR.	NO EVENTS	8.59 MTR	17.33 MTR.
18	Hammer throw		22.35 MTR.	31.90 MTR.		17.58 MTR.	20.14 MTR.
19	3 km walk	NO EVENTS	NO EVENTS	NO EVENTS	NO EVENTS	21:50.00	NO EVENTS
20	5 km walk	NO EVENTS	35:18.00	30:09.00		NO EVENTS	39:18.00
21	110 mtr hurdle	NO EVENTS	NO EVENTS	19.6SEC.	NO EVENTS		NO EVENTS
22	400 mtr hurdle			1:03.80			1:29.50
23	4x100 mtr relay	NOT APPLICABLE IN BENCH MARK (TEAM EVENT)					
24	4x400 mtr relay	NOT APPLICABLE IN BENCH MARK (TEAM EVENTS)					
25	5 km Cross Country	NO EVENTS	NO EVENTS	17:51.30	NO EVENTS	NO EVENTS	NO EVENTS
26	3 km Cross Country	NO EVENTS	NO EVENTS	NO EVENTS	NO EVENTS	NO EVENTS	13:39.00
Total No. of Events (In Age Group)		10	17	20	10	17	21

Bench mark for session 2016-17

Events – Swimming & Diving -

SL. NO.	EVENT	BOYS			GIRLS		
		BOYS-14	BOYS-17	BOYS-19	GIRLS-14	GIRLS-17	GIRLS-19
1	50M FREE STYLE	00:33.00	00:30.72	00:29.10	0:41.21	00:39.84	00:37.22
2	100M FREE STYLE	01:23.87	01:09.60	01:09.60	1:25.38	01:35.97	01:32.56
3	200M FREE STYLE	02:44.50	02:48.56	07:29.87	4:38.31	03:15.03/4 th Pl.	03:50.87
4	400M FREE STYLE	06:07.54	06:11.47	02:53.16	7:59.85	06:23.00/ 3 rd Pl.	08:05.63 / 5 th Pl.
5	50M BACK STROKE	00:40.72	00:41.32	00:38.50	1:00.43	00:59.75/ 5 th Pl.	01:16.06
6	100M BACK STROKE	01:28.66	01:27.50	01:31.78	2:10.81/ 3 Pl.	01:44.31	01:42.87 / 2 nd Pl.
7	200M BACK STROKE	03:13.97	03:12.07	03:17.68	3:37.69/ 2 nd Pl.	03:50.50	06:10.84 / 2 nd Pl.
8	50M BREAST STROKE	00:44.31	00:40.56	00:40.32	00:51.79/ 5 th Pl.	00:50.56/ 5 th Pl.	01:10.84
9	100M BREAST STROKE	01:55.44	01:29.97	01:33.63	1:48.49	02:00.19	01:58.56
10	200M BREAST STROKE	04:00.28	03:19.91	03:54.75	4:16.75	04:11.09	03:43.69 / 2 nd Pl.
11	50M BUTTERFLY	00:41.25	00:33.72	00:34.74	00:49.24	00:54.00	00:58.28 / 3 rd Pl.
12	100M BUTTERFLY	01:40.06	01:25.44	01:31.09	01:18.28/ 2 nd Pl.	01:23.50 / 2 nd Pl.	01:51.91 / 1 st Pl.
13	200 M BUTTERFLY	04:25.63 / 4 th Pl.	03:16.76 / 3Pl.	03:39.06	03:38.34/ 3 rd pl.	-	04:03.47 / 2 nd Pl.
14	200M IND. MEDLAY	03:16.59	03:05.25	04:41.50	03:28.97/ 3 rd Pl.	03:52.36	04:39.34 / 4Pl.
15	HIGH BOARD	-	-	-	-	-	-

16	SPRING BOARD 1 MTR	-	-	-	-	-	-
17	SPRING BOARD 3MTR.	-	-	-	-	-	-
18	4X100M FREE STYLE RELAY	-	-	-	-	-	-
19	4X100M MEDLAY RELAY	-	-	-	-	-	-
20	800M FREE STYLE	-	13:35.07 / 5 th Pl.	15:34.59 / 2 nd Pl.	-	-	18:39.53 / 2 nd Pl.
21	400M IND. MEDLAY	-	07:14.25 / 4 th Pl.	08:00.52 / 4 th Pl.	-	06:51.37 / 1 st Pl.	-
22	1500M FREE STYLE	-	-	26:36.10	-	-	-