



GURU NANAK ENGLISH SCHOOL, SHIVPUR, VARANASI

CBSE NATIONAL ROPE SKIPPING CHAMPIONSHIP 2024-25



Under 14 & 19 YEARS (GIRLS)

02.10.2024 to 05.10.2024

RULES AND REGULATIONS

GENERAL INFORMATION:

CBSE National Rope Skipping Championship 2024-25 (under 14 & 19 years for Girls) will be held from 2nd Oct to 5th Oct 2024 at GURU NANAK ENGLISH SCHOOL, SHIVPUR, VARANASI.

The school is located 4 kms. away from Varanasi Cantt. Railway Station and 5 kms from Cantt. Bus Stand. Conveyance will be arranged for outstation participating schools from railway station / bus stand to the venue school as per information provided in Annexure E.

SCHEDULE OF EVENTS:

2-10-2024 (Wednesday) : Arrival & Reporting of the outstation participating teams.

2-10-2024 (Wednesday) 7:30 PM : Meeting of participating team Manager/Coach,
CBSE Observer & the Management Committee.

3-10-2024 (Thursday) : Opening Ceremony & Day 1 Events.

4-10-2024 (Friday) : Day 2 Events.

5-10-2024 (Saturday) : Day 3 Events, Closing Ceremony and Dispersal of Teams.

RULES & REGULATIONS FOR THE CHAMPIONSHIP

1. The Championship will be played as per the organizational rules and regulations laid down by the CBSE.
2. No school will be permitted to participate unless they fill the online entry proforma (Only online entries will be accepted.)
3. All the Participating Schools will submit Security Deposit of Rs. 2000.00 on reporting which will be refunded while departure. Any damage to the school property by the participants or official accompanied, may be compensated on actual basis from the security deposit.
4. Each participating team will submit the following documents to the Organizing Head in the meeting of Coaches and Managers on 2nd Oct, 2024 at 7:30 PM
 - i) Attested photocopy of Birth certificate issued by State Government duly attested by Head of the Institution/Gazetted officer.
 - ii) Team photo with Principal, Coach and Manager in the given format duly attested by Principal.
 - iii) Online participant's entry proforma.
 - iv) Eligibility proforma filled online counter signed by the Principal with school seal.
 - v) CBSE registration number for the students studying in class X and above.

Note : Provide original documents for verification (If asked for).

5. Each school is entitled to send only one team for each category consisting of only Bonafide students of the concerned school . (criteria as per CBSE. It is mentioned hereunder)

Age category	Born on or after
U-14 years	01-01-2011
U-19 years	01-01-2006

6. A student, who has failed twice in a particular class shall not be eligible to participate in the championship.

7. No team will be allowed to participate without the Team Manager/Coach designated by the School Principal. No team shall be accompanied by more than two officials. Any non-designated person(s) accompanying the team will not be entertained, what so ever.

8. In case of girl participants, one of the accompanied officials must be female.

9. Any violation in the eligibility, over aged etc. shall be dealt with according to the rules

10. Each participating school will bring two school flags, one for hoisting and the other for the March Past. It will be handed over to the Organizing Head on arrival or meeting of coaches and managers and will be returned after the championship.

11. Participation in March Past is compulsory, failing which, their right to participate can be forfeited.

12. Teams should report to the venue 30 minutes prior to the event. If any team fails to report in time for the event it shall not be entertained.

13. The judges for each event will be appointed by the Organizing Committee. No objection will be entertained against such appointment.

14. Protest, if any, should be submitted with documentary proof to the Organizing Head in prescribed proforma within 30 minutes after the event is over with a protest fee of Rs.1000/- (Rupees one thousand only) in cash (refundable if the protest is up held). The decision of the Jury of Appeal will be final.

Structure of the jury of appeal :

Jury of appeal will consist of the following:

1. Principal Organizing Head
2. CBSE Observer
3. One/Two Technically Qualified Persons

Organizing school in no case will show the details of player to anyone who lodge the protest. Only Jury of appeal will have the right to verify the entire document.

15. The judgment(s) of the CBSE Observer / panel of judges will be final and binding.

16. Time and venue of the events can be subject to change to suit the prevailing conditions. In case of any such change teams will be notified.

DISCIPLINE

1. All the participants of the team and their in-charges will be under the administrative control of the

Principal and the Organizing Secretary of the organizing school. They will be governed by the rules and regulations of the school / CBSE.

2. Indiscipline on part of any team or its members will lead to disqualification and team /member may be debarred from the event/championship and can be asked to leave the campus immediately. Team Manager shall be responsible for the conduct of the team on the ground and the school campus.

3. Each participant and official accompanied must carry their school I-card at the time of registration. Failing which the candidates will not be allowed to enter the campus. The I-card is to be worn by the players and the officials throughout their stay.

4. Participants should not use cell phones, camera, digital watch during the championship. Participants should not bring any expensive items (jewellery, etc.), if carried the organising school will **not** be responsible for the loss of the same.

5. Out station participants will keep all their belongings in their designated rooms under lock and key.

6. Consumption of liquor, tobacco, cigarette, biri, gutkha, pan masala or any other form of drugs is strictly prohibited in the school campus and is a punishable offence. Any such activity on the part of any team will lead to its disqualification from the championship and the team will be asked to leave the campus immediately.

7. The players, coaches and managers are expected to strictly adhere to the Rules and Regulations Exercise Spirit of Sportsmanship and maintain a healthy sporting atmosphere during the Championship. Any unfair and unwarranted behaviour from anyone concerned may invite Suspension from the championship and immediate pack-up of the team.

8. Local teams are not allowed to go inside the residential areas "Out of Bound".

ARRIVAL AND RECEPTION

All the outstation participating teams must reach the school campus by 3 P.M. on 2nd Oct 2024 (**Wednesday**). They must also intimate the school about their journey details in the format given as Annexure E on school website latest by 10th September 2024.

ACCOMMODATION & FOOD:

1) All outstation teams will be provided campus accommodation, separately for girls. Essential bedding will be provided if intimated in advance.

2) Outstation teams will bring lock with two keys to lock their allotted rooms. One key to be Submitted to the Organizing Secretary after reporting which will be used by cleaning staff and in emergency.

3) Team coaches, managers and participants shall be provided meals as per school mess menu at a nominal charge of Rs. 500/- per head, per day including bedding charges. Meals/snacks will be served as per the scheduled mess timings only. Team Manager should purchase food Coupon from the 'Registration Counter' in advance.

4) If the championship is conducted on knock out basis, the participating schools will collect Food coupons on full day basis and no part payment will be accepted. Participating School will not insist for refund of part payment in case they have to leave.

5) School will operate tuck shop from where students can purchase water bottles, juices and other eatables.

EVENT DETAILS

INDIVIDUAL:

1. SPEED HOP (30 SECONDS)

2. SPEED SPRINT (30 SECONDS)

3. SPEED ENDURANCE (180 SECONDS)

4. FREE STYLE (60-75 SECONDS)

TEAM EVENTS

1. SR SPEED AND DOUBL EUNDER RELAY 30 SECOND SX4 SKIPPERS= 120 SECONDS
(2 SKIPPERS FOR SPEED & 2 FOR DOUBLE UNDER)
2. DOUBL EDUTCH SPEED RELAY 45 SECOND SX 4 SKIPPERS = 180 SECONDS
3. SINGLE ROPE PAIR FREE STYLE 60 - 75 SECONDS (2 SKIPPERS)
4. SINGLE ROPE TEAM FREE STYLE 60 -75 SECONDS (4 SKIPPERS)
5. DOUBL EDUT CHSING LE FREESTYLE 60 — 75 SECONDS (3 SKIPPERS)
6. DOUBL EDUT CHPAIR FREE STYLE 60 — 75 SECONDS (4 SKIPPERS)
7. DOUBL EDUT CHPAIR SPEED 60 SEC. (EACH) X 2 SKIPPERS (2 TURNER) = 4 SKIPPER

RULES OF THE GAME

1. The championship will be held directly at National level.
2. The championship will be held under 14- & 19-years age category.
3. Separate championship will be held for Girl's category.
4. Team shall consist of maximum four players in each category.
5. In case of an injury during the competition, the skipper or his/her coach will decide whether to continue the event or not. There will be no re-skip and the event will be scored based on what was shown.
6. Broken Rope or Handle: If a rope or a handle breaks, a repeat attempt is permitted after a suitable rest period of at least 10 minutes. However, a team or skipper may only have a maximum of two attempts for the same event. The last attempt determines the score.

Important Contact Numbers:

Principal & Organising Head - Kaushik Acharya

Phone No – 9151021502

Technical Team - Nagma Nushrat / Sanjay Tiwari / Seema Gupta

Phone No - 9151021534 / 9415373599 / 9795797929

Accommodation Incharge: Ramneet Saluja

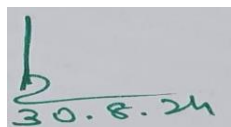
Phone No - 9151021506

Transport Incharge: Gopal Rai

Phone No - 9151021504

E-mail- principal @gurunanakschools.edu.in

Website- www.gurunanakschools.edu.in



30.8.24

PRINCIPAL

(Kaushik Acharya)