



INDIAN SCHOOL BOUSHER



Academic Session 2025-2026

Department of Physical Education

SPORTS DAY AND INTER HOUSE SPORTS COMPETITION RULE BOOK

IMPORTANT INFORMATION

1. Sports Day

 Date: **30th October 2025 (THURSDAY)**

 Time: **4:30 PM – 7:00 PM**

2. Selection Trials & Finals – Inter-House Competitions 2025

- **04th October 2025 (Saturday), 6:00 AM Onwards:** Football (Finals), Chess (Finals) & Table Tennis (Selection Trials)
- **05th October 2025 (Sunday), 02:30 PM Onwards:** Badminton Inter House Selection trials (**Parthians & Vikings**)
- **05th October 2025 (Sunday), 5:45 AM – 7:00 AM:** *Aryans* – Athletics Events Selection Trials
- **06th October 2025 (Monday), 5:45 AM – 7:00 AM:** *Parthians* – Athletics Events Selection Trials
- **06th October 2025 (Monday), 02:30 PM Onwards:** Badminton Inter House Selection trials (**Spartans & Aryans**)
- **07th October 2025 (Tuesday), 5:45 AM – 7:00 AM:** *Spartans* – Athletics Events Selection Trials
- **08th October 2025 (Wednesday), 02:30 PM Onwards:** Badminton Inter House Finals.
- **09th October 2025 (Thursday), 5:45 AM – 7:00 AM:** *Vikings* – Athletics Events Selection Trials
- **11th October 2025 (Saturday), 6:00 AM Onwards:** Basketball (Finals), Table Tennis (Finals)
- **13th October 2025 (Monday), 5:45 AM – 7:00 AM:** Athletics Finals Begin.

3. Competitions

- **March Past:** 32 students (30 + 2). ⚠ If the number of participants is less than 32, **1 point will be deducted per missing student** from the total score.
- **Mass Drill:** Minimum 40 students, Maximum 50 students. (Duration: maximum 5 to 7 minutes). ⚠ If the number of participants is less than 40, **1 point will be deducted per missing student** from the total score.

1. INTER HOUSE BADMINTON TOURNAMENT 2025-2026 - (Ms. Manju and Ms. Shajina)

- Tournament will be conducted in Singles-Doubles-Singles.
- Inter-House Badminton Tournaments will be conducted according to the rules of the Badminton Association of India (BAI).
- Age group:
 - **Under-14 category:** Students **born on or after 01/01/2012**
 - **Above-14 category:** Students **born before 01/01/2012**
- House Mentor/Captain is requested to give the team list according to the age group only. Each team-Single-1 Boy and Girl and Doubles-2 Boys and Girls in each age group (2/4).
- Matches will be conducted in the best of three sets. Each game will be of 11 points.
- All the matches will be conducted on a knock-out basis.
- Umpires' decision will be final. In case any controversy of the concerned House Mentor & can give a written complaint to the HOD of Physical education within 30 min.
- All the players must come in proper house kits.
- The team in charge must carry a team list duly signed by the house mentor.
- Participants should bring their personal rackets. All the matches will be conducted with the standard plastic rackets only.
- Participants should report to the court 15 minutes before the match, failing which the participant will be given walk over.



2. INTER HOUSE TABLE TENNIS TOURNAMENT 2025-2026 – Ms. Manju, Ms. Shajina and Ms. Spoorthi

- All the matches will be played according to the rules of the **Table Tennis Federation of India (TTFI)** as adopted by them from time to time unless otherwise modified in these rules by the sports department.
- Tournament will be conducted in singles and doubles in two age groups i.e. U-14 and Above-14.

- Matches will be conducted in the best of three sets. Each game will be of 11 points for Semi-finals & finals will be played for 21 points.
- House Mentor/Captain is requested to give the team list according to the age group only. Each team-Single-1 Boy and Girl and Doubles-2 Boys and Girls in each age group (1+2).
- All the matches will be conducted on a knock-out basis only.
- Umpires' decision will be final. In case of any controversy, the concerned House Mentor can give a written complaint to the HOD Of Physical education.
- Participants should report to the court 15 minutes before the match, failing which the participant will be given walk over.



3. INTER HOUSE CHESS TOURNAMENT 2025-2026 - Mr. Amar, Mr. Megdy and Ms. Devi

- The rules of the **All-India Chess Federation (AICF)** and **FIDE** shall apply, unless otherwise modified in these rules.
- **Age Categories:**
Under-14
Above-14
- Each House must nominate **4 players** in each category.
- Each team must participate through the entire tournament.
- **Time Control:** 10 minutes + 10 seconds. Using the Swiss System.
- **Scoring System:** 3 Rounds



4. INTER HOUSE FOOTBALL TOURNAMENT 2025-2026 (7- A -Side) Mr. David and Mr. THIYAGU

- All the matches shall be played according to the rules of All India Football Federation, unless, otherwise modified in these rules.
- **Age group:** - U-14 & Above 14 boys and girls (Open).
- The tournament will be 7-A-side, a total number of players will be 12 with rolling substitution applicable.
- Up to the semi-final stage matches, the duration of the match shall be 10-03-10 min. and the finals shall be of 15-05-15 min.
- No Offside rule is applicable in the tournament.
- In case of a tie, the procedure to determine the winner of a match will be on the basis of penalty kicks where the competition rules require there to be a winning team after a match has been drawn.
- The referee shall choose the goal at which the penalty kicks have to be taken.
- If after both teams have taken five penalty kicks each, and both have scored the same number of goals or have not scored any goal, penalty kick continues to be taken in the order of 6th, 7th and so on alternately from each side, until one team has scored a goal more than the other from the same number of kicks.



5. INTER HOUSE BASKETBALL TOURNAMENT 2025-2026 - Mr. Senthil and Ms. Spoorthi

- The tournament will be conducted according to the Basketball Federation of India rules, unless, otherwise modified in these rules.
- **Age Categories:**
 - Under-14
 - Above-14
- The number of players representing a House will not be more than twelve.
- All the matches will be conducted on a knock-out basis.
- If there is a tie, an extension of three minutes shall continue to be given till the game is decided.
- The number "6" size Ball will be used for Girls' matches.



- Match Duration: Matches will be two periods of 07 minutes each with a 2-minute break in between. The clock will be a running clock.
- Protest if any, must be submitted in writing within 20 min after the declaration of the result.
- In case a team intends to protest against the opposite team; the Captain of the team that intends to protest, must sign the score sheet.
- If a team doesn't report 15 minutes after the scheduled start of the match, the opponents will be given a walkover.
- The students belonging to the Houses involved final match should watch and support their teams without fail.

6. TRACK AND FIELD 2025-2026 – Mr. Ajay and Ms. Manju

1. The meet shall be conducted according to the rules of Amateur Athletic Federation of India, with required modifications if necessary.
2. Every House will be entitled to enter only one athlete in each event, except in relay races where a team of maximum five athletes can be entered.
3. Categories: -

Grade – 6 and 7	Group -01
Grade – 8 and 9	Group -02
Grade – 10,11 and 12	Group -03
4. An athlete may participate in a maximum of **three individual events** as follows:
 - Either **two track events and one field event**, or
 - **Two field events and one-track event**. In addition, the athlete is eligible to participate in **relay events**.
 - **Note:** Participation in **open events** will not be counted towards the athlete's main individual events.
5. Participation in **open events** will **not** be counted towards the athlete's main individual events. However, if the athlete is competing for the **Individual Championship**, performance in the open event will also be considered for determining the championship.
6. The **Individual Championship separately in boys' and girls'** sections in all the age groups.
7. Official's decision will be final. In case of any controversy, the concerned House Masters/ House Captain can give a written complaint within **30 minutes** to the HOD of sports.



8. Athletes should report to the track before **15 minutes** of the event, failing which the athlete will be disqualified.

9. The various age categories and list of events in which competition will be held: -

Group I Grades 6 and 7		Group II Grades 8 and 9		Group III Grades 10,11 and 12	
BOYS	GILRS	BOYS	GILRS	BOYS	GILRS
100 M	100 M	100 M	100 M	100 M	100 M
200 M	200 M	200 M	200 M	200 M	200 M
600 M	600 M	400 M	400 M	400 M	400 M
SHOT PUT	SHOT PUT	800 M	800 M	800 M	800 M
LONG JUMP	LONG JUMP	SHOT PUT	SHOT PUT	1500 M	SHOT PUT
4X100 M RELAY	4X100 M RELAY	HIGH JUMP	HIGH JUMP	SHOT PUT	HIGH JUMP
		LONG JUMP	LONG JUMP	HIGH JUMP	LONG JUMP
		4X100 M RELAY	4X100 M RELAY	LONG JUMP	4X100 M RELAY
				4X100 M RELAY	4X400 M RELAY
				4X400 M RELAY	

- **Track Events:** - 100M, 200M, 400M, 800M, 1500 & Relays
- **Field Events:** - Shot Put, Long Jump, High Jump
- **Open Events (GRADES 6 TO 12):** Mass Drill Competition and March Past Competition (GRADES 6 TO 12)
1st Position – Certificate + House Points.
2nd 3rd & 4th Positions – House Points Only.
- **Display Events-** Aerobics Maypole and Fusion exercise. (By PE Department)
- **4x100m Mixed Relay** (GRADES 6 TO 12): Each House may field only **one team**. The team must consist of **two boys and two girls**, selected from **any grades**.
- Students must fill the Google form for participation and selection to represent their respective houses.
<https://forms.gle/e3iUdTbqqVe38wQx8>
- **For Inter-House competitions, a minimum of two teams must participate; otherwise, the event will be cancelled.**

GAMES & SPORTS IN-CHARGES

S.NO.	FACILITATOR'S IN-CHARGES/ COACHES	EVENTS/SPORTS
1	Mr. Ajay and Ms. Manju	ATHLETICS
2	Ms. Manju and Ms. Shajina	BADMINTON
3	Mr. Senthil & Spoorthi	BASKETBALL
4	Mr. Amar, Ms. Megdy and Ms. Devi	CHESS
5	Mr. David and Mr. Thiyagu	FOOTBALL
6	Ms. Manju , Ms. Shajina and Ms. Spoorthi	TABLE TENNIS

❖ **The points shall be awarded according to the following system for Annual Athletic Meet**

POSITION	INDIVIDUAL EVENTS	TEAM EVENTS (RELAYS)
1st Place	10	20
2nd Place	07	14
3rd Place	05	10
4th Place	03	06
No Participation or Representation	-3	-06

❖ **The points shall be awarded according to the following system for Inter houses Competitions**

POSITIONS	POINTS
1st Place	20
2nd Place	14
3rd Place	10
4th Place	06
No Participation or Representation	-06

ATHLETIC ORDER OF EVENTS FINALS

1st DAY (13.10.2025)-MONDAY

SL.NO.	NAME OF THE EVENT	TIMINGS	Category	LOCATION	TEACHER INCHARGE
1	1500 MTR (10 th 12 th)	6:00 AM	Boys	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
2	600mtr (6 th 7 th)	6:10 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
3	800mtr (8 th -9 th)	6:20 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
4	Shotput (8 th - 9 th)	6:00 AM	Boys/Girls	SHOTPUT SECTOR	MS. MANJU, MS. SPOORTHY, MR. DAVID
5	Shotput (10 th - 12 th)	6:15 AM	Boys/Girls	SHOTPUT SECTOR	MS. MANJU, MS. SPOORTHY, MR. DAVID
6	4X400 M RELAY (10 th - 12 th)	6:30 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI

2nd DAY (14.10.2025)-TUESDAY

SL.NO.	NAME OF THE EVENT	TIMINGS	Category	LOCATION	TEACHER INCHARGE
1	Long jump (10 th 12 th)	6:00 AM	Boys/GIRLS	LONG JUMP PIT	MR. AMAR, MR. THIYAGU & MS. SHAJINA
2	Long jump (6 th 7 th)	6:15 AM	Boys/Girls	LONG JUMP PIT	MR. AMAR, MR. THIYAGU & MS. SHAJINA
3	Long jump (8 th -9 th)	6:30 AM	Boys/Girls	LONG JUMP PIT	MR. AMAR, MR. THIYAGU & MS. SHAJINA
4	400mtr (8 th - 9 th)	6:00 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
5	200mtr (6 th - 7 th)	6:20 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
6	400mtr (10 th - 12 th)	6:40 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
7	4X100 M RELAY (8 th - 9 th)	6:40 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI

3rd DAY (15.10.2025)-WEDNESDAY

SL.NO.	NAME OF THE EVENT	TIMINGS	Category	LOCATION	TEACHER INCHARGE
1	800mtr (10 th - 12 th)	6:00 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
2	800mtr (8 th - 9 th)	6:10 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
3	Shotput (6 th - 7 th)	6:20 AM	Boys/Girls	SHOTPUT SECTOR	MS. MANJU, MS. SPOORTHY, MR. DAVID
4	200mtr (8 th - 9 th)	6: 30AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
5	100mtr (10 th - 12 th)	6: 35AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI
6	4X100 M RELAY (6 th - 7 th)	6:40 AM	Boys/Girls	TRACK AREA	MR. AJAY, MR. SAMAR, MR. SENTHIL, MS. DEVI

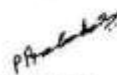
4th DAY (16.10.2025)-THURSDAY

SL.NO.	NAME OF THE EVENT	TIMINGS	Category	LOCATION	TEACHER INCHARGE
1	4X400 M RELAY (10 th - 12 th)	6:00 AM	Boys/Girls	TRACK AREA	ALL PE FACILITATORS
2	High jump (8 th - 9 th)	6:15 AM	Boys/Girls	TRACK AREA	AMAR, THIYAGU & SENTHIL
3	High jump (10 th - 12 th)	6:40 AM	Boys/Girls	TRACK AREA	AMAR, THIYAGU & SENTHIL

SPORTS DAY EVENTS – 30.10.2025

1. **100m Race** – Grades 6 to 9
2. **200m Race** – Grades 10 to 12
3. **4 × 100m Relay (Boys & Girls)** – Grades 10, 11 & 12
4. **4 × 100m Mixed Relay** – Open Category

Warm regards


P. Prabhakaran

Principal

Indian School Bousher

