

# MODALITIES AND INSTRUCTIONS FOR REGIONAL SPORTS MEET 2024-25

(Based on the interactions/ discussions held with the RSCB members and all the Principals of KVS under Lucknow Region)

1.

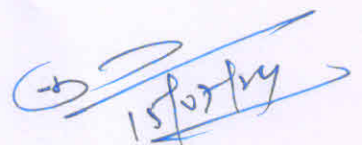
## A. Entries

- (i) Please watch the tutorial video on the sports portal before filling entries.
- (ii) Entries must be completed on the portal by 15th July 2024 for Girls and 18 July 2024 for Boys.
- (iii) 03 printouts of entries on the sports portal have to be brought to the Regional venue, duly signed and attested by the Principal and I/C sports.
- (iv) The photograph of the participant will be in School regular uniform with printed name and DOP (**Date of photography**) at the bottom. The scanned sign of the participant has to be uploaded below the photograph on the portal.

## B. Technical Rules and Age Groups

Technical Rules and details of the age groups and the class up to which, the students are eligible to participate in the games are as follows:

- (i) **Selection Committee:** Every Regional venue will have a Standard Committee for Selection of players for Nationals. The Committee will comprise Principal of the venue KV, one senior teacher of venue KV, and two experts from the Association concerned, TGT (P&HE) of venue KV and TGT (P&HE) deputed for the 53<sup>rd</sup> Regional Sports Meet.
- (ii) The Selection Committee (as mentioned) will be held responsible if sub-standard teams/players are selected at the Regional level to participate in the 53<sup>rd</sup> KVS National Sports Meet.
- (iii) Each venue will also constitute a Jury of appeals as per sports modalities 2024-25 to redress the grievances of the participants/escort teachers on the spot.
- (iv) In Team events U-14 (Boys & Girls), the winner Vidyalaya team will participate in the 53<sup>rd</sup> KVS National Sports Meet, if the Selection Committee declares to have requisite standards for winning a U-14 team event.
- (v) U-17 teams, Regional team composition will be as per National Modalities 2024-25.
- (vi) For individual events U-14, 17 & 19 age group the existing norms will be continued
- (vii) The age of the participants will be counted as follows:  
For U-14- Age as on 31.12.2024 born on or after 01.01.2011.  
For U-17- Age as on 31.12.2024 born on or after 01.01.2008.  
For U-19- Age as on 31.12.2024 born on or after 01.01.2006.
- (viii) The venue Principal will send the complete fixture (Schedule) of the tournament with the help of officials, venue PET & Observer PETs deputed.
- (ix) In Regional Sports Meet, the team games will be played on a League cum knock-out basis. Trophies for the Winner & Runners up team & the medals will be awarded to the first, second, and third position holders (Gold, Silver & Bronze) in each event, whereas in Taekwondo, Judo & Boxing 4<sup>th</sup> position holder will also be awarded Bronze Medal (2nd Runners up). The size of trophies for the Winner team may be 18 inches and runner-up 15 inches.

  
15/07/24

- (x) Maximum 03 players of outstanding capabilities/skills can be sent for **open trial**, on the last day of the team event, in case, the school is not in a position to send a team for a Regional level event.

**C. No Objection Certificate & Risk Bond: -**

No Objection & Risk Bond Certificates signed by parents are to be collected from the participants, to be kept at Vidyalaya itself.

**D. Medical Certificate -**

Medical certificates must be insisted for KVS Regional, Nationals, and SGFI Sports Meet, to be kept at Vidyalaya itself.

**E. DOB Certificate-**

A certified Photocopy of the Date of Birth Certificate or Certificate duly signed by the Principal must be insisted for KVS Regional, Nationals, and SGFI Sports Meet. It is to be carried to the Regional Sports Venue.

**F. Reporting**

- (i) The details of selected participants along with the result of the event should be uploaded to the portal definitely by the next day of completion of the event.
- (ii) The details of the selected participants with the result and other details like timing, distance, performance, Rank, etc. along with the signature of the Selection Committee and list of substitutes (skill wise in each event) of Regional Sports Meet is to be sent to Regional Office (Email- [rsclucknow018@gmail.com](mailto:rsclucknow018@gmail.com)) & also update all the information on Sports Portal by the next day after completion of the event.

Menu/Food Chart for the Players, Coaches, Escorts & Officials During KVS Regional Sports Meet 2024-25. (As Per the KVS Norms)

**SECTION- I**

**LODGING AND BOARDING (STAY & FOOD) ARRANGEMENT FOR REGIONAL/NATIONAL/SGFI/COACHING CAMP**

**I. Food Arrangements:-** Venue Principal/Head of Institute shall make proper kitchen/Storage/Cleaning arrangement at centre for preparing nutritious and healthy & tasty food in hygienic environment. To ensure neat and hygienic cooking/dinning environment, food should be tasted by the Committee/Venue Principal/Staff before serving. The tentative Food menu for the Tournament/Meet/Programme is given below :-

S. NO.	ITEMS	ITEMS/MATERIALS & QUANTITY
1	Break Fast	1. Milk-200 ml or more 2. Breads with butter/Jam and Sprouts (Moong/Chana/Moongfali/Rajma/Soyaseed) 3. Idli & Vada with Sambhar & Chatni/Dalia/Poha (any one) OR Aloo Parantha, Curd & Pickle OR Puri & Sabji 4. Bananas (2 Pcs) or Apple -1 Pcs (Qtn. 100-150 Gm.) OR Seasonal Fruits OR 02 Pcs of Eggs (Boiled)
2	Refreshment (At 11.00 to 11.30 AM.) (For Official Only)	1- Fruits Juice Packed(100-150 ml.) OR 2- Tea & Biscuits.
3	Lunch & Dinner	1. Chapati (Tawa/Tandoor etc.) 2. Rice/Rice Pulao (Veg.) 3. Daal/Razma/Chhole (Any one) 4. Mixed Veg (Seasonal)/Kofta/Beson curry 5. Paneer for Vegetarian and Eggs/Fish/Chicken/Mutton curry for non-vegetarian. <b>(FOLLOWING ITEMS ARE MANDATORY IN LUNCH &amp; DINNER)</b> 6. Soup(Tomato/Vegetable) 7. Salad & Pickle (mixed) 8. Papad (Branded) fried/Roasted. 9. Curd/Raita (Vegetable or Boondi) 10. Sweet dish (Dinner) and Fruits Custard/Kheer/Fruits Apple/Orange/Kinnow in lunch
4	Refreshment (At 5.00 to 5.30 PM)	1. Juice (Packed 100-150 ml.) 2. Snacks-Sandwich/Samosa/Aaloo Bonda/Paneer Pakora/Patties = 02 Pcs. or more(100-150 Gm.)
5	Sleep Time (Bed Time)	1. Milk (200-250 ml.) OR Ice Cream (40-50 ml.) as per feasibilities /Weather.

*(Handwritten signature)*

**NOTE: 1.** The venue Principal will ensure to provide the same scale/standard of food to the participants/escorting teacher/PHEs/Coaches/Officials.

2. DA will be charged from Players/Participants/escort teachers as per KVS Sports Modalities 2024-25 Section-N 2(a) for the stay period of the meet.

3. Non-vegetarian meals shall be provided once in a day (either in Lunch or Dinner)

4. Day-wise Menu shall be displayed on the notice board/Dining area & kitchen and a copy of the same must be given to Escorts/Managers of the teams.

5. Fresh vegetables, Branded & Packed food materials should be used for the preparation of Meals/Food.

6. The above food chart is illustrations only. If a player needs more food, he/she should not be denied.

7. The DA for participants & Remuneration/Honorarium to the officials/Coaches engaged in conducting sports at the regional will be as per the instruction given in the KVS Sports modalities 2024-25.

### **Purchase and Supply of Medals/ Certificate for Regional Sports meet – 2024.**

As per the decision taken during the RSCB meeting Mr. Manish Kumar Srivastava, Principal, KV AMC, Lucknow will initiate the process to make necessary arrangements for printing of merit certificates and purchasing medals for the Regional Sports Meet 2024-25 to reach the various Regional venues on or before 21st July 2024. This will facilitate to distribute medals & certificates on the final day of completion of the event to the successful players/athletes. The Principal of the regional Venue will intimate well in advance the number of Medals and certificates required for their venues. Medals and certificates for the Regional sports meet may be collected from KV AMC Lucknow till 21st July 2024 by Venue In-charges.

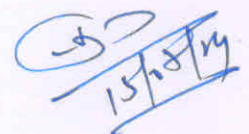
#### **• Pre-National Coaching Camp for KVS NSM 2024-25**

- The Pre-National coaching camps will be organized only by the Principal of the Regional venue KVs for 7 to 10 days before the team proceeds to the Nationals Sports.
- Coaching camp for U-14 Team events will be organized by the Principal of winner KV at their venue.
- The Venue Principal will hire Experienced and qualified Coaches for quality Coaching for those Games in which TGT(PHE) is not available. The safety and security of participants during coaching & journey should be of prime importance.
- The expenditure on the reservation of tickets for National Sports Meet, DA of students for journey period, or any other Misc. expenditure will be borne initially, by the Principal of Regional venue KV and later the same will be reimbursed by KVS RO Lucknow.

## General Guidelines & Important Instructions for Conducting KVS Regional Sports Meet- 2024-25

1. No. of participants in each event will be as per the instruction given in modalities of KVS National Sports Meet 2024-25.
2. The officials should be from the State Federation of the particular games/ sports for better officiating and selection process; their remuneration will be as per the instructions given in KVS Sports Modalities 2024-25.
3. Benchmarks in individual events (Athletics, Swimming, Skating, Rope Skipping) must be observed while selecting players for KVS National Sports Meet.
4. In Athletics and Swimming, first-position and second-position holders can be selected for the next higher level subject to qualifying norms. Participants will be permitted to participate in a maximum three events, excluding relays.
5. The competitions in the Semi Team events of Table-Tennis, Badminton and Tennis will be held as "1st Singles, Doubles and 2nd Singles". For Individual events of Badminton, Table Tennis, and Tennis, top 3 seeds" can play for Individual singles and top 4 winning students of individual Singles will be selected for the next higher level. Total number of players for the event will not exceed more than 4 in each Age Groups. (In Badminton 3 set must be minimum of 15 points)
6. The team selected finally shall have mandatory **07 (seven) substitute players** to meet the emergency requirement, in case of last-minute dropout case.
7. Students deputed for Regional Meet shall participate in Vidyalaya jersey with chest number. Principal of KV concerned will arrange proper sports kit for the team deputed for the Regional Meet.
8. It should be ensured that Girl students are escorted by Female Escorts only at Regional and National Sports Meet.
9. The Regional Venue Principal will intimate the size of the Tracksuits/Kits of all players selected for the National Meet to KVS, RO, Lucknow and upload the same on the sports portal.
10. All Players will invariably participate with full kit and equipment as prescribed for the games at all levels of competition.
11. TGT (P&HE) must be deputed on escort duty on a priority basis.
12. For Cricket T-20 and Badminton Sports Meet the Venue Principal ensure the use of **white leather cricket balls** and Good quality **feather shuttle cock**. The kit of Cricket uniform (Cap, T-shirt, and Lower or Trousers) should be in colour.

\*\*\*\*\*

A handwritten signature in blue ink is written over a date stamp. The date stamp is a rectangular box containing the date '15/05/24'.

To  
The Principal  
Kendriya Vidyalaya,  
.....

**NO OBJECTION CERTIFICATE**

Sir/Madam,

I.....,Father / Mother of  
..... of class .....section ..... Hereby affirm  
that I have no objection to his/ her selection and outstation participation as mentioned above. I hereby  
agree to the conditions and give my consent to his/ her participation and further the selection for  
higher level if found eligible and I shall not withdraw in between. I shall instruct him/ her to strictly  
follow the instruction of the escorts and shall not hold KVS/ Teachers/ Escorts/ Asst. Contingent &  
Contingent Managers responsible for anything arising out of the failure of the students to follow the  
instructions.

Date :  
with Full Name

Signature of Parent

Phone Number:

.....  
.....

**RISK CERTIFICATE**

I, Mr/Mrs..... Have no  
objection and give consent for my wards Master/Kumari ..... of class  
.....section..... for participating in KVS Regional/National/SGFI  
sports meet at my own risk and will not hold Kendriya Vidyalaya /Escort Teachers/  
Coaches/ Asst. Contingent & Contingent Managers responsible for any untoward incident.

Signature of Student

Signature of Parent

Place:

Phone Number of Parent:

Date:

.....  
.....

**MEDICAL CERTIFICATE**

This is to certify that Master/Kumari ..... of class ..... section  
..... Kendriya Vidyalaya,  
..... has been medically  
examined by me.

He is not suffering from any disease. He/ She is fit to participate in Games &  
Sports/Athletics/Trekking/ Adventure activities.

Date:

Signature of Medical Officer  
With Sea