

नवोदय विद्यालय समिति (मानव संसाधन विकास मंत्रालय का एक स्वायत्त संस्थान, विद्यालय शिक्षा एवं साक्षरता विभाग, भारत सरकार) बी-15, इन्स्टीट्यूशनल एरिया, सेक्टर 62, नोयडा, उत्तर प्रदेश - 201 309		NAVODAYA VIDYALAYA SAMITI (An Autonomous Organization under Ministry of HRD) Department of School Education & Literacy, Govt. of India B-15, Institutional Area, Sector 62 NOIDA(UP) – 201 309
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F.No.29-3/2016-NVS(Acad.)

Dated: 01.04.16

The Deputy Commissioner
Navodaya Vidyalaya Samiti,
All Regional Offices.

Sub:- Organisation of Cluster/Regional/National Sports & Games Meet and Exhibition – 2016-17- reg.

Sir/Madam,

Games & Sports have been a vital component of JNVs since beginning to ensure all round development of students. It not only helps to improve academic performance but also a powerful tool for promoting leadership, team work skills and social cohesion. To achieve this objective, like previous years, it is decided to organise 26th Cluster/Regional/National Sports Meets as well as exhibition in JNVs across the country. The dates of these will be decided by RO but in any case the National meets has to be completed latest by 10th September, 2016 keeping in view of proposed SGFI Meet during the month of November & December, 2016. Keeping in view of demand of Girls, football event for girls U-17 & U-19 is being introduced up to Regional meet. Cricket & Hockey for girls may also introduced at JNV level during 2016-17 and these events may also be included in 2017-18.

Number of Events :

Sl. No.	Events	Team Composition		Maximum No. of participants in each game
		Category	Under age group	
1	Volley Ball	Boys & Girls	U-14, 17 & 19	12
2	Kabaddi	Boys & Girls	U – 14, 17 & 19	12
3	Hand Ball	Boys & Girls	U – 14, 17 & 19	16
4	Cricket	Boys	U – 14, 17 & 19	16
5	Archery	Boys & Girls	U – 14, 17 & 19	4
6	Kho-Kho	Boys & Girls	U – 14, 17 & 19	12
7	Judo	Boys & Girls	U – 14, 17 & 19	As mentioned below
8	Football	Boys	U –17 & 19	18
		Girls	U-17 & 19	18(up to Regional level only)
9	Hockey	Boys	U –17 & 19	16
10	Table Tennis	Boys & Girls	U – 14, 17 & 19	5
11	Basketball	Boys & Girls	U-14,U –17 & 19	12
12	Athletics	Boys & Girls	U – 14, 17 & 19	As mentioned below
13	Taekwondo	Boys & Girls	U – 14, 17 & 19	As mentioned below
14	Yoga	Boys & Girls	U – 14, 17 & 19	5
15	Wrestling	Boys	U – 14, 17 & 19	As mentioned below
16	Chess	Boys & Girls	U – 14, 17 & 19	5
17	Badminton	Boys & Girls	U – 14, 17 & 19	5
18	Rope Skipping	Boys & Girls	U – 14, 17 & 19	4 (up to Cluster level only)

A Sports Games/ Meets are organized at three different levels apart from School level competition:

- (a) Cluster Meet
- (b) Regional Meet
- (c) National Meet.

B Categories :

Group A Below 19 years

Group B Below 17 years

Group C Below 14 years

As on 31.12.16

C. Events allotted to each RO for National Meet 2016-17

S.No.	Regional office	Event	JNV/Venue
1.	Bhopal	Kabaddi	Vidisha (MP)
2.		Athletics	Anuppur (MP)
3.	Chandigarh	Wrestling	Ropar (Punjab)
4.		Volley Ball	Patiala (Punjab)
5.	Hyderabad	Cricket	Visakhapatnam(AP)
6.		Kho-Kho	Waynad(Kerala)
7.	Jaipur	Hand Ball	Faridabad(Haryana)
8.		Yoga	Ajmer(Rajasthan)
9.	Lucknow	Archery	Sonebhadra (UP)
10.		Badminton	Maharajganj(UP)
11.		Hockey	Sitapur (UP)
12.	Patna	Foot Ball	Muzaffarpur (Bihar)
13.		Tae-kwando	Bokaro (Jharkhand)
14.	Pune	Basket Ball	Wardha(MS)
15.		Table Tennis	Kheda(Gujrat)
16.	Shillong	Chess	Nalbari(Assam)
17.		Judo	Sivasagar(Assam)

Information about different events :

- 1. For Judo :** As per SGFI norms the total participants would be 46 (23 boys + 23 girls)
The age group of the participants is given below:

Sl No.	Age Group	Weight Category
1	U – 14 (Boys)	-25kg, -30 kg, -35kg, -40 kg, -45kg, -50kg, + 50kg.
	U- 14 (Girls)	-23kg, - 27kg, -32kg, -36kg, -40kg, -44kg, +44kg.
2	U-17 (Boys)	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -71kg, +71kg,
	U-17 (Girls)	-36kg, -40kg, -44kg, -48kg, -52kg, -56kg, -61kg, +61kg
3	U-19 (Boys)	-40kg, -45kg, -50kg, -55kg, -60kg, -65kg, -71kg, +71kg
	U-19 (Girls)	-36kg, -40kg, -44kg, -48kg, -52kg, -56kg, -61kg, +61kg

- 2. For Taekwondo** the group is to be made given below :-

WEIGHT CATEGORIES FOR CHAMPIONSHIPS			
WEIGHT DIVISION SUB-JUNIOR			
WT. CATEGORY	SUB-JUNIOR BOYS	WT.CATEGORY	SUB-JUNIOR GIRLS
Under 18 kg	Not Exceeding 18 kgs	Under 16 kg	Not Exceeding 16 Kgs
Under 21Kg	Over 18 Kgs & Not Exceeding 21Kgs.	Under 18 kg	Over 16 Kgs. & Not Exceeding 18 kgs.
under 23 kg	over 21 Kgs & Not Exceeding 23Kgs.	Under 20 kg	over 18 Kgs. & Not Exceeding 20 kgs.
under 25 kg	over 23 Kgs & Not Exceeding 25Kgs.	Under 22 kg	over 20 Kgs. & Not Exceeding 22 kgs.
under 27 kg	over 25 Kgs & Not Exceeding 27Kgs.	Under 24 kg	over 22 Kgs. & Not Exceeding 24 kgs.
under 29 kg	over 27 Kgs & Not Exceeding 29Kgs.	Under 26 kg	over 24 Kgs. & Not Exceeding 26 kgs.

under 32 kg	over 29 Kgs & Not Exceeding 32Kgs.	Under 29 kg	over 26 Kgs. & Not Exceeding 29 kgs.
under 35 kg	over 32 Kgs & Not Exceeding 35Kgs.	Under 32 kg	over 29 Kgs. & Not Exceeding 32 kgs.
under 38 kg	over 35 Kgs & Not Exceeding 38Kgs.	Under 35 kg	over 32 Kgs. & Not Exceeding 35 kgs.
under 41 kg	over 38 Kgs & Not Exceeding 41Kgs.	Under 38 kg	over 35 Kgs. & Not Exceeding 38 kgs.
under 44 kg	over 41 Kgs & Not Exceeding 44 Kgs.	Under 41 kg	over 38 Kgs. & Not Exceeding 41 kgs.
under 50 kg	over 44 Kgs & Not Exceeding 50 Kgs.	Under 47 kg	over 41 Kgs. & Not Exceeding 47 kgs.
WEIGHT DIVISION: JUNIOR DIVISION			
WT. CATEGORY	JUNIOR BOYS	WT. CATEGORY	JUNIOR GIRLS
Under 45 kg	not Exceeding 45 kgs	under 42 kg	not exceeding 42 kg
under 48 kg	over 45 kg & not exceeding 48 kg	under 44 kg	over 42 kg & not exceeding 44 kg
under 51 kg	over 48 kg & not exceeding 51 kg	under 46 kg	over 44 kg& not exceeding 46kg
under 55 kg	over 51kg & not exceeding 55kg	under 49kg	over 46kg & not exceeding 49 kg
under 59 kg	over 55 kg & not exceeding 59 kg	under 52kg	over 49kg & not exceeding 52kg
under 63 kg	over 59kg & not exceeding 58 kg	under 55 kg	over 52 kg & not exceeding 59kg
under 68 kg	over 63kg & not exceeding 68 kg	under 59kg	over 55kg kg & not exceeding 59kg
under73kg	over 68kg & not exceeding 73kg	under 63 kg	over 59kg & not exceeding 63 kg
under 78kg	over 73kg & not exceeding 78kg	under 68kg	over 63kg & not exceeding 68kg
over 78 kg	over 78kg	over 68kg	over 68kg

WEIGHT DIVISION: SENIOR DIVISION			
WT. CATEGORY	SENIOR MEN	WT.CATEGORY	SENIOR WOMEN
under 54kg	not exceding 54kg	under 46kg	not exceeding 46kg
under 58kg	over 54kg & not exceeding 58kg	under 49kg	over 46kg & not exceeding 49 kg
under 63kg	over 58 kg & not exceeding 63 kg	under 53 kg	over 49 kg & not exceeding 53kg
under 68 kg	over 63 kg & not exceeding 68 kg	under 57 kg	over 53 kg & not exceeding 57 kg
under 74 kg	over 68 kg & Not exceeding 74kg	under 62 kg	over 57 kg & not exceeding 62 kg
under 80 kg	over 74 kg & not exceeding 80 kg	under 67 kg	over 62 kg & not exceeding 67 kg
under 87 kg	over 80 kg & not exceeding 87 kg	under 73 kg	over 67 kg & not exceeding 73 kg
over 87 kg	over 87kg	over 73 kg	over 73 kg

3 For Wrestling the group is to be made given below :

Sl No.	Age Group	Weight Category
1	U-14 Boys	32kg, 35kg, 38kg, 41kg, 45kg, 49kg, 55kg, 60kg
2	U-17 Boys	42kg, 46kg, 50kg, 54kg, 58kg, 63kg, 69kg, 76kg, 85kg, above100kg.
3	U-19 Boys	42kg, 46kg, 50kg, 55kg, 60kg, 66kg, 75kg, 84kg, 96kg, above 100kg.

4 For Athletics the group (U-14, 17, 19) is to be made given below:

1. The meet shall be conducted according to the rules of Amateur Athletic Federation of India, with required modifications if necessary.
2. The various age categories and list of events in which competition will be held :

Under 14 years		Under 17 years		Under 19 years	
Boys	Girls	Boys	Girls	Boys	Girls
100 M	100 M	100 M	100 M	100 M	100 M
200 M	200 M	200 M	200 M	200 M	200 M
400 M	400 M	400 M	400 M	400 M	400 M
600 M	600 M	-	-	-	-
800 M	800 M	800 M	800 M	800 M	800 M
-	-	-	3000 M	-	5000 M
-	-	5 KM Walk	3 KM Walk	5 KM Walk	5 KM Walk
80 Mtrs Hurdles (76.2cm)	80 mtrs. Hurdles (76.2 cm)	-	-	-	-
-	-	100 Mtrs Hurdles (91.4cm)	100 Mtrs Hurdles (76.2cm)	100 Mtrs Hurdles (1.06 M)	100 Mtrs Hurdles (84cm)
-	-	-	-	400 Mtrs Hurdles (91.4cm)	400 Mtrs Hurdles (76.2cm)
-	-	-	-	110 Meters Hurdles (99.0cm)	-
4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay	4 x 100 M Relay
4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Relay	4 x 400 M Relay
-	-	3000 M	-	5000 M	3000 M
-	-	1500M	1500M	1500M	1500M
Long Jump	Long Jump	Long Jump	Long Jump	Long Jump	Long Jump
High Jump	High Jump	High Jump	High Jump	High Jump	High Jump
Shot Put 4 Kgs.	Shot Put 4 Kgs.	Shot Put 5 Kgs.	Shot Put 5Kgs.	Shot Put 6 Kgs.	Shot put 6kgs.
Discuss Throw 1 Kg	Discuss Throw 1 Kg	Discuss throw 1.5 Kg.	Discuss Throw 1 Kg	Discuss throw 1.75 Kg.	Discuss throw 1 Kg

-	-	Javelin Throw 700 Gms	Javelin Throw 600 Gms	Javelin Throw 800 Gms	Javelin Throw 600 Gms
-	-	Hammer throw 5 Kgs.	Hammer throw 4 Kgs.	Hammer throw 6 Kgs.	Hammer throw 4 Kgs.
-	-	Triple Jump	-	Triple Jump	-
-	-	Pole Vault *	-	Pole Vault *	-
-	-	-	-	5KM open cross country	3KM open cross country

For your ready reference, performance of students in National Athletic Meet held at Kishanganj, Bihar during 2015-16 is enclosed as Annexure 'A'. Please ensure that the performance is improved with regular practice.

*** Only trained students are to be deputed for Pole Vault.**

5. Kabaddi :-Weight category is given below:-

Under 14 years		Under 17 years		Under 19 years	
Boys	Girls	Boys	Girls	Boys	Girls
Size of ground 11 x 8 sqm Weight is below 51 Kg.	Size of ground 11 x 8 sqm Weight is below 48Kg.	Size of ground 12 x 8 sqm Weight is below 57 Kg.	Size of ground 12 x 8 sqm Weight is below 53 Kg.	Size of ground 13 x 10 sqm Weight is below 65 Kg.	Size of ground 12 x 8 sqm Weight is below 59 Kg.

Note : Weight of all the equipment shall be carefully checked before the event.

6 The details of participants in Badminton is as under:

Disciplines	No. of participants			Events	
	Boys	Girls	Officials	Boys	Girls
Badminton	5	5	2	Singles, doubles, mixed doubles	Singles, doubles, mixed doubles

7 The details of participants in Rope Skipping is as under :

Discipline	Events	No. of participants	Remarks
Rope Skipping	Master Events : 1) Single Rope Speed : 30 seconds 2) Single Rope Speed : Endurance 180 seconds 3) Single Rope Double Under: 30 seconds 4) Single Rope Free style : 45-75 seconds (with music)	04 (a participant can take part only in one master event)	08 PETs(4 male + 4 female) for each region have been trained by Rope Skipping Federation of India during the year 2015-16. These trained PETs may be contacted for any assistance/clarification. The general guidelines for Rope Skipping events is enclosed as Annexure 'C'

8. Certificates for National Sports Meet

To make similarity in the issuance of participating certificate for National Meet, the same would be issued jointly by concerned Deputy Commissioner and Commissioner NVS. The sample of certificate is enclosed as Annexure 'B'. However ROs may modify design as per requirement but it must be bilingual i.e. in Hindi & English. If two or three National events are organised in the same region, certificates of all the events are to be forwarded together through a messenger along with a signed copy of verified list of participants by the Deputy Commissioner. Signature of Dy.Commissioner is to be made first on the certificate and forwarded to Hqrs. for signature of Commissioner .

D Participation of students in Events:

A student may participate in cluster/Regional/National meet as follows:-

Athletics (a) One track event and two field events(excluding relay)

OR

(b) One field and two track events(excluding relay)

Games For participation in National Meet, a student may be allowed to participate only in one game. **For Regional and Cluster meets Regional Office may suitably decide venue & dates and communicate to JNVs.**

E Selection of Teams:

Selection of players for the Regional/National team will be made on the basis of performance level of the individual students during cluster / regional meet which may be judged by a duly constituted selection committee. **Selection of games like hockey and cricket may be made on the basis of selection trails viz-a-viz observations during the Regional level matches.** Similarly, every selected player for SGFI meet would have at least 4th or 5th position/ rank in comparison to the previous years SGFI merit list. Here our motto is only to send the genuine/skilled players in the SGFI meets.

F Training of selected team:

At least about 8 to 10 days training shall be given to National Teams by concerned regions by taking the help of local expertise/experts in the field through an extensive training camp which will be organized so as to keep the National team in a state of readiness for participation in SGFI competitions. This training camp may be held conveniently just before departure of National teams to SGFI events.

G TA/ DA – Participants:

- (i) TA/DA of escorts will be as per Samiti norms
- (ii) DA for the participants **during journey only will be @Rs.150/- per day.** Escort shall ensure that the participants are provided with the food instead of distributing the DA money to the participants and asking them to manage on their own.
- (iii) While being in the Vidyalaya/ venue during the Games & sports meet, expenditure on food will be restricted to the usual norms. Escorts have to stay in the campus and dine in the JNV Mess along with the students.
- (iv) During the coaching camp it should be ensured that the teams get good nourishment.

H Inauguration function:

Cluster / Regional /National Sports Meet should have the inaugural function by inviting some prominent persons of good repute to encourage active participation of children. Special attention should be given during March Past to highlight the Navodaya culture.

I Cultural Activities:

A cultural evening may also be organized during the cluster/regional/national meet. Each cluster may present items of folk song, folk dance etc. representing the cultural aspects of their region for about 15 minutes duration.

J Deputy Commissioner of the regions may ensure :

- (a) Issue of further guidelines for fair selection of teams and smooth conduct of events.
- (b) Selected list of children in each case should have date of birth and class in which they are studying duly certified by concerned Principal.
- (c) Issue of further instruction to the escorts, for safety and security of the participants during the games and sports meet.

K Target for 26th NVS Sports & Games Meets to participate in the 61st National School Games 2016-17:

The achievements of the first position holders in different events in the 61st SGFI Meets 2015-16 as target for the year 2016-17 for NVS players who will participate in the 62nd SGFI Meets 2016-17.

L Rules and Regulation about the Games & Sports Meets 2016-17:

All the events which are being played in NVS, follow the rules & regulation prescribed by the Indian Olympic Association.

M Guidelines for organizing SGFI Meet

1. NVS teams are participating in SGFI Meets from a long time. All the Deputy Commissioners are requested to instruct all the participating JNVs that they should submit timely the requisite forms duly filled in as per the guidelines issued by the competent authority of the SGFI.
Further, before going to participate in the SGFI Meets, every participating team must have an intensive coaching of at least 10 days under the supervision of the experts trainers/coaches.
2. The SGFI coaching camp is preferably organised at National venue of concerned event and it is the responsibility of National venue JNV to ensure participation of NVS team in SGFI. However if the SGFI coaching camp is changed in consultation of NVS HQ, it is the responsibility of the National venue JNV to do the following :
 - i) Records/documents keeping and registration of participants in SGFI
 - ii) To decide the period of coaching at the coaching camp and to intimate the date by which students have to report to the SGFI coaching camp venue along with escorts..
 - iii) To make arrangement for receiving the students at the SGFI coaching camp venue by deputing team Manager/ a responsible teacher in advance.
 - iv) Ensure that the selected students report to SGFI coaching camp venue without fail.

The Principal of SGFI coaching camp venue will do following :-

- a) Boarding & lodging for NVS team including escorts/coaches.
 - b) To arrange qualified referee/coaches in consultation with NVS National venue.
 - c) To deal with all accounts related matter the expenses on TA/DA, branded sports kit, track suit & equipment i.e. will be reimbursed from participating JNV.
3. Team Manager of SGFI Meet has to compulsorily submit a detailed report by specifying the details of students participated and the achievements within 10 days after the completion of SGFI Meet.

N Exhibition :

In order to stimulate creativity, inventiveness and the attitude for innovation amongst the students of JNVs, like previous years, the exhibition for Science/Maths/IT/Social Science/SUPW will be held at the Venue of the Cluster/Regional Games & Sports Meet. The maximum participation will be eight from each JNV as per following details:

Science	03
Social Science	02
Mathematics	01
ICT	01
SUPW	01

Theme for Social Science Exhibition

- A. Relevance of Social Sciences in the contemporary era.**
- B. Treasure of Indian Culture**

No separate theme is proposed for Maths/IT/SUPW but relevance of the model/exhibit with the area/subject is to ensured. Science theme will be communicated as soon as the NCERT releases the same.

In addition to the regular components in the exhibition a one day seminar to be organised on any current issues related to Science and Mathematicst. The topic of the seminar selected at regional level must be informed to JNVs well in advance.

All JNVs are having talented teachers in the respective areas. They are to be motivated to ensure application of basic concept in the exhibits. Efforts should be made for preparing concept based working models/exhibits avoiding traditional one. The innovations made by the students and the teachers may be highlighted through exhibit.

No. of exhibits to be selected at various levels (Cluster/Regional/National).

Science	03
Social Science	03
Mathematics	02
ICT	02
SUPW	02

The venue for national level science exhibition meet will be informed later. However best entries selected at National level will be sent to Jawaharlal Nehru National Science,Mathematics and Environment Exhibition for Children organised by NCERT.

P Important Points :

- During games and sports meet, lot of movement of the students and teachers is involved. It is therefore mandatory for all teaching and non-teaching staff to perform escort duty as and when asked by the Principal.
- The students taking part in the Cluster, Regional, and National Meet should invariably bring proof of date of birth duly certified by the Principal of the JNV in proper proforma.
- Escorts should ensure safety and security of students on the field and also when are on transit. There should be a lady teacher escort when girls are sent for competition.
- While students of classes X and XII may also permitted to participate in these programmes, Principal will ensure that selected students of classes X & XII do not

lag behind the studies & students will give undertaking for participation up to SGFI Tournament.

- Risk certificates may also be obtained before deputing students.
- Proper health check up is to be made before deputing the students for the meet.

Q Let us remember to do :

- Participants will carry school/cluster/regional flag, light bedding, one tumbler, one plate, sports material and musical instruments etc., as required by them. Participants will be in white uniform for the March Past during cluster/regional meet.

Boys –White shirt, white short, white socks and white shoes.

The Sikh students will wear white pataka.

Girls –White Shirt, white skirts/salwar, white canvas shoes and white ribbon.

- However, for National Meet all the participants should be in their prescribed track suit with white canvas shoes for march – past.
- ***It is to be ensured that “ March –past” reflects the Navodaya Vidyalaya Samiti Culture.***
- Chairman, Vidyalaya Management Committee/Important Dignitaries connected with sports / Sports heroes may be invited as chief guest for inauguration/Valediction of Meet to encourage the participants.
- ***It is to be ensured that record of first three positions in Cluster meet/ Regional meet /National Meet are to be correctly noted.***
- The Principal will issue identity card to the participating students of his/her school for cluster/regional meets.
- A modest number of photos depicting the activities of the event may be taken.
- A full but brief report along with a set of 10 photographs of Cluster meet/Regional Meet is to be sent to concerned ROs and a detailed report alongwith best 10 photographs of National Meet should be sent to NVS HQ in hard as well in soft copy.

R Safety & Security of the students during meet :-

As a large number of activities like games, sports and exhibition will be taking place, it is requested that the following precautions may be kept in mind to avoid any future complications :-

- It is specifically instructed to all the students and house masters/ teachers/ incharges that the children should invariably be present themselves during the roll call times. Even if the children are pre-occupied in some activities they should invariably report in time for the roll call personally and then go back to their place of work. They should report personally to the house master/teachers/incharges concerned, otherwise there is a possibility that the children may tend to escape taking advantage of the pre-occupation of the teachers in other activities.
- The Principal should be very careful in choosing the teachers for escort duties for the games and sport meet. Only those teachers who are competent and have the desired aptitude for such activities should be chosen for this job. Clear cut guidelines should be given regarding the safety and security measures to be taken up during the journey and during conduct of the meets.
- Escorts should be always with the students.
- During journey period no student should be allowed to move away from the group and any deviation from this may be dealt in a stern manner.
- When the children are escorted to the venue of different events, it is the personal responsibility of the escort teachers to periodically check the presence of all the students inside the premises of the venue Vidyalaya and to ensure the participation of students.

- All the participants should be clearly instructed that no indiscipline will be tolerated during the conduct of games and sports events. They should not get into any arguments with the umpires or the organizers of the events.
- All the students as a whole should keep a watch on their personal belongings as well as material of the Vidyalaya being carried with them, especially during transit from one mode of transport to another. The escort teacher should personally check the number of belongings.
- The students should not be allowed to take any food from un-hygienic places. The escort teacher should carry minimum required medicines / first aid kit to deal with any case of emergency.
- Under no circumstances the children should be allowed to go to any near by water sources like ponds, lakes, canals etc.
- It is advisable that the children are made to wear only school uniform during journeys and during their stay at the venue Vidyalaya, so that they can easily be identified. It is further advised that the contingent is divided in to small groups of about 10 students and one leader is nominated to take care of each group. The escort teachers should periodically interact with their group leaders regarding the behaviour of the students. The escort teachers should make all the children of the contingent to know the correct address and the phone number of the venue Vidyalaya so that it may be useful for them to contact, in case of any emergency. All students should carry their identity card with them through out the period of their stay outside their present Vidyalaya.
- Venue Principals are advised to arrange for proper security of the students especially the girls. They may arrange for police *bandobast*, if required.
- The venue Principals are advised to take the help of the district health department for managing the sanitary and hygienic conditions in the Vidyalaya when such a large number of students are assembling in one place. Required emergency medicine can be procured in sufficient quantity and be kept ready to meet any case of emergency.

Other directions issued by NVS related to safety measures are also to be strictly followed.

RO may keep a regular contact with the team of contingent and venues of various events to monitor the progress, to ensure safety of children and smooth organisation of Meets. Asstt. Commissioner of ROs may also be requested to be present as far as possible to support and compare all previous records regularly .

You are requested to give instructions to all the JNVs accordingly. After the completion of Regional & National Meets, detailed report is to be forwarded to this office without fail along with good photographs.

This issues with the approval of the competent authority.

Yours faithfully,

Encl: As above .



(G. Arumugam)
Deputy Commissioner(Acad.)

Annexure 'A'

**Proforma For Athletic 2015-16 26 TH. NVS.NATIONAL ATHLETIC CHAMPIONSHIP-2015
HELD AT JNV. KISHANGANGJ, BIHAR, NVS PATNA REGION , 19 TO 21 SEPTEMBER—2015**

Athletics	Under 14 years		Under 17 years		Under 19 years	
Event	Boys	Girls	Boys	Girls	Boys	Girls
EVENTS	Performance of topper	Performance of topper	Performance of topper	Performance of topper	Performance of topper	Performance of topper
100 M	12.1 sec.	14.2 SEC.	11.6 SEC.	14.0 SEC.	11.8 SEC.	13.7 SEC.
200 M	25.6 sec.	29.9 SEC.	23.4 SEC.	29.7 SEC	23.9 SEC.	29.5 SEC.
400 M	57.5 sec.	01:09.3 MINUTES	54.4 SEC.	01:08.6 MINUTES	53.9 SEC.	01:08.3 MINUTES
600 M	1:33.8 MINUTES	01:54.7 MINUTES	----	----	----	----
800 M	----	----	02:10.8 MINUTES	02:38.8 MINUTES	02:01.0 MINUTES	02:53.4 MINUTES
1500M	----	----	04:32.1 MINUTS	05:28.2 MINUTES	04:27.3 MINUTES	05:35.5 MINUTES
3000 M	----	----	09:39.7 MINUTES	12:09.7 MINUTES	----	12:01.7 MINUTES
5000 M	----	----	----	----	17:19.8 SEC.	21:59.4 SEC.
3 KM Walk	----	----	----	19:17.0 MINUTES	29:29.1 MINUTES	----
5 KM Walk	----	----	28:26.8 MINUTES	----	----	32:34.3 MINUTES
80 Mtrs Hurdles 76.2cm	12.5 sec.	14.9 SEC.	----	----	----	----
100 Mtrs Hurdles 91.4cm	----	----	14.9 SEC.	----	----	----
100 Mtrs Hurdles 76.2cm	----	----	----	17.5 SEC	----	----
110Mtrs Hurdles	----	----	----	----	16.4 SEC.	----

100 Mtrs Hurdles 84cm	----	----	----	----	18.9 SEC
400 Mtrs Hurdles 91.4cm	----	----	----	01:01.7 MINUTES	----
400 Mtrs Hurdles 76.2cm	----	----	----	----	01:18.9 MINUTES
4 x 100 M Relay	49.4 sec.	58.7 SEC	46.9 SEC.	57.4 SEC.	46.7 SEC.
4 x 400 M Relay	----	----	----	----	03:41.9 MINUTES
Long Jump	5.58 M.	04.29 M.	06.02 M.	04.67 M.	06.08 M.
High Jump	1.55 M.	01.21 M.	1.60 M.	01.31 M	01.66 M.
Triple Jump	----	----	11.62 M.	09.39 M.	12.30 M.
Pole Vault	----	----	02.60 M.	01.90 M.	02.80 M.
Shot Put 4 Kgs.	11.81 M.	07.24 M.	----	07.24 M.	----
Shot Put 5Kgs	----	----	11.80 M.	----	----
Shot put 6kgs.	----	----	----	----	10.96 M.
Discuss Throw 1 Kg.	40.75 M.	26.07 M.	----	26.00 M.	----
Discuss throw 1.5 Kg.	----	----	34.65 M.	----	----
Discuss throw 1.75 Kg.	----	----	----	----	33.17 M.
Javelin Throw 600 Gms	----	----	----	21.12 M.	----
					26.26 M.

Javelin Throw 700 Gms	----	----	47.00 M.	----	----	----
Javelin Throw 800 Gms	----	----	----	----	46.26 M.	----
Hammer throw 4 Kgs.	----	----	----	22.88 M.	----	28.00 M.
Hammer throw 5 Kgs.	----	----	40.08 M.	----	----	----
Hammer throw 6 Kgs.	----	----	----	----	34.38 M.	12:08.04 Minutes
3KM open cross country	----	----	----	----		
5KM open cross country	----	----	----	----	15:08.9 MINUTES	----

Asstt. Commissioner

3



नवोदय विद्यालय समिति NAVODAYA VIDYALAYA SAMITI

मानव संसाधन विकास मंत्रालय, स्कूल शिक्षा और साक्षरता विभाग का एक स्वायत्त संस्थान
An Autonomous Organisation of Ministry of Human Resource Development
भारत सरकार/GOVT. OF INDIA

XXVI राष्ट्रीय.....समागम 2016-17
XXVI NATIONAL MEET 2016-17

प्रमाण पत्र CERTIFICATE

प्रमाणित किया जाता है कि मा./कु..... जवाहर नवोदय विद्यालय, जिला
राज्य.....संभागने नवोदय विद्यालय समितिसंभाग द्वारा
जवाहर नवोदय विद्यालय, जिला.....राज्य..... में दिनांकसे.....तक
आयोजित राष्ट्रीय.....समागम 2016 (बालक/बालिका आयु वर्ग 14/17/19) में भाग लिया और
.....स्थान प्राप्त किया।

This is to certified that Ms./Mst. of Jawahar Navodaya Vidyalaya, Distt.....State
.....Regionparticipated in NVS National Meet 2016 (Boys/Girls under
14/17/19) Conducted by Navodaya Vidyalaya Samitiregion at Jawahar Navodaya Vidyalaya,
Distt.....State..... from.....to.....and gotposition.

उपायुक्त/Deputy Commissioner
न.वि.स.संभाग/NVS-RO

आयुक्त/ Commissioner

General Guidelines of Rope Skipping Sport

1. Single Rope Speed : 30 Seconds :-

The time limit for this event is 30 Seconds. It will start with the right leg and will complete one skip with left leg. The participant will score one point on each skip. **The call out for this event will be “judges ready ? , Skippers Ready ? , Set – Go .”** Before it there will be no movement in the body of the participant as well as no motion by the arm and rope. Time duration will be announced by the judge at **“10 sec., 20 sec. and finally. calling stop at 30 sec.”** Judgement will be based on number of points.

2. Single Rope Speed: Endurance 180 Seconds (3 Min.):-

The time limit for this event is 180 sec. It will start with the right leg and will complete one skip with left leg. The participant will score one point on each skip. **The call out for this event will be “judges ready ? , Skippers Ready ? , Set – Go .”** Time duration will be announced by the judge at **“ 1 Min., 2 Min, 2:30 Min., 2:45 Min and finally calling stop at 3 Min. ”** . Judgement will be based on number of points.

3. Single Rope Double under : 30 Seconds :-

The time limit for this event is 30 sec. In one jump the rope passes under the feet of the skipper twice (two times) before the skipper's touch the ground for the next jump. The will count as one skip and score one point. **The call out for this event will be “judges ready ? , Skippers Ready ? , Set – Go .”** Time duration will be announced by the judge at **“10 sec., 20 sec , and finally at 30 sec. calling stop”** . Judgement will be based on number of points.

4. Single Rope Free Style : 45-75 seconds (with music)

The time for this event ranges from minimum 45-75 secs. The participant will display different styles/skills of rope skipping with beats of music and will score 1 point for each different skill/style. The timing of the routine begins as soon as arm or rope moves or as soon as the first note of the music starts whichever comes first. **The call out for this event will be “judges ready ? , Skippers Ready ? , you may begin.”** Time duration will be announced by the judge at **“45 sec., 1 Min., calling stop at 1Min. 15 sec.”** Judgement will be based on number of points.

GENERAL RULES/GUIDELINES :If

- In case of an injury during competition the skipper or his/her coach will decide to continue the event or not. There will be no re-skip and event will be scored based on what was shown.
- 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 at the same event. The last attempt determines the score.
- No items of jewellery may be worn. The exceptions are ear studs.
- If a skipper commits a false start there will be a five point deduction from the skippers .
- If false start is noticed , the judges do not stop the skippers, the player will be allowed to Complete the event.
- If the participant touches the arena line or come outs from the arena, five points will be Deducted from the skipper 's score.
- The Floor surface should be preferably of high quality wooden sprung/cushion sports floor.
The floor must be marked in rectangular shape with lines :
 - a. of contrasting colour to the floor surface or any other marking on the floor.
 - b. at 90 degree to each other dimensions (for first three events 5 m X 5 m and for free style 12 m X 12 m.

Note : For detailed rules and regulation the web site of Rope Skipping Federation of India i.e. (www.rsfi.in) may be visited.