

MERUTSAV -2025

On Campus

Sports Events - Rules and Regulations

Guidelines

General Rules for Participating Schools

1. There is **NO FEE** to participate in Merutsav 2025.
2. The coordinator must send the school sports registration form to the Merutsav ID at merutsav@meruinternationalschool.com by **July 5, 2025**.
3. **Schools must fill in one form only for all the events. Multiple forms will not be accepted.**
4. The school registration form must have details of all participating segments together. Once sent, no further changes will be made to the participants' names and/or the participating events.
5. The school Coordinators are requested to mention the correct spellings of the participating students.
6. An acknowledgment email for the registration will be sent to the registered email address mentioned in the registration form.
7. There are multiple events spread across July-Aug, and the detailed '**Rules & Regulations**' for each event are given in this document.
8. School coordinators are requested to go through the event-wise '**Rules & Regulations**' and adhere to the same.
9. **1 child can participate in only 1 event in Merutsav either from the school or through individual participation**
10. Participants should wear their school ID cards at all times during their visit to the host school
11. The School Uniform/Jersey is a must for all the participants.
12. Every School must designate a teacher as a '**single point of contact for each segment**' for Merutsav 2025 and share contact details in the registration form.
13. Events will be conducted '**On Campus**' at **Meru International School (MIS), Miyapur**

campus.

14. **For 'On Campus' events, each School Team must be accompanied by the participating school 'Teacher In Charge'.**
15. If a participant comes along with parents, then registration will be done only once the school **'Teacher charge'** comes along with other participants to the host school.
16. Participating school teachers to ensure they monitor their school participants at all times.
17. Monitoring of Gadgets and/or any material brought by the participants as part of the competition needs to be taken care of by **the participant/'Teacher charge'**.
18. In case of multiple rounds, shortlisted students from previous rounds will move to the next round.
19. The event schedule will be uploaded to the Merutsav website. <https://merutsav.com/>. Request school coordinators to keep checking the same.
20. The decision about the winners of the events taken by the core committee will be binding and final.
21. The participating school coordinator will be responsible for all the communication related to events to their participants.
22. Schools are requested **to keep the phone numbers of Meru International School staff private from** their school participants/parents.
23. Any delay in participation or submission due to technical issues in certain competitions will count as a forfeit of the event by the participant.
24. The event schedule will be sent to the school coordinator and uploaded on the Merutsav website, <https://merutsav.com/>
25. **Tentative dates for sports events will be July 15th -August 11th. Based on the registrations received, chess, Yoga, Taekwondo, and Badminton events may be conducted on Saturday and Sunday. Exact timelines will be communicated after registration. The above dates are tentative.**

For any queries related to sports competition, please reach out to **Mr. Vishnu at +91 8977613963**

TAEKWONDO: POOMSAE

(BOYS & GIRLS)

Format: Knockout

Segment: Grade : 3 & 4, 5&6 and 7 & 8

Maximum Participants: 5 boys each from Gr 3-4, Gr 5-6, Gr 7-8

5 girls each from Gr 3-4, Gr 5-6, Gr 7-8

General Rules & Regulations:

All athletes shall perform 2 compulsory or chosen Poomsae within a maximum 60-second break.

1) A maximum of 5 boys and 5 girls can participate from each school

2) Participants must perform recognized WTF Poomsaes.

3) Participants must show their school ID card or any school issued document confirming the grade of the child in AY 2025-26.

4) Participants must wear a taekwondo uniform with the correct belt.

5) Participants are not allowed to wear any type of shoes.

6) Male participants are not allowed to wear a T-shirt under the taekwondo uniform. Female participants are required to wear a T-shirt under their taekwondo uniform.

7) Participants may not wear any type of jewelry.

8) The referee's decision is final.

CHESS: (Mixed Gender)

Format: Knockout

Segment: Grade : 3-4, 5-6, 7-8 & 9 to 12

Maximum Participants: 2 boys each from Gr 3-4, Gr 5-6, Gr 7-8 & 9-12

2 girls each from Gr 3-4, Gr 5-6, Gr 7-8 & 9-12

General Rules & Regulations:

Time Control: 20 min each (in case of a draw, 5 min each will be played)

- 1) A maximum of 4 participants(2 boys & 2 girls) from the school in every segment are allowed to take part in the competition.
- 2)**Participants must show their school ID card or any school-issued document confirming the grade of the child in AY 2025-26.**
- 3) Participants are not allowed any type of electrical devices (including a wrist watch)
- 4) The arbiter's decision is final and binding.

For queries and other sports event communication, contact the Event Coordinator: Mr Vishnu at: vishnu.k@meruinternationalschool.com +91 8977613963

BADMINTON: DOUBLES

(BOYS & GIRLS)

Format: Knockout

Segment: Grade: 5 & 6 Doubles

Maximum Participants: 1 boys team (2 boys) and 1 girl team (2 girls) from each school

General Rules & Regulations:

The Laws of Badminton and Competition Regulations in the BWF Statutes provide details on every aspect of the game of badminton.

Below is a brief overview - simplified rules.

Scoring System

- A match consists of a single game with 21 points.
- Final match consists of the best of 3 games of 21 points.
- Every time there is a serve, there is a point scored.
- The side winning a rally adds a point to its score.
- At 20 all, the side that gains a 2-point lead first wins that game.
- At 29 all, the side scoring the 30th point wins that game.
- The side winning a game serves first in the next game.

Interval and Change of Ends

- When the leading score reaches 11 points, players have a 60-second interval.
- A 2-minute interval between each game is allowed.
- In the third game, players change ends when the leading score reaches 11 points.

Doubles rules

- A side has only one 'set'.
- The service passes consecutively to the players as shown in the diagram.
- At the beginning of the game and when the score is even, the server serves from the right service court. When it is odd, the server serves from the left court.
- If the serving side wins a rally, the serving side scores a point, and the same server serves again from the alternate service court.
- If the receiving side wins a rally, the receiving side scores a point. The receiving side becomes the new serving side.
- The players do not change their respective service courts until they win a point when their side is serving.
- If players commit an error in the service court, the error is corrected when the mistake is discovered.
- In a doubles match between A & B against C & D, A & B won the toss and decided to serve. A to serve C. A shall be the initial server while C shall be the initial receiver.

BASKETBALL: (BOYS & GIRLS)

Format: Knockout

Segment: Grade:5 & 6, 7&8

Maximum Participants: 1 boys team (maximum 12 players) and 1 girls team (maximum 12 players) from each school

General Rules & Regulations:

1. Chest No. is to start from 00 to 999 (Both front and back) with plain numbers of solid color. Contrasting with the color of the shirt/vest and made of material not least 2cm wide. The number on the back shall be at least 20 cm high, and those on the front at least 10 cm high. Players on the same team shall not wear duplicate numbers.
2. The team shall consist of 12 players.
3. All players should be in proper uniform, shorts, and vest for boys and blouse and shirt/shorts for girls.
4. A player must have the permission of an official during playing time to leave the playing court.
5. The team must report to the playing court at least 30 minutes before the scheduled time of the match.
6. The referee shall have the power to decide any point not specifically covered in the Rules.
7. Under no circumstances will protests against Officials be entertained.
8. The tournament shall be conducted as per the BFI Rules.
9. No request for postponement will ordinarily be entertained
10. No Player/Manager of a participating team shall interfere with the conduct of the Tournament or any match of the Tournament, and shall not enter into an argument with the Supervising Official, nor shall they question the judgment of the Umpires/Referees/Judges, etc.
11. No Player/Manager/Teacher-in-Charge,e/Coach of the team shall be allowed to cross the technical line.
12. The game will be conducted in a four-quarters system, i.e.,10+2+10 minutes.
13. Teams must report half an hour before the commencement of the match.
14. Each candidate must bring an original AADHAR CARD and a school ID CARD, Mandatory.

TABLE TENNIS: SINGLES

(BOYS & GIRLS)

Format: Knockout Singles

Segment: Grade 5&6, 7 & 8 and 9-12

Maximum Participants: 2 boys each from Gr 5-6, Gr 7-8, Gr 9-12, and 2 girls each from Gr 5-6, Gr 7-8, Gr 9-12 from each school

General Rules & Regulations:

- 1) 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, with modifications wherever applicable.
- 2) Each match will be conducted with the best of three games.
- 3) All the matches will be played with 40+ quality balls.
- 4) Players shall be in proper Uniforms and maintain discipline.
- 5) The Arbiter's Decision will be final and binding in all matters.
- 6) The children should be accompanied by a concerned school teacher.
- 7) A bona fide certificate is to be produced. The certificate should be certified by the Headmaster/Principal of the School where the player is studying.

Mystic Yogis Competition

Participating Grades: Gr 3-4, Gr 5-6,, Gr 7-8

Maximum Participants: 4 participants per school (Mixed Gender)

Mystic Yogi's info.

Mystic Yogis contest is a demonstration of yoga asanas (postures) based on the theory of yoga-shastra, “posture performed with perfection and relaxation without strain.”

General Rules & Regulations:

- A maximum of 4 participants(Mixed gender) from each school are allowed to participate in the competition.
- Children can demonstrate asanas of their choice (Participants should perform a total 3 asanas from the Syllabus, which is given below, 1 asana as an Optional asana, which participants can choose their.
- Children can wear comfortable yoga dresses during the demonstration (Yoga Uniform – Skin Tight Shirt and Pants/Shorts will give more advantage in the Judgment of asana Demonstration).
- A minimum of 10 to 15 seconds should be held in the final Asana position. After the judge signals the “relax” keyword only, the participant should exit from the final position of the asana step by step.

Competition will be in the following segment-wise and Yogasana syllabus

Segment 1: Gr 3 & 4 Asana list.

1. TADASANA – Mountain Pose
2. VRIKSHASANA – Tree Pose
3. VAJRASANA – Thunderbolt Pose
4. BHADRASANA – Butterfly Pose
5. SETU BANDHASANA – Bridge Pose
6. USHTRASANA – Camel Pose (simple variation)
7. SASANGASANA – Rabbit Pose
8. ARDHA CHAKRASANA – Half Wheel Pose
9. BALASANA – Child's Pose
10. MARJARIASANA – Cat-Cow Pose

Segment 2: Gr 5 & 6 Asana list.

1. KAKASANA
2. VRIKSHASANA
3. ASTAVAKRASANA
4. USHTRASANA
5. CHAKRASANA
6. SASANGASANA
7. AKARNA DHANURASANA
8. GOMUKHASANA
9. UPAVISTHA KONASANA
10. EKA PADA SIKANDHASANA

Segment 3: Gr 7 to 8 Asana list.

1. VRIKSHASANA
2. JANU SIRASASANA
3. USHTRASANA
4. SASANGASANA
5. AKARNA DHANURASANA
6. GARABHASANA
7. EKA PADA SIKANDHASANA
8. ASTAVAKRASANA
9. GARBHA PINDASANA
10. DHANURASANA

Assessment Criteria:

- Technique
- Breathing
- Entry and Exit of the Asana
- Balance
- Presentation

Judgment: Judge's Panel Decision is the Final Decision.

*** Contact Mr. Vishnu, Ms. Bhargavi for further details**

vishnu.k@meruinternationalschool.com

bhargavi.m@meruinternationalschool.com