

SAINT CLARET COLEGE, ZIRO

RESONANCE'26

SPORTS EVENTS' LIST

Sports

NO	ITEM	PARTICIPANTS	POINTS
1.	Badminton (Team Event)	4 From Each Group(2Boys/2Girls)	10—07—04
2.	Table Tennis (Team Event)	4 From Each Group(2Boys/2Girls)	10—07—04
3.	Basketball	1 Team Each (10 Members) (Boys/Girls)	10—07—04
4.	Volleyball	1 Team Each (12 Persons) (Boys/Girls)	10—07—04
5.	9v9 Football	(15 Players Squad) (Boys/Girls)	10—07—04
6.	Kho-Kho	1 Team Each (12 Members) (Boys/Girls)	10—07—04
7.	Cricket	1 Team Each (12 Members) (Boys/Girls)	10—07—04
8.	Dodge Ball	1 Team Each (8 Members) (Boys/Girls)	10—07—04
9.	Dart	4 From Each Group (Boys/Girls)	10—07—04
10.	Tug-of-War	1 Team Each (12 Members) (Boys/Girls)	10—07—04

TRACK EVENTS

NO	ITEM	PARTICIPANTS	POINTS
1.	100 Mts Race (Girls & Boys)	4 Athletes From Each House	05—03—01
2.	400 Mts Race (Girls & Boys)	2 Athletes From Each House	05—03—01
3.	4X100 Mts Race (Girls & Boys)	1 Team From Each House (4 Athletes)	10—07—04
4.	800 mts Race (Girls)	Open to All	05—03—01
5.	1600 mts Race (Boys)	Open to All	05—03—01

FIELD EVENTS

NO	ITEM	PARTICIPANTS	POINTS
1.	Long Jump (Girls & Boys)	3 Athletes from Each House	05—03—01
2.	High Jump (Girls & Boys)	3 Athletes from Each House	05—03—01
3.	Javelin Throw (Girls & Boys)	3 Athletes from Each House	05—03—01
4.	Shot Put (Girls & Boys)	3 Athletes from Each House	05—03—01

CULTURAL EVENTS

NO	ITEM	PARTICIPANTS	TIME (MINUTES)		POINTS
1.	Solo Song	3 From Each Group	2 X 12	24	05—03—01
2.	Solo Dance	3 From Each Group	3 X 12	36	05—03—01
3.	Group Song (Arunachalee)	2 Teams Each (Max. 11 Each)	3 X 8	24	10—07—04
4.	Group Song (Any)	2 Teams Each (Max. 11 Each)	3 X 8	24	10—07—04
5.	Group Dance (Arunachalee)	2 Teams Each (Max. 12 Each)	5 X 8	40	10—07—04
6.	Group Dance (Any)	2 Teams Each (Max. 12 Each)	5 X 8	40	10—07—04
7.	Dance off	1 Teams Each (Max. 5 Each)			10—07—04
8.	Mime	2 Teams Each (Max. 6 Each)	3 X 8	24	10—07—04
9.	Go As You Like	4 From Each Group	2 X 16	36	05—03—01
10.	College Anthem	1 Teams Each (Max. 10 Each)	4 X 4	16	10—07—04
11.	House Presentation	Min. 20 Max. 30 Members From Each House	5 X 4	20	10—07—04
12.	Mr. & Miss Resonance	2 Boy & 2 Girl Each Team			10—07—04

LITERARY EVENTS

NO	ITEM	PARTICIPANTS	TIME (MINUTES)		POINTS
1.	Debate	2 From Each Group	3		05—03—01
2.	Essay	3 From Each Group	40		05—03—01
3.	Extempore	3 From Each Group	3 X 8	24	05—03—01
4.	Poem Writing (On The Spot)	2 From Each Group	30		05—03—01
5.	Declamation	2 From Each Group	3		05—03—01
6.	Poem Recitation	2 From Each Group	3 X 8	24	05—03—01
7.	Quiz	1 Teams Each Group (4 Each)	--		10—07—04

FINE ARTS

NO	ITEM	PARTICIPANTS	TIME (MINUTES)	POINTS
1.	On The Spot Painting	4 Participants from Each Group	50	05—03—01
2.	Bamboo Basket Making	2 Teams Each Group (Max. 5 Each)	90	10—07—04
3.	Clay Modeling	1 Team Each Group (Max. 5 Each)	90	10—07—04

SAINT CLARET COLLEGE, ZIRO

RESONANCE'26

GENERAL RULES

FOR ALL EVENTS

- a) ALL THE STUDENTS SHOULD POSSESS COLLEGE IDENTITY CARD TO ENTER THE COLLEGE PREMISES.
- b) The students are not allowed to leave the college premises till the events for the day gets over.
- c) It is hereby informed that the gates of the college will be closed and only those who possess 'GATE PASS' will be allowed to commute during the conduct of the events.
- d) **Each student can participate up to a maximum of 3 in the CULTURAL, 2 in LITERARY and 2 in FINE ARTS.**
- e) Keep up the safety and security of the participants and spectators.
- f) No use of fire or weapons in performances. (Get due permission from the organizers if it is an integral part of the performance)
- g) Maintain overall decency in dressing and use of language/gestures props in performance.
- h) For stage performances, song or music tracks should be submitted to the organizers one day prior of the commencement of event. Mentioning their respective Group and Participant's name.
- i) Any violation, misconduct, disobeying the rules and regulation by any member of the house will result in deduction of 2 points from points tally.
- j) **Captains shall submit the names of the participants on or before 13th October, 2026. Late submission will result in deduction of disciplinary marks.**

FOR SPORTS AND GAMES

1. Participation & Team Composition

- An individual can participate in **multiple events in sports**, but not more than **three team sports** and **three individual sports**.
 - **Team events:** Football, Cricket, Volleyball, Basketball, Table Tennis, Badminton, Tug-of-War, Dodgeball, Kho-Kho, Dart, Relay Race
 - **Individual Events:** 100m, 400m, 800m, 1600m, Long-Jump, High Jump, Javelin Throw, Shot-Put.

2. Code of Conduct

- Players must **respect referees and opponents** at all times.
- Use of foul language, physical aggression, or **unsportsmanlike behavior** will lead to **disqualification**.
- Alcohol, smoking, or any CONTRABAND SUBSTANCES are **strictly prohibited**.

3. Match Schedule & Punctuality

- All matches will follow a **pre-determined schedule**.
- Teams should **report 15 minutes before** their scheduled matches with proper warmup.
- A team arriving **10 minutes late** will **forfeit** the match.

4. Appeals & Protests

- The decision of the referees and the organizing committee is **final**.

5. Equipment & Attire

- Players must wear **proper sports attire** (jersey, shorts, sports shoes).
- Jersey number must be visible clearly.
- Only **college-provided sports equipment** should be used unless otherwise approved.

6. Weather Conditions

- Matches postponed due to **rain** will be **rescheduled** if possible.
- If a match is **interrupted mid-game**, it will be **resumed from the same point** later.

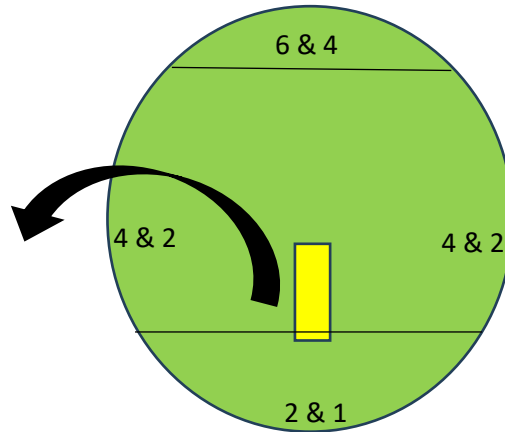
SPORT-SPECIFIC RULES

1. 9v9 Football

- **Team Composition:** 9 players on the field + 6 substitutes.
- **Match Duration:** 45 minutes (20 min per half + 5 min break).
- **Offside Rule:** **Not applied** in this format.
- **All free kicks are direct free kick.** (can be scored directly)
- **Goalkeepers cannot pick up a back pass from a teammate, but can collect the throw-in from teammates.**
- **Substitutions:** rolling substitutions will be followed.
- **Fouls & Cards:**
 - **Yellow Card** = Player will be suspended for 2 minutes from the match; team plays with 8 players.
 - **Red Card** = Player sent off; team plays with 8 players.
- **Tiebreaker:** If the match is drawn, a **penalty shootout (5 penalties per team)** will decide the winner.

2. Cricket (6-Overs) 🏏

- **Team Composition:** 12 players (9 on-field + 3 substitutes).
- **Match Duration:** 60 minutes
 - 6 overs of 23 + 2 minutes per inning
 - 5 minutes break
- **Match Format:**
 - Each team **bats for 6 over.**
 - **Maximum 2 overs per bowler.**
- **No-Ball & Free Hit:**
 - Overstepping = **No Ball & Free Hit.**
 - Full toss above waist = **No Ball.**
 - **Bowling rule:** Chucking is not allowed
- **Tiebreaker:** Super Over.



3. Basketball 🏀

- **Team Composition:** 5 players + 5 substitutes.
- **Game Duration:**
 - Two halves of 10 minutes each.
 - 2-minute break at halftime.
 - 1 time-out per half
- **Tiebreaker:** 3-minute overtime.

Shot Clock Rule

- Teams must attempt a shot **within 24 seconds** of gaining possession.
- If the shot clock expires, possession is given to the **opponent.**

Dribbling & Ball Handling Rules

- **Traveling:** A player **cannot move both feet without dribbling.** This results in a **turnover.**
- **Double Dribble:** A player **cannot dribble, stop, and then dribble again.** This results in a **turnover.**
- **Carrying the Ball (Palming):** A player **cannot hold the ball too long while dribbling.**

Common Fouls & Violations:

- 4 personal fouls = Player **fouls out.**
- 5 team fouls per half = Free throws awarded.
- **Personal Foul:** Physical contact such as **pushing, holding, charging, or hitting** an opponent.
- **Shooting Foul:** If a player is fouled while shooting, they get **free throws:**

- **2 free throws** if the shot was inside the three-point line.
- **3 free throws** if the shot was a three-pointer.
- **Blocking Foul:** When a defender **illegally blocks or impedes** an attacking player.
- **Charging:** An offensive player runs into a stationary defender, resulting in a turnover.
- **Goaltending:** Blocking a shot **after it starts descending toward the hoop** (opponent gets points).
- **Backcourt Violation:** A team **cannot return the ball** to their defensive half once they have crossed the half-court line.

Three-Second Rule

- An offensive player **cannot stand in the opponent's key (paint area) for more than 3 seconds**.
- Violation results in a **turnover**.

Five-Second Inbound Rule

- A player **must pass the ball within 5 seconds** when inbounding.

Eight-Second Rule

- A team **must move the ball past half-court within 8 seconds** after gaining possession.

4. Volleyball

- **Team Composition:** 6 players + 4 substitutes.
- **Match Format:** Best of **3 sets**.
 - **Each set to 21 points** (rally scoring).
 - If tied at 20-20, play until **2-point lead**.
- **Rotation Rule:** Players must **rotate clockwise** after winning serve.
- **Timeouts:**
 - 1 per set (30 seconds).
- **Tiebreaker:** 3rd set played to **15 points**.

Rotation & Substitution Rules

- Players must **rotate clockwise** after winning the serve.
- The server moves from the **back-right position** (Position 1).
- A team can make **6 substitutions per set**.
- The **Libero** can replace any back-row player but **cannot attack, block, or serve** (unless allowed by special rules).

Serving Rules

- The serve **must be hit from behind the baseline**.
- A serve is **valid** if it crosses the net and lands inside the opponent's court.
- **Foot Fault:** Stepping on or over the baseline before serving = **Point to opponent**.
- **Net Serve Rule:** If the ball touches the net but still lands in, the serve is **valid**.

Faults & Violations

Common faults that result in a point for the opponent:

- **Double hit** (same player touches the ball twice).
- **Four touches** (team exceeds 3 hits before sending it over).
- **Net touch** (player touches the net during play).
- **Out of bounds** (ball lands outside the court).
- **Foot fault** (stepping over the line while serving).
- **Center Line Crossing:**
 - A player's **entire foot or body crosses the center line** = **Foul**.
 - If only part of the foot **touches but does not fully cross**, play continues unless it **interferes with the opponent**.
- **Fingering (Lifting or Carrying the Ball):**
 - A player **must cleanly hit** the ball, not **catch, hold, or carry** it.
 - If the ball **rests in the player's hands**, it is a **lifting violation**.
- **Fist Attack Violation:**
 - **Attacking the ball using a closed fist is not allowed**.
 - Attacks should be made with an **open palm, fingertips, or controlled contact**.

5. Kho-Kho

- **Team Composition:** 9 players + 3 substitutes.
- **Match Format:**
 - Two **7-minute innings** (chasing & defending).
 - 2-minute break in between.
- **Chasing Rules:**
 - The chaser must touch a runner with their hand and say "Kho" to pass the chase to a teammate.
 - A chaser can only move in one direction along the central lane.
 - Chasers cannot cross lanes or turn back once they move forward.
 - Chasers must sit properly and can only get up when given Kho.

Defending (Runner's) Rules

- Runners must try to **avoid getting touched** by the chaser.
- They can move anywhere within the playing area but **cannot step out** of the boundary.
- Each batch of runners stays on the field until **all are out or time ends**.
- If all 9 runners are out before time ends, the next batch enters immediately.
- **Fouls & Violations:**
 - Leaving the post early results in a **free point** for the opponent.
 - Early **Kho (Giving Kho before touching the opponent)** = **Foul**
 - Turning **back while chasing** = **Foul**
 - Runner **stepping out of the field** = **Out**
 - **Deliberate time-wasting** = Warning or penalty

6. Track & Field Events

Races:

- 100m, 400m, 800m, 1600m, Relay (4x100m).
- **False Start:** 1 warning; second false start = **Disqualification**.

Jump & Throw Events:

- **Long Jump, Shot Put.**
- Each participant gets **3 attempts**.
- The longest legal jump/throw is considered.

Relay Rules:

- Baton must be exchanged within the **exchange zone**.

7. Badminton

1. Team Format & Matches

- Each team has at least 4 players.
- A match consists of 5 games:
 1. Men's Doubles
 2. Women's Doubles
 3. Mixed Doubles
 4. Men's Singles
 5. Women's Singles
- **The first team to win 3 out of 5 matches will be the winner.**

2. Scoring & Rotation

- Matches are played to 21 points (win by 2, max 30).
- Singles: Serve from right if score is even, left if odd.
- Doubles: Players switch positions only after winning a point while serving.

3. Faults & Violations

- Shuttle must be hit below waist on serve.
- Net touch, double hit, stepping out, or early hit = fault.

- Shuttle landing outside the court is out.

4. Substitutions & Fair Play

- A player can't play more than 2 sets.
- Substitutes allowed for injury, but once replaced, can't re-enter.
- Respect referees, no misconduct, shake hands after matches.

8. Table Tennis

1. Team Format & Matches

- Each team has at least 4 players.
- A match consists of 5 games:
 1. Men's Doubles
 2. Women's Doubles
 3. Mixed Doubles
 4. Men's Singles
 5. Women's Singles
- The first team to win 3 out of 5 matches will be the winner.

2. Scoring & Rotation

- Matches are played to 11 points (win by 2).
- Singles: Players serve twice in a row, then switch.
- Doubles: Partners must alternate hits and switch servers every 2 points.

3. Faults & Violations

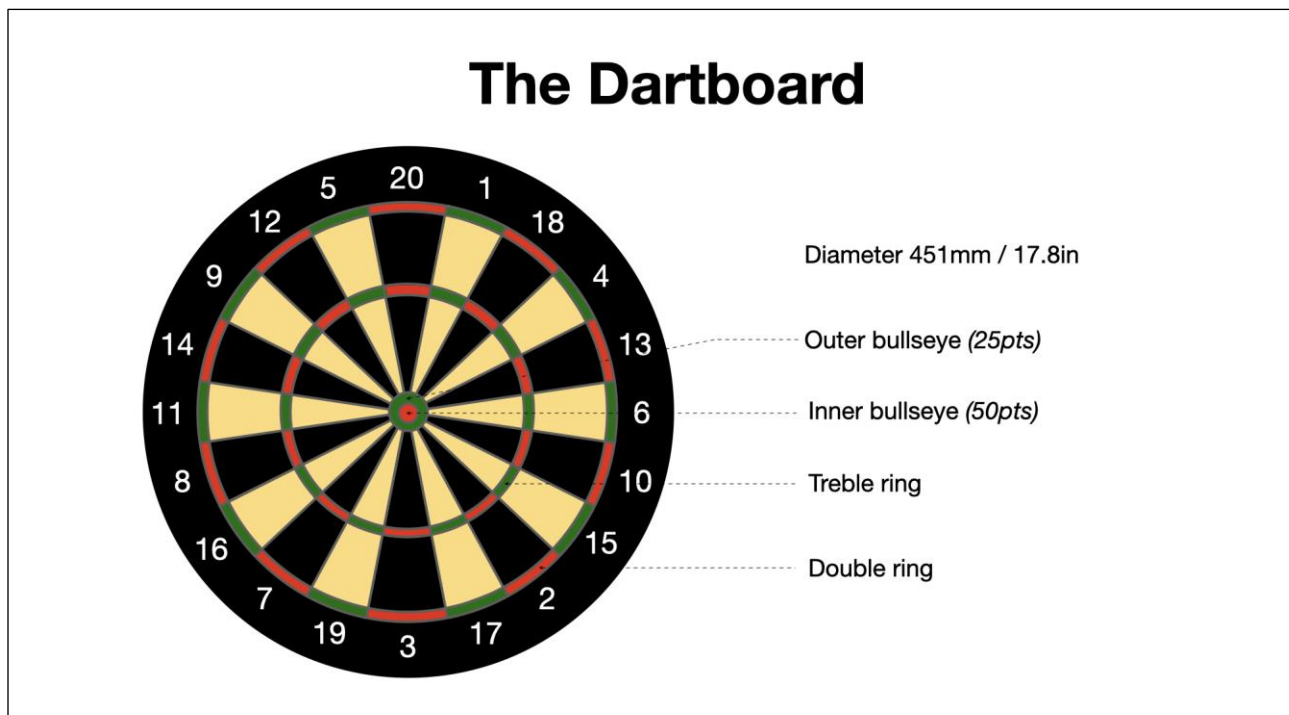
- Serve must be tossed and hit behind the table.
- Net touch, double hit, or ball missing the table = fault.
- Hitting the ball before it bounces on your side is not allowed.

4. Substitutions & Fair Play

- A player can't play more than 2 sets.
- Substitutes allowed for injury, but once replaced, can't re-enter.
- Respect referees, no misconduct, shake hands after matches.

9. DART

1. Each team will consist of 4 players.
2. Each player will get three chance to throw.
3. Highest scoring team will be the winner.



10. TUG-OF-WAR

Team Composition

- Each team consists of 12 players.
- A maximum of 8 playing and 4 substitutes (substitutions allowed only between rounds).

Weight Categories

To ensure fairness, teams will be divided into the following weight categories:

Men's Category:

- Middleweight: 500 – 550 kg per team

Women's Category:

- Middleweight: 400 – 450 kg per team

Note: The total team weight will be checked before the match. If a team exceeds the weight limit, they must adjust their lineup.

11. Dodgeball

1. Teams

- Each team consists of **8 players** (with 6 players on court and the rest as substitutes).
- Both teams should have an equal number of players.

2. Starting the Game

- All balls are placed in the middle of the court along the centerline.
- When the referee blows the whistle, both teams run to grab the balls.
- After picking up the ball, players try to hit opponents by throwing it.

3. How a player Gets Out

A player is out if:

- The ball hits them anywhere **on or below the shoulders**.
- They throw the ball and an opponent catches it before it touches the ground.
- They step outside the court boundaries.

4. Returning to the Game

- If your teammate catches a ball thrown by the opposite team, one of your out players can come back.

5. Boundary Rules

- Must stay within the court boundaries.
- Stepping out of bounds results in elimination.

6. Game Duration & Winning

- Each match will be played as the best of 3 rounds with 6 minutes per round.
- Every time you hit an opponent or they step out, your team earns **1 point**.
- The team with the most players left or that eliminates all opponents wins.

7. Safety & Conduct

- Players must avoid aggressive or unsafe throws.
- Unsportsmanlike behavior can lead to disqualification.

CULTURAL EVENTS

1. Solo Song (2 minutes) & Solo Dance (3 minutes)

- a) Participants may choose any song in any Indian Language.
- b) Participants may use music accompaniment in the form of audio tracks or instruments, which should be provided by the same group.
- c) Three participants from each group

2. Group Song: Any and Arunachalee

- a) Two teams from each group (maximum 11) including musicians for group song.
- b) Two teams to present Arunachalee and the other two teams may choose any song in any language.
- c) Time limit: 1 minute for preparation, 3 minutes for the performance.

3. Group Dance: Any and Arunachalee

- o Two teams from each group (maximum 12)
- o Two teams to present Arunachalee and the other two teams may choose any song in any language.
- o Time limit: 1 minute for preparation and 5 minutes for the performance.

4. Mime

- a) Two teams from each group (Max 6 participants per team)
- b) Maximum 3 minutes per team. Warning bell at the end of 2 minute.
- c) No use of any props on stage is allowed.
- d) The message should be conveyed through acting and expressions only.

5. Go As You Like

- a) Students are free to choose any character of their choice and dress up accordingly.
- b) 4 participants from each group (Time Limit 2 minutes)

6. College Anthem

- a) One team from each group (maximum 10 participants)
- b) Participants shall not use paper during the performance.
- c) Maximum time: 4 minutes.

7. Dance Off

- a) Each team will consist of 5 members from their respective houses.
- b) Lots will be drawn to determine which houses will compete against each other.
- c) The competition will have two rounds: the winners of the first and second battles will face each other in the final battle.
- d) The songs will be selected by the organizers, and changes may be made at their discretion.
- e) Teams must perform within their designated areas and must avoid physical altercations, inappropriate gestures, or the use of unparliamentary language.

8. House Presentation

- a) Time Limit: 5 minutes per team.
- b) Minimum 20 and Maximum 30 members from each house.

9. Miss and Mr. Resonance

- **Participation:**
 - Each team shall nominate 2 boys and 2 girls as contestants.
 - All nominated participants must adhere to the event's code of conduct and dress guidelines.
- **Rounds of the Competition:**
 - Round 1: Traditional Attire and Introduction**
 - Contestants must present themselves in their traditional attire.
 - Each participant will give a brief self-introduction.
 - Time limit: 2 minutes per participant.
 - Round 2: Formal Round**
 - Contestants will present themselves in formal attire.
 - Participants will be evaluated on their overall presentation, confidence, elegance, grooming, and stage presence
 - Formal attire must be modest, decent, and appropriate for the occasion.
 - Round 3: Question and Answer (Q&A)**
 - Based on performance in the first two rounds, the top 8 contestants will be shortlisted.
 - Each contestant will answer a set of questions posed by the judges.
 - Evaluation will focus on confidence, clarity, and presence of mind.
- **Judging Criteria:**
 - Round 1: Traditional attire, presentation, confidence, and introduction.
 - Round 2: Formal attire, grooming, elegance, stage presence, and overall presentation.
 - Round 3: Confidence, communication skills, clarity, and ability to think on the spot.
- **General Rules:**
 - **All participants must report on time for each round.**
 - **Any form of misconduct, use of offensive language, or inappropriate presentation will result in disqualification.**
 - **The decision of the judges shall be final and binding.**

LITERARY EVENTS

1. Debate

- a) One team from each group – One participant for the motion and one against the motion.
- b) Each participant will get 3 minutes to speak.
- c) The topic will be announced three days in advance.

2. Essay Writing (Time Limit: 40 minutes)

- a) The topic of the essay will be given three days in advance of the event.
- b) Participants may prepare beforehand, but the essay must be written only on the day of the competition, at the given time and place.
- c) Three participants from each group

3. Extempore

- a) Topic will be given 2 minutes before the competition starts.
- b) Maximum 3 minutes for each speaker. A warning bell will ring at the end of 2 minutes.
- c) Three participants from each group

4. Poem Recitation (Time limit: 3 minutes)

- a) Any English or Hindi poem may be chosen.
- b) Participants shall recite the poem from memory and submit the same to the coordinator 1 hour prior to the event.
- c) Two participants from each group

5. Declamation (Time limit: 3 minutes)

- a) Participants may choose any reasonably well-known speech which must be delivered from memory.
- b) Marks will be awarded for speech and costume in the proportion of 70 : 30.
- c) Two participants from each group

6. Poem writing (Time Limit: 30 minutes)

- a) The topic will be announced on the spot.
- b) Line limit: 10-20 lines.
- c) Two participants from each group

7. Quiz

- a) One team from each group (maximum 4 participants).
- b) The quiz will cover topics from General Knowledge and Current Affairs.
- c) The detailed plan and format will be explained at the venue.

FINE ARTS

1. On-the Spot Painting (Time Limit: 50 minutes)

- a) A picture or model will be given on the spot.
- b) Only chart paper will be provided. Only water colours are to be used. It has to be brought by the participants.
- c) Maximum participants: 4.

2. Bamboo Basket Making (Time Limit: 90 minutes)

- a) Two teams from each group (Maximum 5 participants per team).
- b) Materials are to be brought by the participants.
- c) Items must be prepared within the campus/competition area.
- d) All the teams should bring the required materials before the competition begins; bringing additional materials during the competition will not be allowed.
- e) **No exchange of the materials and team members among the same house will be entertained.**

3. Clay modeling Time 90 minutes

- a) One team from each group (Maximum 5 participants per team)
- b) The theme for clay modelling will be announced of the spot.
- c) Materials are to be brought by the participants.
- d) All the teams should bring the required materials before the competition begins; bringing additional materials during the competition will not be allowed.
- e) **No exchange of the materials and team members among the same house will be entertained.**



Sports Officer