



VSL SPORTS GUIDELINES

Vista's Doubles Carrom Guidelines

1. Upon winning the toss, the winning team has the right to choose to strike or ask the opponent to strike.
2. The team that strikes first will pocket only the white coins and the other team will pocket only the black coins.
3. The team that pockets all the coins of a particular colour including the red coin wins.
4. The weightage of the coins is as follows:
 - a. White/Black coin = 1 point
 - b. Red coin = 5 points.
5. If suppose one team pockets all the coins including the red coin, and suppose the opposite team has 4 more coins on the board, then the score of the winning team will be = $5 \text{ (red)} + 4 = 9$ points.
6. If suppose one team pockets all the coins excluding the red coin, (meaning the opposite team has pocketed the red coin) and the opposite team has 4 more coins on the board, then the score of the winning team will be 4 points only.
7. For each strike, the player must position the striker within the baseline OR on one of the two circles at either end of the baseline.
8. A striker within the baseline must touch both the front line and the rear line.
9. The striker may not " cut the moon " - be placed partially within the baseline and partially within the circle.
10. The player must flick the striker with one finger so that it crosses the front baseline - it is not permitted to flick backward or horizontally.

11. A piece that is on or behind the front baseline must not be struck by the striker until the striker has crossed the front baseline.
12. In striking, the player's hand or arm must not cross the diagonal foul lines at either end of the baseline.
13. If a player strikes the striker and by chance the striker does not touch any coins on the board, it is considered as the chance for that particular player is finished.
14. By chance a player strikes the opposite colour by mistake or on purpose without touching the colour assigned to the particular team then it is considered as a due and that particular team has to keep one of their coins as a due.
15. To win the red coin, one has to pocket the red coin followed by another coin of the particular colour assigned to the team. Failing to pocket the follow-up coin of the particular colour assigned to the team will result in keeping the red coin on the board.
16. In case a particular player pockets the red coin and also pockets the opposite colour, then the red coin is kept on the board and the pocketed opposite colour is taken into account of the opponent.
17. More than $\frac{1}{2}$ of the area of the striker must be behind the striking line in the carom board.
18. If suppose, there are only 3 coins on the carom board, for e.g.: 1 red coin, 1 white coin, and 1 black coin... Under these circumstances, If the team pockets the particular coin without pocketing the red coin then the opposite team wins the game. (It is mandatory that red should be scored 1 stand then a follow-up coin should be pocketed)
19. During the game of the carom, if a player pockets the particular colour coin followed by the striker also is pocketed, then the player's turn is considered to be as finished. The pocketed coins comes into the account of that player's particular team.
20. The 1st due (striker pocketed) is considered void and null, from the 2nd due onward the team is liable to keep their coin at the Centre as a due.
21. The due coin can be placed anywhere within the circle by the opponent team.
22. Communication between the players is allowed, the audience is requested to remain silent. (No suggestions from the audience)
23. The game continues until any one team scores 21 points.
24. The team that scores 21 points first wins the game.

Rules for the Game of Lagori

Teams:

Divide the players into two teams, each consisting of seven players (five male and two female).

Stones:

Stack seven stones in ascending order, with the largest stone at the bottom.

Throwing:

Three players from the throwing team each get three chances to throw the ball at the stack of stones from behind their designated line. If none of the players manage to hit the stack, the opposing team takes their turn.

- If the opposing team catches the ball after it bounces once on the ground, without the stack being hit, the throwing player is considered out.
- If the ball hits the stack and the opposing team catches it directly (without it touching the ground), the entire throwing team is considered “all out,” and the opposing team earns a point.

Reconstructing:

If the throwing team successfully knocks down the stack of stones, they must reconstruct the pile within a set time limit of 2 minutes.

Defensive Team:

The defensive team’s objective is to tag players from the throwing team by hitting them with the ball below the chest.

- Players on the defensive team cannot run while holding the ball or hold it for longer than 5 seconds. They must pass the ball to a teammate.

Scoring:

- If the throwing team successfully reconstructs the stack, they earn 1 point and retain their turn.
- If a defensive team member tags a throwing team player with the ball, the throwing team loses possession, and the defensive team earns 1 point.

Winning:

The first team to reach 5 points wins the game.

Rounds:

Play as many rounds as time allows. After each round, the teams switch roles.

Vista's Cricket Guidelines

1. Each team consists of 11 players, where at least One female player inclusion in the team is mandatory.
2. During the league matches, the maximum number of overs a team is allowed to play is 6 overs.
3. A maximum of 2 overs are permitted for a bowler.
4. Bowling a No ball (Over-stepping from the crease or above the waist full toss ball or bowling outside the pitch) would result in a FREE HIT.
5. During the free hit, the batsman is considered out only for stumping or run out, any other means of dismissal of the batsmen is considered to be void and null.
6. Extras (Wide, 2nd Bouncer, no ball) are given additional runs to the batting team.
7. In case of overthrows, the batting team is allowed to take extra runs.
8. Chucking while bowling is not allowed (for men), If found chucking then the ball is accounted as a dead bowl and runs scored are not considered.
In case the bowler continues with the same action, then he would be disqualified from bowling for the rest of the match.
9. The umpires' decision is the last decision.
10. Other general rules of cricket are applicable.
11. Substitution of the player is allowed in case of hurt retired. (same gender is preferred, and the substituted player is allowed to ONLY FIELD)
12. For a female batsman, the bowling has to be done underarm if the bowling is done by a male bowler.
13. In case of a draw match. Super over is conducted until the outcome of the match is

known.

14. If any players found match-fixing and violating the code of conduct (Misbehaving with the opponents, not agreeing with the umpire's decision) would be disqualified from the tournament.

Vista's Cooking without flame Guidelines

Team of 3.

Time Duration = 1 hour

1. All required materials and tools should be arranged by the participants Only. Any kind of pre-cooked foods from home are not allowed like pasta, noodles, paratha etc. But packed food is allowed like biscuits, chocolates etc.

2. Every ingredient will be checked and approved before it is started. No microwave, oven or gas stove on the spot is allowed.

Only Freezer usage will be allowed. Food items to be prepared: -

- Healthy Dish – 1
- Starter - 1
- Drink – 1
- Dessert -1

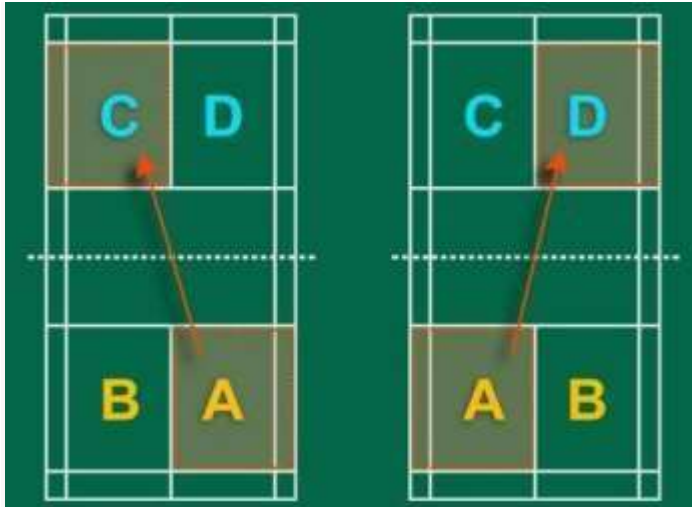
Criteria to win the game.

- Unique Dish Name – 5 Points
- Taste – 10 points
- Presentation - 5 points
- Hygiene – 5 points
- Time limit – 5 points

Every participant should wear gloves and chef cap.

Vista's 'Badminton for Doubles' Guidelines

- 1. The game will be of 15 points.**
2. Two players from a team will play the game.
- 3. After winning the toss, the team can choose either the side or the first serve.**
4. **The serve** - One of the important rules of badminton is about the serve. The serve should always be done underarm and below the server's waist and the server's legs should remain stationary on the ground. An overarm serve is against the basic rules of badminton, and would be considered a fault.
- 5. During the serve the shuttle should not touch the net.**
6. It is legal if the shuttlecock hits the net and goes over except on a serve.
7. Boundaries - A player out of a team of 2 must serve on or inside the white lines of the diagonally opposite side so that the shuttlecock falls inside it. After the receiver returns the serve, the player can hit the shuttle anywhere within the entire court area.



(The area shaded with orange is the serve area)

8. After the serve the entire court area with the extreme boundaries is allowed to play.
9. If the shuttlecock falls on the line, it should be considered IN.
10. Format - A rule of thumb is that a badminton game always starts from the right-hand
11. **Switching sides on the court** – The teams will switch sides on the court during the following times: At the end of the first game. At the end of the second game and if a third game is to be played.
12. **Scoring system** - If the serving side wins, they score a point and the same server serves again from the alternate service court. If the receiving side wins, the receiving side scores a point. The receiving side becomes the new serving side.
 - To win the game of badminton, you must score points before your opponent.
 - Out of 3 sets of play, you must win two.
 - If both sides reach 14 all, the side which gains a 2-point lead first, wins that game.
 - If both sides reach 20 all, the side scoring the 21st point, wins that game.
13. **Faults** - The shuttlecock which is either served or hit should land inside the service court. Any shuttlecock which flew away from the white boundaries will not be counted and the opponent will score. One side has only one attempt to retrieve the shuttle, either one of the players is going to hit the shuttle. Even if the shuttle is accidentally touched by

hand, it is still a fault. Also, an important rule of badminton is that only the receiver can return the serve directed at them.

Below are the conditions for fault:

During the serve:

- **The server makes contact with the shuttle above the serving hand (or the racket head is above).**
- Shuttle touches the net.
- **The shuttle does not fall within the boundaries of the diagonal service court.**
- The feet of the server and receiver are not within the boundaries and on the floor of their respective service courts.
- **Feet in contact with boundary lines get considered as out-of-bounds.**
- A player feints or balks the opponent.

During the service or rally:

- **The shuttle makes contact with the walls, player, clothing, or ceiling.**
- It fails to pass over the net.
- **Any time it passes through or under the net.**
- If the shuttlecock does not fall within the court regulation boundaries.
- **A player reaches across the net to contact the shuttle (except on follow-through).**
- A player's body, clothing, or racket touches the net or net support posts.
- **The shuttle gets hit more than once in succession by a single player.**
- The shuttle gets caught or carried when struck.
- **A player obstructs an opponent or invades the opponent's court.**
- Racket rim badminton shots and striking the feathers of the shuttle are legal. That is providing **no catching or carrying** occurs.
- A player's racket touches the other player's racket.

Vista's Volleyball Tournament Guidelines

1. 6 players on a team (5 male players and 1 Female player is mandate), 3 on the front row and 3 on the back row
2. Maximum of three hits per side
3. A player should not hit the ball twice in succession (A block is not considered a hit)
4. The ball may be played off the net during a volley and on a serve
5. A ball hitting a boundary line is "in"
6. A ball is "out" if it hits...
an antenna,
the floor completely outside the court,

any of the net or cables outside the antennae,
the referee stands or pole,

the ceiling above a non-playable area
7. It is legal to contact the ball with any part of a player's body
8. It is illegal to catch, hold, or throw the ball
9. If two or more players contact the ball at the same time, it is considered one play and either player involved may make the next contact (provided the next contact isn't the team's 4th hit)
10. A player cannot block or attack a serve from on or inside the 10-foot line
11. After the serve, front-line players may switch positions at the net

The result of a violation is a **point for the opponent**.

1. When serving, **stepping on or across the service line** as you make contact with the serve
2. Failure to serve the ball over the net successfully
3. **Contacting the ball illegally** (lifting, carrying, throwing, etc.)
4. **Touching the net** with any part of the body while the ball is in play. Exception: If the ball is driven into the net with such force that it causes the net to contact an opposing player, no foul will be called, and the ball shall continue to be in play.
5. When blocking a ball coming from the opponent's court, contacting the ball when reaching over the net is a violation if both:
 - 1) your opponent hasn't used 3 contacts AND
 - 2) they have a player there to make a play on the ball

6. When attacking a ball coming from the opponent's court, contacting the ball when **reaching over the net** is a violation if the ball hasn't yet broken the vertical plane of the net.
7. **Crossing the court centerline** with any part of your body. Exception: if it's the hand or foot, the entire hand or entire foot must cross for it to be a violation.
8. **Serving out of order.**
9. **Back row player blocking** (deflecting a ball coming from their opponent), when at the moment of contact, the back row player is near the net and has part of his/her body above the top of the net (an illegal block).
10. **Back row player attacking** a ball inside the front zone (the area inside the 10-foot line) when at the moment of contact, the ball is completely above the net (an illegal attack).

Scoring system - If the serving side wins, they score a point and the same side serves again. If the receiving side wins, the receiving side scores a point. The receiving side becomes the new serving side.

Only one set will be played in a match.

- The set will be for 15 points.
- The team that scores the game-winning point must be winning by a lead of two points. When a team scores 15, if they are not leading by 2 points, the game continues until one team is winning by a two-point lead.

Vista's Suspense Game Guidelines

1. **4 players in a team**
2. One volunteer from each team other than the 4 players has to be sent to the organizer before the game on the day of the event.
3. **The remaining rules of the game will be informed on the spot on the event day.**

ADDITIONAL GUIDELINES:

1. Absenteeism and Replacement Policy

- If an employee is absent, a replacement will be provided.
- If no replacement is available, the team can continue with the remaining players.
- If a player is present but refuses to play, the team will be disqualified from the particular game / sport.

2. Lifeline Player Rules

- Each team is allowed to use a lifeline player for a total of **4 games**, either across different sports or continuously in a single sport.

3. Special Condition for Lifeline Players

- If Mr. Arjun Samrat is designated as a lifeline player, then Mr. Shreeju will serve as the decision-maker for related matters.

4. League and Finals Qualification

- If two teams win **three games each** in a league, they will advance directly to the final, bypassing the semi-finals.

5. Tie-Breaker for the Trophy

- In the event of a tie in points for the trophy, the tie-breaking game will be **Tug of War**.
- A maximum of **9 players** can participate in Tug of War.
- There are no restrictions on the number of male or female players in the team of 9.

Note

The organizing team reserves the right to make the final decision in cases of misconduct or violence.

GAME SPORTS VENUE AND TIMING DETAILS:

Day 1

Carrrom

Time: 8:00 am - 12:15 pm

Reporting Time: 7:45 am

Note: Teams not reporting on time with the exact number of players for this game will be disqualified.

Suspense Game

Time: 12:45 pm - 3:15 pm

Note: Teams not reporting on time with the exact number of players for this game will be disqualified.

Cooking Without Fire

Reporting Time: 3:30 pm

Time: 4:00 pm - 6:00 pm

Venue: Vista's Auditorium

Note: Teams not reporting on time with the exact number of players for this game will be disqualified.

Day 2

Badminton

Time: 10:00 am - 3:30 pm

Reporting Time: 9:45 am

Venue: RCB Rocket Club Bangalore

Location Link: <https://g.co/kgs/Z2NnyUv>

Note: Teams not reporting on time with the exact number of players for this game will be disqualified.

Day 3

Cricket, Volleyball, and Lagori

Time: 7:30 am - 8:30 pm

Reporting Time: 7:00 am

Venue: Iqra Game Village

Location Link: <https://g.co/kgs/bBz7a7Q>

Note: Teams not reporting on time with the exact number of players for this game will be disqualified.