

EMRS NATIONAL SPORTS MEET 2023-24

GUIDELINES



**National Education Society for Tribal Students
Ministry of Tribal Affairs
New Delhi**

SECTION A

INTRODUCTION

The endeavor of Ministry of Tribal Affairs has been to take various initiatives for overall upliftment of tribals across the country. Amongst these, providing quality education for the holistic development of ST students is the main focus of the Ministry of Tribal Affairs. Games and Sports being a dynamic instrument for overall development of a child not only helps to improve academic performance but also inculcates values of mutual trust and cooperation such as self-discipline, self-confidence, responsibility, equality, social cohesion, teamwork, time management, commitment, perseverance and respect. It builds character, teaches and develops strategic thinking, analytical thinking, leadership skills and above all a sense of affinity as national pride.

Games and Sports have been a vital component of EMRSs. With an objective to explore and nurture the talents of students, to provide ample opportunities to exhibit their talent at various available platforms and to promote culture of Games & Sports in young children, 4th National Level EMRS Sports Meet 2023-24 has been scheduled. It will be held at three levels i.e. School level (Intra-EMRS), State-level (Inter-EMRS) and National Level (Inter-State EMRS).

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SECTION B

SCHEDULE OF EMRS SPORTS MEET-ALL LEVELS

Schedule of events at various levels:

Level of Sports Meet	Dates for Completion of Events	Events	Venue
School Level*	Preferably before the State Level Sports Meet.	As mentioned in the guidelines	Respective EMRSs
State level	Before the National Level Sports Meet.	As mentioned in the guidelines	To be decided by State/ UT EMRS Societies.
National level	08 th January 2024 to 12 th January 2024.	As mentioned in the guidelines	Andhra Pradesh

School Level Sports** should be an ongoing process. The events mentioned in the guidelines are to be conducted across the academic year selecting the Teams/ Players for the State Level EMRS Sports Meet to be held in the next academic Year. In order to cultivate & polish their talent in Games & Sports, the selected Teams and Players should be provided with the best facilities and rigorous training/ coaching across the year by the Physical Education Teachers.

It is expected that EMRSs shall raise school-level sports teams (minimum two teams each for Team Sports & Individual Sports) in accordance with area of interest & potential talent of their students and Sports Discipline of the PETs. The PETs shall provide appropriate training & coaching to the students and prepare them for participation in the sports activities at various levels by exposing them to intra and inter school tournaments.

*The date of School Level EMRS Sports Meet shall be the sole discretion of the principal. However, it is suggested to conduct the same to mark the birth anniversary of the International Player of the District/ State/ Nation to acknowledge his/her contributions in Sports and encourage the students to achieve such heights in their future endeavors.

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SECTION C

EVENTS AND AGE GROUPS

For EMRS National Sports Meet 2023-24

S. No.	Name of the event/game	Age Group (Under)		Category	
Individual or Semi-Team Sports					
1.	Archery	14	19	Boys	Girls
2.	Athletics	14	19	Boys	Girls
3.	Yoga	14	19	Boys	Girls
Team Sports					
1.	Basket Ball	----	19	Boys	Girls
2.	Football	----	19	Boys	Girls
3.	Handball	----	19	Boys	Girls
4.	Hockey	----	19	Boys	Girls
5.	Kabaddi	----	19	Boys	Girls
6.	Kho-Kho	----	19	Boys	Girls
7.	Volley Ball	----	19	Boys	Girls

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SECTION D

General Guidelines for EMRS Sports Meet

Level of Competitions

The sports meets shall be organized at 3 levels viz. School level, State level and the National level.

A. EMRS School Level Sports Meet:

School level competitions, as per the events mentioned in guidelines and others, depending upon the talent of the children in the various Games and Sports, will be held in each EMRS. The schools are expected to bear the entire expenditure for conduct of the event at school level out of its own funds including the prizes.

B. EMRS State Level Sports Meet:

- i. State/ UT EMRS Society shall conduct EMRS State Level Sports Meet, as per the events mentioned in guidelines.
- ii. The States/ UTs are expected to bear the entire expenditure for conduct of the event out of its own funds including the travel cost of participants to & fro the venue of EMRS National Level Sports Meet 2023-24 and Coaching Camp.
- iii. Ensure the journey of the participants of 4th EMRS National Sports Meet 2023-24 is comfortable and on confirmed seats/berths.
- iv. Provide playing kit to the participants of the State for 4th EMRS National Sports Meet 2023-24. The quality & sizes of the Playing kit must be verified before issuing to the participants.
- v. Prizes are to be given to the winners of 1st, 2nd and 3rd positions and participation certificates to all the participants.
- vi. The selected Team of the EMRS State Level Sports Meet will participate in the EMRS National Sports Meet 2023-24. It is expected from the State/ UT EMRS Societies to ensure minimum standard in each game and depute only those teams for National level tournament which perform up to a certain standard. Teams should not be deputed just for the sake of participation. Sub standards Team **should not be allowed** to participate at EMRS National Sports Meet 2023-24.
- vii. The State Level winner(s) of individual sports should not be sponsored for EMRS National Sports Meet 2023-24 unless his/her performance is up to a certain level.
- viii. Besides the skills required for particular event, the Physical Fitness profile (Strength, Endurance, Speed coordination) of the students will be one of the parameters during selection at different levels.
- ix. **Coaching Camp:** After State level EMRS Sports Meet, the State/ UT EMRS Societies of each State may decide to conduct State Level Sports Coaching Camp (for 15-20 days) for individual/team event at a suitable venue for participation in EMRS National Sports Meet 2023-24.
 - o Coaching Camp may be planned for all events especially the team events so as to develop the coordination between the selected players. The PET of the

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same sports discipline should be made the in-charge of the Coaching Camp. Necessary Sports Infrastructure/ Equipment should be made available to the students. If required, Reputed National/ International Players/ SAI Coach may be engaged and Sports Counselling may be arranged at coaching venue (for one or two Session only). Practice matches/ Bout should also be conducted to give sufficient practice for EMRS National Sports Meet.

- o It is mandatory for all selected students to attend Coaching Camp, if organized by the State/ UT EMRS Society. In case, any Student/player is not attending coaching camp without the prior written approval (only in unavoidable circumstances) of the Competent Authority as decided by State/ UT EMRS Society, he/she will not be allowed to participate in the related competition.
- o In order to compensate the loss of studies, Study classes should be arranged at Coaching Venue for the Students during free time.

SECTION E

GUIDELINES FOR CONDUCT OF EMRS NATIONAL SPORTS MEET 2023-24

Host State of EMRS National Sports Meet 2023-24: Andhra Pradesh.

1. GENERAL GUIDELINES

- 1) An Organizing and Technical Committee should be constituted by the host State/ UT EMRS Society for the smooth conduct of EMRS National Sports Meet. Meetings with organizing Committee and Officials of events must be held before the start of Meet.
- 2) The Schedule/Draw/Fixture must be drawn/ decided at least one day prior to the start of the event(s) in the presence of Technical Committee with information to all States/ UTs.
- 3) Team/Players duly escorted by the escorts should report at National venue a day before the onset of the Meet.
- 4) To ensure the Safety and Security of the Participants, Identity cards should be issued to the participants, Escort/Coach/ Officials, Volunteers, Cooking staff, school staff and workers by the Host Venue/State.

2. SPECIFIC GUIDELINES

i) **Age Groups:**

- a) Under-14 years as on 31.12.2023 and born on or after 01.01.2010 and studying in classes up to VIII.
- b) Under-19 years as on 31.12.2022 and born on or after 01.01.2005 and studying in classes up to XII.

- ii) **Eligibility Certificates:** - Eligibility Certificates duly complete in all respects and signed by the designated authorities along with Passport size photograph, Birth Certificate, Aadhar Card & Previous Year Report card in duplicate (2 copies) as per **Appendix III** in respect of all the students participating in EMRS National Sports Meet 2023-24 be submitted to the Host State/ UT EMRS Society at the allotted Venue at the time of Registration.

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- iii) **Medical/ Physical Fitness Certificate-** The Medical/ Physical Fitness Certificate (**RECENT**) issued by the registered Doctor must be submitted by Participants/ team in the prescribed format **Appendix VI** to the host venue.
- iv) **Parent's Consent Certificate-** The consent letter of the parents (Fresh) allowing their ward to take part in the EMRS Sports Meets in a team or as an individual player must be submitted by Participants to the host venue in the prescribed format **Appendix V**.
- v) **EMRS Flag-** The host State/ UT EMRS Society of EMRS National Sports Meet 2023-24 will arrange and issue State/ UT EMRS Society Flag & Pole/ Pipe to participating State(s) for Oath/ March Past at opening & closing ceremony. The flag size is 4ft x 3ft and the Color of flags will be different for different State/ UT EMRS Societies. The colors (for Flags) allotted to the different State/ UT EMRS Societies is at **Section H**.
- vi) **Trophies/ Medals & Certificate** – The host State/ UT EMRS Society will arrange Medals/ Trophy/ Shield/ Memento/ Certificates for the participants of EMRS National Sports Meet 2023-24 for all Games/Events as per the details: -
- o **Trophy/ Shield / Memento** for event championship i. e 1st, 2nd & 3rd Position in Individual U-14 & 19 and for Team events for Under-19 Boys & Girls separately.
 - o **Gold, Silver and Bronze medal** will be distributed to First, Second & Third position winners in all individual & Team events.
 - o **Participation Certificate** will be given to all participants at all level by the host State/ UT EMRS Society for EMRS National Sports Meet 2023-24.
- vii) **Championship-** Overall team Championship will be calculated on the basis of scores/points earned by the participants of State/ UT EMRS Societies in all individual and team events.

- o **Individual /Team events-**

Positions & Medals		
1 st Position	2 nd Position	4th Position
Gold	Silver	Bronze

- o **Specifications of Certificate, Medals and Trophy /Memento etc.-**

S.No.	Items	Material	Size	weight	Thickness	Remarks
1.	Certificate	Plastic/glossy Paper	A-4	---	---	
2.	Medals	Metallic	diameter 3.0"	75 to 80 g	Standard & As per the weight	Gold, Silver & Bronze (Copper) Color with printed ribbons (2.5 cm X 92 cm)
3.	Trophy/Shield/Memento - For Team event in U-19 (Boy & Girls) will be given separately. - For Individual event in combined (U-14/19) Boys & Girls only.					

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- Overall Individual (event) Championship will be given after calculation of medals of all age (14+19) group for Boys & Girls separately.
- Team Championship will be given to all games to Under-19 for Boys & Girls separately.
- Overall Championship will be calculated on the basis of number of Gold/Silver/Bronze Medals won by the students of EMRSs running under the State/ UT EMRS Societies in all events as per SGFI norms.

ESCORT TEACHER/ TECHNICAL ASSISTANCE/EVENTS EXPERT

1. Escort Teacher

Each State Contingent shall be led by one Contingent Manager of the level of Principal or above. It shall be the duty of the Contingent Manager to ensure that participating individuals and teams of EMRS National Sports Meet 2023-24 are duly escorted by escort-cum-coach (Male & Female) deputed by the State/ UT EMRS Society. It is pertinent to mention here that the Girls shall be escorted by only female staff and Boys by only male staff. Number of escorts to participants shall not exceed the ratio of 01:10 i.e there shall be one escort for 10 girls/ boys (individual & team combined). It shall be duty of the Contingent manager to ensure that the information of the matches/ bouts/ heats etc. reaches the concerned participants well on time, none of the participant is left unescorted or unattended at any time and shall attend to the needs of the participants of his/her contingent. Contingent Manager is required to attend all the meetings convened by the host State/ NESTS during the Meet and extend full support in conduct of the EMRS National Sports Meet 2023-24.

While selecting the escorts, care should be taken, '**NOT**' to depute those teachers who are medically unfit/ under treatment/ physically challenged. Female Staff having child below 3yrs, should usually not to be deputed as escort.

2. Technical Assistant/Expert of Event

The host State/ UT EMRS Societies may take the assistance of Sports Authority of India (SAI) officials and appoint them as Technical Assistants/ Expert of Games/ Events in EMRS State Level Sports Meet, if required.

3. BOARDING AND LODGING ARRANGEMENTS

A comfortable stay arrangement for the participants of EMRS National Sports Meet 2023-24 is to be provided by the host State/ UT EMRS Society.

Note:

- Host venue will provide the same scale/ standard of food/ meal to all Participants/ Escort teacher/ PETs/ Coaches/ Officials and others.
- Non -Veg. may be provided either in Lunch or Dinner.
- As far as possible meal should be served in buffet system.
- Proper seating arrangement (Table & Chairs) should be made for Students & Staff in Dining area.
- Day wise menu must be displayed on the notice board/ dining area & Kitchen and a copy of the same should be given to every escort teacher.
- Fresh and quality materials will be used for preparation in Breakfast/Lunch/

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- Dinner/others.
- Cleanliness of the venue(s) is to be ensured by the host State/ UT EMRS Society. Toilets should be cleaned at least thrice a day. Rooms should be cleaned at least once a day. Cleaning staff should be available 24 hours in proper dress code & ID card at stay & play venue. Rooms should have curtains for privacy of students, especially for girls.
 - During Evening/Night some entertainment or Cultural Programme/ TV Programme/ Video of day activities and matches/ Movie on Sports may be arranged for students.

SECTION – F
TECHNICAL GUIDELINES

Play Ground/Field/Play Court/Arena, Track & Field, Equipments, officials/Referees /Umpires and Competitions

I-Instructions

1. The EMRS National Sports Meet 2023-24 for Athletics must be conducted on synthetic Track.
2. The Digital (Scientific) Watch, Photo finish device, starter/Gun should be used during competitions/ trials at National level.
3. All matches should be Conducted /played on Standard surface/ playing court/ ground as per SGFI/Federation norms of the event/games.
4. Only electronics devices should be used during competition for all kinds of records purpose i.e. time recording, computerized merit list, allotment of lane in Athletics, Photo finish devices.
5. Video recording should preferably be done of all events in Athletics and Quarter/Semi-Final/Final Bout/Match to avoid any dispute.
6. All Playing equipment and materials should be of standard quality as approved by Federation/Sports Authority of India to avoid any dispute /injury during competitions.
7. It should be ensured that no participant/player/student will be allowed to participate without proper playing kit and accessories as per norms of event.
8. Qualified Referees/Umpires and officials should be engaged from Sports Federation/ Sports University/ Sports Institute for conducting of EMRS National Sports Meet 2023-24.

II- Conduct of Tournaments /Competition etc.

- (i) The Matches for team events will be played on knockout-cum-league basis and fixtures should be drawn on scientific method with information to all participating States.
- (ii) **For team events-**
Teams will be divided into Two/Four Pools as per entries of team and fixture will be drawn accordingly. The winner of quarter final will qualify for Semi-final. Final match shall be played between the winners of semifinals. In addition to this one hard-liner match will be played for 3rd & 4th Place. For drawing out fixtures, Chapter VII of SGFI Guidelines may be referred to

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(enclosed herewith).

- (iii) The fixture/Match schedule must be communicated to all the Participating States well in advance and the same should also be displayed at prominent Notice board (preferably digital)/ Places.
- (iv) The Organizing Committee will constitute a technical-cum-selection Committee for each event and Jury of appeal for the Tournament/Sports Meet.

The Composition of **technical-cum-selection** committee for each event shall be as:

- o Person nominated by the State/ UT EMRS Society.
- o EMRS PET as the Expert of Event.
- o One Expert from SAI/Sports Authority of State/ Federation/Reputed Player.

Jury of appeal should consist of the following members:

- o Person nominated by the State/ UT EMRS Society.
- o EMRS PET other than the Expert of Event.
- o One Expert from SAI/Sports Authority of State/ Federation/Reputed Player.

- (v) Organizing Authority or Principal/ TGT (PHE) will ensure that all technical equipments/ accessorizes related with events are mandatory to use during matches/ competition in EMRS National Sports Meet/ Tournament.

Note -If the number of teams (team events) reporting for EMRS National Sports Meet 2023-24 are seven or less than seven, then tournament will be conducted on league basis as per norms of Competition.

III- Individual Events-Competitions/Selection of team/ players

- i. The Matches/Bout/Attempt/Competition for Archery and Athletics will be played as per the SGFI rules & norms.
- ii. If the number of participants is less than five, then participation certificate may be awarded to the Individual concerned and he / she may be selected /recommended for next higher-level competition after trial. However, his or her physical fitness and playing ability as per norms should be recorded according to the concerned event. No merit certificate, medals and cash award will be given in such cases.

IV - Team composition

As per Appendix - I

Note- i) Each State/ UT EMRS Society shall send **only one** team comprising of fixed number of players as mentioned in the guidelines. The number mentioned in the guidelines should not exceed at any cost.

ii) The standby Players are not to be deputed for EMRS National Sports Meet. The Stand by players shall be allowed to participate in case of any drop out from the event before reporting to the venue of EMRS National Sports Meet 2023-24.

iii) The team for EMRS National Sports Meet 2023-24 should be selected on the basis of the performance of the students in the EMRS State Level Sports Meet and consists of best players of the EMRSs running under the State/ UT EMRS Societies.

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iv) A 15-20 days coaching camp of the selected players of the State level team **may** be conducted before the EMRS National Sports Meet 2023-24 for better co-ordination and co-operation amongst the players.

V- The Following Guidelines is to be followed for engaging of Referees/ Umpires/ Officials-cum-selectors etc.

- (i) Referee/Umpire/Officials cum selectors/Arbiters are to be engaged from the Federation/ Association/ Sports Academy/ SAI Centre/ Sports University/ Sports Department of a University.
- (ii) Each Referee/Umpire is required to carry out minimum three matches per day for team events like Football, Hockey, Basketball, Volleyball, Handball, Kho-Kho and Kabaddi. In case of less than three matches in a day, the payment should be made on pro-rate bases. However, for all Individual events and Team events Kho-Kho & Kabaddi, one Official/ Umpire/ Referee has to spend six hours (3+3 hours) per day in the conduct of event/ match.
- (iii) Number of officials cum selectors/ Umpires/ Referees may be decreased as meet/tournament progresses after quarter finals competition.
- (iv) Nature of duty of official(s) may be rotated as per requirement of events during competitions.
- (v) Daily records of engaged officials/ umpires/referees are to be maintained by the host State/ UT EMRS Society. Payment should be made, on the basis of no. of days engaged, either by PFMS/bank transfer/cheque or any other means but not in cash. Receipts of the same are to be maintained as record.
- (vi) Bills /Voucher should be verified by the Committee.

Note: One expert/official of event/game may be invited during the draw for fixture and fixed conveyance charges of Rs. 500/- may be given.

VII- Calculation of Championship at EMRS National Sports Meet 2023-24

- a) The Events/ Game Championship will be calculated for (Boys & Girls separately) events by host State/ UT EMRS Society and Trophy will be awarded accordingly.
- b) Overall Championship will be calculated on the basis of number of Gold/Silver/Bronze Medals won by the students of EMRSs running under the State/ UT EMRS Societies in all events as per SGFI norms.

SECTION- G

SAFETY AND SECURITY MEASURES

1. A 24hour help desk should be available at stay venue so that students/escort can contact them at any time in case of emergency/ any problem. The helpdesk staff should be equipped with the requisite facilities i.e telephone/ mobile number to attend to the participating teams, escorts & others. A Register should be maintained in which complaints are noted along with action taken and date and time of redressal.
2. Important Contact numbers must be displayed prominently on notice boards and other frequently used places and a copy should be given to all escort teacher.
3. Visitor register should be maintained at stay venue. Unwanted visitors must be prohibited at stay & play venue. In case a child is expecting a visitor, the parent/ guardian of the child must have informed the escort and the Venue incharge along with the details of the visiting person beforehand. A visitor turning up

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suddenly to visit a child should not be permitted in the premises. A child should not be allowed to go out without escort and permission of the venue incharge. Escorts should have the telephone number of all the students under their care as well as their parents.

4. All safety measure should be in place viz. Fire safety, water tanks, septic tanks, drains and deep pits at the games and stay venue should be closed, terrace gate/ doors must be locked, electrical switches, wires, electric points and appliances must be checked to avoid any untoward incidents. The stay venue should be fumigated and pest control measures be taken well before the reporting of the teams for EMRS National Sports Meet. The area should be cleaned and extra vegetation, grass, bushes etc. removed.
5. Cleanliness should be ensured at all times.
6. Surveillance System must be functional and adequate number of Security guard be deployed round the clock at Dining area, Common places and corridor etc.
7. Medical facilities /Medical assistance must be arranged at stay & play venue at all times. If case of any emergency, nearby Hospital(s) should be referred to immediately.
8. Only authorized persons should be allowed for video & photography during Sports Meet.
9. Safe and secure transport should be arranged for the participating students & escort from stay venue to play venue & vice-versa.

SECTION - H

Guidelines for Expenditures

- I. **Expenditure by EMRSs-** The schools will make the following expenditure on their Teams/ Players from the grants received from NESTS/MoTA as per following details-
 - a) Expenditure on conduct of School Level Sports Meet.
 - b) Expenditure on TA & DA of participating students during the journey period from their respective school to the Venue of the EMRS State Level Sports Meet and back.
 - c) Expenditure on playing kit and playing equipment/ playing accessories etc. for participating students of the EMRS State Level Sports Meet.
 - d) Expenditure on TA & DA for escort to the Venue (s) of the EMRS State Level Sports Meet/ Coaching camp/ assembling venue and back.
 - e) TA & DA of participating students for Journey period from School to Coaching Camp for EMRS National Sports Meet 2023-24 and back.
 - f) TA & DA of participating students for Journey period from School to assembling venue for EMRS National Sports Meet 2023-24 and back.
- II. **Expenditure by State/ UT EMRS Societies on-**
 - a) EMRS State Level sports Meet.
 - b) Conduct of Coaching Camp.
 - c) Playing kit and playing equipment/ playing accessories etc. of participating students for EMRS National Sports Meet 2023-24.
 - d) TA & DA of participating students and escorts during the journey period from the assembling venue to the Venue of the EMRS National Sports Meet 2023-24

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and back.

Note- Food/Transportation bills during journey period should not be insisted upon from escort teachers for EMRS State/ National Sports Meet. Self-Certified/ Verified bills should suffice.

III. Expenditure by NESTS/ MoTA

The expenditure on conduct of EMRS National Sports Meet 2023-24 will be incurred by the NESTS/ MoTA in the following head:

- Food, Accommodation, Bedding, transportation etc. for Lodging and Boarding arrangements for participating Students, Escorting Staff, Coaches teachers etc. of National Sports Meet.
- Purchase of Medals, Trophies/ Shields, track suits for the officials/volunteers/ contingent managers/ State Nodal Officer SPOC, Printing of Certificates, coffee table book, miscellaneous (souvenir, invitation cards, banners, badges, cut outs, standings), etc.
- Hiring of tent/ Shamyanas (if required) and all arrangements for organizing of EMRS National Sports Meet 2023-24.
- IT Portal to be developed by the host state.
- Hiring of Sports Infrastructure/Play grounds etc. other than EMRS ground.
- Honorarium to Officials cum selectors / Umpires / Referees etc. for conducting Sports Meet.
- Conduct of opening and closing ceremony duly following proper protocol.
- Photography and videography of the entire sports meet including opening & closing ceremony.
- Additional support staff necessary for the smooth conduct of the EMRS Sports meet in compliance with labour laws.
- Medical-aid, Transportation, Booking of Sports Infrastructure/ Play grounds etc. for EMRS National Sports Meet, if required other than EMRS Ground.
- Cash Prizes for Winners of EMRS National Sports Meet.

Note- No expenditure will be reimbursed for repairing & maintenance/developing of playground/ field/ Arena/ ring/ Track.

SECTION - I

COLORS ALLOTTED TO THE STATE/ UT EMRS SOCIETIES:

(Flags and Flag Poles to be provided by the host State)

S.No.	STATE/ UT	ALLOTTED COLOURS	FLAG COLOUR
1.	Andhra Pradesh	Violet with Mazenta.	Violet
2.	Arunachal Pradesh	Violet with White.	Purple
3.	Assam	Purple with grey.	Lavender
4.	Bihar	Purple with Maroon.	Navy Blue
5.	Chhattisgarh	Indigo with Pink.	Mazenta
6.	Dadra & Nagar Haveli, Daman & Diu	Indigo with Sky Blue.	Royal Blue
7.	Gujarat	Royal Blue with White.	Royal Blue
8.	Himachal Pradesh	Royal Blue with Yellow.	Steel Grey

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9.	Jammu & Kashmir	Blue with Pink.	Pastel Green
10.	Jharkhand	Blue with Grey.	Green
11.	Karnataka	Sky Blue with Navy Blue.	Olive Green
12.	Kerala	Sky Blue with Mazenta.	Florescent Green
13.	Ladhakh	Green with Grey.	Pastel Green
14.	Madhya Pradesh	Green with White.	Pale Yellow
15.	Maharashtra	Bottle Green with Brown.	Mustard Yellow
16.	Manipur	Bottle Green with Mazenta.	Lemon Yellow
17.	Meghalaya	Yellow with Green.	Coffee
18.	Mizoram	Yellow with Red.	Orange
19.	Nagaland	Lemon Yellow with Purple.	Brown
20.	Odisha	Lemon Yellow with Brown.	Peach
21.	Rajasthan	Orange with Brown.	Beige
22.	Sikkim	Orange with Green.	Red
23.	Tamil Nadu	Mazenta with White.	Pink
24.	Telangana	Mazenta with Grey.	Maroon
25.	Tripura	Red with Green.	Burgundy
26.	Uttar Pradesh	Red with Blue.	Navy Blue
27.	Uttarakhand	Maroon with Yellow.	Sky Blue
28.	West Bengal	Maroon with White.	Turquoise (blue-green)

Note: -

For playing Kit & Track Suit, sublimation design may be chosen.

4th EMRS National Sports

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AGE GROUP & NO. OF PARTICIPANTS

ATHLETICS (Track & Field):

S. No.	Event	No. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	100 M	2	2	2	2
2.	200 M	2	2	2	2
3.	400 M	2	2	2	2
4.	4 * 100 M relay	4	4	4	4
5.	800 M	No Event	No Event	2	2
6.	1500 M	No Event	No Event	2	2
7.	4 * 400 M relay	No Event	No Event	4	4
8.	100 m Hurdle	No Event	No Event	No Event	2
9.	400 M hurdle	No Event	No Event	2	No Event
10.	High Jump	2	2	2	2
11.	Long Jump	2	2	2	2
12.	Shotput	2	2	2	2
13.	Discuss Throw	2	2	2	2
14.	Triple Jump	No Event	No Event	2	2
15.	Pole Vault	No Event	No Event	2	2
16.	Javelin Throw	No Event	No Event	2	2

Note- An athlete can participate in maximum three (03) Events besides the relay events.

ATHLETICS- SPECIFICATION OF EQUIPMENTS, WEIGHT & HEIGHT AS PER SGFI NORMS.

S. No.	Equipments Weights/ Heights	Boys		Girls	
		U-14	U-19	U-14	U-19
1.	100 M Hurdles	---	---	---	0.762 M
2.	400 M Hurdles	---	0.838 M	---	0.762 M
3.	Shot Put	4.0 Kg	5.0 Kg	3.0 Kg	3.0 Kg
4.	Discuss Throw	1.0 Kg	1.5 Kg	1.0 Kg	1.0 Kg
5.	Hammer Throw	---	5.0 Kg	---	3.0 Kg
6.	Javelin Throw	---	700 g	---	500 g

KABBADI:

Kabbadi Weight Category & Court	Group	Under - 19		
		Boys	Court Size	12*8 M
	Girls	Below 55 Kg		12*8 M

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OTHER EVENTS:

S. No.	Event	Maximum no. of Participants for National EMRS Sports Meet			
		Under -14		Under -19	
		Boys	Girls	Boys	Girls
1.	Archery (Total)	4	4	4	4
	Indian Round	4	4	4	4
	Recurve Round	1	1	1	1
	Compound	1	1	1	1
2.	Basket Ball	---	---	10	10
3.	Foot Ball	---	---	15	15
4.	Hand Ball	---	---	10	10
5.	Hockey	---	---	15	15
6.	Kabaddi	---	---	12	12
7.	Kho-Kho	---	---	12	12
8.	Volley Ball	---	---	12	12
9.	Yoga (Total)	4	4	4	4

List of Asanas are as below:

The Yogasana Competition will include the following Asanas: -

Group A:

- (i) Paschimotanasana Note: elbow must touch the floor.
- (ii) Sarvangasana
- (iii) Matsyasana
- (iv) Dhanurasana (Note: Competitor can perform puma Dhanurasana)
- (v) Ardha Matsyendrasana
- (vi) Uttan Padasana

Group B:

- (vii) Chakrasana
- (viii) Kukutasana
- (ix) Shrisasana
- (x) Bakasana
- (xi) Bhumasana
- (xii) Puma Shalbhasana

Group C:

- (xiii) Sankhyasana Note: Knee should not touch the floor.
- (xiv) Vyaghrashana
- (xv) Urdhva Kukutasana
- (xvi) Utith Titibhasana
- (xvii) Padama Mayurasana
- (xviii) Utith Padhustasana

1. The asanas of group 'A' to be performed and retained for age group under 14 years - 1 minute and for age groups under 19 years 2 minutes.
2. The asanas of group 'B' are to be performed and retained for 15 (fifteen) seconds for age group under 14 years. while for under 19 asanas are to be performed

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and retained for thirty seconds.

3. The asanas of Group 'C' are to be performed and retained for ten seconds for all the age groups.
4. At the time of competition, asanas from group 'A' & group 'B' will be assigned by draw system on the spot. While in group 'C', anyone asana can be selected by the player. Every participant has to perform three asanas. Separate draws will be made for boys & girls section.
5. Three compulsory asanas are to be performed from the given list of eighteen asanas in Group 'A', 'B' and 'C'. In addition to this, two any other asanas of the player's choice are also to be performed excluding compulsory asanas. Thus, a total 5 asanas are to be performed by all the competitors. Each asana will contain 10 marks and thus a competitor will be given marks out of a total of 50 marks.
6. For optional of voluntary asanas, categories will be clarified as 'A', 'B' & C grade. 'A' grade will include asanas, which has balance factor and flexibility of torso and waist. It will also include risk factor. For example, the standing Vruchik asana. Asanas with only flexibility (without balance) will be in 'B' grade. For example, Dimbasana, Deepasana and Vruschikasana. Other asanas are in 'C' grade. For the 'A' grade asana marking will be out of 10 marks, for 'B' grade, out of 8 marks and for 'C' grade marking will be out of 6 marks. The category of the asanas will be decided by the penal of judges on their discretion.

MAXIMUM STRENGTH OF CONTINGENT PER STATE/UT

S. No.	Name of the event/game	Boys		Girls	
		U-14	U-19	U-14	U-19
Individual or Semi-Team Sports					
1.	Archery	04	04	04	04
2.	Athletics	05	10	05	10
3.	Yoga	04	04	04	04
Sub-total		13	18	13	18
Team Sports					
1.	Basket Ball	---	10	---	10
2.	Football	---	15	---	15

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3.	Handball	---	10	---	10
4.	Hockey	---	15	---	15
5.	Kabaddi	---	12	---	12
6.	Kho-Kho	---	12	---	12
7.	Volley Ball	---	12	---	12
Sub-total		---	86	---	86
Total		13	104	13	104

Maximum Strength of a Contingent per State/ UT = 234

APPENDIX - II

SPORTS PLAYING KIT, TRACK SUIT & ACCESSORIES

S. No.	Items	Games/ Events
1.	Track Suit	All Events
2.	T-Shirts & Shorts	All Events
3.	Playing Kit (As per federation norms)	Athletics and Yoga
4.	Shoes (Jogger) & Socks / Stockings	All Events
5.	Playing Shoes / Studs / Running Spikes / Ring Shoes/ Mat shoes	Boxing/ Kabaddi/ Athletics/ Football/ Hockey/ Basketball etc.
6.	Blazer (Coat)	All Events as per Modalities
7.	Protection / Guard - i.e. Arm Guard, Leg Guard (Shin), Abdominal Guard, Chest Guard Gum Guard, Patti, Gloves, Helmet, Skates, Goggles, Swimmer's Cap etc.	As per Games if required
8.	Sports Caps in Regional colors	All Events
9.	Scarf /Wrist Band,	All Events
10	Duffel/ kit bag for Participants (15 Inches -Drum Shape)	All Events
11.	Knee Caps/Anklets/ Wristband (As per games)	Kabaddi/ Volleyball / Kho-Kho / Hockey/ Football (as and when require)
12.	Hockey Sticks	Hockey as per requirement
13.	Common Accessories / equipments (Carry - Back)	<ul style="list-style-type: none"> • Hockey -Goal Keeper Kit. • Leg & Arm - Guard/ Pad.

Note: Standardized and Branded Playing materials/Items/ Accessories should be provided.

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EMRS National Sports Meet 2023-24

State/UT/Unit

Certificate of Eligibility

Age Group: under 14/19 Boys /Girls

Latest Photo
Name with date
duly Attested by the
Principal Head
Master with Stamp

1.	Name of the Participant (In Block letters)	
2.	Father's Name (In Block Letters)	
3.	Mother's Name (In Block Letters)	
4.	Name of the School (In Block Letters)	
5.	Full Address of School (In Block Letters)	
6.	School's Phone No. with Code No.	
7.	Date of Birth (i) In Fig. (DD/MM/YYYY) (ii) In Words	
8.	Aadhaar No.	
9.	Passport No. (if available)	
10.	Discipline	
11.	Age as on 31 December 2023	___ Years ___ Months ___ Days
12.	Permanent Address & Phone / Mob. No. (In Block Letters)	
13.	Admission No. & Year of Admission	
14.	Date of Joining the School	
15.	Standard & Section Studying this year	
16.	Standard Studying last year	
17.	Bank Detail of participant (If no then mention Mother/Father A/C No.)	Name of Account Holder: Bank: A/C No.: IFSC:
18.	Personal Identification Marks:	1. 2.
19.	Signature of the Participant	

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Certificate:

1. Certified that the above participant is a bonafide student of this Institution for the academic year.
2. Certified that I have personally verified the admission records maintained in the school and found correct.
3. It is understood in the event of information furnished above found to be partly or wholly untrue, the above student is liable to be disqualified for a period of two years. In case the student is a member of the team, then the team is liable to be disqualified as a whole.

Signature of Principal

Signature of Competent Authority
of the State/UT EMRS Society

Stamp

Stamp

For Office Use Only

Eligible / Not Eligible

Name of Invigilator: _____

Sign. of Invigilator: _____

APPENDIX - IV

EMRS
(Under State/ UT EMRS Society)

F. No..... Dated.....

Sh. / Smt.:
Parents of Master/Miss:
Class & Section:

Subject - Information and Consent letter for Participation/ Selection in Sports -regarding.

Dear Sir/Madam,

1. Your ward Master/Miss..... Class..... section.....has been selected to represent the school in (name of sport) in EMRS State Level/ National Sports Meet 2023-24 at Venue from...../...../20.. to/...../20....
2. The Student will be escorted by EMRS teachers/Staff/Other and the Boarding and Lodging expenditure will be borne by the concerned authority. In case the student is selected to represent EMRS at a higher level, he/she will have to participate, the venue and date of events will be informed by the EMRS/Concerned Authority.
3. Furthermore, though the Escort/Teacher will always strive to take the best care of

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the students, it is expected from you to counsel your child to be always disciplined and obeys the instructions of the teachers to ensure his/her own physical safety and maintain the decorum.

The EMRS/ State/UT EMRS Society/ NESTS/ Organizing Authority/ or the Escorting teachers / Staff shall not be held responsible for any Injury/ Damage /Loss / Mishappening due to non-obedience of the student.

4. He/she will follow Instructions/ Guidelines for selection and participation in Sports activities/competition.

5. You are requested to read the instructions carefully and give your consent in the prescribed Performa.

(.....)
TGT (P&HE)
Mobile No.....

(.....)
Principal

APPENDIX – V

The Principal
EMRS

Subject- Acceptance Letter by the Parents for Participation of their ward in Sports Activities/Competition regarding.

Sir/Madam,

With reference to your letter No.....dated.....,
I....., Father/Mother of Master/ Miss....., Class.....,
Section....., of EMRS (..... State), hereby state that **I HAVE NO OBJECTION IN SENDING MY WARD/DAUGHTER/SON** for participation in (name of sport) in EMRS State Level/ National Sports Meet 2023-24 at Venue from...../...../20.. to/...../20....

I hereby agree to all the conditions mentioned therein and give my consent to his/ her participation. Further, in case of his/her the selection for higher level if found eligible, I shall not withdraw him/her from that level except in exceptional cases with due permission of State/ UT EMRS Society. I shall also instruct & counsel him/ her to strictly follow the directions & instructions of the Escorts/Teacher/Coach. I shall not hold EMRS/ State/UT EMRS Society/ NESTS responsible for anything arising out of the failure of my ward to follow the instructions and in case of non-selection of ward at any level.

I am submitting my consent letter along with Medical/Fitness certificate. I have full trust in EMRS/ State/UT EMRS Society/ NESTS as regard to participation of my ward in EMRS State Level/ National Sports Meet. I and my Family will neither violate any rule nor go against the instructions/decisions of Authority at any stage in the subject of sports participation/selection / Result.

Date:/...../.....
Parent's Signature:
Name of Parent:
Relationship with the Student:
Phone Number:
Address:
.....

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FORMAT OF MEDICAL FITNESS CERTIFICATE

(To be obtained from an authorized Medical Practitioner)

I hereby certify that I have carefully examined Master/ Miss S/o/ D/o Sri whose signature is given below and based on my examination, I certify that Master/ Miss is fit / unfit for participating in EMRS State Level/ EMRS National Sports Meet 2023-24.

Mark of identification:

Signature of the candidate:

Place :.....

Date :.....

Name & Signature of Doctor with Registration Number & seal

4th EMRS National Sports Meet 2023-24

Dr. J. L.