



SGT UNIVERSITY

SHREE GURU GOBIND SINGH TRICENTENARY UNIVERSITY
(UGC Approved) Gurugram, Delhi-NCR

Budhera, Gurugram-Badli Road, Gurugram (Haryana) – 122505 Ph. : 0124-2278183, 2278184, 2278185

Rules & Regulation For Sports

VOLLEYBALL

RULES AND REGULATIONS

- Volleyball should be played according to the universally accepted rules.
- Total number of players allowed is 9.
- Total 3 sets of 10 points will be played during qualifier round and 3 sets of 20 points will be played in semi-final and final matches.
- Rotations of players is not mandatory.
- Total Boys teams in tournament is 6 which are divided into 2 groups (group A and B) and 2 teams from each group will be qualified for semi-finals.
- Total Girls teams in the tournament is 2 which will be played with each other in final match.
- The matches will be played according to the schedule time.
- Venue –University sport ground (volleyball court).

LAWN TENNIS

RULES AND REGULATIONS

- Lawn tennis will be played according to the universally accepted rules. However, there will be a time limit of 25 minutes per game. Post 25 minute winner will be decided depending upon status of game.
- Players cannot touch the net or posts or cross opponent side.
- If the ball hits or touches the players that's counts as penalty.
- There will be single winner among men and women category.
- Players must bring their own rackets
- Venue- University sport ground (lawn tennis court).

BASKETBALL

RULES AND REGULATIONS

- The ball may be batted in any direction with one or both hands (never with fist).
- A player cannot run with the ball, the player must throw it from the spot on which he catches it, allowance to be made for a man who catches the ball when running at a good speed
- No shouldering, holding, pushing, tripping or striking in any way the person of an opponent shall be allowed. The first infringement of this rule by any person shall count as a foul; the second shall disqualify him until the next goal is made or, if there was evident intent to injure the person, for the whole of the game. No substitute allowed.
- A goal shall be made when the ball is thrown or batted from the grounds into the basket and stays there (without falling), providing those defending the goal do not touch or disturb the goal. If the ball rests on the edge, and the opponent moves the basket, it shall count as a goal.
- Venue-University sports ground (basketball court).

CRICKET

RULES AND REGULATIONS

- Each team is made up of 11 players.
- The bowler must bowl 6 legal deliveries to constitute an over.
- A game must have two umpires stood at either end of the wicket.
- A batsmen can be given out by either being bowled (the ball hitting their stumps), caught (fielder catches the ball without it bouncing), Leg Before Wicket .
- The scores are then cumulative and the team with the most runs after each innings is the winner.
- Cricket is played with 7 overs. Each team has 7 overs to bat and bowl before swapping .
- Cricket should be played according to the universally accepted rules.
- Venue – University sports ground

CARROM

RULES AND REGULATIONS

- Players get the three chances in their first turn to break. In those particular chances, it does not matter whether the striker hit the carrom men or not. However , when a player pockets the chosen color carrom or queen, then he is provided with second chance. But if he /she commits a foul or is not able to pocket any pieces, then the chance of strike will be passed to another end.
- A player needs to pocket the queen first and then on the very first chance, he/she also needs to pocket the other carrom men of his chosen color. If he/she fails to do that then queen will be returned to the board.
- Again carrom has a maximum of 29 points. If the player has less than 24 points at the end of the game and also got the queen the he/she will be rewarded with 5 bonus

points. But if he /she scores 24 or more points then the queen will not bring the reward for the player.

- Venue- PHD museum hall

CHESS

RULES AND REGULATIONS

- Chess will be played according to the universally accepted rule. However, there will be a time limit of 25 minutes per game. Post 25 minute winner will be decided depending among status of the game.
- There will be a point system depending on the time taken to finish the game and the winner will be awarded point accordingly to progress in next round or to get bonus point.
- The draw for the same will be followed and participant unable to report on time will be relegated and the opponent will be progress to next round immediately.
- Venue – Dental library

TABLE TENNIS

RULES AND REGULATIONS

- Serves may land anywhere on the opponent's side of the table in singles play. Lines are for doubles play, during which the ball must land in the opposite quadrant of service.
- If a ball touches the net and lands in the opponent's court, a "let" is called, and the serve is repeated.
- Points are awarded when:
 - The server serves to land the ping pong ball into a playable territory (i.e., the opponent's court).
 - Either player fails to make a successful return.
 - If the ball is hit before it bounces on your side.
- Players switch sides after each game.

- Players must bring their own rackets
- Venue –
 - Boys team- Boys hostel
 - Girls team- Girls hostel

BADMINTON

RULES AND REGULATIONS

- Serves may land opposite quadrant on the opponent's side of the court in singles play. Lines are for doubles play, during which the serve must land in the opposite quadrant of service.
- Points are awarded when:
 - The server serves to land the shuttlecock into a playable territory (i.e., the opponent's court).
 - Either player fails to make a successful return.
- Players switch sides after each set.
- Players must bring their own rackets
- Venue –
 - D – Block



