



26th All India Forest Sports Meet, Panchkula

SPECIFIC RULES OF VARIOUS GAMES

1 Swimming

- (1) Swimming will be held as per FIDA Rules (Federation International De - Amateur)
- (2) A Veteran or Sr. Veteran can participate in Open Category also.

2 Weight Lifting

- (1) A maximum of 10 participants are allowed to compete per State, subject to a maximum of 2 participants in each Weight Category.
- (2) New International Weight Categories will be adopted.

3 Power Lifting

- (1) A maximum of 10 participants are allowed to compete per State, subject to a maximum of 2 participants in each Weight Category.
- (2) New International Weight Categories will be adopted.

4 Chess

- (1) Chess competition will be played by Swiss League System.
- (2) The number of rounds will be calculated by taking the square root of the total number of participants in the event, rounded up to the next higher integer.
- (3) In all the matches, time will be limited to 90 Minutes for each player. In case of no result, the player exhausting his / her time first will lose the game.

5 Rapid Chess

- (1) All the rules of normal chess game will apply, except the time limit.
- (2) In all the matches, time will be limited to 30 Minutes for each player. In case of no result, the player exhausting his / her time first will lose the game.

6 Carrom

- (1) All the matches upto Quarter Final will be of best of 3 games of 25 points or 8 boards, whichever is earlier.



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- (2) Semi Final & Final match will be of best of 3 games of 25 points each.

7 Table Tennis

- (1) All matches of Singles upto Quarter Final will be of best of 5 games of 11 points each. For Semi Final & Final, the match will be of Best of 7 games of 11 points each.
- (2) All Doubles matches will be of best of 5 games of 11 points each.
- (3) In all games, Service will change hands after every 2 points.
- (4) At 10 - all, the game will be decided by difference of 2 points, with Service changing hands after every point.

8 Badminton

- (1) Upto Quarter Final, there will be only 1 game of 31 points. At 30 - all, the game will be decided by difference of 2 points.
- (2) For Semi Final & Final, the match will be of Best of 3 games. Each game will be of 21 points, as per International scoring pattern. At 20 - all, the game will be decided by difference of 2 points.

9 Lawn Tennis

- (1) All matches upto Quarter Final will be of best of 15 games, with a tiebreak at 7 - all.
- (2) For Semi Final & Final, the match will be of Best of 3 Sets, with a tiebreak at 6 - all in the first two sets.
- (3) If the first two sets are shared by both the teams and the set score is 1- all, the third set will be played as a Super Tiebreak. The team who wins 11 points, with a difference of 2 points, will be the winner.

10 Billiards

- (1) All matches upto Quarter Final will be of 100 points.
- (2) Semi Final match will be of 150 points.
- (3) Final match will be of 200 points.



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11 Snooker

- (1) Upto Quarter Final, the match will be of 1 Frame only.
- (2) For Semi Final & Final, the match will be of best of 3 Frames.

12 Bridge

- (1) In Bridge, the competition will be held in 3 Different Events.
- (2) The Duplicate Event (Team Event) will be played by Swiss League System, as per the National Standards. There will be 5 or 6 rounds, depending upon total number of teams and available time.
- (3) The top 4 teams will qualify for the Super League. In the Super League, every team will play against all the other 3 teams.
- (4) Master Pair Event will be played by match point scoring system.
- (5) Progressive Pair Event will be played by standard scoring system.

13 Golf

- (1) In Golf, the competition will be held in 2 Different Events.
- (2) The Individual Event will be played for 36 holes, spread over 2 days. The combined score of both the days will decide the final result.
- (3) The Team Event (Team of 2 Players) will be played for 18 holes.
- (4) Generally, the International rules will apply. In some special cases, the local club rules will be applicable.

14 Rifle Shooting

- (1) In Rifle Shooting, the competition will be held in 2 Different Events.
- (2) In the normal event (50 Mtr.), Shooting will be held in prone position.
- (3) In the Three Position Event (50 Mtr.), Shooting will be held in standing, kneeling and prone positions.
- (4) The score of prone position in the normal event will be counted in the three-position event also, so as to save time and ammunition.
- (5) 5 practice rounds will be given only for the prone position.
- (6) Guns for shooting shall be provided by the organizers.
- (7) Use of binoculars shall not be allowed.



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15 Cricket

- (1) All the matches will be of 20 overs each.
- (2) In case of a tie, Super Over Method will be applied, as in the International 20-20 matches.
- (3) There will be no fielding restrictions.
- (4) No Bowler shall bowl more than 4 overs.

16 Hockey

- (1) There will be 2 halves of 35 minutes each. No extra time will be given.
- (2) In case of equal score, tiebreaker would be applied in which penalty strokes will be given to each side alternately.
- (3) If there is a tie again, then additional penalty strokes will be given till the tie is resolved.

17 Football

- (1) There will be 2 halves of 30 minutes each. No extra time will be given.
- (2) In case of equal score, tiebreaker would be applied in which penalty kicks will be given to each side alternately.
- (3) If there is a tie again, then additional penalty kicks will be given till the tie is resolved.

18 Tug of War

- (1) Each team will have 11 members.
- (2) All matches upto Semi Final will be of best of 3 Pulls.
- (3) The Final match will be of best of 5 Pulls.