

ITPB HEALTHY LIFESTYLE MEET 2020

ONE TEAM PER COMPANY		
	Sl. No.	Name of the Event
Name of the Events	1	Super Six Cricket
	2	Five a Side Football
	3	Volleyball
	4	Throw ball
	5	Basketball
	6	Chess
	7	Carrom
	8	Sack Race Relay
	9	100 mts Relay
	10	Tug Of War
	11	4 legged Race
	12	8 legged Race

GENERAL RULES

1. This event is open only to employees of Companies located in IT Park Bangalore.
2. Persons with history of heart ailments, high blood pressure are requested to abstain from participation and ITPL shall not be responsible for any injuries / claims / damages in this regard.
3. All employees to produce ID card whenever asked by concerned authorities.
4. Please note that there might be unforeseen delays.

SUPER SIX CRICKET - FOR MEN

Venue: – Cricket Ground

Rules:-

- ⚽ The basic rules of super six cricket are fundamentally similar to a one inning one day international cricket match.
- ⚽ Games are played between two teams of six players, and each game consisted of a maximum of five six-ball overs bowled by each side
- ⚽ Each member of the fielding side bowls one over, with the exception of the wicketkeeper.
- ⚽ Wides and no-balls count as 2 runs
- ⚽ If five wickets fall before 5 overs are completed, the last remaining batsman bats on with the 5th batsman acting as runner. He always takes strike. The innings is complete when the sixth wicket falls.
- ⚽ Batsmen retire *not out* on reaching 31 runs. The idea being to reach 36 runs by hitting 6 sixes

FIVE A SIDE FOOTBALL – FOR MEN

Venue: Cricket Ground

Rules:-

- ⚽ Rules and regulations are attached separately for details

VOLLEY BALL – FOR MEN

Venue: – Volley Ball / Throw Ball Court

Rules:-

- 🏃 Rules and regulations are attached separately for details
- 🏃 Till quarter finals, matches will be played for 1 game of 25 points each. Semi finals and finals will be played best of 3 games each.

THROWBALL – FOR WOMEN

Venue – Volley Ball / Throw Ball Court

Rules:-

- 🏃 Rules and regulations are attached separately for details
- 🏃 Total number of players 7 and 2 rolling substitutes
- 🏃 Till quarter finals, matches will be played for 1 game of 25 points each. Semifinals and finals will be played 21 Points best of 3 games each.

CHESS

Venue: TBD.

Rules:-

- 🏃 2 participants per company.
- 🏃 Format: Swiss League
- 🏃 Timing: 25 minute per participants per match (Total Duration 50 minute per match).
- 🏃 All the players would be required to be available on the starting date/time of Chess event.

CARROM – ONLY DOUBLES

Venue: – TBD.

Rules:-

- 🏃 Red will be having 3 points.
- 🏃 In a match maximum point will be 21.

- 🏏 Players are supposed to bring their own strikers
- 🏏 While striking, striker should touch both the lines.
- 🏏 While taking the strike, the elbow or wrist should not be outside of the arrow lines.
- 🏏 Full ring should be covered while taking the strike using ring.
- 🏏 Striker should not touch the arrow while taking strike.
- 🏏 Except strike, Player should not touch the board.
- 🏏 Chair movement is not allowed.
- 🏏 Players should report 15 minute prior to their match.
- 🏏 Match rescheduling will not be entertained.
- 🏏 If a team is not reporting within time, walkover will be awarded to the opponent.
- 🏏 Till Quarterfinals: Best of 4 boards and maximum points.
- 🏏 Semi/Finals: 8 boards and maximum points.
- 🏏 Team can consist of two men or two women or one man and one woman.

SACK RACE RELAY-(MIXED)

Venue: - Cricked Ground

Rules:-

- 🏏 4 participants (Two Male and Two Female) per company

100 METERS RELAY –(SEPARATE FOR MEN & WOMEN)

Venue: - Cricket Ground.

Rules:-

- 🏏 2 participants (One Male and One Female) per company

TUG OF WAR – (MIXED)

Venue: - Cricket Ground

Rules:-

- 🏏 8 participants (At least 3 Ladies mandatory) per company.

4 LEGGED RACE -FOR WOMEN

Venue: - Cricket Ground

Rules:-

- 👤 3 participants per company
- 👤 Before starting the race, the legs of the participants will be tied using a piece of cloth at the ankles by the participants themselves. The referees for the game will ensure that it is properly tied by manually checking it.
- 👤 In case the knot gets untied, the team will be disqualified and will not be allowed to move further in the race and the place where last person (i.e. the one nearest to the starting point) will be marked.
- 👤 All the participants tied together will be required to reach the destination.
- 👤 In case the knot gets untied, the team will be disqualified and will not be allowed to move further in the race and the place where last person (i.e. the one nearest to the starting point) will be marked.
- 👤 The person in the middle will be facing the opposite direction.

8 LEGGED RACE-FOR MEN

Venue: - Cricket Ground

Rules:-

- 👤 Seven participants per company
- 👤 Before starting the race, the legs of the participants will be tied using a piece of cloth at the ankles by the participants themselves. The referees for the game will ensure that it is properly tied by manually checking it.
- 👤 All the participants tied together will be required to reach the destination.
- 👤 Once all 7 participants reach the end point the time will be recorded.
- 👤 In case the knot gets untied, the team will be disqualified and will not be allowed to move further in the race and the place where last man (i.e. the one nearest to the starting point) will be marked.
- 👤 For the time to be recorded, all the seven members have to cross the finishing line.

Safety Warning:

People with knee, ankle or back injuries should not participate.