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भारत संचार निगम लिमिटेड
(भारत सरकार का उपक्रम)
BHARAT SANCHAR NIGAM LIMITED
(A Govt. of India Enterprise)

No. BSNLCO-ADMN/74(12)/14/2023-Sports

Dated: 10.11.2023

To

All CGMs & President
BSNL Circle Sports and Cultural Boards.

Subject: Instruction / Guideline for conduct of All India BSNL Tournaments / Meets.

I am directed to inform you that the All India BSNL Tournaments / Meets shall be organized by BSNL Circle Sports and Cultural Board (CS&CB). The detailed programme of the tournament will be sent to the participating BSNL Circle Sports & Cultural Board by the host circle, in due course. The All India BSNL Tournaments / Meets will be organized as per laws of the event as applicable in Sports Federation/Association of India. The common instructions applicable to the All India BSNL Tournaments / Meets are as under:-

- I. Eligibility:** The following category of employees in the BSNL/DoT shall be eligible-
- All regular employees of the BSNL/DoT who are working in BSNL.
 - Industrial workers of the Telecom Workshops and Stores of the organization who have put in more than six month of continuous service,
 - Apprentices taken at different BSNL Telecom Factories under the apprentice Act, 1961.
 - Short Duty Telephone Operators, Telegraphists, Clerks etc., Reserve pool staff and other temporary staff who have put in more than 6 months continuous service in BSNL.

II. BSNL Circle Sports & Cultural Board Team: Preliminary screening at below Circle and Circle level tournaments should be completed in due course and list of players selected with complete details alongwith the names of Manager and Coach for All India BSNL Tournaments / Meets should be made available to the Organizing Secretary, BSNL Circle Sports & Cultural Board and a copy endorsed to Sports Cell, BSNL CO., New Delhi.

III. Manager and Coach: Every contingent should be accompanied by a Manager and a Coach. The President, of BSNL Circle Sports and Cultural Board may select at his own discretion suitable officials connected with the event.

- Only those officials who are qualified coaches in the particular discipline should be nominated as coaches and in case no qualified coach is available, any other player of the discipline, who had represented the Circle may be nominated as a coach as per the discretion of the President of the Circle Sports and Cultural Board.
- As regards Manager, the official selected should have the knowledge of the game for which he is being nominated. It is not necessary that the Sports Inspector or Welfare Officer be appointed as Manager. The President BSNL Circle sports and Cultural Board must ensure that the Manager be knowledgeable about the game and should have the organizing capacity.

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IV. BSNL CS & CB Flag: All the Secretaries, BSNL CS&CB shall ensure to hand over two flags of the Circle, as per the colors prescribed by the BSNL Circle Sports & Cultural Board to the Manager of the team. The Manager shall hand over these flags to the Organizing Secretary immediately after their arrival at the venue of the tournament and holding the flag during the March past.

V. Identity Card: All the participants should carry their official identity card.

VI. Two hours daily off for practice: The players selected for participation in the All India BSNL Tournament / Meet may be given two hours daily off for practice before the commencement of the All India BSNL Tournament / Meet.

VII. Cartage Charges: The outstation participants of the All India BSNL Tournaments / Meets will be entitled to get Rs.50/- per participant towards cartage charges for both ends of journey.

VIII. The host circle will provide following minimum lodging facilities to the participants:

- (i) Room about 12' x 10' size for 4 persons or hall proportionate with separate accommodation for each team.
- (ii) Room with attached bath/toilets, if possible.
- (iii) One small Almira/cup board for each team (locks to be brought by the players).
- (iv) Mattresses/Bed sheets/pillows.
- (v) Blankets/quilts during winter.
- (vi) Geyser/electric rod in winter, depending on weather.
- (vii) One bucket/one mug in each room (4-6 persons).
- (viii) Drinking water pots with glass tumblers.
- (ix) Mosquito repellent (if necessary).
- (x) First aid facilities.

The circle may provide additional or better facilities, if in a position to do so.

IX. Draw for the All India BSNL Tournament: The draw will be conducted by the Chief Referee in the presence of Observer/Executive member of Sports Cell BSNL CO., at the place of the tournament as per the laws of concerned sports and in the absence of Chief Referee draw will be conducted/prepared by Assistant Chief Referee.

X. Executive Member of Sports Cell BSNL CO. - One executive member deputed from Sports Cell BSNL CO. to oversee the All India BSNL Tournament/Meets for further improvement/betterment of ALL India BSNL Tournaments / Meets. On completion of the event one set of complete tournament results will be handed over to executive member sports cell BSNL Corporate Office for record and utilization in next All India BSNL Tournament / Meet by Chief Referee / Tournament organizing Secretary.

XI. Committee for maintaining discipline during Tournaments: It has been decided that during BSNL Tournament/ Meets, a committee comprising of Observer, Chief Referee / Umpire, Executive Member of Sports Cell BSNL Corporate Office & Secretary CSCB shall be constituted and any case of indiscipline during tournament/meet (on the ground/off the ground) shall be considered by the said committee. In case any member of the above said committee is not nominated/available, Assistant Chief Referee/Senior Referee may be deputed in his place.

This committee shall be empowered to debar manager/Coach/ Player/Whole Team for one Match/Matches /entire tournament and may impose any other penalty considered suitable with the approval of CGM of host circle.

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XII. Protest: Any Protest, written only in English or Hindi, shall be addressed to the, Organising Secretary of the tournament and shall be submitted through the Chief Referee / Assistant Chief Referee duly signed by the Captain/Manager of the team alongwith Rs.200/- as scrutiny fee. Protest shall be submitted within 30 minutes of completion of the match. The protest so lodged shall be examined by the Jury of appeal.

XIII. Jury of Appeal: The Jury of appeal consisting of following officers who will convey its decision within two hours from the time of protest was lodged.

- | | |
|--|------------|
| i) CGM of host circle or his nominee
(not below the rank of G.M.) | - Chairman |
| ii) Observer | - Member |
| iii) Executive Member of Sports Cell BSNL CO. ND | - Member |
| iv) Chief Referee | - Member |
| v) Organising Secretary of the Tournament | Member |

The decision of Jury of appeal shall be final.

XIV. Result: The results of the competitions should be prepared on the same date of the competition. The result sheets signed by the Referee/Umpire should be countersigned by the Chief Referee / Assistant Chief Referee deputed by the BSNL Sports and Cultural Board. The results will then be announced on the same day.

XV. Selection Committee of BSNL team: A Selection Committee consisting of following Officers shall select a team, in order of merit to represent BSNL in National and National level tournaments -

- | | |
|--|------------|
| i. CGM of Host Circle or his nominee
(not below the rank of GM) | - Chairman |
| ii. Observer from BSNL(HQ) | - Member |
| iii. Executive Member of Sports Cell, BSNLCO, ND | - Member |
| iv. Chief Referee /Umpire | - Member |
| v. Secretary, CSCB, host circle | - Member |

(In case any member of the above said committees is not nominated / available, Assistant Chief Referee may be deputed in his place.)

XVI. Selection of BSNL' team: Players will be selected in the BSNL national team on the basis of overall individual performance, technique and fitness. For the event of Badminton, Carrom and Table Tennis team selection, Men Single and Women Single performance shall be treated as individual performance. Double and Mixed double pairs will be prepared during the coaching camp as per the format of tournament amongst the available selected players.

XVII. Certificates and Trophies:

- i. Participation certificates and mementoes to the Observer / Executive Member of Sports Cell, BSNL Corporate Office / Chief Referee / Assistant Chief Referee and Technical Delegates may be given through Chief Guest / Guest on occasion of All India BSNL Tournaments / Meets closing ceremony.
- ii. The winners, I & II runners-up in the All India BSNL tournament will be awarded trophies, certificates of merit and individual cups/prizes.
- iii. Certificates of merit will be printed by the Host Circle Sports & Cultural Board for awarding to the winners of the All India BSNL Tournament/Meet on a standard form. These certificates will be awarded at the time of closing ceremony function.
- iv. Participation certificates and mementoes to the participant's team may be given away at All India BSNL tournaments.

XVIII. The composition of the team so selected shall be handed over to the Observer / Executive member of sports cell BSNLCO deputed by BSNL CO., immediately after the completion of the tournament for submission to this office.


XIX. The Players/Manager/Coach participating in All India BSNL Tournament / Meet will be treated as on duty for Tournament / Meet days with one day advance arrival and actual journey period. The local organizers of All India BSNL Tournament/Meet will also be treated as on duty and draw TA/DA as admissible for the period their services are required in connection with the organization of the Tournament / meet.

XX. The Secretary of the host circle would arrange to send their brief write up of the Tournament / meet, achievements, final results, photographs of inauguration and prize distribution functions to the Secretary and DGM (Welfare & Sports), BSNL Sports and Cultural Board, BSNL Corporate Office, Bharat Sanchar Bhawan, 1st floor, H.C. Mathur Lane, Janpath, New Delhi - 110 001.

2. Event wise updated rules and regulation for the All India BSNL Tournaments / Meets are enclosed as Annexure-I to Annexure-XIII.

This issues with the approval of competent authority.

Encl: As above


(Sandeep Kapoor).
AGM (WL & Sports)

Copy to: All Secretary. BSNL Circle Sports & Cultural Board for information and necessary action please.

Athletics

The event and the minimum qualifying standards for the eligibility for participation in All India BSNL Athletic Meet are detailed below. The Circle must ensure that only those Athletes are selected for All India BSNL meet who satisfy the following minimum qualifying standards:

(i) **For Men Athletics Only**

S.No.	Events	Minimum qualifying standards.
1.	100 metres Dash	12 Sec.
2.	200 Metres Dash	24 Sec.
3.	400 Metres Run	1 min. 12 Sec.
4.	800 Metres Run	2 min. 23 Sec.
5.	1500 Metres Run	6 min. 6 Sec.
6.	5000 Metres Run	23 min. 44 Sec.
7.	10000 Metres Run	49 min. 52 Sec
8.	3000 Metres steeple chase	15 min. 55 Sec.
9.	110 Metres Hurdles	22 .00 Sec.
10.	400 Metres Low hurdles	1 min. 22 Sec.
11.	Long Jump	5.26 Mts.
12.	Triple Jump	9.93 Mts.
13.	High Jump	1.35 Mts.
14.	Pole Vault	2.50 Mts.
15.	Shot Put	8.09 Mts.
16.	Discuss Throw	24.08 Mts,
17.	Javelin Throw	30.18 Mts.
18.	Hammer Throw	13.91 Mts.
19.	20 Kms. Walk	3 hours 07 Minutes
20.	4 x 100 Metres Relay	52.4 sec
21.	4 x 400 Metres Relay	4 Min 46 sec
22.	Decathlon	1609 Points.

(ii) **For Women Athletics Only**

Sl.No. For Women Only	Minimum qualifying standards	
1.	100 Metres Dash	18.8 sec.
2.	200 Metres Dash	41.7 sec.
3.	400 Metres Run	1 min. 49.8 sec.
4.	800 Metres Run	5 min. 02.6 sec.
5.	1500 Metres Run	9 min. 22.4 sec.
6.	100 Metres Hurdles	29.60 sec.
7.	Shot put	5.60 Mts.
8.	Javelin throw	12.86 Mts.
9.	Discuss throw	16.45 Mts.
10.	Long Jump	4.26 Mts.
11.	High Jump	0.90 Mts.
12.	4 x 100 Mts. Relay	strongest possible team should be
13.	4 x 400 Mts. Relay	formed amongst the competitors who have qualified for participation in All India Meet.

2. At All India BSNL Athletic meet, the above mentioned events will be held only if at least 3 competitors are available for participation.

3. The standards prescribed above for items 1 to 4 and 9 for men and 1 to 6 for women should be rigidly applied and rounding of fraction to the advantage of competitors shall not be admissible. While applying standards in the long distance events, both for men and women, the fraction of a second or an inch in the records of the Circle meet may be ignored or rounded off to the advantage of the competitors.

4. The following points will be allotted to the winner of the various event mentioned against serial No.1 to 7 and 9 to 19 para 1 for men and those mentioned against serial No.1 to 11 para 2 for women:

1st position	5 points
2nd position	3 points
3rd position	1 point

For item 20 and 21 para 1(i) for men and items 12 and 13 for women under para 1(ii) the points mentioned below will be awarded.

1st team	10 points
2nd team	5 points
3rd team	2 points

Note; The above points will count for team championship only.

5. The award/trophies to best Athlete will be adjudged by taking into account the points secured by an Athlete in all the events other than Relay and Decathlon.

6. An Athlete may be allowed to compete in any number of events other than relay races and decathlon provided he has attained the minimum qualifying standards in these events at the Circle meet. The selection of the competitors for the All India BSNL Athletic meet will be made on the results of the Circle meet.

7. A contingent of maximum number of 18 Athletes will be selected to represent each circle at All India BSNL meet.

8. Gold Medals one each to the best men and women Athlete will be awarded for cost not exceeding Rs.350/-. In case more than one Athlete each from the men and women category is adjudged as the best athletes by virtue of their having secured equal number of points at the All India Meet, such bracketed Athletes both among men and women will be awarded Medals of the specific value i.e. Rs.175/- approximately.

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Badminton

Pattern: The BSNL Circle Sports and Cultural Board shall conduct below Circle and Circle competitions by either having selection trials or by tournament for selecting the best possible circle teams for participation in the All India BSNL Badminton tournament in the following events:

- | | |
|-------------------|---------------------|
| 1. Men team event | 2. Women team event |
| 3. Men Singles | 4. Women Singles |
| 5. Men doubles | 6. Women doubles |
| 7. Mixed doubles | |

The Circle Boards shall select the best 5 Men player and 4 women players to represent their Circle in the All India BSNL Badminton tournament.

The tournament, at all levels, shall be conducted strictly in accordance with the Rules and Regulations of the Badminton Association of India.

All India BSNL Badminton tournament:

- | | | |
|--------------------------------|---|------------------------|
| Men team event: Knockout basis | - | Best of five matches.. |
| Men team event: Knockout basis | - | Best of three matches. |

2. Order to play:**Men's team event:**

- | | |
|--------------------|------------------------------|
| 1. 1st Men singles | 2. 2nd Men singles |
| 3. 1st Men doubles | 4. 3rd Men singles (Reverse) |
| 5. 2nd Men doubles | |

Women team event:

- | | |
|----------------------|------------------|
| 1. 1st Women singles | 2. Women doubles |
| 3. 2nd Women singles | |

Individual events:

- | | |
|------------------|------------------|
| 1. Men singles | 2. Men doubles |
| 3. Women singles | 4. Women doubles |
| 5. Mixed doubles | |

The maximum number of entries permissible for each BSNL Circle Sports & Cultural Board in Men Single 5 (Five), Women Single 4 (Four) and one entry each for Men double, Women double and Mixed double.

3. Each BSNL Circle Sports & Cultural Board shall send a list of 5 Men and 4 Women players indicating clearly the names of participants for individual events to the host circle without fail well in time before the draws are made.

4. All India BSNL Badminton (Men & Women) Tournament shall be conducted according to the rules as approved by Badminton Association of India. All the matches will be played for 21 points.

5. **Selection of BSNL team:** The selection committee will select the following two teams for participation in the forthcoming National and National level Tournaments on the basis of individual performance. Men Single and Women Single performance shall be treated as individual performance for the purpose of BSNL team selection. Double and Mixed Double pairs will be prepared during the coaching camp as per the format of tournament amongst the available selected players:-

- i) Men team (5 Players and 2 stand by)
- ii) Women team (5 Players and 2 stand by)

The list of the players so selected shall be handed over to the Observer / Executive member of Sports Cell BSNLCO immediately after the completion of tournament for submission to this office.

6. **Triple crown winner:** The Triple Crown winner (Men & Women) will be awarded a gold medal worth Rs. 300/- each. The Triple Crown winner for this purpose will be the winner of the three individual events only (Men & Women) i.e. Singles, Doubles and Mixed Doubles.

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Basketball (Men)**Pattern:**

a) **Circle Level:** The Pattern of the tournament at Circle level will be decided by the BSNL Circle Sports and Cultural Board concerned. Each Inter-Divisional Sports Board will put up players for Circle tournaments strictly in accordance with the instructions of BSNL Circle Sports and Cultural Board.

Selection of Circle team: Instead of selecting the winning team of the Circle tournament for representing that Circle in the All India BSNL competition, efforts should be made to select the best talent available in the Circle. The selection committee should meet under the Chairmanship of the President of the BSNL Circle Sports and Cultural Board or his nominee to select a team for participation in the All India tournament.

Preliminary screening at Circle level should be completed well in advance of All India Competition. The results of the Circle tournament alongwith a list of players selected to represent the Circle in All India BSNL tournament may be sent to the host of Secretary, BSNL Circle Sports and Cultural Board with a copy endorsed to this office, at the earliest.

b) **All India Level:** The All India BSNL Basketball Tournament will be played on League-cum-Super League basis. All the participating teams will be drawn into four / two groups i.e. 'A', 'B', 'C' and 'D' on the basis of the last year's results by the Chief Referee and organizing Secretary in the presence of the Observer / Executive member of Sports Cell BSNL CO.

Each team should strictly adhere to the jersey colors approved by the BSNL Sports and Cultural Board with chest/back number on each jersey/banyan. Team without number on their jersey/banyan will not be allowed to participate.

c) All India BSNL Basket Ball tournament will be governed by the rules laid down by the Basket Ball Federation of India.

2) **Rules and Regulations:**

- a) Each team shall consist of 12 players, one of them shall be the Captain.
- b) Before the game is scheduled to begin, the Coach shall furnish the names and numbers of players who are to play in the game and the name of the Captain of the team to the scorer.
- c) Five players from each team shall be on the court during the play time. Each player shall be numbered in the front and the back of his shirt. Players of the same team shall not wear duplicate numbers.
- d) The game shall consist of 2 halves of 20 minutes each with an interval of 10 minutes between 2 halves.
- e) Before leaving the playing court for any valid reason, the Captain shall inform the Referee regarding the player who will replace him during his absence.
- f) A game shall be decided by the scoring of the greater number of points in the playing game.
- g) The officials shall be a Referee and an Umpire, who shall be assisted by time keeper, a scorer and 30 second operator.
- h) The Referee shall have power to take decision on any point not specifically covered by the Rules.

3. The composition of the team so selected shall be handed over to the Observer /Executive member of Sports Cell BSNL CO., deputed by BSNLCO immediately after the completion of the tournament for submission to this office.

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Carrom

Preliminary screenings at Circle levels should be completed well in time. The results of the Circle tournament together with a list of 12 players 6 each in both men and women category, selected to represent the circle in the All India BSNL Carrom (Men & Women) tournament may be sent to the organizing Secretary with a copy endorsed to Sports Section, BSNLCO, New Delhi-110001.

2. **Conduct of the All India BSNL Carrom tournament:**

The competition at all levels shall be strictly in accordance with the rules and regulations of the All India Carrom Federation.

3. The following events will be organised as per the Laws of Carrom which is approved by All India Carrom Federation -

i) Team events : Men's and Women's

All ties of the team championship will be decided on the basis of best of Two Single's and one Doubles to be played simultaneously (for team event minimum 04 players required).

ii) Men singles : Maximum six entries

iii) Women Singles : - Do -

The Umpire's decision shall be final on all matters of fact. The decision of the Chief Referee shall be final on all matters of interpretation of law of Carrom and on matters relating to the game.

4. Protest; Any protest lodged shall be examined by the Jury of appeal as mention in Part A of common instructions. The oral protest shall be intimated to the Umpire immediately after the incident takes place alongwith the prescribed protest fee. No protest shall be entertained without payment of Protest fee.

- The written protest shall be submitted within 15 minutes of completion of that particular Board.
- The protest made by the aggrieved party shall contain only the facts (as occurred), the decision of the Umpire/Chief Referee and the point appealed against.
- Protest in untruth and abusive language shall be summarily rejected and invite disciplinary action.
- Once a protest is lodged, it shall not be permitted to be withdrawn.
- Once a protest is recorded and handed over, the play shall continue from where it stopped. The result of the match shall not be announced till the protest is considered.
- If the protest is upheld, the match shall restart from the beginning of the particular board in which the protest was lodged and the Protest fee refunded.
- In case the protest is overruled, the result already obtained shall stand and the scrutiny fee forfeited.
- The decision of the tournament authorities should be conveyed to the parties concerned within two hour from the time protest was lodged.

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5. **Team Championship:**

- a) A team for any tie of the team championship shall consist of 4 out of 6 players already entered for the team championship. Players may be changed from amongst 6 in the next round, if so desired by the Captain/Manager of the team. The names shall be submitted to the Chief Referee half an hour before the time fixed for a tie of the team championship. In case names for the tie are not submitted before the fixed time, walk over is liable to be awarded to the opponents. If a particular tie is delayed, the names of the players of such teams, for the next tie shall be submitted immediately after the ongoing tie is completed.
- b) Each tie shall consist of two singles and one Double's to be played simultaneously. Each match in a tie carries one point to be awarded to the team winning that match.
- c) The matches in each group shall be played on the basis of total league. All the matches of the league shall be played on the basis of best of three games of eight boards or 25 points whichever is earlier.
- d) The position of the teams shall be decided on the basis of the aggregate points secured by them in the league.
- e) In case of tie of points between two teams for the top place in any group, the earlier results of the matches played between the two teams shall decide their relative position. In case of tie among more than two teams, the position of these teams shall be determined on the basis of games aggregate for and against of the matches played earlier in the group. In case there is again a tie then at this stage the point average for and against, shall be taken into account and their position determined.

6. **Draw for position matches:**

- i) The losing semifinalists shall play for 3rd and 4th position.
- ii) For the play- off matches for 5th and 6th positions, the loser of 1st Q.F. shall play with the loser of 2nd Q.F. while loser of 3rd Q.F. will play with the loser of 4th Q.F. in the first round. Winners of both the matches shall play for 5th and 6th position.
- iii) **Play off matches:**
 - a) 3rd place in all events shall be determined by way of play off matches between losing semifinalists.
 - b) 5th and 6th position in singles events shall also be determined by way of play off matches.
 - c) All play off matches shall be decided on the basis of best of 3 games of eight boards or 25 points whichever is earlier.

9. **Team events:** The teams will be divided into four groups i.e. 'A','B','C', 'D'. If the number of teams are eleven or less, two groups may be formed and if the number of teams are 12 or more, the teams may be placed in four groups in consultation with the Chief Referee and Observer from BSNL (HQ).

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The matches will be played on league-cum-knock-out basis. 8 teams will reach in knock-out and play Quarter finals, Semifinals and Finals.

In the knock-out stage the matches will be played as under:

Winner of Group A Vs Runners up of Group B -	1st Q.F.
Winner of Group B Vs Runners up of Group A -	2nd Q.F.
Winner of Group C Vs Runners up of Group D -	3rd Q.F.
Winner of Group D Vs Runners up of Group C -	4th Q.F.

Semi finals matches:

Winner of 1st Q.F. Vs Winner of 2nd Q.F.-	1st S.F.
Winner of 3rd Q.F. Vs Winner of 4th Q.F.-	2nd S.F.

Final: Winner of 1st S.F. Vs Winner of 2nd S.F.

10. Individual Events: There will be 6 entries each Men & Women category allowed for singles events. Each player will play three games of 8 boards or 25 points whichever is earlier.

11. Selection of BSNL team: The selection committee will select the following two teams for participation in the forthcoming National and National level Tournaments on the basis of individual performance. Men Single and Women Single performance shall be treated as individual performance for the purpose of BSNL team selection. Double pairs will be prepared during the coaching camp as per the format of tournament amongst the available selected players:-

- | | |
|----------------|----------------------------|
| i) Men team | (6 Players and 2 stand by) |
| ii) Women team | (6 Players and 2 stand by) |

The list of the players so selected shall be handed over to the Observer / Executive member of Sports Cell BSNLCO immediately after the completion of tournament for submission to this office.

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Chess (Men)

The following rules will hereafter govern the actual conduct of All India BSNL Chess Championship:

- (a) The Championship will be played in International style according to FIDE Laws of Chess Championships.
 - (b) The Championship will be played in individual championship.
 - (c) The individual championship will be conducted as per pattern of National 'B' Chess Championship with a 2nd round Swiss system. The number of rounds will not be changed under any circumstances. One BSNL Circle can field maximum 4 players. The number of players cannot be increased by the host Circle, if there are odd number of entries at the commencement of championship. The system of awarding a bye should however be adopted.
2. (a) The number of days of the tournament shall be three.
(b) The maximum number of participants per circle for individual championship shall be 4 and the number of rounds 9.
3. The Chess competitions of Circle/below Circle level may be held on the same basis as far as possible with a suitable number of rounds of swiss system, depending on the number of entries etc. 4 top players selected on the basis of the results of the Circle Chess Championship, will represent that particular Circle in the All India BSNL Chess Championship.
4. **Selection of BSNL team:** The selection committee will select the chess teams with composition of four (4) player and two (2) standby for participation in the forthcoming National and National level Tournaments on the basis of their performance.
5. The composition of the team so selected shall be handed over to the Observer /Executive member of Sports Cell BSNL CO., deputed by BSNLCO immediately after the completion of the tournament for submission to this office.

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CRICKET (Men)

1. Preliminary screenings at Circle level should be completed well in time. The results of the Circle tournament together with a list of 15 players selected to represent the circle in the All India BSNL Cricket tournament may be sent to the organizing Secretary and a-copy to Sports Section, BSNL C.O.

2. Selection of Circle team: Instead of selecting the winning team of the Circle tournament for representing that circle in the All India BSNL Cricket tournament, efforts should be made to select the best talents available in the Circle. The selection committee shall meet under the Chairmanship of the President of BSNL Circle Sports and Cultural Board or his nominee to select a team for participation in the All India BSNL Cricket tournament from that circle. In case, no unanimous selection is possible, the team may be finally selected at the discretion of the President of the BSNL Circle Sports and Cultural Board.

3. Conduct of the All India tournament: The tournament will be conducted on League-cum-knock-out basis. All the matches shall be of 20 overs each side.

Timing for matches**Morning Session**

9.00 a.m. to 10.30 a.m.

10.40 a.m. to 12.10 p.m.

Evening Session

12.30 p.m. to 2.00 p.m.

2.10 p.m. to end of the match

4. Draws:- All India BSNL Cricket Tournament will be played on League-cum-knock-out basis and the participating teams will be drawn into four groups i.e. 'A', 'B', 'C' and 'D' keeping in view the last year's results.

5. Award of Points (upto league stage): Two points for a win. In case of no possibility of play due to weather conditions or the ground being unfit for play, the match will be decided on spin of coin (toss).

A team getting highest points for each group will play semifinal matches as follows:-

- i) Winner of pool 'A' Vs Winner of pool 'D'
- ii) Winner of pool 'B' Vs Winner of pool 'C'

If two teams in a group end up at equal points after the completion of league matches, average of runs of both the teams in all the league matches will be taken into account and the team with highest average will participate in the semifinal match. For both the teams (Total Runs scored) / (No. of overs played) will be calculated. If the two teams end up having same run rate after such calculation the spin of coin will decide the team entitled to play semifinal.

6. In matches where the start is delayed or where play is suspended: -

The time schedule of the match and number of overs to be bowled will be decided by the Umpires supervising that particular match.

7. The Umpires appointed to officiate at the matches shall be the sole JUDGE in respect of interpretation of these rules.

8. The matches will be played in colors clothing with white ball.

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9. The organizing committee will provide only the following equipment's:-
i) Stumps and bails, and (ii) Cricket Balls

The Circle teams will have to bring all other necessary equipment's and accessories. Every region should provide the following equipment's to the Circles teams for participation in the All India BSNL Cricket tournament:-

- i) Four pairs of batting leg guards
- ii) One pair of wicket keeping inner gloves
- iii) One pair of wicket keeping gloves
- iv) One pair of wicket keeping pad
- v) Four pairs of batting gloves
- vi) Cricket Bats (6 nos)
- vii) Cricket balls (8 nos)
- viii) Abdomen guards (4 nos)
- ix) Helmets (2 nos)

10. The Selection Committee will select a 15 member BSNL cricket team and 10 Reserve Players for participating in the forthcoming All India PSU's tournament and other National level tournaments. The list of the players so selected shall be handed over to the Observer / Executive member of Sports Cell BSNLCO immediately after the completion of the tournament for submission to this office.

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Cultural

The All India Cultural meet will be restricted only to employees and their wards above 18 years. The spouses of the BSNL/DoT employees are not permitted to participate in the event.

2. The All India BSNL Cultural Competition will be held in the following categories: -

S.No.	Name of Events	Time limit for performance (Minutes)
(i)	One Act Play/Drama	20 +10
(ii)	Group Dance	10
(iii)	Instrumental Music	05
(iv)	Vocal/Solo Song (Classical/Light/Folk)	05
(v)	Solo Dance (Bharathnatyam/Kuchipudi/Kathak/Odissi and any other Indian Classical form of dance if available)	05

3. Instruction for above mentioned events are as under:-

- For One Act Play / Drama - Time Limit is 20 minutes + 10 minutes for setting. Total 30 minutes time will be given. From beginning of event green light will be appeared after completion of 26 minutes warning will be given by putting yellow lamp and after completion of 20 minutes red lamp will be put on. Filmi Songs/Tunes are allowed in One Act Play / Drama if script demands. For participation in One Act Play / Drama minimum 3 Artists are required.
- Group Dance - Time limit is 10 minutes. From the beginning green light will be appeared after completion of 8 minutes warning will be given by putting yellow lamp and after completion of 10 minutes red lamp will be put on. The Circle may present group (folk) dance reflecting the culture and custom of their State. In Group Dance minimum 4 Artists are required.
- Instrumental Music - Time limit is 05 minutes. From beginning green light will be appeared after completion of 04 minutes warning will be given by putting yellow lamp and after completion of 05 minutes red lamp will be put on. In the Instrumental Music maximum one Artist are allowed from each circles.
- Vocal/Solo Song (Classical/Light/Folk) - Time limit is 05 minutes. From beginning green light will be appeared after completion of 04 minutes warning will be given by putting yellow lamp and after completion of 05 minutes red lamp will be put on.
- Solo dance - Time limit is 05 minutes. From beginning green light will be appeared after completion of 04 minutes warning will be given by putting yellow lamp and after completion of 05 minutes red lamp will be put on.
- For Group Dance/ One Act Play performance, Circle Cultural Team can be utilize their all 15 selected Artists.
- The Circle should submit One Act Play/Drama Script translated into English along with synopsis 15 days advance to the host Circle to facilitate the judgment by the judges. The host circle will provide simple stage setting for the drama (i.e. black or blue curtain 6 wings 2 spot lights, general lights and two demurs) make up men and sound. The Circle concerned who requires more light setting may inform to the host Circle well in time and arrange accordingly at their own cost with the help of the host region.

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- (h) Repetition of songs, dance, and one act play/drama by a winner or winning team will not be allowed for next three years. For this purpose the songs, dance, play etc. performed in 17th All India BSNL Cultural Meet and after shall not be considered. The Managers should furnish a list of the items, likely to be played in the Cultural Event, to the Sports and Cultural Board of the Host Circle. The Host Circle will compile the list of items along with the name of participants and circulate it in the 'Manager Meeting' before commencement of the Cultural Event to include any last minute changes in the items, if any.
- (i) If the number of participants in one particular event is less than three, the event shall be cancelled.
- (j) Orchestra / Karaoke may be allowed for vocal / solo song.

4. The maximum number of participants representing Circle Cultural Team in All India BSNL Cultural Meet will be 15. The Manager of the Cultural team will however be treated as an additional member (15+1). In case the Circle takes part in both the items of Group Dance and One Act Play/Drama the maximum number of Artists participants from Circle will be 15. The Ceiling limit for the Circles not participating in any of these two items will be 9. Events wise maximum number of cultural artists and respective performance are allowed as under:-

Name of Events	Maximum number of Artists allowed from each team	Maximum number of performance from each team
One Act Play/Drama	06	One
Group Dance	06	One
Instrumental Music (Solo) (Sitar, Guitar, Violin, Flute, Tabla, Mridungam and any other instrumental if available)	01	One
Vocal/Solo Song (Classical/Light/Folk/Filmi)	01	One
Solo Dance (Bharathnatyam / Kuchipudi / Kathak / Odissi and any other Indian Classical form of dance if available)	01	One

5. Maximum two accompanists one Harmonium/Tanpura and one Tabla / Dholak / Mridungam / Drum will be allow with Cultural Team. Accompanists of the cultural team will be treated as additional member. Cultural Team who require accompanists but are not able to bring, must request the accompanists in advance to the Organising Secretary. The organizing committee will provide accompanists to the participants on the request basis.

6. Every contingent should be accompanied by a Manager. The Presidents of the BSNL Circle Sports and Cultural Boards may select at their own discretion suitable officials connected with the event as Manager. The Manager of the Circle teams nominated for the All India BSNL Cultural Meet should travel in the same train in which their contingents are traveling, as far as possible and pay adequate attention to the welfare and discipline of their team members and also travel and stay at the same place at the venue of the Meet.

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7. Selection of Participants:

- a) At the Circle level a competitor may participate in any number of items, but only such competitors who had secured 1st position obtaining minimum 40% marks at Circle level will be allowed to compete in the same items at All India competition. The percentage of marks of each participant should be sent to the Host Circle. However one artist will not be allowed to participate in more than three items at All India BSNL Cultural meet.
- b) The selection will be made on the recommendation of a panel of judges appointed by the concerned Circle Board. The decision of judges will be final in all cases.

8. **RESULT:** The results of the competitions should be prepared on the same date of the competition. The result sheets signed by the judges should be countersigned by the Chief Referee / Technical Delegate deputed by the BSNL Sports and Cultural Board. The results will then be announced on the same day. For preparation of final result point/marks system will be follow as under: -

Name of Events	Event wise maximum points/marks
One Act Play/Drama	100
Group Dance	100
Instrumental Music	100
Vocal/Singing (Classical/Light/Folk)	100
Solo Dance (Bharathnatyam/Kuchipudi/Kathak/Odissi etc.,)	100

9. **Certificates and Trophies:** Certificates of merit will be printed by the Circle Sports & Cultural Board for awarding to the winner of the Circle competition on a standard form. These certificates will be awarded at the Circle level tournaments and for All India BSNL Cultural Meet details are as under:-

- i) The Winners and Runners up 1st & 2nd in the All India BSNL Cultural Meet will be awarded trophies/shields, certificates of merit and individual cups or so.
- ii) Participation certificates and memento to the Observer/Executive member of Sports Section BSNL CO /Chief Referee / Technical Delegates / Participants may be given away at the time of All India BSNL Cultural Competition/Tournament closing ceremony.
- iii) Trophies and Merit Certificates may be given away at the time of closing ceremony in All India BSNL Cultural Meet are as under:-
 - (a) Trophies and Merit certificate will be given for 1st, 2nd and 3rd position in the all above mentioned five categories.
 - (b) In the one Act play/Drama consolation trophy will be given for (i) Best Actor (ii) Best Actress and (iii) Best Script Writer or Director.
 - (c) Total number of trophies will be given 05 for 1st position, 05 for second position, and 05 for third position as mentioned on (a) above and 03 consolation trophy as mentioned on (b) above.
 - (d) One trophy given to each BSNL Circle Sports & Cultural Board Team who score 1st, 2nd & 3rd position on the basis of overall performance.

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Football

Each BSNL Circle Sports and Cultural Board will furnish the names of 15 players who are selected to represent that Circle in the All India BSNL Football tournament to the Organising Secretary of the tournament immediately after the completion of the Circle tournament. A copy of the list of players so selected should also be sent to BSNL CO.

2. Instead of selecting the winning teams of the Circle level tournament for representing that region at the All India BSNL Football tournament, efforts should be made to select the best talents available in the Circle. The selection committee shall meet under the Chairmanship of the President of the BSNL Circle Sports and Cultural Board or his nominee to select the team unanimously for participation in the All India BSNL Football tournament from that Circle.

3. Fixture of tournament: The All India BSNL Football tournament will be conducted on league-cum-knock-out basis. All participating Circle will be drawn into four groups, A,B,C, and D. Keeping in view the last year results.

1st Semi Final: Winner of Pool 'A' Vs Winner of Pool 'D'

2nd Semi Final: Winner of Pool 'B' Vs Winner of Pool 'C'

Final: Winner of 1st Semi Final and 2nd Semi Final

Hard line match: Losers of 1st and 2nd semifinals will play each other for the 3rd and 4th position.

4. **Rules & Regulations:**

- i) Each team should strictly adhere to the colours of jerseys approved by BSNL Sports and Cultural Board with chest and back number on each jersey/vest.
- ii) In case two teams of a pool secure equal number of points, the pool winner will be decided on Goal average. In case the tie still remains by adopting this method, then a playoff match will be played between these two teams to determine the pool winner.
- iii) The breaker of rules, including 'Sudden Death' rule will be applied in the semifinal and final in case there is a draw even after playing extra time of 15 minutes in each half.
- iv) The wearing of boots will be compulsory at all levels in the BSNL Football matches.
- v) AIBSNL Tournaments at all levels will be conducted strictly in accordance with the rules and regulations of the All India Football Federation. The duration of the match will be 90 minutes.

5. The Selection Committee will select a 15-member BSNL Team and 05 standby (for all positions) for participation in the forthcoming All India PSUs tournament and other National tournament. The list of players so selected shall be handed over to the Observer /Executive member of Sports Section BSNLCO immediately after completion of the tournament for submission to this office.

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Kabaddi**Inter-Divisional (i.e. below Circle) and Circle level tournaments:**

- i) The pattern of the tournament at this level will be decided by the BSNL Circle Sports and Cultural Boards concerned. Each Inter-Divisional Sports organizing body will put up players for the Circle tournaments strictly in accordance with the instructions of BSNL Circle Sports and Cultural Board concerned.
- ii) Instead of selecting the winning team for representing that circle in the All India BSNL tournament, efforts should be made to select the best talent available in the Circle. The selection committee shall meet under the Chairmanship of the President of the BSNL Circle Sports and Cultural Board or his nominee to select a team for participation in the All India BSNL tournament.
- iii) Men Kabaddi team will consist of 12 players each.

2. The following amendments have been made by the AKFI in Kabaddi Rules.

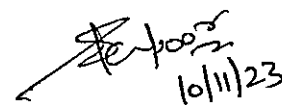
- i) Each of the lines in court parallel to the Midline (Marchline) is known as the baulk line. The distance of the baulk line from the midline (Marchline) shall be 3.75 mts. in Men tournaments.
- ii) **Bonus Line:** The line parallel to baulk line towards end line is known as bonus line. The distance of Bonus line shall be 1 meter from the baulk line towards end line.
- iii) **Crossing the bonus line:** When raider comes in contact with the ground between the end line and Bonus line and leave the contact of ground between the middle and Bonus line known as crossing the Bonus line.
- iv) If a raider goes out of turn the umpire or Referee shall order him to go back and warn to the team. Even after warning if the team does so a technical point shall be awarded to the opponent team.
- v) If a raider is warned in any way instructed by one of his own side Umpire or referee shall award one technical point to the opponent.

3. Eligibility Criteria: As per AKFI rules 2017 Men should not be greater than 85 kg Body weight are allowed to participate in the All India BSNL Kabaddi Tournament.

4. Rules of Matches:

- a) If any player is suspended/disqualified from the match there will be no substitution allowed for that particular player. They shall play with less number of players. The player suspended/disqualified shall be counted for awarding the Bonus points.
- b) In case there is a tie in knock out matches:
 - i) There shall be 5 raids for each team by different players alternately.
 - ii) All the seven players shall be inside the court to defend.
 - iii) The teams shall play on Baulk Line.
 - iv) The Baulk line will be treated as Baulk line-cum-Bonus line for all purpose.
 - v) If the raider succeeds to cross the Baulk line-cum-Bonus line the team shall be awarded one point.

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- vi) If a raider manages to cross the Baulk line-cum- Bonus line and scores a point/points shall be awarded the point/points scored in addition to the point for crossing the Baulk line-cum-bonus line point.
- vii) There shall not be any out and revival system, only points scored shall be counted.
- viii) The teams shall give chest number and name of the player in order of their turn of raiding. No team can substitute once the team is fielded.
- ix) Each raid will be started by Referee by calling the chest number alternately.
- x) The first raid shall be given to the team which has started the first raid of the match. No toss will be taken again.
- xi) In case there is a tie even after 5 raids each the match will be decided on sudden death system*.

***Sudden death:** Each team will be given one raid alternately in sudden death. The team which scores a leading point will be declared winner. The sudden death system will continue till a team scores leading.

c) In league system the side which wins will score 2 points looser will score zero point and in case of tie both the teams will score 1 point each. If there is a tie in league points the winner and runner of the pool will be decided on the basis of for and against points scored by using the following formula in the order of classification as follows:

- i) The team which scores less than 25% of league points will not be considered for deciding the tie.
- ii) In case of tie even after this, the highest score difference (for and against) to be considered.
- iii) In case of tie even after (ii) above, the total points scored for only be counted.
- iv) If there is tie even after (iii) above the result of the match played between the teams to be considered.
- v) If there is still a tie, the highest number of points scored without applying 25% rules to be considered.
- vi) If there is tie winner and runner will be decided on toss.
- vii) If any team gives walk over or concedes the match against opponent team, that team will be scratched from the tournament. The points scored during the league matches will not be counted for tie breaker. Same procedure will apply in case of debarred team.

d) Each team shall be allowed to take 2 time outs of 30 seconds in each half, such time out may be called by Captain/Coach of the team with the permission of Referee.

- i) During time out teams shall not leave the ground. If any violation is committed by the players or coach one technical point shall be awarded to the opponent team. Such time out period will not be included in the regular duration of play.
- ii) Official time out: In the event of any injury to a player only the Referee shall call such time out, period of time out should not exceed 2 minutes.

e) 5 Reserve players can be substituted with the permission of Referee during the time out period only. Substituted player can be substituted.

f) A side shall start the match with seven players.

g) The Bonus line shall be applicable when there are minimum six players in the Court. The Bonus point shall be awarded by the referee/ Umpire after the completion of Raid, by showing thumb upwards towards the side which scores.

h) There shall not be any revival of player for the Bonus point.

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Duties of Scorer: Time out by any team be indicated by the scorer in the score sheet against the team concerned and the running time should be noted at the time of time out. Time out time will be mentioned by the scorer.

Duties of the Referee: His stop watch shall be synchronized with the table watch of the scorer before the commencement of the match. Time by the Referee watch will be the official time.

The Referee or the Umpire shall have the power to warn/temporary suspension/suspend for the match or for the tournament by using the CARDS.

GREEN CARD : WARNING

YELLOW CARD : TEMPORARY SUSPENSION FOR 2 MINUTES

RED CARD : SUSPENSION FOR THE MATCH OR FOR TOURNAMENT

Duties of Officials:

- i) Benches to be provided for the extra players, Coach and Manager by the side of court.
- ii) Players should drink water only during the time out and half time.
- iii) Stop and go watches should be used.

Each Kabaddi match will be of 45 minutes duration including an interval of 5 minutes and will be governed by rules laid down by the AKFI amended from time to time and as per latest amendments given above.

5. All participating team will be drawn into four groups i.e. A,B,C and D keeping in view the last year's results by President of host Circle or his nominee with the assistance of Chief Referee, Assistant Chief Referee and Observer deputed by the BSNL (HQ).

The tournament will be conducted on league-cum-knock-out basis and two teams from each group will be taken for playing the knock-out round..

In the Knock out round:

- i) No.1 team of group 'A' will play against No.2 team of group 'D'.
- ii) No.1 team of group 'C' will play against No.2 team of group 'B'.
- iii) No.2 team of group 'C' will play against No.1 team of group 'B'.
- iv) No.2 team of group 'A' will play against No.1 team of group 'D'.

The semifinal will be played as:

- a) Winner of match (i) above will play against winner of match (ii).
- b) Winner of match (iii) will play against winner of match (iv) above.

The final will be played as:

Winner of match (a) V/s winner of match (b) above.

6. **Selection Committee** will select **12 players of BSNL team & 4 standby players** for participating the forthcoming All India PSU's tournament and other National level tournaments. The list of the players so selected shall be handed over to the observer / Executive member of sports cell BSNL CO., immediately after the completion of tournament for submission to this office.

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Lawn Tennis (Men)

The pattern of below-Circle tournament will be decided by the concerned Circle Sports and Cultural Board. Each Inter-Divisional tournament organising body will put players for Circle tournament strictly in accordance with the instructions of the BSNL Circle Sports and Cultural Board.

2. The Circle Lawn Tennis tournament will be conducted by the BSNL Circle Sports & Cultural Board in accordance with the pattern and programme drawn by them. Teams for All India BSNL tournament will be selected by the BSNL Circle Sports and Cultural Board at the time of their Circle tournament.

3. Each BSNL Circle Sports and Cultural Board will furnish the names of 04 players (including one Veteran player) who will represent the Circle in All India BSNL Lawn Tennis Tournament. The names of the players may be furnished in the enclosed proforma to the Host Circle Sports and Cultural Board at least one month before the commencement of the tournament, with a copy endorsed to this office.

4. The All India BSNL Lawn Tennis tournament will be played in accordance with the rules framed by the Lawn Tennis Federation of India.

5. The All India BSNL Lawn Tennis tournament will be conducted in the following events:-

1. Men Singles
2. Men Doubles
3. Veteran Singles.

6. The BSNL Circle team will consist of 3+1 (three men and one Veteran) players who will be selected by taking Winners of Men's Singles, Men's Doubles and Veteran's Singles at Circle level tournament.

In case any player(s) is common by applying above criteria, then the runners- up of men singles will be taken in the team. In case, there still remains a common player, then the selection for the remaining slot will be left at the discretion of the President of the Circle Board.

The age of the veteran player will be **45 years or above as on 15th April of current year.**

7. The players participating in the Men's Singles event in the All India BSNL Lawn Tennis Tournament will not be allowed to participate in the Veteran's Singles event in the same tournament and vice-versa.

8. i) All the matches Men Singles, Men Doubles and Veteran singles will be played on 'Knock-out' basis.
- ii) All the matches will be played best of 3 sets but the tournament committee reserves the right to decide the matches on the basis of 13-17 games or so in the preliminary round depending upon the time and number of courts available.
- iii) Unfinished matches will be played on the following day from the points where they were discontinued unless agreed upon by both the parties and the Chief Referee.

9. The matches will be held on hard court in case grass courts are not available.

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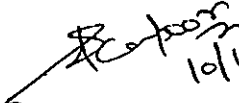

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Table Tennis

1. The BSNL Circle Sports & Cultural Boards shall conduct the below Circle and circle level competitions by holding either a selection trial or a tournament and select 5 men and 4 women players to represent the Circle in the All India BSNL Table Tennis Tournament in the following events:

Team events : Men and Women

Individual events : Men Singles, Men Doubles, Women Singles, Women Double and Mixed Double

2. **Rules and regulations** : The competition at all levels shall strictly be in accordance with the rules and regulations of the Table Tennis Federation of India. The following important regulations have to be strictly adhered to:

Table Tennis rackets: Players should use two colour (Black & red) rackets only.

All India BSNL Table Tennis (Men & women) tournament will be conducted according to the rules indicated below:

- i) All the matches will be decided on the basis of best of 5 games of 11 points each.
- ii) Men/Women Singles matches will be played on the basis of best of 5 games of 11 points each upto quarter-finals stage. Semifinals and Final matches will be played on the basis of 7 games of 11 points each.
- iii) Men/ Women Doubles matches will be played on the basis of 5 games of 11 points each at all stages.

3. **Maximum number of entries per Circle Sports & Cultural Board:**

- | | |
|--------------------|--------------------|
| i) Men singles | 5 Entry per Circle |
| ii) Men Doubles | 1 Entry per Circle |
| iii) Women Singles | 4 Entry per Circle |
| iv) Women Doubles | 1 Entry per Circle |
| v) Mixed Doubles | 1 Entry per Circle |

4. **Triple crown winner:** The Triple Crown winner (Men & Women) will be awarded a gold medal worth Rs. 300/- each. The Triple Crown winner for this purpose will be the winner of the three individual events only (Men & Women) i.e. Singles, Doubles and Mixed Doubles.

5. **Selection of BSNL team:** The selection committee will select the following two teams for participation in the forthcoming National and National level Tournaments on the basis of overall individual performance. Men Single and Women Single performance shall be treated as individual performance for the purpose of BSNL team selection. Double and Mixed Double pairs will be prepared during the coaching camp as per the format of tournament amongst the available selected players:-

- | | |
|----------------|----------------------------|
| i) Men team | (5 Players and 2 stand by) |
| ii) Women team | (5 Players and 2 stand by) |

The list of the players so selected shall be handed over to the observer / Executive member of sports cell BSNL CO., immediately after the completion of tournament for submission to this office.

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Volleyball

1. **Pattern:** The Men Volley Ball tournament will be conducted as follows:
- a. The pattern of below Circle tournament will be decided by the concerned BSNL Circle Sports and Cultural Boards. Each Inter Divisional tournament trials will be conducted strictly in accordance with the instructions of the BSNL Circle Sports and Cultural Board.
 - b. The Circle Volley Ball tournament will be held by the various BSNL Circle Sports & Cultural Boards in accordance with the pattern and programme drawn by them. Teams for All India tournament will be selected by the BSNL Circle Sports and Cultural Board at the time of the Circle tournament/trials.
 - c. Each BSNL Circle Sports and Cultural Board will furnish names of 12 players who are selected to represent that Circle in the All India BSNL Volley Ball tournament to the Organising Secretary, All India BSNL Volleyball tournament BSNL Circle Sports and Cultural Board as early as possible.
 - d. Instead of selecting the winning team of the Circle tournament for representing that Circle at the All India level efforts should be made to select the best talent available in the circle. The selection committee will function under the Chairmanship of the President of the BSNL Circle Sports and Cultural Board or his nominee to select the teams (Men) for participation in the All India BSNL tournament from the Circle. The zonal coaches will be associated with the selection committee.
 - e. All matches for will be played in two winning sets i.e. best of three games in league matches and three winning sets i.e. best of five games in super league matches.
 - f. The tournament at all levels will be conducted in accordance with the rules and regulations of the Volley Ball Federation of India.
 - g. The competition will be held on League-cum-super league basis. All participating teams will be drawn into four groups i.e. A, B, C, & D on the basis of the last year results.

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2. Selection committee will select a 12 members BSNL Volley Ball Team and 4 standbys for participating in the forthcoming All India PSU's tournament and other National level tournament. The list of the players so selected shall be handed over to the Observer / Executive member of Sports Section BSNL CO., immediately after the completion of the tournament for submission to this office.

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Preliminary screenings at Inter Divisional, below Circle and Circle levels should be completed as early as possible and list of competitors selected for the All India competition may be made available to the Organizing Secretary, Andhra Pradesh Circle Sports and Cultural Board, Hyderabad and to corporate office immediately, according to the instructions given below.

2. The competitions will be conducted at Inter Divisional, Circle and All India levels strictly in accordance with the rules of Indian Weight Lifting, Power Lifting and Body Building Federation. After Preliminary screening at Inter Divisional and Circle level, each circle will put a maximum of 16 competitors in All India BSNL Weight Lifting, Power Lifting and Best Physique competition who attain the minimum qualifying standard fixed for the All India BSNL competitions.

3. The Circle BSNL Sports and Cultural Board may prescribed such minimum qualifying standards as they consider appropriate for being attained at the Inter Divisional level contest by the competitors to become eligible to participate in the Circle competitions. Efforts should be made to send only the winner in each class of the Inter Divisional meet for the Circle Championship.

4. Minimum qualifying standards since revised for eligibility to participate in All India BSNL Championship are as follows:-

S.NO.	Weight Lifting Class competi- tion category	Snatch in Kgs.	Jerk in Kgs.	Total in Kgs.
I.	61 Kg.	40	50	90
II.	67 Kg.	45	55	100
III.	73 Kg.	50	60	110
IV.	81 kg:	55	65	120
V.	89 kg.	57.5	70	127.5
VI.	96 kg.	60	75	135
VII.	102 kg.	65	80	145
VIII.	109 Kg	70	85	155
IX.	+109 Kg.	75	90	165

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Best Physique viz Shri BSNL competition:

The contest will be held strictly in accordance with the rules of the Indian Body Building Federation and also applicable to all open All India competitions. The participants for the Best Physique contest will be classified and grouped on the basis of the following Body Weight Classes:

I.	60 Kg. Class	-	Fly weight
II.	65 Kg. Class	-	Bantom Weight
III.	70 kg. Class	-	Light weight
IV.	75 kg. Class	-	Wolter weight
V.	80 kg. Class	-	Light middle weight
VI.	85 kg. Class	-	Middle weight
VII.	90 kg. Class	-	Light heavy weight
VIII.	100 kg. Class	-	Heavy weight
IX.	+100kg. Class	-	Super Heavy weight

Special care should be taken that below standard competitors are not sent for high level competitions even though they attain 1st position at any of the lower level contest.

Only 1st of each class will be eligible for participation in Circle and All India BSNL competitions.

4. Power lifting: The Power Lifting competition will be conducted at Divisional, Circle and All India levels strictly in accordance with the rules of the Indian power lifting Federation of India.

S. No.	Classification of Lifters (New category)	Squat kgs.	Bench Press Kgs.	Dead lift kgs	Total kgs.
I.	59 kgs.	110	65	120	295
II.	66 kg	115	70	125	310
III.	74 kgs.	120	75	130	325
IV.	83 kgs.	125	80	130	335
V.	93 kgs.	130	85	135	350
VI.	105 kgs.	130	85	130	345
VII.	120 kgs.	125	80	130	335
VIII.	over 120 kgs.	120	70	120	310

a) Weighing the competitors must and shall take place one hour 15 minutes before the beginning of the competition for a particular category.

b) The use of oil, grease, water and all other lubricants is strictly prohibited. Only powder may be used.

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c) The following shall be the prescribed lifts:

- i) Squat/Deep knee Bend
- ii) Bench Press
- iii) Dead lift

i) Squat/Deep knee Bend: The lifter assume an upright position with the top of the Bar not more than one inch below the top of the deltoids, the bar across the shoulders in a horizontal position, hands gripping the bar, feet flat on the platform. Upon removing the bar from the racks/squat stand the lifter must move backward to establish his position. He shall wait in this position for referee signal which shall be given as soon as the lifter is motion-less and the bar is properly positioned.

ii) Bench Press: A lifter may select to assume one of the following two positions on the bench which must be maintained fluring the lift.

a) With head, trunk and legs extended on the bench, knee locked and heels on a second bench.

b) With head and trunk (including buttock) extended on the bench and feet flat on the floor.

A helper may assist to rest the bar upon the chest of the lifter who grips the bar with palms towards his legs width of the grip shall not exceed 81 c.m.

iii) Dead lifts: The bar shall be laid horizontally in front of the lifters feet, griped with optional grip with both hands. The bar must be lifted from the floor until the lifter is erect with straight, back. It is optional whether the heels be kept together or approx. shoulder width apart. But the legs must be straight, knees locked back straight and shoulders back at the completion of e left. The bar may touch the things in progress of the lift. After the referee's down signal, the lifter will bring the bar down to the floor, The referee's signal shall be given when the lifter is motionless in the final position with bar.

Any rising of the bar or any deliberate attempt to do so shall be counted as an attempt.

iv) The competitor lifting the highest total in the lift prescribed in his class shall be declared WINNER of the class. Only the maximum weight lifted and passed by the referee's in each prescribed lift will be counted.

5. A contingent of a maximum of 16 participants will be selected to represent each Circle at All India competition in Weight lifting, power lifting and best physique. In case of competitors in the weightlifting and power lifting their actual body weight should invariably be indicated.

6. The Secretary of the host Circle would arrange to send their brief write up of the meet, achievements, final results, photographs of inauguration and prize distribution functions to the Secretary, BSNL Sports and Cultural Board 1st Floor, Bharat Sanchar Bhawan, H.C. Mathur Lane, New Delhi-1.

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[Signature]
10/11/23