

St. Thomas' School

KIDDERPORE -



29th, 30th & 31st October, 2025

RULE BOOK

About the Fest

Festhoma 2025, the fest of St. Thomas' School Kolkata, is a vibrant celebration of creativity, innovation and cultural diversity. With a large number of schools participating, the event transforms the campus into a bustling village, bringing together students from various schools across Kolkata.

This three-day extravaganza, to be held in the month of October, will serve as a melting pot of talents, ideas and skills. The festival offers a diverse array of 32 events, seamlessly blending cultural and technological competitions to cater to a wide range of interests. From music and dance performances to games and making reels, Festhoma 2025 will cater to the varied passions of the participants. These diverse events will provide a platform for students to showcase their talents, exchange ideas and foster a sense of healthy competition.

With the expectation of a footfall of over 2000 attendees everyday, the event will create an atmosphere of camaraderie and excitement, turning the campus into a dynamic arena where intellect and creativity will collide. Each fun-filled day of the fest will witness a cultural fiesta with guest performances by famous artists.

The festival's commitment to fostering talent, promoting diversity and creating a platform for learning and networking will make it a standout annual extravaganza that will be eagerly anticipated by the schools of Kolkata.

General Rules

- Maximum number of teams for on-stage events is 15, unless mentioned otherwise.
- 2. The judges decision will be final and binding.
- 3. All participants will be awarded certificates of participation.
- 4. Registration within the given time is mandatory. No changes will be entertained once the schedule is released.
- All audio/video content to be handed over to the Organising Committee on the last representatives' meeting.
- 6. All participants must carry their school identity cards.
- 7. Participants must be students of classes 9-12.
- 8. The decorum of the fest must be maintained at all times.
- 9. All students must be in proper school uniform except those participating in events that need a change of attire. However kindly note that the change of attire should be done at the time of the event which needs a change of attire.
- 10. All co-educational institutions please note: For "Dum Laga Ke Haisha" (Tug of War) send either a boys team or a girls team.
- 11. The following events are only for boys:
 - a. Streng Thoma Weight lifting (<u>Parental Consent Form to be downloaded</u> from the website and to be duly filled and submitted on the day of the event.)
 - b.22 Yards (Cricket)
 - c. Turf Mania (Football)
- 12. The following events are only for girls:
 - a. Streng Thoma Shotput
 - b. Touch 'N Kho (Kho-Kho)
 - c. Raiders Rampage (Kabaddi)
- 13. All registrations will be done online.

For any queries please contact:

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Event Schedule

| DATI | | | | | | | |
|---|--|--|--|---|--|--|--|
| | | REG | HSTRATION 8:00 AM - 9:00 A | м | | | |
| | | INAUGURATION 9:0 | 00 AM - 9:30 AM Stage 2 (Bo | ys School Field) | | | |
| ON - STAGE | | | OFF - STAGE | | GAMES | | |
| STAGE I (HALL BOYS) | STAGE 2 (FIELD BOYS) | STAGE 3 (HALL GIRLS) | GIRLS SCHOOL | BOYS SCHOOL | GIRLS SCHOOL | BOYS SCHOOL | |
| COMEDY CIRCUS Stand Up Comedy 10:00 AM - 11:30 AM | SOUND CHECK 9:00 AM - 1:00 PM | TUG OF WORDS Debate 10:00 AM to 1:00 PM | PATHER - DAABI Street Play 10:00 AM - 1:00 PM | SHUTTER STARS Photography 10:00 AM -12: 00PM COMPUTER LAB | STRIKERS Carrorn 10:00 AM Onwords | TURF MANIA (BOY'S) Football 10:00 AM Onwords | |
| RHY - DHUN Eastern Dance 2:30 PM - 4:30 PM | PREP'N HEP Fashian Design (Presentation) 2:30 PM - 3:30 PM | QUEST - THOMA Quiz 1:30 PM - 5:00 PM | VERSES-VERSUS On Spot Poetry Writing 1:00 PM - 2:00 PM | PREP'N HEP(Prep) Fashion Design 10:00 AM -2:00 PM | CHATURANGA Chess 2:00 PM Onwards | | |
| | | | | | KAI - PO - CHE Kite Flying 2:00 PM Onwards | | |
| | GUEST PERFORMANCE Day 1 6:30 PM ONWARDS | | THOMAREELS Reef Making 10:00 AM Onwards MEDIA ROOM | | RAIDERS RAMPAGE Kobbodi 10:00 AM Onwords | | |
| | | | | | | | |
| | | | DAY 2 | | | | |
| | | Bro. | ISTRATION 8:00 AM - 9:00 A | | | | |
| | | REG | | | | | |
| ON - STAGE | | | OFF - STAGE | | GAMES | | |
| STAGET (HALL BOYS) | STAGE 2 (MAIN) | STAGE 3 (HALL GIRLS) | GIRLS SCHOOL | BOYS SCHOOL | GIRLS SCHOOL | BOYS SCHOOL | |
| SUR KSHETRA Eastern Music 11:00 AM - 1:00 PM | SOUND CHECK 10:00 AM - 1:00 PM | Dumb Charades 9:00 AM - 11:00 AM | GUPTODHON GATHERERS Treasure Hunt 9:30 AM - 11:30 AM | | TOUR DE THOMA Cycling E-10 AM ONWARDS | | |
| DO - RE - ME | RAMPATHON | FUND - UZ Shark Tank 1:30 PM - 3:30 PM | FOOD FEUD Cooking 10:00 AM - 1:00 PM (HOME SC LAB) JUNK GENIUS | SUDO - THOM Sudoku 2:00 PM - 4:00 PM (JOHN BLOCK) | TOUCH NICHO Kho - Kho E200 AM ONWARDS | 22 YARDS Cricket 9:50 AM ONWARDS | |
| Instrumental Music | FASHION SHOW | | Best Out of Waste | | | | |

| DAY3 | | | | | | | | |
|----------------------|----------------------|----------------------|--------------|--------------------------|------------------|--------------------|--|--|
| REGISTRATION 8:00 AM | | | | | | | | |
| ON - STAGE | | | OF | F - STAGE | GAMES | | | |
| STAGE 1 (HALL BOYS) | STAGE 2 (FIELD BOYS) | STAGE 3 (HALL GIRLS) | GIRLS SCHOOL | BOYS SCHOOL | GIRLS SCHOOL | BOYS SCHOOL | | |
| RHYTHMIC RHAPSODY | | | | IMAGININK | STRENGTHOMA | DUM LAGA KE HAISHA | | |
| Western Music | SOUND CHECK | | | Cartooning Poster Making | 11:00 AM Onwards | Tug of War | | |
| 9:00 AM to 11 AM | | | | 9:00 AM - 11:00 AM | | 12:00 NOON Onwards | | |
| RAZMATAZZ | | | | | | | | |
| Western Dance | | | | | | | | |
| 11:30 AM - 1:30 PM | | | | | | | | |
| | PRIZE DISTRIBUTION | | | | | | | |
| | 3:00 PM - 5:30 PM | | | | | | | |
| | GUEST PERFORMANCE | | | | | | | |
| | Day 3 | | | | | | | |
| | 6:30 PM Onwords | | | | | | | |

The timings given above are tentative and are subject to change.

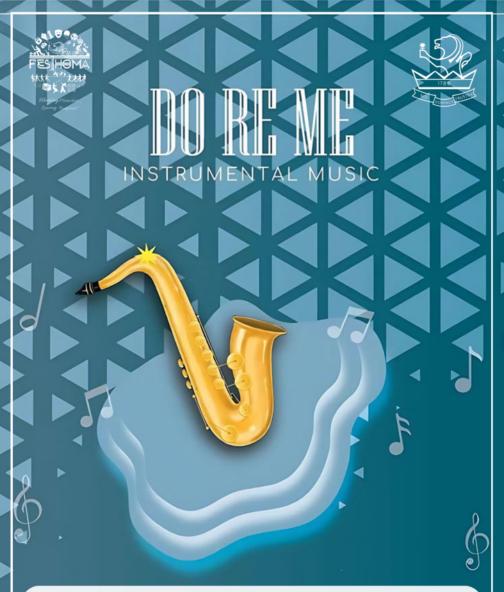
Dates: 29th, 30th & 31st October, 2025

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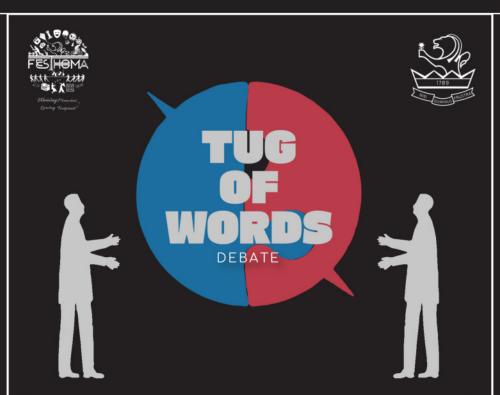
| On-Stage Events | | | | Page No. | |
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| 4. Rhy- Dhun (East | | | | 4 | |
| 5. Razmatazz(Weste | | | | 5 | |
| 6. Sur-Kshetra (Eas | | | | 6 | |
| 7. Rhythmic Rhaps | | | ging) | 7 | |
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| 5. Prep 'N Hep (Fas | | | | 16 | |
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| 3. Dum Laga Ke H | | 5) | | 25 | |
| 4. Kai Po Che (Kite | | | | 26 27 | |
| 5. Tour De Thoma | | PESPERA UNITATION BLE | | | |
| 6. StrengThoma (W | | put) | | 28-29 30 | |
| 7. Touch 'N Kho (K | | | | | |
| 8. Raiders Rampage | | | | 31 | |
| 9. 22 Yards (Cricket | | | | 32 | |
| 10. Turf Mania (Foo | toan) | | | 33 | |
| | | | | | |

ON-STACE EVENTS





- 1. Number of participants per team: Maximum 2
- 2. Duration: 4+1 minutes
- 3. The choice of song/piece of music is not restricted to any theme.
- 4. No musical instruments will be provided by the hosts.
- 5. Auto Accompaniment (ACMP) will not be allowed on the keyboard.
- 6. No pre-recorded music/backing track will be allowed for other instrument players.



- 1. Number of participants per team: 2-one for the motion and one against the motion.
- 2. Duration: 3+1 minutes (Speaking + Rebuttal)
- 3. First 12 applicants.
- 4. Participants for Tug of Words must report at 8:45 a.m. latest on the day of the event. No participant will be allowed beyond that time.

Debate Format

- 1. The topic for the debate will be given one hour before the commencement of the debate. This one hour is to be spent in preparation.
- 2. The use of internet/any external material during preparation time is not permitted.
- 3. It is left to each school team to decide who will speak for and who will speak against the proposition.
- 4. Participants should desist from using un-parliamentary language during the debate competition.
- 5. After every speaker finishes his/her debate, one minute will be allotted for rebuttal. This rebuttal will be in the form of short and precise questions asked by the members of the competing teams on the content of the speaker's presentation.





RAMPATHON FASHION SHOW



- 1. Number of participants per team: 11 (10 models and 1 convener)
- 2. Duration: The time limit for each team would be 4+2 minutes. (including set up and execution).
- 3. Participating teams must adhere to the theme and time limit.
- 4. Negative marks will be awarded in case of exceeding the time limit.
- 5. Costumes should be appropriate for the theme and setting.
- Revealing clothing and any form of obscenity will lead to debarring the team from the contest.
- Participants should carry their own props that complement the theme and do not damage the venue.
- 8. Props should be removed from the stage immediately after the show to maintain cleanliness.
- 9. No dance or act to be performed other than ramp walk.
- 10. Media files should be brought on a pen drive labelling school's name and handed over at the final representatives' meeting.
- 11. The teams must make themselves available at least three hours before the commencement of the show.
- 12. Adherence to registration deadlines and requirements is crucial.





RHY-DHUN

EASTERN DANCE



THEME: Folk dances of India.

- 1. Number of participants per team: Maximum 8 and Minimum 4
- 2. Duration: 5+1 minutes
- 3. One team per school may participate.
- 4. The performance should be on Indian dance forms and a brief introduction about the performance should be given.
- 5. Costume, makeup and props (if any) should be relevant to the performance.
- 6. Media files should be brought on a pen drive and handed over at the representatives' meeting. Also carry a backup pen drive on the day of the event. Mobile phones will not be permitted.
- 7. Western music should not be used. Inappropriate dance movements and lyrics will result in disqualification.
- 8. The song will be approved by the organizing committee.







RAZMATAZZ









WESTERN DANCE

- 1. Number of participants per team: Minimum 6 and maximum 8
- 2. Duration: 8 minutes (empty to empty stage)
- 3. The use of props and production material is allowed. (Use of fire, water, foam spray or any other object that would make the stage dirty is not allowed).
- 4. Submit the music of your performance on a pen drive during the representatives' meeting. Also carry a back up pen drive on that day of the event. Mobile phones will not be permitted.
- 5. Costumes and make-up should be relevant to the performance.
- 6. Inappropriate dance movement and lyrics will result in disqualification.





SUR KSHETRA

EASTERN MUSIC

- 1. Number of participants per team: Minimum 4 and maximum 6. (including soloist, group singers)
- 2. Duration: 10 minutes for each school. (8+2)
- 3. Two performances are allowed (one solo & one group). Both Bengali & Hindi (Film & Non Film) songs are allowed. Medley is allowed.
- 4. Only Karaoke tracks are allowed.
- 5. Karaoke tracks must be submitted to the school in pen drives at the representatives' meeting. The tracks will be reviewed.
- 6. The overall performance (including selection of songs) should be decent and appropriate to the age group of the participants.
- 7. During the solo performance, only 1 singer is allowed to sing, no other singer from the group is allowed to support with backing vocals/harmonies.







RHYTHMIC RHAPSODY

WESTERN MUSIC

- 1. Number of participants per team: Minimum 4 and maximum 6.
- 2. Duration: (8+2) minutes each school.
- 3. There will be 2 categories in which the participating schools will be judged separately. (solo and group)
- 4. Participants must perform using Karaoke tracks only. The tracks in MP3 format must be submitted in advance.
- 5. Participating schools must carry a backup of the tracks.
- 6. The choice of songs is not restricted to any theme.



COMEDY CIRCUS STAND UP COMEDY



- 1. Participants: 1 per School
- 2. Duration: 2 minutes per participant.
- 3. Language: English
- 4. A list of 10 topics is shared in advance. Choose anyone and prepare a 2-minutes act.
- Use original jokes where possible. Common jokes are allowed if presented creatively.
- Avoid political, religious, or offensive humour. Content must be respectful and ageappropriate.
- 7. Props and Costumes are not allowed. Only a microphone will be provided on stage.
- 8. Exceeding the time limit will result in mark deduction.
- 9. Judging Criteria
 - a. Humour and Creativity
 - b. Clarity and Timing
 - c. Confidence and Stage Presence
 - d. Relevance to the chosen topic
 - e. Audience Engagement



TOPICS

- 1. My Life with Siblings
- 2. The Day My Phone Betrayed Me
- 3. How I Survive Exams (Barely)
- 4. If I Were a Teacher for a Day
- 5. Things Only Indian Parents Say
- 6. Online Classes: Truth vs. Expectation
- o. Offine Classes. Truth vs. Expectation
- 7. My Secret Life as a Procrastinator
- 8. Adventures in the School Canteen
- 9. Why I Think My Dog Understands Me
- 10. When I Tried to Act Cool (And Failed)



QUEST-THOMA



QUIZ

- 1. Each school will be allowed to field a team of 3 participants.
- 2. Only registered participants will be eligible to participate.
- 3. Once registered, participant substitution will not be allowed.
- 4. The prelims will be in pen and paper mode.
- On-the-spot registrations will be allowed on 29th October 2025 at 8 am
- 6. Top 8 teams will advance to the finals.
- 7. The quiz will comprise of questions from general knowledge, current affairs, sports, technology, pop culture etc.
- 8. Any special categories will be mentioned at the representatives' meeting.
- 9. Quizmaster's decision will be final and binding.





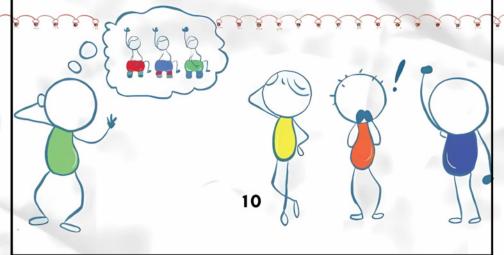


MIME - CHIME

DUMB CHARADES

THEME: Hollywood or Bollywood(Songs or Movies)

- 1. Number of participants per team: 2
- 2. Duration: 2 hours
- 3. Each team will be given 1 minute to guess.
- 4. Participants will not be allowed to guess/enact the first letter of the song/movie.
- 5. One person will act and the other will guess.
- 6. No lip movement or speaking is allowed.
- 7. Correct and complete name must be guessed. An incomplete name will not be considered.
- 8. In case of a tie in the final round, a tie breaker will be done.





FUND-UZ

SHARK TANK



- 1. Number of participants per team: Minimum 1 and maximum 3.
- Duration: 8-10 minutes.
- 3. All participants must be formally dressed in professional business attire and contribute, participate and speak clearly during the presentation.
- 4. Participants are to create a unique business plan featuring a product or service including the marketing strategy to be adopted to capture the market.
- The business may be commercial or non-commercial and must fulfil both personal and societal objectives.
- 6. Visual aids, models, music, videos, jingles etc. can be used to pitch ideas in a creative manner.
- 7. Soft copies of the presentation must be submitted on a pen drive on the day of the last representatives' meeting. Carry a hard copy on the day of the event.
- 8. There should not be any plagiarism.

OFF-STAGE EVENTS







PATHER DAABI

STREET PLAY



- 1. Number of participants per team: 10
- 2. Duration: 10+5 minutes
- 3. Content must not be against any religion, caste, gender, language etc.
- 4. Direct political content will not be allowed.
- 5. Microphone will not be provided.
- 6. Props and makeup must be done by the participants themselves.
- 7. Music or musical instruments, if required must be carried by the participants.
- 8. Language should be either Bengali or Hindi or may be mixed. English is not allowed.
- 9. The theme of the play should convey a social message.
- 10. Teams can sing/dance by themselves to create the necessary music or sound.
- 11. Absence of dialogue or Silent Acting is not allowed.





GUPTODHÓN GATHERERS

TREASURE HUNT

- 1. Number of participants per team: 4
- 2. Duration: 1 hour 45 minutes + 15 minutes
- 3. Participation on a first come first serve basis.
- 4. No use of phones/ electronic devices.
- 5. All clues to be written down in order and handed over at the finishing point. If this is not followed the team will be disqualified.
- 6. A team cannot be broken up during the course of the event.
- 7. Skipping of clues will lead to the disqualification of the team.
- 8.10 clues will be given per team.
- 9. The team to reach the final point first following all guidelines will be declared the winner.

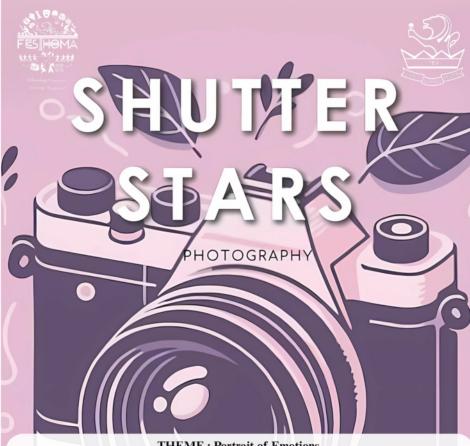




S U D O T H O M

SUDOKU

- 1. Number of participants per school: one student.
- 2. Time: 30 minutes
- 3. The competition will be in the offline mode.
- 4. No electronic gadgets will be allowed in the competition arena.(mobiles, smart-watches)
- 5. Each puzzle has a unique solution. The participants must achieve this solution by logic and not guess work.
- 6. The puzzle provided will be a 9 x 9 grid of squares which has 3 x 3 squares(nonet) within it such that each row, each column and each nonet must have all numbers from 1 to 9 without repetition within the row, column or nonet.
- 7. The puzzles will be provided by the organizers and must be completed correctly within the stipulated time frame.
- 8. In case of a tie, second puzzle to be provided.
- 9. All participants must carry blue dot/ink pen.
- 10. Participants must bring along a transparent clip board



THEME: Portrait of Emotions.

- 1. Number of participants per team: One participant from each school.
- 2. Duration: 1 hour (Clicking and Submission)
- 3. Participants must bring their own cameras (Mobile Phone not allowed), laptop and relevant accessories.
- 4. Students can submit up to 2 images.
- 5. Images must be in digital format (JPEG OR PNG).
- 6. Basic Editing and Advanced Editing is not allowed. Any post production or camera editing will result in disqualification.
- 7. Images must be submitted through designated online platform or email address.
- 8. Participants can use any inanimate object(s) as their subject.
- 9. Ensure the subject matter aligns with the theme or purpose of the photograph.
- 10. The picture should be clicked within the campus during the course of the event.





PREP 'N HEP

FASHION DESIGNING

THEME: Reams and Royalty.

- 1. Number of participants: 4+2 (inclusive of 2 models)
- 2. Prep Duration: 4 hours
- 3. On Stage Duration: 5 minutes per team
- 4. Two designs per school.
- 5. Theme will be given 15-20 days prior to the show and ONLY authentic designs will be allowed. (To be judged on the day of the event)
- 6. Any material will be allowed.
- 7. No readymade accessories.
- 8. The sketch must be done on the day itself along with the stitching and the rest of the preparation.
- Total of 4 hours for the preparation will be given. 45 minutes for the sketch and the remaining for it's preparation.
- 10. Vulgarity, inappropriate design, offensive portrayal of religion/culture/caste etc. is prohibited.
- 11. A team will be disqualified if plagiarism is detected.
- Green room, tables and plug points ONLY will be provided.
- 13. All equipment to be brought by the participants.





JUNK GENIUS



BEST OUT OF WASTE

- 1. Number of participants: 2
- 2. Duration: 2 hours
- 3. The topic will be given at the time of registration.
- Students are expected to make a presentation of their models and discuss its potential uses.
- 5. Participants should carry their own materials and will be solely responsible for the same.
- 6. The participants will be judged on the following criteria:
 - a. Utility of the model
 - b. Presentation
 - c. Quality of the research.







MASQUERADE

MASK MAKING



THEME: Dances of the World.

- 1. Number of participants per team: 2
- 2. Duration: 2 hours
- 3. Members of each team will be required to bring their own materials for the competition. Materials will not be provided by the hosts.
- 4. Each team will work on ONE mask, relevant to the theme.
- 5. The mask must be distinctive, creative and handmade.
- 6. The mask should cover one's full face.
- 7. No phones or reference will be allowed on the spot.
- 8. Do not use abusive, antagonizing or inappropriate language on your design.
- 9. The masks must be stable enough to be worn.





BING GREENING

THEME: "Peace on earth instead of pieces of Earth."

- 1. Number of participants per team: 2 participants.
- 2. Duration: 2 hours
- 3. The paper for the art work will be provided. Participants need to bring their own colours and stationery.
- 4. The poster must be colourful, clear and easy to understand at a glance.
- 5. No phones or references will be allowed. Pre-made art will not be allowed. Any kind of political, religious or insensitive remarks will lead to disqualification.
- 6. Details of participant (name, class, school) must be mentioned clearly on the back of the poster.







ON SPOT POETRY WRITING



- 1. Number of participants per team: 1
- 2. Duration: 1 hour (15 minutes for preparation + 45 minutes for writing)
- 3. Each participant will be given a topic on-the-spot, with 15 minutes for preparation and 45 minutes for writing.
- 4. Participants will be given a "prompt" 15 minutes into their allotted 45 minutes for writing.
- 5. Poems written in both metric verses or blank verses will be accepted.
- 6. No plagiarism or use of unparliamentary language will be allowed.
- 7. Participants will be judged on the basis of the complexity, overall length, rhythm and diction used in the poem.
- 8. Length range of a poem: minimum 20, maximum 40 lines.
- 9. No electronic gadgets to be used.







FOOD FEUD

COOKING



- 1. Two participants from each school will take part in the competition.
- 2. Duration: 3 hours (including layout of meal)
- 3. The topic for the cooking competition will be given 2 weeks prior to the event.
- 4. All the ingredients and cooking equipment to be brought by the participants.
- 5. Gas stove and mixer grinders will be provided to the participants.
- 6. The participants will be judged on innovation, choice of menu, colour and texture of the food cooked.
- 7. The food must be served with a suitable table layout and flower arrangement.
- 8. The table layout should be for two people and the food cooked should be for four people.
- It is mandatory for each team to carry kitchen dusters, knives, peelers & newspaper.



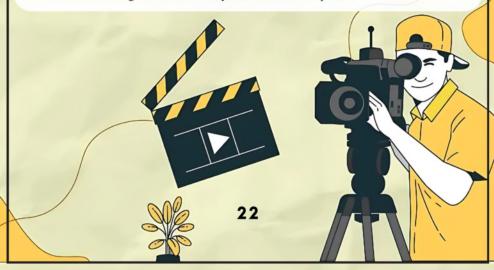




THOMAREELS

REEL MAKING

- 1. Number of participants per team: Maximum 5
- 2. Participants must shoot the reel during the first half of the event day.
- 3. Final reel must be submitted on the same day.
- 4. Theme will be revealed on the day of the Representatives' Meeting on a draw of lots basis.
- 5. Reel duration must be 1 minute or less.
- 6. Format: Portrait (.mp4 only), captions and hashtags are compulsory.
- 7. Any video editing app or software is allowed.
- 8. Content must be original and school-appropriate.
- Use of vulgar, violent, dangerous, or inappropriate elements will lead to immediate disqualification.
- 10. Any language, English, Hindi or Bengali can be used.
- 11. Subtitles are optional.
- 12. Use of copyrighted or previously used footage (even if your own) is strictly prohibited.
- 13. Only royalty free or platform approved music may be used.
- 14. If you use any external media (like video clips, sound, or templates):
 - a. Notify the event head in advance.
 - b. Submit those materials separately.
 - c. Credit the original source clearly in the email or caption.



CAMES





CHATURANGA

CHESS



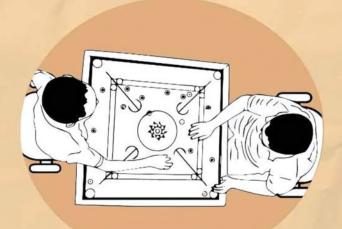
- Number of participants: Maximum 2 members per team.
- 2. Duration of game: 20 minutes: Pairing and break between games is 5 minutes.
- 3. Dress Code: School Uniform with ID card
- 4. Standard Rules:
- All games will be played according to the official rules of chess as defined by FIDE.
- 6. The tournament will be conducted under the Swiss System Pairing. It will be a rapid tournament of seven rounds. Time allotted is 10 minutes per participant.
- 7. Touch-Move Rule: If a player touches a piece, they must move it if it has a legal move.
- 8. Illegal Moves: If an illegal move is made, the arbiter will be notified. The first illegal move will result in a warning, and the second will result in a loss.
- Fair Play: Cheating, use of electronic devices or outside assistance is strictly prohibited.
- 10. Behaviour: Players must maintain a respectful and quiet environment. Disruptive behaviour will result in a warning or disqualification.
- 11. Disqualification: If any candidate does not attend a round, without prior notice, he/she shall be disqualified from the next round onwards.
- 12. Number of rounds will be decided by the arbiter.
- 13. The arbiters decision is final.



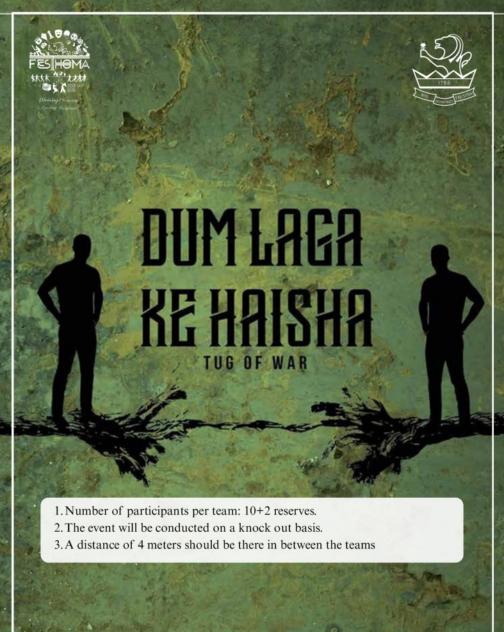
STRIKERS



CARROM



- 1. Number of participants per team: 2 from each school.
- 2. Duration: 20 minutes each game.
- 3. The game will be conducted as per the rules and regulations of the AICF (All India Carrom Federation). However, rules may be changed according to the local needs and situations.
- 4. Each team will consist of two players. All games will be played on a knock out basis.
- 5. There will be a toss to determine who will go first for the board break.
- 6. The game will consist of 25 points. The value of each carrom coin is 1 point except for the queen. The board winner collects 1 point for each of the opponent's tokens left at the finish.
- 7. Best of 3 boards.
- 8. The chief referee or judge has the right to change the game plan as and when required. His decision will be considered as final and binding.





- 1. Number of participants per team: 2 students per school
- 2. In this event the team with the last kite in the air is the winner.
- 3. The kite, spin wheels and thread will be provided by the organizers. (20m plain thread + 20m manja + 2 kites per school)
- 4. The participant must bring their own spin wheel (Non-Threaded).
- 5. The participant will get disqualified if unable to fly the kite in the air.





TOUR DE THOMA

CYCLING

- 1. Number of participants per team: 1 (Boy/Girl)
- 2. Distance to be covered: 10 rounds for boys and 5 rounds for girls.
- 3. Only gearless bicycles allowed.
- 4. Riders must wear approved helmets. No helmet cameras are allowed.
- 5. Riders must wear racing uniforms to represent their school.
- 6. Pushing and pulling among the riders is strictly prohibited.
- 7. Overtaking should be from the right
- 8. One teacher representative must be present along with the participant. (NO PARENT).
- 9. Race for boys & girls will be conducted separately.







STRENGTHOMA

SHOTPUT FOR GIRLS

- 1. Number of participants per school: 1
- A participant has 60 seconds to commence the throwing motion once her name is called.
- 3. Only three(3) throws will be allowed.
- 4. The final ranking will be determined from the best attempt of the three throws.
- 5. If there is a tie for the 1st, 2nd or 3rd position, a participant's second best throw and if necessary the third best throw will be considered to break the tie.
- 6. The participant must exit the throwing circle from the back half of the circle.





STRENGTHOMA

WEIGHT LIFTING FOR BOYS

- 1. Number of participants per school: 1 for each Category.
- 2. Categories(Boys' Weight Classes): (40kg-50kg),(50kg-65kg),(65+kg).
- 3. Age should be under 18
- 4. Events include Squat, Bench Press, Deadlift
- 5. Each lifter gets 3 attempts for each lift.
- 6. Best successful attempt in each lift is added to calculate the total score.
- 7. Total Best = Best Squat + Best Bench + Best Deadlift.
- 8. Wear school-appropriate sportwear or a lifting singlet.
- 9. Shoes with firm soles(no bare feet) to be used.
- 10. Weightlifting belt, wrist wraps and knee sleeves are allowed.
- 11. Highest total in category wins.
- 12. If tied, lighter lifter wins.
- 13. Disqualification Rules:
 - a. Not following commands.
 - b. Dropping the bar.
 - c. Incomplete lift (knees not locked, etc.)
 - d. Stepping off the platform.
 - e. Using banned equipment.

14. Safety

- a. Spotters must be present during squats and bench press.
- b. Warm-up and cool-down required.
- c. Parental Consent Required. (The Parental Consent Form to be downloaded from the website and to be duly filled and submitted on the day of the event.)

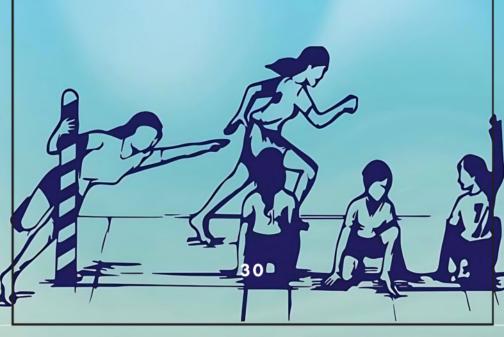




TOUCH 'N KHO

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- 1. Number of participants per team: 12 (9+3)
- 2. Duration: Each game will be of 15 minutes (5+5+5).
- 3. One team per school.
- 4. Knock out format will be followed.
- 5. Rolling substitutes will be allowed.
- 6. Participants must wear shorts with respective school jerseys.
- 7. No spikes will be allowed.







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RAIDERS RAMPAGE

KABADDI

- 1. Number of participants per team: 12 (7+5)
- 2. Two halves of 10 minutes each with a break of 3 minutes in between.
- 3. One team per school.
- 4. Knock out format will be followed.
- 5. Each school must wear shorts with respective school jerseys.
- 6. No spikes will be allowed.
- 7. Officials' decision will be final.







CRICKET

- 1. Number of participants per team: Maximum of 9 players. (7+2) In case of any emergency the two extra players will be the substitutes.
- 2. Duration: Each side will have to finish the innings within 25 minutes with 10 minutes recess time in between.
- 3. All teams should bring their own jerseys/shirts and kit.
- 4. The team list has to be signed by the Principal/Teacher-in-Charge of the school.
- 5. The event will be on a knock out basis depending on the number of participating teams.
- 6. It will be a five over game i.e each team will play five overs and five bowlers will bowl one over each.
- No special field restriction is allowed. Matches will follow T-20 general rules as coded by BCCI.
- 8. Umpire's decision is final. No "Impact Player" Rule will be followed.
- 9. The match ball (canvas) will be provided by the host school.





TURE MANIA

FOOTBALL



- 1. Number of participants per team: 10 (7+3)
- 2. Duration: Each game will be of 25 minutes, divided into two halves. (10+5+10)
- 3. Dress code: School football jersey with shorts, shin guards and football cleats. (compulsory)
- 4. The tournament will be played on a knockout basis.
- No metals studs are allowed.
- 6. One team per school.
- 7. No extra time will be given.
- 8. If a match ends in a draw, a direct penalty shootout (3) will take place. All free kicks awarded will be direct and there are NO OFFSIDES.
- 9. The referee's decisions on the pitch are final and binding.
- Rolling substitutions.



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